

Welcome to our PSYC newsletter!

In an effort to stay connected, build community and communicate to all of our majors and minors, I am excited to share our first PSYC program newsletter! Our program is growing so fast and we have majors from across South Carolina (and beyond!) and we want to extend that positive vibe and energy here!

And, we have a lot to celebrate in the PSYC program:

- We have 206 PSYC majors and 47 PSYC minors — combined, that is 27% of the entire student body!
- Our PSYC Club has ROCKED it this year with over 10 online and in-person events.
- Dr. Osbaldiston joined the PSYC faculty in the fall — we are so excited to have him!
- We hosted two “Getting Into Graduate School” faculty panels this year — which you can still view in the PSYC Club organization in Blackboard!
- And....we had 18 PSYC graduates in December and 42 more graduates will be graduating this spring!

Our students and our graduates are doing amazing things in internships, research and in the classroom!

Congratulations on being part of it and making your dreams come true!!



Dr. Cindy J. Lahar

Professor, Psychology Program Coordinator



SP2023 GETTING INTO GRADUATE SCHOOL FACULTY PANEL

Left to right: Dr. Osbaldiston, Dr. Farrell, Angela Nadeau, Sandra Knapp, Dr. Messick



FA2023 GETTING INTO GRADUATE SCHOOL FACULTY PANEL

Left to right: Dr. Farrell, Dr. Messick, Dr. Osbaldiston, Dr. Lahar, Angela Nadeau

In this Issue

Faculty Spotlight	2
PC Student Spotlight	3
Student Spotlight	3
Class of 2023 Graduates	3
Alumni Spotlight	4
PSYC Internships	4
PSYC Club Events	4
High Five Corner	4

Important Dates and Academic Support

Summer and Fall registration starts Monday, April 3rd! Meet with your advisor to plan your schedule!

Palmetto College Graduate Reception : April 28, 3-4pm, Campus Center 106

Spring Commencement: April 28, 5:30pm, USCB Green

Walk-In Psych Tutoring
Tues. & Thurs. 3:30-5:30PM

Your tutor is:

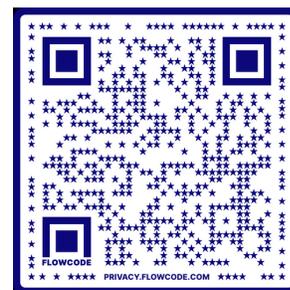


Hi! My name is Emily, and I am a senior majoring in psychology. My favorite food is ramen!

Visit our [Tutoring & Writing Center](#) to Schedule an Appointment —>

- Writing Tutoring
- Math Tutoring
- Biology Tutoring
- and more!

Online appointments available





Jan Holt, Ph.D.
Adjunct Faculty

“My students have been **inspiring**, with a thirst of knowledge and **admirable aspirations**, prompting me to be the most effective promoter of independent **thought**, sharer of knowledge and **encourager** that I can be. “



“The woods are lovely dark and deep, but I have promises to keep, and miles to go before I sleep, and miles to go before I sleep” - Robert Frost.

Faculty Spotlight

My first name, Jan is Dutch and phonetically it is Yon. The ‘an’ is pronounced like the word “on”. The J is pronounced as a Y in Dutch, Scandinavian, and German languages. My Dutch great, great grandfather emigrated to North Carolina from Holland, and then moved to a farming community, Tilman, Jasper County, S.C., in the mid 1800s.

What classes have you taught at USCB?

I have taught at five various colleges at the undergraduate and graduate levels part-time/adjunct for 27 years and at USCB since 2010, with a break from 2016-2018, and since then teach fully online. At USCB, I have taught Introduction to Psychology, Sensation and Perception, Biological Psychology, Cognitive Psychology and Learning and Memory. In the Fall of 2023 I am excited to be teaching Applied Psychology, which explores applied areas such as clinical/counseling, educational, health, forensic, occupational, and sports psychology.

What is the best part about teaching at USCB?

The students, personal connections and memories. My students have been inspiring, with a thirst of knowledge and admirable aspirations, prompting me to be the most effective promoter of independent thought, sharer of knowledge and encourager that I can be. Many of them have subsequently attended graduate school, and I have been pleased to write letters of recommendation for them.

I attended second grade at Beaufort Elementary in the late 1960s, which is the same building that USCB’s Center for the Arts now is in. Fatefully, in the early 2010s, I taught at USCB in the same classroom in which I was in second grade, about 40 years earlier. That was a special memory. Further, when I was a youngster, I used to fish and shrimp in the Part Royal, St. Helena and Calibogue Sounds and their estuaries with my grandfather and have an immense ap-

preciation for the flora and fauna in the area. Ironically, in the early 1950s my grandfather was offered a beach front lot on Hilton Head for \$1000 and it is said that he commented, “why would anyone want a lot on a nearly uninhabited and uninhabitable Island that does not even have a bridge to it?”

Favorite class to teach and why?

