

Psychology Peer Mentors

Contact Us

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<http://psych.fullerton.edu/pm12/>

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Co-Editor-Chief: Michael Tjaden

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Meet your Peer Mentors!

Lucille Chaney

My name is Lucille and I am a fourth year psychology major graduating this May. I am an UCA for biopsychology and have an interest in going to grad school for marriage and family therapy. I am a huge adrenaline junkie that also loves to travel as much as I can. I can assist with biopsychology lecture and lab, educational psychology, abnormal psychology, study skills, and graduate programs.



Michael Tjaden



My name is Michael Tjaden. This is my 3rd semester as a peer mentor. My office hours are around 11-12 on Tuesdays, come on through! I have a specialty in Abnormal Psych, Biopsych and Neuroanatomy.

Midori Nakata

I can assist with industrial & organizational psych.

"Passion is not what gives you bliss or makes you happy 24/7, but what you're willing to suffer for, what you genuinely believe to be worth the sacrifice." - Justine Wilson



Meet your Peer Mentors!

AJ Pollard

I am a double majoring Psychology, and Women & Gender Studies senior – graduating this semester! I am a continuing Peer Mentor, Dr. Mori’s lead research assistant, and TA for Dr. Mori’s Abnormal Psychology. This upcoming fall I will be attending a Ph.D. Clinical Psych program at the University of Rochester, NY. I will specialize in Human Sexuality, with a goal of entering the field of Sex Research, University Level Teaching, and Sex Therapy. I can assist with: writing, APA, SPSS, Intro/Intermediate/Advanced Statistics, Abnormal Psych, Psych Testing & Assessment, Psych of Human Sexuality, I/O Psych, Biopsych, Educational Psych, Major/Minor planning, Grad school/Internship planning. **Favorite Quote:** “All who seek to be nobler than their constitution permits, succumb to neurosis. They would be better in health if they had found it easier to be morally worse.”–Sigmund Freud



Joe Macias

Hello my name is Joe Macias. I am a psychology major and child development minor. I am graduating this May and am currently applying to grad school. I plan to go for my MSW come this fall and hopefully straight into my future career. Which would be to become a school counselor. Beyond school I work as a behavior interventionist. I am also a huge sports fan. However, I am not happy that the patriots won the super bowl. I look forward to meeting some of you this semester and helping you along your journey with psychology.

Meet your Peer Mentors!

Sophie Turner

Hi I'm Sophie! I am a third-year Psychology major with a minor in Sociology. After graduation, I plan to go to graduate school and become a Clinical Psychologist. I am currently a TA for PSYC 300, so if you need some help come and see me! Outside of classes, I like playing basketball, hiking, and binge watching TV shows. I can help with APA formatting, stats, and social psychology.



Ruby Martinez



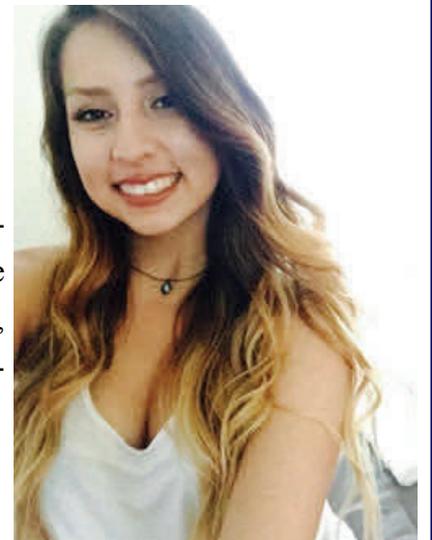
My name is Ruby Martinez, and I'm a third year. My major is Psychology, but I'm also minoring in Sociology. After graduation, I plan on going to grad school and earning my M.S. in Clinical Psychology. Some of my hobbies are exercising, watching WWE and movies, and going to museums.

The subjects I can help with are industrial/organizational psychology, stats, and APA formatting.

Favorite quote: "Once you've wrestled, everything else in life is easy."

Bridgette Esqueda

My name is Bridgette Esqueda, I am a fourth year psychology major here at CSUF. I am interested in forensic psychology and hope to someday work for the FBI. I have taken Abnormal, Clinical, Cognitive, Social, Industrial/ Organizational Psychology and recently took PSYC 300. I am happy to help with any questions.



Meet your Peer Mentors!

