

STUDENT NewsLetter

FALL 2025



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NEWS FROM THE CHAIR

Fall 2025



DR. SHARON BOWMAN

Good tidings, all! If you haven't been on campus, there are multiple construction zones between our building and the Village. We are constantly dodging equipment to get anywhere. This stage of beautification should be done by Fall 2026, leaving us with a new hotel among other spaces. Internal changes include a new face, and others moving in different circles. In this issue you will learn about our new colleague in social psychology, Dr. Andrew White. You may already be familiar with Dr. Nick Lee's move to Associate Director of the practicum clinic. And, finally, we have two full time non-tenure line faculty with us this year. Dr. Alan Maugherman is an alum of the doctoral program (and the clinical psych master's program in PSYS), and Dr. Thomas Gretton is an alum of the Sport Psych and CMH master's programs. Between these two, and Drs. Cipriano, Lee and Ægisdóttir, we are surrounded by alums during faculty meetings this year.

By the time you see this, it is likely the Psychology Good Deeds Day will have passed. Scheduled for October 8th, the goal is to have members of the psychology community do one good thing for someone else on that day. The Chair of the Psychology Department at the University of Maryland proposed the idea to the organization of psychology chairs, and at last count 75 departments around the world had joined in. Each department designed their own thing. I am pleased to say that all of the academic psychology units at BSU joined in; we are asking folks to demonstrate a random act of kindness and leave a post-it note for someone that day. In fact, doing something that WEEK, or even throughout the month of October, sounds like a plan to me. If you are looking for ideas, also check out this page:

<https://www.randomactsofkindness.org>

There are plenty of other things, events or situations I could talk about, but I am going to end this here. I tend to end my letters (yes, I write actual letters!) with a quote:

*ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH.
HELEN KELLER*

NEWS FROM THE DOCTORAL PROGRAM

The New, the Old, and Somethings in Between:

Reflections from the Doc Program Training Director

Lawrence H. Gerstein, Ph.D.

Hello! It has been quite some time since I wrote an article for our newsletter as the Director of our Doctoral Program! Once upon a time, I served in this position. Never imagined, though, doing it again. I am happy to have this opportunity again! Couple of things I want to share.

First, big welcome to our 1st year doc students, Brianna, Cali, Ellie, Han, Lauren, Luke, and Luvonda! We are all excited that you joined our program. Welcome back as well to our other current doc students. Shout out to our students on internship this year: Natalie (VA Louisville, KY), Brandon (VA Fargo), Ash (Southern Illinois University, UCC), Tyler (Natl Psy Training Consortium-Great Lakes), Shae (Guam Psy Internship Consortium), Idil (University of Minnesota, UCC), and Guolin (University of Missouri-Columbia, UCC).

Next, I know you spend time wondering about the history of our doctoral program! We've had a doc program in our department for more than 50 years! At first, it was a counselor education degree. Students pursued the degree on and off campus. You ask, "off campus?" For years, our department had a contract with the U.S. Department of Army to offer graduate programs to service members located in Europe. Many individuals in the military earned their grad degrees in counseling from our department. Our faculty members in Muncie would spend semesters, for instance, at military bases in Germany teaching classes. Unfortunately for me, this program ended a few years before I arrived at Ball State in 1983. I remember clearly my disappointment that I did not have the opportunity to participate in this overseas program. I did, however, meet some of the amazing individuals that earned their master's through this program as they were enrolled in our doc program in the 1980s!

In the 70s and 80s, a number of counselor education doctoral programs transitioned to becoming counseling psychology programs. They did this because psychology licensure boards were requiring people to earn a degree in psychology to be eligible for licensure. Our faculty decided to pursue this path in the mid 1970s, and eventually our doc program was accredited by APA in 1982. I joined the department one year later as did Donald Nicholas and Charles Barké. The three of us were hired to strengthen the research footprint of the department in terms of training, research, etc. This was something that APA required of our department. Since its inception, several people have served as the Training Director of our Doctoral Program.

I list them below in chronological order (earliest director to current director) though I don't remember the years that they served as director.

- Jane Duckworth
- Michael White
- Charles Barké
- Jane Duckworth
- Sharon Bowman
- David Dixon
- Lawrence Gerstein
- Donald Nicholas
- Ashley Hutchison
- Kristin Perrone
- Lawrence Gerstein

Much thanks to my immediate predecessor, Kristin Perrone, for passing the program on to me in such great shape and for providing lots of valuable information to help make the transition to my reentry as Training Director very smooth!

To date, around 375+ students have earned their doctoral degree from our APA Accredited Program! I have interacted with almost all of them. While lots has changed in terms of our faculty composition, and to some extent our curriculum, some basic elements of our program have endured. We continue to place high priority on preparing students to be extremely well-rounded scientist-professionals equipped to take on many roles in a very wide array of settings. Our commitment to highly ethical practice grounded in research and cultural relevance has remained firm and has become even stronger. Our dedication to addressing the needs of society has grown, and the scope of our reach worldwide has been expanded. In fact, our graduates live and work around the globe; they are front line, mid-level, and upper-level leaders and administrators, providers, faculty members, trainers, supervisors, and researchers doing great things to enhance the quality of life of the populations and systems they serve!

Early on in my career in our department our doc students and faculty members devoted more time to having fun, even together! We had a softball team and basketball team. We socialized more. For decades, however, these types of activities lessened. In the past few years, there has been a resurgent interest in all of us doing a better job managing our work-life balance, and there has been a stronger desire for us to socialize more. We have been more intentional about fulfilling this goal. I welcome hearing your ideas about activities we can pursue to make this happen more often. I also welcome your feedback on our doctoral program.

