

# WASHBURN UNIVERSITY

## Psychology Department Newsletter

### FROM THE CHAIR

— BY CINDY TURK

The Washburn Psychology Department mourns the loss of Dr. Dave Provorose and his wife, Marcia, who passed away in a vehicle accident on December 20, 2024.

We also remember Dr. Ron Evans, Professor Emeritus, who passed away peacefully on December 11, 2024, after a prolonged illness.

Both were clinical psychologists who found their true calling as educators, dedicating their lives to training future therapists. Their students have shaped the mental health landscape in Kansas.

Thank you, Dr. Provorose and Dr. Evans. You were both mentors to me.

Please read more about their legacies in separate articles included in this newsletter.



We dedicate this edition of the Psychology Dept. newsletter to Dr. Dave & Marcia Provorose who rode off into the sunset together on December 20, 2024 after forty-five years of marriage and thirty-four years of dedicated service to our program.

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## **2024 PSYCHOLOGY UNDERGRADUATE HONORS LISTS**

**Dean's List (3.5 GPA)**

**President's List (4.0 GPA)**

Brittish Allen	Zach Keyes	Pamyla Al Dulaimi	Carter Johnston
Jake Andersen	Nai Krein	Luiz Alcantara	Sadie Keller
Simon Antley	Lois Liljestrom	Jacob Anderson	Grace McCoy
Zayla Ball	Grace Loya	Shannon Barta	Kenzie McMahon
Morgan Becker	Kristina Mattingly	Kyra Beard-Alvarado	Katy Menke
Emma Bluml	Nia McKenzie	Kian Beemer	Kyia Metcalf
Hailey Boswell	Jane Medina	Kayla Beyer	Olivia Ndungu
Abbey Burdiek	Karla Mercado Morales	Emma Bluml	Aiden Nemechek
Amanda Cashman	Kyia Metcalf	Alicia Boyden	William Nowak
Sheyenne Cheek	Madi Moore	Brittany Campos	Elaina Pan
Brynn Cordova	Audrey Mott	Aliyah Chandler	Artee Pant
Alex Cornine	Tyler Naquin	Grace Claspill	Grace Poirier
Brooklyn Correll	Artee Pant	Emily Crossland	Keaton Remp
Emily Crossland	Lauren Phillips	Adriianne Davidson	Lilly Riddell
Meila Crowder	Keaton Remp	Cloee Derr	Archita Shrestha
Cloee Derr	Maddie Rice	Mariah Farmer	Kendyl Simnitt
Avigya Ghimire	Kendel Rose	Kaylee Freeman	Kylar Slapar
Scott Gillin	Hailey Sanchez	Bridget Fowler	Natasha Smith
Bekah Gomel	Kamre Schiffelbein	Rachel Gaul	Kalanise Swindell
Kylie Green	Jacenda Schnacker	Lindsay Hughes	Haley Tenney
Lauryn Grospitch	Sae Seino	Alyssa Hutcherson	Jayme Thompson
Sascha Harmon	Natasha Smith	Madelyn Hutley	Natalie Ulrich
Justin Heberlein	Kalanise Swindell	Rayonnah Inman	Sierra Vigneron
Sylecia Herron	Lily Thompson	Chelsea John	Aleks Westjord
Kailey Hill	Destinee Warner		
Adriel Holloway	Rose Walton		
Mysti Hummell	Kayla Willey		
Alyssa Hutcherson	Annie Wright		

**WASHBURN**  
**PSYCHOLOGY**

## **2024 Departmental and CAS Dean's Undergraduate Scholarships: (see photos on pg 4)**



- ◆ Two Psychology Majors, Alyssa Hutcherson and Jacob Andersen, both won the Yelen Award this year
- ◆ A combined award from the Margaret Salustro Scholarship and the Psychology Department Scholarship went to both Emily Crossland and Aiden Nemechek
- ◆ Both Shannon Barta and Tiffany Mack were awarded the Wallace F. "Rusty" Davis Scholarship from the College of Arts and Sciences Dean's office
- ◆ Olivia Ndungo was awarded the Ritchie, Wright, Maxwell Scholarship from the College of Arts and Sciences Dean's office
- ◆ Jerry R. & Jeny Morris Williams Scholarship went to Morgan Becker
- ◆ The Outstanding Senior Psychology Major Award for 2023-24 was bestowed upon McKenzie McMahon and Sierra Vigneron

## **The 2024 Dr. Dave Provorose Master's Degree Scholarships were awarded in May to the following graduate students:**

- ◆ The First Year Student awards went to Chamiel Thompson, Fred Moore, & Kyle Rock
- ◆ The Second Year awards went to Isabella Hubbell, Sam Hubbell, & Jeff Downes
- ◆ The Graduates for Graduates Scholarship was awarded to Eddie Parma



# Undergraduate Scholarship Awards



Top Row L: Dr. Cindy Turk awarded Aiden Nemechek one of the 2025 Psychology Department Scholarships

Top Row R: Dr. Cindy Turk awarded Emily Crossland the other 2025 Psychology Department Scholarship

Bottom Row Left : Dr. Cindy Turk hands Sierra Vigneron her one of the two Outstanding Senior in Psychology Students of the Year awards, the other went to McKenzie McMahon (not photographed here) but you can find both of their names on the plaque hanging in the Psychology Department.

Bottom Row Right: Dr. Kelly Erby presented Shannon Barta the College of Arts and Sciences Wallace F. "Rusty" Davis Scholarship



## 2024 Psychology Department **Picnic & Psi Chi Inductions**

Psi Chi Honors Society and the WSGA sponsored the Spring 2024 Psychology Department Scholarship Awards Picnic we held on April 22nd. At the event we enjoyed Chartwells catering and handed out all of the Fall 2025 undergraduate scholarships (see the full list on pg 3 and photos on pg 4).

We celebrated undergraduate accomplishments throughout the 2023/24 academic year and then Psi Chi inducted a new group of honors society members as well. Shannon Barta (photo top right), Aiden Nemecheck (photo middle right) and William Nowak were inducted as new members of Psi Chi by their faculty club sponsors and given a white carnation.



We also held a second round of Honors Society inductions on December 2, 2024.

L-R: Dr. Tucker Jones, Grace McCoy, Remington Beard-Alvarado, Grace Claspill, Carter Johnston, and Dr. Angela Duncan



Welcome to Psi Chi everyone!



# PSI CHI UPDATE 2024



By: Carter Johnston, Club President, and Kian Beemer, Club Public Relations

This year has been an incredible period of growth and engagement for Psi Chi and the Psychology Club! While the two organizations continue to combine meetings and events, we are proud to highlight the meaningful events and accomplishments from both Spring and Fall 2024, reflecting the dedication of our members and leadership team.

In Spring 2024, we focused on community and mental wellness. We hosted a blood drive in collaboration with the American Red Cross (see pics on pg 20), which supported a critical cause and brought the Washburn community together. Psychology Club T-shirt sales were a great success. Our social event, *Hearing with Valeo*, offered awareness of local mental health services and the chance to receive a small portion of what the hearing simulation they offer is like. Our special topics meetings—*Friendship Bracelets & Relationships* and *Spring Destress*—provided a chance to learn about healthy relationships and a chance to come together during a busy semester. The semester closed out with a patio picnic in celebration of the 2024 Spring Psi Chi induction.

In Fall 2024, our organization continued to thrive while welcoming a new leadership team: Carter Johnston (president), Kenzie McMahon (vice president), Desiree Cain (secretary), Annie Wright (treasurer), Grace Claspill (community liaison), Kian Beemer (public relations), and Nell Altena (socials chair). Some of our meetings included a *Suicide Prevention Talk*, in the month of September, and a collaborative *Mental Health Talk* with BSU in the month of October, and a Graduate Student Panel meeting where members had the opportunity to learn what graduate school is like from some of our Washburn graduate students. In addition, we created a Psychology Club Homecoming Hat, earning 3rd place in the Homecoming competition! Furthermore, we hosted a successful *Psychology Club Bake Sale*, earning many donations and a community service clothing drive with donations of 15 full bags to Robinson Middle School! We concluded with our Fall 2024 Psi Chi induction in which we celebrated our new Psi Chi members.

