



*Learn in the city. Lead in the world*

## Psychology Department

Term: Fall | Issue: 25 | Date: November 18, 2024

### FALL SEMESTER 2024

Happy November Psychology Students!

We're in the final stretch of the Fall semester! Let's finish these last few weeks on a good note. Below you'll find a survey, recent highlights, a contest, some interviews, and a piece on gratitude. We would also like to take a moment to remember Dr. Callahan, whose passing has affected us all.

## Q: GUESS THE CORE COMPETENCY...

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

- 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

# NEIU CAMPUS CLIMATE SURVEY



## CAMPUS CLIMATE SURVEY

**LET YOUR VOICE BE HEARD!**

Take the NEIU Campus Climate Survey today.

Sept. 30-Nov. 29, 2024



As a thank you for completing in the survey, you will have a chance to enter a drawing for a few prizes offered by NEIU.



**Institutional Research  
and Assessment**  
ira@neiu.edu  
Room C 400  
(773) 442-4890



# SACNAS NDiSTEM CONFERENCE 2024

Christina Esparza-Cassidy, Jennifer Vargas, and John Sayson had the incredible opportunity of presenting at the SACNAS NDiSTEM Conference in Phoenix, Arizona. Christina won an award for her outstanding research presentation!



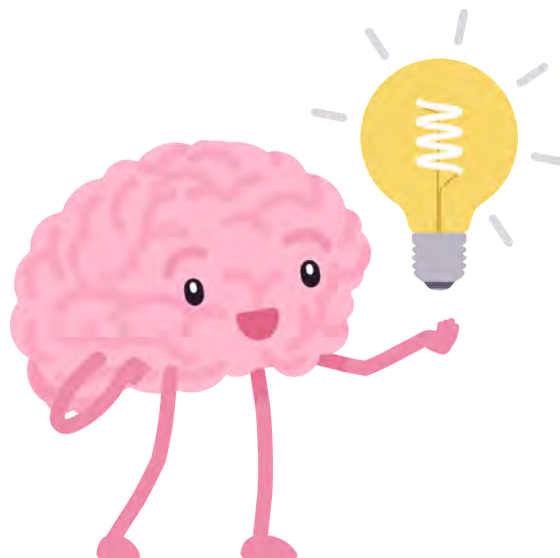
# THE PSYC SPACE

Have you found our new **PSYC SPACE** yet?

Utilize this room for any activity outside of these class times:

	Monday 10/14	Tuesday 10/15	Wednesday 10/16	Thursday 10/17	Friday 10/18
8:00 AM					
9:00 AM	PSYC 510 2 40289 202510		PSYC 510 2 40289 202510		
10:00 AM	PSYC M.A. Discussion				
11:00 AM			PSYC 505 2 40290 202510		PSYC Fac Meeting
12:00 PM				PSYC 200 PL Office Hours	
1:00 PM		PSYC 302 PL Office Hours		PSYC 202 PL Office Hours	
2:00 PM			PSYC M.A. Discussion		
3:00 PM		PSYC Peer Leader Session			
4:00 PM					
5:00 PM					
6:00 PM		PSYC 501 2 40291 202510			
7:00 PM	PSYC 396 1 10083 202510				
8:00 PM					
9:00 PM					

Send a picture of the room to **[a-jimenez19@neiu.edu](mailto:a-jimenez19@neiu.edu)** to win a prize and be featured in the next newsletter!



# LEARN ABOUT ADVISING WITH DR. FARMER!



Have you gotten your advising done yet? Here's what Dr. Farmer has to say about advising and how it can help students!

Please share what are some of the most common questions students ask during advising sessions:

The most common question asked during advising meetings is “What classes do I have left to graduate?” My goal is to support students in their path to graduation. Advisors are always available to support. However, I always try to help students learn how to access and understand the information independently. I usually have them share their screen and walk them through accessing the information on the NEIUPort website.

What advice do you have as an advisor?

Schedule an annual meeting with an advisor BEFORE the fall registering deadline. This gives you a runway to plan for the Fall, Winter, Spring and Summer sessions to achieve your academic goals. This advice is especially important as graduation becomes a possibility.

Check out the QR codes for In-Person and remote advising at the end of **EVERY** newsletter!



## MA STUDENT CORNER



Here's what Alejandro has to say about getting his MA in Human Developmental Science here at NEIU!

