

PSYCHOLOGY PEER MENTOR NEWSLETTER

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As the semester quickly comes to a close...here are a few study tips & tricks to help boost your grades!

By: Julie Nguyen

1. Know how you will be tested & tailor your studying to the test format
 - a. If your exams are multiple choice, make notecards or flashcards
 - b. If your exams are essay/full in the blanks, write out the essays like how you would on the exam
2. Make drawings & diagrams for the harder concepts
3. Use colors to help retain the information better
4. Spacing out your studying over a period of time is more effective than cramming

Study Tips & Tricks cont.

5. After studying, quiz yourself by doing the study guide provided by your professor on your own
 - a. If a study guide was not given, make your own!
6. Explain a concept/theory to someone in Layman's terms
 - a. Being able to do this means you have a deep understanding of the concept/theory
7. The night before the exam, make sure you get a full 8 hours of sleep; and the morning of the exam eat a hearty & healthy breakfast to wake your brain up!



The Western Psychological Association Convention (WPA)

By: Johnathan Forde

Every year the Western Psychological Association Convention or WPA conference is held in the West Coast of the United States in which Psychologists gather to discuss and present their current work and ideas on where the field of psychology is going into the future. Additionally, undergraduate and graduate students attend to present their research. For students whose work is particularly exceptional, prizes are available in the form of awards and scholarships as well as some upper-division universities having research scouts looking out for the best talent at these conferences. The WPA features speeches by well-known psychologists, many you have heard of from your textbooks such as Philip Zimbardo (Stanford Prison Experiment) and Mihaly Csikszentmihalyi (Flow). After their speeches, the speakers have meet and greets with the crowd- you have the chance meet those you have been reading about, if the conversation is particularly good you may even build a relationship with them that could lead to graduate school or research opportunities. This year the WPA is being held in our own backyard in Pasadena, CA; April 25-28, 2019. The fee to attend for students also includes professional membership to the Western Psychological Association, great to put on your Curriculum Vitae! And perhaps next year you may be presenting your research at the WPA.

For more information, please visit: <https://westernpsych.org/>



Professor Spotlight: Dr. Mark Cartiglia

By: Katarina Avalos

Dr. Mark Cartiglia did not grow up with the intention of going into the field of psychology. At the young age of two he had heart surgery and spent the next 10 years of his life surrounded by cardiologists. This galvanized his desire to go to medical school and become a cardiologist.

Professor Cartiglia attended UCI and began studying biology with the intention of going to medical school. When he took his first introductory psychology course under Dr. Donald Hoffman, he instantly fell in love with the field. He then decided to double major in both psychology and biology. During his undergraduate years he decided that he would still attend medical school, but this time for psychiatry instead of cardiology. After taking many courses in psychology, he determined that this field was for him. He then made the choice to put medical school behind him and attend a graduate program for psychology instead. He graduated with a double major in biology and psychology in 1987 and continued onto a doctorate program.

Cartiglia attended the doctorate program at Washington State University. Along the way he earned his master's degree in clinical psychology. During the doctorate program he conducted research and did his dissertation on eating disorders. At the time, binge eating disorder was not considered a disorder, so his research was focused on the differences between binge eating disorder and bulimia nervosa disorder. He ended up becoming so focused on his research that he did not graduate until 1995.

Dr. Cartiglia came to California State University, Fullerton in 1996. He started off as a therapist on campus and after a year he began teaching in 1997. On the CSUF campus, Professor Cartiglia has taught introductory psychology, abnormal psychology, critical thinking in psychology, introduction to statistics and a few child development courses. When asked what his favorite class to teach is he stated, "My favorite class to teach is intro to psychology because I am able to draw from so many interesting areas in psychology. It allows me to teach interesting subjects that I never get the chance to teach, such as social and developmental psychology." This semester Dr. Cartiglia is teaching five sections of Psychology 110-Critical Thinking. He also teaches at two other Universities; California State Dominguez Hills and North Central University. When he is not working, he enjoys spending time with his family and watching college and pro football as well as college basketball.