We are excited about our social event in December, *Valeo Presentation*, where supervisors and recruiters share the resources they offer. We will also hold a meeting during Success Week, *Calming and Coloring* to help students relieve stress before finals. We look forward to all that 2025 will bring!

If you are interested in more information on Psi Chi or the Psychology Club, please email Dr. Tucker Jones, at [tucker.jones@washburn.edu](mailto:tucker.jones@washburn.edu), or Dr. Angela Duncan, at [angela.duncan1@washburn.edu](mailto:angela.duncan1@washburn.edu).

# Desiree Cain makes an impact on campus & as president of WBSU



Desiree Cain (middle), junior psychology major, friends, Samarii Berry (left) and Cinai Anderson (right).

Written by: [Yuki Takahashi](#), Washburn Review Content Creator • April 3, 2024 [washburnreview.org/49951/features/desiree-cain-makes-an-impact-as-president-of-wbsu/](https://washburnreview.org/49951/features/desiree-cain-makes-an-impact-as-president-of-wbsu/)

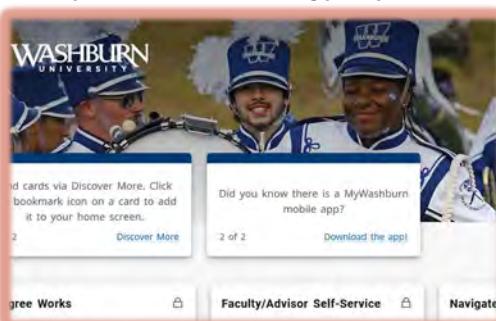
Desiree Cain, a junior psychology major, is the president of the [Washburn Black Student Union](#). Cain is from Manhattan, Kansas, and grew up in Kansas. She decided to have a fresh start as a student at Washburn in 2021. Now she is trying to figure out what the best path is to be a lawyer. Cain was in BSU when she was a high school student.

"I've actually always wanted to be president of BSU," Cain said. "BSU is the one place where I feel like I belong. Being in charge or holding events and being able to make the decisions and help people find that space as well, I feel like that's really important to me." Cain was the secretary of BSU last year and helped with recruitment.

Samarii Berry, a sophomore majoring in addiction counseling, is Cain's best friend. "She does so much for BSU and her community and her friends. I mean, she's just so involved, like extremely involved on campus.

She advocates for students, even if they're not in BSU," Berry said. ... Cinai Anderson, a freshman exploratory major, knows Cain well through band. "I first met [Cain] in a band... while I'm in the band, at one of our rehearsals, she asked me to join BSU and invited me to attend a cookout," Anderson said. Anderson also explained Cain's personality. "I like how she's always positive. She always has a lot of energy. If you're feeling down, she will try and bring you [up]."

... Anderson thinks Cain has an ideal personality for president.



\*\* If you can't find Desiree around campus you can always find her at the top of your MyWashburn account, she is the new face for the website, and she was recently spotted on the walls of Student Life and also on the cover of the Spring 2024 Indigo magazine.



We are so proud of you Desiree!

Desiree was also named one of WU's Who's Who along with two other Psychology Majors, Kayla Beyer and Pat Moore. Below is a photograph of all 33 students who were recognized. See the full article by Stacey Saldanha-Olson, of the Topeka Capital-Journal , from March 30, 2024 <https://www.cjonline.com/story/news/education/2024/03/30/washburn-university-students-recognized-in-wus-who-list/73130219007/>





Laura Stephenson got into last year's Homecoming theme of Boots, Bling & Bods while serving food at the president's picnic. *Photo by Peggy Clark*

# A Leader's Legacy

Celebrating Stephenson's retirement and dedication to academic excellence

*By Annie Flachsbarth*

For someone who admits academic administration was never on her radar, Laura Stephenson was well suited for every role during her 39 years at Washburn, retiring this year after elevating herself to the top academic position at the school.

Stephenson has been a fervent advocate for the symbiotic relationship between student success and faculty support. In doing so, she's not only shaped the future of education at Washburn but also touched lives far beyond the classroom walls.

Starting her legacy as an Ichabod, Stephenson came to Washburn in 1985 as an assistant professor of psychology. She served as department chair, associate dean and then dean of the College of Arts and Sciences before assuming the role of interim provost and vice president for academic affairs in 2022. With

her permanent replacement now in place, she will serve as special assistant to the president until retiring at the end of May.

## A Dedicated Leader

In Stephenson's time at Washburn, she has overseen academic and faculty affairs of all academic units at Washburn. She has also been involved in several academic program expansions and creations, as well as the latest plan to transform the learning spaces at Washburn, a plan that will involve several buildings and academic programs. However, some of her most impactful work is what she did behind the scenes for Washburn's valued faculty.

"I'm convinced you can't have student success without strong faculty," Stephenson said. "You become a faculty member because of the passion you have for

*This article was originally printed in the Spring 2024 edition of the Washburn University Alumni Association and Foundation's Ichabod Magazine.*

your discipline, and it's important for students to be exposed to that. In administrative roles, the most important thing you can do is support faculty."

Stephenson has regularly taken the time to mentor and encourage faculty and staff members to grow as leaders. Kelly Erby, interim dean, College of Arts and Sciences, attributes her current career path to Stephenson's encouragement.

"I would never have thought about being an administrator if it weren't for Laura Stephenson," Erby said. "She recognized that I have potential. I have found her to be incredibly supportive. She sees the best in you, and she helps you to feel confident to flex parts of your abilities you didn't know you had."

Matt Arterburn, associate dean, College of Arts and Sciences, worked closely with Stephenson in the deans office and attributes much of Stephenson's success to her impressive work ethic.

"Laura is tireless in a way I can't fathom," Arterburn said. "She works incredibly hard, and she's always looking at how to make things better – not for the sake of it, but because she can see how it will benefit people."

Arterburn also noted that over the years, Stephenson helped obtain the resources faculty needed to make the biggest impact possible.

"She approaches budget management like solving a puzzle. She is skilled at moving pieces around to secure resources," Arterburn said. "But it was never done just to hoard pennies. She did it to get more resources for faculty and keep faculty salaries competitive."

Stephenson's leadership qualities, strategic thinking, problem-solving skills and dedication to contributing to Washburn's success are known by many. So, when the opportunity came to help lead the University at a global level, the obvious choice was Stephenson.

"I don't think she was looking to have either position, but I think people saw she had abilities and skills and knew she could do those roles. To her credit, she stepped up and did them. I think she has left Washburn in a much stronger position," Erby said.

For Stephenson, Washburn has been an inspiring place to work because of its traditions and commitment to access and student success.



Laura Stephenson (left) poses during a commencement ceremony with Kathy Menzie, associate professor emeritus, mass media. *Photo by Jeremy Wangler*

"I would describe my time at Washburn as serendipity. I'm proud and honored to have been part of this institution," Stephenson said. "But most importantly, all of the amazing people I've worked with along the way – students, faculty and staff – have shaped and inspired my life in wonderful ways. For me, Washburn is relationships."

### **Ready for Her Second Act**

Stephenson is eagerly anticipating the freedom that comes with retirement, especially the luxury of not being bound by a schedule.

"I am looking forward to not having to be as milestone-driven as you do earlier in your career," Stephenson said. "But a big part of my decision to retire is because I think I have time for another act."

As Stephenson put it, there's no rush to decide what that next act might be. She's excited to embrace life at a well-deserved, more leisurely pace. In the meantime, she eagerly anticipates exploring less-traveled paths, learning for learning's sake and indulging in beloved activities – even those she's not particularly skilled in.

