



# Psychology Peer Mentors

## Tips For a Successful Finals Week!

By: Rogeur Habachiy

You Can Do It!!



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1. **Get Organized and Find an Ideal Environment:** Getting organized before you study for finals crucial to being efficient. First, check how many finals you will be taking. Decide whether you will be studying in groups or alone and find a quiet place that is ideal for you to focus in. Having all materials, texts, and notes in front of you at the time of studying well help you stay away from distractions. Make sure you are comfortable whether that means listening to relaxing music to keep away from boredom or maintaining a certain physical position.

2. **Set Limits and Make Goals:** We all know that finals week is crunch time! Based on how many finals you're taking, prioritize your material. Set time limits that are reasonable for the courses enrolled in and make sure these time limits are reasonable for you; don't exhaust yourself! Set an attainable goal for each section, topic, or class that will help you steadily progress and stay productive.

3. **Balance Your Time and Take Breaks:** At the end of the semester, many students feel tight on time and panic. Do not spend a lot of time reviewing information that you have already mastered. It is easier to remember familiar information than newly acquired information. The best thing to do is stay relaxed and take frequent breaks. Your memory retains information better at the beginning and end of obtaining it, so these breaks will grant your brain the opportunity to hold on to all the information. Space your studying out and cover the most important concepts first to make sure they are locked in!

## Psychology Day: Guest Speaker

By: Ellen Wilkerson

The second speaker on Psych Day whom is an advice columnist and author of *I See Rude People* and *Good Manners for Nice People Who Say F\*ck*, Amy Alkon. She had an interesting view of how society has become rude. Using science based research from an interdisciplinary perspective; she comes up with her theories and advice.

Risky behavior in a group size of 150 can lead to severe consequences. Her theory is that we live in larger groups is one of the reasons our society has become so rude with one another. People generally do not take accountability for their behaviors because many of the individuals we encounter throughout the day are strangers. Alkon stated that people are more likely to change behavior when they realize what they do violates who they are. Her solution to this is to show absurd behavior to individuals, which leads them to conclude how to change their behavior, suggest options, and motivate to take action. The key to making this effective is not to do it in a criticizing way. She gave an example of the neighbor who blasts loud music at night. Alkon suggested that approaching the situation politely would be more productive than contacting the neighbor and being rude. Instances like this allow us to take a step back and focus more on the situation as opposed to the person. It may be possible that the neighbor who plays really loud music is not aware that they are being so disruptive and approaching them instead of attacking them would be more productive.

“People generally do not take accountability for their behaviors...”

## **Psychology Day: Internship Panel**

**By: Briana Ramirez**

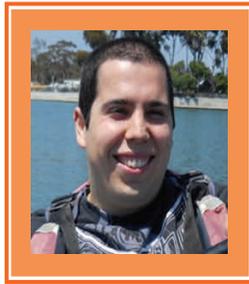
On Psychology Day students had the privilege to listen to the advice of several representatives from multiple, diverse internship sites. The internship panel included Debbie Kaiser from Acacia Adult Day Services, Lori Larsen from the AVID program at Sunny Hills High School, Kim Tran from the Child Abuse Prevention Center, Sonia Nunez from CSUF's Children's Center, Janet Searfoss from Metropolitan State Hospital, and Lindsey Burt from Turning Point Counseling Center. The internship sites that these guest speakers represented continually accept a large amount of their interns from Cal State Fullerton for fall, spring, and even summer semesters.

Each representative had similar responses when asked what they are looking for in a potential intern. Debbie Kaiser, from Acacia Adult Services, and Janet Searfoss, from Metropolitan State Hospital, both stressed how important it is for interns to take extra steps to truly get to know the clients they will be working with. These extra steps included saying hello and goodbye to clients in a friendly manner and engaging oneself in a non-work related conversation with clients. Lindsay Burt from Turning Point Counseling and Kim Tran from the Child Abuse Prevention Center said that they both look for empathetic, caring, and respectful individuals to fill their intern positions. Lindsay Burt also commented that a major key to being a successful intern is to be welcoming and friendly to clients, especially to those who are seeking therapy for the very first time.

Lori Larsen from Sunny Hills High School stated that dressing professionally is something that her interns must do regularly. She also indicated that her interns must know how to set clear boundaries with the high school students they work with. Sonia Nunez from CSUF's Children Center said that all of her interns must be willing to act a little silly with the children they work with, and they must be able to channel their inner child. She also included that her interns need to be kind, genuine, and have patience.

The advice given by these representatives can be applied to all internships as well as potential jobs. Being friendly, empathetic, and professional can take an individual very far in the fields of Psychology, Human Services, and Child Development.

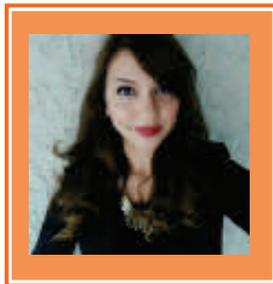
# Get to Know Us!



Hello Everybody! My name is Antonio Zepeda Torres. This is my first semester as a Peer Mentor and my last semester as an undergrad! I have really enjoyed helping students this semester; it keeps my APA and Excel skills sharp! I am excited to graduate this May and I hope to pursue graduate school and eventually a career in I/O Psychology. I will be the first person in my immediate family to graduate from college. I am also a volunteer at Casa de la Familia. We provide free to low-cost therapy for victims of crime.

In my spare time, I like to kayak and eat burritos. I also enjoy playing competitive games such as Poker, Chess, and Hearthstone. I love studying game theory and creating and utilizing different strategies. I take a similar approach to my studies. Prior to attending CSUF, I spent a few years in the community college system before I learned how to be a successful student. I think it is important to embrace your academic failures and value the information you learn from them.

I have a few tips that I have accumulated through my academic career that I think are helpful to share. Don't be afraid to take Friday class! You are always guaranteed a parking spot and there is usually always room for any of the on-campus services. Also, visit your professor's office hours and remember, **failing a class or performing poorly on a test are opportunities to analyze what went wrong**. Lastly, make some time to visit the career center. They will make your resume look really sharp!



Hello, my name is Kathleen Koszewski. In May, I will be graduating from Cal State Fullerton with a B.A. in Psychology. In addition to being a peer mentor, I am currently a research assistant for Dr. Goetz in his evolutionary psychology lab, and a course assistant for both evolutionary and clinical psychology.

In the past, I have interned at the Mental Health Association of Orange County and worked with the homeless and mentally ill. I have also volunteered at various nonprofit mental health organizations. I plan to attend graduate school to further my education in psychology and become a clinician with an emphasis in research.

My advice for students: follow your passions and interests! Many people base their career paths on familial or social influences only to find that they are unhappy or uninterested. I changed my major six times throughout my undergrad before taking a psychology class and discovering my passion for the field. Take a variety of different classes, increase your involvement in school and community, and essentially put yourself 'out there.' Be open to flexibility as your plans and interests evolve. You never know which tangent or path your life may lead you!

## Campus Resources

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