



# USCB

# PSYCHOLOGY

VOLUME 2, SPRING

APRIL 24, 2025

## PSYCH

## TUTORING

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## MORE THAN YOU IMAGINE



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## Welcome to our PSYC newsletter!

I can't believe we are, yet again, at the end of another academic year. As the seasons change, we're reminded of the growth and transformation that takes place for all of us—both as individuals and as a vibrant community at USCB.

Our program has truly flourished this year, and this newsletter highlights just a few of the many reasons why. From academic achievements to community involvement, the psychology program continues to make a meaningful impact on-campus and beyond.

I want to highlight our growth during the 2024-2025 academic year:

• We now have **235 PSYC majors** and **53 PSYC minors** — which means nearly 14% of USCB students are affiliated with psychology!

• We proudly celebrated **21 PSYC graduates in the fall** and **44 more this spring**—a total of **65 graduates**

I want to give a big shout out to Andrea Santibanez for thoughtfully gathering all of these inspiring stories, events, and highlights for this newsletter! It is exceptional what she and our students have accomplished!

As we wrap up the spring semester, we send heartfelt congratulations to our graduates—you've reached an incredible milestone and you should all be incredibly proud! And to our continuing students, we look forward to seeing you again in the fall.

Thank you all for being a part of another incredible year in PSYC!

Dr. Cindy J. Lahar

Professor, Program Coordinator



## 2025 STUDENT LIFE AWARDS

Left to right: Liz Huizar, Andrea Santibanez, Dr. Richard Osbaldiston, Kalli Harden, Justin Michonski, and Macie Ellis

## CONGRATULATIONS EVERYONE!



## Important Dates and Academic Support

Spring Commencement: Friday, May 2, 2025 at 5:30 p.m.

Justin Michonski



## Our Tutors

### Tutoring Hours:

Monday: 1-4 p.m.

Tuesday: 3:30-6 p.m.

Wednesday: 1-4 p.m.

Thursday: 9:30-12 & 3:30-6 p.m.

Lizbeth Huizar



# Faculty Spotlight



**Leigha Robinson,  
M.S.**

My name is Leigha Robinson. I have been teaching at USCB since 2021. I started in January 2021 teaching primarily online. Since my move to the area in June 2023, I have been teaching on campus which has been a joy. As a military spouse, I have relocated seven times in 14 years. My first move with my husband was to Wells, Maine where I started attending classes at York County Community College. After graduating with an AA in liberal studies, I went on to obtain a BA in psychology from the University of New Hampshire. After graduating from UNH I attended Southern New Hampshire University and received a master's in psychology with a concentration in forensic psychology. In addition to teaching here at USCB, I am a licensed psychology associate (PsyA) in Washington, DC. I work for a private practice as a mental health professional (therapist) providing therapy to adolescents and adults. My husband and I reside in Savannah with our 3-year-old daughter

## What classes do you teach at USCB?

I teach Psychology and the Legal System (forensic psychology) both on campus and online. In Fall 2024 I started teaching abnormal psychology. In addition to these, starting Spring 2024, I will be teaching test and measurements, intro to psychology, and a special topic in forensic psychology.

## Which classes are your favorite to teach and why?

My favorite course to teach is forensic psychology. After grad school I worked in the field for three years. I worked in the Harris County jail assisting on competency and sanity evaluations. I also assisted in evaluations for the Department of Disability Services. My biggest accomplishment in the field has been research with the Texas Department of Criminal Justice. I also had my hand in the research and development of a deception tool that was recently published. All of that to say, forensic psychology has and will always have a special place in my heart. I love teaching the topic and

hope that my passion for the field comes out in class.

## What is your favorite thing about psychology?

I love the complexities of psychology. I am always interested in the inner workings of the mind. I also love learning about new areas of psychology. There are so many areas and fields.

