

Learn in the city. Lead in the world.

Psychology Department

Term: Spring | Issue 1 | Date: February 8, 2021

SPRING IS HERE

Well winter is here, but it is the first newsletter of the spring semester! Welcome back everyone! Hopefully New Year's and the Holidays provided everyone a much needed recharge. As a department we overcame numerous challenges last semester and our student's and faculty's continued resilience is something to be proud of! Once again, our faculty is hosting weekly open office hours. Be sure to take advantage of those with any class, major, or general questions you have.

CONGRATULATIONS DR. CHURCH!

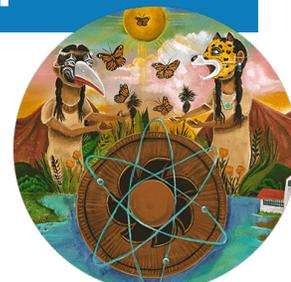
Congratulations to Dr. Church for her study "Unpacking the Gestures of Chemistry Learners: What the Hands Tell Us About Correct and Incorrect Conceptions of Stereochemistry" being published in Discourse Processes! To access this research you can either search Taylor & Francis Online's database by title or directly at <https://doi.org/10.1080/0163853X.2020.1839343>.



This study focuses on an individual's use of gestures when explaining a topic, in this case stereoisomers of molecules, whereby Dr. Church and her colleagues identified nine strategies that participant's utilized during those explanations. These strategies were measured and the amount of relevant strategies expressed in gestures only were found to be a precursor to that individual's ability to improve through training, Be sure to read the entirety of this fascinating article!

STUDENT SHOUT OUT - PRINCESS MALEEHA CHUGHTAI

Congratulations to Princess Maleeha Chughtai for receiving the 2020 SACNAS Student Presentation Award at the 2020 SACNAS: National Diversity in STEM Virtual Conference! Among the 930 presenters Princess Maleeha was selected to receive this honor for her exemplary communication and command of the research topic.



STUDENT HIGHLIGHT - ETHAN HEUN



1) What year are you now?

- I am a Junior working on my bachelor's in psychology and minor in social work

2) What has been your favorite psychology class?

- So far my favorite psychology class has been cognitive psychology. I really like learning about the brain and getting a better understanding of how it works. I'm very excited to take neuropsychology. I believe it's very in-depth and I'm excited to learn about how the physical brain translates to abstract ideas and thoughts.

3) What are your plans after graduation?

- I plan on going to a graduate school I'm undecided on where specifically I'd like to go, but I plan on continuing my schooling. However I'd like to leave the United States at some point and do schooling abroad

4) What is some advice that has helped you succeed?

- Make as many friends as you can in your psychology classes you'll be seeing them often. The chances are if you're confused so are your fellow students. The people you meet in college might be the people that you go the rest of your life with always reach out. Reach out to professors friends even people you don't know (it's a great way to make new friends). If you didn't understand a class taking it the first time through I think you should PL for it. Chances are if you teach the class to people you'll have a much better understanding of it.

5) Have you picked up any new hobbies this year?

- I've been ice skating a lot. That's very new. Besides that I've been playing guitar, writing music and practicing tricks on my skateboard in my basement and working out.

6) What are some of your favorite winter traditions?

- I'm not really much of a drinker but I love having eggnog sitting next to a fireplace on a very cold night. I really like when my family gets together around the holidays seeing my brother and sister and really connecting with them again. My favorite tradition is going around shopping for my friends and getting them stuff that I think that they would like and then seeing how happy they are when I give them their gifts.

7) What is something that scares you the most about your classes?

- Having a lack of information and not being prepared for my classes gives me the most anxiety. However a remedy for this anxiety can be going and signing up for psychology clubs or psy chi. There you'll find like-minded people who want to excel in psychology.

8) Would you like to make any additional comments?

- I think people with psychology degrees may have a better understanding of how people think. I think that's a really good skill that you can use towards your advantage. Whether it's making friends or trying to diffuse situations understanding how people think and how the brain works can be potentially a really good skill to have that can be used any and every day.



