

Psychology Peer Mentor Newsletter

Editor: Alysia Chavez



Happy October Students!

Welcome to this months issue of the psychology peer mentor newsletter.

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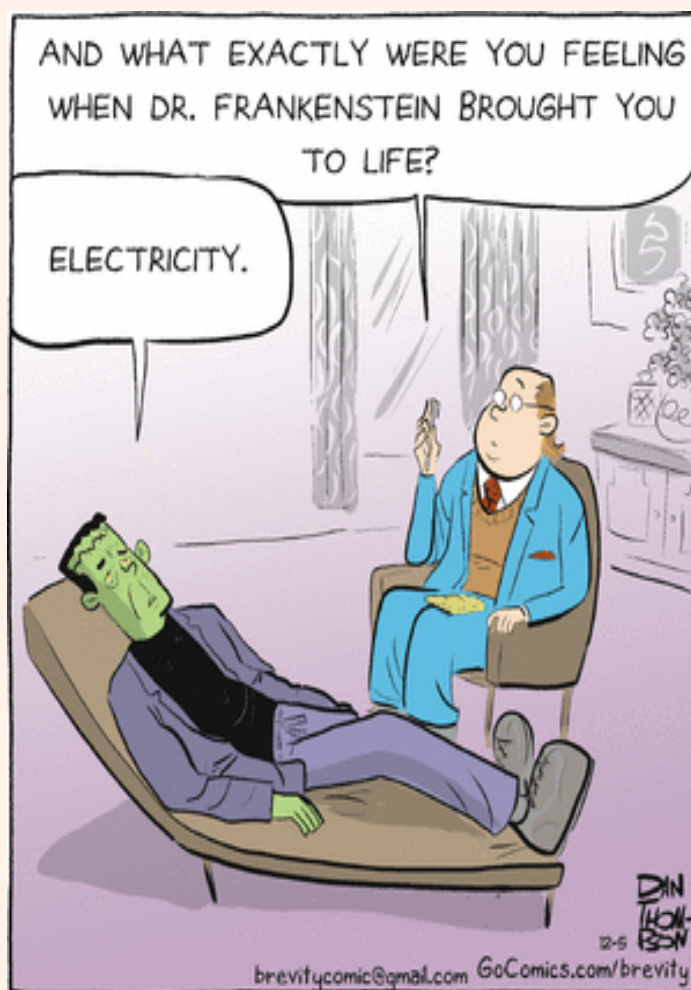
Instagram:

@CSUFPsychPeerMentors

Website:

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

Walk-Ins Welcome!



Professor Spotlight

Dr. Lucia Alcalá

The faculty at CSUF vary in background, education, and contribution to the program. The cultural perspective that Dr. Alcalá brings, has already made an impactful difference in the relatively short amount of time that she has been at CSUF. Students in her class can expect to learn about psychology from a cultural perspective as well as be intellectually challenged.

Dr. Lucia Alcalá has had many impressive feats in her educational career. Coming from a Cal State school herself, she understands how hard students are working within this system. Dr. Alcalá received her bachelor's in Psychology from California State University, Northridge, and a Master's Degree in Clinical Psychology. During her masters program Dr. Alcalá simultaneously taught through their teacher intern program. From there, she went on to earn a PhD. in Developmental Psychology from the University of California, Santa Cruz. The program integrated a cross cultural approach, and allowed her to teach at surrounding schools such as, CSU San Jose and CSU Monterey Bay. Dr. Alcalá went on to teach at the University of Intercultural Maya de Quintana Roo, in Mexico, for two years. Eventually leading her to teach here, at CSU Fullerton.

What initially drew Dr. Alcalá to Psychology was the exposure to a successful figure at her high school. She attended a predominantly white institution in Ventura county, and during her last year they brought in a new counselor from Argentina, whose skin complexion was white, but accent closely resembled her own. She was the only one in the entire high school with a PhD. She inspired Dr. Alcalá through the work that she did by encouraging students and attending to the needs of recent immigrant students.

It was important for her to see someone who resembled someone like her in such a successful position. What that counselor was to her, is what Dr. Alcalá is to so many students at this institution. Even with her busy schedule of teaching multiple courses, running a lab, being an advisor to graduate students, and conducting her own research, Dr. Alcalá will still make a genuine effort to assist students and ensure they are receiving the best education.