Get outside and enjoy the fall!



NEWS FROM THE SOCIAL PSYCHOLOGY PROGRAM

Welcome to Fall 2025. It is a season of change for the Social Psychology Master's Program — read on to hear about our exciting changes!

First, I am now directing the Social Psychology Master's Program following Dr. Mary Kite's retirement. Dr. Kite worked diligently to ensure our program and students were thriving, and I hope to emulate her steadfast commitment to excellence and inclusion in teaching, mentorship, and scholarship. We will miss her as our director, but she is still in Muncie and would love to continue to connect with our students, so you will likely see her around!

Second, I'd like to formally introduce my lab to the department. I lead the VOICES (Violence, Oppression, Identity, and Community-based ExperienceS) lab, a group of researchers studying the lived realities of people with multiply marginalized identities and/or experiences. We are interested in improving our understanding of their challenges, joys, and factors that contribute to wellbeing. We use multiple methods, and often engage in mixed-method and qualitative research. One of our recent projects includes analyzing recommendations from plurisexual women (women attracted to people in multiple gender categories) in the U.S. regarding how positive regard toward their attractions and identities (i.e., bipositivity) can be better fostered in relational and intuitional contexts. Another project focuses on understanding how race, ethnicity, sexuality, and gender-based stereotypes intersect to shape how others respond to plurisexual people's disclosures of sexual violence experiences. While our lab is primarily comprised of students in the Social Psychology Program, students from any program are able to join us!



Left to right: Kailon Ford, Scindie St. Fleur, Eli Wibben, Dr. Cipriano, Haley Parnel (recent graduate), Stevee Judy, Cassie Aker. New members not pictured include Marcella Arguello and Gabriel Del Greco.

I am also very pleased to welcome Dr. Andrew White as our new program faculty member. Dr. White comes to Ball State from the University of South Carolina Aiken where he was previously an Assistant Professor. Dr. White earned his PhD in Social Psychology from Indiana University Bloomington, and his B.A. In Psychology from the College of Wooster. Originally from Northeast Ohio, Dr. White is happy to be back in the Midwest. His research interests focus on motivation, stereotyping, and diversity science, particularly as applied to STEM educational contexts. His dissertation research explored how identity development motivations might help explain belonging differences between LGBTQ and non-LGBTQ students in STEM. Outside of research, Dr. White is a dog lover, coffee fan, and gamer. We are all very excited to have Dr. White as a colleague!

Last but certainly not least, I am thrilled to share the short biographies of the first-and second-year students in our Master's Program in Social Psychology. We have an excellent group of students in the program right now, including dual and purely social students. I highly encourage the members of our department to take some time to get to know them!

Sincerely,

Dr. Allison Cipriano (she/her)



FIRST YEAR STUDENTS

Marcella-Alysia Argüello (she/her): I received my undergraduate degree at Miami University where I double majored in Psychology and Critical Race and Ethnic Studies. My research interests include intersectional-multicultural studies, gender in a social context (e.g., machismo and marianismo), and marginalized populations such as Latinos and immigrants. I chose BSU because I appreciated its emphasis on inclusive research. In the future, I hope to pursue research to expand knowledge within the field to provide sustainable, generalizable findings that could lead to interventions and increased resources for underserved communities. I also hope to pursue a Ph.D. in social psychology in the future. In my free time, I enjoy reading, scrapbooking, and collecting physical media like CDs, movies, and art.

Gwen Howell (she/her): I received my BS in Psychological Science from Ball State University in 2023. When I began my undergraduate journey here, my major was in biology and chemistry, but that quickly changed after I was first exposed to the world of psychology in my PSYS 100 course, but I did keep a minor in biology. In addition to being a student, I am also a full-time employee of this department, and a lot of you may know me from emails and our plan of study meeting. My research interest is the intersection of race and gender, specifically relating to implicit bias and competence perception. Recently, I have gotten back into watching sports with my dad, specifically women's basketball, and I am interested in exploring how professional sport and implicit bias relate. Outside of school and work I like to read, play board/card games, and play trivia. I have also gotten into bracelet making as a way to destress.

Gabriel Del Greco (he/him, any): I got my BS degree right here at Ball State and I am currently pursuing a master's degree in Social Psychology and Clinical Mental Health Counseling. After graduation, I am excited to continue on through the PhD program in Counseling Psychology. I chose Ball State largely due to the mission statement and blend of practice and research. My research interests broadly are on human sexuality, more explicitly on consensual non-monogamy, sexual behaviors, and paraphilic disorders. I am also a Graduate Assistant for the Nursing Simulation and Information Technology Center in the School of Nursing. Outside of school, I enjoy binge watching various shows, right now I'm watching "What We Do in the Shadows."

Lillith Piguet Cormier (she/her): After working in Corrections for a few years, I decided to pursue my passion and started the Social Psychology and Clinical Mental Health Counseling Dual Master's program. I received my B.S. from Ball State, majoring in Psychological Science and minoring in Interpersonal Relations and Public Health. I currently have a Graduate Assistantship in the Counseling Practicum Clinic in the Interprofessional Community Clinic. Relationship psychology, specifically Gottman, is one of my biggest areas of interest, although I am eager to learn more about Emotionally Focused Therapy and Internal Family Systems. I wanted to study Social Psychology to help expand my understanding and be the best version of a therapist I can be. Outside of school, I enjoy playing a variety of video games with my friends, working on different crafts or drawing, and enjoying music – hopefully at a concert!

