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## LAURIER EXPERT ALERT: New Year's Resolutions

WATERLOO – It is a common tradition to make a resolution for the New Year.

There are several Laurier experts available to comment on a variety of topics related to resolutions.

**Anne Wilson**, professor in Laurier's Department of Psychology, is an expert on identity and goal setting. She is available to comment on how people think about their past and future, how they set goals and why they succeed or fail at these goals. Wilson has also researched using landmarks, such as the New Year, as symbolic turning points and how this can affect our motivation to make changes. Contact information: [awilson@wlu.ca](mailto:awilson@wlu.ca).

**Tobias Krettenauer**, professor in Laurier's Department of Psychology, is an expert on self-development. He is available to comment on why New Year's resolutions don't typically work. Contact information: 519-884-0710 x3894 or [tkrettenauer@wlu.ca](mailto:tkrettenauer@wlu.ca).

**Christian Jordan**, associate professor in Laurier's Department of Psychology, is an expert on self-esteem and self-views. Contact information: 519-884-0710 x2574 or [cjordan@wlu.ca](mailto:cjordan@wlu.ca).

The university will be closed from Dec. 25 - Jan. 3. Please contact faculty experts directly during this time.

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