|  | <!DOCTYPE html><html lang="en-US"><head><link rel="icon" href="[//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:16,h:16,m](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:16,h:16,m)" sizes="16x16"/><link rel="icon" href="[//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:24,h:24,m](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:24,h:24,m)" sizes="24x24"/><link rel="icon" href="[//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:32,h:32,m](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:32,h:32,m)" sizes="32x32"/><link rel="icon" href="[//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:48,h:48,m](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:48,h:48,m)" sizes="48x48"/><link rel="icon" href="[//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:64,h:64,m](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:64,h:64,m)" sizes="64x64"/><meta charSet="utf-8"/><meta http-equiv="X-UA-Compatible" content="IE=edge"/><meta name="viewport" content="width=device-width, initial-scale=1"/><title>Positive Psychology: A Guide to Self-Help and Happiness</title><meta name="description" content="Discover the secrets to true happiness with our positive psychology teachings and self-help resources. Improve your well-being and create a more fulfilling life."/><meta name="author" content="UOPositivePsych"/><meta name="generator" content="Starfield Technologies; Go Daddy Website Builder 8.0.0000"/><link rel="manifest" href="[/manifest.webmanifest](https://uopositivepsych.org/manifest.webmanifest)"/><link rel="apple-touch-icon" sizes="57x57" href="[//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:57,h:57,m](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:57,h:57,m)"/><link rel="apple-touch-icon" sizes="60x60" href="[//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:60,h:60,m](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:60,h:60,m)"/><link rel="apple-touch-icon" sizes="72x72" href="[//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:72,h:72,m](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:72,h:72,m)"/><link rel="apple-touch-icon" sizes="114x114" href="[//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:114,h:114,m](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:114,h:114,m)"/><link rel="apple-touch-icon" sizes="120x120" href="[//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:120,h:120,m](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:120,h:120,m)"/><link rel="apple-touch-icon" sizes="144x144" href="[//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:144,h:144,m](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:144,h:144,m)"/><link rel="apple-touch-icon" sizes="152x152" href="[//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:152,h:152,m](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:152,h:152,m)"/><link rel="apple-touch-icon" sizes="180x180" href="[//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:180,h:180,m](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/favicon/40315a8f-dada-4a42-9d97-463724c0fe35.jpeg/:/rs=w:180,h:180,m)"/><meta property="og:url" content="https://uopositivepsych.org/"/> |
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|  | <meta property="og:title" content="UOPositivePsych"/> |
|  | <meta property="og:description" content="Science of the Good Life!"/> |
|  | <meta property="og:type" content="website"/> |
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|  | <meta name="twitter:image" content="https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png"/> |
|  | <meta name="twitter:image:alt" content="UOPositivePsych"/> |
|  | <meta name="theme-color" content="#FCB900"/><style>.x{-ms-text-size-adjust:100%;-webkit-text-size-adjust:100%;-webkit-tap-highlight-color:rgba(0,0,0,0);margin:0;box-sizing:border-box}.x \*,.x :after,.x :before{box-sizing:inherit}.x-el a[href^="mailto:"]:not(.x-el),.x-el a[href^="tel:"]:not(.x-el){color:inherit;font-size:inherit;text-decoration:inherit}.x-el-article,.x-el-aside,.x-el-details,.x-el-figcaption,.x-el-figure,.x-el-footer,.x-el-header,.x-el-hgroup,.x-el-main,.x-el-menu,.x-el-nav,.x-el-section,.x-el-summary{display:block}.x-el-audio,.x-el-canvas,.x-el-progress,.x-el-video{display:inline-block;vertical-align:baseline}.x-el-audio:not([controls]){display:none;height:0}.x-el-template{display:none}.x-el-a{background-color:transparent;color:inherit}.x-el-a:active,.x-el-a:hover{outline:0}.x-el-abbr[title]{border-bottom:1px dotted}.x-el-b,.x-el-strong{font-weight:700}.x-el-dfn{font-style:italic}.x-el-mark{background:#ff0;color:#000}.x-el-small{font-size:80%}.x-el-sub,.x-el-sup{font-size:75%;line-height:0;position:relative;vertical-align:baseline}.x-el-sup{top:-.5em}.x-el-sub{bottom:-.25em}.x-el-img{vertical-align:middle;border:0}.x-el-svg:not(:root){overflow:hidden}.x-el-figure{margin:0}.x-el-hr{box-sizing:content-box;height:0}.x-el-pre{overflow:auto}.x-el-code,.x-el-kbd,.x-el-pre,.x-el-samp{font-family:monospace,monospace;font-size:1em}.x-el-button,.x-el-input,.x-el-optgroup,.x-el-select,.x-el-textarea{color:inherit;font:inherit;margin:0}.x-el-button{overflow:visible}.x-el-button,.x-el-select{text-transform:none}.x-el-button,.x-el-input[type=button],.x-el-input[type=reset],.x-el-input[type=submit]{-webkit-appearance:button;cursor:pointer}.x-el-button[disabled],.x-el-input[disabled]{cursor:default}.x-el-button::-moz-focus-inner,.x-el-input::-moz-focus-inner{border:0;padding:0}.x-el-input{line-height:normal}.x-el-input[type=checkbox],.x-el-input[type=radio]{box-sizing:border-box;padding:0}.x-el-input[type=number]::-webkit-inner-spin-button,.x-el-input[type=number]::-webkit-outer-spin-button{height:auto}.x-el-input[type=search]{-webkit-appearance:textfield;box-sizing:content-box}.x-el-input[type=search]::-webkit-search-cancel-button,.x-el-input[type=search]::-webkit-search-decoration{-webkit-appearance:none}.x-el-textarea{border:0}.x-el-fieldset{border:1px solid silver;margin:0 2px;padding:.35em .625em .75em}.x-el-legend{border:0;padding:0}.x-el-textarea{overflow:auto}.x-el-optgroup{font-weight:700}.x-el-table{border-collapse:collapse;border-spacing:0}.x-el-td,.x-el-th{padding:0}.x{-webkit-font-smoothing:antialiased}.x-el-hr{border:0}.x-el-fieldset,.x-el-input,.x-el-select,.x-el-textarea{margin-top:0;margin-bottom:0}.x-el-fieldset,.x-el-input[type=email],.x-el-input[type=text],.x-el-textarea{width:100%}.x-el-label{vertical-align:middle}.x-el-input{border-style:none;padding:.5em;vertical-align:middle}.x-el-select:not([multiple]){vertical-align:middle}.x-el-textarea{line-height:1.75;padding:.5em}.x-el.d-none{display:none!important}.sideline-footer{margin-top:auto}.disable-scroll{touch-action:none;overflow:hidden;position:fixed;max-width:100vw}@-webkit-keyframes loaderscale{0%{transform:scale(1);opacity:1}45%{transform:scale(.1);opacity:.7}80%{transform:scale(1);opacity:1}}@keyframes loaderscale{0%{transform:scale(1);opacity:1}45%{transform:scale(.1);opacity:.7}80%{transform:scale(1);opacity:1}}.x-loader svg{display:inline-block}.x-loader svg:first-child{-webkit-animation:loaderscale .75s cubic-bezier(.2,.68,.18,1.08) -.24s infinite;animation:loaderscale .75s cubic-bezier(.2,.68,.18,1.08) -.24s infinite}.x-loader svg:nth-child(2){-webkit-animation:loaderscale .75s cubic-bezier(.2,.68,.18,1.08) -.12s infinite;animation:loaderscale .75s cubic-bezier(.2,.68,.18,1.08) -.12s infinite}.x-loader svg:nth-child(3){-webkit-animation:loaderscale .75s cubic-bezier(.2,.68,.18,1.08) 0s infinite;animation:loaderscale .75s cubic-bezier(.2,.68,.18,1.08) 0s infinite}.x-icon>svg{transition:transform .33s ease-in-out}.x-icon>svg.rotate-90{transform:rotate(-90deg)}.x-icon>svg.rotate90{transform:rotate(90deg)}.x-icon>svg.rotate-180{transform:rotate(-180deg)}.x-icon>svg.rotate180{transform:rotate(180deg)}.x-rt ol,.x-rt ul{text-align:left}.x-rt p{margin:0}.mte-inline-block{display:inline-block}@media only screen and (min-device-width:1025px){:root select,\_::-webkit-full-page-media,\_:future{font-family:sans-serif!important}} |
|  |  |
|  | </style> |
|  | <style>@import url(''); |
|  | /\* |
|  | Copyright 2017 The Playfair Display Project Authors (https://github.com/clauseggers/Playfair-Display), with Reserved Font Name "Playfair Display". |
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|  | —————————————————————————————- |
|  | SIL OPEN FONT LICENSE Version 1.1 - 26 February 2007 |
|  | —————————————————————————————- |
|  | \*/ |
|  | @import url('//fonts.googleapis.com/css?family=Playfair+Display:400,700,900&display=swap');</style> |
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.c1-18{justify-content:center}.x .c1-19{text-align:center}.x .c1-1a{width:60%}.x .c1-1b{line-height:24px}.x .c1-1c{margin-top:0}.x .c1-1d{margin-bottom:0}.x .c1-1e{margin-left:0}.x .c1-1f{margin-right:0}.x .c1-1g{-webkit-margin-before:0}.x .c1-1h{-webkit-margin-after:0}.x .c1-1i{-webkit-padding-start:0}.x .c1-1j{padding-top:0}.x .c1-1k{padding-right:0}.x .c1-1l{padding-bottom:0}.x .c1-1m{padding-left:0}.x .c1-1n{color:rgb(94, 94, 94)}.x .c1-1o{margin-bottom:none}.x .c1-1p{display:inline-block}.x .c1-1q{list-style:none}.x .c1-1r{vertical-align:top}.x .c1-1s{padding-left:32px}.x .c1-1t{white-space:nowrap}.x .c1-1u{visibility:hidden}.x .c1-1v:first-child{margin-left:0}.x .c1-1w:first-child{padding-left:0}.x .c1-1x{text-transform:uppercase}.x .c1-1y{text-decoration:none}.x .c1-1z{word-wrap:break-word}.x .c1-20{overflow-wrap:break-word}.x .c1-21{display:block}.x .c1-22{cursor:pointer}.x .c1-23{color:rgb(150, 110, 0)}.x .c1-24{font-size:14px}.x .c1-25{font-weight:700}.x .c1-26:hover{color:rgb(93, 66, 0)}.x .c1-27:active{color:rgb(150, 110, 0)}.x .c1-2c{margin-left:-6px}.x .c1-2d{margin-right:-6px}.x .c1-2e{margin-top:-6px}.x .c1-2f{margin-bottom:-6px}.x .c1-2g{padding-left:6px}.x .c1-2h{padding-right:6px}.x .c1-2i{padding-top:6px}.x .c1-2j{padding-bottom:6px}.x .c1-2k{color:rgb(27, 27, 27)}.x .c1-2l{font-weight:400}.x .c1-2m{color:inherit}.x .c1-2n{transition:transform .33s ease-in-out}.x .c1-2o{transform:rotate(0deg)}.x .c1-2p{vertical-align:middle}.x .c1-2q{border-radius:4px}.x .c1-2r{box-shadow:0 3px 6px 3px rgba(0,0,0,0.24)}.x .c1-2s{padding-top:12px}.x .c1-2t{padding-bottom:12px}.x .c1-2u{padding-left:12px}.x .c1-2v{padding-right:12px}.x .c1-2w{position:absolute}.x .c1-2x{top:32px}.x .c1-2y{max-height:45vh}.x .c1-2z{overflow-y:auto}.x .c1-30{z-index:1003}.x .c1-33{text-align:left}.x .c1-34:last-child{margin-bottom:0}.x .c1-35{padding-top:4px}.x .c1-36{padding-bottom:4px}.x .c1-37{right:0px}.x .c1-38{margin-top:8px}.x .c1-39{margin-bottom:8px}.x .c1-3a{line-height:1.5}.x .c1-3b{cursor:default}.x .c1-3c{margin-left:24px}.x .c1-3d{justify-content:flex-end}.x .c1-3f{padding-bottom:24px}.x .c1-3g{width:15%}.x .c1-3h{[object -object]:0px}.x .c1-3i{letter-spacing:inherit}.x .c1-3j{text-transform:inherit}.x .c1-3k{border-top:0px}.x .c1-3l{border-right:0px}.x .c1-3m{border-bottom:0px}.x .c1-3n{border-left:0px}.x .c1-3o{font-weight:inherit}.x .c1-3p:hover{color:rgb(150, 110, 0)}.x .c1-3q:active{color:rgb(65, 45, 0)}.x .c1-3r{position:fixed}.x .c1-3s{top:0px}.x .c1-3t{height:100%}.x .c1-3u{z-index:10002}.x .c1-3v{-webkit-overflow-scrolling:touch}.x .c1-3w{transform:translateX(-249vw)}.x .c1-3x{overscroll-behavior:contain}.x .c1-3y{box-shadow:0 2px 6px 0px rgba(0,0,0,0.2)}.x .c1-3z{transition:transform .3s ease-in-out}.x .c1-40{flex-direction:column}.x .c1-41{line-height:1.3em}.x .c1-42{font-style:normal}.x .c1-43{top:15px}.x .c1-44{right:15px}.x .c1-45{font-size:28px}.x .c1-4a{overflow-x:hidden}.x .c1-4b{overscroll-behavior:none}.x .c1-4c{margin-bottom:32px}.x .c1-4d > :not(:first-child){margin-top:12px}.x .c1-4e{border-color:rgba(185, 185, 185, 0.5)}.x .c1-4f{border-bottom-width:1px}.x .c1-4g{border-bottom-style:solid}.x .c1-4h:last-child{border-bottom:0}.x .c1-4i{min-width:200px}.x .c1-4j{font-size:22px}.x .c1-4p{margin-left:8px}.x .c1-4q{flex-shrink:0}.x .c1-4r{pointer-events:none}.x .c1-4s{border-bottom-width:0}.x .c1-4t:last-child{padding-bottom:24px}.x .c1-4u{padding-top:8px}.x .c1-4v{padding-bottom:8px}.x .c1-4w{padding-left:40px}.x .c1-4x{flex-grow:1}.x .c1-4y{min-height:500px}.x .c1-4z{background-position:center}.x .c1-50{background-size:cover}.x .c1-51{background-blend-mode:normal}.x .c1-52{background-repeat:no-repeat}.x .c1-53{text-shadow:none}.x .c1-5t{padding-top:40px}.x .c1-5u{padding-bottom:40px}.x .c1-62{background-color:rgba(255, 255, 255, 0.9)}.x .c1-63{height:initial}.x .c1-64 > :first-child{margin-top:0 !important}.x .c1-65 > :last-child{margin-bottom:0 !important}.x .c1-69{width:inherit}.x .c1-6a{line-height:1.2}.x .c1-6b{white-space:pre-line}.x .c1-6c{font-size:32px}.x .c1-6d{font-family:'Playfair Display', Georgia, serif}.x .c1-6i{word-wrap:normal !important}.x .c1-6j{overflow-wrap:normal !important}.x .c1-6k{width:auto}.x .c1-6l{overflow:visible}.x .c1-6m{left:0px}.x .c1-6n{line-height:1.25}.x .c1-6o > p{margin-top:0}.x .c1-6p > p{margin-right:0}.x .c1-6q > p{margin-bottom:0}.x .c1-6r > p{margin-left:0}.x .c1-6s{font-size:inherit !important}.x .c1-6t{line-height:inherit}.x .c1-6u{font-style:italic}.x .c1-6v{text-decoration:line-through}.x .c1-6w{text-decoration:underline}.x .c1-6x{box-sizing:border-box}.x .c1-6y{flex-direction:row}.x .c1-6z{flex-wrap:wrap}.x .c1-70{margin-right:-12px}.x .c1-71{margin-bottom:-24px}.x .c1-72{margin-left:-12px}.x .c1-77{flex-shrink:1}.x .c1-78{flex-basis:100%}.x .c1-7g{border-width:0 !important}.x .c1-7h{aspect-ratio:1 / 1}.x .c1-7i{border-radius:50%}.x .c1-7k{align-items:stretch}.x .c1-7m{color:rgb(189, 139, 0)}.x .c1-7u{height:auto}.x .c1-7v{margin-top:24px}.x .c1-7x{flex-basis:0%}.x .c1-85 > \*{max-width:100%}.x .c1-86 > :nth-child(n){margin-bottom:24px}.x .c1-87 > :last-child{margin-bottom:0 !important}.x .c1-8a > p > ol{text-align:left}.x .c1-8b > p > ol{display:block}.x .c1-8c > p > ol{padding-left:1.3em}.x .c1-8d > p > ol{margin-left:12px}.x .c1-8e > p > ol{margin-right:12px}.x .c1-8f > p > ol{margin-top:auto}.x .c1-8g > p > ol{margin-bottom:auto}.x .c1-8h > p > ul{text-align:left}.x .c1-8i > p > ul{display:block}.x .c1-8j > p > ul{padding-left:1.3em}.x .c1-8k > p > ul{margin-left:12px}.x .c1-8l > p > ul{margin-right:12px}.x .c1-8m > p > ul{margin-top:auto}.x .c1-8n > p > ul{margin-bottom:auto}.x .c1-8o > ul{text-align:left}.x .c1-8p > ul{display:block}.x .c1-8q > ul{padding-left:1.3em}.x .c1-8r > ul{margin-left:12px}.x .c1-8s > ul{margin-right:12px}.x .c1-8t > ul{margin-top:auto}.x .c1-8u > ul{margin-bottom:auto}.x .c1-8v > ol{text-align:left}.x .c1-8w > ol{display:block}.x .c1-8x > ol{padding-left:1.3em}.x .c1-8y > ol{margin-left:12px}.x .c1-8z > ol{margin-right:12px}.x .c1-90 > ol{margin-top:auto}.x .c1-91 > ol{margin-bottom:auto}.x .c1-92{font-size:18px}.x .c1-97{display:inline}.x .c1-98{font-size:unset}.x .c1-99{border-style:none}.x .c1-9a{display:inline-flex}.x .c1-9b{min-height:40px}.x .c1-9c{border-radius:48px}.x .c1-9d{color:rgb(0, 0, 0)}.x .c1-9e{background-color:rgb(252, 185, 0)}.x .c1-9f{font-size:12px}.x .c1-9g:hover{background-color:rgb(253, 204, 132)}.x .c1-9n{line-height:1.4}.x .c1-9o{margin-bottom:40px}.x .c1-9q{font-family:unset}.x .c1-9r{max-width:80%}.x .c1-9s{letter-spacing:unset}.x .c1-9t{text-transform:unset}.x .c1-9u:before{right:100%}.x .c1-9v:before{margin-right:24px}.x .c1-9w:before{content:""}.x .c1-9x:before{height:1px}.x .c1-9y:before{margin-top:-1px}.x .c1-9z:before{background:currentColor}.x .c1-a0:before{position:absolute}.x .c1-a1:before{top:.75em}.x .c1-a2:before{width:100vw}.x .c1-a3:before{display:block}.x .c1-a4:after{left:100%}.x .c1-a5:after{margin-left:24px}.x .c1-a6:after{content:""}.x .c1-a7:after{height:1px}.x .c1-a8:after{margin-top:-1px}.x .c1-a9:after{background:currentColor}.x .c1-aa:after{position:absolute}.x .c1-ab:after{top:.75em}.x .c1-ac:after{width:100vw}.x .c1-ad:after{display:block}.x .c1-ae{padding-bottom:48px}.x .c1-af{align-self:flex-start}.x .c1-ai{margin-bottom:24px}.x .c1-aj{aspect-ratio:2 / 1}.x .c1-ak{order:-1}.x .c1-al{z-index:1}.x .c1-am{border-radius:0}.x .c1-ap{flex-direction:row-reverse}.x .c1-as{background-color:rgb(246, 246, 246)}.x .c1-au{padding-left:none}.x .c1-av{padding-right:none}.x .c1-aw{padding-top:none}.x .c1-ax{row-gap:0px}.x .c1-ay{column-gap:0px}.x .c1-az [data-typography]{color:inherit}.x .c1-b0{color:rgb(145, 107, 0)}.x .c1-b1:hover{color:rgb(84, 60, 0)}.x .c1-b2:active{color:rgb(57, 39, 0)}.x .c1-b3{color:rgb(21, 21, 21)}.x .c1-b4{margin-bottom:12px}.x .c1-b7{color:rgb(82, 82, 82)}.x .c1-b8{right:0px}.x .c1-b9{z-index:10000}.x .c1-ba{transition:all 1s ease-in}.x .c1-bb{box-shadow:0 2px 6px 0px rgba(0,0,0,0.3)}.x .c1-bc{contain:content}.x .c1-bd{bottom:-500px}.x .c1-bl{max-height:300px}.x .c1-bm{color:rgb(52, 46, 39)}.x .c1-bo{margin-bottom:4px}.x .c1-bp{word-break:break-word}.x .c1-bq{flex-basis:50%}.x .c1-br{color:rgb(219, 219, 219)}.x .c1-bs{background-color:rgb(22, 22, 22)}.x .c1-bt:nth-child(2){margin-left:24px}.x .c1-bu:hover{background-color:rgb(0, 0, 0)}.x .c1-bv{right:24px}.x .c1-bw{bottom:24px}.x .c1-bx{z-index:9999}.x .c1-by{width:65px}.x .c1-bz{height:65px}</style> |
|  | <style data-glamor="cxs-media-sheet">@media (max-width: 450px){.x .c1-54{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:450,m")}}@media (max-width: 450px) and (-webkit-min-device-pixel-ratio: 2), (max-width: 450px) and (min-resolution: 192dpi){.x .c1-55{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:900,m")}}@media (max-width: 450px) and (-webkit-min-device-pixel-ratio: 3), (max-width: 450px) and (min-resolution: 288dpi){.x .c1-56{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:1350,m")}}@media (min-width: 451px) and (max-width: 767px){.x .c1-57{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:767,m")}}@media (min-width: 451px) and (max-width: 767px) and (-webkit-min-device-pixel-ratio: 2), (min-width: 451px) and (max-width: 767px) and (min-resolution: 192dpi){.x .c1-58{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:1534,m")}}@media (min-width: 451px) and (max-width: 767px) and (-webkit-min-device-pixel-ratio: 3), (min-width: 451px) and (max-width: 767px) and (min-resolution: 288dpi){.x .c1-59{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:2301,m")}}@media (min-width: 768px) and (max-width: 1023px){.x .c1-5a{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:1023,m")}}@media (min-width: 768px) and (max-width: 1023px) and (-webkit-min-device-pixel-ratio: 2), (min-width: 768px) and (max-width: 1023px) and (min-resolution: 192dpi){.x .c1-5b{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:2046,m")}}@media (min-width: 768px) and (max-width: 1023px) and (-webkit-min-device-pixel-ratio: 3), (min-width: 768px) and (max-width: 1023px) and (min-resolution: 288dpi){.x .c1-5c{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:3069,m")}}@media (min-width: 1024px) and (max-width: 1279px){.x .c1-5d{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:1279,m")}}@media (min-width: 1024px) and (max-width: 1279px) and (-webkit-min-device-pixel-ratio: 2), (min-width: 1024px) and (max-width: 1279px) and (min-resolution: 192dpi){.x .c1-5e{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:2558,m")}}@media (min-width: 1024px) and (max-width: 1279px) and (-webkit-min-device-pixel-ratio: 3), (min-width: 1024px) and (max-width: 1279px) and (min-resolution: 288dpi){.x .c1-5f{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:3837,m")}}@media (min-width: 1280px) and (max-width: 1535px){.x .c1-5g{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:1535,m")}}@media (min-width: 1280px) and (max-width: 1535px) and (-webkit-min-device-pixel-ratio: 2), (min-width: 1280px) and (max-width: 1535px) and (min-resolution: 192dpi){.x .c1-5h{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:3070,m")}}@media (min-width: 1280px) and (max-width: 1535px) and (-webkit-min-device-pixel-ratio: 3), (min-width: 1280px) and (max-width: 1535px) and (min-resolution: 288dpi){.x .c1-5i{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:4605,m")}}@media (min-width: 1536px) and (max-width: 1920px){.x .c1-5j{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:1920,m")}}@media (min-width: 1536px) and (max-width: 1920px) and (-webkit-min-device-pixel-ratio: 2), (min-width: 1536px) and (max-width: 1920px) and (min-resolution: 192dpi){.x .c1-5k{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:3840,m")}}@media (min-width: 1536px) and (max-width: 1920px) and (-webkit-min-device-pixel-ratio: 3), (min-width: 1536px) and (max-width: 1920px) and (min-resolution: 288dpi){.x .c1-5l{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:5760,m")}}@media (min-width: 1921px){.x .c1-5m{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:100%25")}}@media (min-width: 1921px) and (-webkit-min-device-pixel-ratio: 2), (min-width: 1921px) and (min-resolution: 192dpi){.x .c1-5n{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:100%25")}}@media (min-width: 1921px) and (-webkit-min-device-pixel-ratio: 3), (min-width: 1921px) and (min-resolution: 288dpi){.x .c1-5o{background-image:url("//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png/:/rs=w:100%25")}}</style> |
|  | <style data-glamor="cxs-xs-sheet">@media (max-width: 767px){.x .c1-l{padding-top:40px}}@media (max-width: 767px){.x .c1-m{padding-bottom:40px}}@media (max-width: 767px){.x .c1-5v{padding-left:24px}}@media (max-width: 767px){.x .c1-5w{padding-right:24px}}@media (max-width: 767px){.x .c1-7j{height:calc((100vw - 48px)/1)}}@media (max-width: 767px){.x .c1-88 > :nth-child(n){margin-bottom:24px}}@media (max-width: 767px){.x .c1-89 > :last-child{margin-bottom:0 !important}}@media (max-width: 767px){.x .c1-9h{font-size:12px}}@media (max-width: 767px){.x .c1-an{height:calc((100vw - 48px)/2)}}@media (max-width: 767px){.x .c1-ao > :nth-child(n){margin-bottom:12px}}@media (max-width: 767px){.x .c1-at{padding-bottom:32px}}</style> |
|  | <style data-glamor="cxs-sm-sheet">@media (min-width: 768px){.x .c1-d{font-size:16px}}@media (min-width: 768px){.x .c1-x{width:100%}}@media (min-width: 768px){.x .c1-28{font-size:14px}}@media (min-width: 768px) and (max-width: 1023px){.x .c1-32{right:0px}}@media (min-width: 768px){.x .c1-46{font-size:30px}}@media (min-width: 768px){.x .c1-4k{font-size:22px}}@media (min-width: 768px){.x .c1-6e{font-size:40px}}@media (min-width: 768px){.x .c1-73{margin-top:0}}@media (min-width: 768px){.x .c1-74{margin-right:-24px}}@media (min-width: 768px){.x .c1-75{margin-bottom:-48px}}@media (min-width: 768px){.x .c1-76{margin-left:-24px}}@media (min-width: 768px){.x .c1-79{padding-top:0}}@media (min-width: 768px){.x .c1-7a{padding-right:24px}}@media (min-width: 768px){.x .c1-7b{padding-bottom:48px}}@media (min-width: 768px){.x .c1-7c{padding-left:24px}}@media (min-width: 768px){.x .c1-7l{min-height:300px}}@media (min-width: 768px){.x .c1-7w{margin-bottom:0}}@media (min-width: 768px){.x .c1-7y{margin-left:8.333333333333332%}}@media (min-width: 768px){.x .c1-7z{flex-basis:83.33333333333334%}}@media (min-width: 768px){.x .c1-80{max-width:83.33333333333334%}}@media (min-width: 768px){.x .c1-81{padding-bottom:0}}@media (min-width: 768px){.x .c1-93{font-size:18px}}@media (min-width: 768px){.x .c1-9i{width:auto}}@media (min-width: 768px){.x .c1-9j{font-size:12px}}@media (min-width: 768px){.x .c1-ag{flex-basis:50%}}@media (min-width: 768px){.x .c1-ah{max-width:50%}}@media (min-width: 768px){.x .c1-be{width:400px}}@media (min-width: 768px){.x .c1-bf{max-height:500px}}@media (min-width: 768px){.x .c1-bg{border-radius:7px}}@media (min-width: 768px){.x .c1-bh{margin-top:24px}}@media (min-width: 768px){.x .c1-bi{margin-right:24px}}@media (min-width: 768px){.x .c1-bj{margin-bottom:24px}}@media (min-width: 768px){.x .c1-bk{margin-left:24px}}@media (min-width: 768px){.x .c1-bn{max-height:200px}}</style> |
|  | <style data-glamor="cxs-md-sheet">@media (min-width: 1024px){.x .c1-e{font-size:16px}}@media (min-width: 1024px){.x .c1-o{display:block}}@media (min-width: 1024px){.x .c1-y{width:984px}}@media (min-width: 1024px){.x .c1-29{font-size:14px}}@media (min-width: 1024px) and (max-width: 1279px){.x .c1-31{right:0px}}@media (min-width: 1024px){.x .c1-3e{display:none}}@media (min-width: 1024px){.x .c1-47{font-size:30px}}@media (min-width: 1024px){.x .c1-4l{min-width:300px}}@media (min-width: 1024px){.x .c1-4m{font-size:22px}}@media (min-width: 1024px){.x .c1-5p{min-height:60vh}}@media (min-width: 1024px){.x .c1-5q{margin-top:0px}}@media (min-width: 1024px){.x .c1-5r{margin-bottom:0px}}@media (min-width: 1024px){.x .c1-5s{display:flex}}@media (min-width: 1024px){.x .c1-5x{justify-content:center}}@media (min-width: 1024px){.x .c1-5y{margin-left:auto}}@media (min-width: 1024px){.x .c1-5z{margin-right:auto}}@media (min-width: 1024px){.x .c1-60{max-width:100%}}@media (min-width: 1024px){.x .c1-61{align-items:center}}@media (min-width: 1024px){.x .c1-66{padding-left:56px}}@media (min-width: 1024px){.x .c1-67{padding-right:56px}}@media (min-width: 1024px){.x .c1-68{max-width:45%}}@media (min-width: 1024px){.x .c1-6f{font-size:38px}}@media (min-width: 1024px){.x .c1-7d{flex-basis:50%}}@media (min-width: 1024px){.x .c1-7e{max-width:50%}}@media (min-width: 1024px){.x .c1-7f{flex:1}}@media (min-width: 1024px){.x .c1-7n{text-align:left}}@media (min-width: 1024px){.x .c1-7o{padding-top:0px}}@media (min-width: 1024px){.x .c1-7p{padding-right:0px}}@media (min-width: 1024px){.x .c1-7q{padding-bottom:0px}}@media (min-width: 1024px){.x .c1-7r{padding-left:0px}}@media (min-width: 1024px){.x .c1-7s{margin-right:0px}}@media (min-width: 1024px){.x .c1-7t{margin-left:0px}}@media (min-width: 1024px){.x .c1-82{margin-left:16.666666666666664%}}@media (min-width: 1024px){.x .c1-83{flex-basis:66.66666666666666%}}@media (min-width: 1024px){.x .c1-84{max-width:66.66666666666666%}}@media (min-width: 1024px){.x .c1-94{font-size:18px}}@media (min-width: 1024px){.x .c1-9k{font-size:12px}}@media (min-width: 1024px){.x .c1-9p{text-align:center}}@media (min-width: 1024px){.x .c1-aq{flex-basis:125%}}@media (min-width: 1024px){.x .c1-ar{max-width:125%}}@media (min-width: 1024px){.x .c1-b5{flex-basis:0%}}@media (min-width: 1024px){.x .c1-b6{max-width:none}}@media (min-width: 1024px){.x .c1-c0{z-index:9999}}</style> |
|  | <style data-glamor="cxs-lg-sheet">@media (min-width: 1280px){.x .c1-f{font-size:16px}}@media (min-width: 1280px){.x .c1-z{width:1160px}}@media (min-width: 1280px){.x .c1-2a{font-size:14px}}@media (min-width: 1280px){.x .c1-48{font-size:32px}}@media (min-width: 1280px){.x .c1-4n{font-size:22px}}@media (min-width: 1280px){.x .c1-6g{font-size:44px}}@media (min-width: 1280px){.x .c1-95{font-size:18px}}@media (min-width: 1280px){.x .c1-9l{font-size:12px}}</style> |
|  | <style data-glamor="cxs-xl-sheet">@media (min-width: 1536px){.x .c1-g{font-size:18px}}@media (min-width: 1536px){.x .c1-10{width:1280px}}@media (min-width: 1536px){.x .c1-2b{font-size:16px}}@media (min-width: 1536px){.x .c1-49{font-size:36px}}@media (min-width: 1536px){.x .c1-4o{font-size:24px}}@media (min-width: 1536px){.x .c1-6h{font-size:48px}}@media (min-width: 1536px){.x .c1-96{font-size:20px}}@media (min-width: 1536px){.x .c1-9m{font-size:14px}}</style> |
|  | <style>@keyframes opacity-bounce { |
|  | 0% {opacity: 0;transform: translateY(100%); } |
|  | 60% { transform: translateY(-20%); } |
|  | 100% { opacity: 1; transform: translateY(0); } |
|  | }</style> |
|  | <style>.gd-ad-flex-parent { |
|  | animation-name: opacity-bounce; |
|  | animation-duration: 800ms; |
|  | animation-delay: 400ms; |
|  | animation-fill-mode: forwards; |
|  | animation-timing-function: ease; |
|  | opacity: 0;</style> |
|  | <style>.page-inner { background-color: rgb(246, 246, 246); min-height: 100vh; }</style> |
|  | <script>"use strict"; |
|  |  |
|  | if ('serviceWorker' in navigator) { |
|  | window.addEventListener('load', function () { |
|  | navigator.serviceWorker.register('/sw.js'); |
|  | }); |
|  | }</script></head> |
