

WWU DEPARTMENT OF PSYCHOLOGY ANNUAL NEWSLETTER

2020

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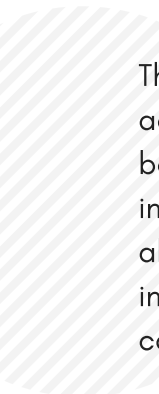
EVENTS



REFLECTIONS FROM OUR CHAIR

2020

I hope this letter finds everyone well. As you might expect, it has been an eventful year for Western and the Department of Psychology. Over the past year, I've fastidiously avoided the use of the term "unprecedented" to describe our current circumstances. The issues we face today are difficult, trying, and important, but I do not believe that they are without precedent. The United States has a long history of racist violence, political protest, and struggle with ideological differences. The addition of a global pandemic certainly intensifies matters, but also is not without historical precedent. Nonetheless, the combination of these factors has had a profound influence on our department. It has been difficult to be off campus and away from the face-to-face interactions that define the college experience for many of us. This has been particularly impactful, given the importance of social connection and support necessitated by the current circumstances. Despite all the obstacles and in the face of a wide variety of competing needs and unique individual circumstances, students, staff, and faculty have continued their work.



The Department of Psychology maintained their high levels of scholarly productivity over the past academic year. Faculty and students published 38 articles in peer-reviewed academic journals, 13 book chapters and gave 66 professional conference presentations. The vast majority of these included multiple student coauthors. Thanks to generous donations to the department, we were able to provide travel funding for 25 students to attend a wide variety of regional, national, and international conferences. To be able to present one's research to the broader scientific community is an important experience for many of our students.

Students, staff, and faculty in the department contributed 4,570 hours of community service to a wide range of local (e.g., Domestic Violence and Sexual Assault Services, Lummi Nation) and county (e.g., Whatcom Dispute Resolution Center, Whatcom County Health Department) partners. Faculty collaborated with colleagues from across the globe, including those from Mongolia and the Kingdom of Tonga. Thanks to the hard work of faculty, staff, and students, the Counseling Training Clinic shifted entirely to a telehealth model to be able to continue providing mental health services to the community throughout a global pandemic.

Of course, we also shifted an entire curriculum online in the face of a global pandemic. The compassion, camaraderie, and willingness to support one another that faculty, staff, and students displayed during that transition was breathtaking. I am so proud to be counted among their number. Adjusting to the COVID-19 pandemic has been a Herculean task, and I am exceedingly grateful for the patience and dedication of our students, staff, and faculty. Thanks to their efforts, the shift to remote work has gone much more smoothly than I could have anticipated.

As of Spring 2020, the Department of Psychology had 744 majors and pre-majors, across 3 undergraduate and 3 graduate programs. The Psychology major, at 306 majors, was the largest single major in the university and the Behavioral Neuroscience major hit an all-time high of 65 enrolled majors. Two hundred and sixty-nine undergraduate and graduate students earned degrees from the Department of Psychology, another all-time high for the department. An additional 10 students graduated with degrees in Human Development, a major for students working toward their teaching certification with an endorsement in elementary education.

Through it all, I am struck with the continued relevance of Psychology and Behavioral Neuroscience education. We produce critical thinkers who are informed consumers and producers of scientific knowledge. We produce informed citizens, who understand how broader systemic forces influence and are in turn shaped by human behavior. We produce empathic, caring human beings, who work tirelessly for social justice and the well-being of others.

This year will be another busy one. We will continue working to find ways to support our students and maintain our commitment to inclusive excellence while working remotely. We are completing several major revisions to our core research methods and statistics sequence, with an eye toward implementing them next year. These changes should result in a more streamlined and relevant student experience through our majors, while maintaining our commitment to scientific inquiry. We will also continue to critically examine and, when necessary, revise departmental policies and practices so that they reflect our commitments to social justice and anti-racism.

I would like to thank all of you who have so generously donated to the Department of Psychology. Your contributions to the Western Washington University Foundation have helped us support students in both the undergraduate and graduate programs by providing funding for student scholarships, conference registration fees, travel to conferences, computer software to help support instruction, and computer lab maintenance. We appreciate your support in the past and look forward to your continued support in the future.

I hope you will consider visiting (virtually, of course!) the department during some of the events we have this year. Your invitation to PsychFest, our annual celebration of student research, stands. If you would like to join us, PsychFest will be held on Friday, June 4, 2021. We will also be hosting several research talks throughout the year, including the Center for Cross Cultural Research speaker series. Many of these events are more convenient to attend than ever, given they are held remotely via Zoom. Please contact psychology@wwu.edu with questions or follow us at @WWUPsychology on Instagram and Facebook to be kept up to date.

