

PSYCHPAC NEWS

Brought to you by the Psychology Peer Advising Center



The Psychology Peer Advising Center

By Ceili Ohnemus

The Psychology Peer Advising Center, or PsychPAC, is a free resource for Western Oregon University students who are exploring the possibilities of our Psychology Major and Minor programs. At the PsychPAC we offer guidance in schedule planning, information on the Psychology and Graduate programs, general advice about courses, and much more! This year the PsychPAC will be offering services online via Zoom, so stop by and make an appointment with us today via our [Google Calender](#) or simply drop in during our virtual hours! We are so excited to help you succeed this school year! For more information regarding office hours or links to our [Zoom](#), visit our website at: www.wou.edu/wp/psychpac/

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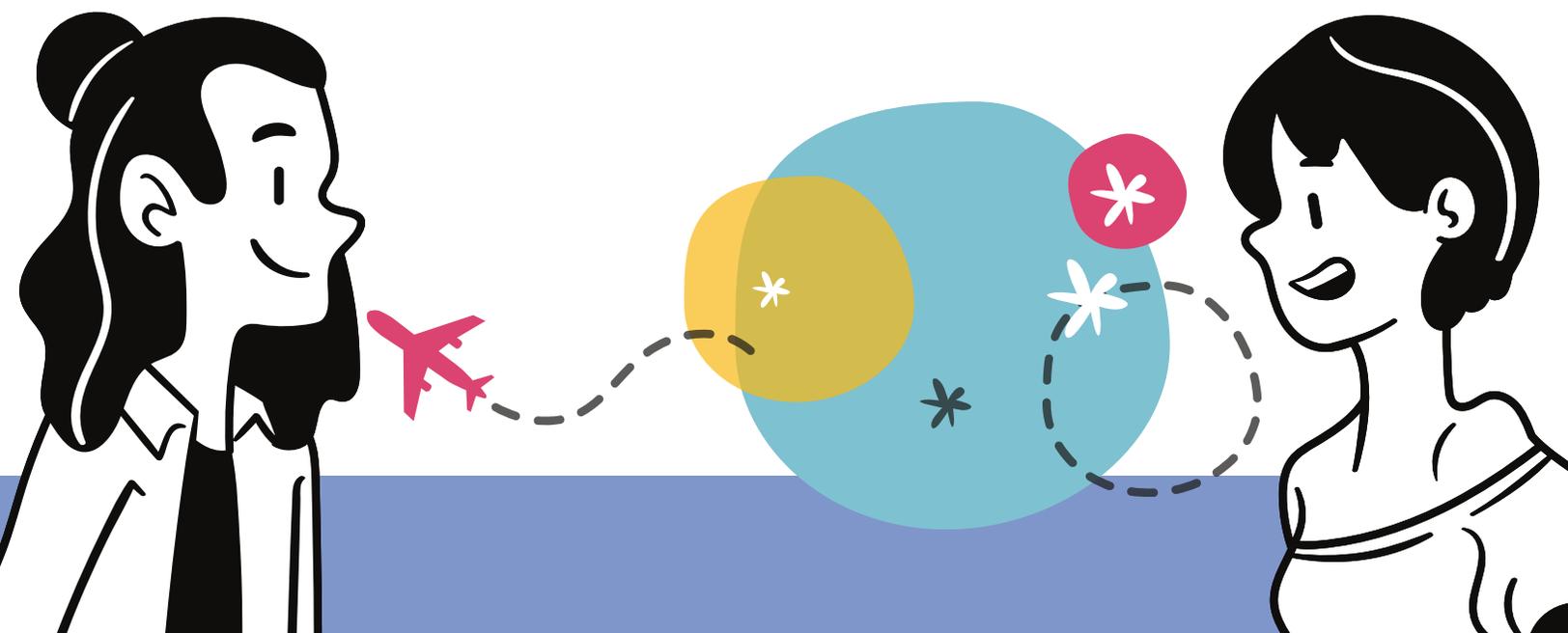
...and much more!

Staying Connected in a Disconnected World

By Ceili Ohnemus

March 2020, the month the whole world changed. What was originally a hopeful and extended spring break turned into an almost one year long lock down. Torn away from seeing our loved ones we shifted from a time of pure freedom, to a feeling of pure isolation. Now more than ever it is important to check on the ones you love, whether it be a quick text message in the morning or an eight hour long Facetime call. As days go on, however, we are left lost on how to stay creatively connected with others, until now. Whether you're in a long distance relationship or simply chatting with a friend down the street, these top five means of staying connected are perfect for our socially distant world!

