

# Psychology Peer Mentors

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*Editor-in-Chief: Lucille Chaney*

# Commencement

By Joe Macias

Hello Fellow Graduates of Spring 2017! Graduation is only a few weeks away and here are some important facts to know. If you still need to order a cap and gown, you can do that in person at titan shops or online. You may purchase the regalia separately or as a bundle. Every student receives 6 guest tickets and 1 extra upon request, which must be done online. These tickets are not allowed to be sold! Each student also receives two parking passes for commencement. It is recommended that students carpool or take uber, due to the large expectancy of people. Though extra parking will be available at Troy High School for an extra fee. Now for the day of Commencement, the large University Ceremony begins at 8am. If you are participating in this ceremony, you must meet at the titan track at 7am. The Psychology Department Commencement begins approximately at 9:30am, on the Engineering and Computer Science Lawn.

Congratulations to all graduating students  
and best of luck with finals!



# On the Significance of Sleep

By Frank Reyes

Oh sleep, you elusive temptress. You beckon the beleaguered, the overworked, and the dead-lined with your siren's call into blissful oblivion. For this author, sleep is my drug, but not by choice; always craved, but only sometimes sated. Sleep, you sadistic specter, cursing me with baggy eyes and a somnolent stare. Yet how I desire and adore your hypnotic hold. My mysterious muse, you coax new life into my beaten body while transporting my mind through surreal scenery and wondrous worlds. You seduce me with your silvery whispers, dragging my eyes shut and pulling at edges of my consciousness; but I must ignore you, for there is work to be done in the waking world. I tell myself that I will sleep when I'm dead, but deep within my soul I know I am not truly alive. Perhaps I can absolve myself by making a humble offering to Hypnos.

With my one true desire always out of reach, I have come to empathize with the torments of Tantalus. While my sin may not be as felonious as feeding my son to the gods, it is still one of fowl Hubris. Indeed, is it anything *but* the curse of excessive pride that leads us to believe that we may ignore our body's needs? Time and time again, we delude ourselves into believing that we can stave off sleep. Nevertheless, our organic vessels will not hesitate to remind us that we are nothing if not petty mortals. One of the illest hip-hop artists once said that "sleep is the cousin of death;" if this is true, perhaps the sweet embrace of death would not be so awful after all...but I digress. Here is my humble effort to present some facts about sleep, why we need it, and how we can get it. If you were able to stumble through my previous ponderings and abuse of alliterations without falling asleep, I applaud you. Let us move onto a more prosaic path.

We have sleep cycles that are about roughly 90 minutes long, and most people require 5-7 (6-9 hours) full cycles to feel well-rested. There are two kinds of sleep that we go through: REM and Non-REM sleep.

# On the Significance of Sleep

(continued)

By Frank Reyes

There are a number a critical functions of sleep (that we know of!), here are a few:

- Non-REM sleep, simply known as deep sleep, is crucial for rebuilding the body.
- Rapid Eye Movement, or REM sleep is what we are experiencing when we are dreaming. The eye darts around, seeing dreamscapes only visible to the sleeper, while the body remains motionless. REM sleep is critical for rejuvenating the mind, and consolidating learned information into memory. Without getting enough REM sleep, all the learning you are doing as a student is essentially wasted!
- The body releases important growth hormones and repairs muscle tissue during sleep; no matter how hard you work out, you will not get the maximum benefit without a good night's rest.
- Brain cells produce waste as a result of normal everyday activity. These toxic products are flushed out during sleep. Not sleeping enough is similar to garbage men going on strike; trash builds up in the street, and everything goes to hell. This is why it is attention, memory, and various brain functions are lowered when we are sleepy- there is too much clutter!
- Extended sleep deprivation is neurotoxic-brain cells begin dying off when the body goes without sleep for long enough. Animal studies have shown that enough time in a state of sleep deprivation can cause *death* itself! Pretty spooky, right?

# On the Significance of Sleep

(continued)

By Frank Reyes

Therefore, if you enjoy not being dead, then you need to sleep. Good sleep practices are the foundation of a productive day. Here are a few ways to improve your sleep:

- Look away from bright screens at least 1 hour before hitting the hay. The blue light that modern devices emit mimic sunlight, and upon entering our eyes this light destroys melatonin. Melatonin is a hormone that is important for falling asleep and staying asleep. If you feel like you must browse dank memes late at night, then use an app or program that cuts out this harmful light. Apps like [F.lux](#) for Windows computers, [Twilight](#) for Android Phones help reduce eye strain and slide into sleep faster. Apple iPhones have a [built-in feature](#) that does the same.
- Do your best to fall asleep at the same time each night. We are creatures of habit, and sleep is no exception to this.
- Avoid caffeine at *least* for 6 hours before going to bed. Due to the relatively long time it takes for this stimulant to leave our body, it can insidiously interfere with your sleep many hours after you pound that Starbucks.
- Exercise early in the day; not only will it help you wake up and make you sexier, exercise also improves sleep later on.
- Track your sleep cycles. There are nifty apps for both Apple and Android phones that detect your motion as you toss and turn in bed, and they sound an alarm to wake you up between sleep cycles, bright-eyed and bushy-tailed. They also track how you sleep throughout the week. These apps include [Sleep Cycle](#) and [Sleepbot](#).

