



# Peer Mentors Newsletter May 2013



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## Study Tips

- Plan ahead
- Avoid distractions
- Don't waste time
- Mnemonics
- Use your resources

## It's Crunch Time!

By Daniela Ruiz Cedeno

For many students, finals week is synonymous with stress, irritability, and lack of sleep. While finals week is undoubtedly difficult to get through, by using the resources that are available on campus and following these simple tips you will find yourself at the finish line!

•**Plan ahead.** While it may sound cliché, this is probably the most important thing you can do to ensure success on your exams while minimizing stress. Start studying for your exams at least one week in advance. You will reach optimum efficiency by studying in blocks of 50-90 minutes with 10-15 rest or relaxation periods in between.

•**Avoid distractions.** That's right, no Facebook, Instagram, texting, T.V., nothing. Unplug and turn off all your devices for a couple hours. It can all wait until you are finished with your exams. Focus, focus, focus! It will all be worth it in the end.

•**Time is valuable, don't waste it.** If your professor provided a study guide, stick to it! You want to reduce the time spent duplicating your efforts (reviewing the same material repeatedly, rewriting notes that do not help with review) If you are making flashcards, make sure you will have enough time

to actually use them. Eliminate dead hours, take advantage of breaks in between classes.

•**Mnemonics.** It is harder to recall a list of twenty words than it is to recall a twenty word sentence. Try to make your material interesting by connecting with whatever it is you are learning. If you make facts personal or use mnemonics like the method of loci, remembering the material during an exam will be much easier.

•**Use your resources!** Attend office hours! Make sure you have plenty of time to meet and discuss, even if you only have one question, meeting with your professors will give you insight into what they think is important (and will most likely be on the exam). Many center on campus host events and offer extended hours to provide students with the proper setting for an optimal study session. In addition to Psych Peer Mentors, (which will be available until the week before finals) the following centers on campus will be available for use at your convenience

•**The African American Resource Center (H 222)** will be providing stress relief workshops, finals preparation, Scantrons and tutoring during the week of

5/13/13-5/16/13. Feel free to contact them at (656) 278-3230 for more information.

•**The TSU** will be open 24 hours a day from 5/13/13 until 5/24/13. They will also be hosting "All Night Study" which will feature a variety of late night events including snacks and giveaways. Check out their website for more information <http://asi.fullerton.edu/ans/>

•**The University Writing Center** ( located on the First Floor South of the Pollack Library) provides free tutoring services at any step of the writing process to polish and perfect your final papers

•If you find yourself feeling overwhelmed, stressed or are experiencing high levels of anxiety, a visit to the **CAPS** (Counseling and Psychological Services) center on campus could be of great benefit to you. CAPS offers CSUF students access to free individual and group counseling.

## Stress and Final Exams

By Julie Bell

As many college students have come to realize, stress and finals week are not mutually exclusive of one another. Numerous psychological studies have found that grades and academic performance rank highest out of any other stressors for college students. With finals week being one of the most important weeks out of the semester, it is no surprise to find oneself especially stressed during this time. The human body is designed to experience stress and react to it. Stress can be positive, keeping us alert and ready to avoid danger, however it can become negative when an individual faces continuous stress without relief or relaxation. Excessive stress levels can attribute to problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety. Stress is an unavoidable issue, yet can be reduced

through a number of healthy mediums. Listed below are a few ways one can reduce stress...

- **Get organized:** Avoid procrastination and plan ahead
- **Exercise regularly:** Exercise is one of the best ways to prevent stress. Setting aside as little as 10 minutes can elevate your mood, release tension, and help keep your body healthy.
- **Eat healthy:** Although fast food and junk food are convenient and affordable, they lack many vital nutrients the body and brain need in order to function optimally. Be sure that your main meals are healthy and balanced.
- **Meditate:** engaging in some light yoga or setting aside alone time can help clear the mind.
- **Get enough sleep:** Many college

students find it hard to reach the ideal seven to eight-hour sleep range due to busy schedules and priorities/responsibilities. However, sleep is a priority, and a good night's sleep allows one to tackle the day's stress in a more parsimonious manner.