Any student who is looking to join a class taught by a passionate professor who is not afraid to throw in the occasional "dad joke" during a tough lecture should not hesitate to take one of Dr. Cartiglia's courses. He is extremely approachable and goes out of his way to ensure that all of his students are comfortable with the material in each of his classes. He begins every class with a comedic video to help students unwind and indulge in laughter. Advice that he would like to give to students looking to take him is, "Show up to class on time so you don't miss the funny videos!"

A Recap of the 24th Annual Psychology Day at CSUF

By: Sam Sotelo

The 24th annual Psychology Day was held on March 11, 2019 in the Titan Student Union. Students were able to see events that were hosted and organized by Psi Chi, PDSA, LSPA, & Latinx. These organizations, along with the psychology peer mentors had table booths to offer more information regarding their missions statements, how they serve students, and what services and experiences are offered.



Download from Dreamstime.com

Dr. Aaron Seitz Presentation on Optimizing the Brain

The guest speakers this year included Dr. Aaron Seitz who is a psychology professor and director of UCR Brain Game Center for Mental Fitness and Wellbeing at UC Irvine. The center focuses on testing and disseminating evidence-based, scientifically optimized brain fitness games that transfer benefits to real-life activities. His research included mechanisms of learning and memory using behavioral, computational, and neuroscientific methodologies.

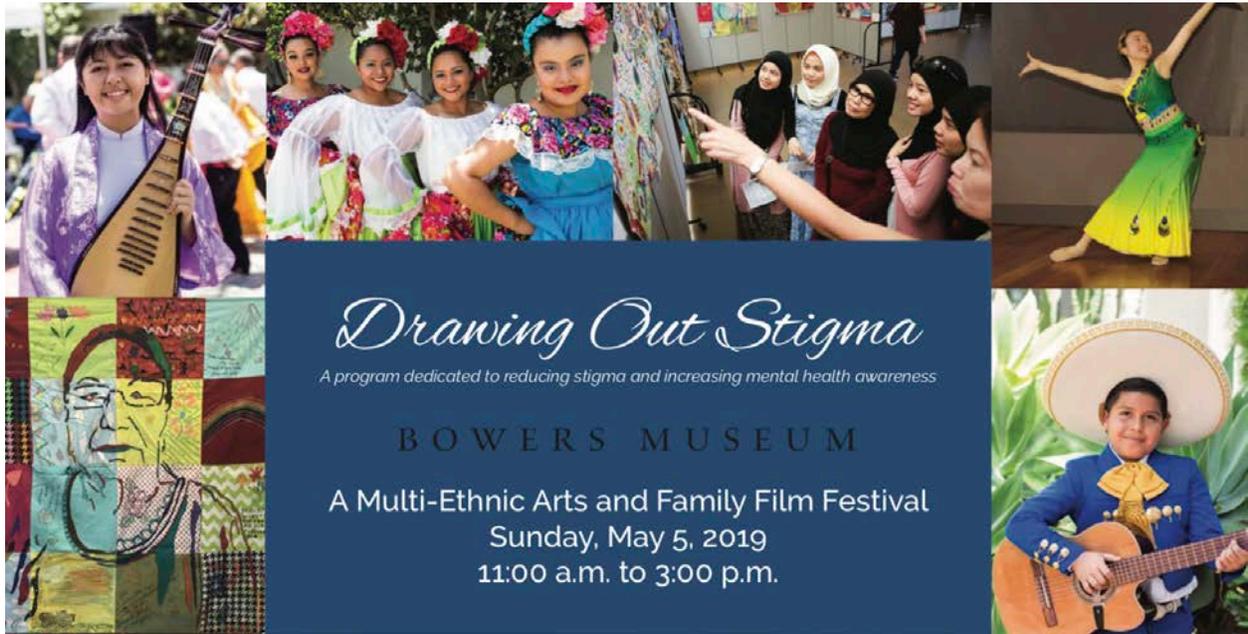
Dr. Kendall Cotton Bronk Presentation on Finding Purpose in Life

The second guest speak was Dr. Kendall Cotton Bronk who is a psychology professor at Claremont Graduate University. She is also core faculty in the PhD program in Positive Developmental Psychology and is director of the Adolescent Moral Development Lab. Her research focuses on to better understand how young people develop a sense of purpose in their lives, and how they manage to contribute in meaningful ways to the world beyond themselves. She is also the author of *Purpose in Life: A Component of Optimal Youth Development*.

