

Join the Psychology Undergrad Community:

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➤ Psychology News

Psychology news:

Have you checked out the American Psychological Association (APA) Career Center? [Visit and read about:](#)

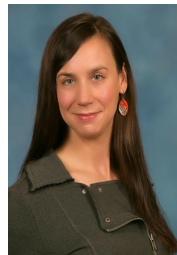
- Jobs at APA
- Early Career Psychologists
- Career Development

Also, check for APA presentations on *How Did you Get That Job?*

Participate in psychology research - check out Walden's [Participant Pool](#). You must first create an account.

Contact your Academic Program Leader

Questions? Concerns? Praises? Contact your Academic Program leader:.



Patricia Costello, PhD
Program Director
[E-mail Me](#)

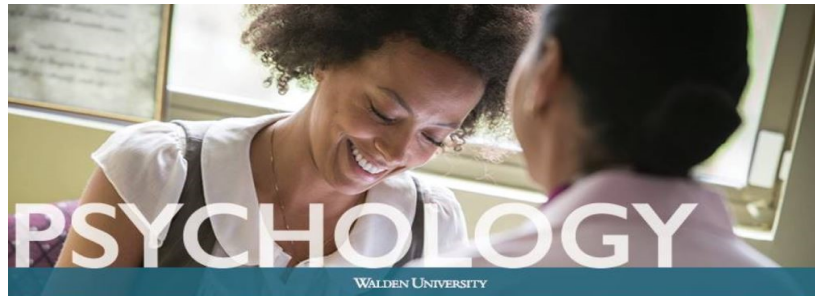
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Join Your Online Community

Did you know that Walden University has a Facebook group for psychology students? Yes, it's true! Here, you can:



- Build meaningful relationships and a support network with your peers.
- Share resources, ideas, advice, and personal experiences.
- Receive answers to questions from dedicated Walden staff.

Here is the Admin's welcome message:

Welcome to the Walden University Psychology group! Within this community you can ask questions; share information; find resources to facilitate your success; and build connections with others who share similar academic interests.

Community managers are available to answer your questions. Additionally, the search bar on the left can be used to find resources from previous conversations.

As you participate, please take note of our group guidelines:

- Admins reserve the right to monitor and remove posts.
- To respect privacy, admins will not accept friend requests.
- Be courteous and respectful of your peers. No offensive or violent language.

If you have any questions or concerns, please contact an admin via e-mail at waldensocialmedia@mail.waldenu.edu.

So far there are more than 1100 members. Here are some of the topics fellow students have posted about:

- Textbook swaps and info on how to find and save money on books
- Questions about courses and instructors
- Should I go on for an advanced degree?
- Excitement around graduating
- Wanting to connect further with fellow students
- APA tips
- How to manage stress
- Support and encouragement
- Rants (polite rants!)
- And more!

You will first need to use the group finder tool which will then direct you to the correct FB page:

<https://www.waldenu.edu/facebook-group-finder>

We hope to see you soon on the Walden Psychology FB page.

Featured BS Psychology Student: Robert Kreisinger Denk



Where were you born and raised? Have you lived anywhere interesting or exciting?

I was born in Springfield, IL and raised in Creston, IA. After graduating from high school, I moved to San Antonio, TX where I was in a Catholic seminary for two years studying to be a priest. I then spent a few years living in a few California cities including Long Beach and Palm Springs. After that, I briefly returned to Iowa to live in Des Moines for a couple of years. I am now living in the city of cheesesteaks and brotherly love, Philadelphia, PA.

Do you have any hobbies? What do you like to do in your free time?

I enjoy my creative outlets. I play my baby grand piano almost every day and have enjoyed acting in community theatre. My favorite performance was playing the King in a Palm Springs production of *The King and I*. I am also a video game and trivia junkie.

Why did you return to school for your psychology degree? What was your career before returning to school?

