

Subject: TEST (To: carla-arm@hotmail.com) | View the spring program newsletter
Date: Wednesday, April 24, 2019 at 9:08:05 AM Central Daylight Time
From: School of Psychology
To: Mehr Kassam

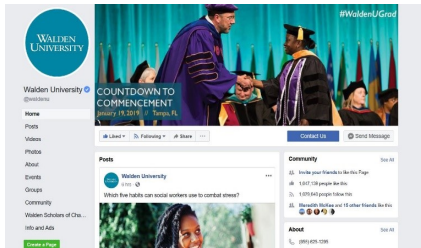


BS Psychology Newsletter

Spring 2019

➤ Psychology News

Psychology news:



[Join the Walden Community](#)

[BACK TO TOP](#)

Participate in psychology research – check out Walden’s Participant Pool: <https://walden.sona-systems.com/default.aspx>. You must first create an account.

Contact your Academic Program Leader

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

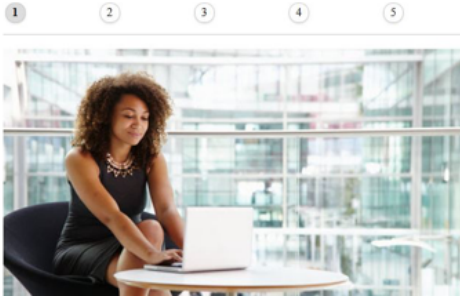


Dr. Patricia Costello, PhD
Program Director
[E-mail Me](#)

[BACK TO TOP](#)

➤ FEATURE STORIES

How Can Career Services Help You?



The Career Center and Your Future Career

Walden Career Services

- The Walden Career Services has a variety of resources to help build your path to maximizing your career choices. The resources and appointments are all FREE. Be sure to take advantage!

- For general information go to their [website](#).

- To schedule a one-on-one career advising appointment to discuss your career goals, click [here](#).

- The schedule for upcoming Live Webinars can be found [here](#).

- Archived Webinars can be found at the Career Center's [YouTube Channel](#).

- Become a member of the Walden University Career Services Center [LinkedIn group](#) where over 4,800 students and alumni are making connections.

Have you checked out the American Psychological Association (APA) [Career Center](#)? Get information on:

- [Jobs at APA](#)
- [Early Career Psychologists](#)
- [Career Development](#)
- [Internships at APA](#)

Other Career resources are located on the [BS Psychology Resource Site](#) and the [Psychology Career Exploration Toolkit](#).

Check out these additional resources:

- [Dr. Kit. Psychology](#)
- [My Next Move](#)
- [Major Job Guide](#)
- [O*net Online](#)
- [Psychology Degree Guide](#)
- [Psychology Job Resources Mega-List](#)
- [An Online Career-Exploration Resource for Psychology Majors Download PDF](#)
- [Developing and Enhancing Students' Job Search Skills and Motivation](#)
- [Advice for Psychology Undergraduates](#)
- ["Should you take that promotion?" NYT article](#)
- [Psychology Job & Internship Opportunities](#)

- [Google finds STEM skills aren't the most important skills](#)

[BACK TO TOP](#)

Featured BS Psychology Student: Nue Cheer Franklin

Where were you born and raised?

I was born and raised in Montgomery, AL where, as a young child, I enjoyed warm summers outdoors running through lawn sprinklers to keep cool, interacting with nature, picking wild flowers, catching fire-flies, bumble bees, June bugs (beetles) and, snacking on home-grown veggies and wild fruits right out of the garden.



Have you lived anywhere interesting or exciting?

I'll say I have. As a fashion model I have been blessed to have traveled extensively. I lived in Atlanta, GA, and later, New York City...which I thought to be the heart of excitement! But, frigid winters, and the crowds of New York forced me to relocate to the sunny, warm beaches of exciting Miami, FL., to where I was also lured by the offer of a position as Vice President of a collegiate pageant. Miami is where I spent most of my lifetime since settling there in my early twenties, as the base for my modeling career; I found Miami exciting because of its' beautiful beaches, myriad of entertainment, and melting pot of people from many different cultures--- Italy, Cuba, Haiti, Jamaica, Spain, Brazil, Armenia, and more. (I loved trying to speak the language of everyone I met! I learned some vocabulary in many languages but, only managed to master Spanish, however.) I have always been excited to welcome a meeting with anyone from another culture and, grasp the opportunity to learn and explore the contrasting nuances of their native culture.

