



# WWU Department of Psychology ANNUAL NEWSLETTER

2022

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# REFLECTIONS FROM OUR CHAIR

The start of the 2022-23 academic year feels both familiar and new. Save for the uncharacteristically warm and sunny October (and the recently dispersed smoke from wildfires), campus looks much like it did before the COVID pandemic. Campus is full of activity and the energy that comes with the start of the year. Additionally, many of the practices that helped us make it through the past two years have been incorporated into our daily lives. Masks, while not required, are common, meetings are just as likely to take place virtually as in-person, and classrooms and the workplace have become more flexible, allowing for remote work when needed. Over the past years I have heard many folks talk longingly about a desire for things to return to “normal.” While that may eventually come to pass, the “new normal” seems to be working well. Students, staff, and faculty are resilient, and seem to be using past challenges as an opportunity to improve for the future.

At the end of last year, PsychFest, our end of the year celebration of student research, returned to an in-person format. It was our largest ever. There were over 200 undergraduate and graduate students presenting the results of their research across 62 poster presentations and 6 talks. While the online versions of PsychFest that have taken place over the previous two years have been impressive, nothing beats the buzz and excitement of a room full of student researchers presenting their research and discussing implications. For this year’s 2023 PsychFest we’ll be working with the university advancement office to invite alums and friends of the department back to campus to join the festivities. I hope you’ll consider attending!

There have also been a variety of personnel changes over the past year. Dr. Janet Finlay has retired. Her leadership and initiative resulted in the Washington state legislature’s funding of the Behavioral Neuroscience program. To date, over 300 students have graduated with a degree in BNS thanks to the program Dr. Finlay helped create. Dr. Cristina Sampaio has also left Western this year. Dr. Sampaio is a cognitive psychologist and was the advisor for the User Experience (UX) Design Minor. Graduates of this program have highly sought-after skills, using psychological science to understand how end users interact with products, and how design choices can impact the experience of the user. Dr. Sampaio is currently living in Scotland with her family. Finally, Ken Stap, our long-time information technology support technician, general problem-solver, and waffle chef retired last year. He is currently enjoying focusing his time on being a grandfather, fishing, and enjoying the sunshine.

With departures, come new arrivals. This year we welcomed two new tenure-track faculty members. Dr. Michi Matsukura and Dr. Michael Warren, whose backgrounds are highlighted elsewhere in this newsletter, started in the fall. We are also pleased to welcome Kyle Ricks, our new IT support technician.



Thank you to all who have so generously donated to the Department of Psychology over the past year. 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 and student travel to conferences. Thanks to an especially generous year of giving, we are pleased that we have been able to increase the financial support that we can provide to students presenting their research at professional conferences. We appreciate your support in the past and look forward to your continued support in the future.

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!

Warmly,



Jim Graham, Department Chair

## DEPARTMENT NEWS



### **WELCOME DR. MICHİ MATSUKURA** Assistant Professor of Psychology

Dr. Matsukura considers herself the luckiest person in the world as she joined the Department of Psychology at Western Washington University. She is a cognitive psychologist by training, whose research expertise falls in the field of vision. At Western, she will be guiding students to learn (a) how cognitive psychologists investigate possible internal mental processes that give rise to ultimately expressed behaviors, and (b) how cognitive neuroscientists identify neural correlates of these internal mental processes—which cognitive psychologists examined earlier.

Every moment, our visual system is bombarded with numerous inputs. Because we cannot process all these incoming inputs, we select and process inputs relevant to our goal while filtering out other inputs.

Dr. Matsukura's lab investigates these selection mechanisms utilizing both eye-tracking and non-eye-tracking methods. As promoting equity and inclusion has been an integral part of her career, Dr. Matsukura looks forward to having opportunities to connect with communities on and off campus. Please contact her at [matsukm@wwu.edu](mailto:matsukm@wwu.edu) to inquire about possible synergistic activities such as science outreach. Dr. Matsukura received her B.A. and M.S. at the University of Oregon, Ph.D. at the University of Iowa, and completed her postdoctoral training at the University of Edinburgh (Scotland, U.K.) and the University of Iowa. She has been serving for the merit review panel for NSF: MRI (National Science Foundation: Major Research Instrumentation) since 2020.

## **WELCOME DR. MICHAEL WARREN**

### **Assistant Professor of Psychology**

Dr. Warren joined the Department of Psychology at Western Washington University in Fall 2022. He completed his Ph.D. in positive developmental psychology at Claremont Graduate University, and he has completed postdoctoral fellowships at the University of British Columbia and at the Institute for the Study of Human Flourishing at the University of Oklahoma. Dr. Warren's positive psychology research builds understanding of how young people become mindful and inclusive individuals, and how moral virtues such as compassion and fairness can be leveraged to become better allies toward socially marginalized outgroups (e.g., people of color, poor and working-class individuals, LGBTQIA+ individuals). Dr. Warren co-authored the book, *Understanding Virtue: Theory and Measurement*, published by Oxford University Press. He also teaches Positive Psychology and Correlational Research Methods courses at Western, and he supervises undergraduate and graduate students in his lab.



