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THE MDC BULLETIN

The Newsletter of the Department of Psychological Sciences Multicultural and
Diversity Committee at Kent State University



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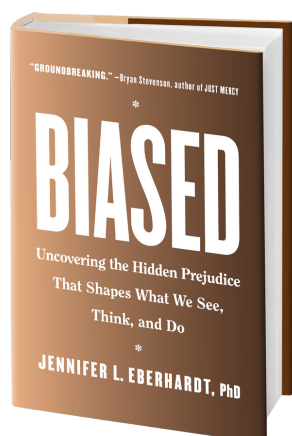
THE MDC STATEMENT ON THE DUAL PANDEMICS

As the COVID-19 pandemic rolls on, it is clear that business as usual is impossible. Thus far, it has taken the lives of nearly 200,000 people. Even further, many continue to struggle with the stress and burnout that comes with working from home, or more accurately at this point, living at work. The available literature has shown that this has taken a tremendous toll on our collective mental health.

In addition to COVID-19, earlier this year, the president of the American Psychological Association declared that we are living in a racism pandemic as well. As evidence emerged from the Centers for Disease Control that Black Americans contract and die from COVID-19 at a disproportionate number, the country reeled from the shocking murders of George Floyd, Ahmaud Arbery and Breonna Taylor. Since that time, we have seen countless other killings of unarmed Black people across social media that have wreaked havoc on our fragile mental health in the midst of the COVID-19 quarantine.

The confluence of these events have left many of us feeling helpless and searching for ways that we can make a difference. On this page we have included a link to the MDC's server of anti-racism resources. We also encourage you all to vote this election cycle to make your voice heard.

➤➤➤ Click [here](#) for a link to the MDC's resources on Anti-Racism ➤➤➤

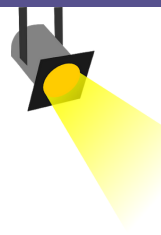


On Friday, December 4th from 2:30pm - 3:30pm, the department will hold a discussion about the book [*Biased*](#) by Dr. Jennifer Eberhardt, which examines racial bias and provides tools to address this problem. Please email Dr. Taber (jtaber1@kent.edu) if you are interested in participating in the discussion!



Faculty Spotlight

The MDC would like to highlight the faculty liaisons who have continuously supported our efforts! Please read below to learn more about their commitment to promoting multiculturalism and diversity in everything they do!



AMY SATO, PH.D.

Outgoing MDC Faculty Liaison

When and how did you first get involved with the MDC?

I began serving as the faculty liaison for the MDC in 2017. My predecessor, Dr. Spitznagel, had done a wonderful job in this role and asked me if I would be interested in stepping into her shoes when she transitioned out. I was honored to be asked!

I had previously served on a diversity committee of my internship and post-doc training institution, as well as APA Division 54/Society of Pediatric Psychology.

How would you describe your experiences as the faculty liaison for the MDC?

It has been really fun work with this group! Even more, it has been inspiring to see our students' continual passion for promoting an atmosphere of multicultural acceptance, competence, and diversity in our Department. Each of the graduate students on the MDC mentors one or more Psychology major undergraduates who come from a diverse background, so through this experience I have also had the opportunity to become involved in this important mentoring program for our undergraduates. This has been a wonderful opportunity to see a talented group of graduate students come together to participate in something they are passionate about!

What was your most memorable experience with the MDC?

Last November, as part of the Taste of Diversity, we were able to raise nearly \$300 to purchase food for the Ravenna High School food pantry. This food pantry is run by the Ravenna High school students for their peers. It was wonderful to have not only the experience of working with the MDC to put on this event, but also to have the very generous support of the faculty and staff which allowed us to purchase enough food to really stock their shelves! The teacher who runs the pantry was so thankful, as the food is used to help students over weekends and school breaks. This was a terrific way to connect with the community - made possible by our Taste of Diversity event put on by the MDC!

How has your experience with the MDC informed your work in higher education?

