

Fall 11-15-2020

## Psychology Department Newsletter- Nov. 15, 2020

Department Staff

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*Learn in the city. Lead in the world.*

## Psychology Department

Term: Fall | Issue 2 | Date: November 15, 2020

### FALL SEMESTER 2020 - HOME STRETCH!

This semester is almost over, and while classes will be hectic do not forget to think ahead and register for Spring classes! If you are unsure of what classes you should be taking take the time to reach out to your academic advisor and set up a time to meet. You can also attend faculty open office hours. The schedule and Zoom link are listed at the end of the newsletter.

While this semester has been different than those in the past, it has certainly been a successful one due to the passion of the students and faculty. Keep up the hard work! We're on the home stretch!

### PSI CHI RESEARCH PRESENTATION - DAVID MENENDEZ

Psi Chi will be hosting an event on Thursday November 19, 2020 from 3:00 to 4:30 pm.

David Menendez, a PhD candidate from the University of Wisconsin-Madison, will be presenting his research "Lets talk about death: Socio-cultural influences on children's understanding of death" followed by a Q and A about applying to graduate school.



Zoom Link - <https://us02web.zoom.us/j/84473464202>

### CONGRATULATIONS DR. HOLLIS-SAWYER!

On behalf of the Psychology Department, we would like to congratulate Dr. Hollis-Sawyer on publishing her sixth book, "Black Belt Statistics: A Competency-Based Approach (Plus SPSS and R)".

"This workbook presents statistical concepts and practice problems in a user-friendly manner with a focus on competency building with clear guidelines for skill achievement", Dr. Hollis-Sawyer said.

With the importance of research methods and statistics within psychology, we are lucky to have a textbook written by one of our faculty!



## STUDENT HIGHLIGHT: MAGGIE VERNE

1) What year are you?

This is my third year at NEIU, but I am technically still a Sophomore credits wise.

2) What has been your favorite psychology class?

Probably Abnormal Psych so far because I find different disorders incredibly interesting.

3) What are your plans after graduation?

Honestly not sure yet, possibly go to Grad School?

4) What is some advice that has helped you succeed?

Some advice that helped me succeed would probably be when someone told me to focus more on time management (I needed the guidance).

5) Is The Nightmare Before Christmas a Halloween movie or Christmas movie?

You have to watch The Nightmare Before Christmas on both Halloween and Christmas, and if you don't, you're wrong.

6) What is your favorite fall tradition?

Favorite fall tradition is probably being outside and putting up decorations for holidays. The weather is awesome during the fall.

7) Do you like horror movies? If so, what is your favorite?

Yes I love horror movies, and I don't have a favorite but my favorite types are probably old Alfred Hitchcock ones, and psychological horror movies.

## ALBANY PARK PEACE WALK AND VIGIL

In September Albany Park hosted a peace walk and vigil in response to gun violence in the area. Dalia Aragon, a student studying psychology at NEIU, participated and spoke during this event. Dalia has been involving herself in these types of community projects as a way to honor the loss of her brother, who was killed on his way home from work. We wanted to bring attention to the strength Dalia has shown as well as the courage to speak about injustice. With the state of the world right now, it is important to get involved in these types of community movements.

You can watch the video or read more at:

<https://www.nbcchicago.com/news/local/albany-park-residents-take-part-in-peace-walk-and-vigil-in-response-to-shootings/2341976/>

## ALUMNA CHECK-IN: AMANDA SANCHEZ

The Psychology Department would like to congratulate Amanda Sanchez (B.A., '19, Psychology), an alumna of the Psychology Department, on her new position as a Site Supervisor at the Adult Wellness Center at Casa Central! Amanda is also a current student in NEIU's Gerontology Master's program. In Amanda's update she mentioned that her experience during her Service Learning Capstone helped prepare her for this career. Best of luck Amanda! We know you'll do great things!