Brandon Mears

This is my third year at Fullerton and my second semester as a Peer Mentor. I would like to attend graduate school to further my studies in psychology and either become a teacher or a clinician. Far too often I see students pressured into a certain field through family or other social factors, and they come to realize just how unsatisfied they are with the path they have chosen. In a field like psychology a majority of people come in with the drive to help others; it is extremely important to remember where that passion for helping comes from and why you decided to start in the first place. I can provide the most help with Introductory Stats, Abnormal and Personality Psych, and APA style and formatting. **Favorite Quote:** “First they put away the dealers, then they put away the prostitutes, then they shoed away the bums, and beat and bashed the queers. Turned away asylum seekers, fed us suspicions and fears. We didn't raise our voice; we didn't make a fuss. It's funny, there was no one left to notice when they came for us.”



Ashley Janelli

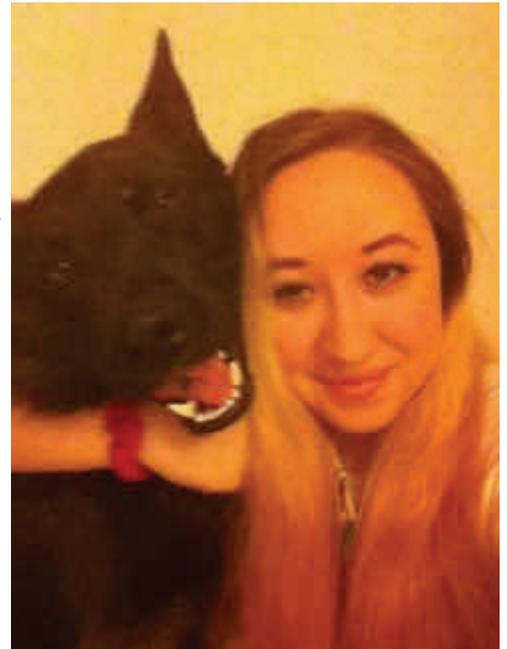
Hey everyone! This is my last semester as an undergrad because I'll be graduating in May! I have applied to graduate schools with the hopes of getting accepted into a School Psychology program. Currently I am a research assistant in Dr. Mori's Clinical Psychology Lab, and have previously been a teaching assistant for both Social Psychology and Intermediate Research Methods and Statistics courses. My best advice to you is to enjoy your time here at CSUF, and get involved as much as you can. Study hard, but don't forget to have fun every once in a while—it's good for your soul. (:

Meet your Peer Mentors!

Jenny Young

Hey everyone! My name is Jenny and this is my first semester as a peer mentor. I'm currently a research assistant under Dr. Es and have been at CSUF for about a year. I have previously presented research on perceptions of schizophrenia at WPA. My hobby is reading and I recently joined the gaming and esports club! I love to meet new people and would love even more to help out with any academic needs, so come on down and have a chat with us!

I can best assist with Research Methods (SPSS), Biopsych, Cognitive Psych, Psych and Law, Abnormal Psych and APA formatting. **Favorite Quote:** *No use crying over spilt milk.*"



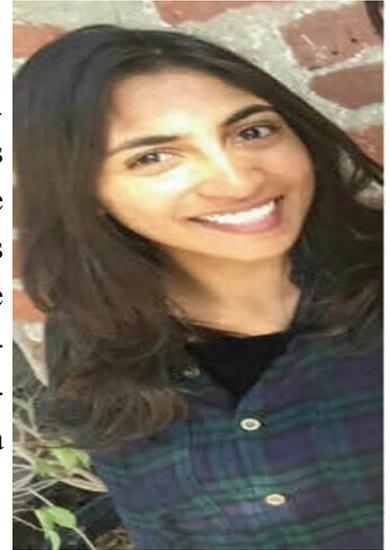
Kyra Colaco

Hello everyone! My name is Kyra Colaco and I'm in my last semester of undergraduate coursework here at CSUF. In my free time, I enjoy watching hockey and taking day trips to Instagram worthy locations. I specialize in PSYC 300 (Intermediate Research Methods and Statistics), PSYC 306 (Biopsychology), and PSYC 465 (Advanced Psychological Statistics). I can also assist with major/minor planning, internship planning, APA formatting, SPSS, R, and SAS. **Favorite quote:** "Stay hungry. Stay foolish." – Steve Jobs

Meet your Peer Mentors!

Nadia Uddin

Hello! I am a transfer student and this is my second year at CSUF. I love meeting new people and enjoy helping others. The beach is also amazing. I am currently taking advanced stats and comparative animal behavior; therefore I may be able to assist in these classes as well. If I am unable to help with a question, then I may be able to direct you towards someone who can help. Either way, you receive guidance and help so it's worth stopping by. I can help in formatting papers in APA style, basic stats, research methods, and a few others.



