

Spring 2022



Psychology Program Newsletter

Bi-annual newsletter of the Psychology Program at CSUCI



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Message from the Chair

Greetings everyone,

I am enjoying the wonderful warm days of spring and I hope you are too. It is a delight for me to see you walk with a spring in your step to Madera Hall and Sierra Hall as you are enjoying the blooming of beautiful flowers, the humming of buzzing bees, and the singing of baby birds.

I also wanted to share that Psychology students and faculty are continuing to engage in excellent academic and research work. Please read about our exciting developments in this newsletter.

On Tuesday, April 26, I will host a "Chat with the Chair" office hours from 2:00 to 5:00 pm in Madera Hall Room 2617. Come one, come all to say hello. Bring your questions. Share your stories.

For graduating seniors, I congratulate you all on your accomplishments! I hope that you will send us your news as you embark on a new adventure.

For those students who will be returning to campus in Fall 2022, I look forward to your continuing time with us.

Until next time, stay safe and be well.

Sincerely,
Kimmy Kee-Rose, Ph.D.
Professor and Chair



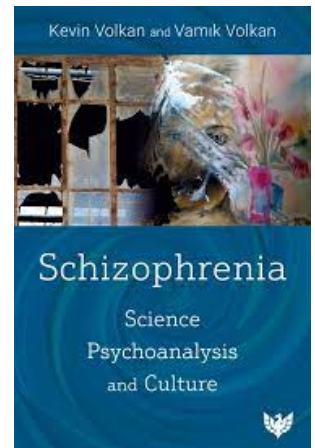
What's new in the Psychology Program?

New faculty

This semester we welcomed back CI alum Dr. Lauren Stokes to teach in the Psychology Program. You can read about her experience returning to CI on the next page.

Psychology Professor releases new book

Dr. Kevin Volkan has co-authored a new book entitled, "Schizophrenia: Science, Psychoanalysis, and Culture." You can purchase the book at stores including Amazon and Barnes & Noble (pictured right).



Psychology Honors

Congratulations to Christian Sandoval and Kaylena Mann (pictured left), who have been nominated by faculty as this year's recipients for Psychology Program Honors.



Graduate school admissions

Congratulations to CI students who will be attending graduate school in the fall! This year, CI students received offers from a variety of competitive master's and doctoral programs in Educational Psychology, I/O Psychology, Human Computer Interaction, Clinical Psychology, and more. We look forward to seeing which programs students will decide to join!

Spring 2022: Upcoming Dates and Deadlines

May 13, 2022 Last day of classes before exams

May 14, 2022 - May 20, 2022 Final exam week

May 27, 2022 Instructors' grades due



CI Alum Returns to Teach in the Psychology Program

By Dr. Lauren Stokes



As a proud alumni of CI, it is an honor to return to my alma mater as faculty. CI is a place I hold dear for many reasons. In addition to earning my bachelor's degree at this university, I also met my husband here when we were undergraduates, and got married on campus just a few years ago. We have had the unique privilege to complete a full circle as former students, and now faculty colleagues, at CI.

With the unique perspective of having been a student in the same course I teach now, Research Methods and Statistics, I strive to anticipate and proactively address difficult content areas. Operating under a research background focused on increasing college graduation rates for underrepresented populations, I aim to teach in a way that is inclusive, applicable, and fully responsive to the diverse learning needs of my students. In addition to teaching at CI, I am also a Senior Learning Specialist at UC Irvine, School of Medicine, a wife, and the proudest mother to our son, Yoshiro.

Choosing to complete my undergraduate degree at CI was a pivotal decision, as attaining my personal and career goals have been the fruition of my degree from this university. I am humbled my former professors, and now colleagues, have modeled the type of educator I also aspire to embody. Serving students is a privilege and I am grateful to do so at the institution where my life has blossomed.

Interested in taking a class with a CI alum?

Dr. Lauren Stokes will be teaching PSY 300 in the Fall. Her husband, **Dr. Ryan Stokes**, is also a fellow alum and he will be teaching PSY 314 in the Summer and Fall.

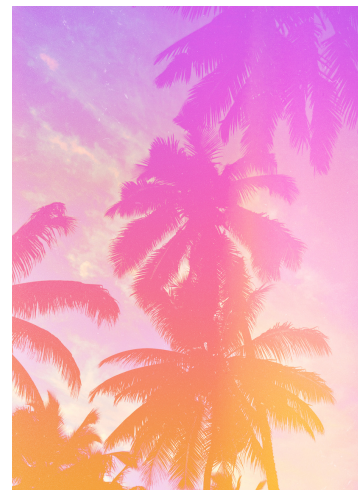
Dr. Peter Krause also graduated from CI and will be teaching PSY314 this Summer. In the Fall, he will be teaching PSY 314 and PSY 310.

