CHAPMAN UNIVERSITY | Crean College of Health and Behavioral Sciences

March
2026



DEPARTMENT OF PSYCHOLOGY NEWSLETTER

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GREETINGS FROM THE CO-CHAIR!

Dr. Julia Boehm

Associate Professor
& Associate Chair
Department of Psychology



Dear students, faculty, and staff of the Psychology Department,

It is an honor to introduce you to the latest edition of the psychology newsletter. Our Chair of the Psychology Department, Professor David Pincus, has graciously allowed me to write this edition's message. For those who don't know me, I am an Associate Professor and the Associate Chair of the Psychology Department. I primarily teach PSY 203: Statistics for the Behavioral Sciences.

We are at the point of the semester where some of us are feeling the pressure of midterm exams or other stressors. Fortunately, there are many bright spots on the horizon! First off, I am looking forward to our impending spring break. Yes, even professors can't wait for a little R&R in preparation for the last weeks of the semester!

I am also excited to attend events to hear about student research, internship, and instructional activities in presentations at the department's poster symposium (April 27), the annual conference of the Western Psychological Association (April 29-May 3), and Chapman's student scholar symposium (May 6-7). If you can attend any of these events, they are great opportunities to learn about what psychology students are up to. They might even inspire you to get involved in a new hands-on learning experience!

Finally, I am delighted that under the direction of Dr. Vincent Berardi, the department's new Bachelor of Science (BS) program is set to launch in the fall, alongside some classes that may be of interest to you – PSY 404: Research Methods in Health Psychology and PSY 438: Psychobiology of Health and Disease. Check out these classes and all the other psychology offerings in the recently released schedule of classes.

If you have read this far – nice work! There is a hidden egg someplace in this newsletter. If you spot it, email psychology@chapman.edu with the location of the egg and your favorite thing about the Psychology Department. We will randomly select three people as winners of Chapman swag and publish responses in a future newsletter.

Wishing you all the best,

Julia Boehm

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PAST HAPPENINGS

Psychology Speaker Series



Donald Hoffman

Conciousness & Its Spacetime Headset



Alfred Mele

Scientific Libertarianism & the Bar for Free Will



Candice Odgers

Adolescent Mental Health in the Digital Age

Sexuality Speaker Series



Jaclyn Siegel

The Naked Truth: Body Image Affects Nearly Every Part of Our Sex Lives



Jessica Drake

Sexual Health & Pornography



Jessica Lynn

Transgender Identity & Stigma

AMBASSADOR EVENTS

Grab N Go!
Midterms Week Goodie Bags

Craft & Sip

UPCOMING GUEST SPEAKER EVENTS

March 30, 2026



Olivia Atherton:
Contexts, Opportunities, & Health Across Lifespan
Argyos Forum 209A @ 11am

March 30, 2026



Ashley Weller:
The Naked Truth: Real Talk on STIs and Sexual Health
Beckman Hall 404 @ 4pm

April 27, 2026



Justin Garcia:
The Intimate Animal:
The Science of Sex, Fidelity, & Why We Live and Die for Love
Beckman Hall 404 @ 4pm

April 6, 2026



Rucifer:
Safe, Sane, & Sexy:
Reimagining How We Talk About Desite And Consent
Beckman Hall 404 @ 4pm

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UPCOMING DEPARTMENT EVENTS

April 9, 2026

Study Session - CB 132A @ 11:30am



April 11, 2026

Farmers Market Walk!



April 27, 2026

Student Poster Symposium - BK 404 @ 6:00pm



April 2026

Movie Night #1
TBA! - Crean Hall Atrium @ 7:00pm



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DEPARTMENT OF PSYCHOLOGY AMBASSADORS PROGRAM

The Psychology Ambassador Program is a student-led initiative designed to spotlight some of our most passionate and engaged Psychology majors here at Chapman University. Our ambassador program helps build community, promote opportunities, and enhance the student experience.

As representatives of the Psychology Department, ambassadors assist with student outreach, department events, social media, newsletters, and more. They bring fresh ideas and valuable student perspectives to the table, helping us improve how we support and connect with our majors. Whether they're planning student engagement events, welcoming prospective students, or sharing what makes psychology exciting and meaningful to them, their enthusiasm and leadership make all the difference.

We're excited to introduce you to this Spring's team of ambassadors!

