

DATE: May 26
TO: Alumni Members
SUBJECT: Five Ways to Thrive With Psi Chi!



Alumni, your safety and continued success is our top priority! Below, we'd like to share five ways that you can thrive with Psi Chi, all while social distancing.

1. TAKE TIME TO PLAN YOUR FUTURE



The many changes due to Covid-19 might have prevented you from focusing on your career path or return to graduate school. When you're ready to get back on track, see our new eBook, [An Eye on the Workplace](#). In [30 chapters](#), this anthology will help you develop skills and experiences that potential employers appreciate, even if you only have a bachelor's degree.

Our other eBook, [An Eye on Graduate School](#), will help you choose a program and navigate the application process. Psi Chi members get a special discount on both books—\$15 off the regular price! View additional [Careers](#) and [Graduate School](#) support.

2. MAINTAIN A POSITIVE ATTITUDE



Empirical research has found [very real health benefits](#) linked to positive thinking and optimism. To help you spread positivity to yourself and others, take a peek at our new “[Good Vibes](#)” long sleeve and “[Not A Psychic](#)” short sleeve T-shirts.

3. EXPLORE NEW CONTENT

OSU’s “Punch Through Pandemics” Online Course

Podcast Episode: released May 26

Dr. R. Eric Landrum interviews Drs. Regan A. R. Gurung and Kathryn Becker-Blease about how 3,000+ people are attending their timely 10-week course.

Difficult Dialogues

Live Webinar: June 10 at 1 p.m. EST. [Register Today!](#)

Join [Diversity Director](#) Dr. Susanna Gallor to learn about having meaningful discussions on controversial subjects.

Advancements in Differentiating Mood Disorders

Magazine Column: released April 2020

Improvements in genetic technology allow for a more molecular understanding of mental health challenges. Special thanks to Dr. Seungyeon Lee, our first [Recurring Contributor](#) for the new [Psychology in the Headlines](#) series!

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As a Psi Chi member you could be already eligible for a special discount on GEICO car insurance. But now through October 7, GEICO is proud to combine the GEICO Giveback—a 15% credit for both current and new customers, and in addition to your special discount. [Get a quote today.](#)

4. SUPPORT A STUDENT IN NEED

Remember How Proud You Were to Join Psi Chi?

The [Psi Chi COVID-19 Member Support Fund](#) is helping students join who could not otherwise afford the cost of membership. We're also providing honor cords to graduating seniors who cannot afford them at this time. You can support students in need at donate.psichi.org. Thank you!

5. GAIN NETWORKING EXPERIENCE

All spring Psi Chi in-person conventions have been [canceled or postponed](#). But, here is some good news! Please join us later this year for three special events:

- [EPA 2020 Virtual Convention](#): July 17–18
- [APA 2020 Virtual Convention](#): August 6–9
- [WPA 2020](#) (San Francisco, CA): October 29–November 1