"I have some ideas, but I'm going to take time to reflect on what's next," Stephenson said.

Stephenson resides in Lawrence, Kansas, as does her supportive partner Jim Miller, a retired University of Kansas computer science professor.

*This article was originally printed in the Spring 2024 edition of the Washburn University Alumni Association and Foundation's Ichabod Magazine.*

# **MAPY CLASS OF 2024**

On May 3rd, 2024 we celebrated the hard work of all the graduate students with our annual MAPY Grad Student Banquet. We especially celebrated those graduating but everyone was invited to celebrate the end of another year with a fun filled potluck dinner and some well mannered frivolity!

Here is the class of 2024 L-R: Kylie Kimrey, Grace Peterson, Laurrel Huffman, Alex Heidorn, Wendy Falck, Holly Lathan, Sarah Berke, Faith Shafer, Jordan Jennings, Haley Richards, Nida Ali, and Jane Carver (not pictured here).



## THE CELEBRATIONS CONTINUE



We packed the Lake Shawnee Garden House full with family and friends once again this year!



Almost all of the graduate students attended this year and enjoyed the evening.

Dr. Dave Provorse serenaded us and wrote an original song for those graduating for the last time in 2024. Every year he created original songs for the graduating class. He set them to popular music and encouraged everyone to sing-along and join in the fun. Dr. Tucker Jones is can be seen here on with Dr. Provorse behind him.



# **Psychology Department** **Research Night — 2024**



We hold Research Night once a semester and the 2024 events were both wonderful successes!

We would like to express our gratitude to all of the graduate students and Psi Chi officers who were involved in this year's two separate Research Nights. It would not be possible to get that many students involved in important psychological research without their help. Below are photos from the March 2, 2024 event and the graduate student volunteers who managed the event.



12 (Top Left Photo: Angela McGinnis, Center Photo: Fred Moore, Holly Ugo, Ethan Nelson, Chris Grisafe-Pont, & Anna-Claire Gorham. Bottom Left Photo: Eddie Parma & Sam Hubbell.)



## **Sports Performance** **Enhancement Team**

By: Eddie Parma

In the fall, Dr. Dave Provorse along with Emma Hamilton, Eddie Parma, and Kyle Rock managed the Sport Performance Enhancement Team (SPET). Early in the fall semester Eddie and Emma along with Dr. Provorse attended an athletic department coach's meeting to share the array of services the graduate program could provide. Afterwards, the Women's Basketball team asked for team services while the Tennis team coach encouraged his players to seek services from our program.

The Women's Basketball team asked for a condensed version of SPET last year but this past fall, under the supervision of Dr. Provorse, we were able to go through six sessions of mental skills that highlight team building, positive self-statements, emotion regulation, visualization/imagery, mindfulness, and a Performance Enhancing Personal Preparation Routine (PEPPR).

Overall, the general feedback from the players and coaches was positive and under Dr. Provorse's instruction we developed a poster to present at the Nebraska Symposium on Motivation in April 2025. Dr. Provorse and us graduate students enjoyed working with the Women's Basketball team this past fall and have enjoyed watching them play this semester as they utilize their new mental skills. Sko Bods!

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# FALL 2024 HOMECOMING

BEWARE OF THE BODS.



Washburn University's Homecoming celebrations took place the week of October 28th through November 2nd this year. The theme was BEWARE OF THE BODS, a fitting theme for Halloween week festivities for sure!



Psi Chi entered their third creation into the official Top Hat competition this year with a unique take on an Alice in Wonderland. They won 3rd place! Great job everyone!



Homecoming 2024 also featured our very own Office Assistant, Chelsea Cole, as a nominee for the "Ichabod of Honor" (formerly called Homecoming Royalty). She was nominated by Sigma Lambda Gamma Sorority where she has had multiple leadership roles and volunteer responsibilities. Although she was not one of the three winners we still want to congratulate her on the nomination.



The 2024 Top Bod went to George Burdick (photo on the left), the first Top Bod runner-up was Trevor Ottman, and the second Top Bod runner-up was Mia Terrell!



# WASHBURN

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## Psychological Services Clinic

Written by: Josie Powell and Brittney Stanley

The Washburn Psychological Services Clinic (WPSC) had a productive year in 2024, providing therapeutic services to both students and members of the Topeka community through a total of 625 appointments. During the fall semester, graduate students developed a new anxiety group therapy opportunity, which gained local recognition through a segment on the local news! This initiative showcased the clinic's commitment to addressing mental health and providing outreach to the community in a big way.

The WPSC expanded its client recruitment efforts in 2024, with students conducting two depression screenings instead of the usual one. This increased outreach not only helped reach more potential clients across campus but also provided new students with valuable experience in recruitment and screening for depressive symptoms before they began seeing clients. The success of these efforts resulted in full caseloads for the students, maximizing the clinic's ability to serve the community.

The WPSC also received significant financial support to enhance its services and accessibility. Generous donations from the Washburn Student Government Association (WSGA) and the Brenneman Series Project Funding helped keep costs low or even waived for Washburn students. These funds enabled the clinic to purchase new assessment tools, including the latest Wechsler Adult Intelligence Scale (WAIS-5), providing students access to professional-grade instruments that would typically cost hundreds or thousands of dollars in the community. Additionally, the clinic acquired iPads to facilitate student learning and improve the administration of these assessments, further enhancing the quality of services provided and the educational experience for student clinicians.

Lastly, the WPSC continues to honor the memory of Dr. Dave Provorse, whose impact on current and past students remains profound. As an associate professor of psychology at Washburn University for 34 years, Dr. Provorse was renowned for his wisdom, grace, and expertise in interpersonal and group process therapy. He served as an ethical guiding force within the clinic, shaping the professional development of countless students. Dr. Provorse, affectionately known as "Dr. P," left an indelible mark on the Clinical Psychology program at Washburn University. Students fondly remember him not only for his clinical insights but also for his endearing quirks and personal touches. His love for Mountain Dew, his tendency to arrive just a bit late to class, and his creative musical performances at annual graduate banquets became cherished memories for those who knew him.

**From all of us with in the WPSC, thank you Dr. P.**

# MEET OUR NEW FALL 2024 GRADUATE STUDENT COHORT

**We are pleased to introduce the newest cohort of graduate students who started in the Fall of 2024.**

**Back Row:** Sarah Sanders, Kayla Beyer, Luiz Alcantara, Jaelyn Compton, Emily Hoopes, Gwyn Arnold, & Katie Gregg

**Front Row:** Sierra Vigneron, Payton Rice, Anna Lester, Major Copeland, & Adrianne Davidson



# ACTIVITIES AROUND CAMPUS

This year marked the 16th annual Women in Science Day at Washburn! The event took place on Tuesday October 15th and the students visited many buildings and took part in multiple STEM workshops put on by professional female scientists.

Dr. Linzi Gibson (top left in both photos) held two Psychology related science labs for the middle students to participate in.



On April 8, 2024, a total solar eclipse crossed North America, including Mexico, the United States, and Canada. This eclipse was also known as the Great North American Eclipse. Although we were not in the path of totality, we still went out as a group to enjoy the view (with the proper eclipse glasses) together. The next total solar eclipse isn't visible from the United States until 2044.

## ACTIVITIES CONTINUED

# Psychology professor shares her journey as a poet in her new book 'In the Bodies'

**Stuti Khadka, Managing Editor - Washburn Review**

On Thursday, Feb. 15, Jericho M. Hockett, associate professor in psychology, held a poetry reading for the release of her new book "In The Bodies" in Carole Chapel. The event started at 3 p.m. with over 25 attendees, some being Hockett's friends and colleagues.

Dennis Etzel Jr., senior lecturer for English, began the event by reading Hockett's biography.

