**Micro-Seminar Post-Test Submission Package**

**Gold Cord Requirement: Complete 20 (or more) videos & post-test questions**

1. **Review the orientation video** [**HERE**](https://www.youtube.com/watch?v=LBZ2RetT60E) **for instructions**
2. **Finish the post-test questions after you view each video using this** [**playlist**](https://www.youtube.com/playlist?list=PL4A55CO7vJx0ntif0XXDuBePJS387vN7k)
3. **After completing all 20 post-tests, submit your documents in one docx file to** [**jpellitteri@mtsac.edu**](mailto:jpellitteri@mtsac.edu) **with the subject line “Micro-Seminar Submission”**
4. **Please include this page as the cover sheet, along with the 20 pages of post-tests only (delete the blank pages)**
5. **Please note that to qualify for the Gold Cord in time for commencement, you must submit these materials before *June 1st***

**Cover Sheet**

**Name: \_\_\_\_**

**Student A#: \_\_\_\_\_\_**

**Mt. SAC Email: \_\_\_\_\_ @student.mtsac.edu**

**Submission Date: \_\_\_\_\_\_\_\_**

**Video Checklist**

(Please check the 20 videos that you have completed with an X)

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## [Cognitive Behavioral Therapy](https://youtu.be/jxvjKGND5TE)

1. What did Dr. Wong study and in which field did she work before following her passion for psychology?
2. According to Dr. Wong, what is CBT?
3. According to Dr. Wong, what is the difference between fourth wave therapies and previous ones? What are some examples of fourth wave therapies?
4. What is one major downside to being a therapist? What example did both Dr. Wong and Dr. Pellitteri provide?
5. Why did Dr. Wong say that CBT works better with adults instead of children?
6. What is one field that Dr. Wong wishes she explored more?
7. What was one thing about being a psychologist that made Dr. Wong felt like she was helping people?
8. What was Dr. Wong’s opinion on obtaining a PhD in psychology? What is the difference or similarities between PhD and Masters programs?
9. What does ABPP stand for?
10. As Dr. Pellitteri added, which states have introduced legislations regarding psychopharmacology? What can psychologists do if that legislation is passed?

## [APA Format](https://youtu.be/f-gMMJpWmdc)

1. What are the top three helpful resources that Professor Swartz provided?
2. What are some reasons that we need to cite sources? Name at least 3 reasons.
3. What are the two types of citation?
4. What are the two types of “in-text" citations? What are the differences between the two types?
5. What type of citation is this? Example: Luna et al. (2022) claimed that…
6. What does et al. mean? When do we use et al.?
7. What are the 4 elements of APA References?
8. What makes up a “volume”? What does a volume mean?
9. What does DOI stand for? Where do we include this information in our citation (at the beginning, after the date, at the end)?

## [Marriage & Family Therapy](https://youtu.be/tZ5cHkm8JRE)

1. What previous experiences did the speaker have that helped her to figure out her passion for Marriage & Therapy Therapy?
2. Are there any kind of population or disorders that the speaker gravitates toward?
3. According to the speaker, what are the most challenging and rewarding aspects of working in this field?
4. What were some of the advice the speaker gave to students who were interested in becoming a LMFT? Name at least three.
5. Does an undergraduate degree in psychology matter in pursuing a career as a LMFT?
6. According to the speaker, is psychology an adult based or child based field?
7. Why does the speaker dislike diagnosing children? What is her view on diagnosis?
8. How many hours are required for licensing? How long does it usually take to get those hours?
9. What are the limitations of getting the hours for licensing?
10. What are some LMFT related books that the speaker recommended?

## [Health Psychology](https://youtu.be/MRTTlljOsPI)

1. What was one of the suggestions that Dr. Kolchakian gave to students about undergraduate research?
2. What’s the general difference between Health Psychology and other subfields?
3. Define the biopsychosocial model? Explain the three aspects and provide an example for each.
4. What is one example of a Health Psychologist’s approach to dietary topics? How does this approach help clients?
5. What are the work setting differences between Clinical Psychologists and Health Psychologists?
6. What are the different focuses between Clinical Psychologists and Health Psychologists?
7. What is the main finding in the TedTalk Dr. Kolchakian mentioned?
8. What was one of the most fulfilling career experiences Dr. Kolchakian mentioned?