KEEPING IT IN THE FAMILY

This is Alexis D. Aguilar and Alexis M. Aguilar. Yup! You read that right. They are a step mother / daughter duo who both graduated as psychology majors on May 8, 2012, and December 17, 2018 respectively.

What led you to major in psychology?

I have been interested in psychology for as long as I can remember. I lost a father-figure to suicide when I was only 14 years old. He had undiagnosed mental health struggles and I knew that I wanted to help people after losing him. I started out in nursing, but then changed my major to psychology and have never been happier.

What was/were your favorite class(es) while at Northeastern?

This is a tough one. There were so many amazing classes because I had amazing instructors. Dr. Dykema-Engblade helped me understand statistics, and I even use some of her creative teaching in my own psychology class that I teach. Gregory Jackson was an incredible instructor as well and I loved every political science class I took with him because he was not only understanding, but he really knew the material. Dr. Merchant was amazing, too. Even though he spoke super fast, he really knew how to connect with his students and help us all understand the topics.

What have you been doing since graduating?

I have been quite busy since graduation! I have had 3 children who are now 2, almost 5, and almost 7! I attended The Chicago School of Professional Psychology and graduated with an M.A. in Clinical Psychology with an addictions specialization and a Certified Alcohol and Drug Counselor certificate in 2015. I recently passed my National Clinical Mental Health Counseling Exam (NCMHCE) and am finally a fully Licensed Clinical Professional Counselor. I am currently working on opening my own private practice in the far Northwestern suburbs. In addition to providing psychotherapy, I have also worked as an Adjunct Professor for 3 years at CLC. I have always had a passion for school and enjoy teaching.

What is your fondest memory of attending Northeastern?

I had many fond memories so it is hard to just choose one. One of my fondest memories at Northeastern was when I presented my research data at a student symposium in front of faculty and peers. My partner and I spent months on our senior capstone project, compiling data and analyzing it, so it was a relief to have it done. Another amazing memory I had was attending one of the court dates in the Rod Blagojevich trial, and also a jury selection for a police brutality case, downtown for one of my political science classes.

What is a piece of advice you would give to undergraduates?



Keep pursuing your dreams and they will come true. It took me a long time to complete college because of life circumstances but I never gave up. Also, do not be afraid to ask for help because you don't know what you don't know!

"I am incredibly happy I decided to attend a university that was not only convenient, but affordable. Northeastern offered me opportunities that I will never forget." -Alexis D. Aguilar

What led you to major in psychology?

From a young age, I always knew that understanding the mind and related disorders intrigued me. After completing my undergraduate education at NEIU, I figured out that the autism population is the area I would further my education in, but NEIU fully equipped me for that path!

What was/were your favorite class(es) while at Northeastern?

As weird as it sounds, Capstone and the Lab classes were probably my favorite because it pushed us to do research and apply all our skills. Despite these classes being challenging, they taught me the most and I still use the three term contingency (ABC) that Professor Christopher Merchant taught me in Capstone every day in my current career as a RBT/future BCBA!

What have you been doing since graduating?

Since graduating, I entered the field of my dreams — Applied Behavior Analysis. I began graduate school at Capella University in December 2019 and I will be graduating with my masters in ABA in March 2021! Going to NEIU helped me get to this place and I couldn't have done it without them. Right now, I am a Register Behavior Technician and I hope to sit for my Board Certified Behavior Analyst exam this year to become a Behavior Analyst that develops treatment plans for children on the autism spectrum!

What is your fondest memory of attending Northeastern?

My fondest memories of attending NEIU from 2016 through 2018 are the teaches that came to the university center in Lake County to teach all their students. They always pushed to get us involved at the main campus and the symposium definitely was the best memory of doing that.

What is a piece of advice you would give to undergraduates?

Do not be afraid to ask for help! These teachers are so passionate and are willing to go the extra mile to help their students. Also, NEVER GIVE UP! Walking across that stage is one of the best feelings.



DECEMBER SYMPOSIUM - 2020

At the end of the Fall semester of 2020 the Psychology Department featured its first online symposium. Despite the many hardships faced throughout the semester, this event hosted 66 student presenters and 5 faculty mentors featuring 16 separate research projects. The student turnout was phenomenal as well! Thank you to everyone who made this online symposium one to remember!

