



Psychology Peer Mentors

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**You Can
Do It!!**



Contact Us!

Email: CSUFpeermentors@gmail.com

Website: <http://psych.fullerton.edu/pm12/>

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Featured Professor—Dr. Lisa Mori

By AJ Pollard

The first impression you get when you meet Dr. Mori is that she is incredibly intelligent, and has a great answer for every question. The more you get to know her, you realize that with the amount of knowledge that she holds, she could probably rule the world with her eyes closed if she wanted to.

Dr. Mori is not only a professor here at CSUF, but also a researcher and a clinician. Interestingly, her education began with an undergraduate from UC Irvine not in psychology, but instead in social ecology, which she describes as a mix of psychology, social behavior, public planning, environmentalism, and criminal justice. She then received her doctorate in clinical psychology at University of Missouri, Columbia. Although UMC was not a school that she ever imagined being a part of (she cried while on her way to Missouri), she believes that it ended up being the best graduate experience she could have ever hoped for.

Dr. Mori completed her postdoctoral fellowship at the UCLA Medical Center, specializing in pediatric psychology, where she got to work at a "last stop" experimental inpatient pediatric unit. After losing all but one of her young patients, and earning the nickname "Intern of Death" (*Grey's Anatomy* anyone?), she realized that after all that hard work, pediatric psychology was not a good fit for her. However, through that experience she had discovered an immense passion for teaching and mentoring, and thus begun her teaching career at her alma mater, UCI.

Dr. Mori soon learned that although she loved teaching and mentoring students, as well as working directly with patients, she missed conducting research. Unfortunately, her working schedule at UCI did not leave much time for it, so she found her best fit at CSUF. Although she began with teaching and mentoring only graduate psychology students, Dr. Mori currently teaches her favorite courses of abnormal



psychology. In her classes, Dr. Mori likes to bring incredible speakers to show her students real patients, who she prefers to identify as "thrivers" rather than survivors. Dr. Mori also conducts research (and mentors student research) on views of therapy, as well as on subjects pertaining to human sexuality. In addition to teaching and mentoring CSUF students for over 20 years, Dr. Mori supervises postdoctoral, MFT, and MSW interns at Mariposa (a non-profit counseling and therapy center in Orange County). She also likes to "keep her toes wet" within the clinical field by maintaining a private practice where she administers clinical psychological treatments, as well as psychological evaluations.

FUN FACTS:

Dr. Mori has a secret love for interior design, claiming to enjoy rearranging the office of her private practice as much she enjoys actually working with the patients themselves. In her free time, Dr. Mori enjoys doing "normal stuff" like playing games, including Rummy, and watching reality shows, especially *Survivor* and *Amazing Race* (although she mostly records shows in hopes of having the time to actually watch them).

ADVICE TO STUDENTS:

Dr. Mori's advice for students is that you do not need to have everything figured out! You can always change your mind, so be open and flexible as to what the future might bring for you. Dr. Mori changed her mind and the direction of her career at the very end of her education, and yet ended up right where she believes she belongs. It is important to not stress over what might go wrong or not according to plans because whatever is meant to happen will happen. The most important thing you can do is to enjoy your experience in whatever you do!

Doctorate vs. Master's Degree

By: Samantha Harris

If you are considering going to graduate school, you are probably wondering which degree to get. The choice should not be too difficult once you understand the differences among the two major degree types: doctorates and masters.

What are doctoral degrees?

The most common doctorate is the Doctor of Philosophy, or Ph.D. Ph.D.'s and other research doctorates prepare students to initiate new projects that add to the collective knowledge base of the field. Ph.D. candidates begin by taking courses and exams, go on to take advanced seminars and design dissertation research, and complete their requirements by researching, writing, and defending a dissertation. A dissertation is the doctoral-level thesis, the culmination of a Ph.D. candidate's research into a topic, and typically the major requirement of earning the doctorate. Candidates for and holders of Ph.D.'s often seek careers as professors and researchers, but many also go on to varied roles in the nonprofit, public, and private sectors.

What are master's degrees?

Master's degrees are more versatile than doctoral degrees, and have a wide range of professional and academic applications. Master's programs typically take one to three years. Students entering a master's degree program have already earned a bachelor's degree, and so master's candidates take advanced-level courses and seminars. Professors tend to expect a higher level of analysis in master's classes than undergraduate studies. In some programs, students go on to research, write, and defend a master's thesis. Applied programs, such as those in clinical and counseling psychology for example, also require field hours. Students complete supervised experiences in which they learn how to apply the principles of their discipline. The variety of masters degrees is vast, as are the purposes and uses of each. Masters degrees prepare a person for a range of pursuits through specialized study of a field.

In short

There are a great many opportunities for graduate students at both the master's and doctoral level. There is consistency and variety in both programs in which all entail some coursework, but programs vary as to whether applied experiences, theses, and comprehensive exams are required.

Master's degrees and PhD degrees certainly differ, with advantages and disadvantages to each. Only you know which the right degree is for you. Take your time and ask questions, then carefully weigh what you learn about each degree, its opportunities, as well as your own needs, interests, and competencies. Good luck in your higher level educational journey!

