Psych Students,

Welcome to the third week of the semester. Hopefully you are settling into a routine and enjoying all of your classes so far!

There are a lot of exciting events happening in Psychology this semester. Mark them in your calendar so you don’t miss out on these beneficial opportunities. From our graduate speaker series to visiting industry speakers to getting to know your advisor there is something for every Psych student.

There are also lots of events happening on campus including the Get Involved Fair and the Global Learning Fair. We have included resource guides for being involved and study abroad to help get you started.

We look forward to seeing many of you at our open house on Wednesday, September 6. You can stop in any time in Johnson Tower 201 between 3:30pm to 5pm to check out the new peer mentor space and advising waiting area. While you are enjoying milk and cookies you can get acquainted with our resources and meet with psychology advisors.

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

Continue reading on page 2
Important Dates & Deadlines

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

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

Academic Improvement Conversation #1 due
*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*
PSYCHOLOGY ACADEMIC ADVISING
OFFICE HOURS 9AM—4PM

Chioma Heim
Johnson Tower 218

Advising Last Names
A-D
Virtual Drop-Ins
Friday
1 PM — 4 PM

Scan to schedule an appointment

Chanelle Denman
Johnson Tower 202

Advising Last Names
E-K
Virtual Drop-Ins
Wednesday
2 PM—4 PM

Scan to schedule an appointment

Cassandra Hernandez
Johnson Tower 204

Advising Last Names
L-R
Virtual Drop-Ins
Monday
2 PM — 4 PM

Scan to schedule an appointment

LaToya Sutton
Johnson Tower 203

Advising Last Names
S-Z
Available by appointment only

Scan to schedule an appointment

Department of Psychology
Continue reading on page 4
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
Keys to Success: Get Involved

September 6
11:30 a.m.-1:30 p.m.
Glenn Terrell Mall
Pizza will also be available, while the slices last! Sponsored by Dominoes.
studentinvolvement.wsu.edu

So many ways to be involved on campus and in the community. What will you choose?

- PsychSquared
- Psych Peer Mentor
- Social Justice Peer Educator
- Compass Mentor
- LGBTQ+ Center
- Global Learning Ambassador, Peer Advisor, International Peer Mentor
- College of Arts & Sciences Student Ambassador
- Peer Health Educator
- Center for Civic Engagement
- Student Organizations
- Alternative to Violence on the Palouse hotline volunteer
- Humanities on the Palouse

Continue reading on page 6
WSU PSYCHOLOGY ADVISING
PRESENTS:

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=MlVHQVRyTEhBbTR1VEIQN0JObDNKQT09

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 7
Thinking about studying abroad but not sure where to begin? Use this handy resource guide to help you get started!

Complete Global Cougs 101

Attend the Global Learning Fair

Psychology Advising Guide

Talk To A Global Learning Peer Advisor

Funding Options

SFS Study Abroad Handouts

Global Cougs Digital Badges

IP.WSU.EDU/GLOBAL-LEARNING/

Continue reading on page 8
Interested in becoming a Psychology Research Assistant and are bilingual in Spanish and English?

**KEY QUALIFICATIONS:**
- Must be bilingual in Spanish and English
- Interested in learning how to do data entry and scoring for psychological tests
- Ability to work independently to complete weekly tasks
- Excellent collaboration and interpersonal skills

**WHAT:**
- **10 hours a week commitment** working in the research lab
- Work towards **completing your own research project** in the area of Gerontechnology and presenting the project at a conference
- Complete the Collaborative Institution Training Initiative (CITI Program)
- **Mentorship** by a graduate student will be provided

**WHEN:**
- **Fall 2023 through Spring 2024** (potentially Summer 2024 as well)

**PAY:**
- **$6,000 stipend** for 400 hours that can be split across the semesters
- Pay is through our Gerontechnology-Focused Student Undergraduate Research Experience (GSUR)
- Pay is funded by **NIA Grant R25AG046114**

**INTERESTED:**
Please contact Carolyn Pagán (carolyn.pagan@wsu.edu), doctoral student in the Clinical Psychology program at WSU

Send an email to Carolyn stating your interest and qualifications. Send contact information for at least one reference. Attach resume or CV to email.

Continue reading on page 9
UW Psychology: A Sneak Peek for Graduate School

Tuesday, September 19th
3:00 - 5:00 pm
Zoom

Register using this link:
https://washington.zoom.us/meeting/register/tJEodu6qqDwtEtVuCbPAhPU_ckFA42baFDxI

Accommodation requests related to a disability should be made by 9/13/23 to uw.psych.recruitment@gmail.com.

