

SELF-TALK: WE DO IT ALL THE TIME, BUT WHAT DOES IT SAY?



ABOUT THE COURSE:

Is talking to ourselves really that weird? Whether it's in our head or out loud you may be surprised to realize how often people encourage or put themselves down. In this course you will learn how to identify your own self-talk strategies as well as learn how to build them up to work for you! Whether it's helping with a problem you have with a friend or figuring out how to fit in school work and extracurricular activities: these strategies can be very effective ways to strengthen your resilience. The class will have an interactive component and many fun surprises. I will not put anyone on the spot though so don't worry about that! The more you put into this course the more you will get out of it. You may even leave the class with more than just an idea of what self-talk is—you are likely to have a better understanding of yourself (I know I have!). Self-talk has received growing attention in the media and at research conferences so get ahead of the trend and find out more about this powerful phenomenon.

ABOUT YOUR INSTRUCTOR:

I am a first-year graduate student studying emotion, resilience and social psychology. I have been conducting research at the University of California, Davis, Stanford University and San Francisco State University for the past 6 years. As you can tell, I absolutely love research! I am a first-generation college student I am more than willing to talking to students who may have an interest in positive psychology, research and/or pursuing a doctoral degree. My hobbies include baking, running, trying new foods, conducting research, listening to Japanese pop music, watching anime and painting!

