



Learn in the city. Lead in the world.

Psychology Department

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SPRING SEMESTER 2024

Dear Psychology Students!

We hope everyone is having a good semester. Please note that if you need help, our tutors are ready to assist you, so don't hesitate to ask for help. Additionally, be sure to visit the department's open advising for class planning and any other academic advising in preparation for registering for summer/fall classes. Summer open enrollment begins Saturday, February 24.

We are here to help you succeed!

TIP!

Communication is the key to success! Communicate early and often.

Thank you Professor Cuevas for the tip.



Lori Cuevas, MA
Student Service Coordinator

Q: GUESS THE CORE COMPETENCY...

(FIND THE CORRECT ANSWER IN THE PSYCHOLOGY CORE COMPETENCIES SECTION!)

- Use techniques of research and data collection that are appropriate to your area of study
- Generate, organize, and store data in a way that allows you and others to access and use the data
- Evaluate data based on numbers and measurements (quantitatively) as well as based on description and things that cannot be measured (qualitatively).
- Evaluate data from multiple perspectives while accounting for your own personal biases
- Explain data and interpret findings to tell the story that exists within the data
- Assess the strengths and weaknesses of possible solutions and recommendations

WHAT ARE CORE COMPETENCIES?

Overview

As you embark on your college experience at Northeastern Illinois University (NEIU), you may have a clear idea of what you want to do after you graduate, or you may be hoping to figure out your future as you select classes that capture your curiosity. Or you may be somewhere in between. Wherever you find yourself on this spectrum, you'll have an opportunity to explore, learn about possibilities, and expand your horizons as you chart your course. Even if or when you have a sense of the work you'd like to pursue after graduation, creating a path that prepares you for success can present challenges. As you look at the College of Arts and Sciences curriculum, you might wonder what happens in a Sociology or Anthropology class that can help you. You might think if you major in Biology, you can only be a medical doctor. And if you major in History or Political Science, does that mean you'd have to become an historian or a political scientist? What even are those jobs? Can you find a job as a Philosopher if you major in Philosophy? You may be surprised and heartened to discover the range of rewarding career paths College of Arts and Sciences programs open for our graduates. The College's Career Readiness initiative will help you see these possibilities in concrete ways.

In short, understanding how the broad variety of disciplines in the College of Arts and Sciences can help forge robust career pathways can sometimes be less obvious than the pathways a degree in business or education can chart. One reason the career pathways are not always as obvious is because many disciplines in the College of Arts and Sciences cultivate fundamental competencies and skills that foster flexibility and adaptability. Our disciplines do not simply train students with a specific job or technical skill that may quickly become outdated as technologies and industries change; rather they prepare students *for lifelong success* in a dynamic world characterized by rapid change and constant evolution. In fact, it may be difficult to figure out all you can do with degrees in the liberal arts and sciences, precisely because they open multiple career paths and equip students with flexibility. We are hopeful that the list of competencies listed below will help you to understand the skill set that you will acquire as a student in the College of Arts and Sciences. These core competencies will help you to make informed choices about which courses of study to pursue, and understand the preparation that you are receiving to do the valuable and meaningful work the world needs.

And beyond the specific content of your coursework in and outside of your major, NEIU College of Arts and Sciences graduates, our alumni tell us that bring to the world rather unique abilities that differentiate them from other college graduates because students at NEIU enjoy close working relationships with our faculty and often are able to interact with them in less formal and more humane ways, they find that when they enter the workplace they are able to interact with authority, maturity and self-advocacy and overall understand how to navigate relationships and workplace hierarchies with integrity. This competency may be hard to articulate and track in your coursework, but as with all the competencies below, we hope this document will help you to articulate all the skills you are developing and what distinguishes you as a NEIU College of Arts and Sciences graduate!