Thank you for your continued involvement in the Western community, and your continued interest in the Department of Psychology. I hope you are healthy and well!



Jim Graham, PhD, Professor and Chair

CELEBRATING GRADUATION

by Barbara Lehman, on behalf of the Psychology Department

It is strange to be writing a note of celebration at the end of what has been a difficult year, but it is important that we celebrate the 258 Department of Psychology graduates of 2020! My seminar students (many of whom just graduated this quarter) and I have been studying social connections in the context of the Covid-19 pandemic. Our vibrant class discussions have helped me to understand some of the consequences of social distancing for our graduates. This experience informs the three topics below.

THIS IS A TOUGH TIME TO GRADUATE

Due to geographic barriers, illness, and social distancing guidelines, many students have been unable to celebrate with their own families. It is indeed a difficult time overall, perhaps especially for those who are going through a major life transition as important as graduating from college. I've heard students say it feels anticlimactic, or like their time at Western is not truly finished. This is not surprising—this was not what graduates expected when they started college. We also know from data that my seminar students collected both last spring and this quarter that many of our undergraduates are struggling financially and emotionally. This pandemic is stressful!

STUDENTS HAVE SUCCEEDED DESPITE THESE CHALLENGES!

We all need to acknowledge and celebrate the fact that many students either graduated earlier in 2020 or will graduate very soon! Many of the 58 students just graduated this fall (as with those who will graduate in 2021) took some of our most challenging courses in unfamiliar and likely less interactive online contexts. That format may have worked well for some, but I am sure that it was demanding for most. Please take a moment to appreciate how hard everyone must have worked to succeed and finish those classes during this time. Many students held jobs through most of their college careers, but lost them during the pandemic. Others experienced the strain of balancing a changing work environment during the pandemic while still being a student. Despite this anxiety and uncertainty, members of this group of 2020 graduates finished their classes and graduated. CONGRATULATIONS to each of you! You have a lot to be proud of.

THE DEPARTMENT OF PSYCHOLOGY IS PLANNING AN IN-PERSON CELEBRATION FOR ALL 2020 AND 2021 GRADUATES.

Plan to come back to Western and celebrate with your fellow graduates, your family, and your Psychology faculty. Alumni and their families will get the opportunity to celebrate together on campus! For example, as a student you might see people you recognize from in-person or online classes, maybe someone you met in your first quarter at WWU, or run into the faculty member who t

aught your first psychology class, or that faculty member who made you better understand your goals or abilities. We will all celebrate together. Obviously, this event won't happen soon, and may or may not be possible in 2021. However, at some point you will be able to return and gather at Western—maybe on the skybridge or outside. We will let you know the date as soon as we know it. Your faculty can gather to meet your family and to celebrate your accomplishments. There will be pictures and food, and the possibility of visiting places you did not expect to leave for good when you left campus in March 2020. In the short term, please hold a place in your heart for that to happen, and watch for details on this event. Maybe when you think about getting tickets to attend your first live concert or theater performance, think about WWU and whether you have seen any announcements. We are very much looking forward to helping you celebrate graduation from your alma mater.

CONGRATULATIONS, 2020 GRADUATES!

A NOTABLE GRADUATE

SAGE ARVILA

Sage Arvila graduated in the fall of 2020 from the Behavior Neuroscience Program. Sage has so far been accepted to Harvard Medical School, University of Washington School of Medicine, Boston University School of Medicine, and Geisel School of Medicine at Dartmouth College. She is awaiting more admission decisions from schools she interviewed at before she makes her final decision. This is very impressive, and the Department of Psychology congratulates Sage on this outstanding accomplishment!



ALUMNI SPOTLIGHT

MICHAEL WILLIAMS

Quantitative Research Analyst
User Research International



GETTING STARTED

Mike began his experience at Western intending to pursue a track in Behavioral Neuroscience, but he soon noticed he was finding his Psychology courses more interesting than Chemistry and Biology. He pursued Psychology instead, declaring his major and getting involved in hands-on

research. This happened quite by chance: during his brief tenure as Press Secretary for the WWU Minecraft club, a faculty member requested help exploring the possibility of using that game for research. Mike met Dr. Sampaio, learned what she was trying to study, and then got involved in her Spatial Memory Lab. He worked very closely with Dr. Sampaio to help create new virtual environments to test spatial memory biases. He had the opportunity to work in VR, build digital spaces in Unity, test interesting hypotheses, and help write and present research in major journals and local conferences. Working in a research lab led Mike to pursue a Master's at Western's Graduate School, from which he graduated in 2018 with a M.S in Experimental Psychology.

