



CALIFORNIA STATE UNIVERSITY
FULLERTON

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Editor: Andrea Dinh
Co-editor: Katarina Avalos

Psychology Peer Mentors Newsletter # 1

Welcome back to Spring 2020!



Graduation Check Reminder

- Students who have at least 85 units are eligible for graduation.
- Students can apply for grad check through their Titan Online Student Center.
- Please apply two semesters before your expected graduation date.
- Make sure to pay your fee and set up an appointment with the Psychology advising department for your grad check.

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Information on Psychology peer mentors

- Location: H-525 B (Inside the Psychology lounge)
- Website: <http://psych.fullerton.edu/pm12/>

Psychology Peer Mentors for Spring 2020 Semester



Hi there! My name is Jessica Adams and I am a Senior, majoring in Psychology and minoring in Criminal Justice. I enjoy being a nerd, eating food, and binging way too many shows on Netflix. 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 want 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 in the Peer Mentor Office!

"I have not failed. I have just found 10,000 ways that do not work." Thomas Edison



Hello there! My name is My Linh Arevalo and I am a senior majoring in Psychology. I also have an associate's degree in Criminal Justice and Social Behavioral Science. I am currently doing research with Dr. Person and collaborating with educational programs to help eliminate the education opportunity gap through program evaluation and assessment. Some of my interests include staying outdoors playing football, tennis, and soccer. I hope to pursue a career in Clinical Psychology and work as a Marriage and Family Therapist. I can best assist in Introduction to Psychology, Research Methods, Intermediate Research Methods and Stats, APA formatting, general questions pertaining to Independent Research, Internship, the Psychology department, and more.

"You got to love music more than you love food. More than life. More than yourself." - Wizard



Hello! My name is Katarina Avalos and I graduated with my bachelor's in psychology from CSUF last Spring. I am sticking around campus to gain more experience within this field before I pursue my masters in Clinical Psychology. I currently work as a behavioral technician and I am also a research assistant in Dr. Peissig's vision lab. You can find me around campus drinking Starbucks, pretending to be a real student. I can best assist you with comparative animal behavior, learning and memory, and psychological testing and assessment. Looking forward to meeting you!



Hi! My name is Wendy Chuandra, I am a Psychology major, and I will be graduating from CSUF this Spring semester! After I graduate and take a gap year, I plan to pursue a Master's degree in Counseling, and eventually become a licensed Marriage and Family Therapist. I am currently a UCA for one section of PSYC341 and PSYC312. I am also helping Dr. Stohs with research on emerging treatments for postpartum depression, PTSD, anxiety, and depression. Some of my hobbies include singing, writing, playing video games, and cooking. I also enjoy spending time with my loved ones, and playing with my dog (a small and grumpy Maltese). I can best assist with Abnormal Psych, Developmental Psych, Psychology of Human Sexuality, and Animal Comparative Behavior. I can also help with proofreading .



Hello, my name is Catherine Colindres and I am an undergraduate student studying Psychology at CSUF. I am in Dr. Alcalá's Social and Cultural Activities lab and focusing on sociocultural factors and its impact on a person's development. My hobbies include practicing guitar, music festivals, arts and crafts, binge-watching shows on Netflix, and reading. I plan to go to graduate school and earn a Master's Degree in Counseling. The classes I can assist in are Developmental Psychology, Introduction to Psychology, Abnormal Psychology, and general psychology questions. I look forward to meeting you at the Peer Mentor Office!

"The only person you are destined to become is the person you decide to be." Ralph Waldo Emerson



Hi everyone! My name is Andrea Dinh and I am a 4th year psych major and health science minor. I am expecting to graduate this semester, which is exciting! This is my third semester as a psych peer mentor. I am currently working with children with Autism as a behavior technician/behavior interventionist. I plan on taking a gap year to work full-time and apply to graduate schools to earn a Master's degree in behavioral psychology/applied behavior analysis. I enjoy traveling, watching movies, and painting. I can best assist students with introductory psychology, developmental psychology, abnormal psychology, social psychology, and learning and memory. Feel free to stop by the peer mentors office!



Hi! My name is Kristen Moreno. I am a junior at California State University of Fullerton. I am currently a psychology major working on research with Dr. Navarick. I am also in the McNair Scholars program at CSUF, and the social media specialist for the McNair Scholars Club. My academic goal is to pursue my PhD in Industrial & Organizational Psychology. I enjoy hiking, going to concerts, dancing, being with family and friends, eating, and mini-trips. The psychology courses that I can assist with are introductory psychology courses, learning and memory, abnormal psychology, research methods, and any general questions in regards to psychology. I look forward to being a great peer mentor!

