

**Department History Project: 2014-2022**

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Over the course of 15 weeks our class researched alumni from the beginning of the psychology program at the University of Wisconsin-Stout. Our group was assigned to the years, 2014-2022. We researched 8 different alumni that graduated from the psychology program, to see where they were at in life and how their experience at Stout impacted them. We used research such as the Stoutonia, LinkedIn, and commencement programs to provide us with information on these alumni's lives. We were fortunate enough to interview some of these individuals. Once our research was complete, we looked at how the program, events in the world, and popular topics could have affected the experiences of students that attended Stout during the era. Finally, we were given insight into the research our peers did on their eras. We used this to further our understanding of the experiences of Stout students of all different periods from the past to the present.

### **Alumni Histories**

#### **Klare Armstrong (Written by Alicia Webster)**

Klare Armstrong attended University of Wisconsin-Stout (Stout) from Fall 2012 to Spring of 2014 (Student Life and Services, 2014). She transferred to Stout from University of Wisconsin-Marathon County which is now known as University of Wisconsin-Stevens Point. During her time at Stout, Klare was a Resident advisor and later worked as a desk service manager for university housing. Klare actually completed her internship at University housing during the summer of 2013 working on special projects (K. Armstrong, personal communication, October 25, 2023). During the time that she transferred to Stout, Dr. Hamilton oversaw the Psychology major. She enjoyed classes with Dr. Lovejoy and Dr. Hamilton, but pretty much enjoyed any psychology-related classes. She specifically enjoyed her interpersonal communications class. She liked how the courses she was taking were discussion based and were

applicable to real life and to her job (K. Armstrong, personal communication, October 25, 2023). Her experience at Stout was full of many fond memories of working for Housing and that the people she interacted with made her feel like she mattered. Her most meaningful experience is when she had her first transfer meeting with Dr. Hamilton and how impactful the conversation, she had with Dr. Hamilton about her transferring was (K. Armstrong, personal communication, October 25, 2023). During her time as Stout, she received the Samuel E. Wood award that recognized her leadership on campus (K. Armstrong, personal communication, October 25, 2023).

Klare declared her Major in psychology because she was interested in it. She knew that she wanted to work as Hall director and that she wanted to go to graduate school. She wanted to work in residence life and housing but had a lot of freedom when choosing what she wanted to major in for her undergraduate. She felt like psychology was a good fit as it was applicable in many areas (K. Armstrong, personal communication, October 25, 2023). The Summer before Klare graduated, she did an independent study with Dr Hamilton on the effects of binge drinking and higher education (K. Armstrong, personal communication, October 25,2023). Klare attended graduate school at Saint Cloud State University in Minnesota after obtaining her undergraduate degree. Her graduate degree was in college counseling and student development (Klare Armstrong, n.d.). During graduate school she had an assistantship as a graduate hall director and ran a first-year building. During her second year she was a graduate hall director and ran her own building. Which was an international building that was a bit smaller than the one she helped run her first year. She also taught classes to first generation college students (K. Armstrong, personal communication, October 25, 2023). Once graduating with her master's, her first full-time position was as a Hall director for the University of Wisconsin-LaCrosse. Currently, she works at

the University of Wisconsin-Stout for housing as the Coordinator for Incoming Contracts and Marketing (Klare Armstrong, n.d.).

To find more information about Klare I first used the Commencement Program to pick out her name but to also find out the year that she graduated. I then moved to Linked-In to find out more information about where she is now and her job experience. I also looked into the Stoutonia during the time that she attended Stout to see what campus was like during the time she attended Stout as well as to see if her involvement on campus was highlighted at all. The biggest challenge I had during my search is the lack of information about students that graduated in recent years in the archives. I also had trouble finding the research Klare participated in. I found my interview with Klare to be very useful. As she was able to clarify a lot of things that I found in my research even giving me more information that I was not able to find.

