Psych Students,

Welcome to week 4 of spring 2023! In an effort to reduce email traffic for students and reduce workload for our team members, the newsletter will be sent out every two weeks. We will send important or time sensitive emails out to students as needed in between the release of the newsletter. As a reminder you should continue to check your WSU email at least once a day.

Here are this week’s highlights:

- In honor of the Black History Month we have highlighted some prominent Black psychologists and their contribution to the field of Psychology
- Psych Squared is meeting on February 1. See page 3 for more info.
- The Career Expo is coming up. Prepare by attending the events found here.
- You will find summer research and internship opportunities on page 7-9
- Leanne Ralstín, a career advisor for CAS, now has drop in hours (page 12)
- Study Abroad Fair is on March 7 (page 11)

Happy reading!

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

- 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*

Art for Social Change

The WSU School of Languages, Cultures, and Race (SLCR) hosts the annual "Art for Social Change" competition. “The goal of the competition is to call attention to the importance of recognizing the vast inequalities that persist in the world today, but also to recognize the necessity to build a new world.” Competitions include four categories. For more information, go to: [https://slcr.wsu.edu/art-for-social-change/](https://slcr.wsu.edu/art-for-social-change/). Deadline for submissions is *Tuesday, January 31.*

**SCHOLARSHIP APPLICATION DEADLINE**

Tuesday, January 31 is the deadline for the 2023-2024 FAFSA, WASFA, and the WSU General Scholarship application, [https://financialaid.wsu.edu/getting-started/](https://financialaid.wsu.edu/getting-started/). You can't win if you don’t apply, so fill out the application today!

Continue reading on page 3
JOIN US FOR AN INFORMATIONAL SESSION LEAD BY DR. CUTTLER TO LEARN ABOUT PSI CHI!

Why Psi Chi?
Gain the eligibility for grants and scholarships, the chance to connect with mentors, learn about career opportunities, networking, and much more!

FEBRUARY 1ST 4-5PM IN CUE 209

Continue reading on page 4
February 1—March 1 is:

**Black History Month**

In honor of Black History Month we want to highlight some of the Black Psychologists who have made significant contributions to the field of Psychology.

- 8 Black Psychologists Who Made History
  [https://guildservices.org/blog/8-black-psychologists-who-made-history/](https://guildservices.org/blog/8-black-psychologists-who-made-history/)

- **I Am Psyched! for Black History Month**: Watch three inspiring women discuss what led them to pursue psychology as a career, dealing with racism and sexism, and what life lessons they would share with the next generation of women and girls going into the field. Follow this link to watch the video: [https://www.youtube.com/watch?v=FUd8FuB3dkI&list=PLxf85IzktYWJNFY4NyMM4mb31-dwt4Q0W&t=3s](https://www.youtube.com/watch?v=FUd8FuB3dkI&list=PLxf85IzktYWJNFY4NyMM4mb31-dwt4Q0W&t=3s)

- The Association of Black Psychologists (ABPsi), [https://abpsi.org/](https://abpsi.org/)

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**Grief & Loss Group Counseling Available**

Grief and Loss:

- Wednesdays
- 3:30PM—5PM
- In person

*See the flyer on the next page to learn how to join a group*

Groups are first come first served and capped at 12 students

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*Continue reading on page 5*
CAPS offers a wide variety of groups and workshops to help students address personal issues in a safe, supportive space with peers who may be experiencing similar challenges. Research has consistently shown that groups are as effective as (and sometimes more effective than) one-on-one counseling. Although there may be some initial hesitation about participating in a CAPS group or workshop, the majority of WSU students who engaged with groups at CAPS, reported having a positive experience and would recommend it to a friend. The benefits of group counseling include alleviating distress, learning skills, increasing hope, feeling connected, and trying out new ways of approaching challenges.

Spring 2023 GROUPS AND WORKSHOPS

COUNSELING GROUPS

- Share experiences and broaden your perspective
- Receive support and feedback from other group members
- Identify new ways to have better relationships with self and others

Interpersonal Process “Understanding Self + Others” (USO)

Undergraduate USO: Mondays 3:10 - 4:30 (via Zoom)

This semester-long group is appropriate for undergraduate students with a wide range of concerns such as dissatisfied relationships, loneliness/social isolation, low self-esteem/confidence, or concerns with "not good enough" or judgment.

Graduate Student Therapy Group: Wednesdays 3:10 – 4:30 (via Zoom)

This semester-long group is a good fit for graduate students facing challenges related to academics and personal and professional relationships, self-esteem/confidence, identity development, and career issues.

Topic-Focused

Survivors of Interpersonal Violence: Tuesdays 3:10 – 4:30 (in-person)

This semester-long group is appropriate for survivors of interpersonal violence including sexual assault, intimate partner violence, or childhood emotional/physical/sexual abuse. This group will focus on providing support to survivors, including establishing a “new normal” and enhancing compassion towards self.