- **Study with your peers:** Joining a study group can make studying more enjoyable and engaging.

Best wishes and good luck on your finals!

*Excessive stress levels can attribute to problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.*

## Borrowing Against Your Future

By Nesreen Sharmouj

After attaining a Bachelor's degree, many students will go on to attain a Masters or a PhD. We all know that graduate programs are pricey, and without student loans most of us wouldn't be able afford higher education which will allow us to work for higher pay and in a more desirable environment. So it seems that student loans are a necessary evil. Like other unregulated corporate entities, student loan lenders work tirelessly to figure out ways to take more and more of your money for a longer and longer time. We need to educate ourselves as to the pit falls of student loans. Our number one goal is to get through as much education with as few loans as possible. Nevertheless, it is estimated that for every dollar you borrow, you pay back three.

There are two different types

of loans: Direct Subsidized loans and Direct Unsubsidized loans. Direct subsidized loans usually have better terms to help out students with financial need. These types of loans are available to undergraduate students with financial needs, it also determines the amount a student can borrow, and the amount may not exceed their financial need. Moreover, the U.S Department of education pays the interest for a subsidized loan under these conditions: while student is in school at least half the time, for the six months after they graduate, and during the period of deferment. Direct Unsubsidized loans are available to undergraduates as well as graduate students, and there is no requirement to demonstrate financial need. This type of loan can determine the amount students can borrow by considering the cost of attendance and other financial aid

they receive. For a direct unsubsidized loan, students are responsible for paying the interest during all periods. So this means if the student does not pay their loans while in school, during grace periods, or deferment periods, their interest will accumulate and be capitalized. Bottom line is this: do whatever you can to avoid being trapped in that net. The student loan industry is complicated and deceiving; it just makes good sense not to be beholden to them.

## Featured Professor: Dr. Kayla Causey

By Melanie Jambrosic

It's time to meet some of our part-time faculty. Here is Dr. Kayla Causey who got her bachelor's degree in Psychology at the University of South Florida and earned her Ph.D. in evolutionary developmental psychology and cognitive psychology at Florida Atlantic University. She is now a professor here at CSUF who teaches PSYCH 304 (Comparative Animal Behavior), PSYC 304L (Lab in Comparative Animal Behavior), and PSYC 302 (Learning and Memory) this semester. Next semester she is taking an advantage of being a part-time faculty member by cutting back to only one course, a graduate course in environmental education.

"Being a part-time lecturer has its pros and cons" says Dr. Causey. She enjoys the flexibility to explore research interests and spend time with her son while he is young but of course "part-time members get paid substantially less than tenures and tenure-track members" she explains.

Right now she is working on some of her research interests by being the principal investigator of the Coastal Dolphins of Orange County (CDOC) Project and a board member and scientific advisor for the Gray Whale Foundation. The CDOC Project is her



research project on coastal dolphin behavior and social ecology. "I think that a better understanding of dolphins can actually help us understand the nature of human intelligence. Dolphins demonstrate the type of cognitive and behavioral flexibility that we often ascribe to humans and other "intelligent" species," she explains. Dr. Causey is examining the relationship between boat traffic, noise, and dolphin distribution, as well as the social structure and development of the local bottlenose dolphin population in her research. You can read more about her project at [www.cdoproject.org](http://www.cdoproject.org) and if anyone is interested, she is also on the lookout for some new research assistants to add to

her team. This is a great opportunity for psychology students to get some research experience and work with an awesome professor like Dr. Causey!

