

NOVEMBER, 2021

SPSA FALL NEWSLETTER

USF School Psychology Student Association



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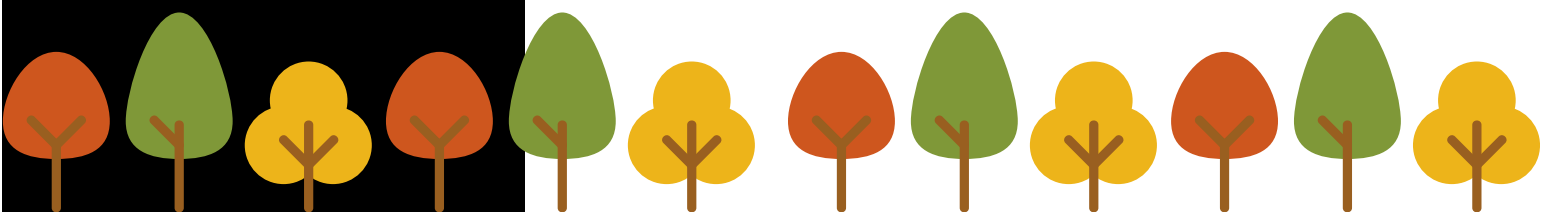
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HAPPY FALL, Y'ALL!

While this might not be the cool, crisp weather you're used to, it is, in fact, fall! So sit back, have a nice warm mug of cider, hot chocolate, or tea, and enjoy this quarter's issue of the SPSA Newsletter!





PRESIDENTIAL UPDATE

Alexis Sanchez

Hello everyone,

As we come to a close in 2021, I want to congratulate you all for making it to your next step in the journey that is graduate school. I want to make sure we all celebrate each accomplishment and each day that we continue towards our goals. The fall of 2021 has been a constantly changing process that might have ground some gears but SPSA is the oil and repairs that helps us all moving. We had multiple students and faculty represent our program and school psychology at this year's Florida Association of School Psychologists (FASP) conference. Make sure to pat yourself on the back for everything you've accomplished and pat your fellow program mates as well with a nice message or gesture. Please use your upcoming breaks to truly treat yourself!

Safe travels!

Meet Your SPSA Board



President

Alexis Sanchez | 4th Year



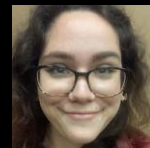
Treasurer

Cici Claar | 2nd Year



Event Planner

Nicolette Bauermeister | 2nd Year



Editor/Webmaster

Talia Shuman | 3rd Year



WELCOME INCOMING STUDENTS!

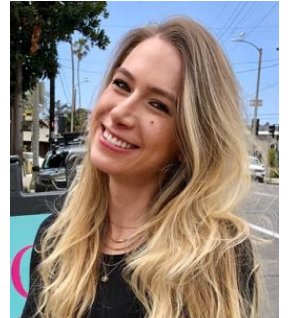


**Brandon
Budzisch**

FORT MYERS, FLORIDA

**Caroline
Mierzwa**

BIG SUR, CALIFORNIA



**Daijah
Hines**

WESLEY CHAPEL, FLORIDA

**De'Vohn
Roman**

JACKSONVILLE, FLORIDA



**Frances
Coolman**

NORTHEAST INDIANA

**Justine
Sailor**

GAINESVILLE, FLORIDA



**Karrah
Sampson**

COLORADO SPRINGS, COLORADO

**Lauren
Patrusky**

SARASOTA, FLORIDA





WELCOME INCOMING STUDENTS!



**Nicole
Pacateque**
SAN JUAN, PUERTO RICO

**Nicole
Wyckoff**
MORGANTOWN, WEST VIRGINIA



**Renee
Sandberg**
GEORGIA

**Samin
Khallaghi**
TEHRAN, IRAN



**Thomas
Koza**
DOWNERS GROVE, ILLINOIS

**Tiara
Rowell**
FOLEY, ALABAMA



**Zelda
Fleming**
TALLAHASSEE, FLORIDA

WE ARE SO EXCITED TO
HAVE YOU AS A PART
OF OUR USF SCHOOL
PSYCH FAMILY!



FASP



UPDATES

Presentations

RTI, MTSS, AND ELIGIBILITY: CONSIDERATIONS FOR FLORIDA'S SCHOOL PSYCHOLOGISTS WHEN EVALUATING PRE AND POST COVID

Jose Castillo, Ph.D.