## Favorite hobbies:

I enjoy spending time with my husband and daughter. If being a foodie is a hobby, then add that to the top of my list. I have a what I call a "not so famous" Instagram page with all of my foodie adventures. My goal is for a free dessert or two along the way. I love to travel as well. I also love floral design. Post retirement I would love to dabble in design as it brings me so much joy! Lastly, fashion. Not enough time or space to go into all the detail of what fashion means to me but it's a large part of what makes me; me.

## Favorite Food:

Referring back to my favorite hobby...food...I can't say I have a specific favorite food. Find me if you're traveling; I more than likely have a top 3-5 restaurants I would recommend in most major (sometimes even not so major) cities.

## Favorite place to visit:

Another hard answer to nail down. Between cities and states I have lived and visited, it's hard to narrow down. I love things about each place! I would say however, that New Orleans, New York City, Nashville, and Seaside Beach are at the top of my list.

## What is an interesting fact about yourself?

I always love sharing that Dr. Lahar was my first psychology instructor back in Maine. She is the sole reason I am where I am today. I have always considered her to be a mentor, and I am thankful for the guidance and support she has provided. I will add that I am the first person in my immediate family to graduate from college and obtain a master's degree. One more fun one; a US president held my daughter when she was 6 months old during a random run-in. Rumor has it that if I ran into him years from now, he would remember our encounter.

## Favorite quote and why?

Does Taylor Swift's catalog count? If you know me, then you know I am a SWIFTIE to the nth degree. On a different level, one of the quotes I like to say to my clients is this;

“without discomfort there is no growth or evolution. So, get out there and do the hard things and lean into what's different or even feels odd. It'll make you a stronger person. You CAN do hard things.”

## What advice do you have for students?

When thinking about their future and career I suggest making a 'value bucket' with what they want to achieve. I also encourage students to write down goals and to never hesitate to ask questions. Oh! Affirmations. Positive self-speak and confidence can go a long way.



# Student Spotlight

## Where are you from?

I'm from Mobile, Alabama.

## When did you start at USCB?

I started Spring 2022, transferring here to continue my studies in psychology.

## Favorite movie:

The Notebook resonates with me because of the theme of enduring love, overcoming hardships, and deeply valuing family bonds—elements that align with your commitment to family and the importance you place on relationships.

## Favorite hobby:

Cooking and working out. Cooking is my happy space, and working out keeps me focused and disciplined.

## How do you balance family and being a student?

It's a constant balancing act, but I try to stay organized and manage my time well. With my children, especially my toddler who has autism, I prioritize and integrate family activities as much as possible, even bringing them to events or involving them in things like volunteering.

## Favorite thing about USCB?

I love the sense of community here and the opportunities for personal growth and volunteering. My courses and the clubs I'm in, like Gamma Beta Phi and the Psychology Club, have really enriched my experience when I am to participate.

## What do you want to do post-graduation?

I plan to pursue work in psychology, with a focus on helping underserved communities, possibly involving ABA therapy. I also want to give back to the military community, as it's been a significant part of my life.

## Advice for current psych students:

Be open to exploring different aspects of psychology it's a broad field. Volunteering and getting hands on experience, like I'm doing at Liberty County Head Start, can help bring classroom concepts to life and build meaningful connections. And, most importantly, remember to take care of yourself along the way!



**Cheryle Milton**  
Senior

# Palmetto College Student Spotlight

## Hometown:

I grew up as a military child so I traveled a lot. I was born in Fort Riley, Kansas but have lived in Oklahoma and Maryland. In the most recent years, I have lived in South Carolina because my father's family is here and my mother's is in Turkey.

## Favorite hobby?

I LOVE to travel. Two of my favorite places to visit are New York and Turkey. I would love to go to Egypt to see the pyramids!

## Favorite song: All of a sudden - Elevation Worship

## What made you interested in psychology?

I have always been a friend that

people confide in. I've been told that I am good at giving advice and understanding others. I thought, why not turn something I was a natural at and love into my profession?

## What's it like to be an online student?

It's great! 10/10. I am a self-learner and it allows me to adjust with my schedule. I have 4 children and 4 bonus children. It gives me the ability to be a mom. I had 2 children while at USCB and it allowed me to do the things I desired at my own pace.