As an avid tennis player, at the collegiate level, and then on the USTA circuit of the WTA, I always tried to orchestrate my modeling assignments to arrive in countries during the tennis grand slams. I looked forward to being in London around July, so I could attend the Wimbledon grand slam; in Paris during the time of the French Open and; Australia during the Australian Open. Of course, my travels didn't always work out like that but, I was constantly trying. London's Wimbledon tournament was my favorite, and it's what put London on the map for me. Plus, it was always exciting being in London to see the precision of the changing of the guards at Buckingham Palace and, enjoy beautiful, lazy days of picnicking in Hyde Park. I also enjoyed the thrill of walking across the London bridge, over the Thames river and the Tower bridge and seeing the exhibits. Although it may seem mundane to some, I find it nostalgically exciting, riding on the top level of the open-air double-decker bus around London.

My personal leisure travel spots include Tahiti, Cancun, Hawaii, Jamaica, Barbados, the Bahamas

and some places that were not so memorable. All of these exciting places display a contrast in cultures and offers a unique learning experience which, in retrospect, I am sure my current knowledge of psychology could have greatly enhanced. Today, I look forward to traveling from a more culturally informed perspective. Still, I consider it a blessing to have been able to travel at all.

Do you have any hobbies?

I once owned a flower shop and, I love arranging flowers, planting and cultivating gardens. But, now that I no longer have the flower shop, I still love arranging flowers and, have also become fond of taking pictures of flowers, nature and, gardening.

Sports-wise, I once desired to become a professional tennis player after winning my first amateur tennis tournament. I literally loved tennis so much I played six days a week for hours! Chasing a little green ball was the absolute epitome of fun and excitement for me. (I even trained in Ft. Lauderdale at the same tennis academy where Serena and Venus Williams trained as kids and, their hitting partner was my coach). I played competitively on the USTA tennis teams, and in the lower level professional circuit competing for prize money; from this circuit most tennis players advance to the professional tennis circuit; I didn't.

Interior design and fashion designing (and decorating) is the field in which I received my first degree but, I guess I can call those skills hobbies now, since I did not make it a career field, and I still love designing and decorating, when I have the time. I also like jogging and working out but, turned that hobby into a remunerative skill when I became the Personal Trainer I am today, conducting boot camps for getting groups of people physically fit and eating healthy. I train clients individually, as well, in that capacity. Another of my hobbies is volunteering. I truly love the feeling of volunteering and giving back to society and just knowing that I have made a difference. In the aftermath of the recent deadly tornadoes which devastated Lee County, AL, I was eager to do what I could to help as a regular volunteer with the American Red Cross telethon, collecting donations and; afterwards writing human interest articles for the organization's national website and newsletters, spotlighting its' effectiveness in making a positive change.

What do you like to do in your free time?

Now, since I no longer live in Florida, in my free time I find myself playing tennis (at a tennis club), watching a stage play at the theater, or attending a live jazz concert. (I love jazz music!) Also, since I love fulfilling my civic duty of volunteering, as much as I can, in addition to volunteering with the American Red Cross, I also volunteer; a) at the local humane society, walking the doggies and caring for them and; b) at my church's community help facility, the "Caring Center," where we provide food, clothing and assistance to the homeless and those in need and assisting with the community garden, where we grow fresh vegetables and fruits for those in need in the community.

Nevertheless, an interesting thing that some may find odd to do in one's spare time but, I love engaging in, is witnessing to others about my Christian faith.

Why did you return to school for your psychology degree?

One of the most difficult conundrums for me to ignore is an initiated but, unfinished endeavor. I

began a degree in psychology years ago but, had to put it aside when my mother became increasingly ill and, I had to stay home to care for her around the clock. It was certainly difficult to devote sufficient time or mental concentration to my studies and care for my mother, as well. Although my sights were set on going to law school, to become an attorney, I remained dedicated to finishing the final two years towards my psychology degree which I had commenced years ago. So, now along with being inducted into the National Society of Leadership and Success, here at Walden, I can punctuate this chapter of my life with a beautiful period at the end.

What was your career before returning to school?

Before returning to school, my primary previous “career” was as an international fashion model. I was also Vice President of a Collegiate Pageant based out of Miami and loved being in the midst of that excitement.