A fun fact about Dr. Causey is that she works with her own husband at CSUF! He is also in the psychology department. When asked how she likes working at the same university with him, she replies with a little humor and says they are so busy that they rarely even see each other even though they are in the same building. Working together is logistically easier for them like not having to commute but it's really not much different than working at different places, she explains. Some other fun facts that you might not know about Dr. Causey is that she and her son share the same birthday and in her spare time, you can find her outdoors. Although she is literally a workaholic, she loves to play with her son, Simon. He brings a wonderful sense of balance to her life, forcing her to "play." Nothing brings her greater joy than watching him become his own little person. Dr. Causey also enjoys shows like Teen Mom and The Bachelor and consuming ridiculous amounts of cheese while doing so.

## CONGRATULATIONS TO THE CLASS OF 2013!

By Veronica Anderson

On Sunday, May 26, 2013 we celebrate and recognize the accomplishments of our graduation class of 2013. As this is a milestone in our graduate lives, we bring our friends and family to applaud us as we walk and accept our diploma. The entire ceremony is set to last three hours, beginning at 8:00am. There are two ceremonies; the university ceremony and each individual college ceremony. The university cere-

mony will take place on the lawn north of the Titan Gymnasium and immediately after, all graduates will separate to their graduating college. The Psychology Department's commencement will be located at the Titan Gymnasium. Graduates are to assemble at the north side of the Titan shops bookstore, while friends and family are to find seating on the west side of the Titan Gymnasium. Seating and parking will be

on a first come, first serve basis, so get there early. Tickets are not required for university commencement ceremony; however they will be required for all friends and family, and will be scanned before entering the gym. The entire ceremony should end at about 11:00am. Congratulations graduates!

## On-Campus Resources

Career Center  
Location: LH 208  
[www.fullerton.edu/career/](http://www.fullerton.edu/career/)

University Learning Center  
Location: Pollack Library 2nd floor  
[www.fullerton.edu/ulc/](http://www.fullerton.edu/ulc/)

Academic Advisement Center  
Location: UH 123B  
[www.fullerton.edu/aac/](http://www.fullerton.edu/aac/)

Writing Center  
Location: UH 123B  
[www.fullerton.edu/engl](http://www.fullerton.edu/engl)

Testing Center  
Location: UH 229  
[www.fullerton.edu/testing](http://www.fullerton.edu/testing)

Health Center  
Location: Health Center  
<http://www.fullerton.edu/shcc/>



### Where am I?

Psychology Peer Mentors Office .....	H-525B
Psychology Department Office .....	H-830M
Advisement Office .....	H-830J
Psychology Lounge .....	H-525B
Psychology Computer Lab .....	H-607
Student Access Center.....	H-112

## Peer Mentors Office Hours

Email: [psycmentors@fullerton.com](mailto:psycmentors@fullerton.com)

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

Phone: (657) 278-7538

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30					
9:30-10:00		Zahra	Zahra		
10:00-10:30	Janelle/Daniela B,	Zahra	Zahra/Allina	Melanie/Daniela B.	
10:30-11:00	Janelle/Daniela B.		Zahra/Allina	Melanie/ Daniela B.	
11:00-11:30	Daniela B.		Zahra	Jeff	
11:30-12:00	Catherine	Carolyn	Daniela R.	Jeff	
12:00-12:30	Catherine	Carolyn		Jeff	
12:30-1:00	Daniela R.	Carolyn		Jeff	
1:00-1:30	Brian		Edwin/Brian	Ramon/Jeff	
1:30-2:00	Brian	Carolyn	Edwin/Brian	Ramon/Jeff	
2:00-2:30		Carolyn		Tina	
2:30-3:00	Carolyn	Veronica		Aspen/Melanie/Stacy	
3:00-3:30	Andrea	Veronica		Aspen/Melanie/Stacy	
3:30-4:00	Andrea	Nesreen		Melanie/Tina	
4:00-4:30		Nesreen / Veronica	Julie	Nesreen	
4:30-5:00		Veronica	Julie	Nesreen	
5:00-5:30		Veronica	Julie		
5:30-6:00		Veronica	Julie		
6:00-6:30					
6:30-7:00					