"I am just so thrilled to be able to have this reading for my colleague, sister, Dr. Jericho," Etzel said. "She is a social psychologist, teacher, forever student and dreamer most full on the green."

Hockett started writing poetry when she was little, although she said she wrote poorly then. She came to Washburn a few years after she had been in Topeka and started taking poetry classes in the English department.

"Faculty and staff are very lucky. We get a free class each semester and I started taking poetry classes to refresh and learn new things," Hockett said.

Hockett began the event by reading "I Fear I was a Werewolf" from her book where she mentioned her relationship with her sister.

"[...] I was trying to understand my relationship with my sister, thinking about how we were the same and how we were different, and trying to integrate those things," Hockett said.

Hockett introduces each poem through what she was going through at that time and talks about her relationship with friends and family.

"In the Bodies" is a poem collection which is largely about an exploration of identity. Some of the poems in the book were written a decade ago and some of them are from Hockett's recent projects.

Hockett took poetry writing more seriously once she was five years into her career. She described her relationships with her two daughters in one of her poems, "Blessed be the Girls," and many more. She described the southwest part of Kansas where she grew up, in her poem, "Kansas Witch."

Story continues on pg19



Jericho M. Hockett, associate professor in psychology, holds her new book, "In the Bodies." She held a poetry reading where she read some poems from the book. (Stuti Khadka)

*This article was originally printed in The Washburn Review • February 19, 2024 • <https://washburnreview.org/49208/news/news-campus-news/psychology-professor-shares-her-journey-as-a-poet-in-her-new-book-in-the-bodies/>*

# ACTIVITIES CONTINUED



Hockett reads her poem in Carole Chapel. The poetry reading lasted from 3-4 p.m. (Stuti Khadka)

Halfway through the reading, Hockett took a pause and read some poems which had not been published yet. She wrote those poems while taking a sabbatical some years ago to spend some time helping students with research methods. Hockett felt she should write poems centered around dealing with anxiety and dread after being around students and seeing how it affects them. She shares her experience on how she came upon writing when she saw how students were dealing with anxiety and dread.

"I wanted to explore why students were feeling so anxious and more importantly how they can use their identities and their sense of belonging in different kinds of communities to help themselves overcome that anxiety," Hockett said.

After the readings were done, Hockett requested the attendees to participate in writing a poem on the topic "To Be in a Sacred Place is...." Everyone expressed their words on notecards, which were provided by Hockett. She later read the poems as a collaborative poem.

The poetry reading ended at 4 p.m. and copies of the book were provided for book signing.

The book is available to purchase on the Ichabod shop for students who are interested.

Edited by Jeremy Ford and LeSha' Davis

This article was originally printed in The Washburn Review • February 19, 2024 • <https://washburnreview.org/49208/news/news-campus-news/psychology-professor-shares-her-journey-as-a-poet-in-her-new-book-in-the-bodies/>



Graduate Students Chamiel Thompson, Isabella Hubbell, Jane Carver, & Ethan Nelson participated in the *Run for Your Life* event sponsored by the Washburn School of Nursing. It was an event to help "Shine a light on community resource's" that promote mental health.

A promotional poster for the "Run for Your Life" 5K run and walk. The poster features a blue banner at the top with the text "RUN FOR YOUR LIFE" in white. Below the banner, there are silhouettes of three runners (two women and one man) in motion. The text "STUDENTS" is written vertically on the right side of the banner. The date "SATURDAY, APRIL 27TH, 2024" is prominently displayed in the center. Below the date, the text "FREE 5K RUN &amp; WALK" is written in large blue letters, followed by "AT LAKE SHAWNEE" in smaller blue letters. A QR code is located to the right of the text "REGISTER HERE". Below the QR code, the text "FOR ADDITIONAL INFORMATION CONTACT STACY.UMSHEID@WASHBURN.EDU" is written. The bottom left of the poster contains the text "THIS RACE IS MADE POSSIBLE BY:" followed by "DRS. BOB &amp; LAURA SIDLINGER". The bottom right of the poster contains the text "DR. MICHELE &amp; DAN REISINGER" and "THE PEACE GARDEN". A small logo for "JERRY'S" is also present. At the very bottom, there is a small note about the funding source: "This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under ARRA grant number T94RH30883. Project is funded with a federal award of \$2,447,240 (10% non-federal funds). This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS, or the U.S. Government."

# ACTIVITIES CONTINUED

The Washburn Psychology Club & Psi Chi hosted a Blood Drive in Room B of the Memorial Union, Feb. 20, 2024. The Washburn and Topeka communities donated blood during the events from 9:00 a.m. to 2:00 p.m. (Photos by Huynh Khoa)



Anna Stonebraker, freshman Psychology Major, directs people where to go and keeps a headcount for the Red Cross.



There were over 25 donors so the volunteers were busy all day!



Stonebraker checks in three students, the far right student is our very own Psychology major and Office Assistant, Chelsea Cole.



We had many things to celebrate at the 2024 Employee Awards Ceremony this year.

Theresa Young – won the award for Administrative Support Person of the Year Awards (Bottom Left Photo)

Crystal Leming – won the award for Administrative/Paraprofessional of the Year (Bottom Right Photo)

Laura Stephenson – was recognized as Faculty Emeritus with her retirement (Top Left Photo)

Tucker Jones – was nominated for the A. Roy Myers Excellence in Research Award

Angela Duncan – was recognized for 10 years of service



# Graduate psychology students start mindful self-compassion group

Jayme Thompson, Editor • March 6, 2024 The Washburn Review •

The Washburn Psychological Services Clinic is conducting self-compassion group therapy as a service to students who may be interested. The clinic has had similar group therapies in the past as it is a requirement for graduate-level psychology students... "The whole purpose of the self-compassion approach is to challenge some of those [negative] thoughts and beliefs and literally cut ourselves a little bit of slack and give ourselves permission to realize that we're human," said Dave Provorse, associate professor of psychology. "We make mistakes sometimes, but we can pick ourselves up and try again."

The Mindfulness and Self-Compassion group is being created by graduate level psychology students for a course called group therapy practicum. This allows the students to develop experience with clinical therapy for group settings to differ from their normal clinical work with only one person. "They learn the skills and the theory behind doing groups. Then they have the additional requirement of having to actually offer a real group to actual people, actual clients," Provorse said. "We try to do stuff on Washburn campus and try to meet the needs of the campus community."

The topic of mindfulness and self-compassion was first proposed by Ethan Nelson, graduate psychology major.

"I've had interest in mindful self compassion for four or five years. However, this particular group project is a source of multiple people's interests," Nelson said. "We really want to help people learn to be kinder to themselves and that way they can really thrive instead of just getting through in life." The clinic is looking for students who are interested in learning self-compassion, willing to participate in small group therapy and having scheduled weekly sessions. This service is free and will go the rest of the spring semester...

Nelson discussed the benefits students would gain from participating in this small group therapy. "There's a lot of research indicating that self compassion is associated with decreased depression, decreased anxiety and really overall positive mental health outcomes," Nelson said. "If we can really learn to be kind to ourselves that helps us be kinder to others as well."

The group seeks to help students how to be good friends to themselves. Graduate psychology students have a strong interaction with the student body throughout their program as they provide various services through hands-on training. This allows undergraduate psychology majors to have a closer look into a possible future.

"For the graduate students, I like how they're not sticking with the classic of studying others, but starting to look in oneself and doing a little bit more research on how they can better themselves," said Grace Claspill, sophomore psychology major. People with an interest in psychology commonly advocate for self-appreciation and being mindful about how people treat themselves. "Self compassion is important because in order to thrive in different relationships, not just with family but significant others, you have to love yourself first," Claspill said.

Group therapy may seem intimidating to some, but ... There's multiple people struggling so you can get multiple perspectives on possible ways to cope," Claspill said.

