



SPRING 2021

PSYCHOLOGY NEWSLETTER



Bi-annual Newsletter of the Psychology Program at CI

NEWS & FEATURES

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Message from the Chair

KIMMY KEE-ROSE, PH.D.

PROFESSOR AND CHAIR, PSYCHOLOGY

We are now entering the final month of the spring semester. It has been just over a year since the Psychology Program transitioned our courses to virtual learning. Many of us seem to have also experienced extra stress during this period due to disruptions from the pandemic. Yet you continue to perform wonderfully, despite these challenging times. The Psychology faculty have reported how proud they are of what you have accomplished in their online classes. I would like to thank each of you for putting forth your utmost effort in your academic work.

For graduating seniors, I congratulate you all on your accomplishments! I hope that you will stay in touch with us as you begin your new adventures.

For those students who will be returning to campus in Fall 2021, I look forward to your continuing time with us and seeing you again in person.

I would also like to remind you that the Psychology Program has extended the credit/no credit grading option into Spring and Summer 2021. In addition, a C- would be considered a passing grade for Psychology courses taken during these sessions.

Please continue to take care of yourself. Stay safe and be well.





What's New in the Psychology Program?

New I/O class

For the first time, CI is offering a specialized class for students interested in industrial and organizational (I/O) psychology. In Dr. Roberto Bueno's class, students are learning about the scientific basis of human behavior at work and how it relates to the processes of hiring, developing, managing, and supporting employees.

Meet your new professor

Ryan Stokes, Ph.D. is the newest member to join our psychology faculty group. Dr. Stokes is a graduate of CI and this semester he is teaching PSY 314 Behavioral Neuroscience.

Research conferences

We have many students and faculty who will be presenting at regional and national conferences this year. Later this month, we will have students and faculty present at the Western Psychological Association (WPA) convention and the Sage CSUCI Student Research Conference.

Next step: Graduate school

Congratulations to CI students who will be attending graduate school in the fall! This year, CI students accepted competitive offers to excellent master's and doctoral programs, including for programs at San Diego State University, CSU San Bernardino, CSU Northridge, DePaul University, University of Missouri, and the University of Nebraska-Lincoln.



Psychology Honors

CONGRATULATIONS TO
MONICA SIFUENTES
AND
RICHARD SILVEY,
THIS YEAR'S RECIPIENTS
FOR PSYCHOLOGY
PROGRAM HONORS!





Important Dates and Deadlines

Summer Session A

May 29 - July 2, 2021

Summer Session B

July 12 - August 13, 2021

**GENERAL REGISTRATION
BEGINS MARCH 29, 2021**

**SESSION A SELF SERVICE
(ONLINE) REGISTRATION:
MARCH 29 - JUNE 7, 2021**

**SESSION B SELF SERVICE
(ONLINE) REGISTRATION:
MARCH 29 - JULY 19, 2021**



Summer Classes

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. This year, all psychology classes will be offered online. Check out the list of possibilities below, and access [the full schedule here.](#)

PSY 300 - Psych Res & Stats Methods I
PSY 301 - Psych Res & Stats Methods II
PSY 312 - Social Psychology
PSY 313 - Clinical & Abnormal Psych
PSY 314 - Behavioral Neuroscience
PSY 315 - Child Psychopathology
PSY 317 - Theories Of Personality
PSY 318 - Learning, Cognition, Perception
PSY 333 - Measurement & Testing
PSY 340 - History & Psychology Of Nazi Germany
PSY 344 - Psych And Trad Asian Thought
PSY 370 - Fund Of Counseling Theory
PSY 445 - Adolescent Development

Course offerings subject to change.





Fall Electives

We are looking forward to returning to our beautiful campus this Fall semester! In order to best serve the needs of our students, the Psychology Program will offer a selection of face-to-face (on campus) classes, while other classes will continue to be offered in an online or hybrid format. Registration for the Fall semester begins on April 26th. As you build your course schedule, remember that all psychology majors are required to take at least four upper division elective courses (12 units). Consider taking elective courses that will help you explore your interests, hone skills, clarify career goals, or take whichever ones you might enjoy. Check out the list of elective course possibilities below.

