NEIU | NORTHEASTERN ILLINOIS UNIVERSITY

Psychology Department

Term: Fall | Issue: 38 | Date: September 23, 2026

FALL SEMESTER 2026

Happy September, Psychology Students!

We hope you have had a lovely start to the Fall 2026 semester! In this edition of the newsletter, you will find information on applying for graduation, a brief highlight on dealing with rejection, and announcements on what's going on in the psychology department and beyond! As classes begin to pick up, make sure to utilize our tutoring services and go to your professor's office hours. We are here to see you succeed from Day 1! Let's make it a great fall semester, Golden Eagles!

Q: GUESS THE CORE COMPETENCY...

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

- Assess your own personal and moral values and perspectives as well as those of others
- Know how to seek common ground and also how to assess when doing so is morally intolerable (e.g., when it would compromise fundamental principles of justice)
- Identify ethical issues that arise due to new areas of science and/or technology

APPLYING FOR GRADUATION

GRADUATION APPLICATION FILING DEADLINES

Month of Anticipated Completion of Degree Requirements	**Undergraduate/2nd Bachelor's Degree Filing Deadline**	**Master's Degree Filing Deadline**
May	Aug. 1 until Sept. 15	Sept. 1 until Nov. 1
August	Nov. 1 until Jan. 15	Feb. 1 until April 1
December	April 1 until May 15	March 15 until May 15

IF YOU DID NOT SUBMIT YOUR APPLICATION FOR GRADUATION BY SEPT. 15 AND YOU PLAN TO GRADUATE MAY 2027, PLEASE MEET WITH A PSYCHOLOGY ADVISOR AS SOON AS POSSIBLE



PSYC 397 SERVICE LEARNING CAPSTONE

Dr. Hollis-Sawyer and Dr. Polyashuk will be hosting Zoom screening interviews for any Psychology seniors interested in registering for PSYC 397 Service Learning as their capstone for the Spring 2027 term.

If you do not know if you are eligible for the capstone, you should meet with your major advisor (or attend the open advising hours). All of **you should be meeting with advisors to prepare for registration,** whether you are registering for the capstone or not!

The interviews will take place on the following dates:

Friday, October 9th from 11 am to 3 pm
Friday, October 16th from 11 am to 3 pm
Friday, October 23rd from 11 am to 3 pm

If you would like to interview, please send an email to both (one email) Dr. Hollis-Sawyer (lhollis@neiu.edu) and Dr. Polyashuk (yspolyas@neiu.edu) to schedule a time. Interviews last approximately 30 minutes.

MAKE SURE TO INCLUDE YOUR STUDENT ID NUMBER IN THE EMAIL.

Once scheduled, students will receive a confirmation email with the Zoom link.

THANK YOU!

SOCIAL SCIENCE INTERNSHIPS ON HANDSHAKE

SOCIAL SCIENCE INTERNSHIPS

Check out these internships currently posted on Handshake (search using **Job ID**).
Make sure your resume is ready to apply! Schedule via Handshake: **neiu.joinhandshake.com**

Job Id	Title	Employer	Expires	Job Salary	Job Location
11290701	Juvenile Detention Intern	Lake County Government	9/9/2026		Vernon Hills
11210756	Behavior Technician Internship	Playful Minds Therapy	9/13/2026	$22.00/hr.	Addison
11257776	Uptown United Intern	Uptown United	9/20/2026		Chicago
11339560	Court Monitoring Internship	MADD Illinois Chapter	9/23/2026		Chicago
11369120	Research and Writing Intern	Beyond Legal Aid	9/30/2026		Chicago
11365561	Investigations Intern	Office of the Inspector General City of Chicago	9/30/2026		Chicago
11376904	Development Intern	Friends of the Parks	10/2/2026		Chicago

Office of Career Development
Building B119
ocs@neiu.edu | 773-442-4680
8:30 am to 4:30 pm | after-hours appointments available

HOT TOPICS IN PSYCHOLOGY

KEY TAKEAWAYS: DEALING WITH REJECTION IN ACADEMIA

This newsletter article featured by the Society for Personality and Social Psychology (SPSP) is especially relevant for many of us right now! Whether you are currently applying to graduate school, labs, scholarships, or even just struggling to cope with a less-than-stellar grade on an assignment, it is undeniable that rejection is pervasive. The good thing is that your peers, professors, and even those people who look like they have everything together have all gone through it and survived – you will too!

HELP! WHY DOES REJECTION FEEL LIKE THE END OF THE WORLD?

