

Background

- A collaborative project funded by a SUNY Canton Presidential Internship
 - Kelson Hooper, Asha Hanson, and supervised by Dr. Wolfe
 - Input from faculty, students, alumni.
- Created to engage students, faculty, and campus community
 - Relevant and insightful content about the Department
 - Student achievements
 - Job and research opportunities
 - Fun facts
 - Community building
- Designed for Applied Psychology students, faculty, and anyone interested in psychology-related topics
- Helped to raise awareness of psychology-related topics while strengthening the department's sense of community.
- Since this was our first year producing the newsletter, we look forward to continuing it and building on what we've started.



October APPLIED PSYCHOLOGY NEWSLETTER

Our First Edition
Welcome to the first edition of the SUNY Canton Applied Psychology Newsletter. We are excited to give students a look into the major and what's happening within our community. Opportunities for research and work in our field will be highlighted alongside some of our excellent professors, students, and alumni. We hope you enjoy it! If you have ideas for future newsletters, please email Dr. Wolfe at wolfe@canton.edu.

What's Happening This Month: Tips for Advising

Advising and registration can be stressful. Make the most of your advising session by being prepared. Here are a few additional tips:

- Students can be fully online in a flex or merged class: Even with a course time listed, you can still attend online, asynchronously. Look for OI or OMI course codes. If the online section is full, don't sit on a waitlist; join the flex or merged section!
- If you need to "request override" ALWAYS provide a justification! Don't lose out on an opportunity to join a course simply because you didn't provide enough information. Always tell the faculty member WHY you are trying to join with an override. Even better - after you request the override in UCanWeb, follow up with an email!

Wellness Resources

On Campus: Counseling Center
Phone: 315-389-7214
1401 Campus Center 225
In the Community: Grasse River Wellness
Phone: 315-273-8130
31 Main St. Canton, NY 13617

Monthly Recommendations

Craving more Psychology content? All of these are based on concepts from your degree:

- Fiction Book: *Plagues* by Timothy Fendley
- Podcast: *Pop Psych 101* on Spotify
- Movie: *Inside Out/Inside Out 2*
- Song: *Street Machine* by Goldfinger

Alumni News

Zach Pease, Class of 2019
Zach was kind enough to reflect and share some of his favorite moments at SUNY Canton. Zach is currently running his own business, ZP Coaching. To learn more about Zach, please scan the QR code or visit his website at zproaching.com.

Fitzroy Saunders, Class of 2017
We caught up with Fitz, who is now working as a 6th-grade history teacher in the Bronx and coaching basketball at Monroe Community College. He took the time to share his favorite moments at SUNY Canton and tell us how his degree helped prepare him for his career. Scan the QR code for more on Fitz!

Faculty Spotlight: Professor Lesyk

After more than a decade at SUNY Canton, Professor Christina Lesyk is retiring at the end of December. We are beyond thankful for all of her work and her impact on our program and campus. We were lucky enough to ask her a few questions about her time at SUNY Canton. Please scan the QR code to read more.

Participate in RESEARCH

Culture Study
Are you a student or a professional (academic, practice, researcher) studying or working in the field of psychology? We are collecting data on the influence of culture on psychology and would like your input. Follow the QR code for more information.

If you would like to say thank you or goodbye before she leaves you can find her in MAC 310.

If you know of faculty or students who would like to be profiled, or if you have any questions, please reach out to hanson11@canton.edu or hooper114@canton.edu.

Job Opportunities

Hands Of Hope Army Corps Ambassador
Are you looking for an opportunity to help those in need? Hands of Hope members will help children under the age of six who are at risk of abuse and neglect in Houston, Texas. Students will live in a gated community free of cost and will receive a living allowance. It will be a 12-month commitment.

If you are interested, please follow the link <https://forms.office.com/r/YGqVVKP1hX> or contact dhamid@go.cashhope.org.

Created and edited by Kelson Hooper and Asha Hanson. Supervised by Dr. Barat Wolfe.

November APPLIED PSYCHOLOGY NEWSLETTER

WE ARE LOOKING FOR A NAME FOR THIS NEWSLETTER! IF YOU HAVE ANY IDEAS, PLEASE EMAIL THEM TO HANSON11@CANTON.EDU OR HOOPER114@CANTON.EDU. THE WINNER WILL RECEIVE A PRIZE!

WHAT'S HAPPENING THIS MONTH: WELLNESS ON-CAMPUS AND IN THE COMMUNITY

Some students don't know about the Wellness Minor Requirements

Monthly Recommendations

Craving MORE PSYCHOLOGY CONTENT? ALL OF THESE ARE BASED ON CONCEPTS FROM YOUR DEGREE:

FICTION BOOK: THE LUCIFER EFFECT BY PHILIP K. DICK
PODCAST: THE PSYCHOLOGY OF YOUR 20'S
TV SHOW: SHRINKING ON APPLE TV
SONG: NOT AN ADDICT BY K'S CHOICE

ALUMNI NEWS

JOSEPH JOHNSTON
Joseph graduated from the Applied Psychology program in 2023. He is now working at Sacred Heart University in Fairfield, Connecticut, as a Graduate Assistant in Athletics. To hear more about where Joseph is now and how his Applied Psychology degree has helped him, scan the QR code below!