Northeastern Illinois University

College of Arts and Sciences

Core Competencies



- Experimentation, Data Collection, and Analysis
- Critical Thinking and Problem Solving
- Ethical Reasoning and Decision-Making
- Innovation and Creativity
- Oral and Written Communication
- Active Community Participation and Engaging a Diverse Community
- Teamwork and Leadership
- Technological Fluency and Information Literacy.
- Self-Awareness and Self-Improvement

GET TO KNOW YOUR TUTORS



John Sayson

Psychology Discipline/PSYC 202 WIP
Peer Tutor

Monday: 12 pm - 4pm

Tuesday: 3 pm - 6 pm

Wednesday: 12 pm - 2 pm

3 pm - 7 pm (break time from 2-3)

Thursday: 2 pm - 4 pm

Friday: 11 am - 2 pm

3 pm - 5pm (break time from 2-3)

**Ronald Williams Library 4th
floor (CAW Room)**

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

**Use Google (Nmail) Chat
lsc@neu.edu**

1. What are some of your hobbies?

I like to train Brazilian Jiu-Jitsu and mixed martial arts (MMA). I'm not a serious fighter, I just do it for fun! I also love spending time with my girlfriend. We like to go on walks around suburban neighborhoods and dream of moving there one day.

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

I'd love to visit the Dominican Republic and see where my girlfriend's family is from. It is also a dream of mine to get a hotel room in one of the skyscrapers in Dubai. There are some hotel rooms that are so high up that the view from your window is literally above the clouds – it looks so serene.

3. What is your area of interest in Psychology?

Clinical psychology. I currently have a special interest in addiction psychology and am conducting a research study regarding the causes and treatments of gambling disorder among young adults under Dr. Amanda Dykema-Engblade for the McNair Scholars Program.

4. What year are you in?

I'm technically a junior in credits, but this is only my second year in college. I graduated high school in 2022.

5. What advice would you recommend to improve grades and knowledge in classes?

Review your notes after every lecture! Even 10-15 minutes of note-review on the same day of a lecture can really help solidify that knowledge and make it easier to recall when you eventually study for an exam. Notes aren't much help if you don't ever look back at them, which I learned the hard way my first semester in college.

GET TO KNOW YOUR TUTORS (Cont'd)

1. What are some of your hobbies?

I like listening to podcasts or watching TV.

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

I would go to an Asian country such as Korea or Japan, but I would like to travel to more rural areas where I can experience their traditions such as festivities and food. Equatorial Guinea also sounds like interesting places to visit. They are the only country in Africa that speaks Spanish as their first language and I find it interesting to observe the mix of Spanish and African culture.

3. What is your area of interest in Psychology?

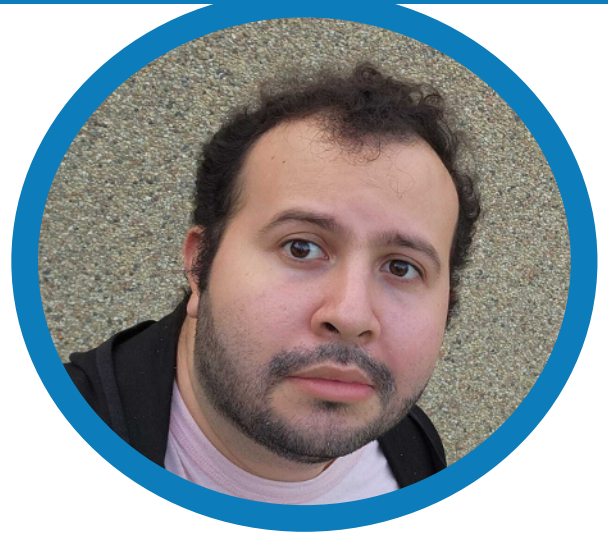
I like social psychology. It is interesting for me to study what we consider a normal behavior, and to try to understand why we do what we do. Right now, I am really interested in romantic relationships and cross cultural psychology too.

4. What year are you in?

I'm a senior and this is my last semester as an undergrad student!!