According to the linked article, rejection can result in strong negative feelings. Being told that your work is not good enough can be incredibly discouraging, and this discouragement is amplified by the fact that many folks only share their wins and not their shortcomings. If you really take pride in your work and consider it a large component of your identity, being told that your work is not good enough can feel like ***you*** are not good enough. As a result, rejection can truly feel apocalpytic because it can be daunting, isolating, and consuming.

HOW CAN I RECOVER AFTER EXPERIENCING REJECTION?

It can take some trial and error to discover what strategies work best for you, but having a strong support system to fall back on can help you work towards rejection recovery. While you can talk to your peers or professors, friends and family outside of school and work can be great to lean on as well. After recovering from the initial emotional blow, gather the courage to come back stronger. Read the feedback you were given, spend some time with your work, and ask others for their perspective. After taking some time away, you may even find a new passion for your work and an ability to approach rejection and negative feedback more objectively.

As you embark on your NEIU psychology journey, never let the fear of rejection stop you from sharing your gifts with the world! Ask your peers and professors for a second set of eyes on your work, contact our tutors, and actively seek challenging opportunities. With enough grit, the world is your oyster!

KEEP GOING, NEIU PSYCHOLOGY STUDENTS!

FALL 2026 PSYCH DEPT. TUTORING HOURS

CONNOR MACMILLAN (PSYCHOLOGY CONTENT TUTOR)



MONDAYS: 4:00PM-7:00PM
TUESDAYS: 3:30PM-6:30PM
WEDNESDAYS: 10:30AM-12:30PM
WEDNESDAYS: 1:30PM-5:30PM
THURSDAYS: 3:30PM-6:30PM
LOCATED IN ASC (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 TO CHAT WITH US BY TYPING IN "ACADEMIC SUPPORT CENTER"
- VISIT US IN THE RONALD WILLIAMS LIBRARY, 4TH FLOOR

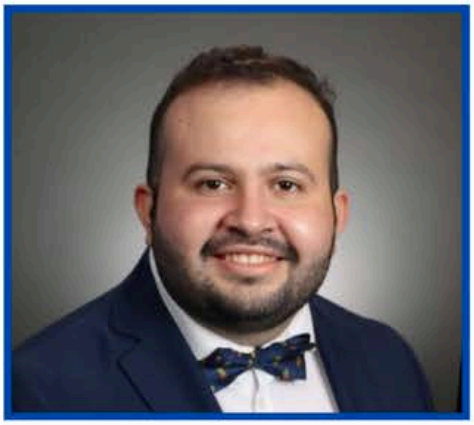
ANABELLE JIMENEZ (LAB MANAGER/PSYC 200 PEER LEADER)



TUESDAYS: 12:05PM-2:00PM
THURSDAYS: 12:05PM-2:00PM
LOCATED IN BBH 313A

*APPOINTMENTS CAN BE IN-PERSON OR ONLINE
*CONTACT ANABELLE JIMENEZ WITH REASON FOR APPOINTMENT AT AJIMENEZ19@NEIU.EDU

ALEJANDRO TREJO (PSYC 100 TEACHING ASSISTANT)



PLEASE EMAIL ALEJANDRO AT A-TREJO9@NEIU.EDU TO SET UP AN APPOINTMENT.

FALL 2026 ADVISING SCHEDULE

DEPARTMENT OF PSYCHOLOGY
FALL 2026
ADVISING SCHEDULE

ONLINE:

Advisor	Availability
Dr Farmer	Wed: 1:00 pm - 3:00pm Thu: 4:00 pm - 6:00 pm
Dr Young	Tue: 12:00 pm - 2:00 pm
Dr Silverthorn	Tue: 4:00 pm - 5:00 pm Fri: 9:00 am - 10:00 am

SCAN TO BOOK!

https://calendar.google.com/calendar/u/0/appointments/schedules/AcZssZ3oN0ChGBwROgSMHDj2lbOM96f7EkuDaykx7MuZ-iT11IE0bQZY28frgr0yOlvOUuDsN0mbUrHl

In PERSON:

Advisor	Availability	Location
Dr Silverthorn	Mon 2:15 pm -2:55 pm Wed: 10:15 am - 10:55 am	BBH 307F
Dr Takahashi	Tue: 3:00pm - 3:40 pm Thu: 3:00pm - 3:40 pm	BBH 307A

SCAN TO BOOK!

https://calendar.google.com/calendar/u/0/appointments/schedules/AcZssZ0gQlDQH1PgGgK99Cr07Qy49fXkqK9KZY-cqlcKIv8iSGVrMZD_lFUQot5v3mlSGXMNhH17S7RR

EXPRESS YOUR INTEREST IN PSYCH CLUB

INTERESTED IN PSYCHOLOGY BEYOND THE CLASSROOM?

