

# MARCH NEWSLETTER

## BRYN MAWR PSYCHOLOGY DEPARTMENT

### REMINDERS FOR REGISTRATION

**Psychology Colloquium:** Previously called Junior Brown Bag, this is a required course for Psychology Majors. It is offered every semester and can be taken by students as soon as they declare their major. It is a weekly hour-long class that aims to introduce students to faculty members' areas of research, provide opportunities for student-faculty interactions, and build community. Students register for it by emailing Ann Ogle and NOT through Bionic. This class is not for credit.

**Psychology Thesis:** This is offered to seniors and is a year-long commitment (fall and spring semester). Thesis students conduct a research project with a faculty member. Students are expected to reach out to faculty members they are interested in working with during the spring/summer before their senior year. Only psychology students who complete a thesis are eligible for honors in psychology.

Pre-Registration begins **April 13th and continues until April 22nd**. Make sure that you are on track to complete your major in psychology! You can check out the updated "Paths Through the Major/Minor" page on the BMC psychology website. Students can also check their progress by requesting an unofficial transcript through Bionic. Your Major Advisor, Dean, Major Reps, DEI Reps, Faculty and the Registrar are also here to help you!

### SPACES FOR STUDENTS

Did you know that we have a **Student Lounge**? Come relax and connect with other majors and minors in Room 101 @Bettws-y-Coed.

There's also a kitchen next door!



### UPCOMING EVENTS

The department is excited to host a talk with **Markera Jones on April 11th**. Prof. Jones is a Ph.D. student in Clinical Community Psych at the U of Illinois, Urbana-Champaign.

Her research focuses on social media as tool for community engagement; community-based participatory action; mindfulness-based interventions; and youth resilience.



Look out for more information on the time and place via email in the coming weeks!

### STUDENT OPINIONS

We want students to have more autonomy in creating spaces and communities within the department that would be beneficial to them. We welcome your opinion on the possible **creation of affinity groups** based on social identities that you hold (including but not limited to those who identify as LGBTQ+, neurodivergent, or with any racial or ethnic group). These groups could be created, structured and run by students and we would work with interested students to figure out logistics and provide support. Reach out to either aorvell@brynmawr.edu or smphillips@brynmawr.edu, if interested!

### AMAZING ALUMS: FEATURING MILAN FREDRICK

**Milan Fredrick ('20)** is a BMC psychology alum who currently works as a data coordinator in oncology research at Catalyst Clinical Research. She co-authored a paper with her father titled 'Structural Racism and Chronic Stress: The Root Cause of Disparities.'

#### 1. Why is there not more research about the effect of structural racism on health?

- Because of the difficult nature of certain topics, some papers like the one I authored might struggle to get published. Authors also have to navigate the line between making papers readable to a larger population and including more technical language that may not be accessible to all. Our goal in writing this paper was to break the research down so that scholars and students who don't have a background in this topic could still understand it and use it as a foundation for further research and change.

#### 2. How has your previous research on health disparities affected your approach to the research you do now?

- It has helped me look at the patient in a more holistic manner. Oftentimes in medicine, we see patients at a very superficial level that relates only to the clinical trials being conducted. But after actually working with the patients, I know just how important their individual lived experiences are to the efficacy and impact of the clinical trials.

#### 3. What has helped you in your positions as a researcher?

- Being involved in research at Bryn Mawr, along with taking the research methods class, helped in giving me a good foundation in statistics and research. Exploring the types of positions I wanted and researching what they entailed, while also being cognizant of what type of environment I wanted to be in, really helped me understand the different roles and departments better.

#### 4. What is some advice that you have for current students?

- I would tell them to keep an open mind, ask lots of questions to people in positions and careers that they might want to go into, and to not be afraid to reach out to professors, as they never know who they may form an amazing relationship with. Professors whose interests align with your own can be amazing support systems. Lastly, surround yourself with people who recognize your worth - don't waste time convincing people of it!

#### MILAN'S QUESTIONS TO ASK AT INTERVIEWS:



1. How long do employees stay at your organization?
2. How do you train your new employees and how long is training?
3. How do people structure their day at your organization? What does the day-to-day of a person in this role look like?
4. How does your organization help employees who are more overloaded than others? How does the organization care for its employees?

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