Graduate & Internship Panel

A graduate school panel was held along with a panel on how to find internships, which was presented by Dr. Joanne Hoven Stohs of CSUF. The graduate panel was held to inform students on graduate school requirements, including programs offered at California State University, Fullerton. Additionally, all psychology majors are required to take an internship course before graduation. This portion of the panel was meant to encourage students to search for internships in advance that pertain to the student's future career. Approved internship sites can be found at fullerton.edu/cice

Thank you to the Psychology Day committee and the clubs and organizations that were involved!



Drawing Out Stigma
A program dedicated to reducing stigma and increasing mental health awareness

BOWERS MUSEUM

A Multi-Ethnic Arts and Family Film Festival
Sunday, May 5, 2019
11:00 a.m. to 3:00 p.m.

MECCA- The Multi-Ethnic Collaborative of Community Agencies- invites you to their Stigma Reduction Through the Arts event!

MECCA's Stigma Reduction Through the Arts Project is based upon the foundation of **reducing behavioral and mental health disparities** through **reducing the stigma surrounding mental illness**. MECCA believes that a positive impact can be made on reducing mental health stigma through artistic exhibits/events by providing community members with "a different lens through which they view those with a mental illness". Multicultural artistic events provide multi-ethnic communities the opportunity to come together as one to educate the broader community about mental health stigma reduction. Artistic expression of thoughts, emotions, and attitudes through a variety of mediums provides the general public the opportunity to view mental health issues through a consumer perspective in an effort to counteract stereotypes, dispel prejudice, discrimination, and negative attitudes contributing to the stigma.

There will be performances, art workshops, face painting, food, and a film presentation, all in the hopes to spread mental health awareness and stop the stigma associated with mental health through an expression of the arts

When: May 5th 2019 11am-3pm

Where: Bower's Museum in Santa Ana, 2002 N Main St, Santa Ana, CA 92706

Open and free to all!

| | Monday | Tuesday | Wednesday | Thursday |
|--------------|---------------------------------|---------------------------------------|---|---|
| 8:00 | | Guioanni M. | Amelia M. (8:30) | Johnathan F. |
| 9:00 | Ha N. | N/A | Amelia M. | Johnathan F. (till 9:45)/ Savanna V. |
| 10:00 | Rana S./ Tamryn B. | Julie N./ Makayla A. | Amelia M./Jennifer C./ Jessica A. | Jamie R. |
| 11:00 | Tamryn B./ Sierra L. (11:30) | Tamryn B. /Courtney S. (11:30) | Jennifer C./ Sierra L. (11:30) Amelia M. (11:30) | Ryann I. (11:30)/ Jackie B. |
| 12:00 | Sierra L. (till 12:30) | Courtney S. (till 12:30)/ Katarina A. | Sierra L. (till 12:30)/ Jennifer C. | Ryann I. (till 12:30)/ Jackie B./ Christine K. |
| 1:00 | Trang L. | Savannah V./ Katarina A. | | Tina M./ Johnathan F. (till 2:15) |
| 2:00 | | Katarina A./ Brigitta N. (2:30) | Brigitta N. | |
| 3:00 | Sam S. (3:30) | Brigitta N. (till 3:30) | Brigitta N./ Savanna V. | |
| 4:00 | Sam S. | Jennifer V./ Andrea D./ Jackie B. | Sam S. | Andrea D. |
| 5:00 | Sam S. (till 5:30) | | | |

If you need help with a specific course, here is who can assist you:

Intermediate Research Methods & Statistics (300) – Jessica, Ryann, Jennifer C.