WE ARE LOOKING TO LAUNCH A PSYCHOLOGY CLUB WHERE STUDENTS CAN CONNECT, SHARE IDEAS, EXPLORE DIFFERENT AREAS OF PSYCHOLOGY, AND PARTICIPATE IN ENGAGING ACTIVITIES AND EVENTS.

WHETHER YOU ARE PASSIONATE ABOUT PSYCHOLOGY OR SIMPLY CURIOUS TO LEARN MORE, WE WOULD LOVE TO HAVE YOU INVOLVED!

JOIN US IN BUILDING A COMMUNITY OF PSYCHOLOGY MAJORS WHO LEARN, CONNECT, AND GROW TOGETHER.





SCAN THE QR CODE TO EXPRESS YOUR INTEREST AND GET YOU CONNECTED WITH FACULTY SPONSOR DR. HOLLIS-SAWYER!

CAS SCHOLARSHIPS - APPLY TODAY!

NEIU COLLEGE OF ARTS AND SCIENCES
2026 SCHOLARSHIPS

CAS Mossadegh Servant Leadership Fund
Award Amount: $1,700
Deadline: Wednesday, September 30, 2026

The Brommel-Hanson McGee Award
Award Amount: $1,200
Deadline: Wednesday, September 30, 2026

The Bernard J. Brommel Doctoral Scholarship
Award Amount: $5,000
Deadline: Wednesday, September 30, 2026

CAS Crown Cork & Seal Scholarship
NEW!
Award Amount: $1,600
Deadline: Wednesday, September 30, 2026

APPLY HERE:
https://bit.ly/neiuCASawards

Still have questions?
Email Associate Dean
Amanda Dykema-Englade at
a-dykema-engblade@neiu.edu

SCSE STUDENT RESEARCH SYMPOSIUM



18TH ANNUAL

SCSE STUDENT RESEARCH SYMPOSIUM

Join us for the day supporting our SCSE Summer Research Students as they present their individual research projects!

Lunch provided by invitation only

FUNDED IN PART BY US DEPARTMENT OF EDUCATION GRANT #P031C21011
ADVANCING RESEARCH AND CAREER OPPORTUNITIES IN STEM

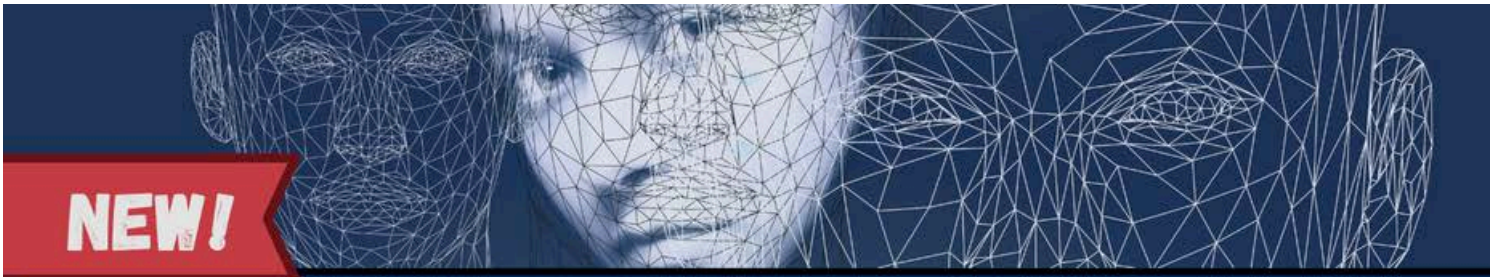
SEPTEMBER 25, 2026

8:30AM - 4:30PM

NEIU MAIN CAMPUS
ALUMNI HALL
5500 N. ST. LOUIS
CHICAGO, IL 60625

QUESTIONS? EMAIL: SCSE@NEIU.EDU

CHECK OUT OUR NEW PSYCH MINORS!



NEW!

