Psych Students,

Welcome to week 2 of spring 2023! Well done on making it through your first week of class, just 15 more weeks of instruction to go.

Monday, January 16 kicked off WSU’s celebration of Martin Luther King Jr. During this week all Cougs are encouraged to get involved in service projects in their communities. Check out this link to learn about projects happening in Pullman this week and for the list of engaging speakers and events that you can attend this semester: https://mlk.wsu.edu/schedule-of-events/.

Coinciding with WSU’s MLK celebrations is National Day of Racial Healing (NDoRH), which WSU is celebrating for the first time on Tuesday, January 17. See pages 4-6 of this newsletter to learn how you can participate.

This week you can also attend the Get Involved Fair where you can meet and connect with both student and organizations on campus (see page 6). Psych Squared is holding elections for several positions on Wednesday, January 19 (page 3).

Happy reading!

Missed any of the past newsletters? You can find all spring 2023 newsletters here: https://psychology.wsu.edu/undergrad/newsletters/

Continue reading on page 2
Spring 2023 Important Dates and Deadlines

- National Day of Racial Healing  
  **Tuesday, January 17**

- Last day to change enrollment from letter graded to pass/fail  
  **Friday, January 27**

- Last day to complete AIC #1 for reinstatement  
  **Friday, January 27**

- WSU General Scholarship application due  
  **Tuesday, January 31**

- Last day to drop a course without record  
  **Tuesday, February 7**

- Presidents Day, no class  
  **Monday, February 20**

- Last day to apply for May 2023 graduation without a late fee  
  **Friday, March 3**

- Summer Registration Begins  
  **Monday, March 6**

- Spring Break  
  **March 13-March 17**

- Last day to complete AIC #2 for reinstatement  
  **Friday, March 24**

- Fall 2023 registration begins  
  **Monday, April 10**

- Deadline to withdraw from a class  
  **Friday, April 14**

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Psychology Undergraduate Mentors  

**JT 221**

Your psych mentors are a great resource that you absolutely want to get to know this semester. The mentors are knowledgeable about departmental opportunities, navigating the university, study skills, and general tips for being successful students! Psych mentors will be offering tutoring in the fall for Psych 105, 210, 230, 265, 311, 312, 321, 324, 328, 333, 350, 372 and 412.

To view a copy of Peer Mentors' office hours and Zoom links please visit:  
[https://psychology.wsu.edu/undergrad/mentoring-program/](https://psychology.wsu.edu/undergrad/mentoring-program/)
HOLDING ELECTIONS

OPEN POSITION
- SECRETARY
- PUBLIC RELATIONS
- PHILANTHROPY

Join our club!

Come prepared with a short speech about who you are and what would make you a good fit for the position.

When:
Wednesday, January 18th
4-5PM

Where:
CUE 209
17 Jan

National Day of Racial Healing
WSU Pullman Agenda

9:10-10:30 AM
One WSU Program Welcome, Cross-Campus Panel
  • Zoom

10:00 AM-4:00 PM
Healing Wall (Interactive Painting)
  • Compton Union Building

10:40 AM-12:00 PM
Racial Healing Circles
  • LGBTQIA+ (CUB 204)
  • Native American (CUB L43)
  • LatinX/ChicanX (CUB L37)
  • African American (CUB L38)
  • White-Identifying (CUB 208)
  • Asian American/Pacific Islander (CUB 206)

11:00-11:50 AM
Mindfulness Workshop: MESI Approach to Healing
  • Honors Hall Lounge

12:10-1:00 PM
Drum Circle Performance
  • Terrell Library Atrium

12:15-1:15 PM
Broadway Dance Class: Hamilton’s “My Shot”
  • Chinook 22
  • Access free, non-members only have to sign in at the front desk

1:30-2:30 PM
Yoga
  • Elson Floyd Cultural Center 113 & 114

1:30-2:30 PM
Boxing Class: The Power of Athletes of Color
  • Chinook 30
  • Access free, non-members only have to sign in at the front desk