Dr. Roberto Bueno is another CI alum and will be teaching PSY 300 & PSY 301 in the Fall.

Summer 2022 Class Options

Interested in getting ahead? Consider taking a summer class to help progress towards your graduation requirements. Summer classes are 5 weeks long and offered during summer session A or summer session B. Classes will be offered in a variety of formats, including in-person, online / synchronous and online / asynchronous. Seats are still available for the following class, and you may access the full schedule [here](#). Note, course offerings are subject to change.

- **PSY 301 - Psych Research & Stats Methods II**
- **PSY 310 - History & Systems of Psychology**
- **PSY 312 - Social Psychology**
- **PSY 313 - Clinical & Abnormal Psychology**
- **PSY 314 - Behavioral Neuroscience**
- **PSY 315 - Child Psychopathology**
- **PSY 340 - History & Psych of Nazi Germany**
- **PSY 344 - Psych and Traditional Asian Thought**
- **PSY 370 - Fundamentals of Counseling Theory**
- **PSY 445 - Adolescent Development**
- **PSY 490 - Topics in Psychology: Data Analyses with R**



New Course Offering

PSY 490 Topics in Psychology: Data Analyses with R (Drs. Lee & Smith)

This course will cover learning the basics of the programming language “R” and using it to perform all of the analyses from PSY300/301. The main focus will be learning the essentials of the R programming language so that students can apply them to the statistical methods they learned in PSY300/301. The basics of this programming language will be applicable to other programming languages as well.

This summer course is recommended to students who achieved high grades both in PSY300 and PSY 301 (B+ or above) and are interested in going to graduate school. Please email Dr. HyeSun Lee (hyesun.lee@csuci.edu) or Dr. Weldon Smith (weldon.smith@csuci.edu) for any questions and/or a permission code to enroll in.



Summer 2022: Upcoming Dates and Deadlines

March 28, 2022: Registration begins

May 31 - July 6, 2022: Summer Session A

July 11 - August 12, 2022: Summer Session B

New Course Offerings for Fall 2022

This Fall, consider registering for one of the newer class offerings in the Psychology Program. Learn more about these classes below.

PSY 451 - The Neuroscience of Psychoactive Drugs

This class will cover principles of pharmacology, neurotransmission, and signaling pathways as applied to psychiatric disorders and therapeutic drugs, including neurochemical theories of addiction and mechanisms of action of drugs of abuse. For questions, please contact Dr. Barbara Thayer at barbara.thayer@csuci.edu.



PSY 483 - Applied Multivariate Analyses

This class includes an applied overview of multivariate data analysis. Topics include multiple regression, analysis of covariance, multivariate analysis of variance, logistic regression, factor analysis, and an introduction to structural equation modeling. For questions, please contact Dr. HyeSun Lee at hyesun.lee@csuci.edu.

PSY 490 - Topics in Psychology: Navigating Careers in Psychology

In this course, you will learn how to succeed in a Psychology program and explore potential careers available in the field. You will also learn about finding and applying to graduate schools and jobs, and how to effectively manage a CV and write meaningful and directed personal statements. For an add code, please contact Dr. Weldon Smith at weldon.smith@csuci.edu.



Fall 2022: Important Dates and Deadlines

April 4, 2022: Registration carts available

April 25, 2022 Registration begins for Fall semester

August 20, 2022 Classes begin

September 9, 2022 Last day to add/drop a class

Student Research Accomplishments

We have many students and faculty who will be presenting at regional and national conferences this year. In April, we will have students present at the National Conference on Undergraduate Research (NCUR) and at the Western Psychological Association (WPA) convention in Portland, OR. In May, we will also have students presenting at the Association for Psychological Science (APS) conference in Chicago, IL and the CSUCI Student Research Conference. We encourage everyone to attend the CSUCI Student Research Conference on Saturday, May 7th. Check out some of the student research presentations below and on the next page.