EARLY CAREER

After graduation, Mike found a job working as a Research Analyst for Ipsos, a market research firm with a wide range of services across many domains, most notably perhaps being their political polling with Reuters. He joined the Media Development team in late 2018. His job entailed helping manage research projects through the developmental stages, keep studies on track, collect and analyze data, and report it to shareholders. His main focus was on YouTube and its range of services, and he worked on studies ranging from quick, ad-hoc, spur-of-the-moment studies as well as long-term, well-planned tracking studies across international audiences. One especially memorable project Mike helped on was helping measure brand lift for Hulu as a result of their ad campaigns before, during, and after the FIFA Women's World Cup.

Working at Ipsos was a great experience, but he didn't feel as though he was getting the project-management experience and the exposure to the research like he had had in graduate school. Mike wanted to actually ply the skills he had learned from the graduate program. When he found an opportunity to make the switch to UX/UI research with User Research International (URI), he took the chance. He is now on a much smaller, much scrappier team and he is doing a lot more work than before, but he is getting the exposure to and the ownership of the research like he had hoped for. Mike works one-on-one with clientele from small and enterprise-level companies to

help build their projects and answer their questions. It's a position of trust and responsibility which, in hindsight, makes him very glad he had learned about "Imposter Syndrome" during his time at Western so he'd recognize the symptoms beforehand. He have learned a lot in a short time.

USING THE SKILLS

After Graduate School many of the skills Mike had picked up did not immediately transfer over. His time as an analyst at Ipsos was more akin to "data entry/quality control specialist" instead of real analysis. At URI, Mike is much more hands-on with more complex analyses: Kano, MaxDiff, Persona Segmentation, HLM, regression, and ANOVAs are all back-pocket offerings for us. His team of five has 2 PhDs and a wealth of experience in this realm. Mike says that he is grateful to the Psych faculty for giving him a leg-up on that to help him succeed. And after working in Market Research, the thought of getting a PhD of his own is still on the table. Mike believes that the skills he learned at Western will undoubtedly aid him well towards achieving that goal.

ALUMNI SPOTLIGHT



JULIA STAFFORD

Research Coordinator

Happify

GETTING STARTED

Julia graduated with her Bachelor of Science in Psychology from Western Washington University in the spring of 2018. At Western, she worked in two social psychology research labs, focusing on social support in Dr. Lehman's lab and cultural conceptions of happiness in Dr. Scollon's lab. As a research assistant, she refined her skills in data analysis, survey design, applied research methods, and applied social psychology literature. After graduation, Julia continued to work in Dr. Scollon's research lab, commuting from Bellevue to Bellingham regularly. During this time, Julia and Dr. Scollon began to talk about career opportunities and future directions Julia could pursue after her lab commitment wrapped up later on in the summer. Dr. Scollon recommended Julia reach out to positive psychology colleague in Ohio who was in need of a research assistant in a startup digital therapeutics company. The start up was searching for an assistant who was grounded in the science of positive psychology and other proven behavior change disciplines. After a long, arduous interview process, Julia was hired!

STUDENT TO EMPLOYEE

The name of the company is Happify. Happify is composed of scientists, researchers, healthcare clinicians and digital gaming experts who apply cutting-edge science to digital applications, thus empowering users to lead happier, more fulfilled lives through gaming and technology. All activities, games, and articles on Happify's web/mobile platform are evidence-based and clinically-validated. Happify engages users with a wide range of needs across the mental health continuum. Happify is committed to maintaining the wellness of users who are living with chronic diseases, and providing support for diagnosable mental health conditions. With this job, Julia is able to apply the fundamentals and tools she had learned during her undergrad experience as a psychology graduate to a career. This was a career path that Julia felt deeply passionate about, and she continues to feel fulfilled everyday in her pursuits.

A YEAR OF IDEA

This past year the Psychology Department organized an equity, diversity, and inclusion committee. In Fall of 2019, one of the first orders of business was to name the committee the IDEA committee (which stands for Inclusion, Diversity, Equity, and Advocacy). This has been a busy year for the IDEA committee. At the beginning of 2019, our primary focus was to support the Department's Assessment Committee by reviewing the proposed Department Climate Survey to be administered to Psychology undergraduates. The motivation to participate in this endeavor was the hope that the outcome of this survey would provide some of the goals for the IDEA committee.

In addition, the IDEA committee began to consider ways to reach faculty on topics of equity, diversity and inclusion and organized "IDEA breaks" for the start of faculty meetings. The first one was to be offered by Ira Hyman; however, 2020 had other plans and with the pandemic and the subsequent cessation of service commitments while faculty were hurriedly transitioning to an online teaching format, much of the initial momentum of this work stalled.