### What are your career plans?

Once I obtain my MA, I plan to apply for a PhD program in Psychology. My ultimate goal is to work in academia and, of course, engage in research.

### Why did you choose NEIU for your MA?

I earned my BA in Psychology at NEIU, and my experience there was extremely positive. I felt supported by my professors, whom I consider friendly, approachable, and genuinely invested in their students' success. Working with the same professors who guided me as an undergraduate made my transition to graduate studies easier. For me, returning to NEIU felt like coming back to a place I consider my "safe space," and I have no regrets about my decision to stay at NEIU.

### Why are you getting your MA in HDS?

I believe that studying Human Development allows me to explore various disciplines within psychology. It is fascinating to examine how humans develop through different psychological lenses. We are dynamic beings, and our behaviors change across the lifespan. What I also love about this field is that my classmates and I have diverse interests across different areas. Human development is so broad that it offers something for everyone. For instance, I am particularly interested in how romantic relationships evolve during adulthood, using frameworks like psychosocial theory, attachment theory, cross-cultural perspectives, and, more recently, an evolutionary lens. Meanwhile, my classmates focus on an array of other intriguing topics, such as trauma, personality development, gender identity, and more, but always from a human developmental focus.

# ROCIO'S STUDY ABROAD TRIP IN SPAIN!

Here's what Rocio, a psychology student, has to say about her exciting study abroad trip in Spain!

## What did you learn on the trip?

During my time in Seville, Spain I learned a lot about myself and how I live life. For example, in Sevilla, they prioritize a work-life balance, life is not all about your riches or work. Have fun and indulge in quality time with loved ones. Maintaining a healthy lifestyle is another lesson as Spain is one of the healthiest countries in the world. People were always working out and eating nutritious meals. Seville is a walkable city and we did not need a car to get to places, we would walk about an hour to get to the city square and I loved those walks. I want to live in a walkable city, it's very lively even throughout the night and I've never felt so safe walking by myself as a woman past midnight.

## What was your favorite thing about the trip?

My favorite part of the trip was meeting my roommate, Gigi. I was so nervous about being stuck with someone I didn't get along with. We became inseparable and discovered the city together, we were both so indecisive and the wind never led us in the wrong direction. I gained a life-long friendship and we hope to travel again together.

## What advice do you have for students who are considering a study abroad trip?

I advise students considering studying abroad to take the opportunity if it is available. It is truly a memorable experience that will stay with you forever. Do not have expectations and expect the unexpected. Learn about the culture and be open to new experiences. Don't hold on to what you only know and leave that mentality behind. Lastly, don't go into another country, criticize them negatively, and say your country does it the best. Enjoy every day to the fullest, time flies!



# ROCIO'S STUDY ABROAD TRIP IN SPAIN!







# THE IMPORTANCE OF GRATITUDE



Did you know that practicing gratitude can provide you with amazing benefits? According to Harvard Medical School, many psychologists have actually discovered that practicing gratitude promotes both physical and mental well-being. A few of these benefits include increased optimism, a greater tendency to exercise and live a healthy lifestyle, and better relationships with others!

Practicing gratitude doesn't have to be difficult. You can show your gratitude for someone else and do a nice gesture that they would appreciate, write about what you're thankful for in a gratitude journal, or simply count your blessings in your head. Whatever method you choose to use, just know that you're doing yourself a favor!



“Anyone who knows me knows how anxious and overwhelmed I can get, but what really gets me through a hard week is gratitude. Although my schedule is packed with classes, work, and extracurricular activities, I remind myself that there is so much to be thankful for. We often get so caught up in the big things that monopolize our time and forget about all of the very little things that make life beautiful. I'm especially thankful for the relationships that I have, the beauty of nature, and for my perseverance through hard times.”

**-Anabelle Jimenez**  
**Lab Manager**

# SONA PARTICIPATION

Interested in showing gratitude to your fellow peers? Do them a nice favor by helping them out with their SONA research!

Not only does participating in SONA research help your peers, it helps YOU. Many classes require research participation credits as part of your grade, and earning these credits through participating in SONA studies is an efficient way to earn these credits. Some classes even count these SONA points as extra credit!

If you still have not acquired your required research participation credits, scan the QR code below in order to help your grade and your peers **TODAY** before the semester ends!