National Conference on Undergraduate Research (NCUR)

- **Why Feelings Matter: A Study of Traits of Autism in University Students** by Kate Lingeman, Dulce Zayas, & Kimmy Kee-Rose



Association for Psychological Science (APS)

- **Interaction between Socially Constructed Views of Gender and Gender Identity in Parents' Attitudes Towards Psychological Services for Their Children** by Kaylena Mann & Argero Zerr



CSUCI Student Research Conference

- **Examining Attentional Bias through Trait Anxiety, Heart-Rate Variability, and Emotional Regulation** by Dylan Vega, John Duran & Kitana Barrus
- **How Parenting Styles relate to Attitudes towards Child Mental Health in Parents** by Kaylena Mann & Argero Zerr
- **The Association between Parental Stress and Opinions of Corporal Punishment** by Noah Lourenco & Argero Zerr
- **The Relation between Family Values and Parenting Style** by Shivani Patel & Argero Zerr
- **Estrogen as a Mediator of the Relationships Between Multitasking, Attention and Verbal Reasoning** by Daniel Gallo, Esmeralda Aguilera, Susan Beers, & Barbara Thayer
- **Estrogen as a Mediator of the Relationships Between Multitasking, Spatial Orientation and Navigation** by Josue Vides Ventura, Julien Orellana, Susan Beers, & Barbara Thayer
- **Videogame Play and Higher Education** by Elvira Topete & Barbara Thayer





Several Psychology students, faculty and alumni are representing CI at the 102nd annual convention for the Western Psychological Association (WPA) in Portland, OR. Check out some of the presentations below.

Clinical Psychology

- **Why Feelings Matter: A Study of Traits of Autism in University Students** by Dulce Zayas, Kate Lingeman, & Kimmy Kee-Rose

Attention, Cognition, Learning/Memory, & Info Processing

- **Estrogen as a Mediator of the Relationships Between Multitasking, Attention and Verbal Reasoning** by Esmeralda Aguilera, Angelica Morales, Daniel Gallo, Susan Beers, & Barbara Thayer

Social Issues

- **Racing to Find Equitable Solutions to End Sexual Harassment and Assault Across Trail/Ultra-Running Communities** by Christy Teranishi Martinez, Crista Tappan (Consultant and Business Owner/CEO for Dirtbag Runners), Harley Baker, Makayla Edwards (CSULA), & Juliane Martinez
- **How Labeling Affects Attitudes Towards People with Disabilities** by Kaylena Mann, Shivani Patel, Noah Lourenco & Argero Zerr

Motivation & Positive Psychology

- **Adherence to Traditional Gender Roles Inversely Predicts Tendency toward Procrastination** by Mackenzie Morrow, Michael Watson, & Susan Beers
- **Our Bodies Our Minds: Creative Outlets for Coping with Intimate Partner Violence** by Makayla Edwards, Christabelle Angeles, Christy Teranishi Martinez, & Remi Ali Khan
- **A New Leaf on Life: Stage 2 of the Growing Works Project** by Juliane Martinez, Christabelle Angeles, Makayla Edwards, Salpy Kharadjian, Noah Lansberg, Dana Marquez, William Burse, & Christy Teranishi Martinez

Stress & Anxiety

- **The Relation between Neighborhood Safety, Psychological Distress and E-cigarette Usage in Adolescents** by Sarah Cabrera & Argero Zerr
- **Marijuana Consumption's Relation to Anxiety Levels During the COVID-19 Pandemic** by Noah Lourenco & Argero Zerr
- **Math Self-Concept and Working Memory Mediate the Effect of Anxiety on Math Problem Solving** by Dakota Byrne, Abigail Fishler, Natalie Slater, Samantha Chiu & Susan Beers
- **The Effects of Weightlifting on Test Anxiety in College Students** by Kitana Barrus, Kaylena Mann, Nickon Razi, Christian Sandoval, Ilse Cruz Cordova, Jamie Bell, Andrea Lopez & Argero Zerr

Psychology Club

By: Jayna Landeros (President)

Psychology Club has had a very busy semester! We've met every other week, held events such as Think B4 You Drink, Paint Night, Grad School Prep, and have our biggest event coming up on Monday, April 18th, Careers in Psychology! This event is our crowning jewel this semester, with numerous guest speakers ranging from clinical, IO psychology, and sports psychology, discussing their background, career, and sharing advice for our students.

Interested in joining Psychology Club?

Feel free to email the President, Jayna Landeros at jayna.landeros534@myci.csuci.edu. An alternative way to sign up is going to CI Sync and searching the Psychology Club, click join, then wait for approval.

If you have access and use social media follow the Psych Club on Instagram @ci.psychclub or on Twitter @CI_PsychClub.