AMBASSADOR PROFILES

Mallory Akhlaghi



Tell us a little about yourself!
I'm a Psychology and Sociology double major in my senior year at Chapman! I was first drawn to psychology after taking an AP Psychology class during my sophomore year of high school, and I've had a continued love for the subject ever since.

What areas of Psychology are you most interested in, and why?
My academic interests include adolescent development and sports psychology. I played softball for 15 years, which really shaped my passion for understanding the mental health needs of young athletes.

What's a fun fact about you that might surprise people?
A fun fact about me is that I've never had a pet!

"You'll probably find me..."
You'll probably find me outside in The Circle doing homework.

What are you most looking forward to this semester as a psychology ambassador?
I'm especially looking forward to attending more events hosted by the Psychology Department. As I head into my final year at Chapman, I'm excited to get as involved as possible before graduation.

AMBASSADOR PROFILES

Lizzie Connors



Tell us a little about yourself!
I'm a junior Psychology major with a minor in LGBTQ Studies.

What areas of Psychology are you most interested in, and why?
I'm most interested in clinical psychology because I want to help people by helping them understand their behaviors and emotions.

What's a fun fact about you that might surprise people?
I'm a Muay Thai fighter! :)

"You'll probably find me..."
In a study room.

What are you most looking forward to this semester as a psychology ambassador?
I'm most excited about helping with events!

AMBASSADOR PROFILES

Demetra Foondos

Tell us a little about yourself!
Hi everyone! My name is Demetra Foondos, and I am a junior majoring in Psychology with a minor in Women's and Gender Studies. I'm originally from Sacramento, California. My interest in psychology began through my own experiences with mental and physical health and seeing how closely the two are connected.



What areas of Psychology are you most interested in, and why?
I'm especially interested in clinical psychology, with a focus on sports psychology. I played lacrosse in high school and experienced a few serious concussions, which led to spending a lot of time in both physical therapy and counseling. Through that experience, I became interested in how mental and physical health intersect and how strongly they influence one another.

What's a fun fact about you that might surprise people?
A fun fact about me is that I've never met anyone else with my name; so if you have, let me know!

"You'll probably find me..."
You'll probably find me at one of the coffee shops in the Circle, most likely Blk Dot, Play Coffee, Philz, or Contra.

What are you most looking forward to this semester as a psychology ambassador?
As a Psychology Ambassador, I'm really looking forward to connecting with other psychology students who share similar interests and helping create a supportive and welcoming environment for incoming students. I'm also excited to get to know the faculty and learn from their experiences and advice about future career paths. Most of all, I hope to support students who may still be figuring out what they want to do with their psychology major or minor and help them explore the many possibilities available to them.

AMBASSADOR PROFILES

Sofia Guardino



Tell us a little about yourself!
I'm a current sophomore majoring in psychology and minoring in health sciences and disability studies! I became interested in psychology because I've always been curious about how people think, behave, and adapt to challenges in their lives.

What areas of Psychology are you most interested in, and why?
I'm most interested in health psychology and rehabilitation psychology. I enjoy learning about how people adjust to injuries or health conditions and how psychological support can help improve their well-being and quality of life. I'm particularly interested in how environments, routines, and meaningful activities can support people in staying active and independent.

What's a fun fact about you that might surprise people?
A fun fact about myself that might surprise people is that I ran a half marathon.

"You'll probably find me..."
You'll probably find me studying on campus or at Contra!

What are you most looking forward to this semester as a psychology ambassador?
As a Psychology Ambassador, I'm looking forward to helping plan events that bring psychology students together and create opportunities for people to connect. I'm excited to meet new people, build relationships within the department, and help create a welcoming environment where people can share their interests in psychology and learn from one another!

AMBASSADOR PROFILES

Chloe den Hartog

Tell us a little about yourself!
Hello, my name is Chloé den Hartog! I am a senior double majoring in Psychology and Global Communication and World Languages (Italian Emphasis), with a minor in Sociology.



What areas of Psychology are you most interested in, and why?
I started my Chapman journey being a psychology major because I was interested in learning more about how the brain worked and how to help people. I have loved learning about many different topics in psychology, but I find child development, social psychology, well-being, and physiological psychology to be the most interesting.

What's a fun fact about you that might surprise people?
A fun fact about myself that may surprise people is that I can fly a plane!