MINOR IN FORENSIC PSYCHOLOGY

2 PSYC COURSES + 2 SOC COURSES + 2 JUST COURSES + 1 ELECTIVE

= 21 CREDIT HOURS

- PSYC 200 General Psychology (4 credit hours)
- PSYC 329 Psychology of Criminal Behavior (3 credit hours)
- JUST 201 Intro to the Criminal Justice System (3 credit hours)
- JUST 312 Theories of Criminal Behavior (3 credit hours)
- SOC 304 Sociology of Law (3 credit hours)
- SOC 316 Race and Ethnic Relations (3 credit hours)
- 1 Elective in PSYC, SOC, or JUST (based on Advisor Approval) (3 credit hours)



Careers with a Forensic Psych Minor:

- Behavioral Health Technician (with PSYC major)
- Case Manager (PSYC, SOC)
- Community Outreach Coordinator (SOC)
- Correctional (PSYC, JUST, SOC)
- Court Clerk or Legal Assistant (JUST)
- Crime Analyst (SOC)
- Crime Scene Investigator (JUST)
- Diversity & Inclusion Specialist (SOC)
- Fraud Investigator (JUST)

Forensic psychology applies psychological principles and research to legal issues, assisting in criminal investigations, civil cases, and the judicial system, often involving assessments, expert testimony, and interventions. This minor is 21 credit hours and perfect for those who are interested in criminal justice, civil law, victimology, correctional, investigative, and police psychology.

QUESTIONS? CONTACT L-CUEVAS@NEIU.EDU OR DEPTPSYC@NEIU.EDU TO SEND IN ANY QUESTIONS YOU MAY HAVE!

CHECK OUT OUR NEW PSYCH MINORS!



NEW

MINOR IN NEUROSCIENCE

Only 3 PSYC and 3 BIO courses needed:

PSYC 200: General Psychology
PSYC 202: Stats & Research Methods I
300-level elective:
- **PSYC 350: Physiological Psychology**
- ***or* PSYC 371: Neuropsychology**

BIO 201: General Biology I
BIO 301: Cell Biology *
300-level elective:
- **BIO 365: Neurobiology**
- ***or* BIO 380H: Sensory Mechanisms**

***For students *not* pursuing a biology major or minor, the BIO 250 prerequisite will be waived, and they may substitute CHEM 110 for CHEM 211.**



Opportunities

- This interdisciplinary field has growing appoications in healthcare, research, and psychological treatments.



Knowledge

- Understand biological and psychological principles that shape behavior, cognition, and brain function.



Flexibility

- This minor is an easy addition to a psychology or biology major, while also complementing other fields.

STUDENT COUNSELING SERVICES

Northeastern ILLINOIS UNIVERSITY

Counseling services are available to currently registered NEIU students. We provide short-term treatment and the number of individual or couples therapy sessions are determined in collaboration with the therapist. Group counseling services are also available to Northeastern students without session limits. Student Counseling Services is open for both in-person and remote services. The mission of Student Counseling Services is to provide high-quality, inclusive, and responsive counseling services. We promote student success and wellness through culturally-sensitive direct service, education, advocacy, and outreach to the NEIU community.

You can use counseling to explore problems in your life such as:

- anxiety
- depression
- suicidal thoughts
- sexual assault and abuse
- grief and loss
- anger
- relationship concerns and many other difficulties that may cause stress and disrupt your life.

Explore the information on this site to learn more about:

- how counseling might help you
- how to refer someone else to a counselor
- how to find help off campus

(773) 442-4650
counsect@neiu.edu

STUDENT HEALTH SERVICES

NEIU | Student Health Services
NORTHEASTERN ILLINOIS UNIVERSITY

HEALTH SERVICES FOR NEIU STUDENTS



BASIC HEALTH SERVICES:

- Care of minor illness/injury
- Blood pressure check
- Blood sugar check
- Smoking cessation
- Strep throat screening/treatment
- UTI screening/treatment
- Vaccination (limited)
- TB test

SEXUAL & REPRODUCTIVE HEALTH SERVICES:

- Pap test
- Breast exams
- Pregnancy test
- Emergency contraception (discounted)
- Gynecological infections
- Other minor gynecological issues
- Safe sex supplies and education
- Pregnancy consultation and other options
- Prescription for birth control
- Chlamydia and Gonorrhea screening / treatment



WORKSHOPS:

- Bystander Intervention
- NARCAN Training
- Mental Health First Aid
- CPR & BLS Training
- Holistic Wellness Workshops
- Dog Therapy Sessions

CONTACT US:

bit.ly/neiu-shs-website
health-services@neiu.edu
linktr.ee/neiu_healthservices
@NEIUStudentHealthServices
@neiu_healthservices

ICE RESPONSE GUIDE

Tarjeta De Derechos

- Le estoy dando esta tarjeta porque no deseo hablar o tener mas contacto con usted.
- Yo elijo ejercer mi derecho a mantenerme callado y me niego a contestar sus preguntas.
- Si me arresta, seguiré ejerciendo mi derecho a mantenerme callado y a negarme a contestar sus preguntas.
- Yo quiero hablar con un abogado antes de contestar

Quiero contactar a este abogado/organización:

_____

권리 카드

- 나는 당신에게 말하고 싶지 않거나 당신과 더 이상의 연락을 원하지 않기 때문에이 카드를 당신에게줍니다.
- 나는 침묵을 유지하고 질문에 답하지 않을 권리를 행사하기로 결정한다.
- 당신이 나를 체포하면, 계속 침묵을 지키고 당신의 질문에 답하는 것을 거부 할 수있는 권리를 행사할 것입니다.
- 귀하의 질문에 답하기 전에 변호사와 이야기하고 싶습니다.
- 이 변호사 또는 기관에 연락하고 싶습니다.