|  | <body class="x x-fonts-playfair-display"><div id="layout-e-6-fe-6-fdd-c-227-4-f-0-f-9-d-5-c-5-f-9-e-557-ba-463" class="layout layout-layout layout-layout-layout-15 locale-en-US lang-en"><div data-ux="Page" id="page-99050" class="x-el x-el-div x-el c1-1 c1-2 c1-3 c1-4 c1-5 c1-6 c1-7 c1-8 c1-9 c1-a c1-b c1-c c1-d c1-e c1-f c1-g c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div page-inner c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><div id="d5383dd6-b069-4572-9f32-9657332a907e" class="widget widget-header widget-header-header-9"><div data-ux="Header" role="main" data-aid="HEADER\_WIDGET" id="n-99051" class="x-el x-el-div x-el x-el c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g c1-1 c1-2 c1-3 c1-b c1-c c1-d c1-e c1-f c1-g c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><div> <div id="freemium-ad-99052"></div><section data-ux="Section" data-aid="HEADER\_SECTION" class="x-el x-el-section c1-1 c1-2 c1-3 c1-h c1-i c1-j c1-k c1-b c1-c c1-l c1-m c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-n c1-b c1-c c1-d c1-o c1-e c1-f c1-g"></div><div data-ux="ContainerFluid" class="x-el x-el-div c1-1 c1-2 c1-p c1-q c1-r c1-s c1-t c1-u c1-b c1-c c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-n c1-b c1-c c1-d c1-o c1-e c1-f c1-g"><nav data-ux="Container" class="x-el x-el-nav c1-1 c1-2 c1-p c1-q c1-r c1-s c1-t c1-4 c1-v c1-w c1-b c1-c c1-x c1-d c1-y c1-e c1-z c1-f c1-10 c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-11 c1-12 c1-13 c1-14 c1-15 c1-b c1-c c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-12 c1-16 c1-17 c1-b c1-c c1-d c1-e c1-f c1-g"></div><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-18 c1-19 c1-1a c1-b c1-c c1-d c1-e c1-f c1-g"><nav data-ux="Nav" data-aid="HEADER\_NAV\_RENDERED" role="navigation" class="x-el x-el-nav c1-1 c1-2 c1-t c1-1b c1-b c1-c c1-d c1-e c1-f c1-g"><ul data-ux="List" id="nav-99054" class="x-el x-el-ul c1-1 c1-2 c1-1c c1-1d c1-1e c1-1f c1-1g c1-1h c1-1i c1-u c1-1j c1-1k c1-1l c1-1m c1-b c1-c c1-d c1-e c1-f c1-g"><li data-ux="NavListItemInline" class="x-el x-el-li nav-item c1-1 c1-2 c1-1n c1-1e c1-1o c1-1p c1-1q c1-1r c1-1s c1-1t c1-u c1-1u c1-b c1-c c1-1v c1-1w c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="menu" data-ux="NavLinkActive" target="" data-page="1a038cb3-966b-4c09-9318-308b5b7e3df1" data-edit-interactive="true" href="[/](https://uopositivepsych.org/)" data-typography="NavAlpha" class="x-el x-el-a c1-1 c1-1x c1-1y c1-1z c1-20 c1-21 c1-22 c1-b c1-23 c1-24 c1-25 c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Default.Link.Active.99056.click,click">Home</a></li><li data-ux="NavListItemInline" class="x-el x-el-li nav-item c1-1 c1-2 c1-1n c1-1e c1-1o c1-1p c1-1q c1-1r c1-1s c1-1t c1-u c1-1u c1-b c1-c c1-1v c1-1w c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavLink" target="" data-page="dbed1c0b-6d69-4fb6-9971-01f3ddab97a8" data-edit-interactive="true" href="[/meetings](https://uopositivepsych.org/meetings)" data-typography="NavAlpha" class="x-el x-el-a c1-1 c1-1x c1-1y c1-1z c1-20 c1-21 c1-22 c1-2c c1-2d c1-2e c1-2f c1-2g c1-2h c1-2i c1-2j c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Default.Link.Default.99057.click,click">Meetings</a></li><li data-ux="NavListItemInline" class="x-el x-el-li nav-item c1-1 c1-2 c1-1n c1-1e c1-1o c1-1p c1-1q c1-1r c1-1s c1-1t c1-u c1-1u c1-b c1-c c1-1v c1-1w c1-d c1-e c1-f c1-g"><div data-ux="Element" id="bs-1" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><a rel="" role="button" aria-haspopup="menu" data-ux="NavLinkDropdown" data-toggle-ignore="true" id="99058" aria-expanded="false" data-aid="NAV\_DROPDOWN" data-edit-interactive="true" href="[#](https://uopositivepsych.org/#)" data-typography="NavAlpha" class="x-el x-el-a c1-1 c1-1x c1-1y c1-1z c1-20 c1-12 c1-22 c1-14 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Default.Link.Dropdown.99059.click,click"><div style="pointer-events:none;display:flex;align-items:center" data-aid="NAV\_DROPDOWN"><span style="margin-right:4px">Learn</span><svg viewBox="0 0 24 24" fill="currentColor" width="16" height="16" data-ux="Icon" class="x-el x-el-svg c1-1 c1-2 c1-2m c1-1p c1-2n c1-2o c1-2p c1-u c1-22 c1-b c1-24 c1-28 c1-29 c1-2a c1-2b"><path fill-rule="evenodd" d="M19.544 7.236a.773.773 0 0 1-.031 1.06l-7.883 7.743-7.42-7.742a.773.773 0 0 1 0-1.061.699.699 0 0 1 1.017 0l6.433 6.713 6.868-6.745a.698.698 0 0 1 1.016.032"></path></svg></div></a></div><ul data-ux="Dropdown" role="menu" id="384388c3-a344-4594-aada-8da8698201f2-nav-99054-toggleId" class="x-el x-el-ul c1-1 c1-2 c1-2q c1-2r c1-3 c1-2s c1-2t c1-2u c1-2v c1-2w c1-2x c1-1t c1-2y c1-2z c1-n c1-30 c1-b c1-c c1-31 c1-32 c1-d c1-e c1-f c1-g"><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="b3b0ac6b-b4c6-4a46-a716-a170cd71eb32" data-edit-interactive="true" aria-labelledby="384388c3-a344-4594-aada-8da8698201f2-nav-99054-toggleId" href="[/positive-psychology](https://uopositivepsych.org/positive-psychology)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99060.click,click">Positive Psychology</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="6cb738cc-c6a1-4ee6-b10f-e50606c599b4" data-edit-interactive="true" aria-labelledby="384388c3-a344-4594-aada-8da8698201f2-nav-99054-toggleId" href="[/mindfulness](https://uopositivepsych.org/mindfulness)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99061.click,click">Mindfulness</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="7dc3ee38-ab1f-4b02-89f2-1be59c942ca6" data-edit-interactive="true" aria-labelledby="384388c3-a344-4594-aada-8da8698201f2-nav-99054-toggleId" href="[/social-connection](https://uopositivepsych.org/social-connection)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99062.click,click">Social Connection</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="37984abe-3ee9-4a28-a04c-e686ff4a47f9" data-edit-interactive="true" aria-labelledby="384388c3-a344-4594-aada-8da8698201f2-nav-99054-toggleId" href="[/gratitude-%26-giving](https://uopositivepsych.org/gratitude-%26-giving)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99063.click,click">Gratitude &amp; Giving</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="1e6b3b2c-ab5d-422c-aeb9-70ccc24c7e5a" data-edit-interactive="true" aria-labelledby="384388c3-a344-4594-aada-8da8698201f2-nav-99054-toggleId" href="[/emotions](https://uopositivepsych.org/emotions)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99064.click,click">Emotions</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="e44deb15-0710-4935-a497-6571d73489d7" data-edit-interactive="true" aria-labelledby="384388c3-a344-4594-aada-8da8698201f2-nav-99054-toggleId" href="[/growth-mindset](https://uopositivepsych.org/growth-mindset)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99065.click,click">Growth Mindset</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="44939f53-943f-4933-a58f-989d6a80c664" data-edit-interactive="true" aria-labelledby="384388c3-a344-4594-aada-8da8698201f2-nav-99054-toggleId" href="[/purpose-%26-meaning](https://uopositivepsych.org/purpose-%26-meaning)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99066.click,click">Purpose &amp; Meaning</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="a55b7a2b-270c-4e2a-b5e5-4c36c587aa92" data-edit-interactive="true" aria-labelledby="384388c3-a344-4594-aada-8da8698201f2-nav-99054-toggleId" href="[/neuroplasticity](https://uopositivepsych.org/neuroplasticity)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99067.click,click">Neuroplasticity </a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="c09ef034-74a6-4dcc-a381-ca336a3a5f7b" data-edit-interactive="true" aria-labelledby="384388c3-a344-4594-aada-8da8698201f2-nav-99054-toggleId" href="[/nature-%26-wellness](https://uopositivepsych.org/nature-%26-wellness)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99068.click,click">Nature &amp; Wellness</a></li></ul></li><li data-ux="NavListItemInline" class="x-el x-el-li nav-item c1-1 c1-2 c1-1n c1-1e c1-1o c1-1p c1-1q c1-1r c1-1s c1-1t c1-u c1-1u c1-b c1-c c1-1v c1-1w c1-d c1-e c1-f c1-g"><div data-ux="Element" id="bs-2" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><a rel="" role="button" aria-haspopup="menu" data-ux="NavLinkDropdown" data-toggle-ignore="true" id="99069" aria-expanded="false" data-aid="NAV\_DROPDOWN" data-edit-interactive="true" href="[#](https://uopositivepsych.org/#)" data-typography="NavAlpha" class="x-el x-el-a c1-1 c1-1x c1-1y c1-1z c1-20 c1-12 c1-22 c1-14 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Default.Link.Dropdown.99070.click,click"><div style="pointer-events:none;display:flex;align-items:center" data-aid="NAV\_DROPDOWN"><span style="margin-right:4px">Quizzes</span><svg viewBox="0 0 24 24" fill="currentColor" width="16" height="16" data-ux="Icon" class="x-el x-el-svg c1-1 c1-2 c1-2m c1-1p c1-2n c1-2o c1-2p c1-u c1-22 c1-b c1-24 c1-28 c1-29 c1-2a c1-2b"><path fill-rule="evenodd" d="M19.544 7.236a.773.773 0 0 1-.031 1.06l-7.883 7.743-7.42-7.742a.773.773 0 0 1 0-1.061.699.699 0 0 1 1.017 0l6.433 6.713 6.868-6.745a.698.698 0 0 1 1.016.032"></path></svg></div></a></div><ul data-ux="Dropdown" role="menu" id="30bd2a6e-5700-46b3-bb2c-ff95dfaeb948-nav-99054-toggleId" class="x-el x-el-ul c1-1 c1-2 c1-2q c1-2r c1-3 c1-2s c1-2t c1-2u c1-2v c1-2w c1-2x c1-1t c1-2y c1-2z c1-n c1-30 c1-b c1-c c1-31 c1-32 c1-d c1-e c1-f c1-g"><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="c6c69eb0-7e3f-4173-9284-28f58f43d471" data-edit-interactive="true" aria-labelledby="30bd2a6e-5700-46b3-bb2c-ff95dfaeb948-nav-99054-toggleId" href="[/self-compassion](https://uopositivepsych.org/self-compassion)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99071.click,click">Self-Compassion </a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="8b7b3eac-440f-402d-8a59-02ad687e330d" data-edit-interactive="true" aria-labelledby="30bd2a6e-5700-46b3-bb2c-ff95dfaeb948-nav-99054-toggleId" href="[/purpose-in-life](https://uopositivepsych.org/purpose-in-life)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99072.click,click">Purpose in Life</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="82f0f0e6-3438-4388-99e0-ea75dc2abb5b" data-edit-interactive="true" aria-labelledby="30bd2a6e-5700-46b3-bb2c-ff95dfaeb948-nav-99054-toggleId" href="[/empathy](https://uopositivepsych.org/empathy)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99073.click,click">Empathy</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="d3fe4a8b-ced4-4d1c-8ee9-b88de5a2e9c5" data-edit-interactive="true" aria-labelledby="30bd2a6e-5700-46b3-bb2c-ff95dfaeb948-nav-99054-toggleId" href="[/stress-%26-anxiety](https://uopositivepsych.org/stress-%26-anxiety)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99074.click,click">Stress &amp; Anxiety</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="5ea69cb5-4a56-439f-aaa7-438f8037c275" data-edit-interactive="true" aria-labelledby="30bd2a6e-5700-46b3-bb2c-ff95dfaeb948-nav-99054-toggleId" href="[/gratitude](https://uopositivepsych.org/gratitude)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99075.click,click">Gratitude</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="23fb3e4d-847f-4993-be04-23bdbb1de4d8" data-edit-interactive="true" aria-labelledby="30bd2a6e-5700-46b3-bb2c-ff95dfaeb948-nav-99054-toggleId" href="[/relationship-trust](https://uopositivepsych.org/relationship-trust)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99076.click,click">Relationship Trust</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="ab455d79-a3ee-415d-8c32-e41d8fd2321a" data-edit-interactive="true" aria-labelledby="30bd2a6e-5700-46b3-bb2c-ff95dfaeb948-nav-99054-toggleId" href="[/mindfulness-1](https://uopositivepsych.org/mindfulness-1)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99077.click,click">Mindfulness</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="5f748374-d9fe-4717-8133-1f80d852f5cd" data-edit-interactive="true" aria-labelledby="30bd2a6e-5700-46b3-bb2c-ff95dfaeb948-nav-99054-toggleId" href="[/altruism](https://uopositivepsych.org/altruism)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99078.click,click">Altruism</a></li></ul></li><li data-ux="NavListItemInline" class="x-el x-el-li nav-item c1-1 c1-2 c1-1n c1-1e c1-1o c1-1p c1-1q c1-1r c1-1s c1-1t c1-u c1-1u c1-b c1-c c1-1v c1-1w c1-d c1-e c1-f c1-g"><div data-ux="Element" id="bs-3" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><a rel="" role="button" aria-haspopup="menu" data-ux="NavLinkDropdown" data-toggle-ignore="true" id="99079" aria-expanded="false" data-aid="NAV\_DROPDOWN" data-edit-interactive="true" href="[#](https://uopositivepsych.org/#)" data-typography="NavAlpha" class="x-el x-el-a c1-1 c1-1x c1-1y c1-1z c1-20 c1-12 c1-22 c1-14 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Default.Link.Dropdown.99080.click,click"><div style="pointer-events:none;display:flex;align-items:center" data-aid="NAV\_DROPDOWN"><span style="margin-right:4px">On-Campus Resources</span><svg viewBox="0 0 24 24" fill="currentColor" width="16" height="16" data-ux="Icon" class="x-el x-el-svg c1-1 c1-2 c1-2m c1-1p c1-2n c1-2o c1-2p c1-u c1-22 c1-b c1-24 c1-28 c1-29 c1-2a c1-2b"><path fill-rule="evenodd" d="M19.544 7.236a.773.773 0 0 1-.031 1.06l-7.883 7.743-7.42-7.742a.773.773 0 0 1 0-1.061.699.699 0 0 1 1.017 0l6.433 6.713 6.868-6.745a.698.698 0 0 1 1.016.032"></path></svg></div></a></div><ul data-ux="Dropdown" role="menu" id="90d92f6d-85b0-4507-95c4-bd800aa03f18-nav-99054-toggleId" class="x-el x-el-ul c1-1 c1-2 c1-2q c1-2r c1-3 c1-2s c1-2t c1-2u c1-2v c1-2w c1-2x c1-1t c1-2y c1-2z c1-n c1-30 c1-b c1-c c1-31 c1-32 c1-d c1-e c1-f c1-g"><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="1da35bca-461b-492a-9d1f-847427286574" data-edit-interactive="true" aria-labelledby="90d92f6d-85b0-4507-95c4-bd800aa03f18-nav-99054-toggleId" href="[/uo-health-services](https://uopositivepsych.org/uo-health-services)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99081.click,click">UO Health Services</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="a72f57d7-c282-46cc-b3d7-ee6ccd4a8b30" data-edit-interactive="true" aria-labelledby="90d92f6d-85b0-4507-95c4-bd800aa03f18-nav-99054-toggleId" href="[/uo-courses](https://uopositivepsych.org/uo-courses)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99082.click,click">UO Courses</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMenuLink" target="" data-page="4bd0761b-27a3-4659-bf8c-9e0f7d8ea299" data-edit-interactive="true" aria-labelledby="90d92f6d-85b0-4507-95c4-bd800aa03f18-nav-99054-toggleId" href="[/uo-clubs](https://uopositivepsych.org/uo-clubs)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Menu.Link.Default.99083.click,click">UO Clubs</a></li></ul></li><li data-ux="NavListItemInline" class="x-el x-el-li nav-item c1-1 c1-2 c1-1n c1-1e c1-1o c1-1p c1-1q c1-1r c1-1s c1-1t c1-u c1-1u c1-b c1-c c1-1v c1-1w c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavLink" target="" data-page="dce2c8e1-4fde-4fc5-a4e8-d825fdd05e3e" data-edit-interactive="true" href="[/join-or-comment](https://uopositivepsych.org/join-or-comment)" data-typography="NavAlpha" class="x-el x-el-a c1-1 c1-1x c1-1y c1-1z c1-20 c1-21 c1-22 c1-2c c1-2d c1-2e c1-2f c1-2g c1-2h c1-2i c1-2j c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Default.Link.Default.99084.click,click">Join or Comment!