

# PSYCHOLOGY NEWSLETTER

Co-Editors-in-Chief | Kendra Paquette | Janet Garcia



Back row: Dr. Beals, Janet, Briana, Ha, Elhum, Yuliana, Tina, Kelcey, Brandon, Melissa S., Shima, Frank, Courtney, Jason, Sam, John, Trang, Katherine, Jenny  
 Front row: Kendra, Heidi, Jennifer, Nick, Melissa G., Genesis, Deborah

## Meet the Peer Mentors

Peer Mentors are a group of 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, study tips, class scheduling, and internship and research opportunities. With a wide variety of peer mentors, from all different psychology backgrounds, we are bound to have the answer you are 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).

Get to know us on pages 2-5!



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### *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.

### *Jenny Young*

Hey everyone! My name is Jenny and this is my last semester at CSUF. 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, & graduate/internship planning.

### *Brandon Mears*

Hey folks, after four incredible years at Fullerton and two years of being a Peer Mentor, I am finally graduating this Spring, and I am so grateful for all those who have helped, guided, or mentored me through my undergrad. Thank you to Cal State Fullerton and the Peer Mentor program for pushing me further than I could have ever imagined. If you need help with anything statistics, research, or clinical/counseling related, come see me!

### *John Alexander*

Hey! My name is John Alexander. I am a third year Psychology major and Human Services minor. Courses I have taken here on campus include psych 101, 201, 202, 341, 391, 300 and 361. I like to golf and surf! We are here to help, so reach out if you have any questions!

### *Twyla Smith*

Hello! My name is Twyla and I am a 4th year psychology student graduating at the end of this semester. I will be going to grad school for Marriage and Family Therapy and hope to open my own private practice one day!! If you need help with Psych 101, Survey of Clinical Psych, Psych Assessment/Testing, Abnormal Psych or Comparative Animal Behavior, feel free to come and see me!

### *Kelcey Khen*

Hello! My name is Kelcey Khen. I am a senior and full time student majoring in psychology. Psychology courses I have taken and am familiar with are Intro to psychology, social, cognitive, abnormal, and personality psychology. Aside from education, I enjoy hiking, exploring new beaches, and taking mini road trips.

### *Melissa Salmeron*

Hello! My name is Melissa and I'm a 5<sup>th</sup> year Psychology major with a minor in Sociology and Gerontology. 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.

### *Yuliana Fernandez*

Hey there! My name is Yuliana and this is my second semester being a Peer Mentor. 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.

### *Catherine Strutz*

Hi! My name is Cate, I am a senior here at CSUF, and this is my first semester as a peer mentor. I am a major cinephile so when I am not working or studying my life away, I watch an almost unhealthy amount of movies. I can help with any of the following topics: Biopsych, Research Methods/Stats, Social Psych, Personality Psych, History of Psych, Learning and Memory, Comparative Animal Behavior, Developmental Psych, Psych of Aging, and any general questions about SPSS and APA formatting.

### *Briana Lane*

I'm a senior graduating at the end of this semester. I like to sing and read when I'm not busy with school or work. I can help out with cognitive, intro/intermediate stats, abnormal, and APA formatting.

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## Psychology Advisors

*By Twyla Smith*

The psychology advisement office, located at H-830J, has a few different advisors that can offer guidance with the following:

**Erika Orozco**- can help with career advising, probation, and general advising in psychology. Erika is generally available Wednesdays from 11am to 6pm, Thursdays from 12pm to 6pm, and Fridays from 10am to 5pm. (Appointments are 20 minutes)

**Dr. Dave Gerkens**- can help with Grad checks, probation, and general advising in psychology. Dr. Gerkens is generally available on Mondays and Thursdays from 9am to 11:30am. (Appointments are 15 minutes)

**Dr. Jessie Peissig**- can help with Grad checks, probation, and general advising in psychology. Dr. Peissig is generally available on Tuesdays from 9am to 12pm and Wednesdays from 9am to 11am. (Appointments are 15 minutes)

**Dr. Kathleen Preston**- can help with Grad checks, probation, and general advising in psychology. Dr. Preston is generally available on Mondays from 1pm to 6pm. (Appointments are 15 minutes)

General questions can be emailed:  
[psycadvisement@fullerton.edu](mailto:psycadvisement@fullerton.edu) or  
call: (657)278-3102

Schedule your appointment online:  
[csufpsychologyadvisement.acuitysch eduling.com](http://csufpsychologyadvisement.acuitysch eduling.com)

### *Melissa Giraldin*

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.