LEGISLATIVE UPDATE

Mary Alice Myers, Ed.D., Nate von der Embse, Ph.D., & John Cerra

Awards

WINNERS

Letty Dileo

*2021 Graduate Studies
Award—Doctoral Level*



Alexis Taylor

*2021 Faye Henderson
Leadership Award for
Minority Students*



NOMINEES

Graduate Studies Award - Specialist Level

Hannah Mennes

Amy Trayers

Graduate Studies Award - Doctoral Level

Jasmine Gray

Myesha Morgan

Katrina Scarimbolo

*Faye Henderson Leadership Award for
Minority Students*

Alexis Sanchez

SPSA WELCOME EVENT

November 14, 2021



*A celebration of
culture and food!*

This semester's SPSA event welcomed our incoming students in the EDU courtyard with free food from Panera and a poster activity put together by the Steering Committee for Multicultural Success. Participants were encouraged to share different assets of their culture. Check out the poster in the School Psych Grad Lounge!

Thank you all for coming!



MENTAL HEALTH RESOURCES

COUNSELING CENTER

Offers short-term counseling for all students free of charge.
<https://www.usf.edu/student-affairs/counseling-center/>

PSYCHIATRY

Offers medication evaluation and management.
<https://www.usf.edu/student-affairs/student-health-services/>

STUDENT OUTREACH AND SUPPORT

Assists students in connecting with other resources on campus, including setting up appointments.
<https://www.usf.edu/student-affairs/student-outreach-support/>

CRISIS CENTER OF TAMPA BAY

Offers a free hotline for individuals experiencing a mental health crisis 24/7. Dial 211 to contact.
<https://www.crisiscenter.com/>

STUDENTS OF CONCERN ASSISTANCE TEAM (SOCAT)

Free, confidential report form for individuals to report students who they are concerned about.
<https://www.usf.edu/student-affairs/student-outreach-support/referral-information/how-do-i-make-a-referral.aspx>

WELLNESS USF

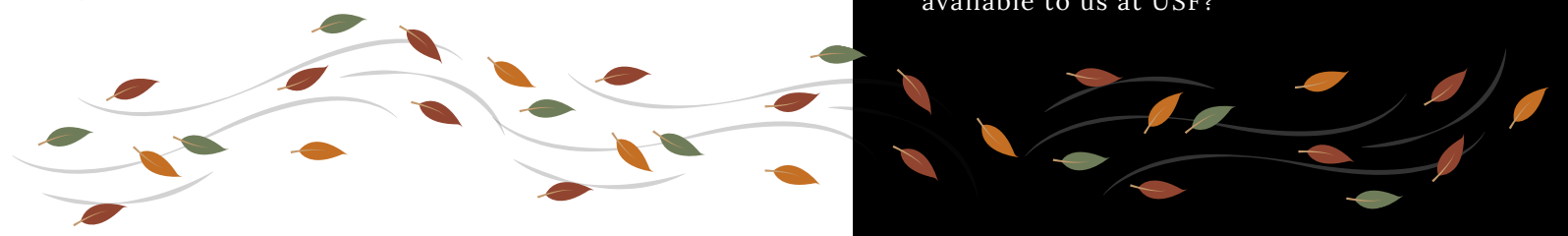
Department at USF dedicated to student wellness. Includes fitness, stress reduction, health education, and other related programs.
<https://www.usf.edu/student-affairs/wellness/>

The stressors of graduate school can be overwhelming.

As such, it is incredibly important for you to take time to prioritize your mental health. Taking time for self-care, making sure you get enough sleep and eat regularly, and ensuring you have time dedicated to life *beyond* graduate school responsibilities are some of the best things you can do for yourself.

Sometimes, however, even with taking all of these steps, you can find yourself needing extra supports. On this page, you will find a list of several different resources available both on and off campus. Taking advantage of these resources can really help with reducing stress and managing any mental health challenges you may be facing.

We as future school psychologists talk about the importance of implementing supports for our students. Why not take advantage of the supports we have available to us at USF?





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Nov. 25-26 **Thanksgiving Break**
No Classes



Dec. 09 **Fall end of term**
Last Day of Exams/Classes

Jan. 10 **Spring Semester**
First Day of Classes



Jan. 14 **Add/Drop Ends**
Last day to add/drop a class

Jan. 17 **MLK Day**
No Classes

Feb. 15-18 **NASP 2022 Convention**
Boston, MA