This past June, the MDC put together a powerful and timely statement on racism, addressing the killings of Ahmaud Arbery, Tony McDade, Breonna Taylor, George Floyd, and countless other members of the Black community who have lost their lives. Seeing the MDC students put this powerful statement together reminded me of how important it is for faculty and students to work together in efforts related to social change. Over time, the students we train will become the future leaders of higher education. The MDC reminded us of the words of Angela Davis, that "it is not enough to be non-racist, we must be anti-racist." This statement applies to higher education as well.

What advice would you give to the new faculty liaison?

Hmmm....always double check that there are enough forks and spoons available a week before the Taste of Diversity...and plates too...oh wait, you mean seriously? I have no doubt that Dr. Himmelstein will shine in the role of MDC faculty liaison. The students do such a terrific job running the MDC that they really make it easy for the faculty liaison. That being said, my advice is to listen carefully to the students' ideas and provide helpful input when needed. Enjoy working with this motivated group of students who are excited to make a positive difference!



MARY HIMMELSTEIN, PH.D.

Incoming MDC Faculty Liaison

What made you interested in becoming the faculty liaison for the MDC?

I've always been social justice minded, and intersectional influences on health are a cornerstone of my research program. When I was first approached with the opportunity to become the faculty liaison for the MDC I jumped at the opportunity.

It's a beautiful melding of both my personal and professional interests, and I'm excited to serve the department and students in this capacity.

What do you hope to accomplish as the new faculty liaison for the MDC?

I'd like to help the committee accomplish all of the goals they set for themselves at the beginning of each year. I love our undergraduate mentoring program, and I'd like to help enhance it by aiding in some of the existing goals set by the committee. For example, I love the idea of establishing a fund to help offset the costs of applying to graduate school to remove finances as a barrier for undergraduates. I would also like to enhance our ability to recruit diverse students to our graduate and undergraduate programs by encouraging involvement in programs like Upward Bound, SURE, and McNair.

How will/have you incorporate(d) multiculturalism and diversity into your research?

One of the major components of my research program is understanding how overlapping social identities (e.g., race, gender, sexuality, weight) contribute to health outcomes via social stigma, stress, and coping. At Kent, I'm examining how stereotypes change when they're applied to individuals at an intersectional level (e.g., gender stereotyping of thin Black women versus heavy Black women) and on the flipside how stigma experiences for different identities (gender, race, weight) compound cardiometabolic risk for individuals who possess multiple devalued identities. I am also currently collaborating on a cross-cultural study of coping strategies for dealing with weight stigma across six different countries.



MDC UNDERGRADUATE MENTORSHIP PROGRAM

The MDC is currently recruiting undergraduate students from underrepresented groups for our mentorship program!

Do you know an undergraduate Psychology major intending to apply to graduate school? If you do, please feel free to share this opportunity!

The MDC Mentorship Program matches an undergraduate with a graduate student mentor with similar career, research, and/or clinical interests.

Activities include...

1. Individual Monthly Meetings to Discuss:

- a. Psychology Coursework***
- b. Preparing for Graduate School Applications (e.g., GRE)***
- c. Professional Development (e.g., research, clinical training)***
- d. and more!***

2. Meet Like-Minded Peers!

Applications can be found in Blackboard for most psychology courses or you may refer them to Nicolle Simonovic, MDC Chair of Recruitment and Retention: nsimonov@kent.edu

***Please note that all application materials are due on
Friday, September 25th, 2020 at 5:00pm***



Cultural Café



NATIONAL HISPANIC AMERICAN HERITAGE MONTH

September 15 to October 15 is recognized as National Hispanic American Heritage Month to celebrate the scholastic and cultural contributions of Americans whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. National Hispanic American Heritage Month starts on September 15 because many Latin American countries such as Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua celebrate the anniversary of their independence. Additionally, Mexico and Chile's independence days are on September 16 and 18, respectively. Thank you to the over 60 million Hispanic and Latinx Americans who have enriched our country's culture!

psicología

Psychology in Spanish



Did you know that...?

