Welcome to the Fall issue of our newsletter! As the new co-chairs of the SfHP Student Advisory Council (SAC) Communications Committee, we wanted to introduce a few new recurring newsletter columns. First, we’ll be introducing the members of each SAC committee, along with their vision of their contributions for the 2018-2019 year. Second, we’ll be sharing professional development resources for trainees in health psychology. Third, we’ll be featuring a regular piece on current events, their relationship to health psychology, and ways to get involved in advocacy efforts. We hope you enjoy these new newsletter components! Your feedback, questions, and comments are always welcome—please reach out to us via email (div38studentreps@gmail.com) or on social media (@DrClaireC, @KDing18).

- Claire and Ke

Three Reasons to Check Out SocietyForHealthPsychology.org

1. **SfHP Award Opportunity**: Six graduate student research awards ($2,000) are given annually by the Health Research Council. Three specific research areas are sponsored: General Health Psychology (4 awards), Promoting Inclusion (1 award), and Addressing Health Disparities (1 award). Applications are due January 15, 2019. Notification of awards are made in late March. More information is available [here](https://example.com).

2. **Job/Postdoc Search Resources**: New postings to the DIV38 listserv about jobs and postdoc positions are being compiled (see the webpage [here](https://example.com)). Spreadsheets are updated weekly, so continue to check back!

3. **Website Revamp**: In collaboration with the SfHP Publications & Communications Committee, the SAC is helping to reorganize the SfHP website. Most importantly, this includes the section on Student Resources (found [here](https://example.com)). We want to know what kinds of things YOU want to see on the website! Check it out as-is and let us know what you think is missing. Email us at div38studentreps@gmail.com with your suggestions.
This year’s APA Annual Meeting featured more SfHP student programming than ever! Below, SAC Chair Aviva Ariel-Donges and Past Chair KayLoni Olson reflect on some of the highlights from their time in San Francisco.

Spotlight on Diversity

APA kicked off a **new diversity initiative** at the 2018 Annual Meeting! APA is planning to hire a **Chief Diversity Officer** in the coming months. Prior to filling this position, they have hired a consultant (Dr. Kumea Shorter-Gooden) to guide the development of a framework which will be handed over to the new Officer who will be responsible for translating the conceptual model into actionable items. Dr. Shorter-Gooden presented a preliminary model at APA 2018 to solicit feedback from attendees. Below is a summary from the APA Council of Representatives annual meeting summarizing action related to this initiative:

> “**Council provided input to the CEO’s development of the APA diversity and inclusion plan. Dr. Shorter-Gooden presented an outline for the development of a comprehensive framework for APA’s diversity and inclusion activities... The key feature of the framework is a set of 10 domains within which APA may choose to take action on diversity and inclusion. Council will soon... recommend strategic goals for APA to pursue within the domains and to identify the key stakeholders that need to be involved in pursuing the goals. The aim is to use the Council input to develop a complete draft of the framework, to develop a job description for hiring a Chief Diversity Officer later in 2018, and to coordinate the APA plan for diversity and inclusion with the APA strategic plan.**”

In the coming months, APA will continue to solicit feedback from members and leaders of APA in an iterative revision process. As psychology trainees, it is important to be a part of this discussion! We will inherit both the benefits and challenges of this initiative and therefore it is essential to be informed and involved in building a more inclusive organization.

Let’s Chat Over Coffee

This year we hosted our first informal **coffee and breakfast event** for SfHP student members. Students gathered in the SfHP hospitality suite to chat and enjoy light refreshments. We were so glad to have both familiar and new faces join us. It was great to hear directly from some of our student members about their needs. Topics discussed include:

1. **Sometimes the Division listserv is busy.** The student council is trying to forward student-specific information to the student listserv in case you missed it among all the discussion on the primary listserv.

*(Continued on the next page)*
RECAP: 2018 APA Annual Meeting In Review (Ctd.)

2. **Conference travel is expensive!** The student council is hoping to increase opportunities for students to attend and participate in the Annual APA convention. We are brainstorming and generating creative ways to problem-solve this issue!

3. **It can be hard to feel connected when you’re a busy grad student.** Every grad experience is different and this means that some individuals feel well supported with a sense of health psychology community in their department, while others are on the hunt to find their health psychology people. The student council is working diligently to enhance the sense of connection and community for student members. If you have ideas about how to accomplish this—don’t hesitate to reach out!

4. **Don’t forget about the undergraduates!** A LOT of the focus from the student council is graduate school-specific, but sometimes that means we aren’t supporting our ambitious undergrads who are already plugged in but still hoping to find their grad school home. This year we are starting to organize a game plan to better connect with undergrads on campus.

**Getting Your Questions Answered**

Our annual **Health Psychology Internship Q&A** saw its biggest audience to date! In collaboration with APAGS, we had an excellent panel of current and recent health psychology interns who provided insight into preparing to become a competitive internship candidate. Trainees of all levels came away with ideas about developing a broad range of health psychology experiences during graduate school, identifying a goal for intervention and assessment hours, effectively researching programs with health psychology opportunities on internship, writing powerful essays, highlighting health psychology experiences during interviews, and appropriately discussing training gaps or personal challenges in cover letters.

