



Psychology Peer Mentors

Newsletter #1

Editor: Kristen Moreno

Co-editors: Eisel Pazon and Espy Castillon

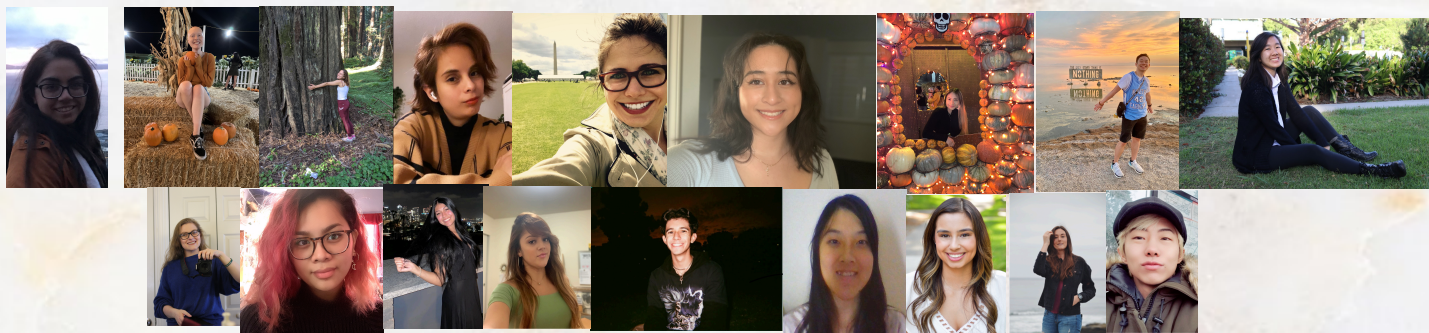
Newsletter Introduction: Nicolette Torres

HELLO FROM YOUR PSYCHOLOGY PEER MENTORS OF SPRING 2021

Feel free to join our Office Hours held via ZOOM

<https://fullerton.zoom.us/j/85806861581> or email

CSUFpeermentors@gmail.com to make an appointment. We encourage you to view our undergraduate and graduate students introduction biographies and get to know the team! Whether you are a new or returning student we are eager to support our fellow classmates in the Psychology Department and answer any questions you may have. We are glad to assist students and are a free resource to help you succeed! For more information, please visit our website!



2-7

**MEET YOUR
PSYCHOLOGY
PEER MENTORS**

8

**CHECK OUT OUR
OFFICE HOURS**

9

**NEED HELP WITH A
SPECIFIC COURSE?
SEE WHO CAN BEST
ASSIST YOU**

10

**CHECK OUT
OUR FLYER FOR
MORE
INFORMATION**

11

**WE HAVE AN
INSTAGRAM!!!
[@CSUFPSYCHMENTORS](https://www.instagram.com/CSUFPSYCHMENTORS)**



A *riana Shojaei*

Hello! My name is Ariana Shojaei and this is my second semester as a Peer Mentor. Being my last semester at CSUF, I will be graduating in May 2021 with my bachelors in psychology; my goal is to after obtaining my Master's in clinical/ counseling work to go to law school and eventually become a human rights or immigration attorney. I joined Peer Mentors because of the desire to be a part of an amazing mission that is bigger than myself. Being around friendly and genuine people, in addition to meeting new friends this has been an incredible opportunity to help others. Some fun facts about me are that I love to travel, hike, and I am obsessed with all things Disney! The courses that I can help with are PSYCH 341 (Abnormal Psychology), PSYCH. 317 (Psych. and Law), PSYCH. 331 and 312 (Psychology of Personality and Human Sexuality), PSYCH 305 (Cognitive Psychology), all level 100 and 200 psychology classes, proofreading, APA formatting, general and specific questions on research, and more!

