DATE: December 6  
TO: Students and Officers  
SUBJECT: Tis the Season for . . . Embracing Mental Health!

Tis the Season for . . . Embracing Mental Health!
Are you ready for a nice, long holiday break after a challenging fall semester? You’re not alone! As you set aside time to relax in the weeks ahead, these Psi Chi reads will help you put your personal wellness first for 2023.

- Why Don’t Psychologists Talk About Their Own Mental Health?  
- Balancing High Academic Standards and Mental Health Needs  
- What You Need to Know About Your College Counseling Center  
- Surviving the Holidays: Conflict Resolution in Action  
- Self-Care Tips for Stress Management

Worried You’ll Slip Back Into Poor Self-Care Strategies Next Year?
Attend a free live event with Philip Zimbardo (yes, that Zimbardo!) and Joe Dorri about “How to Support Mental Health and College Success!” January 31 at 2 p.m. EST. Spaces are limited and sure to fill up fast; reserve your spot today.
OUR STORE

Store Sale Extended to the End of 2022!
Get 25% off all apparel, now through December 31. This is the perfect time to stock up on Psi Chi T-shirts, hoodies, joggers, socks, and more. Items such as our Navy/Oxford Boxercraft Psi Chi Spirit Jerseys are discounted to sell fast. Order yours today, just in time for holiday gifting!

ANNOUNCEMENTS

Psi Chi Headquarters Welcomes Two New Directors!

Katrese Phelps, Director of Membership Services. With more than 20 years of nonprofit experience, Katrese has successfully led membership and revenue growth. Katrese earned her degree in Business Administration from The George Washington University and is a member of the American Society of Association Executives. She resides in Marietta, GA, and has two sons and a daughter.

Stephanie Maurice Beason, Director of Development. Stephanie—a Psi Chi member herself (Rochester University, MI)—has dedicated her career to helping nonprofits grow and build sustainability through fundraising. She completed an MSW in Nonprofit Management and is a Certified Fund Raising Executive. She resides in Dearborn, MI, with her husband and son.
MARK YOUR CALENDAR

- **EPA Submissions**: (deadline extended) Dec 12
- **RMPA Submissions**: Dec 12
- **Graduate Research Grants**: Jan 15
- **Undergraduate Research Grants**: Jan 15
- **APA Newman Graduate Research Award**: Jan 15
- **Voting Opens for Psi Chi Board of Directors**: Jan 15

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