

# Psychology Peer Mentors

## What Does 120 Mean to You!?

By: Antonio Torres

### Graduation Unit Requirement

Hello Everybody, I'm Tuffy! And like you, I'm ready to graduate from CSUF! There's one magic number we should keep in mind though, and that's the number **120**! We need to complete **120** semester units in order to graduate with a Bachelor of the Art Degree. Here are a few things to remember....

- **40** of the 120 units **must be upper-division (classes 300+)**
- **51 units** are required in **General Education**
  - **At Least 9 units must be taken at CSUF**
  - **At least 9 units of GE must be 300+**
- **Don't forget your Cultural Requirement!**
- **Take 1 class in Area Z** (usually labeled with an \* )

### ⇒ Transfer Students!

-Remember that CSUF only accepts up to **70 units** from your transfer school!

What Does 120 Mean to You!?



Remember! Classes 0-99 DO NOT COUNT towards Graduation!



I'll See You at Graduation!



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# Graduate School Workshop Overview

By: Ellen Wilkerson

Ellen Soakai, Assistant Director of Admissions at Claremont Graduate University held a graduate school workshop at California State University, Fullerton. Making the right choices when deciding if graduate school is right for you can be a daunting task. There are several factors that should be considered, such as, how to choose a graduate school, how to prepare a competitive application, and how to fund your education.

First you want to determine your ultimate end-goal and be specific. The more discriminating you are in the planning stages, the easier it will be to narrow down your choices. You know you like psychology, but what kind? Research-based? Clinical? Make sure to have a mix of competitive and less competitive schools so you have options available. Of your short-listed schools, research the faculty. If faculty seem like people you want to work with, prepare to learn more about them and include them in your personal statement. This is a great way to put yourself at the top of the list of applicants. Visit the campus and pay attention to the faculty, staff and students you meet. Do you like them, and do you see yourself being successful there?

Your resume is important and depending on the department or school you are applying to, a resume or curriculum vitae might be more appropriate. The difference is a curriculum vitae is a summary of your professional and academic backgrounds as well as research experience, publications, presentations, awards, honors, affiliations and other details. A resume is shorter, usually a two page summary of skills, experience and education.

Many students find that the personal statement is the most stressful portion of the application, but most graduate schools require a personal statement. The personal statement for graduate school is very different than the personal statement for undergraduate school. Usually, the school will ask a specific question such as, "Why did you pick our school? What is it you can get here, and not somewhere else?" It is very important to answer these questions directly. Try to present an illuminating, but focused answer that demonstrates your passion, abilities, and drive. Other considerations are the length which should be around 3 to 5 pages double-spaced. Double-check and proof read your statement carefully.

Research scholarships given in your field of study. Do you qualify for any scholarships, loans, fellowships based on who you are? Do you qualify based on religion, ethnic, social, economic characteristics? Finally, make friends with financial aid staff. Graduate school is something that you can achieve!

## Helpful Information!

### *Committees look for...*

- Highly motivated candidates, independent workers, and self-starters
- People's ability to take constructive criticism
- Students who will thrive in the program

### *Make sure to prepare..*

- The application form and the application fee
- Personal statement, resume or CV, and official transcripts
- Letters of reference/ recommendation and official test scores

**"Making the right choices when deciding if graduate school is right for you can be a daunting task."**

## Faculty Feature: Professor Cheng

**By: Rogeur Habachiy**

Getting to know professors as mentors and resources on campus is very valuable and a great opportunity for students. Students who have done so would agree that the ability to communicate and relate to a professor is key in establishing a good academic relationship for future references. Approachability and passion in the field of psychology are surface traits of Professor Emily Cheng.

Professor Cheng has been teaching classes at CSUF for almost 10 years now. She is currently teaching Computer Applications in Psychology, but she has spent her career as a professor teaching other core psychology courses, such as Intro Psychology, Research Methods, and Statistics. Ironically, when asked what it was that pushed her to choose psychology as a field of academic pursuit, Cheng responded, “It was my intro to psychology course....and psychology had some of the fewest math requirements.” She had not originally planned on becoming a professor, but while working on her MA in developmental psychology here at CSUF, the opportunity presented itself. Cheng claims that the best part of being a university professor is the autonomy. She is able to apply herself and her experiences in instructing a class and that is something she finds extremely valuable that others may not find in their professional careers.

Outside of psychology, Professor Cheng simply enjoys downtime, relaxing with family, and watching movies. She is currently working on her Ph.D. at UCLA and doing research on the effectiveness of intervention with Latina women. She says the toughest thing about her career has been balancing work and trying to find that down time. Many students are in a similar situation in terms of time-management, but Professor Cheng urges all under-

graduates to invest a portion of their time in their desired field. The investment of her time in her career is something that she says has been an obstacle and a blessing at the same time. When asked if she would change anything about her academic or professional path she admitted to being extremely happy in the path she has chosen. Professor Cheng advises students to “seek out as many opportunities as possible, whether it’s in work, or school, or research. Students are so focused on just trying to pass a class that they forget about other valuable opportunities surrounding them.” Professor Cheng is a relatable and welcoming professor that can offer a lot of great advice to students searching for a path in psychology.



# Psychology Humor

By: Kat Koszewski



Fred: "Why are you so upset?"

Harry: "My wife introduced me to her psychiatrist this morning."

Fred: "So what?"

Harry: "She said to him, Doctor, this is my husband. You know, one of the men I've been telling you about."

How many psychologists does it take to change a lightbulb?

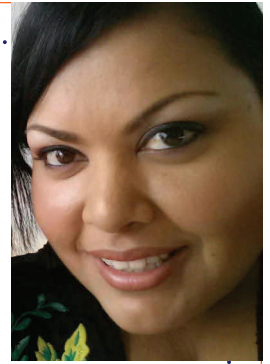
- None. The lightbulb has to want to change itself.

