

>> I'm Danae Hudson. I am a professor of psychology at Missouri State University.

>> And I'm Brooke Whisenhunt, also a professor of psychology at Missouri State.

>> And together, we authored Revel Psychology, First Edition.

^M00:00:14 [

Music]

^M00:00:18

>> Danae and I met almost 20 years ago. We are having our 20-year friendship anniversary coming up. There's that combination of true best friends for life and getting to work together and having the common interests.

>> We share a research lab and do all the same research together, train students, teach the same classes.

>> So we used to teach classes of 163 people, and there'd just be one of us. So I'm standing up there, giving my best lecture. And then I look out and half of the students are either not paying attention, they're on their phone, they're on their laptop.

>> That realization, I think, happened at the exact right time when we were starting to see options that there are opportunities to deliver content in different ways. We put a lot of thought into how we wanted to design the course. And then we consistently measured the progress and our outcomes. Over time, we were able to tweak some things, and we had really, really impressive outcomes.

>> It only took two semesters before our course evaluations were actually higher than they had ever been in the past.

>> This is not just about psychology content. This is about me helping you become a successful learner. There was this one girl I remember in particular. She had missed some classes because she had a child. She was working fulltime. And she loved psychology. And she said I really hate it when I have to miss class, and I work all these hours and then I try to come home and study, but I've got to take care of my daughter. And I thought, how can we make the little time that she has the most effective. And she sent me the sweetest email the next semester that said what you did for me changed my life.

>> I think that's really where we both got to in our teaching career is I'd really like to be a better teacher, not just knowing things, but how do I get them to learn things.

>> And, you know, I guess the natural progression was then, hey, you know, let's just write a book together too.

>> We were very hesitant. We were never those people who always wanted to do this. She was super concerned that it was going to affect our friendship and that we would break up. We did not break up. In fact, we didn't have a bad day I don't think in terms of a friendship day.

>> She's like my sister, you know, in many ways. It's going to make me cry. It's so much more. I can't do this. Oh, my gosh.

>> Well, this sucks. Do you have any tissues? We got to cut. You know, we can't do this.

^M00:02:39 [
Music]