Careers in Psychology

By Karina Ortiz

Careers with a MS in Counseling:

- **Diverse options of careers**
- **Able to have their own practice**
- **Part-time Professor**
- **NOT able to conduct research**
- **Marriage and Family Therapist**
- **Licensed Professional Clinical Counselor**
- **Mental Therapist**
- **Licensed Clinical Social Worker**
- **Substance Abuse Counselors**
- **Mental health Counselors**
- **Rehabilitation Counselors**
- **Clinical Supervisors**
- **Student Affairs Counseling**

Careers with a Doctorate in Clinical Psychology:

- **Specified options with a PsyD**
- **Able to conduct research**
- **Able to run psychological tests**
- **Can Have their own practice**
- **Full Time Professor of Clinical Psychology**
- **Can diagnose and treat mental disorders**
- **Able to administer evaluations**

Creating a CV & Resume

By Gabriela Garza

It takes a college administrator and employer only 5 seconds to form an impression about your CV, make those seconds count! Here are some guidelines that will focus in creating a draft for your CV.

What is a CV and why is it relevant?

A curriculum vitae (CV) provides an overview of a person's experience and other qualifications. A CV can be utilized for multiple purposes. When applying for grad school, most programs evaluate applicants through their academic achievements and experience. After grad school, employers may use a CV as a tool to screen applicants.

What you CAN include in a CV, but not limited to:

- Use bullet points. A CV should be a quick outline of your history of work and education. Keep it concise.
- Put the most important information first. List your work and education experience in chronological order. For sections such as skills or organizations you're active in, list the most important ones first.
- Use spaces to make it easy to read
- Use easy-to-read fonts
- Use numbers to back up your achievements if it is sufficient and worth mentioning
- Keep your CV to 2-3 pages

What NOT to include in a CV:

- No jargon or slang, Never lie on your resume. Double-check your facts and dates,
- Remove older work experiences, like the summer job you held when you were 17. Unless it has to do with psychology, don't include it.
- No hobbies. Unless you are 100 percent sure that a hobby will support your candidacy, leave it off. Hobbies may come up in an interview.

Don't forget to include ...

- Any shadowing experience you've done while in school, such as an internship
- Publications you've contributed to such as attending or presenting at conferences or writing an article for a newsletter
- Positions you've held in your internship and what you did in that position
- Awards and recognition (making the Dean's List)
- Outreach events and volunteer work.

If you are having a hard time constructing your CV or resume, have any specific questions regarding graduation or your major, the Career Center in Langsdorf Hall (LH) 208 can be used as a resource for your benefit. At the Career Center, career specialist, Marisa Perez-Armode specializes in majors categorized in Humanities and Social Sciences.

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Creating a CV & Resume

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Following is a brief interview that may be additional help for students:

How can you schedule an appointment and how can career specialist, Marisa, be of assistance?

The quickest way to schedule an appointment is by calling our front desk at (657) 278-3121. Career specialist calendars typically book anywhere from 2-4 weeks in advance, and we do not schedule same day appointments. Depending on the type of appointment, students may be required to bring in materials or send them in advance via email. Students will be notified at the time of making their appointment.

What type of assistance do you offer, specifically for psychology majors?

- Career Exploration
- Resume, Curriculum Vitae and Cover Letter Review
- Job/Internship Search Assistance (PSYC 495 students)
- Interview Preparation/ Mock Interviews
- Graduate School Exploration
- Graduate School Statement of Purpose Review
- Graduate School Mock Interviews

What type of information or advice would you give students that seek your help about constructing a CV and resume; what makes an excellent CV and resume?

There is no single recommended resume or CV format. Your resume format will also be dependent on the profession and industry you are pursuing. A strong resume requires attention to style, detail, organization and layout. It must be well organized, attractive and easy to read. An attractive resume format will catch the employer's attention and receive a more careful reading.

You can stretch or shrink the content to fill the page but avoid long, bulky paragraphs. The writing style should be direct and concise. An effective resume incorporates action words, phrases and statements which communicate accomplishments and skills.

Tailor your resume/cv to the job, internship or graduate school to which you are applying!

What are other ways that you help students?

Connecting students with employers and graduate schools through our large scale events such as the Graduate School Expo and Internship & Career Expo as well as employer information sessions and alumni panels.

Helping students get connected to Titan Connection, the Career Center's job and internship posting database

Setting Yourself Apart: Personal Statement

By Vienna Bitna Kim

The application process for graduate programs requires several important documents from students. One of the most critical documentation is a personal statement. A personal statement demonstrates multiple scopes of a student independent of their GPA and curriculum vitae. It serves as an autobiographical essay that presents a well-rounded description of a student's character, experience, and personal and professional goals. Typically, the institution lists the requirements and expectations on their website so it is suggested to carefully and thoroughly read and respond to their request. However, it is also recommended to differentiate yourself from the typical applicant through your personal style of story telling and writing.

