



In the News

THE LATEST REPORTING ON UT ARLINGTON

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IN THE SPOTLIGHT

Want to feel better tomorrow? Do this today: [Psychology Today](#) highlighted a study led by Yue Liao (CONHI) showing that just 30 minutes of light activity—like a midday walk—can boost your mood the next day. The article even compared the study's message to Taylor Swift's new song *Opalite*, noting: "The song reminds us that happiness isn't found, it's created." [Neuroscience News](#), [Earth.com](#), [Patch.com](#), and [NewsBreak](#) have shared the study as well.



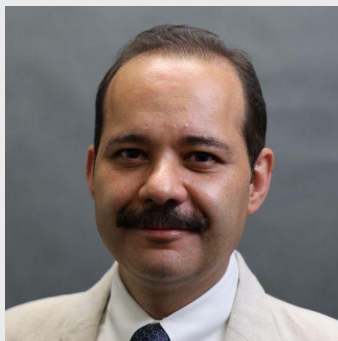
MORE NEWS

Soft robotic elbow cuts muscle activity by 22%, eases fatigue in repetitive lifting jobs: [MSN.com](#), [Wonderful Engineering](#), [World News](#), and [Tech Explore](#) reshared a [UTA news release](#) on a study developing a soft robotic exoskeleton that lightens the load—literally—by reducing strain on the arm and elbow. "Our goal was to create a preventive, assistive device that reduces muscle strain before injuries occur," said Eshwara Prasad Sridhar, graduate research assistant in the College of Engineering.



Study finds fulfilling 'bucket list' wishes improves end-of-life care: [Talker News](#) reshared a [UTA news release](#) on a study that found that individuals late in life and their caregivers can benefit from completing a bucket list activity—from a dream vacation to a simple dinner out. The article has been shared by [My Florida News](#), [InsideNoVa.com](#), [The Central Virginian](#), [Centre Daily Times](#), [Fox 34](#) in Alabama, and [The Connection](#). Industry publication [McKnights Home Care](#) also covered the study.

UTA faculty receive 2025 Regents' Outstanding Teaching Awards: [Patch.com](#) shared a [UTA news release](#) about UTA professors Karen Magruder (School of Social Work), pictured far right, and Mohsen Shahandashti (College of Engineering) receiving the 2025 UT System Regents' Outstanding Teaching Award. The award honors faculty whose innovation, mentorship, and classroom excellence make a lasting impact on students.





Researchers aim to translate dog sounds with AI: The [Decatur Daily](#) is the latest outlet to share [The Dallas Morning News](#)' article exploring Kenny Zhu's (College of Engineering) award-winning research into canine speech.

Some websites require registration or subscription before viewing the entire story.

This briefing is prepared by [UTA Media Relations](#). Send questions or comments to Joe Carpenter, chief communications officer, at joe.carpenter@uta.edu, or Jeff Caplan, director of media relations, at jeff.caplan@uta.edu.

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