



# PSYCHOBABBLE

*Monthly Newsletter of UH Psi Chi Honor Society & Psychology Club*

## Summer is around the corner!

This year was like none we've ever seen before. UH Psi Chi & Psych Club are here to provide new and returning members fun and exciting opportunities and events. Throughout the semester, we will host general meetings, academic and social events, as well as offer leadership and volunteering opportunities.

Our organizations consist of diverse and unique members with a passion for psychology and a desire to create a supportive community here at UH. The Psi Chi Honor Society and Psychology Club are organizations guided by three core values: scholarship, philanthropy, and excellence; and we invite those who share those values to join our exceptional community!

## This Month's Highlights

*Membership*

*Event Recap:  
3rd General Meeting*

*Catch up on missed events!*

*Psi Chi Honor Society 2020  
and 2021 Inductees*



Picture of 2nd General Meeting, Fall 2018

# Membership

*More information regarding membership can be found at <https://www.uhpsych.org/membership>*

While Psi Chi and Psychology Club generally operate as one organization, they are two different organizations that work together. To attend member-only events, you must belong to either the UH Psi Chi chapter, or Psychology Club. While these two organizations act as one, there are different membership requirements and application processes, as Psi Chi is an honor society and Psychology Club is a UH student organization. You may either apply to be a member of both Psi Chi and Psychology Club, or you may apply to Psychology Club. Essentially, Psi Chi Honor Society members are also registered Psychology Club members. Both organizations share meetings, social events, fund raising, and community activities together. As such, both require members to demonstrate a genuine interest in psychology, leadership, high standards of personal behavior, and commitment to actively participate in chapter events and activities.



*Please direct questions or concerns to our email:  
[uh.psichi@gmail.com](mailto:uh.psichi@gmail.com)*

## Psi Chi International Honor Society

### Undergraduate Student Requirements:

- 3.0 Overall GPA
- 3.5 Psychology GPA
- Enrolled at UH as a Psychology major or minor
- Completed at least 3 semesters of college coursework (36 credit hours or more)
- Completed at least 9 hours of psychology credit hours

### Application Process

- Step 1: Go to the International Psi Chi website and apply for membership. After your application is submitted, the international office will send you a confirmation email.
- Step 2: Forward your confirmation email to [uh.psichi@gmail.com](mailto:uh.psichi@gmail.com) (include your name and UH Student ID number).
- Step 3: Complete the UH chapter application on:

<https://www.uhpsych.org/membership>

- Please note that all steps must be completed before an application can be processed and that processing for Psi Chi applications generally takes 1 to 2 weeks (sometimes longer) as academic information must be verified with school administration.

## Psychology Club Requirements

- Current Student at UH with an interest in Psychology

### Application Process

- Complete the UH chapter application on:

<https://www.uhpsych.org/membership>

Important! Connecting with us on Get Involved is not the same as applying and does not make you a member. You have to complete the application process as outlined above. However! Do make sure to connect with us on Get Involved as this how we send out information to our list-serv.

## Event Recap: 3rd General Meeting

*In our third general body meeting this semester, guest speaker Dr. Erin Alexander spoke to us about diversity, equity, and inclusion. Dr. Erin Alexander, PsyD, is a Licensed Clinical Psychologist and active member of the American Psychological Association (APA) and the Illinois Psychology Association (IPA). She is currently APA's Committee of State Leaders' Diversity Liaison. Learn more about what she has to say here in this article, and watch the recorded meeting here:*

[tinyurl.com/3rdGeneralMeetingPsiChi](https://tinyurl.com/3rdGeneralMeetingPsiChi)

Dr. Alexander spoke about the useful language that is progressing in the past 5 years. As she transitioned into her role, she included this into hiring practices and program structure.

She then became an advocate for DEI and worked on diversifying the field of graduate training by making sure they have funding and training opportunities to work with diverse patients.

After working in a substance abuse center while in graduate school, she transitioned into an administrative role at therapeutic day school. Here, she made sure youth received appropriate clinical services and provided cultural competence training for the teachers.

Preceding that position, she opened her own practice post doc.

Dr. Alexander also worked for DCFS where she connected people to services needed regarding disabilities, mental health, social services, etc.

She was also responsible for hiring psychologists for her team and included LGBT, 1st generation students, Americans, and an overall multi-ethnic and cultural collection of people who she prepared to work within a diverse population.

Dr. Alexander is an active member of IPA where she created a supportive space for people of color. She also works with the MFP program that supports next generation graduate school students who are preparing themselves to work with people of color.

Overall, she is passionate about advancing the practices of psychology while making sure DEI is at the forefront.



Dr. Erin Alexander



## Event Recap: 3rd General Meeting

Q&A (paraphrased):

**Student Q:** During your years of advocacy and cultural competency training, have you noticed changes from when you started to where we are now?

