

PSYC 408 – History and Systems of Psychology

Learned bringing spirituality into counseling by talking about what people found "sacred" Took a more in depth look at C.B.T.

PSYC 490 – Personhood

Looked at different topics like meaning, personhood, morality, and summarized in an existentialism project.

PSYC 330- Leadership

Worked on conflict resolution and made an action plan for getting things done.

PSYC 326 – Cognitive Process

Learned how the mind works in memory, learning and language. Did ADHD study's & projects.

Practicum & Video Project

Created YouTube shorts for pastors and leaders to help with training in order to be more effective in youth ministry.

Self Care

Christianity

SOCI 400 – Critical Issues in Human Services

Looked at the issue of burnout and how we need to care for ourselves.

Psychology

EXIT

Mindfulness

PSYC 301 – Theories in Personality

Studied different approaches to personality; did study on C.S. Lewis & Personality

UNIV 301 – Lifelong learning Strategies

Learned the difference between core and chore. Read To Be Told by Dan Allender.

Service

Love

PSYC 331 – Theories in Counseling

Studied approaches to counseling; C.B.T. is what particularly appealed to me.

SOCI 201 – Intro into Human Services

Talked about my story, interviewed different service agency's to prepare for practicum project.

Teaching

Praxis

PSYC 411 – Psychology and Spirituality

Did 40 day devotions on emotionally healthy spirituality. Looked at different stages of faith

RS 343 – Issues in Contemporary Culture

Looked at how we approach different problems and worldviews in the culture as Christians.

PSYC 342 – Adolescence Psychology

Learned more about adolescent development and studied the effects of social media on adolescent's mental health.

PSYC 340 – Interpersonal and Helping Skills

Took a more practical approach on how to counsel people and strategies. Went through a few mock session of therapy with people

PSYC 322 – Research Methods

Looked at how to create a research paper. I did research on ADHD and graduation rates in high schools.