</a></li><li data-ux="NavListItemInline" class="x-el x-el-li nav-item c1-1 c1-2 c1-1n c1-1e c1-1o c1-1p c1-1q c1-1r c1-1s c1-1t c1-u c1-1u c1-b c1-c c1-1v c1-1w c1-d c1-e c1-f c1-g"><div data-ux="Element" id="bs-4" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><a rel="" role="button" aria-haspopup="menu" data-ux="NavLinkDropdown" data-toggle-ignore="true" id="99085" aria-expanded="false" data-aid="NAV\_MORE" data-edit-interactive="true" href="[#](https://uopositivepsych.org/#)" data-typography="NavAlpha" class="x-el x-el-a c1-1 c1-1x c1-1y c1-1z c1-20 c1-12 c1-22 c1-14 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.Default.Link.Dropdown.99086.click,click"><div style="pointer-events:none;display:flex;align-items:center" data-aid="NAV\_MORE"><span style="margin-right:4px">More</span><svg viewBox="0 0 24 24" fill="currentColor" width="16" height="16" data-ux="Icon" class="x-el x-el-svg c1-1 c1-2 c1-2m c1-1p c1-2n c1-2o c1-2p c1-u c1-22 c1-b c1-24 c1-28 c1-29 c1-2a c1-2b"><path fill-rule="evenodd" d="M19.544 7.236a.773.773 0 0 1-.031 1.06l-7.883 7.743-7.42-7.742a.773.773 0 0 1 0-1.061.699.699 0 0 1 1.017 0l6.433 6.713 6.868-6.745a.698.698 0 0 1 1.016.032"></path></svg></div></a></div><ul data-ux="Dropdown" role="menu" id="more-99055" class="x-el x-el-ul c1-1 c1-2 c1-2q c1-2r c1-3 c1-2s c1-2t c1-2u c1-2v c1-2w c1-37 c1-2x c1-1t c1-2y c1-2z c1-n c1-30 c1-b c1-c c1-31 c1-32 c1-d c1-e c1-f c1-g"><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="menu" data-ux="NavMoreMenuLinkActive" target="" data-page="1a038cb3-966b-4c09-9318-308b5b7e3df1" data-edit-interactive="true" aria-labelledby="more-99055" href="[/](https://uopositivepsych.org/)" data-typography="NavAlpha" class="x-el x-el-a c1-1 c1-1x c1-1y c1-1z c1-20 c1-1p c1-22 c1-38 c1-39 c1-3a c1-b c1-23 c1-24 c1-25 c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Active.99087.click,click">Home</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLink" target="" data-page="dbed1c0b-6d69-4fb6-9971-01f3ddab97a8" data-edit-interactive="true" aria-labelledby="more-99055" href="[/meetings](https://uopositivepsych.org/meetings)" data-typography="NavAlpha" class="x-el x-el-a c1-1 c1-1x c1-1y c1-1z c1-20 c1-1p c1-22 c1-38 c1-39 c1-3a c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Default.99088.click,click">Meetings</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="menu" data-ux="NavMoreMenuLink" data-ignore-close="true" data-edit-interactive="true" aria-labelledby="more-99055" data-typography="NavAlpha" class="x-el x-el-a c1-1 c1-1x c1-1y c1-1z c1-20 c1-1p c1-3b c1-38 c1-1d c1-3a c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Default.99089.click,click">Learn</a><ul data-ux="NavListNested" role="menu" class="x-el x-el-ul c1-1 c1-2 c1-1c c1-1d c1-3c c1-1f c1-1g c1-1h c1-1i c1-b c1-c c1-d c1-e c1-f c1-g"><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="b3b0ac6b-b4c6-4a46-a716-a170cd71eb32" data-edit-interactive="true" aria-labelledby="more-99055" href="[/positive-psychology](https://uopositivepsych.org/positive-psychology)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99090.click,click">Positive Psychology</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="6cb738cc-c6a1-4ee6-b10f-e50606c599b4" data-edit-interactive="true" aria-labelledby="more-99055" href="[/mindfulness](https://uopositivepsych.org/mindfulness)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99091.click,click">Mindfulness</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="7dc3ee38-ab1f-4b02-89f2-1be59c942ca6" data-edit-interactive="true" aria-labelledby="more-99055" href="[/social-connection](https://uopositivepsych.org/social-connection)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99092.click,click">Social Connection</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="37984abe-3ee9-4a28-a04c-e686ff4a47f9" data-edit-interactive="true" aria-labelledby="more-99055" href="[/gratitude-%26-giving](https://uopositivepsych.org/gratitude-%26-giving)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99093.click,click">Gratitude &amp; Giving</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="1e6b3b2c-ab5d-422c-aeb9-70ccc24c7e5a" data-edit-interactive="true" aria-labelledby="more-99055" href="[/emotions](https://uopositivepsych.org/emotions)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99094.click,click">Emotions</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="e44deb15-0710-4935-a497-6571d73489d7" data-edit-interactive="true" aria-labelledby="more-99055" href="[/growth-mindset](https://uopositivepsych.org/growth-mindset)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99095.click,click">Growth Mindset</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="44939f53-943f-4933-a58f-989d6a80c664" data-edit-interactive="true" aria-labelledby="more-99055" href="[/purpose-%26-meaning](https://uopositivepsych.org/purpose-%26-meaning)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99096.click,click">Purpose &amp; Meaning</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="a55b7a2b-270c-4e2a-b5e5-4c36c587aa92" data-edit-interactive="true" aria-labelledby="more-99055" href="[/neuroplasticity](https://uopositivepsych.org/neuroplasticity)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99097.click,click">Neuroplasticity </a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="c09ef034-74a6-4dcc-a381-ca336a3a5f7b" data-edit-interactive="true" aria-labelledby="more-99055" href="[/nature-%26-wellness](https://uopositivepsych.org/nature-%26-wellness)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99098.click,click">Nature &amp; Wellness</a></li></ul></div></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="menu" data-ux="NavMoreMenuLink" data-ignore-close="true" data-edit-interactive="true" aria-labelledby="more-99055" data-typography="NavAlpha" class="x-el x-el-a c1-1 c1-1x c1-1y c1-1z c1-20 c1-1p c1-3b c1-38 c1-1d c1-3a c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Default.99099.click,click">Quizzes</a><ul data-ux="NavListNested" role="menu" class="x-el x-el-ul c1-1 c1-2 c1-1c c1-1d c1-3c c1-1f c1-1g c1-1h c1-1i c1-b c1-c c1-d c1-e c1-f c1-g"><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="c6c69eb0-7e3f-4173-9284-28f58f43d471" data-edit-interactive="true" aria-labelledby="more-99055" href="[/self-compassion](https://uopositivepsych.org/self-compassion)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99100.click,click">Self-Compassion </a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="8b7b3eac-440f-402d-8a59-02ad687e330d" data-edit-interactive="true" aria-labelledby="more-99055" href="[/purpose-in-life](https://uopositivepsych.org/purpose-in-life)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99101.click,click">Purpose in Life</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="82f0f0e6-3438-4388-99e0-ea75dc2abb5b" data-edit-interactive="true" aria-labelledby="more-99055" href="[/empathy](https://uopositivepsych.org/empathy)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99102.click,click">Empathy</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="d3fe4a8b-ced4-4d1c-8ee9-b88de5a2e9c5" data-edit-interactive="true" aria-labelledby="more-99055" href="[/stress-%26-anxiety](https://uopositivepsych.org/stress-%26-anxiety)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99103.click,click">Stress &amp; Anxiety</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="5ea69cb5-4a56-439f-aaa7-438f8037c275" data-edit-interactive="true" aria-labelledby="more-99055" href="[/gratitude](https://uopositivepsych.org/gratitude)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99104.click,click">Gratitude</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="23fb3e4d-847f-4993-be04-23bdbb1de4d8" data-edit-interactive="true" aria-labelledby="more-99055" href="[/relationship-trust](https://uopositivepsych.org/relationship-trust)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99105.click,click">Relationship Trust</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="ab455d79-a3ee-415d-8c32-e41d8fd2321a" data-edit-interactive="true" aria-labelledby="more-99055" href="[/mindfulness-1](https://uopositivepsych.org/mindfulness-1)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99106.click,click">Mindfulness</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="5f748374-d9fe-4717-8133-1f80d852f5cd" data-edit-interactive="true" aria-labelledby="more-99055" href="[/altruism](https://uopositivepsych.org/altruism)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99107.click,click">Altruism</a></li></ul></div></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="menu" data-ux="NavMoreMenuLink" data-ignore-close="true" data-edit-interactive="true" aria-labelledby="more-99055" data-typography="NavAlpha" class="x-el x-el-a c1-1 c1-1x c1-1y c1-1z c1-20 c1-1p c1-3b c1-38 c1-1d c1-3a c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Default.99108.click,click">On-Campus Resources</a><ul data-ux="NavListNested" role="menu" class="x-el x-el-ul c1-1 c1-2 c1-1c c1-1d c1-3c c1-1f c1-1g c1-1h c1-1i c1-b c1-c c1-d c1-e c1-f c1-g"><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="1da35bca-461b-492a-9d1f-847427286574" data-edit-interactive="true" aria-labelledby="more-99055" href="[/uo-health-services](https://uopositivepsych.org/uo-health-services)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99109.click,click">UO Health Services</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="a72f57d7-c282-46cc-b3d7-ee6ccd4a8b30" data-edit-interactive="true" aria-labelledby="more-99055" href="[/uo-courses](https://uopositivepsych.org/uo-courses)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99110.click,click">UO Courses</a></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLinkNested" target="" data-page="4bd0761b-27a3-4659-bf8c-9e0f7d8ea299" data-edit-interactive="true" aria-labelledby="more-99055" href="[/uo-clubs](https://uopositivepsych.org/uo-clubs)" data-typography="SubNavAlpha" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-1p c1-22 c1-35 c1-36 c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Nested.99111.click,click">UO Clubs</a></li></ul></div></li><li data-ux="ListItem" role="menuitem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-33 c1-b c1-c c1-34 c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavMoreMenuLink" target="" data-page="dce2c8e1-4fde-4fc5-a4e8-d825fdd05e3e" data-edit-interactive="true" aria-labelledby="more-99055" href="[/join-or-comment](https://uopositivepsych.org/join-or-comment)" data-typography="NavAlpha" class="x-el x-el-a c1-1 c1-1x c1-1y c1-1z c1-20 c1-1p c1-22 c1-38 c1-39 c1-3a c1-b c1-2k c1-24 c1-2l c1-26 c1-27 c1-28 c1-29 c1-2a c1-2b" data-tccl="ux2.HEADER.header9.Nav.MoreMenu.Link.Default.99112.click,click">Join or Comment!</a></li></ul></li></ul></nav></div><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-12 c1-3d c1-14 c1-17 c1-b c1-c c1-d c1-e c1-f c1-g"></div></div></nav></div><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-12 c1-b c1-c c1-d c1-3e c1-e c1-f c1-g"><nav data-ux="Block" class="x-el x-el-nav c1-1 c1-2 c1-4 c1-b c1-c c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-4 c1-12 c1-13 c1-14 c1-15 c1-3f c1-b c1-c c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-3g c1-1j c1-1k c1-1l c1-1m c1-3h c1-b c1-c c1-d c1-e c1-f c1-g"><div data-ux="Element" id="bs-5" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><a rel="" role="button" aria-haspopup="menu" data-ux="LinkDropdown" data-toggle-ignore="true" id="99113" aria-expanded="false" toggleId="n-99051-navId-mobile" icon="hamburger" data-edit-interactive="true" data-aid="HAMBURGER\_MENU\_LINK" aria-label="Hamburger Site Navigation Icon" href="[#](https://uopositivepsych.org/#)" data-typography="LinkAlpha" class="x-el x-el-a c1-3i c1-3j c1-1y c1-1z c1-20 c1-12 c1-22 c1-14 c1-16 c1-3k c1-3l c1-3m c1-3n c1-2k c1-b c1-c c1-3o c1-3p c1-3q c1-d c1-3e c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.Section.Default.Link.Dropdown.99114.click,click"><svg viewBox="0 0 24 24" fill="currentColor" width="40px" height="40px" data-ux="IconHamburger" class="x-el x-el-svg c1-1 c1-2 c1-2m c1-1p c1-1r c1-2i c1-2h c1-2j c1-2g c1-b c1-c c1-d c1-e c1-f c1-g"><path fill-rule="evenodd" d="M19.248 7.5H4.752A.751.751 0 0 1 4 6.75c0-.414.337-.75.752-.75h14.496a.75.75 0 1 1 0 1.5m0 5.423H4.752a.75.75 0 0 1 0-1.5h14.496a.75.75 0 1 1 0 1.5m0 5.423H4.752a.75.75 0 1 1 0-1.5h14.496a.75.75 0 1 1 0 1.5"></path></svg></a></div></div><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-3g c1-1j c1-1k c1-1l c1-1m c1-3h c1-b c1-c c1-d c1-e c1-f c1-g"></div></div><div role="navigation" data-ux="NavigationDrawer" id="n-99051-navId-mobile" class="x-el x-el-div c1-1 c1-2 c1-3 c1-3r c1-3s c1-4 c1-3t c1-2z c1-3u c1-h c1-3v c1-3w c1-3x c1-3y c1-3z c1-k c1-12 c1-40 c1-b c1-c c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-r c1-s c1-b c1-c c1-d c1-e c1-f c1-g"><svg viewBox="0 0 24 24" fill="currentColor" width="40px" height="40px" data-ux="CloseIcon" data-edit-interactive="true" data-close="true" class="x-el x-el-svg c1-1 c1-2 c1-2k c1-1p c1-2p c1-2i c1-2h c1-2j c1-2g c1-22 c1-41 c1-42 c1-2w c1-43 c1-44 c1-45 c1-b c1-3p c1-46 c1-47 c1-48 c1-49"><path fill-rule="evenodd" d="M19.219 5.22a.75.75 0 0 0-1.061 0l-5.939 5.939-5.939-5.94a.75.75 0 1 0-1.061 1.062l5.939 5.939-5.939 5.939a.752.752 0 0 0 0 1.06.752.752 0 0 0 1.061 0l5.939-5.938 5.939 5.939a.75.75 0 1 0 1.061-1.061l-5.939-5.94 5.939-5.938a.75.75 0 0 0 0-1.061"></path></svg></div><div data-ux="Container" id="n-99051-navContainerId-mobile" class="x-el x-el-div c1-1 c1-2 c1-p c1-q c1-r c1-s c1-t c1-2z c1-4a c1-4 c1-4b c1-b c1-c c1-x c1-d c1-y c1-e c1-z c1-f c1-10 c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-12 c1-16 c1-14 c1-4c c1-40 c1-4d c1-b c1-c c1-d c1-e c1-f c1-g"></div><div data-ux="Block" id="n-99051-navLinksContentId-mobile" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><ul role="menu" data-ux="NavigationDrawerList" id="n-99051-navListId-mobile" class="x-el x-el-ul c1-1 c1-2 c1-1c c1-1d c1-1e c1-1f c1-1g c1-1h c1-1i c1-33 c1-1j c1-1l c1-1m c1-1k c1-1z c1-20 c1-b c1-c c1-d c1-e c1-f c1-g"><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4f c1-4g c1-b c1-c c1-34 c1-4h c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="menu" data-ux="NavigationDrawerLinkActive" target="" data-page="1a038cb3-966b-4c09-9318-308b5b7e3df1" data-edit-interactive="true" data-close="true" href="[/](https://uopositivepsych.org/)" data-typography="NavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-12 c1-22 c1-2s c1-2t c1-r c1-s c1-14 c1-4i c1-13 c1-b c1-2k c1-4j c1-25 c1-26 c1-27 c1-4k c1-4l c1-4m c1-4n c1-4o" data-tccl="ux2.HEADER.header9.NavigationDrawer.Default.Link.Active.99115.click,click"><span>Home</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4f c1-4g c1-b c1-c c1-34 c1-4h c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerLink" target="" data-page="dbed1c0b-6d69-4fb6-9971-01f3ddab97a8" data-edit-interactive="true" data-close="true" href="[/meetings](https://uopositivepsych.org/meetings)" data-typography="NavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-12 c1-22 c1-2s c1-2t c1-r c1-s c1-14 c1-4i c1-13 c1-b c1-2k c1-4j c1-2l c1-26 c1-27 c1-4k