"You'll probably find me..."
You'll probably find me either hanging out in a coffee shop or reading a book by the beach!

What are you most looking forward to this semester as a psychology ambassador?
I am most looking forward to helping create events that bring the Chapman psychology student community closer together.

AMBASSADOR PROFILES

Devan Hodson



Tell us a little about yourself!
Hi, my name is Devan Hodson, and I am a senior Psychology major minoring in Sociology and Leadership. I was initially drawn to study psychology because I took two psychology courses in high school and really enjoyed them, so I knew I wanted to continue on and learn more in college!

What areas of Psychology are you most interested in?
I am most interested in child psychology as well as marriage and family therapy.

What's a fun fact about you that might surprise people?
A fun fact is that I live off campus with five other people, and we are all students in Crean!

"You'll probably find me..."
You'll probably find me hanging out on the Starbucks patio with friends or working on campus at the Career and Professional Development Center.

What are you most looking forward to this semester as a psychology ambassador?
I am most looking forward to our upcoming fall social and meeting prospective psychology students at the upcoming open house.

AMBASSADOR PROFILES

Lily Hoff



Tell us a little about yourself!
Hi! My name is Lily Hoff, and I'm a Junior Psychology major with a minor in Community Education Studies. I came into Chapman undeclared but have always been fascinated by people and their behaviors, guiding me to psychology. I love that this major can lead you to so many different careers and opportunities!

What areas of Psychology are you most interested in?
The areas of psychology I am most interested in are child psychology and social psychology. I hope to work in an elementary school as a school psychologist or social worker and have found that these areas have given me a foundation to pursue a career I love down the road.

What's a fun fact about you that might surprise people?
A fun fact about me is that I have been to over 90 concerts. My favorite concerts have been Taylor Swift, Caamp, The Lumineers, and Mt. Joy!

"You'll probably find me..."
Somewhere outside. At the beach, on a hike, or spending time in nature!

What are you most looking forward to this semester as a psychology ambassador?
This semester I am most looking forward to getting to know the other ambassadors and seeing more of the behind the scenes work that goes into the department!

AMBASSADOR PROFILES

Emmie Kuhl

Tell us a little about yourself!
I'm a freshman from Houston, Texas, majoring in Psychology and Spanish. I've been fascinated by psychology since middle school, and I love that there are so many directions you can take with it. That variety is really what drew me in!



What areas of Psychology are you most interested in, and why?
I've enjoyed learning about all kinds of psychology fields, but counseling and therapy are my favorites. I love the idea of being able to help people work through their problems and make a real difference in their lives.

What's a fun fact about you that might surprise people?
I can play at least one song on 5 different instruments. The bass and the acoustic guitar are my main ones, but I've always loved playing and listening to music.

"You'll probably find me..."
You'll probably find me walking around the neighborhoods around campus. Especially in good weather, I love going on walks to take brain breaks throughout the day. I find it super relaxing and a good way to get my steps in!

What are you most looking forward to this semester as a psychology ambassador?
As a Psychology Ambassador, I'm looking forward to planning events and attending other ambassadors' events. I can't wait to connect with more people and dive deeper into the psychology program!

AMBASSADOR PROFILES

Natalie Paradiso



Tell us a little about yourself!
Hi, I'm Natalie Paadiso! I'm a sophomore psychology major and a neuroscience and honors program minor. I became a psychology major because I loved my AP Psychology class in high school and wanted to pursue a career in psychology.

What areas of Psychology are you most interested in, and why?
I am most interested in neuroscience (duh) because I am fascinated by how the brain actually shapes everything we think, feel, and do. Understanding the biological side of behavior makes psychology feel very real and concrete to me. I'm especially drawn to how brain chemistry connects to mental health and treatment. Long term, I want to work as a clinical drug trial manager so I can help ensure people receive treatments that are actually safe and effective. I like the idea of being involved in research that directly improves lives and helps patients get the right care.

What's a fun fact about you that might surprise people?
A fun fact about me is I met Katie Ledecky last summer.

"You'll probably find me..."
You'll probably find me at the Crean atrium or the Starbucks patio.

What are you most looking forward to this semester as a psychology ambassador?
I'm super excited for all the events the ambassadors are planning and for everyone to come! Last year, my favorite was the farmers market walk and the walk around the circle, since it got us to be social and active as a group.