## How can students get the best out of an online program?

First, manage your time. It is self-paced and you can lose track of time so also be very organized! Get

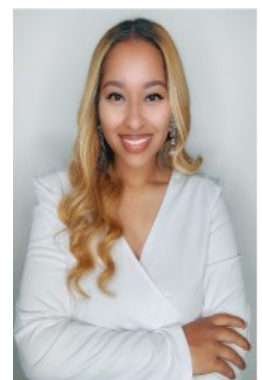
your syllabi, and make a separate calendar for your assignments. Ask questions! Do not be afraid to talk and reach out to others.

## How do you balance family and being a student?

Both are priorities to me but I manage my time wisely. I examine my schedule in advance and plan accordingly. I take advantage of evenings or weekends and do homework. Sometimes it takes choosing some activities over others to get what needs to get done like at sports events, I sometimes take my laptop and do work.

## What are your plans post-graduation?

Continue my education and pursue a doctoral PsyD program and be a licensed psychologist.



**LaToya Whack**  
Senior

I want to thank my husband for being so supportive of my goals!

# Intern Student Spotlight



**Eugenio Turrubiarres**  
**Senior**

I started at USCB in the fall of 2023. I am a senior graduating in spring 2025. Since my internship class, I have maintained a relationship with Volunteers in Medicine, HHI and it has been one of the most rewarding experiences for me.

**Favorite hobby and Food:** Wing chun/martial arts. My favorite food is Enchiladas.

**What is the best aspect of being an interpreter?**

I really enjoy seeing patients' emotional transformation in coming in worried and leaving with a smile on their face and knowing that I could help them be understood.

**What advice do you have for students who are inter-**

**ested in interning ?**

I'd advise students to take advantage of the opportunity as an undergrad to have a clearer understanding of what you would like to do post-graduation. Don't hesitate and take the opportunity!

**What skills have you learned from the internship?**

I have learned how to communicate with colleagues, doctors, and patients. I've also gained skills in learning medical terminology, how to translate them to Spanish, and how to tailor to patients' needs. I've learned that it is important to pay attention to the little things like tone and body language

which can tell a lot about how someone may be feeling but not comfortable to say. It has made me more aware and better prepares me for how I would like to work with others. This Internship has also taught me how to build connections and I believe this will be a vital skill that I will use for the rest of my life.

**Plans post-graduation:**

I plan on attending graduate school and taking a practical approach. I want to specialize in clinical psychology and become a therapist.

## Interested in a PSYC internship?

USCB students have completed internships at:

- PBS- Positive Behavior Supports Corp.
- Now We're Talking
- 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
- Wright Directions

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](mailto:kazlausk@uscb.edu) to take the next steps!





# Alumni Spotlight

## When did you graduate from USCB?

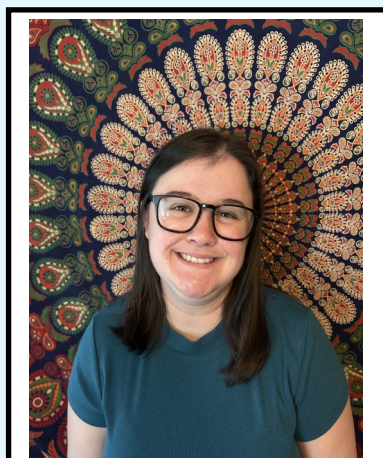
In 2020, working within the confines of quarantine from COVID.

## What was your favorite class at USCB and why?

I had two favorite classes - Biological (with Cindy) and Trauma (with Sandra Knapp). In Biological, my favorite thing was learning all about the brain, different lobes, and it was my only class with Cindy which was nice to see her in a capacity other than advising. My trauma class was changed to virtual due to COVID, but prior to that transition we had multiple guest speakers and got to listen to Sandra talk about EMDR. I still use one of the lessons we did in the trauma class today with my clients! Honorable mention to the Introduction to Clinical Psychology class (I forget the professor's name at the time, but she was an older witty white woman - she was a hoot!) learning about the different assessments was SO helpful.

