

## San Diego Psychological Association

# Graduate Student Committee Newsletter

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Saturday, June 5 at 6:00 pm**

[https://alliant.zoom.us/j/98327614889?](https://alliant.zoom.us/j/98327614889?pwd=TmtDR0lxdkZjL2lrVDUwMlFQSHNFQT09)  
[pwd=TmtDR0lxdkZjL2lrVDUwMlFQSHNFQT09](https://alliant.zoom.us/j/98327614889?pwd=TmtDR0lxdkZjL2lrVDUwMlFQSHNFQT09)  
 Meeting ID: 983 2761 4889  
 Passcode: 578215

**San Diego Psychological  
Association**

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w. <https://sites.google.com/view/sdpags-website/home>



## Message from the chair:

Hello SDPA Graduate Student Members! The Spring 2021 semester has ended for many of us, congratulations! For those with finals still upcoming, good luck! Let's take this time to celebrate our achievements and all that we have completed this academic year. Take some time to rest and refuel our bodies as we prepare for more hardwork to come. I want to especially thank Jessica Cardinalli and Anna Pollard, our Newsletter Coordinators, for developing this newsletter.

Kathleen Giarratano, M.A.

SDPA Graduate Committee Chair

# SDPA Student Shoutout: Anna Pollard, M.A., B.C.B.



Anna Pollard, M.A., B.C.B. is a 3rd-year Clinical Psychology, Ph.D. student at the California School of Professional Psychology at Alliant International University and is board certified in biofeedback through BCIA. She is on track to apply for her APA internship this fall, has been a member of the SDPAGS committee since February 2021, and has been a graduate student member since fall 2018.

Anna's research interests include psychophysiology and functional neuroanatomy of chronic illnesses, addiction, and trauma-related disorders. Anna's career plans are to continue a role in academic research while working in private practice at her current psychological assistant position at Hills Neuroscience Integrative Psychology. Let's join together in congratulating Anna on being May's student shoutout!

Do you know a student who deserves a shoutout? Use [this form](#) to submit your nomination.

## Graduate Student Committee's Purpose

The purpose of the Graduate Students Committee is to stimulate SDPA membership among graduate students in psychology in San Diego and to better meet the needs of our graduate student members within the Association. The Committee maintains liaisons with the local graduate schools, sponsors workshops of special interest to graduate students and offers a mentor program in which graduate student members are paired with licensed members who have offered to guide them as they enter the profession of psychology.

## What's Going on in the SDPAGS Committee?

### SDPAGS Mentorship Program Update

The mentorship program will pair a graduate student in psychology with a SDPA professional member based on corresponding professional interests. The program is meant to serve as a service opportunity for SDPA psychologists, a learning experience for SDPA graduate student members, and a networking opportunity for both. If you have already submitted your application to be part of the SDPA Mentorship Program, please stay tuned for more information about your participation in this wonderful opportunity. **Our SDPAGS Mentorship Coordinators are currently in the process of pairing student mentees with professional mentors.** If you have any questions about the Mentorship Program, please contact Caitlin Donnelly (cdonnelly@alliant.edu), or Darcy Richardson (drichardson2@alliant.edu)

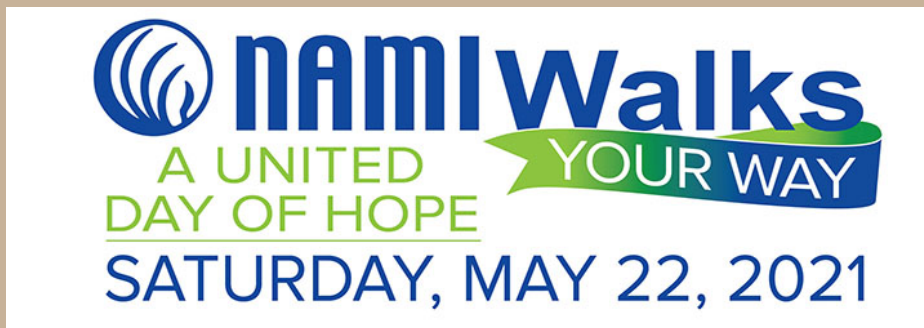
### Dissertation Spotlight

The SDPAGS Committee knows that finding participants for your research can be hard. We want to help. Use [this form](#) to submit the details of the research you are completing and it may be featured in the next issue of the SDPAGS newsletter.

# May is Mental Health Awareness Month



Click on any of these 3 hyperlinked images for more information on their website



# Resources for Student Discounts, Scholarships, Grants, etc

## Student Discounts



Select any of  
these  
hyperlinked  
images for more  
information!



## Scholarship Resource

Psychology.org wants to equip future psychologists of San Diego with a resource that offers financial aid and scholarship information for students in the psychology field. They've created a guide that provides answers to frequently asked questions, a financial aid analysis, and scholarships for psychology students. Explore further below:



# Upcoming SDPA Committee Meetings:

## Supervision Committee Meeting

May 1, 2021  
8:30 am - 10:30 am  
Meeting ID: 410 988 3397  
Passcode: 189614

## Disaster Psychology Committee

May 11, 2021  
5:30 - 6:30 pm

If you are interested in joining our committee, please reach out to Dr. Glenn Lipson at [drglipson@gmail.com](mailto:drglipson@gmail.com) for the zoom link.

## Early Career Professionals Committee

The Business of Private Practice  
May 19, 2021

6:00 - 8:00 pm

[CLICK HERE TO REGISTER THROUGH ZOOM](#)

## Mindfulness Committee

May 27, 2021  
7:00-8:00 pm

Please contact Dr. John Rettger at [rettger@menexcel.com](mailto:rettger@menexcel.com) with any questions or to get on our email list

## Sport Psychology Committee

Live Interview with Former Professional Baseball Player Jamie Moyer  
May 3  
7:30 - 8:30 pm

[CLICK HERE TO REGISTER THROUGH ZOOM](#)

## Mens' Issues Committee

May 11, 2021  
8:00 - 9:00 am

If interested in attending please email Dr. Robbie Teel the Mens' Issues Chair at [rteel3@gmail.com](mailto:rteel3@gmail.com)

## Forensic Committee

May 24, 2021  
7:00 pm

If interested in attending please email Dr. Gordon Zilberman the Forensic Chair at [gordon.zilberman@gmail.com](mailto:gordon.zilberman@gmail.com)

## Additional Community Events

May 4 Star Wars Day  
May 5 Cinco de Mayo  
May 6 National Children's Mental Health Awareness Day  
May 12 International Nurses Day  
May 9 Mother's Day  
May 13 Fair Trade Day  
May 14 National Armed Forces Day  
May 31 Memorial Day

## **May Fun Fact:**

***A snail can sleep for three years--  
Impressive***



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We want to hear from you! [Click to submit your feedback/suggestions to the SDPAGS Committee.](#)

# SDPA Graduate Student Website

In August 2020, The Graduate Committee launched a website to provide resources specifically for students and special Graduate Committee announcements. Access the website below! Add as a webpage bookmark for easy access. The SDPAGS website is a benefit for graduate student SDPA members only. Please do not distribute the website to external sources.

# COMMITTEE WEBSITE

