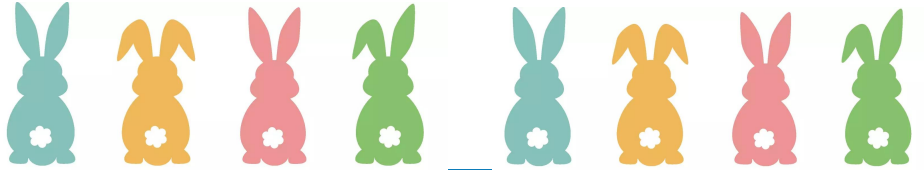




Northwestern

ILLINOIS UNIVERSITY

Learn in the city. Lead in the world.



Psychology Department

Term: Spring | Issue 12 | Date: April 10, 2023

SPRING SEMESTER 2023

Happy April Psychology Students!

We hope everyone is doing well in their courses. We only have about a month left, so remember that if you need assistance, our tutors are ready to help you! For the tutoring hours and availability, please keep reading. Also, remember that registration for the fall semester is now open! Be sure to visit the department's open advising hours for class planning and any other academic advising.



COMEDIC
RELIEF



ALUMNI HIGHLIGHT: VALERIE OLSON, BA '18

1. What year did you graduate?

December 2018 double majoring in Psychology and Women & Gender Studies

2. What are you doing now?

Academic Advisor/Program Coordinator for One Million Degrees Scholarship Program (OMD)

3. What are your responsibilities?

My role is to empower underrepresented community college students to succeed in their academic, professional, and personal ventures. This is achieved through academic advising, professional coaching, personal support, and financial assistance. I facilitate a non-credit course three times a week for our First Year Scholars to prepare them in their community college journey, and my team hosts monthly Saturday Development Sessions with all OMD cohorts and their assigned coaches. I meet frequently with my scholars to provide support in assisting them with completing OMD program requirements to remain in Good or Excellent Standing. I also commonly distribute relevant resources based on the scholar's needs.

4. How did NEIU prepare you for your professional journey?

NEIU played a significant role in my professional journey in more ways than I could express. The NEIU community fostered a culture that encouraged critical thinking, transformative learning, and identifying abstract solutions.

NEIU Psychology program provided the unique opportunity to learn through understanding the complexities of society, culture, diversity, and lived experiences within the human experience. My senior capstone in Service-Learning truly prepared me for this professional journey as I evolved into becoming a strong advocate for accessibility, resource redistribution, human rights, and mental health support.

5. What advice would you give to undergraduate students?

My first piece of advice would be to become more comfortable with not knowing everything, give yourself grace while you are learning, and accept opportunities that place you outside of your comfort zone.

The second piece of advice I have for undergraduate students is to never give up on your long-term goals for a short-term relief. You truly can achieve all that you set yourself up for, it just takes time, energy, and perseverance. You can trust in yourself and your unique journey.



CONGRATULATIONS!



We are pleased to share that Dr. Lisa Hollis-Sawyer has--once again--received a positive evaluation of her course "Aging and the Family" PSYCH 406 from Quality Matters. In fact, she has joined the elite category of faculty whose course was approved on the first pass without any necessary revisions.

Dr. Hollis-Sawyer, as always, we thank you for being a model of engagement and excellence at NEIU.



STUDENTS OF THE MONTH: KAYLA NUSZEN

1. What are your goals after graduation?

I am ecstatic to be graduating from Northeastern Illinois University! I plan to attend graduate school to obtain a master's degree. I was fortunate enough to get accepted into several Ivy League graduate programs, and I am currently making a big decision about which graduate school to attend in the Fall. I am very excited to start the next chapter in my academic journey.

2. What motivates you to work hard?

Theodore Roosevelt once said, "nothing worth having comes easy," and I firmly believe this. If I am not challenging myself, I am robbing myself of the opportunity to grow and accomplish all that I can. Although at times, it can be tough to remain motivated, I find that I have to remind myself of the end goal. Having something to look forward to really helps, whether it be a vacation or some time spent with friends. Occasional breaks from school are crucial because it allows you to replenish your energy. I really believe that hard work pays off. You have to not be afraid to ask for help and know that others are rooting for your success.

3. What is your proudest accomplishment?

Due to facing early adversity as a child, I did not have the opportunity to attend high school. I pushed myself to obtain my GED and chose to attend college, despite having many gaps in my education. I enrolled in the EMERGE program at NEIU and was initially placed in Developmental Math. Upon completion of the program, I was not only placed out of Developmental Math but into Pre-Calculus. I gave it my all when I was in the program and I was proud to see that all my hard work has helped me achieve my goals.

4. Favorite Psychology class so far and why?

I absolutely loved Adolescent Psychology with Professor Cuevas. I found that this course changed my perspective on adolescents and showed the importance of understanding the different developmental stages they go through on a physical, psychological, and social level.



GET TO KNOW YOUR FACULTY: YELENA POLYASHUK, PhD



1. What are some of your hobbies?

When I had more free time, my favorite thing to do was to go dancing. I used to take Latin dance classes a few times a week and then go out dancing with friends. Bachata, salsa, cumbia, merengue... I knew where all the Latin dance nights were happening and I had a ball! Now, I dance with my little kids—not much outside of the house. Although, I would love to get back out there—maybe try something new, like swing dancing!