## **WELCOME KYLE RICKS**

### **I.T. Customer Support**

Kyle Ricks has taken on the IT Customer Support role for the Psychology Department since April of 2022. He has a BS in Network Engineering from Johnson & Wales University and has been working in the IT industry for twenty years. He is not new to the WWU community however, as he spent nearly eight years as a System Administrator for Computer Science.

Historically, Kyle spends time in his roles re-envisioning and re-defining processes, procedures and deployments of the technical teams he has worked with. Further emphasis is often put on long-term planning and documentation of systems and access.

He and his wife, Andrea Swanson (Administrative Services Manager of the Behavioral Neuroscience Program) have a four-year-old son who consumes the vast majority of their time. When he has free time, Kyle tends to spend it on tabletop or computer gaming. In addition, he enjoys spending time cooking.

## **GROWING THE BNS INTERNSHIP**

The BNS Medical Internship Program is now entering its 10th year of providing BNS undergraduates with medical shadowing and educational opportunities in the Bellingham community. In the last two years, the program has doubled its offerings by first adding an internship in Psychiatry that's co-directed by Dr. Hank Levine. Through this internship, students gain a clinical perspective on psychiatric cases and treatment approaches. The latest addition is the Transcranial Magnetic Stimulation (TMS) Internship in partnership with SeattleNTC and co-directed by Dr. Laurie Arndorfer. Students get to experience the day-to-day operations of a neuropsychiatric treatment center that utilizes a range of novel therapies including TMS and ketamine assisted therapy. These internships add to the popular internships in neurosurgery (co-directed by Dr. David Goldman) and neurodiagnostics (co-directed by WWU alum, Jenn Bode).

## **DR. ANNA CIAO: NEW DIRECTOR OF THE CENTER FOR CROSS-CULTURAL RESEARCH (CCCR)**

In the summer of 2022, Dr. Anna Ciao became the new director of the Psychology Department's Center for Cross-Cultural Research (CCCR). For over 50 years, the CCCR has supported research and education related to cultural influences on psychological functioning. Today, the CCCR is a vibrant community of faculty, staff, and students who meet biweekly to learn together and conduct cultural research.

This year, the CCCR will host a speaker series around the theme of community-engaged research, in which speakers visit campus to share ideas for engaging with and centering community partners in collaborative cultural research. Several hybrid events are open to the WWU community and public: In November 2022, Dr. Andy Subica from the University of California Riverside presented on community-based participatory research to address health disparities within marginalized communities. In February 2023, Dr. Josefina Bañales from the University of Illinois Chicago will present on youth action research and engaging young people to challenge racism.

Our guest speaker series are the first of many opportunities for the community to livestream and engage in these events from near and far!

Long term, the CCCR hopes to expand across WWU and into the surrounding community, with new initiatives to support community-centered collaborations. Please contact Anna Ciao (ciaoa@wwu.edu) for more information about events or activities within the CCCR.

## **FRESH 'IDEAs' in PSYCHOLOGY**

### **Interview with IDEA committee co-chairs: Drs. Antonya Gonzalez and Shaun Sowell**

The IDEA (Inclusion, Diversity, Equity, and Access) Committee was established in the summer of 2020 to help facilitate the actionable items proposed in a letter that responded to Black students' calls for justice and change on our campus. Over the last couple years, the IDEA Committee has been working to address those goals and build upon them during the current academic year. Below is an interview with Dr. Antonya Gonzalez and Dr. Shaun Sowell who serve as IDEA Committee co-chairs. We discussed the IDEA Committee's recent progress and upcoming goals.

*Interviewer:* The Psychology major adapted a more holistic approach for their admissions criteria this academic year. For instance, GPA is no longer the sole determinant of acceptance to the major. What role did the IDEA Committee have in promoting these changes?

*Dr. Gonzalez:* Over the past year, the IDEA committee helped revise the admissions process for the Psychology undergraduate major to make it more holistic and less focused on GPA. The committee researched admissions processes at other universities, as well as recommended best practices for holistic grading. Using this information, and after ongoing conversations with the department in regular meetings to discuss inclusion and equity, we helped to draft the admissions prompts and grading procedures, revise catalog language for the admissions process, and ensure IDEA representation on the inaugural department undergraduate Admissions Committee. Additionally, we advocated for graduate student representation on the committee and involvement in the development of the admissions process.

We are enthusiastic about the changes to our admissions process and will continue to evaluate and adapt the process to increase equitable access to the major. Making programmatic change can take time, but we plan to continue to evolve this process in as timely a manner as possible, in hopes to make change for current students. We know we still have a long way to go and are committed to the many steps ahead.

*Interviewer:* The Psychology Department was fortunate to successfully fill its need for a cognitive psychologist with the hiring of Dr. Michi Matsukura last year. How did the IDEA Committee support a more equitable search process?