PSY 315 - Child Psychopathology

PSY 327 - Parenting

PSY 329 - Animal Behavior

PSY 346 - Human Motivation

PSY 370 - Fundamentals of Counseling Theory

PSY 436 - Psych & History of East Asian Warrior Culture

PSY 445 - Adolescent Development

PSY 457 - Criminal Behavior

PSY 460 - Addiction Studies

PSY 461 - Special Topics in Development

PSY 483 - Applied Multivariate Analyses and Lab

PSY 490-01 - Topics in Psychology: Navigating Careers in Psych

- 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:
weldon.smith@csuci.edu

PSY 490-02 - Topics in Psychology: Study Strategies

- This course will help you develop more effectively study strategies and maximize your memory. You will also learn the literature on supporting long-term memory. For an add code, please contact Dr. Amira Ibrahim: amira.ibrahim@csuci.edu

PSY 492 - Internship or Service Learning

PSY 494 - Independent Research in Psychology

PSY 497 - Directed Study in Psychology

We are only scratching the surface of Psychology's elective courses here! Also, we would like to bring to your attention that all PSY 490 courses do NOT require a PSY 301 prerequisite. Course offerings subject to change.

Psi Chi International Honor Society

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. In the fall semester, Psi Chi collaborated with Psychology Club, recruiting 8 psychology professors to connect with students and talk about their research opportunities as well as their tips and advice for graduate school applications, careers, and professional development.

PSY CHI
GROUP
PHOTO,
MARCH 8TH



Psi Chi has been very involved this spring 2021 semester, and will be inducting 26 new members in April! We have made our online meetings an engaging place for educational and personal growth. Students are able to learn about graduate school and research opportunities, and 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.

This Spring, we have invited graduate students from SDSU to talk about their experiences, and hope to continue to facilitate events like this for other programs, taking advantage of our online virtual format. On April 22nd, in collaboration with Art with Impact, we will host **Movies for Mental Health** specifically focusing on how the pandemic has impacted students' mental health in diverse ways. This interactive, online experience will feature an anonymous, chat-based discussion about mental health, the stigma that frequently surrounds mental illness, and media portrayals of mental health issues. Finally, we are also taking part in the Mission-Based Center's **Our Stories Matter Discussion Series**, focusing on how students can be active agents of change.

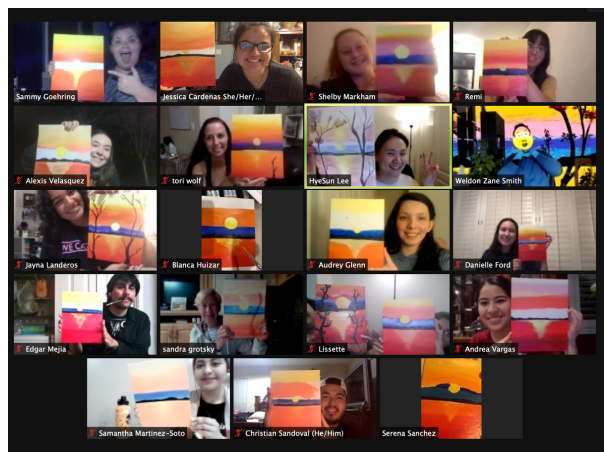


JOIN PSI CHI FOR THE MOVIES FOR MENTAL HEALTH ON APRIL 22 5-7PM. CLICK [HERE](https://bit.ly/csuci-m4mho) TO REGISTER.

Psychology Club

Members from the Psychology Club have worked very hard to maintain a positive and welcoming environment with students, faculty and staff members at CSUCI. In doing so, Psych Club's executive members have organized events to continue student's virtual engagement.

During Spring 2021 we have been able to stay in contact with members by hosting bi-weekly meetings. During one of our meetings, we were able to honor **Black History Month** (in February), by giving a short presentation, playing Kahoot, and watch knowledgeable videos. As members of the community, it is important to remain united and spread positivity and courage.



ABOVE: PAINT NIGHT, APRIL 2ND
BELOW: A SAMPLING OF EVENTS



Psychology Club Events

To ensure positivity, Psych Club started off by hosting one of our famous events, **Game Night**. During the Fall 2020 and Spring 2021 semesters, game nights have been typically hosted on Friday nights to appreciate the hard work students have put in during the semester. Game nights are also promoted to encourage students to attend a stress-free activity and play games with other students. In the past we have hosted games such as Pictionary, Kahoot, but our most popular request is Jack Box.

In addition, during Spring 2021 Psych Club was approved to host a **Paint Night** and send Psych Boxes with painting material to guarantee a fun accessible paint night experience.

Psych Club understands that it can become difficult to meet new people virtually, and to people have had the opportunity to collaborate with CI Active Minds (Nov. 2020), CI Wellness Club (March 2021), and be part of Art with Impact (Division of Student Affairs) and an event called Movies for Mental Health. During one of our bi-weekly meetings, we were able to present a PowerPoint with information regarding Graduate School and its process. To provide students with the best knowledge, Audrey (Treasurer of Psych Club during Fall 2020 and Spring 2021) was able to give detailed information to members about her experience and knowledge.

Join the Club!

