

# PSYCHOLOGY PEER MENTOR NEWSLETTER

*Co-Editors-in-Chief: Rana Salem & Jennifer Cazares*



Left to right: Johnathan, Dr. Beals, Rana Ryann, Courtney, Makayla, Tamryn, Trang, Andrea, Tina, Sam, Jess, Christine, Jennifer C, Giovanni, Jamie, Katarina, Jennifer V, Amelia, Jackie, Brigitta, & Savanna.



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## Meet the Peer Mentors

Peer Mentors are a group of CSUF Psychology students. Our mission is to provide support to psychology majors, minors, those taking psychology courses, and anyone considering a major in psychology. Here is a list of the basic services we provide:

- Academic assistance (homework, writing, etc.)
- Study tips
- Information on career paths in psychology
- Graduate school information
- Information on Psychology clubs and organizations
- Internship and research information

We have a variety of mentors who can help with a wide range of psychology subjects, so stop by with any questions!

For more information:

Email us: [CSUFpeermentors@gmail.com](mailto:CSUFpeermentors@gmail.com)

Or come see us in the Peer Mentor Office in H-525B (in the Psychology Lounge)



### Rana Salem

Hi! My name is Rana Salem and I will be graduating in May with a major in Psychology and minor in Law, Politics, and Society. After graduation, I plan to begin the law school application process with the hopes of working for the District Attorney's Office. I would consider myself a coffee enthusiast - I LOVE coffee. I worked as a barista for a year and a half and (finally) mastered latte art! I spend my free time binge-watching tv dramas, hiking, and attending concerts. I can best assist you with critical thinking, statistics, abnormal, social, and I/O psychology. "When life gives you limes, rearrange the letters until they spell smile" - Unknown

### Amelia Miscione

Hi there! My name is Amelia, I am senior psychology student planning to attend graduate school for social work in the fall. I am very passionate about mental health and social and economic justice. I am currently involved in developing a program for mental health awareness and stigma reduction with an organization called MECCA. In my free time, I love to dance salsa and bachata as well as attempt cooking. I look forward to this semester as one of your peer mentors! "But the eyes are blind. One must look with the heart" - Antoine de Saint-Exupéry, *The Little Prince*



### Brigitta Nguyen

Hello! My name is Brigitta Nguyen. I am a fourth year psychology major. I am interested in evolutionary psychology and social psychology. My favorite hobbies include horseback riding, scuba diving, and traveling! I am a huge food lover, so I love traveling all over the world to eat amazing food. I especially love seafood and cultural dishes! I can best assist you with intro to psychology, evolutionary psychology, biopsychology, and personality.

"Success is not final, failure is not fatal: it is the courage to continue that counts." – Winston Churchill

### Ryann Ippolito

Hello! My name is Ryann Ippolito, and I will be graduating this May! I am majoring in psychology and minoring in chicano studies. I will be attending California State University, Long Beach this fall for my Masters in Social Work. My goal is to work with, as well as advocate for, high school and college students. I love finding crazy food, especially dishes covered in cheese. In addition to being a food lover, I run a food blog. I spend my free time hiking with my dog, Henry, listening to The Strokes and The Growlers. I also re-watch old episodes of Gilmore Girls and Degrassi. I can best assist with social psychology, abnormal psychology, clinical psychology, and learning and memory.

"A mentor is someone who allows you to see the hope inside yourself."

-Oprah Winfrey



### Jamie Rodriguez

Hello Titans! My name is Jamie Rodriguez. I am a transfer student and a second year psychology major here at California State University, Fullerton. This is my first year as a peer mentor. I have a strong interest in abnormal psychology. After obtaining my Bachelor of Arts in Psychology, I plan to attend graduate school and pursue a career in clinical psychology or possibly counseling. Aside from school, my main hobby is binge watching shows on Netflix or Hulu and hearing music to feel stress-free.

Areas that I can best assist with include APA formatting, research, study skills, and general life advice or emotional/stress decompression. Hope you guys have a good Spring Semester!  
*"If one is lucky, a solitary fantasy can totally transform a million realities."- Maya Angelou*

### Katarina Avalos

Hello! My name is Katarina Avalos and I am a fourth year psychology major. This semester will be my last semester as an undergraduate at California State University, Fullerton. After graduation, I hope to obtain my Master of Science in Clinical Psychology. I currently work as a behavioral therapist and intern at the Public Defender's Office in Orange County. During my free time I enjoy hiking and going to the movies! I can best assist you with comparative animal behavior, learning and memory, social psychology, and psychological testing and assessment.  
*"Today is the tomorrow you worried about yesterday."- Dale Carnegie*

### Tina Mikesell

Hi! My name is Tina Mikesell, I am a transfer student who is now a graduating senior and leaving our Titan community in May. I am majoring in psychology with a minor in anthropology. I am in the application process for graduate school and can help with information regarding the steps of applying. I love kitten videos, jokes, and laughter. I can help with all 100 and 200 level psychology courses, and most 300 level courses. Besides academic courses, I am able to help with general life questions and planning classes for the future.