"So often in life things that you regard as an impediment turn out to be great good fortune". - Ruth Bader Ginsburg



C *ameron Harrison*

Hello! My name is Cameron and I am in my third year at CSUF. I am currently studying Psychology with a minor in Child and Adolescent Development, and I am planning on attending graduate school to attain my masters. My end goal is to become a therapist for children who are dealing with mental health issues as well as trauma in respects to major life changes and or events. My favorite hobbies as of now are hiking, painting, and watching TedTalks. I have also recently finished watching the MCU series for the first time so I am trying to keep up with their new projects! With regards to mentoring, I can assist in PSYC 101, PSYC 361, PSYC 305 and PSYC 341 (as well as any other class/major related questions!). I will try to help y'all out to the best of my ability, so don't be hesitant to reach out. My goal is to make sure those who I am able to meet with feel comfortable and confident in their college journey! (:are common mental health issues that students in this program will face.



C *arolena Supancheck - Marcucci*

Hello! My name is Carolena Supancheck-Marcucci, and this is my third semester being apart of Peer Mentors. I recently graduated from Cal State Fullerton with a Bachelor's Degree in Psychology and a Minor in Child and Adolescent Studies. I am currently taking classes as a pre-med student, to attend Physician Assistants school. I hope to become a Psychiatric PA, in the future. I am also apart of the Board for the PA club at Fullerton. My specialties are Biopsychology, Abnormal Psychology and Psychology of Personality. I wish the best of luck of this Spring Semester!

"Believe you can, and you're halfway there!" - Theodore Roosevelt



Claudia Bobadilla

Hello! My name is Claudia Bobadilla and I am a graduate student in the MA Psychological Research program. As an undergraduate, I gradually found myself becoming more and more interested in neuroscience. My goal is to further explore this field in the program and apply to Ph.D. neuroscience programs after. I hope to teach at a university and help first generation and underrepresented students like myself, navigate and achieve their academic goals. Outside of academia and during my spare time, I love listening to music (electro swing, alternative/indie, synthpop), writing short stories and poems, taking photographs, exploring historic LA neighborhoods, and trying new food. If you have any questions about graduate school, APA formatting, have general psychology questions, or need help with writing papers, please do not hesitate to stop by! I would be more than happy to help! I can also help with intro to psych, research methods, and statistics.



Courtney Scaramella

Hi! My name is Courtney Scaramella and I am currently in my final semester of the Experimental Psychology M.A. program here at CSUF and excited to be heading to a Neuroscience PhD program after this! I was an undergraduate here at CSUF as well and have been able to continue working with awesome professors like Dr. Gerken and Dr. Roberts on cognitive/neuroscientific research. That being said, if you have questions about getting involved in a lab, applying to graduate school, or any other psych-related topics, I would love to chat with you about them! My email is scaramellac@csu.fullerton.edu.



Eisel Pazon

Hi! I'm Eisel Pazon. I'm a 3rd year undergraduate at CSUF that's majoring in psychology and planning to minor in human services. I love trying new places to eat, especially cafes. Most of my hobbies are art focused, such as drawing and editing. This also drives my appreciation for animation such as Disney, anime, etc. Some courses I can assist you with are Introductory Psychology (101), Psychology of Personality (331), and Developmental Psychology (361). You could also stop by my office hours if you need help with writing papers, APA format, or if you just need someone to talk to. This is my first semester Peer Mentoring and I'm looking forward to meeting you and helping you with any questions you may have!



Espy Castillon

Hello, my name is Espy Castillon and I am currently a senior majoring in Psychology. I am a first generation as a Latina in my family. The ultimate goal is to hopefully get into a graduate program and earn my masters in Clinical Psychology. I hope to become a future mental health therapist for children/ adolescents. For fun I love to listen to music, it's 2000's R&B/Hip Hop for me! LOL. If I am not listening to my favorite throwbacks then I am watching a Laker game! Big time fan! I also have a very toxic relationship with online shopping due to the panoramic we are currently in (insider, iykyk hehehe). Moving forward, the courses that I can help best with are: Introductory to Psychology (PSYC 101), Abnormal Psychology (PSYC 341), Personality Psychology (PSYC 331), Social Psychology (PSYC 351), Industrial/Organizational Psychology (PSYC 391). If you ever have any questions about anything or just need a friend to vent to, I will be here! Don't be shy, let's be friends!



