

# UC San Diego

## DEPARTMENT OF PSYCHOLOGY

### FALL 2018 NEWSLETTER | RESOURCE GUIDE

We're pleased to welcome this year's new Freshmen and Transfer Students to the **UCSD Psychology Department!** Whether it's your first quarter here or your last year, you will find a host of resources to assist you with your career as a UCSD student. We have planned a year full of opportunities designed to broaden your educational experience and help you prepare for your future, and we look forward to sharing our knowledge with you. For more information about our majors, classes, and opportunities to get involved, visit our **website**; we encourage you to keep an eye on our **calendar** and your @ucsd.edu e-mail!

Please don't hesitate to ask questions and look for answers; we look forward to helping you!

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Are you considering graduate school or a professional program? Are you interested in conducting original research? Apply for the **Psychology Honors Program!**

Conduct your own research project, learn to manage a project from beginning to end, get to know advising faculty, and gain an advantage for admission into graduate schools. For more information, come by the department and check out the **website!**

Applications are available online and are due November 15th!

# PSYCHOLOGY HONORS PROGRAM

*Applications due November 15!*



## PSYCHOLOGY DEPARTMENT ORIENTATIONS

New Psychology majors (or those who have recently switched to our major or are considering majoring in Psychology) should plan to join us this week at one of two Psychology Department Orientation sessions.

These sessions are intended to introduce you to the department, the major requirements, and the opportunities available to you as a Psychology major! Please join us on **Tuesday, September 25th at 1:00 pm in CSB 001** or **Friday, September 28th at 9 am in McGill 1350.**

**Register** on the Psychology Department website!

**THIS SPRING: WATCH FOR OUR SECOND ANNUAL CAREERS IN MIND CAREER SYMPOSIUM, PRESENTED IN PARTNERSHIP WITH THE CAREER CENTER, THE ACADEMIC INTERNSHIP PROGRAM, AND UCSD ALUMNI!**

# BUSINESS PSYCHOLOGY MAJOR

Are you looking at a career in business analytics, human factors, management, marketing, or human resources? Our brand new **Business Psychology major** (PC35) may be the right fit for you! With coursework in Cognitive and Social Psychology and through the Rady School of Management, you'll prepare for a career in the business world. The first of its kind within the UC System, our Business Psychology major is available to all students this Fall.

Our **major requirements** have been updated as of this Fall! While our new 2018 admits will be automatically enrolled in the 2018 major, our continuing students will have the option to stay in their previous requirements or change to the updated ones. Continuing students wishing to stay within the same major code, but update their requirements to those effective Fall 2018, should send the Psychology Department a message in the VAC requesting that their requirements be updated. Continuing students wishing to change their major to a new major code should be able to do so on TritonLink.

The primary updates to our major requirements include the following:

## **B.A.**

- \*Two natural science courses required
- \*One of PSYC 2, COGS 17, BILD 12 can count towards the Natural Science requirement.
- \*PSYC 70 required towards formal skills (SOCL 60 no longer accepted).

## **B.S. (including with specializations)**

- \*One of PSYC 2, COGS 17, BILD 12 can count towards the Natural Science requirement.
- \*CSE 3 no longer satisfies programming requirement.
- \*PSYC 70 required toward formal skills (MATH 10C and SOCL 60 no longer accepted).
- \*Additional lab class options include PSYC 71, 81, 99, and 193L. Psychology Honors (PSYC 194ABC) now fully satisfies the research requirement.

## **Cognitive & Behavioral Neuroscience**

- \*Students now have the option to use PSYC 193L or PSYC 194ABC toward their research requirements, but their major requirements have not changed further.

# UPDATED PSYCHOLOGY MAJORS

Want to talk to an advisor? Have a question at 3 am?  
Contact us via the Virtual Advising Center at [vac.ucsd.edu](http://vac.ucsd.edu)!