## [Play Therapy](https://www.youtube.com/watch?v=dN9GrxReS3M)

1. **True or False:** Play Therapy is only designed for children and not adults. Please explain why or why not.
2. According to the video shown by the speaker, why is Play Therapy important?
3. According to the video shown by the speaker, how do licensed professionals use play therapy to help children?
4. What is the “pool read” recommended by Ms. Smith? (Name of Book & Author)
5. What is one of the most important commonalities between other psychology theories and play therapy?
6. According to the speaker, what are some examples of play therapy?
7. What is a goal of play therapy?
8. According to the speaker, what was the one common thing research found about serial killers?
9. How did this seminar assist you in your search for a good career fit?

## [Geropsychology](https://www.youtube.com/watch?v=J_dV1g1uHrM)

1. What are the three requirements for becoming a licensed psychologist?
2. How many questions are there in total in the licensure exam? Is there a limit to how many times you can retake the exam?
3. If Dr. Jordan moves to Oregon but she passed her licensure exam in California, can she still work in Oregon as a clinical psychologist? What additional exam does she need to take, if any?
4. What are the three factors that inspired Dr. Jordan to get into the field of geropsychology?
5. Why does Dr. Jordan enjoy working with older adults?
6. According to Dr. Jordan, where are most of the job opportunities now for psychologists?
7. What types of training or classes does one need to prepare for geropsychology?
8. Where are the services provided for older adults in mental health?
9. Where did Dr. Jordan complete her gerontology speciality program?
10. What activities does Dr. Jordan do with older adults in treatment?

## [Surviving Psychology Graduate School](https://www.youtube.com/watch?v=ONwJygPh0i8)

1. What are some factors that sparked Dr. DIaz’s interest in psychology?
2. Why did Dr. Diaz choose University of La Verne and the Psy.D. program? Why did she suggest students go to information sessions?
3. Why did Dr. Diaz prefer Psy.D. better than Ph.D.?
4. What is a GRE?
5. What is Dr. Diaz’s suggestion to students who are afraid of GRE?
6. What is one misconception about grad school that Dr. Diaz mentioned?
7. What are some adjustments or challenges Dr. Diaz experienced in her cohort?
8. What is the overall most challenging thing in graduate school for Dr. Diaz?
9. What advice did Dr. Diaz give to undergraduate students? What skills did she recommend students cultivate?
10. What is the ultimate goal Dr. Diaz is reaching for?

## [Counseling Psychology](https://www.youtube.com/watch?v=G7OOfbFGNls)

1. What kinds of workshops does Dr. Rogers do, aside from individual psychotherapy with college students?
2. What were some of the courses Dr. Rogers taught in the Psy.D program in La Verne?
3. When did Dr. Rogers start his private practice, and what population does he work with now mostly?
4. What diagnoses does Dr. Rogers do in his private practice?
5. What are some of the clinical approaches that Dr. Roger’s uses?
6. What is one advantage and one disadvantage of La Verne’s MFT program?
7. What was the balance like for Dr. Rogers with being an academician while keeping his private practice active?
8. According to Dr. Rogers and Dr. Pellitteri’s conversations, what is the secret to life?
9. According to Dr. Rogers, what are the benefits of having a doctorate than a master’s?

## [Eating Disorders](https://www.youtube.com/watch?v=f-Jp8V7Kwxs)

1. What aspects did a psychology career appeal to Dr. Gibbs?
2. What work did Dr. Gibbs do during her undergraduate at Stanford? How have her experiences shaped her interest in working with clients with eating disorders?
3. How does journaling eating habits contribute to eating disorders? Can it be used as treatment plans?
4. What are the three cultural influences on body image that Dr. Gibbs mentioned?
5. What are the three common therapy mediums used in treating eating disorders? What do they focus on generally?
6. What is body dysmorphic disorder? Do people who have body dysmorphic disorder always have an eating disorder? What is the common treatment for body dysmorphic disorder?
7. True or False: Eating disorders only affect women because women care about body image more than men.
8. What were some suggestions from Dr. Gibbs about binge-eating disorders? What was the name of the self-help book she mentioned?
9. What is one possible explanation for why people want to pursue plastic surgery more during the pandemic?
10. What has been the most difficult part of Dr. Gibbs’ job so far?
11. True or False: Eating disorders only affect the young population because they use social media more.