"You're braver than you believe and stronger and smarter than you think." — [\*Winnie-the-Pooh\*](#)

### Jennifer Cazares

Hello! My name is Jennifer Cazares and I am a fourth year psychology student minoring in criminal justice. Spring 2019 will be my last semester at California State University, Fullerton. I will continue my education by pursuing a Master of Social Work in Social Change and Innovation at USC, Fall 2019. I hope to become an advocate for victims of sexual abuse in the future. I always love helping student find resources on campus and within psychology. I am the president of the Psychology Department Student Association (PDSA). I encourage all psychology students to join PDSA and discover their passion within the field. Besides my life in academia I love spending time with those I love, finding new places to eat, and going to local shows!!

*"Love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is done well"- Vincent Van Gogh*



### **Jessica Adams**

Hi there! My name is Jessica Adams and I am a junior who is majoring in psychology and minoring in criminal justice. I enjoy being a nerd, eating food, and watching serial killer documentaries on Netflix. I have two Basset Hound/Beagle/Dachshund mixes and too many pictures to share. I hope to pursue a career in clinical counseling to specifically work in the field of court mandated therapy. I can best assist in the fields of abnormal, intermediate statistics, sensation and perception, cognitive Psych, and general psychology questions. I look forward to seeing you all in the Peer Mentor Office!

"I have not failed. I have just found 10,000 things that do not work." Thomas Edison  
1847-1931

### **Ha Nguyen**

Hey there! My name is Ha Nguyen and I am currently a fourth year psychology major and health science minor. I will be graduating in Fall 2019 and I plan to apply for graduate schools in human factors and ergonomics psychology, focusing on worksite injury prevention and overall safety/equipment usability in healthcare environments or military research. Outside of schoolwork, I enjoy eating food, taking naps, and watching dog video compilations.

I can help with APA formatting, statistics, abnormal, biopsychology lecture, cognitive, social, personality, general internship to graduate school planning and advice, research labs, the psychology major itself and many more! Let me know!!

### **Andrea Dinh**

Hi! My name is Andrea Dinh and I am a third year psychology major. My goal after I graduate from California State University, Fullerton is to earn a Master's degree in Occupational Therapy to become a pediatric occupational therapist. I enjoy spending time with my friends and family, watching movies, and painting. I can best assist students with introductory psychology, developmental psychology, abnormal psychology, social psychology, and psychology of personality.

"Acknowledging the good that you already have in your life is the foundation for all abundance." - Eckhart Tolle

### **Savanna Valenti**

Hey everyone! My name is Savanna, I am a Psychology major, and this is my final semester at California State University, Fullerton. I studied at Cypress College for two years before transferring to Fullerton. I am not really sure what direction I'd like to go, but I think I want to work with children. I am currently interning at the Metropolitan State Hospital and I am very excited to start volunteering in the hospital units. I can assist you with intro psychology, social, developmental, abnormal, gerontology, and intermediate statistics.

### **Jennifer Villa**

Hi everyone! My name is Jennifer Villa. I am a third year psychology major and this is my first year as a peer mentor. At the moment, I am still trying to figure out what field I want to go in, but my overall goal is to attend grad school and earn a master's degree. I enjoy spending time with my loved ones, hiking, and trying new coffee shops. I can best assist with APA formatting, psychology of personality, study skills, and financial aid questions!

**"YOU GOT THIS"**



### **Makayla Allen**

Hello! My name is Makayla Allen. I am a psychology major at California State University, Fullerton. This is my last semester and I am super excited to graduate. My interests include baking, cooking, and watching sports. My favorite subject in psychology is developmental psychology and I hope to work with children in my future with a Marriage and Family Therapy license. I just finished applying to graduate school so I can assist with that as well. I am available to help with most anything like writing, analyzing, and study skills. My areas I can assist in is: Developmental, Social, and Abnormal Psychology, PSYC 101, 201, 202, 300. "Whether you think you can, or you think you can't--you're right." - Henry Ford

### **Julie Nguyen**

Hey! My name is Julie Nguyen and I am a fourth year psychology major. After graduating, I plan on pursuing my Masters in Psychiatric Nursing. I really enjoy watching Grey's Anatomy and spending time with my family and friends during my free time! I can help students with social psychology, biopsychology, psychology of personality, learning and memory, abnormal psychology, developmental psychology, and psychology of testing and assessment.

