Websites for Psychological Research

Society for Psychophysiological Research (SPR)
http://www.sprweb.org

 Jasmine is a student at the University of California, Berkeley, where she is pursuing a degree in psychology with a concentration in psychophysiology. She is also a member of the Psychology Club and the Psychology Honors Society. In her free time, Jasmine enjoys reading, trying new recipes, and volunteering at local animal shelters.

Jasmine’s research interests include the relationship between stress and sleep, and the impact of technology on mental health. She is currently working on a project that investigates the effects of blue light exposure on sleep quality and mood. In the future, Jasmine hopes to pursue a career in clinical psychology, where she can use her knowledge and skills to help others.

Jasmine’s favorite quote is: “The greatest glory in living lies not in never falling, but in rising every time we fall.” - Nelson Mandela

Jasmine is excited to continue her studies and make contributions to the field of psychology. She believes that by understanding the complexities of the human mind, we can work towards creating a more compassionate and understanding world.

References:


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