If you are interested in joining the club, e-mail the current club president, Jessica Cardenas, with your CSUCI email at jessica.cardenascordova122@myci.csuci.edu. Another way to sign up is logging into CI Sync and searching for the Psychology Club, clicking join and waiting for approval. Follow the Psych Club on **Instagram @ci.psychclub** or on **Twitter @CI_PsychClub**.

Psychology Transfer Learning Community

BY KAYLA RANDALL, CLASS OF 2022



I had a wonderful opportunity to participate in the Psychology Transfer Learning Program (TLC). Some of the opportunities afforded to me through this program include early enrollment, specified set schedule, research/independent study opportunities, and community of engagement with other students. Having a cohort of students experiencing the same transition as transfer students was very beneficial. One unique opportunity that comes with this is frequent communication with multiple advisors over an extended period of time. I was able to have consistent meetings with multiple advisors about plans for my academic future and career goals.

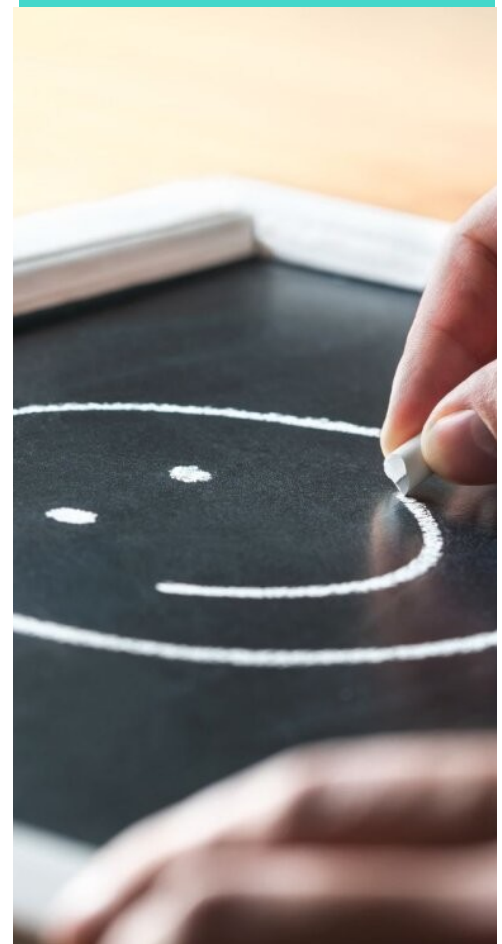
This program also gave students a full diversified schedule to ensure exposure to a wide set of classes, while staying track for finishing one's degree. The classes in this program include a couple required courses we were able to complete, which were Psychological Research and Statistical Methods with Lab one and two, History and Systems of Psychology, Clinical and Abnormal Psychology, and Theories of Personality. We were also given the opportunity to take Testing and Measurement of Groups and Individuals a particularly unique opportunity, many universities do not have this class for undergraduate study. We were also given opportunities to do independent study or research. I also was afforded more opportunities to research because of the connections to faculty advisors. I also was given an opportunity to try a new class to the psychology program Topics and Careers in Psychology. This class gave me a great opportunity to get exposure to the different areas one could pursue for a career in the psychology field.

The TLC afforded me a very successful transition to a new college in the middle of a pandemic. I would not have transferred as successfully without it. To future students considering the transfer learning program I highly recommend joining if you can make it work.

What type of student are you?

IF YOU ARE A FIRST-GENERATION, TRANSFER, OR NON-TRADITIONAL STUDENT THERE ARE COMMUNITIES AND RESOURCES AVAILABLE FOR YOU ON CAMPUS!

REACH OUT TO YOUR ADVISORS, PROFESSORS, AND STUDENT CLUBS AND YOU'LL FIND SOMEONE TO HELP YOU OUT ON YOUR JOURNEY!



You@College

BY HOLLY GODDEN

ASSOCIATE DIRECTOR OF STUDENT HEALTH & WELLNESS

STUDENT HEALTH SERVICES | WELLNESS PROMOTION & EDUCATION



As finals approach, students may have new and different experiences and concerns. Students are juggling virtual learning with other obligations, plus the questions of technology access, creating study plans, and the added stress of a global pandemic. If you're looking for personalized information and resources on well-being, You@College might be a great option.

You@College is a digital learning platform that provides personalized content to help students identify their own capacities, goals, and success strategies. The platform is a trusted resource on comprehensive well-being for students. CI has partnered with the Chancellor's Office to bring You@College to our campus.

To get started, follow the easy three-step process: create your profile, take a self-check, and set a goal.

Students can **log onto MyCI and click the "You@College" button**, or simply log onto you.csuci.edu and enter their CI credentials. From there, you can create your profile including your demographic information and details about your priorities and interests. Learn more about yourself by taking a self-check, which covers your strengths and opportunities for growth. Once you have identified a goal to bolster a strength or take advantage of a growth opportunity, you can log your goal in the platform and track your progress.