## What advice do you have for students applying to grad school?

Apply to more than one grad school and go to every interview you get! When I was applying I got interviews at 5 out of the 6 schools I applied to, but I only ended up going to one due to COVID. I could have interviewed virtually but opted for the first school that accepted me post interview. Which ended up being amazing, but I wish I would have experienced other



**Katelynn Hine, MA, LPCA**  
**PSYC alumni**

schools before deciding.

## What was graduate school like?

For me, it was a mixed bag. I started virtually during COVID and it wasn't until after my first year that we started hybrid classes. I spent my Practicum doing groups virtually - this is a shortened version of internship. I conducted Social and Emotional Learning groups for Title I students in middle and high school. In-person classes finally started in Fall 2021, as well as Internship. I did my Internship at Winthrop University in their Counseling and Wellness Center. I worked 20 hours a week seeing clients, doing outreach some weeks, conducting crisis counseling appointments, and much more. I made some really good friends and learned how to be independent as I only had myself to rely on. I went to classes in

the evenings, worked in the mornings, set aside two and a half days for internship, and then would also spend about 15-20 hours a week studying. Grad school was like taking your favorite subject and only ever learning about that, with the exception of one or two required classes that don't fit into those interests.

## What did you do after graduation?

After graduating, I moved back to my hometown and began working in private practice. It took quite a while to find a supervisor and then get guidance on the licensure process, as a supervisor relationship is required before applying for licensure. I have now been out of grad school for 2 and a half years, and just switched from the initial practice I started with to a new one. I am also on the board for a local nonprofit we are starting, KCAT (Kids Counseling and Autism Therapeutic Center). I am still honing in on my niche and my preferred theory to work from. Currently, I am focusing on LGBTQ+ issues, couples, anxiety, and Autism with an Attachment Therapy and Dialectical Behavioral Therapy approach. Working as a therapist is not all sunshine and rainbows, but it is very rewarding.

## Words of encouragement

*"You are allowed to change your mind, change your focus, change jobs, change supervisors - don't let yourself get complacent because you are scared to go outside your comfort zone..."*



# Psychology Club



**Our 2024-2025 Psych Club officers:**

**Andrea Santibanez, President, Mia Klinger, Vice-president, Savanna Fumbi, Secretary, Tonisha Forrest, Treasurer, & Cam Pringle, Social Media Coordinator.**

**And of course, the wonderful club advisor, Dr. Carmen Farrell**



In February 2025, the psych club hosted the first ever Career Panel! This event served as an opportunity to bring the community of Beaufort and Bluffton and our university together by inviting professionals of the area to share their expertise and experience in their fields. The students invited a neuropsychologist/sport psychologist, marriage counselor and private practice owners, social worker, school counselor, trauma counselor, and a doctoral student. It was a wonderful event!



**Annual Alzheimer's Walk, October 2024**



**BriteLife Recovery guest speakers March 2025**

## Dunk Tank Fun!

USCB Dining Services hosted a carnival day and it was filled with so much fun and delicious food! Our very own Dr. O was a participant for the dunk tank. He certainly got dunked several times by students and other professors!



# Psychology Research Lab

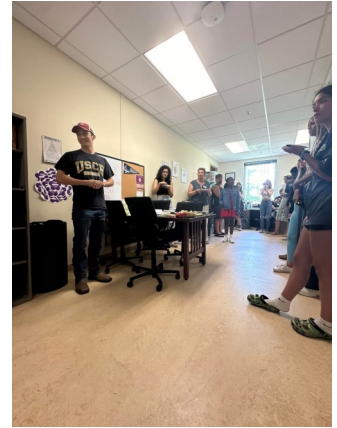


Open house

In September of 2024, the psychology program celebrated and hosted an open house for the psychology research lab in SciTech. 225 We had a wonderful team of students and faculty reorganize the psychology lab and create a space for students to study, meet with peers and professors, receive tutoring, complete research, and more!

