



March 2013

# Psychology Peer Mentors



## Inside this issue:

Who We Are	1
Spring '13 Peer Mentors	1
Are You Ready For Your Graduate Admission Interview	2
Psychology Club Spotlight: PDSA	2
Psychology Club Spotlight: Psi Chi	2
Featured Professor: Dr. Jennifer Trevitt	3
A Few Tips For Staying Mentally and Physically Healthy	3
On Campus Resources/ Peer Mentor Office Hours	4

Newsletter Editor: Allina Babur  
 Newsletter Designer: Brian Dizon  
 Advisor: Dr. Kristin Beals

## Peer Mentors: Who We Are

By Brian Dizon

As Peer Mentors in the CSUF Department of Psychology, it is our goal to provide a wide variety of information to undergraduate students. We provide resources regarding academic/career information, psychology clubs, class scheduling, internship/research opportunities, graduate school information,

and more. Aside from providing information services to CSUF students, we also provide outreach to community colleges and high school students in the surrounding area. In addition, we offer homework help. However, Psychology Peer Mentors is not a tutoring center. We recommend

that students work on their assignments or papers and come to us with specific questions. For more information, please visit our website ([psych.fullerton.edu/pm12](http://psych.fullerton.edu/pm12)), or feel free to email us at [psycmentors@fullerton.edu](mailto:psycmentors@fullerton.edu).

## Spring 2013 Peer Mentors

Top row from left: Veronica Anderson, Zahra Ahmady, Jeff Doberneck, Edwin Bai, Dr Kristin Beals, Brain Dizon, Julie Bell, Carolyn Nash.

Bottom row from left: Nesreen Sharmouj, Andrea Calderon, Allina Babur, Catherine Pineda, Melanie Jambrosic, Daniela Ruiz Cedeno

Not pictured: Daniela Barragan, Ramon Pacheco, Apsen Yoo, Tina Fey, Janelle Saenz



### Peer Mentors can help you with:

- APA Style Writing
- Psychology Major/Minor Requirements
- Graduate School Information
- General Information
- Homework Help (Specific questions)

## Are You Ready For Your Graduate Admission Interview?

By Veronica Anderson

Being that this is the spring semester, many seniors are in the process of applying to graduate programs. Once the applications are in the mail the next step is to prepare for university interviews. The interview is the last step in the application process and can be the most stressful. The purpose of the interview is not only for the department to see you face to face and find out what you can bring to their program, but it is also an opportunity for you to interview the school; to see if the school fits your needs.

The interview can be looked at and prepared for the same way as you would for a job interview. You want to dress appropriately, be on time, have a copy of your curriculum vitae and prepare in advance for interview questions. The following is a list of recommended preparations before your interview:

- Along with your curriculum vitae, have a folder prepared that includes your statement of purpose and papers and/or presentations you have written and are proud to show off.
- Research the school, if you haven't done so already. Research the faculty; are any of the professors' research interesting to you? Find out

what the program and school offers; also review the classes you would be taking.

- Rehearse questions that could be asked. For example, tell me about yourself, why do you want to attend this program, what are your strengths/weaknesses, what are your achievements, why did you choose this as your career, etc.
- Prepare questions for the interviewers, since this is an opportunity for you to be sure that the school is a good fit for you. Questions can be what are the professors' current research projects, how is their program different from others, are there teaching opportunities for graduate students and what do most students do after graduation?

Most interviewers are looking at the content of your response, how well you are able to organize your thoughts and how well you communicate your ideas. The best way to stand out among applicants is to be prepared. Take the time to get to know all about the school and the program you have applied to. Remember to get a good night rest before the interview and congratulate yourself for getting this far.

## Psychology Clubs Spotlight: PDSA

By Tina Fey



PDSA is a psychology club open to all CSUF students. Joining the program can help students be a part of the events occurring on and off campus. In addition, it is a resource for students to gather information about graduate school and research areas in psychology. Being a part of the club can help you meet fellow peers and contribute to volunteering in your community.

PDSA has many events throughout the year, some of which include: bowling night, bake sale, APA formatting workshop, GRE prep workshop, NAMI walk, movie nights, a clothing drive, and more. For more information and meeting dates, visit the website, at <http://psych.fullerton.edu/PDSA/>.

## Psychology Clubs Spotlight: Psi Chi

By Tina Fey

Psi Chi is the international honor society for psychology and in order to join you must be a psychology major or minor but is open to both undergraduates and graduates. You must be considered at least sophomore status with an overall GPA of 3.2+, and 3.5+ in all psychology courses to join. Psi Chi can help members find scholarships and

research experience. Psi Chi offers a wide range of activities throughout the year. Some of the events can help you network with your fellow peers and faculty in the department, and provide opportunities for you to utilize CSUF resources, get information about grad school, GRE preparation, and much more! For more information, visit the website at [psych.fullerton.edu/psichi/](http://psych.fullerton.edu/psichi/).