### **Rebecca LaBeree (Written by Amber Little)**

Rebecca LaBeree started in the fall of 2011 and graduated in the spring of 2015. During Rebecca's time at Stout, she was a cheerleader for the football and basketball teams. She also volunteered her time to work at the career conference every year. Her biggest accomplishments at Stout were being the Vice-President of Stout's Psi Chi Chapter for 3 terms and eventually becoming the President of Stout's Psi Chi Chapter for her last 3 terms at Stout (Rebecca LaBeree, n.d.). She also completed the Safe Space training during her time at Stout. During her first two years at Stout, she worked as a relief staff/childcare provider for a daycare center in Menomonie. Then, during her last two years at Stout, she worked as a Personal Care Assistant for an assisted living center also located in Menomonie. She also graduated as a Cum Laude Graduate which is a great accomplishment (Rebecca LaBeree, n.d.).

Rebecca has done a lot since she graduated from Stout. Immediately after graduation, she worked as a franchise manager for Anytime Fitness and was a manager for Buckle. I can infer

that she used her psychology knowledge from the Industrial/organizational field to help her manage the Buckle store. She then transitioned to being a lead teacher for Little Sprouts Academy in Menomonie from September of 2017 to July of 2018 where I'm sure she applied her knowledge of child psychology into the classroom. After this, she transitioned to being a Program Manager for Future Forward Literacy and worked in this position for almost 5 years. She currently is employed in the Sparta Area School District as an Educator (Rebecca LaBeree, n.d.).

Finding my second alumni to research and hopefully interview was a little more of a struggle. I searched the commencement program for 2015 and 2016 and messaged each person I could find on LinkedIn. I had a list of the top people I would like to interview and started doing some research on each person to see how much I could find out on my own. Once I didn't hear back from anyone, I picked Rebecca because she seemed to have the most information about her Stout involvement and job history posted on LinkedIn, which is where I got this information from.

### **Kasondra Tulloch (Written by Alicia Webster)**

Kasondra Tulloch graduated in 2017. Assuming that she attended Stout for 4 years, she likely attended start from fall of 2013 to the spring of 2017. (Student Life and Services, 2017). During her time at Stout Kasondra was a student athlete. Participating in Gymnastics, her events were uneven bars, balance beam, floor exercise, and Vault (Women's Gymnastics, 2017). She set the school record on uneven bars in 2014, which still stands. She chose to go to Stout because both of her parents are alumni (Women's Gymnastics, 2014). There isn't much information on Kasondra's involvement in the Psychology program specifically, but it seems as if she was very involved through her sports. She was featured in the Stoutonia as a Student Athlete Spotlight, in the interview when asked what she does outside of school and athletics she said, "I like to coach

gymnastics, watch Netflix, read motivational books and play with dogs and babies” (Myhre, 2016, p. 170). During her time at college, it seems like she enjoyed activities that related to relaxation in her free time.

After graduating from Stout Kasondra moved on to obtain her master’s degree in psychology from Capella University. I am unsure what exactly her master’s degree was though. During this time, she worked as a gymnastics coach. After getting her master’s, she worked as a mental health practitioner. Currently she works as a Site Supervisor and Lead Behavioral Therapist at Kaleidoscope Professional Services; a company that provides personalized, community-based services to children and families affected by autism spectrum disorder (ASD) and related disorders (Kasondra Tulloch, n.d.).

I used the Commencement programs when choosing to research Kasondra and used them to find out when she graduated from Stout. I also used Stoutonia as well as the Stout website to find out more about her experience as a student athlete. To find out more about her work experience and master’s degree I used LinkedIn. I had some difficulties finding out information about Kasondra from the Archives. Her being a student athlete helped me find more stuff about her during her time at Stout, but I had difficulties finding out if she participated in any research while she was at the University. I found that the Stoutonia, and the Stout website were the most useful because of the interviews Kasondra did while being a student athlete. LinkedIn was also helpful with finding information about where she went for her graduate degree and where she is now.

### **Hannah Mrochinski (Written by Emma Grunseth)**

Hannah Mrochinski attended University of Wisconsin-Stout from 2016 to 2019. She graduated with her bachelor’s in psychology in December of 2019. “While at University of Wisconsin-Stout, she was a part of the Psychology Club and the co-ed soccer team” (Heaster,

2017-2018, p.82). She was also part of a student volunteer program from September 2018 to December 2019. This program was called Habitat for Humanity. Hannah traveled to Texas to assist builders with hurricane relief. She raised funds for the trip and assisted with donations by bringing furniture to the Habitat for Humanity Restore (Hannah Mrochinski, n.d.).

