



PSYCHOLOGY MATTERS



SU Psychology Department Newsletter | Fall 2023



INTRODUCING APS Linda Baines

If you have been around our department, you may have noticed a new face! We are happy to introduce Linda Baines as our new academic program specialist. Linda comes to us from Eastern Shore Community College where she was working as a career services coordinator; she has also worked as a student success coach. Her previous experience includes working as a program administrator for the Adult Education Department at Wor-Wic Community College and program manager for the Department of Mathematics and Computer Science at the University of Maryland Eastern Shore. She has significant knowledge of grant-writing, mentoring programs, career services and advising, and she has worked at both the university and community college levels. She is also a first-generation student.

Welcome, Linda!

Worldviews and Identity in a Multicultural World

The Psychology Department received a Fulton Public Humanities Grant to invite renowned multicultural psychologists Drs. Jeffery Scott Mio and Melanie Domenech Rodriguez to Salisbury University. In their day-long visit to the University, they will meet with students and representatives of offices across campus, and they will present a public lecture on “Worldviews and Identity in a Multicultural World” open to the Salisbury community. Join us on Monday, March 11, at 4 p.m. in the Guerrieri Academic Commons, Assembly Hall, for a conversation with Mio and Rodriguez. Explore the complexities of our multicultural world and gain a deeper understanding of diverse perspectives that shape our global society. These dialogues play a crucial role in cultivating empathy by exploring diverse

perspectives and promoting tolerance and cultural humility. This event is an opportunity to further our institution's commitment to diversity, equity, inclusion, and fostering a more inclusive campus environment into positively impacting the wider Salisbury community.



World Mental Health Day

The Psychology Department hosted the annual World Mental Health day event on the campus Mall on October 11, 2023. Along with student clubs and representations from various offices across campus, the event focused on creating awareness about mental health issues and educating the SU community about resources and self-care practices. Embracing a holistic perspective on mental health, the event shed light on diverse life components influencing our well-being, such as nutrition, physical fitness and financial health. We were joined by our furry friends from Pets on Wheels, who are always a favorite among our students. This year, our University dietician, Terry Passano, led a massage training session for self-care, and we look forward to more such practices in the years to come!



Dr. Osman and Her Students Publish and Present their Work

Dr. Suzanne Osman's research program examining victims and perpetrators of sexual aggression includes two recent articles published in health-related journals. One article, published in the *Journal of American College Health*, highlights the importance of not overlooking male victims on college campuses. Another article, published in *Women & Health*, highlights the importance of considering how sexual health may be impacted differently based on whether or not sexual violence is committed by one's intimate partner. In addition, Psychology Department alumna Grace DePanise (May 2023 graduate) co-authored a presentation at the annual meeting of the American Psychological Association in August, focusing on the high risk for victimization found among sexual minorities. Further research on this topic and other projects are underway with current and past students.

Psychology Students Present at Middle States

Saya Fernandes, Joanna Mason and Rochelle Brown from Dr. Yuki Okubo's Racism and Coping Research Lab presented their posters at the Middle States Commission on Higher Education (MSCHE) 2023 Annual Conference in Philadelphia on December 5, 2023. Their posters described their summer experience in 2023. They worked on editing transcripts for the Race Dialogue Project, prepared documents for an IRB protocol for a COVID-19 project, and read articles and book chapters on race and racism, the impact of COVID-19 on health and mental health professionals, and qualitative research methodology. They also reflected on how their research experience informed what other experiences and activities they would like to engage in for the remainder of their SU tenure, and how they informed their future career plans.

ALUMNI PROFILE: Michael Mason

This month, we are happy to feature **Michael Mason, PA** for our alumni profile.

What are you currently up to?

I am currently a physician assistant specializing in gastroenterology at TidalHealth in Salisbury. I treat patients with a range of gastrointestinal and liver conditions in both inpatient and outpatient settings.

What path did you take to get to where you are now?

I was a mental health worker while completing my B.A. in psychology, working in the Emergency Department and inpatient behavioral health. This was my first exposure to the medical field and health care providers, which sparked my interest in pursuing a career as a physician assistant. I was fortunate enough to attend an excellent PA program at the nearby University of Maryland Eastern Shore and completed my clinical rotations locally as well. After graduating in 2011, I worked in primary care for a few years before transitioning to hospital medicine for several years. Finally, I decided to sub-specialize in GI.

What was one highlight about your time in the SU Psychology Department that stands out?

During my time in the SU Psychology Department, I had the opportunity to work at the Institute for Developmental Research. One of the highlights of this experience was presenting our research at the annual meeting of the Eastern Psychological Association held in Boston.

What do you know now that you wish you had known as a student?

Looking back, I wish I had taken more advantage of campus life during my time as a student. I spent most of my time juggling work and classes, and I missed out on many of the experiences and opportunities that SU had to offer outside of the classroom. Fortunately, as a local resident, I can still participate in alumni events and enjoy some of what I missed out on.

Where do you see yourself in five years?

In five years, I see myself continuing my current work and pursuing research and teaching.



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