“Everything that exists in your life, does so because of two things: something you did or something you didn’t do.” -Albert Einstein



Hello, everyone! My name is Lisa Nguyen. I am currently in my senior year at California State University Fullerton. I am working on completing my Bachelors of Arts degree in Psychology and a minor degree in Criminal Justice. My hobbies are listening to music, watching my favorite television shows, and eating food. I can help with comparative animal behavioral psychology, survey of clinical psychology, introduction of psychology, APA formatting, and more.



Hello! My name is Brenda Rojas and I am a senior here at CSUF. I am a psychology major who is very passionate about learning, mental health, and mindfulness. I enjoy hikes with a beautiful view, running outdoors, and live music. My goal after finishing up my BA is to get into a Master of Social Work graduate program and become a Licensed Clinical Social Worker. The psychology classes I can be most helpful with are PSYC 101, PSYC 202, PSYC 300, PSYC 312, PSYC 341. I’m excited to help in any way I can!

“One can choose to go back towards safety or forward towards growth. Growth must be chosen again and again; fear must be overcome again and again.” - Abraham Maslow



Hi! My name is Courtney Scaramella and I am currently in the Experimental Psychology M.A. program here at CSUF (and loving it). I was an undergraduate here as well and currently work 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 for graduate school, or any other psych-related topics, I would love to chat with you about them!



Hello! My name is Carolena Supancheck-Marcucci. I am excited to join Peer Mentors this semester! I am a senior at California State University of Fullerton, and have a major in Psychology and a minor in Child and Adolescent Studies. My career goal is to become a Physician's Assistant under a Psychiatrist. My hobbies are hiking, playing with my dog, hanging out with my friends, attending concerts and traveling. My specialties for homework help is Biopsychology, Abnormal Psychology, PSYC 101 (General Psychology), Critical Thinking in Psychology and general questions pertaining to the Psychology department.

What would life be if we had no courage to attempt anything?- Vincent Van Gogh



Hello everyone! My name's Destiny Truong and I'll be graduating this Spring with my Bachelor's in Psychology. Besides spending most of time around the Humanities building, I'm also a board member for the Vietnamese Student Association—we love culture over there! I used to be an Assistant to Dr. Lisa Mori's Abnormal Psychology class, so I'm pretty familiar with all of the psychopathology content (and find it super interesting). My current goal is to pursue a career in either Applied Behavioral Analysis or Clinical Child Psychology! I just love kids and talking to people. If you need help in 101, 202, 300, 311 or 341, or would just like advice about general psychology topics, I'd love to sit down and chat with you!



Hello! My name is Holly Yeh. I'm a 2nd year undergraduate student studying Psychology at CSUF. My hobbies include learning, organizing, watching anime, and playing mahjong. I'm most interested in Cognitive Psychology and Experimental Research. I plan to go to graduate school, specializing in an area of Psychology (right now, unknown). The PSYC classes that I can aid in are PSYC 101 (Intro), 110 (Critical Thinking), 201 (Intro Stats), 202 (Research Methods), 300 (Intermediate Stats), 331 (Personality), and 341 (Abnormal). I'm here to help, so please feel free to swing by my office hours!

PDSA Information

By: Carolena Supancheck-Marcucci



What is PDSA?

- It stands for Psychology Department Student Association

Membership Fees and Packages

- Fee per semester: \$15
- PDSA shirt: \$20
- PDSA sweater: \$30
- Membership fee and t-shirt: \$30
- Membership fee and sweater: \$40
- Membership fee, t-shirt, and sweater: \$50
- Membership fees are due by Wednesday, March 11th

General Information

- PDSA meets on Wednesday's from 4pm-5pm in Gordon Hall, Room 302.
- If interested in a position on the board, Treasurer, Secretary, Membership Coordinator,
- Public Relation officer and Inter-Club Council Representative are open to run for!
- To those interested, applications are available at bit.ly/pdsaofficers20

For more information, feel free to email pdsa@csuf@gmail.com

Psi Chi Information

By: Holly Yeh



General Information

- Psi Chi is an International Honor Society in Psychology.
- Once you become a member (\$75), you are a member for life! This means there is no need to re-purchase membership.
- Requirements for Psi Chi membership include that you must be a psychology major or minor.
- Additionally, you must be at least a sophomore with 9 completed units of psychology coursework at CSUF. GPA requirement starts at 3.2 for overall GPA, and 3.5 for Psychology GP

Upcoming events

2/25: Professional Development Event | Education after Undergrad

- Attend this event to learn about education after graduation, such as a Post-Baccalaureate, MA Psychology, MS Psychology, MS Counseling, Psy. D, and Ph.D.