The club has continued to grow this spring, with members joining us both in person and on Zoom. The connections and conversations we have shared have been great. We've loved meeting to discuss internship opportunities, starting conversations about mental health, advising on classes and internships, and just getting to know each other. The club is sad to see our President (Jayna Landeros) and Vice President (Christian Sandoval) go, but congratulate them on their graduation. Thank you for a great semester! Hope to see everyone (and some new faces) in the Fall!



Psi Chi

By: Kaylena Mann (President)



The Psi Chi International Honor Society in Psychology is a college honor society for Psychology students with a lifetime membership. CI Psi Chi has grown tremendously over the years, continuously finding new ways to promote mental health, equity, and involve the community. At CSU Channel Islands, we help our members meet other psychology students and professors by building social and professional networks.

This Spring, for the second year in a row, we invited recent CI graduates from various graduate programs to talk about their experiences. We had students from Cal Poly Humboldt, SDSU, DePaul University, CSUN, and more. We also started a Psi Chi Research Project which we have worked on throughout the entire year. We are proud to be presenting at the WPA Conference at the end of this month. Our project is titled: "The effects of weightlifting on test anxiety in college students." We are so excited to continue conducting research projects for years to come.

Psi Chi has been very involved this Spring 2022 semester, and will be inducting new members next Fall! We have made our hybrid meetings an engaging place for educational and personal growth. Students are able to learn about graduate school and research opportunities, tips for navigating through CI, and the graduate school application process. Through Psi Chi we hope to continue to find new ways to engage new and current members in our local chapter.


PSI CHI
CHANNEL ISLANDS
PRESENTS:
Graduate
School Panel!

We will be having graduate students from various schools and different programs!

SAN DIEGO STATE UNIVERSITY

Including Social Work, M.S., Ph.D. programs from different schools including Humboldt State, CSUSB, SDSU, and more!

When: March, 28th, 2022 @ 6:30pm
Where: Via Zoom!
Zoom ID: 876-6294-8219



Purchase a Mental Health Matters t-shirt or sweatshirt at <https://www.bonfire.com/csuci-psi-chi-fundraiser/>

It Feels Personal

By: Kristina Rodriguez, Psy.D.



I have the right to be treated with dignity and respect.

I have the right to be safe.

I have the right to say no to anything if I feel that I am not ready, if it is unsafe, or if it conflicts with my values.

These statements are just a few of the personal rights developed by Sharon Johnson (2004). In a world where war, pandemic, inflation, inequality, climate change, and political turmoil have become part of our everyday existence, these personal rights may be lacking for many individuals today. It may be difficult to feel safe, respected, and have the right to say “no” to things that make the self-uncomfortable.). According to the American Psychological Association and Harris Poll (2020), a study demonstrated that 58% percent of individuals, aged 18-23, identified widespread sexual harassment/assault reports in the news as a source of stress, 81% reported being impacted by school closures due to the pandemic, 47% reported difficulty with concentration in school, and 43% of individuals reported an overall increase in their stress level.

These days, we may find that our regular routine of self-care may not be adequate or feel like it is enough to manage all this stress. During these times, it is important to acknowledge that we are all going to experience waves of positivity, productivity, and experiences days of sadness and frustration. In order to navigate these highs and lows, it is important to surround ourselves with the people, places, things, and experiences that help us enhance our self-care. Below are some reminders of how we can all take care of ourselves.

It's okay to not be okay- Sometimes saying “I am not okay” or “I am not fine” in this moment can be a helpful start in acknowledging how we feel and being better able to understand how to cope with whatever feelings may be present.

Let in light- Check out this article to learn more about the science behind light and well-being. [5 Ways the Sun Impacts your Mental and Physical Health.](#)

Set reasonable expectations for yourself- It is important to be reasonable with and acknowledging of harmful self-imposed expectations and those that others may impose.

Talk to someone- Talk to a supportive friend, family member, partner or mental health care provider to address concerns about changes in well-being. If you or anyone you know would benefit from talking to someone about how to develop and maintain your own personal rights, contact CAPS at CAPS or (805) 437-2088. CAPS provides individual, group, couples, and urgent care counseling.

This article does not constitute treatment or replace the provision of mental health professional service. The links and articles above are not affiliated with CAPS and for user discretion.

Johnson, S.L. (2004). Therapist's Guide to Clinical Intervention, Academic Press.



The University and CAPS encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact Disability Accommodations and Support Services (805) 437-3331 or accommodations@csuci.edu as soon as possible, but no later than 7 business days prior to the event.