

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



I am an Assistant Professor in the Department of Psychology at Hofstra University with primary responsibilities in the Psy.D. Program in School-Community Psychology. I am a New York State certified school psychologist, New York State licensed psychologist, Associate Fellow of the Albert Ellis Institute, and currently serve as an Associate Editor for The Journal of Positive Psychology and on the Editorial Board for the Journal of the American Academy of Special Education Professionals. Before joining the Hofstra faculty, I practiced as a school psychologist in the Shoreham-Wading River, Hewlett -Woodmere, and Half Hollow Hills School Districts in New York. My research agenda is now focused on the well-springs, assessment, outcomes, and enhancement of gratitude in children and adolescents. I have published over 20 papers and presented over 40 papers at local, national, and international conferences on gratitude or well-being. My research has appeared in Newsweek, Newsday, Better Homes and Gardens, and other media outlets. I live with my wife, two children, and yellow lab in Greenlawn, NY.

GRADUATE STUDENTS

JESSICA GLOWACKI



I am a second 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. I received my M.S. Degree in School-Community Psychology at Hofstra in December 2009. 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

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.