3/2: Professional Development Event | Psychology Day

- At this event, attendees will be exposed to the research projects happening at CSUF.
- Additionally, this event will discuss internships and graduate school.

5/1 - 5/3: California Workshop on Evolutionary Social Science

- If you're interested in studying evolutionary theory to study nature, this conference is for you! Participants will also discover research projects at CSUF currently studying this topic.

5/6: Psi Chi Induction Ceremony

- After applying to become a Psi Chi member, the induction ceremony will formally recognize students as a member and congratulate them on their success.

Important Dates

- The Membership Application will be due Friday, March 13th. You may find an application in H-525B (Psychology Lounge) or H830-M (Psychology Department).
- The Officer Application will be due Friday, April 10th. You must be a member of Psi Chi to apply for an officer position.

So, what is Titan Wellness?

By Brenda Rojas

Many people can agree it is not uncommon to think of wellness as only relating to physical health. The truth is sleep, nutrition, time management, boundaries, relationships, and exercise all play a crucial role in your wellbeing. Events in life such as exams, sickness, or unexpected costs can create extreme stress in our lives. Thus, it is important to take proper care of the body and mind to create a buffer for difficult times. Being mindful of all areas that contribute to your health can help you get through times of high stress with more grace and less chaos.

Titan Wellness is a center on our campus that provides services to promote healthy choice making and the wellbeing of our titan community. The center includes **Counseling and Psychological services (CAPS)**, **Health Services**, and **TitanWell**. Their belief is that student success is tied to wellbeing thus it deserves just as much attention as your academic goals.

Not sure which center is right for you?

For health prevention and treatment check out **Health Services**. Basic medical care is offered at no charge to students. For specialized services there is a minimal charge.

Services available include:

- ◇ Primary Care
- ◇ Sexual/Reproductive Health
- ◇ Laboratory Testing
- ◇ Pharmacy
- ◇ Physical Examinations
- ◇ Physical Therapy & Sports Rehabilitation
- ◇ Specialty Care
- ◇ Travel and voluntary Immunizations/Testing



A professor once told me knowledge requires maintenance just like cars do! Information sessions provide students with a way to brush up on forgotten ideas or gain new knowledge. This is helpful when looking for ways to assess habits and improve them. For information on what healthy choices and behaviors look like **TitanWell** offers services such as:

- ◇ One-on-one consultation with a health educator
- ◇ Alcohol and marijuana use
- ◇ Nutrition
- ◇ Sexual health
- ◇ Stress- reduction & Sleep
- ◇ Presentations and Workshops
- ◇ Alcohol, Marijuana, & Other Drugs
- ◇ Sleep & Self Care
- ◇ Nutrition
- ◇ Sexual Health & Healthy Relationships

Upcoming Events in SPRING 2020

Animal Therapy

De-stress on campus by petting some furry animals with TitanWell!

This peer to peer program addresses holistic health and wellness as an alternative stress management coping skill. Our animal therapy program will be a simple table (and chairs for handlers) on Student Wellness property, where students can spend a few minutes with a dog (or a rabbit), in between classes, on their way home, to help relieve the stresses of college.

2/12/20- Wednesday, 10AM-12PM, Student Wellness Patio 3/11/20- Wednesday, 10AM-12PM, Student Wellness Patio

4/22/20-Thursday, 10AM-12PM, Student Wellness Patio

Tea Talks Self-care Workshops

Join the Titan Communi-TEA for a tea spilling session, in between class or on your way home, on self-care, the stressors of college, and how to manage. We will have snacks, tea, and relaxing activities!