Casa Central offers a number of services ranging from childcare to home care for the elderly. To find out more about this wonderful organization go to [casacentral.org](http://casacentral.org).



## STUDENT HIGHLIGHT: REBEKAH MONROE

Rebekah was part of the ChicagoCHEC Research Fellowship this past summer. Her group, which included a fellow NEIU student, Magdelene Thebaud, submitted their findings titled "Effects of Current Healthcare System to Accessing Pap Smears for Black Women in Chicago" to the Health Equity & Social Justice Conference, which was hosted by DePaul University. They were accepted and presented on November 6th, 2020! Congratulations Rebekah and Magdelene!

That's not all! Rebekah was also recently awarded both the ECOG-ACRIN Cancer Research Group Scholarship and the Margaret Messer Student Research Grant.



HEALTH EQUITY  
& SOCIAL JUSTICE  
CONFERENCE 2020

## HINDSIGHT 2020 RECAP

Our last Hindsight 2020 event went very well! The virtual event included more than 50 attendees and featured NEIU alumni speaking on post-graduation professional experiences, offering career expertise and suggestions to the NEIU students. For those of you who were unable to join us, here are some of the summaries of the presentations, directly from some of the panel members.

National Board of Certification and Recertification for Nurse Anesthetists (NBCRNA) Marketing and Communications Professional Jamie Cummings presented at the "Hindsight 2020," on October 7, 2020. Jamie's presentation provided information on the NBCRNA and its mission, and insight on her NBCRNA marketing and communications role, as well as previous professional experiences at Groupon HQ and UIC. Jamie discussed her background and passion to connect with others and how studying psychology at NEIU helped prepare her for her career success working at not-for-profits as well as fortune 500 companies. She explained to the students how an NEIU degree in psychology will help them describe, explain, predict, and improve human behavior and that many professionals with psychology backgrounds accomplish this by contributing to our basic understanding of how people think, feel, and behave. She provided insight to the students that explained to them that whatever their passion and/or dream job may be, that she truly believes this degree, paired with determination and drive, while advocating for yourself will help get the students to where you want to be.

As a 2008 graduate who has been in the workforce and changed career paths, prior to her presentation, Jamie decided to google the top ten transferable skills in psychology, and when she explained to the students that when she did, she was astonished to see that these skills directly related to her current and previous roles in both business and social services. In addition to providing insight on her background she also touched base on each of the skills and described how they related to her career in marketing and communications; Writing, critical thinking, time management, reasoning, communications, research, analysis, problem-solving, numeracy, and prioritization

**-Jamie Cummings**



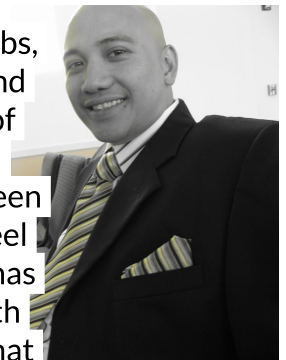
## HINDSIGHT 2020 RECAP CONTINUED



My presentation was about how the NEIU education I received has prepared me to use my degree in many ways. I was taught to be flexible and versatile. I have changed career paths a few times but through it all- used so much of what I learned at Northeastern in every job. I feel very fortunate to have had an opportunity to network with such a diverse group of students while attending the University. I am proud of what these interactions have provided to me and to be an NEIU Alumni.

