

Department of History: Alumni Project

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This project overlooks the University of Wisconsin-Stout Psychology Department during the era of 2006 – 2014. The first part details eleven alumni selected from the Commencement Programs from either the fall or spring terms. The experiences they obtained throughout their collegiate years and how they used their undergraduate psychology degree after graduation are elements included in the report. The second part looks at the circumstance of psychology and current events that may have influenced the students' experience in the psychology major.

Part I: Alumni Histories

Samantha Jean Wooten, Class of 2014 (Written by Madison Swain)

Samantha Jean Wooten went to UW-Stout from Fall 2009- Spring 2014 (Samantha Wooten, n.d.). She graduated in May 2014 according to the Commencement Program (Stout Student Life and Services, 2014). She graduated with a double major in Human Development and Family Studies Major and Psychology.

During her time at UW-Stout, she was involved in a couple of activities and societies. The first is the Academic Honor Society, which is focused on academic achievement. On the Facebook page, the “Academic Honor Society is a group of students who excel academically and are excited to learn” (Community of Multiculturalism, n.d. p.1). She was also a part of the Stout Council on Family Relations. GreenSense, an organization focused on sustainability, was another society she was in. On their page the club is described as "to inform and empower the UW-Stout student body through group meals, nature outings, and community outreach” (Greensense, n.d., p.1).

Another part of her collegiate years was her work on research during her senior year. Her study was The Relationship between Resiliency and Overcoming Obstacles. Her partner was

Ashley Doering and the advisor for the project was Professor Susan Wolfgram, Ph.D. The study consisted of three purposes: “1. To examine the relationship between resiliency and the ability to overcome obstacles throughout one’s lifetime. 2. To develop an email interview protocol to assess this relationship through our participant’s rich lived experience. 3. To aid practitioners in the helping profession gain awareness on the importance of promoting resilience and positive behaviors” (Doering, A., Wooten, S., & Wolfgram, S., n.d., p.1). The types of methods used in the research were qualitative email interviews. The participants consisted of two individuals, one male (age 47) and one female (age 22). The sampling included both the types purposive and snowball. The research design was phenomenology data, and the analysis plan was thematic. In the conclusion section, it is stated that “this study gives first-hand insight from the lived experience of resilient individuals who have been able to overcome obstacles they have been faced with throughout their lives. Despite a body of research, resilience in many ways remains mysterious” (Doering, A., Wooten, S., & Wolfgram, S., n.d., p.1). For this project, Samantha and Ashley created a Youtube video. The video goes over background information regarding what resilience is along with literature review pertaining to the subject. One of the slides in the videos does state that one of the participants is one of their fathers (YouTube 2010). The researcher of whom is related to the participant is not stated, so Samantha may be talking about her father in her study.

There is a required internship that each student is needed to take. For her internship, she was a Social Worker Intern at Social Worker Chippewa Valley Correctional Treatment Facility from January 2014 - May 2014 in Chippewa Falls, WI (Samantha Wooten, n.d.). That was during her senior year for five months.

Outside of school, she volunteered at the Dunn County Humane Society. Where she engaged in cat and dog socialization, either taking dogs on walks, or spending time with cats in a separate room with toys. Work was an additional part of her undergraduate experiences. From April 2011 – February 2013, during her freshman year through her junior year, she was a Resident Support Staff at Traditions, which is in Montgomery, Minnesota (Samantha Wooten, n.d.). Then there was a job change. After finishing at Traditions, she worked at The Arc of Dunn County where her position was an Independent Living Assistant (Samantha Wooten, n.d.). She was there for one year and four months, ending in May 2014, when she graduated.

After her time at UW-Stout, she continued her education at the University of Wisconsin Madison for her Master of Social Work (M.S.W.), specifically Clinical/Medical Social Work. She completed the degree in four years, finishing in 2018 (Samantha Wooten, n.d.).

Career-wise, she has had a couple of experiences and opportunities. Currently she is a Mental Health Practitioner at Secure Base Counseling Center, where she started in September 2014 (Community of Multiculturalism, n.d.). The building is in Northfield, Minnesota. A company where the bonsai tree is used as a metaphor for the work they do. According to the about page, this concept is described as “what we do with our clients – we gently help them expose their roots, brush them off, inspect them and sometimes prune them back a bit, ultimately reframing it all in a new pot to encourage growth and health” (Secure Base Counseling, 2024, p.1). The job she worked prior was for IT WORKS!. According to the Founder Mark B. Pentecost, “IT WORKS! is an industry leading beauty and nutrition company that empowers people to live the life of their dreams” (IT WORKS!, 2024, p.1). On April 25, 2015, she made a Facebook post stating “I just earned a \$1000 BONUS with IT WORKS!!! I am so excited about this!! What is even more exciting is that it is just a bonus, this does not include my commissions

for the month which is another \$600!! This is so simple people. I am so thankful for everyone on my team who helped me get here and who have been working so hard this last month...your bonuses are NEXT!! I can't wait to see all of you promote to RUBY too!!” (News From Science, 2015). Several posts were made surrounding her love and enjoyment for this job. Some involved coworker group nights, where they got together and spent time hanging out. The post on November 15, 2015, shared a photo of the article featuring herself. Samatha told how things started to change after she started to believe in herself and how the company has been a huge positive part of her life. The job she held before IT WORKS! was a Substitute Paraprofessional at New Prague Area Schools. Samantha was there from August 2014 – 2015.

In Samantha’s personal life, she resides in New Prague, Minnesota. She grew up there and chose to move back due to being reminded of her own childhood. On November 15, 2015, she posed on Facebook a picture of her house with the caption “I chose this one because of all the time spent playing on the playground, ghost in the graveyard, ships across the blood, tackle football and many many many more...truly built the foundation for who I have become. Not just the games but, but the people too. EVERY TIME one of those memories pops into my head I smile. And now that I am living at home again, it happens often because every once in a while there is a group of kiddos playing outside and I see them when I pull in the driveway, and again I just smile, because it reminds me of us” (News From Science, 2015). Her childhood friends have also resided back in the neighborhood or around, so they spend a lot of time together still.

Although not specifically stated, she is a mother of two children. There are several pictures on her Facebook with a young girl and boy, the first being posted on January 6th, 2015 (News From Science, 2015). There was one comment on a picture of Samantha and the young girl from an individual named Amy Sellner. The comment read “She sure does look like her

momma!!!” (News From Science, 2015). Samantha adopted a dog of a husky breed in January 2023 that also lives with her. She is in a relationship with a male named Manuel, which they started dating on October 21st, 2023 (Community of Multiculturalism, n.d.).

In her free time, she enjoys going to the Mystic Lake Casino, the Lakeville Theater, and Target Field (Community of Multiculturalism, n.d.). The type of music she adores is Where Do You Go by Jessie Murph, Do Better by Lil Donald, and Swervin (feat. 6ix9ine) by A Boogie Wit da Hoodie. She is an avid Hunger Games and Paul Walker fan. Her friend Lauren Jenkins drew her a picture of Paul walker for Christmas, which Samantha loved (News From Science, 2014). She is passionate about quotes regarding positivity, motivation, and life. Most of her Facebook posts include those topics and seem to be consistent. Samantha is also a sports fan, specifically of Vikings football and Timberwolves basketball (Community of Multiculturalism, n.d.). It is also known that she is a registered Republican and a Christian (Www.mylife.com, 2024).

The search process for Samantha was easier than the other two I researched. When googling this individual, she came up on every platform. The research study she did in college also came up within the first search on multiple different sites. The only trouble I had with obtaining her information was that she aged and looks different in her profile pictures. Her LinkedIn profile picture looks completely different from her Facebook profile picture, however, when comparing information and looking at the details in her face, it was apparent that it was the same individual. The two platforms that I found heavily useful were Facebook and LinkedIn.

Brettina Christopher, Class of 2014 (Written by Hailey Aguilar and Madison Swain)

The first person we selected is Brettina Edwina Christopher. Formerly her maiden name was Davis, which she went by while attending UW-Stout. She attended college from Fall 2010 -

Spring 2014 and according to the May 2014 Commencement Program (Stout Student Life and Services, 2014), she graduated with a Bachelor of Arts in Psychology with a Minor in Cognitive Neuroscience.