Samantha Hughes (she/her): I was born and raised in Southern California. Back home, I attended the California State Polytechnic University, Pomona and earned my BA in Psychology and minored in Ethnic and Women's studies. I chose to pursue my Master's at Ball State University specifically for the faculty and the unique dual Social Psychology and Clinical Mental Health program. This program aligns with my values, goals, and interests and there isn't a program like this where I'm from. My research interests focuses on intersectionality of identity, body image, eating concerns, socioeconomic status, and first-generation students. I hope to expand my work and research trauma and sexual violence during my time here. In my free time I love to crochet, exercise, explore new coffee shops and binge the latest new TV shows.

Faelyn Cowan (they/them): I'm coming to Ball State University from Florida, after completing a BA in Psychology and an MA in Women's, Gender, and Sexuality Studies at the University of South Florida—where my research focused on how LGBTQ+ people make and manage community spaces, and the implications for those spaces in LGBTQ+ mental health care. I joined the Dual Social Psychology and Clinical Mental Health Counseling program to continue and broaden my research, and to learn how to help those in my community. BSU's focus on social justice and the fantastic research are what attracted me to the program, and I'm happy to say I'm loving it here so far! Outside of academe I'm a lover of horror movies, enjoy cooking and trying out new recipes, and am a collector of clown related nick-nacks!

Second Year Students

Eli Wibben (they/them): I am a student in the Psychological Science and Social Psychology Master's of Arts Programs here at Ball State. I completed my Bachelor of Science in Psychology and Biochemistry at the University of Wisconsin Stevens Point in 2023. I am a volunteer in Dr. Allison Cipriano's lab and in Dr. Katie Lawson's lab, and I have a graduate assistantship at the Division of Online and Strategic Learning. My research interests are in gender and sexuality, and my current projects explore how people define bisexuality. After Ball State, my goal is to complete a Social Psychology PhD program and become a professor. Outside of school, I enjoy listening to electronic music, playing video games, watching anime, and tinkering with home servers.

Sandra Bekoe (she/her): I am from Ghana. I received my undergraduate degree at Kwame Nkrumah University of Science and Technology where I majored in Sociology. I chose Ball State for my Master's degree due to its strong reputation for academic excellence and innovative research opportunities. I am interested in pursuing Social Psychology because I am fascinated by the dynamics of human social behavior and relationships. I'm currently working as the Master's Program Graduate Assistant for our esteemed department. Outside of academia, you can find me trying out new recipes in the kitchen or talking to my family and friends back home.

Kailon Ford (she/her): I received my undergraduate degree in psychology with a minor in sociology from the University of Central Missouri. I currently have a research assistantship with Dr. Cipriano. I chose Ball State because I knew it would be conducive to my goals. The staff here is very supportive and ensures that I have everything I need to succeed. After I graduate, I plan on applying to an Industrial Organizational psychology doctorate program or finding a job. I am interested in studying motivation among Black office professionals and the intersectionality of race, gender, and sexuality in the workplace

Stevee Judy (she/her): I received my Bachelor of Science from Ball State University in Psychological Science. I decided to continue my education here because I resonated strongly with the Social Psychology program's focus on diversity, and because of the funding provided for Graduate Assistants by the university. For my Graduate Assistantship, I work at the Learning Center Tutoring Desk through the University College. In my spare time, I greatly enjoy doing fiber arts, especially crochet and knitting, as well as watching live theatre, attending concerts, and spending time with my friends! My research interests mainly surround the interactions of the Criminal Justice System with individuals of intersectional backgrounds, as well as applications of procedural justice tactics in non-law enforcement settings.

Scindie St Fleur (she/her): My name is Scindie St Fleur. I am a Fulbright scholar from Haiti, where I earned my B.S. in Psychology. I am currently in my 2nd year pursuing my master's in social psychology along with a graduate certificate in Public Administration. Prior to that, I was a counselor in my home country for 10 years, focusing on helping teens and children dealing with trauma. My interest has shifted a bit over the years, as I am now a research assistant for Dr. Cipriano, where my interest lies in learning and discovering more about minority communities within the intersectional lens. When I am not at school, I love cooking, watching Netflix, calling friends and relatives, and shopping. Following graduation, I am planning on pursuing a Ph.D. in I/O Psychology, where I want to further explore trust and workplace anxiety, two common issues in today's society. My advice to first-year students is to remember we are here to learn how to grow, so it is okay to struggle and to ask for help, as this is part of the process.

Sydney Maurer (she/her): I am from South Bend Indiana and I got my Bachelor of Science in Criminal Justice and Criminology at Ball State. Once I complete my Social Psychology Master's, I plan to go back to the criminal justice system. Ideally, I would like to work in rehabilitation in the prison system. Currently, I am working with Dr. Acquaviva, Associate Professor in the Department of Criminal Justice and Criminology, on an encyclopedia chapter on statutory rape. I work as a Graduate Assistant for Student Athlete Support Services. Outside of school I am involved in theater, dance, and athletics.

NEWS FROM THE CLINICAL MENTAL HEALTH COUNSELING PROGRAM

Welcome!

Dear Clinical Mental Health Counseling (CMHC) and Social Psychology (SP) & CMHC dual students, welcome! I hope your semester has started off smoothly and you are enjoying your stay at BSU and appreciating the beautiful fall weather. I wish the first-year cohort a smooth transition into graduate school, and the second-year cohort a great experience on their field internship.

