



# Psychology Newsletter

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## Peer Mentors

Peer Mentors are a group of undergraduate and graduate students from the Cal State Fullerton Psychology Department. Our mission is to extend a helping hand to our fellow psychology major or minor students. We not only provide information on how to pursue a career in the field of psychology, but also provide assistance with academics (homework), information on psychology clubs and organizations, graduate school/degrees, class scheduling, internship and research opportunities.

With a wide variety of peer mentors all with different backgrounds in psychology, we're bound to have the answer you're looking for! For more information, please visit our website ([psych.fullerton.edu/pm12](http://psych.fullerton.edu/pm12)), send an email to [CSUFpeermentors@gmail.com](mailto:CSUFpeermentors@gmail.com), or take a look at our office hours and stop by H-525B (Inside the Psychology Lounge). We are glad to help anyone and everyone and are a free resource to help you succeed!



**Co-Editor-in-Chief: Janet G.**  
**Co-Editor-in-Chief: Jenny Y.**  
**Author: Dillon P.**



# CSUF Psychology Clubs



## Psychology Department Student Association (PDSA)

- \* All psychology major students are automatically members of PDSA, although one must attend a minimum number of meetings and events to be considered an active or honorary member.
- \* The Membership fee is \$15 and \$20 for a PDSA t-shirt. Buy them together for \$30. Last day to pay is October 4th.
- \* Meetings are held every Wednesday from 4PM-5PM (Location varies).
- \* Visit TitanLink for more information regarding PDSA.
- \* PDSA offers graduation sashes and cords to those who meet the requirements.

## Psi Chi: The International Honor Society in Psychology

- \* All students are encouraged to attend events and meetings. There are minimum requirements to become an official member.

### \*Membership Requirements:

- Be a psychology major or minor
- Completed 9 units of psychology coursework at CSUF.
- Be a second semester sophomore status or higher
- Have an overall GPA of 3.2 or higher
- Have a psychology GPA of 3.5 or higher
- Submit a one-time fee of \$75 for lifetime membership

\*For more information, visit <http://psych.fullerton.edu/psichi/home.html>



## **CSUF Psychology Clubs**



### **LSPA: Latinx Student Psychological Association**

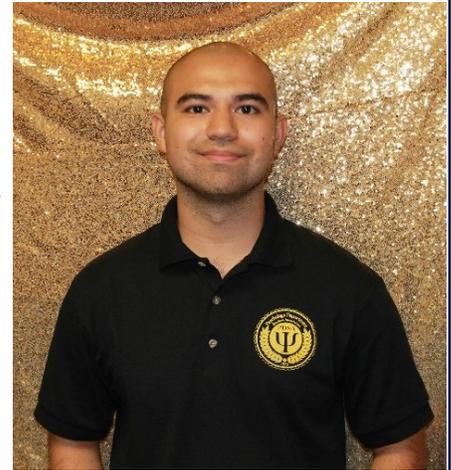
- \* Reaches out to all students, but primarily underrepresented Latino students within the psychology field.
  - However, Latinx heritage is not required to join.
  
- \* Aims to share resources for graduate programs by providing research opportunities, sponsoring presentations, and hosting discussion panels with professional speakers such as professors and clinicians.
  
- \* LSPA has been in existence for approximately four years, has had many student events on campus in that period of time, and has filled a significant need for Latinx undergraduate students majoring in psychology.
  
- \* Meeting times are biweekly on Tuesdays from 3-4pm (Location varies).
  
- \* Graduation cords are given at the end of the Fall semester.
  - Graduation sashes given at the end of the Spring semester.
  
- \* Membership fee is \$25 per semester



# Get to Know Us

## Jimmy Pulido Jr.

My name is Jimmy Pulido Jr., I am currently a fifth year here at CSUF, and my fifth semester as a peer mentor. I am also one of the peer mentors assigned to assist with students who are currently taking PSYC 110. Areas that I am able to be of assistance are Statistics (Intro, Research Methods, Intermediate, and Advance in SPSS), Cognitive Psych, Evolutionary Psych, and Human Sexuality. Not only am I peer mentor, I am also the President of Psychology Department Student Association (PDSA).