*Dr. Sowell:* The IDEA Committee was involved in all stages of the search process. Our members consulted on the hiring announcement so we could recruit of a deep and diverse pool of applicants. We also considered ways in which bias could impact application review. Members of the IDEA Committee served on the hiring committee and helped assess rubrics used in candidate evaluation, provided input on the interview process, and conducted interviews directly with the candidates. Given the success of this faculty search, we are enthusiastic about the centering of IDEA values throughout the hiring process. We will continue to work with future search committees to build upon the work that has been done and further improve our recruitment of a deep and diverse applicant pool.

*Interviewer:* The Psychology Department hosted many great speakers last year. How did the IDEA Committee contribute to this selection process?

*Dr. Gonzalez:* One of our goals is to increase departmental awareness and representation of BIPOC psychologists and neuroscientists, particularly Black and Indigenous scholars, who are doing original and innovative work in these fields. During the past year, the Center for Cross-Cultural Research and the Behavioral Neuroscience program invited a number of scholars of color to campus. We hope to collaborate further with the department to highlight the work of visiting scholars.

Additionally, we hope to increase BIPOC scholar awareness in our classes. We're encouraging faculty to re-evaluate their syllabi for inclusion of scholarship by people of color and consider including work from other disciplines. This action fits with our larger goal to support faculty in decolonizing and indigenize their classrooms through improving inclusive classroom teaching and syllabi creation.

*Interviewer:* Is there anything else you're particularly excited about for this current academic year?

*Dr. Sowell:* Yes! This will be the first full year of our new BIPOC Psychology and Behavioral Neuroscience student group that was created by faculty of color in collaboration with our students. This new group is called, Psychology and BNS Students of Color Affinity Group, and the IDEA committee looks forward to further supporting and growing this group.

*Interviewer:* For those who are interested in following the IDEA Committee's progress towards its goals, where should they look?

*Dr. Sowell:* We coordinated with the Undergraduate Major Coordinator to create an IDEA section of the Psychology department website. We use this space to promote the work we are doing in a transparent manner while providing a space to share resources with students, staff, and faculty. It also lists our goals for the year, so check it out! This section of the website was referred to by candidates in our Cognitive hiring search and students in the Psychology major, suggesting that it is an important resource for us to continue to build upon. We hope to further improve the website this coming academic year and work to share more resources to all psychology stakeholders.



# EVENT HIGHLIGHTS

## PsychFest 2022

PsychFest was held on the last day of classes in Spring quarter and was a resounding success. The event consisted of six oral presentations and 62 poster presentations. Over 200 students presented their research from theses, courses, and collaborative work with faculty members. Topics ranged from “COVID-19 Pandemic: Academics, Mental Health, and Relationships” to a presentation by the students from Dr. Jantzen’s Seminar in Cognitive Neuroscience who set up a demonstration of a brain computer interface in which people could control a video game using electrodes attached to their scalps. The keynote speaker this year was Dr. Chantel Prat, from the University of Washington, who presented a talk entitled “The Neuroscience of You: Understanding the Relationship between Your Brain and Your Reality”. The talk was extremely engaging and informative. PsychFest 2023 will be held on Friday, June 2, 2023. Everyone is invited to attend.



PsychFest 2022 poster sessions. From left to right: Sabrina Batingan, Deja Svastisalee, Asia Beale, Dr. Josh Kaplan, Lisa Chiang

## Neuro On Tap, Spring 2022

After a 6-year hiatus, Neuro On Tap was back! This BNS Program-sponsored event has traditionally been held at local bars and focused on community engagement (hence the name), but COVID-related scheduling challenges forced it onto campus. “We made the most of it” said Dr. Josh Kaplan, who presented that evening. Students led research lab tours and mingled with community members that included local health care providers, high school teachers, and family members. “It was great to see such a large presence of students and community members”, said Kaplan. This was the first major in-person BNS Program event since before COVID. Kaplan presented his cannabis research to a large audience of engaged students and community members. “There was great energy in the room that night,” said Kaplan. “I think a lot of us had been yearning for an opportunity to gather outside of classes.”

Neuro On Tap will be held quarterly during the 2022-2023 academic year.



## Psychology Ranks Among Top 10 Give Day 2022 Fundraisers

Psychology ranked among the Top 10 Give Day 2022 fundraisers thanks to your generous donations. Your donations support vital educational opportunities that allow students to gain new skills and experiences that are essential for employment and graduate school. We're especially grateful to anonymous donors for supporting 2X matching for the Merle Prim Scholarship for Diversity and Inclusion. We're also grateful to the Psychology Department staff and faculty for creating a matching fund opportunity that was unlocked once 25 donations were provided to any psychology scholarship or fund; a total of 61 donations were received! The Advancement Committee and Communications Committee members working on these activities are Andrea Swanson, Ruth Hackler, Marisa Fernandez, Cristina Sampaio (Communications Committee Chair), Josh Kaplan, Jenn Devenport, and David Sattler (Advancement Committee Chair). We're grateful to each of you for considering supporting our students.