"I definitely want to thank my colleagues for their work as well. We've created flyers. We've done a lot of planning about what we'd like to see in the group, and we've definitely got a good roadmap forward," Nelson said...

"Our psych service clinic serves a dual purpose. Obviously, we provide services and then hopefully things are very helpful to folks, but it's also our training clinic," Provorse said. "It's directly connected to the master's program." The Washburn Psychological Services Clinic provides care to students with three clinics specifically aimed toward anxiety, depression and child and adolescents. For more information please call 785-670-1750 today.

# IN MEMORY OF DR. DAVE PROVORSE

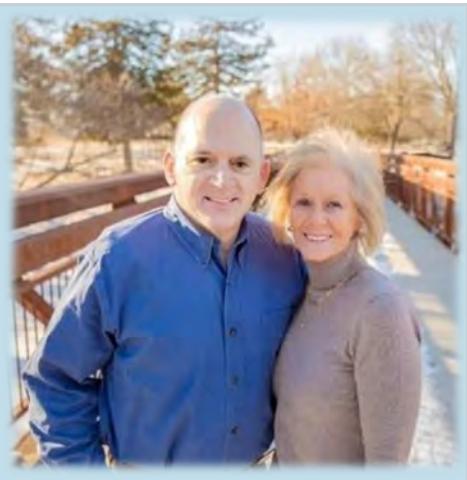
By: Dr. Cindy Turk and Katrina Escobar

Dr. Dave Provorse, 64, and his wife Marcia Provorse, 62, were killed in a vehicle accident on December 20, 2024. Dr. Provorse worked at Washburn for 34 years. He was chair of the Psychology Department for 13 years. We miss him terribly.

I nominated Dr. Provorse for Washburn's prestigious Ned Fleming Teaching Award in 2010. He deserved it and won. I want to provide excerpts from the letters of three graduates of our MA program.

One graduate wrote:

*Dr. Provorse not only taught me the fundamentals of theories of psychology, ethics and diversity and therapy techniques, he also taught me the importance of life. When my grandmother was terminally ill, he supported and encouraged my decision to focus my time with her. I made the decision to momentarily put my thesis on hold. While I was embarrassed for taking so long to complete my thesis, Dr. Provorse repeatedly reminded me that it was my project, and I would finish in my own time. He also reminded me that he took longer than most students to finish his dissertation, which encouraged me to finish my thesis. Dr. Provorse never once made me feel inadequate for working at my own pace and, after each thesis meeting or e-mail, he praised my hard work. His unconditional support and compassion are things I will never forget.*



Another graduate wrote:

*He had an amazing sense of humor in a lecture format. He shared that, while an undergraduate student, he had taken some theater courses. He used these skills to enlighten classes, stimulate curiosity, and help those students who are more visual learners retain the concepts and information presented. Dr. Provorse always spoke of adding tools to our clinical toolbox; I believe a unique tool that Dr. Provorse possesses is his sense of humor and willingness to "embarrass" himself in front of the class to make a point about the lecture material.*

Another graduate wrote:

*Today, as I use the skills learned during my graduate years, I am reminded of the instruction Dr. Provorse provided. To assure that I would remain an ethical psychologist, he once suggested that, in times of question, I ask myself "If my grandmother, or Dr. Provorse, were looking over my shoulder, what would they say?". I continue to ask myself this today to remain a responsible clinician. Too often to admit, when a peer asks me a clinical question, the first thing that comes to mind is "What Would Provorse Do (WWPD)" and I often find myself saying to colleagues "As Provorse says....". I greatly appreciated my time in the WU Psychology program and especially the time that Dr. Provorse invested in developing the skills set, ethical principles, and professionalism that I continue to use today to improve the lives of the clients that I work with.*

*During this past fall semester, Dr. Provorse was approved to do a one year phased retirement. This was to be his last year of full-time teaching.*

*Continued on the next page.....*

# PROVORSE CONT...



Theresa Young, Katrina Escobar, and I worked with Dr. Provorse to plan an end-of-the-year retirement banquet for him that would involve inviting every MA student that he had taught to the party. He viewed it as a chance to connect and celebrate with the students that he loved. He was adamant that he wanted no retirement gifts. Rather, he wanted to encourage alumni to make donations to the MA scholarship fund that he founded.

Katrina Escobar wrote an article for our annual newsletter about Dr. Provorse's career and impending retirement. She met with him so that he could shape what was in the article. So, what did he talk about as he looked back on his own career?

He talked about teaching six different graduate courses and three clinical practicums, accounting for nearly one-third of the master's program curriculum.

He talked about chairing over 60 master's theses.

He talked about how, early in his career, he did work that supported the YWCA's Center for Safety and Empowerment.

He talked about being a board member for the National Association for Rural Mental Health.

He talked about his 30-year affiliation with Crosswinds Counseling and Wellness. At Crosswinds, he provided therapy services, conducted trainings, supervised clinical staff, and performed parenting evaluations.

He talked about his work with the Athlete Academic Support program at KU, where he conducted assessments for athletes referred for ADHD and learning disability evaluations.

He talked about his supervision of graduate students conducting Mental Skills for Performance Enhancement groups for the women's soccer, softball, and basketball teams as well as the men's and women's track and field and tennis teams.

He talked about completing 40 marathons himself and teaching a for-credit Marathon Training class through the Kinesiology Department for 23 years. He took pride in the fact that he guided nearly 500 people in achieving their "bucket list" goal of completing a 26.2-mile marathon.

I want to expand on that last point about completing 40 marathons. Dr. Provorse always had a life and interests outside of Washburn. He ran marathons. He biked. He did long road trips on his motorcycle. He played guitar. He often went to his cabin in his home state of Nebraska. He and his wife often went to Colorado to visit their daughter Amanda, her husband, and their two children. He travelled regularly. He and his wife spent time with their many siblings and friends. His wife was his high school sweetheart and life-long best friend. He told the story of going out of state to school but only lasting a semester. He had to return to Nebraska and go to school there because he missed Marcia so much.

Dr. Provorse loved his work, worked hard, did high quality work, and was fully present when at work. But work was not his entire life. And I think in this way, he modeled for students how to live life as a professional in an occupation that has the potential to cause burnout.

Dr. Provorse's love of our students led him to make a personal financial investment in creating our endowed master's scholarship fund. Please consider donating in his honor, you can scan this QR code to navigate to the donation page.

Thank you for everything Dr. Provorse, you are missed.



# Remembering Ron Evans and Jared Moser

By: Dr. Cindy Turk

Dr. Ron Evans, Professor Emeritus in the Psychology Department, passed away peacefully on December 11, 2024. He is survived by his wife, Dr. Sara Tucker, Professor Emerita in the History Department at Washburn University. Ron was born June 29, 1949, in Des Moines, Iowa.



Dr. Ron Evans & his wife Dr. Sara Tucker in 2022 at the memorial bench dedication for Dr's Don and Del Yelen, photographed with Don's German Sheppard, Pinky.

Ron did his undergraduate work at Iowa State University. He earned his PhD in clinical psychology from Southern Illinois University. He taught at Washburn from 1976 to 2008. He had over 40 professional publications, including two books. After retiring from Washburn University, he continued teach online at multiple universities, earning recognition as Buena Vista University Online Adjunct of Year (2012) and Fort Hays State University Arts & Sciences Adjunct Instructor of the Year (2014-15).

Ron had many interests outside of work, including playing piano and guitar, blogging, gardening, eating out, and collecting classic television series.

Ron will be remembered for his dedication to higher education, his independent spirit, and the impact he had on the lives of his students and colleagues.