5. What advice would you recommend to improve grades and knowledge in classes?

Take good notes and preferably write them down in your notebook rather than using your computer. Writing by hand helps to process the information better. And go beyond the examples from the books. If it is possible, create your examples based on your own experiences. Also, create and respect a study routine. Over time, it will become easier to acquire the habit. You can make an appointment with your SCSE tutor too ;)



Alejandro Trejo
SCSE Tutor

Monday 9 am-12:30 pm/1-4pm

Tuesday 9:30 am-12:30 pm/1-3 pm

Wednesday 1-4 pm

Thursday 9 am-12:30/1-3 pm

In person location: BBH 247
Email A-Trejo9@neiu.edu to set up appt.

A: EXPERIMENTATION, DATA COLLECTION, AND ANALYSIS

PSYCHOLOGY CORE COMPETENCIES

The world we live in presents us with huge amounts of information everyday. This happens in our jobs, our interactions with people, and in the information we consume through our daily activities. Having the ability to collect, evaluate, and organize that information is a key skill in the modern world. How we use that information to investigate questions, determine our opinions, test hypotheses, and reach conclusions are all a part of Experimentation, Data Collection, and Analysis.

MORE HELP? WE GOT YOU...

Student Service Coordinator

Lori Cuevas, MA

In person location: BBH 313G

Email l-cuevas@neiu.edu to set up appt.



Capstone / Lab Assistance Hrs

Sandra Paz Sosa

Monday and Wednesday: 10:00am-11:00am

Location: In person (BBH 313A) and zoom

Email snpazos@neiu.edu to set up appt.



HANDSHAKE

Want to learn about employment opportunities (on and off campus) or apply for an internship? Then make sure to join [Handshake](#). What is Handshake and how can it benefit you?

Handshake is the No. 1 career platform for students and alumni. It encompasses a large-scale network with more than seven million student users and access to more than 500,000 employers. Handshake offers new features, enabling you to:

- Access personalized job recommendations based on your major and interests
- Register for career fairs, on-campus, off-campus, and nationwide industry events
- Manage on-campus interviews with top companies and connect directly with employers
- Schedule appointments with your career coordinators.



VERIFY your Handshake Account at
neu.joinhandshake.com

SCHOLARSHIP OPPORTUNITIES

CAS Merit Tuition Scholarship

To be considered for selection, applicants must meet the following criteria:

- Transfer and NEIU continuing students must have a minimum cumulative GPA of 3.25
- Students who have earned 45 credit hours at NEIU must be declared majors in the College of Arts and Sciences. Transfer students with over 45 total hours must declare their major in the College of Arts and Sciences by their second semester at NEIU.
- Entering Freshmen must be in the top 15% of their graduating class or have a minimum ACT score of 24 or SAT of 1110.

Merit Scholarship application has changed. It is now on a Google Form!

Application deadline: **May 15th** for Fall 2024.



ANNOUNCEMENTS

Save The Date:

Master of Arts in Human Developmental Science 4+1 Program 2nd Info Session

Wednesday, March 6

Spring Break

March 11-17

Psychology Department 1st Annual Poster Session

Friday, May 3 (more details to come)

2024 John Sargon Albazi Symposium

Friday, April 26

Open Advising Hours for Majors

No appointment necessary, stop in when you are available

Dr. Hollis-Sawyer

Mondays: 4-6 pm on Zoom

Fridays: 4-6 pm on Zoom

Saturdays 1-3 pm in-person (BBH 325) and on Zoom

Dr. Silverthorn

Mondays: 1-2 pm in-person (BBH 303)

Tuesdays: 8:30-9:30 am on Zoom

Wednesdays: 10:15-11:15 am in-person (BBH 303)
and 7:30-8:30 pm on Zoom

Thursdays: 12-1 pm on Zoom

Fridays: 11-noon on Zoom

STAY CONNECTED!



@neiu_psychology



Psychology Department's
Google Classroom

Google Classroom

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

Scan QR code or follow the link



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

