Don’t skip out on your stretches and exercises, even if you’re stuck at home. Get out and take a jog, walk or hike. Turn it into a high tech treasure hunt with geocaching (the app is free)!

Take a break from the news and social media. We all love our phones and news at “our fingertips” but research shows that intermittent breaks from your phone and social media/news can be recharging for our emotional well-being. It also helps us concentrate more on the tasks at hand. So, set your phone in a different room and turn off those notifications and just be in the moment!

Keep communicating with loved ones, and ask for help. I know we are constantly saying this – but these are unprecedented times and everyone is struggling in some way. Take advantage of this social distancing time to reconnect with old friends via Zoom or Skype. Have a virtual happy hour or virtual Netflix movie night! Most importantly, check in on loved ones who may be struggling.

Make a list of what you’d like to do after the outbreak is over. This too shall pass (I promise!) and soon enough we will be given the all clear to resume our pre-COVID activities. It is easier to get through difficult times when you have something to look forward to – instead of focusing on how COVID-19 is limiting your life, make a list of all the activities you look forward to doing when all this is over!

In the meantime, masks up, wash hands, and physically distance!!

From the Director’s Desk:
Kristin D. Mickelson
Welcome to the new academic year! I know the past 6 months have been a trying and unpredictable time for all of us. However, I have been heartened by the resilience shown by our students and their perseverance in difficult times. For me, one highlight this summer was teaching the Capstone course. I loved connecting with students as they are completing their hard-won MS degree. The topics of their final papers were varied and show the diversity of perspectives and life experiences of our Online MS Psychology students. We have a vibrant and enthusiastic student body and I look forward to what the new academic year will bring.

Kudos!
Kudos to all of our amazing faculty and students for their dedication and adaptation to all of the changes this semester!

Dr. Nick Duran who received tenure and promotion to Associate Professor

Dr. Deborah Hall who was awarded a large NSF grant for a collaborative research project investigating interdisciplinary models to identify and understand cyberbullying.

Dr. Trudy Kuo who became the new Director of Psychology Online Undergraduate Programs (BA/BS).

Dr. Tess Neal, Dr. Nicholas Schweitzer, and Dr. Jessica Salerno – who are being recognized by the 2020 ASU President’s Award for Innovation for their central role in the ASU Law and Behavioral Science Initiative.
Faculty Spotlight: Trudy Kuo

Trudy Kuo joined ASU as a full-time lecturer in Fall 2016. However, her time at ASU began in 2010, while she worked as a post-doctoral researcher and a faculty research associate. Trudy received her Master's degree in instructional technology at Rochester Institute of Technology, a Master's degree in psychology at University of Rochester, and her PhD in Psychology at the University of Arizona. Her overall research focuses on how cognitive principles can be incorporated into instructional design to enhance learning. She has investigated applied cognitive psychology in education and the relationship between working memory and reading comprehension in children.

Trudy describes her path into academia and psychology as somewhat unconventional. She started college in Taiwan with a psychology major because of her fascination with Freud, but claims she became a bit disillusioned and transferred to English. Trudy was a free-lance translator and stay-at-home mom for about 10 years before she went back to graduate school. Trudy went for a Master's degree in Instructional Design but then realized that there was little she could do to help people learn if she didn't know enough about the human mind, and then went back to psychology to earn a PhD.

Trudy's feels one of her greatest accomplishments comes from her students each semester when they find that they have completely changed their impression of statistics after taking her statistics course.

Outside of academia, Trudy enjoys traveling and seeing the diverse cultural and natural environments in the world. She is equally fascinated by the cultural heritage left by the prehistoric native peoples, right here in our backyard. Searching for ruins and ancient rock art in the Southwest is one of her favorite breaks from work. These days, however, she has been spending time knitting and cross-stitching, which she says has been a lifesaver during the pandemic.

Student Spotlight: Adam Bienemann

Adam began in the Online MS Psychology program in the Fall of 2019 and looks forward to graduating this upcoming year. Adam is from Chicago, Illinois and received his BA is Psychology from the University of Santa Barbara. After working for a few years, he found himself not completely fulfilled and knew that he owed it himself to follow his passion for understanding more about the human mind and behavior.

Adam was inspired to pursue psychology from a young age as his grandparents were both clinical psychologists. He explained that they provided him with great insight into the field of psychology and eventually found his passion for psychological research. His research interests lie in social and evolutionary psychology. Adam is intrigued by our history in the adaptive nature of social interactions and how we've gotten to our current status and would like to investigate what we might be able to expect in our future.

Adam's favorite aspect of the Online MS Psychology program has been networking with like-minded individuals and forming relationships with peers who share the same interests. He says that this program has afforded him the opportunity of getting to know fellow students from around the country and some from around the world. He emphasized that this program has greatly aided in his success as he has been able to harness a more in-depth understanding of psychological theories and to further develop passion for to pursue his interests further. He also found that this program allowed him to keep a part-time job outside of classes and keep a manageable schedule to complete his degree.

His favorite course thus far hands down” has been Quantitative Analysis (PSY 515). Like many of his peers, he went into the class with a fair amount of anxiety and ultimately found it to be wildly eye-opening. The added thoroughness and expertise provided by the brilliant Dr. Trudy Kuo gave him a great insight into the importance of statistical comprehension in our field. He is now a Course Assistant for the class and says that is has been a great pleasure to be able to provide guidance for his peers. He has found his role as a CA to be quite fulfilling and he hopes to one day to teach psychology and eventually apply to Ph.D. programs.

Outside of academia, you can find Adam cooking, reading, spending time outside when the weather is cooperative (which isn't always the case in Chicago!), and hanging out with his pitbull, Chico. Adam recently found an interest in local wineries and breweries and has taken up some volunteer work in his community.