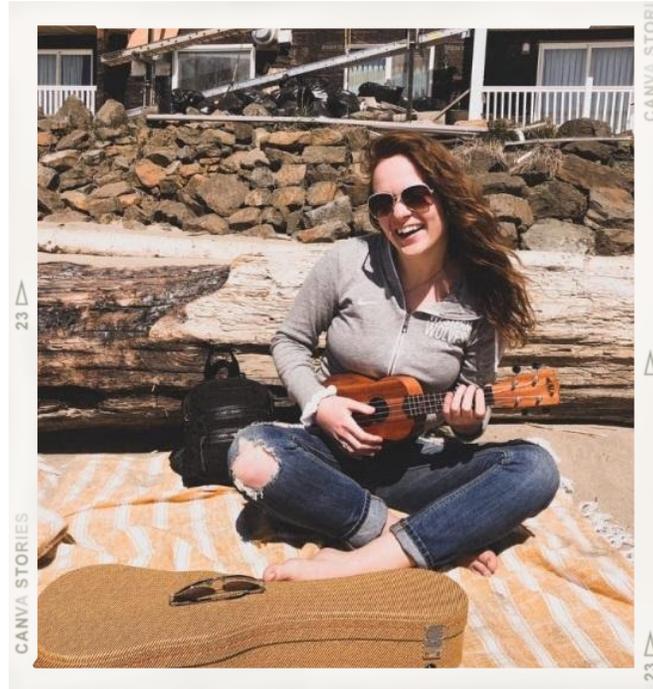
1. **Game Pigeon (IOS):** Is your conversation running dry? Have you discussed the weather one too many times? Look no further, Game Pigeon is here to save the day! With over twenty games to choose from Game Pigeon allows for socially distanced games of Four in a Row, 8 Ball, and even virtual paintball!
2. **Skribbl:** A twist on the classic game of Pictionary, Skribbl is an online game that gives you random phrases for you and your friends to draw! Do you have an inside joke or a favorite show you all share? Skribbl features a create a game option allowing you to add your own words, phrases, etc, so you and your friends can stay connected on the things you love the most!
3. **Evil Apples:** A game to get everyone laughing, but probably best to not play with your mother. Evil Apples is a virtual take on the hit adult card game Cards Against Humanity! Gather up your friends for a night of laughs by answering various phrase cards with your wackiest responses!
4. **Walkie-talkie-COMMUNICATION:** Walkie-talkie is everything but your average walkie-talkie! With the capability to talk to anyone from across the country, Walkie-talkie allows for you to connect with friends in a new way! In need of new connections? Walkie-talkie's channels are open to anyone and everyone! So hop on and see who you can meet!
5. **Houseparty:** Are you missing family game night? Are you starting to feel like Facetime is getting a little old? Houseparty is here for you with features that allow you to play games like Uno or even sing Karaoke, all while on video chat with friends! Houseparty even offers an option for the avid gamers, allowing a special means of chatting while playing Fortnite!





Peer Advisor Highlight

Western Oregon University



Written by **Annette Pipitone**

wou_psychpac

Meet Ashley Bush, our wonderful Advertising and Social Media Coordinator! She is currently a senior, and along with majoring in psychology, she is also working towards a human biology minor. Thanks to Ashley, the PsychPAC is able to stay connected with WOU students while we are still learning virtually. Her infectious positivity brings so much light to the center; she always works with a smile and a determination to making sure every student leaves the center feeling confident in their path through WOU. Don't forget to give our Instagram a follow for all the hard work Ashley puts into it!

February 10

Faculty Highlight: Get to know the Behavioral Sciences Department!

by Darian DeMarce

This term, we want to highlight each and every one of the Behavioral Sciences Division Faculty for their hard work and dedication to us students during these remote times. We asked the Behavioral Sciences Division Faculty, "What is one fun/funny fact that students do not know about you?"

Below are some replies we received:

Dan McCarthy



"In grad school, I played in an all-professor band (minus myself) and got so into the break jam with the other guitarist during 'Money' by Pink Floyd that I fell off the stage at our first gig. Clearly an amateur...my back still hurts. Thankfully none of them were on my dissertation committee!"