During her time at college, she was an employee at the MSC service center and helped with several events. After she graduated from University of Wisconsin-Stout with her undergraduate degree, she decided to attend the University of Cincinnati to obtain her master's. Hannah ended up deciding to do her master's in behavior analysis. She completed her graduate degree with a 4.0 GPA. Right after Hannah graduated with her bachelor's degree, she decided to work at the Wisconsin Early Autism Project as a behavioral health technician. She worked there for 3 years, from January 2019 to January 2022. While she was working at the Wisconsin Early Autism Project, she started a part-time job at Slinger Elementary School. She started there in August of 2021 and has been there for the past 2 years (Hannah Mrochinski, n.d.).

I first found Hannah's name through the commencement program. I looked her up on LinkedIn, and I found majority of my information there. I tried to look on Facebook, but she didn't have any information there. I looked on the Slinger Elementary School website, and I couldn't find any information on her. I investigated the Archives, found her in Stoutonia, and found a little more information about her while she attended the University of Wisconsin-Stout. Overall, I found that it is hard to find information about people if they aren't putting it out there for everyone to find. LinkedIn was the most useful source to find people and gather information.

### **Morgan Denton (Written by Amber Little)**

Morgan Denton started attending Stout fall of 2016 and she graduated 4 years later in the spring of 2020. During our interview, I learned that during Morgan's freshman and sophomore years at Stout, she was a part of Habitat for Humanity. She also joined the Track and Field team,

which she participated in for all four years. Being on the Track and field team allowed her to travel a lot, which she enjoyed, and it taught her how to balance her schoolwork with her extracurricular activities. She stated she was terrified at first to be involved in these activities but overall, it helped her meet most of her friends and she learned quickly how to balance her activities (M. Denton, personal communication, October 23, 2023). Later in our interview, she stated that her fondest memory at Stout was being a student-athlete and being involved on campus. During her junior and senior she also worked at a boutique in Eau Claire to make extra money. Her internship requirement for graduation ended up happening during her last semester at Stout when COVID-19 hit, so she did a one-on-one internship with Dr. Wood. Her internship involved conducting studies on the Track team and applying her psychology knowledge to learn more about the sport. Her favorite course she took at Stout was Drugs and the Brain with Dr. Hamilton, and she remembers it being the hardest class she ever took but also the most rewarding. Morgan's most meaningful experience at Stout was having Dr. Hamilton and Dr. Wood as her professors and making meaningful relationships with them. She said she didn't have a lot of professors who went out of their way to help her and answer her questions, but Dr. Hamilton and Dr. Wood always made her feel comfortable, confident, and validated when talking. From the transcription of our interview, she stated, "So like there were multiple times I would go into Doctor Hamilton's office and like, talk about stuff and that, just creating those relationships for me I think was the most meaningful because I feel like there's nothing better than learning directly from the people that are teaching you that " (M. Denton, personal communication, October 23, 2023).

After Morgan graduated, she said she was the perfect example of the type of person where nothing went as she had planned it. She had planned to go to grad school right after graduation but because of Covid, she decided to put it off because she couldn't go back on

campus. She lived in a very small town so there were not a lot of opportunities for her, so she ended up getting a job as an assistant manager at a spa for three and a half years. She just recently ended her time at the spa and moved to Florida where she now owns her own marketing business. She stated about her current job, “So I work from home, and I do like marketing and social media marketing, social media strategy, everything like that, which I didn't even go to school for ”( M. Denton, personal communication, October 23,2023). Toward the end of our interview, she shared that she is in the process of starting up her own psychology-based podcast because she loves psychology so much and still has a passion for helping people. This is what Morgan said about her plans with her psychology podcast, “It’s going to be revolved around kind of like therapy, but not actually therapy. So, it's going to be very much like life coaching life experiences. Also, how to combat anxiety and what I've done in the past. And my experience and like trauma responses and just talking to people about what they can do to get over that, if they don't have access to therapy or they can't afford it or they're too afraid to go, or just don’t want to, I knew I always wanted to help people and communicate with people” (M. Denton, personal communication, October 23, 2023). She has plans to eventually go back to grad school, once she knows what she wants to go for.

