

# PSYCHOLOGY NEWSLETTER

*Co-Editors-in-Chief: Heidi Duarte & Amelia Miscione*



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## Career Center

*By Amelia Miscione*

The Career Center is always holding events and workshops on various topics to help out students. There are career specialists for job searching, resume building, major exploration, graduate school, and more. You can book an appointment or make a quick 10 min drive through visit. They are located in Langsdorf Hall 208, open Monday – Friday 8am-5pm.



### Upcoming Events:

- Nov 14<sup>th</sup> 12-1:30pm @ LH-208 - Exploring Majors Workshop
- Nov 14<sup>th</sup> 3-4:30pm @ Career Center Lab - How To Find Jobs on Titan Connection
- Nov 14<sup>th</sup> 5-6:30pm @ Career Center Lab – Writing Your Best Resume And Cover Letter

## **Professor Spotlight: Dr. Kristin Beals**

*By: Tina Mikesell*

Are you looking for a class where you learn about society or possibly a class where you will grow while helping other students? Then look no farther than Dr. Kristin Beals' class listings. Dr. Beals is a funny, soft-spoken professor who is truly interested in her students. Her compassion for the humans in her classroom is evidence of the path she has walked in her life. Dr. Beals breaks the stereotype of the grumpy professor sitting in their office hiding from students with her warm and outgoing personality. I highly recommend finding a way to have a class taught by her fit into your schedule.

Professor Beals graduated with a Bachelor of Arts in Psychology from Auburn University in Alabama, where she also played on the soccer team. Professor Beals personally understands the pressures of being a student and meeting all those deadlines. She did get into her Master's program earning that degree and her PHD in Psychology with an emphasis in Social Health. Outside of academia, Dr. Beals is dedicated to her family and loves watching her kids play sports more than she loves playing them herself. This is a giant statement since she is on an adult softball travel team.

Dr. Beals has previously taught at UCLA and UCI and when asked which students she liked best, she said of the students at CSUF she "would take them every day over the students at the other schools." She feels that "the education the students get here at Fullerton really can make the difference, it actually matters on where they will end up next in life. The students here are really changing the opportunities they will have."

Dr. Beals is the advisor for and biggest cheerleader of the Psychology Peer Mentors here on campus. She encourages students at CSUF to look to Peer Mentors as an organization outside of the classroom to make a connection with other psychology students. The Peer Mentors are Psychology students who are focused on good grades, thinking about Grad School, and careers in the Psychology fields in our community.

If you are like most of us, going to office hours and speaking to a professor you don't know can be intimidating. To make Dr. Beals less intimidating, ask her any of these questions to start a conversation. "How 'bout them Dodgers?" "What would you do for a living if you didn't work here?" "Do you know a good place to play in the ocean?" "What is the most important piece of knowledge that I can take away from Social Psychology?"

# Diversity and Cultural Resources

*By: Sierra Lopez*



## **African American Resource Center (AARC)**

Provides resources, services, programs and events that focus on the total integration and success of African American students. An opportunity to pursue your academic, research, and cultural interests!

## **Asian Pacific American Resource Center**

Strives to unify and empower its community by serving as an academic and creative home for students! Seeks to foster the holistic development of our community through caring, culturally responsive theory driven practices.

## **Chicana & Chicano Resource Center (CRC)**

Provides a space to learn and grow by providing various programs that address the unique experiences and social conditions of Latinx students.

## **Diversity Initiatives & Resource Centers (DIRC)**

Provides support for students to expand their cultural competence and identity development! Engage in a community that fosters a sense of belonging by connecting with relevant campus and community resources.

## **LGBT Queer Resource Center**

Explores issues related to sexual orientation, romantic orientation, and gender identity through an intersectional lens creating an inclusive and affirming space for students.

## **Titan Dreamers Resource Center (TDRC)**

Provides undocumented students with academic and emotional support, referrals to financial assistance, information on programs/services designed to improve retention/graduation rates, and a safe space where students can connect with one another.



## PSYCH, what is it good for? Absolutely everything!

*By: Johnathan Forde*

Whether you're just starting out as a Psychology major or you're about to finish your degree in Psychology, you might be asking yourself - "What's next?!" This seems to be the question on many psych undergrads' minds often followed by - "What on earth can I do with this degree?" The answer may surprise you.

Although many careers in the field of Psychology will require you to spend a few more years in higher education, there are a plethora of careers related to Psychology that can be had by those holding only a Bachelor's in Psychology. Here are some of the more common positions available: Career advisor, counselor, detective, human resources officer, life coach, and market researcher. Some of these pay exceptionally well, even better than the pay one would receive from a career within the field of Psychology. Yes, that's right, I brought up that dirty thing we don't like to talk about - MONEY. It is something we have to focus on though, especially with the economic issue our generation has to face.

