

# **Nikki Mehdiyoun**

## **What are you doing now?**

Currently, I am working towards earning my Masters of Arts degree in Clinical Psychology from California State University, Dominguez Hills (CSUDH). As part of the requirements, I am working on my master's thesis studying Jessor and Jessor's Problem Behavior Theory and California's adolescent population. I also work in the Adolescent Mental Health Lab at CSUDH under the supervision of Dr. Carl Sneed and I have had the opportunity to attend and present at professional research conferences. In addition to compiling research, I am completing an internship as an adolescent personal counselor at a private high school in the greater Los Angeles area. I plan on graduating in Spring 2008 and I hope to continue my education and earn a Ph.D. in clinical psychology.

## **How did IUPUI help you to achieve what you have become?**

I changed my major to psychology during my sophomore year at IUPUI and I instantly felt that psychology was the right fit for me. I received a lot of support from the Psychology Department, faculty, and peers. During my undergraduate career, I had the opportunity of studying abroad twice, earning two concentrations offered by the School of Science (Psychology of Addictions and Clinical Rehabilitation), participating in an internship as an addictions counselor at Phoenix Treatment Centers, completing and presenting my own research, serving as a teaching assistant for B103, serving as a volunteer for Adolescent Substance Use Prevention, co-creating a new student organization called Go Abroad with the Office of International Affairs, and participating in Psi Chi, to name a few.

Furthermore, two psychology courses and professors had the most impact on my personal life, B424: Theories of Personality under the instruction of Roger Ware and B103: Orientation to a Major in Psychology under the instruction of Drew Appleby. In B424, I had to take an in-depth look at myself and I learned what my strengths and weaknesses entail and how to improve my life so that I can receive the most out of it. In B103, I had to take an in-depth look at myself from an academic standpoint and ask myself what I really wanted to do with my life after graduation. Under the instruction of Drew Appleby, I closely examined my strengths and weaknesses as a professional and decided that I wanted to pursue clinical psychology after graduation. In that class, I learned so much about psychology as a career, graduate schools, and the available resources at IUPUI, which made my transition into graduate school a breeze!

## **What advice would you give to students who are interested in becoming IUPUI psychology majors?**

To those who are interested in becoming psychology majors, I would ask yourself why you chose this profession. Psychology is not all about talking to people and being able to give good advice. It's a science and you have to be dedicated to the field in order to make it a career.