

From: [TLC](#)
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Subject: Ten Questions for Faculty Series
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The Teaching and Learning Center is pleased to present the *Ten Questions for Faculty Series*. The series is dedicated to helping faculty to stay connected with one another while working remotely. Every week, a faculty member will have the opportunity to answer ten questions about themselves and about navigating the changes brought about by COVID-19. This week, we are pleased to feature Terri Housley, Professor of Psychology and Chair of the Department of Social Sciences.



Terri Housley
Professor of Psychology
Chair of Social Sciences

Where are you from?

Detroit, Michigan. Beautiful state but can't say I'd be sad if I never experienced a snowy, gloomy, and bitter-cold winter again.

Which college or university did you attend?

After high school I attended Macomb Community College in Macomb Township, Michigan (where I later served for eight years as a full-time psychology faculty member). From there I transferred to Wayne State University in Detroit.

When did you begin teaching at FSW?

August 18, 2008. I was offered the Professor of Psychology position around noon on April 9, 2008 and packed up my two cats and permanently headed to the sunshine state on June 20, 2008.

What made you become interested in your academic discipline?

Curiosity. It seems I have an inherent inquisitiveness when it comes to why I and others think and behave as we do.

What is your favorite food?

Does chocolate cake count? If not, I'd have to go with Italian. Homemade pizza is a regular staple in my home, but if dining at an Italian restaurant, it's a toss-up between pizza or lasagna.

If you could have dinner with any historical figure, who would it be and what would you ask them?

Nelson Mandela. I would ask him to share his wisdom about life with me.

What is your favorite local restaurant?

Deep Lagoon on McGregor. They have the best fish tacos I have ever had in my entire life. It's not Italian, but it's the next best thing.

What new things have you learned or done as a result of COVID-19 & working remotely?

Well, it might go without saying, but I've learned about Zoom and have "done" many Zoom meetings!

Since shifting to working and socializing remotely, I have a deeper appreciation for technology. I have also re-connected to one of my favorite things—being in nature. I do a lot of work while sitting on my front porch; I just love taking in the sights of the foliage and wildlife around me. The pandemic has made me realize just how much I enjoy a slower-pace and solitude. I've fully immersed myself into the peacefulness of my home, surroundings, and the great outdoors. I'm happy to adopt this less-is-more lifestyle as my new normal.

What are you doing (exercise, cooking, reading, etc.) to take care of your mental and physical health during social isolation?

Every morning, as soon as I wake up, I meditate with the Headspace app. I've been doing this for years.

I can't imagine starting my day any other way. I've reunited with the joy of reading books just for the fun of it and I am nurturing a mild addiction to the series *Outlander* on Netflix. Putting a birdfeeder in the front yard has enlivened my daily life in ways that I did not expect as I cannot get enough of the multitude of creatures that now inhabit the yard and air space. These days exercise is happening sporadically in various forms: walking the beach, bike riding, swimming, light weightlifting, sit-ups, and yoga. As for meals, everything is made at home with fresh ingredients (I thought I would miss eating out, oddly enough, I don't). And lastly, I feel compelled to admit, I've developed a somewhat unhealthy relationship with Ben and Jerry's The Tonight Dough.

What advice do you have for your colleagues on how to navigate social isolation and changes from COVID-19?

Consider resisting the temptation to resist the current circumstances (doing so causes unnecessary angst).

Practice acceptance in all of its forms. Be present and fully experience life without judging it. Do your part to enhance the quality of your own and others' lives through acts of kindness. And seek out people or things that make you laugh.

If you would like to be featured in the *Ten Questions for Faculty Series*, please contact Kelly Westfield, Coordinator for the Teaching and Learning Center: kwestfield@fsw.edu