Recently, the Bureau of Labor Statistics, the US Census Bureau, and the University of Minnesota

along with Bankrate.com collected data from 15,000 bachelor degree recipients and found that on average, for those with careers within the field of Psychology, overall pay was low and graduate degree requirements were high. Meaning if you are not fully emotionally invested in the field and certain that this is what you want to do for the rest of your life, you may end up feeling like you got a poor return on your investment after getting your bachelor's degree and going to grad school.

However, there is hope; there are many paths one can take to find a fulfilling career. If you're unsure, make sure to reach out to counselors at your university, professors, friends, and peer mentors, whether you're feeling overwhelmed, in need of advice, or just want to rant a little too, we are here to help.

For more information on career ideas or sources for this article, check out the following links:

<https://www.apa.org/ed/precollege/psn/2018/01/bachelors-degree.aspx>

<https://www.bankrate.com/career/most-valuable-college-majors/>

<https://www.scribd.com/document/388081338/BANKRATE-Most-Valuable-College-Majors-Ranked>

<https://careersinpsychology.org/50-best-jobs-psychologists/>

### Internship Information

*By: Heidi Duarte*

If you are an undergrad Psychology major at CSUF, you will be required to take the 495-internship class. The requirements for taking an internship course are:

- Completion of three upper-level courses in psychology at CSUF
- A 2.0 GPA
- Internship site must use psychological theories or methods
- 120 hours of experience at the site

Potential internship sites include schools, counseling offices, hospitals, clinics, social service programs, on-campus research labs, and much more. The CSUF psychology department website keeps an updated list of sites as well as current research labs where other students have successfully completed their internship hours.

Visit this link for more information <http://psychology.fullerton.edu/students/intern.aspx>

## Peer Mentor Office Hours

	Monday	Tuesday	Wednesday	Thursday
8am-9am		Johnathan/Ryann		Johnathan/Ryann/Savanna
9am-10am				Kathrine/Ansley
10am-11am		Kathrine/Jennifer	Jewelianna	Kathrine/Ansley/Savanna
11am-12pm	Sonali/ Tamryn (11:15-12:15)	Natalie/Christine	Rana	Christine
12pm-1pm	Heidi	Cinthya	Cinthya	Heidi
1pm-2pm	Tina	Brigitta/Hanieh	Ha	Amelia/Brigitta
2pm-3pm	Tina	Makayla	Trang	
3pm-4pm	Tina	Giovanni	Cinthya/Sierra	
4pm-5pm	Sierra	Jackeline/Ansley	Sierra	Johnathan/Brigitta

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

**Intro/Intermediate Stats & Research Methods:** Rana, Ha, Jennifer, Natalie, Cinthya, Heidi, Katherine, Amelia, Savanna, Johnathan

**BioPsychology:** Ha, Natalie, Ansley, Amelia, Sonali, Johnathan

**Cognitive Psychology:** Ha, Trang, Jennifer, Natalie, Giovanni, Amelia, Sonali

**Abnormal Psychology:** Jewelianna, Natalie, Ryann, Cinthya, Katherine, Heidi, Rana, Giovanni, Amelia, Sonali

**Clinical Psychology:** Cinthya, Ryann, Heidi

**Developmental Psychology:** Natalie, Brigitta, Heidi

**Educational Psychology:** Christine

**Personality Psychology:** Ha, Christine, Brigitta, Ansley, Heidi, Kathrine, Sonali, Johnathan

**LGBTQ Psychology:** Giovanni

**Learning & Memory:** Johnathan

**APA Formatting:** Heidi, Tina, Johnathan, Hanieh

**Graduate Programs:** Ha, Tina

## Psychology Clubs

By: Amelia Miscione



### 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

Nov 28<sup>th</sup>: Research Panel @Alvarado AB



### 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 Wednesdays 2:30- 2:30 in UH 205



### 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



### 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

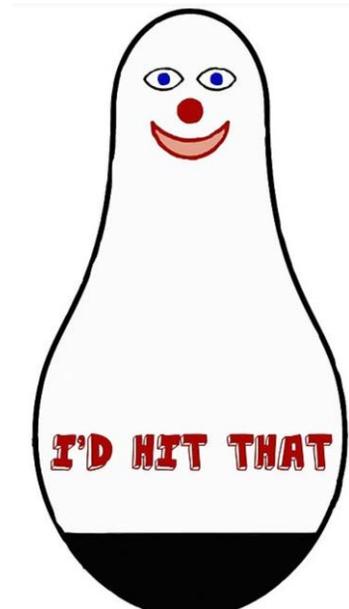
#### Upcoming Events: 3-4 pm

Nov 27<sup>th</sup> : Research Panel @ Legislative Chambers 1&2

Dec 4<sup>th</sup>: Potluck/ Cord Ceremony @ Legislative Chambers 1&2

## Resources

<u>Resource</u>	<u>Phone</u>	<u>Location</u>
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
Psych 495 Coordinator - Dr. Joanne Stohs	(657) 278-3105	H-810D



*Your Fall 2018 Psychology Peer Mentors!*