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Yet, how do we teach openly? Constitutional law on religion and free speech provide some protections for professors and students. Professors should create lively debate, but in an inclusive way. A lot ...

Psychology Today

We spoke with negotiation and influence expert Andres Lares

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about his new book, "Persuade," and how it applies to interviews and meetings.

How to Be Persuasive in Video Interviews and Virtual Meetings

In a thoughtful and down-to-earth way, Timothy B. Stokes overturns old formulas-and many Freudian concepts-for achieving personal change. During one's ...

What Freud Didn't Know: A Three-Step Practice for Emotional Well-Being through Neuroscience and Psychology

What I needed was to understand the science behind the term we all take for granted. What does it mean to be a perfectionist? Is it a good strategy? What makes perfectionism more intense? Are there ...

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What women know about the science of perfectionism

In the age of Zoom schooling, few researchers' work resonates quite like Richard Mayer's. A distinguished professor of psychology in UC Santa Barbara's Department of Psychological and Brain Sciences, ...

Psychology Professor Richard Mayer Named 2020-21 UCSB Faculty Research Lecturer

It's about understanding the person's underlying psychology and helping them learn ... instead, they will teach you how to turn your perceived weakness into your own personal superpower.

Understanding The Key Tenets Of Coaching

The ability to influence other people can be learned—at least according to author Jon Levy. Best known as the founder of the Influencers Dinner—an exclusive dining experience created in 2009 that ...

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How to Make Meaningful Connections in the Age of Zoom, According to the Author of You're Invited

This book offers original, pedagogically sound, classroom--tested activities for teaching statistics and research methods that engage students, teach ...

Activities for Teaching Statistics and Research Methods: A Guide for Psychology Instructors

It helps me to refine my own understanding of these ideas, as well as how I communicate them. Emre's article is primarily a critique of the uber-successful pop-psychology book Emotional ...

In Defense of Emotional Intelligence

Randall Kanna, author, full stack engineer and product lead, shares her advice for developers of all levels on how to stand out in today's job market.

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Developer career 101: How to stand out in the field of software development and engineering

Although he thinks we're living through "the golden age of the individual investor," O'Shaughnessy says the basics of investing remain mostly unchanged.

Wall Street legend Jim O'Shaughnessy talks Bitcoin, the psychology of stocks, and what young people should know about investing

The findings suggest that free online courses that teach principles of positive psychology can enrich the lives of millions ... value to millions of people at no cost. "We wanted to know if we could ...

How to gain a sense of well-being, free and online

The brain is a fascinating and little understood organ, but when

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it comes to sales, getting your head around sales psychology could ... and staying true to yourself and your beliefs. The best way to ...

The Psychology of Sales

Want to grow your wealth, have enough money to retire and live a happy life? The first step is to identify and understand your money personality type, says financial psychology expert Ken Honda.

There are 7 money personality types, says psychology expert—how to tell which one you are (and the pitfalls of each)

But you don't have to wait for a life-changing experience to get started when there are plenty of amazing things you can do by yourself. In a study by the British Journal of Psychology ...

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43 Fun Things to Do By Yourself During Your Lifetime

“Across the past year, I would say that in many ways we have underreacted to the risk,” University of Oregon psychology ... when you don't know how to protect yourself, we go to overreaction ...

COVID-19's risk factors played hard on our psychology: How did we do?

In 2007, McFarland found himself frustrated that the products he was using to teach ... By understanding the underlying psychology, though, you can set people up — yourself included — to ...

We instinctively add on new features and fixes. Why don't we subtract instead?

But because most teen relationships do end, it's critical to teach ... know you can be direct and kind at the same time, and that's

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such a maturing thing,” says Alexandra Solomon, a ...

Teens are terrible at breaking up. Here are six ways parents can help them improve.

He would later return to school in 2012, earning a master’s degree in psychology ... teach them to be mental skill coaches as well. “Because we’re all coaching mindset whether we know ...

‘Every day is game day:’ Sports psychology expert applies his skills to cybersecurity

And to be fair, the mathematicians I know approach dating just like everyone ... I wrote about how lining up in a queue is a psychology problem that most of us think of as an optimization issue.

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