

# PSYCHOLOGY Peer Mentor NEWSLETTER

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**Happy  
Holidays**

## Snacks for Success

*By: Bri Nguyen*

Studying for finals can be extremely stressful, which is taxing on your body. Eating a healthy, well-balanced diet will help you focus and concentrate better on your exams. Here are some quick, healthy snack options to keep your body and mind fueled during this stressful week!

- ❖ Edamame: high in protein and fiber
- ❖ Dried mixed nuts, (almonds, cashews, walnuts, etc.): excellent source of protein, healthy fats, omega-3, and fiber
- ❖ Eggs: high in protein, contains all nine essential amino acids, also high in thiamin, riboflavin, and vitamin B12
- ❖ Blueberries: high in antioxidants
- ❖ Carrots: high in fiber, calcium, and potassium
- ❖ Oranges: high in vitamin C to support your immune system, as well as potassium, calcium, and healthy carbohydrates
- ❖ Oatmeal: high in fiber and protein, low calories
- ❖ Greek Yogurt: high in protein, low in sugar, with digestive benefits
- ❖ Avocado: healthy mono-saturated fats, a great source of vitamin E

## REMINDER

***No Peer Mentor Hours  
During Finals Week!***

## Current State of the Transgender Community

*By: Cynthia Gonzalez*



On October 21<sup>st</sup>, the New York Times released an article outlining a leaked memo being proposed by the Department of Health and Human Services to the Trump administration regarding legally defining sex. In stark contrast to the Obama administration's moves to loosen restrictions on gender definitions, the Department of Health and Human Services is proposing a severe restriction on how sex and gender are defined. The proposal included defining gender as a biological and immutable condition decided by genitalia at birth. Proposing such restrictive definitions comes as a direct attack against the transgender community in attempts to roll back existing protections. The transgender community, which has seen an increase in social recognition as well as expanding rights under the Obama administration, now faces a plethora of uncertainties regarding healthcare and equal rights under the law.

The leaked memo proposes a change to Title IX. Title IX is the current federal civil rights law protecting students against discrimination on school campuses across the United States which receive federal funding. Title IX was expanded by the Obama administration to cover transgender students and ensures students are not discriminated in education based on their gender identity. If the proposed memo was instituted into the policy of Title IX, it would dramatically affect the lives of transgender students. A change in Title IX would mean the termination of access to locker rooms and restrooms matching their gender identity on campus, as well as their protections against

discrimination within education. Advocates of rights for the transgender community fear that if the Department of Education adopts a new definition of gender under Title IX, that it will encourage other government agencies to do the same, establishing a severely anti-transgender federal government policy. Many advocates feel that it is the current administration's goal to extend a possible new definition of gender into all federal agencies, effectively erasing transgender people from political existence by purging away equal rights protections.<sup>2</sup> Legal experts have attempted to predict the administration's reasoning for changing Title IX, and many say it is part of the larger attempt by Trump and the GOP to repeal the Affordable Care Act. The Trump administration has voiced interest in changing specifically the ACA's Anti-Discrimination rule, which specifically covers gender identity. This rule, known as Section 1557 of the American Care Act, forbids discrimination in healthcare programs and activities that receive federal funds.<sup>2</sup> Section 1557 also prevents insurance companies from offering policies that completely exclude transgender medical care coverage. Lawyers who spoke regarding the matter suggest that changing Title IX would be the first step in repealing Section 1557, as the Trump administration must first change the underlying statutes on which it is established.<sup>2</sup>

Although the memo is currently still being considered by the Department of Health and Human Services, it signals a startling upturn in the targeting of the transgender community by the Trump administration. With the adoption of the current memo by the Trump administration, it would effectively erase the existence of transgender Americans across the United States, as well as intersex and gender non-conforming people. The existence of the memo does make it clear to the transgender community that the Trump administration does not plan to protect them from discrimination within education or employment and is actively seeking to delete their existence from U.S society. It would also send a message across the globe that the United States will not protect the rights of transgender people and does not believe them to be a group worthy of protection from discrimination.