Generally, the goal of a personal statement is to give the reader an overview of yourself as a student and as an individual outside of the academic environment. The essay should be a reflection of intellect and character and a showcase of aptitude for the field of study you have chosen. A student is essentially making a case as to why the school should admit them instead of the usual applicant. Academic records are comparable, but uniqueness will distinguish one party from another.

When a student thinks about starting a personal statement, many do not know where to start. One tip is to carefully assess the experiences that made an impression in your life then think about why those experiences were significant enough to remember. You can also start by answering questions that the academic committee might ask during an interview. As you think about an event or experience that was a catalyst to your interest in your field, think about how it contribute to the following questions: How did factors outside of school environ-

ment enrich or delay your ability to maximize your opportunities for education? How did hardships in your life affect your motivation to pursue education? How have you utilized or cultivated resources despite challenges? How has your personal circumstances affected the way you develop or flourish in response to opportunities? Has your life changed due to any of the experiences you have had? As you untangle through your past experiences, you will surprise yourself with the amount of life experience you have had! As you begin brainstorming and jotting down ideas, remember to add experiences that demonstrate leadership, diligence, and motivation. Exhibiting personal experiences will get you further than a list of adjectives to describe you.

In addition, your essay should be arranged in a logical order. This will demonstrate your organizational skills and sense of writing ability. When beginning the essay, bear in mind that the introduction of your essay is a major structure that will serve as a foreword of yourself and the focus of your entire essay. Once you have determined which specific experience affected you the greatest, you can begin by writing about it through a format of creative story telling using sensory elements and emotions. The structure of your essay should be framed to capture the committee's attention. In addition, a clean transition from your personal story telling to your educational experience and goals is essential. One way to ensure that your essay makes a well-defined transition is to tie in the last statement/sentence to the next. It is also pertinent to have correct grammar and syntax. An institution's committee is unlikely to continue reading if your essay is difficult to read.

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Setting Yourself Apart: Personal Statement —Continued...

The next few paragraphs of the essay should include specific experiences pertaining to the program in which you are applying. For instance, if you were interested in applying to a clinical psychology program, it would be beneficial to highlight the internship experiences you have had as a behavioral therapist. In contrast, a researcher will focus on the multitude of research experience, emphasizing important projects and details. Keep in mind of what you are trying to communicate to the reader. A student can also clarify any weaknesses such as a low GPA or lack of experience. However, keep in mind the intentions of why you are sharing your weaknesses, because it should only be shared if you are able to follow through with a realization and achievement, despite the setbacks; these adverse experiences should be mentioned only to display how you have overcome them.

Here are some general tips to bear in mind as you write your personal statement:

- Research the program you are interested in joining, mention relevant classes and experiences to the field.
- Research faculty members of the institution and mention their research and work- this demonstrates the time you spent in researching the school further than the typical applicant did.
- Think about the reader and how they may perceive you from your story and experience.
- Do your own research about writing a personal statement. There are multitudes of resources that will benefit your personality!
- Keep the essay concise and not too lengthy; capture the reader's attention within the very first few lines.
- Stay focused on your goals of your essay. Remember to take a break and think about whether your story or statements are relevant to the purpose of your essay.
- Read your essay aloud— you might catch a few grammatical errors.
- Request faculty members and peers to provide feedback about your essay.

Finally, start thinking about your personal statements now so that you have a chance to make revisions before the big day. Take a look at the personal statement requirements on the website of your institution of choice, and get started on writing now!

Psychology Peer Mentors
H-525B
 Office Hours

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM					
9:00 AM	Ashley Janelli			Ashley Janelli	
10:00 AM	Ellen Wilkerson (10:30)	Gabie Garza (10:00)		Ashley Janelli	
11:00 AM	AJ Pollard (11:30)		AJ Pollard (11:30)	Samantha Harris (11:30)	
12:00 PM	AJ Pollard (12:30)		AJ Pollard (12:30)	Samantha Harris (12:30)	
1:00 PM	Jimmy Pulido (1:30)		Jimmy Pulido (1:30)		
2:00 PM	Jimmy Pulido & Vienna Kim	Alishia Ali (2:30)	Jimmy Pulido (2:30)	Alishia Ali (2:30)	
3:00 PM	Jimmy Pulido & Vienna Kim	Alishia Ali (3:30)		Alishia Ali (3:30)	
4:00 PM	Vienna Kim (4:30)		Erika Orozco (4:00 – 5:00)		
5:00 PM		Alishia Ali (5:30)			
6:00 PM		Alishia Ali (6:30)			

Campus Resources

Academic Advisement Center	(657) 278-3606	UH-123B
C.A.P.S	(657) 278-3040	Between KHS&ECS Buildings
Career Center	(657) 278-3121	LH-210G
Health Center	(657) 278-2800	Between KHS&ECS Buildings
Internship Office	(657) 278-3746	LH-206
Peer Mentors Office	(657) 278-7538	H-525B
Psychology Advisement Office	(657) 278-3102	H-830J
Women's Center	(657) 278-3928	UH-205
Writing Center	(657) 278-3650	Pollack Library