My search process for Morgan felt fairly simple. I went through the commencement list for 2016, searched each name on LinkedIn, and messaged each person I could find. Morgan responded right away with her signed paperwork and was enthusiastic to be a part of my project. We scheduled a Team’s meeting for the next day and that is where I learned the most information about her time at Stout and what she is currently doing.

### **Billie Jo Burgraff (Written by Emma Grunseth)**

Billie Jo Burgraff graduated from University of Wisconsin-Stout with a bachelor’s in psychology in December of 2020. Billie Jo started her education at University of Wisconsin-

Stout in 1998 and continued until 2003. She decided not to finish school, but later decided to finish her degree in 2019. Even though it wasn't her initial plan, she decided to further her education at University of Wisconsin-Stout through the master's program from September 2021 to May 2023. She fell in love with research and graduated with her master's in applied psychology. While attending Stout, she was a part of the Psi Chi International Honors Society, the Minnesota Evaluation Association, and co-authored a book review. She placed 4th in the 2021 World Evaluation Case Competition with a team of fellow MSAP students as a representative for the United States (Billie Jo Burgraff, n.d.).

Billie Jo worked as a behavioral health technician at LEARN Behavior from March 2021 to August 2021. She then worked as a graduate assistant catalyst part-time from January 2022 to April 2022. After that, she worked as a thesis review assistant from April 2022 to September 2022. She was also a graduate assistant from January 2023 to May 2023. These were all positions at the University of Wisconsin Stout. Billie Jo was also a graduate research assistant at University of Wisconsin-Stout from September 2022 to June 2023. She has now been a research associate at Judi's House/JAG Institute since April 2023 (Billie Jo Burgraff, n.d.).

One of Billie Jo's fondest memories of attending the University of Wisconsin-Stout is getting to know the people. The people she met through psychology were very compassionate and understanding. She felt like you could rely on them, and they would have your back through it all. Billie Jo's favorite class was the research class with Dr. Hamilton that involved surveys and the use of Qualtrics, which led her to her master's degree. Billie Jo decided to pursue a degree in psychology because she learned that she really enjoyed neuroscience and helping people, and she wanted to understand the mind and people. Her most meaningful experience in the psychology program was when she first attended the University of Wisconsin Stout in 1998. She attended the mind, body, and spirit conference. Within the conference, there were a variety

of different workshops that opened her mind and impacted her in diverse ways. The psychology program at University of Wisconsin-Stout prepared Billie Jo in different ways after graduating. It helped her build her confidence, and it helped her realize that you always have time to go back and finish something that you already started. It helped her start her life over and create the life that she wanted to make (B. Burgraff, personal communication, October 27, 2023).

One piece of advice that Billie Jo would give to psychology majors today is to find a focus and build off that. If you want to do some sort of psychology and business, you should try to focus on classes and extracurriculars that fit in that category. Find the focus and try to get as much in as you can (B. Burgraff, personal communication, October 27, 2023).

My search process started with the commencement program. I found Billie Jo in the December of 2020 commencement program. I then decided to give LinkedIn a try. I searched for her name in the search bar and found her right away. I decided to message her and keep digging for information. I searched through Facebook, Stoutonia, and other resources that the archives provide. Eventually, I found a little more information about her, but luckily, she got back to me right away to do an interview. I had a hard time finding information about her through the archives. The archives don't have much information on previous students.

### **Halle Geiger (Written by: Daryl Green)**

Halle graduated from UW-Stout in 2022 with a major in psychology and a minor in Spanish. Halle declared psychology as her major because of a psychology class that she took in high school. She had a huge passion for the field until she took forensic psychology at Stout and that's when she knew that she wanted to go into law. During her time at Stout, she really liked the structure of the classes and that they were more hands on and not every class was the same as the last. Being able to work hands on and not having to be in lectures every day was a huge factor in her choice in school (H. Geiger, personal communication, October 30, 2023).