**Was it Rape? The Relationship between Rape Acknowledgement Status and Perceptions of Sexual Violence**  
Paige K. Michel and Brianna C. Delker  
Western Washington University

**Survivor Rape Acknowledgment Status *Did Not* Relate to Perceptions of Others' Rape**

**Perceptions of the Vignette Based On Categorical Rape Acknowledgement Status**

Category	Mean (M)	Standard Deviation (SD)
Acknowledged Victims	5.66	0.78
Unacknowledged Victims	5.59	0.65

$t(212) = .61, p = .54$

**Labels Used to Describe the Vignette By Categorical Rape Acknowledgement Status**

Label	Unacknowledged % (n)	Acknowledged % (n)	$\chi^2 (1) =$
Unwanted Sex	96% (142)	86% (55)	3.33, $p = .068$
Rape	91% (135)	86% (55)	0.74, $p = .389$
A Sexual Assault	80% (127)	88% (56)	0.29, $p = .590$
Forced Sex	82% (122)	79% (47)	1.04, $p = .314$

**RESULTS**

- A between-subject  $t$ -test revealed that there was no differences between how acknowledged rape victims ( $M = 5.66, SD = 0.78$ ) and unacknowledged rape victims ( $M = 5.59, SD = 0.65$ ) rated a female protagonist's experience of rape as rape on a 6-point Likert scale ( $t(212) = .61, p = .54$ ).
- We found no differences in the labels participants chose to describe the vignette, based on their acknowledgement status.

**DISCUSSION**

- College women's rape acknowledgement status did not influence how they perceived sexual violence.
- Regardless of rape acknowledgement status, the labels used to describe the vignette were similar.
- The labels chosen were either rape or commonly used alternative words (i.e., sexual assault or unwanted sex).
- College women may more readily internalize cultural stigma surrounding sexual violence and they apply it to other young women's experiences.

**Prevention Implications:**

- Survivors disclosing sexual violence may result in more positive outcomes.

**Western Washington University**  
MAKE WAVES.

**WWU GIVE DAY**  
05.26.22

*"I am extremely grateful to have received departmental funding so I could have this experience to network and strengthen my CV"*  
**Paige Michel**

# ALUMNI SPOTLIGHT



## ANNA S. TYUTYUNNIK

"Hello Western! My cohort and professors know me as Anya, an immigrant, and a first generation college graduate.

Making it through my bachelors was extremely difficult, but because of my community, I strove toward higher education in order to serve them as a therapist. My community historically went through a significant amount of collective trauma and a difficult relationship with the world of psychology. As one of my colleagues in Ukraine said, "to Slavic people, emotions is a bad word."

Upon starting the program, I was seeking mentorship and a feeling of belonging. Dr. Christina Byrne was the first friendly face that I connected with and I felt like we had a shared history. Due to her guidance and steady presence, in my academic life, throughout my 2 year program, I graduated with my masters in Clinical Mental Health counseling.

During my graduate program, I had the opportunity to participate in research at Dr. Tina Du Rocher Schudlich's and Dr. Aaron Smith's research laboratories. Additionally, I got to present a research project at the WACEs conference, that a couple cohort members and I completed under the supervision of Dr. Tina Du Rocher Schudlich. I was supported by the faculty and the university with teacher assistant positions, which allowed me to develop valuable teaching skills that I would use in the future. And to finish the program, I completed an 11 month long internship at a local mental health agency working with a diverse and under-served client base.

Shortly after graduating, I began working as a mental health counselor at a community mental health clinic. This gave me the opportunity to be on the child and family team and work part-time with the crisis unit. After about a year and 9 months I decided to slowly transition to private practice to continue pursuing my goals.

Right before the war started in Ukraine, I was invited to teach at a counseling masters program in Lviv, Ukraine. It was an intense course with a steep learning curve for me as well as my students. It was an honor to see such a powerful group of people who were actively challenging their own biases towards mental health and arming themselves to serve their community.

During my time with them, I got to help plan out youth shelters, church mental health groups, and orphan support programs. There I formed life long friendships with other professors and counselor educators. I felt like the program at WWU prepared me well for the practical and academic work within counseling. It was a great honor to hear amazing feedback from my colleagues in Ukraine, who highlighted some of my skills and knowledge that they said they only got in their PhD programs, and I got them at Western.

Today I am partnered with Mindful Therapy Group, one of the largest private group practices and see clients all over Washington state via telehealth. I am continuing to support a variety of groups working tirelessly to support the people of Ukraine and my family that still lives there." – Anna Tyutyunnik

## ARYELE JACKSON

Aryele Jackson (she/they) graduated in 2021 with a degree in Behavioral Neuroscience. Working in Dr. Christie Scollon's Culture & Well-Being Lab sparked their interest in research. Aryele continued to pursue their research interests after graduating by participating in an REU (Research Experience for Undergraduates) fellowship program at UT Austin, where she studied race and ethnicity in demography. They presented their research on how disciplining Black kids affects educational attainment at the Population Association of America conference in April 2022.



