



# PEARL RIVER

## PROFESSIONAL DEVELOPMENT



## NEW YEAR MINDSET

Jerod Morris

- 1. Focus on behaviors, not outcomes.**
- 2. Choose approach-oriented goals, not avoidance-oriented goals.**
- 3. Think big, but start small.**

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Higher Education

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# TRENDS IN PARENTAL EDUCATION & FAMILY STRUCTURES OVER TIME

Access Article [HERE](#)



## FACES OF FACULTY

THE HIGHER  
EDUCATION  
INSTRUCTOR  
EXPERIENCE  
2023

ACCESS ARTICLE [HERE](#)



## WORK/PRODUCTIVITY

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Love your current job but want to become more efficient?

*Five Time-Management Hacks ([HERE](#))*

*Six Ways to Mitigate Burnout ([HERE](#))*

## INVESTING

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We won't tell you what to do with your money –we'll let the experts do that. And many of them are suggesting some form of circumspection in the new year.

*Schwab's 3 Potential Themes in 2024 ([HERE](#))*

*Morgan Stanley's Reasons for Caution in 2024 ([HERE](#))*

*JP Morgan's 5 Considerations for 2024 ([HERE](#))*

*Three Top Wall Street Strategists Offer Their 2024 Resolutions ([HERE](#))*



# BRIGHT INSPIRATION

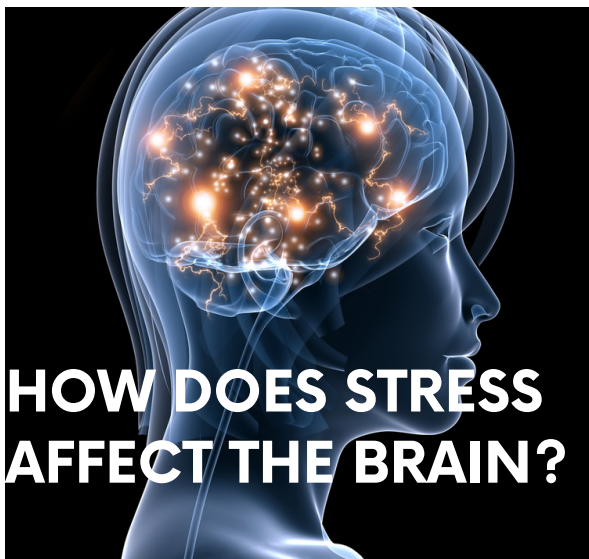


- [The declutter-your-life challenge](#)  
(Shira Gill)
- [How to finally beat procrastination](#)  
(Joseph Folley)
- [10 ways to make life better around the house](#)  
(The Guardian)



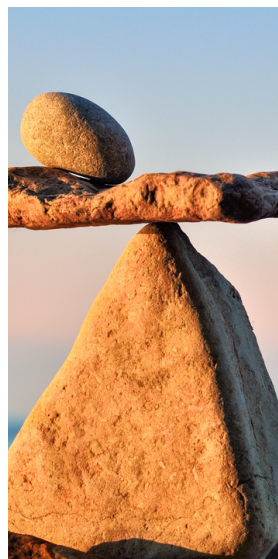
## TAKE SOME TIME FOR YOURSELF

- [23 fitness tips for the busiest people](#)  
(The Guardian)
- [7 daily habits to boost your happiness](#)  
(CNET)



**HOW DOES STRESS  
AFFECT THE BRAIN?**

[Article HERE](#)



**A BRIEF LOOK INTO  
THE GUT BRAIN  
CONNECTION**



[Article HERE](#)