Accreditation

As you know, both our CMHC and SP & CMHC programs were accredited by the Masters in Psychology and Counseling Accreditation Council (MPCAC) in September 2024. We are thrilled to also state that our accreditation is in effect until September 2032. In January 2025 the MPCAC implemented new curriculum/accreditation standards (the 2024 standards) and on September 2 2025, I provided the MPCAC with a report and evidence that our programs adhere to these standards. To familiarize yourself with MPCAC, their website is here: <https://mpcacaccreditation.org/>. Their new 2024 standards are listed in their Accreditation Manual: <https://mpcacaccreditation.org/wp-content/uploads/2025/01/MPCAC-2024-Accreditation-Manual-20250121.pdf>

Our Program Evaluation Procedures

Per request by MPCAC and to help us know how we are doing and make programmatic changes we seek information about our programs and our students' experiences from different sources. For instance, all MA students in the CPSY are evaluated annually by their assigned faculty advisor/mentor (see below). These evaluations are done every spring semester where you meet with your mentor/advisor to discuss your experiences in the program. Additional program data include an exit survey administered to students right before they graduate, a survey of internship site supervisors, survey of our alumni, and our students' performance on the Content Exam/CPCE Exam (see below). All this information helps us evaluate how we are doing as a program in training you to be a successful clinical mental health counselors. Results from some of these surveys are presented on our program's website, here: <https://www.bsu.edu/academics/collegesanddepartments/cpspc/academic-programs/ma-counseling> and here: <https://www.bsu.edu/academics/collegesanddepartments/cpspc/academic-programs/ma-social-psychology-counseling>

MA Annual Evaluation

The annual evaluation of our MA students consists of a meeting between the student and their assigned faculty mentor/advisor. These meetings are either done over Zoom or in person, and provide the faculty mentor/advisor an opportunity to learn about their student's progress in the program and for the students to address any concerns they have with the program or their professional development. As stated, these evaluations are completed every spring semester. Your assigned faculty mentor/advisor will contact you to set up this meeting, where you will be asked to bring a copy of your unofficial transcript in addition to any questions or concerns you have about the program and your progress. Feel free to contact your faculty mentor/advisor for support at any other time during your stay in our programs.

Content/CPCE Exam

The content exam is administered twice over the academic year. The next administration will be November 6TH and 7th. This is a reminder that all students in the Clinical Mental Health Counseling and Dual SP & CMHC Programs must pass the exam before graduation. You may take the exam once you have completed at least 30 semester hours of coursework. Please stop by the main office or contact Gwen Howell our admissions coordinator about signing up.

Membership in Professional Organizations

It is important for future counselors to be involved in a professional organization. These organizations serve as advocates for our field and offer numerous training and professional development opportunities, and a great opportunity for networking. The American Counseling Association (ACA) advocates for all counseling professions and offers malpractice insurance, which we require all students to carry once they begin their practicum and internship activities. See <https://www.counseling.org/>. Additional professional organizations of relevance to Mental Health Counselors are: The Indiana Counseling Association (ICA), <https://indianacounseling.org/> and the American Mental Health Counselors Association (AMHCA), <https://www.amhca.org/home>. I encourage you to read what these organizations have to offer and consider joining one or more of them.

Graduates

We always enjoy hearing from our graduates. Please e-mail the department at cpsy@bsu.edu or cpsygrad@bsu.edu to let us know how you are doing in your careers and lives. Thanks for keeping in touch, and best wishes for good semester, good health and safety,
Dr. Stef

NEWS FROM THE REHABILITATION COUNSELING PROGRAM

News from the Rehabilitation Counseling Program

Happy Fall 2025. I would like to welcome every new and returning student to our rehabilitation counseling (RC) program and our CPSY department. I am glad that you are here.

Recently I saw a public invite to join in-person or virtually the United Nations General Assembly Science Summit 2025. Among all the interesting presentation topics, I see one titled “Harnessing Assistive Technology to Advance Social Inclusion for People with Disabilities: Findings from the EU COST Action a-STEP”. It’s inspiring to see rehabilitation professionals/researchers advocating for social inclusion for people with disabilities (PwDs) using assistive technology globally. Assistive technology is certainly a topic we cover in our rehab counseling program. Often, assistive technology is not just for PwDs but for all people (e.g., universal designs of tables and chairs or door knobs). If you find these sorts of topics interesting or you know people who are interested in working with people with chronic illness and disabilities (not to mention becoming eligible for a national certification and the state counselor licensure), please help us to spread the word and let people know about our program. Feel free to contact me if you have any questions.

Internships

A special “Thank You” to Hillcroft, Meridian Health Services, Lifeline Youth and Family Services, the State Vocational Rehabilitation - Grant County, and their on-site supervisors. They are hosting our RC students during their internship year!

Comprehensive Exam

Rehabilitation Counseling students have the option of completing the program-based comprehensive examination or the national Certified Rehabilitation Counselor Examination (CRCE) administered through the Commission on Rehabilitation Counselor Certification (CRCC). Please remember to review the options and contact me with your intentions. See www.crccertification.com for examination information and deadlines.

Professional Organizations

Professional counseling organizations provide many resources and participation in such organizations can be a valuable part of developing one’s professional identity. Counseling and rehabilitation organizations to consider: American Counseling Association (ACA) <https://www.counseling.org>
American Rehabilitation Counseling Association (ARCA) <http://www.arcaweb.org>

RC Program Director
Dr. Chan



MEET YOUR PEERS

ARGUELLO, MARCELLA

FIRST YEAR MASTER'S STUDENT IN THE SOCIAL PSYCHOLOGY PROGRAM



Where is your hometown?