c1-4l c1-4m c1-4n c1-4o" data-tccl="ux2.HEADER.header9.NavigationDrawer.Default.Link.Default.99116.click,click"><span>Meetings</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4f c1-4g c1-b c1-c c1-34 c1-4h c1-d c1-e c1-f c1-g"><div data-ux="Element" id="bs-6" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><a rel="" role="button" aria-haspopup="menu" data-ux="NavigationDrawerLink" data-toggle-ignore="true" id="99117" aria-expanded="false" data-edit-interactive="true" href="[#](https://uopositivepsych.org/#)" data-typography="NavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-12 c1-22 c1-2s c1-2t c1-r c1-s c1-14 c1-4i c1-13 c1-b c1-2k c1-4j c1-2l c1-26 c1-27 c1-4k c1-4l c1-4m c1-4n c1-4o" data-tccl="ux2.HEADER.header9.NavigationDrawer.Default.Link.Dropdown.99118.click,click"><span style="pointer-events:none">Learn</span><svg viewBox="0 0 24 24" fill="currentColor" width="16" height="16" data-ux="Icon" class="x-el x-el-svg c1-1 c1-2 c1-2m c1-1p c1-2n c1-2o c1-2p c1-u c1-4p c1-4q c1-4r c1-b c1-4j c1-4k c1-4m c1-4n c1-4o"><path fill-rule="evenodd" d="M19.544 7.236a.773.773 0 0 1-.031 1.06l-7.883 7.743-7.42-7.742a.773.773 0 0 1 0-1.061.699.699 0 0 1 1.017 0l6.433 6.713 6.868-6.745a.698.698 0 0 1 1.016.032"></path></svg></a><ul role="menu" data-ux="NavigationDrawerList" class="x-el x-el-ul c1-1 c1-2 c1-1c c1-1d c1-1e c1-1f c1-1g c1-1h c1-1i c1-n c1-b c1-c c1-d c1-e c1-f c1-g"><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="b3b0ac6b-b4c6-4a46-a716-a170cd71eb32" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/positive-psychology](https://uopositivepsych.org/positive-psychology)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99119.click,click"><span>Positive Psychology</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="6cb738cc-c6a1-4ee6-b10f-e50606c599b4" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/mindfulness](https://uopositivepsych.org/mindfulness)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99120.click,click"><span>Mindfulness</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="7dc3ee38-ab1f-4b02-89f2-1be59c942ca6" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/social-connection](https://uopositivepsych.org/social-connection)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99121.click,click"><span>Social Connection</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="37984abe-3ee9-4a28-a04c-e686ff4a47f9" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/gratitude-%26-giving](https://uopositivepsych.org/gratitude-%26-giving)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99122.click,click"><span>Gratitude &amp; Giving</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="1e6b3b2c-ab5d-422c-aeb9-70ccc24c7e5a" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/emotions](https://uopositivepsych.org/emotions)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99123.click,click"><span>Emotions</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="e44deb15-0710-4935-a497-6571d73489d7" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/growth-mindset](https://uopositivepsych.org/growth-mindset)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99124.click,click"><span>Growth Mindset</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="44939f53-943f-4933-a58f-989d6a80c664" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/purpose-%26-meaning](https://uopositivepsych.org/purpose-%26-meaning)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99125.click,click"><span>Purpose &amp; Meaning</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="a55b7a2b-270c-4e2a-b5e5-4c36c587aa92" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/neuroplasticity](https://uopositivepsych.org/neuroplasticity)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99126.click,click"><span>Neuroplasticity </span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="c09ef034-74a6-4dcc-a381-ca336a3a5f7b" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/nature-%26-wellness](https://uopositivepsych.org/nature-%26-wellness)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99127.click,click"><span>Nature &amp; Wellness</span></a></li></ul></div></div></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4f c1-4g c1-b c1-c c1-34 c1-4h c1-d c1-e c1-f c1-g"><div data-ux="Element" id="bs-7" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><a rel="" role="button" aria-haspopup="menu" data-ux="NavigationDrawerLink" data-toggle-ignore="true" id="99128" aria-expanded="false" data-edit-interactive="true" href="[#](https://uopositivepsych.org/#)" data-typography="NavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-12 c1-22 c1-2s c1-2t c1-r c1-s c1-14 c1-4i c1-13 c1-b c1-2k c1-4j c1-2l c1-26 c1-27 c1-4k c1-4l c1-4m c1-4n c1-4o" data-tccl="ux2.HEADER.header9.NavigationDrawer.Default.Link.Dropdown.99129.click,click"><span style="pointer-events:none">Quizzes</span><svg viewBox="0 0 24 24" fill="currentColor" width="16" height="16" data-ux="Icon" class="x-el x-el-svg c1-1 c1-2 c1-2m c1-1p c1-2n c1-2o c1-2p c1-u c1-4p c1-4q c1-4r c1-b c1-4j c1-4k c1-4m c1-4n c1-4o"><path fill-rule="evenodd" d="M19.544 7.236a.773.773 0 0 1-.031 1.06l-7.883 7.743-7.42-7.742a.773.773 0 0 1 0-1.061.699.699 0 0 1 1.017 0l6.433 6.713 6.868-6.745a.698.698 0 0 1 1.016.032"></path></svg></a><ul role="menu" data-ux="NavigationDrawerList" class="x-el x-el-ul c1-1 c1-2 c1-1c c1-1d c1-1e c1-1f c1-1g c1-1h c1-1i c1-n c1-b c1-c c1-d c1-e c1-f c1-g"><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="c6c69eb0-7e3f-4173-9284-28f58f43d471" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/self-compassion](https://uopositivepsych.org/self-compassion)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99130.click,click"><span>Self-Compassion </span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="8b7b3eac-440f-402d-8a59-02ad687e330d" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/purpose-in-life](https://uopositivepsych.org/purpose-in-life)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99131.click,click"><span>Purpose in Life</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="82f0f0e6-3438-4388-99e0-ea75dc2abb5b" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/empathy](https://uopositivepsych.org/empathy)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99132.click,click"><span>Empathy</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="d3fe4a8b-ced4-4d1c-8ee9-b88de5a2e9c5" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/stress-%26-anxiety](https://uopositivepsych.org/stress-%26-anxiety)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99133.click,click"><span>Stress &amp; Anxiety</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="5ea69cb5-4a56-439f-aaa7-438f8037c275" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/gratitude](https://uopositivepsych.org/gratitude)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99134.click,click"><span>Gratitude</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="23fb3e4d-847f-4993-be04-23bdbb1de4d8" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/relationship-trust](https://uopositivepsych.org/relationship-trust)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99135.click,click"><span>Relationship Trust</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="ab455d79-a3ee-415d-8c32-e41d8fd2321a" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/mindfulness-1](https://uopositivepsych.org/mindfulness-1)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99136.click,click"><span>Mindfulness</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="5f748374-d9fe-4717-8133-1f80d852f5cd" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/altruism](https://uopositivepsych.org/altruism)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99137.click,click"><span>Altruism</span></a></li></ul></div></div></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4f c1-4g c1-b c1-c c1-34 c1-4h c1-d c1-e c1-f c1-g"><div data-ux="Element" id="bs-8" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><a rel="" role="button" aria-haspopup="menu" data-ux="NavigationDrawerLink" data-toggle-ignore="true" id="99138" aria-expanded="false" data-edit-interactive="true" href="[#](https://uopositivepsych.org/#)" data-typography="NavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-12 c1-22 c1-2s c1-2t c1-r c1-s c1-14 c1-4i c1-13 c1-b c1-2k c1-4j c1-2l c1-26 c1-27 c1-4k c1-4l c1-4m c1-4n c1-4o" data-tccl="ux2.HEADER.header9.NavigationDrawer.Default.Link.Dropdown.99139.click,click"><span style="pointer-events:none">On-Campus Resources</span><svg viewBox="0 0 24 24" fill="currentColor" width="16" height="16" data-ux="Icon" class="x-el x-el-svg c1-1 c1-2 c1-2m c1-1p c1-2n c1-2o c1-2p c1-u c1-4p c1-4q c1-4r c1-b c1-4j c1-4k c1-4m c1-4n c1-4o"><path fill-rule="evenodd" d="M19.544 7.236a.773.773 0 0 1-.031 1.06l-7.883 7.743-7.42-7.742a.773.773 0 0 1 0-1.061.699.699 0 0 1 1.017 0l6.433 6.713 6.868-6.745a.698.698 0 0 1 1.016.032"></path></svg></a><ul role="menu" data-ux="NavigationDrawerList" class="x-el x-el-ul c1-1 c1-2 c1-1c c1-1d c1-1e c1-1f c1-1g c1-1h c1-1i c1-n c1-b c1-c c1-d c1-e c1-f c1-g"><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="1da35bca-461b-492a-9d1f-847427286574" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/uo-health-services](https://uopositivepsych.org/uo-health-services)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99140.click,click"><span>UO Health Services</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="a72f57d7-c282-46cc-b3d7-ee6ccd4a8b30" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/uo-courses](https://uopositivepsych.org/uo-courses)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99141.click,click"><span>UO Courses</span></a></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4s c1-4g c1-b c1-c c1-34 c1-4h c1-4t c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerSubLink" target="" data-page="4bd0761b-27a3-4659-bf8c-9e0f7d8ea299" data-edit-interactive="true" data-close="true" data-aid="MOBILE\_NAV\_SUBLINK" href="[/uo-clubs](https://uopositivepsych.org/uo-clubs)" data-typography="SubNavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-21 c1-22 c1-4u c1-4v c1-4w c1-s c1-14 c1-4i c1-13 c1-2l c1-b c1-1n c1-c c1-26 c1-27 c1-d c1-4l c1-e c1-f c1-g" data-tccl="ux2.HEADER.header9.NavigationDrawer.Sub.Link.Default.99142.click,click"><span>UO Clubs</span></a></li></ul></div></div></li><li role="menuitem" data-ux="NavigationDrawerListItem" class="x-el x-el-li c1-1 c1-2 c1-1n c1-1d c1-21 c1-4e c1-4f c1-4g c1-b c1-c c1-34 c1-4h c1-d c1-e c1-f c1-g"><a rel="" role="link" aria-haspopup="false" data-ux="NavigationDrawerLink" target="" data-page="dce2c8e1-4fde-4fc5-a4e8-d825fdd05e3e" data-edit-interactive="true" data-close="true" href="[/join-or-comment](https://uopositivepsych.org/join-or-comment)" data-typography="NavBeta" class="x-el x-el-a c1-1 c1-2 c1-1y c1-1z c1-20 c1-12 c1-22 c1-2s c1-2t c1-r c1-s c1-14 c1-4i c1-13 c1-b c1-2k c1-4j c1-2l c1-26 c1-27 c1-4k c1-4l c1-4m c1-4n c1-4o" data-tccl="ux2.HEADER.header9.NavigationDrawer.Default.Link.Default.99143.click,click"><span>Join or Comment!</span></a></li></ul><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-21 c1-d c1-3e c1-e c1-f c1-g"></div></div></div></div></nav></div></div><div data-ux="HeaderMedia" class="x-el x-el-div c1-1 c1-2 c1-u c1-4x c1-b c1-c c1-d c1-e c1-f c1-g"><div role="img" data-aid="BACKGROUND\_IMAGE\_RENDERED" aria-label="" data-ux="Background" data-ht="Fill" class="x-el x-el-div c1-1 c1-2 c1-12 c1-40 c1-4y c1-16 c1-4z c1-50 c1-51 c1-52 c1-53 c1-b c1-c c1-54 c1-55 c1-56 c1-57 c1-58 c1-59 c1-5a c1-5b c1-5c c1-5d c1-5e c1-5f c1-5g c1-5h c1-5i c1-5j c1-5k c1-5l c1-5m c1-5n c1-5o c1-d c1-5p c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-4 c1-4x c1-n c1-14 c1-40 c1-18 c1-1c c1-1d c1-b c1-c c1-d c1-5q c1-5r c1-5s c1-e c1-f c1-g"><div data-ux="Container" class="x-el x-el-div c1-1 c1-2 c1-1e c1-1f c1-r c1-s c1-t c1-12 c1-5t c1-5u c1-b c1-c c1-5v c1-5w c1-x c1-d c1-y c1-5x c1-5y c1-5z c1-60 c1-e c1-z c1-f c1-10 c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-4 c1-12 c1-40 c1-14 c1-18 c1-19 c1-b c1-c c1-d c1-61 c1-e c1-f c1-g"><div data-ux="Hero" class="x-el x-el-div c1-1 c1-2 c1-12 c1-40 c1-18 c1-62 c1-5t c1-5u c1-r c1-s c1-63 c1-4 c1-64 c1-65 c1-b c1-c c1-d c1-66 c1-67 c1-68 c1-e c1-f c1-g"><div data-ux="Container" class="x-el x-el-div c1-1 c1-2 c1-1e c1-1f c1-1m c1-1k c1-t c1-69 c1-1j c1-1l c1-1c c1-1d c1-3h c1-b c1-c c1-x c1-d c1-y c1-e c1-z c1-f c1-10 c1-g"><div data-ux="Element" id="tagline-container-99144" class="x-el x-el-div c1-1 c1-2 c1-1z c1-20 c1-6a c1-21 c1-u c1-t c1-b c1-c c1-d c1-e c1-f c1-g"><h1 role="heading" aria-level="1" data-ux="Tagline" data-aid="HEADER\_TAGLINE\_RENDERED" id="dynamic-tagline-99145" data-typography="HeadingAlpha" class="x-el x-el-h1 c1-1 c1-2 c1-1z c1-20 c1-6a c1-1e c1-1f c1-1c c1-39 c1-6b c1-6c c1-1p c1-t c1-6d c1-23 c1-2l c1-6e c1-6f c1-6g c1-6h">UO Positive Psychology Club</h1><span role="heading" aria-level="NaN" data-ux="scaler" data-size="xxlarge" data-scaler-id="scaler-tagline-container-99144" aria-hidden="true" data-typography="HeadingAlpha" class="x-el x-el-span c1-1 c1-2 c1-6i c1-6j c1-6a c1-1e c1-1f c1-1c c1-39 c1-6b c1-n c1-t c1-1u c1-2w c1-6k c1-6l c1-6m c1-6c c1-6d c1-23 c1-2l c1-6e c1-6f c1-6g c1-6h">UO Positive Psychology Club</span><span role="heading" aria-level="NaN" data-ux="scaler" data-size="xlarge" data-scaler-id="scaler-tagline-container-99144" aria-hidden="true" data-typography="HeadingAlpha" class="x-el x-el-span c1-1 c1-2 c1-6i c1-6j c1-6a c1-1e c1-1f c1-1c c1-39 c1-6b c1-n c1-t c1-1u c1-2w c1-6k c1-6l c1-6m c1-45 c1-6d c1-23 c1-2l c1-6e c1-47 c1-48 c1-49">UO Positive Psychology Club</span><span role="heading" aria-level="NaN" data-ux="scaler" data-size="large" data-scaler-id="scaler-tagline-container-99144" aria-hidden="true" data-typography="HeadingAlpha" class="x-el x-el-span c1-1 c1-2 c1-6i c1-6j c1-6a c1-1e c1-1f c1-1c c1-39 c1-6b c1-n c1-t c1-1u c1-2w c1-6k c1-6l c1-6m c1-4j c1-6d c1-23 c1-2l c1-6e c1-4m c1-4n c1-4o">UO Positive Psychology Club</span></div></div><div data-ux="HeroText" data-aid="HEADER\_TAGLINE2\_RENDERED" data-typography="HeadingDelta" class="x-el c1-1 c1-2 c1-1z c1-20 c1-6n c1-1c c1-1d c1-6o c1-6p c1-6q c1-6r c1-b c1-2k c1-4j c1-2l c1-4k c1-4m c1-4n c1-4o x-rt"><p style="margin:0"><span>Science of the Good Life!