

## Hofstra Psychology Advising blog success stories

Capri Pappalardo, Hofstra Psychology major, Class of 2017

During my freshman year at Hofstra, I was looking for a way to build my experience to explore the fields that interested me most, cognition and developmental psychology. I made appointments with the Career Center and my advisers, who recommended I check out the Psychology Advising Blog. There is a tab on the blog that posts listings of job openings, research assistant opportunities, and internships. There is also a tab where you can download and fill out an application to be a research assistant for a professor here at Hofstra. I began with that, and my first experience in the field of research was working for a project with Dr. Ploran on using board games as cognitive training aides. During my junior year, I really wanted to find an internship for my summer going into senior year. I looked at the internship postings on the blog, and found a post to apply as a summer intern at Yale's Infant Cognition Center. I ended up getting accepted and had one of the best summers of my life! As a research assistant, I became familiar with experimental models used in infant studies, worked the daily running of the lab, recruited and tested participants, participated in study design and setup, called parents to give information about the lab and scheduled them for appointments, learned about coding and analysis of results, attended weekly lab meetings to discuss experimental data, compared relevant research findings from other labs, and imported, exported, and mixed videos of the participants. I feel like I have gained a lot more experience and knowledge in all research, cognition, and developmental psychology! As a senior, I strongly recommend all psychology students, especially underclassmen to get involved early by using this blog and get yourself out there by applying to as many things that you can! Your passions in psychology can only grow more the more hands-on you get!

Lori Reider, Hofstra Psychology and Criminology double major, Class of 2016

My name is Lori Reider, and I graduated from Hofstra in 2016 with a B.A in psychology and criminology, and a sociology minor. The psychology blog helped me gain a wide variety of research and clinical experience in a wide range of fields and topics, allowing me to get involved in diverse opportunities while determining my own interests and future goals. During my time at Hofstra, I had the opportunity to work at the Mental Health Association of Nassau County, where I assisted with running support groups and received Narcan training. I also spent a summer interning at Northwell health assisting with research involving individuals identified as problem drinkers. I was able to intern at NYU working on a study about teen dating behaviors, and also spent a semester working at the Education Development Center, working on a large project about digital game play in classrooms to encourage data-driven decision making. I also had the opportunity work with Dr. Masnick and Dr. Weingartner at Hofstra, assisting with a study about how students can overcome their misconceptions about science concepts by implementing the use of refutation text. All of these opportunities came from the psychology blog, and as you can see, there are so many different opportunities posted that target a variety of interests. I learned that it's extremely important to network, and the connections I made through the opportunities from the blog provided me with future job opportunities, lifelong mentors, and more. This blog is an

extremely useful tool to help you find internships and volunteer opportunities to help you gain work experience, try out different fields of interest, and to help guide your journey through college to help you find the right path for your future. I am currently a full time faculty research assistant at the Child Development Lab at the University of Maryland (which I also found on the psychology blog) studying temperament and trajectories of anxiety later in life, led by Dr. Nathan Fox. In the future, I hope to attend a graduate program to obtain a PhD in Clinical Psychology. My advice to current undergraduates would be to definitely get involved in the opportunities posted on the blog, even if it's something you're not sure that you're interested in, and to talk to faculty members on campus who study the things you're interested in. Getting involved and using the resources available through the psychology department will help you figure out what you want to do, and help you get there.