Just as we were familiarizing ourselves with pandemic teaching, 2020 would step in again and move the work of the IDEA committee to the forefront of our minds following the police killing of George Floyd and the protests that followed. The IDEA committee served as a resource for faculty on how to approach end-of-quarter assignment deadlines in light of current events. To this end, the IDEA committee reached out to faculty in an email offering guidance and support for how to promote equity during these times.

On June 22nd, the Black Students Organization on campus released a letter with a list of demands to the University to address systemic racism at Western. The Psychology Department was mentioned in this letter highlighting the need to address our hiring practices and lack of

representation of Black faculty. In response to this letter and with a desire to take action, the IDEA committee convened over the summer to organize and push forward on several fronts to respond to the letter by the Black Student Organizations and to address the systemic problems in our Department. The first action taken was to compose a letter outlining 6 action items we were committed to:

1. Hire outside consultation to promote equity in hiring practices of psychology faculty and recruitment of Black faculty, ideally in collaboration with other departments who have the same hiring needs.
2. Provide anti-racism training for faculty and staff (with ongoing accountability groups), and training around awareness of and addressing of anti-Black racism.
3. Integrate anti-racist educator self-assessment, action, and ongoing accountability in the Department Evaluation Plan.
4. Assess the recruitment and the barriers to entry to the undergraduate majors, and the effect those have on Black students. Adjust major application procedures in a way that addresses inequities in students admitted to the major and underrepresentation of Black students in the major.
5. Diversify authors included in the curriculum, with increased representation of and engagement with work by scholars of color, including Black women and trans people of color.
6. Assess the barriers to admission to our graduate programs, and the effect those have on Black students. Address graduate program recruitment and application process to address any inequities that could be contributing to the underrepresentation of Black students and other students of color in the graduate programs. This letter was posted to the Psychology Department website and individual faculty members signed this letter of commitment.

To address this list of actions, the IDEA committee collaborated with the Center for Cross-Cultural Research to bring to the faculty retreat an introductory anti-racism workshop ("Undoing Racism") hosted by the People's Institute for Survival and Beyond; a group recommended in the 2020 Holistic Wellness Recommendations report from the Council for Equity, Inclusion and Social Justice. This workshop gave momentum to the work IDEA was committed to. As well, some felt that this shared experience helped create some common vocabulary and understanding amongst faculty and staff in the Department about issues of equity, inclusion and diversity.

This past fall, the IDEA committee introduced bi-weekly Brown Bag events when faculty and staff from the department could meet on Zoom and discuss IDEA-related issues in a more casual forum. Some topics included discussing the impending federal election and how that was affecting students, and performing a power analysis of the Department to identify spaces and models that could be seen as barriers to underrepresented students. We also began to

make headway with the Office of Institutional Effectiveness to access the necessary data on Psychology Department undergraduate and graduate student enrollment, and with Human Resources to gain information about previous employment/faculty applicants. The goal of these endeavors is to ascertain the current state of the Psychology Department with regards to equity, diversity and inclusion – both in terms of student interest in, and progress through, the major and graduate programs as well as faculty hiring.

It has been an eventful year and we, on the IDEA committee, have learned a lot; but there is more work to do. We are grateful that, as a Department, we had initiated working on issues of equity, inclusion and diversity prior to the pandemic, and that this committee was in-place as a resource for faculty and staff interested in working on promoting equity, inclusion and diversity for our faculty, staff and students.

DEPARTMENT NEWS

WELCOME DR. JENNIFER McCABE



Dr. McCabe joined the Department of Psychology at Western Washington University in Fall 2019. She completed her doctorate in clinical psychology at the University of Iowa where she began her studies in maternal-child health. During her postdoctoral fellowship, Dr. McCabe received specialty training in couples and family health, and some of her clinical experiences include providing couples therapy, parent coaching, and treatment for postpartum depression.

As director of the EMBERcenter, Dr. McCabe studies pregnancy and postpartum health and its consequences for parenting and child development. Dr. McCabe also teaches Health Psychology and related courses at Western, and supervises undergraduate and graduate students in their studies.