Indianapolis, IN

Where did you obtain your bachelor's, and what were your major(s)?

Miami University – Double major in Psychology and Critical Race and Ethnic Studies

What first interested you in psychology?

My interest in psychology was sparked during my freshman year of high school when I was first introduced to the subject in an English class. From there, my curiosity about the inner workings of the human experience expanded, drawing me into the practical applications of psychological principles with the intent to improve individual and collective well-being. However, it was clear that there was an imbalance of representation within the population pools being studied, pushing me to pursue an academic and professional career in social psychology.

Why did you choose Ball State?

I chose BSU because I appreciated the Department of Counselling Psychology, Social Psychology and Counselling's multicultural approach as well as its emphasis on inclusive research. When looking for an institution to pursue my graduate education, I wanted a department that provided space to research underserved populations as well as address intersectional issues such as prejudice and discrimination.

What do you think of your experience at Ball State as an MA student so far?

So far, all the faculty and students I've interacted with have shown me nothing but kindness and support as I transition into higher education. I'm looking forward to working as a graduate assistant with Dr. White and getting into the rhythm of research again after my gap year.

What are your future and career goals?

I hope to pursue a research position at an academic institution or non-profit organization to help fill gaps in population samples and expand knowledge within the field to provide sustainable, generalizable findings that could lead to interventions and increased resources for all communities. I also hope to pursue a Ph.D. in social psychology in the future.

What are a few of your favorite hobbies?

A few of my hobbies include scrapbooking, thrifting and upcycling, and going to concerts.

What food could you not live without?

A food I can not live without is tiramisu.

What is your favorite TV show currently?

Currently, my favorite TV show is Smallville after I recently saw the new Superman movie.

What is something about you that people would be surprised to know?

I was born on St. Patrick's Day :)

If you could have dinner with any historic figure, who would it be and why?

If I could have dinner with any historic figure, it would be Rubén Darío. As a Nicaraguan, I think it would be meaningful to meet the Nicaragüense poet who pioneered the modernismo movement in Latin Americana and Spanish-language poetry that often dealt with themes of escapism and cultural pride.



MEET YOUR PEERS

ASH WRIGHT, B.S.

FIRST YEAR MASTER'S STUDENT IN THE CLINICAL MENTAL HEALTH PROGRAM

Where is your hometown?

I'm from Middletown, which is a very small place about 30-40 minutes from Ball State.

Where did you obtain your bachelor's, and what were your major(s)?

I obtained my bachelor's here at Ball State, and I majored in psychological science with minors in criminal justice/criminology and psychology of human development.

What first interested you in psychology?

I took a psychology class my senior year of high school and that's pretty much where my interest in psychology started, but I knew from a young age I wanted to help people.

Why did you choose Ball State?

I chose Ball State because I've always really liked the school/campus. It's a great place to learn and was where my mom went to college. Plus, it's close to where I live and had a great psychology program.

What do you think of your experience at Ball State as an MA student so far?

Well, I've only been an MA student for a few weeks now, but so far, it's been a good experience. Everyone is nice, helpful, very easy to talk to, and I'm enjoying the classes I'm taking. I imagine as the weeks go on it'll only get better.

What are your future and career goals?

I want to be a therapist and work with children and adolescents who've experienced trauma, but I generally just want to help people. I'd like to eventually get my Ph.D. in psychology and one day have my own private practice.

What are a few of your favorite hobbies?

I really enjoy reading both fiction and nonfiction, listening to music and podcasts, and watching TV, especially documentaries about true crime. I also enjoy exercising—particularly running and yoga.

What food could you not live without?

I definitely could not live without pasta and Mexican food. I live off those two foods.



What is your favorite TV show currently?

I don't really know. Probably The Summer I Turned Pretty while I wait patiently for Strangers Things newest season to be released or the Morbid podcast, which isn't a show per say, but I listen to it almost every day.

What is something about you that people would be surprised to know?

I think something that would surprise people is that I was a competitive dancer when I was younger all through school. I started dancing at the age of 3 and started dancing competitively in a company at age 7 or 8. Dance used to be a huge part of my life and allowed me to escape my small hometown and travel, which broadened my horizons and worldviews. I met a lot of interesting and great people because of it.

If you could have dinner with any historic figure, who would it be and why?

It'd probably be Princess Diana. I think she was a wonderful person who cared about the world and the people in it, and I believe talking to her would be fascinating.



MEET YOUR PEERS

CHLOE ROGERS

FIRST YEAR MASTER'S STUDENT IN THE REHABILITATION PROGRAM



Where is your hometown?

I am from Muncie!

Where did you obtain your bachelor's, and what were your major(s)?

I got my bachelor's at Ball State! I majored in Psychology and had two minors in Applied Behavior Analysis and Counseling.

What first interested you in psychology?

I first started to become interested in psychology from a class I took in high school, it was just the basics of psychology, but it kept me interested and I knew this was something I wanted to continue learning about, passed the basics.

Why did you choose Ball State?

I really enjoyed it here for my undergrad, so when I found that the counseling program here for graduate school was what I was looking for, I knew staying at Ball State would be what I wanted to do. Being here is close to my family so I also feel comfortable here as well.

What do you think of your experience at Ball State as an MA student so far?