Ford Nguyen

If you are happening to read this, you should totally come to my office hours... Hello everyone, my name is Ford Nguyen! This is my fourth year at Cal State Fullerton, and I am a Psychology major with a minor in Child and Adolescent Development. After I graduate and earn my bachelor's this semester, I plan to attend a graduate program specifically for school counseling! The end goal for me is to become a school counselor and a licensed professional clinical counselor (LPCC). In my free time, I like to binge Netflix shows, play Animal Crossing New Horizons, hang out with my friends, explore new food places, and go sightseeing at aesthetic spots! I am available to assist best in these Psychology courses: PSYC 101 (Introductory), PSYC 110 (Critical Thinking), PSYC 305 (Cognitive), PSYC 306 (Biopsych.), PSYC 312 (Human Sexuality), PSYC 331 (Personality), PSYC 341 (Abnormal), and PSYC 351 (Social). Additionally, if you ever have any concerns about internships, what classes to take, general questions about the major, or just want some company, I am available for you to talk to! Don't hesitate to reach out, see you soon!



Ha Nguyen

Hey, everyone! My name is Ha and I am a recent psychology graduate with a minor in health science. I am currently taking a gap year due to unexpected circumstances but have learned to appreciate how much of a gap year has been an excellent choice for me. I've been able to pick up new hobbies as well: electric guitar, drawing, cooking, and napping. My plan now is to apply to Human Factors/Ergonomics graduate programs to work as a research scientist in consultation or design of equipment/environment to optimize human system performance in high-risk fields such as aviation, healthcare, or military operations. I can help with PSYC 101 (Intro. to Psych.), PSYC 110 (Critical

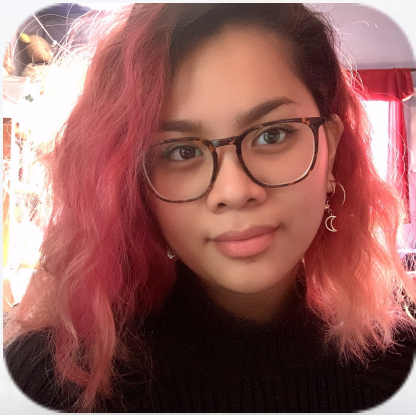
Thinking in Psych.), PSYC 303 (Sensation and Perception), PSYC 305 (Cognitive), PSYC 306 (Biopsychology), PSYC 341 (Abnormal). I can also help with general psychology major questions, APA style, essay editing, internships, graduate school planning, research experience, and study skills. We can figure things out together!



Jess Adams

Hi there! My name is Jess Adams and I am a Senior, majoring in Psychology and minoring in Criminal Justice. Currently, I am playing the waiting game for Graduate School decisions and am trying to soothe the anxiety by binging the Great British Baking Show and procrastinating. I have two Basset Hound/Beagle/Dachshund mixes and too many pictures to share! I hope to pursue a career in Clinical Counseling to hopefully work in the field of Court-Mandated therapy. Ultimately, I would love to become a professor of psychology! I can best assist in the fields of Abnormal, Intermediate Statistics, Sensation and Perception, Cognitive Psych, other upper-division psychology courses, and general psychology questions. I look forward to seeing you all on ZOOM!

"How wonderful it is that nobody need wait a single moment before starting to improve the world." - Anne Frank



Joanna Calleja

Hello! My name is Joanna Calleja (she/they) and I am a 4th-year Psychology Major/Sociology Minor undergraduate at CSUF! I love anime/manga, K-pop, candles, baking sweets or bread, cats, reading modern poetry, and playing games. My current academic plan is to graduate with my bachelor's, take a gap year to earn experience, then apply for a Master's program and hopefully become a LPCC. I'm still a bit unclear for my exact future, so this plan is subjected to change, but I wish to either work with LGBTQ+ youth or sex education/therapy. Either way, I just know I want to help people! I can assist you with PSYC 101 (Intro. to Psych.), PSYC 110 (Critical

Thinking), PSYC 351 (Social Psychology), PSYC 341 (Abnormal Psychology), PSYC 312 (Psych. of Human Sex Behavior), and PSYC 495 (Psychology Internships). I can also help with APA formatting, internships, time management, study skills, and any general psychology-related questions you may have! My office hours are always a safe space. I look forward to meeting you and do not hesitate to reach out to me for anything!