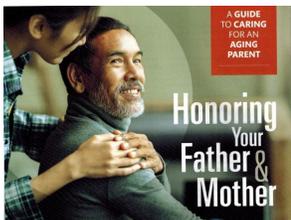
For those of you who missed it, be sure to keep an eye on your email towards the end of the Spring 2021 semester as to not miss the Spring Symposium on April 22 and 23.

CONGRATULATIONS DR. HOLLIS SAWYER!

This semester Dr. Hollis-Sawyer was awarded a Faculty Excellence Award for her accomplishments from 2018-2019. This service award is a great accomplishment

That's not all! Dr. Hollis-Sawyer was also interviewed extensively for an article published in Vibrant Life magazine regarding the preparation for late-life care of your loved ones. With more than 40 million Americans acting as caregivers for their aging parents, this article is a guiding light in forming a plan to make sure aging loved ones are cared for properly!

<https://goodlifefamilymag.com/2020/10/12/expert-tips-on-how-to-care-for-an-aging-parent/>



CONGRATULATIONS MCNAIR SCHOLARS!

On behalf of the Psychology Department, congratulations to the psychology majors who were accepted into Northeastern's McNair Scholar Program! Colleen Touhy, Martin Rodriguez, Jennifer Puga Hernandez, and Mariel Portillo were all admitted at the start of this new year! Best of luck to all of you!

The goal of the McNair Program is to increase the attainment of doctoral degrees from underrepresented segments of society. The McNair Program offers assistance in applying to and preparing for graduate and doctoral programs in your fields of interest! You can find out more at neiu.edu/academics/our-centers-and-programs/mcnair-scholars.



PSYCHOLOGY CLUB - MOVIE NIGHT

Psychology club just co-hosted a movie night on Friday, February 5th, and will soon be hosting a game night for new members! Come drop by for a fun evening towards the end of February. The date and time are yet to be determined, and a flyer with more information will be sent out in the coming weeks! Member or not, all are welcome!

Psychology club will also be hosting a trivia night in March with prizes! Keep an eye on your emails for more information as well!

HINDSIGHT 2020 - WORKING WITH A MASTER'S DEGREE

For those of you who were unable to attend the Hindsight 2020 event from last semester, here is a link to the recording! This event hosted a number of NEIU alumni who each went through their experiences of working with a Master's degree.

Zoom Link:

<https://us02web.zoom.us/rec/share/PG0xQxgSGze2Ja2A7IEGV9Ril3vX87MF28NFg2niysKOx7Mz3euQZHzyX47wLY29.yd08y8ymzUWwPJrU>

Passcode: k0gG!\$p@

CHRISTIAN PALAGUACHI - CAPSTONE / LAB ASSISTANCE

Christian Palaguachi will be serving as a vital resource for our capstone and lab students this semester! Chris will be available to assist with SPSS, writing, APA-style and format, and "accountability checks". Be sure to take advantage of his office hours, which are listed below alongside the Zoom link.

ANNOUNCEMENTS

Capstone / Lab Assistance Office Hours

-Mondays- 4:00pm-5:00pm

-Tuesdays- 3:00pm-4:00pm

-Wednesdays- 5:00pm-6:00pm

-Thursdays- 3:00pm-4:00pm

Meeting ID: 227 896 3440

Password: neiututor

Zoom Link: <https://us02web.zoom.us/j/2278963440?pwd=NXZkdIV4eVNSTTY3OVZvL2RvajhCdz09>

Faculty Open Advising Zoom Link:

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

Faculty Open Advising Hours for Majors

-Mondays - 11:00am-12:00pm

3:30pm-4:30pm

- Tuesdays - 11:00am-12:00pm

2:00pm-3:00pm

6:00pm-7:00pm

-Wednesdays - 11:00am-12:00pm

5:30pm-6:30pm

- Thursdays - 10:00am-11:00am

3:00pm-4:00pm

- Fridays - 1:00pm-2:00pm

- Saturdays - 1:00pm- 2:00pm