Halle mentioned that she got really close with Dr. Hamilton. She worked as her research assistant on a research project that was focusing on cell phones and break taking when studying to see which were more effective. While performing the study students would either get breaks to be on their cell phones or not get breaks and then would see how well they did on the test. She appreciated her academic advisor Dr. Gorbatenko who helped her with getting into and applying to law school as well as helped her get an internship at a law firm in Hudson, WI (H. Gieger, personal communication, October 30, 2023).

Halle did spend one semester studying abroad in Costa Rica in her last year at Stout from January 2022 to April 2022. While in Costa Rica, she lived with a host family and her group volunteered at an assistant living facility. She mentioned that it helped with her to practice her Spanish. Halle told me that her advice would be to get to know your professors while you are at Stout. It's a valuable thing to do and that professors aren't as scary as you would think they are (H. Gieger, personal communication, October 30, 2023).

Since leaving Stout Halle has been accepted and moved to Madison to attend University of Wisconsin-Madison to pursue a law degree. In law school, she doesn't have a lot of free time to keep up on her psychology practice or to pick up a book, but she does interact with psychology in her everyday life, practicing without even realizing it (H. Gieger, personal communication, October 30, 2023).

I found Halle by looking at the December 2022 commencement program (Student Life and Services, 2022). After finding her on the commencement program I decided to look her up on linked in. Sure, enough she was the first person that popped up. I sent Halle a message on linked in and she replied. I then conducted an oral interview with her on October 30<sup>th</sup>, 2023.

**Alexandria Fitzgerald (Written by: Daryl Green)**

Alexandra Fitzgerald attended Stout from 2017-2020. During her time at Stout, she was a member of Psi Chi and the International Honor Society in Psychology which, she did eventually become President of during her time at Stout. Alexandria also was as a Summa Cum Laude which is a great accomplishment to be the top 1-5% of your class.

Alexandra was very studious and made the dean's list every semester that she attended Stout. When she graduated, she had a 4.0 with a bachelor's in psychology and a minor in sociology. While at Stout she was offered an internship at Wisconsin Early Autism Project (WEAP) as a behavioral Technician. WEAP is an organization that specializes in helping children with autism become more successful in school and life. Their services include diagnostic serves, leaning center, social skills groups, and direct therapy and parent consultation remotely. As a behavioral technician Alexandra worked one-on-one with children with autism and other developmental disabilities. Where she received training to be able to do applied behavioral analysis therapy (ABA) (Alexandra Fitzgerald, n.d.).

After graduating from University of Wisconsin-Stout she joined Park Nicollet's team at the Melrose Center as a Behavioral Technician. She worked with individuals struggling with eating disorders. She eventually became a Mental Health Practitioner with the same company where she currently works. (Alexandra Fitzgerald, n.d.)

To find information on Alexandra I first started with the May 2020 commencement program (Student Life and Services, 2020). After finding Alexandra, I searched for her on LinkedIn. Where she provided a large amount of information about her work experience, college experience, and her employment currently. (Alexandra Fitzgerald, n.d.)

### **The Era**

During the students' time at Stout during 2014-2022, they were introduced to many different schools of thought/subdisciplines depending on what courses they took in the

psychology program. According to the undergraduate bulletin of 2014, “all students that are a psychology major, are expected to develop literacy in the arts, humanities, natural sciences and social sciences' ' (University Relations, 2014, p. 50). Within psychology, students will learn about memory, perception, development, mental health, and the physiological and cultural basis for behavior. All these categories fall into subdisciplines that the students were more than likely introduced to. The subdisciplines include clinical, social, developmental, and experimental.

The students were also more than likely to have been introduced to certain schools of thought within psychology. The schools of thought that they might have been introduced to would include behaviorism, structuralism, functionalism, cognitivism, evolutionary, humanism and Gestalt psychology. According to the undergraduate bulletin of 2020-21, “the course, Psychology: Its History and Systems, introduces the schools of thought: structuralism, functionalism, behaviorism, Gestalt psychology and psychodynamic psychology. It also gives an emphasis on humanistic psychology, cognitive psychology, and evolutionary psychology” (UW Stout, 2020-21, p. 64). The course, Psychology: Its History and Systems, is required to graduate with a psychology degree, so we can assume students were introduced to those schools of thought.

