The Undergraduate Newsletter for Psychology and Neuroscience Majors

Summer Research Opportunities
Growing Through Experiential Learning

Study Abroad
Exploring Asia’s Commercial Hubs

Dr. Veronica Fernandez
Get to Know our New Lecturer
the standard

Bulletin, p. 3
Study Abroad, p. 7
limelight, p. 10
Alumni News
Student Shout Outs
Psi Chi, p. 11
Honor Society Updates
TUNS, p. 11
News for Neuroscience

the features

Summer
Research
Opportunities,
pp. 4-6
Growing Through
Experiential Learning

Dr. Veronica Fernandez
pp. 8-9
Get to Know
Our New Lecturer

#ToppelAtUASP
Find out how Toppel helps psychology
and neuroscience majors plan for careers!
Make your appointment with Carly or Esther on
hireacane.com or simply walk-in to our office.

When?
• March 18th 1:00 PM—4:00 PM
• April 16th 9:00 AM—12:00 PM

Where?
• Flipse 508

thanks to the psych team!
Advisor: Nicole Laviña
PALs: Roshni Bhat, Sydney Feldman,
Gaby Jimenez-Garcia, Jamie Nucho,
and Elana Schettini
Regular Advising ...

If you have fewer than 45 completed UM credits, you cannot register without meeting with an advisor to remove your advising hold.

1. Schedule an appointment at www.psy.miami.edu/advising. We will not see any walk-ins during advising.
2. Confirm you are taking the right classes to fulfill requirements for a timely graduation! Familiarize yourself with residency rules if you plan to take summer courses.
3. Plan fall (and/or summer) schedule(s) to ensure you take the right classes to fulfill your degree requirements.
4. Arrive 5-15 minutes early to sign in and fill out forms.

Come Prepared! Bring these items to your appointment:

1. A list of ideal courses including full section with the letter and 4-digit number
2. At least 10 alternates
3. Section Grid
4. Degree Progress Report

Fast Track Advising

Students with 45 or more completed UM credits are eligible for Fast Track appointments.

Benefits:

ψ Skip normal advising
ψ Spend more time with advisors during appointments twice as long
ψ Explore interests or areas of concern
ψ Avoid paperwork...just bring a current DPR!

Call (305)284-3303 to make your appointment today!

Important Dates:

Tuesday, Feb. 24th: Fast Track Advising begins
Friday, Mar. 6th: Last day to apply for graduation
Monday, Mar. 23rd: Advising begins
Wednesday, Mar. 25th: Last day to drop a course
Friday, May 8th: Graduation
Looking to enrich your summer? Summer research programs provide an opportunity to gain research experience while working closely with an expert in your field of choice. There are research programs in the biobehavioral sciences all over the country so whether you’re staying in Miami or traveling somewhere else, there will be a program out there for you!

**California Institute of Technology**

Summer Undergraduate Research Fellowship (SURF)

*Program Details:* Research opportunities are available in STEM departments during a program modeled on the grant-seeking process. Students must write a research proposal, submit a technical paper, and give an oral presentation.

*Application Deadline:* February 22, 2015

https://sfp.caltech.edu/programs/surf

**University of Nebraska Medical Center**

UNMC Summer Undergraduate Research Program (SURP)

*Program Details:* Full-time research positions are available to students who will work with team members on an ongoing research project and attend weekly seminars provided by UNMC researchers.

*Application Deadline:* March 1, 2015


**University of Connecticut Health Center**

Undergraduate Summer Research

*Program Details:* For students who have at least completed their sophomore year of college and who have an interest in pursuing a Ph.D. in Biological or Biomedical Sciences.

*Application Deadline:* March 1, 2015

http://grad.uchc.edu/prospective/programs/summer/

**National Institute of Health (NIH)**

Summer Internship in Biomedical Research

*Program Details:* Spend the summer working with some of the leading scientists in the world devoted to biomedical research.

*Application Deadline:* March 1, 2015

https://www.training.nih.gov/programs/sip

**Keck Graduate Institute**

Summer Internship in Biomedical Research

*Program Details:* Women and underrepresented groups are encouraged to apply. Students will work in the fields of biotechnology and bioengineering.

