

Psychology Peer Mentors

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Psych Day!

By Ashley Forbes

On Tuesday, April 11th 9am-2pm; California State University, Fullerton will be hosting Psychology Day. This event is a fun way to become educated on what is occurring in the present world of Psychology. This is done several ways; there will be games, opportunities to network with other Psychology enthusiasts, expert speakers, a poster competition, and of course...food!

Fortunately, there will be two excellent speakers, Dr. Angela Lukowski, and Professor Emeritus of Clinical and Developmental Psychology at Rutgers University, David Brodzinsky.

Also, there will be a poster competition! There is still time to submit a research poster for the competition. For more information regarding this send an email to iblandon-gitlin@fullerton.edu. The First place winner will receive \$100.



Psych Day Speakers

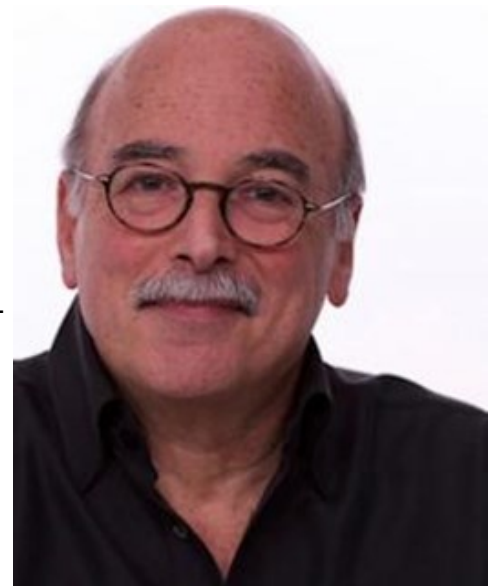
By Bridgette Esqueda



Angela Lukowski, Ph.D. Assistant Professor of Psychology and Social Behavior at University of California, Irvine. Her specialization is in contextual influences on cognitive development in infancy and early childhood. Lukowski's research interests include memory development in infancy and early childhood, individual differences in long-term memory in infancy, and the impact of early nutrition on development. Lukowski has been published over fifteen times in journals such as the

Journal of Cognition and Development, Infancy, Developmental Neuro psychology, and many more. She will be speaking on the contemporary topic of Memory and Down-syndrome.

David Brodzinsky, Ph.D. Associate Professor in the Department of Psychology and Director of the Foster Care Counseling Project at Rutgers University. He is a developmental, clinical, and forensic psychologist in the San Francisco bay area. His research and scholarly writings have focused on psychological issues in adoption and foster care, stress and coping in children, non-traditional family life, sexual minority parenting and adoption, child custody issues, and children's cognitive development. He will be speaking on the contemporary topic of Children in Transracial Adoption.



The Waiting Game

By Carla Sotomayor & Bianca Pittera

As the end of spring semester approaches, there are many things graduating seniors are excited about, such as summer break, the May 2017 graduation ceremony, and graduate school. In general, graduate school involves multiple steps, such as researching programs, asking for letters of recommendation, and submitting a personal statement. After submitting applications to each university and program, the waiting game begins. This game is a period when prospective graduate students are waiting to hear back from graduate programs about a possible interview and/or letter of acceptance. The following are some things to keep in mind while waiting.

The Advising Manager, Luis Molina, from the Office of Graduate Studies has some tips to offer prospective students waiting to hear back. He recommends, "checking your email constantly, checking for scholarship deadlines, checking your student portal, and knowing who the point person is [for the graduate program you applied to]." The point person can be the program coordinator or graduate advisor. If you have specific questions about a particular graduate program and the answer is not offered on the university's, department's, or program's website, contacting the point person is your best option. Typically, students can go to a website for the department of graduate programs for additional resources. At CSUF, the Office of Graduate Studies' website offers further information about scholarships, a list of graduate advisors, and additional resources for prospective graduate students.



Psychology
Grad Student

The Waiting Game (continued)

By Carla Sotomayor & Bianca Pittera

In addition, the admissions process can be overwhelming and confusing due to the many pieces of information, such as letters of recommendation and official transcripts that are needed from the student in order to be considered an applicant. Luckily, there are many resources available on campus at CSUF. Depending on the program, schools require a personal statement, GRE scores, letters of recommendation, and official transcripts from each institution you've attended. At CSUF, there are advisors available to answer questions you may have, such as where to find official transcripts on the CSUF website or editing a personal statement to make it as strong as possible. The advisors also help with letters of recommendation by telling students that they should ask individuals who are familiar with their performance and work ethic to fill out a letter of recommendation and the amount of time they should give for these references to complete this letter. The Career Center suggests students should provide these individuals with a resume, inform them on what their career goals are, and instruct them on how they can submit the letter of recommendation. The Career Center also provides mock interviews for graduate school as well. Depending on the type of program, a director, faculty member, or current graduate students/alumni will conduct the interview. It is best to make an appointment with these advisors online, over the phone, or at the Career Center itself. Students can also attend drop-in hours without an appointment for a fast ten-minute appointment to have any quick questions answered. These drop-in hours are available Monday through Thursday at 10:00 AM to 2:45 PM.