# Featured Professor of the Month: Dr. Jennifer Trevitt

By: Jeff Doberneck

Dr. Jennifer Trevitt is a fellow CSUF Alumni. She attended CSUF for her undergraduate work attaining a bachelor's in Psychology. She then went to the University of Connecticut for her Ph. D., earning her Masters along the way.

Dr. Trevitt studied under Dr. John Salamone; he was her mentor and the most influential person in her career. He taught her how to run a lab, be a mentor, and conduct sound research. When asked what she studied with him she replied, "I kind of got lucky." They studied differences between typical and atypical antipsychotics. They looked at and predicted the probability of causing motor side effects. This experiment allowed them to investigate the therapeutic effects of drugs versus the reliability of side effects. This was a fortunate project given to her by her mentor because it turned out to be a published research paper and turned into her Master's Thesis.

She is now a professor here at her Alma Mater, CSUF. When asked why she decided to teach at CSUF she replied, "When I was interested



in biopsychology and neuroscience there was no professor conducting research in that area at CSUF." She had to carve her own path to reach her goal. When she was working on her Post-Doc at UCI a past mentor, Meg White from CSUF, suggested she apply for a teaching opportunity here at CSUF. She says, "Teaching at CSUF is a very rewarding experience, I get to see all the pieces fall into place as the students connect the dots and get the big picture." She promotes student research to help her students reach this level of understanding.

Her current research project is exploring the neural aspect in motor function and its application to the management of motor side-effects of different medications. This research looked further into what she studied with John Salamone. Later she had a MARC Scholar who was interested in impaired motor function and how it might impact decisions we make. This has branched into a whole new arm of research looking at desire and ability. More specifically looking at effort, how much you want something and how capable you are of achieving it. What drives our decisions; is it our ability or our desire?

This semester Dr. Trevitt is teaching Computer Applications (Psych 300), Physiological Psychology (Psych 306, 306L) and Psychopharmacology (Psych 475).

In her spare time, she said she enjoys creative pursuits such as; knitting, sewing, and building and refurbishing furniture. She is currently working on a tree-house for her kids. When asked what her dream job would be, if she could do anything, she replied, "I am fortunate because I have my dream job."

## A Few Tips for Staying Mentally and Physically Healthy

By: Zahra Ahmady

1. Get a sufficient amount of sleep.
2. Consume a balanced breakfast.
3. Limit procrastination!
4. Implement at least 30 minutes of exercise into your daily routine.
5. To help reduce stress, stay organized with deadlines for exams, assignments, events, etc.
6. Get a dose of sunlight every day!
7. Be productive, but be sure to make leisure time a priority!



## On-Campus Resources

Career Center  
Location: LH 208  
[www.fullerton.edu/career/](http://www.fullerton.edu/career/)

University Learning Center  
Location: Pollack Library 2nd floor  
[www.fullerton.edu/ulc/](http://www.fullerton.edu/ulc/)

Academic Advisement Center  
Location: UH 123B  
[www.fullerton.edu/aac/](http://www.fullerton.edu/aac/)

Writing Center  
Location: UH 123B  
[www.fullerton.edu/engl](http://www.fullerton.edu/engl)

Testing Center  
Location: UH 229  
[www.fullerton.edu/testing](http://www.fullerton.edu/testing)

Health Center  
Location: Health Center  
<http://www.fullerton.edu/shcc/>



### Where am I?

Psychology Peer Mentors Office .....	H-525B
Psychology Department Office .....	H-830M
Advisement Office .....	H-830J
Psychology Lounge .....	H-525
Psychology Computer Lab .....	H-607
Student Access Center.....	H-112

## Peer Mentors Office Hours

Email: [psycmentors@fullerton.com](mailto:psycmentors@fullerton.com)

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

Phone: (657) 278-7538

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30					
9:30-10:00		Zahra	Zahra		
10:00-10:30	Janelle/Daniela B,	Zahra	Zahra/Allina/ Daniela B.	Melanie/Daniela B.	
10:30-11:00	Janelle/Daniela B.		Zahra/Allina/ Daniela B.	Melanie/ Daniela B.	
11:00-11:30	Daniela B.		Zahra	Jeff	
11:30-12:00	Catherine	Carolyn	Daniela R.	Jeff	
12:00-12:30	Catherine	Carolyn		Jeff	
12:30-1:00	Daniela R.	Carolyn		Jeff	
1:00-1:30	Brian		Edwin/Brian	Ramon/Jeff	
1:30-2:00	Brian	Carolyn	Edwin/Brian	Ramon/Jeff	
2:00-2:30		Carolyn		Tina	
2:30-3:00	Carolyn	Veronica		Aspen/Melanie/Stacy	
3:00-3:30	Andrea	Veronica		Aspen/Melanie/Stacy	
3:30-4:00	Andrea	Nesreen		Melanie/Tina	
4:00-4:30		Nesreen / Veronica	Julie	Nesreen	
4:30-5:00		Veronica	Julie	Nesreen	
5:00-5:30		Veronica	Julie		
5:30-6:00		Veronica	Julie		
6:00-6:30					
6:30-7:00					