CARRIE MYERS
Carrie graduated from SUNY Canton in 2019. She is currently working in the Ontario County Department of Social Services. She was kind enough to give us her time to answer a couple of questions about how her studies at Canton helped with her career today. Scan to read more!

DID YOU KNOW?

The **Zeigarnik Effect** (Zeigarnik, 1938) is a psychological phenomenon where people tend to remember unfinished tasks better than completed ones. Named for trailblazing female psychologist Bluma Zeigarnik, this effect highlights how our minds seek closure and completion, often keeping unresolved "to-dos" at the forefront of our thoughts until we finally cross them off. While this effect can be put to good use to keep us motivated to complete unfinished business, it also comes with a dark side; being preoccupied with things you haven't accomplished can lead to stress, anxiety, impostor feelings, and a loss of productivity. Give yourself credit when it's due!

STUDENT SPOTLIGHT

NATALIE BARTLE
Class: Senior
Team: Women's Basketball
Where are you from? Northern Michigan

PROGRAM OPPORTUNITIES

What Makes Us Unique: HUSV 420/421
HUSV 420 (Orientation to Practicum) and HUSV 421 (Practicum) are unique to SUNY Canton. In your final two semesters, you'll take these courses back-to-back.

Call for Participants: CULTURE STUDY

Are you a student or a professional (academic, practice, researcher) studying or working in the field of psychology? We are collecting data on the influence of culture on psychology and would like your input.

IF YOU KNOW OF FACULTY OR STUDENTS WHO WOULD LIKE TO BE PROFILED, OR IF YOU HAVE ANY QUESTIONS, PLEASE REACH OUT TO HANSON11@CANTON.EDU OR HOOPER114@CANTON.EDU.

JOB OPPORTUNITIES: CIVIL SERVICE

Students should know about **Civil Service Job Opportunities** merit-based career opportunities in public services like social welfare and education, housed within your local government. Largely considered jobs of a "competitive class," civil service careers have education requirements AND usually require a test to be eligible.

FACULTY SPOTLIGHT

PROFESSOR TIFFANY FORSYTHE
We were lucky to be able to touch base with the newest Applied Psychology faculty member, Professor Tiffany Forsythe. Scan the QR code to read about her academic journey and how, as a former alumna, she is happy to be back working at SUNY Canton.

Created and edited by Kelson Hooper and Asha Hanson. Supervised by Dr. Barat Wolfe. Funded by the Presidential Internship program.

Editions

February APPLIED PSYCHOLOGY NEWSLETTER

What's Happening This Month

Advising period begins on March 31st, and fall registration will open on April 14th. Summer registration is already open.

Faculty Spotlight

Professor Ed Boyd has been a faculty member at SUNY Canton for 26 years, and a college professor for 51 years. He was one of the "founding fathers" of the Applied Psychology program, and SUNY Canton is beyond lucky to have him teach for us.

HISTORY OF PSYCHOLOGY AT SUNY CANTON

25 years ago, there was no Applied Psychology degree program at SUNY Canton. By comparison:

- FALL 2012: 27 students enrolled in the first semester of program
- FALL 2022: 10 years later, 193 students enrolled, and 174 were full-time
- THIS YEAR: 215 students are currently enrolled with 109 full-time

Between 2012 and 2022, our programs enrollment increased by 714%. Applied Psychology hit peak enrollment in the Fall of 2023 with 227 students enrolled.

Spring 2020: 19 sections (6 different courses) serving 522 students
Spring 2025: 55 sections (29 different courses) serving 1263 students

APPLIED PSYCHOLOGY AT SUNY CANTON: A BRIEF HISTORY

SUNY Canton didn't offer its first four-year degree program until 1997, when Dr. Joe Kennedy (SUNY Canton President from 1993-2012) ushered in a new era for the college. The Applied Psychology B.S. program was Dr. Kennedy's brainchild; a program he felt strongly would succeed. Professor Ed Boyd states, "Dr. Joe Kennedy deserves primary recognition as the founder of the program. When Dr. Joan Pousien left, Dr. John Nixon continued the program and curricular development.

Establishing a new program in the SUNY System is a large and complex undertaking, with feedback and critique from other SUNY colleges considered an important step in the process. Dr. Nixon led the effort through multiple revisions and approvals from SUNY and New York State Education Department (SED), which required extensive negotiations, including a discussion on whether the program's title could remain "Applied Psychology." Finally, in 2012, the program was approved, and students matriculated into the program in 2013. Dr. Nixon, at the end of his career, retired on a high note, having seen his efforts come to fruition.