</span></p></div></div></div></div></div><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-4 c1-4x c1-12 c1-14 c1-40 c1-18 c1-1c c1-1d c1-b c1-c c1-d c1-5q c1-5r c1-3e c1-e c1-f c1-g"><div data-ux="Container" class="x-el x-el-div c1-1 c1-2 c1-1e c1-1f c1-r c1-s c1-t c1-12 c1-5t c1-5u c1-b c1-c c1-5v c1-5w c1-x c1-d c1-y c1-5x c1-5y c1-5z c1-60 c1-e c1-z c1-f c1-10 c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-4 c1-12 c1-40 c1-14 c1-18 c1-19 c1-b c1-c c1-d c1-61 c1-e c1-f c1-g"><div data-ux="Hero" class="x-el x-el-div c1-1 c1-2 c1-12 c1-40 c1-18 c1-62 c1-5t c1-5u c1-r c1-s c1-63 c1-4 c1-64 c1-65 c1-b c1-c c1-d c1-66 c1-67 c1-68 c1-e c1-f c1-g"><div data-ux="Container" class="x-el x-el-div c1-1 c1-2 c1-1e c1-1f c1-1m c1-1k c1-t c1-69 c1-1j c1-1l c1-1c c1-1d c1-3h c1-b c1-c c1-x c1-d c1-y c1-e c1-z c1-f c1-10 c1-g"><div data-ux="Element" id="tagline-container-99146" class="x-el x-el-div c1-1 c1-2 c1-1z c1-20 c1-6a c1-21 c1-u c1-t c1-b c1-c c1-d c1-e c1-f c1-g"><h1 role="heading" aria-level="1" data-ux="Tagline" data-aid="HEADER\_TAGLINE\_RENDERED" id="dynamic-tagline-99147" data-typography="HeadingAlpha" class="x-el x-el-h1 c1-1 c1-2 c1-1z c1-20 c1-6a c1-1e c1-1f c1-1c c1-39 c1-6b c1-6c c1-1p c1-t c1-6d c1-23 c1-2l c1-6e c1-6f c1-6g c1-6h">UO Positive Psychology Club</h1><span role="heading" aria-level="NaN" data-ux="scaler" data-size="xxlarge" data-scaler-id="scaler-tagline-container-99146" aria-hidden="true" data-typography="HeadingAlpha" class="x-el x-el-span c1-1 c1-2 c1-6i c1-6j c1-6a c1-1e c1-1f c1-1c c1-39 c1-6b c1-n c1-t c1-1u c1-2w c1-6k c1-6l c1-6m c1-6c c1-6d c1-23 c1-2l c1-6e c1-6f c1-6g c1-6h">UO Positive Psychology Club</span><span role="heading" aria-level="NaN" data-ux="scaler" data-size="xlarge" data-scaler-id="scaler-tagline-container-99146" aria-hidden="true" data-typography="HeadingAlpha" class="x-el x-el-span c1-1 c1-2 c1-6i c1-6j c1-6a c1-1e c1-1f c1-1c c1-39 c1-6b c1-n c1-t c1-1u c1-2w c1-6k c1-6l c1-6m c1-45 c1-6d c1-23 c1-2l c1-6e c1-47 c1-48 c1-49">UO Positive Psychology Club</span><span role="heading" aria-level="NaN" data-ux="scaler" data-size="large" data-scaler-id="scaler-tagline-container-99146" aria-hidden="true" data-typography="HeadingAlpha" class="x-el x-el-span c1-1 c1-2 c1-6i c1-6j c1-6a c1-1e c1-1f c1-1c c1-39 c1-6b c1-n c1-t c1-1u c1-2w c1-6k c1-6l c1-6m c1-4j c1-6d c1-23 c1-2l c1-6e c1-4m c1-4n c1-4o">UO Positive Psychology Club</span></div></div><div data-ux="HeroText" data-aid="HEADER\_TAGLINE2\_RENDERED" data-typography="HeadingDelta" class="x-el c1-1 c1-2 c1-1z c1-20 c1-6n c1-1c c1-1d c1-6o c1-6p c1-6q c1-6r c1-b c1-2k c1-4j c1-2l c1-4k c1-4m c1-4n c1-4o x-rt"><p style="margin:0"><span>Science of the Good Life!</span></p></div></div></div></div></div></div></div></section> </div></div></div><div id="d4abe29e-839c-4cb3-b340-486d5f52c807" class="widget widget-introduction widget-introduction-introduction-2"><div data-ux="Widget" role="region" id="d4abe29e-839c-4cb3-b340-486d5f52c807" class="x-el x-el-div x-el c1-1 c1-2 c1-3 c1-k c1-b c1-c c1-d c1-e c1-f c1-g c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><div> <section data-ux="Section" class="x-el x-el-section c1-1 c1-2 c1-3 c1-h c1-i c1-b c1-c c1-l c1-m c1-d c1-e c1-f c1-g"><div data-ux="SplitLayout" data-aid="SPLIT\_LAYOUT\_RENDERED" class="x-el x-el-div x-el c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g c1-1 c1-2 c1-p c1-q c1-r c1-s c1-t c1-b c1-c c1-x c1-d c1-y c1-e c1-z c1-f c1-10 c1-g"><div data-ux="Grid" class="x-el x-el-div c1-1 c1-2 c1-12 c1-6x c1-6y c1-6z c1-1c c1-70 c1-71 c1-72 c1-b c1-c c1-73 c1-74 c1-75 c1-76 c1-d c1-e c1-f c1-g"><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-3f c1-2u c1-11 c1-b c1-c c1-79 c1-7a c1-7b c1-7c c1-d c1-7d c1-7e c1-7f c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-u c1-b c1-c c1-d c1-e c1-f c1-g"><picture data-lazyimg="true" class="x-el x-el-picture c1-1 c1-2 c1-4 c1-3t c1-19 c1-7g c1-3h c1-b c1-c c1-d c1-e c1-f c1-g"><source media="(max-width: 450px)" srcSet="[//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/melting-smile-lettering-vintage-illustration-.webp/:/cr=t:0%25](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/melting-smile-lettering-vintage-illustration-.webp/:/cr=t:0%25),l:0%25,w:100%25,h:100%25/rs=w:403,h:403, [//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/melting-smile-lettering-vintage-illustration-.webp/:/cr=t:0%25](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/melting-smile-lettering-vintage-illustration-.webp/:/cr=t:0%25),l:0%25,w:100%25,h:100%25/rs=w:806,h:806 2x"/><source media="(min-width: 451px) and (max-width: 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srcSet="[//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/melting-smile-lettering-vintage-illustration-.webp/:/cr=t:0%25](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/melting-smile-lettering-vintage-illustration-.webp/:/cr=t:0%25),l:0%25,w:100%25,h:100%25/rs=w:984,h:984"/><img data-ux="Image" src="[//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/melting-smile-lettering-vintage-illustration-.webp/:/cr=t:0%25,l:0%25,w:100%25,h:100%25](https://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/melting-smile-lettering-vintage-illustration-.webp/:/cr=t:0%25,l:0%25,w:100%25,h:100%25)" alt="Our goal for this club is to create an open environment for students to learn, discuss different asp" data-aid="IMAGE\_RENDERED" class="x-el x-el-img c1-1 c1-2 c1-4 c1-t c1-p c1-q c1-1c c1-1d c1-2p c1-7h c1-7i c1-b c1-c c1-7j c1-d c1-e c1-f c1-g"/></picture></div></div><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-3f c1-2u c1-b c1-c c1-79 c1-7a c1-7b c1-7c c1-d c1-7d c1-7e c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-4 c1-3t c1-b c1-c c1-d c1-e c1-f c1-g"><div data-ux="VerticalBox" class="x-el x-el-div x-el c1-1 c1-2 c1-3t c1-6k c1-12 c1-3d c1-7k c1-40 c1-33 c1-15 c1-3f c1-b c1-c c1-7l c1-d c1-e c1-f c1-g c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><div data-ux="Group" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><h2 role="heading" aria-level="2" data-ux="HeadingMajor" data-aid="SECTION\_TITLE\_RENDERED" data-typography="HeadingAlpha" class="x-el x-el-h2 c1-1 c1-2 c1-1z c1-20 c1-6a c1-1e c1-1f c1-1c c1-1d c1-33 c1-1j c1-1k c1-1l c1-1m c1-6d c1-7m c1-6c c1-2l c1-3h c1-6e c1-7n c1-7o c1-7p c1-7q c1-7r c1-5q c1-7s c1-5r c1-7t c1-6f c1-6g c1-6h">Welcome!</h2><div data-ux="HorizontalBox" class="x-el x-el-div x-el c1-1 c1-2 c1-7u c1-4 c1-12 c1-16 c1-7k c1-7v c1-b c1-c c1-d c1-e c1-f c1-g c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><div 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Let's all learn how to live our best, happiest lives together! &nbsp;All UO students are welcome!</strong></span></p></div></div></div></div></div></div></div></div></section> </div></div></div><div id="6965aefe-bd37-4b15-a5df-d767251fcff3" class="widget widget-content widget-content-content-4"><div data-ux="Widget" role="region" id="6965aefe-bd37-4b15-a5df-d767251fcff3" class="x-el x-el-div x-el c1-1 c1-2 c1-3 c1-b c1-c c1-d c1-e c1-f c1-g c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><div> <section data-ux="Section" class="x-el x-el-section c1-1 c1-2 c1-3 c1-h c1-i c1-b c1-c c1-l c1-m c1-d c1-e c1-f c1-g"><div data-ux="Container" class="x-el x-el-div c1-1 c1-2 c1-p c1-q c1-r c1-s c1-t c1-b c1-c c1-x c1-d c1-y c1-e c1-z c1-f c1-10 c1-g"><div data-ux="Grid" class="x-el x-el-div c1-1 c1-2 c1-12 c1-6x c1-6y c1-6z c1-1c c1-70 c1-1d c1-72 c1-19 c1-b c1-c c1-73 c1-74 c1-7w c1-76 c1-d c1-e c1-f c1-g"><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-7x c1-t c1-1j c1-2v c1-1l c1-2u c1-b c1-c c1-7y c1-7z c1-80 c1-79 c1-7a c1-81 c1-7c c1-d c1-82 c1-83 c1-84 c1-e c1-f c1-g"><div data-ux="ContentBasic" class="x-el x-el-div x-el c1-1 c1-2 c1-12 c1-40 c1-4 c1-85 c1-14 c1-19 c1-86 c1-87 c1-b c1-c c1-88 c1-89 c1-d c1-e c1-f c1-g c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><h4 role="heading" aria-level="4" data-ux="FeaturedHeading" data-aid="CONTENT\_WELCOME\_TITLE\_RENDERED" data-typography="HeadingBeta" data-font-scaled="true" class="x-el x-el-h4 c1-1 c1-2 c1-1z c1-20 c1-6n c1-1e c1-1f c1-1c c1-1d c1-6d c1-45 c1-7m c1-2l c1-46 c1-47 c1-48 c1-49">Our Club is associated with BI 170: Happiness - A Neuroscience and Psychology Perspective</h4><div data-ux="FeaturedText" alignment="center" data-aid="CONTENT\_WELCOME\_DESCRIPTION\_RENDERED" fontScaleMultiplier="1.12" data-typography="BodyAlpha" data-font-scaled="true" class="x-el c1-1 c1-2 c1-1z c1-20 c1-3a c1-1c c1-1d c1-8a c1-8b c1-8c c1-8d c1-8e c1-8f c1-8g c1-8h c1-8i c1-8j c1-8k c1-8l c1-8m c1-8n c1-8o c1-8p c1-8q c1-8r c1-8s c1-8t c1-8u c1-8v c1-8w c1-8x c1-8y c1-8z c1-90 c1-91 c1-4x c1-b c1-1n c1-92 c1-2l c1-93 c1-94 c1-95 c1-96 x-rt"><p style="margin:0"><span>BI 170: Happiness - A Neuroscience and Psychology Perspective is offered each Fall Term at the University of Oregon and is taught by the club's faculty advisor, Professor David A. McCormick. The course offers a science-based curriculum with practical strategies on how to live "the good life". A <a class="x-el x-el-a c1-3i c1-3j c1-6w c1-1z c1-20 c1-97 c1-22 c1-98 c1-b c1-23 c1-3o c1-26 c1-3q" class="x-el x-el-a c1-3i c1-3j c1-6w c1-1z c1-20 c1-97 c1-22 c1-98 c1-b c1-23 c1-3o c1-26 c1-3q" href="<https://www.happyneurons.org/>" rel="noopener" target="\_blank">website for the class</a> is linked below and provides an outline of each of the course's lectures and content. Feel free to <a class="x-el x-el-a c1-3i c1-3j c1-6w c1-1z c1-20 c1-97 c1-22 c1-98 c1-b c1-23 c1-3o c1-26 c1-3q" href="[/contact-us](https://uopositivepsych.org/contact-us)" rel="" data-page="dce2c8e1-4fde-4fc5-a4e8-d825fdd05e3e">contact us</a> for more information about this class! :-)</span></p></div><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><a rel="noopener" data-ux-btn="secondary" data-ux="ButtonSecondary" shape="PILL" color="PRIMARY" fill="SOLID" decoration="NONE" shadow="NONE" data-aid="CONTENT\_CTA\_BTN\_RENDERED" href="<https://www.happyneurons.org/>" target="\_blank" data-tccl="ux2.CONTENT.content4.Featured.Default.Button.Secondary.99151.click,click" data-typography="ButtonAlpha" class="x-el x-el-a c1-1 c1-1x c1-22 c1-99 c1-9a c1-14 c1-18 c1-19 c1-1y c1-20 c1-1z c1-u c1-t c1-4 c1-r c1-s c1-35 c1-36 c1-9b c1-9c c1-9d c1-9e c1-b c1-25 c1-53 c1-9f c1-9g c1-9h c1-9i c1-9j c1-9k c1-9l c1-9m">www.happyneurons.org</a></div></div></div></div></div></section> </div></div></div><div id="cd0ad453-4836-4407-b303-b3a9a1fe9247" class="widget widget-about widget-about-about-2"><div data-ux="Widget" role="region" id="cd0ad453-4836-4407-b303-b3a9a1fe9247" class="x-el x-el-div x-el c1-1 c1-2 c1-3 c1-b c1-c c1-d c1-e c1-f c1-g c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><div> <section data-ux="Section" class="x-el x-el-section c1-1 c1-2 c1-3 c1-h c1-i c1-b c1-c c1-l c1-m c1-d c1-e c1-f c1-g"><div data-ux="Container" class="x-el x-el-div c1-1 c1-2 c1-p c1-q c1-r c1-s c1-t c1-b c1-c c1-x c1-d c1-y c1-e c1-z c1-f c1-10 c1-g"><h2 role="heading" aria-level="2" data-ux="SectionHeading" data-aid="ABOUT\_SECTION\_TITLE\_RENDERED" data-typography="HeadingBeta" class="x-el x-el-h2 c1-1 c1-2 c1-1z c1-20 c1-9n c1-1e c1-1f c1-1c c1-9o c1-k c1-19 c1-6d c1-45 c1-7m c1-2l c1-46 c1-9p c1-47 c1-48 c1-49"><div data-ux="Container" class="x-el x-el-div c1-p c1-q c1-r c1-s c1-t c1-21 c1-k c1-6d c1-45 c1-x c1-46 c1-y c1-47 c1-z c1-48 c1-10 c1-49"><span data-ux="Element" class="x-el x-el-span c1-98 c1-2m c1-9q c1-1p c1-u c1-9r c1-9s c1-9t c1-9u c1-9v c1-9w c1-9x c1-9y c1-9z c1-a0 c1-a1 c1-a2 c1-a3 c1-a4 c1-a5 c1-a6 c1-a7 c1-a8 c1-a9 c1-aa c1-ab c1-ac c1-ad">Meet the team</span></div></h2><div data-ux="Grid" class="x-el x-el-div c1-1 c1-2 c1-12 c1-6x c1-6y c1-6z c1-1c c1-70 c1-71 c1-72 c1-b c1-c c1-73 c1-74 c1-75 c1-76 c1-d c1-e c1-f c1-g"><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-ae c1-2u c1-b c1-c c1-79 c1-7a c1-7b c1-7c c1-d c1-e c1-f c1-g"><div data-ux="Grid" class="x-el x-el-div c1-1 c1-2 c1-12 c1-6x c1-6y c1-6z c1-1c c1-70 c1-1d c1-72 c1-18 c1-b c1-c c1-73 c1-74 c1-7w c1-76 c1-d c1-e c1-f c1-g"><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-1l c1-2u c1-af c1-18 c1-b c1-c c1-ag c1-ah c1-79 c1-7a c1-81 c1-7c c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-ai c1-19 c1-b c1-c c1-d c1-5r c1-e c1-f c1-g"><span data-ux="Element" class="x-el x-el-span c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><picture data-lazyimg="true" class="x-el x-el-picture c1-1 c1-2 c1-4 c1-3t c1-19 c1-7g c1-3h c1-b c1-c c1-d c1-e c1-f c1-g"><source media="(max-width: 450px)" data-lazyimg="true" data-srcsetlazy="//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-01-30%20at%2012.18.07%20PM.png/:/cr=t:16.21%25,l:0%25,w:100%25,h:74.01%25/rs=w:403,h:202,cg:true, //img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-01-30%20at%2012.18.07%20PM.png/:/cr=t:16.21%25,l:0%25,w:100%25,h:74.01%25/rs=w:806,h:403,cg:true 2x, //img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-01-30%20at%2012.18.07%20PM.png/:/cr=t:16.21%25,l:0%25,w:100%25,h:74.01%25/rs=w:1042,h:521,cg:true 3x" 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(min-width: 768px) and (max-width: 1023px) 1023px, (min-width: 1024px) and (max-width: 1279px) 1279px, (min-width: 1280px) and (max-width: 1535px) 1535px, (min-width: 1536px) 1536px" data-aid="ABOUT\_IMAGE\_RENDERED0" overlayAlpha="0" class="x-el x-el-img c1-1 c1-2 c1-4 c1-t c1-p c1-q c1-1c c1-1d c1-2p c1-aj c1-ak c1-al c1-am c1-b c1-c c1-an c1-d c1-e c1-f c1-g"/></picture></span></div></div><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-1l c1-2u c1-12 c1-16 c1-14 c1-b c1-c c1-ag c1-ah c1-79 c1-7a c1-81 c1-7c c1-d c1-e c1-f c1-g"><div data-ux="ContentBasic" index="0" id="c5c0b468-5dce-495b-9603-026dce806984" class="x-el x-el-div x-el c1-1 c1-2 c1-12 c1-40 c1-4 c1-85 c1-14 c1-19 c1-86 c1-87 c1-b c1-c c1-ao c1-89 c1-d c1-e c1-f c1-g c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><h4 role="heading" aria-level="4" data-ux="ContentHeading" data-aid="ABOUT\_HEADLINE\_RENDERED0" data-typography="HeadingDelta" class="x-el x-el-h4 c1-1 c1-2 c1-1z c1-20 c1-6n c1-1e c1-1f c1-1c c1-1d c1-b c1-2k c1-4j c1-2l c1-4k c1-4m c1-4n c1-4o">Luna Dare</h4><div data-ux="ContentText" alignment="center" data-aid="ABOUT\_DESCRIPTION\_RENDERED0" fontScaleMultiplier="1.12" data-typography="BodyAlpha" data-font-scaled="true" class="x-el c1-1 c1-2 c1-1z c1-20 c1-3a c1-1c c1-1d c1-8a c1-8b c1-8c c1-8d c1-8e c1-8f c1-8g c1-8h c1-8i c1-8j c1-8k c1-8l c1-8m c1-8n c1-8o c1-8p c1-8q c1-8r c1-8s c1-8t c1-8u c1-8v c1-8w c1-8x c1-8y c1-8z c1-90 c1-91 c1-4x c1-b c1-1n c1-92 c1-2l c1-93 c1-94 c1-95 c1-96 x-rt"><p style="margin:0"><ul> |
|  | <li>Positive Psychology Club Founder &amp; Head Leader</li> |
|  | <li>Junior Majoring in Psychology&nbsp;</li> |