So far, I am very happy with my experience. I knew it would be challenging, but the support I have from my classmates, teachers, and TA's is very helpful and makes this new experience a much easier one. The encouragement that we receive is great as well, reminding us that we have much more time to grow and it's okay to make mistakes.

What are your future and career goals?

For the future after getting my MA, I would like to do doctorate school here at Ball State as well. This has always been a long-term goal for me, so I would like to see if I can follow through with it! For my career goals, I have always wanted to help people, whether that be with teaching, coaching, etc, but when I found my love for psychology I knew that being a therapist/counselor is what I really want to do. I would like to work with adolescents, but as I go through my MA, it will be interesting to see if this changes!

What are a few of your favorite hobbies?

I enjoy watching true crime documentaries and I like to watch professional and college volleyball.

What food could you not live without?

I love potatoes in any form; French fries, mashed potatoes, fried potatoes, baked potatoes, definitely couldn't get rid of those potatoes.

What is your favorite TV show currently?

Currently, I have been watching Dexter, which is not new because I started from the beginning, but it is my favorite show at the moment!

What is something about you that people would be surprised to know?

I think that some people would be surprised to know that I have played volleyball competitively since I was 7 years old! I played volleyball at a club named Munciana, and I dedicated a lot of time there! I was able to travel to many amazing places around the United States and I got to go to Canada as well!

If you could have dinner with any historic figure, who would it be and why?

If I could have dinner with any historic figure I think I would choose to speak with Martin Luther King Jr. He is a person that I look up to a lot for all he did for the Civil Rights movement, but it would also be interesting to hear his experiences of what he endured and experienced during these times.



MEET YOUR PEERS

LUKE MONTGOMERY M.S.

FIRST YEAR DOCTORAL STUDENT IN THE COUNSELING PSYCHOLOGY PROGRAM

Where is your hometown?

Mankato, MN

Where did you obtain your bachelor's and master's degrees, and what were your major(s)?

Bachelor's – University of St. Thomas, Major in Psychology, Minor in Family Studies. Master's - Minnesota State University, Mankato – M.S. in Mental Health Counseling.

What first interested you in counseling psychology?

I am very interested in the field of assessment, and this is a cognate in the counseling psychology program.

Why did you choose Ball State?

Ball State was close enough to my hometown, and I felt very comfortable with not only the people I was being interviewed with, and the faculty were very welcoming.

What do you think of your experience at Ball State as a doctoral student so far?

It has been a very different learning experience, and I've had to wear many different hats throughout the process. I feel like I've only been here a short period of time but have already learning a lot.

What are your research interests and what's the most interesting thing you've discovered so far in your research?

The vast majority of my past research has been related to secure attachment among adopted children. Ideas such as how to work best with adopted children, and hopefully foster secure attachment styles between adopted children and their adoptive families.

What are your future plans and career goals?

I hope to eventually open up a private practice. I would like to be able to administer and interpret assessments as well as see clients for therapy.



If you could have a superpower that would help with your research, what would it be?

Super-speed, not only would I think this would help with reading, but I also think it could help with writing and typing for research papers and other things.

What's the best book or podcast you've consumed recently and why did you enjoy it?

I recently read *Thinking Fast and Slow*, and I was surprised by how much I enjoyed it. It talked about the two systems of our brains and how we can make assumptions in situations and draw conclusions very quickly, even if there are alternative answers to the information presented.

What is something about you that people would be surprised to know?

I think people would be surprised to know how much I enjoy cooking. I learned a lot growing up from my mom and dad, and I really enjoy cooking a nice meal to unwind after a long day.

If you could switch life with someone for day, who would it be and why?

I would switch lives with Scottie Scheffler. I would love to know how it feels to be that good at golf.

What's your favorite campus hideout or study spot?

I've really only used the first floor of the health building. I do like all the windows and how bright it is on the first floor; it helps me feel like I'm not inside all day.

What's the best part about being a student at Ball State?

I've really appreciated the support from my cohort and being a part of a team. That has always been how I work best, and I am very thankful that the learning environment aligns with that.



FACULTY SPOTLIGHT

DR. ANDREW WHITE

ASSISTANT PROFESSOR

Where is your hometown?

I am originally from Medina, Ohio, in Northeast Ohio.

Tell us about your educational background.

I received my B.A. in Psychology from The College of Wooster, a small liberal-arts college in Wooster, Ohio. After undergrad I went on to pursue my Ph.D. in Social Psychology at Indiana University in Bloomington, Indiana.

What first interested you in counseling (social?) psychology?

My undergraduate mentor was a social psychologist who inspired me to pursue academia. I became passionate about social psychology due to its relevance in addressing different social problems and inequities.

What brought you to Ball State?

I was excited about being able to teach and mentor students at the graduate level. I was especially interested in the department's unique emphasis on both social and counseling psychology.

Please describe your role within the department.

My position involves both teaching and research expectations. I look forward to mentoring and working with students in the department's various graduate programs – come chat!

What are your research and teaching interests?

My research interests center around motivation, stereotyping, and identity: how do our identities shape the goals we pursue and how we perceive others? My teaching interests focus on social psychology, especially research design in social psychology and how we can use social psychology to understand the world around us.

Outside of academia, what are your favorite hobbies?

I love to bake, watch horror movies, and play games with friends. I'm also a huge dog lover!

What food could you not live without?

My current fast-food obsession is Panda Express.



If you could travel anywhere in the world, where would it be and why?