The college experience of University of Wisconsin-Stout alumni from 2014 to 2022 was influenced by a confluence of significant global, national, and campus events that shaped their academic journey and career choices. First, the landmark decision by the U.S. Supreme Court to legalize same-sex marriage in 2015 most likely played a role in fostering a more inclusive campus culture for students and influencing an academic interest and advocacy efforts of psychology students. The political landscape during our era was also charged with events, such as the election of Donald Trump in 2016. In a Stoutonia article released in 2016 they wrote, “Since election day, we’ve seen grief sweep the country from people fearing for their safety

under the Trump administration” (Stoutonia, 2016). This was a polarizing event that likely caused political activism on campus. The emergence of COVID-19 in March of 2020 was undoubtedly the most disruptive event for students, abruptly shifting learning to virtual platforms and impacting mental health, a core area of study and concern in psychology. This sudden change required adaptability and resilience from students, and for students like Morgan Denton, it redirected their academic and career trajectories (personal communication, October 23, 2023). The pandemic's impact went beyond the classroom, altering key aspects of the college experience, including internships, athletics, and extracurricular activities. Students like Morgan Denton, who were deeply involved in such activities, had to navigate a new reality where their planned paths were suddenly upended. As Stout alumni navigated these unprecedented times, their experiences during the pandemic likely informed their post-graduation choices, driving them to seek out roles where they could make a difference, adapt to new realities, and support others.

During our era there has been a large increase in mental health awareness, with the increase in mental health apps like BetterHelp meant for online therapy (*Home Page*, n.d.). The use of Telehealth has also escalated for people that are not comfortable with face-to-face therapy and because of the everything shutting down during COVID-19 (Clay, 2022). There is a rise in reducing the stigma surrounding mental health as well as related disorders in order to allow people to seek help without repercussions (Abrams, 2022). Many celebrities are coming out and talking about their struggles with the media in order to help reduce the stigma (Abrams, 2022). With the growth of mental health awareness and other related things there is more need for psychologists. A statement in an article gives a great reason why, it's because “psychology training emphasizes several in-demand skills, from data analysis to building functional multidisciplinary teams” (Pappas, 2022, para. 2). With the struggles that businesses had and still

have with the COVID-19 pandemic, there has been a rise in industrial and organizational psychologists helping them navigating reshaping their businesses (DeAngelis, 2022). With the rise in interest in certain areas of psychology we can speculate that a lot of topics discussed during our era were related to mental health counseling, industrial, and social psychology. Now these topics aren't the only things that are being discussed, as future psychologists still need to know about other fields of psychology as well. These are just the areas that students most likely could have been most interested in or asked a majority of questions about.

### **The History of Stout's Psychology Program**

Throughout the past to the present a large amount of the student experience related to participation in clubs, this was through Greek Life, Psychology Club, Psi Chi, and C-Nerve: a club that was particularly popular from the years 2005 to 2013 (K. Westbrook, Personal Communication, December 8, 2023). Students also had a strong interest and participation in sports. There was evidence of participation in the Psychology Club from 1967 (K. Westbrook, Personal Communication, December 8, 2023) to 2019 (C. Betz, Personal Communication, December 8, 2023) when the club shut down due to lack of students and COVID-19. A lot of alumni that were researched had leadership positions within these clubs as well as across campus. Many alumni worked within the college, even doing their internships on campus, through the advisement center (L. Bieritz, Personal Communication, December 8, 2023), university housing (K. Armstrong, Personal Communication, October 25, 2023), etc. Most of the alumni went on to graduate school soon after graduating with their Bachelor's.