COUNSELING TRAINING CLINIC SHIFTS TO TELEHEALTH DURING COVID

Covid has led to some significant changes for our counseling graduate students working in our Counseling Training Clinic. Last spring with the development of Covid and the closure of the university to in person functions, we collaborated extensively with our HIPAA compliance officer, Nicole Goodman, to develop sound, secure practices and procedures for providing telehealth and

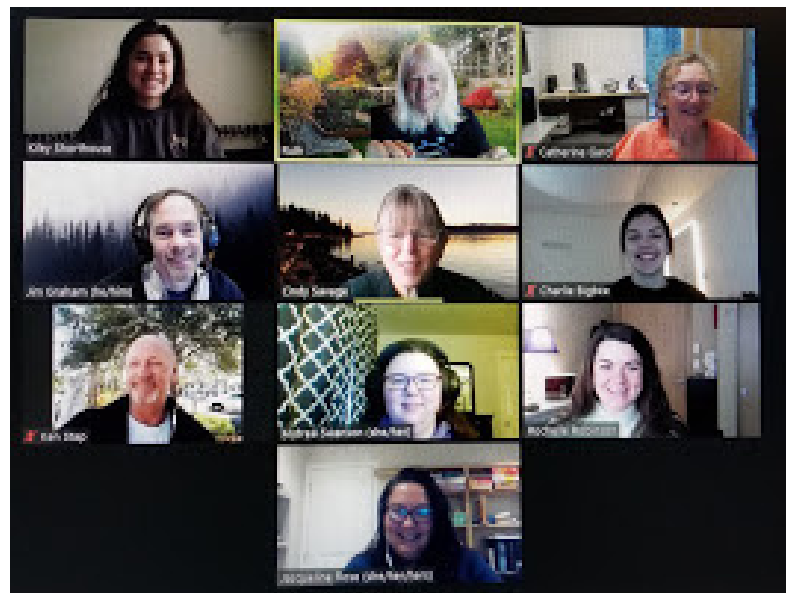
video counseling services to our community clients that were compliant with HIPAA requirements and American Counseling Association ethical guidelines. New students this year are being trained thoroughly by counseling faculty in telehealth/video procedures for counseling in preparation for their clinic work. Our clinic will be open again this January-June and will be providing video counseling services to adults and teens in the community. Parent consultation services will also be offered for parents of younger children. Counselors are trained to deal with a wide range of issues such as: depression, anxiety, relationship difficulties, vocational choices, grief, communication problems, parent-child conflict, and childhood issues. The Counseling Training Clinic provides over 500 hours of direct counseling services annually to people in the Bellingham community.

VIRTUAL STAFF CONNECTION

Prior to COVID 19 the Psychology staff had little need to work using Microsoft TEAMS or Zoom. It was a normal day in the office last March when word spread, they should go home and begin working remotely. "Right now?" "Right now!"

Much like faculty, the need to suddenly regroup and adapt to a much different work environment happened overnight.

So here they are, thriving and connecting with each other from afar! Using technology, electronic forms, and TEAMS they meet behind the scenes to make sure everything is working smoothly for students, faculty and our co-workers.



Here are some comments from our staff members:

RUTH HACKLER

ADMINISTRATIVE SERVICES MANAGER

Initially, I was a little intimidated by meeting with colleagues using the video features of TEAMS and Zoom. Working from home and collaborating this way has created an opportunity for growth as our previous way of doing things was completely uprooted. I have become much more comfortable working this way over time. Now I really appreciate the ability to "see" my friends and colleagues this way.

ANDREA SWANSON

ADMINISTRATIVE SERVICES MANAGER FOR THE BEHAVIORAL NEUROSCIENCE PROGRAM

I have enjoyed being able to harvest veggies from my garden this summer during my lunch break, while at the same time miss the conversations and coffee breaks with co-workers.

ROCHELLE ROBINSON

UNDERGRADUATE MAJOR COORDINATOR FOR PSYCHOLOGY

I am blessed to have access to an ideal remote work environment at home, but I also genuinely miss connecting with students and colleagues in person. As unexpected as this time has been, remote work continues to provide opportunities to improve systems and modes of access, which I hope we maintain after returning to campus.



SCHOLARSHIP SPOTLIGHT

MERRY CAPOZZOLO

ETHAN REMMEL MEMORIAL SCHOLARSHIP AND THE FRANK A NUGENT MENTAL HEALTH COUNSELING GRADUATE SCHOLARSHIP

Merry is a second year Clinical Mental Health Counseling graduate student, who was awarded the Ethan Rimmel Memorial Scholarship and the Frank A. Nugent Mental Health Counseling Graduate Scholarship last spring. She grew up in Pennsylvania and moved to Bellingham in 2016, where she completed her BS in psychology at WWU. She attributes her motivation for becoming a counselor to her extracurricular activities, all of which have children and adolescents at their center. She has volunteered for 7 years at Camp Erin, an annual grief group for bereaved children, for three years leading various support groups for grieving children and their families, and for one year as a Crisis Counselor at Crisis Text Line.

