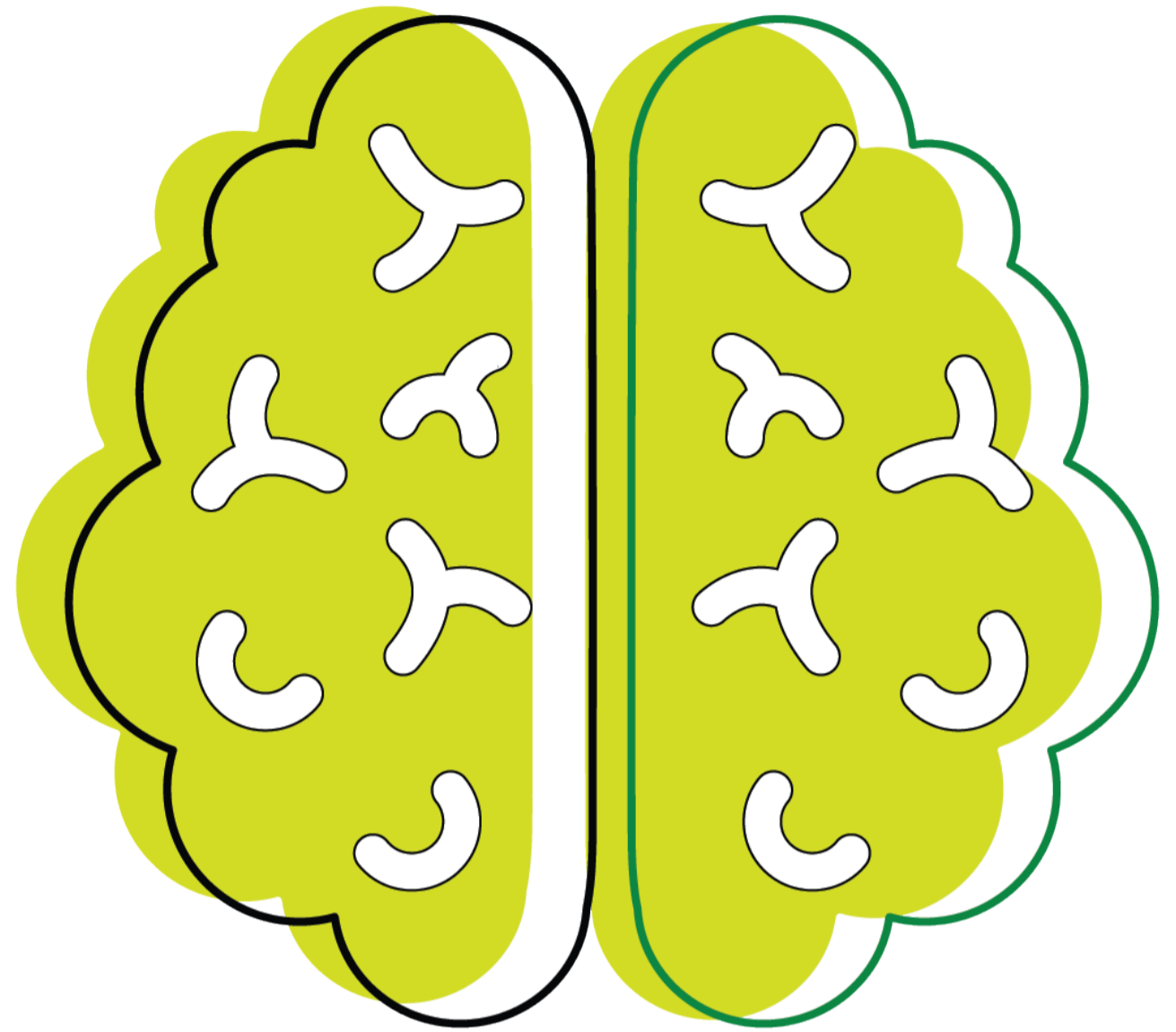


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# MAY IS MENTAL HEALTH AWARENESS MONTH

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Join us. Raise Awareness.  
**Explore our learning opportunities.**

As a leader in global education, we recognize our unique responsibility to support and raise awareness for important issues. We are proud to share these learning opportunities in recognition of Mental Health Awareness Month.

### **Blog: Education Fosters Awareness**

Education fosters awareness. As we recognize Mental Health Awareness month, learn more about the statistics of mental illness in the US, the shift in language used around mental illness, and the effort Pearson is making around terminology.

