

Spring 4-1-2020

Psychology Department Newsletter- Apr. 1, 2020

Department Staff

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Psychology Department

Term: Spring | Issue 3 | Date: April 1, 2020

STUDENT HIGHLIGHT: JESSICA YEE

1. What year are you?

I am a senior and this is my last semester at Northeastern with graduation taking place in May 2020.

2. What has been your favorite psychology class?

Out of all the psychology classes I've taken, my favorite one has been Psychology of Food, which I am currently enrolled in now. I love this class because I love food, but I also enjoy gaining knowledge on the various food topics and how they relate to mental and physical health. This class is very interactive, where lots of discussion takes place, which creates a productive learning environment for my peers and me. I always feel safe sharing my thoughts and opinions during this class because my classmates are genuinely non-judgmental and overall great people. My advisor, Dr. Dykema-Engblade has also been very supportive, always provides exceptional feedback, and is an amazing professor.

3. What are your plans after graduation?

My plans for after graduation are to search for volunteer, internship, and summer research program opportunities in psychology-based fields as well as other related areas such as healthcare/medicine. I'd like to gain hands-on experience in helping to inform my future education goals.



PSYCHOLOGY IN THE MEDIA

Congratulations to Dr. Hollis- Sawyer for being an interviewed contributor to the March 2020 Prevention health magazine article!



ALUMNI NEWS

Charles Bolden, an alumnus of the department, has been named the new head baseball coach for the University of



Wisconsin- Eau Claire. There were a total of 90 applicants who applied for that position. Bolden was previously associate coach at Illinois Tech for multiple seasons and the hitting and outfield coach at Chicago State.

GET TO KNOW YOUR PROFESSOR: DR. FARMER

1. What are some of your hobbies?

Golf. I play on a National Amateur Tour.

2. If you could travel anywhere in the world, where would you go?

The African Continent. We have been to Ghana once. We can't wait to go back to visit Kenya or Nigeria.

3. What is your favorite movie?

Training Day. I am a big Denzel Washington fan.

4. If you were not a professor, what job do you think you would have?

I would still be a clinical psychologist, without the professor part. I love helping children and families.

5. What's the best piece of advice you've received?

You don't have to be the smartest person in the room. You should be the hardest working person in the room. (My Father: Alvin David Farmer Sr.)



OPEN ADVISING

The Psychology Department will continue to hold open advising by shifting to Google Hangout. An email with the Google Hangout link was sent to students on March 30th. Students will need to sign into Google using their NEIU user id.

Spring 2020 Open Advising Hours:

Monday- 3:30pm - 4:30pm

Tuesday- 5:00pm - 7:00pm

Wednesday- 11:00am – 12:00pm and 5:30pm - 6:30pm

Thursday- 3:00pm - 4:00pm

Fri day- 11:00am – 1:00pm

Saturday- 1:00pm - 2:00pm

STUDENT AWARDS

Congratulations to Christian Palaguachi and Steven Montalvo for winning awards at the STEM symposium titled Building an Inclusive STEM Future. Christian won second place for oral presentations in Science Education. Steven won first place for poster presentations in Science Education. Both students were mentored by Drs. Church and Erber.

Christian and Steven were also accepted into the Summer Education Research Program at the University of Wisconsin-Madison. The program provides underrepresented undergraduate students opportunity to engage in independent research guided by a faculty mentor in the School of Education.



ALUMNI SPOTLIGHT: MARLENE DE LA CRUZ

1. What year did you graduate?

I graduated from NEIU in 2017 with a double major in Psychology and Spanish.

2. What graduate program are you in?

I am currently in my third year in the Business Psychology, Industrial and Organizational Psychology concentration, program at The Chicago School of Professional Psychology.

3. How did NEIU prepare you for graduate school and/or work?

NEIU helped me to prepare for graduate school by having faculty who are passionate about their field and about what they do. I was challenged and supported throughout the program. Courses such as Research Methods I and II prepared me by giving me a strong foundation in research methods, APA writing, and data analysis. The Industrial Psychology course gave me a good foundation in the field I am pursuing. The program allowed me to conduct research and learn about a statistical program, SPSS, as an undergraduate student. I presented my research at symposiums at NEIU. I am so thankful I had those opportunities as they gave me a great advantage in my current program. The faculty at NEIU truly challenge, support, inspire, and believe in their students. I will forever be thankful to Dr. Silverthorne, Dr. Erber, Dr. Dykema-Engblade, Dr. Hollis-Sawyer, and everyone in the Psychology and Spanish programs. I always felt safe and respected as an individual in the classes.

4. What advice would you give undergraduate students?

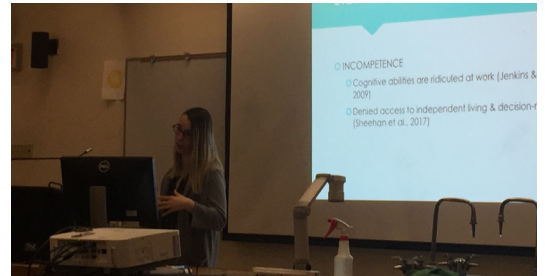
Advice that I would give current NEIU students is to take advantage of the opportunities to conduct research as undergraduates, be organized with your notes and work so that you can reference it later, stay curious, humble, and open-minded, read, get involved, and do not give up.



DEPARTMENT EVENTS

Mental Health Stigma Research Talk:

Psi Chi hosted a research talk on mental health stigma on February 20th. Katherine Nieweglowski (Clinical Research Associate, PhD Rehabilitation Counseling Education at the Illinois Institute of Technology) gave a presentation titled "Examining the Structures and Types of Mental Health Stigma".



Hindsight 2020:

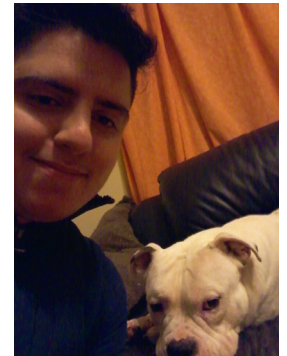
The department held the second of the Hindsight 2020 series on February 24th. The theme was alumni who have either completed or who are currently enrolled in a Masters in Social Work program. The alumni talked about their previous/current graduate programs and how their undergraduate experience prepared them for the program.



STUDENT RESEARCH HIGHLIGHT: GEO SAID

1. What research are you involved in at NEIU?

My fellow co-investigators and I are currently working with Dr. Hollis-Sawyer from the Psychology Department and Dr. Makris from the College of Education on a research study that explores how factors such as university culture and grit (perseverance and passion for long-term goals) affect the academic performance and retention of freshmen at NEIU. The purpose of this study, in which we utilize small focus groups, is to follow up with previous research conducted in 2018-2019.



2. What aspects of conducting research do you enjoy?

I enjoy how research is a continuous process. When launching a study, you try to plan every step of the process but end up having to adjust your methodology because you figured out a better way to bring in participants, or whatever the problem may be. I have learned to be flexible by going with the flow of the research process, which makes conducting research that much more enjoyable because it allows me to learn so many new techniques.

3. What is the most difficult part of conducting research?

I would have to say that starting out is the most difficult part of conducting research. With a lot of moving parts and a big team, it's sometimes challenging to see the finish line. However, I am lucky to be apart of such a competent team who makes every aspect of the research process that much smoother by pitching in with their knowledge and different skill sets.