*Application Deadline:* March 1, 2015

http://www.kgi.edu/academic-programs/undergraduate-science-courses/summer-undergraduate-research-experience-%28sure%29.html
Northwestern University Feinberg School of Medicine
CURE Summer Undergraduate Research Program
Program Details: Underserved college students are introduced to the basics of cancer biology and receive career guidance through weekly focused seminars presented by faculty members.
Application Deadline: March 2, 2015
http://cancer.northwestern.edu/cure/index.cfm

City of Hope National Medical Center and Beckman Research Institute
Eugene and Ruth Roberts Summer Student Academy
Program Details: Students design their own research projects in specific areas of interest. Summer students work closely with faculty, post-doctorates, graduate students, and lab personnel in biomedical research.
Application Deadline: March 12, 2015
http://www.cityofhope.org/summer-student-academy

University of Massachusetts Medical School
Summer Undergraduate Research Program
Program Details: Students will get a "hands-on" laboratory research experience with a principal investigator who serves as a mentor, role model, and advisor. The program encourages participants to consider biomedical research as a viable career choice.
Application Deadline: March 13, 2015
http://www.umassmed.edu/summer/

University of California, Los Angeles
Summer Programs for Undergraduate Research
Program Details: Opportunities are available in various STEM areas for students who want to learn more about the graduate experience and pursue a career in teaching or research.
Application Deadline: March 31, 2015
https://grad.ucla.edu/asis/srp/srpintro.htm

Oregon Health and Science University
2015 Summer Internship Program
Program Details: The program introduces undergraduate students to biomedical and occupational health research over a three month period. Students present their work in a poster session at the end of the term.
Application Deadline: April 1, 2015
http://www.ohsu.edu/xd/research/centers-institutes/oregon-institute-occupational-health-sciences/outreach/awards.cfm

University of Kansas
Summer Undergraduate Research Opportunity Program (SUROP)
Program Details: The program gives under-represented groups a first-hand experience with the research process and prepares students for graduate school.
Application Deadline: April 15, 2015
http://www.k-state.edu/grad/academics/surop/surop.html

Koc University (Turkey)
Summer Undergraduate Research Fellowship (SURF)
Program Details: Opportunities in a wide range of departments are available to students. All work is conducted in English.
Application Deadline: (not listed)
http://vprd.ku.edu.tr/kusrp/program-features

Remember: This is only a small number of the hundreds of research programs available this summer!
Now is a great time to get started searching for programs that fit your interests.
Psychology Research Initiatives Mentorship Experience (PRIME) and Just for UM Psychology Students to Accelerate Research Training (JUMPSTART)

**Program Details:**
- 10 week research programs at UM (May 18, 2015—July 24, 2015)
- Intended for students who want to apply for Ph.D. programs
- Students work 20 hours per week under the direction of a psychology faculty member
- Students attend weekly seminars to discuss their projects and post-graduation plans
- PRIME students present their research at the UM Research, Creativity, and Innovation Forum the following spring
- $2,000 stipend for PRIME, $1,500 stipend for JUMPSTART

**Requirements:**
- At least 30 completed UM credits
- 3.0 cumulative and 3.0 psychology GPAs
- JUMPSTART: PSY 110, PSY 290, and PSY 291
- PRIME: PSY 110, PSY 290, PSY 291, and PSY 390

**Application Deadline:** February 20, 2015

**Additional Information:** [http://www.psy.miami.edu/undergraduate/summer-research/](http://www.psy.miami.edu/undergraduate/summer-research/)

Lois Pope “Beyond the Book” Neuroscience Summer Research Scholarship

**Program Information:**
- 10 week research program at UM (May 18, 2015—July 24, 2015)
- Students work 40 hours per week under the direction of a neuroscience faculty member
- Students present their research at the UM Research, Creativity, and Innovation Forum the following spring
- Participants may also participate in the PRIME program as PRIME Adjuncts
- $3,000 stipend and a single dorm room on campus