**It’s All About Who You Know**

Each year the SfHP SAC hosts a **Meet and Greet event with Health Psychology Training Directors** of Internship and Postdoctoral programs. This offers a unique opportunity to mingle with Directors of Clinical Training from around the country that offer health psychology opportunities. People use this event in a variety of ways---it can be an opportunity to practice networking, to shake out the interview jitters, it’s an opportunity to introduce yourself to programs that are of high interest to you (never too early to put a face to a name!), and it’s a great opportunity to ask some questions and get some answers before you finalize your application list. This event is always jam packed and you can count on it being a part of our APA programming for 2019!

**2019 is Just Around the Corner!**

It may seem like the 2018 convention just ended, but it’s already time to plan for next year! The 2019 Annual Meeting will take place in Chicago, IL from August 8th to August 11th. The deadline to submit a scientific poster or paper presentation is **December 3, 2018**. Learn more at [https://convention.apa.org/2019-call](https://convention.apa.org/2019-call).
We're piloting a new format for the newsletter—more visuals, and less text!

What do you think?
Let us know!

div38studentreps@gmail.com
@DrClaireC
@KDing18

OUR 2018-2019 PRIORITIES:
1. Assessing SiHP student needs
2. Expanding SiHP membership
3. Highlighting importance of diversity in health psychology training
4. Increasing online resources for trainees
Meet the Communications Committee

Claire Conley, PhD.
Claire completed her doctoral training in Clinical Health Psychology at the Ohio State University and her pre-doctoral internship at the Cleveland VA. She is currently a post-doctoral fellow at Moffitt Cancer Center in Tampa, FL.

Ke Ding, MS.
Ke completed her master’s in Psychology at Drexel University. She is currently pursuing her doctoral degree in Clinical Psychology at the University of Florida.

2018-2019 Goals
Our #1 goal is to provide student members of SFHP with timely and helpful resources to supplement their training in health psychology.

Our #2 goal is to try to foster the community of SFHP student members, to increase discussion within our ranks. Ideally, we'd love to see more conversation happening between members.

Passion Projects
The SAC Communications Committee is moving into some exciting new modes of communication this year!

Newsletter: more use of images and infographics.

Social Media: periodic "social media takeovers" to reach more students on platforms like Twitter (@APADivision38) and Facebook.

Podcast: in production- perfect for students who have more time to listen to a resource than to sit down and read it.
Applying for internship this year? Here’s a collection of our top resources from around the internet! Read on for great information about applications, interviews, match day, and beyond!

Applying

1. Get connected by joining the APPIC INTERN-NETWORK listserv.
   
   I know your email inbox is already super full, but the questions and discussion that come across this listserv are worth it. Instructions for signing up can be found at www.appic.org.

2. Internships in Psychology: The APAGS Workbook for Writing Successful Applications and Finding the Right Fit
   
   This handbook is the go-to, the classic resource for internship applicants. Written by some truly heavy-hitters in the internship world (Greg Keilin’s name will pop up in your email all the time), this book provides a comprehensive overview of the application process. Whether you get it from the library, as a hand-me-down from an older student, or decide it’s worth the $25, this workbook is a must-have.

3. APAGS: The Portable Mentor Chapter 12: Navigating the Internship Application Process
   
   Also written by Mitch Prinstein, the book The Portable Mentor is designed to combine the wisdom of a wide range of noted psychology experts whose knowledge and training experience provide you with the guidance you need. The chapter on internship applications reviews some important facts, strategies, and suggestions to minimize anxiety and maximize success. Best of all, electronic access to The Portable Mentor is free through the libraries of most training institutions!

4. APA Division 38: Considerations When Applying for Internship
   
   This broad overview of internship applications from the Society for Health Psychology covers a lot of ground. We also have handy YouTube videos with advice from health psychology experts to graduate students on applying for internship and experiences with health psychology training during internship.

5. The Health Psychologist: Advice on Applying for Internship
   
   Q&A with the coordinator of the Health/Behavioral Medicine track at Brown University’s Clinical Psychology Training Consortium, discussing how one program approaches the application review process

6. APA Division 18 Student Newsletter: What is the most common mistake you see in internship applications?
   
   (Continued on the next page)
18 Great Resources for the 2018 Internship Search (Ctd.)

Don’t forget, you’re not the first person to go through the internship application process. Lucky for you, you can learn from these mistakes that other applicants have made.

7. **APA Division 53 Webinar: Applying to Clinical Internships: Insider Tips for Maximizing your success**

   Although the date for this webinar is long past, the slides are still available on the website for Division 53. The slides go over everything from selecting sites to how sites evaluate their applicants, and give you the inside scoop on how to best present yourself as an applicant.

