#ICYMI: University of Richmond News to Use

Dec. 20, 2019

From sticking to New Year’s resolutions to changing careers in 2020, University of Richmond’s media and public relations team has experts who can add perspective to your New Year’s-related stories.

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We have a double dose of New Year’s content from *The Conversation*.

- Behavioral neuroscientist Kelly Lambert authored [A neuroscientist’s tips for a new year tuneup for your brain](#)
- Health psychology Camilla Nonterah authored [How to increase your chances of sticking with your resolutions](#)

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**Mindset & Resolutions**
Did you know your mindset can impact success in breaking addiction, learning a new skill, or sticking to a healthy eating intention? Leadership studies professor Crystal Hoyt, a social psychologist, can discuss the psychology behind how our beliefs and mindset go hand in hand with achieving New Year’s resolutions.

**Job Hunting in the New Year**
Career advisor Becca Shelton debunks five myths for those looking to change careers in the New Year. Learn more in this [media release](#).

[Contact us](#) to connect with these experts, and visit our [newsroom](#) and follow us on Twitter at [@URNews2Use](#) for more expert resources and story ideas.

The University of Richmond is closed for the holidays from Dec. 23-Jan. 1, 2020. We’ll be back in the New Year with more UR news you can use. Happy Holidays.

Best,
The University of Richmond [Media Relations Team](#)