This year’s incoming class is an excited and enthusiastic group. These seven students come from all across the United States, but are now thrilled to be calling San Diego home and to be participating in the Applied Psychology program at SDSU. Please read the following first year biographies as each student tells a little bit about herself.

**Tiffany Adams**

I am from...Beaumont, Texas.

I received my bachelor’s degree from...Baylor University.

My research interests include...OCB and Impression Management.

You know you are in grad school when...You start planning your weekend on Tuesday so that you can relax from the week ahead.

In my free time, I like to...Bring the dog to the dog park, cook, and hang out with my husband and friends.

Something unique about myself is...I can bark like a dog.

Three things I would bring with me to a deserted island...Sunscreen, chapstick, and my husband (but then it wouldn’t be deserted anymore, would it?).

**Nora Grace Awkerman**

I am from...Isle of Palms, South Carolina.

I received my bachelor’s degree from...Wofford College.

My research interests include...Stress, time management, and personality.

The most surprising thing about graduate school is...Twenty-four not being enough hours in the day anymore.

You know you are in grad school when...You carry a highlighter and flash drive with you at all times.

Something unique about myself is...I grew up on an island.

Three things I would bring with me to a deserted island...Toilet paper, chapstick, and a good, long book.

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For this article, we surveyed some current Applied Psychology master’s students and recent alumni of the program regarding their experiences within the program and tips that would be useful and interesting to first year master’s students. Our first question asked about students’ internship experiences, which are important to the development of skill sets that will be relevant to future careers. Second, we asked the students more generally to provide any tips that would be helpful to the first year students as they adjust to the life of a graduate student.

The internships held by students in the Applied Psychology Master’s program at SDSU have been diverse according to the industries and the tasks involved. The program allows for flexibility in determining what internships students will have in order to allow them to choose something that matches their interests and career goals. The internships for students currently in the second year of the program include providing assistance to the human resource (HR) departments in various industries, including technology, hotel management, software, and electronics, and providing research assistance in a technology firm and in various consulting firms. Some students worked on small pieces of large projects for large companies, whereas other students have had a lot of autonomy and independence on their projects.

The tasks performed by students in these internships also varied. Students have developed employee satisfaction surveys, leadership development training programs, 360-degree performance appraisal systems, and HR websites. They have also been involved in data collection, literature searches, writing up results, validation studies, and hiring employees. The students reported that they found their internships from a variety of sources. Some were able to find their internships through the SDSU liaison or through older or graduated students from the program, whereas others were able to find their internships through networking or Internet searching.

Based on students’ experiences with their internships, they provided tips on choosing an internship for our first year master’s students. In addition to getting leads from the SDSU liaison, they suggested increasing your options by searching through the newspaper and Internet websites for available job and internship postings. Network as much as possible by making contacts, joining professional groups, and getting your name out there.

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Jeff Conte and his wife, Michelle Dean, had a baby daughter, Caroline, on July 16th, 2005.

Current student Angelina Carmazzi was married on July 2 and is now Angelina Carmazzi Sawitzky.

Alumnus Guido Makransky began working at Master Management, a test development and consulting company located in Copenhagen, Denmark, as an industrial psychologist on the 1st of September and enjoys it very much. His work e-mail address is gma@master.dk and personal e-mail is guidomakransky@gmail.com.

Alumnus Winnie Kwok’s new contact information: winnnnnnn@yahoo.com.

Melissa Feldman was married to Eli Ellefsen on February 12, 2005 at the Admiral Baker Clubhouse in San Diego. She currently works for the Union-Tribune as an Employee Development Specialist.

Bernardo Ferdman from Alliant International University gave a presentation entitled “Leadership for Inclusion: Addressing the Complexities and Meeting the Challenges” to the San Diego I-O Professionals group (SDIOP) on October 27, 2005. The talk addressed issues of effective leadership and how leaders must rise to meet adaptive challenges, specifically related to diversity and inclusion. Dr. Ferdman discussed diversity in terms of an individual’s many sources of identity and how those identities relate to that individual’s identity within an organization, with an emphasis on inclusion. He noted how different components of inclusion within an organization can be very complex and challenging, but they are manageable and can be facilitated if boundaries are set, if dialogue is continuous, if group and organization members are comfortable with diversity, and if personal development is encouraged. Dr. Ferdman wrapped up his discussion with a group activity that focused on how to encourage inclusive behavior in organizations from both the research and applied perspectives.
First Year Bios continued...

Amelia Burns

I am from...Merced, California.
I received my bachelor’s degree from...San Diego State University.
My research interests include…Leadership and OCB.

You know you are in grad school when...People ask what your plans are for the night or for the weekend and without thinking, you automatically respond “School stuff.”

In my free time, I like to...Shop, go out for sushi, spend quality time with friends, and most of all, veg out in front of the TV for hours on end!

Something unique about myself is...I will be the first person in my family to have a graduate degree.

Three things I would bring with me to a deserted island...My kitty cat (Bluie), lip gloss, and a bag of chips.

Karen Marks

I am from...San Diego, California.
I received my bachelor’s degree from...San Diego State University.
My research interests include…Person-job fit and organizational commitment.

The most surprising thing about graduate school is...How different it is from undergraduate work.

You know you are in grad school when...Your backpack becomes your everyday purse.

In my free time, I like to...Snowboard, and of course go to the beach.

Something unique about myself is...I have an identical twin sister.

Three things I would bring with me to a deserted island...My fiancé, my ipod, and a good book.

Marissa Crane

I am from...Santa Monica, California.
I received my bachelor’s degree from...University of California, San Diego.
My research interests include…I am not really sure. I am just starting to figure them out.

