

November Newsletter



Upcoming Events

November 9-13: National School Psychologist Week

November 10th: SASP MU Meeting

November 24th: SASP MU Meeting

December 1: Intermediate Unit Panel (5:30-7pm)

December 8th: SASP MU Meeting

All SASP MU meetings run from 5:30-6:30pm. Links are sent by Dr. Kaiser.

Book

Each year, the Social Justice Committee for NASP puts together a National Book Read. This year, the book is *Just Medicine: A Cure for Racial Inequality in American Healthcare* by Dayna Matthew, PhD.

We hoping to put together our own SASP MU book club where we can discuss this book as we read it.

For a discount code for the book and more information, [click here](#).

Core Competency Exam

January 9, 2020 (Time TBD)

Have a question about the CCE's? Post your questions in the new "Core Competency Exam Q&A" file on the SASP MU Teams page and a second- or third-year student will answer it for you!

ASPP Conference

Missed a session at ASPP? Thanks to Dr. Lopez, we were able to get the University Package so that all School Psychology students would be able to attend and watch the recordings.

Click here for the [Poster Presentations](#)

Click here for [Session Recordings](#)

National School Psychologist Week

#IAMNASP

To bring awareness to the field of school psychology: record a 40-60 second video of how we are NASP. Tag @nasponline and use hashtags #IamNASP and #TogetherWeThrive.

Example from the University of Houston:

www.instagram.com/p/CFPw_2IB7t0/?igshid=1gl0rdvvt7bk3

Monday (11/9): Thank you notes to school psychologists and/or school psychology students

Tuesday (11/10): SASP MU meeting 5:30-6:30pm

Wednesday (11/11): Mentor and Mentee Appreciation

Thursday (11/12): Advocacy efforts like #IAMNASP, watch relevant webinars, podcasts, and check out school psych social media

Friday (11/13): Lunch & Learn, 12 noon on Zoom, meeting ID: 357 955 8375

Use hashtag #SPAW2020 so we can all follow along with your NPSW/SPAW week!

Self-Care

Thriving in Graduate School

Are you a NASP member? [Here](#) is a great resource that provides ways to improve your well-being as a graduate student.

Self Care for Graduate Students (NASP)

Prioritize Sleep: 7-8 hours a night.

Eat a Health Diet: Try meal-prepping so that you can guarantee that you have nutritious food available!

Organize and Prioritize: Use a planner or digital calendar to organize your assignments and appointments.

Exercise: You will feel better!!

Connect with Others: Stay in touch with family and friends. Create study groups (virtually!!), be present, and acknowledge how you are feeling.

NASP Graduate Student Fact Sheet