Mindful Compassion Group: Mondays 1:10 – 2:30 (in-person)

This group is geared toward students who experience high levels of self-criticism and shame that impacts their anxiety, mood, and relationships. Through psychoeducation, experiential exercises, and group discussion, you will develop compassion for yourself and learn to self-soothe. We use a compassion focused therapy approach, and we ask you to practice outside of group meetings.

Grief and Loss: Wednesdays 3:30-5:00 (in-person)

Gathering in the shared experience of living with and adapting to the loss of a significant member (e.g., family, friend, or romantic partner) of one’s life. We invite undergraduate and graduate students into a relational processing of their grief; to join alongside peers in the shared experience of living with and making meaning of their loss.

Trans*cend (Gender Diversity Support): Fridays 4:10 - 5:00 (in-person)

This semester-long group provides a safe and welcoming space for students who identify as trans*, non-binary, intersex, gender-non-conforming, gender fluid, and/or gender questioning. The group is discussion based with topics brought up by group members and opportunities to share experiences, give advice, and offer support. This group remains open and continues to accept new members throughout the semester.

Continue reading on page 6
CBT Anxiety: Tuesdays 11:10 - 12:00 (via Zoom); Thursdays 3:10 - 4:00 (in-person)
This 6-week group utilizes cognitive-behavioral treatment that focuses on helping students challenge unhelpful thoughts and learn CBT skills and relaxation techniques to more effectively cope with anxiety. It is best suited for students having issues such as test anxiety, generalized anxiety, social anxiety/public speaking, panic disorder, and other depressive or adjustment disorder with anxiety features.

Mindfulness: Fridays 11:10 - 12:00 (in-person)
This group runs until the end of the semester and helps students learn mindfulness techniques (e.g., mindful breathing, sitting meditation, body scan, loving-kindness, mindfulness of thoughts, etc.) to relieve stress and worry, find a sense of calm, improve concentration and clarity, and increase self-compassion. It is well suited for students with concerns relating to stress, anxiety, depression, and pain management.

Mood Management: Wednesdays 3:10 – 4:00 (in-person)
This 8-week group focuses on balancing wisdom from logic and emotions, shifting focus from autopilot, increasing distress tolerance, and improving relationships while acting congruently with values. It offers both information and discussion components and is ideal for students struggling with anxiety, depression, and emotional dysregulation. It is a drop-in group, meaning students can choose to join at any point depending on their interest in particular topics covered in this group.

Getting Unstuck: Thursdays 11:10 - 12:00 (in-person)
This 5-week group helps students “get unstuck” by teaching you skills to manage difficult thoughts/feelings/behaviors (e.g., anxiety, perfectionism, shame, procrastination) through acceptance and mindfulness strategies. These skills serve as a roadmap to help you identify what is important to you and actively create a meaningful life. Each week is a new skill/topic and students can join at any time.

Motivation: Tuesdays 3:10 – 4:00 (in-person)
Feeling unmotivated? This 6-week group will teach students to enhance or bypass motivation so they can move toward their goals. Students will discuss, practice, and learn about concepts such as using routine, cultivating inspiration, increasing self-efficacy, finding balance, and more!

How to Join a Group or Workshop

- Groups are open to all currently-enrolled WSU students who have paid the student health fee. Students must join a group Zoom group session from the state of Washington.
- All potential group members will be asked to complete paperwork and meet with a counselor in order to determine if group is the right fit for them.
- For skill-building groups/workshops: upon meeting with a counselor, students will be placed in a workshop of preference without going through a pre-group screening/orientation.
- For counseling/support groups: upon meeting with a counselor, students will also meet with the group facilitators for a pre-group orientation to find out more details about the group, discuss any concerns or questions about joining group, and review group agreements.
- For more information, please call 509-335-4511 or check out our website at https://cougarhealth.wsu.edu/.
Research Opportunity:

Undergraduate Summer Brain Research Program

Are you interested in learning about cutting-edge neuroscience research and gaining hands-on research experience? Are you considering applying to medical or graduate school in neuroscience, psychology, healthcare, or other related fields? If so, our summer program is perfect for you.

The Institute for Human Neuroscience at Boys Town National Research Hospital is inviting applications to our Undergraduate Summer Brain Research Program. Our 10-week paid intensive research opportunity begins on June 5, 2023, and ends on August 11, 2023. Housing is provided for students from outside of the Omaha metro area. Students accepted to our program will be matched with our experienced and well-funded faculty mentors to conduct in-depth research and data analysis in human neuroscience. Accepted students will also attend a variety of learning activities, including professional development workshops, journal clubs, lab meetings, and summer retreat presentations. Please see our program flyer for more details:

Summer_2023 (squarespace.com)

Apply now for the Summer 2023 cohort! Application deadline: February 16, 2023
Summer Internship Opportunity:

Gerontechnology-Focused Student Undergraduate Research Experience
The program is designed to provide a research experience for qualified applicants in the area of gerontechnology (a blending of technology and the study of human aging). The students will be invited to participate in the class and be directly involved in the Gerontechnology focused research program.