**Jenny Young:** Hey everyone! My name is Jenny and this is my second semester as a peer mentor. I'm currently a research assistant under Dr. Es and Dr. Gerkens for Forensic Psych and Cognitive Psych respectively, and I have previously presented research on perceptions of schizophrenia at WPA. My hobbies are reading, playing video games, and giving my pupper all the belly rubs. I can best assist with Research Methods/ Stats (SPSS), Biopsych, Cognitive Psych, Abnormal Psych, Psych Testing, APA formatting, & internship planning. Favorite Quote: "No use crying over spilled milk."

**Melissa G.:** Hi everyone! My name is Melissa and I'm a Psychology senior looking at Grad school and Law school as soon as I'm done here. In my spare time you're likely to find me hanging out at all the local car shows. I can help you with APA formatting, Cognitive Psych, Psychology of Law, Learning and Memory as well as Statistics and Research Methods. "A failure is not always a mistake. It may simply be the best one can do under the circumstances. The real mistake is to stop trying."- B.F. Skinner



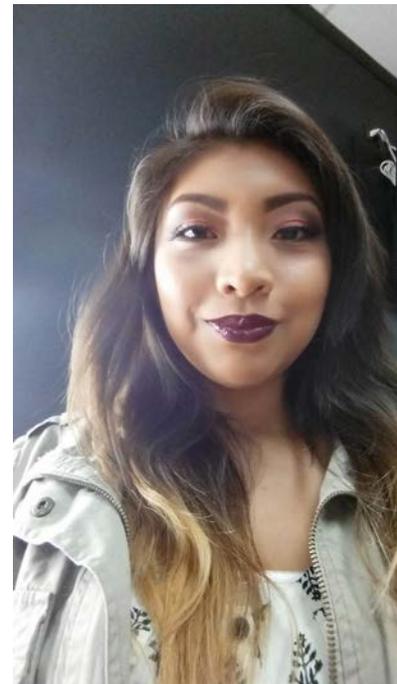
# Get to Know Us



**Brandon Mears:** This is my fourth and final year as an undergraduate at Fullerton, and my third semester as a Peer Mentor. I am currently a research assistant for Dr. Navarick and a UCA for Dr. Trevitt's Psych 300 course. My plan is to graduate with a BA in Psychology this May, and then enter one of the MFT programs offered by the Cal States to further my studies in psychology and become both a college professor and a therapist. Lastly, I can provide help with Introductory Statistics (201), Research Methods (202), Intermediate Statistics/Research (300), Abnormal Psych (341) and Counseling Theories (HUSR 380), Social Psych (351), I/O Psych (391), Personality Psych (331), and APA style & formatting. I hope to see many of you over the following weeks!

## Melissa Salmeron

Hello! My name is Melissa and I'm a 5th year Psychology major with a minor in Sociology and Gerontology. I plan on going to grad school after graduation and would like to one day have a PsyD in Clinical Psychology. I am involved in my major by being the ICC Rep. for PDSA and the Secretary for LSPA, a research assistant for Dr. Cherry, a DSS Peer Mentor and a 2nd time Psychology Peer Mentor. What I like to do for fun is read, binge watch TV shows, and listen to music. I can help students with Psych Testing, Biopsychology, Social Psychology, Abnormal Psychology, APA formatting, general questions regarding grad school, major/minor requirements, and what courses you can take or want to know more about. I can also assist students if they want to know how to get involved in research or want to know more about Psych clubs. "Be the person you needed when you were younger."



# Get to Know Us

## Ruben Castaneda

I am a Psychology, and Business Finance double major. I am a full-time returning transfer student from Fullerton College and plan to graduate next Fall 2017. I also currently work for University Outreach here on campus as a transfer peer advisor. I am a member of PDSA, AWARE, and LBSA organizations. I can assist with I.O., abnormal, child, social, and animal behavior psychology as well as intro to statistics.



## Jennifer Rubalcaba

My name is Jennifer and I am a Psychology major with a minor in Sociology. I plan on getting a PsyD in Clinical Psychology. Currently, I am a UCA for Biopsychology (306) for Professor Luke McGowan. I can assist with Biopsychology, Research Methods, Industrial/ Organizational Psychology, APA formatting, study skills, and graduate programs. Outside of classes, I like playing soccer, hiking, and binge watching TV shows. Favorite Quote: "Every struggle you had in your life shaped you into the person you are today. Be thankful for the hard times, they can only make you stronger."