## Emotional Hardships During the Holidays

*By: Giovanni Mendoza*

The holidays are a time to gather around family members, friends, and loved ones. The holidays are a time to spread joy, cheer, and love. However, it is important to know and understand that sometimes, not everyone is having a cheerful time, or feeling loved. As a matter of fact, there are people who are contemplating hurting themselves... even during the most festive times of the year. It is important to know that there is hope. Something can be done. There are signs to identify and other means to help if you are not comfortable approaching the situation.

Some of the signs to watch out for, especially when someone starts acting abnormally strange, not themselves, or exhibit a sudden change in personality:

- Appearing depressed
- Talking or writing about death or suicide
- Withdrawing from family/friends
- Unhealthy fear in relationships
- Feeling hopeless
- Feeling strong anger/rage
- Writing a will
- Abusing drugs/alcohol
- Acting impulsive
- Difficulty in adjusting to sexual identity

Sometimes, it's difficult to ask questions. Other times, you must step up and ask anyway if you feel that they are at risk of harming themselves:

- How are you feeling today?
- When did you begin feeling like this?
- Did something happen that made you feel this way?
- What do you think can make you feel better?
- How are you coping with what has been happening in your life?
- How can I support you right now?
- Have you thought about getting help?
- Have you thought about or attempted suicide in the past?
- Have you thought about how you would do it?
- Do you intend to take your own life?

Always reassure them that seeking help is a sign of strength. Let them know that they are not alone, and you are there to help. Never, under any circumstance, say that suicide is selfish. Never say that there are people who have it worse. More importantly, never compare your feelings to theirs. With such a heavy subject to discuss, we are counting on you to spread some holiday love this season by giving people the gift of friendship. Check up on friends and family members who you may not have talked to in a while. You never know what they might be going through and just by talking with you, it just might make their day and reassure them that someone cares. Remember, there are a lot of resources that are readily available to help. If you, or anyone you may know, are going through a rough time and need help, make the call. We care.

### **National Suicide Prevention Hotline**

(800)-273-TALK (8255). Free 24-hour suicide prevention hotline.

### **National Hopeline Network**

(800)-SUICIDE (784-2433). Toll-free number offering 24-hour suicide crisis support.

# Spring 2019 Scholarships!

By: Trang Le

## Student Success Programs

### ❖ *Titan Scholars Program*

- Open to underrepresented, low-income, or first-generation students who transferred to Cal State Fullerton. This program will provide support to help students attain a college degree and prepare for graduate school. Students will benefit from learning how to integrate, earn a degree in a shorter time, along with knowledge and preparation for graduate school.

### ❖ *McNair Scholars Program*

- Open to students who strive to obtain a Ph.D. program. Must be a junior or second-semester sophomore or 1.5 years left until graduation with a 3.0 cumulative GPA / 3.2 major GPA from a low-income background and first-generation college student and/or underrepresented background.
- This program provides advisement, mentorship, opportunity to complete a research thesis with a \$2800 stipend, graduate school tours, workshops, financial aid, and assistance with graduate school applications and waivers

### ❖ *California Pre-Doctoral Program*

- Open to undergraduates who are interested in earning a Ph.D. that experienced economic and educational disadvantages. Winner will be designated as Sally Casanova Scholars as a tribute to Dr. Sally Casanova.
- The program is designed to help students succeed in doctoral programs by providing resources to visit doctorate-granting institutions, summer research internship, and other doctoral program activities.

## HSS Scholarships – Open to all HSS Majors

### ❖ *Experiential Learning Scholarship* - \$500 (multiple awards) – Due in March

- Open to undergraduate enrolled as a major or minor of the HSS departments. Must have applied to an HSS-Sponsored Experiential Learning program (Study Abroad, Study Away, Cal State DC, Moot Court, Model UN, ANTH Field School, and intensive internships)
- Must have 2.5 GPA or above, financial need, evidence of participation, goals, and progress toward graduation.
- Complete application on the student portal and 500 words or less essay