For the past two years, she has worked as the Teen Night Coordinator at Our TreeHouse, a non-profit organization that serves grieving children and their families in Whatcom county. Since receiving her scholarships, Merry has begun a year-long internship at Compass Health, Bellingham. She has continued to work in Dr. Tina Du Rocher Schudlich's Family Lab, focusing on Dialectical Behavior Therapy efficacy for young adults and adolescents. Their most recent abstract was accepted to the WACES conference, and she looks forward to publishing their work. Merry has continued counseling related work at Our TreeHouse, where she plans to participate in the Community Links program offering services to families with minors who are in juvenile court. Merry notes that because of her scholarship awards, she was able to quit one of her jobs which allows her to spend more time doing counseling related work and to focus on her clients and classes. Upon graduation, Merry plans to earn her license as a mental health counselor.

SCHOLARSHIP SPOTLIGHT

LINDA PACHECHO

MERLE PRIM SCHOLARSHIP FOR DIVERSITY AND INCLUSION

Linda is an undergraduate student in the psychology department who was awarded the Merle Prim Scholarship for Diversity and Inclusion last spring. She was born in Peru and came to the US in 2005. She has been involved in Dr. Alex Czopp's research lab on the psychology of prejudice and assisted a graduate student with her study on system justification. Linda notes that the amount of support she has received at Western is unmatched and she is happy to be a part of a community that is inclusive and caring. Linda hopes to become a medical social worker and thinks Western will provide her with a great foundation for her continued education. Upon learning she was a scholarship recipient, Linda screamed and ran out to the living room to tell her parents and little brother, they were so happy we did a happy dance. During difficult emotional and financial times, she is appreciative of the scholarship assistance. Since receiving the scholarship, Linda is proud to be the secretary for Psi Chi. She has continued to work in Alex Czopp's lab and plans to do more studies on the issues surrounding racism and prejudice.

JIANBO HE

ASSOCIATES IN MENTAL HEALTH COUNSELING SCHOLARSHIP



JianBo is a second year Clinical Mental Health Counseling graduate student, who was awarded the Associates in Mental Health Counseling Scholarship last spring. He was born and raised in the small town De Yang, in the ChengDu province of China, before his family moved to Bellevue, WA in 2006. JianBo graduated in three years with a BS from the Psychology Department at WWU.

JianBo appreciates the beautiful Mt. Baker, Boulevard Park and various scenic spots locally. WWU has offered him the opportunity to explore his independence by staying close enough to help his parents if needed but is far enough away that that he can exercise his autonomy. In his spare time,

JianBo loves to go on jogs, working out at the gym, spending time playing various sports with his friends, and exploring new restaurants and various stores downtown. JianBo is fascinated by learning what makes us do what we do and how to help someone achieve the best life they can. He was inspired to become a counselor by his great aunt's struggle with major depressive disorder and watching her battle the illness daily, which made him realize the lack of services available and need for mental health counselors.

JianBo is appreciative of the many people who have supported him his entire life: his high school teacher who pushed him to challenge himself by taking harder classes and attending college; his friend's mother who helped him navigate through the application process and FAFSA application; Western's professors who guided and shaped his work ethics and independent evaluation of evidence; and his peers who are driven, supportive, and inspired to make the work a better place for others.

Since receiving his scholarships JianBo has continued to work in Dr. Aaron Smith's Warrior Wellness lab, and recently joined the THRIVE (Theory, Healing, and Research on Interpersonal Violence Exposure) lab led by Dr. Brianna Delker. He is also working with other cohort members (Stephanie, Cindy, and Merry) on another research project looking at client's experiences transitioning from face to face to telehealth counseling supervised by Dr. Brent Mallinckrodt. He is continuing counseling related work at Compass Health Bellingham as a clinical intern and plans to pursue PhD in Counseling Psychology in the near future.

SUMMER PASCUAL

PSYCHOLOGY DEPARTMENT SCHOLARSHIP

Summer Pascual was awarded the Psychology Department Scholarship this past spring. She is from San Jose, CA . She has been on the President's list every quarter since the fall of her freshmen year. She has been working as a research assistant in two different research labs. She studies eating and body image with Dr. Anna Ciao and race and prejudice with Dr. Alex Czopp. Summer notes that working with the psychology department at Western has been such a wonderful experience. She said that it has been more than she could have hoped for when she first started her undergraduate degree.