Justine Martinez

Major/Minor/Year you're in: Psychology- 4th year (Senior)
Why you joined PM (in 1-2 sentences): I joined Peer Mentors because of my interest in becoming an MFT

(marriage family therapist) which is under the counseling category. I love helping and caring for others that need someone to understand them or guidance in a task that I can help to the best of my knowledge.

Fun facts about you/hobbies: I enjoy snowboarding, going on bike rides, painting, trying new foods and roller skating. Fun fact, I used to play the drums at Fender and I have taken hip-hop, jazz and ballet classes since I was 5-years-old.

Courses I can help with: Psych-302: Learning and Memory, Psych-361: Developmental Psychology, Psych-461: Psych Testing and Assessment

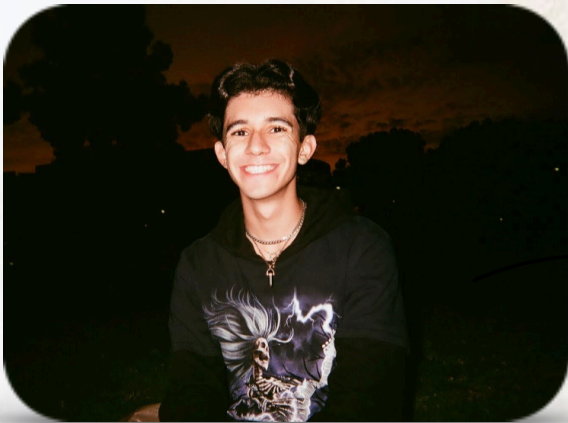


Kristen Moreno

Hello! My name is Kristen Moreno and I am a senior at CSUF! I am currently a psychology major, and I am planning to attend graduate school for I/O psychology (or related to I/O psych). I hope to pursue a career as a professor and work at the administrative level in healthcare. During my free time, I enjoy hiking, being with family, eating, dancing, singing, and volunteering with various organizations. I can assist with general psychology courses (e.g., Psyc 101, 201, etc.), PSYC 300, PSYC 302, PSYC 341, APA formatting, graduate school, GRE, and more!!

Meeting with peer mentors like myself is a great way to utilize your resources during virtual learning! I am not only here to help with your classes but to provide you with the best resources possible, so please do not hesitate to join me during my office hours or by appointment! I look forward to meeting with students :)

"Work until your weaknesses become your strengths" - Michelle Obama



Leo Rodriguez

Hi, everyone! My name is Leo Rodriguez and I am a senior at CSUF. I am studying Psychology with a minor in Child & Adolescent Development, and I plan to attend graduate school to get my Masters in Counseling and become a mental health therapist to help adolescents who deal with depression, anxiety, trauma, etc. I love 2000's R&B music, Jorja Smith, thrifting, bowling, drawing/painting, and I am currently hooked on the Naruto series! I can be of assistance in PSYC 101, PSYC 110, PSYC312, PSYC 331, PSYC341, PSYC351, and any general questions you may have about your schedules, study skills, essays, etc. I can't wait to meet you all, so please do not hesitate to drop by my office hours and say hello!



Lisa Nguyen

Hi, everyone! My name is Lisa Nguyen. I graduated from California State University, Fullerton. I completed my Bachelor's of Arts degree in Psychology and a minor degree in Criminal Justice. My hobbies are listening to music, watching television shows, cooking, and eating food. I can help with comparative animal behavioral psychology, survey of clinical psychology, introduction of psychology, Industrial/Organizational Psychology, and APA formatting.



Nicolette Torres

Hello! My name is Nicolette Torres, I am a Psychology major and Business minor. Some of my hobbies are snowboarding, hiking, and any type of playtime with my dog! Some of my specialties to help with is Psychology of Aging, Abnormal Psychology, Psychology 202 (statistics) and Social Psychology! My favorite quote is when Michael Jordan said “*Why would I be afraid of missing before I even take the shot*” I feel this is such a strong quote and when you say it enough to yourself you fully believe it and when you can live by it, life becomes limitless.



