

PSYCHOLOGY NEWSLETTER

Co-Editors-in-Chief: Heidi Duarte, Amelia Miscione, & Trang Le



Left to right: Johnathan, Dr. Beals, Savanna, Cinthya, Tina, Heidi, Ryann, Trang, Hanieh, Ha, Rana, Jackie, Christine, Tamryn, Makayla, Jenn, Amelia, Kathrine, Brigitta, Ansley, & Giovanni.

Meet the Peer Mentors

Peer Mentors are a group of Cal State Fullerton Psychology students. Our mission is to provide support to psychology majors, minors, those taking psychology courses, and anyone considering a major in psychology. Here is a list of the basic services we provide:

- Academic assistance (homework, writing, etc.)
- Tips for studying
- Information on career paths in psychology
- Graduate school information
- Information on psychology clubs and organizations
- Internship and research information

We have a variety of mentors who can help with a wide range of psychology subjects, so stop by with any of your psychology questions!

For more information, please visit psych.fullerton.edu/pm12

Or email us at CSUFpeermentors@gmail.com

Or come see us in the Peer Mentor office in room H-525B (Inside the Psychology Lounge)



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Makayla Allen

Hello! My name is Makayla Allen. I am a third-year student at CSUF and I am majoring in Psychology. For my career I am most interested in working with families and kids of all ages. I am looking to get my masters to eventually get my license in Marriage Family Therapy. My favorite hobbies include cooking, baking, reading, and walking my dog. My favorite thing to bake is cookies and I love to share! I can best assist you with Psych 101, Psych 201, Psychology of Personality, Abnormal Psychology, and study skills!

Jackie Benitez

Hello! My name is Jackie Benitez. I am a 4th year Psychology major and my 1st year as a Peer Mentor. Aside from that, I am also a research assistant for Dr. Cherry's lab through the Fibromyalgia and Chronic Pain Center at CSUF. After obtaining my BA in Psychology, I plan to attend grad school for Industrial and Organizational Psychology. Aside from school, I like spending my free time binge-watching The Office and That 70's Show. I also like exploring new museums, art walks, hiking, and eating tacos. I can best assist you with APA formatting, Intro to Psych, Learning and Memory, Abnormal, and I/O Psych. I can also answer questions about how to get involved with research on campus, and general questions about grad school.
"No." -Rosa Parks

Kathrine Bliss

My name is Katherine Bliss and this is my last year at California State University, Fullerton. I am happy and eager to be a Peer Mentor. My interests currently lie in consumer psychology and market research. In my spare time, I enjoy working out, watching television, and singing classical music and opera. I also like to sing in my church choir. I am more than happy to help with Introduction to elementary statistics and introduction to research methods. I can also help with abnormal psychology, the psychology of personality, social psychology, and psychology 110. Best Wishes and have a good Fall Semester.

Tamryn Boggess

Hi everyone! My name is Tamryn Boggess and I am currently a third year at CSUF. I am majoring in psychology and minoring in child development with plans to one day become a school psychologist and help young kiddos. I can best assist with Introductory, Critical Thinking, and Abnormal psychology.
"You miss 100 percent of the chances you don't take." -Wayne Gretzky (Michael Scott)

Jennifer Cazares

Hi everyone!! My name is Jennifer Cazares. I am a 4th year student at CSUF who is majoring in Psychology and minoring in Criminal Justice. I am the president of PDSA and a research assistant for Dr. Espinoza's lab! I have a strong interest in legal psychology and I see myself as a forensic psychologist in the near future. I love going to concerts/shows and new adventures with the people I love in my free time. As a peer mentor I can assist with cognitive psychology, APA formatting, and intermediate statistics.

Heidi Duarte

Hi! My name is Heidi and I am graduating this semester. I am applying to grad school for an MA and I aim to eventually get a PhD so I can become a psychology professor and researcher. I am most interested in statistics and evolutionary psychology and am also knowledgeable regarding abnormal psychology and psychology of personality.

Johnathan Forde

Hello, my name is Johnathan Forde. I am a Senior at CSUF and I am majoring in Psychology. I am pursuing an MBA in Finance/Economics. I can provide guidance in your career and educational pursuits. Please come by the Peer Mentors Office if you have need of assistance. I can best assist you with Psych 110 - Critical Thinking, 302 - Learning and Memory, 306/306L - BioPsych/NeuroPsych, 312 - Human Sexual Behavior, 331 - Personality, 351 - Social, 362 - Aging, 391 -Industrial/Organizational.

