

HELLO FROM THE CULTIVATING AND RESEARCHING EMPLOYEE SUPPORT (CARES) LAB AT MONTCLAIR STATE UNIVERSITY!

At the CARES Lab, we aim to foster supportive workplaces. Our primary areas of study include understanding how supervisors and coworkers can better support one another and identifying strategies that enhance employee well-being.

MISSION

To inform practices that create happier, healthier workers

CONTACT

Feel free to email Dr. Gray with questions about the CARES Lab or Montclair's



I-O Psychology Ph.D. program at graych@montclair.edu.

SAMPLE RESEARCH QUESTIONS

- How can employees and supervisors better support their colleagues? What works and what doesn't?
- How can supervisors better support specific employee populations? Such as those experiencing mental health challenges? Or those experiencing bereavement?
- How can we improve the measurement of social support at work?

We would love to explore additional questions that you are passionate about!



HOW TO JOIN

Dr. Gray's doctoral advisees are enrolled in the Industrial-Organizational Psychology Program. Ph.D. applications are due December 1. If you would like to get involved as a volunteer research assistant, feel free to email Dr. Gray to ask what opportunities may be available.