Learning and Memory. While my doctoral degree is in Educational Psychology, my concentration was in human learning and development, and ever since then that has been a primary passion and interest of mine. Why? It addresses two of the most complex and useful phenomena in our daily lives.

Worst job you ever had:

It was not that bad though. Pumping gas at the Exxon station on Blossom street on the banks of the Congaree river in the late 1970s while attending undergraduate school at USC-Columbia. Yes, those were the days when somebody pumped your gasoline for you. Duties also included cleaning the windshield, checking tire pressure, the oil and radiator fluid. One day while checking the fluid in a radiator, I took off the cap and steaming hot fluid sprayed in my face. Ouch! That was before there was an overflow reservoir to check the fluid with. With a little ice, eventually my lips returned to normal size.

Favorite place to go when you need to destress?

The woods. Did you know that there are only six types of plants in the plant Kingdom, the smallest originating in water and extending outwardly from there. There are four seedless types, algae and fungi (lichen are a combination of the two) and are non-photosynthetic. The other two are mosses and ferns. The two seed-producing types are Conifers, with needles, such as pines and cedars and the largest group of the six types of plants, include all flowering plants, from ornamental flowers, to grains and cereals grown for food, to

broad-leaved deciduous trees such as oaks, dogwoods and magnolia. At about 4,800 years, the oldest known living organism on earth in the Bristlecone pine tree.

What is the coolest thing psychology?

At nearly 100 billion neurons, the human brain is arguably the most complex, creative, talent-producing, constructive and unfortunately destructive living (and artificial) thing on earth.

The two most notable psychology books you ever read?

Memories, Dreams and Reflections, by Carl Jung and Science and Human Behavior, by B.F. Skinner.

What advice would you give to aspiring counselors?

Perseverance, industriousness, and conscientiousness are vital characteristics. Have a passion for what you do.

Communication is 55% nonverbal (body language, especially facial expressions), 38% vocal (tone) and 7% words-only according to Albert Mehrabian. If you talk more than 30-40% of the time with your client, depending upon the stage of therapy and type of therapy, you are probably talking too much.

Have numerous tools in your therapy tool box: “If all you have is a hammer, everything looks like a nail” Abraham Maslow. Never stop learning and improving yourself. Self-care is a prerequisite. Spread kindness.

Favorite food? Pizza. Lots of cheese and meat. Yum, but not necessarily healthy!

Best job you ever had?

Teaching at USCB ... unequivocally.

Reach for the Stars

Palmetto College Student Spotlight

Hometown: I was raised in New Orleans, Louisiana. However, I have called Irmo, South Carolina home for the past 25 years.

Favorite restaurant: Carrabba's
When did you start at USCB: Fall of 2022

Favorite class at USCB thus far: Biological Psychology

Best job you ever had: The best job I have ever had was working at an elementary school as an instructional assistant. It gave me the opportunity to work with students in small groups. I really enjoyed supporting and encouraging children in their learning. This job led me to become aware of

skills that I didn't know I had. Which has led me to where I am today – pursuing a degree as a school counselor.

What's the best advice you've ever gotten? I am not sure about this one. However, my advice to others would be embrace the present, live life with no regrets and you can't go wrong!

What's it like to be a fully online/PC student at USCB? I like being an online student because it gives me the flexibility I need as a mother of three with a fulltime job. It takes self-discipline to be organized and manage time wisely.

What advice would you say to online learners about how to manage distance education? Organization is key! Read the syllabus and write due dates down on the calendar. Do every assignment and plan accordingly.

What do you hope to do when you complete your degree at USCB? Once I complete my degree, my goal is to pursue a master's degree in school counseling.

Goal for 2023: My goal is to continue my college education. In addition, do more of what I enjoy such as hiking, traveling and DIY-ing!



Dolores Entwistle
Sophomore



Maisonne Jones
Senior

Student Spotlight

Hometown: Atlanta, Ga

Favorite game: Heads Up

Favorite quote: "Everything happens for a reason"

Unique thing about you? I have lived in Alabama, Texas, Georgia, and now South Carolina.

When did you start at USCB: August of 2019

What athletic events do you do? Track and Field

What's it like to be a student athlete? Being a student athlete is a privilege, but it is very hard to

manage at times

Who's your favorite psychologist? Why? Dr. Osbaldiston, He is an amazing teacher and is very understanding when it comes to his students. He is the nicest professor I have ever had!

What do you think is the coolest thing about psychology? Being able to truly understand people and know why they think the way they do. At least having some type of understanding is the coolest thing to me about psychology

What's your best study tip? Putting your phone on Do Not Disturb so you aren't tempted to check your phone from the notifications.

What's the best thing about USCB? I think the best thing about USCB is that it is a small campus, so I feel like students are able to have a greater relationship with their professors and other staff around campus.



Way to go
PSYC majors!



Congratulations Class of 2023!!!