## Adjunct Faculty of the Year



Dr. Ronald Evans  
Arts and Sciences

**Jared Charles Moser, 46, passed away Thursday, March 7, 2024.** Jared was born October 3, 1977, in Topeka to Bradley and Alice Sheehan Moser. He graduated from Washburn Rural High School in 1996 and earned his degree in Psychology from Washburn University then attended our graduate program for two years. Jared found fulfillment in his work and, prior to moving to Colorado, Jared worked at Topeka's Helping Hands Humane Society. Jared is survived by his father, Bradley Moser, his brother, his fiancé Marita and his son, Beau.



## **Graduating Third Years Thesis Presentations**

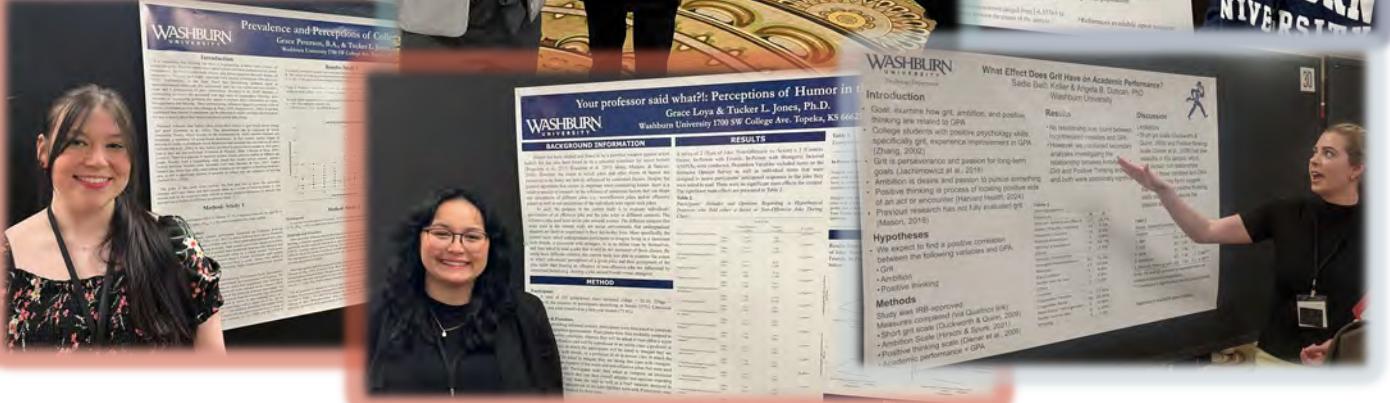
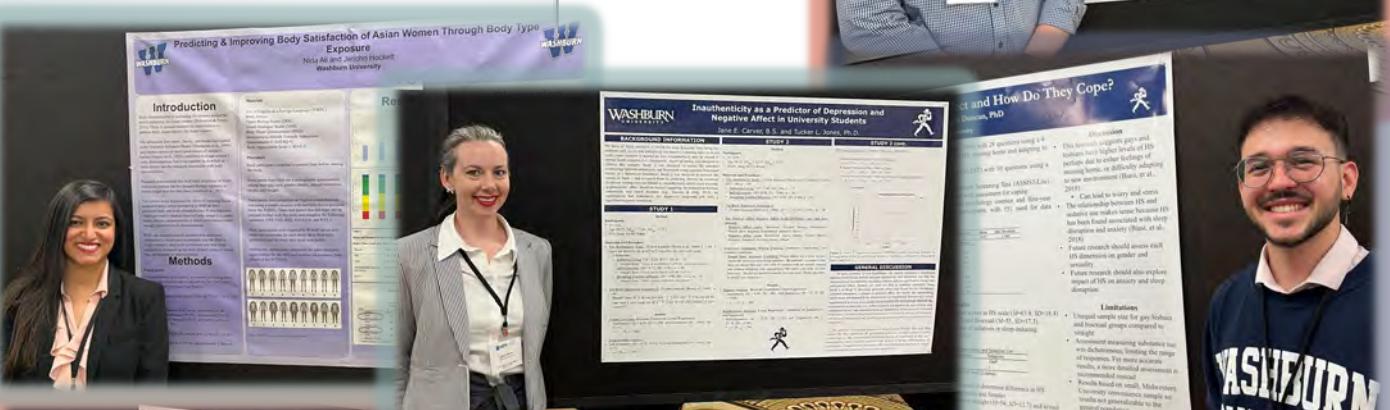
1. Jordan Jennings presented her thesis research poster entitled, "Effects of COVID-19 on the Mental Health Experiences of Inmates," at the Midwest Psychological Association (MPA) Conference in April 2024.
2. Nida Ali presented her thesis research entitled, "Predicting and Improving Body Satisfaction of Asian Women through Body Type Exposure," at the MPA Conference in April 2024.
3. Sarah Berke presented her case-study research, "Dialectical Behavior Therapy (DBT) for a Female Young Adult," at her internship site in May 2024, the DBT center of Lawrence.
4. Faith Shafer presented her thesis research entitled, "Attitudes Toward Parents of Children with Cancer," at the MPA Conference in April 2024.
5. Jane Carver presented her thesis research poster entitled, "Inauthenticity as a Predictor of Depression and Negative Affect in University Students," at the MPA Conference in April 2024.
6. Wednesday Falck presented her thesis research entitled, "Anti-Transgender Voting Behavior: A Justification/Suppression Model Approach," at the MPA Conference in April 2024 and also submitted her manuscript to the Journal of Counseling Psychology.
7. Alexander Heidorn presented his EST Case Study entitled, "Treatment of Social Anxiety Disorder: A Case Study of a 24-Year-Old," at a Washburn University Counseling Services staff meeting.
8. Laurrel Huffman presented her EST Case Study entitled, "Treatment of Social Anxiety Disorder: A Case Study of a 17-Year-Old Female," at her internship site, the Family Service & Guidance Center.
9. Kylie Kimrey presented her thesis research entitled, "The Effects of Having a Chronically Ill Parent on College Adjustment," at the MPA Conference in April 2024 and is currently working on a manuscript to submit for publication.
10. Holly Lathan presented her EST Case Study entitled, "Treatment of Oppositional Defiant Disorder: A Case Study of an Eight-Year-Old," at her internship site, the Family Service & Guidance Center.
11. Grace Peterson presented her thesis research poster entitled, "Prevalence and Perceptions of College Bullying," at the MPA Conference in April 2024.
12. Haley Richards presented her EST Case Study entitled, "Treatment of Three Emotional Disorders Using a Transdiagnostic Approach: A Case Study of a 19-Year-Old," at her internship site, Crosswinds Counseling in April 2024.

# Photos from MPA

Right column top-bottom:  
 Graduate student Jordan Jennings & Dr. Julie Boydston; Dr. Angela Duncan & Dr. Julie Boydston, Dr. Tucker Jones, undergrad student Luiz Alcantara; undergrad student Sadie Keller.

Middle column top-bottom:  
 Graduate student Jane Carver and undergrad Grace Loya.

Left Column top-bottom:  
 Graduate student Nida Ali and graduate student Grace Peterson.



# Apeiron 2024: What is Apeiron?

Apeiron is an event that allows Washburn students to showcase original research, scholarship, creative activities, and community engagement activities in a setting similar to a professional meeting or conference without the hassle of travel paperwork. Apeiron is an ancient term offered by Anaximander of Miletus in the 6th century B.C. that embraces the spirit of learning through everything.

Starting on the Top Left we have Dr. Michael McGuire with Pateue Moore and her poster, next is Lily Thompson and Dr. McGuire, and on the right is Kayla Willey & Dr. McGuire.



