

COUNSELING PSYCHOLOGY NEWSLETTER

The latest news and accomplishments of current doctoral students.



FIRST YEAR REFLECTIONS

1. What were your expectations coming into your first year and how did they line up with your experiences?

Coming into the program, I expected it to consume my life in a good way. I expected to be challenged by the coursework and gain more competence in myself as a counselor. In reality, it was much more than this. I wasn't challenged so much by the coursework, but through reflecting on my views of the world and myself. I feel more comfortable and confident in myself and my future after this year.

2. Do you feel you've grown as a professional over the past year? How so?

I feel I was already very professional coming into the program. If you are a graduate student in any field, there's a good change you have some professional skills already that got you here. I think the insights I've gained about myself this year will aid in my professional development.

3. What advice do you have for those coming into the program?

My best advice is to focus on the bigger picture. Keep your goals in mind. Because the demands are high at times, it's easy to lose motivation. When you constantly remind yourself why you are doing this, it can give you that push you need during tougher times. Also, value quality over quantity. Often, graduate students place so much emphasis on their letter grade, that they can miss the point which is development and learning. Care about your grades, but care more about your growth and competency. Ultimately, your competence, skill, and compassion for the field will be what makes a difference in the lives of people you serve, not your grade on an assignment.



DEVEN DYER,
1ST YEAR DOC STUDENT

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TERRIFIC TEACHERS

OUTSTANDING GRADUATE TEACHING INSTRUCTOR (GTI) AWARD

This award recognizes outstanding Graduate Teaching Instructors (GTI) for their effectiveness in teaching and contributions to the mission of the Department of Psychology and Counseling.

GTIs are evaluated by members of the department's Teaching and Instructional Effectiveness committee, along with the Supervisor of GTI Teaching. Evidence reviewed includes, GTI's statement of teaching philosophy, a summary of student responses to the GTI Student Feedback Survey, and actions and efforts to improve teaching.

Congrats, Kristina! Your students are lucky to have an instructor as dedicated and caring as you are.



*KRISTINA RAY,
GTI AWARD RECIPIENT SPRING 2019*

MS. BOGOSLAVSKY RECOGNIZED BY STUDENT ATHLETE

Congrats to doctoral student Mattie Bogoslavsky for her recent recognition by a member of the UCA Volleyball Team, Amari Mitchell. This was her first year as a Graduate Teaching Instructor. Mattie teaches General Psychology.

Thanks for making a difference in these students' lives!



*MATTIE BOGOSLAVSKY,
GRADUATE TEACHING INSTRUCTOR*

PUBLICATIONS & PRESENTATIONS

Publications

Cobb, C. L., Branscombe, N., Meca, A., Schwartz, S. J., Xie, D., & Cecilia-Zea, M., Molina, L., Martinez, Jr., C. (In Press). Toward a positive psychology of immigrants. *Perspectives on Psychological Science*.

Schwartz, S. J., Meca, A., Ward, C., Szabo, A., Benet-Martínez, V., Lorenzo-Blanco, E., Sznitman, G. A., **Cobb, C. L.**, Szapocznik, J., Unger, J. B., Cano, M. A., Stuart, J., & Zamboanga, B. (In Press). Biculturalism dynamics: A daily diary study of bicultural identity and psychosocial functioning. *Applied Developmental Psychology*.

Varghese, F. P., **Nolan, J.**, Ali, S. R., Anderson, E., & **Southerland, R.** (2019). Vocational Psychology and the Future: The Role of Telepsychology in Shaping Research. *Journal of Career Development*. <https://doi.org/10.1177/0894845319831081>

Xie, D., Kong, N., **Skaggs, S.**, & Yang, A. (2019). An ecological perspective on youth career education in transitioning societies: China as an example. *Journal of Career Development*. Advance online publication. doi:10.1177/0894845318824673

Presentations & Posters

Bogoslavsky, M., Adair, L., & Marlin, M. (2019, April). *Sexploitation: The Nature of Women's Romantic Exploitative Tactics*. Poster presented at the annual meeting of the Southwestern Psychological Association, Albuquerque, NM.

Bull, C., & Adair, L. (2019, April). *Predicting Experiences of Psychological Abuse in Females*. Poster presented at the annual meeting of the Southwestern Psychological Association, Albuquerque, NM.

Pickard, M., **Baca, L.**, & **Swinson, D.** (2019, April). *An Exploration of Emotional Intelligence and Ruminating Cognitions*. Poster presented at the annual meeting of the Southwestern Psychological Association, Albuquerque, NM.

Pyle, J., **Nolan, S.**, & Adair, L. (2019, April). *Female Perpetrator's Sociosexual Orientation & Sexual Exploitation Relationship to Intimate Partner*. Poster presented at the annual meeting of the Southwestern Psychological Association, Albuquerque, NM.

Skaggs, S., & Baldwin Gracey, B. (2019, April). *Token Economy Contribution to Patient Weight Gain in Acute Inpatient Psychiatric Settings*. Poster presented at the annual meeting of the Southwestern Psychological Association, Albuquerque, NM.

Taylor, A., & Sobel, K. (2019, April). *Introducing the Journal of Psychological Inquiry as an outlet for undergraduate research*. Paper presented at the annual meeting of the Southwestern Psychological Association, Albuquerque, NM.

Taylor, A., Soto, A., & Marlin, M. (2019, April). *Adapting Culture to Treatment: Two Meta-Analytic Reviews*. Poster presented at the annual meeting of the Southwestern Psychological Association, Albuquerque, NM.