Olivia Thomas

Hey everyone! My name is Olivia Thomas, and this is my last semester as a senior at CSUF. I am a psychology major with a minor in criminal justice. I have previously worked as a peer mentor for an entire academic year for criminal justice and I am excited to be a peer mentor again with a different department! My hobbies include traveling, surfing, playing water polo and reading. After graduating, I plan on taking a year off before going to grad school to get my master's in psychology. The plan is to go back to traveling during that year gap, but we will see how realistic that is in the coming year. My hope is to ultimately become a forensic psychologist working within a sex crimes unit. If you have any questions regarding intro to psychology (101), critical thinking (110), comparative animal behavioral psychology (304), evolutionary psychology (371), or abnormal psychology (341) please reach out and I would love to help! Additionally, if you ever need help with time management, study tips or are just stressed out and need someone to talk to, my virtual door is always open!



Rou (Julien Rouvere)

Hi, I'm Rou. I graduated last semester and am a volunteer peer mentor as well as a course assistant for intro psych and advanced stats. I am a single parent and was a returning transfer student after eight years out of school. I can help with writing papers, research reports, selecting and summarizing studies, APA, and statistics. I can help with Social, Developmental, Sensation and Perception, and other courses as well. Please feel free to come by my office hours whether you have course-related questions or general ones about finding an internship, course suggestions, time management, starting a research, or accessing campus resources. :)



Spring 2021 Psychology Peer Mentors Virtual Office Hour Schedule

*Click on the name of a Peer Mentor to be taken into our virtual zoom office hours or to make an appointment
You can also find the same links listed at the bottom of the page*

	Monday	Tuesday	Wednesday	Thursday
8AM – 9AM		<u>Jess A.</u> <u>Ha N.</u>		
9AM – 10AM	<u>Joanna-Carmela C.</u>		<u>Joanna-Carmela C.</u>	<u>Cameron H.</u>
10AM – 11AM		<u>Ariana S.</u> <u>Justine M.</u>	<u>Justine M.</u>	<u>Cameron H.</u> <u>Justine M.</u>
11AM – 12PM	<u>Eisel P.</u>	<u>Ariana S.</u> <u>Ford N.</u>	<u>Leo R.</u> <u>Eisel P.</u>	<u>Cameron H.</u> <u>Leo R.</u>
12PM – 1PM		<u>Espy C.</u>	<u>Kristen M.</u>	<u>Claudia B.</u>
1PM – 2PM	<u>Eisel P.</u>	<u>Carolena S-M.</u>	<u>Eisel P.</u> <u>Kristen M.</u>	<u>Nicolette T.</u>
2PM – 3PM	<u>Olivia T.</u>	<u>Carolena S-M.</u>	<u>Olivia T.</u>	<u>Nicolette T.</u>
3PM – 4PM	<u>Olivia T.</u>			<u>Nicolette T.</u>
4PM – 5PM	<u>Olivia T.</u>			<u>Rou – Appointment Only</u>
5PM – 6PM	<u>Espy C. – Appointment Only</u>			<u>Rou – Appointment Only</u>
6PM – 7PM			<u>Kristen M. (6:30PM) – Appointment Only</u>	
7PM – 8PM	<u>Lisa N. – Appointment Only</u>		<u>Kristen M. – Appointment Only</u>	
8PM – 9PM			<u>Kristen M. (till 8:30PM) – Appointment Only</u>	

Office Hours will be held via ZOOM on a “walk-in basis”. Students do not need an appointment during our 8am – 5pm office hours! Make sure to check that a mentor is scheduled before joining the ZOOM meeting. Some peer mentors will be holding 30-minute appointments! If the 8-5 schedule does not work for you, please feel free to use provided link below to make an appointment!

- Website Link: psych.fullerton.edu/pm12
- ZOOM Link (for all office hours): <https://fullerton.zoom.us/j/85806861581>
- **Make an appointment here!**
- Email: CSUFpeermentors@gmail.com

If the above office hour times do not work with your schedule please feel free to (also) reach out to one of our Graduate Peer Mentors, Courtney (M.A.) or Katarina (M.S.). They would love to speak with you all things psychology! Feel free to send either of them an email.

