

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, past 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 in journals such as Psychological Assessment and the Journal of Personality and have presented over 40 papers at local, national, and international conferences on gratitude or well-being. My research has appeared in the Wall Street Journal, Woman's Day, Better Homes and Gardens, and other media outlets. I live with my wife, two children, and yellow lab in Greenlawn, NY.

GRADUATE STUDENTS

JAMEELA YOUSSEF



I am currently a third year graduate student in the Psy.D. program here at Hofstra. I earned a B.A. in Psychology from Hofstra University. Dr. Froh and I recently have a published review paper about positive psychology entitled, “Acknowledging and appreciating the full spectrum of the human condition: School psychology’s (limited) focus on positive psychological functioning”. I am presently Vice President of the School Psychology Association at Hofstra (SPAH). 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 family and friends, listening to music, dancing, and watching movies.

MEAGAN MULLER



I am a second-year graduate student in Hofstra University's Psy.D. program in School-Community Psychology. I graduated from Binghamton University with my B.A. in Psychology in 2009. While at Binghamton, I was a lab assistant to Dr. Celia Klin, working with reading and memory. This past year I worked at Just Kids Early Childhood Learning Center as a teaching assistant to children diagnosed with Autism. I'm excited to learn more about positive psychology and work with Dr. Froh. After graduation from Hofstra, I hope to work at a developmental preschool as a school psychologist.

TARA LOMAS



I'm currently a second year graduate student in the School-Community Psy.D program at Hofstra. I grew up in Vancouver, British Columbia and then attended Oral Roberts University in Tulsa, Oklahoma where I played for the ORU Women's Soccer Team. I graduated from ORU in May 2010 with a Psychology Major and Business Administration minor. As an undergraduate, as part of my Senior Paper Project, I performed empirical research on female college soccer players' levels of motivation and perceived parental support. I presented my research at the Midwest Psychology Symposium in December 2009. I'm really excited to work with Dr. Froh and his team to gain experience in the field of gratitude in order to use this knowledge in future therapy with people and in the school setting. During my spare time, I enjoy being outdoors, going fishing, camping, and hiking.

DANIELLE RUSCIO



I am currently an undergraduate junior in the Psychology Program at Hofstra University. I am most interested in child development and family counseling, and one day hope to open my own private practice. I recently began working with Dr. Froh on his research and am so excited to gain experience and learn more about his research. In my free time, I love to run, bike ride, and watch movies.

CHERAY HARRIS



I am currently a first year graduate student in Hofstra University's Psy.D program in School-Community Psychology. I graduated with a B.A. in Psychology from Rutgers University this past May. At Rutgers, I was a Senior Research Assistant in the Social and Emotional Learning Lab for three years where I analyzed the quality of school climate and degree of school violence. Also, I was a mentor for underprivileged high school students in a program called Rutgers Future Scholars. Throughout my senior year, I interned with a school psychologist and behaviorist in school settings. I am very excited to be part of Dr. Froh's Lab and gain more insight to positive psychology to bring with me on my future endeavors. After graduation from Hofstra, I would like to work with children in a variety of settings, and eventually work my way up to a position as a director.