She found that Black students are four times more likely to be suspended than white students, and despite this, Black students who have been suspended are more likely to graduate than their white counterparts. This fellowship facilitated meaningful conversations with graduate students and exposed them to the field of public policy and the enriching opportunities that stem from working abroad. Aryele then joined the social policy research company, Mathematica, where they work remotely on projects related to social policy as a research associate in the children's and families division. She uses the research skills developed in Dr. Scollon's lab and classes at Western every day at Mathematica. Some of the work includes interviewing different government agencies on equity, supporting researchers by helping with literature reviews and IRB approval, and leading survey development. She enjoys the ability to connect directly with the communities and agencies that have the power to implement actual change.



Aryele is currently on leave and from Mathematica and working in Bangsak, Thailand through a program called Princeton in Asia, where she gets to teach English and learn Thai (and eat delicious food). Their interest in this opportunity partially started because of the emphasis on cultural exchange in Dr. Scollon's culture lab and continued to grow during their fellowship at UT Austin. Aryele hopes to bring new global perspectives and cultural awareness to their work when she returns to Mathematica. She feels lucky to have had so many wonderful experiences immediately after graduation and is excited about new endeavors.



## HANNA WEBSTER

Hanna Webster graduated from Western in December of 2018. During her time there, she worked for two years in Dr. Ira Hyman's cognitive psychology lab and for another two and a half years in Dr. Josh Kaplan's neuroscience of cannabis lab, from Sept 2018 to Jan 2021. Starting college, she knew she wanted to study neuroscience and chose Western for its highly regarded and close-knit behavioral neuroscience program. While in these two research labs, she worked with human participants, analyzed data, helped design experiments, and conducted wet lab experiments using immunohistochemistry, electrophysiology, and confocal microscopy.

Professor Mike Mana once called her a "renaissance student" during office hours which at the time felt like a stab at her string of B-grades in the hard sciences. Now she sees it as an astute observation about her tendency to stratify and her gravitation toward people-oriented science stories.

While volunteering in Dr. Kaplan's lab post-grad, she started writing about cannabis science for the local cannabis marketing company Ganjapreneur. Webster and Kaplan also collaborated to produce a few science journalism stories about cannabis. This was Webster's first taste of science writing, and this new job felt like the perfect blend of her lab knowledge and her passion of working with people to communicate that science—which can get locked up in the ivory tower of academia, living and dying behind journal paywalls.

After two years of imaging mouse brains and writing explanatory cannabis pieces, Webster wanted to expand out of the cannabis beat and try her hand at other types of science writing but wasn't yet ready to abandon academia altogether. She applied to four PhD programs in neuroscience. She was rejected from all four.

While working out her next step, the pandemic hit. She pivoted to working at Northwest Laboratory testing patient samples for coronavirus. Here she met a coworker who knew a local science writer, who knew another local in the Johns Hopkins Science Writing Program. After a phone call with this student, Webster knew she had to apply. She was accepted and began the master's program in January 2021, saying a bittersweet farewell to the warm, dark confocal room and tiny mouse brain slices sitting in their PBS-filled homes in the walk-in.

The Johns Hopkins Science Writing Program rarely felt like work to Webster: it cultivated her curiosity and creativity, two skills she learned in academia and could be applied in a new discipline. In late July of 2022, she accepted a job working as a health reporter at the Pittsburgh Post-Gazette, and she graduated from Johns Hopkins later that month.

The health beat is broad: in her first two months there, Webster has written stories about COVID-19, how weather affects health, how TV can reduce stigma around illness and promote health conversation, monkeypox disproportionately affecting Black communities, and more. Her background in science has given her a critical eye when analyzing studies and data—accuracy is crucial in reporting—and a deftness to speed through journal articles and select the most important messages. Her time in academia has also given her important perspective about the process of science: in one story, she found that a main contributor to COVID-19 vaccine misinformation is a misunderstanding that science can be slow-moving and iterative. In a world of clickbait and disinformation disguised as fact, Webster can communicate truth to her readers without making grandiose claims or misleading her audience. Hanna's advice: science communication can take many forms. If academia isn't feeling right, there's still a path for you.

## YULIYA RYBALKA

Yuliya Rybalka graduated with a bachelors of science from the Behavioral Neuroscience Program (BNS) in 2016. During her undergraduate studies she worked as a research assistant for Dr. Finlay studying neurobiological mechanisms of schizophrenia in mice. Yuliya was involved with the N.e.R.D.S club as a Vice President and participated in the Neurosurgery Internship. The opportunity to experience research and the clinical shadowing firsthand through the BNS program helped Yuliya realize she wanted to pursue a different career pathway.



After graduation, Yuliya started working for the BNS program as a Program Coordinator while she worked towards a Master of Business Administration at Western in the evenings. As a first-generation college student, helping BNS students with academic advice and starting the "stay up for student research" scholarship fundraising event was incredibly rewarding. One of her favorite experiences in graduate school was learning about digital marketing and business principles which she had a chance to use through an internship with Rewire Neuroscience – the CEO John Harkness is a BNS graduate himself.