_____

Karta praw

- Daję Ci tą kartę ponieważ nie chcę z Toba rozmiawiać ani mieć jakikolwiek kontakt z Tobą.
- Chcę skorzystać z prawa do zachowania milczenia i odmawiam odpowiedzi na jakiekolwiek pytania.
- Jeżeli mnie aresztujesz, ja nadal będę korzystał z prawa do zachowania milczenia i odmówię odpowedzi na jakiekolwiek ptania.
- Chcę porozmawiać z prawnikiem, zanim odpowiem na jakiekolwiek pytania.
- Chciałbym się skontaktować z tym prawnikiem / organizacją:

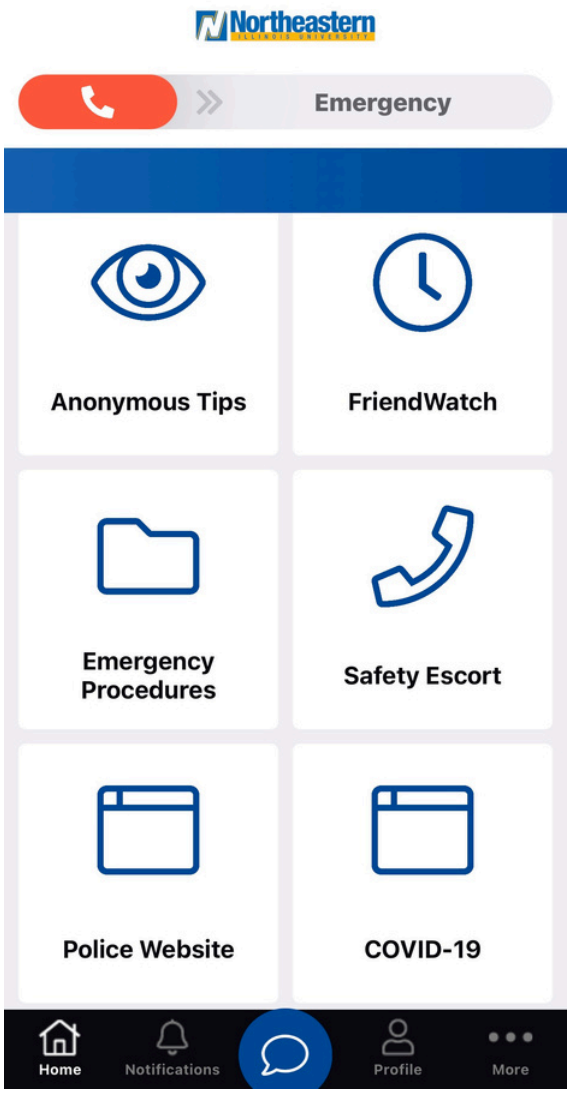
STAY SAFE ON CAMPUS

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!



PSYCHOLOGY CORE COMPETENCIES

A: Ethical Reasoning and Decision-Making

Think of how the values that people hold impact the decisions that they make on a day to day basis. Being aware of and considering our own values, ethics, and morals as well as those of other people in our decision making is an important skill that will allow you to honor your own values and the values of others as you make decisions that not only impact yourself, but others as well. Ethics, values, and morals are key human characteristics that influence decisions. Being able to identify, appreciate, and incorporate an understanding of these characteristics in all aspects of our lives–and in any workplace or industry– is a key skill that is emphasized throughout your education in the Arts and Sciences at NEIU.

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.



Office Administrator
Kristin Wilkens
In person location: BBH 313F
Email kl-wilkens@neiu.edu for questions.



Lab Manager
Anabelle Jimenez
In person location: BBH 313A
Email a-jimenez19@neiu.edu for questions.



STAY IN TOUCH

SAVE THE DATE

Psychology Major Orientation - 10/15

PSI CHI EVENTS IN THE WORKS!

Stay Connected!

@neiu_psychology

Google Classroom

Psychology Department's
Google Classroom

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



