From the Editors Desk:

Spring has sprung! All the signs are here... the sun is shining, the flowers are blooming, the semester is ending, and it’s time for another SfHP Student Newsletter! We hope you enjoy some of the features that you know and love (professional development resources (pg. 9-10) and current events (pg. 11-12)), as well as pieces highlighting SfHP student activities (pg. 2-3) and our 2019 Emerging Student Leader award winner (pg. 4-5).

As always, you can reach us via email (div38studentreps@gmail.com) or on social media (@DrClaireC, @KDing18).

- Claire and Ke

Student/Trainee Opportunity Round-Up

1. **APA Office of Ethnic Minority Affairs (OEMA) Leadership and Education Advancement Program (LEAP) for Diverse Scholars**: This program provides mentoring and leadership development. Applicants must be a postdoctoral fellow or early career faculty (<5 years from degree). Read more [here](#).

2. **APA Science Student Council (SSC)**: This diverse group of graduate students in psychological science advises the APA Science Directorate on how it can best serve the student population. Terms are 2 years and begin on September 1st. Applications are due June 30, 2019. Read more [here](#).

3. **SfHP Student Council**: SfHP will soon be accepting applications for graduate students to fill 3 positions on the 2019-2020 Student Advisory Council. Applicants must be current SfHP student members. All positions will start August 2019. Full details will be distributed via the SfHP student listserv, so stay tuned!

4. **Campus Reps Program**: The SfHP Student Advisory Council will soon be accepting applications for the 2019-2020 Campus Reps Program. Campus Reps act as a liaison between their current institution and the SfHP. Applicants must be current SfHP student members. This is a great way to become more involved with the SfHP! Full details will be distributed via the SfHP student listserv.
Big Apple Health Psychology Colloquium

Irina Mindlis is a doctoral student in the Health Psychology & Clinical Science Program at The Graduate Center, CUNY. Her research interests involve the development of a comprehensive understanding of the role of sociocultural factors (specifically, culture, racial/ethnic bias and social influence) in patient-physician communication, and how these contribute to chronic health outcomes. Along with students from other Health Psychology programs in the New York City area (Fordham University, Yeshiva University/Ferkauf), Irina coordinated an event for doctoral students doing health psychology research in the NY area. This event was made possible in part by Div. 38 funding. In this piece, Irina discusses the event, her experience in coordinating an event like this, and plans for future colloquia!

On February 20th, 2018, we held the first Big Apple Health Psychology Colloquium at The Graduate Center, City University of New York. The Colloquium is a student-led event that brings together doctoral students from psychology programs in the NYC area with an interest in health psychology. Our main goals are to disseminate students’ research, and to foster an environment that encourages collaboration. In a city where so much health psychology research is happening, we felt it was time we got to know one another.

This event was six months in the making. Our leadership committee has doctoral student representatives from universities across NYC, including The Graduate Center, CUNY (Irina Mindlis, Sugandha Gupta, Trey Dellucci), Shonna Schneider (Yeshiva University), and Claire Dunphy (Fordham University). This colloquium taught us how to run a conference: we reviewed abstracts, determined poster and presentation guidelines, and organized logistics. We were fortunate to receive funding from our student council, and from the Society for Health Psychology.

Despite a snow storm that threatened to shut down all public transportation in NYC, we had a strong attendance of 40 enthusiastic graduate students and faculty members. Graduate students came from across the tri-state area, traveling from

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all five boroughs, and some even came from out-of-state (including attendees from Connecticut and New Jersey) -- and out of the country (1 member joined us from Germany)! The excitement was palpable - the graduate students appreciated the opportunity to present their research, to connect with other graduate students, and to hear the "words of wisdom" from our faculty panel. The program included paper presentations, data blitzes and work in progress presentations, posters, and a faculty panel on "The Future of Health Psychology" featuring Dr. Tracey Revenson (CUNY) and Dr. Natasha Burke (Fordham University). Student presentations covered a range of topics, including: transmission risk behavior and substance use among gay and bisexual men of color; symptom reporting and attribution in type 2 diabetes; precarious manhood beliefs and cardiovascular reactivity; and child/parent contributions to health-related quality of life in pediatric IBD. We were also excited to hear about upcoming research in the form of "works in progress" in the areas of illness perceptions and adherence in emerging adults with asthma, measures of family functioning in the context of chronic illness, and an intervention to explore creativity and meaning-making in Black cancer survivors. The night ended with a networking/dinner session, so we could get to know one another and discuss our current research in detail.