Who can apply?
The paid internship program is open to all undergraduate level students in the United States. You can find more information about how you can apply in our How To Apply page.

To learn more and to apply follow this link: https://ntg.ailab.wsu.edu/

Interested students are encouraged to apply by the end of February!

See the flyer on the next page for more details

UC Irvine Psychological Science Post-Bacc Program
Info Session

Friday, February 3
11AM to 12PM
Zoom link to attend: https://uci.zoom.us/j/91670377358

See the flyer on page 9 for more details

Continue reading on page 9
Summer Internship Opportunity

• $1,000 - $6,000 stipend
• May 15, 2023 through August 4, 2023
• Apply online at http://ntg.ailab.wsu.edu

This summer opportunity is designed to train undergraduate students in the field of gerontechnology, a blending of technology and the study of human aging. Students will work remotely or in person, as negotiated for their appointment. Their involvement will consist of completing a 1-credit online gerontechnology course and assist with study data collection (the time commitment for the course is approximately 20 hours total). Some students will also contribute to ongoing research efforts (with a higher time commitment and stipend amount). Applicants should be enrolled in a US-based undergraduate program during the 2022-2023 academic year.

This program is designed to train undergraduates from a wide diversity of disciplines and demographics. We are particularly interested in involving students that enhance program diversity and equity.

Applications will be considered as they are received.
If you have questions regarding the program, please send email to jason.a.minor@wsu.edu.
The UC Irvine Post-Baccalaureate Program in Psychological Science is a certificate program that combines psychology coursework with research and/or internship experience.

Our post-bacc program is designed for people who: 1) Have a bachelor’s degree (in any discipline) and 2) Are interested in a psychology-related graduate program, career development, or career change and 3) Could benefit from additional coursework, research and/ or hands-on work experience in psychology. Those interested in a doctoral-level or master’s degree programs in a range of areas of psychology (including clinical/counseling psychology, social/personality psychology, developmental psychology, health psychology, psychology & the law, and school psychology) or health (e.g., public health, medical school) can strengthen their graduate school applications by completing our program, which offers an individualized course of study based on each person’s qualifications and goals. Students who have completed our program have been accepted to a wide variety of graduate programs, including Ph.D. programs at UC Berkeley, the University of Pennsylvania, UCLA, and UT Austin; Psy.D. programs at Xavier University, Baylor University, and Yeshiva University; and Master’s programs at the University of Michigan, UCLA, and the USC.

Program Components

The program consists of eight courses, which may include lower- and upper-division lectures, small seminars (including advanced statistics and research methods), hands-on research lab courses, and/or hands-on internship courses. The program can be completed at the student’s own pace, in as little as 9 months or in as many as 24 months, depending upon one’s schedule and preferences. A faculty advisor will work closely with students to help plan courses and provide guidance on obtaining letters of recommendation, choosing graduate programs, writing personal statements, and applying for jobs. In addition, students will have the opportunity to attend our weekly departmental colloquia and other special events and to interact with our community of faculty, researchers, and graduate students.

Applications

The application deadline for Fall 2023 is April 15, 2023 for domestic students (February 15, 2023 for international students). For more information, visit: https://tinyurl.com/y4r8r7ye

Questions? Contact Dr. Joanne Zinger at joanne.zinger@uci.edu

Department of Psychological Science
4201 Social & Behavioral Sciences Gateway • Irvine, CA 92697

www.ps.soceco.uci.edu
STUDY ABROAD FAIR

Tuesday, March 7
10 a.m. - 2 p.m.
CUB Jr. Ballroom

Discover summer/semester programs, service projects, and internships!

WASHINGTON STATE UNIVERSITY
Global Learning
WSU College of Arts and Sciences

Career Development Services

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

*Set a 1-on-1 appointment on Handshake!
https://wsu.joinhandshake.com/login
*Drop-ins: Fridays, noon to 1PM, in CUE 502

→ Job/internship search
→ Resume & cover letter development
→ Completing applications
→ Interview tips & practice
→ Career/major exploration
→ What can you do with your major?
→ Grad school exploration & applications
→ Networking skills
→ Goal setting
→ Professionalism
→ Career development resources
Professional Headshots

Prepare for the WSU Career Expo by getting a FREE professional headshot. No appointment needed.

Two dates for your convenience:
Monday, Jan 30 | 2–4
Tuesday, Jan 31 | 11–1

Located in the Academic Success & Career Center
Lighty Student Services, Room 180
WSU CAREER EXPO

All Students & Majors are Encouraged to Attend!

Virtual Expo
Monday, February 6
12-3 pm
On Handshake

In-Person Expo
Tuesday, February 7
12-4 pm
In Beasley Coliseum

learn more here!