2. If you could travel anywhere in the world, where would you go?

I absolutely love traveling. If I get the opportunity, I would love to go to Japan during cherry blossom season.

3. What is your favorite movie?

"Pride and Prejudice" 1995 BBC version. Five hours of sheer perfection! This is the case when the movie just might be preferable to the book (which I also love). Lord of the Rings is a close second. Harry Potter gets an honorable mention.

4. If you could have any job that isn't this one, what would it be?

Something artistic like sculpting, painting, or film costume design. To run a children's art club would be so fun.

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

My grandfather gives the best advice and it all boils down to being an optimist (or taking that perspective), believing that there is a solution to every problem, and not dwelling on the negative.



PSYCHOLOGY FUN FACT

April 11, 1755 — James Parkinson was born. Parkinson was an English naturalist and medical doctor whose tract *An Essay on the Shaking Palsy* (1817) first described the neurological condition that bears his name. The name Parkinson's disease was coined by Jean-Martin Charcot and was not adopted by the British for several decades.

NEED HELP? WE GOT YOU...

SCSE Tutor Hours

Maggie Verne

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

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

3:00pm-6:30pm (Virtually)

Wednesday: 1:00pm-2:00pm (In person)

6:00pm-8:00pm (Virtually)

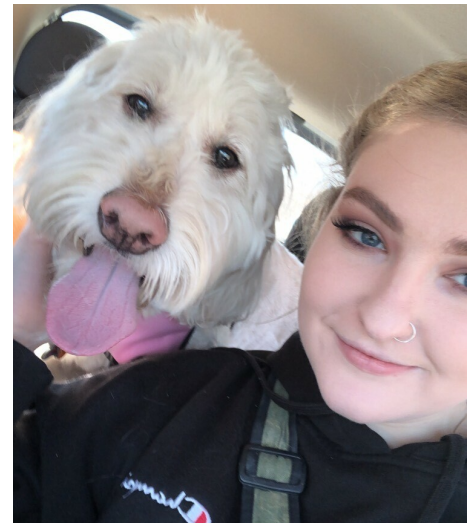
Thursday: 11:30pm-2:00pm (In person)

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

Friday: 3:00pm-5:00pm (Virtually)

In person location: BBH 247

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



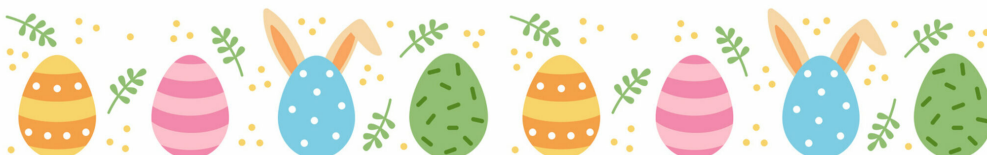
Capstone / Lab Assistance Hrs

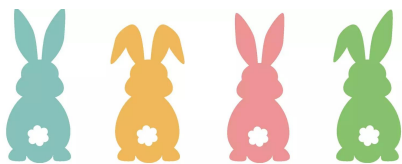
Sandra Paz Sosa:

Tuesday and Thursday: 12:00am-1:00pm

Location: In person (BBH 313A) and zoom

Email snpazsos@neiu.edu



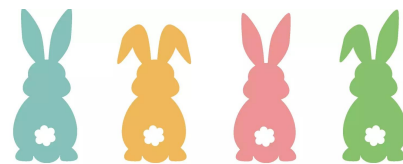


WIP Tutoring Hours (CAW Room)

Ronald Williams Library 4th floor
(773) 442-4568 or (773) 442-4492

Use Google (Nmail) Chat isc@neu.edu

All appointment times can be in person or online



Nicholas Koukis:

Tuesday and Thursday:
2:00pm-6:00pm

Friday: 3:00pm-5:00pm



Anna Sgueros:

Tuesday: 9:00am-12:00pm

Wednesday: 9:30am-12:30pm

Friday: 9:00am-1:00pm



ANNOUNCEMENTS

Save the Date

2023 John Sargon Albazi Symposium

Friday, April 28

Spring 2023 Commencement Ceremony

Friday, May 12

Open Advising Hours for Majors

No appointment necessary, stop in when you are available

-Mondays: 10:50-11:50am (F2F-BBH 307A)

4:00-3:00pm (Zoom)

-Tuesdays: 2:00-3:00pm (Zoom)

-Wednesdays: 12:00-1:00pm (F2F-BBH 307B)

-Thursdays: 12:00-1:00pm (Zoom)

3:00-4:00pm (F2F-BBH 307C)

6:00-7:00pm (Zoom)

-Fridays: 9:00-10:00am (Zoom)

12:00-1:00pm (Zoom)

-Saturdays: 3:00-4:00pm (Zoom)

STAY CONNECTED!



@neu_psychology



Psychology Department's
Google Classroom

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

Scan QR code or follow the link



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