This colloquium will take place twice a year, in February and September. The focus will span research and practice in health psychology as well as professional development. We are thrilled to announce the next meeting will be in September at Yeshiva University, which will include presentations on the exciting research students are conducting, and a panel by externship directors in the NY area offering behavioral medicine training opportunities. We will be announcing our abstract submission deadline soon, so stay tuned! To learn more about our event, you can join our listserv, visit our website, and follow us on twitter (@BigApplePsych).
The **SfHP Emerging Student Leader Travel Award** is new this year! This award aims to promote engagement and leadership among SfHP student members. In particular, the award is intended to support students who have limited leadership experience but are dedicated to increasing their involvement in SfHP.

We are very excited to announce that the inaugural winner of this award is **Paola Ricardo**! We sat down with Paola to hear about her research interests, her passion and vision for leadership, and her plans for the 2019 APA Annual Meeting.

**SfHP: Could you tell us a little bit about yourself?**

**Paola:** I am currently a third-year doctoral student pursuing a combined degree in Clinical and School Psychology at Kean University. My current interests are found in the intersection where mental health and the development or maintenance of chronic health difficulties meet. At this time, I am especially interested in how our relationship with food can influence chronic health difficulties that occur as a result of lifestyle choices. My current training and the area of most interest to me right now is that of the management of diabetes, weight related difficulties, and stress management.

**SfHP: What got you interested in studying health psychology?**

**Paola:** Prior to pursuing a graduate degree, I had worked in the mental health field for six years and noticed that there was a link between experiencing high levels of stress and overall mental health difficulties and the development of chronic illnesses that could potentially be addressed by lifestyle choices. As a result of this experience I began to search for practices that could support health related behaviors and became a yoga teacher and a meditator. My deep-rooted desire to promote wellness and the prevention of chronic illnesses associated with lifestyle choices continued to develop and upon starting graduate school I had the luck of finding a mentor who has guided me to continue to pursue this passion in the service of helping individuals and families. This desire has continued to be strengthened by my experiences in my practicums and the mentors who I have had the opportunity to work with.

**SfHP: What motivates you to take on leadership roles?**

**Paola:** In the context of health psychology, the simple answer to this is my desire to promote wellness and be a health advocate. Prior to starting graduate school, I took every available opportunity to run stress management and healthy eating workshops at the organizations I was a part of. My graduate school experience is starting to allow me to see what this promotion and advocacy may look like in the context of being a psychologist, while understanding behavior and the overall human related

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experience. Witnessing the need of psychologists who can support health changes, noticing the behavioral changes my clients make in our work, and the need for advocacy motivates me to be a leader in this area.

**SfHP: What do you think are some qualities of a good leader?**

**Paola:** Qualities that I think promote good leadership include the leader’s desire to lift others, share valuable information, and bring intentionality into their work. Also, their ability to be inclusive and see each individual for their values and potential while fostering the integration and connection of a community. I think it is very important for a leader to live and practice their values.

**SfHP: What are you most looking forward to about attending the APA Annual Meeting in August?**

**Paola:** I am looking forward to the entire experience! It will be my first time at the APA annual convention, so I am unsure what to expect. I very much look forward to connecting to current and future health psychologists to broaden my perspective and understanding of this area of the field. Based on my interests I am also very much looking forward to the social justice track workshops and attending the thought leader sessions, especially that by Dr. Damour, Dr. Davidson, Dr. Kelly, and Michael Pollan, whose work on sustainable and healthful eating practices I have enjoyed. I am also very much looking forward to the panel for which I will be a contributor for with a number of members of my cohort.

Are you attending the APA annual meeting, too? You can hear Paola present as part of a symposium titled “Celebrating Diversity: Graduate Student Experiences and Perspectives”. Her participation in this panel is informed by a rich collection of experiences that have led her to pursue a career in clinical psychology with a concentration in health psychology.

Being a Latino female, who migrated to the United States at age fourteen, a first-generation college student, and the first to pursue a doctoral degree in her family, has afforded her a unique view on what is like to forge an identity that is informed by experiences of two different spheres. After completing her undergraduate studies, the experience of coming from a migrant family led her to put off her desire to pursue graduate school and become part of the workforce. Working six years in the mental health field in different roles, confirmed and informed Paola’s commitment in pursuing a degree that would allow her to merge her skills and passion, to help those who may come from non-conventional backgrounds and undergo stressors that are rooted in these experiences.

Paola will speak to her experience as a Latino immigrant female navigating the graduate school experience as a returning adult student, whose work has often led her to consider the role of social determinants in health.

Paola will also be sharing her experiences attending the APA annual meeting for the first time in an upcoming edition of the SfHP Student newsletter!
As part of an ongoing effort to highlight the importance of health psychology and connect with student/trainee health psychologists in new ways, the SAC spearheaded two social media campaigns this quarter.

