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# PSYTTATIONS

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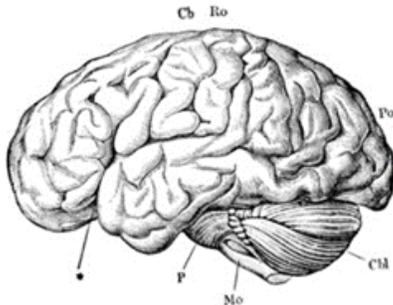
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## Join Neuroscience Club!

The Neuroscience Club is a student-run club with a goal of uniting like-minded people interested in the multidisciplinary field of neuroscience. The club helps its members with the admission process and preparedness for graduate and medical schools. Along with being a part of club fairs hosted by Central Washington University, they also host events such as the annual “Zombie Talk” with Dr. Ralf Greenwald where the pathology of the undead brain is examined. At “Nature of the Night” where club members educate children about the importance and functionality of the brain. They also host a “Neuropsychiatry Q and A” with Dr. Jesse Adams, and various other resume -building and study sessions. Additionally, the club also offers volunteer opportunities and educational clinics for local community members.

Interested?! Make sure to stop by the club’s meetings on Mondays at 2:00 pm in the Breeze Thru Café and to like their Facebook page “CWU Neuroscience Club”! All majors are more than welcome!



## Graduate Spotlight

Each year, the Department of Psychology awards numerous undergraduate and graduate degrees. Alumni go on to represent our department, and the university at large, well in our communities. Recently, one of our 2015 graduates took the time to check-in and update the department regarding her successes.

Lacey Barerra now works as a Human Resources Association at McKesson, a well-known medical corporation that is currently rated #11 on the Forbes list. When asked what she appreciates about her position, Ms. Barerra said, “I love that I am trusted and empowered to make my own decisions. In addition, the visibility of my position is almost endless, which provides me the ability to learn many aspects of the HR field.” Ms Barrera appreciates that her company invests in her as an employee and promotes her individual desire to continue her education to refine her professional competencies.

Ms. Barerra is the first person in her immediate and extended family to earn a Bachelor of Arts degree and is rightfully proud of this accomplishment. She worked full-time while completing her degree at Central. She explained: “...it took a lot of time management and the ability to multitask, but it was worth it – absolutely”. At times, Ms. Barerra admitted it was difficult to balance her academic and professional responsibilities, but stated it is important to “keep in mind that completing a degree will only take 4-5 years...but the benefits outweigh the sacrifices by far”.

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In her current position, Ms. Barerra uses her background in psychology “constantly”. As a part of her daily responsibilities, she is tasked with coaching managers regarding how to motivate their employees. She explained, “Without my psychology background, I wouldn’t have learned the tools regarding how to maintain satisfaction amongst my employee population”. She added, “My time at CWU prepared me in so many ways! I was provided with real-life situations during my classes, was exposed to diverse group settings, was expected to adhere to specific timelines, and to utilize proper verbal and written communication. I was also taught that everyone has a different background and disposition as to why they are as a person.”



Ms. Berrera poses with Dr. Sara Bender at graduation in June of 2015

Ms. Barerra advises current and future CWU psychology students to be intentional with their time in the program. She said, “It is important to know where you want to take your psychology career, whether it involves pursuing research, teaching, HR, clinical psychology, etc. This will allow you to elect a minor and/or double major that will assist you in what you would like to do as a career”. While she was not able to participate in the Psychology Club or formal presentation opportunities while working towards her degree, Ms. Barerra did seek internship opportunities for which she earned credit in PSY490. Her first internship was at a start-up

non-profit organization. She served as the first HR personnel at that company and implemented a number of policies, procedures, and programs to help the organization grow. Her second internship was with Frontier Communications. Given that Frontier was established and actively growing, Ms. Barerra was exposed to, learned, and practiced many HR procedures that have been used for many years. In this position, she also had the freedom to manage and implement her own projects that benefited the department and company as a whole. Collectively, Ms. Barerra believes that these internships, coupled with her high caliber coursework and ongoing support from faculty, were huge building blocks to her current career. She said, “CWU is awesome”.

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If you are an alumni (or know of one) who would like to be highlighted in our newsletter, please contact Dr. Sara Bender via email at [benders@cwu.edu](mailto:benders@cwu.edu).

## Volunteers Needed!

Dr. Heath Marrs supervises a tutoring program at Valley View Elementary called “Wildcat Buddies”. This quarter we have 9 Psychology students tutoring kindergartners on early literacy skills on Mondays and Wednesdays from 1-2. Each student is paired up with 2 different kindergarten students for tutoring. The program needs additional tutors for the spring quarter. If you’re interested, please contact Dr. Marrs directly via email [marrsh@cwu.edu](mailto:marrsh@cwu.edu).