What is the region of the Roman gladiator's brain between their hemispheres called?

- The Corpus Coliseum



# Get to Know Us!



## Arlene Martinez

I am currently working on research in collaboration with Dr. Trevitt. We are evaluating the effects of a high-fat diet or a high-sucrose diet in older Sprague-Dawley rats. Additionally, I am and have been the biological psychology course assistant for 2 years for Dr. Trevitt. I am also the Vice-President of the Psychology Department Student Association. And lastly, I have been a peer mentor for 2 semesters now; I enjoy being an active member of the family here at Cal State Fullerton.

In May, I will be graduating from Cal State Fullerton with a B.A. in Psychology. I just submitted my application for graduate school, which is a big deal for my family and me as I am the very first one in our entire lineage to have pursued a post-graduate degree. Optimistically, I hope to instill the love of higher education to my beautiful daughter, who is the driving force behind everything I do.

My advice for students: Don't forget to take time to look up from your textbooks. Life is happening right now; life doesn't begin when you graduate, when you start making money, or when you get married. Don't take life too seriously! We learn and grow most from trying times, so learn to embrace the difficult moments and know that it too will pass. The shadow proves the sun shines!

## Briana Ramirez

My name is Briana Ramirez. I am a psych major with a minor in human services, and I plan on graduating in the spring of 2016. Besides being a peer mentor, I am also currently a research assistant for Dr. Peissig, an intern at the Children's Center, and I am a member of PDSA (Psychology Department Student Association) and SAAPSA (Substance Abuse Awareness and Prevention Student Association).

In the past, I have had internships at the Speech and Language Development Center, which is a special needs school for children age 3 months to 22 years, and at the Brea Family Resource Center. In addition I have also served as a course assistant for Dr. Preston.

On my free time I enjoy hanging out with friends and family, reading, writing, drawing, and spending hours watching meaningless shows and movies on Netflix. My biggest advice for all Psychology students would be to get involved in school, and in your community! Pursue all things that you are interested in, even if your interest is mild. You will never know what you truly enjoy, or what you are truly skilled at until you put yourself out there and try. Great places to try new things are internship sites, volunteer opportunities, and the numerous clubs that are offered here on campus. With confidence, motivation, and a positive work ethic there is nothing you cannot achieve!



# Psychology Clubs

## PDSA

The Psychology Department Student Association (PDSA) is the official department organization for Psychology majors at CSUF. The goal of PDSA is to expose students from all majors to the enormous and expansive field of Psychology. This year, PDSA seeks to fulfill its mission by hosting various guest speakers, clinicians, professors, and graduate students to inform students of the various career and educational opportunities that lie ahead of them in the field of Psychology. PDSA will also be hosting several social events where members can network with each other and relax. Meetings for PDSA are every Wednesday from 4:00PM to 5:00PM in H-604. For more information, contact PDSA at:

[PDSAatCSUF@gmail.com](mailto:PDSAatCSUF@gmail.com)

<https://www.facebook.com/csun.pdsa>

## SIRE

The Society for Interdisciplinary Research in Evolution (SIRE) is an interdisciplinary organization in the Psychology department that seeks to understand human behavior through the use and application of evolutionary theory. Working in close coordination with students from the Biology, Anthropology, and Psychology departments, SIRE is planning to host various social events, discuss research articles, and even conduct an empirical study to expose students to the research process. If you are interested in joining SIRE, please contact:

[SIRE.CSUF@gmail.com](mailto:SIRE.CSUF@gmail.com)

<https://www.facebook.com/sire.csuf>

## LSPA

The Latina/o Student Psychological Association was founded in the Spring of 2013 under the advisement of Dr. Cervantes. The primary goal of this club is to help students get into grad school. The club provides workshops to assist students with grad school applications as well as building a CV. The club also attempts to provide a safe environment where students can have discussions, express their interests, and share their ideas. The club is open to all who are interested. The meetings are held every Tuesday at 6pm in H-412. For more information, you can contact Paula Sandoval.

[psandoval@csu.fullerton.edu](mailto:psandoval@csu.fullerton.edu)

<https://www.facebook.com/lspa.csuf>

## Peer Mentor Office Hours

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30					<b>Tony</b>
9:30-10:00					<b>Tony</b>
10:00-10:30	<b>Jonathan</b>	<b>Kat</b>			<b>Tony</b>
10:30-11:00	<b>Jonathan</b>	<b>Kat</b>			<b>Tony</b>
11:00-11:30	<b>Jonathan</b>	<b>Kat</b>	<b>Amanda</b>		<b>Tony</b>
11:30-12:00	<b>Jonathan</b>	<b>Kat</b>	<b>Amanda</b>		<b>Tony</b>
12:00-12:30	<b>Ellen</b>				
12:30-1:00	<b>Ellen</b>				
1:00-1:30		<b>Arlene</b>		<b>Roger</b>	
1:30-2:00	<b>Brianna</b>	<b>Arlene</b>	<b>Brianna</b>	<b>Roger</b>	
2:00-2:30	<b>Brianna</b>	<b>Arlene</b>	<b>Brianna</b>	<b>Roger</b>	
2:30-3:00	<b>Brianna</b>	<b>Arlene</b>	<b>Brianna</b>	<b>Roger</b>	
3:00-3:30		<b>Stephanie</b>		<b>Roger</b>	
3:30-4:00		<b>Stephanie</b>		<b>Roger</b>	
4:00-4:30					
4:30-5:00					
5:00-5:30				<b>Amanda</b>	
5:30-6:00				<b>Amanda</b>	
6:00-6:30				<b>Amanda</b>	
6:30-7:00				<b>Amanda</b>	