Psychology Walk-In Advising Hours:  
M-Th 9-11 am, 1-3 pm (No Friday Advising Hours)

## CONTACT PSYCHOLOGY ADVISING

## NEW STUDENT AFFAIRS OFFICE

Psychology Advising is thrilled to announce that in a few weeks we'll be in a brand new shiny Student Affairs space! We've been in temporary digs since the beginning of July while our former office was gutted.

Walls were moved, paint and carpet were redone, we got a brand new glass door and lost our old advising window, and we're working on getting new furniture for move-in!

For now you can find us down the hall in Mandler 1570, but sometime within the next month or so we'll be back in Mandler 1533 in our bright and inviting new space!

Participating in a Psychology 195 Undergraduate Instructional Apprentice (UGIA) position provides students an opportunity to learn the methodologies of teaching and obtain teaching skills that can be utilized for graduate schools or in other professions.

Eligible students must be Psychology majors or minors with Upper Division standing and a minimum GPA of at least 3.0. You must have completed the course in which you wish to be a UGIA and should have earned at least an A-.

Interested students should contact Winter 2019 professors individually to discuss. **Electronic applications** are available on the Psychology website; **the Winter quarter UGIA deadline is December 5th.**

## BE A WINTER 2019 UGIA!

*Applications due December 5!*

## NEW DROP DEADLINE

Continuing students: be aware! This Fall the deadline to drop your class(es) with a "W" grade is moving from the end of 9th week to the end of 6th week. This change effects the entire UC San Diego campus and there will not be a grace period. Students dropping after the deadline will receive a grade of "F" in their class(es).

**Mark your calendar now for the new drop deadline, November 9th!**

# CAREER ADVISING COMES TO YOU!

Need to talk to a Career Coach? Drop-in for On-The-Spot Career Coaching with Mike Stromayer from the UC San Diego Career Center! One-on-One Career Advising will be offered every Wednesday this Fall starting in Week 6.

These drop-in advising sessions, held in Mandler 1507, are for various career questions. No appointment needed, just drop-in!

## One-on-One Career Advising Dates for Fall 2018:

November 7 (2:30 pm - 3:30 pm)  
November 14 (11:00 am - 12:00 pm)  
November 21 (2:30 pm - 3:30 pm)  
November 28 (2:30 pm - 3:30 pm)  
December 5 (2:30 pm - 3:30 pm)

Every year the **Career Center** offers several graduate school and career fairs for students to explore their options.

### *Science & Technology Career Fair*

October 10 (9:30 am - 3:30 pm, RIMAC Field)

### *Triton Fall Career Fair*

October 11 (10:00 am - 2:30 pm, Price Center)

### *Graduate & Professional School Information Fair*

October 17 (10:30 am - 2:30 pm, Library Walk)

## FALL 2018 CAREER FAIRS

# STUDY ABROAD

Are you considering studying abroad in 2019? Deadlines for Spring and Summer are coming up in Winter Quarter! Anyone who is interested in going abroad should attend a Study Abroad First Steps Session or our upcoming **Study Abroad for Psychology Majors Workshop** on Friday, October 26th at 10 am in McGill 1350. You may also want to attend the upcoming Study Abroad EXPO on Monday, October 22nd from 11 am - 3pm in Price Center West Ballroom; representatives from various programs abroad will be available to discuss their offerings with you!

**Register** for the workshop on the Psychology Department website!



This year we are thrilled to announce that there are FIVE Global Seminars of interest to our majors!

### **Psychopharmacology in Florence**

Florence, Italy - Summer Session 1 (Stephan Anagnostaras)  
*For Psychology BA and BS majors and Cognitive & Behavioral Neuroscience majors*

**Information Sessions:**

Thursday, November 1 (5-6:30 pm)  
Wednesday, November 28 (5-6:30 pm)

### **Consumer Behavior in Tokyo**

Tokyo, Japan - Summer Session 1 (Ed Vul)  
*For Psychology BA and BS majors and Business Psychology majors*

**Information Sessions:**

Monday, October 15 (5-6:30 pm)  
Wednesday, November 28 (3-4:30 pm)