This event is a great opportunity for anyone who is considering a PhD in psychology, especially folks from historically marginalized groups and those often underrepresented in academia, to learn more about UW’s Psychology doctoral program (including the different areas of research, funding, and admissions), and participate in a Q&A session with current graduate students and faculty. We encourage students of all academic stages who are interested in learning more about doctoral degrees in psychology, especially students who are planning on applying to graduate school this cycle, to attend this event.

https://psych.uw.edu/diversity/virtual-recruitment-event

Questions?
uw.psych.recruitment@gmail.com
WSU PSYCHOLOGY ADVISING PRESENTS:
Path to Success in Psychology

INDUSTRY SPEAKER SERIES

TRAN HANG
Director of Product Commercialization
Google

SEPTEMBER 27
4PM - 5PM
JOHNSON TOWER 235 C
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
12:30 PM - 1:30 PM
ZOOM
MEETING ID: 962 8989 0127
PASSCODE: JILL

Questions?
Contact your academic advisor

Continue reading on page 11
WSU Psychology Advising Presents:

PATH TO SUCCESS IN PSYCHOLOGY

GRADUATE SCHOOL SERIES

<table>
<thead>
<tr>
<th>Graduate School Prep</th>
<th>Eastern Washington University</th>
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<tbody>
<tr>
<td>Introduction to graduate school resources, getting started in your search, and building your competitive edge</td>
<td>Learn about Psych graduate programs offered at Eastern Washington University</td>
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<tr>
<td>October 4</td>
<td>October 10</td>
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<td>4 PM - 5 PM</td>
<td>4 PM - 5 PM</td>
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<tr>
<td>Johnson Tower 235 C &amp; Zoom</td>
<td>Zoom</td>
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<tr>
<td>Meeting ID: 916 2711 4867</td>
<td>Meeting ID: 946 4398 8894</td>
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<th>Gonzaga University</th>
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<tr>
<td>Learn about Psych graduate programs offered at Gonzaga University</td>
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<tr>
<td>October 25</td>
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<td>12 PM - 1 PM</td>
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<td>Passcode: Gonzaga</td>
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Questions?
Contact your academic advisor

Continue reading on page 12
September Workshops

Sept 5: Networking: what is it and why you should do it.

Sept 12: Resources to finding great jobs and internships.

Sept 19: Interviewing: Making a great impression.

Sept 26: Resume Development with TTI.

Details and Zoom links available at Handshake.

Learn how to meet one-on-one with a career advisor and even more career resources at the link below

https://cas.wsu.edu/student-resources/cas-career-development-services/
Applied Behavior Analysis (ABA), is the scientific study of the principles of learning and behavior. ABA uses data to determine how the environment affects behavior and how the environment can be changed to affect behavior.

**CAREER OPTIONS**
- Board Certified Behavior Analyst
- Behavioral Health Practitioner
- Licensed Mental Health Practitioner
- Special Education Teacher
- Human Resources Professional
- Animal Behaviorist

**FOR MORE INFO VISIT**
- www.onetonline.org
- www.bls.gov
- www.apa.org/
- www.abainternational.org

**MINOR/ADDITIONAL MAJOR IDEAS**
- At Risk Youth
- Comparative Ethnic Studies
- Health & Society
- Human Development
- Sociology
- Workplace Diversity

Learn about more careers in psych at https://psychology.wsu.edu/undergrad/careers-in-psych/
Summer Internship

If you are interested in this summer internship opportunity please reach out to Logan Roark at logan.roark@wsu.edu or 425-312-8399

- $2500 scholarship -OR- $2500 investment fast-start into a hawx-sponsored syndication project
- Internship credits available in sales and management
- High Commissions, manager pay for those that qualify
- Investment Course: October-December
- Car Club: Earn a car payment
- Paulus Fellowship Program: Letter of Recommendation
- Hawx Flock Accelerator: Our own Venture Capital Fund
WASHINGTON STATE UNIVERSITY

FREE FALL TUTORING

August 22nd to November 29th
For more information scan the QR code below or visit Tutoring.wsu.edu

TUTORING.WSU.EDU | 509.335.6000 | Lighty 180
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.

### Month Year

**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

<table>
<thead>
<tr>
<th>Group Name</th>
<th>Details</th>
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| **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. |
| **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 17**
GROUP COUNSELING

SKILL BUILDING GROUPS/WORKSHOPS

- Learn and practice new skills to ease distress, decrease the habit of reacting to unwanted thoughts, feelings, and physical sensations, and shift focus to what matters most in life

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/.