|  | <li>Minoring in Sociology&nbsp;</li> |
|  | <li>Lived in Australia For 4 Years!</li> |
|  | </ul></p></div></div></div></div></div><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-ae c1-2u c1-b c1-c c1-79 c1-7a c1-7b c1-7c c1-d c1-e c1-f c1-g"><div data-ux="Grid" class="x-el x-el-div c1-1 c1-2 c1-12 c1-6x c1-ap c1-6z c1-1c c1-70 c1-1d c1-72 c1-18 c1-b c1-c c1-73 c1-74 c1-7w c1-76 c1-d c1-e c1-f c1-g"><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-1l c1-2u c1-af c1-18 c1-b c1-c c1-ag c1-ah c1-79 c1-7a c1-81 c1-7c c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-ai c1-19 c1-b c1-c c1-d c1-5r c1-e c1-f c1-g"><span data-ux="Element" class="x-el x-el-span c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><picture data-lazyimg="true" class="x-el x-el-picture c1-1 c1-2 c1-4 c1-3t c1-19 c1-7g c1-3h c1-b c1-c c1-d c1-e c1-f c1-g"><source media="(max-width: 450px)" data-lazyimg="true" data-srcsetlazy="//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/liz2.jpg/:/cr=t:25.05%25,l:0%25,w:100%25,h:37.5%25/rs=w:403,h:202,cg:true, //img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/liz2.jpg/:/cr=t:25.05%25,l:0%25,w:100%25,h:37.5%25/rs=w:806,h:403,cg:true 2x, //img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/liz2.jpg/:/cr=t:25.05%25,l:0%25,w:100%25,h:37.5%25/rs=w:1209,h:605,cg:true 3x" srcSet="[//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:451](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:451),h:225,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 451w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 768w, 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[//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1024w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1280w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1536w" sizes="(min-width: 451px) and (max-width: 767px) 767px, (min-width: 768px) and (max-width: 1023px) 1023px, (min-width: 1024px) and (max-width: 1279px) 1279px, (min-width: 1280px) and (max-width: 1535px) 1535px, (min-width: 1536px) 1536px"/><img data-ux="Image" data-lazyimg="true" data-srclazy="//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/liz2.jpg/:/cr=t:25.05%25,l:0%25,w:100%25,h:37.5%25/rs=w:600,h:300,cg:true" src="" srcSet="[//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:451](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:451),h:225,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 451w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 768w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1024w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1280w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1536w" sizes="(min-width: 451px) and (max-width: 767px) 767px, (min-width: 768px) and (max-width: 1023px) 1023px, (min-width: 1024px) and (max-width: 1279px) 1279px, (min-width: 1280px) and (max-width: 1535px) 1535px, (min-width: 1536px) 1536px" data-aid="ABOUT\_IMAGE\_RENDERED1" overlayAlpha="0" class="x-el x-el-img c1-1 c1-2 c1-4 c1-t c1-p c1-q c1-1c c1-1d c1-2p c1-aj c1-ak c1-al c1-am c1-b c1-c c1-an c1-d c1-e c1-f c1-g"/></picture></span></div></div><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-1l c1-2u c1-12 c1-16 c1-14 c1-b c1-c c1-ag c1-ah c1-79 c1-7a c1-81 c1-7c c1-d c1-e c1-f c1-g"><div data-ux="ContentBasic" index="1" id="b6de6214-d44c-4b4b-aad5-80b3b7079166" class="x-el x-el-div x-el c1-1 c1-2 c1-12 c1-40 c1-4 c1-85 c1-14 c1-19 c1-86 c1-87 c1-b c1-c c1-ao c1-89 c1-d c1-e c1-f c1-g c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><h4 role="heading" aria-level="4" data-ux="ContentHeading" data-aid="ABOUT\_HEADLINE\_RENDERED1" data-typography="HeadingDelta" class="x-el x-el-h4 c1-1 c1-2 c1-1z c1-20 c1-6n c1-1e c1-1f c1-1c c1-1d c1-b c1-2k c1-4j c1-2l c1-4k c1-4m c1-4n c1-4o">Liz Riebe</h4><div data-ux="ContentText" alignment="center" data-aid="ABOUT\_DESCRIPTION\_RENDERED1" fontScaleMultiplier="1.12" data-typography="BodyAlpha" data-font-scaled="true" class="x-el c1-1 c1-2 c1-1z c1-20 c1-3a c1-1c c1-1d c1-8a c1-8b c1-8c c1-8d c1-8e c1-8f c1-8g c1-8h c1-8i c1-8j c1-8k c1-8l c1-8m c1-8n c1-8o c1-8p c1-8q c1-8r c1-8s c1-8t c1-8u c1-8v c1-8w c1-8x c1-8y c1-8z c1-90 c1-91 c1-4x c1-b c1-1n c1-92 c1-2l c1-93 c1-94 c1-95 c1-96 x-rt"><p style="margin:0"><ul> |
|  | <li>Positive Psychology Club Co-Leader</li> |
|  | <li>UO 2022 Graduate with Global Studies major and Chinese minor</li> |
|  | <li>Pursuing a PhD in Psychology and certification in MBSR</li> |
|  | <li>A Chocolate Fiend and a Big Lover of Hugs!</li> |
|  | </ul></p></div></div></div></div></div><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-ae c1-2u c1-b c1-c c1-79 c1-7a c1-7b c1-7c c1-d c1-e c1-f c1-g"><div data-ux="Grid" class="x-el x-el-div c1-1 c1-2 c1-12 c1-6x c1-6y c1-6z c1-1c c1-70 c1-1d c1-72 c1-18 c1-b c1-c c1-73 c1-74 c1-7w c1-76 c1-d c1-e c1-f c1-g"><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-1l c1-2u c1-af c1-18 c1-b c1-c c1-ag c1-ah c1-79 c1-7a c1-81 c1-7c c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-ai c1-19 c1-b c1-c c1-d c1-5r c1-e c1-f c1-g"><span data-ux="Element" class="x-el x-el-span c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><img data-lazyimg="true" data-srclazy="//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-01-30%20at%2011.37.13%20AM.png/:/cr=t:39.36%25,l:0%25,w:100%25,h:37.65%25/rs=w:600,h:300,cg:true" src="" srcSet="[//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:451](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:451),h:225,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 451w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 768w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1024w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1280w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1536w" sizes="(min-width: 451px) and (max-width: 767px) 767px, (min-width: 768px) and (max-width: 1023px) 1023px, (min-width: 1024px) and (max-width: 1279px) 1279px, (min-width: 1280px) and (max-width: 1535px) 1535px, (min-width: 1536px) 1536px" data-srcsetlazy="" data-ux="Image" data-aid="ABOUT\_IMAGE\_RENDERED2" overlayAlpha="0" class="x-el x-el-img c1-1 c1-2 c1-4 c1-t c1-p c1-q c1-1c c1-1d c1-2p c1-aj c1-ak c1-al c1-am c1-b c1-c c1-an c1-d c1-e c1-f c1-g"/></span></div></div><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-1l c1-2u c1-12 c1-16 c1-14 c1-b c1-c c1-ag c1-ah c1-79 c1-7a c1-81 c1-7c c1-d c1-e c1-f c1-g"><div data-ux="ContentBasic" index="2" id="a7ece733-6280-41c0-bb55-4fe536bec174" class="x-el x-el-div x-el c1-1 c1-2 c1-12 c1-40 c1-4 c1-85 c1-14 c1-19 c1-86 c1-87 c1-b c1-c c1-ao c1-89 c1-d c1-e c1-f c1-g c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><h4 role="heading" aria-level="4" data-ux="ContentHeading" data-aid="ABOUT\_HEADLINE\_RENDERED2" data-typography="HeadingDelta" class="x-el x-el-h4 c1-1 c1-2 c1-1z c1-20 c1-6n c1-1e c1-1f c1-1c c1-1d c1-b c1-2k c1-4j c1-2l c1-4k c1-4m c1-4n c1-4o">Eric Wang</h4><div data-ux="ContentText" alignment="center" data-aid="ABOUT\_DESCRIPTION\_RENDERED2" fontScaleMultiplier="1.12" data-typography="BodyAlpha" data-font-scaled="true" class="x-el c1-1 c1-2 c1-1z c1-20 c1-3a c1-1c c1-1d c1-8a c1-8b c1-8c c1-8d c1-8e c1-8f c1-8g c1-8h c1-8i c1-8j c1-8k c1-8l c1-8m c1-8n c1-8o c1-8p c1-8q c1-8r c1-8s c1-8t c1-8u c1-8v c1-8w c1-8x c1-8y c1-8z c1-90 c1-91 c1-4x c1-b c1-1n c1-92 c1-2l c1-93 c1-94 c1-95 c1-96 x-rt"><p style="margin:0"><ul> |
|  | <li>Positive Psychology Club Co-Leader</li> |
|  | <li>Senior Majoring in Psychology</li> |
|  | <li>Minoring in Computer Information Science, Economics, and Music Technology.</li> |
|  | <li>Owns 3 Pet Corgis!</li> |
|  | </ul></p></div></div></div></div></div><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-ae c1-2u c1-b c1-c c1-79 c1-7a c1-7b c1-7c c1-d c1-e c1-f c1-g"><div data-ux="Grid" class="x-el x-el-div c1-1 c1-2 c1-12 c1-6x c1-ap c1-6z c1-1c c1-70 c1-1d c1-72 c1-18 c1-b c1-c c1-73 c1-74 c1-7w c1-76 c1-d c1-e c1-f c1-g"><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-1l c1-2u c1-af c1-18 c1-b c1-c c1-ag c1-ah c1-79 c1-7a c1-81 c1-7c c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-ai c1-19 c1-b c1-c c1-d c1-5r c1-e c1-f c1-g"><span data-ux="Element" class="x-el x-el-span c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><img data-lazyimg="true" data-srclazy="//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-01-23%20at%205.52.07%20PM.png/:/cr=t:44.93%25,l:0%25,w:100%25,h:46.65%25/rs=w:600,h:300,cg:true" src="" srcSet="[//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:451](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:451),h:225,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 451w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 768w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1024w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1280w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1536w" sizes="(min-width: 451px) and (max-width: 767px) 767px, (min-width: 768px) and (max-width: 1023px) 1023px, (min-width: 1024px) and (max-width: 1279px) 1279px, (min-width: 1280px) and (max-width: 1535px) 1535px, (min-width: 1536px) 1536px" data-srcsetlazy="" data-ux="Image" data-aid="ABOUT\_IMAGE\_RENDERED3" overlayAlpha="0" class="x-el x-el-img c1-1 c1-2 c1-4 c1-t c1-p c1-q c1-1c c1-1d c1-2p c1-aj c1-ak c1-al c1-am c1-b c1-c c1-an c1-d c1-e c1-f c1-g"/></span></div></div><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-1l c1-2u c1-12 c1-16 c1-14 c1-b c1-c c1-ag c1-ah c1-79 c1-7a c1-81 c1-7c c1-d c1-e c1-f c1-g"><div data-ux="ContentBasic" index="3" id="26692e5a-f3f8-41e9-abe0-43550fd9f493" class="x-el x-el-div x-el c1-1 c1-2 c1-12 c1-40 c1-4 c1-85 c1-14 c1-19 c1-86 c1-87 c1-b c1-c c1-ao c1-89 c1-d c1-e c1-f c1-g c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><h4 role="heading" aria-level="4" data-ux="ContentHeading" data-aid="ABOUT\_HEADLINE\_RENDERED3" data-typography="HeadingDelta" class="x-el x-el-h4 c1-1 c1-2 c1-1z c1-20 c1-6n c1-1e c1-1f c1-1c c1-1d c1-b c1-2k c1-4j c1-2l c1-4k c1-4m c1-4n c1-4o">David McCormick</h4><div data-ux="ContentText" alignment="center" data-aid="ABOUT\_DESCRIPTION\_RENDERED3" fontScaleMultiplier="1.12" data-typography="BodyAlpha" data-font-scaled="true" class="x-el c1-1 c1-2 c1-1z c1-20 c1-3a c1-1c c1-1d c1-8a c1-8b c1-8c c1-8d c1-8e c1-8f c1-8g c1-8h c1-8i c1-8j c1-8k c1-8l c1-8m c1-8n c1-8o c1-8p c1-8q c1-8r c1-8s c1-8t c1-8u c1-8v c1-8w c1-8x c1-8y c1-8z c1-90 c1-91 c1-4x c1-b c1-1n c1-92 c1-2l c1-93 c1-94 c1-95 c1-96 x-rt"><p style="margin:0"><ul> |
|  | <li>Director of the Institute of Neuroscience</li> |
|  | <li>Neuroscience of Happiness Professor</li> |
|  | <li>Positive Psychology Club Advisor</li> |
|  | <li>Discovered a Part of the Brain Involved in Classical Conditioning!</li> |
|  | </ul></p></div></div></div></div></div><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-ae c1-2u c1-b c1-c c1-79 c1-7a c1-7b c1-7c c1-d c1-e c1-f c1-g"><div data-ux="Grid" class="x-el x-el-div c1-1 c1-2 c1-12 c1-6x c1-6y c1-6z c1-1c c1-70 c1-1d c1-72 c1-18 c1-b c1-c c1-73 c1-74 c1-7w c1-76 c1-d c1-e c1-f c1-g"><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-1l c1-2u c1-af c1-18 c1-b c1-c c1-ag c1-ah c1-79 c1-7a c1-81 c1-7c c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-ai c1-19 c1-b c1-c c1-d c1-5r c1-e c1-f c1-g"><span data-ux="Element" class="x-el x-el-span c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><picture data-lazyimg="true" class="x-el x-el-picture c1-1 c1-2 c1-4 c1-3t c1-19 c1-7g c1-3h c1-b c1-c c1-d c1-e c1-f c1-g"><source media="(max-width: 450px)" data-lazyimg="true" data-srcsetlazy="//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-01-30%20at%2011.40.58%20AM.png/:/cr=t:24.9%25,l:0%25,w:100%25,h:58.31%25/rs=w:403,h:202,cg:true, //img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-01-30%20at%2011.40.58%20AM.png/:/cr=t:24.9%25,l:0%25,w:100%25,h:58.31%25/rs=w:806,h:403,cg:true 2x, //img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-01-30%20at%2011.40.58%20AM.png/:/cr=t:24.9%25,l:0%25,w:100%25,h:58.31%25/rs=w:856,h:428,cg:true 3x" srcSet="[//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:451](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:451),h:225,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 451w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 768w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1024w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1280w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1536w" sizes="(min-width: 451px) and (max-width: 767px) 767px, (min-width: 768px) and (max-width: 1023px) 1023px, (min-width: 1024px) and (max-width: 1279px) 1279px, (min-width: 1280px) and (max-width: 1535px) 1535px, (min-width: 1536px) 1536px"/><source media="(min-width: 451px)" data-lazyimg="true" data-srcsetlazy="//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-01-30%20at%2011.40.58%20AM.png/:/cr=t:24.9%25,l:0%25,w:100%25,h:58.31%25/rs=w:600,h:300,cg:true, //img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-01-30%20at%2011.40.58%20AM.png/:/cr=t:24.9%25,l:0%25,w:100%25,h:58.31%25/rs=w:856,h:428,cg:true 2x" srcSet="[//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:451](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:451),h:225,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 451w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 768w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1024w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1280w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1536w" sizes="(min-width: 451px) and (max-width: 767px) 767px, (min-width: 768px) and (max-width: 1023px) 1023px, (min-width: 1024px) and (max-width: 1279px) 1279px, (min-width: 1280px) and (max-width: 1535px) 1535px, (min-width: 1536px) 1536px"/><img data-ux="Image" data-lazyimg="true" data-srclazy="//img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-01-30%20at%2011.40.58%20AM.png/:/cr=t:24.9%25,l:0%25,w:100%25,h:58.31%25/rs=w:600,h:300,cg:true" src="" srcSet="[//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:451](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:451),h:225,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 451w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 768w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1024w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1280w, [//img1.wsimg.com/isteam/ip/static/transparent\_placeholder.png/:/rs=w:600](https://img1.wsimg.com/isteam/ip/static/transparent_placeholder.png/:/rs=w:600),h:300,cg:true,[m](https://uopositivepsych.org/m),i:true/qt=q:1/ll=n:true 1536w" sizes="(min-width: 451px) and (max-width: 767px) 767px, (min-width: 768px) and (max-width: 1023px) 1023px, (min-width: 1024px) and (max-width: 1279px) 1279px, (min-width: 1280px) and (max-width: 1535px) 1535px, (min-width: 1536px) 1536px" data-aid="ABOUT\_IMAGE\_RENDERED4" overlayAlpha="0" class="x-el x-el-img c1-1 c1-2 c1-4 c1-t c1-p c1-q c1-1c c1-1d c1-2p c1-aj c1-ak c1-al c1-am c1-b c1-c c1-an c1-d c1-e c1-f c1-g"/></picture></span></div></div><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-2v c1-1l c1-2u c1-12 c1-16 c1-14 c1-b c1-c c1-ag c1-ah c1-79 c1-7a c1-81 c1-7c c1-d c1-e c1-f c1-g"><div data-ux="ContentBasic" index="4" id="56ae2218-cef2-4768-b4ed-9944ef25408f" class="x-el x-el-div x-el c1-1 c1-2 c1-12 c1-40 c1-4 c1-85 c1-14 c1-19 c1-86 c1-87 c1-b c1-c c1-ao c1-89 c1-d c1-e c1-f c1-g c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><h4 role="heading" aria-level="4" data-ux="ContentHeading" data-aid="ABOUT\_HEADLINE\_RENDERED4" data-typography="HeadingDelta" class="x-el x-el-h4 c1-1 c1-2 c1-1z c1-20 c1-6n c1-1e c1-1f c1-1c c1-1d c1-b c1-2k c1-4j c1-2l c1-4k c1-4m c1-4n c1-4o">Sasha</h4><div data-ux="ContentText" alignment="center" data-aid="ABOUT\_DESCRIPTION\_RENDERED4" fontScaleMultiplier="1.12" data-typography="BodyAlpha" data-font-scaled="true" class="x-el c1-1 c1-2 c1-1z c1-20 c1-3a c1-1c c1-1d c1-8a c1-8b c1-8c c1-8d c1-8e c1-8f c1-8g c1-8h c1-8i c1-8j c1-8k c1-8l c1-8m c1-8n c1-8o c1-8p c1-8q c1-8r c1-8s c1-8t c1-8u c1-8v c1-8w c1-8x c1-8y c1-8z c1-90 c1-91 c1-4x c1-b c1-1n c1-92 c1-2l c1-93 c1-94 c1-95 c1-96 x-rt"><p style="margin:0"><span>Sasha is our fluffy, loving, Samoyed club mascot! Come say hi to her at our meetings!