The most surprising thing about graduate school is...I am the only person in my program.

You know you are in grad school when...You need two bags to carry all of your stuff.

My favorite memory of San Diego so far is...My 21st birthday, my first trip to TJ, the first time I went to Extraordinary Desserts, or going to “Madden Bowl” downtown while the Super Bowl was going on at Qualcomm.

Three things I would bring with me to a deserted island...Jeremy (my boyfriend), a saw, and a rope. Then he could “MacGyver” us off the island.

Chiesha Stevens

I am from...Redding, California.
I received my bachelor’s degree from...California State University at Sacramento.
My research interests include…Organizational citizenship behavior and counterproductive work behaviors.

The most surprising thing about graduate school is...I find statistics interesting and understandable for once.

You know you are in grad school when...You find statistics interesting and understandable for once.

In my free time, I like to...Go camping, bicycling, playing tennis, playing cards, watching television, and spending time with friends.

Something unique about myself is...I know how to belly dance and have performed in shows.

Three things I would bring with me to a deserted island...50 boxes of Cinnamon Toast Crunch, a satellite phone, and a shirt that says “Got Milk.”

Continued on page 4
Graduate School Tips continued…

When looking for an internship, don’t be afraid to cold call and/or network. Internships in I-O Psychology are out there, but they aren’t always obvious or well-advertised. Identify opportunities that are consistent with what you would like to do later in your career. Make sure that the description of the internship is something that meets your interests and also will develop and increase your relevant skills. During interviews with potential organizations, ask questions and be clear regarding what their expectations are of you and you of them, including what duties are required and what goals are to be achieved. Finally, start your internship search early! Time goes by quickly during the program and once you hit the second year, your “free” time to conduct internship searches will be less and less.

Additional more general tips provided by students included the amount of time and work devoted to the thesis requirement. Some students underscored the necessity of beginning work on their thesis as soon as possible as indicated by one student’s comment, “The THESIS should be your number one priority. The sooner you start the better. Keep it simple, there is no need to create a seminal work.” Other students recommend that setting small goals and monthly meetings with your mentor will help keep you on track with your thesis goals. Another recommendation was that you should study a topic that is very interesting to you. One student said, “The more you enjoy the topic, the higher your motivation to get the thesis done will be!” Furthermore, some students said that by exchanging thoughts and opinions regarding your thesis with classmates “you will be able to learn so much more than just by reading books and articles on your own.”

The last theme that emerged from the survey was to organize and manage your time while in graduate school. Students recommend that you should try to maintain a balance of schoolwork and social life. There are lots of fun things to do in San Diego, including the beach, theater, museums, hiking, beautiful weather, and more. The problem is finding the time for those things while also taking care of all of your classwork and school responsibilities. Here is one student’s advice: “I balanced my school work and social life by setting small goals for myself each week. I would set the goal of finishing the weekly reading by Tuesday night and writing by Wednesday at noon, which would give me time to finish the stats lab on Wednesday evening. By doing this, I was able to allow myself to take Fridays off to do whatever my heart desired.”

Working your hardest during your two years at SDSU and progressing through the program will help you gain a better idea of the real-world of I-O psychology and all the opportunities available. Overall, your time at SDSU will likely be hectic and challenging, but hopefully these tips will help it to be a very rewarding experience in the end!

First Year Bios continued...

Kelly Westfall

I am from…Binghamton, New York.

I received my bachelor’s degree from…James Madison University.

My research interests include…Employee satisfaction, motivation, leadership, and organizational citizenship behaviors.

The most surprising thing about graduate school is…I know everyone would be smart, but it was surprising that most of them are pretty cool too (It must be because they’re psychology majors!).

You know you are in grad school when…Your friends stop calling you to ask if you can hang out, because they know you’re always too busy!

Something unique about myself is…I know the alphabet in 6 different languages.

Three things I would bring with me to a deserted island…A good friend (I am way too extraverted to be alone on a deserted island!), a stereo (with an endless supply of batteries) - I can’t live without music, and Papa Johns!

Recent Presentations

- Georg Matt presented a paper entitled “Measurement reactivity: Challenges and opportunities for intervening and measuring secondhand smoke exposure in children” at the NIH Working Conference on Tobacco Control Strategies for Medically At-Risk Youth in Memphis, TN (October, 2005).

- Georg Matt presented a paper entitled “Secondhand smoke exposure at home: Challenges to the protection of children” at the Tobacco Research Translation Institute Investigator Meeting in Los Angeles, CA (October, 2005).

- Georg Matt and Peter Tassinario (with their co-authors) presented a paper entitled “Secondhand smoke contamination and resale value of cars” at the Tobacco Research Translation Institute Investigator Meeting in Los Angeles, CA (October, 2005).

- Georg Matt (with his co-authors) presented a paper entitled “Exposing children to secondhand smoke in contaminated homes” at the Tobacco Research Translation Institute Investigator Meeting in Los Angeles, CA (October, 2005).
Publications continued...


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**Recent Thesis Defense**


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**SIOP Conference**

Don’t forget to start making plans to attend SIOP!
When: May 5-7, 2006
Where: Dallas, Texas

For more information: [http://siop.org/Conferences/](http://siop.org/Conferences/)

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### Additional Information

The student editor of this issue was Angelina C. Sawitzky.

If you would like additional information on the Applied Psychology Student Association (APSA) or anything discussed in this newsletter, please e-mail Dr. Mark Ehrhart at mehrhart@sunstroke.sdsu.edu.