"Follow your heart, but take your brain with you" -Alfred Adler

### **Trang Le**

Hi guys! My name is Trang. I am fifth year Psychology major with a minor in Advertising. After graduation, my goal is to obtain a MS in Human Factors Psychology. I can best assist you with APA formatting, Cognitive Psychology, Social Psychology, and Critical Thinking. On my free time, I like to hike, watch movies, and try new recipes

"It's not who you are that holds you back, it's who you think you're not." - Unknown

### **Johnathan Forde**

Hello, my name is Johnathan Forde. I am a senior at California State University, Fullerton and I am majoring in psychology. I am pursuing an MBA in Finance/Economics. I can provide guidance in your career and educational pursuits. Please come by the Peer Mentors Office if you have need of assistance. I can best assist you with Psych 110 - Critical Thinking, 302 - Learning and Memory, 306/306L - BioPsych/NeuroPsych, 312 - Human Sexual Behavior, Personality, Social, Aging, Industrial/Organizational, Advanced Personality.

### **Christine Kim**

Hey! My name's Christine and I am a fifth year English and Psychology double major planning to go into school counseling when I graduate! I'm currently a substitute teacher for the Fullerton School District and I've worked many education-related jobs in the past. I absolutely adore art and animation, and frequently enjoy writing, drawing, and singing in my free time. I'm a huge fan of Pokemon and anime, and I love owls, pigs, and cats! I can best help with abnormal, social, learning and memory, educational, and cognitive psychology.

"Believe you can and you're halfway there." - Theodore Roosevelt

### **Tamryn Boggess**

Hi everyone! My name is Tamryn Boggess and I am currently a third year at CSUF. I am majoring in psychology and minoring in child development with plans to one day become a school psychologist and help young kiddos. I can best assist with Introductory, Critical Thinking, Abnormal psychology, and Social psychology

"I'm not superstitious but I am a little stitious" -Michael Scott



## Courtney Scaramella

Hi! My name is Courtney and this is my last semester as an undergrad here at CSUF – although I hope to be sticking around as an M.A. in Experimental Psychology graduate student (fingers-crossed). I am a transfer student who commutes from LA and returned to school after a 10-year hiatus, so I am extremely understanding of all the difficulties associated with living your life and completing a degree! As I continue to pursue my education in Psychology, my particular areas of interest are Cognitive Neuroscience and the biological processes behind Learning & Memory. I currently work full time with children and young adults with Autism, so in the future, I hope to be able to utilize this knowledge to study the neural mechanisms associated with Autism in greater depth. Hope to see you in H-525B so we can talk Psych!

## Sam Sotelo

Hi! My name is Sam Sotelo and I am a senior with the hopes of getting accepted into the California State University, Fullerton Master of Science in Counseling program this fall! My goal is to become a marriage and family therapist. I love to run, sleep, and doing word searches as my guilty pleasure. I spend half of my time listening to music and I am currently obsessed with the singer, LP, as well as being with my pug, Max. I am a pizza addict and a big sweet tooth, which I hope will help me survive this last semester! “Those who dance are considered insane by those who can’t hear the music.” -George Carlin

## Sierra Lopez

Hi everyone! My name is Sierra Lopez and this is my third year at CSUF as a psychology major! I plan to go into industrial organizational psych with a focus in management. I am also interested in cognitive and neuropsychology, but my ultimate goal is to be self-employed overseeing multiple companies so I can travel whenever and wherever I please. I can best assist with Introductory, Critical Thinking, Abnormal, and Statistics and Research Methods.

"Come as you are" – Nirvana

## Guiovanni Mendoza

Hi everyone! My name is Guiovanni Mendoza and I am on my last year at CSUF as a psychology major and 2nd semester as a peer mentor! Where do I start...? It has been a wonderful journey so far and I really don't want it to end. I aspire to work in social services or possibly even law enforcement, particularly as a probation officer or a school resource officer. My areas of specialty include but are not limited to: APA formatting, abnormal PSYC, social PSYC, the psychological study of the LGBTQ community, and introduction to psychology. My office hours are from 8-9am.