**Requirements:**
- At least 30 completed UM credits
- 3.0 cumulative, science, and major GPAs
- Neuroscience major

**Application Deadline:** February 20, 2015

**Additional Information:** [http://www.psy.miami.edu/undergraduate/summer-research/](http://www.psy.miami.edu/undergraduate/summer-research/)

Summer Research Program for Underrepresented Minorities and Women

**Program Information:**
- 10 week research program at UM (May 18, 2015—July 24, 2015)
- Students work 40 hours per week under the direction of a research faculty member
- Students give a public presentation of their work and submit a research paper
- $3,000 stipend

**Requirements:**
- Rising junior
- 3.0 GPA

**Application Deadline:** February 25, 2015

**Additional Information:** [http://www.as.miami.edu/academics/undergraduate-studies/scholarships/summer-minority-fellowships/](http://www.as.miami.edu/academics/undergraduate-studies/scholarships/summer-minority-fellowships/)
Sophia University
Tokyo, Japan

Sophia University is a Jesuit university located in Tokyo. It offers students the opportunity to be part of a global, student body while studying in one of the largest cities in the world. Sophia University was founded in 1913 and has maintained prestigious standing in the city since then. The university is located in the heart of Tokyo but is surrounded by parks and gardens, as well as the bustling city. Sophia University offers classes in business, the humanities, the social sciences, and Japanese society. Students studying abroad in Sophia University who do not have at least one year of college-level Japanese must take a mandatory Japanese language course. All other courses offered by the university are in English. Housing options are all off campus and include dorm-style units, apartments, and home-stay options.

Chinese University
of Hong Kong
Hong Kong, China

Studying abroad in Hong Kong provides students with the opportunity to be a part of what is one of the most unique cities in the world. Hong Kong is a true hub for where “East meets West”. Students studying in the city have the chance to immerse themselves in what is arguably the most important business hub in Asia. Furthermore, Hong Kong is steeped in a rich cultural history that is reflected in its unique contemporary culture where both east and west come together. Courses in the university are offered in English so students learn in an environment that is familiar yet still new. Living arrangements are typically dormitory style, primarily in double or triple-occupancy dorms. Students also have the option to be paired with a local student who has opted to share a room with a study abroad student. Course offerings are varied, allowing for students to fulfill a multitude of university requirements while abroad.

Applications for the featured programs in Japan and China for summer and fall are due March 1st. Applications for spring are due September 15th.
I had the pleasure of meeting with Dr. Veronica Fernandez to discuss her research interests, career path, and first semester as one of our newest lecturers in the Department of Psychology. The following responses were paraphrased from our original interview.

**Where are you from?**
I am from Miami. I’m a ‘Cane through and through. I went to UM as an undergrad, worked for four years, came back for graduate school and now I am here lecturing … so you can’t be more of a ‘Cane than that.

**What did you do during your four years away from school?**
My mom owned a large early learning center so I worked with her there. I was a preschool teacher after I graduated and then became the Pedagogical Director. While I was there, we expanded to a small private school, which went up to second grade. It was a really great experience but I always knew I wanted to go to graduate school.

**What brought you to UM?**
I always kept in touch with Dr. Daryl Greenfield. During undergrad, he was my professor for a developmental psychology course on children’s thinking and learning and I was a research assistant in his lab. While I was a practitioner, I was very involved in the early care and education community and served on several local boards and committees, like the Early Learning Coalition, with Daryl. Through my community involvement, I also kept in touch with a professor from the School of Education, Dr. Batya Elbaum. Both Daryl and Batya consistently encouraged me to come back to the University. At the time, Daryl had an Institute of Education Science (IES) training grant, which provided fellows with courses and training on research methods and statistics and that was a huge motivating factor for me to apply.

**What are your research interests?**
My research interests have always been divided between child development and education. The developmental psychology program was a good balance of the two. The work we’re doing in preschool programs is educationally relevant. Because we work with the local Head Start Program, it is also related to educational policy. When I think long term, I see myself doing educational policy work. Currently, I am also really interested in assessment. Data-driven decisions are critical but they are only as good as the data we collect, and the data we collect is only as good as the measures we use. So a lot of the work I have been doing has involved examining the assessment instruments that are readily used. I am also interested in classroom quality, especially the quality of the interactions between teachers and children. And of course, I am interested in children’s outcomes, both social-emotional and academic.