Although schools provide students with the requirements of what is needed in order to be considered an applicant, the information on how to complete these requirements are sometimes not clear. Directions can be misread and sometimes students may have a hard time figuring out how to obtain a certain piece of information that is needed, such as official transcripts or GRE scores. In order to avoid these mistakes and make the admissions process as clear as possible, it is important to ask questions and take full advantage of the resources on campus at CSUF. These resources help significantly in informing students on how they can become a stronger candidate for graduate school.

The Art of Procrastination

By Brandon Mears

The Peer Mentor program offers an abundance of services to students. We can help with specific tasks involving SPSS or Abnormal Psychology coursework, to more general things like developing effective study schedules and planning out workloads. Now, the latter seems to never be utilized, so either you all have an amazing ability to get everything done or some of you are procrastinating on learning how to stop procrastinating. So, if you won't come to us, then I'll just have to come to you, or at least as far as I'm allowed to (your inbox).

The first step is acknowledging you have a problem, and you're not alone with this. Even as I write this article I'm thinking about the 10-page paper that's due in less than a week for my Human Services class. We are all lazy; some people are just more self-aware, and they understand they need to overcome this universal human problem to become productive. Hopefully, that begins now for you, and me, as I guide us on this ill-led journey of human-existentialism.

The second step is knowing how to break up your workload into manageable chunks. Take this article, for example. Short paragraphs that don't take up much of your time to read or my time to produce, yet I am almost certain a good majority are just skimming through anyways. Nevertheless, breakup your work-

load into segments to make your task seem less daunting.

Step C: Implement the same structure Tinder uses to keep you swiping all night long. Create a reward system that promotes good behaviors like, I don't know, actually studying for your classes (hmm, that should sound familiar to you, the psychology student). Anyhow, keep in mind two things when you execute on applying a reward based system: 1) intermittently reward yourself to produce higher levels of productivity and 2) make sure you understand why you're rewarding yourself (you are now a motivated human being ready to be a productive member of society, that's why).

For the fourth and final step, please, oh please, just get started on whatever it is that needs to get done. Pick up your pen, pencil, or get on your clichéd hipster MacBook and just get to work. Light the spark that gets the fire going, just hurry up and get started on your work already.

I know college students, like myself, can't be bothered to read an entire page of text, so if you are one of the few who did not skim through this whole thing, then congratulations. We have goodie-bags for you in the Peer Mentors' office (H-525B). Seriously, though, we are offering actual goodie-bags filled with Scantrons and snacks for Psychology students.

Career Center

By: Andrea Yanes

The Career Center is located in Langsdorf Hall (LH) 208 from 8 a.m. to 5 p.m. on Mondays through Fridays. The Career Center also provides drive-thru services, which is more flexible for student's schedules. These drive-thru services are generally on Mondays through Thursdays from 10:00 a.m. to 2:45 p.m.

The Career Center also provides extended hours for the drive-thru services, which are on Wednesdays starting from 7:30 a.m. to 9:00 a.m. and from 4:00 p.m. to 7:00 p.m. It is important to note that these drive-thru services are approximately 10 to 15 minutes in length, which are geared towards quick resume, cover letter and job search. Students are encouraged to make an appointment with the college specialist to have a longer appointment session, which will allow the specialist to provide thorough feedback. Overall, the Career Center is a valuable resource for students to utilize as you continue your academic journey at CSUF. Stop by the Career Center and make an ***appointment or visit drive-thru services!***

Tips for a successful appointment at the Career Center!

1. **Plan Ahead.** It's extremely important to remember to book your appointment early! These appointments are usually booked very quickly throughout the semester.
2. Arrive 10 minutes early for the appointment, which will allow for any unexpected delays.
3. Before the appointment have a list of questions that you want to ask the career college specialist.
4. During the appointment make quick notes that the career specialist mentioned so that you can refer to those notes at the end of the day.

If you have any further questions please Contact the Career Center:

What Workshops are being offered at the Career Center?

- Maximizing Your Internship Experience
- Graduate School 101
- Writing Statement of Purpose for Graduate School
- Salary Negotiation Featuring Enterprise
- Say Goodbye To Interview Nerves
- Succeed at the Career Fair
- Cover Letters and Other Job Search Letters
- Career Tool Kit: Do you Have The Necessary Tools To Build Your Career?

What can the Career Center assist students with?

- Resume and Cover Letter
- Interview Preparation and Mock Interviews
- Statement of Purpose
- Major Exploration
- Graduate School Preparation
- Career Options with your Major
- Internship and Job Search
- LinkedIn Creation and Development

Featured Professor
Dr. Keikilani Williams

By: Agnieszka Pollard



The very first thing I noticed about Dr. Williams was how bubbly and joyful she is. Then as I got to know her a little better, I learned that she is truly that optimistic to the core. This enthusiastic atmosphere in her classroom is so incredibly refreshing! But don't let Dr. Williams's smiling face and welcoming attitude mislead you into thinking that her classes will be a breeze! Dr. Williams's classes can definitely be a challenge, but her positive manner makes the information very accessible!