During her time at UW-Stout, she was actively involved in the psychology department as well as her proactive participation in the Cognitive Science program, which is another program offered at the university. She was a member of the C-Nerve organization from January 2013 - May 2014 (C-Nerve, n.d.), as well as the editor for the page from February 2013 - June 2013. C-Nerve was funded from a grant where students could work with faculty to conduct research and travel on field trips to learn more about psychology. To deeply dive into why the brain worked and to spark inspiration into undergraduate students for furthering research skills. The faculty would rotate, so that the students were mentored by different faculty, benefiting as much as they could. In her senior year, she worked with professors Dr. Desiree Budd and Dr. Michael P.W. Donnelly, along with students Daniel Comstock, Kaitlyn Olson, Adrienne Sulma, Paul Krause, and Lindsay Domagala. The topic that was examined was exploring the brain science behind a lie. Specifically, that lies could be detected by measuring physiological activity. Brettina and her group based their research on two assumptions according to their study. The first being “The brain has distinct mechanisms for arriving at affirmative and denial responses” (Daniel Comstock, Brettina Davis, Kaitlyn Olson, Adrienne Sulma, Paul Krause, Lindsay Domagala, Michael P.W. Donnelly, PhD & Desiree Budd, PhD, 2014, p.1) and the second “Generating a deceptive response requires that the brain inhibit an automatic (truthful) response: the initial response will be automatically truthful, followed by a response conflict signal, followed by resolution of the conflict when the motor command is programmed” (Daniel Comstock, Brettina Davis, Kaitlyn Olson, Adrienne Sulma, Paul Krause, Lindsay Domagala, Michael P.W.

Donnelly, PhD & Desiree Budd, PhD, 2014, p.1). To test this theory, they produced a method involving Pokémon cards while using a net of electrodes that would identify a specific brain signal that can indicate a lie. Each of the ten participants were given one or two cards and given instructions to tell the truth about one of the cards they were in possession of and to lie about the other. This tested False Denial and False Affirmation. In the article, *If you're lying, these University of Wisconsin-Stout students might catch you*, which was published by the Twin Cities Pioneer Press, Brettina describes her excitement and passion for the study, mentioning how she talks about it with her friends and how they are eager to join the research (Rathbun, 2013). The findings established that true affirmation is alike to false denial as well as in comparison true denial is similar to false affirmation. That 130 ms is associated with truth in addition to increased activation in the right superior frontal gyrus and left premotor cortex. Whereas 200 ms is associated with lies in and increased activation to parietofrontal involvement (Daniel Comstock, Brettina Davis, Kaitlyn Olson, Adrienne Sulma, Paul Krause, Lindsay Domagala, Michael P.W. Donnelly, PhD & Desiree Budd, PhD, 2014). The group of researchers presented the study at a conference in 2014. The exact name and location of the convention was not found. She was also a member of the UW-Stout Chapter Public Relations for the American Red Cross from September 2010 - September 2011.

Beyond the confines of academia, she enjoyed hanging out with friends. She liked to have fun, make jokes, and enjoy the bars in town. Her Facebook photos show her and her friends spending time together in their houses, socializing at bars, and including her brother when he came to visit (Community of Multiculturalism, n.d.). She was close to those who were in the C-Nerve group as well. Outside of meetings and research, she spent time with both the professors

and students on her own time. The C-Nerve page (Community of Multiculturalism, n.d.) posed with them eating barbecue, at restaurants, and hanging out at one of their houses.

Video gaming was another activity she enjoyed. For Valentines Day, her boyfriend Ben Wery bought her Dead Island, which is an action roleplaying game for a zombie apocalypse. On her Facebook, she includes several photos of Ben as well as the game he bought her (News From Science, YEAR). There was no other mention of video games on any other date or site, but it is assumed that she had other games as well.

She worked at Jeff's Pizza Shop as a server. The items of food included pizza, sandwiches, salads, pizza sticks, and wings. The business was located at 145 Main St E, Menomonie, WI. However, you will not find them anymore due to shutting the doors on November 27, 2016. In Eau Claire, you can find the same restaurant named Jimbob's Pizza, this is due to the split of the business before the closing in the Menomonie location. On Brettina's Facebook, she has a picture of two cooks who worked there with her, Domanick Bainey and Mitch Warner wearing baggy shirts with no sleeves. In the comment section, Dominick replied to the caption "Where they belong..." with "Yeah cuz we were WORKING. Lol waitresses don't know what that is apparently" (News From Science, YEAR). Brettina represented her humor and her closeness with her coworkers in the comment of that post.

Modeling was included in her activities outside school. She posed for several photoshoots and brands. Her photoshoots during this time are shown on her Facebook, however, the agency or brands she worked with are not documented through her platforms (Community of Multiculturalism, n.d.).

The blog Prettihonest was her way of storytelling as a student. Her motto for this platform was "Honesty should be pretti." The first post was on February 18, 2013. She mentions how

nervous she is for starting it up and says, “My mission isn’t coming off as clear as I want it to, but I have faith in myself and in my ability to help others” (Pretti Honest, 2016, p.1). Her dream was to have three separate businesses. The first being Pretti N Pink, which would be the main premise that was a non-profit charity. The second, the blog PrettiHonest. The third, the clothing line PrettiGr1. How she gained inspiration after her breakup with her ex-boyfriend. How that opened the realization that you are much more than a man or a relationship. How “dreams should always be followed and ex’s should bite the dust!” (Pretti Honest, 2016, p.1). Other posts on the blog included topics focusing on her own experiences. Events happening in that moment, body image struggles, quotes she related to, what beauty is, and her thoughts on certain things.

Brettina has done a lot since graduating UW-Stout and is now known as an actor, storyteller, and mental health advocate. She stayed in her hometown, Minneapolis, MN, and recently just got married this past September on the 23rd to Jerad Christopher after dating for about seven years. He is also from Minneapolis and works as a Service Technician at Standard Heating & Air Conditioning. They bought a house before getting married and plan to fix it up. They started a GoFundMe fund to raise money for these improvements (Gofundme.com, 2024). They enjoy going to festivals, traveling, and watching theatre/acts together. In her free time, she likes to sing, longboard, play basic guitar, kickbox, and do yoga. Going to film fests with her friends is an interest as well (Brettina Davis. (n.d.)).

The Pretti Honest blog continued after her collegiate years. From April 12th, 2015 – June 13th, 2016, there were twelve posts before she made the blog inactive (Pretti Honest, n.d.). Then she progressed to her recent blog called The Brettina. Which is currently still in use and has fully taken over from the first blog. The topics she writes about are mental health, wellness, skin care, insecurities, being sober, and her perspectives on events and situations that happen (The Brettina,

n.d.). She also uses other platforms to share her voice and experience. These platforms include TikTok (42.6k followers), Facebook (unclear the number of followers), YouTube (357 followers), and Instagram (15k followers). It is apparent that there are a lot of people that follow Brettina on her journey. That she is voicing herself and others like the messages she conveys and shares.

Brettina has over 10 years of experience in commercial acting and 3 years in film. She has had commercial spots in Target, Ecolab, Flannel Jacks, and several more. She was also in a couple of movies that were listed in IMDb, including Cayla's Assistant in Dream Killers (2020) directed by Charla Marie Bailey, Ms. Attell in Freshman (2023) by Zach Crotty (IMDb, n.d.).

Another topic Brettina is passionate about is advocating for mental health and mental illness awareness in the black community. She plans to bring those stories to film. She has bipolar disorder, anxiety, and depression, and strives for destigmatizing of mental health. She worked with the Twin Cities Coalition for Justice for Jamar (Miller, 2017). During that time, she learned a lot about activism, door-to-door community organizing, and how to get things done on a tight schedule. On Facebook, she also talks about her life as a Black individual in this society, even claiming that she wanted to move. That she could not find "solid community" in Minnesota (News From Science, YEAR).

An appearance on the suicide prevention podcast: Before You Kill Yourself is where she talked about her own experience managing her BPD and how she survived a suicide attempt. A topic she also discussed was the difficulties of being Black with a mental disorder (Amazon Music). She was a speaker for the Just Believe Podcast, describing herself as a mental health advocate and how important it is to be a voice in the mental health space (News From Science, 2021). She has also been on Here's the Truth with Georgia Fort, Sober Black Girls Club,

Lululemon virtual event at Mall of America, and presented in the Minneapolis Institute of Art (Community of Multiculturalism, n.d.).