Chehalis Strapp-Johnson



"I am the oldest of 5 kids and grew up in a tight knit family where my mom entertained us with lots of "old country" superstitions that my grandmother brought from Croatia. One of those superstitions has to do with hiccups. According to this superstition, when you have hiccups, it means that someone is thinking about you. If you can figure out who is thinking about you, the hiccups go away. So even now, whenever I have hiccups, I start to run through my list of siblings, family members, friends etc, and eventually the hiccups go away. Since my siblings also know this superstition and do it too, we've been known to send the hiccups back and forth to each other. For example, if I get the hiccups and say oh Remy must be thinking about me, and then the hiccups go away, later my sister Remy will text me and say "Thanks for sending me the hiccups". Totally non scientific and goofy, but fun."

Tamina Toray



"Well, one fun fact that student's likely don't know about me is that I love to work on 1,000 piece puzzles. I ordered a bunch of them once COVID hit and am having a great time putting them together."

Jay Schwartz



"I used to play drums in a psychedelic metal band when I lived in the midwest - we even went on two tours around the east and west coast."

Jessica Murfin



"People know I can do a bunch of different accents, but most people don't know that I can also do them while sounding like a child...(I do voiceover work). Another one I thought of is that I used to (briefly) do competitive Irish Step Dancing (think: Riverdance) when I was in high school."

Melissa Cunningham

"I was Dr. Robert Cialdini's TA at Arizona State University! Unfortunately, when I started I was a first year graduate student and had very little knowledge of social psychology and I didn't know who he was, so I mispronounced his name (awkward). I quickly learned how famous he was - he had a black car service come to campus to take him to speaking engagements/airport at least twice a week - so I was in charge of teaching his class quite often."

**Jaime Cloud**

"Easy! In high school, I dated the kicker for the 49ers: Robbie Gould!"

Michelle Gallagher

"I will not put trash in any outside bin. I lived in Kenya for 6 years and after repeatedly being startled by baboons in our trash bin, I still have a fear of taking out the trash. WOU squirrels popping out to trash bins have reinforced this fear!"

**A note from the editor**

To learn more about these fantastic faculty members, click or tap their names to be taken to their online WOU profile! For more information on other WOU faculty, click or tap [here!](#)

Advising Quick Facts with Alan Jefferson!

- Registration for Spring Term 2021, begins Tuesday February 23, 2021 (Week 8)
- Meet with a Peer Adviser if you have any questions about Psychology as a major or minor, need help choosing what classes to take, need assistance with creating your schedule, or even making sure you are on track for graduation, and much more!
- Psychology Peer Advisers are available: Monday: 10:00 am - 3:30pm. Tuesday/Wednesday/Thursday: 10:00am - 5:00pm Friday: 10:00am - 3:30pm.
- Appointments are available to be made (but not required) and are scheduled through a Google Calendar, or just use the [Zoom link](#) to drop on in the PsychPac!
- The catalog year 2019-2020 and beyond use General Education requirements, and 2018-2019 use prior LACC, unless you change your catalog year. *Catalog Year is when you enrolled at WOU*



The Unique Transfer Student Experience

by Matthew Feth

Being a transfer student myself I think it's ever important to identify how transfer students in particular benefit at WOU! At WOU all students and faculty regard our transfer student population with great respect. We have transfer students from diverse backgrounds and orientations. Our largest communities of transfer students come from Chemeketa Community College, Linn-Benton Community College, and Portland Community College. Our transfer student population continues to make up a larger percentage of our student body every year.

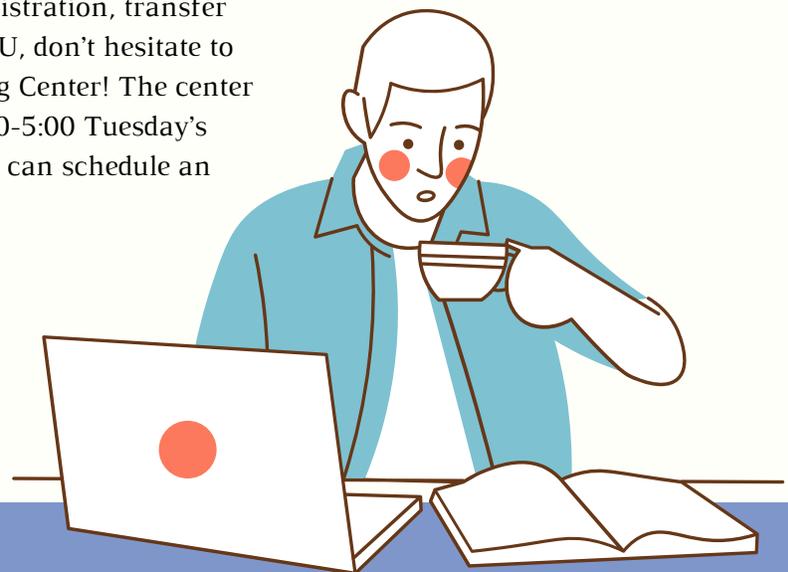
While we were once a minority, we are now inching closer to a large sub-population.