Kelcey Khen

Hello! My name is Kelcey Khen. I am a junior and full time student majoring in psychology. I am interested in the psychology of human sexual behavior and I aspire to be a marriage and family therapist. Aside from education, I enjoy hiking, the beach, and trying new foods. Psychology courses I have taken and am familiar with are Psych 101, 202, 203, 300, 351, 341, 312 and am currently taking 305, 305L, 331, and 391.

Favorite quote: “You can never be overdressed or overeducated”



Ashley Forbes

Hi! I'm a psychology major in my last semester. I am also a behavioral therapist, and I love it. As for more personal stuff... I'm fun, love the beach, and am fluent in sign language. I hope you enjoy this semester, and know that we are here if you need us! My skills are with SPSS, APA format, and general information regarding internships and Psychology.



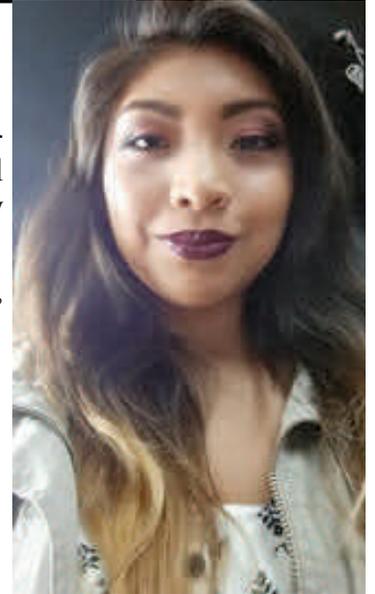
Meet your Peer Mentors!

Melissa Salmeron

My name is Melissa and I am a 4th year Psychology major with a minor in Sociology. I would like to one day have my PhD in Clinical Psychology, so yes I do plan on going to grad school. I am currently taking psych testing & assessment so I can help you as best as I can.

I can help students with major/minor requirements, APA formatting, Biopsychology, Social Psychology, and Abnormal Psychology.

Favorite Quote: “Be the person you needed when you were younger.”

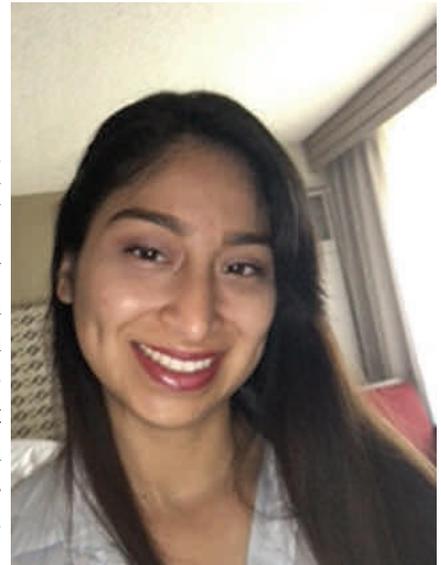


Andrea Yanes

My name is Andrea I'm a senior and my major is Psychology. I will be graduating this semester from CSUF! This is my first semester as a peer mentor and I'm very excited to be able to offer resources to students. I am interested in continuing my education and pursuing a career within college counseling. I love spending time with friends and family. I can help with APA formatting, information about grad school, the internship process and information about psychology clubs on campus. **Favorite Quote:** “Challenges are what make life interesting. Overcoming them is what makes it meaningful.”

Carla Sotomayor

I transferred from Saddleback College and am a psychology major. I plan on going to graduate school for a Masters in Counseling. My goal is to become an academic counselor at a community college. I currently assist Dr. Peissig in her research lab on visual recognition, work at the Office of Graduate Studies on campus, collaborate with SOARing Graduate Student Association as an Undergraduate Recruiter, and have an internship at the Counseling Department of Fullerton College. I can assist on the following topics of APA formatting, internship, and graduate school. **Favorite Quote:** “My mission in life is not to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.” -Maya Angelou



Meet your Peer Mentors!

Jimmy Pulido My name is Jimmy Pulido Jr., I am currently a fourth year here at CSUF, and my fourth semester as a peer mentor. Not only am I peer mentor, I am also the President of Psychology Department Student Association (PDSA). Any questions you may have about PDSA, or other psych clubs, feel free to ask me. Areas that I am able to be of assistance are Statistics (Intro, Research Methods, Intermediate, and Advance in SPSS), Cognitive Psych, Evolutionary Psych, and Human Sexuality.