Ashlyn Alte
 Olivia Antill
 Kelsey Barr
 Albert Berroteran
 Chasitivity Bowden
 Anniken Brodersen
 Krystal Brown
 Lauren Conroy
 Rebecca Cook
 Carmella Coughlin-Torres
 Luke DeCosta
 Hogan Drane
 Icis Dunlap
 Al-Tayjaha Garland

Jordan Glenn
 Naomi Gosdin
 Sarah Grant
 Yasna Hadipour
 Elizabeth Hadwin
 Danielle Jacobs
 Noel Jensen
 Robert Johnson
 Kacey Kirk
 Jessica Lopez
 Scott Matthews
 Stephanie McDowell
 Lauren Moak
 Treasure Munoz

Emily Najera
 Francesca Piccolo-Youngblood
 Natalia Pinto
 Alasia Pringle
 Jazmin Ramirez
 Cathryn Roberts
 Isabel Sanchez
 Jessica Sanders
 Jasmine Tackett
 Peyton Taylor
 Meghan Wagner
 Aliyouna Williams
 Madison Wozniak



Tal Gur
PSYC Alumni

When did you graduate from USCB?
End of 2019

What was your favorite class at USCB and why?

It will be very difficult to choose one class out of my psychology classes as they all took me through a journey that opened a new world of understanding about psychology and about myself. If you push me really hard, I will probably pick research methods because it introduced me to an aspect that I didn't think I would enjoy as much as I did and helped me realize that research can be an exciting and creative process.

What Master's program are you in and what is your favorite thing about grad school?

I am now in my second year in the Clinical Psychology program at USC Aiken. My favorite thing about grad school is the level of competency we accomplished in such a short time. This is undoubtedly an intense and demanding process in many ways, but it is also very satisfying to realize how much knowledge and experience it provides.

How is graduate school different than USCB?

There are many ways graduate school is different from undergrad. I was a nontraditional student at USCB as I am at USC Aiken, so I think my perspective of both might be a little different. But the main difference is that graduate school is your life; there is not much room for anything else. It's hard to really grasp how demanding it is until you are there.

As far as classes go being quiet or hiding at the back of the class is just not an option here. Our classes are rarely lecture-based. Instead, we are expected to come to class after we read and understood the material and be able and ready to discuss (and often present) what we learned.

I am a part of a cohort of 13 people. Over the past two years, we took all our classes together and spent many more hours in supervisions, assistantships, and labs. We supported each other through challenges and often had to work together on projects and presentations. I have two bachelor's degrees and made some friends along the way, but the relationships created here are far beyond that. Similarly, we all spent many more hours studying

and working with our professors than I ever did in undergrad.

What is one piece of advice would you give students looking into graduate school program right now? Do your research, and interview anyone who agrees to talk to you that is doing something similar to what you think you would like to do. Your professors are a great place to start, as well as past students who went to graduate school, relatives, family friends, or even professionals that you don't personally know will likely agree to spend a few minutes with you and tell you about the path they took to be where they are. Ask many questions, listen carefully, and learn everything you can about the available programs and paths. It is important to talk to a variety of people because only then will you be able to separate the information relevant to yourself from each individual's personal experience that might not be relevant to you.

What will be you next step after graduation (from Aiken)? After graduation, I plan to return to Hilton Head, pursue my LPC licensure and hope to work with children, adolescents, and young adults in the area.

Interested in a PSYC Internship?

USCB students have completed internships at:

- PBS- Positive Behavior Supports Corp.
- Wright Directions
- Now We're Talking
- Volunteers in Medicine
- BriteLife Recovery (Behavioral Technician, paid position)
- Memory Matters
- Coastal Empire Mental Health
- Hopeful Horizons
- Working in the USCB research lab
- Boys and girls club
- The Children's Center

And you can do an internship anywhere in SC!

The first step is finding an internship site that you are interested in your area and contact them directly.

Then, contact Sandra Knapp at kazlausk@uscb.edu to take the next steps!

Stay Connected



SC GRADUATE PROGRAMS FOR CLINICAL PSYCHOLOGY

University of South Carolina, Aiken, SC

[M.S. in Applied Clinical Psychology](#)

University of South Carolina, Columbia, SC

[Ed.S. in Counselor Education](#)

University of South Carolina, Columbia, SC

[Ph.D. Psychology, Clinical-Community Concentration](#)

Clemson University, Greenville, SC

[Ed.S./M.Ed. in Counselor Education](#)

Charleston Southern University, Charleston, SC

[M.S. in Clinical Counseling](#)

The Citadel, Charleston, SC

[M.A. in Clinical Counseling](#)

USCB PSYC CLUB EVENTS

HIGH FIVE CORNER—CONGRATULATIONS!!

[McNair Scholar Fellowships](#) (Psychology Majors)

Andrea Santibez

Julia Dorris

PSI-Chi Inductees

Nick Arroyave

Hadiyah Lucien

Francesca Piccolo-Youngblood

Stephanie McDowell

Lily Clough

Jessica Ireland