Also, my love for flowers led me to open a flower shop and I became a Florist. I found arranging flowers to be fun and therapeutically relaxing and a great de-stressor. Nevertheless, having fallen in love with tennis as a teenager, and receiving my first trophy at Auburn University I was bitten by the tennis bug. I was immensely fond of playing tennis and since I played competitively for money, I guess you could call that a career field, also.

I gave up modeling when my mother became ill, and initially worked with the state’s department of education for a short while, before resigning to take care of my mother full time. Then, after I lost my mother, I returned to education, but in the public school system, where I found the laws, restrictions and students to be extremely challenging and unsettling. I have also worked as a freelance Paralegal throughout my modeling years. Currently, I am a Personal Trainer, with other freelance, remunerative interests which I have engaged in for some years.

What has been your favorite class at Walden and why?

My favorite class at Walden, bar none, was Brain and Behavior. I absolutely loved that class so much I could sign up to take it a second time and do not feel I would be disappointed. That class embodies the crux of what psychology is all about. The discussions about the brain’s various regions and functions; what emotions and actions various areas of the brain lend itself to controlling, was so eye-opening. Also, learning about the various mental illnesses and what parts of the brain are affected in each illness, captivated me. I learned more in that class than in several other classes combined. I even commented to the instructor, that I thought that class, Brain and Behavior, should be a required class for every psychology student, regardless of their concentration in psychology. That class is simply the “meat and potatoes” of psychology. I still intend to go back and read the book, again. I cannot say enough about that class. I took it as an elective and am so happy I choose to take it. I think every psychology student will benefit from the Brain and Behavior course.

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

My future plans include starting law school in the fall to pursue my law degree. I am not exactly sure what my legal concentration will be because several areas of law interest me. I do know that I want to be in a position to make a significant difference in the culture of making the law protect and promote the rights of the underprivileged and those without access to a good attorney, or who have been unjustly convicted. There are many avenues one may help in the legal

field and I want to be available to do just that; help.

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

Any student seeking a B.S. in Psychology at Walden University, I would first say, be sure to take the Brain and Behavior course, regardless of your concentration in psychology. You will not regret it. Also, I would say that no matter how tough the going may get, don't even consider giving up or quitting; and know that Walden University is a solid foundation on which to build your future success.

A degree in psychology can lead to many careers in the social sciences. Mine will lead me to seek a career as an attorney. Wherever your degree leads you in your career, be prepared to make a positive difference. As you pursue your degree remember that sometimes the most important thing you can do to help yourself, is to do something to help someone else. Helping others is at the heart of psychology and bringing about social change; a selfless outlook towards helping others and improving society.

[BACK TO TOP](#)

Faculty Feature: Dr. Justina Grayman



Background:

Justina Grayman, PhD, started working for Walden in 2018 as a Contributing Faculty member in the BS Psychology program. Dr. Grayman is a community psychologist and artist (dance, film, community spaces) with a BA in Psychology from Stanford University and a PhD in Applied Psychology from New York University. Since 2013, Dr. Grayman has taught psychology courses at New York University and Manhattan School of Music. Justina is committed to inspiring communal liberation through divine connection.

Other Related Work:

When Justina did her PhD, she studied what influences people to form or join a group that engages in collective action (activism, basically). She is interested in all topics that will help her to understand how to get people to work together to create a brand new world and how we create experiences and living spaces that are liberating and transformative. She is also an artist (dancer/filmmaker) and uses her art to motivate people to take action and to create these

transformative community spaces. As a movement creator and filmmaker, Justina most recently premiered *Black Man in America* (2018), a dance film that explores what it means for Black men to break free. The film received tremendous community support, raising over \$21K for the project from over 400 supporters and premiering at San Francisco Dance Film Festival. Her first dance film, *Woman Versus* (2016) also explored collective liberation and was an official selection of American Dance Festival's *Movies By Movers*. As a dancer, Justina has been a company member in STREB Extreme Action Company (2013-15) and currently dances with Kristin Sudeikis Dance. As an activist-researcher, her largest project involved collaborating with over 30 New York City community organizers to study and reflect on the strategies they used to invite people to activism events. Justina currently dances and teaches psychology classes at Walden University (Intergroup Conflict and Peacebuilding, Racial and Ethnic Identities, Methods of Psychological Inquiry), while creating a movement method for raw, dynamic movement and partnering with communities to create celebrations of Black men (blackmaninamericafilm.com). Her ultimate mission is to transform the institutions of daily life with divine connection.