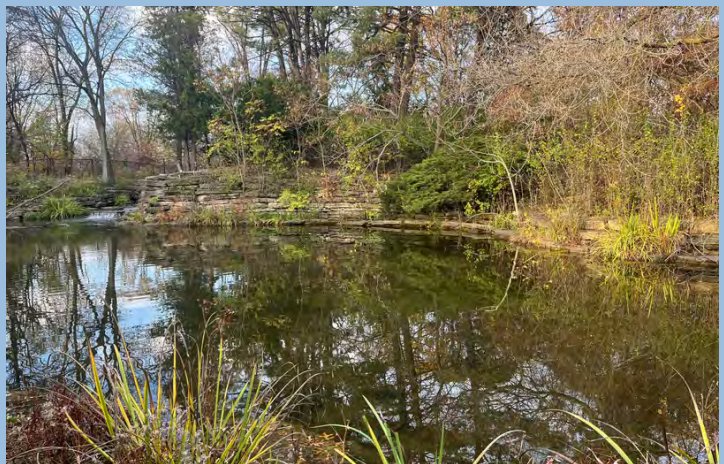


Get your SONA points today!



# MENTAL HEALTH WELLNESS WALK

Here are some pictures from our recent mental health wellness walk! Keep an eye out for future walks!







# IN MEMORIAM



IN LOVING MEMORY OF

CHRIS CALLAHAN



AUGUST 25, 1963 - NOVEMBER 4, 2024





# IN MEMORIAM

It is with profound sadness that we announce the passing of Chris Callahan, who left us on November 4, 2024. Born on August 25, 1963, Chris was a beloved daughter, sister, aunt, and friend. She was known for her intelligence, wit, and sense of humor, as well as her unwavering love and support for her family, friends, and all who knew her. Born in Lorain, Chris moved to Chicago to earn her Ph.D. in Industrial- Organizational Psychology. She spent 25 years as a data analyst and statistician at a Chicago advertising agency, where she became a trusted and respected professional and colleague. Chris spent the last 10 years teaching various psychology classes at Chicago-area universities – a 2nd career she loved. She got a lot of satisfaction from interacting with students and helping them learn in engaging and creative ways.


Chris was a unique and independent individual. She loved to learn and was interested in a wide range of topics. She was an avid reader her entire life, often e-reading hard-copy books while waiting in lines at stores, before the days of ereading. She was delighted when podcasts came out and listened to them often.

Chris loved to travel internationally, especially when she was younger, eventually spending more time hiking and biking locally. She rarely sat still and was always willing to join or suggest plans with her many friends; especially if they involved being outside. She loved nature and captured many scenes of nature through her photography. In recent years she developed a strong love of flowers, getting joy out of tending to her own plants. Her home was always filled with vibrant blooms, greenery, and color.

While she spent many years indifferent to dogs, in the past 10 years or so she developed a strong love of dogs, fostering multiple dogs until she found her permanent dog, Max (a.k.a. Meatball). Max was a constant companion, sometimes more constant than she would have liked, and Chris was known for the extreme love she showed him and for their very tight bond.

Above all, Chris will be remembered for the care, kindness, and support she showed to those around her. She was a loyal friend, a loving family member, a great colleague and an inspiring teacher. Her sense of humor and ability to lighten up every situation will be missed by all who knew her.

In lieu of flowers, the family asks that donations be made to the APL, or any no-kill animal rescue or adoption agency of your choice. May her memory live on in the laughter she caused and shared and the love she gave so freely to everyone around her.