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### **Video: Why do I choose Psychology?**

Hear what today's students have to say about entering the mental health field. [Watch Now >>](#)

### **Webinar: Teaching about Coping: Using Psychological Science to Support Students' Mental Health**

Samuel R. Sommers, Tufts University

Lisa M. Shin, Tufts University

In this webinar, join Shin and Sommers as they share some of the ideas they have developed together for using psychological science to teach their students strategies for coping with stress and uncertainty. Lisa and Sam will talk about the importance of teaching with humanity, provide examples of how instructors can use lessons from psychology to support student mental health. [Watch Now >>](#)

### **Webinar: Translating Classroom Knowledge to the Real World: Helping Students Make Decisions about Mental Health Care**

Dr. Danae L. Hudson, Missouri State University

Dr. Brooke L. Whisenhunt, Missouri State University

Hudson and Whisenhunt discuss specific strategies in this webinar to help students translate the information they learn in their psychology classes into actionable steps in their own lives and ways to help others navigate the world of mental health care. [Watch Now >>](#)

### **Webinar: COVID-19 and Mental Health in Adolescence and Emerging Adulthood: An Enduring Crisis**

Jeffrey Jensen Arnett, Clark University

Although all age groups have felt the mental health impact of the COVID-19 pandemic, emerging adults ages 18 to 29 were the most vulnerable of all. In this webinar, Arnett discusses the pandemic's mental health impact on adolescents, which is more complicated. [Watch Now >>](#)

### **Webinar: Abnormal Psychology: Time for a Change**

Dr. Jill M. Hooley, Harvard University

Dr. Matthew K. Nock, Harvard University

What's in a name? When it comes to "Abnormal Psychology," the answer is, a lot. In the modern era, the word abnormal has come to be viewed negatively, contributing to the stigma routinely experienced by people with mental disorders. It is also no longer especially accurate. In this session, Jill Hooley and Matthew Nock will describe the history and terminology that led to the creation of Abnormal Psychology, discuss current reasons for a name change, and share ideas about how departments and instructors can help implement the proposed changes to a more timely, accurate, and respectful course title and description. [Watch Now >>](#)

### **Podcast: PsychSessions: In conversation with Hudson & Whisenhunt**

Dr. Danae L. Hudson, Missouri State University

Dr. Brooke L. Whisenhunt, Missouri State University

Garth Neufeld, Psychology Faculty, Cascadia College

Listen in as Hudson and Whisenhunt sit down with PsychSessions podcast host Garth Neufeld to discuss the movement in the field of psychology and reconsider language and the power of language to influence how people feel. [Listen Now >>](#)

### **Blog: Coping Through End of the Year Stress**

Dr. Terri Moore

Use these coping skills to get you through the end of the semester. [Read Now >>](#)

# Teaching about Coping

## Using Psychological Science to Support Students' Mental Health

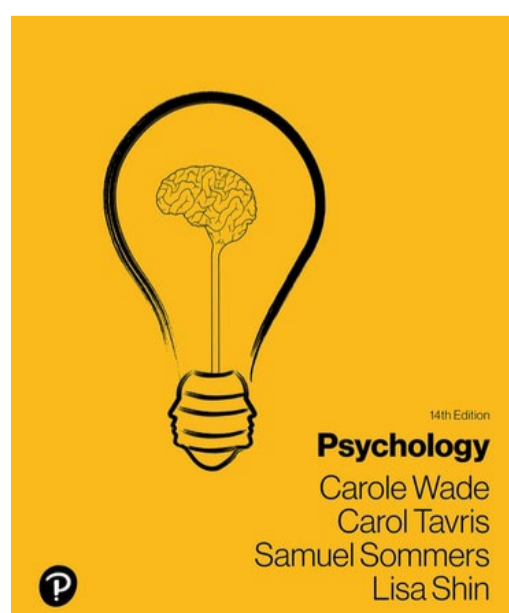
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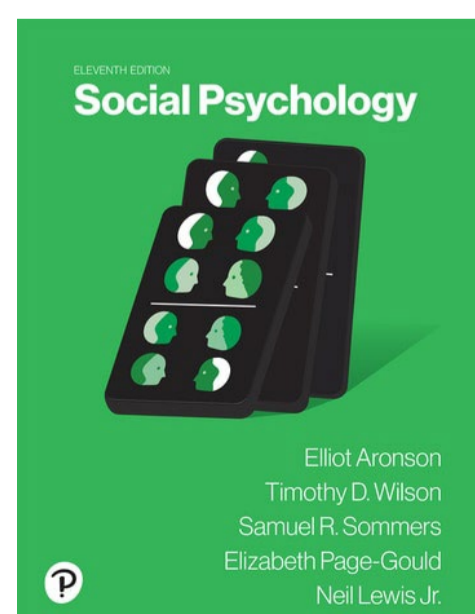


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# Translating Classroom Knowledge to the Real World

