Psych Students,

Happy first day of the fall 2023 semester! We want to welcome back all returning students and also say welcome to all of our new students!

The Psych newsletter is one of the primary ways we communicate with Psych majors. The newsletter is sent every two weeks and typically on Mondays. The newsletter will come from your Psych advisor and will be sent to your WSU email address. You should get into the habit of checking your WSU email at least once a day so that you do not miss any important information.

Another way to keep up to date with all things Psych is to like and follow us on Facebook @WSUPsychDept.

If you are a graduating senior you will also receive a special edition of the newsletter called the "Senior Newsletter." Read through it thoroughly and visit your advisor to double check that you are on track to graduate. Sunday, August 27 is the last day to enroll in a fall course.

Over the summer a few of the advisors changed offices and our mentor/waiting room has relocated to Johnson Tower 201. Your advisor's office information can be found on the wall outside of 201 and inside this newsletter.

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

Find the Academic Calendar: registrar.wsu.edu/academic-calendar/

First Day of Classes
Monday, August 21

Last day to enroll in a course
Sunday, August 27

Labor Day--All University Holiday
Monday, September 4

Last day to change enrollment from letter grades to pass/fail
Friday, September 8

Last day to drop a course without record
Tuesday, September 19

Last day to apply for fall 2023 graduation
Friday, October 6

Continue reading on page 3
DEPARTMENT OF PSYCHOLOGY ADVISING

Academic Advising Description/Definition:
Academic advising is a collaborative educational process whereby students and their advisors are partners in meeting the essential learning outcomes, ensuring student academic success, and outlining the steps for achievement of the student’s personal, academic and career goals. This advisor/student partnership requires participation and involvement of both the advisor and the student as it is built over the student’s entire educational experience at WSU.

Chioma Heim

Last Name A-D
Office: JT 218
Email: chioma.a.heim@wsu.edu
Virtual Drop In Hours:
Friday 1PM - 4PM
Scan the QR code to book an appointment

Chanelle Denman

Last Name E-K
Office: JT 202
Email: chanelle.denman@wsu.edu
Virtual Drop In Hours:
Wednesday 2PM - 4PM
Scan the QR code to book an appointment

Cassandra Hernandez

Last Name L-R
Office: JT 204
Email: cj hernandez@wsu.edu
Virtual Drop In Hours:
Monday 2PM - 4PM
Scan the QR code to book an appointment

LaToya Sutton

Last Name S-Z
Office: JT 203
Email: jennifer.sutton@wsu.edu
Available by Appointment Only
Scan the QR code to book an appointment

Advisee Responsibilities—What Is Expected of You
- Schedule regular appointments with your advisor
- Come prepared to each appointment with questions and materials for discussion
- Keep a personal record of your progress toward meeting your goals
- Complete all recommendations from your advisor
- Become knowledgeable about college programs, policies and procedures
- Accept responsibility for decisions made that impact degree completion

Advisor Responsibilities—What Is Expected of Advisors
- Understand and effectively communicate the curriculum, graduation requirements, and university policies and procedures
- Encourage and guide students as they define and develop realistic goals
- Be accessible for meeting with advisees via office hours
- Assist students in gaining decision making skills and in assuming responsibility for their educational plans and achievements
- Maintain confidentiality in accordance with FERPA guidelines
Connect with the WSU Psychology Department

Like & Follow Us on Facebook

@WSUPsychDept
#WSUPsych

WSU Psychology Department

Connect with resources offered by WSU Psychology Advisors regarding:

University Deadlines and Advising Resources
Graduate School Preparation
Career Preparation
Information on events the WSU Department of Psychology are hosted
Club Meetings
Video Resources

Continue reading on page 5
NEW COURSE!

Environmental psychology is being offered on the Pullman campus for the first time in many years! What is environmental psychology? It’s similar to social psychology, except we mainly focus on how our physical environments influence our minds, brains, and behavior rather than how we are affected by social environments. We will cover a huge variety of topics in this course, including (but not limited to):

✓ How our perception and cognition is altered in different environments
✓ The ways we evaluate and make sense of our surroundings
✓ The positive and negative effects that different types of environments (nature, cities, indoors) can have on our physical health, mental health, social behavior, even criminal behavior
✓ How can environmental design be used to promote psychological health and optimal functioning
✓ The ways our attitudes and beliefs affect whether we work to protect and improve our environments and the world

The course designed to be relatively low stress, with many low-stakes assignments and built in flexibility for missed or late assignments. You’ll get to run small-scale versions of environmental psychology experiments and at the end of the course, you’ll get to design a restorative, beneficial environment and present it in whatever format you like (short video, recorded presentation, annotated drawing, podcast, paper, etc.)

Feel free to reach out to the instructor (Professor Meidenbauer) with any questions: k.meidenbauer@wsu.edu We hope to see you there!