**How was your first semester as a lecturer?**
It was challenging but it was also a lot of fun. I really enjoyed the process and it convinced me to take the Lecturer position full time. For several assignments, I had students choose their own research articles, which made the experience more relevant to their individual interests. I thought this was important because they got to see that research doesn’t have a narrow focus and isn’t just conducted in laboratories. I got back my student reviews and they were all very positive and several students said that they were inspired to pursue a graduate path related to research after taking my class. This definitely validated my hard work. Also, I created a note pad document called “lessons learned.” It helped me be reflective on a week-to-week basis as opposed to reviewing everything at the end of the semester.

**What do you think makes your classes unique?**
I think the fact that I just finished graduate school makes me more in tune with the challenges and rewards of conducting research. Something explained in a textbook might not always be the way that it happens in real life. I also think for students who...
want to pursue a graduate degree in psychology it’s important to know and interact with someone who is fresh out of graduate school. Last semester my students lived it with me. They saw it was stressful but they also saw me very excited about the work I was doing and celebrated with me when I defended my dissertation. As an instructor, I am not concerned with students memorizing a bunch of facts; it’s more about having a conceptual understanding and knowing how to apply the material. My goal is to give the students enough understanding, exposure, and applied experiences so when they have to apply the skills in the future they have familiarity with the process and know what resources to reference.

What advice would you give students who want to pursue a Ph.D. in Developmental Psychology?
There is not a clinical aspect in Developmental programs. There is an emphasis on research and intervention. In my case, I was very interested in school-wide interventions and child outcomes. When applying to graduate programs, it is so important to find a good mentor-grad student match. I was fortunate to connect so well with my mentor, Dr. Rebecca Shearer, both in terms of our research interests and on a personal level. In psychology programs, you apply to work with a mentor so the mentor’s work has to interest you because you will be working with them for 5+ years. I would also say to be prepared for a long and hard but very rewarding journey.

Would you recommend students take time off before graduate school?
It was great for me because everything I learned in graduate school I was able to understand from an applied perspective due to my work experience. It also helped me value the partnership with the community in which we conduct research. It is so important to be respectful of the experiences of the people in the programs we work with, especially because we want to maintain long-term relationships. I also think my practitioner lens helped me to always think of our research findings as not only contributing to the literature and future research, but also to inform policy and practice. I try to always take time to think about the practical relevance of our work. So time off was good for me but I don’t think it’s necessary for everyone. If you are planning on taking time off, be sure to build good relationships with your professors. I kept in touch with professors for 4-6 years before I applied to graduate school. I always tell students that if they’re going to apply to school a few years after they graduate, ask for letters of recommendation now and keep in touch with their professors. Then, when it is time to apply to grad school, they can come in, give the professors what they had previously written, update them on what they’ve been working on since their class and edit the letter accordingly.

Is there anything about yourself we did not discuss you think is relevant for the undergraduate to know?
I am really approachable! Even if students are not in my class, they are welcome to send me an email or meet with me to discuss research interests and graduate school. I am more than happy to do that. I also have three French bulldogs that run my life!
Student Shout Outs

**Savanah Leaf** was one of six players chosen for the 2014 Capitol One Academic All-District First Team for District Four, which recognizes the nation's top student-athletes. Savanah is pursuing a double major in psychology and human development. Savanah was the only ACC player to earn first team honors for District Four. She leads the ACC and ranks 10th in the US with 4.71 kills/set. She’s the eighth player to achieve 1,000 kills at UM, and was named a finalist for the Senior CLASS Award in women’s volleyball. Savanah is also a member of Omicron Delta Kappa, a national leadership honor society, and the National Society of Collegiate Scholars. The UASP office would like to congratulate Savanah on her outstanding performances on and off of the court.