### **Ireland's Silicon Valley**

Dublin, Ireland - Summer Session 2 (Mary McKay)  
*For Business Psychology majors*

**Information Sessions:**

Tuesday, October 16 (3:30-5:00 pm)  
Monday, November 5 (5-6:30 pm)

### **The Origins of the Mind**

St. Andrews, Scotland - Summer Session 1 (Christine Johnson)  
*For Cognitive & Behavioral Neuroscience majors*

**Information Sessions:**

Monday, October 8 (5-6:30 pm)  
Monday, October 29 (5-6:30 pm)

### **Social Cognition and Drugs in Australia**

Sydney, Australia - Summer Session 2 (Jaime Pineda)  
*For Cognitive & Behavioral Neuroscience majors*

**Information Sessions:**

Wednesday, October 17 (3-4:30 pm)  
Tuesday, October 23 (5-6:30 pm)

All information sessions will take place in the Study Abroad Dance Hall. For more information about Global Seminars, visit the [Global Seminars website](#).

# GLOBAL SEMINARS FOR SUMMER 2019



The Academic Internship Program administers a variety of Experiential Learning opportunities for undergraduates, including local internships and those taken through the UCDC and UC Center Sacramento programs.

Internships used toward Psychology major credit must be taken for credit through the Academic Internship Program (AIP 197) and be approved by the Psychology Department in advance. Internship approval procedures can be found on our [website](#).

To discuss opportunities to participate in an internship and earn academic credit, contact the [AIP Office](#).

WI 2019 AIP Deadline: December 7, 2018

Students interested in learning more about AIP may register for the Experiential Learning with the Academic Internship Program workshop, Tuesday, November 6th at 9:30 am in Mandler 3545.

AIP is also running a campus-wide workshop entitled Making the Most of your UCSD Experience, Thursday, November 27th at 4:00 pm in the Red Shoe Room (Price Center West).

## ACADEMIC INTERNSHIP PROGRAM (AIP)

*Applications due December 7!*

## UC SAN DIEGO COMMUNITY CENTERS

UC San Diego seeks to provide spaces to facilitate interactive learning, promote self-awareness, foster leadership development, encourage dialogue, and challenge traditional notions of diversity, in an effort to build and sustain a socially just campus climate. Undergraduates are encouraged to participate in events and workshops offered by all six community centers, regardless of their own backgrounds. Please visit: the [Black Resource Center](#), the [Cross-Cultural Center](#), the [Inter-Tribal Resource Center](#), the [Lesbian Gay Bisexual Transgender Resource Center](#), the [Raza Resource Centro](#), and the [Women's Center](#).

Are you an entrepreneur in the making? You may be interested in joining [The Basement](#). The Basement's student-centric mission is to stimulate, encourage and serve the entrepreneurial spirit of UC San Diego students by providing a co-work and incubation space. As a shared campus-wide enterprise managed by Alumni and Community Engagement, The Basement is part of a collective comprised of campus partners, alumni leaders, Alumni and Community Engagement and Career and Professional Development staff.

## THE BASEMENT

# COUNSELING & PSYCHOLOGICAL SERVICES

**CAPS**, or Counseling and Psychological Services, is the on-campus resource for student mental health services. Every quarter they run weekly workshops ranging in topics from relationships and sexuality to community and identity to self care and conflict management to careers. In addition, one-on-one appointments are available with counselors and psychiatrists.

CAPS Central Office is located in Galbraith Hall, room 190. To schedule an appointment, or in case of a psychological crisis, please call 24 hours a day: (858) 534-3755.

For drop-in group counseling, visit:  
<https://caps.ucsd.edu/dropin.html>

**The Zone** is a lounge for student well-being that offers free programs for students designed to promote healthy, balanced living. All programs are free and most are offered on a drop-in basis. Students are encouraged to work toward a **CCR-certified Well-Being Award** for participating in Zone events.