- Martha Bernal, Ph.D. was the first Mexican-American woman to receive a doctorate in psychology in the United States and provided contributions to the increased training and treatment of minorities
- The Garcia Effect was named after psychologist John Garcia, Ph.D., a son of Spanish immigrants, who is widely known for his research on conditioned taste aversion
- Carlos Albizu Miranda, Ph.D., who was born in Puerto Rico and served in the United States Army, founded the first independent professional school of psychology in 1966 to increase the amount of opportunities for psychologists in Puerto Rico
- In 1946, the landmark case of Mendez v. Westminster made discrimination against Mexican-American students and segregation in schools based on national origin or language ability unlawful in California. Thurgood Marshall utilized the arguments from this case to win Brown vs. Board of Education in 1954

UPCOMING CELEBRATIONS:

ITALIAN-AMERICAN HERITAGE MONTH

Since 1989, October has been acknowledged as Italian-American Heritage Month to recognize and celebrate the achievements and culture of Italian Americans. Italian-American Heritage Month also coincides with the celebration of Italian explorer, Christopher Columbus. We appreciate the many contributions of the over 17.8 million Italian-Americans who have made contributions to our art, literature, architecture, science, fashion, and of course, cuisine!



Carli and family at the fortress of San Leo



Carli and her grandmother



Carli and her grandmother in St. Mark's Square in Venice

CARLI OBIDOBEL Clinical Graduate Student

psicologia Psychology in Italian

"It makes me proud to feel such a sense of community with family members who really value passing on family history and traditions. Food is central to family gathering, and I always look forward to spending time with family eating delicious foods and hearing about my relatives' past experiences and how that led to where my family and I are today."

Please tell us about your background.

My grandma was born in Pacentro, Italy (a small village near Sulmona in Abruzzo, Italy) as one of five children, and four of the five siblings came to America for a better life during and after World War II. My grandma immigrated in 1955 and settled in Pittsburgh, Pennsylvania. She was introduced by her older brother to my grandfather, who was also Italian and wanted to marry an Italian woman. My parents and I were born and raised in Pittsburgh and are American, though my Italian heritage is a central part of my cultural identity.

What is your favorite cultural cuisine?

That's a difficult question because I love food so much, with Italian food being at the top of my list! If I planned a meal full of my favorite foods, it would include caprese salad, broccoli and perciatelli, and panna cotta. Caprese salad consists of mozzarella cheese, tomatoes, and basil. Perciatelli is a type of pasta, and my grandma always cooked it with broccoli and garlic for Lent (or for me when I asked because it's my favorite!). Panna cotta is a custard often served with fruit or other sweet toppings.

Fun fact?

My extended family and I visited Italy in 2001. It was such a wonderful trip to be able to experience the culture, meet my relatives in Italy, and see my grandmother reunite with her sister. We also visited her hometown, and it was amazing to witness townspeople (who had not seen my grandmother in over 40 years) immediately recognize and welcome her back. A fun fact that I learned from cousins in Italy is that they cut their pizza with scissors!



NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH

Since 1945, October has been recognized as National Disability Employment Awareness Month. During this month, we celebrate the brilliance that people with disabilities bring to the workplace and remind employers of the importance of inclusive hiring practices. Although the Americans with Disabilities Act (ADA) was signed into law on July 26, 1990, its importance is still celebrated during the month of October. The ADA prohibits discrimination against those with a disability and requires employers to provide accommodations for employees with disabilities. This year is special because it marks the 75th anniversary of National Disability Employment Awareness Month and the 30th anniversary of the ADA! For more information about National Disability Employment Awareness Month and disability inclusion in the workplace, visit www.dol.gov/ndeam.



Acknowledgments: *The MDC would like to thank all featured graduate students and faculty for contributing to this issue. This issue was edited by, Tiffany Rowell, Elizabeth Jean, and Stanley Seah.*

More about the MDC

The Kent State University Department of Psychological Sciences Multicultural and Diversity Committee (MDC) is dedicated to making a positive difference in the education of all students within the department through the promotion of an atmosphere of multicultural acceptance, competence, and diversity. In order to stay true to this mission, we will be sending out newsletters to the department to keep everyone updated on events and issues concerning the intersection of diversity, multiculturalism, and psychology. For more information, you can contact the MDC Chair, Stanley Seah (tseah@kent.edu) or Faculty Liason, Dr. Mary Himmelstein (mhimmels@kent.edu).