



Learn in the city. Lead in the world.

Psychology Department

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SPRING SEMESTER 2022 - LOVE (FOR PSYCH) IS IN THE AIR!

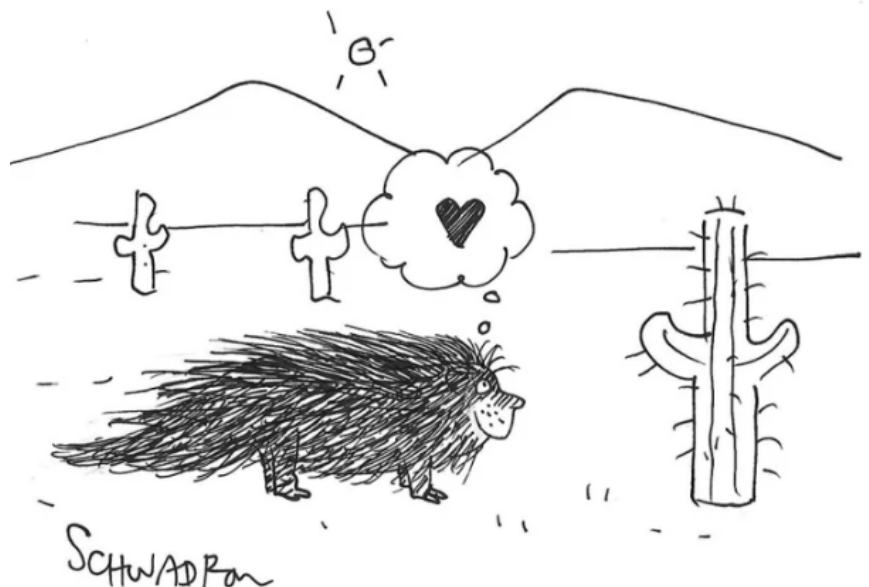
Hello love Birds!

This is a little recap of February. The faculty are hosting weekly open office hours. Be sure to take advantage of those with any class, major, or general questions you have. We hope you continue practicing self-care and love for yourself!



Google Meet

**COMEDIC
RELIEF**



ALUMNI HIGHLIGHT: URIEL SALDIVAR, B.A. '19, PSYCHOLOGY



What advice would you give to undergraduate students?

- 1.) Start mapping out where you want to be after you graduate and develop a plan to get there, the sooner the better! I started my plan after sophomore year, but I wish I would have sooner. It is also critical to involve your advisors so that they can help you develop this plan and make it a reality. Different goals require different paths.
- 2.) Do not rush to graduate, take your time and focus on being prepared to meet your goals for post-graduation (having work experience or research experience).
- 3.) Make sure to network with peers, others know things that we don't, including job opportunities or tips for getting into grad school.
- 4.) For those applying to grad school, apply to a variety of programs to maximize acceptance and to get the best financial package. Make sure to start your applications way in advance and have someone help you revise. I painstakingly applied to more than 10 across the country with the help of McNair and was accepted in just four. If I had applied to one, my odds of acceptance would have been way lower. Finally, make sure to start your applications way in advance and have someone help you revise your documents.
- 5.) The resources for your success are there, just make sure to find them and make the most of them.

What are you doing now?

I am a third year PhD candidate at the School of Human Resources and Labor Relations (HRLR) at Michigan State University. I currently conduct research on leadership and negotiated work arrangements and have begun teaching undergraduate courses (organizational leadership, research methods)

What are your responsibilities?

It will be my responsibility to create meaningful matches that provide emotional support for support seekers. I will also work in caregiver advocacy by being able to speak to the caregiver's experience. Additionally, I will be responsible for training new interns and volunteers on how to compassionately execute intake assessments for both support seekers and aspiring Mentor Angels. I am overjoyed and thrilled for this new chapter in my ongoing education and work experience!

How did NEIU prepare you for your professional journey?

I believe the supportive and friendly culture at NEIU was a motivating factor and made information more accessible. Faculty were always willing to educate students about graduate school and the many types of disciplines related to psychology. This is how I developed my interest in studying the workplace, but from a psychological perspective. In addition, the courses were engaging, faculty were very caring and devoted to educating students, and NEIU provided many research opportunities such as capstone, McNair, MARC Scholars. My research experiences with faculty at NEIU were probably the deciding factor as to why I got into grad school and why I even applied in the first place, as every research experience motivated me to learn more. From a more practical side, the two-part structure of the Research Methods course for the major really helped me develop a solid foundation of statistics and research methods that prepared me for courses in grad school (I still have all my class notes). I also participated in the psychology club and Psi-Chi, where students networked and shared knowledge about applying to grad school, which further motivated me to apply to grad school.

MIDWESTERN PSYCHOLOGICAL ASSOCIATION

The 94th annual meeting of the Midwestern Psychological Association will be held April 21 - 23, 2022. Once again, the venue will be the beautiful Palmer House Hilton, in Chicago, IL. Share your research, make new friends, and connect with psychological scientists from across the Midwest and the world.

The MPA program includes over a thousand research presentations from a broad range of disciplines, and features several keynote addresses and invited methodology workshops.



Don't forget to [register](#) for the conference (all attendees must do so) before the **March 20th deadline** for early bird rates! Make sure to check out the [Registration page](#) to see about our COVID-19 mitigation policies.