Ongoing events include yoga, art, biofeedback, meditation, and cooking classes and Therapy Fluffies events.

## GET IN THE ZONE

## CARE @ SARC

**CARE at SARC** is a free and confidential counseling and advocacy resource available to victims/survivors of sexual assault, relationship violence, and stalking. CARE at SARC is always a resource for any victim/survivor, whether or not they choose to make a report.

To schedule an appointment, please call (858) 534-5793. CARE at SARC is also on-call 24 hours a day and on weekends throughout the year. To reach staff after hours and on weekends, please call (858) 534-HELP.

Active Minds is a non-profit, student-run mental health awareness, education and advocacy organization seeking to promote awareness about and alleviate the stigma associated with mental health issues. Their mission is to provide resources and education to people regarding mental health and to advocate for mental health causes through partnership and action. They are affiliated with the national Active Minds organization headquartered in Washington, DC. Join Active Minds@UCSD by emailing [activeminds@ucsd.edu](mailto:activeminds@ucsd.edu) or going to their [website](#).

Active Minds meetings are select Fridays at 6 pm in the Warren College Room in Price Center. Their first General Body Meeting will be October 5.

## ACTIVE MINDS @ UCSD



**Psi Chi (ΨΧ)** is the International Honor Society in Psychology, founded in 1929 for the purposes of encouraging, stimulating, and maintaining excellence in scholarship, and advancing the science of psychology. With over 1,050 chapters, Psi Chi is one of the largest honor societies in the United States. Membership is an earned honor which is for life. It may be used for reference purposes for graduate school and job applications. Members have the opportunity to present research at scientific meetings and participate in competitions. Psi Chi is a part of the Association of College Honor Societies and is an affiliate of the American Psychological Association (APA) and the Association for Psychological Science (APS).

During Week 1, Psi Chi is volunteering at the San Diego Rescue Mission's emergency night shelter for women and children. Events throughout the quarter include participation in the **Out of Darkness walk** to prevent suicide, a therapy-centered career panel, and a community service project!

Psi Chi meetings are Thursdays at 6:30 pm in McGill 1350. The first General Body Meeting will be October 4. Visit the **UCSD Psi Chi website** for more details!

# PSI CHI PSYCHOLOGY HONOR SOCIETY

## SONA: EXPERIMENTAL SUBJECT PARTICIPATION

Participants in **SONA** have the opportunity to make an important contribution to the research community in our department and/or the UCSD campus at large. Students enrolled in various Psychology, Cognitive Science, and Linguistics courses have the opportunity to serve as experimental participants.

As a participant your time is as valuable as the researcher's. All participants are expected to behave in a professional manner, show up on time and provide notice to researchers if you need to cancel your appointment. You can expect all researchers and PI's to respect your time, describe the research you are contributing to and award your credit within 24 hours.

**VERY IMPORTANT:** Once you have accumulated **TWO** unexcused no-shows during one quarter, you will be limited in the studies available to you through SONA. Your account may remain active, but no studies will appear to be available. If this happens to you, you will need to ask your instructor if you have any other research participation options at that point. Instructors are not required to accommodate your request once two unexcused no-shows have been accumulated. For more information on SONA please check out the **SONA page** on UCSD's Psychology Department website.