Continue reading on page 6
WSU Psych Advisors
Open House

Come check out the new psych advising waiting area and mentor space

September 6 | 3:30PM - 5PM
Johnson Tower 201

Milk and cookies will be served
Meet your Advisor

Get to know your advisor, learn about resources and how to be a successful student in psychology

Chioma Heim (Last Names A-D)
September 8 | 1PM-2PM
https://wsu.zoom.us/j/9035031492

Chanelle Denman (Last Names E-K)
September 13 | 2PM-3PM
https://wsu.zoom.us/j/95469839525?pwd=MlVHQVRyTEhBbTR1VElQN0JObDNKQT09

Cassandra Hernandez (Last Names L-R)
September 11 | 3PM-4PM
https://wsu.zoom.us/j/96825285834

LaToya Sutton (Last Names S-Z)
September 13 | 12PM to 1PM
https://wsu.zoom.us/j/2973368995

Continue reading on page 8
Psych Peer Mentors
Johnson Tower 201

The mentors are knowledgeable about departmental opportunities, navigating the university, study skills, and general tips for being successful students. They also offer tutoring for psychology courses. For a list of their office hours visit the site below.

https://psychology.wsu.edu/undergrad/mentoring-program/
WSU Psychology Advising Presents:
Path to Success in Psychology

Industry Speaker Series

**Tran Hang**
Director of Product Commercialization
Google

*September 27
4PM - 5PM
In person or Zoom*

**Oliver Billon**
Physical Therapist Assistant
Lake Washington Physical Therapy

*October 18
12:30PM - 1:30PM
Zoom*

**Jill Nickles**
HR Consultant 3
WA Department of Children, Youth, and Families

*November 8
12:30PM - 1:30PM
Zoom
Meeting ID: 962 8989 0127
Passcode: Jill

Questions?
Contact your academic advisor

Continue reading on page 10
WSU Psychology Advising Presents:

PATH TO SUCCESS IN PSYCHOLOGY

GRADUATE SCHOOL SERIES

**Graduate School Prep**
Introduction to graduate school resources, getting started in your search, and building your competitive edge

October 4
4 PM - 5 PM
Johnson Tower 235 C & Zoom

---

**Eastern Washington University**
Learn about Psych graduate programs offered at Eastern Washington University

October 10
4 PM - 5 PM
Zoom
Meeting ID: 946 4398 8894
Passcode: Eastern

---

**Gonzaga University**
Learn about Psych graduate programs offered at Gonzaga University

October 25
12 PM - 1 PM
Zoom
Meeting ID: 965 2757 9915
Passcode: Gonzaga

Questions?
Contact your academic advisor
KEYS TO SUCCESS: MAKE USE OF YOUR RESOURCES

Academic Resources

- TUTORING
- Math Learning Center
- The Writing Center

- Academic Coaching
- Career Coaching

Careers in Psych

- Graduate School Resources
- Transfer Center

Multicultural Student Services

Access Center

HEALTH PROFESSIONS STUDENT CENTER
First At WSU

Washington State University is a First-gen Forward Institution, recognized for its dedication to serving first-generation college students. If your parent or legal guardian did not complete a bachelor's degree, then you and any siblings you have are considered first-generation college students. Check out these resources available to first gen students at WSU:
Volunteers NEEDED
REGISTER NOW

For more information please scan the QR code or visit atvp.org

For questions and inquiries please email our volunteer coordinator Jonny at cvs.advocate@atvp.org or call (509) 332-4357

ANNOUNCEMENTS

PATHS TO A PSYCHOLOGY PHD:
AN INFORMATION SESSION AND WORKSHOP

Free Info Session and workshop hosted by Stanford graduate students, research staff and faculty.

A great event for those who are interested in a PhD in Psychology but are not sure where to start or if a PhD program is the right fit for you!

MUST APPLY IF INTERESTED!

Shoutouts!

We want to say well done to these psychology majors who have won the following awards for the 2023-2024 academic year!

Auvil Scholars Fellowships
Isabella Santiago, WSU Pullman, majoring in human development and psychology, mentored by Nicole Scalise
Caroline Schutz, WSU Pullman, majoring in psychology, mentored by Lisa Fournier

Undergraduate Research Fellowship
Matteya Proctor, WSU Pullman, majoring in neuroscience and psychology, mentored by Maureen Schmitter-Edgecombe

https://news.wsu.edu/news/2023/08/16/wsu-undergraduate-research-presents-awards-to-41-students/

Continue reading on page 14
Equine Assisted Therapy is the use of horses and other equines to promote growth, learning and psychological well-being for people. This type of therapy is used for organizational leadership training and teaching teamwork skills. Businesses, not-for-profit organizations and congregations seek equine-based services to help them become more productive.

**CAREER OPTIONS**

Equine Therapist  
Primary Therapist  
Occupational Therapist  
Clinical Therapist

**FOR MORE INFO VISIT**

- www.onetonline.org  
- www.bls.gov  
- www.apa.org  
- www.americanhippotherapyaassociation.org  
- www.cbeip.org  
- www.eagala.org  
- www.pathintl.org

**GRADUATE PROGRAMS**

**MINOR/ADDITIONAL MAJOR IDEAS**

Animal Science  
At Risk Youth  
Comparative Ethnic Studies  
Human Development  
Women’s, Gender, and Sexuality Studies

Learn about other careers in Psychology at https://psychology.wsu.edu/undergrad/careers-in-psych/