The more you put into the platform, the more customized it becomes. Your homepage will self-adjust with content relevant to your goals and interests. You can check out content that is customized just for you, or you can search the platform to find content on a specific topic. Information on campus resources is integrated into the platform, and students can learn about these resources through articles tagged with the red "CI" flag.

You@College is available to CI students for free, 24/7. Over 1700 students have already registered. You can get started to learn more about yourself, find new success strategies, and build a roadmap for your goals.

CI Wellness Promotion and Education (WPE) offers a variety of additional resources for students. Students looking for one-on-one mentorship can make a SMART Goals appointment with a Wellness Peer Educator. We offer engaging, interactive presentations to student groups such as classes, student organizations, and more. We are recruiting new peer educators to join our team for Fall 2021! Check out our website at csuci.edu/wpe to learn more about how we can work together to build a healthier campus community.



"A HIGHLIGHT OF YOU@COLLEGE IS THE PERSONALIZATION - RESOURCES ARE NARROWED DOWN JUST FOR YOU AT THAT SPECIFIC MOMENT OF YOUR LIFE." - ROGER, 2020 CSUCI PSYCHOLOGY STUDENT

Learn more at the Wellness Promotion & Education site!

<https://www.csuci.edu/wpe/>

<https://www.csuci.edu/wpe/you-at-college.htm>

How-To-Support the AAPI Community?



BY KRISTINA RODRIGUEZ, PSY.D

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

In nearly a one-year time frame, from March 19th, 2020 to February 28th, 2021, Stop AAPI Hate, a reporting agency, documented 3,795 incidents of hate towards the **Asian/Asian American Pacific Islanders (AAPI)** community. Stop AAPI Hate documented incidents that pertained to verbal harassment, physical assault, civil rights violations, online harassment, being barred from transportation, and refusal of service. Sadly, AAPI accounts of hate incidents and crimes are part of the historic narrative of systemic racism and discrimination in this country. The impact of these heinous incidents can lead to profound effects towards one's mental health, livelihood, and overall well-being.

At CAPS, "We stand in solidarity in upholding the dignity, respect, and equality of all members of our community and standing against racism, systemic oppression, injustice and hate." Although condemnation against racism, oppression, injustice, and hate are a step towards equality, inclusivity, and respect, we recognize there is a long road ahead towards achieving change. We also recognize that striving toward this effort will take the CI community at large. Below are some tips and strategies designed towards the promotion of equality and respect of the AAPI community.

Read. Listen. Watch. We are all influenced by a myriad of past experiences, relationships, and media that forms a narrative of our perceptions towards others. Like any narrative, our perceptions, biases, and stereotypes can change over time. It is important to surround ourselves with information that is grounded in truth, transparency, and can help us educate ourselves about matters of racism and discrimination. To learn more about what is happening within the AAPI community and how to support them, visit Solid Ground, Stop AAPI Hate and Playbill's resource guide.

Lean into Community. Although a debate about the merits of online connection is beyond the scope of this article, this past year is indicative of the many ways in which we can utilize the online world for community. As human beings, we are wired for connection and relationships. Our connections and relationships can often help us make sense of our thoughts, feelings, and how to cope with them. Check out the AAPI Civic Engagement Fund for more information about local and non-local communities and ways to connect.

Community and support can be defined in many ways. If it would be helpful to speak to a clinician to process one's own experience with racism/discrimination, learn more about your own community and/or how to find community, visit www.csuci.edu/caps or call (805) 437-2088. CAPS provides individual and group counseling such as HAAPI: Supporting Healthy Asian/Asian American Pacific Islanders Bi-weekly Drop - In Group which meets on Tuesdays from 3:30-4:30.

Listen More. Listening is essential to the success of equity, inclusion, and respect towards others. Listening does not require having answers but rather requires keeping an open mind, using verbal and non-verbal cues to convey listening, and providing a space for the other person to share. For more information and tips on how to listen, visit Psychology Today.

If you or someone you know has experienced an incident of hate, listen and learn how to best support them/ the self. This may involve reporting the incident to an organization such as Stop AAPI Hate, contacting a local congressman, talking with supportive friends, family, or community members, and speaking to a therapist.

The condemnation of hatred towards those that identify as AAPI is one component of the call to equity, inclusion, and respect. As both individuals and members of the CI community we are called to look beyond condemnation and begin to understand the ways in which our actions can demonstrate how we stand in solidarity with the AAPI community.

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.

To find out more information or seek help with coping, contact the CAPS website or call at (805) 437-2088. To speak to a counselor directly, contact 24/7 counseling at 1-855-854-1747.