8. **Digital Commons @ University of Nebraska: The Internship Application Process, Advice You Might Not Have Heard**

   Written by DCTs with contributions from applicants, this article provides a unique perspective that you might not get from traditional resources.

**Interviews**

9. **University of Hartford: Preparing for Internship Interviews**

   This PowerPoint goes into detail about interviews, including what to do before you get there, how to make a good first impression, what kinds of questions to expect (including ones you can prepare for and how to handle ones you can’t prepare for!).

10. **DDecator.com: Internship Application and Interview Summary/Tips**

    This lengthy blog post from Draycen D. DeCator, PhD, walks you through the nitty gritty from registering for the match all the way through interviews. The details about scheduling interviews, booking travel, and interviewing give you the perspective of a recent applicant and are particularly helpful!

11. **gradPSYCH Magazine: Answer These 5**

    An article with 5 key questions to be prepared for in the internship interview process. (Note that this article is from 2011 and the match statistics it presents are a little outdated. However, the questions are still key ones!)

12. **APAGS: A Quick Primer on Interviewing for Internship**

    Nice video that goes into some of the types of interviews you might encounter, as well as FAQs (What do I wear? What do I bring? etc.).

13. **Monitor on Psychology: How to avoid interview missteps**

    A nice list of Do’s and Don’t for interviews in general (not specific to internship interviews).

(Continued on the next page)
18 Great Resources for the 2018 Internship Search (Ctd.)

Ranking, Match Day, and Beyond!

14. Monitor on Psychology: More good news for internship seekers

Match day is coming up! Have you heard of the mismatch? Are you worried about the numbers? This article is for you! This piece gives you a nice breakdown of the match numbers from 2018.

15. gradPSYCH Blog: Are you ready to rank? Seven tips from now until next week

Ranking can be a very anxiety-provoking process, especially when it comes time to hit that “submit” button! Read these tips beforehand to make sure that you’re really reflecting on your personal and training needs and incorporating them in your rankings.


Again, this article covers a lot of different areas. However, the advice about ranking sites is particularly good! Definitely worth reading before you submit that rank list.

17. gradPSYCH Magazine: You’ve matched! Now what?

Bookmark this one for reading on match day! Hopefully you can follow step #1 and indulge in some well-deserved downtime.

18. gradPSYCH Magazine: Didn’t match? Move on

Didn’t match this year? Don’t panic! Here’s some advice from other students who have been there, including a to-do list with steps to get back on track and ways to thrive in your “bonus year”.

BONUS ITEMS

I know, we said 18. But these last three resources are particularly helpful for students from historically under-represented backgrounds.

In the News: Family Separation

Under the “Zero Tolerance” policy, more than 2,500 children were separated from their caregivers at the border within a short span of weeks in Spring 2018. As of late summer, hundreds of families remain separated.

In a statement opposing the policies and legislation that attempted to deter immigration by separating children from their parents, the American Psychological Association President Jessica Henderson Daniel, PhD, noted the significant concerns in regards to the mental and physical harm these families may endure in the face of such adverse experience. The American Academy of Child and Adolescent Psychiatry also issued a statement that directly pointed to the importance of parental support in child development and its related protective effect in reducing risks for negative physical and psychosocial outcomes.

Parental Support

Parental support is of critical value in achieving healthy child development, particularly when facing limited resources, distress, and adjustment to a new environment. Extensive research has highlighted the protective value of parental support in the transition to a new environment. Maternal support has also been shown to have protective value in childhood neurodevelopment.

Traumatic Experience

Sudden separation from family, deprivation of parental support, and lack of adequate resources have a serious, lifelong impact. These experiences can put children at risk for development of anxiety, depression, posttraumatic stress disorder. Furthermore, children coming from an unstable social environment (e.g., chaotic household/community, community violence, war) may be at particularly high risk for development of long-lasting traumatic reactions.
Developmentally and culturally appropriate screening and evidence-based treatment are critical in identifying children and families in need and intervening on time. Psychologists must support the provision of these services.

References & Resources

Formal Statements:

American Psychological Association:

American Academy of Child and Adolescent Psychiatry:

American Academy of Pediatrics:

Collections of Research Articles:

Journal of the American Academy of Child and Adolescent Psychiatry:

Trauma Focused-Cognitive Behavioral Therapy:


Student Advisory Council Members:

**Council Chair:** Aviva Ariel-Donges, University of Florida

**Past chair:** KayLoni Olson, Alpert Medical School Brown University

**Chair-elect:** Jessica Naftaly, Rosalind Franklin University

**Membership Committee**
- Jessica Naftaly, Rosalind Franklin University
- Nicole Butler, Yeshiva University

**Communication Committee**
- Claire Conley, H. Lee Moffitt Cancer Center
- Ke Ding, University of Florida

**Diversity Committee**
- Tamara Strong-Chavez, John F. Kennedy University
- Darryl Sweeper Jr., William James College

**Diversity Council Liaison to Student Council**
- Valeria Martinez-Kaigi, Yale School of Medicine