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## May 2024, Vol. 8

There have been times when I have given myself permission to feel frustrated and a little down. However, for the most part, I have been fine. I have my lovely wife, my children, grandchildren, and friends. I have a home to live in, food to eat, and clothes to wear.

I also have the Psi Alpha folks and my responsibility to them. The point is, I spend more time thinking about how blessed I am instead of worrying about roadblocks and hurdles. I choose to be emotionally well!

You will be hearing much more on this topic. I have researched and worked in positive psychology for 45 years. Our culture has gotten to the point where everyone must have something wrong with them to get attention.

We at Psi Alpha want all of you to help make emotional well-being popular. Please start with yourself. If you are struggling, please reach out and get the help you need. I want to share a link and quote from Duke University Women's basketball coach, Kara Lawson.

Watch the short video and understand why it is important to "handle hard better".

<https://www.youtube.com/watch?v=oDzfZOfNki4>



With Respect – Dr. Gerber

## A message from our Executive Director:

*Dr. Bryan S. Gerber - Executive Director*

Hello Psi Alpha,

I apologize that I have not written for the Newsletter in a little while. When we founded Psi Alpha, there were a number of goals and projects we hoped to put forward. Many are either in place or in process.

One that is near and dear to my heart is Promoting Positive Emotional Health Among Young People. I could quote a bunch of statistics and such but permit me a little self-disclosure to explain the relevance.

This goal and subsequent projects have been at the front of my mind recently. Thus far in 2024, I have gone through 5 surgical procedures. Underlying these difficulties is a degenerative eye disease that is taking my eyesight. Through this process, I have had to make some tough decisions. The biggest decision of all has been to decide how I feel.

# Free APA Memberships

We are excited to announce that APA is extending free membership to Psi Alpha members throughout 2024!



This will only apply to first-time members. They can join APA via these campaigns. It does not apply for renewals of past membership.

**Applications through  
The remainder  
of 2024**



# PSI ALPHA

INTERNATIONAL  
HONOR SOCIETY FOR  
HIGH SCHOOL PSYCHOLOGY

SCHOLARSHIP  
APPLICATION

## Psi Alpha Scholarship Applications are currently open!

The scholarship window will close July 1st, 2024  
and judging will be completed by August 1, 2024.

### SUBMISSION GUIDELINES:

Attach all documents as a PDF file

Subject line: Title of Award

Email to: [directorofoperations@psialpha.org](mailto:directorofoperations@psialpha.org)

Due: July 1st, 2024 11:59 PM PST



### Awards Overview and Deadlines

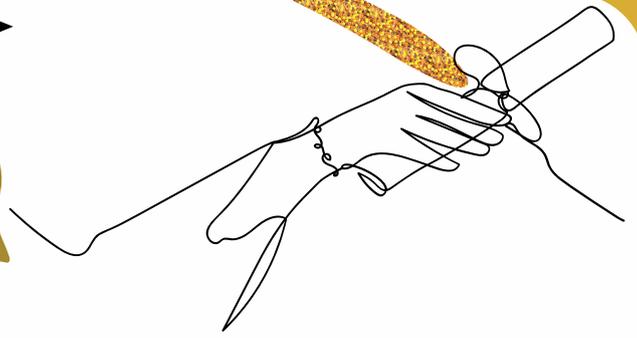
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 Psi Alpha

Full descriptions  
of each award  
offered is listed  
on the Psi Alpha  
website

# Congratulations!

Class of  
**2024**



Congratulations, Psi Alpha senior graduates!

Your dedication, hard work, and passion have led you to this incredible milestone. As you embark on this new chapter of your lives, may you continue to shine brightly and make waves wherever you go. Best wishes on the exciting journey ahead!



# Make sure to check out our recent series diving into the ethics of AI on our socials!

*Artificial Intelligence has been a recent topic of interest. On our social media, discussion has been made about what AI is, how it effects psychology, its ethical apprehensions, controversies with AI art and AI guidelines.*

Potentials for misuse

AI art as an inspirational tool

Executive order on AI

NIST Risk Management Framework



Citing AI following APA guidelines



# Advisor's Corner

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Do you have advice or ideas to share with other advisors? Welcome to the advisor corner! Please consider joining our facebook group for advisors, and sending your thoughts and ideas to [media@psialpha.org](mailto:media@psialpha.org)!



If you haven't already, head on over to Facebook and become a member of our advisor corner! This is a space for advisors only to talk about their chapter happenings, ask questions, share ideas, and more! All of the national council are members, and you can get connected with all of them! You will be approved by an admin once you request to join! This page is for current and former advisors, as well as those interested in chartering their own chapter!

Please visit <https://www.facebook.com/PsiAlphaNational>

And don't forget to like and follow our main page for all the Psi Alpha updates you need!

## 2023-2024 Advisor Survey

We need YOUR opinion!

Psi Alpha recently emailed out a google form survey to all advisors. Please go to

<https://forms.gle/WN5kyaEpDy7bWQH58>

and share your thoughts and ideas with us!

# Award CONCEPTS

THE BEST



## Scan the QR code above for the Psi Alpha Store!

Award Concepts is the only place to get official Psi Alpha graduation regalia, supplies, clothing, and more! Select Psi Alpha from the drop down menu to get started.

Visit: <https://acgreek.com/greek/home.php>

### Get social with us!



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