Advice

A piece of advice I give to my students is to take care of yourself. If you are at Walden, the reason why is because, despite all things you have going on, you have chosen to advance your education. You have already proven that you are beyond dedicated, and what matters is that you are psychologically healthy. Don't stress yourself out trying to be perfect because nobody is. Resting, understanding your limits, and knowing that you are doing the best that you can. Know that it is okay to take a day, an hour, a minute to rest your mind and not worry.

[BACK TO TOP](#)

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 here are some of those questions and answers.

Dear Wally,

I keep hearing people talk about writing like a scholar. Is that something different from what I have always done? I mean since I am in college, I am a scholar, right?

Sincerely,



Righter Wrong

Dear Righter,

I am glad you asked about this, because writing like a scholar is one of the most important skills for you to develop during your journey at Walden. Here's the thing—we are often judged by our writing. When we meet people face to face, we make judgments about them based on clothing, appearance, how they walk, how they talk, and so on. When we “meet” people in writing, through a paper or job application, then the same thing happens. Most of us work hard to make a good first impression, especially when meeting someone who might hire us! But we can't just think of fixing our hair, brushing our teeth, and remembering to stand up straight (thanks mom!), because our writing makes a first impression before we have the chance to impress with our enthusiasm and great smile.

As an extreme example, you might send someone a text message and you probably don't pay much attention to detail, right? Texting is casual and efficiency is the key. You might type “ill be here 4 u!” That works fine if the receiver understands what you are saying. But using poor punctuation, failing to capitalize I, and substituting letters or numbers for words would make a very negative impression in a more formal setting. Because our goal is to help you become a scholar, you will find that we constantly emphasize writing like a scholar. In truth, you could be brilliant and have a dozen degrees, but if your application starts with “ill be here 4 u!” then your resume will end up in the trash.

So clearly scholarly writing is a way to put our best foot forward in formal settings, but that is not all. It is most likely very different from any writing you have done before. Scholarly writing is a step up from the essays you may have written in high school, and even very accomplished creative writers sometimes struggle to adapt. Remember, we are joining the scientific community, and communication among scientists must be precise. Every field has its own standards and jargon, and psychology is no different. We always use the standard formatting developed by the American Psychological Association (APA). It may seem like your instructors get carried away with “APA style” but believe me, it is important. As you move through your courses here at Walden, proper APA formatting becomes increasingly important, but that's because this is how all psychologists write. It is how we make sure others can understand our work. As you read your textbooks and other sources, even articles published by preeminent scholars, you will see that everyone uses APA style. If you need help with this, and many people do, the Writing Center has tons of resources as well as tutors who can help you with this aspect of your writing.

I don't have enough room to cover everything, so let me give you two quick tips: **First**, always focus on facts and logic. It is very easy to talk about ourselves and our experiences, but when we are trying to understand entire people groups one individual's experience is not very meaningful. We also avoid opinions, because everyone has them! When a scholar makes a claim that something is “true” then the readers expect some evidence. That evidence might come from your text book or some other source (a scholarly source, not just some person from the internet!), but whenever possible we want to show that we have solid research to back up what we say. **Second**, use your own words as much as possible. It is tempting to just copy and paste what the experts say and then cite it, but that's not how we do things. Remember that you are writing papers to

demonstrate your understanding of the material and copying someone else's words does not accomplish that goal. Even if all your sources are properly documented according to APA style, a paper that is dominated by quotes is not a good paper. Your voice should be the primary one, and you should use the material written by other scholars to support your own claims. It can be challenging to master scholarly writing, but it is an important skill and well worth the time and effort.

Sincerely,

Wally

[BACK TO TOP](#)



Financial Aid

Adopted from the Student Affairs fall 2018 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!

[BACK TO TOP](#)

WALDEN UNIVERSITY
A higher degree. A higher purpose.

Walden University is accredited by The Higher Learning Commission and a member of the North Central Association, www.hlcommission.org.

FOLLOW US:



Academic Offices: 100 Washington Avenue South, Suite 900, Minneapolis, MN 55401

Administrative Offices: 650 S. Exeter Street, Baltimore, MD 21202

2019 Walden University. All Rights Reserved. You can review Walden's privacy policy at www.WaldenU.edu/privacy.