</span></p></div></div></div></div></div></div></div></section> </div></div></div><div id="71d07e53-0522-40d1-aac1-08c6e5c2a40e" class="widget widget-html widget-html-html-1"><div data-ux="Widget" role="region" class="x-el x-el-div x-el c1-1 c1-2 c1-3 c1-b c1-c c1-d c1-e c1-f c1-g c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><div> <section data-ux="Section" data-aid="HTML\_SECTION\_RENDERED" class="x-el x-el-section c1-1 c1-2 c1-3 c1-h c1-i c1-b c1-c c1-l c1-m c1-d c1-e c1-f c1-g"><div data-ux="Container" class="x-el x-el-div c1-1 c1-2 c1-p c1-q c1-r c1-s c1-t c1-b c1-c c1-x c1-d c1-y c1-e c1-z c1-f c1-10 c1-g"><div data-ux="Grid" class="x-el x-el-div c1-1 c1-2 c1-12 c1-6x c1-6y c1-6z c1-1c c1-70 c1-1d c1-72 c1-b c1-c c1-73 c1-74 c1-7w c1-76 c1-d c1-e c1-f c1-g"><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-7x c1-t c1-1j c1-2v c1-1l c1-2u c1-b c1-c c1-79 c1-7a c1-81 c1-7c c1-d c1-aq c1-ar c1-e c1-f c1-g"><div data-ux="Element" id="bs-9" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><iframe id="iframe-399152" frameBorder="0" sandbox="allow-scripts allow-same-origin allow-forms allow-popups allow-presentation allow-top-navigation" src="javascript: window.frameElement.getAttribute(&quot;srcdoc&quot;);" srcDoc="&lt;script&gt;window.onmessage = function(event) {event.source.postMessage({iframeId: event.data, scrollHeight: document.body.getBoundingClientRect().height || document.body.scrollHeight}, event.origin);};&lt;/script&gt;&lt;body style=&#x27;margin: 0&#x27;&gt;&lt;!-- Google tag (gtag.js) --&gt; |
|  | &lt;script async src=&quot;https://www.googletagmanager.com/gtag/js?id=G-VJZVK5F5MM&quot;&gt;&lt;/script&gt; |
|  | &lt;script&gt; |
|  | window.dataLayer = window.dataLayer || []; |
|  | function gtag(){dataLayer.push(arguments);} |
|  | gtag(&#x27;js&#x27;, new Date()); |
|  |  |
|  | gtag(&#x27;config&#x27;, &#x27;G-VJZVK5F5MM&#x27;); |
|  | &lt;/script&gt;&lt;/body&gt;" style="width:100%;height:1px;overflow:visible;transition:height 1.5s ease;-webkit-transition:height 1.5s ease;-moz-transition:height .25s ease"></iframe></div></div></div></div></section> </div></div></div><div id="59e4e5ff-78c8-498d-93b4-b45b6c06d601" class="widget widget-footer widget-footer-footer-4"><div data-ux="Widget" role="contentinfo" id="59e4e5ff-78c8-498d-93b4-b45b6c06d601" class="x-el x-el-div x-el c1-1 c1-2 c1-as c1-b c1-c c1-d c1-e c1-f c1-g c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><div> <section data-ux="Section" class="x-el x-el-section c1-1 c1-2 c1-as c1-h c1-i c1-b c1-c c1-l c1-m c1-d c1-e c1-f c1-g"><div data-ux="Container" class="x-el x-el-div c1-1 c1-2 c1-p c1-q c1-r c1-s c1-t c1-b c1-c c1-x c1-d c1-y c1-e c1-z c1-f c1-10 c1-g"><div data-ux="Layout" class="x-el x-el-div c1-1 c1-2 c1-19 c1-b c1-c c1-d c1-e c1-f c1-g"><div data-ux="Container" class="x-el x-el-div c1-1 c1-2 c1-p c1-q c1-r c1-s c1-t c1-3f c1-b c1-c c1-at c1-x c1-d c1-y c1-e c1-z c1-f c1-10 c1-g"><div data-ux="Block" data-aid="FOOTER\_SOCIAL\_LINKS" class="x-el x-el-div c1-1 c1-2 c1-12 c1-18 c1-au c1-av c1-aw c1-2t c1-6z c1-ax c1-ay c1-b c1-c c1-d c1-e c1-f c1-g"><a rel="noopener" role="link" aria-haspopup="true" data-ux="Link" target="\_blank" data-aid="FOOTER\_INSTAGRAM\_LINK" aria-label="Instagram Social Link" href="<https://www.instagram.com/uopositivepsych/>" data-typography="LinkAlpha" class="x-el x-el-a c1-3i c1-3j c1-1y c1-1z c1-20 c1-97 c1-22 c1-az c1-b c1-b0 c1-c c1-3o c1-b1 c1-b2 c1-d c1-e c1-f c1-g" data-tccl="ux2.FOOTER.footer4.Layout.Default.Link.Default.99153.click,click"><svg viewBox="0 0 24 24" fill="currentColor" width="40px" height="40px" data-ux="IconSocial" class="x-el x-el-svg c1-1 c1-2 c1-b3 c1-1p c1-2p c1-2i c1-2h c1-2j c1-2g c1-b c1-c c1-d c1-e c1-f c1-g"><g><path fill="#E1306C" d="M12 2c5.523 0 10 4.476 10 10 0 5.523-4.477 10-10 10-5.522 0-10-4.477-10-10C2 6.478 6.478 2 12 2z"></path><path fill="#fff" fill-rule="evenodd" d="M17.762 14.335c.025-.45.038-1.262.038-2.435s-.013-1.985-.038-2.435c-.052-1.066-.37-1.89-.953-2.474-.584-.584-1.408-.901-2.474-.953C13.885 6.013 13.073 6 11.9 6s-1.985.013-2.435.038c-1.066.052-1.89.37-2.474.953-.584.584-.901 1.408-.953 2.474C6.013 9.915 6 10.727 6 11.9s.013 1.985.038 2.435c.052 1.066.37 1.89.953 2.474.584.584 1.408.901 2.474.953.45.025 1.262.038 2.435.038s1.985-.013 2.435-.038c1.066-.052 1.89-.37 2.474-.953.584-.584.901-1.408.953-2.474zM11.9 7.06l-.588-.004a41.691 41.691 0 00-.81 0c-.185.003-.432.01-.742.023a6.09 6.09 0 00-.79.077 3.08 3.08 0 00-.55.142 1.993 1.993 0 00-.676.446c-.195.195-.343.42-.446.676a3.08 3.08 0 00-.142.55 6.09 6.09 0 00-.077.79c-.012.31-.02.557-.023.742-.002.184-.002.454 0 .81l.004.588-.004.588c-.002.356-.002.626 0 .81.003.185.01.432.023.742s.039.573.077.79c.039.219.086.402.142.55a2.001 2.001 0 001.122 1.122c.148.056.332.103.55.142.217.038.48.064.79.077.31.012.557.02.742.023.184.002.454.002.81 0l.588-.004.588.004c.356.002.626.002.81 0 .185-.003.432-.01.742-.023a6.09 6.09 0 00.79-.077c.219-.039.402-.086.55-.142a2.001 2.001 0 001.122-1.122c.056-.148.103-.332.142-.55a6.09 6.09 0 00.077-.79c.012-.31.02-.557.023-.742.002-.184.002-.454 0-.81l-.004-.588.004-.588c.002-.356.002-.626 0-.81-.003-.185-.01-.432-.023-.742a6.09 6.09 0 00-.077-.79 3.083 3.083 0 00-.142-.55 1.993 1.993 0 00-.446-.676 1.992 1.992 0 00-.676-.446 3.08 3.08 0 00-.55-.142 6.09 6.09 0 00-.79-.077 28.51 28.51 0 00-.742-.023 41.691 41.691 0 00-.81 0l-.588.004zm3.65 2.19a.68.68 0 00.207-.5.68.68 0 00-.208-.5.68.68 0 00-.5-.207.68.68 0 00-.499.208.68.68 0 00-.207.5c0 .194.07.36.207.499a.68.68 0 00.5.207.68.68 0 00.5-.207zm-.623 2.65c0 .84-.295 1.554-.884 2.143a2.918 2.918 0 01-2.143.884c-.84 0-1.554-.295-2.143-.884a2.918 2.918 0 01-.884-2.143c0-.84.295-1.554.884-2.143a2.919 2.919 0 012.143-.884c.84 0 1.554.295 2.143.884.59.589.884 1.303.884 2.143zm-1.06 0a1.89 1.89 0 00-.577-1.39 1.895 1.895 0 00-1.39-.577c-.543 0-1.006.192-1.39.576a1.895 1.895 0 00-.577 1.391c0 .543.192 1.006.576 1.39.385.385.848.577 1.391.577s1.006-.192 1.39-.577a1.89 1.89 0 00.577-1.39z"></path></g></svg></a></div><p data-ux="FooterText" data-aid="FOOTER\_BUSINESS\_NAME\_RENDERED" data-typography="BodyAlpha" class="x-el x-el-p c1-1 c1-2 c1-1z c1-20 c1-3a c1-1c c1-b4 c1-25 c1-b c1-b3 c1-c c1-d c1-e c1-f c1-g">UOPositivePsych</p></div><div data-ux="Grid" class="x-el x-el-div c1-1 c1-2 c1-12 c1-6x c1-6y c1-6z c1-1c c1-1f c1-1d c1-1e c1-14 c1-19 c1-b c1-c c1-d c1-e c1-f c1-g"><div data-ux="GridCell" class="x-el x-el-div c1-1 c1-2 c1-6x c1-4x c1-77 c1-78 c1-t c1-1j c1-1k c1-1l c1-1m c1-b c1-c c1-d c1-b5 c1-b6 c1-e c1-f c1-g"><div data-ux="FooterDetails" data-aid="FOOTER\_COPYRIGHT\_RENDERED" data-typography="DetailsAlpha" class="x-el c1-1 c1-2 c1-1z c1-20 c1-3a c1-1c c1-1d c1-b c1-b7 c1-24 c1-2l c1-28 c1-9p c1-29 c1-2a c1-2b x-rt"><p style="margin:0"><span>Copyright © 2024 UOPositivePsych - All Rights Reserved.</span></p></div></div></div></div></div></section> </div></div></div><div id="2708b8be-22cf-4c35-a5b9-b25478e9cd94" class="widget widget-cookie-banner widget-cookie-banner-cookie-1"><div data-ux="Group" data-aid="FOOTER\_COOKIE\_BANNER\_RENDERED" id="2708b8be-22cf-4c35-a5b9-b25478e9cd94-banner" class="x-el x-el-div c1-1 c1-2 c1-3r c1-b8 c1-b9 c1-4 c1-7u c1-33 c1-9e c1-am c1-2z c1-ba c1-bb c1-bc c1-bd c1-15 c1-s c1-3f c1-r c1-1c c1-1f c1-1d c1-1e c1-3h c1-b c1-c c1-be c1-bf c1-bg c1-bh c1-bi c1-bj c1-bk c1-d c1-e c1-f c1-g"><h4 role="heading" aria-level="4" data-ux="Heading" data-aid="FOOTER\_COOKIE\_TITLE\_RENDERED" data-typography="HeadingDelta" class="x-el x-el-h4 c1-1 c1-2 c1-1z c1-20 c1-6n c1-1e c1-1f c1-1c c1-1d c1-4v c1-b c1-9d c1-4j c1-2l c1-4k c1-4m c1-4n c1-4o">This website uses cookies.</h4><div data-ux="Text" data-aid="FOOTER\_COOKIE\_MESSAGE\_RENDERED" data-typography="BodyAlpha" class="x-el c1-1 c1-2 c1-1z c1-20 c1-3a c1-1c c1-1d c1-bl c1-2z c1-b c1-bm c1-c c1-2l c1-bn c1-d c1-e c1-f c1-g x-rt"><p style="margin:0"><span>We use cookies to analyze website traffic and optimize your website experience. By accepting our use of cookies, your data will be aggregated with all other user data.</span></p></div><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-12 c1-13 c1-b c1-c c1-d c1-e c1-f c1-g"><a data-ux-btn="primary" data-ux="ButtonPrimary" href="" data-aid="FOOTER\_COOKIE\_CLOSE\_RENDERED" id="2708b8be-22cf-4c35-a5b9-b25478e9cd94-accept" data-typography="ButtonAlpha" class="x-el x-el-a c1-1 c1-1x c1-12 c1-40 c1-18 c1-22 c1-7v c1-bo c1-bp c1-bq c1-4x c1-99 c1-14 c1-19 c1-1y c1-20 c1-1z c1-u c1-t c1-4 c1-r c1-s c1-35 c1-36 c1-9b c1-9c c1-br c1-bs c1-b c1-25 c1-53 c1-9f c1-bt c1-bu c1-9h c1-9i c1-9j c1-9k c1-9l c1-9m" data-tccl="ux2.COOKIE\_BANNER.cookie1.Group.Default.Button.Primary.99154.click,click">Accept</a></div></div></div><div id="93ccfd96-6590-4e30-80cf-b5c05e8e5a75" class="widget widget-popup widget-popup-popup-1"></div><div id="c001ea52-1637-406e-89b2-6f6185334325" class="widget widget-messaging widget-messaging-messaging-1"><div data-ux="Element" id="bs-10" class="x-el x-el-div c1-1 c1-2 c1-b c1-c c1-d c1-e c1-f c1-g"><div data-ux="Block" class="x-el x-el-div c1-1 c1-2 c1-3r c1-bv c1-bw c1-bx c1-by c1-bz c1-b c1-c c1-d c1-c0 c1-e c1-f c1-g"><div><div></div></div></div></div></div></div></div></div> |
|  | <script type="text/javascript">"IntersectionObserver"in window&&"Intl"in window&&"Locale"in window.Intl||document.write(`\x3Cscript src="https://img1.wsimg.com/poly/v3/polyfill.min.js?rum=0&unknown=polyfill&flags=gated&features=Intl.~locale.en-US">\x3C/script>`)</script> |
|  | <script src="[//img1.wsimg.com/blobby/go/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/gpub/423909ff2d37b1fb/script.js](https://img1.wsimg.com/blobby/go/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/gpub/423909ff2d37b1fb/script.js)" crossorigin></script> |
|  | <script src="[//img1.wsimg.com/ceph-p3-01/website-builder-data-prod/static/widgets/UX.4.37.7.js](https://img1.wsimg.com/ceph-p3-01/website-builder-data-prod/static/widgets/UX.4.37.7.js)" crossorigin></script> |
|  | <script src="[//img1.wsimg.com/blobby/go/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/gpub/970faf827da21925/script.js](https://img1.wsimg.com/blobby/go/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/gpub/970faf827da21925/script.js)" crossorigin></script> |
|  | <script async src="<https://www.googletagmanager.com/gtag/js?id=G-VJZVK5F5MM>" crossorigin></script> |
|  | <script>"use strict"; |
|  |  |
|  |  |
|  | window['ga-disable-G-VJZVK5F5MM'] = true; |
|  | window.dataLayer = window.dataLayer || []; |
|  | window.\_gaID = 'G-VJZVK5F5MM'; |
|  |  |
|  | window.gtag = window.gtag || function () { |
|  | window.dataLayer.push(arguments); |
|  | }; |
|  |  |
|  | gtag('js', new Date()); |
|  |  |
|  |  |
|  | gtag('set', 'developer\_id.dZTZmYj', true); |
|  | gtag('config', 'G-VJZVK5F5MM'); |
|  | Core.utils.onAllowCookieTracking(() => { window[`ga-disable-${window.\_gaID}`] = false; window.gtag('config', window.\_gaID); }); |
|  | var t=document.createElement("script");t.type="text/javascript",t.addEventListener("load",()=>{window.tti.calculateTTI(({name:t,value:e}={})=>{let i={"wam\_site\_hasPopupWidget":false,"wam\_site\_hasMessagingWidget":true,"wam\_site\_headerTreatment":false,"wam\_site\_hasSlideshow":false,"wam\_site\_hasFreemiumBanner":false,"wam\_site\_homepageFirstWidgetType":"INTRODUCTION","wam\_site\_homepageFirstWidgetPreset":"introduction2","wam\_site\_businessCategory":"education","wam\_site\_theme":"layout15","wam\_site\_locale":"en-US","wam\_site\_fontPack":"playfair-display","wam\_site\_cookieBannerEnabled":true,"wam\_site\_membershipEnabled":true,"wam\_site\_hasHomepageHTML":true,"wam\_site\_hasHomepageShop":false,"wam\_site\_hasHomepageOla":false,"wam\_site\_hasHomepageBlog":false,"wam\_site\_hasShop":false,"wam\_site\_hasOla":false,"wam\_site\_planType":"personal","wam\_site\_isHomepage":true,"wam\_site\_htmlWidget":true};window.networkInfo&&window.networkInfo.downlink&&(i=Object.assign({},i,{["wam\_site\_networkSpeed"]:window.networkInfo.downlink.toFixed(2)})),window.tti.setCustomProperties(i),window.tti.\_collectVitals({name:t,value:e})})}),t.setAttribute("src","//img1.wsimg.com/traffic-assets/js/tccl-tti.min.js"),document.body.appendChild(t);</script> |
|  | <script defer src="[//img1.wsimg.com/traffic-assets/js/tccl.min.js](https://img1.wsimg.com/traffic-assets/js/tccl.min.js)" crossorigin></script> |
|  | <script type="application/ld+json">{"@context":"https://schema.org","@type":"LocalBusiness","image":["http://img1.wsimg.com/isteam/ip/e6fe6fdd-c227-4f0f-9d5c-5f9e557ba463/Screen%20Shot%202023-02-01%20at%2010.39.02%20PM.png"],"@id":"http://e6fe6fdd.c227.4f0f.9d5c.5f9e557ba463.com","url":"uopositivepsych.org","name":"UOPositivePsych","address":{"@type":"PostalAddress","streetAddress":"1451 Agate St","addressLocality":"Eugene","addressRegion":"OR","postalCode":"97403","addressCountry":"United States"},"geo":{"@type":"GeoCoordinates","latitude":"44.0441","longitude":"-123.06902"}}</script></body></html> |