## [What in the World is a Dissertation?](https://www.youtube.com/watch?v=mj9ksyJ7who)

**What Is A Dissertation?**

1. What is one main advice from Dr. Knapp about working on dissertations?
2. How or why did Dr. Knapp get straight into a doctorate program after obtaining his bachelor’s degree?
3. Dr. Kolchakian mentioned, “applying to graduate school is more like applying to a person than a program. It is different from applying to transfer schools or a bachelor's degree.” What did all three professors suggest students do before applying to graduate schools?
4. What was Dr. Kolchakian’s biggest advice for picking research topics?
5. In general, how many students do one faculty member mentor for dissertation research?
6. According to Dr. Louie, if you are certain you will obtain a doctoral level degree, what should you do after undergrad?
7. What is one possible reason as to why Dr. Kolchakian and Dr. Louie had very supportive graduate school environments?
8. What was another tip from Dr. Louie about choosing a research topic/research design?
9. According to Dr. Kolchakian, how do you know if an advisor would be a good fit for research?
10. What is graduate student life like, according to the three panelists?

## 

## [Transforming Yourself Into a Straight-A Student](https://youtu.be/44kfkKJyaoo)

1. What should a student look for when reading a syllabus? Why are these factors important?
2. What is a good source of information about courses and professors' reputations?
3. What should a student do when the grade is not completely in the student's control (e.g. subjective grading)?
4. What happened to Abigail's history class? What did she do to fix it?
5. What is something important that a student should always keep in mind when contacting TAs and professors?
6. If you're being mistreated by the professors and TAs, what should you do first?
7. How can you develop a good relationship with your professor?

## [Police Psychology](https://youtu.be/zJJZyTqnw7Y)

1. What are some roles of police psychologists in the LAPD?
2. Where did Dr. Donahue get her psychology bachelor's degree from? Where did she do her doctoral program?
3. How many hours do psychologists need for the licensing exam?
4. What kind of characteristics do police psychologists need?
5. What is Angela's worst experience in working in this field? Most rewarding experience?
6. If you're a person that prefers compliments and positive feedback often, is police psychology a good fit for you? Why or why not?
7. What was Dr. Sweet's analysis of his most memorable swat callout? What did the swat team leader say to the father that prevented a tragedy from happening?
8. What tips did the presenters give for undergraduates to prepare?

## [Animal-Assisted Psychotherapy](https://youtu.be/UiDkYpWRECo)

1. What are the main differences between service dogs, therapy dogs, and emotional support animals (ESA)?
2. What are some common types of service dogs? Please give at least four examples.
3. How long do service dogs work until they retire? Who do they live with after retirement?
4. You can ask a service dog to leave if it is misbehaving. True or False
5. Can an owner take their ESA everywhere they go? Which kind of assisting animal is protected under the ADA?
6. What are some of the types of working dogs that fall under the category of therapy dogs?
7. What are the differences between AAA (AAI). AAT, and AAPT?
8. What are some of the neurochemical changes when interacting with animals? (3 chemical increases, 1 decreases)
9. Please name three major social benefits of interacting with animals.
10. What are some animal welfare concerns in this field? How do we minimize the risks and stress?
11. What is recommended from the speaker?

## [Affirming Psychology](https://youtu.be/YZZXWv_0Fn0)

1. How did Dr. Lowenthal's "spark of passion" stared?
2. What is affirming psychology?
3. How did Dr. Lowenthal respond to being overwhelmed with patients' emotions?
4. What were Dr. Lowenthal's experiences with difficult patients? How did she react?
5. What are the terms gender identity, sexual orientation, and sex assigned at birth?
6. What is the term cisgender?
7. What is the term transgender?
8. Why do professionals like the speaker stop using the "genderbread" person?
9. What is intersex?
10. What did the speaker mention that helps prevent suicide?

## [Neuropsychology](https://youtu.be/wBjFGgbQxMg)

1. What did Dr. Pellitteri suggest students do before specialization?
2. What is the level of education that is needed to specialize in a certain field of psychology?
3. What are the two newer specialties recognized by the APA?
4. What does a day as a neuropsychologist look like?
5. Describe the Stroop effect and what it does?
6. What is an example of some topics a neuropsychologist might testify about in a court of law?
7. What are the two types of ADHD that were mentioned in the Q&A?

## [Crisis-Response Psychology](https://youtu.be/frw6zeyP0uI)

1. How did Dr. Horne develop his interest in crisis response psychology?
2. Where did Dr. Horne get his undergraduate and graduate degree?
3. Do you have to have a master's degree before you apply for doctorate programs?
4. What are the fundamental characteristics all psychologists must have? Name a few that was mentioned by Dr. Horne.
5. What is the new mental health hotline?
6. How does Dr. Horne take care of his team and himself?
7. What advice did Dr. Horne give regarding undergrad preparation?
8. How did this MicroSeminar add to your career exploration?