## Helping Students Make Decisions about Mental Health Care

Dr. Danae L. Hudson, Missouri State University

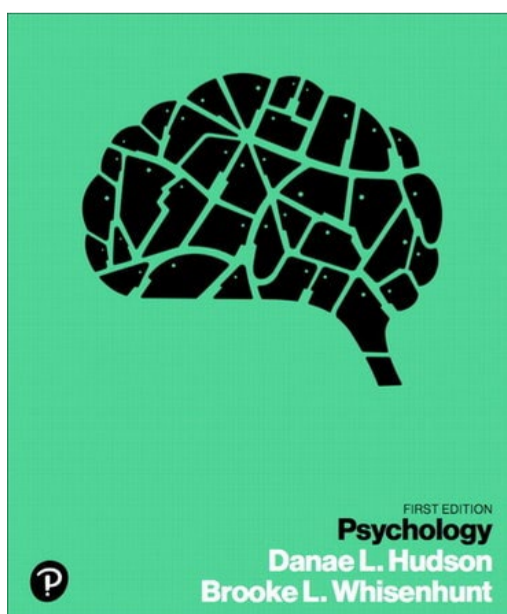
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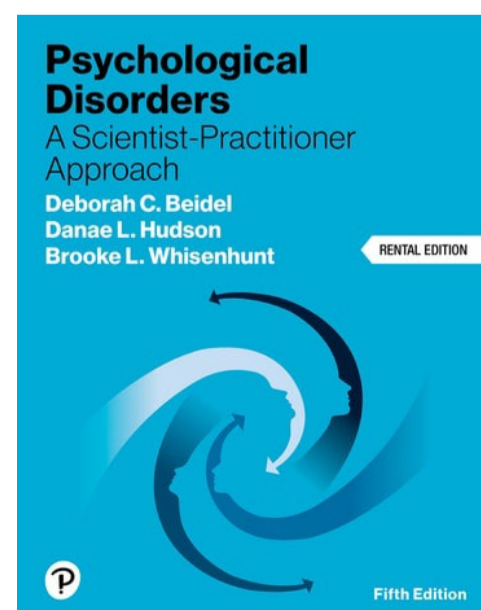
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# COVID-19 and Mental Health in Adolescence and Emerging Adulthood

## An Enduring Crisis

Jeffrey Jensen Arnett, Clark University

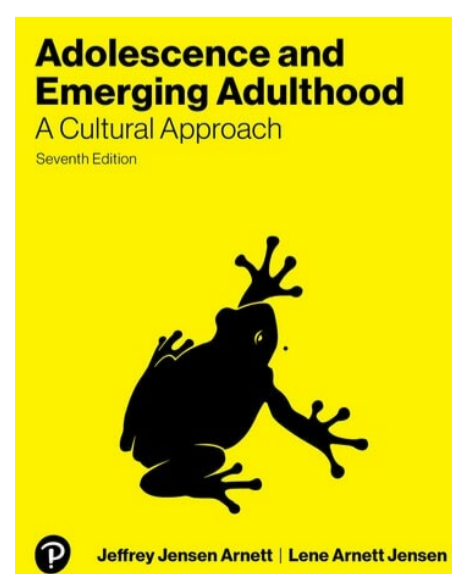
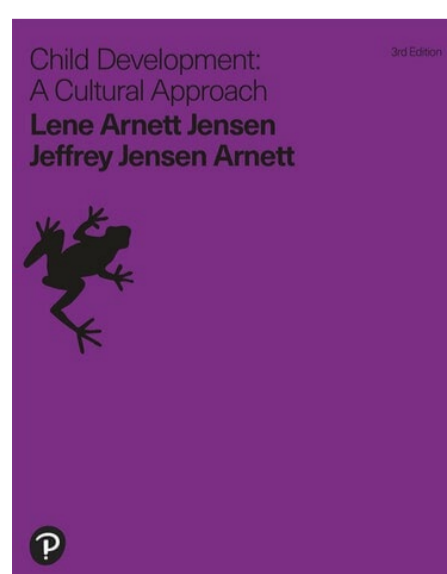
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# Abnormal Psychology