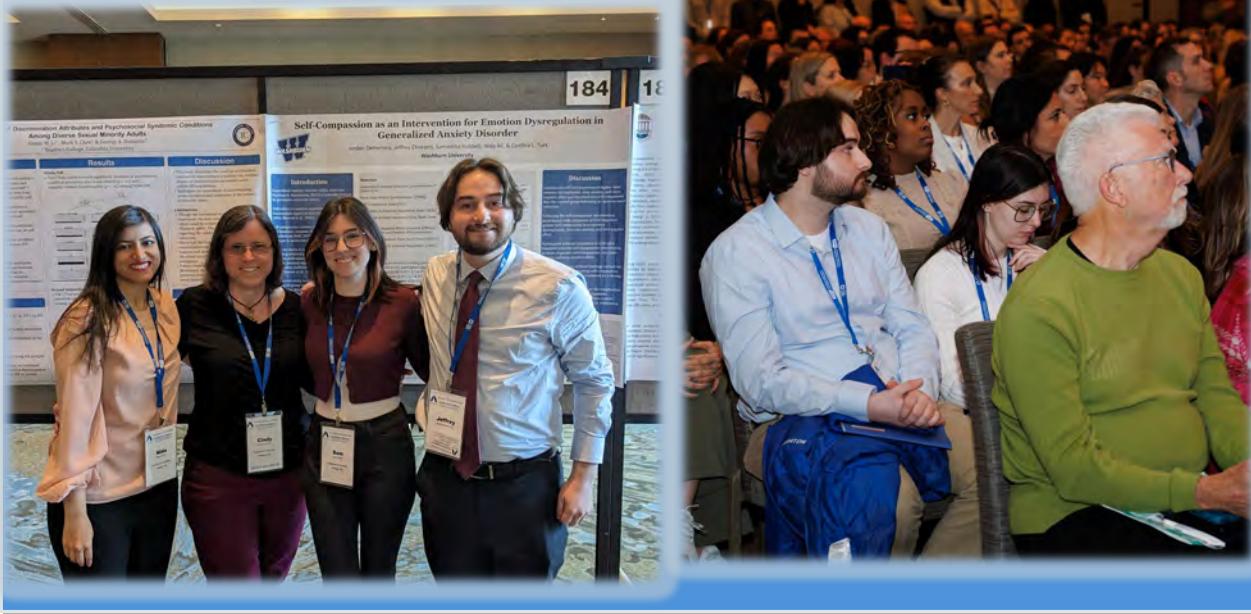
Next we have Lauren Slusser on the left presenting her poster, Chelsea John is just below, then we have Maddy Hutley and Dr. Jericho Hockett in the middle, and Brittany Campos with her poster down below, and Kenzie McMahon on the right.

They all had great presentations!



# Graduate Conferences Continued

Dr. Cindy Turk and graduate students Nida Ali, Jordan De Herrera, Jeff Downes and Sam Hubbell created a poster titled "Self-compassion as an intervention for emotion dysregulation in generalized anxiety disorder," which they presented at the Annual Meeting of the Anxiety and Depression Association of America in Boston on April 2024. (De Herrera was unable to attend.) Jeff & Sam later made the ADAA photo gallery (photo on the right) which can be found online here: <https://adaa.org/conference-gallery>



Brittney Stanley and Josie Powell (photo on the left) traveled to Wichita, KS for the Michael J. Tilford conference on diversity in October 2024. This annual conference started in 1994 and was originally named the Kansas Regents Conference but was renamed after Dr. Michael Tilford after his death in 1996. In 1969, Dr. Tilford was one of 100 African-American educators from across the country who received Ford Foundation Grants for advanced graduate study. The conference is in its 30th year, and brought in dozens of students, educators, and activists from across the state to spark conversations of diversity, equity, and inclusion.

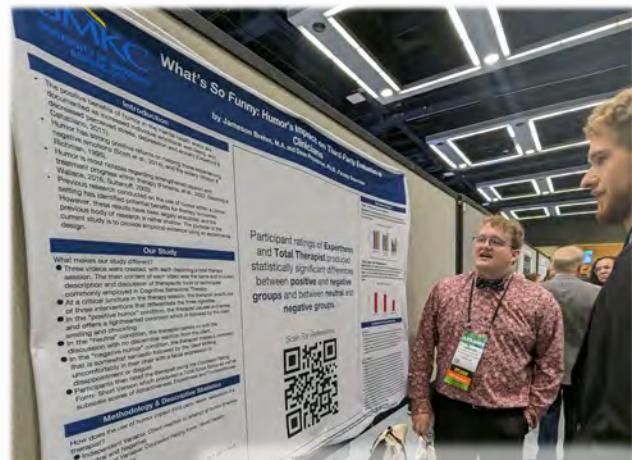
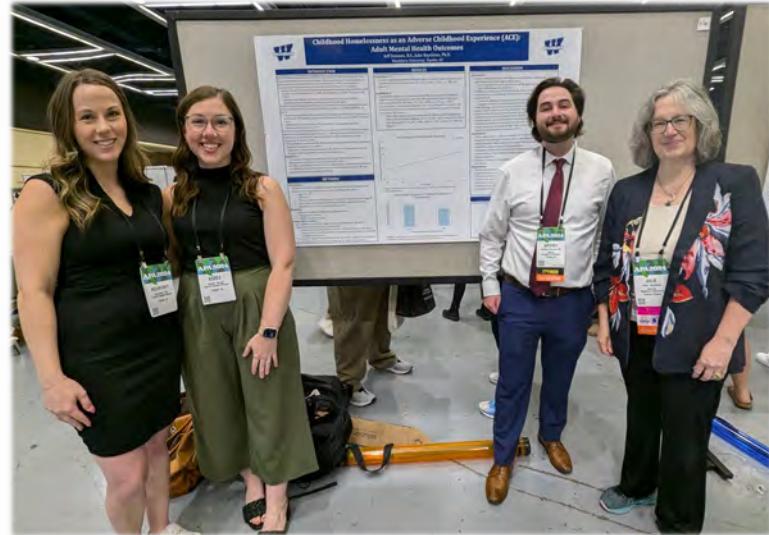
# GRADUATE CONFERENCES CONTINUED

Graduate student Jeff Downes (top photo, second from the right) had the opportunity to travel to Seattle, WA for the American Psychological Association (ADA) Conference where he presented his thesis research poster on "Childhood Homelessness as an Adverse Childhood Experience (ACE): Adult Mental Health Outcomes."

In attendance were two of our Community Partners, Kourtney Barr, Deputy Director of Transformational Services, and Kodee Bloom, Director of Trauma Education with the Topeka Rescue Mission who posed for a photograph with Jeff & Dr. Boydston (top photo). He got his data from the Topeka Rescue Mission so it was great to see them there to support him.

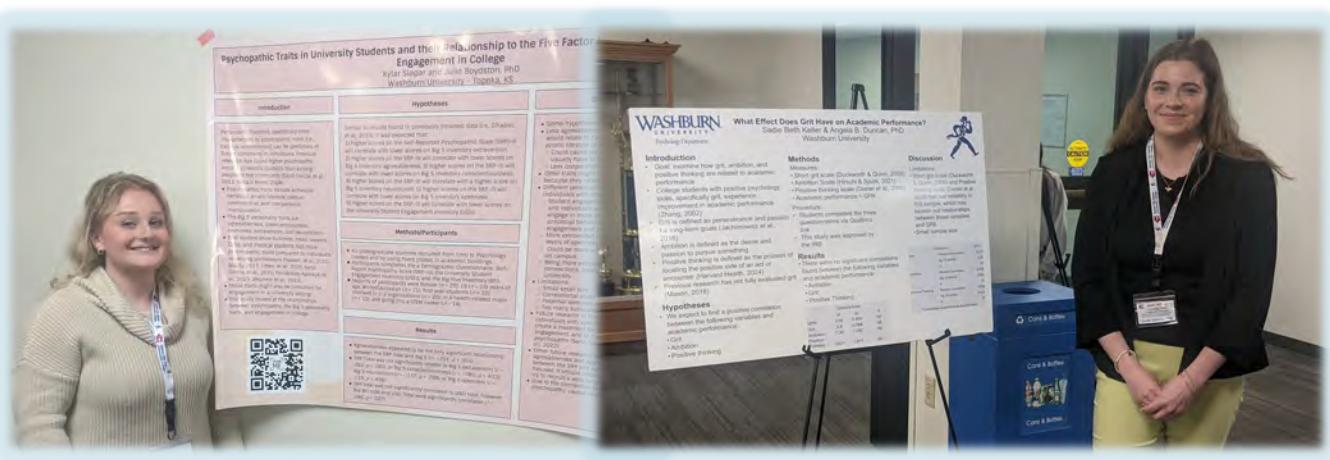
Also in attendance was one of our most recent graduates, Jameson Brehm (middle photo on the R) who is continuing the work he did with Dr. Dave Provorse on Humor and it's impact on Clinical Evaluations at UMKC.

