

MAY 2022 | ISSUE 9

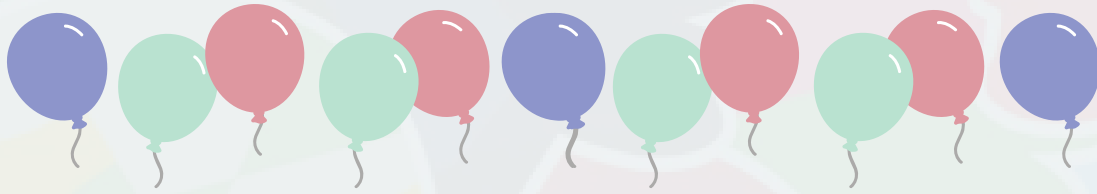
# THE MDC BULLETIN

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# Congratulations to our 2022 MDC Graduates!



**Bre Beal**

**Sarah Robinson**

**Tisha Owusua**

**Michelah Gipson**

**Shannon Aber**

**Mackenzie Pollock**

**Meet Bre Beal, one of MDC's 2022 graduates!**

MDC Mentor: Emily Rabinowitz

Completing this degree means so much to me. I am a first-generation student in my Family to complete a college degree. In between commuting from Twinsburg to the Stark campus, for two years I took a break from Kent State and attended Stark State College, in North Canton. I then continued majoring in psychology and in 2019 I was able to complete my Associates Degree. After completing, I then transferred back to Kent State- Stark, now I am finally completing my Bachelor of Arts' and Science in Psychology.

Being part of MDC has influenced me in many ways. I now have the resources that allow me to do further research on how I would like to continue my career path. I now have the network of individuals who also share the same field interest as well, which is also very helpful and influential.

I learned a lot from my mentor, she is phenomenal! She taught me how to do career exploration and research for post-graduation. She also taught me how to manage semester stress, she encouraged me a lot and was very helpful and understanding. I learned a lot about the different areas of psychology and the different subfields in which I could possibly work in or find small opportunities to explore while I am still searching for my focus group. Overall, she has so much knowledge and she's been very hands on and persistent with helping me while I've been in this program. I've learned a lot from Emily, she's amazing.

My favorite event was the game night. Although the forensic psych panel was very interesting and one of my favorites too, the game night was so fun, it must be my final favorite. Game night was a fun refresher game that challenged me to think. It was fun and to do with other peers who are also pumped up about psychology talk is even more fun.



# An MDC Year in Review

**MDC organized a total of 11 events this academic year!**



We hosted Informational panels on various psychology-related topics:

- Health Disparities
- Forensic and Social Justice Psychology
- School Psychology

We helped our mentees prepare for their future careers with resume roundtables and had some fun with game nights and Taste of Diversity events.

We covered various multiculturalism topics through a Cultural Conversations event and an informational panel on Neurodiversity.

Proceeds went through the Akron Food Bank to the Brimfield Cupboard as well as to our MDC mentees to cover application fees.

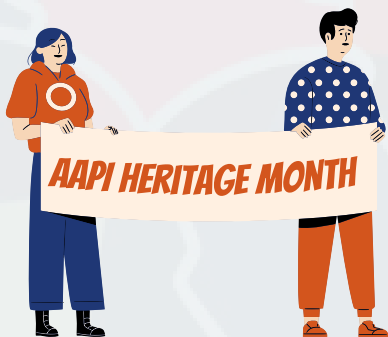
Thank you to those who donated. A special thank you to Keaton Somerville and Emily Rabinowitz for organizing MDC events.

**Venmo Donations Welcomed**  
**@Mary-Himmelstein**

**MDC raised a total of \$185.50 through donations at MDC events!**



## May - Asian Pacific American Month



Since 1979, May has been a dedicated time to celebrate Asian Pacific American heritage, but it wasn't until 1992 that May was officially designated Asian Pacific American Heritage Month. Selected to commemorate the immigration of the first Japanese to the U.S. in May 1843 and the completion of the transcontinental railroad in May 1859 that was made possible by thousands of Chinese laborers, APAH Month elevates the stories, contributions, and experiences of Asian and Asian American communities.

Source: <https://asiasociety.org/texas/asian-pacific-american-heritage-month-2022>

### How to celebrate AAPI Month:

- Support local Asian-owned businesses (and all year)
- Find local or virtual events to celebrate
- Educate yourself (view [this page](#) for helpful information)
- Read AAPI-related books (view [this link](#) for recommendations) and watch AAPI-related movies/TV shows (streaming services usually provide an AAPI-related section)

Visit [this link](#) for 31 ways to celebrate AAPI in 2022.

# May - Jewish American Month



From contributing important scientific discoveries to raising the flag for the abused and neglected, Jewish people have had a huge role to play in where America stands today on the world stage. The more than 350-year history has given us names like Albert Einstein and Ruth Bader Ginsburg – both of whom fought through hard times to emerge victoriously. In order to honor the Jewish communities' continued achievements, May was declared as Jewish American Heritage Month by former president George W. Bush back in 2006.

Source: <https://nationaltoday.com/jewish-american-heritage-month/>

## How to celebrate Jewish American Month:



- Support local Jewish-owned businesses (and all year)
- Learn how to make your favorite Jewish dish
- Educate yourself (take [this quiz](#) to test your knowledge/learn something new!)
- Read Jewish literature (view [this link](#) for recommendations)

Visit [this link](#) for 14 ways to celebrate Jewish Heritage Month!

## June - Pride Month



Pride Month is celebrated annually in June to honor the 1969 Stonewall riots, and works to achieve equal justice and equal opportunity for lesbian, gay, bisexual, transgender, and questioning/queer (LGBTQ+) Americans. In June of 1969, patrons and supporters of the Stonewall Inn in New York City staged an uprising to resist the police harassment and persecution to which LGBTQ+ Americans were commonly subjected. This uprising marks the beginning of a movement to outlaw discriminatory laws and practices against LGBT Americans.

Source: <https://youth.gov/feature-article/june-lgbt-pride-month>

## How to celebrate Pride Month:

- Attend a Pride march/festival
  - [Cleveland Pride](#) Saturday June 4, 2022, 12-6pm
  - [Akron Pride Festival](#) Saturday, August 27, 2022
- Educate yourself (KSU's LGBTQ+ Center offers [Safe Space Ally Training](#) and Trans 101 workshops for students, faculty, and staff)



Visit [this link](#) for 10 ways to celebrate Pride Month!

**Acknowledgments:** *The MDC would like to thank all graduate students and faculty for contributing to this issue. This issue was edited by Karigan Capps.*

*For more information, you can contact the MDC Chair, Tiffany Rowell ([trowell@kent.edu](mailto:trowell@kent.edu)) or Faculty Liason, Dr. Mary Himmelstein ([mhimmels@kent.edu](mailto:mhimmels@kent.edu)).*