AMBASSADOR PROFILES

Tatiana Rodriguez



Tell us a little about yourself!
Hello, my name is Tatiana! I am a senior, double majoring in Psychology and Communication with a minor in LGBTQ+ Studies.

What areas of Psychology are you most interested in, and why?
I am very interested in clinical psychology, more specifically trauma and PTSD! I hope to open a private practice and later a nonprofit to support underprivileged teens and unhoused people.

What's a fun fact about you that might surprise people?
A fun fact about myself is that I LOVE Philz coffee #TheyHaveRewardsNOW

"You'll probably find me..."
In Crean talking to Nicole Nungaray!

What are you most looking forward to this semester as a psychology ambassador?
I am excited about continuing to help grow and lead the Ambassador Program! We have amazing events planned that I believe will help more psychology students get involved.

AMBASSADOR PROFILES

Sera Shimakura

Tell us a little about yourself!
My name is Sera Shimakura, and I'm a Junior majoring in Psychology & Integrated Educational Studies. I was drawn to psychology because of my cross-cultural upbring, but also because I really enjoy helping others. I want to understand behavior and create meaningful impact in my future career.



What areas of Psychology are you most interested in, and why?
I'm most interested in developmental and social psychology. I've also been growing more interested in research methods, combining qualitative and quantitative approaches to understand patterns.

What's a fun fact about you that might surprise people?
I'm from Japan, but I've never tried raw fish (including sushi).

"You'll probably find me..."
Speedwalking on campus!

What are you most looking forward to this semester as a psychology ambassador?
I'm looking forward to meeting and connecting with other psychology majors while also strengthening relationships with faculty in the department.

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FACULTY ACCOMPLISHMENTS

Recently Published Manuscripts

- Thompson, A. S., Bondonno, N. P., Liu, Y. L., Qureshi, F., Kubzansky, L. D., Trudel-Fitzgerald, C., **Boehm, J. K.**, Rimm, E. B., & Cassidy, A. (2026). Dietary flavonoid intake and psychological well-being – a bidirectional relationship. Clinical Nutrition. https://doi.org/10.1016/j.clnu.2026.106579
- De Felise, G. & **Pincus, D.** (2024). A Trans-Theoretical Systematization of Clinical Interventions Based on Dynamical Systems Research (DSR). Psychiatry International, 5(4), 793-808; https://doi.org/10.3390/psychiatryint5040054. (Citescore 2023; impact = 1.9, quartile 2, Psychiatry and Mental Health).
- Hill, Y., Dolezal, M. L., Nordbeck, P. C., Den Hartigh, R. J. R., **Pincus, D**., Kiefer, A. W., Ricca, B. P. (2024). Moving from traits to the dynamic process: The next steps in research on human resilience Journal of Aggression Maltreatment and Trauma. https://psycnet.apa.org/doi/10.1080/10926771.2024.2431733 (SJR Impact = .68, quartile 1, "Health Professions").
- **Pincus, D**., Ricca, B. P., Jenkins, B., Boehm, J. K., Berardi, V., Moors, A. C., & Frederick, D. A. (2025). Emotional balance, health, and resilience at the start of COVID-19 pandemic. Emotion. Advance online publication. https://dx.doi.org/10.1037/emo0001580
- Psychiatry and Mental Health). Mudrik, L., Faivre, N., Pitts, M., & **Schurger, A**. (2025). On a confusion about there being two types of consciousness. Trends in Cognitive Sciences. https://doi.org/https://doi.org/10.1016/j.tics.2025.11.012

Grants Received

- **Boehm, J. K.** (PI). Promoting brain health: A mixed methods investigation of psychosocial assets and cognitive function. Grant number 26BAIREA1560980, American Heart Association, 01/01/2026-12/31/2026, $77,000.
- Boylan, J. (PI), **Boehm, J. K.** (Co-I), & Cintron, D. (Co-I). A life well-lived: Diverse perspectives on well-being and prospective associations with cardiovascular health. Grant number 26AIREA1551728, American Heart Association, 01/01/2026-12/31/2027, $200,000.

Awards Received

- **Pincus, D**. (October, 2025). Invited Grand Rounds: "Experiential Balance, Biopsychosocial Resilience, and Psychotherapy." Dept. of Psychiatry, University of Florida, Gainsville, FL.



CONTACT US:

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