Article by: Vanessa Garcia



Club Highlight

Article by: Derek Cook

The International Honor Society in Psychology

Psi Chi



Join Psi Chi and become a member for life!

Requirements:

- ◇ Be a psychology major or minor
- ◇ Have completed 9+ units of psychology coursework at CSUF
- ◇ Be a 2nd semester sophomore or higher
- ◇ Have an overall GPA of 3.2+
- ◇ Have a psychology GPA of 3.5+
- ◇ For lifetime membership one time fee of 75\$

Psychology Department Student Association

PDSA



- ◇ Fee per semester: varies
- ◇ Explore a wide range of interesting psychology topics
- ◇ Get graduate school advice
- ◇ Participate in fun social events and academic workshops
- ◇ Sashes and cords offered to members who meet attendance requirements

 **@CSUFPDSA**

Latin Student Psychological Association

LSPA



- ◇ Focus on finding helpful resources, promoting higher education, creating networking opportunities, and providing community service opportunities for students
- ◇ Membership fee: 25\$ includes club shirt
- ◇ Sashes and cords offered to members who meet attendance requirements

 **@LSPA_CSUF**

Psychology Class Highlight



Article by: Jessica Adams

For those interested in:

Some Classes:

Clinical/Counseling Psychology

PSYC 310—Psychology of Gender
PSYC 312—Psychology of Human Sexual Behavior
PSYC 361—Developmental Psychology
PSYC 341—Abnormal Psychology
PSYC 410—History of Psychopathology

Cognitive & Perceptual Psychology/ Neuropsychology

PSYC 302—Learning & Memory
PSYC 303—Sensation & Perception
PSYC 304—Comparative Animal Behavior
PSYC 305—Cognitive Psych
PSYC 415—Cognitive Processes

Developmental/Geriatric/ Health Psychology

PSYC 362—Psychology of Aging
PSYC 445—Psych of dying, death, and bereavement
PSYC 371—Evolutionary Psychology

Educational/School Psychology

PSYC 311—Educational Psychology

Experimental/Research Psychology

PSYC 306—Biopsychology
PSYC 465—Advanced Psychological Stats
PSYC 467—Multivariate Stats of Psychology
PSYC 461—Psychological Testing & Assessment

Forensic/Legal/Political Psychology

PSYC 317—Psychology of Law
PSYC 318—Political Psychology

Industrial/Organizational Psychology

PSYC 351—Social Psychology
PSYC 391—I/O Psychology
PSYC 461—Psychological Testing & Assessment

Social/Personality/ Multicultural Psychology

PSYC 351—Social Psychology
PSYC 432—Contemporary Theories of Personality
PSYC 322—Black Psychology
PSYC 346—Asian American Psychology

4 Types of Psychologists



Article by: Andrea Dinh

Child Psychologists

Child psychologists assess and provide treatment for children and adolescents. Child psychologists help children with various developmental issues that range from learning disabilities to mental illness. They work with children with autism spectrum disorder, obsessive-compulsive disorder, phobias, attention deficit disorder, adjustment disorder, and

Clinical Psychologists

Clinical psychologists provide direct services to their patients. Their responsibilities include: administering and interpreting psychological tests such as cognitive and personality tests, diagnosing mental illness, forming treatment plans, and more. They use tests, interviews, behavioral observations and more. Many clinical psychologists specialize in particular disorders such as schizophrenia.

Forensic Psychologists

Forensic psychologists work in the legal system. They use psychological principles to investigate the cause of criminal behavior, evaluate criminals to figure out their mindset and motives at the state of the offense, and evaluate competency to stand trial. They also work with children custody cases, assess witness credibility, and provide testimony in court, and more. They work in different settings such as police departments, firms, and the Department of Defense.

Industrial/ Organizational Psychologists

Industrial/organizational psychologists utilize principles in psychology to solve organizational and business issues. They determine competency for hiring and leadership positions and offer organizational changes. They seek to improve employee work performance and employee morale. They develop assessments, surveys, and other measurement tools to aid their research on organizational problems. They conduct assessments, analyze them, and use them to make changes within the organization. They also work on compensation and reward systems.