After finishing her MBA in 2018, Yuliya went on to work as a Development Manager, where she raised funds for a community service non-profit in Skagit County. This was stressful, fun, and a fantastic learning experience. In 2019 Yuliya was a recipient of the Rising Swan award for accomplishments in the nonprofit community. After several years working in Skagit County, Yuliya transitioned to a Development Director role at Whatcom Community College Foundation,

Last Spring, Yuliya made the transition from fundraising to project management at a private foundation (Group Health Foundation). The foundation's mission is to fund racial equity work and BIPOC non-profit leaders across Washington. Yuliya enjoys learning about grant making and traveling across Washington state.

The experience of going through the BNS program helped Yuliya learn to ask questions, think critically, and jump feet-first into complicated problems. These qualities have served Yuliya well in her non-traditional career evolution. Yuliya remembers her classes fondly, and even uses lessons from Dr. Rose's learning and behavior class when training her pup, Ponchik.

More than the knowledge and skills, Yuliya credits the support and mentoring she received from faculty and staff in the program as helping her make the decision to pursue something different after graduation. In her spare time, Yuliya is a financial literacy nerd, community volunteer, avid cook, and dog mom extraordinaire.

## STAY IN TOUCH!

We are always interested in the paths that your lives take as students as well as after you graduate from Western, and we believe that your classmates will also be interested.

We encourage you to send news items at any time to [psychology@wwu.edu](mailto:psychology@wwu.edu)



# AWARD SPOTLIGHT

## 2022 SCHOLARSHIP RECIPIENTS

The Department of Psychology offers scholarships to selected undergraduate and graduate students each academic year. The 2022 award recipients are:

### **ADAMS-WOODRING SCHOLARSHIP**

Olivia Murray  
Gabby Wilson

### **ETHEN REMMEL MEMORIAL SCHOLARSHIP**

Sabrina Batingan  
Vivika Sweiven Crawford

### **DAVE NELSON MEMORIAL SCHOLARSHIP FOR MENTAL HEALTH COUNSELING**

Marissa Collins  
Sarah Birch

### **MERLE PRIM SCHOLARSHIP FOR DIVERSITY & INCLUSION**

Harmony Byam  
Alondra Figueroa Zepeda  
Missy Smalls

### **TUITION WAIVER SCHOLARSHIP**

Rich Nodarse  
Greyson Mize

### **CENTER FOR CROSS-CULTURAL RESEARCH SCHOLARSHIP**

Erika Lutz  
Camille Fogel

### **ANNABELLE L. KING GRADUATE FELLOW IN SCHOOL COUNSELING**

Kosal (Jr.) Gonzales  
Deja Svastisalee  
Dylan Crooks

**CONGRATULATIONS TO ALL 2022  
SCHOLARSHIP AWARD RECIPIENTS!**

# 2022 OUTSTANDING GRADUATE AWARDS



## ALIYAH DAWKINS

### Behavioral Neuroscience (BNS) Outstanding Graduate

"The BNS program is one I will look back on fondly! It's no walk in the park, and it will humble you quickly. But everyone in it, professors, advisors, and classmates are all rooting for your success. As I move on from Western, I'm hoping to take the lessons I have learned along the way to revolutionize the biomedical field. I am looking to provide a new perspective all while encouraging diversity and inclusion." - Aliyah

## KHADI BOYKER

### Psychology Outstanding Graduate

"My name is Khadi, and I go by she/her pronouns. I identify as a Gambian-American Muslim Woman. I am the eldest of five, I immigrated to The U.S. from The Gambia as a young child, and am the first person on my Mother's side to earn a college degree. I am currently pursuing my Master's in Clinical Mental Health Counseling at Seattle University and my career goals are to become a Counselor versed in multicultural and social justice counseling theories in order to increase accessibility in Mental Health care for low-income, BIPOC, LGBTQ+, Immigrant, and other historically marginalized communities. I also enjoy listening to music, creating and consuming art, and leisurely reading when I am able to get the chance." -Khadi





## TRISTAN QUAN

### Clinical Mental Health Counseling (CMHC) Outstanding Graduate

"I am grateful to have received the honor of being selected for the 2022 Outstanding Graduate for the Clinical Mental Health Counseling program. I had returned to Western Washington University to pursue an education in counseling after years of experience working in community mental health systems here in Whatcom County. I am happy to report that I am continuing with the commitments made to this community through my work as a mental health counselor at Lydia Place, a local non-profit organization. I look forward to growing the roster of available clinicians in our community to support those most in need, and to cultivate programs of support and wellness to engage those who have been historically disenfranchised." – Tristan

### EXPERIMENTAL PSYCHOLOGY OUTSTANDING GRADUATES

Allison Schwam  
Michael 'Gus' Brooks

### SCHOOL COUNSELING OUTSTANDING GRADUATE

Ashlee Carstens

## 2022 OUTSTANDING THESIS AWARD

### BROOKLYNN SMITH

Experimental Psychology Graduate

Congratulations to Brooklynn Smith for being selected as Western's Outstanding Thesis in the Humanities and Social Sciences! The thesis investigated how a woman's racial identity, demeanor towards a police officer, and severity of force influenced participants' evaluations of culpability and perceptions of discrimination for both the woman and officer. The thesis committee members were Dr. David Sattler (Chair), Dr. Jennifer Devenport, and Dr. Keith Williams (Asst. Chief of Police, WWU University Police).