## [Child Life Specialty](https://youtu.be/CE8W6z6QxQI)

1. What was health care in the 1900's like for children? What was the primary child population they served?
2. Child life profession has been around since the \_\_\_ 's, and mainly in the \_\_\_ coast.
3. What is a child life specialist?
4. Name at least 3 domains of child life services and what each approach focuses on.
5. Name at least three services provided by child life specialists and examples of each.
6. Where can you find a child life specialist? Give 3 examples.
7. What did the speakers highly recommend before entering the child life career path?
8. Usually what is the required education to become a child life specialist.
9. What is the one characteristic of child life specialty that both speakers enjoy?
10. Is it necessary to have a child development BA degree? Why or why not?
11. How do the speakers take care of themselves and their students?

## [Neurofeedback](https://youtu.be/ZHYcQekf3D0)

1. Why does Dr. Pellitteri recommend going straight for a doctorate degree and not getting the master's degree?
2. Why did Dr. Pellitteri say that it is worse to fall behind in school than the possible adverse effects of taking medication?
3. What were the recommended books to read to learn about neurofeedback?
4. What is biofeedback? Give some examples.
5. Explain how the neurofeedback helped the young patient with his inattentive behaviors?
6. What were some other real-world examples Dr. Pellitteri mentioned of neurofeedback?
7. What is the organization that certifies biofeedback and neurofeedback practitioners?
8. How did this seminar assist you in your career exploration?

## [Military Psychology](https://youtu.be/SyYmsii5GuM)

1. What external factors influenced Dr. Hamlett to stick to his previous career path in government and law school?
2. What test did Dr. Hamlett take that made him realize he was suited for psychology instead of his original career path?
3. Who was Dr. Hamlett's mentor? What was he known for?
4. What is one of Dr. Hamlett's biggest regrets?
5. What does a navy psychologist do?
6. What were most of Dr. Hamlett's cases about?
7. What benefits did the speaker mention about military psychology?

## [Forensic Psychology](https://youtu.be/TZWWl31P1zk)

1. What kinds of services do forensics psychologists provide? Name at least 3 that the speaker has mentioned.
2. What can you do with a bachelors in forensic psychology?
3. What are some of the common characteristics of inmates?
4. What are some protective factors that keep people from crime and/or violence?
5. What advice did the speaker give to students at the end?
6. What is the main duty of the speaker currently?
7. What skills are required for being a good forensics psychologist?

## [Prescriptive Authority for Psychologists](https://www.youtube.com/watch?v=jcuml5Tm-4E)

1. How many states have “prescription privileges”?
2. What is one reason some believe psychologists should be able to prescribe psychotropic medications?
3. What is the Department of Defense Psychopharmacology Demonstration Project?
4. Who prescribes 80% of psychotropic medications to patients?
5. Why did the GAO believe psychologists shouldn't be allowed to prescribe medication? What was the flaw in their argument?
6. A psychologist who can prescribe medication is allowed to prescribe which types of medications?
7. What are the educational requirements for a psychologist to pursue prescription authority?

## [Academic Plan for Psychology Majors](https://www.youtube.com/watch?v=QfFgdWlK4hM)

1. What are the four types of Associate Degrees?
2. Is an AA-T degree required to enter a UC?
3. Name one resource the Transfer Center web page provides.
4. What are the general requirements for a transfer degree?
5. What are the three types of GE patterns?
6. What was the piece of advice Dr. Julie Perez-Garcia gave for students who might feel the need to rush through their Mt. SAC unit requirements?
7. What are “The Golden 4” requirements?
8. Can you receive more than one degree at Mt SAC?

## [Mindfulness and Psychotherapy](https://www.youtube.com/watch?v=g6iPy3GN5qE)

1. What is metacognition?
2. What does RAIN stand for?
3. What is an "arrival" practice?
4. What does STOP stand for?
5. Author of How to Train a Wild Elephant, Jan Chozen Bay, claims when we practice mindfulness exercises we become more what?
6. What did the recent research from UCLA say labeling your emotions can do?

## [Industrial-Organizational Psychology](https://www.youtube.com/watch?v=P21VeA13u44)

1. What is I/O Psychology?
2. What is the focus of Industrial Psychology?
3. What are "Top Competencies" under academia?
4. What are "Top Competencies" of consulting?
5. What BA degree did Savannah recommend for anyone wanting to enter I/O Psychology?
6. What were the speaker's favorite aspects of I/O Psychology?
7. What did the speaker outline as challenging aspects of I/O Psychology?