## Department Awesomeness!

During the fall edition of *Psyttations*, we highlighted the numerous scholarly accomplishments of the Department of Psychology's dedicated faculty. In this edition, we would like to highlight those accomplishments that have occurred outside of journals and/or conferences:

- First, we would like to congratulate, Gina DeNoble, second year student in the M.S., Experimental Psychology program, whom received a \$1,000 CWU Master's Research and Creative Activities Award for her graduate thesis research. She also received one of the 2015-16 Fall Graduate Research Grants (\$1,250) from the national Psi Chi office. Way to go, Gina!!
- Next, the Clinical Mental Health Counseling program received continued CACREP accreditation after an extensive self-study and external review. As a part of her letter to the CWU administration, CACREP President and CEO, Dr. Carol Bobby, stated, "...the faculty deserve to be congratulated for all of the time, energy, and commitment they have given throughout this process...". Congrats and thank you to Dr. Haviland, Dr. Nolte, Dr. Pennick, and Dr. Washburn, as well as all of the other faculty and staff within the department that continue to work to make the program great. Thank you, also, to our incredible students who give their best in class each day and go on to represent the university in their communities.
- CWU's EdS degree was recognized for its quality by the National Association of School Psychologists by granting it with NASP –Approval through 2022. This national recognition of our program

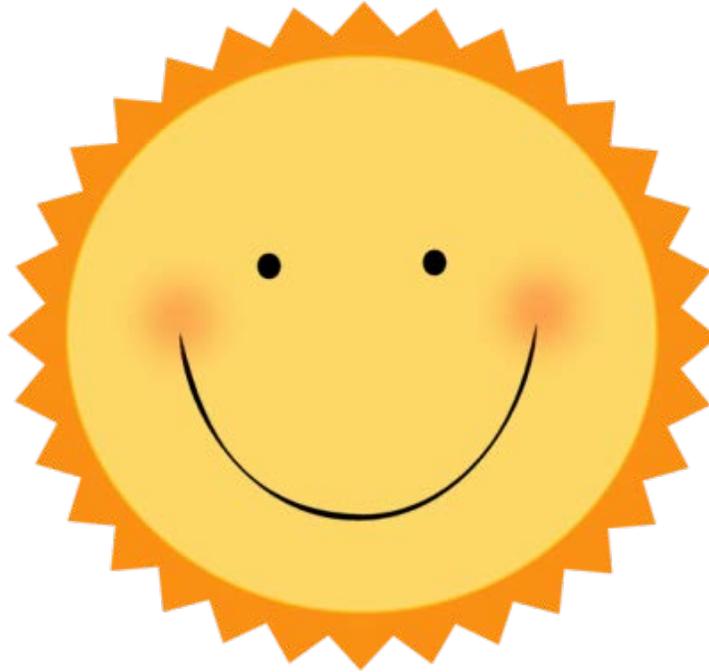
affords graduates with automatic eligibility for the National Certificate in School Psychology (NCSP) pending the completion of an appropriate internship and sufficient Praxis scores. Dr. Heath Marrs, who led the accreditation process commented, "Our program draws on faculty and coursework from across the department and the high quality outcomes we were able to demonstrate for the NASP report is a reflection of the great teaching and mentoring that happens throughout the department. We really appreciate the commitment that many of you have shown to continually improving the quality of training for our school psychology students". Thank you, too, Dr. Marrs for your amazing commitment and leadership throughout the program.

- The Online Psychology program was ranked #8 in online psychology Bachelor of Arts programs throughout the nation by SuperScholar.com in the Fall of 2015.

### *Important Dates...*

February 15	Presidents' Day/No Classes
February 16- March 11	Spring Registration
March 14- March 17	Final Exams
March 22	Grades due to the Registrar
March 29	Spring Classes Begin
April 8	Last Day to Apply for Summer Graduation
May 2 – June 22	Summer Registration

# *Summer 2016!*



Do you lack *exciting* plans for the summer?

Are you trying to figure out how to **best use** your time?

Consider registering for summer classes!

The Department of Psychology offers **MANY** courses in the summer, especially online. A majority of those courses offered are provided in a condensed format allowing, you the student, the opportunity to take classes, yet **still** have plenty of time to enjoy the summer break!

Imagine: You could sit on the beach, engaged in class, earning credit towards your degree.

Does this sound interesting to you?

Keep your eyes out for the summer schedule.

**Summer registration begins on May 2<sup>nd</sup>!**