I would love to travel to Mexico to experience the culture and food!

What's something about you that people would be surprised to know?

I love to throw Secret Santa parties. My last one party was TLC themed (the music group, not the TV channel).

How do you practice self-care?

Cultivating friends and hobbies outside of work has helped me deal with the stress that can come from an academic job (mostly peer-review!).

FACULTY SPOTLIGHT

DR. NICHOLAS LEE

ASSOCIATE CLINICAL PROFESSOR

Where is your hometown?

I grew up on the east side of Indianapolis. I lived in the same home until I left for college. I attended Warren Central High School for those of you who know the Indy area high schools.

Tell us about your educational background.

I am a twice-over Cardinal. I obtained my bachelor's degree from Ball State in 2003. I then completed a master's degree in marriage and family therapy from Indiana Wesleyan University. After practicing as a licensed marriage and family therapist for almost six years in the Muncie community, I returned to BSU for my doctoral studies in 2011. I graduated from the PhD program in Counseling Psychology in the summer of 2015.

What first interested you in counseling psychology and clinical training?

To be honest, I didn't even know there was a distinction between counseling and clinical psychology until I arrived on campus. What primarily drew me to my doctoral studies was the opportunity to work with a particular faculty member with shared interests. During my time at Ball State, I was introduced to the field of counseling psychology and was immediately drawn to its emphasis on a strengths-based and systems view of individuals, couples, and families. This fit nicely with my prior training in family systems at the master's level. In terms of clinical training, I have always been driven by the idea of seeking to provide high caliber services to folks. There are evidence-based ways we can train ourselves to get incrementally better and better at what we do. In my new role in the CPC I have the opportunity to do this work on a daily basis with our graduate students.

What brought you to Ball State?

This question is better answered by first saying what drew us back to Muncie. Prior to moving back to Muncie in 2021, I was working as a faculty member at Radford University in Virginia. Unfortunately, there were health-related issues in my extended family that necessitated our move back to the area. From 2021-2023 I worked as a full-time staff psychologist with Open Door Health Services. Then in 2023 I joined the faculty at Ball State full-time.

Please describe your role within the department and the training clinic.

My role has shifted recently. Approximately 50% of time is now dedicated to serving as the CPC's Associate Director. In this role I help oversee the CPSY 606, 644, and 646 training sequence for the master's program, I provided supervision to our CPC intern, and carry an increased clinical supervision workload. Additional projects I hope to work on in the future include pursuing external training grants, as well as seeing research conducted in the CPC. The remaining 50% of time is spent teaching courses, serving on thesis and dissertation committees, and university/professional service activities.



What motivated you to transition from being a faculty to becoming the Associate Director of the training clinic?

Well, I am still considering core faculty within the department. So, in some ways I have the best of both worlds. On the hand, I get to remain active in the classroom and working alongside students with their research projects; and, on the other hand I get to leverage my strengths in terms of clinical training to support the work happening in the CPC.

What do you enjoy most about working with students in the clinic setting?

I enjoy seeing students' confidence and self-efficacy grow as they begin working with their own clients.

What have been some of the biggest challenges or lessons learned in this new role?

I have learned so many lessons in my short time in this role! In many ways I feel like I am starting a new job all over again where I learning new procedures, systems, and how to best support the work of the clinic.

Outside of academia, what are your favorite hobbies?

I enjoy working on projects around the house – big to small. I also enjoy reading, going to the movies, and visiting breweries with my friends and family. In this season of life we are traveling often to watch our niece and nephew compete in cross country meets.

What food could you not live without?

Bread. Definitely bread.

If you could travel anywhere in the world, where would it be and why?

This changes for me depending on what is happening in my life. Right now, my daughter is reading through the Lord of the Rings (big parenting win for me). We have been the watching films as she completes a book. So I think I'd like to go with her to New Zealand where they filmed the movies and see the landscapes that make some of our favorite scenes.

How do you practice self-care?

For me, I rejuvenate with my family. I really cherish my evenings after work with them. Related to this, another way I practice self-care is clear boundaries around my evenings and family time. There will always be work to do the next day, but my family won't always be under the same roof together.



STUDENT AND ALUM UPDATES

Publications and Presentations:

Stevee Judy, a second year master's student in the Social Psychology program was recently published in the journal Deviant Behavior! Here's the citation:

Judy, S., Vito, A. G., Rocheleau, G. C., & Intravia, J. (2025). Is It Still "All the Rage?" Revisiting the Link Between Vaping and Delinquency in Adolescents. Deviant Behavior, 1-14.

<https://doi.org/10.1080/01639625.2025.2501617>



ALUM Kayla Myers is working full-time at Still Waters Professional Counseling as an LMHCA and recently earned HER Certified Mental Performance Consultant (CMPC) consultation, which is part of the dual track SHE pursued at Ball State University, including sport, exercise, and performance psychology.



ALUM April Krowel, Ph.D., HSPP completed training last fall and she is now an aviation neuropsychologist and also running for President-Elect of the Indiana Psychological Association.



Syd Merrill recently got married on August 2nd, 2025, at the historic Inn at Irwin Gardens in Columbus, Indiana, to her darling husband, Ali Hakim. her dear friend, Ash Moomaw, (who is a PhD student in our department who is currently on internship in Illinois) was their ring bearer, and Kelly Randall, a recent graduate of the social psychology masters, was a bridesmaid.



