

LAB VALUES STATEMENT – THE MANIFESTO

Last Revised January 20, 2006

This document is what we are about as a group. It is meant to make the values of the lab explicit. The values listed below were produced by group consensus. We are to uphold these ourselves and with one another. They are lived out by what each of us does with our hands, feet, and mouth. Remember there are no right or wrong values. Before the year is out we will revisit our values and update this manifesto as needed. We will devote a good portion of a lab meeting time to this effort.

CHOOSE YOUR ATTITUDE: If you find yourself with an attitude you don't want, you can choose another. It's a matter of being mindful, and realizing that the attitude you choose to bring to work affects everyone you deal with each day. If you don't like your attitude, discover the power you have to choose a better one.

SHOW UP AND BE THERE: The antidote to burnout is not necessarily rest - it is wholeheartedness. It is the halfhearted things you do while juggling other things that wear you out. When advanced team members interact they are not just physically present, they are wholeheartedly present.

GIVE FREELY: The quickest way to snuff out productivity and stifle creativity is to shut down, close up, and focus on your own needs and goals. So, give of your time, mental energy, ideas, and do so willingly and freely. Collaborate, share projects, regardless of the outcome.

LIFT UP YOUR LABBIES AND THE LAB: Our lab is a collective team effort. We take pride on the accomplishments of all lab members, however large or small. There is no "I" in the lab. We look to mentor one another and do so because we care and because our fellow labbies and the lab matters to us. Positive energy breeds positive energy. Be a good lab steward, raise the bar, represent one another and the lab well.

WORK HARD, PLAY HARD: We all have a finite amount of time on this earth and in this lab. Use the time wisely. Make it productive. Work hard to make the lab a better place, our work fun and interesting. When something needs to be done, make it better than it could be. Take time to have fun with one another too, and be present when you do.

NURTURE RELATIONSHIPS: Remember that science is an intensely social enterprise. The lab is your family now, and will be long after you leave. You are part of something bigger than yourself. Take time to nurture relationships with your labbies. Reach out. Treat others with the same compassion, respect, support, and dignity that you would bring to yourself. Recognize your humanity, when you fail to nurture and to care, and then make amends.

COMMITMENT TO THE GREATER COMMUNITY: We recognize that in addition to being members of a lab group, our lab is part of a larger community. We seek to do no harm to that community through adherence to good judgment and ethical standards. We also seek to benefit the larger community by conducting research that will ultimately be used for the betterment of humanity.

KEEP IN MIND WHY WE ARE ALL HERE. We are active thinkers and writers, and some of our goals as researchers are to contribute and disseminate our ideas to others in the field. However, we recognize that ultimately, our contributions are not appraised by the number of papers presented or published. We do not lose sight of the greater humanitarian value imbedded within psychology research: We are devoted to better the lives of others. This translates into our daily (lab) lives from the way we greet and thank each other sincerely, to the way we are open, patient, and caring with one another.