There were a few major changes made throughout the years around the world and to the curriculum that could have affected the student's experience at the University of Wisconsin-Stout. From 1967 to 1986 there was a focus on feminist psychology, raising awareness of having women work in labs as well as participating in studies (K. Westbrook and L. Jordan, Personal

Communication, December 8, 2023). During this time, the Ted Bundy murders were also occurring which could have caused hysteria within campus (K. Westbrook, Personal Communication, December 8, 2023). Ranging from 1987 to 1995, affordability seemed to be very important to students that were looking to attend college (L. Bieritz, Personal Communication, December 8, 2023). In 2001, 9-11 occurred causing devastation around the world, with most businesses shutting down as well as colleges and schools, at this time Stout decided to not shut down classes encouraging professors and students to talk about what had occurred (G. Morris, Personal Communication, December 8, 2023). From 2002 to 2006 there were everlasting effects of what happened on 9-11 (C. Betz, Personal Communication, December 8, 2023). In 2007, Stout became a polytechnic university, changing the focus for most courses, to more hands-on learning, it also gave more funding for lab equipment (C. Betz, Personal Communication, December 8, 2023). In 2010, Stout put up a tobacco ban across campus as well as promoted more alcohol education. This could have affected the student population that consumed tobacco products during this time (C. Betz, Personal Communication, December 8, 2023). In 2020, COVID-19 struck the world, shutting almost everything down including in-person classes. This was a learning curve for colleges and high schools across the country, they had to become familiar with video call software such as Zoom or Teams. Not only did this change the structure of how classes were, but it also caused many students to have to rethink their internship plans, which is an important aspect of being able to graduate from the university. Students like Morgan Denton had to work with Dr. Wood to secure an online internship through the university (M. Denton, Personal Communication, October 23, 2023).

Based on the rich history of UW-Stout's psychology program and the diverse experiences of its students, it is evident that the psychology major has evolved in tandem with significant developments in the field of psychology. Starting in the first era in 1967-1976, students like

Lynda Lorenze navigated an expanding field influenced by key psychological theories such as psychoanalysis, cognitivism, and feminist psychology. The era saw the emergence of Abraham Maslow's hierarchy of needs and the landmark prison experiment, reflecting a growing interest in human motivation and behavior (K. Westbrook, personal communication, December 8, 2023).

In the subsequent era 1977-1986, students like Terry Zerne and Vicky Leeland were part of a period where feminism gained ground, and cognitive neuroscience began shaping the curriculum. This era also saw the incorporation of women's studies into Stout's curriculum, indicating a progressive approach to education and research (L. Jordan, personal communication, December 8, 2023).

The era from 1987-1995, with students like Lisa Catril, marked a shift towards a more empathetic understanding of mental health, influenced by global events like the fall of the Berlin Wall and the end of the Cold War. This period's focus on mental health and family issues is reflected in the student's career choices, highlighting Stout's adaptability to societal changes (L. Biertz, personal communication, December 8, 2023).

Moving onto the next era, years 1996-2004, students like Joe Neice and Antonia Wilber experienced a period where psychological understanding was enhanced by technological advancements like brain imaging and the release of DSM-IV, leading to a more humane approach to mental disorders (G. Morris, personal communication, December 8, 2023).

The era 2005-2013 saw Stout embracing neuroscience and cognitive science, influenced by global events like 9/11 and the 2008 recession (C. Betz, personal communication, December 8, 2023.)

The psychology major at Stout has thus consistently mirrored and contributed to the larger history of psychology, adapting to changing societal needs and scientific advancements while preparing its students for diverse career paths. This evolution reflects the dynamic nature of psychology as a discipline and UW-Stout's commitment to staying at the forefront of educational and research developments in the field.

The psychology major fits into the larger history of the university and the world by providing a timeline of how history has evolved through the program over time. In the beginning, University of Wisconsin-Stout's psychology program consisted of a broad spectrum of classes that reflected what was popular during that time, for example Psychoanalysis and Cognitivism was very popular from 1967 to 1976 (K. Westbrook, Personal Communication, December 8, 2023). As time went on the field of psychology changed slowly as people started to take it more seriously. A major change was when psychology courses started taking a more scientific approach, causing the degree to change from a Bachelor of Arts to a Bachelor of Science in the early 2000s (G. Morris, Personal Communication, December 8, 2023).