DEPARTMENT EVENTS & ANNOUNCEMENTS

We are pleased to announce that we are offering a 3 CE credit workshop on “Enhancing Competency in Eating Disorder Treatment”. The presenters are Todd Davis, MA LMHC and Jordan Koellner, MS, RD, LD, CEDS, both from Selah House in Anderson, IN.

They will discuss the etiology of eating disorders, the clinical presentations of clients who might be at risk of developing or currently struggling with eating disorder thoughts and behaviors, and current evidence-based interventions for the treatment of eating disorders. The workshop is suitable for health professionals and advanced students in psychology, counseling, social work, and nutrition.

We welcome you to attend the workshop in-person here in Muncie, in the conference space at Ball Memorial Hospital (parking is free). If you cannot come in person, we will also provide a zoom option. The session will not be recorded.

Through the generous resources of the East Central Indiana Area Health Education Center (ECI-AHEC), we are able to provide this workshop without charge to attendees!

https://bsu.qualtrics.com/jfe/form/SV_2npJ3JdEhpb7M4S

Hidden Struggles: Enhancing Competency in Eating Disorder Treatment

DESCRIPTION

It is currently estimated that approximately 9%, or 30 million individuals in the US population will develop an eating disorder at some point in their lifespan (Project Heal, n.d.). While the importance of mental health has increased in awareness over the years, there is still a lack of understanding of appropriate approaches for treating eating disorders among mental health providers. Among mental health providers in the United States, eating disorder therapists account for only 0.52% of these professionals (Bunnell, 2025). These statistics provide insight into the gap that exists in access to care for the eating disorder population. This presentation aims to discuss the etiology of eating disorders, the clinical presentations of clients who might be at risk of developing or currently struggling with eating disorder thoughts and behaviors, and current evidence-based interventions for the treatment of eating disorders.

LEARNING OBJECTIVES

- Learners will be able to identify at least 3 risk factors for the development of an eating disorder.
- Learners will be able to identify at least 3 therapeutic modalities that can be applied to the treatment of eating disorders.
- Learners will be able to explain the value of a multidisciplinary treatment approach in the treatment of eating disorders.

PRESENTERS

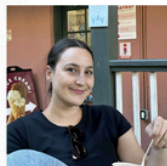
Cost: Free for Professionals and Graduate Students

Jordan Koellner, MS, RD, LD, CEDS completed her undergraduate degree at Ashland University in Ashland OH, and completed her Master's degree through Ohio University's Combined Master's of Science and Dietetic Internship program in Athens OH. She has dedicated her career to the field of eating disorders and has experience in treating individuals with eating disorders at all levels of care. Jordan is currently working as a dietitian at an inpatient and residential eating disorder treatment facility working as part of a multidisciplinary team in treating high acuity individuals. Outside of work, Jordan enjoys reading, hiking, traveling, knitting, spending quality time with friends, and ensuring that her dog lives the best life possible.

Todd Davis, MA, LMHC completed his undergraduate degree at Anderson University, and his Masters in Counseling at Grace College in Winona Lake, IN, with additional graduate work at Ball State University. He has worked in the mental health field since 1994 with individuals, groups, and families in residential treatment, juvenile and adult parole/probation, and in a university setting as a counselor and a professor. Todd has worked at Selah House, a residential treatment center for eating disorder clients since 2007. Other passions include hanging out with his life partner/wife of over 30 years, and his two, now grown children. He loves traveling, snowboarding, hiking, reading, live music, watching a great movie, and anything outside.

October 24th, 2025
9:00am - 12:15pm

Hybrid/in person
LOCATION: BALL MEMORIAL
HOSPITAL AUDITORIUM



Jordan Koellner, MS, RD, LD, CEDS



Todd Davis, MA, LMHC

THREE (3) CREDITS OF CONTINUING EDUCATION (CE) WILL BE PROVIDED FOR HSPPS, LMHCs, LCSWs, AND LMFTs. THE DEPARTMENT OF COUNSELING PSYCHOLOGY, SOCIAL PSYCHOLOGY & COUNSELING (CPSY) AT BALL STATE UNIVERSITY IS APPROVED BY THE INDIANA STATE PSYCHOLOGY BOARD AND THE BEHAVIORAL HEALTH AND HUMAN SERVICES BOARD TO PROVIDE CONTINUING EDUCATION FOR THEIR RESPECTIVE LICENSEES. CPSY MAINTAINS RESPONSIBILITY FOR THE PROGRAM. PARTICIPANTS MUST ATTEND THE PROGRAM IN ITS ENTIRETY TO RECEIVE CE CREDIT; NO PARTIAL CREDIT WILL BE PROVIDED.

Department Picnic



IMPORTANT DATES

October 6, 7, Monday-Tuesday Fall Break—no classes
University administrative offices open.

November 26-30 Thanksgiving recess – no classes
Wednesday-Sunday University administrative offices
close at noon on
Wednesday.

December 1, Monday Classes resume.

December 6, Saturday Final examination day for
Saturday classes

December 8, Monday Last meeting day for regular
classes

December 9-12, Tuesday-Friday Final Examination Period

December 12, Friday Fall Semester ends.

December 13, Saturday December Commencement

December 13, 2025-January 4, 2026 Semester break

KEEP IN TOUCH!

To keep up-to-date with the latest news, updates and behind the scenes insights from our department, follow us on our social media platforms

Facebook: facebook.com/CPSYatballstate

Twitter: [@ballstateCPSY](https://twitter.com/ballstateCPSY)

Instagram: [@ballstatecpsy](https://www.instagram.com/ballstatecpsy)

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