Favorite Quote: "We are all a little weird and life's a little weird, and when we find someone whose weirdness is compatible with ours, we join up with them and fall in mutual weirdness and call it love."—Dr. Seuss



Frank Reyes

Hi, my name is Frank. In my downtime, I enjoy reading all sorts of literature, meeting new people, being in nature, pondering the mysteries of the universe, and on occasion getting turned up with the lads, fam. I am a Psychology & Sociology major, and I can help you with APA formatting, (Basic) stats, SPSS, Cognitive Psych, Biopsychology, Psych Testing, and with general college writing. **Favorite quote:** "A man is relieved and gay when he has put his heart into his work and done his best; but what he has said or done otherwise, shall give him no peace." – Ralph Waldo Emerson

Our Advisor: Dr. Kristin Beals

I received my PhD from UCLA in 2003. I joined the faculty at CSUF in 2005. I have recently been honored by CSUF Alumni as the 2006-2007 Outstanding Faculty Service Award. **Favorite Quote:** "A good teacher is like a candle - it consumes itself to light the way for others."-Mustafa Kemal Atatürk, translated from Turkish.

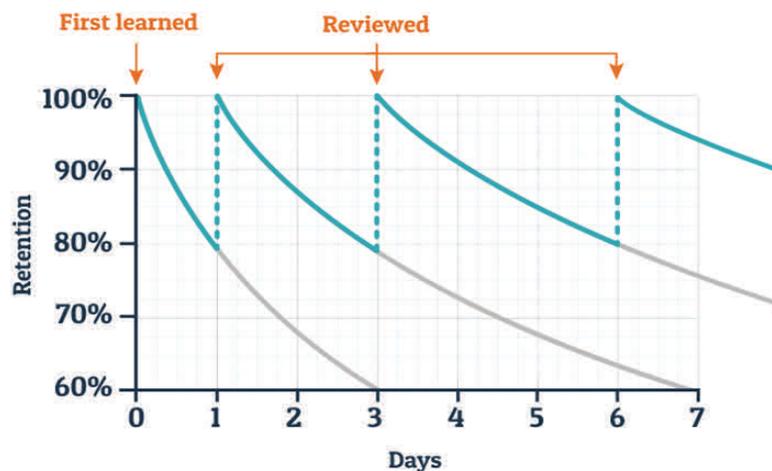


Psychologically Applied Study Tips

1. Ebbinghaus' Forgetting Curve

As just about any professor will tell you, it is greatly more beneficial to learn material over time and spread your studying out over the week as opposed to only attending lecture and studying the day before the test. This is because memory without meaningful repetition falls easy prey to transience. This forgetfulness is displayed in Ebbinghaus' forgetting curve. In order to weaken this transience, it is suggested that one practices better memory representation (typically done through using mnemonic devices) and optimal repetition. Each repetition increases the time needed before the next repetition is needed!

Typical Forgetting Curve for Newly Learned Information



2. State Dependent Memory

The phenomenon known, as state dependent learning shows us that memory retrieval is most efficient when we are in the same state we were in while learning. For example, if you are someone who stays up late, heavily caffeinated while studying, it is advised that you have similar levels of caffeine in your body while taking the test. This occurs because while your brains paves these new synaptic connections related to your studied material under the effect of caffeine, your neurons are primed to recall your studied material more readily in the future. This effect has been supported by studies on dogs and rats as early as 1937!

Psychologically Applied Study Tips

3. Context Dependent Learning

Context dependent learning is similar to state dependent learning except it considers external conditions. The phenomenon of context dependent learning posits that memory efficiency is enhanced when recall is performed in the same context as it was learned. This phenomenon is displayed in the “Diver Experiment” conducted by Godden & Baddeley in 1975. Godden & Baddeley took 18 divers and had them learn unrelated words in four conditions: 1) learn on land → recall on land, 2) learn on land → recall under water, 3) learn underwater → recall on land, 4) learn underwater → recall underwater. The researchers found memory was about 50% better when learning and recall both took place in the same condition (underwater or on land). This is because when retrieving memories of studied materials, anything in the environment can act as a cue for retrieval. You want to study somewhere that is similar to your testing environment! My personal favorite place to study is the 3rd floor of the library. This is considered the “quiet floor”. The noise level (which is basically silent) is most akin to that of the classroom I, and you will take tests in!

4. Operant Conditioning

This one is simple and straightforward. Operant conditioning is the modification of behavior based on reward or punishment. However, let us not punish ourselves and let us reward ourselves instead! After studying for a good long while or finishing an assignment, reward yourself! Taking a break and rewarding yourself after getting substantial work done will not only give your brain a rest, but will also reinforce your studying behavior!

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 Advise- ment Office	(657) 278-3102	H-830J
Women's Center	(657) 278-3928	UH-205
Writing Center	(657) 278-3650	Pollack Library