We also noticed how things changed in the degree, when it comes to current events from 1977 to 1986, when a huge shift occurred in the feminist movement and students became more focused on child psychology, women having a role in the American Psychological Association (APA), and adding more courses about women (K. Westbrook, Personal Communication, December 8, 2023). During this time, developmental theory dominated psychological thoughts as divorce rates climbed and animal behavior courses became an elective rather than a requirement. In 2001, 9/11 occurred a huge event that change the course of history for many people, many school shutting down. Instead of cancelling classes the university encouraged students to attend classes to discuss what had happened to the world (G. Morris, Personal Communication, December 8, 2023). In the recent years, things have shifted, and psychology has more of its focus on the mental health field. Especially with COVID-19, the need for professionals in mental health keeps on rising (Clay, 2022).

Overall, the University of Wisconsin-Stout has had an impact on the psychology field and seeing just a small sum of graduates of the psychology degree and where they impacted the work field. For example, Hallie Gieger had a huge passion for the psychology field and when taking

the forensic psychology class at UW-Stout she realized how much she could incorporate her degree in psychology into law. For her, psychology was a steppingstone to a much larger part of her life. She was also able to help people in Costa Rica when studying abroad and using what she had already learned at UW-Stout. (H. Gieger, personal communication, October 30, 2023). The psychology field, and how we study it will always be changing, with the curriculum and how we approach choosing topics for studies. The University of Wisconsin-Stout has come a long way with its psychology program, but it will never stay stagnant, and will keep evolving with the times, staying relevant with what is going on in the current times.

Psychology has always been on a continuous cycle of change. We learned many things on the change of psychology within Stout and the world. Throughout history, psychology has been through a lot of development. In 1987, developmental theories eventually dominated psychological thoughts, the invention of the MRI was created in 1991 (B. Moore, personal communication, December 8, 2023), and in 1994, the DSM-4 was published (C. Tomas-Bautista, personal communication, December 8, 2023). In the 1960s and 70s it was hard having a psychology degree. People were struggling to find jobs outside of a counseling degree unless they had a PHD. There were too many people in the field and not enough jobs (L. Ruesch, personal communications, December 8, 2023).

During the era of 1967-76, there was a sudden change within feminism. Psychology showed a need for women in psychology as researchers and experimental subjects. The main focus during this time was cognitive, humanistic, developmental, educational, and counseling psych. Whereas, social psychology was struggling because there was so much disagreement. (L. Ruesch, personal communication, December 8, 2023). Over time, there became an emphasis on neuroscience, cognitive science, and clinical bases, and addiction, memory, and brain imaging became popular topics within psychology during the 2005-13 era. With the new emphasis on

cognitive neuroscience, this led it to have a greater salary than other areas of psychology (N. Komperud, personal communication, December 8, 2023).

Stout has seen an immense amount of change throughout the years. During 1977-86, there was a shift with animal behavior. Stout changed it to an elective, so it wasn't a requirement anymore (A. Aasen, personal communication, December 8, 2023). There were numerous changes within Stout's psychology during the 2005-13 era. First, Stout changed to Polytech in 2008, there was greater funding for psychology, cognitive science was added as a major, psychology changed to a BA to a BS, increase of tuition, and research was centered around cognitive neuroscience (N. Komperud, personal communication, December 8, 2023).

Over the course of the semester, a common theme that we have realized is that it is very difficult and time consuming to do historical research. In the beginning, we assumed that it would be easier as we had been given the most recent years, but we ended up running into a lot of roadblocks. One of the main issues we ran into was receiving guidance from University Archives, due to how recent the years where they hadn't gathered a lot of information about the individuals yet. The Stoutonia helped somewhat but only if the individuals were involved in clubs or sports, we feel that if there was still a yearbook it would be much more helpful when researching past students. Despite these challenges, focusing on the most recent era presented a unique advantage: it increased our chances of directly engaging with alumni through interviews, thanks to the proximity of their graduation dates. This direct contact added a valuable dimension to our research, enriching our understanding of the recent history and experiences at our university. This semester's journey into historical research, while filled with challenges, ended up being quite rewarding. Dealing with recent years meant we had a unique chance to connect directly with alumni. These interviews didn't just give us facts; they brought to life the stories and experiences of those who walked the halls not long before us. This personal touch

transformed our project from an academic project into a meaningful exploration of our university's recent past. It's been an insightful experience, showing us the real value of connecting with history firsthand.

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