“Knowing how to think empowers you far beyond those who know only what to think.” – Neil DeGrasse Tyson



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>8:00</b>		Guiovanni M.	Amelia M. (8:30)	Johnathan F.
<b>9:00</b>	Ha N.	N/A	Amelia M.	Johnathan F. (till 9:45)/ Savanna V.
<b>10:00</b>	Rana S./ Tamryn B.	Julie N./ Makayla A.	Amelia M./Jennifer C./ Jessica A.	Jamie R.
<b>11:00</b>	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.
<b>12:00</b>	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.
<b>1:00</b>	Trang L.	Savannah V./ Katarina A.		Tina M./ Johnathan F. (till 2:15)
<b>2:00</b>		Katarina A./ Brigitta N. (2:30)	Brigitta N.	
<b>3:00</b>	Sam S. (3:30)	Brigitta N. (till 3:30)	Brigitta N./ Savanna V.	
<b>4:00</b>	Sam S.	Jennifer V./ Andrea D./ Jackie B.	Sam S.	Andrea D.
<b>5:00</b>	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
- Upcoming Events: 4-5pm  
3/6: Social Work  
3/13: Adult Coloring Meditation/  
Pizza Press Fundraiser



### **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

Upcoming Events:  
3/10: Applications Due  
4/20: Community Service Event



### **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

Upcoming Meetings: 3/8, 3/22



## 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



**HOPE TO SEE YOU ALL THERE!!**

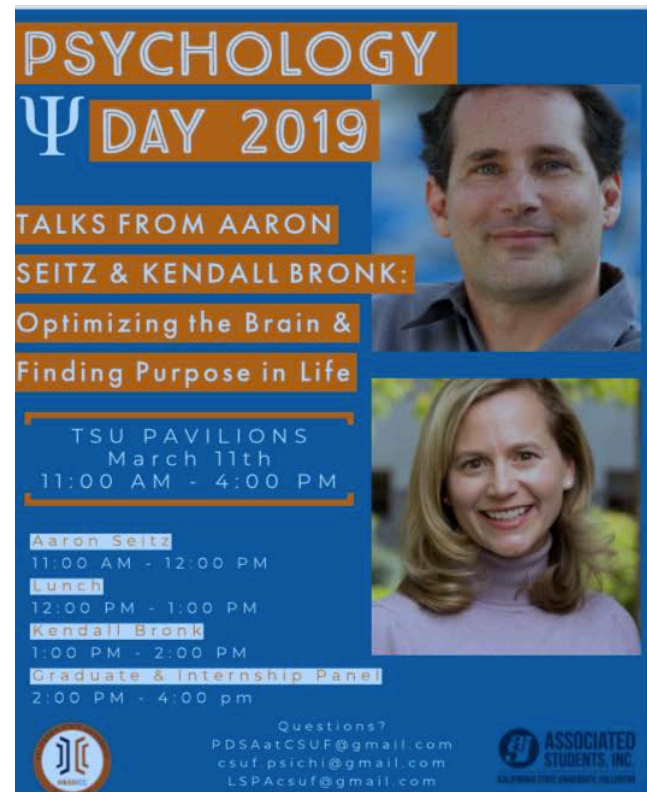


PSYCHOLOGY PEER MENTORS

### STUDY SKILLS WORKSHOP

Monday February 25, 2019 12:00pm to 1:00 pm  
 Tuesday February 26, 2019 10:00 am - 11:00am  
 Wednesday April 17, 2019 12:00pm - 1:00pm  
 Thursday April 18, 2019 1:30 pm- 2:30pm

**HUMANITIES 622**



**PSYCHOLOGY  
Ψ DAY 2019**

TALKS FROM AARON SEITZ & KENDALL BRONK:  
 Optimizing the Brain & Finding Purpose in Life

TSU PAVILIONS  
 March 11th  
 11:00 AM - 4:00 PM

Aaron Seitz  
 11:00 AM - 12:00 PM  
 Lunch  
 12:00 PM - 1:00 PM  
 Kendall Bronk  
 1:00 PM - 2:00 PM  
 Graduate & Internship Panel  
 2:00 PM - 4:00 pm

Questions?  
 PDSAatCSUF@gmail.com  
 csuf.psichi@gmail.com  
 LSPAcusuf@gmail.com

ASSOCIATED STUDENTS, INC.  
 CALIFORNIA STATE UNIVERSITY, FULLERTON

**Your Spring 2019 Psychology Peer Mentors!**