# STAY SAFE ON CAMPUS

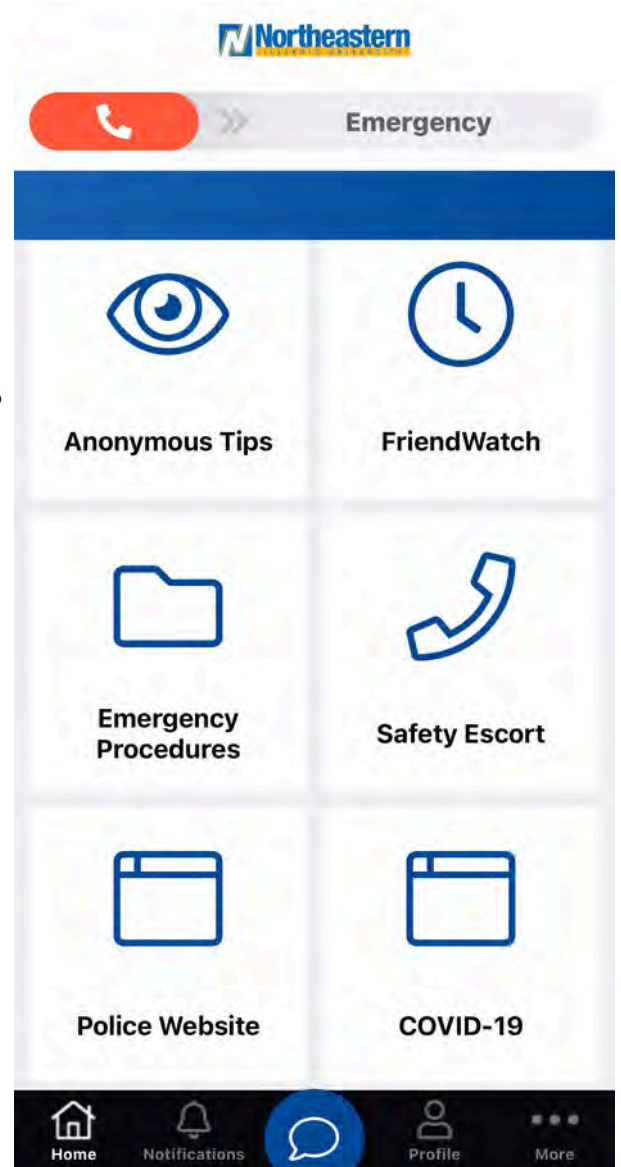
Want to learn more about how to stay safe on campus?  
Check this out!

Download “CampusShield” on the Apple App Store or Google Play. You can also register online using this link:

<https://portal.publicsafetycloud.net/community-alerts/Northeastern-Illinois-University>

After putting in your information (make sure to use your NEIU email) select the NEIU communities that appear. You will then be taken to this screen that features some extremely useful tools.

You will be able to learn about emergency procedures, how to call for a safety escort, and even how to leave an anonymous tip for a variety of situations. All of this can be done directly through the app!





# TUTORING HOURS



Kat Hoseck (Psychology Tutor)

M: 1:00pm-3:00pm

W: 1:00pm-3:00pm

F: 9:30am-12:30pm & 1:00-3:00 pm

Located in LSC/CAW (4th floor of the library)

\*Appointments can be made online or In-Person  
Call 773) 442-4568 or (773) 442-4492 / Use  
Google (Nmail) Chat lsc@neiu.edu to set up appt.

Alejandro Trejo (SCSE Tutor)

M: 11:00am-3:00pm (In-Person)

T: 1:00pm-5:00pm (In-Person)

R: 1:00pm-3:00pm (Zoom)

Located in the SCSE (BBH 247)

Zoom link:

[https://us05web.zoom.us/j/9101006784?  
pwd=Mjg0MlF2TGxqRUcrWWFFbEMwR0xSZz09](https://us05web.zoom.us/j/9101006784?pwd=Mjg0MlF2TGxqRUcrWWFFbEMwR0xSZz09)



John Sayson (Psychology/WIP Tutor)

M:10:00am-12:00pm & 4:00pm-6:00pm

T: 3:00pm-5:00pm

W: 9:00am-12:00pm & 4:00pm-6:00pm

R: 1:00pm-5:00pm

F: 12:00pm-5:00pm

Located in LSC/CAW (4th floor of the library)

\*Appointments can be made online or In-Person  
all 773) 442-4568 or (773) 442-4492 / Use Google  
(Nmail) Chat lsc@neiu.edu to set up appt.



# PSYCHOLOGY CORE COMPETENCIES

## A: Experimentation, Data Collection, and Analysis

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!

#### Office Administrator

Kristin Wilkens

**In person location: BBH 313F**

**Email [kl-wilkens@neiu.edu](mailto:kl-wilkens@neiu.edu) for questions.**



#### Lab Manager/ PSYC 200 PL + Tutor Hrs

Anabelle Jimenez

**Tuesday and Thursday : 12:05pm-1:05pm**

**Location: In person (BBH 305)**

**Email [a-jimenez19@neiu.edu](mailto:a-jimenez19@neiu.edu) to set up appt.**



# ADVISING LINKS + STAY IN TOUCH

## Advising Links Fall 2024



Scan for In-Person Advising



Scan for Online Advising

## Stay Connected!



[@neiu\\_psychology](https://www.instagram.com/neiu_psychology)



Psychology Department's  
Google Classroom

<https://classroom.google.com>

code: rszuvk4

Google Classroom