Her work experience is described in Brettina Christopher (n.d.). Currently she is a model, actor, and Founder of Breathe Co. Creative. Brettina started modeling and acting in 2017. She signed for Wehmann Models/Talent, Inc in February of that year then in April, she also signed for Moore Creative Talent, Inc. Breathe Co. Creative is a Social Media Marketing company that manages businesses marketing and creative needs to reach clients. Client industries include marketing agencies, beauty brands, education brands, and wellness brands (Brettina Christopher, n.d.). She started this company in May 2018 and is the only employee. Her duties include developing marketing and social strategies for various clients, monitoring media for return on marketing ROI and overseeing the three client websites (Brettina Christopher, n.d.). From March 2023 - October 2023 she was the Director of Marketing and Development for Women Winning. One of her projects included the Social Media Carousel developed for Mifepristone information with branding colors emulated. From May 2021 – February 2023 she was a Social Media Strategist for Carmichael Lynch (ended in February 2022) and Ready Set Rocket (started in March 2022). In the time span of April 2017 – January 2020, she worked in social media and marketing positions for several different companies. The companies include Ascend Twin Cities, Metropolitan Economic Development Association, Black Girl in Om, On Being Studios, Corcoran Neighborhood Organization, and Nina Hale Inc., and Digital Marketing Agency.

Brettina's commitment to service shone brightly. Her volunteer experience is stated in Brettina Christopher (n.d.). From February 2023 – Present, she is consistent in volunteering in two different organizations. The first being the board member position she holds for Minnesota Women in Film & Television [MN WIFT]. Her responsibilities include social media and

marketing efforts, strategizing for member engagement and driving new member acquisition. The second is her board member position for the Minnesota Black Chamber of Commerce. Brettina's role is the Communications Committee Leader. Starting in September 2023 - Present², she also volunteers for Diversity Committee for Theatre in The Round Players. In July 2023 - August 2023, she volunteered as an Art Buddy for Art Buddies.

This seamless integration of psychology and marketing is further underscored by her Instagram presence, where Brettina strategically positions herself as an actor, advocate, storyteller, and strategist. Noteworthy is the abundance of motivational and advocacy-driven content adorning her feed, with poignant discussions centered around pressing issues such as eating disorders, body dysmorphia, ADHD, and borderline personality disorder. It becomes evident that Brettina harnesses the knowledge gleaned from her psychology degree to amplify her voice on social media platforms and champion causes close to her heart.

We used multiple sources to gain information. We instantly found her on the UW-Stout archives, Facebook, and LinkedIn. Then we found her Instagram. When clicking on links provided on her LinkedIn account, we were led to other sources detailing her work both in and out of college. Next, googling her name provided a lot of information. Institutions, YouTube accounts, Blogs, Podcasts, Photographers Portfolio, IMDb, and even her own professional actor website popped up. Since she had gained popularity and been a voice over the past couple of years, we were easily able to find information on her. The only challenge we had was finding out about her experience at UW-Stout. She did not list much nor was she in anything but commencement programs in the archives. All the sources we used offered a multifaceted glimpse into Brettina's academic, professional, and personal trajectory. Facebook and LinkedIn were the most informational. Initiated communication with Brettina was made via Instagram and email,

where we eagerly anticipate our forthcoming interview, anticipating the invaluable insights she will share regarding her journey and experiences at UW-Stout.

Justin Maki, Class of 2009 (Written by Hailey Aguilar)

As I delved into the archives in search of my final alumni, I stumbled upon the intriguing figure of Justin Maki. The discovery sparked immediate interest, particularly as I have been a student in Dr. Maki's class. Knowing that he graduated from Stout, I was surprised to find that his graduation year coincided with the era assigned to my group for this project. Selecting Dr. Maki as the subject of my exploration seemed like a natural choice, offering a unique opportunity to trace his journey from Stout to his current endeavors.

Despite my familiarity with Dr. Maki as a student, I devoted considerable time to scouring through archives, LinkedIn profiles, and online resources to unearth insights into his academic and professional trajectory. LinkedIn proved to be a treasure trove of information, revealing that Justin Maki earned his Bachelor of Science in Psychology from the University of Wisconsin Stout in 2009. Subsequently, he pursued a master's degree in Mental Health Counseling from UW Stout, completing the program in 2011. His academic pursuits then led him to Auburn University, where he earned a PhD in counselor education and supervision in 2018, maintaining an impressive 4.0 GPA and assuming leadership roles such as President of Lota Delta Sigma during his tenure.

Justin's post-graduate journey commenced with an Outreach Graduate Assistant position at the University of Wisconsin Stout in 2009. He then transitioned to roles such as Practicum Counselor/Career Specialist at the University of Wisconsin Eau Claire (2010-2011), Academic Advisor at Texas A&M University-Corpus Christi (2011-2012), and Adult Degree Program

Admission/Academic Advisor (2012-2015). Taking on his first role as an Assistant Professor at Nova Southeastern University, Justin assumed responsibilities as a faculty lead for Counseling Theories and Career Counseling courses. Notably, his work on "Improving Healthcare Outcomes for LGBTQ Seniors: A Community Linked Cultural Competency Initiative" earned him the Quality-of-Life grant at Nova University. Currently, Justin serves as a Specialist Master in Boca Raton, Florida, a position he has held since 2020.

My findings underscore Justin Maki's evident passion for his profession, psychology, and administration. His dedication to advocating for the LGBTQ+ community, particularly within the counseling realm, shines through in his published work, notably "Gay Subculture Identification: Training Counselors to Work with Gay Men." It is apparent that Justin's journey has been marked by a steadfast commitment to advancing the field of psychology, especially within the realm of counseling, since his graduation from the Psychology Program at UW Stout.

Stefanie Gliniany (Irwin), Class of 2008 (Written by Kayla Harris)

I completed research on UW-Stout Psychology alum Stefanie Irwin (Gliniany). Stefanie graduated in May of 2008. She attended stout from 2004 to 2008. It seems Stefanie was involved on campus through being a Student Athletic Trainer and a member of the UW-Stout varsity Track and Field team. Her main event was the 400m dash and 400m-hurdles. She was also involved in C-NERVE (Cognitive Neuroscience Education and Research Valued Experience).

Immediately after graduating, Stefanie pursued a master's degree at the University of Wisconsin- Milwaukee in counseling, community counseling. Following that graduation, Stefanie was a mental health practitioner for Helena family Support for almost 2 years. It appears she got a promotion at Helena Family Support and became a lead mental health practitioner for their autism therapy center. She was in this position for 2 years before leaving. She then became

an area coordinator for Integrated Development Services for 2 years. Following this position, she obtained the position she holds as a community support program manager for the Minnesota Ovarian Cancer Alliance. She has held this position for 7 years and 6 months in the Twin Cities area. semesters (Stefanie Gliniany. (n.d.). Home [LinkedIn page]. LinkedIn. Retrieved March 1, 2024, from <https://www.linkedin.com/in/stefanie-gliniany-00253b123/>). Stefanie also married a fellow Stout graduate. It is unclear if they met while attending Stout. (Stefanie Irwin Gliniany. (n.d.). Home [Facebook page]. Facebook. Retrieved March 1, 2024, from <https://www.facebook.com/stefanie.irwin.9>).

I found Stefanie in the commencement book. She graduated in May of 2008. The rest of the information was found on LinkedIn. I completed an interview with Stefanie on Monday, April 15th, 2024. Here, I learned a lot about her experience on campus, the things she was involved in, and what her time at Stout was like.

The challenge I faced when doing this research was that I could not find much information on her in the archives. Because Stefanie was a 2008 graduate, this was during the time that many sources of information about what was happening on campus were virtual. Stoutonia was becoming less popular, and not a lot of things were being published on paper. I used the university archives, specifically the commencement book to find Stefanie and then I used the athletic booklets as well as LinkedIn and Facebook. Because of this virtual transition, I found LinkedIn to be the best resource for finding information about Stefanie.

