



*Learn in the city. Lead in the world.*

## Psychology Department

Term: Fall | Issue 7 | Date: October 21, 2022



## FALL SEMESTER 2022

Happy October Psychology Students!

Spooky season is here as midterms roll in and finals loom! We hope everyone is having a good semester. Remember that if you need help our tutors are ready to help you, so don't hesitate to ask for assistance. In addition, registration for the spring semester has begun. Be sure to visit the department's open advising for class planning and any other academic advising. Take care of yourself as the temperature is changing drastically. Don't forget your jacket and mask!

Remember that we are here to help you succeed!



## COMEDIC RELIEF



# ALUMNI HIGHLIGHT: ANA K. PIZANO BA' 11

## 1. What are you doing now?

My name is Ana K. Pizano. I work at the Office Institutional of Effectiveness, Planning and Research (IEPR) at the College of Lake County (CLC) as the Lead Research Analyst of Institutional Reporting. I have been working in the same department for over 10 years in various positions and the most recent position being Lead Research Analyst of Institutional Reporting. I am also a doctoral student at Northern Illinois University in the Higher Education Community College Leadership program.

## 2. What are your responsibilities?

In my recent position, I am responsible for validating and submitting data to our federal and state entities. I also lead multiple ad hoc research projects with the support of our three Research Analysts. I also support the Research Analyst on their projects whether it is training them on certain projects or providing certain data for their projects. I also assist in providing finance audit data. I also serve in multiple committees carrying out the institutions' mission. I am the co-chair the Anti-Racist Committee and active member of the Latinx Outreach and Success Committee, Student Transitions Taskforce, Undocuallies Committee, Diversity Council, and Women of Color Resource Group. I enjoy helping with college initiatives that advance and support student success.



## 3. How did NEIU prepare you for your professional journey?

Where to start... NEIU gave me an opportunity for which I am forever grateful. I had the best professors and the McNair program that believed in my potential and leadership. They helped develop the leader that is in me by pushing me to think critically and ask questions when things were unclear. Professor Dykema-Engblade gave me the opportunity to be her research assistant, which helped me develop more of my research skills. Those skills have come in handy in my various roles in IEPR at CLC. The McNair program helped me become aware of the opportunities beyond a bachelor's degree. Currently, I am a doctoral student learning more about the higher education system to help me continue my professional career in higher education. Thank you, NEIU!

## 4. What advice would you give to undergraduate students?

Never let anyone tell you what you are capable of learning. Only you know that! Keep shining always!

# CONGRATULATIONS!



Congratulations to alumna, Hannah Valdiviejas, BA' 17, on her recent publication titled, "Can gesture help English language learners understand the equal sign?" at [NABE Journal of Research and Practice](#). Hannah is currently finishing her Ph.D. at the University of Illinois Urbana-Champaign.





## PSYCHOLOGY FUN FACT

October 30, 1855 — Georges Gilles de la Tourette was born. Tourette is remembered for identifying the syndrome of tics, explosive outbursts, and "astonishing and imaginative profanity" that bears his name. He was shot in the head by a paranoid client in 1896. He recovered but suffered a progressive bipolar disorder, and became strident, bizarre, and theatrical. He died in a mental hospital in 1904.

### GET TO KNOW YOUR FACULTY: DR. LISA HOLLIS-SAWYER



#### 1. What are some of your hobbies?

I am a self-declared "nerd," so my hobbies are working on teaching-related training (e.g., Universal Design for Learning (UDL), affordable course materials, or Quality Matters online teaching), writing, or doing research. I am currently writing my ninth college textbook and I am working with three different research groups on student-retention or aging-related study projects. My advice to students is to follow an education plan leading to a fulfilling career that you enjoy.

#### 2. If you could travel anywhere, where would you go?

I love walking in nature, so I think it would be great to explore more areas of Alaska, rural parts of Europe, and rural Canada that I have yet to visit.

#### 3. What is your favorite movie?

My favorite movie is a complex question because it depends upon my mood. I must admit that I love this time of the year because there are great mystery/thriller movies to watch!

#### 4. If you could have any job, what would it be?

This is a hard question to answer because I genuinely love working with students, doing research, and teaching! The best part of my job is seeing the accomplishments of my past students, and I especially appreciate it when they come back to tell me that something I taught them helped in their career path.

#### 5. What is the best piece of advice you have received?

"Always pursue the goals you want to attain, and never give up!" I am a positive psychologist (with specialty training in industrial/organizational psychology and lifespan gerontology) and I always try to convey this "grit" – resilience perspective to my students. I may "push" students to succeed, especially in new areas of learning, but I am always there to support them in the learning process. I am immensely proud of our students who manage diverse work activities (academic, non-academic) and balance distinct roles in their lives!