1:45-2:45 PM
Writers Give Voice: Book Reading and Open-Mic Poetry Slam
  • Jordan Schnitzer Museum of Art Pavilion Gallery

WASHINGTON STATE UNIVERSITY
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<th>Time</th>
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| 2:10- 3:00 PM | Gentle Flow Yoga: The Impact of Community  
• SRC 256  
• Access free, non-members only have to sign in at the front desk |
| 2:30- 3:30 PM | Restorative Yoga  
• Elson Floyd Cultural Center 113 & 114 |
| 3:10- 4:00 PM | K-Pop Dance Class: The Asian-American Experience  
• SRC 256  
• Access free, non-members only have to sign in at the front desk |
| 3:15- 3:45 PM | Walking Meditation and Reflection  
• Jordan Schnitzer Museum of Art WSU |
| 4:15- 5:00 PM | Cougar Cycle Class: Spinning for Social Justice  
• SRC 252  
• Access free, non-members only have to sign in at the front desk |
| 5:00- 6:30 PM | Closing Ceremony and Reflection  
• Zoom |

THANK YOU TO OUR CAMPUS PARTNERS

• WSU Office of the President  
• WSU Office of the Provost  
• WSU Office of the Chancellor-Pullman  
• WSU Student Affairs-Pullman  
• WSU Libraries-Pullman  
• Cougar Health Services  
• WSU Department of Fine Arts  
• Jordan Schnitzer Museum of Art  
• University Recreation (UREC)  
• Center for Transformational Learning & Leadership  
• WSU Office of Academic Outreach and Innovation
Join fellow WSU community members in the vital work of anti-racism and racial healing.

Virtual and campus events on Tuesday, January 17, 2023
https://provost.wsu.edu/ndorh-schedule/

Take the pledge to participate!
https://provost.wsu.edu/national-day-of-racial-healing-pledge-form/
See You at the Fair

Wednesday, January 18

4:00-6:000 p.m.

CUB Senior Ballroom (2nd Floor)

The Get Involved Fair is one of WSU’s biggest opportunities to meet and connect with both student and community organizations on campus. Make the most of your time at WSU by getting involved with a student organization.
Career Development Services

Leanne Ralstin  
Career Advisor  
Smith Center CUE 502  
Leanne.ralstin@wsu.edu  
509-335-0396

Set a 1-on-1 appointment on Handshake!  
https://app.joinhandshake.com/stu

→ Job/internship search  
→ Resume & cover letter development  
→ Completing applications  
→ Interview tips & practice  
→ Career exploration  
→ What can you do with your major?  
→ Grad school exploration & applications  
→ Networking skills  
→ Goal setting  
→ Professionalism  
→ Career development resources
Undergraduate Research Awards are available to students in all majors on all campuses. The application requires a personal statement and brief description of intended or current research, scholarship, or creative activity.

For more information and to access the online application form, visit the awards page at UndergraduateResearch.wsu.edu

Application due: Jan. 20, 2023

Faculty-Mentor Endorsement due: Jan. 27, 2023

Successful 2023-24 recipients are required to present their research at WSU’s annual Showcase for Undergraduate Research and Creative Activity in March 2024.
Are you interested in volunteering with Alternative to Violence on the Palouse to provide support to victims of domestic and sexual violence? ATVP Spring hotline volunteer training will take place in February. Follow this link to learn more: https://atvp.org/stay-connected/fundraisers/i-want-to-help/volunteer/hotline-volunteers/?fbclid=IwAR2bY1DhA_mPioWiu_O4b_zLIolHrVd3lJpY8oaInppJrZWuwkqy--nMM

Seeking students to feature in this section
Were you published? Did you win an award or scholarship? Were you featured in the news? Were you accepted to a grad or professional program? Did you land a job or internship?

We want to hear from you.

Please email your submissions to cjhernandez@wsu.edu.