## [Licensed Educational Psychologist](https://www.youtube.com/watch?v=H-GQE-Dj5qU)

1. What would someone have to be before you can become a licensed educational psychologist?
2. How many pupil personnel services (PPS) credentials are there?
3. Before applying for licensure, someone would need how many years of work experience to become an educational psychologist?
4. What is the primary difference between a school psychologist and a licensed educational psychologist?
5. Name one of the conditions Dr. Pellitteri listed when giving examples for what would be considered eligibility for an IEP.
6. What have psychologists learned when it comes to mixing a class with both typically developing children and children with disabilities?
7. Can a school psychologist diagnose?

## [Psychological Interviewing](https://www.youtube.com/watch?v=XhKly-1GKJ4)

1. What is a curriculum vitae and how is it different from a resume?
2. What is the main thing an employer is trying to determine during an interview?
3. What are some tactics that can be used to put the interviewer at ease?
4. What are the three main things interviewers are trying to figure out with the questions they ask?
5. What are Dr. Pellitteri's three rules for answering questions?
6. Why should you do your “homework” on the company before interviewing?
7. What are some more subtle tactics Dr. Pellitteri discussed?

## [Differences and Similarities between PhD and PsyD in Psychology](https://www.youtube.com/watch?v=KRwr9P_HXF8)

1. After completing the four years of her program, what did Dr. Perez-Garcia do her 5th year?
2. What is the saying “ABD” What does it mean?
3. What was Dr. Perez-Garcia's dissertation topic?
4. What was Dr. Pellitteri's doctoral project topic?
5. What's the difference between a doctoral project and a dissertation?
6. What is the difference between a state school and a professional school?
7. If someone wants to provide therapy, must one have a doctorate?

## [Sports Psychology](https://www.youtube.com/watch?v=6QQzQf9UZJg)

1. What does CMPC stand for?
2. List some of the things mental performance training can help with.
3. What are a few common mental/ emotional issues performers face?
4. What are some of the challenges for CMPC?
5. Why is it an issue when clients wait until something has happened they need help with to reach out to a CMPC?
6. What are the requirements for obtaining a CMPC certification?
7. Can someone be a CMPC without a certification?
8. How much would someone earn at a typical entry level “mental performance consultant/ mental skills coach” position?

## [Finding a Psychology Mentor](https://www.youtube.com/watch?v=tW8QLIOpywk)

1. Who were the women who helped Professor Powell become a professional in the psychology field?
2. What is the definition of a mentee?
3. In America vs other countries and cultures, is there a difference between how we treat people older than us? If so, how?
4. List the three Peer to Peer programs that are available at Mt. SAC.
5. List the three types of social support that someone can look for in a mentor.
6. What are some of the benefits of a mentorship?
7. What are Professor Powell's 7 steps on seeking mentorship?

## [The Field of Applied Behavior Analysis](https://www.youtube.com/watch?v=po2iz2xkgLs)

1. At what age did Ms. Teneriello begin working with individuals with disabilities/ disabled individuals?
2. Ms. Teneriello states that the philosophy behind behavior analysis is “behaviorism.” What does that mean?
3. What is a BCBA? Do those with this title have the ability to work independently?
4. What is a BCaBA vs RBT? What level of education is required to achieve these two titles?
5. What does compassionate ABA care entail?
6. Ms. Teneriello shared a quote near the end of her presentation, who was it by?
7. Why is a “punishment procedure” not always ideal?

## [Introduction to Becoming A School Psychologist](https://www.youtube.com/watch?v=4dBZsdgv9IY)

1. What does the job of a school psychologist entail?
2. Can a school psychologist work independently?
3. How many years of work experience must you have before becoming a licensed educational psychologist?
4. What educational preparation does Eva recommend?
5. What educational preparation does Eva recommend?
6. How many years does it take to obtain your masters in school psychology?
7. What is Eva’s “Big Picture” advice?
8. What other issues can a school psychologist deal with other than educational issues?

## [An Overview of Psychotherapy Licenses](https://www.youtube.com/watch?v=iL7BDOAfbN8)

1. Can an LCSW cross state lines to practice?
2. What does PPS stand for?
3. For a psychology degree, you would have to complete how many hours of continuing education every two years after being licensed?
4. What are the three types of degrees that allow you to sit for licensure?
5. What does “terminal degree” mean?
6. What was Jody’s advice for students who are considering entering her field of study?
7. Is testing often conducted in Clinical Psychology or Counseling Psychology?