Cinthya Gonzalez

Hello Titans! My name is Cinthya Gonzalez and I will be graduating this semester with my degree in psychology. I am very interested in pursuing a career as a forensic psychologist, so I am currently working on getting into grad school. A few of my hobbies include kayaking, playing a variety of instruments, building puzzles, or any type of mind games really. I can assist with questions about SPSS, APA, on campus resources, as well as the following Psychology courses: Abnormal, Social, Industrial, Developmental, Cognitive, Learning and Memory, Animal Behavior, Personality (331), Clinical, and Stats/Research Methods (202,300). "Only those who will risk going too far can possibly find out how far one can go." – T.S. Eliot

Ryann Ippolito

Hello! My name is Ryann Ippolito, and I will be graduating this year from CSUF with a degree in Psychology and a minor in Chicax studies. I am very interested in working with middle and high school aged students, and I hope to get my masters to go on to become a school psychologist. I love finding crazy food (especially anything covered in cheese) and I run a food blog. I spend my free time listening to Shannon and the Clams, The Growlers and The Killers, as well as rewatching old episodes of Degrassi and Gilmore Girls. I can best assist you with Intro to Psych, Critical Psych, Abnormal Psych, Clinical Psych, and Social Psych. "A mentor is someone who allows you to see the hope inside yourself." –Oprah Winfrey

Ha Nguyen

Hey there! My name is Ha and I am a 4th 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 and general graduate school planning, SPSS, Excel, Word, Stats and Research Methods, Cognitive Psych, Personality of Psych, Social Psych, and Biopsych.

Christine Kim

Hey! My name's Christine and I am a fifth year English and Psychology double major planning to go into teaching when I graduate! I'm currently a substitute teacher for the Fullerton School District and I've worked many tutoring jobs in the past. I absolutely adore art and animation, and frequently enjoy writing, drawing, and singing in my free time. I'm a huge fan of Pokemon and anime, and I love owls and cats!

I can best help with intro to psychology, critical thinking, abnormal, social, learning and memory, educational, and cognitive psychology.

"Because people don't have wings, we look for ways to fly." - Haruichi Furudate, *Haikyuu!!*

Guiovanni Mendoza

Hi everyone! My name is Guiovanni Mendoza and I am on my last year at CSUF as a psychology major! Where do I start...? It has been a wonderful journey so far and I really don't want it to end. I aspire to work in social services or possibly even law enforcement, particularly as a probation officer or a school resource officer. My areas of specialty include but are not limited to: APA formatting, abnormal PSYC, social PSYC, the psychological study of the LGBTQ community, and introduction to psychology. My office hours are Tuesday's from 3-4pm, but I'm always willing to stay longer.

"Knowing **how to think** empowers you far beyond those who know only **what to think**."
- Neil deGrasse Tyson

Tina Mikesell

Hi! I am Tina Mikesell. I am a non-traditional student and a senior. My major is in Psychology with a minor in Anthropology. I am also the mom to 7 children, 4 of whom I gave birth to and 3 who have married into the family. I love to camp, read and knit. I am able to help with Abnormal Psych, Intro to Psych, Psych 110, Social Psych, Study Skills, emotional decompression, and general life advice.

Psychology Advisors

By Ryann Ippolito

The psychology advisement office is located at H-830J. The following advisors are available to offer general advisement and grad checks:

Jackie Rohde is the student advisor and can assist with career advising, future class planning, and probation. Jackie is available Mondays and Wednesdays 12pm-6pm, Tuesdays 4pm-6pm, and Fridays 10am-4pm.

Dr. Dave Gerkens can help with grad checks, probation, and general advising in psychology. Dr. Gerkens is available Wednesdays 9:30am-11:30am and Thursdays 4pm-6:30pm.

Dr. Jessie Peissig can help with grad checks, probation, and general advising in psychology. Dr. Peissig is available Mondays 8:30am-11:30am and Tuesdays 12:30pm-2:30pm.

Carrie Carmody can help with grad checks, probation, and general advising in psychology. Carrie Carmody is available Tuesdays and Thursdays 9:30am-11:30am.

Remember! It is mandatory to meet with a grad check advisor in order to become a candidate for graduation

Please make an appointment online at csufpsychologyadvisement.acuityscheduling.com to ensure that you are able to speak with someone!