Amanda Schlegelmilch, Class of 2010 (Written by Madison Swain)

My second person is Amanda Schlegelmilch. She attended UW-Stout from Fall 2006 – May 2010. She graduated with a Bachelor of Arts in Psychology (Stout Student Life and Services, 2010). She had a GPA of 3.9. After gaining her degree, she went on to pursue graduate

school. She went back to UW-Stout for her Master of Science in Applied Psychology in 2010-2013 and her GPA was 3.7. Amanda studied Health, Industrial, and Organizational Psychology

During her collegiate experience, she worked as a Professor's Assistant from January 2011- May 2011 and as a Certified Pharmacy Technician from 2008 – February 2014 (Amanda Schlegelmilch, n.d.). She liked hanging out with her friends, going to the bars and parties. With schoolwork in her masters, her thesis topic was a survey to measure the health literacy and health status of youth with disabilities (Lui, J. n.d.).

After graduating, Amanda worked as a Research Specialist at UW-Stout from February 2014-July 2020. During that time, she worked on WI PROMISE (Amanda Schlegelmilch Brief Biography, n.d.). Then starting right after, in July 2020 as an Institutional Research Analyst at Chippewa Valley Technical College, where she currently still works (Amanda Schlegelmilch, n.d.). According to ResearchGate, she has 12 publications of research. Since moving from Eau Claire to first go to UW-Stout, she has stayed in Menomonie ever since.

In her free time, she enjoys listening to country music, with The Brothers Comatose being her top artist to play on Spotify in 2023. She likes the tv show Workaholics. She has the northern lights photograph in her living room because she loves the colors. Her first festival was the Blue Ox Music Festival.

I started with the UW-Stout commencement program. Then I googled Amanda Schlegelmilch and her Facebook, LinkedIn, and websites describing her research appeared. I found information on these sources. Finding evidence and materials on her experience while in college has been difficult compared to her current life. There were also differing statements about whether she was single or married.

Taylor Ann Samdahl, Class of 2014 (Written by Hailey Aguilar)

Taylor Ann graduated with a bachelor's degree in psychology from Stout in 2014. Despite my exhaustive search efforts, I could only access Taylor's LinkedIn profile and her private Facebook page, where I found no traces of past or present volunteer engagements. However, Taylor's professional voyage unfolded a tapestry of diverse roles, ranging from an assistant to a District Sales Manager, to a Policy Project Lead, a Technical Aid at 3M, a Marketing Analyst, and currently, a Channel Marketer for 3M.

Contemplating Taylor's academic background in psychology, I couldn't help but ponder its influence on her career trajectory, particularly in the realms of marketing and analysis. A psychology major equips individuals with a versatile skill set applicable across a spectrum of professions. When I reached out to Taylor via Facebook, she expressed her readiness to contribute to the project, despite not pursuing a career directly tethered to psychology. I reassured her of my unwavering interest in her narrative, emphasizing the enduring value of her experiences at UW-Stout.

With the dearth of information on Taylor's social media and campus archives, I am eagerly anticipating delving deeper into her UW-Stout journey during our upcoming interview. Intriguingly, I stumbled upon Taylor's social media connection with another alumna, Brettina, sparking my curiosity about their post-graduation interactions.

Throughout my research journey, LinkedIn and Facebook emerged as indispensable tools, unraveling details about Taylor's professional trajectory and personal affiliations, while fueling my curiosity about her narrative at UW-Stout.

Cody Upcraft, Class of 2009 (Written by Kayla Harris)

I completed research on UW-Stout Psychology alum Cody Upcraft. Cody graduated in May of 2009. He attended stout from 2005 to 2009. It seems Cody was involved in research on campus and received awards for his academic excellence while a student in the Psychology department. During Cody's time on campus, he was involved in numerous activities on campus. He was involved in C-NERVE (Cognitive Neuroscience Education and Research Valued Experience). With that he also gave a research presentation on midbrains at the UW - Stout Research Day. Cody was also a Chancellor's Award for Academic Excellence recipient for 5 semesters (Cody Upcraft. (n.d.). Home [LinkedIn page]. LinkedIn. Retrieved March 1, 2024, from <https://www.linkedin.com/in/codyupcraft/>).

Immediately after graduating he was a sales account executive for Comcast Cable. He stayed in that position for 11 months. Following this position, he was a business development representative for Infor for 2 years and 4 months. After that, he was a business development representative for 2 years and 3 months and was then promoted to an inside account manager for almost 2 years. He left that position for a job at Thomson Reuters as a Business Developer. HE stayed in that position for 1 year and 3 months. He moved on to work for ESX Technology Solutions as a Sales Developer. He finally landed up at Shred-it as a customer service representative. This is where he currently works today. I really don't see where he used his psychology degree other than in his current position, customer service. I do not see any volunteer experiences or major milestones listed. I might be able to gather more information about this in my oral interview.

I found Cody in the commencement book. He graduated in May of 2009. The rest of the information was found on LinkedIn. I reached out to Cody via Facebook to inquire about an interview. He was very willing and excited about this opportunity. However, I never got a

response back to my email from 2-25-2024. (Cody Upcraft. (n.d.). Home [Facebook page]. Facebook. Retrieved March 1, 2024, from <https://www.facebook.com/cody.upcraft>).

The challenge I faced when doing this research was that I could not find much information on him in the archives. Because Cody was a 2009 graduate, many sources of information about what was happening on campus were virtual. Stoutonia was becoming less popular, and not a lot of things were being published on paper. Because of this transition, I found LinkedIn to be the best resource for finding information about Cody.

Sharlyn Fellenz, Class of 2007 (Written by Michael Polus)

Sharlyn Fellenz, graduated UW-Stout in spring of 2007 (UW Stout Commencement 2007 p. 20). Before she even graduated, she was an owner of Mytalisha's Dream Riding Center LLC, a family-owned horse-riding business and still is to this day (Facebook Page, Mytalisha's Dream Riding Center). The business has been around Eau Claire for a long while, as she became an owner in 2006, but they didn't have an official Facebook page until 2011. Sharlyn has been married since 2021 and has several kids (Facebook Page, Sharlyn Fellenz). She had a long period of time where she was a program manager at Aurora Community Services, which specialized in Managing programs for individuals with disabilities (LinkedIn, Sharlyn Fellenz).

Ryan J Speltz, Class of 2012 (written by Michael Polus)

Ryan Speltz Graduated in the fall of 2012 (UW Stout Commencement 2012 p. 5). He's been all over the place (LinkedIn, Ryan Speltz). Ryan currently works for Greenlight Mortgage as a divorce lending professional, based in Florida (Facebook Page, Ryan Speltz – Mortgage Broker). Been married since 2018. He started his college experience at U of M Duluth, from 2007-2008, then went to Ridgewater College 2009-2010, and then to Stout from 2010-2012.

After his education, he found himself at a job as a Senior Mortgage Loan Officer from January 2015 till April 2016. He then took a job as a Mortgage loan originator April 2016 through November 2018. A Mortgage Banker November 2018 through March 2019. A Branch Manager at Southwest Funding from April 2019 to April 2023 (LinkedIn, Ryan Speltz). And finally, Greenlight Mortgage April 2023 through present. He is one of the owners, if not the founder of Greenlight Mortgage (Greenlight Mortgage). He also is big into inspirational quotes, which he often puts on his Facebook page, as well as having been married since October 26th, 2018 (Ryan Speltz, Facebook page).

The process for finding information was rather confusing, sometimes the person had lots of information to choose from, and sometimes they aren't very active on many social media platforms. Both own businesses, so there was information to be had there. My main source of information has been LinkedIn and Facebook.

Natalee Schalk, Class of 2010 (Written by Bri Quade)

Natalee Schalk graduated from UW Stout on May 15, 2010. (Stout Student Life and Services, 2010). She is originally from Blue River, WI. She began classes at Stout in 2006 and attended the university for a total of four years

Natalee Schalk was a sprinter on the track team during her time at Stout. There is not very much information regarding her athletic accomplishments it has been noted she was an active member of the team (

Natalee now works as an HR manager in Minneapolis Minnesota. (Natalee Schalk, n.d.). She has had a few different employers since graduating from Stout. After attaining her bachelor's degree, Natalee went on the Minnesota School of Business getting her master's in human resources management and services. She graduated with this degree in 2014. After receiving her

degrees, she began working as a human resources business partner at Textron. She worked for this employer from 2015 to 2018. In August of 2018 she began working for Puris, a plant-based food company, where she worked as a Human Resources manager. In 2021, she was promoted to Senior Human Operations Manager and has been fulfilling this role since.