Learning & Memory (302) – Courtney, Giovanni, Christine, Rana, Ryann

Sensation & Perception (303) – Jessica, Trang

Comparative Animal Behavior (304) – Brigitta, Christine, Katarina

Cognitive Psychology (305) – Courtney, Jennifer C., Giovanni

Biopsychology (306) – Johnathan, Brigitta, Savanna

Psychology of Personality (331) – Julie, Johnathan, Jennifer V., Andrea

Abnormal Psychology (341) – Jessica, Sam, Tina, Jamie

Social Psychology (351) – Tina, Jennifer C., Julie, Tran, Makayla

Developmental Psychology (361) – Sam, Andrea, Julie

Psychological Testing and Assessment (461) – Julie, Katarina



Psychology Clubs

By: Trang Le, Tina Mikesell, & Julie Nguyen



Psychology Department Student Association

- Explore a wide range of interesting psychology topics and more
- Hosts fun social events, educational panels, and academic workshops
- Meetings are held Wednesdays 4-5pm
- Sashes and cords offered at the end to members who meet the requirements



Latinx Student Psychological Association

- Focus is on finding helpful resources, promoting higher education, creating networking opportunities, and providing community service opportunities for students
- Membership is \$25 with t-shirt
- Sash and cord at end of semester for students who meet the requirements

Meetings every other Tuesday 3-4



The International Honor Society In Psychology

- Join Psi Chi and become a member for life!
- Requirements
 - Be a psychology major or minor
 - Overall GPA of 3.2 or higher
 - Psychology GPA of 3.5 or higher
 - Completed a minimum of 9 units of psychology coursework at CSUF
 - Be a second semester sophomore or higher

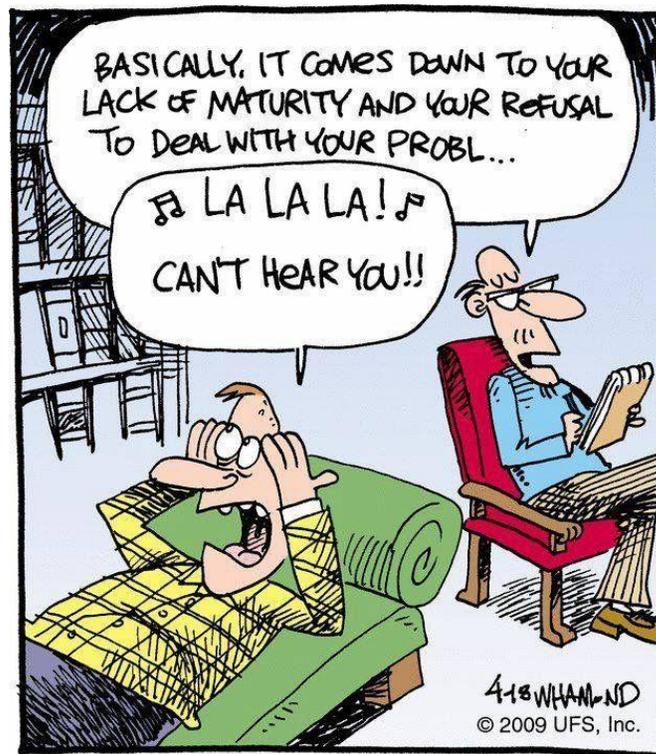


Adults Who Are Returning To Education

- Aware is a student organization for non-traditional students, such as students who work full time, military veteran, students over 25, etc.
- Semester membership \$20
- Meetings are every other Wednesday 1:00-2:00pm in UH 205

Resources

| Resource | Phone | Location |
|--------------------------------|----------------|------------------------------------|
| Academic Advisement Center | (657) 278-3606 | UH-123B |
| C.A.P.S. (Counseling services) | (657) 278-3040 | Student Wellness (SHCC-East) |
| Career Center | (657) 278-3121 | LH-208 |
| Health Center | (657) 278-2800 | Student Wellness (SHCC-West) |
| CICE (Internship Office) | (657) 278-3746 | LH-206 |
| Peer Mentor Office | (657) 278-7538 | H-525B |
| Psychology Advisement Office | (657) 278-3102 | H-830J |
| WoMen's Center | (657) 278-3928 | UH-205 |
| Adult Reentry Center | (657) 278-3928 | UH-205 |
| Writing Center | (657) 278-3650 | Pollack Library, North First Floor |



38 more days until Graduation!

We are ALMOST there Titans!!



Your Spring 2019 Psychology Peer Mentors!