Seeing as we're still deep into the coronavirus pandemic I thought next we could all use a sample blog of how small victories can be just as important as the large ones. This passage was written by Quentin a transfer student from Washington DC:

Well, first, successfully transferring was a victory, and I think that everyone who has transferred and anyone who is considering transferring should recognize that. It is certainly no easy feat to put yourself out there academically or in terms of moving into a new environment. Second, perhaps my greatest success or victory was integrating into the community and forging strong friendships at my new school. There is nothing quite like being accepted, especially when you are brand new and sort of non-traditional in terms of your status as a student, i.e., being a transfer student. Finally, I saw it as a success that I felt challenged in so many ways at my new school. For me, but I think for many transfer students, going to another school is a sign that we are ready for something new in our academic, personal, and professional lives, and challenges represent that newness and push us to grow, to adapt, and to lean into our new circumstances.

PsychPAC for Psychology Transfer Students

If you are a transfer student in need of help with registration, transfer articulation, or planning your two years here at WOU, don't hesitate to contact your friends at the Psychology Peer Advising Center! The center is open 10:00-3:30 on Mondays and Fridays and 10:00-5:00 Tuesday's through Thursday's for drop in appointments or you can schedule an appointment on our [Google calendar](#).



Graduate School Highlight: School Psychology and Addiction Specialization at Lewis & Clark College!

By Amber Gray

Lewis & Clark College has been selected as Winter 2021's highlighted graduate program, because of its convenient Oregon location. If you are interested in pursuing a CACREP accredited Masters program, without leaving the green state, here is one option. CACREP accredited programs stand out, because they afford students the ability to complete state licensure requirements prior to graduation. As a student, having the licensure requirements included in the graduate program enables you to graduate as an Oregon Licensed Professional Counselor, rather than studying and taking the licensure test post graduation. Additionally, Lewis & Clark offers a specialization in Addiction, for students interested in providing substance abuse support services. If you are interested in continuing your education past the Masters level then Lewis & Clark offers a NASP accredited doctorate in School Psychology. Pursuing a doctorate can be costly, so Lewis & Clark offers varying Assistantships, Grants, and Scholarship opportunities, as well as having community connections to support students landing internships.



For more information on these programs, visit the Lewis & Clark Graduate College [website!](#)

Careers Highlight: Sports Psychologist!

By Cole Hendron

If you're an athlete or enjoy athletics as well as psychology this might be a fun career to look into. Sports Psychologists work with many different types of athletes, in a variety of settings. As a Sports Psychologist you could work with high school, college, or professional athletes as well as military members or former athletes. This can be a very exciting and interesting job with an array of different career opportunities.

Job Description

- Address optimal performance and well-being of athletes
- Provide athletes with psychological counseling related to their performance.
- Develop strategies that enable athletes to cope with and overcome setbacks or injuries.
- Conduct research on an athlete's mental, emotional and physical attributes in order to effectively coach and improve performance levels.

Average Salary:

- \$60,000 - \$80,000 (varies slightly depending on experience and education)

Requirements:

- Master's or doctorate degree in counseling or sports psychology
- 2-4 years of experience

(Information retrieved from the American Psychological Association)



FUR-BABY PHOTODOME

Treat yourself to a *pawsitively purrfect* opportunity for *tail wagging* fun, aww filled moments, and the chance to *shed* a few giggles with this year's Pet Photo Contest hosted by the PsychPac.

Let's *bite* into the details:

This year's contest will consist of three categories:

1. Dress-up: Your furry companion(s) in some kind of outfit or costume
2. Cute/Wholesome: Your furry companion(s) doing something adorable or sweet
3. Funny: Your furry companion(s) being goofy or sassy

Any and all pet types are welcome; however, there is a catch! You may only choose one category to submit to and you may only submit one photo, so be sure to *sniff* out the best one.

This timeline is as short as a goldfish's memory, so pay attention:

Starting Week 5 (February 1st):

From your student email account, email one pet photo along with which category you are entering for a (1st place) chance to win one of three \$25 Gift Cards for WOU-logoed gear to peeradvising@mail.wou.edu.

Ending Week 7 (February 19th):

PsychPac will tally all your votes (separate link coming) to determine who you picked as the winner from each category. Just in time for a post-midterm boost and pre-finals stress break.