The lab has grown so much and will continue to meet students' needs.

Over the course of the year, our psych tutors have met with over **25** students assisting them to achieve academically!



## Psi chi Honor Society

On February 25th, 2025, USCB celebrated the 10th annual Psi Chi induction ceremony. Psi Chi is an international psychology honor society recognizing students worldwide for their outstanding academic records from their university.

This year, there were 14 inductees that consisted of both traditional in-person students and online students.

Inductees were awarded with certificates and were celebrated by professors and students with refreshments.

Dr. Carmen Farrell did a great job organizing this event!



## High Five Corner—Congratulations!

### Stand Out Student Reception

Students Lizbeth Huizar, Mia Klinger, Ash Bass, Kalliopi Harden, and Justin Michonski were recognized for their academic achievements and received scholarship information.

### Carolina Day Representatives

Savanna Fumbi, Andrea Santi-

banez, and Macie Ellis were student representative for USC's Carolina Day.

### Psi Chi Inductees

Brooke Brennan  
Matthew Brigham  
Kimberly Combs  
Sarah Familiar-Ragsdale  
Connor Imhoff  
Carolina McGuire

Kristin Yanaros  
Savanna Fumbi  
Kalliopi Harden  
Cristos Kramer  
Megan Ronk  
Eugenio Turrubiarres  
Traliya Mitchell  
Kaitlyn Miles





# Student Researcher

## Savanna Fumbi



I am originally from Mombasa, Kenya and I am a rising senior, psychology major on the pre-medicine track here at USCB.

This past summer, I had the privilege of being named a scholar of the 2024 Ronald E. McNair cohort. During the six-week component, I conducted research on the effects of obstetric racism on negative maternal health outcomes in Black women. I worked closely alongside my advisor, Dr. Daniel Cooper, a professor of psychology at UofSC to gather both qualitative and quantitative data culminating in a meta-analysis, literature review based existing data from health organizations, medical hospitals, and interviews with Black women and health care professionals. I also summarized my findings in an oral presentation

to my cohort and a panel of judges, as well as a poster presentation which I had the honor of presenting at the annual Discover-USC Symposium the following July.

Based on my performances on the program I had the honor of being selected to attend the national McNair conference at Florida International University in Miami. Here at USCB, I worked alongside Dr. Babet Alvarez who accompanied me to present my research at the Georgia Undergraduate Research Conference at Emory University Oxford College.

Overall, being named a McNair scholar has not only allowed me to engage in research in a topic that I am passionate about, and that aligns with my long-term goal of becoming a physician scientist,

it has also broadened my horizons of what I thought possible in undergrad. I have had the opportunity to present my research alongside peers, gaining insight on topics across a variety of disciplines from biology to music. I have also had the privilege of attending sessions detailing what to expect from a career in academia and how to be the best student I can be both for myself and as a candidate for potential career opportunities.

The program provided me with a skillset and resources that will continue to be beneficial well beyond graduation and for that I will always be grateful.

## Graduation Gratitude's

"Thank you to Professor Knapp for navigating a new ethics course and having it be so inviting and engaging!"

"I am thankful for the community that was created in the psych lab and for the endless support from professors."

"Thank you to Dr. Lahar and Professor Nadeau for giving me the opportunity to help other students with tutoring".

"I am thankful for Dr. Lahar, Professor Nadeau, and Dr. Farrell for their support and guidance for my tutoring and reestablishing the psych lab. I am also very grateful for all the psych professors for being amazing, caring professors who tirelessly support their students in their endeavors. "

"Thank you so much to all the Psychology professors for helping me correct my errors and guiding me towards success. I will remember you awesome people in the future."

"Dr. Farrell has done an amazing job guiding students in the psych club and being a wonderful advisor."

"Thank you to Dr. O for working so diligently with all of his students and wanting nothing but success for them and their future!"

"Thank you Dr. Messick for always stopping by the psych lab and encouraging psych students to interact and unite. We really appreciate your support!"