Courtney: scaramellac@csu.fullerton.edu

Katarina: ktavalos@csu.fullerton.edu

Psychology Peer Mentors Website:

<http://psych.fullerton.edu/pm12/index.html>

Peer Mentors Email:

CSUFpeermentors@gmail.com

Office Hours Link:

<https://fullerton.zoom.us/j/85806861581>

Psychology Peer Mentor Appointment Link:

<https://calendar.google.com/calendar/u/0/>



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

Intermediate Research Methods & Statistics (300) – Jess A., Carolena S.-M., Kristen M., Claudia B.

Learning and Memory (302) – Katarina A., Kristen M., Justine M.

Sensation and Perception (303) – Jess A., Ha N., Rou,

Comparative Animal Behavior (304) – Lisa N., Katarina A., Olivia T.,

Cognitive Psychology (305) – Jess A., Ford N., Ha N., Ariana S., Cameron H.,

Biopsychology (306) – Carolena S.-M., Ford N., Ha N.

Educational Psychology (311) – Jess A.

Psychology of Human Sexuality (312) – Ford N., Ariana S., Leo R., Joanna C.,

Psychology and Law (317) – Ariana S.,

Psychology of Personality (331) – Leo R., Carolena S.-M., Ariana S., Ford N., Espy C., Eisel P.

Abnormal Psychology (341) – Carolena S.-M., Ford N., Joanna C., Ariana S., Kristen M., Leo R., Espy C., Olivia T.,

Nicolette T., Ha N., Jess A., Cameron H.,

Social Psychology (351) – Ford N., Joanna C., Leo R., Espy C., Rou,

Developmental Psychology (361) – Justine M., Jess A., Rou, Cameron H.

Psychology of Aging (362) – Nicolette T., Eisel P.

Evolutionary Psychology (371) – Olivia T.,

Survey of Clinical Psychology (381) – Lisa N.

Industrial/Organizational Psychology (391) – Lisa N., Espy C.

Testing and Assessment (461) – Jess A., Katarina A., Justine M.,

****All peer mentors are able to assist with 100 and 200 level courses. If there is an additional 300 or 400 level class that you have questions about, but it is not specifically listed here, please stop by during office hours or email the peer mentors for guidance and assistance.**

****If you are looking to ask questions or talk about Graduate School, reach out to one of our current Graduate Student Peer Mentors: Claudia and Courtney (M.A.) or Katarina (M.S.)**

Office Hours: Monday – Thursday 8am – 5pm *no appointment necessary

5pm – 8:30pm *select appointments available

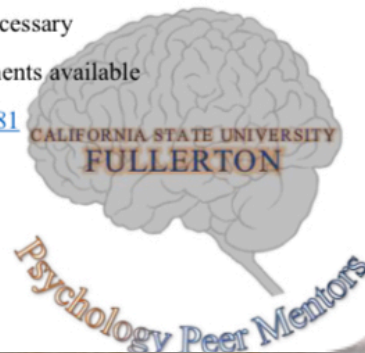
Office Hours ZOOM Link: <https://fullerton.zoom.us/j/85806861581>

Email: CSUFpeermentor@gmail.com

Website: psych.fullerton.edu/pm12

Instagram: [@csufpsychmentors](https://www.instagram.com/csufpsychmentors)

Click here to make an appointment!





Psychology Peer Mentors

via Zoom – 8am – 5pm – No appointment needed!

via Zoom – Select appointments available!

Email: CSUFpeermentor@gmail.com

Website: psych.fullerton.edu/pm12

Instagram: [@csufpsychmentors](https://www.instagram.com/csufpsychmentors)

ZOOM Office Hour Link: <https://fullerton.zoom.us/j/85806861581>

[Click here to make an appointment!](#)



Have Questions? We are here as a resource for you!

General Psychology Questions

APA Formatting (6th and 7th Editions)

Internship and Research Opportunities

Future Class Advisement

Graduate School

Study Skills

Psychology Class Help (Undergraduate)

****All peer mentors are able to assist with 100 and 200 level courses. If there is an additional 300 or 400 level class that you have questions about, feel free to reach out during our virtual office hours or send us an email!**

*****If you are looking to ask questions or talk about Graduate School, reach out to one of our current Graduate Student Peer Mentors: Claudia and Courtney (M.A.) and Katarina (M.S.).**

WE HAVE AN INSTAGRAM!!!