Dr. Alexander: Yes, I have! When I started, talking to people about “white privilege” was a bad word. “Racism” was a bad word. Now people are much more comfortable with it, but it was new when I was talking about it. I was often met with hostility and offence. The work was very different. What I appreciate now, is there are more people who are prepared to do the work around this anti-racism training and have conversations around institutions in this country and how they have impacted people. There are more white allies now and more white people receiving the cultural competency training they need. There are more LGBTQ people and acceptance now. We have come a long way but still have a long way to go!



Dr. Erin Alexander

**Student Q:** In the numerous roles you have worked, which did you make the biggest difference in?

Dr. Alexander: I know that the work I do with my clients is very impactful and rewarding, but the most rewarding has been with graduate students. I loved being a faculty member, teaching and supporting students through graduate training. I had just gone through what they went through and wanted to give them what I didn't have, a professor of color helping to shape and mold themselves as students. To think about the reach and impact they will accomplish in their work is very rewarding.

**Dr. Alexander on the PsyD Program (paraphrased):**

I chose PsyD because I knew I wanted to be a clinician. I liked research but wanted to apply it and work directly with people. I received my master's degree first where the first year was classroom prep, then the second year was clinical training.

In my first year of PsyD, I did a diagnostic externship. I spent one year learning how to do therapy, another learning to do testing, and a third year learning to do more therapy. In PsyD you get so many years of training and really learn how to be a clinician.

Also, you CAN be a teacher with a PsyD. I was a teacher within the PsyD program post doc. PsyD has not been limiting when it comes to teaching. People think with a PsyD there are certain professions you can't enter, but that is not the case.



## Miss any events this semester?

## No worries! Watch our recorded events here.

*We know it's hard to make every event we host between balancing classes, work, and social life. However, don't miss out on important information and tips from our guest speakers, Q&A panels, and Data Analysis Workshops! Here are links to our recorded events from this semester (also available under the Events tab on [uhpsych.org](http://uhpsych.org)), for you to watch whenever you get a spare moment. Enjoy!*

- 1st General Meeting: Club Information and Undergraduate Research  
Presentation: [tinyurl.com/1stGeneralMeetingPresentation](https://tinyurl.com/1stGeneralMeetingPresentation)  
Recording part 1: [tinyurl.com/1stGeneralMeetingPsiChiPart1](https://tinyurl.com/1stGeneralMeetingPsiChiPart1)  
Recording part 2: [tinyurl.com/1stGeneralMeetingPsiChiPart2](https://tinyurl.com/1stGeneralMeetingPsiChiPart2)
- Office of Undergraduate Research & Major Awards (OURMA) Award Recipient Student Q&A Panel  
Presentation: [tinyurl.com/OURMAPanelPresentation](https://tinyurl.com/OURMAPanelPresentation)  
Recording: [tinyurl.com/OURMAPanelPsiChi](https://tinyurl.com/OURMAPanelPsiChi)
- 1st Data Analysis Workshop: Introduction to R and Jamovi  
Presentation: [tinyurl.com/1stDataAnalysisPresentation](https://tinyurl.com/1stDataAnalysisPresentation)  
Recording: [tinyurl.com/1stDataAnalysisWorkshop](https://tinyurl.com/1stDataAnalysisWorkshop)
- 3rd General Meeting: Diversity, Equity, and Inclusion in Psychology  
Presentation: [tinyurl.com/3rdGeneralMeetingPresentation](https://tinyurl.com/3rdGeneralMeetingPresentation)  
Recording: [tinyurl.com/3rdGeneralMeetingPsiChi](https://tinyurl.com/3rdGeneralMeetingPsiChi)
- 2nd Data Analysis Workshop  
Presentation: [tinyurl.com/2ndDataAnalysisPresentation](https://tinyurl.com/2ndDataAnalysisPresentation)  
Recording: [tinyurl.com/2ndDataAnalysisWorkshop](https://tinyurl.com/2ndDataAnalysisWorkshop)
- 4th General Meeting: Surviving and Thriving as a UH Psychology Student: Tips from Class of 2021  
Presentation: [tinyurl.com/4thGeneralMeetingPresentation](https://tinyurl.com/4thGeneralMeetingPresentation)  
Recording: [tinyurl.com/4thGeneralMeetingPsiChi](https://tinyurl.com/4thGeneralMeetingPsiChi)

MAY 2021 | SPRING



# UH Psi Chi Honor Society & Psychology Club want to congratulate Fall 2020 & Spring 2021 Inductees

PSI CHI HONOR SOCIETY

*Fall 2020 Induction  
Ceremony*



PSI CHI HONOR SOCIETY

*Spring 2021 Induction  
Ceremony*



## Join us next semester for more events and opportunities!

*Please direct questions or concerns to our email:  
[uh.psichi@gmail.com](mailto:uh.psichi@gmail.com)*