

# THE LABORATORY FOR GRATITUDE IN YOUTH



## LAB MISSION STATEMENT

The goal of our laboratory is to be among the most successful and respected in the area of gratitude and positive psychology in youth. The ultimate goal is to elucidate the developmental trajectory of gratitude, reliably and validly assess gratitude, and create efficacious gratitude interventions that promote long-term well-being. To this end, we will collaborate with other labs in the area and share our findings. We will be recognized for being fair, honest, open, industrious, respectful, and reliable.

## DR. JEFFREY J. FROH, DIRECTOR



Dr. Jeffrey Froh is an Assistant Professor in the Department of Psychology at Hofstra University with primary responsibilities in the Psy.D. Program in School-Community Psychology. He earned his doctoral degree in School Psychology from St. John's University in 2004. Dr. Froh is a New York State certified school psychologist, New York State licensed psychologist, and Associate Fellow of the Albert Ellis Institute. He serves as an Associate Editor for *The Journal of Positive Psychology* and on the Editorial Board for the *Journal of Personality and Psychology in the Schools*, as well as the Institutional Review Board for the Bio-Behavioral Institute. During 2006-2007 Dr. Froh was the co-coordinator for the Positive Psychology Special Interest Group for the *National Association of School Psychologists*. Before joining the Hofstra faculty, Dr. Froh practiced as a school psychologist in the Shoreham-Wading River, Hewlett -Woodmere, and Half Hollow Hills School Districts in New York. Dr. Froh's research agenda is now focused on the well-springs, assessment, outcomes, and enhancement of gratitude in children and adolescents. He led the first published experimental investigation of the effects of a gratitude intervention (i.e., counting blessings) on subjective well-being in early adolescence (Froh, Sefick, & Emmons, 2008). Dr. Froh has presented over two dozen papers at local, national, and international conferences on gratitude or subjective well-being. Given the apparent interest in teaching children how to be grateful, Dr. Froh's research has received media attention. He has been interviewed by *Newsday*, *Alternative Medicine*, *Family Circle*, *Metro Parent*, *The Providence Journal*, *The Herald Sun*, *Better Homes and Gardens*, and the national public radio show *Weekend America*. In addition to contributing to *The Encyclopedia of Positive Psychology* and publishing two authoritative chapters on gratitude in youth (one is in the *Handbook of Positive Psychology in the Schools: Promoting Wellness in Children and Youth* and the other is in *Positive Psychology: Exploring the Best in People*), Dr. Froh has published his findings in peer-reviewed outlets such as the *Journal of Personality*, *The Journal of Positive Psychology*, *Journal of School Psychology*, *Psychology in the Schools*, and *Adolescence*.

# **GRADUATE STUDENTS**

## **JESSICA GLOWACKI**



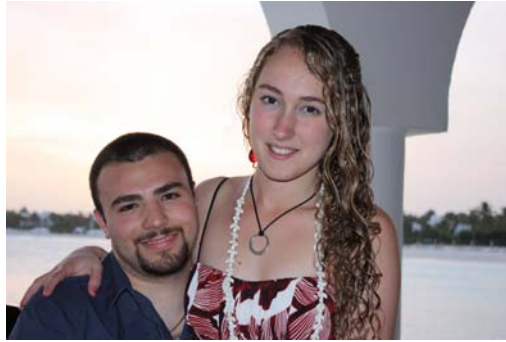
I am a first year student in the Psy.D. program here at Hofstra. I earned a B.A. in Psychology and Sociology from Stony Brook University and was valedictorian of both departments. There, I studied the practical application of a closeness generating mechanism in order to reduce prejudice in college students. Currently I am working with Dr. Froh on validating a positive youth indicator, investigating the role of gratitude in youth, and acting as lab manager. I hope to eventually work in a public school setting while constantly improving the care we give our children there by employing applied research techniques. In my spare time I enjoy spending time with friends and my numerous pets, bicycling, cooking and reading.

## **JAMEELA YOUSSEF**



I am a first year graduate student in the Psy.D. program here at Hofstra. I earned a B.A. in Psychology from Hofstra University. Presently, I am working with Dr. Froh on a review paper about positive psychology. In the future, I hope to work in a public school setting while helping to provide the care and attention that our children deserve. In my spare time, I take pleasure in enjoying the company of my friends and family, working out, cooking, and watching movies.

## HEATHER LEGGIO



I am a first year doctoral student in the school-community psychology program at Hofstra. I recently graduated magna cum laude from St. John's University in Queens, NY with my B.A. in psychology. At St. John's I was the treasurer of Psi Chi and I was a lab assistant to Dr. Alice Powers, helping her research attention in turtles. Currently, I work at the Developmental Disabilities Institute where I am a substitute teaching assistant working with children with autism. I have always had a strong interest in Positive Psychology and how it can be used to modify thinking and behavior. I like to think of myself as an optimistic person and have always tried to focus on the positive rather than the negative. I hope to increase my knowledge in all aspects of psychology while working with Dr. Froh at Hofstra and hopefully make some good friends along the way. My ultimate goals are to become a school psychologist and a professor at a University. In the picture is my husband Anthony. We were married in June 2009 and have been together since high school. He is an essential part of my life and without a doubt my best friend. In my spare time I enjoy kayaking, scuba diving, baking, making scrapbooks and spending time with my family.

## UNDERGRADUATE STUDENTS

### VINCENT CONTE



I am a senior at Hofstra working at achieving a graduate school education. I am working with Dr. Froh on a review of positive psychology at the present time. I have been a lab member for a year and a half. As a lab member, I have helped to confirm the validity of a scale designed to measure well-being in youth. Currently, I am involved in the fields of positive and cognitive psychology. In my spare time I skateboard, make music, and chill with my roommates.

## **TERRANCE WAKELY**



Presently, I am a sophomore in Hofstra's Undergraduate program. I am very interested in the field of positive psychology, especially with children, and am excited about this research opportunity. My ambitions include wanting to enter the field of clinical psychology with a research concentration in Bipolar Disorder and Depression. In my spare time, I love to play roller hockey, hang out with friends, and I am a volunteer firefighter.

## **JENNIFER ALLEN**



I am currently a graduated from Hofstra in May 2009 with a B.A. in psychology and elementary education. I am taking the this academic year off to research with Dr. Froh in preparation for applying to graduate school. I love working with children and am very interested in the application of positive psychology research to clinical work. In addition, I love reading, traveling the world, and spending quality time with the people in my life. I try to take every moment in life as an opportunity to learn something new.