For general questions, please email:

psycadvisement@fullerton.edu

or call: (657)278-3102

Sierra Lopez

Hi everyone! My name is Sierra Lopez and this is my third year at CSUF as a psychology major! I plan to go into industrial organizational psych with a focus in management. This is a bit of a switch from my old plan of going into neuropsychology, but my ultimate goal is to be self-employed so I can travel whenever and wherever I please. I can best assist with Introductory, Critical Thinking, Abnormal, Statistics and Research Methods of psychology.

"Come as you are" Nirvana

Trang Le

Hi guys! My name is Trang. I am a fifth year Psychology major with a minor in Advertising. After graduation, my goal is to obtain an MS in Human Factors Psychology. I can best assist you with APA formatting, Cognitive Psychology, Social Psychology, and Critical Thinking. In my free time, I like to hike, watch movies, and try new recipes.

"It's not who you are that holds you back, it's who think you're not." - Unknown

Amelia Miscione

Hey there! My name is Amelia and I am a senior psychology student planning to go into clinical social work. I currently provide ABA therapy for kids with autism and other disabilities. Additionally, I am a Youth Mentor for the Mental Health Association of Orange County. In my free time, I love dancing salsa and bachata, exploring beaches, and attempting to cook. I can help with intro to psychology, statistics, research methods, biological, social, abnormal, and cognitive psychology. Additionally, I am skilled in APA formatting, SPSS, study skills, and internship/job searching.

"It is only with the heart that one can see rightly; what is essential is invisible to the eye."
— Antoine de Saint-Exupéry, *The Little Prince*

Get to Know Us

Brigitta Nguyen

Hello! My name is Brigitta Nguyen. I am a third year Psychology major. I'm interested in social psychology. My favorite hobbies include horseback riding, scuba diving, and traveling! I'm a huge foodie, so I travel all over the world to eat amazing food- specifically seafood and cultural dishes! I can best assist you with intro to psychology, biopsychology, sexuality, and personality.

"Success is not final, failure is not fatal: it is the courage to continue that counts." – Winston Churchill

Ansley Tran

Hello! I'm Ansley and I'm a senior doing my major in Psychology and minor in Human Services. I will either end up pursuing a career as a clinical psychologist at the VA or continuing my career in the Navy by becoming an officer. I am currently in the Navy reserves while I finish school and will be hitting my five year anniversary in December. I've been lucky to travel all over the world with them. I've gone to places like Guam, Japan, Hawaii, and New Orleans. My specialties include helping with biopsychology, although I can also help with a wide variety of topics.

Rana Salem

Hi! My name is Rana Salem and I will be graduating this spring with a major in Psychology and minor in Law, Politics, and Society. After graduation, I plan to begin the law school application process with the hopes of working for the District Attorney's Office. I would consider myself a coffee enthusiast - I LOVE coffee. I worked as a barista for a year and a half and (finally) mastered latte art! I spend my free time binge-watching TV dramas, hiking, and attending concerts. I can best assist you with critical thinking, statistics, abnormal, social, and I/O psychology.

"When life gives you limes, rearrange the letters until they spell smile" - Unknown

Jewelianna Velasco

My name is Jewelianna Velasco. I am a fourth year here at Fullerton and I will be graduating this Spring with a Bachelor's degree in psychology and criminal justice. I plan on attending graduate school to receive my M.S. in Clinical Psychology. My hobbies and interest include working out, traveling, and going to the beach. Areas that I can best assist you with are Psych 101 and Abnormal Psych.

Savanna Valenti

Hey everyone! My name is Savanna, I am a Psychology major, and this is my final year at CSUF. I studied at Cypress college for two years before transferring here, and I'm on my 3rd year here. I'm not really sure what direction I'd like to go in, but I think I want to work with kiddos. I am interning at the Metropolitan State Hospital and I am very excited to start volunteering on the units. I can assist with intro psychology, social, developmental, abnormal, gerontology, and intermediate stats.

Hanieh Fakhrai

Psychology. Helping people. Nature (hiking, camping, going to the beach, etc.). Traveling. Spending time with family and friends. Statistics is definitely my weakness; however, I am good with papers (APA, etc.). I really enjoyed Psych 100 and I am very familiar with all the concepts/theories.