### *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, APA formatting, and major requirements. I love desserts, watching marvel movies, and going on runs.

### *Jennifer Rubalcaba*

My name is Jennifer and I am a Psychology major with a minor in Sociology. 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.

### *Ha Nguyen*

Hey there! My name is Ha and I am a 3<sup>rd</sup> year Psychology major with a minor in Health Science. During my free time, I enjoy curling up in bed and watching dog videos. I can help with APA formatting, internship planning, SPSS, Excel, Word, Stats and Research Methods, Cognitive Psychology, Personality of Psych, and Social Psychology.

### *Dillon Pedroza*

I am a psychology major in my third semester at CSUF. My interests in the field lie in personality, abnormal, or Industrial/Organizational psychology. I can assist with: APA, SPSS, Excel, Intro/Intermediate stats, Psychology of Personality, or Abnormal Psychology.

### *Heidi Duarte*

Hello, my name is Heidi and I plan on graduating next semester and going to grad school to become a professor and researcher of psychology. I am most interested in statistics and evolutionary psychology and am also knowledgeable regarding abnormal psychology and psychology of personality. I really enjoy riding my bike, listening to music, and watching Improve.

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*Nick Ulrich*

Hi, everyone! My name is Nick, and I am currently a Senior at CSUF. Some other things that I enjoy outside of school are playing video games, hiking, writing, and anything Star Wars. I can assist with Intro/Intermediate Stats, Biopsychology, Psych of Personality, Clinical Psychology, grad school planning, general department information, and APA formatting.

*Tina Mikesell*

Hi! I am Tina. I am a non-traditional student, and a Psychology Major with a Minor in Anthropology. In my spare time I knit (ask me what project I have with me), read, go camping and keep up with my kids and grandkids. I can help with Psych 101, Critical Thinking of Psychology, and Abnormal Psychology.

*Courtney Gilbertsen*

Hi, my name is Courtney. I'm a super senior graduating this May. Outside of school I enjoy going out with friends to check out new, cool places, especially breweries. I am good at APA formatting papers and psychology of personality and psychology of human sexuality.

*Trang Le*

Hi guys! My name is Trang. This is my fourth year at CSUF, and my first year as a peer mentor. I can assist you with APA formatting, Cognitive Psychology, and Critical Thinking. On my free time, I like to hike, watch movies, and try new recipes.

*Deborah Garcia*

Hi everyone my name is Debbie and I am a senior majoring in psychology with a minor in sociology. I can help with Introduction psyc, abnormal psyc, APA papers, and social psyc. During my free time I enjoy hiking and spending time in the outdoors.

*Shima Daftarian*

Hi there! I'm Shima Daftarian and this is my last semester here at CSUF. I stand out in Intro to Psychology and Intermediate Stats and Research Methods.

*Jason Le*

Hi everyone! My name is Jason Le and this is my first time being a peer mentor and it is also my final semester at CSUF. I really enjoy the biology and clinical side of psychology, but I have taken and am familiar to help you in Intro Psych, Personality Psych, Statistics & SPSS, BioPsych (& Lab), Cognitive Psych, Abnormal Psych, I/O Psych, and Social Psych. I am a very strong believer that mental health is just as important as physical health, if you ever want to talk about psychology related topics let me know!

*Sam Sotelo*

My name is Samantha Sotelo. I am working on my bachelor's in psychology and hoping to get my masters to become a marriage and family therapist. I really love psychology and all the abnormalities it comes with and I hope to help people become aware of their mental health and be an aide to their issues in order to make them successful.

*Genesis Castillo*

My name is Genesis Castillo, I am a senior and will be graduating this Spring. Apart from academics, I like waking up at 6 a.m. to lift weights and go on occasional runs. I can assist with all things APA, SPSS, Developmental, Personality, Sensation and Perception & Lab, Intermediate Statistics, and Graduate School requirements!!

*Jesse K. Jiang*

Hey y'all, my name is Jesse K. Jiang and I am in my last undergraduate semester at CSUF. I am a hobbyist with many varied interests, from card, board, and video games to creative writing and Brazilian Jujitsu. I can assist with: Abnormal Psychology, Cognitive Psychology, Internship Planning, and APA formatting.

*Elhum Akbarian*

Hi my name is Elhum and this is my last semester as an undergraduate. My main interest is clinical psychology, and my goal is to be a clinical psychologist one day. One of the best classes I've taken at CSUF is Developmental Psychology taught by Dr. Weisman-Davlanter.

