



NOVEMBER NEWSLETTER

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This month's Unsung Hero is..... Dr. January Schultz!



January has worked for UCA for 6 years as an Assistant Professor of Occupational Therapy!

"This is my 18th year teaching, but the last 5 years have been the best by far! I love helping students realize just how amazing the human body really is. Courses like Anatomy and Neuroscience can sound intimidating, but when students start connecting the dots—and that "lightbulb moment" happens—it's pure magic! I believe the best learning happens through hands-on experience, whether it's in the cadaver lab, on the Anatomage Table, or working through creative, movement-based activities. Finding fun, interactive ways to teach keeps the work exciting for me and (hopefully) for my students too."

In her spare time, January teaches, supports, and celebrates her children! When she gets a little "me time", she enjoys cooking, running/walking, & watching/listening to true crime and reality TV.

"Your present circumstances don't determine where you can go. They merely determine where you start."
Nido Qubein

The Neuroscience of Gratitude & Its Effects on the Brain

Dr. Melissa Madeson

- Gratitude is more than just a positive feeling. It's a complex cognitive and emotional phenomenon that involves recognizing how other individuals contribute to our wellbeing and enhance our appreciation of positive outcomes in life.
- Gratitude regulates the sympathetic nervous system that activates our anxiety responses and conditions the brain to filter negative ruminations and focus on positive thoughts.

No-Stress November

- Step outside, breathe the fresh air, & notice nature
- Choose or create a new affirmation and post it in 3 places.
- Do a guided meditation
- Find a reason to praise someone.
- Write down 5+ things you're grateful for.
- Go on a silent walk- no headphones- be present!
- Read/listen to a chapter in a new book or listen to a new podcast episode.
- Document the season with a scrapbook- moments, thoughts, and memories!

Thanksgiving break:

November
27-28*



*Based on Governor's Proclamation of Holiday

Campus Events:

- Nov. 1: UCA Homecoming
- Nov. 6: Conway Symphony Orchestra @ Reynolds
- Nov. 10: SPARK 2025 @ Reynolds
- Nov. 16: Miss UCA 2025
- Nov. 22: Alumni & Friends Tailgate

Community Events:

- Nov. 1: Ghost To Gobble 5k & 1 Mile (pres. by UCA PT Dept.)
- Nov. 7: Conway Art Walk
- Nov. 9: Christmas Open House
- Nov. 27: Turkey Trot 5k/Gobble Wobble Kids Mile
- Nov. 29: Small Business Saturday



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HUMAN RESOURCES
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AND ENRICHMENT