**Brittany Tripp**, currently a senior, is completing her Senior Honors Thesis, “Developing a Positive Mood-Induction Procedure for Repeated Sessions,” under the supervision of Dr. Jennifer Britton. Brittany will be presenting her research on anxious and non-anxious individuals’ reactions and emotions to a socially-relevant threat at the Association for Behavioral and Cognitive Therapies conference in Philadelphia. Brittany hypothesized that anxious individuals will experience more distress than non-anxious individuals because anxious individuals are more likely to interpret a situation as threatening and more likely to have a harder time down-regulating their emotions (Campbell-Sills & Barlow, 2007).

**Zohar Peleg** was accepted to the American University Washington College of Law in Washington, D.C. where she will attend in the fall. Congratulations and good luck, Zohar!

**Joe Karam** received a full scholarship from the George Washington University School of Law. It is a top 20 law school according to every major ranking publication, as well as one of the best schools in the country for intellectual property law. Wishing you the best, Joe!

Alumni News

**Christine Gonzalez** graduated from UM with a Bachelors of Arts in Psychology in 2008 and continued her education at Columbia University where she graduated with a Master’s degree in Social-Organizational Psychology in 2010. She has been working as a Human Resources Generalist for HBO Latin America in Coral Gables, FL for the last 3 years.

**Aimée T. Canty** after graduating from UM with a Bachelors of Arts in Psychology and worked in childhood education as an early childhood specialist for RCMA, a non-profit organization that runs early childhood education centers throughout Florida. RCMA serves migrant and low-SES, rural families. In Fall 2011, Aimée went back to law school and is set to graduate this December. She hopes to use her degree to pursue a career in public interest law.
Hello, Psychology and Neuroscience majors!

The Psi Chi E-board hopes you all have had a great start to the spring semester! Psi Chi held its first general meeting on January 28th. The first meeting was an informational meeting on Psi Chi’s membership induction requirements and upcoming events. Information about induction requirements are on our website (see below for link).

On February 17th, Dr. Foote spoke at our meeting! We will hold our annual induction ceremony on Tuesday, March 31st at 8PM in SAC East Ballroom. We will be inviting psychology and neuroscience majors who meet the following requirements:

- Enrolled as a major or minor in psychology or neuroscience
- Have completed at least 9 semester hours (or equivalent) of psychology courses
- Earned an overall GPA that is in the top 35% of their class
- Maintained a minimum 3.0 GPA in psychology courses
- Met the minimum point requirement for membership

We will be contacting you if you meet these requirements. If you have any questions, please contact us at umiamipsichi@gmail.com. Like our Facebook page “Psi Chi International Honor Society at the University of Miami” or visit our website, http://umiamipsichi.wix.com/umiamipsichi, to stay updated on Psi Chi related news and events.

---

Hello, Psychology and Neuroscience majors!

The Undergraduate Neuroscience Society (TUNS) e-board hopes that everyone is having a great semester so far! We have many exciting events planned this semester. On March 21st, we will be participating in Brain Day, which is an event designed to teach individuals of all ages how the brain works and increase interest in neuroscience. If you are interested in participating, please e-mail us at UMTUNS@gmail.com. Later in the semester, we will have a Graduate/Medical Student Panel with a Q & A afterwards, where you will be able to talk to graduate and medical students about their experiences. Throughout the semester, we also hope to have several guest speakers such as Dr. Phil McCabe, Dr. Amishi Jha, and Dr. Ricardo Komotar. We will also be having a second Faculty Mixer around late April where students can socialize with faculty, physicians, and other students interested in neuroscience. Also, if you are interested in becoming a part of the TUNS e-board for next year, applications will become available in March. Come to our next general meeting for more information about future events and how to get involved!

As a friendly reminder, TUNS is open to students of all majors and it is never too late to join! If you are interested in neuroscience and looking for ways to get more involved on campus, feel free to email us at UMTUNS@gmail.com, join our OrgSync page, or join our Facebook group, UMiami TUNS.
Dr. Wellens, Chairman of the Department of Psychology for 22 years, passed away in December. He was always an active supporter of UASP’s endeavors and he impacted the faculty, staff, and students with his kind-hearted spirit. The Department of Psychology would not be where it is today without his dedication. We will always remember him fondly.

1946-2014