**Mimi Nguyen:** Hi everyone, my name is Mimi and I am a senior and McNair Scholar at California State University, Fullerton. I am a double major in Sociology and Psychology. I intend to obtain a Ph.D in Sociology. My research interests pertain to social psychology, power-dynamics, sexuality and gender. Currently, I am a UCA for Social Psychology (351) for Michael Baker, a Peer Mentor, and a research assistant in the Q-Lab. I can assist with social psychology, methods, APA formatting, stats, graduate school information and options, and human sexuality. I enjoy art museums, concerts, reading, painting, philosophy, and traveling.



# Get to Know Us

**Kelcey Khen:** Hello! My name is Kelcey Khen. I am a senior and full time student majoring in psychology. I am interested in Clinical Psychology, and I aspire to be a marriage and family therapist. Psychology courses I have taken and am familiar with are Intro to psychology, social, cognitive, abnormal, and personality psychology. Also, I am currently taking biopsychology and psychological testing. Aside from education, I enjoy hiking, exploring new beaches, and taking mini road trips. Favorite quote: "You get in life what you have the courage to ask for" -Oprah Winfrey



**Frank Reyes:** Hi, my name is Frank. In my downtime, I enjoy reading all sorts of literature, meeting new people, being in nature, pondering the mysteries of the universe, and on occasion getting turned up with the lads, fam. I am a Psychology & Sociology major, and I can help you with APA formatting, (Basic) stats, SPSS, Cognitive Psych, Biopsychology, Psych Testing, and with general college writing.

**Yuliana Fernandez:** Hey there! My name is Yuliana and this is my first semester being a Peer Mentor. Aside from that, I am also the treasurer of PDSA and a research assistant for Dr. Alcalá. Feel free to ask me any information about that! I really enjoy watching movies and hope to one day get my Ph. D and open up a nonprofit organization for children who have gone through traumatic experiences in their life. I could help out with APA formatting, internship planning, and abnormal psychology. Favorite quote: Sometimes you need to get lost to find your way.



# Get to Know Us



**Dillon Pedroza:** I am a psychology major in my second semester after at CSUF. My interests in the field lie in personality, abnormal, or Industrial/Organizational psychology. I am considering clinical, or Industrial/Organizational psychology as potential career paths for myself in the field. I can assist with: APA, SPSS, Excel, Intro/Intermediate stats, Psychology of Personality, or Abnormal Psychology. Favorite Quote: "People don't have ideas, ideas have people."

**John Alexander:** Hey! My name is John Alexander. I am a third year Psychology major and Human Services minor. I plan on attending grad school and becoming a marriage and family therapist. I am a UCA for psych 202. Courses I have taken here on campus include psych 101, 201, 202, 341, 391, and I'm currently taking 300 and 361. I like to golf and surf! We are here to help, so reach out if you have any questions!



## Nancy Villalvazo

Hello my name is Nancy Villalvazo and I am a senior now at CSUF majoring in Psychology and minoring in Human Services. This will be my first year as a peer mentor but I am currently a University Course Assistant for cognitive psychology. I am interested in attending the Counseling Master's program here at CSUF, but meanwhile I am happy to help undergrad students with any struggles they may challenge. Other than school, I like to hang out with my family, read, and hike at new locations. Favorite Quote: "Ask. Believe. Receive." -The Secret

# Get to Know Us



## Janet Garcia

Hello! My name is Janet Garcia. I am a psychology major in my fourth year. I plan to become a mental health counselor or a marriage therapist. I can help with introduction psychology, social and abnormal psychology. I can also help with APA formatting, and major requirements. I am always happy to help, so don't be afraid to stop by. I love desserts, watching marvel movies, and going on runs. "The scariest moment is always just before you start." -Stephen King

## Mary Brown

My name is Mary Brown, I am a non-traditional adult psychology major. This fall will be my final semester as an undergraduate, and I am looking forward to going on to grad school. I currently run a behavioral respite company and I am in the process of getting my RBT. I have four kids at home and my free time is spent swimming, hiking or watching Game of Thrones.

The subjects I feel most confident i helping with be intro stats, Critical thinking of psychology, BioPsych & BioPsych Lab and Sense & perception.



## Dr. Kristin Beals

I received my PhD from UCLA in 2003. I joined the faculty at CSUF in 2005. I have recently been honored by CSUF Alumni with the Outstanding Faculty Service Award. "A good teacher is like a candle – it consumes itself to light the way for others." –Mustafa Kemal Atatürk, translated from Turkish.