- ❖ *Leon and Annette Gillbert Study Abroad Scholarship* - \$1,500 – Due in March
  - Open to undergraduate enrolled as a major or minor of the HSS departments. Must spend funds to participate in a language focused study abroad program
  - Must have 2.5 GPA or above, financial need, evidence of participation, goals, and progress toward graduation.
  - Complete application on the student portal and 500 words or less essay
- ❖ *Margarete Liebe Sekhon Graduate Scholarship* - \$1,000 – Due in March
  - Open to undergraduate enrolled as a major or minor of the HSS departments
  - Must have financial need, evidence of participation in community building or civic engagement activities, or demonstrate interest in social justice issues, or intent to pursue a career in public service
  - Complete application on the student portal and 500 words or less essay
- ❖ *Mircea Family Study Abroad Scholarship* - \$750 – Due in March
  - Open to students enrolled as a major or minor of the HSS departments. Must have 2.5 GPA or above, financial need, evidence of participation, goals, and progress toward graduation.
  - Complete application on the student portal
- ❖ *Young Study Abroad Scholarship* - \$500 (multiple awards) – Due in March
  - Open to students enrolled as a major or minor of the HSS departments. Applicants have applied to an HSS-Sponsored Study Abroad program. Must have 2.5 GPA or above, financial need, evidence of participation, goals, and progress toward graduation.
  - Complete application on the student portal
- ❖ *Sandy DeAngelis Study Abroad Scholarship* - \$500 – Due in March
  - Open to students enrolled as a major or minor of the HSS departments. Applicants have applied to an HSS-Sponsored Study Abroad program to a non-European destination. Must have 2.5 GPA or above, financial need, evidence of participation, goals, and progress toward graduation.
  - Complete application on the student portal

- ❖ *Schweitzer Research and Creative Activities Scholarship* - \$250-500 (multiple awards) – Due in March
  - Open to undergraduates enrolled as a major or program of the HSS departments who are engaged in research or creative activities. Must spend funds for travel to conduct research, to present at an academic conference, or to participate in a writer's workshop
  - Must have 2.5 GPA or above, financial need, evidence of participation, and a creative or academic proposed project
  - Complete application on student portal, 500 words or less essay, and sample or evidence of work
- ❖ *Student Success Scholarship* - \$250-500 (multiple awards) – Due in March
  - Open to undergraduate enrolled as a major or minor of the HSS departments
  - Must have 2.0 GPA or above, financial need, and evidence of commitment to completing B.A. despite facing personal or financial challenges
  - Complete application on the student portal and 500 words or less essay

### **Psychology Scholarships**

- ❖ *Applied Psychology Award* - \$100 – by the Psychology Department – Due in April
  - Open to undergraduate and graduate psychology students who use psychology in an applied setting
  - One to two outstanding students will be awarded for their contribution to the clients, site, or others in the community
  - An application letter, independent evaluations of the student for 120 hours or more in an applied setting, supporting evidence, transcripts, and a letter of support
- ❖ *Outstanding Undergraduate Award* - \$200 – by the Psychology Department - Due in April
  - Open to an undergraduate who graduated in January or will graduate in May or August of the current year
  - Outstanding performance in two or three areas of scholarship, research, and service
  - An application letter, supporting evidence, transcripts, and a letter of support



- ❖ *Professor Loh Seng Tsai Memorial Scholarship* - \$300 – In memory of Professor Log Seng Tsai – Due in April
  - Open to graduating seniors and M.A. or M.S. who are planning or been accepted to a Ph.D. program in Psychology
  - Must show academic excellence and teaching or research promise in psychology
  - An application letter, CV, proof of acceptance to a Ph.D. program, and two letters of recommendation
- ❖ *Wilson and Mildred Kee Memorial Scholarship* – Outstanding M.A. Award - \$1,000 – Due in April
  - Open to M.A. students who graduated in January or will graduate in May or August of the current year
  - Outstanding performance in two or three areas of scholarship, research, and service
  - A letter of nomination from a faculty, CV, and a letter of support
- ❖ *Wilson and Mildred Kee Memorial Scholarship* – Outstanding M.S. Award - \$1,000 – Due in April
  - Open to M.S. students who graduated in January or will graduate in May or August of the current year
  - Outstanding performance in two or three areas of scholarship, research, and service
  - A letter of nomination from a faculty, CV, and a letter of support



*Your Fall 2018 Psychology  
Peer Mentors hope you have  
a great winter break. See you  
next semester!*