Lastly, while there Dr. Julie Boydston (bottom photo on the right) stopped by the Guilford Press booth and was able to find her book on display, *Assessment and Treatment of Childhood Problems: A Clinician's Guide (3rd ed.)*.



# KCKCC Student Research Conference in the Psychological Sciences

KCKCC hosted a newer conference for us, a regional Research Conference that is open to all students and faculty studying Behavior(s) and Mental Processes. The conference focuses on the undergraduate student work but faculty presentations are also encouraged. The Conference was held on Friday, April 4, 2025, from 10:00 am to 2:00 pm at the Kansas City Kansas Community College, and attended by Dr. Angela Duncan, Kylar Slapar (photo on the left), and Sadie Keller (photo on the right).



Dr. Angela Duncan and Dr. Julie Boydston attended the **ITLC Lilly Evidence-Based Teaching & Learning Conference on Teaching for Active and Engaged Learning** in San Diego, California in January 2024. They presented their research in a lecture session on *Using Case Studies to Examine Diverse Experiences of Psychological Disorders*. <https://www.lillyconferences-ca.com/2024-conference>

## 2024 UNDERGRAD RESEARCH DAY AT THE CAPITOL

On March 1st, Washburn sent five students to the Kansas Undergraduate Research Day, held in the State Capitol Rotunda, and brought together college students from around the state and state leaders to highlight issues of importance and interest to all. Five Washburn students participated in this year's Kansas and two were Psychology majors. Other participating institutions were the University of Kansas, Kansas State University, Wichita State University, Pittsburg State University, Fort Hays State University, Emporia State University and the University of Kansas Medical Center.

Dr. Julie Boydston (top right photo) supervised Sierra Vigneron (top right photo) and Sadie Keller's (bottom right photo) research and joined them at the capitol along with our President Dr. JuliAnn Mazachek (in both photos on the right) and Provost Dr. John Fritch (left side photo with Sierra V.)



## DEPARTMENT ACCOMPLISHMENTS AND PUBLICATIONS



Dr. Jericho Hockett was promoted to the rank of Full Professor in March of 2024. This milestone marks the culmination of years of dedicated research, teaching, and unwavering commitment to the success of our students and the department. We are immensely proud of her contributions throughout her many years of service to both the department and the university. The next time you see her, please join us in congratulating her—not only on this well-deserved promotion but also on her book (see pg18-19) and numerous poetry publications in recent years. Here is a link to read one of her poems entitled *A Ritual for Peace*, <https://www.redflagpoetry.com/home/jericho-hockett-a-ritual-for-peace>

In 2024 Dr. Julie Boydston won the C-TEL Innovation Award for Community-Engaged Learning (photo below left) and the Psychology Department as a whole successfully completed requirements for the Departmental Certificate of Teaching and Learning (photo on the right).



## CELEBRATING DR. ANGELA DUNCAN'S ACHIEVEMENTS

We are thrilled to share some exciting news about Dr. Angela Duncan, a dedicated member of our Washburn University community. In April 2024, Dr. Duncan was honored for her 10 years of outstanding service to the university. Her commitment to excellence was further recognized in June when she was promoted to Senior Lecturer. But the good news didn't stop there! In January 2025, Dr. Duncan received another well-deserved promotion, this time to Assistant Professor of Psychology. Please join us in congratulating Dr. Duncan on these incredible milestones in her academic career!



## PY317—MUSIC AND THE BRAIN SPECIAL CLASS ACTIVITY

Dr. Linzi Gibson's Fall 2024 Music and the Brain class had a very cool experience in October. She had a guest speaker Camry Ivory, who brought with her a self-created instrument that mimics synesthesia - which is when your brain routes sensory information through multiple unrelated senses, causing you to experience more than one sense simultaneously. People who have a form of synesthesia often "see" sequences with specific patterns or forms. The instrument she created is designed so that each paintbrush is connected to a wire and "plays" a specific note when the students paint. See the cool photos below or visit her website for more information: <https://www.coloratura-art.com/about>



**WASHBURN**  
PSYCHOLOGY

# PSYCHOLOGY ACCOMPLISHMENTS AND PUBLICATIONS

- Tony Kubina (MA, 2008) is the director of the exposure lab at Freedom Behavioral Health Solutions. He engages in VRET, ARET, in vivo, and imaginary exposure. He is currently working with a software company in Texas to create virtual reality for PTSD with military in desert scenarios.
- Dr. Brian Stran (MA, 2017) is now on the faculty at UMass's medical school. Eileen Joy (MA, 2017) is now working at the PTSD Clinic at the VA hospital in Boston, Mass. They are married and have a son named Rowan (photo on the right).
- Dr. Tessa Graf (MA, 2018) is currently working at the Denver VA Hospital, splitting time between the outpatient PTSD clinic and the residential PTSD program.
- Dr. Abby Bugbee, Psy.D. (MA, 2015) is working in a group practice on the east coast and doing some clinical supervision in La Salle's doctoral program part-time. She is also teaching online at Fort Hays State University.
- Katrina Ostmeyer (MA, 2009) is the clinic director at KU's Child and Family Services Clinic (CFSC). It is the primary training clinic for graduate students in the Clinical Child Psychology Doctoral program at the University of Kansas and she is a Professor of the Practice. She maintains her involvement at Beyond the Individual as the company CEO and carries a small caseload as well.
- Leyli Beims-Ukens (MA, 2021) is studying at the University of Tulsa and is in her fourth year in their PhD program. She is in the beginning stages of her dissertation and preparing to apply for internship next year.
- Brent Schneider, LP (MA, 2012) is doing assessment in private practice at Flint Hills Neuropsychology which services Manhattan and the surrounding areas.
- Aubrey Dauber (MA, 2020), is currently on internship at the VA hospital in Spokane, Washington though Bowling Green State University. She is working on getting accredited by the CBT Academy and her son Rhys is one years old.



## **ACCOMPLISHMENTS AND PUBLICATIONS**

### **CONT.....**

- Kelsey Moffitt-Carney (MA, 2017) is in private practice in the Professional Association Mental Healthcare Services in the Kansas City area. She has two children, with another on the way.
- Julia Leonard (MA, 2018) is back in Kansas and working at the Topeka VA Hospital.
- Pamela Aguilar (MA, 2021) is applying for internships this year in her doctoral program at the Department of Educational Psychology, Texas A&M University.
- Jericho Hockett co-presented with Dr. Dennis Etzel, Jr. (English Professor at WU) a talk on "Processes of Craft and Community in Critical Poetic Inquiry" at the International Symposium of Poetic Inquiry in October.
- On December 4th at the Washburn Piano Holiday Concert Program both Dr. Michael McGuire (photo below right) & Ms. Jeannette Nobo (photo below left) of the Psychology Department performed solo appearances. Dr. McGuire played "Save your tears," by the Weekend and Jeannette played, "La candeur" by Freidrich Burgemüller.



PROBLEMS FOCUSING?  
FORGET OR LOSE THINGS?  
CAN'T SIT STILL?  
DISORGANIZED?  
IMPULSIVE?  
CAN'T FINISH ANYTHING?  
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74124 Newsletter Psychology

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