Location: TBD- Follow us on Instagram to find out! @titanwell

2/5/20-Wednesday,10AM-12PM

3/4/20-Wednesday, 10AM-12PM

Students facing challenges in their academic, personal, or professional life can find support from **Counseling and Psychological Services (CAPS)**. An initial intake appointment is required to gather information and can be made by calling or walking in. The mental health services CAPS offers include:

- ◇ Individual Counseling
- ◇ Couples Counseling
- ◇ Group Counseling
- ◇ Psychiatric Services
- ◇ Crisis Counseling
- ◇ Case Management and Support

Contacts:

COUNSELING & PSYCHOLOGICAL SERVICES

[\(657\) 278-3040](tel:(657)278-3040)

Mon - Fri: 7:30 a.m. - 5 p.m.

Location

Student Wellness (SHCC-East)

TITANWELL

[\(657\) 278-4370](tel:(657)278-4370)

Hours

Mon - Fri: 8 a.m. - 5 p.m.

Location

Student Wellness (SHCC-West)

HEALTH SERVICES

Titan Health Online

[\(657\) 278-2800](tel:(657)278-2800)

Hours

Mon - Wed, Fri: 8 a.m. - 5 p.m.

Thurs: 9 a.m. - 5 p.m.

Location

Student Wellness (SHCC-West)

Physical Therapy & Sports Rehabilitation (PTSR) appointment?

[View the PTSR page](#)



Not sure where to find them? Look for the Student Health and Counseling Center (SHCC) in between the Kinesiology/Health Science building and the Engineering building!

25th Annual Psychology Day
March 2, 2020
Contemporary Topics in Psychology



8:30-10:30 Student Presentations:
Pavilion A & BC

11:00-11:15 Welcome: Pavilion BC
Introduction of Psychology Day Committee
Department Chair, Student Organizations

11:15-12:15 Presentation: Pavilion BC
Real Monkeys, SurveyMonkey, and How Evolution can Help us Understand Behavior.

Dr. Joseph Manson is a Professor of Anthropology at the University of California, Los Angeles, where he is also core faculty at the **Center for Behavior, Evolution, and Culture**. Since Dr. Manson completed his Ph.D. in Anthropology at the University of Michigan in 1991, he has integrated methods and theories from multiple disciplines with the broad goal of understanding primate behavior. Along the way he has found himself studying warfare among small-scale human and chimpanzee societies, social and reproductive behavior among wild monkeys in the Costa Rican jungle, and the psychology of personality among people in modern industrialized societies. The common thread that drives and unites his research interests is a multidisciplinary Darwinian theoretical approach to the study of mind and behavior.

12:30-1:30 Lunch with peers and faculty
(First 200 people will receive free lunch tickets)

1:30-2:30 Presentation: Pavilion BC
Does your sex life sizzle or fizzle?
Predictors of sexual satisfaction and body satisfaction in a national sampler.

David Frederick is Associate Professor of Psychology at Chapman University. Since completing his Ph.D. at the University of California, Los Angeles in 2011, Dr. Frederick has emerged as a leading expert in multiple cross-cutting areas in the study of human sexuality, identity, body image, and health. He has collected data on these and related topics from millions of people on every inhabited continent around the world, and his findings have been showcased by many prominent media outlets including the *Wall Street Journal*, the *Los Angeles Times*, the *BBC*, *CNN*, *NPR*, and the *Huffington Post*. In addition to multiple awards for research excellence, Dr. Frederick has also won the *Outstanding Teaching Professorship Award* at Chapman University.

2:45 -4:15 Panel Discussions: Ins and Outs of Graduate School: Pavilion A
Dr. Lucia Alcalá, Moderator

Finding an Internship for Psyc 495: Pavilion BC

- ♦ **Dr. Joanne Hoven Stohs, Moderator**
- ♦ **Boys & Girls Club of Brea – Michael Lopez**
- ♦ **New Alternatives – Jennifer Galvan**
- ♦ **Sage Behavior Services – Kimi Ibello**
- ♦ **Olive Crest – Denise-Griffiths**
- ♦ **Metro State Hospital – Janet Searfoss**
- ♦ **Turning Point Counseling – Shelby Castaneda**
- ♦ **CSUF Childcare Center– Sonia Nunez**

All events will be held in the
Titan Student Union (Pavilions ABC)

Organized by: **PDSA, LSPA, PAGSOCA, and Psi Chi**

Faculty: **Drs. Lucia Alcalá, Aaron Lukaszewski, and Adam Roberts**

Professor Spotlight– Dr. Aaron Goetz



“My passion for evolutionary psychology (EP) was a byproduct of my passion for evolution (unavoidable pun). Evolution grabbed my interest in high school, but the “particulate” nature of most of the biology courses I had taken discouraged me from pursuing evolutionary biology. I was (and still am) fascinated by whole organism biology and absorbed in macroevolution but turned off when zooming in to the cellular level. Golgi bodies and ATP transport systems (whatever those are) never excited me. With evolution as a peripheral interest, I began to study psychology at the University of Texas at Austin as an undergraduate. With each

psychology course I took, however, I became increasingly dissatisfied. I missed the parsimony of natural selection.