First, on March 8th, the SAC hosted the #ThisIsHealthPsych Twitter Chat! Guests Zeeshan Butt, Ph.D. (@zbuttphd), Tiffany Taft, Ph.D. (@tifftaft), Alexandra Gee, Psy.D. (@geealexandra1), and Jessica Naftaly, M.S. (@jessnaft) answered discussion questions about health psychology and training in this discipline. Questions covered everything from “How do you become a health psychologist?” to “What should today's trainees be doing to be ready for the future of health psychology?”

Thank you to those individuals who participated in the #ThisIsHealthPsych Twitter Chat. It was a huge success thanks to your engagement! In case you missed it, you can relive the excitement by reading the #ThisIsHealthPsych Twitter Chat Transcript on the SfHP website!

Second, on April 7th, the SAC took over the SfHP Twitter (@APADivision38) account in honor of World Health Day. This year, the World Health Organization (WHO) marked World Health Day with the #HealthForAll campaign, focused on universal health coverage. We piggy-backed on this campaign and shared information about universal health coverage—particularly the importance of access to mental health services!

As you can see from these statistics, we reached over 550,000 people with this campaign! The SfHP account

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Twitter chats are live discussions that take place on Twitter at a predetermined time, about a predetermined topic. Tweets related to the discussion include a special chat hashtag. The host tweets questions to prompt responses from participants and encourage interaction among the group. You can find out more by reading “Twitter Chats 101” from our colleagues at the Society of Behavioral Medicine!

What’s a Twitter Chat, Anyway?

The SfHP SAC wants to continue using social media to highlight and connect with students and trainees.

We want to hear from YOU about your use of social media, interest in social media for professional connections/development, and what kinds of campaigns would be most useful for you!

Please consider responding to this brief survey.

Your feedback is very important to us!

It’s survey season!

In addition to the above survey on social media use, we’ll be distributing two other surveys for SfHP student members.

1. **Postdoc Needs Assessment**: The SfHP Student Council wants to know more about the postdoctoral trainees affiliated with the Society. This brief (<5 minute) survey will ask you about where you are, what you’re doing, and what you hope to do next. You can complete the survey here. Thank you for taking time to share your input and suggestions!

2. **Student Needs Assessment**: Coming soon! This survey will also be distributed via the student listserv, so keep an eye on your inbox!
2019 Goals
This year we have 51 campus reps in the campus reps program, 20 of which are at programs that did not previously have campus reps! We also made our application process electronic, streamlined the event proposal process, and provided new resources for campus reps. We also continue to increase involvement of our campus reps in promoting SfHP and health psychology related events (e.g., panels, colloquia). Read more about the program [here](#).

2019 Projects
To inform undergraduates about health psychology resources that the SfHP provides online. Many undergraduates are unaware of health psychology as a field. We have sent out information about the SfHP and health psychology to numerous undergraduate institutions, while also encouraging undergraduates to become student members.
The sun is shining, the weather is getting warmer, and (for most people in academic institutions) the Spring Semester is coming to a close. Everyone is looking forward to summer break! One of the perks that still exist, at least in some parts of academia, is a slower pace of work during summer. Many of us set goals to accomplish during that time, but free time doesn’t automatically translate into increased productivity! Next thing you know, it’s the Fourth of July, then it’s Aug. 1 and then the semester’s starting again. So how do you make sure that you’re productive in those precious summer months? Here are 6 tips for making the most of your summer break:

1. **Set Reasonable Goals**

Don’t just say, “I want to write a lot this summer!” Being explicit about summer goals is key to helping you achieve them! Break down your summer goals by month, and then by week. View your self-imposed deadlines as non-negotiable, and if you need to, have someone else hold you accountable. By doing this at the start of the summer, you can go into work knowing what needs to be done and when. This can stop the floating around, lack of structure feeling that many people have during the summer months!

Summer goals can also extend beyond research! As the Spring semester comes to a close, assess the past year and figure out what worked and what didn’t. Did you pull too many all-nighters? Are you subsisting on a diet of cereal and take-out? Are your notes in a shambles because you never took the time to develop a workable system? Identify areas that need improvement and begin practicing good habits. Even a small goal, like taking a 30-minute walk every day will improve your mood, concentration, and energy levels, and if you establish good habits in the summer, it will be easier to keep them in the fall.

