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IMPT DATES

- Thanksgiving Recess
November 24—26
- Classes End
December 1
- Reading Days
Dec. 2 and Dec. 8
- Final Exam Days
December 3—4
December 6—7
December 9—10

FOLLOW US!



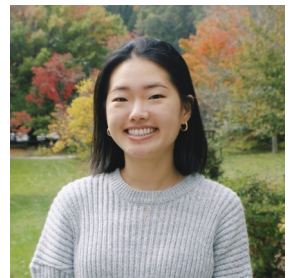
Psychology & Neuroscience Undergraduate Newsletter

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Student Spotlight

Meet **Esther Son**, a senior Neuroscience major with a Spanish for the Medical Professions minor and a Chemistry minor. She works in Dr. Sarah Linnstaedt’s laboratory in the Department of Anesthesiology’s Institute of Trauma Recovery.



What do you like most? One of things I love most about my research is that we focus on sex differences. Certain disorders and conditions, such as musculoskeletal pain, disproportionately affect women or manifest themselves through different biological mechanisms based on sex. Until relatively recently, the majority of academia has focused on White males—leaving many unknowns for women, who are more vulnerable to many chronic pain conditions. It’s thus incredibly gratifying to contribute to this field.

What are your career plans? I want to be a physician in a major academic research institution. I hope to do research to find effective treatment and intervention methods for those I serve, while utilizing insight from my practice.

What is the most valuable lesson you’ve learned? I have learned the value of diversity in teamwork. My lab is one of the most diverse environments I’ve been in; it reflects diversity in the age, ethnicity, cultures, and career interests of our members. I find myself surrounded by contrasting philosophies regarding not only approaches to research, but also in life. We enrich our research experience through frequent sharing of ideas, as well as team and individual works in progress. We also share our lives outside of professional settings, which has helped to build personal connections. I’ve learned that our diversity brings a variety of talents and promotes creativity, which ultimately advances our research.



Meet a Gil Intern



Meet **Luke Nguyen**, one of our Fall 2021 interns with the [Karen M. Gil Internship Program in Psychology and Neuroscience](#).

Luke is a senior majoring in Psychology and this Fall, Luke is interning at KJ Forensic and Psychological Services. Luke says, “I was overjoyed to learn that I would be working with an actual psychology practice for my internship. It was finally a real life glimpse into my dream job.” For his internship, he is creating a series of education materials with the aim of delivering accurate and easy to understand information about mental health. Luke is also working to build a database of case files that will be used to analyze how bias affects clinical evaluations—bias is inherent and in everyone, so it is important for psychologists to analyze their own biases.

He shares, “This internship, like any new level in a video game, has its challenges. In order to meet the rigorous demands this job requires, I’ve had to adapt by honing my time management skills. Communication is another skill that has always and will always be helpful to me going forward with my career. I also learned very quickly how to receive feedback. By the time I finish this level, I feel like I’m going to be better prepared for my future career. Every obstacle I have faced during this internship and will face later on in the semester is going to strengthen my resolve when they reemerge later in my life. All of the skills I’m going to obtain and hone throughout this internship will push me farther where I need to go. I am incredibly grateful for the Karen M. Gil Internship—this opportunity is one of the best and most crucial experiences I’ve had throughout my college journey and I can’t wait to see how the rest of the semester turns out.”

Want to be a Gil Intern? The Gil Internship gives you the opportunity to earn course credit and receive a monthly stipend—plus, you’ll gain valuable experience in the field of psychology and neuroscience! Learn more about the [application process](#) online. Questions can be directed to [Emily Dolegowski](#).

Reznick Grants for Undergraduates

Fostering diversity in research is a primary goal of the Department of Psychology and Neuroscience. The Reznick Diversity and Psychological Research Grant will support students from underrepresented backgrounds OR those who are interested in conducting research with, or applicable to, populations traditionally underrepresented in psychological research. This grant will be awarded to two recipients for use during the Spring 2022 semester; each recipient will receive an amount of \$2,263. One award will be given to a student who has already been involved substantially in research as a way to encourage further depth of research experiences, and one award will be given to someone who may just be beginning to think about research in order to encourage these interests. The students receiving this award may use the funds for any of the following purposes (alone or in combination): to offset the need for other part-time work, to cover the costs of carrying out research, and/or to attend a professional conference.

Eligibility requires you have PSYC or NSCI declared as your major, be enrolled full-time in Fall 2021 and Spring 2022, and either identify as an underrepresented population or be interested in conducting research applicable to underrepresented populations. The deadline to apply is November 14 at 11:59 PM. [Learn more on our website!](#) Questions may be directed to [Dr. Keely Muscatell](#).



Diversifying Psychology Event

The University of Wisconsin-Milwaukee Clinical Psychology Ph.D. Program is hosting an event for prospective applicants who identify with backgrounds historically underrepresented in Clinical Psychology.

The event will be held on Tuesday, November 16 from 6:30—8:30 pm CST. During the event, breakout rooms will be held so that attendees can meet faculty members of interest and hear from a student panel. [Learn more and register online.](#)

Flu Shot Study

The Social Neuroscience & Health Lab at UNC is looking for participants for a study examining biological changes related to immune system activation. Participants who complete all study components will receive a total of \$100. Additionally, participants who complete all 10 brief survey reports can be entered into a drawing to win an additional \$50 gift card.

If you are interested in participating, please complete the [online screening questionnaire](#). Questions may be emailed to immunestudy@unc.edu.

Jobs & Other Opportunities

Are you interested in getting involved in research, seeking out funding for your research, or considering graduate school? Check out [a list of our resources](#) on these topics online!



APPLES Service Learning is accepting applications to participate in Spring Break 2022. Each alternative break has a chosen topic of focus to guide education, service, and reflection and will take place across NC. Applications are due by November 10th [online](#).



UNC's HHIVE Lab is hosting a workshop for UNC undergraduate students on Narrative Medicine on Thursday October 28 from 6-7:30 pm on Zoom. Learn how to use narrative medicine in the health humanities and medicine. Register in advance [online](#).



Senior PSYC and NSCI majors who are actively involved with service should consider applying for the Donald T. Lysle Award, a service award in the Department of Psychology and Neuroscience. One winner will be selected in February and honored with a plaque at the Chancellor's Award Ceremony. Only students who are graduating in

May 2022 or August 2022 should apply. Contact [Dr. Loeb](#) for more details.



The Health Humanities Journal is holding a donut fundraiser on Monday, November 1 in the Pit from 9:30 am—3 pm. You can grab a donut and a copy of the journal on your way to class! All proceeds will go to printing their Fall 2021 issue and hosting an Exhibition Night.



Are you interested in graduating with Senior Honors and completing an Honors thesis and research project? The Honors Program in Psychology and Neuroscience is available to our majors with a minimum cumulative GPA of 3.3+, prior research experience (in-process or completion of PSYC 395 or NSCI 395), and confirmation of a faculty member to serve as your Honors advisor. You must apply by April 15th of your Junior Year! [Learn more online!](#)