Dr. Williams graduated from Loma Linda with her doctorate in experimental psychology, with an emphasis in health psychology. However, before she focused her career on research, she gained a lot of clinical experience. She has excellent experience working with children, and has even worked at and directed a crisis hotline center. At the crisis hotline she dealt with a variety of cases – from an elderly widow who called every night at 10:30 pm just to be able to say goodnight to someone again, to having to talk someone off the ledge, or reacting to someone who called after having overdosed. Dr. Williams encourages a great depth of clinical experience because she believes that hands on learning can teach you so much more than just learning theories alone. However, Dr. Williams' very caring and empathic personality led to empathy fatigue, so she decided that clinical work was not in the best interest of her health.

Dr. Keikilani Williams (continued)

With that, Dr. Williams immersed herself in the field of research. She continues to run a very successful for-hire research company, where she has conducted research for companies ranging from the efficacy of the Meals on Wheels program and youth incarceration rehabilitation programs to yoga businesses. When she finally arrived at CSUF, she originally started working at the research center, and eventually became its director. Soon she began to teach, and fell in love with the profession. She had always wanted to teach, but what inspired her to become a professor was her own mentors. Dr. Williams expressed that she has had some of the most incredible guidance from her own mentors through her journey of education, but she has also run into some mentors who did not have her best interests at heart. Her way of paying it forward was by making sure that other students received the opportunity to be guided by a positive mentor just as she had in the past. So although her research business gave her great stability, she admits that she continues to teach and mentor (in addition to conducting research) because it truly brings her joy, and gives her a great sense of gratification.

Outside of her busy workload, Dr. Williams is happily married, and has two sons, that she describes as “rambunctious, but truly awesome little dudes!” In her free time, Dr. Williams likes to hike, socialize, and let off some steam with her close friends. Some of her guilty pleasures are going to the spa, and listening to audiobooks, especially mystery and thrillers! *Dr. Williams has plenty of wisdom and advice to share with students!*

To current undergraduate students: Enjoy yourself, but don't forget to be active. Showing up is important, but lone presence is meaningless without engagement! Be active and engaged in your learning.

To students who plan to go to graduate programs: Do not put your life on hold, just because you are in grad school! Grad school is a commitment, but your needs are a bigger priority, so do not forget to live your life. It may feel great to be needed, and to know that you're indispensable to your advisor or program, but don't forget to be proactive about making progress on your own path, your own thesis, or career.

Dr. Keikilani Williams (continued)

In life: Be joyous! Life is hard and everyone has some darker moments in their lives, but we are still here and we have plenty to be joyous about! Even Dr. Williams' license plate has a "Be Joyous" message, in hopes of sending good vibes while driving, especially in traffic!

Dr. Williams currently teaches many psychology courses at the main and Irvine CSUF campuses. Her courses include: Introduction to Psychology, Research Methods, Social Psychology, Health Psychology, as well as Psychology of Sleep, Dreams, and Behavior. I highly encourage all students in enrolling in Dr. Williams's classes, as her wisdom and great attitude is undeniably worth experiencing at least once!

Spring 2017 Office Hours

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:00	Ashley F.		Ashley F.		
9:00-9:45	Ashley F.	Bridgette/Joe	Ashley F.		
9:45-10:00		Bridgette/Joe	Ashley F.		
10:00-10:30	Lucille	Bridgette/Joe	Bridgette/Melissa	AJ/Ashley J.	
10:30-11:00	Lucille	Bridgette/Joe	Bridgette/Melissa	Frank	
11:00-11:30	Andrea	Michael/Joe		Frank	
11:30-12:00	Andrea	Michael/Joe	Ruby/Kyra	Frank	
12:00-12:30		Jenny	Ruby/Kyra	Frank/Sophie	
12:30-1:00		Jenny		Frank/Sophie	
1:00-1:30	Kelcey	Jenny/Bianca	Kelcey		
1:30-2:00	Kelcey	Jenny/Bianca	Kelcey		
2:00-2:30					
2:30-3:00	Melissa	Brandon	Melissa	Frank	
3:00-3:30	Melissa	Brandon/Jimmy		Frank	
3:30-4:00		Jimmy			
4:00-4:30		Jimmy/Jenny		Carla	
4:30-5:00		Jimmy/Jenny		Carla	
5:00-5:30					
5:30-6:00					
6:00-6:30					
6:30-7:00					

Campus Resources

Academic Advisement Center	(657) 278-3606	UH-123B
C.A.P.S	(657) 278-3040	Between KHS&ECS Buildings
Career Center	(657) 278-3121	LH-210G
Health Center	(657) 278-2800	Between KHS&ECS Buildings
Internship Office	(657) 278-3746	LH-206
Peer Mentors Office	(657) 278-7538	H-525B
Psychology Advisement	(657) 278-3102	H-830J
Women's Center	(657) 278-3928	UH-205
Writing Center	(657) 278-3650	Pollack Library