# FACULTY NEWS

## DEPARTMENT TRIVIA\*

**GUESS WHO....** is the current longest serving faculty member in the Psychology Department, and what year did they join?

Hint, when they began working at Western.....

- *(Everything I Do) I Do It For You* by Bryan Adams topped the Billboard Year-End list
- Boris Yeltsin became Russia's first popularly-elected president
- The Dow Jones Industrial Average topped 3,000 for the first time
- The Web Browser was introduced
- Super Nintendo was released and cost \$200 USD
- The Otzi Iceman was discovered in the Italian Alps
- Disney's Beauty and the Beast hit theaters
- The United States won the first FIFA Women's Soccer World Cup

## WHO DID IT?

1. Their marriage proposal occurred at the finish line of the Vancouver Half Marathon
2. Taught themselves to juggle over the summer
3. Was a waterski instructor
4. Set the course record for the Baker Lake Classic 25k trail race
5. Spent their summer learning to how cook vegan and vegetarian meals

\*Answers on page 21

## 2022 FACULTY AWARDS & GRANTS

### DR. DAVID SATTLER

#### Carl H. Simpson Bridging Award

David received Western's Carl H. Simpson Bridging Award. David is grateful to colleagues in environmental health and safety, public safety, university communications, and video services, among others, and in the Bellingham community and abroad, for opportunities to collaborate and forge new paths. These collaborations resulted in new safety and emergency preparedness initiatives, research projects and publications, instructional videos, and educational opportunities for students at Western and universities abroad. David established the International Tsunami Museum in Thailand which served as an educational center for and provided support to village schools and the community.

## DR. DAVID SATTLER & COLLEAGUES

### “My Climate Change Story Master Class”

Dr. David Sattler and colleagues in Tonga received a grant from the U.S. Embassy in Fiji to develop a “My Climate Change Story Master Class” to teach youth in Pacific Island nations (Fiji, Tonga, Tuvalu, Kiribati, Narau) ways of documenting the impact of climate change in their country. Dr. Sattler and colleagues published a study in the *Journal of Interpersonal Violence* examining how stress levels due to crime victimization influence empathy and support for a Black or White woman who was a victim of police violence. He and colleagues published a study in the *Journal of Interpersonal Violence* examining how psychosocial resource loss during the COVID-19 pandemic can influence perceptions of a violent assault on a Chinese man and support for the victim. He had served as Chair/External Supervisor for Monika Prasad, a graduate student at the University of the South Pacific in Fiji. A study based on the thesis (which was awarded the “Gold Medal” at the university) was published in *Sexuality & Culture*. He presented an invited talk on climate change at the Sunway Institute of Planetary Health, Sunway University, Malaysia.



Rhys Logan, Uili Lousi, and David Sattler discuss climate change in Tonga with Australian High Commissioner to Tonga Rachael Moore.



## DR. KATE MCLEAN

### Henry A. Murray Award

Dr. Kate McLean, Full Professor at Western Washington University, has been awarded the 2022 Henry A. Murray award for distinguished contributions to the study of individual lives and whole persons. Professor McLean will be honored at the biennial convention of the Association for Research in Personality in July 2023 where she will give an invited address.

## DR. JENNIFER MCCABE

### Maternal Behavioral Health Awareness Grant from the Department of Health

Congratulations to Dr. Jennifer McCabe who received a second year of funding through the Maternal Behavioral Health Awareness Grant from WA State Department of Health. Her team will continue their project (through the EMBERcenter) of designing and implementing a first-line, peer support intervention for pregnant and postpartum individuals.

## PUBLICATION SNAPSHOT

Jantzen, K.J., McNamara, N., Harris, A., Schubert, An., Brooks, M., Seifert, M., & Symons, L.A. (2022). Contrast reversal of the iris and sclera increases the face sensitive N170. *Frontiers in Human Neuroscience*.

Syed, M., & McLean, K. C. (2022). Who Gets to Live the Good Life? Master Narratives, Identity, and Well-Being within a Marginalizing Society. *Journal of Research in Personality*.

Tran, K., Bennett, A., Jackson, A., Proctor, H., & Scollon., C. N. (in press). A meta-analytic review of Asian American life satisfaction. *Asian American Journal of Psychology*.

Dr. Christie Scollon's Culture & Well-Being Lab recently had a paper accepted for publication (citation above). This paper was based on Kris Tran's Master's Thesis in our Experimental Psych program. Aryele Jackson is a recent graduate of our undergraduate Behavioral Neuroscience program and Hannah Proctor is a recent graduate of our undergraduate Psych program.