In order to find information alumni information, I started by using the UW Stout to find the commencement programs from 2006-2014. After finding Natalee I did a google search which led me to her Facebook and LinkedIn as well as to posts about her time on the track team. I was interested by all the information I found and decided I would do some further research.

Lindsay Kjolsing, Class of 2008 (Written by Bri Quade)

Lindsay Kjolsing graduated with her bachelor's in psychology on May 15, 2008. (Stout Student Life and Services, 2008). She is originally from Hudson, WI and spent four years at Stout.

Lindsay was also a part of the UW Stout track team. She was a sprinter and held a spot on the top 10 roster for the 100m dash in 2004. She was a dedicated athlete and almost broke a record for the 200m dash in 2004 as well. It seems she enjoyed her time on the track team and spending time with her teammates. (University of Wisconsin Stout Athletic Records, 2004).

While Lindsay was very athletically accomplished, she also worked hard academically. In addition to her Psychology major, Lindsay minored in Human Development and Family Studies and Coaching. After graduating with her minor in psychology she continued her education at Stout acquiring her Master's in Mental Health Counseling in 2010. She has been working as a mental health counselor since she acquired this degree. Lindsay specializes in AODA counseling as well as the treatment of eating disorders. She is currently working as a mental health counselor in Hudson, WI. (Lindsay Kjolsing, n.d.).

In order to find information, I looked at resources from Stout as well as a general internet search. After learning about Lindsay's time on the track team I looked up track articles during those years. I was able to find articles about her career relatively easily. This was helpful and led me to find other information as well. It is encouraging to see the great things that UW-Stout alumni are accomplishing. It is awesome to see people continue their passion for helping others and offering their services. I also think it is heartening to see how easy it is to follow these individuals' careers and get in touch with them. There are many people like Lindsay who have gone to school to help people with their mental health. This ease of access suggests a hopeful future in terms of mental health.

Part II: The Times of 2006 – 2014

During the period 2006 – 2014, the students we researched experienced a wide range of experiences. Whether the factors were on campus, psychology major related, or nationwide, they influenced the students and who they became while at UW-Stout.

UW-Stout Campus

In Fall 2009, students were moving back to town after their summer. While they were gone, through the winter and summer, there were major renovations that were being done on Jarvis Hall. The project cost \$43.2 million, making a lot of changes. During this construction, a water pipe was knocked by a construction worker. This caused the air conditioning to go out for several buildings while students were moving in. So, the students were hot and sweaty, and the first thing that they had their thoughts on was the A.C. This lasted for 2 days then the air started flowing. Due to this construction, some classrooms were also not ready in Jarvis. Professors had to think on the fly of other locations to have class at. Some locations were outside and in the bowling alley (Thorson, 2009-2010). In the Memorial Student Center (MSC), there used to be a

bowling alley, where the bookstore is now. After the Jarvis work, renovations on Price Commons started. It was a \$4 million dollar project with the aim to create the sections Broadway Grill, Stir n' Wok, D'jour, Eggstraordinary Waffles and several more. This offered several more eating options, which the students loved. The Broadway Grill is still in use today. Another was Hovlid Hall, a \$12.4 million dollar renovation, which created a hallway made to connect the Hovlid and Fleming Halls. Although the hallway was meant to be a bridge to communication and friendship, the hallway is no longer in use due to building regulations for academic campuses. Other projects planned were The Memorial Student Center and Harvey Hall Theatre. The total cost of all these was estimated to be about \$85.6 million. Chancellor Charles W. Sorensen stated that "This amount of construction is unprecedented in UW-Stout's history" (Thorson, 2009-2010, p.2). In the eyes of the students, this was a substantial change. The core buildings to their education and living situation were being changed. The constant beeping of trucks backing up and the sounds of construction had been present for months, making it a distraction to students. Several students noted how difficult it was, but they knew it was a small price to pay for the university's advancement (Thorson, 2009-2010).

In the fall of 2014, the Criminal Justice and Rehabilitation major was offered for the first time (Young, 2013-2014). This brought a new area of interest to attract more individuals to Stout. It was offered as a concentration course before, but then with the high number of students interested, they made it a major. Another reason was because there was more money being put into rehabilitation by the government than ever before. Adding this major helped the psychology department too, since some of the required classes were psychology courses.

A major change was also brought about in the year 2009. Charles W. Sorenson sent out a memo via email addressing alcohol abuse on campus (Thorson, 2009-2010). Several alcohol

related deaths were the cause of several students' lives. At Stout, it had gotten to six deaths in two years. However, this was happening on several campuses and was seen as a disturbing trend among youth in the United States. It is stated that deaths stemming from alcohol abuse are becoming a disturbing trend among youth in the United States. The deaths were all attributed to the use of alcohol. The feeling around campus went from somber, following the deaths of their peers and friends, to agitated, after hearing the tragic news from the Chancellor. The school then increased the number of classes being scheduled on Fridays to limit the people participating in "Thirsty Thursdays," limit the amount of alcohol consumption, and abolish drink specials. This not only affected the students of UW-Stout, but also the entire community of Menomonie. The Community Plunge was then decided to begin. In the Stoutonia it stated "The purpose of the Community Plunge is to build awareness to the problem of binge drinking and high-alcohol consumption and to engage in possible solutions. A lot of it has to do with the culture."

(Holmstadt, 2009-2010, p. 48). Then event members joined and got into a coach bus. They drove around to tour neighborhoods near campus. When looking, it was apparent that there were plastic cups, beer cans, bottles that could be seen on several lawns. While on the tour, a film clip was viewed of a party last February that involved over 125 individuals that got ticketed for underage drinking. The party assumingly had more individuals present who did not get ticketed. Dr.

Gerber, the Drug and Violence Prevention Coordinator, told the crowd that there had been a shift from beer to hard liquor, so that could be a reason as to why the craze had changed dramatically.

She also said that students are known to experiment with alcohol, but the problem is not the majority. That much of the student body does not drink or report to. Specifically, "it tarnishes the image of the majority who are well behaved citizens working hard for an education" (Holmstadt, 2009-2010, p. 48). In the Stoutonia in the 2012- 2013 edition, there is an article with 20 tips for

incoming first-year students. Number 13 on the list is “College is long; don’t drink yourself to death first semester.” (Vaysberg, 2012-2013, p. 6). As well as in 2014, UW-Stout had the second highest alcohol-related arrests in the nation (Senter, 2013-2014). Due to this, not only do students get ticketed, but they also have consequences within the school. Depending on the ticket or number of tickets received, negative actions may occur, like being expelled.

So, years later, the issue of alcohol consumption is still present.

Alcohol wasn't the only thing the campus wanted to halt. Students voted on campus to decide whether to ban smoking on campus. The vote resulted in 63% approval of the smoking ban (Thorson, 2009-2010). However, the ban included all tobacco products. It is said that the goal is to have all campuses tobacco free in 5 years. It is noted that there would not be enforcement of this, peer-to-peer enforcement of this is expected to be the best. UW-Stout along with the campus police hired “Campus Smoking Monitors” in 2011, which are students that walk around campus to monitor smoking. If they saw someone smoking, they would hand them a card stating something like a reminder that Stout is a smoke free campus. Students had varying thoughts on this new role. Some loved it and others believed it was a waste of funds (Soine, 2012-2013). In 2013, the university hit a 3-year streak for being a smoke free campus. This made UW-Stout the first 4-year college in the UW system to implement this (Senter, 2013-2014).

Backyard Bash was just as popular of an event ten years ago as it is today, if not more so. A 2013 Stoutonia article detailed an extraordinarily successful Backyard Bash event. This was a very vibrant event including live music, caricatures, and dogs. This event offered a large variety of activities for students, even more than what has been seen in 2023. Students enjoyed this opportunity to have fun together and get more involved-on campus.