A third leader, Professor Jen Waite, was then brought in as Curricular Coordinator to flesh out the Human Services components of the program. "The marriage of PSYC courses and HUSV courses is a hallmark trait of the program and one of the most important contributors to its great success," says Professor Boyd.

Through the next seven years, the program remained an in-person degree program. However, the college had invested in online education and offered four-year degrees fully online since 2005. With no SUNY campuses offering a fully online Psychology degree, it seemed like time to make the jump to offering the program for remote students. "It was a difficult decision, one we didn't take lightly," says current Department Chair Dr. Barat Wolfe. "We knew that there was some risk in losing our in-person sections if we decided to offer our program online. But it felt like time. There was such a high demand by remote students to get a degree."

Greg Hooper, an M.S.W. graduate from Syracuse University started his journey at SUNY Canton prior to the establishment of the Applied Psychology program. He reflected on his experience at SUNY Canton and pursuit of a liberal arts degree. "The structure and flexibility of the liberal arts program allowed me to explore different fields, which is how I discovered a passion for psychology," says Hooper.

His experience at SUNY Canton led him to transfer to SUNY Potsdam for a B.A. in Psychology and Philosophy before attending Syracuse University. Hooper recalls that his favorite professor was Dr. John Nixon, and his favorite course was Abnormal Psychology. He credits his classroom experiences with shaping his career path and acknowledges the program's influence in inspiring him to pursue his profession. His experience highlights the gap that SUNY Canton's Applied Psychology program was designed to fill, providing students with a more direct path into psychology and related fields.

Hooper is now a school psychology worker in Ogdensburg, NY, and also operates a private counseling practice. Today, the Applied Psychology program continues to thrive, maintaining its strong foundation in psychology and human services while adapting to the evolving needs of students. The legacy of Dr. Kennedy, Dr. Pousien, Dr. Nixon, and many other dedicated faculty members lives on through the success of its students and graduates, who are making meaningful contributions to the field of human services.

March APPLIED PSYCHOLOGY NEWSLETTER

ADVISING SPECIAL EDITION

Advising Period begins at the end of March, with course registration starting April 14th. Don't delay your advising appointments!

HELPFUL TIPS

UCANWEB, DEGREE WORKS, AND OTHER FORMS

- Changing your major: This form and process is online ONLY in UCanWeb. You should see the Chair of your new department for advising, and get your code from your OG advisor.
- Adding a minor: This form is paper copy ONLY. Find it here: [QR code]

Waitlist and requesting an override: If you get a registration error, please "request the override" and ADD A JUSTIFICATION so faculty know why. A "how to" guide can be found on the Advising homepage. Always follow up with an email to the faculty member, directly. Worst case, get on the waitlist - seats often open up!

FLEX, MERGED, SYNCHRONOUSLY ONLINE

Did you know that FLEX (OF1), MERGED (OM1), and SYNCHRONOUSLY ONLINE (SW1) courses are different from ONLINE (OW1) and F2F (OF1)? If you see are course time listed, DON'T BE DETERRED. Flex and merged classes can be taken FULLY ONLINE or IN-PERSON. Synchronously online courses must be attended remotely at the time listed. Check the course code and ask the instructor if you aren't sure!

WHICH MATH COURSE?

MATH 141 Statistics is required for all majors. If you have a registration error, the appropriate prereq is MATH 111. If you graduated from a NYS high school, you might not have to take MATH 106. Make sure to check with your advisor!

WORRIED ABOUT FINDING A PRACTICUM?

Don't be! HUSV 420 Orientation is REQUIRED for all students - in this course, you'll decide whether and where to do a practicum (OR a research experience, OR just an elective). HUSV 421 Practicum is just 80 hours total at an organization (just over 5 hours a week!)

GET TO KNOW THE APPLIED PSYCHOLOGY FACULTY

PATRICK MCMANUS
Professor McManus has been at SUNY Canton since 2018. He currently teaches multiple classes, including Intro, Alcohol Drugs & Society, Mental Health Practice, Crisis Intervention, and Counseling Skills.

EMMA OGLEY-OLIVER
Dr. Ogley-Oliver joined SUNY Canton in 2023. She is currently teaching Psychology, Personality and Individual Differences, Orientation to Practicum, Practicum, and Community Psychology.

BARAT WOLFE
Dr. Wolfe has been at SUNY Canton since 2015. She is the Department Chair, Hours Director, and IPB Chair. She currently teaches Social Psychology, Health Psychology, Workplace Psychology, and Foundations of Mind-Body Wellness.

TIFFANY FORSYTHE
Professor Forsythe, a SUNY Canton alumni, has been at SUNY Canton full-time since 2024. She currently teaches Introduction to Psychology, Introduction to Human Services, and Abnormal Psychology.

Other Advisor Contact Information

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