What are Psychology Peer Mentors?

Psychology Peer Mentors are psychology students just like you! With so many resources at their fingertips, Peer Mentors are equipped to answer many of your personal, academic, and career questions. As a result of being psychology majors at CSUF, Peer Mentors can offer valuable opinions and insights regarding courses and professors to consider, as well as the various specialties within the field. For those students projecting beyond undergrad life, Peer Mentors can also provide direction concerning graduate school and/or career options available to you! We are open Monday through Friday so please stop by and see us!

Ways to Combat Stress: By Jessica Giurbino

We all have some sort of stress in our lives. Here are a few suggestions on how to help beat the stress and not allow it to take over your life.

1. Get organized! Buy a planner, label items you come in contact with daily, and write things down!
2. Exercise! At least 20 minutes a few times a week is recommended. Walk around campus. Take your dog for a stroll—DO IT!
3. Make you time! Allow a little time at the end of each day to do something YOU enjoy. For example: read a book, take a bubble bath, or play a sport.
4. Say NO! You are the best judge of if your day is too busy. If you are asked to do something that requires you to drastically move your schedule around, it is probably better to “just say NO!”
5. Add an extra-curricular activity! A mild form of something fun to do with friends and/or family. Learn how to play poker or set up a BBQ and mingle.

Life isn’t easy, but it is great to feel accomplished at the end of the day! Complete some, if not all, of these suggestions and see if maybe your stress load can be lessened!
The Peer Mentors community college outreach team was invited to participate at Fullerton Community College’s annual Psychology Day on Friday, September 26th of this year. Jeana Wolfe, Chair of the Psychology department invited the mentors to come and be the first group presenting at the event. According to Professor Wolfe, student groups such as ours are always of great interest to attendees because of our personal experience, and the practical advise that we are able to give our fellow collegians. She was extremely excited to have us there and hopes that we will continue to be a part of Fullerton College’s special day for psychology students.

The entire community college outreach group, Gina, Erin, Mone’, Kelly, and Daniel, was there to help out with this first event and to get a feel for what works and what needs work. The group gave a short 10-minute presentation that covered a brief overview of who the Peer Mentors are, what they do, and where they can be found, which was followed by a quick looks at Psychology Department requirements for transfer students and clubs available to students studying psychology. The entire team agreed that the event was a total success and felt a lot of excitement at the prospect of continuing on with efforts at reaching out to other community colleges in the area.

If the response they received is any indication that they were as successful as they thought, the event could not have been a greater success! After their presentation, students overwhelmed the group with questions about CSUF, the psychology department, what they needed to do to be a successful student at Cal State Fullerton, and how they should get started. It was wonderful to see such an incredible reaction to the Peer Mentors and to see the helping spirit.

**Want to Get Involved in a Psychology Club?**

**PDSA (Psychology Department Student Association)**

by Jessica Katschke

The Psychology Department Student Association (PDSA) was founded in 1973 and is the departmental club for psychology majors and minors. The purpose of PDSA is to assist all psychology students in achieving their academic goals while attending CSUF. PDSA presents workshops, colloquiums, speakers, community services opportunities, and fun activities throughout the year. Some of the events planned for this academic year include: bowling night, APA Formatting workshop, NAMI OC Walk, movie nights, a clothing drive, and much more. PDSA recently co-sponsored a graduate panel discussion with Psi Chi last month. PDSA also contributes to our Annual Psychology Day by sponsoring a panel discussion on Psychology Careers. Elections are held annually with an Executive board consisting of a President, Vice President, Treasurer, Secretary, and a Membership Coordinator.

For more information you can e-mail us at PDSAatCSUF@gmail.com.
What is Psi Chi?
Taken from www.psichi.org

Psi Chi is the National Honor Society in Psychology, founded in 1929 for the purposes of encouraging, stimulating, and maintaining excellence in scholarship, and advancing the science of psychology. Membership is open to graduate and undergraduate men and women who are making the study of psychology one of their major interests, and who meet the minimum qualifications. Psi Chi is a member of the Association of College Honor Societies and is an affiliate of the American Psychological Association (APA) and the Association for Psychological Science (APS). Psi Chi's sister honor society is Psi Beta, the national honor society in psychology for community and junior colleges.

Psi Chi functions as a federation of chapters located at over 1,000 senior colleges and universities in the USA and Canada. The National Office is located in Chattanooga, Tennessee. A National Council, composed of psychologists who are Psi Chi members and are elected by the chapters, guides the affairs of the organization and sets policy with the approval of the chapters.

Psi Chi serves two major goals—one immediate and visibly rewarding to the individual member, the other slower and more difficult to accomplish, but offering greater rewards in the long run. The first of these is the Society’s obligation to provide academic recognition to its inductees by the mere fact of membership. The second goal is the obligation of each of the Society’s local chapters to nurture the spark of that accomplishment by offering a climate congenial to members' creative development. For example, the chapters make active attempts to nourish and stimulate professional growth through programs designed to augment and enhance the regular curriculum and to provide practical experience and fellowship through affiliation with the chapter. In addition, the national organization provides programs to help achieve these goals, including national and regional conventions held annually in conjunction with the psychological associations, research award competitions, and certificate recognition programs.

Email us for more information at csuf.psichi@gmail.com

UPCOMING EVENTS

Psi Chi Hygiene Drive Week of November 10th - 14th Donation box in H-525

PDSA Toy Drive Week of November 17th - 21st. Donation box in H-525

Psi Chi Induction Ceremony - December 6, 2008 at 6:00PM in the TSU Pavilions

Services on Campus

Below are some helpful services and websites to assist you with frequently asked questions.

Helpful Locations
Psych Dept Office H-830M
714-278-3514

Psychology Advisement H-830J
714-278-3102

Advisement Center UH-123
714-278-3102

Health Center HC-100
714-278-2800

Career Center LH-208
714-278-3121

Websites
Psychology Internships
http://myfullerton.edu/intern/internship.aspx

CSUF Peer Mentors
http://psych.fullerton.edu/mentors phone extention: 2582

Compare course transfers
www.assist.org

ASI Scholarships
http://asi.fullerton.edu/leadership/scholarships.asp

Information on Graduate School
Grad School
http://www.gradschools.com/

Council for Graduate Schools
http://www.cgs.org

California State Universities
http://www.calstate.edu

University of California
http://www.universityofcalifornia.edu/
### Peer Mentor Office Hours

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<th>Time</th>
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Have questions and cannot stop by the Psychology Peer Mentor Office?  
Send an email instead to [psypeermentors@gmail.com](mailto:psypeermentors@gmail.com)