"Thank you Professor Robinson for creating a fun and engaging learning environment."



# Interested in research?

Ask your professors about what opportunities they have available for you through mentoring you on a research project, joining their research lab, or applying for outside research grants!

Some of the current research labs on campus are:

Dr. Farrell's LEAD Psychology Lab and Dr. Messick's Social & Cultural Psychology Lab

Ask about how you can present your research at USCB's Research and Scholarship Day and Discover USC!

## Social & Cultural Psychology Laboratory



Work that lab student Ash Bash contributed to was presented at the 2024 Society for the Scientific Study of Religion conference in Pittsburgh. The project is a multi-study, cross-institutional project.



Lab members presented findings from three studies at the 2024 USCB Research & Scholarship Day. They were awarded first and second place in the inquiry-based category.



Lab student Graceyn Yonce presented a study that she led at the 2023 meeting of the International Association of the Psychology of Religion in Groningen, The Netherlands.

Founded in 2022, the lab provides students with firsthand research experience with the opportunity to publish their work, present at conferences, and contribute meaningfully to scientific literature.

Some of the many skills learned in the lab include open science practices, developing theory, writing a literature review, conducting data analyses, formatting manuscripts, and networking.

The lab members include student volunteers and social psychologist Dr. Kyle J. Messick in the diverse domains of psychology of religion, psychology of music, and broader topics on social and cultural psychology.

The students have accomplished tremendous milestones such as presenting their research in the Netherlands, contributing to work presented in Pittsburgh, won 1st and 2nd place in the inquiry-based category at USCB SRSD, and published their manu-

scripts in peer-reviewed academic journals.

Additional accomplishments from lab members include Hogan Drane: Charles L. Spirrisson Outstanding Psychology Student of the Year 2023, Graceyn Yonce: Excellence in Psychology 2023, Jack Weaverling: student keynote speaker fall 2023 commencement, and several Summer Research Experience (SRE) Award-ees.

### Recent Work:

Funded by the Advanced Support for Innovative Research Excellence (ASPIRE) award supporting students who are conducting research on motivational factors that predicted the use of generative artificial intelligence on academics and social media. The manuscript for this research will soon be in the peer-review process. A student will be presenting separate research at a conference in England on measuring nonbelief in Eastern cultures.

### Recent lab publications:

Messick, K. J., Agcaoili, D., Drane, H., & Taylor, H. (2024). Are heavy metal fans sexist?: The relationship between metal music depicting misogynistic violence and sexism. *Metal Music Studies*, 10(1), 41-60. [https://doi.org/10.1386/mms\\_00126\\_1](https://doi.org/10.1386/mms_00126_1)

Messick, K.J. (2024). The psychology of metal music, culture, & disability. In J. H. Shadrack & K. Kahn-Harris, *Heavy Metal Music and Dis/Ability: Crips, Crowds, and Cacophony* (pp. 66-79). Intellect.

### Recent Conference Presentations:

Messick, K. (October, 2024). South Korea culture and metal music. Documentary presented at Korean Cultural Studies Conference, Hilton Head Island, South Carolina.



# PSYCHOLOGY

## PSYCHOLOGY PODCASTS

Need something to do this summer?  
Graduation blues?

**Very Bad Wizards** is a podcast featuring a philosopher (Tamler Sommers) and a psychologist (David Pizarro), who share a love for ethics, pop culture, and cognitive science.

<https://verybadwizards.com/>

**Inner Cosmos** with David Eagleman, a neuroscientist at Stanford University.

<https://eagleman.com/podcast/>

**Hidden Brain** explores the unconscious patterns that drive human behavior and questions that lie at the heart of our complex and changing world.

<https://hiddenbrain.org/>

**Choiceology Podcast** Listen in as host Katy Milkman shares stories of irrational decision making—from historical blunders to the kinds of everyday errors that could affect your future.

<https://www.katymilkman.com/choiceology-seasons-14-and-15>

### Robot Recommendations:

<https://podcastle.ai/blog/best-psychology-podcasts/>