Other than back yard bash, another event was held to start of the new school year in an enthusiastic way. The event was called Yeshuapolooza and the Street Level Ministries hosted it on the north lawn of the Johnson Fieldhouse. Over the years, “through Yeshuapolooza, Street Level Ministries have been able to build three church buildings and affect the lives of hundreds of persecuted tribal people in third world countries” (The Dunn County News, 2007). It went till 10:30 p.m. and was broadcast on Burning Dog Radio on 101.7FM. Some items and businesses that were present was music, Blind Munchies Coffeehouse, Nick the Hick’s Burning Hog BBQ, merchandise from the Philippines and India, henna tattoos, and tables with band paraphernalia (Thorson, 2009-2010). Students had so much fun, and it was a fantastic way to meet new people and to have fun. There was free stuff as well, which every college student enjoys.

Microsoft and UW-Stout had already been partnering together for years; however, a fresh update was needed to make the application more suited for an institution during 2009. The system was called Live@edu, and it provided “a mailbox 100 times larger than its current state, the ability to share calendars with friends and family and 25GB of online storage” (Layland, 2009-2010, p.22). Another aspect of this feature was the change geared toward e-mail addresses. Email addresses went from @uwstout.edu to @my.uwstout.edu. They insisted that individuals change it right away, but gave a week cut off (Layland, 2009-2010, p.22).

Throughout the era, Stoutonia offered a section on crimes in Menomonie called “Smooth Criminals.” Most of the entries were of funny incidents that happened and that were either written in or heard from the grape vine. One of the popular entries was of a naked male who ran through the Memorial Student Center because of a dare from his friends (Stoutonia, 2009-2010, p.26). His friends also were the ones who had taken his clothes. This section provided comic relief to the students during their time at Stout.

During 2009, Chad Lewis, a University of Wisconsin-Stout applied psychology alumni coauthored the book “The Wisconsin Road Guide To Haunted Locations,” The book pertained haunted activity in houses and locations around the United States. This book, along with a couple of others in the series features Menomonie. The Mabel Tainter is a historic building featuring different forms of art in Menomonie, a street down from Harvey Hall. On Dec. 6, 2008, Mabel Tainter permitted 11 paranormal investigators from Sanity Check Paranormal Investigators (SPCJ) to stay overnight in the theater. One of the investigators, Ganji, stated “There is enough evidence to indicate that some form of paranormal activity is occurring right now at the Mabel Tainter.” (Schuster, 2009, p. 84). There was and still to this day a belief in paranormal activity due to the stories that students tell of the Jeter-Tainter-Callahan (JTC) Hall, the Red Cedar Trail, and Devil’s Punchbowl. Several stories exist of these places dealing with ghosts, trolls, and other supernatural beings. At the time of the investigators searching Menomonie, it sparked the attention of more students and the belief of paranormal activity in the population of Menomonie was carried through and past this era.

University of Wisconsin-Stout campus was notified that it was unable to meet the standards of the Americans with Disabilities Act. Due to recent construction and lack of funding, the university planned to wait a couple more years to fulfill the requirements (Thorston, 2009). For those who were disabled during this time, this was very distressing. Their lives were made more difficult due to the proper etiquette and building requirements not being met.

During finals week in Spring 2009, there was a proposal to keep the library open 24 hours. A Facebook group called “Stout Students in Support of a 24-hour Library during Finals Week” was created for this argument. There were 840 members who discussed why they wanted it open for that long and what the school could do to make it happen. However, the school came

out and stated that there were not enough funds, nor employee availability to make this effort happen (Thorson, 2009).

The University Honors Program lead by Robert Horan and Lopa Basu is offering non-Honors students the opportunity to take Honors courses if they have a 3.0 GPA or above (Hillestad, 2009). They wanted to increase the exposure to the program, and wanted to extend the offer to students they knew would academically benefit.

Multiple dorms at UW-Stout provide a weight room for students in the basement. This was to encourage the physical activity of the students and promote healthy living. However, the students were not enthused by the offer in any terms. Students did not count the area to be a weight room and thought of the equipment as “outdated or useless.” The pins of the machines were stuck in the lowest setting and were unable to be moved, making adjusting the weight levels impossible and leading to the action of not using the areas. At the time, the main campus gym was an \$80 subscription that most students did not want to pay for (McGlennen, 2009, p. 172).

During this period, the UW-Stout counseling center began to offer more services for students. Beginning in 2006, the counseling center began offering help to students who felt stressed or a little in over their head with classes. There was a shift toward tailoring counseling services to the needs of students. The counseling staff was working to produce new ways to offer help to students. There were new counseling programs added specifically to help students manage their coursework. There were also speakers brought in to address psychology and the realities of mental health.

In 2010-2011, Stoutonia had announced that they were creating a website. This meant that there would be less of a need for students to pick up the well-known magazine. This also means that that most things we needed to find for our project would be on their webpage. This is not something that we found. However, we did find the scans of the actual magazines. I think for our project, we would have appreciated Stoutonia staying primarily online.

In a 2010 issue of Stoutonia, there was a section dedicated to the memory of Brad Simon, a student that had died while attending the university. Brad was in Log Jam when a witness saw Jedidiah McGlasson and Jared Britton, two UW-Stout Hockey players, waiting outside the bar to shove Simon off his bike. When Simon hopped on his bike, one of the two men delivered a shove resulting in a head injury. Unfortunately, this resulted in the death of Brad Simon. Thankfully, there was justice being served. Jedidiah McGlasson, 21, was taken into custody for felony murder. Another individual, Jared Britton, 23, was taken into custody for being a party to the crime of felony murder, according to the statement.

In 2010, there was exciting news buzzing in a Stoutonia issue. The MSC was undergoing renovation. It had been 25 years since the building had a facelift. And finally, after six years of planning, the plans were about to come to life. Many students were excited about the improved studying area. Knowing how it looks today, very modern, I am sure the students in 2010 were overly excited about this new environment. The renovations to the MSC also included other dining options for the students spending time together in the MSC. Back then the fireside cafe was introduced as "The Pawn." They also introduced a whole corner devoted to coffee. I can only imagine how excited the students were.

The police phone line added options to the voicemail. The phone number was still (715)232-2222, that way there was no confusion. The additions included dials for the program

associate for administrative purposes, the Dunn County Dispatch Center, the patrol sergeant's office, parking services and the chief's office (Arneberg, 2013-2014, p.3). That way there was separation to make the call more organized and that the correct department was directed. Students could feel more supported and deal with situations more easily once this new structure was implemented. Instead of waiting for the right department to be transferred, they were able to get help immediately.

The Dunn County Transit and Eau Claire Transit worked together to create a route from Menomonie and Eau Claire that went live on September 16, 2013. Students could go to the bigger city in 30 minutes. Students loved this due to the love of the wider range of stores that Eau Claire offers. However, the transit was only offered Mondays-Fridays and it cost \$2.50 each or \$5 round trip (Arneberg, 2013).

National Level

Apple produced the first iPhone in 2007. This was the first major competitor for Google's Android devices. This start would begin the huge impact that Apple has on the nation today (www.historycentral.com). Fast forward to 2022, about 49 percent of all smartphone users in the country use an Apple iPhone (Statista 2022). That means that the likelihood that the alumni in our era have had or do currently own an iPhone is very high.

From December 2007 – June 2009 the Great Recession, also known as the subprime mortgage crisis, occurred. According to History, "The Great Recession was a global economic downturn that devastated world financial markets as well as the banking and real estate industries" (History, 2019). It was a decline of economic growth over time. It took an enormous toll across the national level. There were recessions prior, but this was the longest since WWII.

The unemployed rate went from 5% - 10 % during this time, so a lot of people were not working. This was a struggle for citizens. Not only were they not getting paid, but they were also not spending as much money to put back into the economy. The United States created fiscal stimulus's programs that were paid for via government spending and tax cuts. These programs were called the Economic Stimulus Act of 2008 and the American Recovery and Reinvestment Act of 2009 (Rich, 2013). The economic recession also affected Menomonie. Throughout the town, several restaurants were being closed and shut down. A couple had opened right before the recession but didn't even last a couple of months. Restaurants tried to stay afloat and would lower their prices to be affordable, however the expenses and lack of business became too much. One of the restaurants was Dona Rita's, where they offered an all-you-can-eat taco deal every Wednesday. Students were disappointed since these were the spots they could eat outside of the Stout food options (Thorson, 2009-2010).