In the summer of 1999, I borrowed a copy of Daniel Dennett’s *Darwin’s Dangerous Idea*. While reading about natural selection as universal acid, I was introduced to EP. It immediately made sense to me. I had to replace that borrowed copy as I littered it with marginalia. I can still see the excitement in my notes (e.g., page 488 contains no less than a dozen exclamation marks).

Being at the University of Texas, I was fortunate to be at the home of EP heavyweights David Buss and Dev Singh. I took almost every class Buss and Singh offered. On the very first day of Buss’s EP course, my interests were solidified. As I left class, I called my mom and exclaimed that I had decided on a career. For two years, I worked in Buss’s lab and had the good fortune of working closely under Buss’s then graduate student, Josh Duntley. I might have learned as much from Duntley as I did from Buss and Singh. Under the direction of Singh, I conducted my first EP study for my honors thesis. I still vividly remember Saturday visits to Singh’s house where he would quiz me over articles I was assigned to read.

I graduated from the University of Texas in 2002 and was eager to delve deeper into the issues and topics surrounding the evolution of human cognition and behavior. Based on correspondence with Todd Shackelford, I chose to begin my doctoral training in evolutionary psychology at Florida Atlantic University. Shackelford was a great advisor. Not only was he doing interesting research, he was doing a lot of it. I quickly adopted Shackelford’s regimen: eat, sleep, read, collect data, analyze data, publish, repeat. As I would send Shackelford a final draft of a manuscript we were working on, his reply would include both a congratulations and an invariable “when shall I expect a draft of our next paper?” We both appreciated John Tooby’s wisdom that an EP graduate’s best weapon would be their list of publications. If you are going to swim against the current, you better be a strong swimmer.”



Professor Spotlight– Dr. Aaron Goetz

“I repeated Shackelford’s regimen for five years, and I must admit that it was successful. In the fall of 2006, I interviewed for the tenure-track Assistant Professor position in evolutionary psychology here at CSUF. Despite the fact that the position was for an adaptationist, I proceeded with caution. I included reprints of my evolutionary and “less-evolutionary” research (i.e., research that was informed by but is not contingent on EP). I was offered the position a few weeks later, and I eagerly accepted. The past twelve (omg!) years at CSUF has been nothing short of great. Few people have the luck and good fortune to land their dream job. I’m one of those few. With graduate and undergraduate students, I have designed projects to answer all sorts of questions I’ve been curious about over the years.

Knowing that I wanted to be an evolutionary psychologist in my late teens, my path to EP was rather direct. I appreciate that the path of most will not be as linear, but I might still offer some advice. Surround yourself with smart, like-minded scientists. Join their labs; attend conferences and meetings; start a journal club (we have one: EPJC). I was able to hit the ground running in graduate school because I was already familiar with much of the literature.

Also, although I agree that one must “publish or perish,” I echo others who have stressed the importance of quality versus quantity. The person with the most publications is not always the person who gets into the PhD program or gets the tenure-track position. A creative and rigorous project can be more attractive than a series of papers that lack creativity and rigor. Working on a single high-quality project while simultaneously working on lesser projects should produce both a heavy vita and one with substantive research. I am still trying to master this approach.”

Interested in learning more about Evolutionary Psychology and related topics?!
Come check out S.I.R.E.!

Society for Interdisciplinary Research in Evolution

Discover a new perspective in psychology.

Work together with like-minded undergraduate and graduate students.

Collaborate with multiple majors including psychology, anthropology, and more!

Be a part of our Evolutionary Psychology Journal Club (EPJC) where we read and have discussions about current literature.

Opportunities for research experience

Helps provide support and guidance for getting into graduate school.

Meets: Every Monday 4pm-6pm in Room H-606

Advisor: Dr. Aaron Goetz

Contact: evosciencesfullerton@gmail.com