# FALL 2018 EVENTS

## September 2018

- 24 12:00 pm Student Services Fair (Ridge Walk)  
 24 5:00 pm Convocation (RIMAC Field)  
**25 1:00 pm Psychology Dept Orientation (CSB 001)**  
 25 1:00 pm Career Center Open House  
 25 2:30 pm Cross Cultural Ctr Block Party  
 26 10:00 am Q Camp (Price Ctr East)  
*Register at: [go.ucsd.edu/2NxrRsp](http://go.ucsd.edu/2NxrRsp)*  
 26 10:00 am Coffee w/ a Career Coach (Career Ctr)  
 26 12:00 pm Raza Resource Centro Open House  
 26 1:00 pm UnOlympics (RIMAC Field)  
 26 4:00 pm The Basement Info Session  
 26 4:00 pm Women's Ctr Welcome Week Fest  
 27 First Day of Fall Classes  
 27 10:00 am Career Tools You Can't Live Without + Resume Lab (Career Ctr)  
 27 12:30 pm Studying Social Justice (CCC)  
 27 3:30 pm All College Transfer Welcome (Price Ctr East)  
 27 5:00 pm QT Fest (LGBT Resource Ctr)  
**28 9:00 am Psychology Dept Orientation (McGill 1350)**  
 28 10:00 am InterTribal Resource Ctr Open House  
 28 10:00 am Practice Pitch w/ Coach (Career Ctr)  
 28 7:00 pm First Friday: Triton Avengers (University Centers)  
 30 Library Student Advisory Council deadline - Apply at [goo.gl/5mGt6Z](http://goo.gl/5mGt6Z)

## October 2018

- 1 7:45 am Annual Global Empowerment Summit: Time to Rise (Atkinson Hall)  
*Register at <https://bit.ly/2QFUdsu>*  
 2 10:00 am Coffee w/ a Career Coach (Career Ctr)  
 2 11:30 am Triton Dress for Success (PC East)  
 3 12:00 pm Career Prep Series (Career Ctr)  
 3 4:00 pm UCDC Info Session (Warren College Room)  
 4 12:00 pm Career Prep Series (Career Ctr)  
 4 6:30 pm First Psi Chi/Psychology Club Meeting (McGill 1350)  
**5 Fall 2018 Late Add UGIA Deadline**  
 5 TritonLink add deadline  
 5 12:00 pm LinkedIn Lab (Career Ctr)  
 5 6:00 pm First Active Minds @ UCSD General Body Meeting (Warren College Rm)  
 8 12:00 pm Pre-Health Transfer Transition Series Part 1: Making a Smooth Transition (Career Ctr Horizon Room)  
 8 5:00 pm Global Seminars Info Session: Origins of the Mind  
 9 12:30 pm Pre-Health Transfer Transition Series Part 1: Making a Smooth Transition Repeat (Career Ctr Horizon Room)  
 10 9:30 am Science & Technology Career Fair (RIMAC Field)  
 10 3:00 pm The Basement: Innovator Series with Scott Chacon '02  
**11 Last Day of Advising hours to sign FA18 PSYC 199s**  
 11 10:00 am Triton Career Fair (Price Ctr)  
 11 5:00 pm Think Tank: FA18 Edition (Basement)

## October 2018 (continued)

- 11 6:30 pm San Diego Rescue Mission at Psi Chi meeting (McGill 1350)  
 12 VOICES Leadership Program apps due - [go.ucsd.edu/2QOkewh](http://go.ucsd.edu/2QOkewh)  
 12 10:00 am Mock Multi-Mini Interview/MMI (Career Ctr)  
 15 12:00 pm Pre-Health Transfer Transition Series Part 2: Keeping Up the Momentum (Career Ctr Horizon Room)  
**15 5:00 pm Global Seminars Info Session: Consumer Behavior in Tokyo**  
 15 12:00 pm Pre-Health Transfer Transition Series Part 2: Keeping Up the Momentum Repeat (Career Ctr Horizon Room)  
 15 1:30 pm UCDC Application & Resume Review Session for SP19 (Teaching + Learning Commons)  
**16 9:30 am How to Study Less & Remember More (Mandler 3545)**  
 16 3:30 pm Global Seminars Info Session: Ireland's Silicon Valley  
 17 10:30 am Graduate & Professional School Information Fair (Library Walk)  
 17 3:00 pm Global Seminars Info Session: Social Cognition & Drugs in Australia  
 18 Love Your Body Day (Women's Ctr)  
 18 1:30 pm Mock Multi-Mini Interview/MMI (Career Ctr)  
 19 UCDC Spring Priority Deadline  
 19 6:00 pm Active Minds @ UCSD GBM (Warren College Room)  
 22 11:00 am Study Abroad EXPO  
 23 5:00 pm Global Seminars Info Session: Social Cognition & Drugs in Australia  
 23 5:15 pm Writing with Sources Workshop (Teaching + Learning Center)  
**23 6:30 pm Paths to PhDs (Cross Cultural Ctr Comunidadad Room)**  
 25 6:30 pm NYU Social Work graduate school at Psi Chi meeting (McGill 1350)  
 26 Last day to change grading options or drop a class without a "W"  
**26 10:00 am Study Abroad for Psychology Students (McGill 1350)**  
 29 12:00 pm AS Student Major Fair (Library Walk)  
 29 5:00 pm Global Seminars Info Session: Origins of the Mind  
**30 10:30 am Psychology Honors Info Session (Mandler 1507)**