A huge factor in 2009 was the Swine flu (H1N1 influenza). Reports were on the rise, and everyone felt like they were at risk of becoming sick. Students were concerned about how this will affect classes, their health, and how to avoid it all together. Vaccinations were recommended for students but were expected to become available in mid-October. At the time, Dr. Thomas Frieden of the Centers for Disease Control and Prevention (CDC) dictated and advised that the vaccine would be free and encouraged everyone to get vaccinated. From the university, they advised students to keep vigorous hygiene schedules (Beyer, 2009).

On April 15, 2013, the Boston Marathon Bombing occurred. According to Britannica, this was a "terrorist attack that took place a short distance from the finish line of the Boston Marathon. A pair of homemade bombs detonated in the crowd watching the race, killing 3 people and injuring more than 260" (Ray 2022). This was very devastating news. The National

Library of Medicine (NIH) asked the patients of the Boston Center for Refugee Health & Human Rights about the bombing. When looking at the data, “approximately 86 % of those interviewed were reminded of their past trauma. The following themes emerged: triggering and trauma related symptoms, content specific cognitive schemas, recognition of the universality of violence, fears of discrimination, issues surrounding safety, and specific concerns of Muslims” (Piwowarczyk, 2016, p.1).

Robin Williams, a beloved actor ended his life in August 2014. The students of this era grew up watching his films and he was a major influence on their lives. The world all seemed to mourn when he passed. He provided comic relief for the students in the 2006–2014 era and to most of the nation (Pidgeon, 2019).

The Psychology Major

In 2009, the university announced that the average number of years to finish a bachelor's degree is approaching five. Due to this number, On Oct. 14 Chancellor Sorensen started to allow the members of the three most popular majors to graduate in just three years. Those majors are Psychology, Business Administration and Hotel, Restaurant and Tourism Management. Then in the fall of 2010, students who were planning to take that route had to sign a contract, stating that they were going to graduate in three years. Not only did the students get to graduate early, but they also were granted the benefit of priority enrollment. Between 3% - 5% of students in each major decided to take this track (Hillestad, 2009). This offered many students the chance to advance in their studies, save money, and gain a closer connection to their advisor, since one of the stipulations was to meet with them regularly.

The Society for Social Neuroscience was created in 2010. This opened the interest of neuroscience up for more people to be inspired by this type of psychology. The Association for Psychological Science elaborated that due to this society it “explores the neural mechanisms of emotion; cognitive neuroscience, which centers on how the brain mediates social interactions; and cultural neuroscience, the study of how cultural values, practices, and beliefs mold the mind, brain, and genes, and vice versa” (Association for Psychological Science, 2013).

In 2010, neuroscientist Simon LeVay published the book "Gay, Straight, and the Reason Why," which persists that sexual orientation emerges from prenatal differentiation in the brain (Cherry, 2022). He argued that different factors such as genes, sex hormones, and the cells of the developing body and brain were indicators and the reason as to why an individual had a certain sexual orientation. This topic and findings brought a new light to the psychology field.

Then in 2013, the DSM-5 was released. The APA removes "gender identity disorder" and replaces it with "gender dysphoria" in the list of mental illnesses. This was to describe and clarify a person's discomfort with their assigned gender at birth (Cherry, 2022). Human Life International provided some reasoning as to why this changed by stating it was to “avoid stigma and ensure clinical care for individuals who see and feel themselves to be a different gender” (Ciancio, 2022, p.1). As well as that “it is important to note that gender nonconformity is not in itself a mental disorder. The critical element of gender dysphoria is the presence of clinically significant distress associated with the condition” (Ciancio, 2022, p.1).

John O'Keefe, May-Britt Moser, and Edvard Moser share the Nobel Prize in 2014 for “their discovery of cells that constitute a positioning system in the brain that is key to memory and navigation” (Cherry, 2022, p.1). It was also called the inner GPS. The map of our brain is made up of what they call “place cells” and “grid cells”. They made locations in our brain and

that are based on motion and knowledge of positions we have accumulated (The nobel prize in physiology or medicine, 2014).

Part III: Reflection on the Experience

Cite by personal communications – it is posted on canvas

Personal communications only in body of paper not in references

Instructions:

Toward the end of the project, you will report out to others in the class what you learned, so the whole class can see what each group learned and to allow you the opportunity to see the changes that occurred throughout the history of the psychology program. In Part 3 of your department history project, you'll also reflect on what you've learned from this experience. Your group reflection should include answers to the following questions:

Student Expectations Over Time

Reflect on the changes you see in the students and their experiences over time. (hailey)

As we reflect on the evolving student experience over time, several factors stand out, notably influenced by changing societal norms, program structures, and campus opportunities. Broadly, significant events such as the 2015 Trump and Clinton election, legalization of Gay marriage, Covid-19 pandemic, 9/11 terrorist attack, 1978 Cold War, and the BLM movement have left indelible marks on college campuses, shaping student perspectives and campus dynamics. Societal changes exert a profound influence on college campuses, continually reshaping the student experience. From shifts in cultural norms to significant historical events, such as political elections, social movements, and global crises, these changes permeate campus life, affecting everything from academic discourse to student activism. As societal attitudes

evolve, colleges must adapt their programs, policies, and support systems to meet the evolving needs and perspectives of their diverse student body. Thus, college campuses serve as microcosms reflecting the broader societal shifts, fostering dialogue, activism, and growth amidst changing times.

The Psychology Major fit into the Larger History of Psychology

Based on what we have learned about the program's students, the psychology major fits into the larger history of psychology by providing the history of the field and the latest research to current students. When in the major, students are learning material from the beginning of psychology as a concept up to current research and the latest ideas. Being able to see where the field started and how far it has come, we believe, is crucial in learning about the field of psychology. When leaving the major, it is ideal that students will move into careers in the field and provide further findings or find out about current information on their own. It is important to stay up to date on the current findings to truly understand how the field is growing and changing.

We learned that the students in the Psychology major were eager to learn and apply their knowledge to real world applications. Many students were involved in on campus jobs and research during their time on campus. One event in particular, Cognitive Neuroscience Education and Research Valued Experience (C-NERVE), was a popular event to present the research being done by students on campus. Though this was popular in our era, no one from our group has heard of this event. In recent years, students are presenting research at the Stout Research Day held every fall and spring. This is where students can present their research and explain to other students, faculty, and the public how they are applying their knowledge and ideas from the field to the world.

Although students on campus might think they are just doing this research to add something to their resume or fill their time on campus, they are making real discoveries that contribute to the field. Student research is being done under a faculty member and is supported through campus funds most of the time. They are making discoveries that are sometimes the first in the field. The research being done is far more important than most students are led to believe. When Stout Research Day rolls around every semester, you can see the passion and excitement about the research that had been done.

The Psychology Major fit into the Larger History of the University, State, Nation, and/or World

Psychology has transformed since being established. Not only did the major alter the nation and world, but even in the city of Menomonie at the University of Wisconsin-Stout, the program has been a great influence. Depending on the era, the effect of the Psychology major varied. The theories, psychologists, research, and beliefs were different throughout 1967-2023.

Starting in the era of 1967-1977, behaviorist and social psychology were crucial perspectives used (K. Nelson, personal communication, April 12, 2024). The programs at universities teaching psychology provided information and knowledge of these two. Students focused on behaviorist until the realization that mental processes were not supported (A. Hopkins, personal communication, April 12, 2024). From there, the population and focus shifted to social psychology. The negativity surrounding this perspective was in relation to the type of methods used and the relevance to the major.

During this time, although several of the psychology undergraduates were women, they were still not being supported. The typical view of the role of the woman was to be a housewife. If women did not fit into this role, they were often medicated with opioids (A. Hopkins, personal

communication, April 12, 2024). This started to change in 1969 when the association of women in psychology was created, this provided a major support and resources (K. Nelson, personal communication, April 12, 2024).

During the time of 1978-1987 several events happened that contributed to psychology on the college, national, and world level. In 1978, UW-Stout offered classes on behavioral modification, the psychology of children, marriage and family, and several other new topics (S. McLendon, personal communication, April 12, 2024). Students at this institution and across the nation were exposed to new information and learning topics that prior students had not.