After leaving the Catholic seminary, I always had intended to return to school and finish my degree but continued to defer that dream. I instead fell into a career doing analytical work for call centers. For the past few years I have been employed as an analytic consultant and assistant vice president for a major US bank. I never found a great deal of personal fulfillment from this line of work. Work was simply a way to pay the bills. As I was quickly approaching my 50th birthday, my husband encouraged me to work to make a career change and follow my passion. I have done a lot of community work around empowering gay men and victims of sexual violence, so I decided the best way to continue that work was to finally complete my undergraduate degree in order to change careers to counseling and education.

What has been your favorite class at Walden and why?

Everyone warned me that Statistics would be a killer course and so I dreaded having to complete that requirement. I ended up taking the class with Dr. Bjorkman and her instructional videos helped me to understand the concept and I aced the class. It was nowhere near as difficult as I had imagined it to be and boosted my self-confidence. That made it my favorite as I genuinely felt I had learned a new skill while learning something about myself.

What are your future plans, both for your degree and in general?

To further my work as an advocate for gay men's health and male victims of sexual violence, I am enrolling in a Human Sexuality dual master's degree program (Education and Social Work) at a

local Philadelphia university. I intend to spend time counseling individuals while working on a book that seeks to empower gay men by destigmatizing alternative sexuality. I am also looking forward to researching the developmental process of gay men in comparison to heterosexual male development.

What advice would you give to other B.S. Psychology students?

Always remember what you want to accomplish with your degree. There were days I was stressed and felt defeated, but I clung to the dream of achieving my degree and getting closer to a career that would make a positive impact on my community. That combined with a strong support system got me through the most difficult weeks. I ended up being so motivated that I graduated with a 4.0 and walked across the graduation stage in Tampa with a Presidential Commendation medal for the effort. Which leads to another piece of advice... go to the graduation ceremony! Celebrate your future with other proud graduates. It's a memory I'll always cherish.

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Dr. Lana Nassen

Faculty Feature: Dr. Lana Nassen

Background: Lana Nassen, PhD, LPC, RPTS started working for Walden in 2010 as a Contributing Faculty member in the BS Psychology program. Her bachelor's degrees are from Southern Illinois University-Carbondale, where she studied aviation and psychology, and her master's in counseling is from the University of Akron. She obtained a PhD from University of Northern Colorado

where she focused on child psychology, human development and research methods and statistics. Dr. Nassen has been teaching college since 1997 and has been doing licensed clinical work since 2000. She recently tallied the courses she has taught: Over 200 total courses, and around 37 different subject areas. In research and practice, Dr. Nassen specializes in childhood psychological issues and play therapy, parenting concerns and lifespan development. Dr. Nassen has worked primarily with children and their families in practice but also does consultation and supervision with clinicians who are becoming play therapists. Dr. Nassen is currently in the upper peninsula of Michigan with her daughter, a golden retriever, a great Dane puppy, three frogs, three rabbits, three rats and a revolving door of visiting creatures who are fosters or temporary guests.

Other Related Work: Dr. Nassen took a multifaceted approach to her education. She knew she would want to have many opportunities in life after she was finished with her education, and so with each degree she layered in a skill set that was not technically required. In doing so, she has been able to take her career in several different directions. For a few years Dr. Nassen worked in an underserved area in Colorado treating children and families with the National Health Service Corps which enabled her to have a large portion of student loans paid off by the program. She recommends that all new clinicians spend some time with underserved populations because the

experiences and range of clinical expertise that can be mastered in a short time is incomparable. More recently, she took her daughter and a range of pets on an RV through most of the US and explored state and national parks for about 7 years doing volunteer work, conducting research, and doing therapist supervision from a distance while she has been teaching.

Dr. Nassen has two major research projects running currently: Adverse Childhood Experiences (ACEs) and how they connect with career and health choices later in life, and an exciting delve into Minecraft-based therapy with children where a team of Minecraft experts who are also child therapists are test-driving some possibilities in virtual therapy for kids in-game.