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*Kendra Paquette*

I am a Psychology and Human Services double major. I volunteer as a Sexual Assault Victim Advocate. I love research and I plan on going on to get a Ph.D.!

*Katherine Bliss*

Hello, my name is Katherine and I am currently researching in Dr. Es' lab. I can best assist you with Psych 201 (Okada), Abnormal Psych, and History of Psych.

## Spotlight on Psychology Clubs

By Yuliana Fernandez



*Psychology Department Student Association*

- Get more involved and take advantage of all the opportunities PDSA has to offer!
- Membership fee is \$15 and \$20 for a PDSA t-shirt, or buy together for \$30
- Meetings are held Wednesdays 4-5PM (location varies)
- PDSA offers sashes and cords at the end of each semester for those members who meet the requirements

**Upcoming Events: 4-5pm**

**Feb 14:** Social Event at CSUF Billiards

**Feb 21:** Guest Speaker from Behavioral Health and Recovery Services in Alvarado AB



*Latinx Student Psychological Association*

- LSPA aims to provide opportunities for underrepresented Latino students in the psychology field
  - Latin heritage NOT required to join
- Membership fee is \$25
- Meetings are biweekly from 3-4pm (location varies)
- LSPA offers sashes at the end of Spring semester and cords at the end of Fall semester

**Upcoming Events: 3-4pm**

**Feb 20:** Student Wellness in TSU Legislative Chambers 1 & 2

**March 6:** Career Options and Internships in TSU Bradford AB



*The International Honor Society in Psychology*

- Join Psi Chi and become a member of the Honor Society for life!
- Requirements
  - Be a psychology major or minor
  - Overall GPA of 3.2 or higher
  - Psychology GPA of 3.5 or higher
  - \$75 lifetime membership fee
  - Completed a minimum of 9 units of psychology coursework at CSUF
  - Be a second semester sophomore or higher

**Upcoming Events: 4:30-5:30pm**

**Feb 26:** Bowling Social



*Adults Who Are Returning to Education*

- Aware is a student organization for non-tradition students (students who work full time, military veteran, parent/guardian, returning/transfer students, students over 25, etc)
- Meetings are every other Friday from 12-1pm at UH-205
- Email: awarecsuf@gmail.com

**Upcoming Events: 12-1pm**

**Feb 12-13:** Valentines Bake Sale in front of the Humanities Building

**Feb 16:** General meeting in UH-205

## Peer Mentor Office Hours

	Monday	Tuesday	Wednesday	Thursday	Friday
8am-9am	Sam	Briana / Melissa G.	Jennifer R.	Tina	Sam / Kendra
9am-10am	Jennifer R.		Sam	Tina / Melissa G.	
10am-11am	Shima	Jenny Y. / Melissa S.	Brandon / Shima	Katherine	
11am-12pm	Dillon	Brandon / Twyla	Yuli	Kelcey / Katherine	
12pm-1pm	Dillon	Trang / Briana	Genesis	Kelcey	Heidi
1pm-2pm	Dillon / Jason / Twyla	Debbie / Ha	Jason / Genesis	Kelcey	John
2pm-3pm	Jesse / Tina / Twyla	Ha / Jason	Janet	Melissa S.	
3pm-4pm	Elhum	Frank		Courtney	
4pm-5pm	Nick	Frank			
5pm-6pm					
6pm-7pm					
7pm-8pm				Cate	

### Need help with a specific course? Here is who can best assist you:

*Intro/Intermediate Stats & Research Methods* — Frank, Jenny, Brandon, Melissa G., Dillon, Jennifer, Jason, Kendra, Genesis, Shima, Heidi, Briana, & Cate.

*Advanced Stats* — Jenny & Brandon.

*BioPsychology* — Frank, Brandon, Jenny, Kelsey, Jennifer, Melissa S., Jason, Kendra, Nick, & Cate.

*Cognitive Psychology* — Jenny, Melissa G., Kelcey, Jason, Trang, Nick, & Briana.

*Abnormal Psychology* — Melissa G., Kendra, Brandon, Briana, & Katherine.

*APA Formatting* — Frank, Jenny, Melissa S., Yuli, Jennifer, Dillon, Courtney, Janet, Kendra, Genesis, Trang, Heidi, Nick, Briana, & Cate.

*Graduate Programs* — Jenny & Melissa S.

*Clinical Psychology* — Yuli & Melissa S.

## 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>



[www.offthemark.com](http://www.offthemark.com)

***Your Spring 2018 Psychology Peer Mentors!***