

## **Name of Club: Positive Psychology Club**

### **Purpose:**

- The purpose of this organization will be to provide opportunities for graduate students in psychology to advance their knowledge and understanding of positive psychology. As the field of positive psychology continues to grow and expand, this organization will keep up to date on the new research and findings, as well as disseminate this information in a way that is both palatable and applicable. This organization will do this by facilitating research and being active advocates in the surrounding community.

### **Faculty Advisor: Berry Nierenberg, Ph.D.**

- Faculty advisor provides guidance to executive board members regarding meeting topics, guest speakers, research logistics, and event planning/participation.
- They will provide expertise on various psychological topics within the field of positive psychology, allowing the organization to successfully advance members' understandings and experiences in the field.
- Additionally, they will be available to participate in organizational activities on an "as needed" basis.

### **Objectives:**

1. Assuage student fears regarding conducting research within the field of psychology and help students conduct their own research within their respective areas of interest.
  - a. Provide a mentoring system in which students with more research experience are paired with other students based on their subject of interest.
  - b. Guide students through the research process from conception to conference presentation and publication.
2. Encourage student collaboration and exploration of common research interests, recent findings, and clinical interventions throughout the growing field of positive psychology.
3. Bring in subject experts and other professionals to present and lecture on topics of positive psychology, as well as recent research in the field.
4. Provide volunteering opportunities and promote participation in community events to increase student involvement.

### **By-Laws:**

1. Hold a colloquia meeting once per month where a speaker will come to present on topics of interest within the field of positive psychology.
2. Hold additional meetings with graduate students on an as needed basis, to organize community outreach events, brainstorm presentation ideas for the purpose of disseminating knowledge about the field of positive psychology, generate research ideas, and produce research projects.

3. Advertise meetings, community involvement opportunities, and student research on the bulletin board of the College of Psychology.
4. Use social media and email lists to inform members of meeting times/places and pertinent information regarding club events.
5. Use meetings as a time to continue working on individual research projects via the following steps:
  - a. 1) Generating research ideas,
  - b. 2) Gathering data,
  - c. 3) Analyzing data, and
  - d. 4) Writing up results in poster or paper format.
6. Use meetings as a time for members to work on presentations.
7. Offer the opportunity for members to present new positive psychology research to faculty and other students to both grow their own knowledge on interested topics and also build their professional identity as an academic.
8. Develop presentations specifically for individuals in the community and graduate students on topics related to positive psychology (e.g., presentations on resilience, well-being, and mindfulness, among others).
9. Generate research that would be applicable to student-presented workshops in the form of posters and presentations.
10. Encourage and support member involvement in volunteer, charity, and other community events.
11. Organize trips to relevant conferences such as American Psychological Association where students will present their research.
12. Network with other professionals who utilize positive psychology in their practice at professional conferences for future collaboration and access to large data sets.
13. Network with professionals within the community in order to set up presentations with the purpose of expanding knowledge of elements of positive psychology.
14. Collaborate on community outreach events with other organizations.

### **Executive Board Member Responsibilities:**

#### **Chair/President: Claudia Hristova**

- Organize and conduct meetings with faculty advisor.
- Organize and lead monthly meetings among executive board members.
- Coordinate research meetings.
- Inform members of conferences, workshops, training opportunities, and current psychological research relevant to the club's mission.
- Provide instant access to information pertaining to positive psychology research through email distributions to members of the club.
- Serve as liaison and mentor for all student research projects.

- Provide assistance and consultation for projects from conception to publication and presentation.
- Assist with community outreach efforts.
- Assist in ongoing data analysis of current projects and oversee and consult on data analysis for all future student research projects.
- Assist in assigning and supporting project team leaders to maximize productivity.
- Responsible for maintaining an up-to-date progress report on all current projects.

**Vice President: Alexandria Nuccio**

- Reserve rooms for monthly general meetings and manage zoom links while operating within an online platform
- Update bulletin board monthly with meeting times.
- Create, approve, post, and remove flyers promoting upcoming club events.
- Handle Facebook affairs including creating events, inviting members to page, and updating as often as deemed necessary.
- Design T- shirts and/or promotional gear as necessary.
- Update membership database periodically and ensure that all board members have member contact information.

**Community Outreach Chairs: Tessa Triest**

- Establish connections within the community.
- Network with other clubs and institutions.
- Coordinate club involvement in volunteer, charity, and other community opportunities.
- For charity events, record participants and funds raised by members of the club.
- Establish a calendar of volunteer, charity, and other community events for club members.
- Inform club members through prompt emails of all upcoming community opportunities.
- Maintain a comprehensive list of all past, current, and future community opportunities that our club can and will participate in.

**Treasurer: Patricia Ordonez**

- Maintain accurate financial records throughout the year.
- Understand school and club policies regarding student financial accounts relating to school organization.
- Serve as club liaison for financial matters.
- Prepare and present budgets to board for approval and ensure activities adhere to budget.

- Fundraising.

### **Research Coordinator: Wyatt Kinner**

- Will report progress and research goals from all first authors and other research team members to the President and Vice President in an efficient manner to ensure the President and Vice President are aware of all progress being made by the team.
- Managing progress and efficiency of research projects.
- Maintain a calendar of research conference deadlines and remind members of upcoming deadlines.
- Serve as liaison for all student research projects.
- Provide assistance and consultation for projects from conception to publication/presentation.
- Assist in ongoing data analysis of current projects and oversee and consult on data analysis for all future student research projects.

### **General Member Duties**

- Attend monthly meetings.
- Actively participate in community outreach events.
- Present on topics concerning the geriatric population (presentations will include those offered to faculty and students in addition to those in community settings.)
- Disseminate information and materials from the organization regarding positive psychology to students outside of the organization.
- Communicate effectively with other members regarding ongoing projects.
- Meet project deadlines.
- Submit research to conferences and pursue publication of research.

### **Election of Board Members**

- Selection of Board Members is based on leadership ability, participation in research conferences, and commitment to the club. At the end of the academic term, current Executive Board Members will meet to discuss possible additions to the board based on member participation over the past year. An academic term is defined as a full school year from August 1st to July 31st. Individuals selected for board positions will be contacted by Executive Board members to discuss their interest in a position. They will also be introduced to the current bylaws, specific role responsibilities, and time

commitments. The President and Vice-President will be chosen based on the current President and Vice-President decisions of exemplary board member commitment, performance in his or her role, and leadership qualities. The current President will be required to mentor the elected President to ensure that he/she is prepared to run the organization successfully.

### **Amendments**

- These by-laws may be amended by the active members of the club, if the majority of the active members are in agreement that a change is necessary.
- Once amendments are made, the by-laws must be submitted to the Office of Student Activities and approved by the Dean.