Resource Centers

Article by: Holly Yeh

Academic Advisement Center	The Academic Advisement Center is for students seeking counseling in the General Education program, as well as its requirements and policies. If a student wishes to visit an advisor, walk-in appointments are welcome and no appointments are necessary.	UH -123B (657) 278-3606
C.A.P.S. Counseling Services	The Counseling and Psychological Services of student wellness offer many services, such as helping students with college life, self-awareness, psychological concerns, stress management, interpersonal relationships, and other individual interests. If a student wishes to visit C.A.P.S., students can call the number above or make an appointment at the C.A.P.S. center.	Student Wellness (SHCC-East) (657) 278-3040
Career Center	For those that want to take action and prepare for their future endeavors, the Career Center is the place to be. If a student wishes to visit a career specialist, walk-in 10-15 minute sessions are provided during the hours of operation. Alternatively, students can make an appointment online.	LH-208 (657) 278-3121
Health Center	Basic medical care such as blood pressure check, first aid, and same day care is at no cost to students. If a student wishes to make an appointment at the Health Center, call the number above.	Student Wellness (657) 278-2800
CICE Internship Office	This is the Center for Internships and Community Engagement. The CICE holds orientations that provide internships or service-learning opportunities for students. For Psychology students, visit or contact the CICE to see if your internship qualifies for PSYC 495 - Field Placement in Psychology.	LH-206 (657) 278-3746
Peer Mentor Office	If someone needs help with any Psychology class or Psychology related question such as statistics problems, research papers, or planning classes, come on in! No appointment is necessary.	H-525B (657) 278-7538
WoMen's Center	The WoMen's Center aims to educate students on gender and social equity. This includes violence prevention programs, women and gender initiatives, and advocacy for rights. To contact, visit the location above.	UH-205 (657) 278-3928

Resource Centers cont.

Adult Reentry Center	The Adult Reentry Center's goal is to help non-traditional students such as veterans, persons over 25 years of age, parents, and more to achieve their goals. This program is unique to the reentry of students and enhancing their academic performance.	UH-205 (657) 278-3928
Writing Center	The staff is composed of graduate and undergraduate students using collaborative tutoring strategies to improve the creativity and growth of all writers.	Pollak Library, N. 1st Floor (657) 278-3650
PSYC 495 Coordinator Joanne Stohs	This course requires students to seek an internship before the semester of the course that is relevant to your major. For questions, please visit the Department of Psychology website or email Dr. Joanne Stohs at jstohs@fullerton.edu .	H-810D (657) 278-2105
Psychology Advisement Office	The Psychology Advisement Office is where Psychology students can receive a preliminary evaluation and receive advisement on what classes to take to receive a major or minor.	H-830J (657) 278-3102



C.A.P.S

Article by: Katarina Avalos

Feeling overwhelmed? Need support?

As a Cal State Fullerton student, you have access to Cal State Fullerton's Counseling and Psychological Services (CAPS)!

This program is located on campus and makes every effort to help students achieve maximum success in both their academic and personal endeavors. CAPS offers brief counseling for individuals or couples, group counseling, psychiatric services, crisis counseling and case management support services. Students are able to meet with a counselor for an initial screening to determine how to best help the student's mental health needs.

A few of the common topics addressed with counselors include stress management, depression, self-esteem, and concern with interpersonal relationships. If determined that the student's needs will be best met by another organization, then appropriate information regarding referrals and resources will be provided. Do not miss out on this amazing resource! For more information regarding detailed descriptions of the services provided, visit:

<http://www.fullerton.edu/caps/services/index.php>

Phone: (657) 278-3040 | **Hours:** Monday - Friday: 8 a.m. - 5 p.m. | **Location:** Student Wellness (SHCC-East)



**STOP THE STIGMA – IT'S
OKAY TO ASK FOR HELP**

Suicide Prevention

National Suicide Prevention Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8255



Things to remember

1. Don't discount their feelings
2. Look at suicide as a cry for help
3. Be a good listener
4. Encourage them to get help for their depression
5. Don't be afraid to ask about their suicidal feelings
6. If they are in danger, don't leave them alone
7. Encourage them to see a mental health

Know The Signs

Prevention also involves being able to recognize the signs:

- Talking about death or suicide
- Feelings of hopelessness
- Saying that they are a burden
- Withdrawing from friends and family
- Losing interest in activities
- Extreme mood swings
- Giving away possessions
- Saying goodbye to family and friends