# Professor Spotlight

Author: Dillon Pedroza

## Professor Jonathan Park



Upon walking into Professor Park's classroom, I immediately thought to myself, "wow, he looks young." Is he, like myself, what baby boomers so kindly refer to as "another lazy millennial?" His composed style of lecturing, broad scope of knowledge in psychology and research, along with his willingness to help students all serve to dispel any potential negative conceptions of him. However, the age-question still lingered... and in a subsequent lecture he revealed that he is, indeed, in the early half of his 20's.

Professor Park, who completed his graduate studies in spring 2017, received both his Master of Arts in Quantitative Psychology, and Bachelor of Arts in

Psychology from CSUF. A fascination with psychology, and an awareness of how little is understood about the human mind is what led a young Professor Park to pursue his undergraduate degree in psychology. During his time as an undergrad this young Professor enjoyed the posts of Vice President, and President of the Psychology Department Student Association (PDSA). In addition to such great opportunities he also held posts as Vice President, and President of the Society for Interdisciplinary Research in Evolution (SIRE).

Current Endeavors:

Professor Park also has an extensive research background. Besides being involved in research with Dr. Jennifer Trevitt during his undergraduate and graduate studies, Park has also worked with Dr. Kathleen Preston in her Quantitative Psychology lab at CSUF. His current research interests are in longitudinal modeling, modeling of longitudinal/time series data. Some of his applied work involves normally relating events in adolescence to concurrent events or future psychological outcomes. In his free time Professor Park enjoys 'reddit-ing,' coding, landscape photography, and spending time with his partner.

Words of Advice to Students:

Given that this young Professor completed his undergraduate and graduate education in a 6-year time-line (which some students believe is necessary), I figured that I should probe his mind in regard to the pressure that students feel to finish their undergraduate education in the standard 4-year time-line. His opinion is that this is an unnecessary pressure, and that when applying to grad school or jobs post-graduation the time in which a student completed their undergraduate degree is of little concern. Furthermore, he believes that the university experience is about developing experience, skills, and relationships that will foster success in one's life. I would like to quote him on what I believe will be a great takeaway of this article, "Life isn't a race... [There's] absolutely no shame in taking longer to obtain a goal."

## Fall 17 Office Hours

	Monday	Tuesday	Wednesday	Thursday
8:00-8:30 AM		Jenny		
8:30-9:00 AM		Jenny		Melissa G.
9:00-9:30 AM				Melissa G. / Ruben
9:30-10:00 AM	Yuliana			Ruben
10:00-10:30 AM	Yuliana	Jenny	John	Kelcey
10:30-11:00 AM	Yuliana	Jenny	John	Kelcey
11:00-11:30 AM	Yuliana	Jimmy	Brandon	Kelcey
11:30-12:00 PM	Mimi	Jimmy	Brandon	Kelcey
12:00-12:30 PM	Dillon/Janet	Frank/Jennifer	Brandon	Kelcey
12:30-1:00 PM	Dillon/Janet	Frank/Jennifer	Brandon	Kelcey
1:00-1:30 PM	Janet	Frank/Jennifer	Brandon	Frank/Melissa S.
1:30-2:00 PM	Janet	Frank/Jennifer	Mimi	Frank/Melissa S.
2:00-2:30 PM	Melissa S.	Mary	Mimi	Nancy
2:30-3:00 PM	Melissa S.	Mary	Mimi	Nancy
3:00-3:30 PM	Mary	Mary	Mary	
3:30-4:00 PM	Mary	Mary	Mary	
4:00-4:30 PM	Ruben			
4:30-5:00 PM	Ruben			

Need Help with a specific course? Here is who might assist you best:

**Intro/Intermediate Stats & Research Methods:** Frank, Jenny, Jennifer, Dillon, John, Melissa G., Mary, Brandon, Mimi, & Jimmy

**Advanced Stats:** Jenny & Jimmy

**Biopsych:** Frank, Jenny, Jennifer, Mary, and Melissa S.

**Cognitive Psych:** Jenny, Nancy, Melissa G., & Kelcey

**Psych Testing & Assessment:** Frank & Jenny

**APA Formatting:** Frank, Jenny, Jennifer, Dillon, & Yuliana

**Graduate Programs:** Jenny & Jimmy

## 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>