## Time for a Change

Dr. Jill M. Hooley, Harvard University

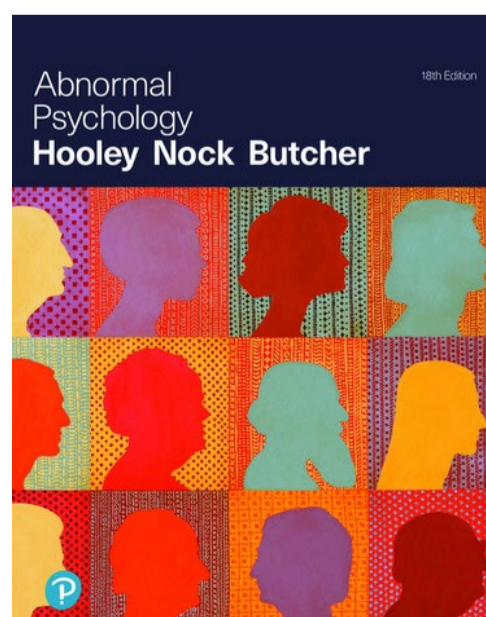
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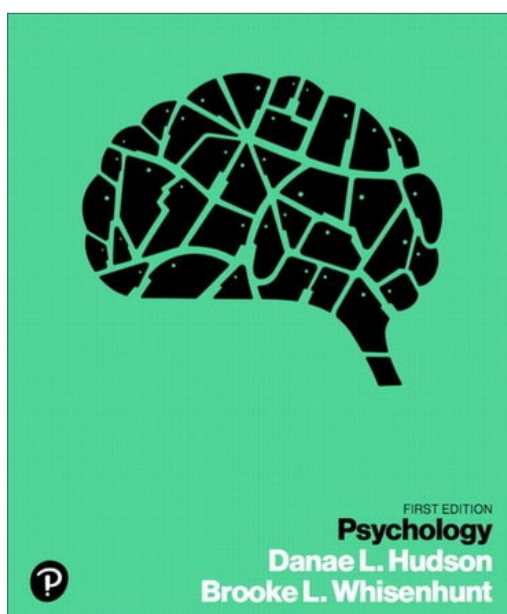
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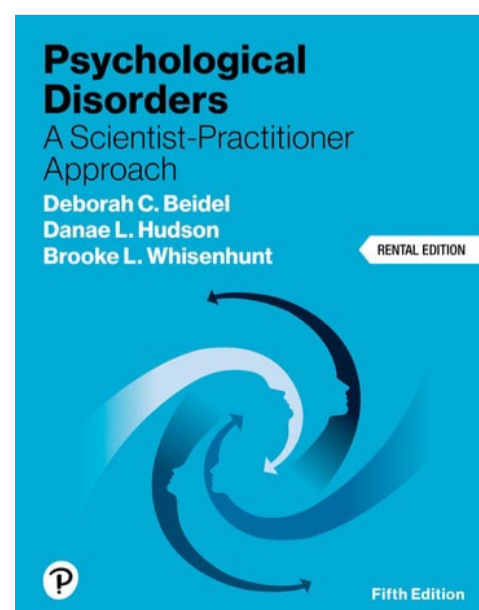
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# Coping Through End of the Year Stress

Dr. Terri Moore

Use these coping skills to get you through the end of the semester.

[Read the blog >>](#)



## About Dr. Terri Moore, Pearson Faculty Advisor

A native Floridian, Terri worked in North Carolina for 15 years, directing non-profit agencies primarily in the fields of health care and services. Terri moved into academia where she has taught in higher education for over 19 years, teaching communication courses first at Guilford Technical and Community College, completing her master's degree in communication studies from the University of North Carolina at Greensboro. Returning to her native state, she taught communication and college success courses with Polk Community College as she completed her PhD in Psychology with an emphasis in social psychology.

As a dual credentialed professor with Eastern Florida State College, Terri has been teaching both psychology and communication courses for over 13 years, using Pearson products in classes first with MyLab® and continuing with Revel® as it expanded the list of authors and developed additional integrations such as Shared Media. She has taught extensively, both in face-to-face and online platforms, a wide range of communication and psychology courses, designing several master courses for online programs. She has been a freelance faculty advisor with Pearson for approximately 11 years, making the choice in 2019 to leave full-time academia for full-time employment with Pearson as a Revel faculty advisor for liberal arts.

A skilled presenter with excellent oral and written communication skills, Terri's preferred research methods are qualitative with a special interest in social psychology and well-being across the life span. Most recently, she published an article based on her research of women choosing to make new committed relationships in later life.

[Explore Terri's latest Revel training tutorials here >>](#)





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# On Diagnosis

**Real Practitioners. Real People. Real Stories.**

The On Diagnosis video case series invites students to hear first-hand the experience of a person living with a specific psychological disorder.

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# Education fosters awareness

Rachele Strober

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## About Rachele Strober, Pearson Senior Product Marketing Manager

Rachele Strober is the Senior Product Manager for several of Pearson's Humanities & Sciences, including the Psychology list. A graduate of Villanova University, Rachele holds a degree in English with a concentration in Women's Studies and a minor in Communication. During her 20 years at Pearson she has worked in sales, implementation, and marketing. Rachele resides in New Jersey.

*"What I love about working in higher education is knowing that we are creating content that helps people better their lives. Education fosters awareness for everything."*



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