In 1979, the first gay and liberal rights movement occurred in Washington (S. McLendon, personal communication, April 12, 2024). At the time homosexuality was recently taken off the diagnosis list of the second edition of the DSM. Before the year 1973, it was considered a mental illness. This movement was one of the first times that individuals who identified as anything other than heterosexual felt like they belonged. This was a major factor that effects psychology not only during this time, but also to what is considered and taught today. The official revision to the DSM was in 1980 and again in 1987 (S. McLendon, personal communication, April 12, 2024).

In 1982, the positron emission tomography (PET) scan was invented (S. McLendon, personal communication, April 12, 2024). This innovation contributed to not only the medical field, but also psychology. The purpose of this technology is to examine brain activity. This can be used on patients and during experiments to view the brain and what is occurring. Another event that happened in 1982, specifically at UW-Stout, was that the vocational rehabilitation major was created (A. Williams, personal communication, April 12, 2024). This mostly contributed to the criminal justice department; however, this also opened the door to

rehabilitation educational opportunities in psychology. Rehabilitation is a subject that individuals can go to graduate school for relating to psychology. Students learn about alcohol and drug abuse and how to help individuals struggling.

The Stout Council of Family Relations was an organization that several students in psychology were involved in in 1984 (A. Williams, personal communication, April 12, 2024). Students in psychology along the human development and family studies major discussed topics and supported each other in their academic journeys.

The times of 1988-1996, the psychology link club was a space where students in the psychology major at UW-Stout had to elaborate on their studies (J. Goddard, personal communication, April 12, 2024). This was a club open to any students interested in the topic of psychology. This was different from the organization Psi Chi, which was an honors club. However, fast forward to today, the club has closed due to the 2020 pandemic, and Psi Chi has offered to include all psychology students in their activities (K. Hamilton, personal communication, May 1, 2024).

UW-Stout revised their degree during this period. Instead of emphasizing psychology being more general education based, the focus shifted strictly to psychology (J. Goddard, personal communication, April 12, 2024). Interesting courses covering a wide range of subjects were introduced. One of the courses was a psychology of women course, which ended up turning into a gender studies course (J. Goddard, personal communication, April 12, 2024).

On a national level, the new generation of cells in jails was being modified. The well-being of inmates was being considered and the addition of pods was added (J. Goddard, personal

communication, April 12, 2024). In relation to psychology, the effects on imprisonment and the environment in a prison has been heavily studied.

In 1989, Claud M. Steel, a psychology professor at the University of Michigan, conducted experiments on the stereotype threat and self-affirmation theory (J. Goddard, personal communication, April 12, 2024). This study looked at how the stereotypes of Black individuals affected their test scores (R. Rohrer, personal communication, April 12, 2024). The findings from these experiments have had a huge influence on society and what psychology knows today.

The Soviet Union collapsed in 1991. To explain the reasoning as to why the collapse took place, political psychology was used (J. Goddard, personal communication, April 12, 2024). The research of Lev Vygotsky and Ivan Pavlov was studied during this time.

Also, during the late 80s and 90s, there was an increase in terrorism. Due to this growth, research done on terrorism expanded. Psychologists investigated why terrorist attacks happen, what details about the individual acting on the attacks are present, and what motivators and factors are included (G. Brandt, personal communication, April 12, 2024). Other than the why, was the what solutions can be done to stop the terrorist attacks.

The 1997-2005 UW-Stout era liked different theories and sections within psychology. One was positive psychology, where classes were on motivation and emotion. Topics that psychology students learned included learned helplessness, pessimism and optimism (C. Meverden, personal communication, April 12, 2024). At the time, an alcohol support system course was also offered. Another was industrial and organizational psychology (C. Leonard, personal communication, April 12, 2024). Students learned how to apply psychology to work and on a professional level. Human resources (HR) was also an aspect learned where students

were taught how to incorporate psychology into management positions. Cognitive, perception, child, and adolescent psychology were also being incorporated into the department and curriculum (M. Quirk, personal communication, April 12, 2024).

Psychologist Martin Seligman became APA president in 1986 (M. Quirk, personal communication, April 12, 2024). During his term, he emphasized positive psychology. He wanted to emphasize happiness and what individuals can do to become their better self.

A general transition occurred within the official degree classification at UW-Stout. Instead of the psychology degree being labeled as a Bachelor of Arts (B.A.) the label was now called the Bachelor of Science (B.S.) (C. Meverden, personal communication, April 12, 2024). This was also suggested to be a common transition across the nation.

The last era that was reported on was 2015-2023. The main theme seen was the lack of participation towards the end of the period. Covid had an everlasting effect. Most students stopped joining and participating in clubs and organizations (E. Folstad, personal communication, April 12, 2024). They also took more online classes and would stay inside rather than interfering with other people. Across the world, this was the pattern. Institutions and universities offered more classes and altered attendance policies.

The main topics of this era were growth mindset, PTSD/trauma focused behavioral therapy, the misinformation effect, false memory, eyewitness testimonies, and PPIs which are mental illnesses and increase resources (S. Frilseth, personal communication, April 12, 2024).

Mental health was a major focus. Students and individuals' mental health at UW-Stout, across the nation and the world had significantly decreased. The primary factor was due to the pandemic (S. Frilseth, personal communication, April 12, 2024). With the intense isolation,

increase in stress, separation from others and the cease of most activities, most of the world became depressed.

What We Learned About the Psychology Major at Stout, the history of Psychology and the field.

We learned that Psychology underwent drastic changes at Stout and at large from the period of 2006-2014. We were impressed by how drastic the changes were in such a short time period, neuroscience became more developed and enriched, Michael personally believes this is the key that once developed, will move the field of Psychology into the most advanced age it has ever been in. The field also found a home at Stout more comfortably, as it moved from a Bachelor of Arts to a Bachelor of Science. We were quite excited about that, because it helped Psychology become more legitimate, and allows for the eventual inclusion of neuroscience closely linked to Psychology, that last one was what Michael was most interested in. An important aspect which we also wanted to mention was how the field of psychology's offshoot, therapy, has evolved.

Things like DBT (Dialectic Behavioral Therapy), and EMDR (Rapid Eye Movement Desensitization) have become popular, much how electroshock had its time in the sun, though that is still around as electroconvulsive therapy. We learned a lot about how Psychology has become much more nuanced, with a lot of different disciplines of Psychology being seen as equally credible, when in times past it was a lot more "I'm right, you're wrong," mentality when it came to the different schools of Psychology. While that will never fully go away since we are human and its common knowledge, it is nice that in this aspect, it is less prevalent. Another form of therapy has been making its rounds, and is slowly gaining in popularity, cropping up in a few countries and multiple states, it is known as TEAM CBT (Burns, 2020). This exciting new

therapy may revolutionize the therapy side of Psychology as neuroscience may yet do in the future for Psychology as a whole.

Psychology has been changing, the new schools of thought like Evolutionary Psychology, Cognitive Psychology and Positive Psychology are powerhouses now, and we are eagerly anticipating what comes next in the field when it comes to TEAM CBT and the contributions of Neuroscience to the coming together of Psychology, and finally achieving its paradigm.

What We Learned About Historical Research

We learned that historical research takes a significant amount of effort to compile a full narrative. It takes many different sources to put the full picture together. For this project we found a lot of resources, but not all of them were particularly easy to come by. Dealing with setting up and talking with alumni, while very interesting, was time consuming. It ultimately was a rewarding process, but the possibility of bias and factors of nostalgia make these reports by alumni not 100% accurate to the times. The only way we could be accurate to the times to a hundred percent would be to travel back there ourselves and take notes. Working with the snippets we got have given us a picture of what the times were like, but ultimately we will never know exactly how the times were like if we ourselves did not live them.

Research, be it scientific, or in this case historical, is always wrought with challenges and nuances to be kept in our minds when we're working on it. From whether there are biases in self-reports, if the documents we viewed had bias in them, if the documents we viewed actually related to the times, all of these we did our best to reduce as factors, but as we're all humans it isn't possible to really eliminate all of these empirical inaccuracies from our historical research.

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