

**Benefits of a light heart: humour, problem solving and strategies to make it happen
by Dr Prudence Milliar**



Dr Milliar is the Senior Lecturer in Psychology and Psychology Honours Program Coordinator at the University of the Sunshine Coast. She is undertaking research in the reasons for taking a Seachange and Treechange, how practice examinations help students become better judges of their actual exam performance, and how parents negotiate their shared childcare with their work.

Underpinning these projects is the belief that each person is actively involved in constructing their own lives. Individuals face many challenges, to balance their work and study, family responsibilities and other interests. Current and future research will explore the connections between each of these areas and how the characteristics of the person drive their experiences and behaviours.