## PROMOTIONS WITHIN THE PSYCHOLOGY DEPARTMENT

This year (2022): Dr. Christina Byrne, Dr. Jeff Carroll, and Dr. Diana Gruman were promoted to Professor, and Dr. Annie Fast, Dr. Antonya Gonzalez, Dr. Josh Kaplan, Dr. Jenni McCabe, and Dr. Shaun Sowell were granted tenure and promoted to Associate Professor. Congrats to all!

## ANSWERS TO DEPARTMENT TRIVIA

Guess Who: Ira Hyman, 1991; Who Did It?: 1) Kristi Lemm; 2) Christie Scollon; 3) David Sattler; 4) Josh Kaplan; 5) Aaron Smith

## CLUB NEWS

### PSYCH CLUB

Through Psych Club, our goal is to connect students with peers and faculty, and aid in the expansion of knowledge on psychology-related topics, career choices, and furthering education. Psych Club plans to create a community of students who have similar interests and can learn from and collaborate with each other. Through regular meetings, discussions, info sessions, and other activities, members of Psych Club can build a foundation of reliable information and a network of supportive friendships. This school year, Psych Club plans to use regular meetings as the foundation for the club. These meetings can be about a variety of topics. Information sessions, such as the exploration of different psychology degrees, career choices in the field, and more. Meetings can also cover different psychology-related topics, such as the psychology of music or the discussion of positive psychology. We will also have guest speakers come in to talk with the club- this can be faculty at Western, people who are within the field, and other helpful individuals that would aid in your path through Western and beyond. We are excited for all that's to come this school year. See you soon!

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## PSYSOC CLUB

The Psychology and Behavioral Neuroscience Students of Color Group (PSYSOC) has restarted for the 2022 – 23 academic year. This group meets weekly to connect students of Color in Psychology and Behavioral Neuroscience. At PSYSOC's club meetings, attendees introduce themselves followed by a casual discussion on a variety of topics. This year, meeting topics have included the state of DEI in the department, planning for an undergraduate degree, and minding our brains. Future meetings will include craft activities and social events to further foster a sense of community. Connect with the PSYSOC club on Instagram @psysocwwu.

## NERDS CLUB

The Neuroscience Research Driven Students (NeRDS) club rode the wave of excitement with the return of in-person events. Club president, Becca Marx, noted that students seemed especially eager to get involved with the club and had a high level of engagement among its 30 consistent members and 6 leaders. The club participated in community outreach across Bellingham where they led neuroscience activities for elementary through high school age students. For Marx, one of the most memorable events was an outreach collaboration at Sehome High School between the NeRDS and another WWU club, the Students for Sensible Drug Policy (SSDP). Together, they were able to combine neuroscience outreach that focused on the impact of drugs on the brain while integrating a discussion about the War on Drugs and harm reduction strategies. They captivated students by demonstrating drug action on brain function using a SpikerBox Bioamplifier where students could listen to changes in cell "spiking" in insects after exposure to alcohol or nicotine. Marx is proud that the NeRDS continue to provide a rich sense of community and remains committed to supporting students through academic advising, career and application workshops, and financial assistance to attend conferences.

## PSI CHI: INTERNATIONAL HONOR SOCIETY OF PSYCHOLOGY

Western's chapter for Psi Chi, the international honors society for psychology, will be hosting psychology-related events this upcoming year! These events will include movie nights, lectures by faculty, study groups, and more. Meetings will be open to everyone, not just Psi Chi members, but by becoming a member you can gain access to scholarships, publishing opportunities, and resources for careers and research. Our first informational meeting was a huge success and we are excited to see everyone at our upcoming meetings. Check out our Instagram @wwupsichi for updates about meetings and email us at [wwu.psichi@gmail.com](mailto:wwu.psichi@gmail.com) with any questions.

# UPCOMING EVENTS

## WINTER QUARTER 2023

1

January 26, 4-5 PM: Behavioral Neuroscience Program Seminar Speaker  
DR. NATHAN SACKETT, M.D., FROM THE UNIVERSITY OF WASHINGTON

2

February 8, 4-5 PM: Center for Cross-Cultural Research Speaker  
DR. JOSEFINA BAÑALES FROM THE UNIVERSITY OF ILLINOIS CHICAGO

## SPRING QUARTER 2023

3

May 20: Behavioral Neuroscience Program reunion and alumni panel

4

May 25: WWU GIVE DAY 2023  
Psychology and BNS art exhibition

5

June 2: PSYCHFEST 2023 - To celebrate and showcase  
undergraduate and graduate scholarship of psychology students

## CONNECT WITH US

Follow us on Facebook @WWUPsychology and Instagram @wwupsychology



# DEPARTMENT OF PSYCHOLOGY



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WWU is committed to providing reasonable accommodations to qualified individuals with disabilities upon request. To request an accommodation for events listed in this newsletter, please contact the Department of Psychology at [psychology@wwu.edu](mailto:psychology@wwu.edu). To request this document in an alternate format, please contact Marisa Fernandez in the Department of Psychology: email [psychology@wwu.edu](mailto:psychology@wwu.edu) or call (360)-650-3515.