Advice: Try not to be concerned about what other people think and try not to worry about getting approval or acceptance or admiration from other people related to your academic work and achievements. Also, blaze your own trail---if there isn't a degree or a specific pre-designed path to where you want to go, create a path that will work for you to get where you need to go.

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Dear Wally

Wally is an expert on all things Walden. If you have questions about anything related to your journey as a Walden student, Wally will be able to point you in the right direction. Sometimes Wally's advice may be helpful to everyone, so *periodically we will share some of those questions and answers.*



Dear Wally,

I am confused. When I turn in work, my instructors keep telling me I need to support my conclusions, or need research, or should use sources, or that I should make a scholarly argument. When I get in an argument, I tell the other person why I'm right and they are wrong, and that always works. I have done my research, because I watch TV and surf the internet all the time. Why do they think I do so much reading on Facebook? If I have come to a conclusion, then the other person should know that I have collected my evidence and thought it over, so they should know I'm right. If they aren't sure, I just tell them the same thing in a louder voice, and that usually convinces them.

So, what gives? When I turn in my papers, I am telling what I think just like I always have, and clearly, I am a scholar because I attend Walden University, so I don't understand why I keep losing points. Help!

Sincerely,

Al Wayswright

Dear Al,

Believe me, I am feeling your pain. Everyone who enrolls in the BS PSYC program experiences the same thing! Here's the problem with opinions: everyone has them. Psychologists realized long ago that the normal style of yelling at each other would not help us discover truth, so they agreed to approach arguments in a new way, a scholarly way. Everyone who pursues education is a scholar to some degree, but it takes time and practice to think and write like a scholar. It is not the same as the way we talk to people, and it is different from other kinds of writing as well. Even published authors experience the same struggles you are having when learning to write for the scientific community!

Back to opinions. We all have them, and there is no way to tell whose opinion is more valid, so we need another form of evidence. Personal experience is not a good form of evidence, unfortunately. When we are trying to describe principles that apply to large groups of people, or even all of humanity, the experiences of one person simply are not compelling. That is why we rely on research that is conducted by respected scientists who use careful methods to find truths about psychological principles. These are the sources your instructors have been referring to—not something online that could have been posted by anyone, or a news article based on a reporter's observations, but the results of careful scientific study that has been done by scientists and reviewed by other scientists to make sure it is legitimate and dependable. When we use sources like that to support our scholarly arguments, everyone will know we are not just sharing opinions. Really, a scholarly argument is not an argument at all, I think your instructors are encouraging you to make a case for your conclusions based on information that everyone can agree is dependable.

I hope that helps. The Walden Writing Center has a ton of articles and aids to help us learn how to write like the scholars we want to be - [check it out!](#)

Wally

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Financial Aid

Adopted from the Student Affairs Newsletter

We believe education is one of the greatest endeavors of your life. For that reason, Walden would like to encourage you to take advantage of iGrad, a financial literacy website and exclusive online community offering tips, tools, and information about credit card debt, investing, financial aid, and more.

Get started today! To access iGrad, simply:

1 - Visit your myWalden portal.

2 - Click “Me” in the upper right-hand corner.

3 - Select “My Finances.”

Designed for college students, iGrad provides you with access to:

- Financial aid, scholarship, and tuition-reduction resources.
- Smart borrowing information and money-management skills.
- Access to your loan history and repayment options.
- Interactive peer discussions, presentations, and webinars on key issues.

You can also explore the trending topics section, which includes subjects such as finding the right scholarships for you and other valuable information. Additionally, iGrad features a robust career center, where you can browse hundreds of job listings in your field, learn powerful interview strategies, and get one-on-one career guidance from trained counselors. iGrad was designed to give you the tools you need to make the most of your college education. Visit today to discover the wealth of financial literacy resources available to you!

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