STUDENT OF THE WEEK: TALI BARR



1. What are your goals after graduation?

After graduation, my plans are to work as a substance abuse counselor while pursuing a masters in clinical psychology. My main goal is to be able to help individuals battling with mental illnesses and substance abuse disorders. Especially when the systems around them have failed them.

2. What motivates you to work hard?

My counselor had the greatest impact on me many years ago during a distressing period of my life, and to this day, whenever I'm making decisions or having a terrible day, I reflect on our sessions together and think "what would Sarah do?" or "what would Sarah say?" She spent a lot of hours working with me and focusing on growth, so to this day I always strive to do well and make her proud with continuous growth in every area of my life. She always believed in me and changed my direction and outlook on life; I hope to be able to do the same for others.

3. What is your proudest accomplishment?

I sat on this question for a minute, thinking of all the things I'm proud of myself for, but I think the one that takes the cake for me is being the fastest typer in middle school and having my name written on the board – I was in 5th grade and tested at 90wpm. It was my first big proud moment of recognition. Today, I'm typing at roughly 116 words per minute on a regular keyboard and am experimenting with a new keyboard called the "Characorder". It's a quirky talent of mine and is also the reason I chose to minor in Computer Science as a psychology student!

4. Favorite Psychology class so far and why?

Psychosexual Development has been my favorite psych class thus far. In Western culture, the subject of sexuality and anything associated with it appears to be almost taboo. The topic of sexual education is rarely discussed after primary school, so it's extremely intriguing to be able to explore the topic and the realities associated with it that society has sheltered us from.

ALUMNI SWEETHEARTS:

ALEJANDRO VELEZ '14 & ANGELICA MARRUFO '14



1) What are you doing now?

Alejandro went to University of Chicago for social work and I went to Roosevelt University for Clinical Mental Health Counseling (CMHC). Alejandro is now an Assistant Director / Career Readiness Coach at the Harris School of Public Policy (UChicago). I work for Thresholds, a community based mental health agency, as a Training Associate. I've been there 5 years. I also do private practice therapy part time and teach one class as an Adjunct Professor at Roosevelt University's CMHC program..

2) How did NEIU prepare you for grad school?

NEIU prepared us for graduate school in providing us with a close network of peers and professors to learn and grow from in classes and labs. It offered us opportunities to be more involved there and take on leadership roles then and now. The professors show an interest in the students' lives and future careers. I found the most benefit from the writing center and class labs.

3) What is your biggest piece of advice for current students?

The biggest piece of advice I would give to undergrad students: get to know your professors and volunteer more. Ask a lot of questions and remain humble to the learning experience.



JOIN PSYCHOLOGY CLUB TODAY!

Our goal is to encourage, grow, and promote the community of psychology at NEIU. We intend to bring in guest speakers, create fundraisers to help charities, bring attention to new studies, and provide useful and relevant information for not only NEIU's psychology students but to the entire body of Northeastern Illinois University.

Benefits Include:

Looks good on college applications

Get to be more involved on campus

Networking opportunities with other psych students

Plan fun events like game nights, trivia, decompress,
etc

And much more!

See Psychology Flyer Attached

PSYCHOLOGY



CLUB

PSI CHI IS UP AND RUNNING!

Psi Chi is the international honors society in Psychology.

If you feel you meet all the requirements, please sign up and become a member today for a multitude of benefits including:

- International recognition of academic excellence
- Helps members identify Psychology-related careers
- Networking opportunities essential for Psychology-related careers
- Annual rewards/grants/scholarships and more!

***You can check eligibility and apply here:

https://www.psichi.org/page/become_member#.YXg04C2ZN8c



NEED HELP? WE GOT YOU...

SCSE Tutor Hours

Maggie Verne

Monday: 10:00am-4:30pm (Virtually)

Tuesday: 9:00am-1:00pm (In person)

Wednesday: 3:00pm-5:00pm (In person)
7:00pm-10:00pm (Virtually)

Thursday: 1:30pm-3:00pm (In person)

Friday: 2:30pm-5:30pm (Virtually)

In person location: BBH 247

Email m-verne2@neiu.edu to set up appt.

Capstone / Lab

Assistance Hrs

Jackelyn Castaneda:

Tuesday and Thursday
11:00am-1:00pm

Location: In person (BBH 313) and [zoom](#)

WIP Tutor Hours (CAW Room)

Samantha Macksey

Tuesday: 11am-2pm

Thursday: 2pm-5pm

Friday: 1pm-4pm

ANNOUNCEMENTS

Research Talk

Early Childhood Exposure to Community Violence: Prevalence, Assessment, and Trauma-Informed Care

Dr. Lynda Gibson

March 25, 2022 at 2pm over [zoom](#)

Conference

Midwestern Psychological Association

April 21-23, 2022 at the Palmer House Hilton, Chicago IL

Open Advising Hours for Majors

No appointment necessary, stop in when you are available

-Mondays - 3:30pm-4:30pm

- Tuesdays - 1:30pm-2:30pm
2:00pm-3:00pm

-Wednesdays - 11:00am-12:00pm
1:30pm-2:30pm

- Thursdays - 1:00pm-2:00pm
3:00pm-4:00pm

- Fridays - 9:00am-10:00am

- Saturdays - 5 pm- 6 pm

Location: [zoom link](#) --->

<https://neiu-edu.zoom.us/j/99261869841?pwd=Qy9jNUhuRktpTU5WekxQTENRckVuZz09>

Save the Date

NEIU University Symposium

Friday, April 29, 2022