Summer has wanted to study psychology to work in the mental health field for a long time in order to help those with marginalized identities take care of their psychological well-being. She said that the knowledge and experience she is gaining from her research labs are helping her to work towards her long-term goals of studying how mental illness affect people of color differentially. She would also like to examine the ways in which accessing mental health services is different for people of color and work to make those services more accessible for them. This point in her academic career is just the beginning of being able to achieve these goals. Since receiving her scholarship, Summer has continued work in Dr. Ciao's Eating and Body Image lab as well as Dr. Czopp's Prejudice lab. After graduating, she plans to do more work in the mental health field with a focus on diversity.

FACULTY NEWS

DR. SATTLER BRINGS DR. GOODALL TO BELLINGHAM



Dr. Sattler and world renowned chimpanzee expert Dr. Jane Goodall

Dr. David Sattler received the WWU Philip E. Sharpe, Jr. Community Engagement Award in recognition of community service, outreach, and engagement that benefit the well-being of the community. He was responsible for bringing world renowned chimpanzee expert Dr. Jane Goodall to Bellingham. He served as a delegate at United Nations Climate Change Conferences in Poland and Spain for the Kingdom of Tonga, a small island developing state in the Pacific. He served as a Mentor for the Climate Reality Leadership Training Corp led by former Vice President Al Gore.

Dr. Sattler conducted projects in Mongolia and Tonga exploring how climate change is impacting life and adaptation. His Seminar in Social Psychology students published an article in *Psychology & Marketing* (a peer-reviewed journal) based on a class project conducted at the Woodland Park Zoo, while students in another Seminar received the WWU Research and Sponsored Programs Undergraduate Grant Award and conducted a nationwide study examining COVID-19 responses. Dr. Sattler published articles examining COVID-19 spread in the South Pacific, climate change adaptation in Tonga (with Dr. Jim Graham), and posttraumatic growth (with Dr. Aaron Smith). He served as a reviewer for the Congressionally Directed Medical Research Program. Finally, the Supreme Court of Washington State appointed Dr. Sattler to the Washington State Bar Association Disciplinary Board.



Dr. David Sattler, Boldsuren Bishkhorloo (National University of Mongolia) and Rhys Logan (WWU) meet with nomadic herders to learn about the effects of climate change in rural Mongolia

FACULTY NEWS

DR. JOSH KAPLAN RECEIVES GRANT

Assistant Professor Josh Kaplan was awarded a Student Technology Fee grant for \$13,383 to purchase a portable electrophysiology rig for classroom-based research and instruction. The electrophysiology rig can be implemented in PSY 220 for classroom demonstrations of drug action in the brain as well as neuroplastic changes that accompany learning. It can be used for in-class laboratories in the BNS 305/306 series and used to collect data in BNS 428 Techniques in Behavioral Neuroscience course. It will also be available for student research projects that seek to investigate neurophysiology-related research

questions. Dr. Kaplan runs a research lab studying the developmental impacts and therapeutic benefits of cannabis and plans to integrate research-based investigations of drug effects on brain activity into the classroom using this tool.



DR. BRIANNA DELKER CREATES A NEW COURSE

In summer quarter 2020, the Department of Psychology and WesternOnline launched a new online course, Psychology of Trauma (PSY 297). From the international #MeToo Movement, to high-profile allegations of child abuse in athletics and religious organizations, to the trauma of racial violence and intergenerational forms of oppression: trauma and its effects are widespread, but often misunderstood and stigmatized. The Department of Psychology is proud to be among the few college psychology departments nationwide offering a comprehensive, introductory course on the psychological science of trauma.

In PSY 297, students learn about trauma and its potential impacts on the mind, body, and brain; the diagnosis and psychotherapeutic treatment of trauma-related mental health conditions; and the importance of the social and cultural contexts in which trauma unfolds. As part of a trauma-informed approach to teaching, Dr. Brianna Delker designed PSY 297 to be online and asynchronous—students complete weekly learning modules independently. This format gives students maximum flexibility and autonomy to absorb the sensitive content of the course in the setting of their choice and at the pace of their choice. Feedback from summer 2020 students was really positive and we can't wait to offer the course again in 2021!

DR. TODD HASKELL: RESHAPING PSYCHOLOGY MAJOR STEREOTYPES

There are plenty of stereotypes about who chooses which majors. Psychology is no different. Students are often unaware that a psychology major is highly applicable to a career in high tech, advertising, or human resources and that they can go into the workforce without a graduate degree.

This year, psychology students Liz Han, Scott Lieberman, Maya Misaki, Clairiz Nel, Ximena Perez Rivero, Amanda Wells, and Cora White are working with Dr. Todd Haskell on an applied research project to help reshape the image of the typical psychology student. The goal is to make that image better reflect the many different kinds of students who pursue the major, and the great variety of paths that psychology majors take after they graduate. Along the way, the student researchers will learn how psychology relates to important concepts in marketing, such as market segmentation, customer journey maps, and unique value proposition.