2. **Make Yourself a Schedule**

When you don’t have classes, labs, and meetings on your calendar, it can be easy to slip into unscheduled oblivion. For those of us who need a little more structure to stay on task, scheduling specific times for working and writing can be key! Get specific about your schedule - don’t just set the broad goals we mentioned above, but put writing time in your calendar from noon to 4pm on Monday, for example. In making your schedule, be sure to identify your most productive time(s) and align your working times with those. For “morning larks”, that might mean working/writing from 7am to 12pm. “Night owls”, on the other hand, might not be as productive with that schedule. By capitalizing on your most efficient working hours, you can keep your less efficient times free to enjoy the summer!

Some people may also prefer to designate certain days to certain kinds of work. For example, schedule 1 day per week to work on abstracts for Fall conferences, 1 day per week to prepping courses for the Fall semester, and the other 3 days to your thesis or dissertation. Working on one project per day may increase efficiency, and this is more doable in the summer months.

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3. **Think Outside the Box**

Summer is the perfect time to try things that you wouldn't otherwise attempt! Since you don't have to make a semester-long commitment to anything, take the opportunity to learn the basics of German or computer engineering. Go outside your comfort area and read things that will enhance your understanding of the world. Explore blogging and social media to find modern ways to share and market your skills. Explore an area of your field that is outside your research scope. If you're in clinical psychology, for instance, you might try working with a new type of client, such as individuals with intellectual disabilities or patients at an HIV clinic. Find something you love or something that sparks your imagination and use the summer to master it.

4. **Consider Summer School**

If your graduate program offers courses, or will accept credit from other departments or universities, the summer may be an ideal time to get ahead in coursework. Courses are useful, but there is no harm in completing this part of your training so that you can start working on independent research and the dissertation. The best part of summer courses is that they're often condensed, which means you can get a semester's worth of studying done in just a few weeks and still have time for relaxation!

5. **Volunteer Your Time**

Summer is the perfect time to develop areas of your resume that may be lacking due to your busy schedule during the year. Of course, part-time jobs and internships make for great work-experience, but if you want your time to be more flexible or meaningful consider volunteering. Find a program where you can utilize and develop your unique skills. And while some volunteer programs may require some long-term commitment, many opportunities allow people to work and participate as they are able leaving you free to work and play. Something as simple as volunteering for a few hours every couple of weeks might help you decide whether you want to work with that population later in your career!

6. **Enjoy Your Summer!**

Whatever you do, remember that your summer break is a time to relax and regroup after the stress of the school year. Many of us neglect our health, relationships, and other aspects of our personal life during the hectic academic year. While getting ahead would be great, spending your summer stressing about productivity, or a lack thereof, is counterproductive. Set reasonable goals and stick to your plan, but don't forget to leave room for pleasant activities! Graduate school as a yearlong job, and you shouldn’t put off work for the entire summer, but vacation time is good! Assess your personal needs, be honest with yourself, and remember that next semester will be starting soon enough!
I Want to Know More...

The new codes include:

- Base codes for primary service
- Add-on codes for additional time and work

APA Resources:

- Q& A on New CPT Codes: https://www.apaservices.org/practice/reimbursement/health-codes/testing/examining-
codes
- CPT and Diagnostic Codes: https://www.apaservices.org/practice/reimbursement/health-codes

How Poverty and Housing Impact Patient Health

The U.S. Census Bureau sets income thresholds based on household size and composition. The thresholds are then used to determine poverty. In 2019, the threshold was an annual income of $18,735 for one person, and $38,625 for a family of 4.

In 2017, 39.7 million Americans lived in poverty. The 5-year estimate of the U.S. poverty rate from 2013-2017 was 14.6%. Poverty rates also vary considerably across states.

Research has demonstrated the association between living in poverty and physical and mental health concerns.

How can we consider these first-line barriers (e.g., housing, transportation, food security) in our treatment planning as health psychologists? How can we contribute and make a change?

References:
The new codes include:

- Base codes for primary service
- Add-on codes for additional time and work

APA Resources:

- Q&A on New CPT Codes: https://www.apaservices.org/practice/reimbursement/health-codes/testing/examining-testing-codes
- CPT and Diagnostic Codes: https://www.apaservices.org/practice/reimbursement/health-codes

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### Find Your Local Volunteer Opportunities:
- United Way
- Local Shelters and Soup Kitchens
- Local Food Pantry
- Habitat for Humanity

### Get Familiar with Local Resources:
- nationalhomeless.org
- Shelter directory by county
- Health care providers
- Food pantries
- and many more...

### Get Familiar with Local Family Resources:
- e.g., Lutheran Services Florida
- Supportive Services for Veterans Families
- Volunteers of America
- United Way 2-1-1 Info & Referral Hotline

### Keep Learning & Start a Conversation:
- e.g., Evicted by Matthew Desmond

### Listen, Listen, Listen
- If you work with an individual or a family who are experiencing poverty and/or homelessness, patience and listening are key!
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