"Happiness will never come to those who fail to appreciate what they already have" - Buddha



Peer Mentor Office Hours

	Monday	Tuesday	Wednesday	Thursday
8am-9am		Johnathan/Ryann		Johnathan/Ryann/Savanna
9am-10am				Kathrine/Ansley
10am-11am		Kathrine/Jennifer	Jewelianna	Kathrine/Ansley/Savanna
11am-12pm	Sonali/ Tamryn (11:15-12:15)	Natalie/Christine	Rana	Christine
12pm-1pm	Heidi	Cinthya	Cinthya	Heidi
1pm-2pm	Tina	Brigitta/Hanieh	Ha	Amelia/Brigitta
2pm-3pm	Tina	Makayla	Trang	
3pm-4pm	Tina	Giovanni	Cinthya/Sierra	
4pm-5pm	Sierra	Jackeline/Ansley	Sierra	Johnathan/Brigitta

If you need help with a specific course, here is who can best assist you:

Intro/Intermediate Stats & Research Methods: Rana, Ha, Jennifer, Natalie, Cinthya, Heidi, Katherine, Amelia, Savanna, Johnathan

BioPsychology: Ha, Natalie, Ansley, Amelia, Sonali, Johnathan

Cognitive Psychology: Ha, Trang, Jennifer, Natalie, Giovanni, Amelia, Sonali

Abnormal Psychology: Jewelianna, Natalie, Ryann, Cinthya, Katherine, Heidi, Rana, Giovanni, Amelia, Sonali

Clinical Psychology: Cinthya, Ryann, Heidi

Developmental Psychology: Natalie, Brigitta, Heidi

Educational Psychology: Christine

Personality Psychology: Ha, Christine, Brigitta, Ansley, Heidi, Kathrine, Sonali, Johnathan

LGBTQ Psychology: Giovanni

Learning & Memory: Johnathan

APA Formatting: Heidi, Tina, Johnathan, Hanieh

Graduate Programs: Ha, Tina

Psychology Clubs

By: Amelia Miscione



Psychology Department Student Association

- Explore a wide range of interesting psychology topics and more
- Hosts fun social events, educational panels, and academic workshops
- Meetings are held Wednesdays 4-5pm
- Sashes and cords offered at the end to members who meet the requirements

Upcoming Events: 4-5pm

10/3: Career Center Resource @ UH 250

10/10: Scavenger hunt in the Arboretum



Adults Who Are Returning to Education

- Aware is a student organization for non-traditional students, such as students who work full time, military veteran, students over 25, etc.
- Semester membership \$20
- Meetings are Wednesdays 2:30- 2:30 in UH 205

Upcoming Events: 10-11 am

9/28: Revamp your Resume @ UH 215



The International Honor Society in Psychology

- Join Psi Chi and become a member for life!
- Requirements
 - Be a psychology major or minor
 - Overall GPA of 3.2 or higher
 - Psychology GPA of 3.5 or higher
 - Completed a minimum of 9 units of psychology coursework at CSUF
 - Be a second semester sophomore or higher

Upcoming Events: 4-5pm

9/28: How to Get Involved in Research @ Tuffree-AB



Latinx Student Psychological Association

- Focus is on finding helpful resources, promoting higher education, creating networking opportunities, and providing community service opportunities for students
- Membership is \$25 with t-shirt
- Sash and cord at end of semester for students who meet the requirements
- Meetings every other Tuesday 3-4

Upcoming Events: 3-4 pm

10/9: I.O. Informational @ Legislative Chambers 1&2

10/23: Power Dynamics @ Tuffree-AB

Resources

<u>Resource</u>	<u>Phone</u>	<u>Location</u>
Academic Advisement Center	(657) 278-3606	UH-123B
C.A.P.S (counseling services)	(657) 278-3040	Student Wellness (SHCC-East)
Career Center	(657) 278-3121	LH-208
Health Center	(657) 278-2800	Student Wellness (SHCC-West)
CICE (Internship Office)	(657) 278-3746	LH-206
Peer Mentor Office	(657) 278-7538	H-525B
Psychology Advisement Office	(657) 278-3102	H-830J
WoMen's Center	(657) 278-3928	UH-205
Adult Reentry Center	(657) 278-3928	UH-205
Writing Center	(657) 278-3650	Pollack Library, North First Floor

Study Skills Workshops!

Hosted by the Peer Mentors

Study Skills Workshops include:

- Study skills information
- Fellow psychology students
- Discussion & questions

	Dates	Times	Location
M	Oct-1	2:00p-3:00p	H-622
T	Oct-2	1:30p-2:30p	H-622
W	Nov-14	1:30p-2:30p	H-622
Th	Nov-15	1:30p-2:30p	H-622

Come join us and learn study skills from fellow psychology students with experience.

off the mark.com by Mark Parisi



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Your Fall 2018 Psychology Peer Mentors!