**-Jackie Herigodt**

My name is Edmund Garcia. While I was attending school, I worked full time doing outreach for the homeless and that was my first job that really exposed me to helping people with mental health issues. Shortly after graduating I obtained a job as a mental health counselor in a mental health hospital. I was able to meet people who were in crisis or who were at a spike of psychosis. My education at NEIU helped make me to be a good counselor by giving me insight as to what people were going through and the types of medications that were used to treat symptoms. My understanding of different types of therapy also helped me use different tactics to connect with the patients and teach several behavior health groups that could help the patients get a better understanding of what they are going through and ways that they can continue to move forward in life. I know work as a team leader for Thresholds. I work in the IPS department. IPS stands for Individual Placement and Support. Our team uses employment and education as a means of recovery. By helping our member obtain jobs, return to the workforce or return to school, our team helps our members be productive and find a purpose and independence again. My team focuses on the youth and young adults of Thresholds. Many are part of DCFS and are living in our residential homes some of our members still live in the community with family, in group homes, nursing homes or have been able to obtain independent living. Many people who have suffered mental health issues feel isolated and find it difficult to return to a “normal” life. IPS is an international model that has a 60% recovery rate helping people who struggle with chronic and persistent mental health issues to reduce harm, increase medication compliance and re-enter into society. I feel that my education at NEIU has truly prepared me for my current career and has not only given me the knowledge I need to understand mental health issues, but has also provided me with a sense of compassion and empathy that helps me work with this community. A great thing about Thresholds is their continued education which is helping me to continually grow in knowledge of mental health, treatment and self-care.



I am hoping to return to NEIU this Spring to continue my education and pursue my masters in Counseling.

**-Edmund Garcia**

# PSI CHI

Psi Chi is an International Honor Society in Psychology founded in 1929. By joining this prestigious organization members will have access to psychology-related publications as well as annual awards and grants. Joining will lead to a lifetime membership, that can lead to national connections within the field of psychology.

Applicants must be majoring or minoring in psychology, with a minimum GPA of 3.0. Potential members must also be in their forth semester of college with at least nine credit hours of psychology courses. For more information on membership visit [psichi.org/page/become\\_member](http://psichi.org/page/become_member).

You can apply to join Psi Chi online at <http://memberapp.psichi.org/cfamember/applicationform.aspx>.

If you have any questions reach out to Dr. Young for more information at [A-Young20@neu.edu](mailto:A-Young20@neu.edu).



## PSYCHOLOGY CLUB

Psychology Club is back! If you are interested in joining login to your account on [neu.campuslabs.com](http://neu.campuslabs.com) and search for psychology club. You can also reach out to the Psychology Club's President, Jacki Castaneda, at [jacastaneda5@neu.edu](mailto:jacastaneda5@neu.edu) with interest or questions!

Their first event will be on Friday November 20, 2020. It will be an Among Us game night hosted on Zoom from 6:00 to 8:00 pm. Everyone is welcome to join, regardless if you plan to join the club or not! Come by and have some fun before finals!

Zoom Link: <https://us02web.zoom.us/j/86175910776?pwd=OG9JMTM2M0thVyt6TThtV3lxU3dGdz09>

## ANNOUNCEMENTS

### Psychology Symposium

Friday, December 4, 2020

Location: Zoom - link forthcoming

### Psi Chi - David Menendez Research Presentation

Thursday, November 19, 2020 - 3:00pm-4:00pm

Zoom - <https://us02web.zoom.us/j/84473464202>

### Capstone / Lab Assistance Office Hours

Mon, Wed, Thurs, Fri - 3:00pm-4:00pm

Location: Zoom

<https://us02web.zoom.us/j/81844570175?pwd=NzVFOFVwU2REeWp0bm1QbVRPd1BXUT09>

### Faculty Open Advising has moved to Zoom:

<https://neu-edu.zoom.us/j/99261869841?pwd=Qy9jNUhuRktpTU5WekxQTENRckVuZz09>

### Open Advising Hours for Majors

-Mondays - 9:00am-10:00am

3:30pm-4:30pm

- Tuesdays - 11:00am-12:00pm

2:00pm-3:00pm

6:00pm-7:00pm

-Wednesdays - 11:00am-12:00pm

5:30pm-6:30pm

- Thursdays - 3:00pm-4:00pm

- Fridays - 11:00am-12:00pm

1:00pm-2:00pm

- Saturdays - 1 pm- 2 pm