## Do Not Cram the Night Before!

By: Melissa Salmeron

Finals are getting closer (in a couple of weeks to be exact) and we all know that along with finals comes the dreaded part of setting time apart for studying. So why not start now rather than procrastinate and decide that now is the best time to clean your room because it really won't be a good use of your time, trust me! There have been studies that show that cramming the night before a big test is not beneficial. It actually hurts your chances of earning that A or B you were aiming for. We have to keep in mind that we need sleep so that our brains can consolidate memory and to give us a break. So when it comes down to it, do not feel forced that you have to choose sleep or pull an all-nighter fueled by coffee.

- Start reading the chapter before lecture so you can have a better understanding of what your professor is talking about.
- If you want, take notes on the reading and ask any questions over the material you had trouble understanding.
- Skim the reading after class and make sure you understand what was taught and what was emphasized.
- When taking notes, it is best to handwrite them than type them out. When you actually write it out it helps you remember since you are forced to write the key points in the lecture than type everything verbatim and have a whole lot of nonsense.
- Make a schedule, using your phone's calendar or use an agenda, noting when you have free time to study.
- Read or review your notes when you have a break between classes.
- Go to your professor's office hours or your TA's office hours, if you have one. They have had your professor and know what to expect and probably can give you an idea what to study.
- Come to the Peer Mentors office (H-525B)! We've been in your position and know the struggles and probably have a plan that can help you too.
- Get a good night's sleep every night and especially the night before an exam.
- Make sure to eat breakfast or grab a banana on your way out the day of your exam.
- Most importantly keep in mind to spread out your study time rather than condense it all the night before!

**FINALS  
WEEK**  
THE STRESS AWAKENS

# CAPS

By: Nadia Uddin

CAPS is a counseling program provided at CSUF for student wellness. Here is general information provided regarding its services and how to utilize them.

- Where is it located?  
Student Wellness Center on campus
- What is the website?  
[www.fullerton.edu/studentwellness](http://www.fullerton.edu/studentwellness)
- What is the phone number?  
(657) 278-3040
- What are their hours?  
Mon-Fri 7:30 a.m. - 5 p.m.
- What are some of the services provided by CAPS?  
Individual counseling, couples counseling, group counseling, psychiatric services, crisis intervention, wellness workshops, referrals.
- How many counselors are there available to speak to?  
There are 23 total: three interns, one psychiatrist, and one psychiatric nurse practitioner.

- What is the process to make an appointment?  
An appointment can be made through phone or in person. If a student wants to make an appointment via phone, he or she must call the student wellness center and ask to make an appointment with a CAPS counselor. The student will be informed about the next available appointment.
- If a student wants to make an appointment in person, then he or she must visit the student wellness center and ask for an appointment with a CAPS counselor. The next available appointment will be provided. If the next available appointment does not fit with the student's schedule, then he or she can ask if a counselor is available at a time that works best. When an official appointment is made, the student will be given an appointment card as a reminder of the date and time. The counselor's name will also be written on the card.

# CAPS (continued)

By: Nadia Uddin

- How many session will be provided?

The sessions are individually based upon each student and the counselor. The counselor determines if the student has received the benefit of the services and is no longer in need of future sessions. The counselor will inform the student of the last session.

The counselor will continue sessions with a student until seems fit. If a student will benefit from longer-term counseling, the counselor will refer the student to counseling services outside CSUF.

- What is considered an emergency?

If a student feels he or she needs to see a counselor immediately, the student will be given a form. The form is known as a triage. If the student meets the criteria, he or she will be seen by a counselor.

- What happens if a professor walks a student to CAPS as an emergency?

First, the professor must distinguish it to be an emergency for a student to speak to a counselor. The professor must walk with the student to CAPS and inform front

# Peer Mentors 2017!



College was founded in 1957,  
California Legislature  
passed in 1959 and  
Dorf was appointed  
president.  
College classes began  
at Hills High School.  
were held here in 12  
buildings by Orange Grove  
State College in 1962.  
at Fullerton in 1964.  
age, Fullerton in 1968  
iversity, Fullerton in 1972.

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Dorf 1959 - 1970  
in 1970 - 1980  
Carlyle 1981  
Lobb 1981 - 1990  
Edson 1990 - 2012  
Lynn 2012  
2012 -

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## Spring 2017 Office Hours

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:00	Ashley F.		Ashley F.		
9:00-9:45	Ashley F.	Bridgette/Joe	Ashley F.		
9:45-10:00		Bridgette/Joe	Ashley F.		
10:00-10:30	Lucille	Bridgette/Joe	Bridgette/Melissa	AJ/Ashley J.	
10:30-11:00	Lucille	Bridgette/Joe	Bridgette/Melissa	Frank	
11:00-11:30	Andrea	Michael/Joe		Frank	
11:30-12:00	Andrea	Michael/Joe	Ruby/Kyra	Frank	
12:00-12:30		Jenny	Ruby/Kyra	Frank/Sophie	
12:30-1:00		Jenny		Frank/Sophie	
1:00-1:30	Kelcey	Jenny/Bianca	Kelcey		
1:30-2:00	Kelcey	Jenny/Bianca	Kelcey		
2:00-2:30					
2:30-3:00	Melissa	Brandon	Melissa	Frank	
3:00-3:30	Melissa	Brandon/Jimmy		Frank	
3:30-4:00		Jimmy			
4:00-4:30		Jimmy/Jenny		Carla	
4:30-5:00		Jimmy/Jenny		Carla	
5:00-5:30					
5:30-6:00					
6:00-6:30					
6:30-7:00					

## Campus 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</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>