

PSYCHOLOGY NEWSLETTER

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Mental Health Awareness

By Amelia Miscione



World Mental Health Awareness Day passed this October 10th. We want to remind you to always be sensitive and aware of others with mental illnesses. Let's work together to break the stigma and offer support to those who need help!

If you or another student you know are seeking mental health services, Counseling & Psychological Services (CAPS) is an on-campus mental health resource available to all students. They are open Monday-Friday 8am-5pm and located in the Student Wellness building (SHCC-East). Phone : 657 278 3040

A New Community: CSUF's Pollak Library South Renovation

By: Ha Nguyen



1st floor Pollak Library South side

Earlier this year, Cal State Fullerton's Pollak Library opened up its doors to the south side, which was under construction following an earthquake many years ago that left damages to the library. The first floor is open to anyone who wishes to find study spaces and connect and network with others. Walking into the newly renovated library, it is clear that the goal of the project was to build and promote a student-centered space. The front desk invites visitors into a warm atmosphere, and the room welcomes visitors with its bright lighting, colorful furniture, and spacious venue. There are many resources available to students. Titancard services are now available on the south side of the library, as well as an information desk and a circulation desk, where the lost and found is located. The University Honors Program and Center for Scholars have moved into this space, along with the five-campus diversity resource centers (African American RC, Chicana/Chicano RC, Titan Dreamers RC, Asian Pacific American RC, and LGBTQ RC). Having these resources all together creates an active community among us Titans, who not only strive for academic success, but want to provide a welcoming space to cultivate and share ideas among peers. We can simply grab a cup (or two) of coffee from the Starbucks in the lobby to help us study for exams or sit down and socialize with others. No matter what we do, the south side of the library will provide us with such resources to help us succeed.

We hope to see the opening of the upper floors of the south side of the library in a few years, but until then, the first floor of the library leaves us wondering what else Cal State Fullerton can provide for its students!

Library building hours:

Monday – Thursday: 6:30 am – 12 am

Friday: 6:30 am – 9 pm

Saturday & Sunday: 10 am – 12 am

Fun fact: As of Fall 2018, there is a new Titancard design, which can be found online! To exchange for the newer design, just visit Titancard services on the first floor of PLS.

Psychology Advisors

By Ryann Ippolito

The psychology advisement office is located at H-830J. The following advisors are available to offer general advisement and grad checks:

Dr. Dave Gerkens

W 9:00am-11:30am and Th 4pm-6:30pm.

Dr. Jessie Peissig

M 8:30am-11:30am and Tu 12:30pm-2:30pm.

Carrie Carmody

Tu & Thu 9:00am-11:30am.

Jackie Rohde is the student advisor and can assist with career advising, future class planning, and probation. Jackie is available MW 12pm-6pm, Tu 4pm-6pm, and F 10am-4pm.

Please make an appointment online at csufpsychologyadvisement.acuityscheduling.com to ensure that you are able to speak with someone!

For general questions, please email:

psycadvisement@fullerton.edu

or call: (657)278-3102

Professor Spotlight: Russell Espinoza

By: Kathrine Bliss



Dr. Russ Espinoza is a well esteemed and respected figure in the California State University of Fullerton community. He has won numerous awards as both an educator and faculty member. His awards include “Teacher of the Year” and “Faculty of the Year” for the years of 2011, 2012, 2013, 2016, and 2017. He has also won many awards as a member of the Humanities and Social Sciences department.

One of the most interesting awards he has received was for his work in researching bias in the use of the death penalty. It is called the Death Penalty Focus Award. Espinoza’s research has proven that low economic status African Americans are subjected to the death penalty significantly more than any other group of individuals. This award ceremony was held where the Golden Globes occur each year in Beverly Hills.

Dr. Espinoza received his Bachelor’s degree at California State University, Northridge. He spent his undergraduate years researching Psychology in Law. He also received a Master’s degree in Family Therapy from Northridge and did a lot of work as a counselor. He worked in group homes for both children and adults. He also would work with addicts. He pursued his Ph.D. in Psychology in Law at the University of Nebraska.

Dr. Espinoza did not start off wanting to pursue a career in Psychology. At the age of seventeen, he dropped out of college to become a musician in Hollywood. He joined a rock and roll band called “Wretched” and happily toured the world as lead guitarist and songwriter. He felt like he had a decent exposure to psychology because each of his bandmates were either in jail or had a mental illness. He said this led to a natural progression of wanting to study forensic psychology.

One interesting fact about Dr. Espinoza is that he partied with some famous rock bands including “Poison” and “Guns and Roses.” His manager was also the manager for “Guns and Roses.”

Today Dr. Espinoza happily calls himself an “old Dad.” He loves teaching his two-year-old son how to play guitar.

As a final note, Dr. Espinoza says that to be successful in Psychology, you need to work harder than anyone else.

If you are interested in taking one of his classes, he instructs Research Methods, Psychology in Law, Psychology of Prejudice and Discrimination, Social Psychology, Graduate courses in Diversity, and Personality Psychology.

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

Oct 17th: Evolutionary Psyc/ Animal Behavior @ UH250

Oct 24th: Becky's Angels International @ 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

Upcoming Events: 2:30-3:30

Nov 14th: Aware Regular Meeting @UH 205

Nov 16th: Library Workshop @ 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

Upcoming Events: 7-9:30pm

10/18: Bowling & Billiards at the CSUF TSU

- Psychology majors and minors and non-members welcome!



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

Oct 23rd: Power Dynamics @ Tuffree-AB

Nov 6th: Personal Statement @ 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

Study Skills Workshops!

Hosted by the Peer Mentors

Study Skills Workshops include:

- Study skills information
- Fellow psychology students
- Discussion & questions

Dates	Times	Location
W Nov-14	1:30p-2:30p	H-622
Th Nov-15	1:30p-2:30p	H-622

Come join us and learn study skills from fellow psychology students with experience.



I'm a freud you're not getting any junger.

Your Fall 2018 Psychology Peer Mentors!