The project showcases a side of the field that is much less well-known than counseling, but that arguably has just as much impact on society. Ultimately, the hope is that by presenting a broader vision of what psychology is and who studies it, students who previously wouldn't have considered a psychology major might give it a try. And that may help tomorrow's psychology be more diverse than the field is today.

A L U M N I N E W S

MEGAN BLEDSOE

Megan Bledsoe (MA, 2005), a middle school counselor at Discovery Middle School in Vancouver, Washington was chosen as one of the recipients of The American School Counselor Association's (ASCA) 2021 School Counselor of the Year awards program. Megan is a graduate of the Psychology Department's School Counseling master's program. She is the only award winner from the West coast. Megan and her fellow finalists were chosen by a review panel for their significant contributions to their students' academic achievement, social-emotional development, and educational career planning. The ASCA Executive Director Jill Cook, stated, "Through their dedication, contributions and excellence, these finalists



have demonstrated their commitment to the values and mission of the school counseling profession." Congratulations, Megan!

ALUMNI NEWS

ELEANOR YOUNG

Eleanor Young (BS, 2020) along with WWU alumni Rowan Salton (THRIVE alumina) and Hanna Estes were awarded the 2019-20 Undergraduate Research Award in June 2020 for their paper "Public Perceptions of #MeToo Gay Male Sexual Assault Disclosure: A Qualitative Content Analysis of Facebook Comments." They conducted the research and wrote this paper for the seminar PSY 451, Psychology of Trauma in Social & Cultural Context. They also co-presented the paper at PsychFest 2020.

AUTUMN LYNN & ZACHARY HORROCKS

THRIVE Lab alumni Zachary Horrocks (BS, 2019) and Autumn Lynn (BS, 2019) started mental health-related graduate programs this fall 2020. Zachary is attending Gonzaga University's M.A. Clinical Mental Health Counseling program and Autumn is attending the University of Denver Graduate School of Social Work with a Mental Health Concentration. Congratulations, Autumn and Zach!

CHASE OCHRACH

Chase Ochrach (MS, 2018) is a doctoral student in Counseling Psychology at the University of Wisconsin. She has been working with adjudicated youth and conducting forensic assessments at Mendota Mental Health Institute for the past year and she just started working at the VA Hospital in Milwaukee on the DBT team. She has worked on research involving children experiencing homelessness, parenting, sex offenders, and is currently working on her dissertation which investigates attachment, values, and meaning making processes for formerly incarcerated youths. She is slated to graduate in 2023. She has two recent publications with colleagues from WWU in the Journal of Psychopathology and Behavioral Assessment and the Professional Counselor.

BECKY WOOD

Becky Wood (MS, 2015) serves as the Worker Retraining Program Administrator at the Washington State Board for Community and Technical Colleges, which is a critical program now as the state begins its economic recovery from the recession caused by the COVID-19 pandemic. As program administrator, she provides fiscal and policy guidance to the colleges and career schools participating in the Worker Retraining program. Within the last year, she has enhanced statewide collaboration among college program staff and external partners — including the Workforce Training and Education Coordinating Board, Employment Security Department, and Washington State Labor Council — to enhance student support and labor market-relevant instructional programming. She also partnered with the Washington Student Achievement Council and Office of Superintendent of Public Instruction to develop cross-agency alignment of industry recognized credentials to opportunities for high school students to transition to college programs. In her current position, she continuously apply my graduate psychology research training to inform data-driven policy changes and recommendations to increase equitable educational access and attainment across the community college and technical college system.

UPCOMING EVENTS

WINTER QUARTER

1

January 25 4pm-5pm: Center for Cross-Cultural Research Speaker
AERIKA LOYD, UNIVERSITY OF CALIFORNIA, RIVERSIDE

SPRING QUARTER

1

TBD Center for Cross-Cultural Research Speaker
JILLIAN FISH, UNIVERSITY OF MINNESOTA

2

May 27
WWU GIVE DAY

3

June 4
PSYCHFEST

STAY IN TOUCH

We are always interested in the paths that our students have taken after graduation from Western, and we believe that our community will also be interested. We encourage everyone to send news items at any time at psychology@wwu.edu or via [this link](#).

Check out and follow our WWU Psychology Department Community at WWUPsychology:



SUPPORT OUR COMMUNITY

If you like to support our community, you can do so any day of the year by clicking [here](#). Gifts may also be given on Western's [Give Day](#).

Gifts to our WWU Psychology Department are instrumental in providing valuable experiences for our students. We thank all our donors for their generosity and support!



**WWU
Give Day
05.27.21**