## November 2018

- 1 6:30 pm Superhero Therapy at Psi Chi (McGill 1350)  
**1 5:00 pm Global Seminars Info Session: Psychopharmacology in Florence**  
 5 6:00 pm Creating & Innovation in LinkedIn (The Basement)  
**6 9:30 am Experiential Learning with the Academic Internship Program (Mandler 3545)**  
**7 8:30 am Psychology Honors Info Session (Mandler 1507)**

## November 2018 (continued)

- 7 2:30 pm On-the-Spot Career Advising (Mandler 1507)**  
 8 6:30 pm ITRC Film Screening: Wonder Woman (Price Ctr Theater)  
 9 Last day to drop a class with a "W"  
 9 11:30 am Native American Heritage Month Luncheon (PC West Ballroom)  
*Tickets: e-mail [itrc@ucsd.edu](mailto:itrc@ucsd.edu)*  
**14 11:00 am On-the-Spot Career Advising (Mandler 1507)**  
**15 12:00 pm Psychology Honors Program Applications Due**  
 16 5:00 pm Global Seminars Info Session: Ireland's Silicon Valley  
**21 2:30 pm On-the-Spot Career Advising (Mandler 1507)**  
 27 8:00 am AFSP's Out of Darkness Walk with Psi Chi and Active Minds @ UCSD (Liberty Station NTC Park)  
 27 4:00 pm Making the Most of your UCSD Experience (Red Shoe Room)  
**28 2:30 pm On-the-Spot Career Advising (Mandler 1507)**  
**28 3:00 pm Global Seminars Info Session: Consumer Behavior in Tokyo**  
**28 5:00 pm Global Seminars Info Session: Psychopharmacology in Florence**  
 29 Group Acupuncture Clinic (Student Health)

## December 2018

- 1 8:00 pm ITRC Presents Tonia Jo Hall (Loft)  
**5 2:30 pm On-the-Spot Career Advising (Mandler 1507)**  
**5 Winter 2019 UGIA Application Deadline**  
**14 3:00 pm Deadline for FA18 graduates to turn in their Psychology BS papers to the advising office**

## Ongoing Events

- Mondays** 10:00 am Yoga Zone (Zone)  
 12:00 pm Hungry 4 Healthy (Zone)  
**Tuesdays** 11:00 am Art & Soul (Zone)  
 12:30 pm Financially Savvy (Zone)  
 1:30 pm AIP Drop-in Hours (AIP)  
 4:00 pm STEM Cafe (Women's Ctr)  
**Wednesdays** 10:00 am Oasis @ The Zone (Zone)  
 1:00 pm R&R Squad (Zone)  
 1:00 pm UCDC Drop In Hours (AIP)  
 2:30 pm Destress/Biofeedback (Zone)  
 3:00 pm CAPS Mindfulness Workshops (Murray's Place, Student Health Ctr)  
 5:00 Black Women's Collective (even weeks, Women's Ctr)  
**Thursdays** 10:00 am Meditation (Zone)  
 1:30 pm (Zone)  
**Fridays** 10:00 am UCDC Drop In Hours (AIP)  
 12:00 pm Gender Buffet (Women's Ctr)