# STUDENTS OF THE MONTH: MADRIGAL TWINS

## Gema Madrigal



### 1. What are your goals after graduation?

My goal after graduation is to find a job that involves working with children. I've worked with children before and I enjoy encouraging them and bringing out their creative side. I am planning on taking a gap year to save some money while also gaining experience in the field before I go back to graduate school. My goal is to pursue a masters in clinical mental health counseling.

### 2. What motivates you to work hard?

My mother and brother are the two people who motivate me the most to work hard everyday. My mother struggled ever since she and my father got divorced. My brother joined the army as soon as he turned 18 to help us with bills. They have both worked hard and have made me who I am today. I want to be able to give back to them just as they have done for me. I love my family and they encourage me to follow my dreams.



### 3. What is your proudest accomplishment?

My proudest accomplishment would have to be getting a degree for college. I have obtained good grades for the past few years and I'm excited to say that I will be graduating in Spring 2022. I would be the first, along with my twin sister, to obtain college degrees.

### 4. Favorite Psychology class so far and why?

My favorite psychology class so far would have to be Physiology. Saszik is an incredible professor and makes the class interesting and fun. I enjoy the class itself because it brings a lot of new things about the brain that I was not aware of.

### 1. What are your goals after graduation?

My goal after graduation is to take a gap year. After being in school for a while, I want to take a break and enjoy myself. During this time I plan on getting some job opportunities for experience. As for graduate programs, I plan on coming back to NEIU. I will also be looking for other programs at other universities to see what fits me best.

### 2. What motivates you to work hard?

My main motivation is my family. They've always done their best to get me where I am. Without their support and advice I wouldn't have made it this far. They remind me each day how proud they are. Another motivation that makes me work hard is knowing I will get to do what I love in the end. Even though the journey may be hard, it will all be worth it.

### 3. What is your proudest accomplishment?

My proudest accomplishment will have to be graduating. I have always been someone who likes to work hard and achieve goals that will better my family and I. Knowing I will be the first in my family to graduate from college makes me proud. Not everyone has the privilege to do that, so I truly thank my family for helping me out.

### 4. Favorite Psychology class so far and why?

My favorite psychology class so far has been physiology. Physiology class is interesting because you get to learn how our brain works. We are learning how different organisms function and how they play a big role in our body and behavior. Overall, the class is fun because I learn new things every day.

## Dafne Madrigal



# NEED HELP? DON'T BE AFRAID WE GOT YOU...

## SCSE Tutor Hours

Maggie Verne

Monday: 10:00am-2:00pm (In person)

3:30pm-7:00pm (Virtually)

Tuesday: 9:00am-12:30pm (In person)

4:00pm - 5:00pm (Virtually)

Wednesday: 10:00pm-3:00pm (In person)

Thursday: 3:30pm-4:30pm (In person)

Friday: 2:30pm-4:30pm (Virtually)



## Capstone / Lab Assistance Hrs

Sandra Paz Sosa:

Tuesday and Thursday

11:00am-1:00pm

**Location: In person (BBH 313) and zoom**

## WIP Tutor Hours (CAW Room)

Nicholas Koukis:

Tuesday: 3:00pm-7:00pm

Wednesday: 4:00pm-7:00pm

Friday: 2:00pm-5:00pm

**Location:**

**Ronald Williams Library 4th floor**

**(773) 442-4568 or (773) 442-4492**

**In person location: BBH 247**

**Email [m-verne2@neiu.edu](mailto:m-verne2@neiu.edu) to set up appt.**

## ANNOUNCEMENTS

### **Save the Date**

#### **Annual Psychology Department Student Symposium**

Friday, December 2, 2022

**Last day to withdraw** with a "W" - Friday, Oct. 28th

\*All undergraduates are currently able to register for Winter session and Spring courses.

#### **NEIU Career Development - Career & Internship Fair**

Thursday, November 10, 2022

#### **Power Closet Open House**

Thursday, November 1, 2022

**NEIU McNair Scholars Program** will be accepting applications until Nov. 30th, 2022.

### **Open Advising Hours for Majors**

*\*No appointment necessary, stop in when you are available\**

-Mondays: 1:00-2:00pm (Zoom)

3:00-4:00pm (Zoom)

-Tuesdays: 12:30-1:30pm (In person BBH-313B)

-Wednesdays: 11am-12pm (In person BBH-307B)

1:30-2:30pm (Zoom)

-Thursdays: 3:00-4:00pm (In person BBH- 307C)

6:00-7:00pm (Zoom)

-Fridays: 9-10am (Zoom)

-Saturdays: 1-2pm (Zoom)

***Scan QR code or follow the link***

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



@neiu\_psychology



Psychology Department's Google Classroom

Google Classroom <https://classroom.google.com/code:rszuvk4>

