



Dear Seniors,

Congratulations! The faculty of the Department of Psychological Science want you to know that we are very proud of you and all of the effort, commitment, and perseverance that you put into earning your degree from UVM. This has been an unusual time for all of us, and these disruptions may be felt most acutely by graduating seniors that are delaying celebrations of their accomplishments. We, too, are saddened that we cannot attend graduation with you in May.

Despite these challenges, you have inspired us to be the best at what we do, and you remind us on a regular basis of why we chose our profession. We realize that Psychological Science at UVM is a thriving major because of you. You have made our department strong, dynamic, and vital by actively engaging in our courses, giving us feedback that helped us grow as professionals; contributing to our research (as participants, researchers, or offering insightful comments in class); and contributing to the scholarly, professional, and compassionate culture that we strive to uphold in our department.

The field of Psychological Science has much to offer in addressing the key challenges of our times. We know you'll put the knowledge and skills you've learned to good use, no matter what lies ahead for you.

Please keep in touch; we love hearing from our alumni!



## Emma Baldauf

“I’m a Psychology major and Sport Management minor. I was a transfer my sophomore year and fell in love with UVM immediately. I’m originally from Vermont and at the time of my transfer I had no idea I’d find Burlington, and the UVM community, as amazing as I do now. In the fall of 2018 I joined the Catamount Dance Crew, a co-ed hip hop club on campus, and had the privilege of leading the team as 1 of 2 captains this past year. This team was my second family and I would have never made it through without them. My 3 years spent at UVM brought me some of the closest friends I’ve ever made, and gave me new appreciation for my home state that I’m forever grateful for. I did a year long clinical internship at the Howard Center Baird School my junior year. I now intend on taking a year or two off to get some clinical experience through interventionist programs in the area, and will eventually be pursuing grad school for either sex therapy or sex education.”



## Elizabeth Bashaw

“From pre-vet to psychology major my time at UVM has changed me for the better. While it was a challenging four years, it was incredibly rewarding to be able to walk away with not only an abundance of knowledge and skill but also an abundance of positive relationships that were built during my time there. The next steps moving forward consist of hands on experience in the field of mental health prior to pursue int a masters degree in social work. My goal is to work with adolescents and young adults within or out of the foster care system that require support in all areas of mental health. Thank you to all the people that endlessly supported me and continue to through journey.”



## Hannah Baylies

“My time at UVM has meant a lot to me. I've done so much personal growth here, I've made friends for life, and watching them grow along side me has been irreplaceable. I'm happy with the person I've become and very excited to see where life takes me. For now, I have a job at NFI Vermont working as a community integration specialist. I'm very excited to start my adult life, and looking back at how far I've come, I'm sure I'm going to enjoy it. Thank you Mum, Dad, and Adam Greenleaf. I couldn't have done it with out your support.”



## Jessica Beaulieu

“If you're reading this, Jess Beaulieu (me!) has officially finished her B.S. in Psychological Science, as well as a minor in Communication Sciences and Disorders, with a concentration in Teaching English to Speakers of Other Languages (TESOL). Over the course of her 4 years at UVM, she has continued to mess around on ice, and was often found blasting questionable music in The Gutt at 6 in the morning. In addition to figure skating, she explored an interest in honey bees, got scuba certified, and had the amazing opportunity of being the first Psych major to intern at the Eleanor M. Luse Center. While the future is uncertain in times of COVID-19, she has hopes of teaching english abroad, prior to continuing her studies in grad school.”



## **Kate Beaulieu**

“During my time at UVM, I’ve been a part of the Kiddie Cats Program and the Hoza Lab. I’ve also spent the past two semesters interning at Mansfield Hall. I’ve loved every experience and am looking forward to the next chapter of my education. I plan on pursuing a degree in nursing after graduation! I hope to one day work in psychiatry. Dewey Hall, I’ll miss you.”



## Olivia Billow

“My time at UVM has been filled with beautiful people and places, grateful for everyone who has made it so special!!”



**Rose Breen**



“In addition to my B.A., I will graduate with minors in both Human Development and Family Studies and Animal Science. During my time at UVM, I spent three years as the Varsity Men's Lacrosse videographer, including this year when our season was unfortunately cut short. After graduation, I will be taking a gap year before continuing on for a Masters in School Psychology or a related degree. I hope to combine my love of sports and my enthusiasm for school to work as an athletic academic advisor. Thank you to everyone who supported me on this journey and gave me the opportunities to explore what it is I am passionate about!”



**Ali Burdick**

## George W. Albee Award winner

This award is given annually by the Board of Trustees of the Vermont Conference on the Primary Prevention of Psychopathology to a senior psychology major who has demonstrated exemplary interest, competence, and originality in subject matter and course work related to the topic of prevention of psychopathology.



"I studied at the University of Vermont because I wanted to connect and make rich relationships with the faculty while engaging with research and academia. UVM has given me exceptional education experiences that will follow me in my journey to becoming a nurse. My work in the Hoza Fit Kids lab has given me ample opportunities to participate in hands-on prevention psychopathology work with my future demographic population, children. My future plans include using my Bachelor's of Science of Psychological Sciences to guide my education and profession of becoming a Psychiatric-Mental Health Nurse Practitioner."



**Marijella Collins**



“When I began at UVM I was convinced I wanted to go into chemistry, but upon taking my first psychology course, I was hooked. I found myself delving into so many questions I had about the content. It wasn't until my final year and my internship, that I realized my career would take a more therapy driven direction. In my future, I will be pursuing a degree in psychiatric nursing, hoping to serve in a capacity of therapist and caretaker.”



**Eliza Corderman**

“My four years at the University of Vermont have been filled with so much growth on both a personal and academic level. Each semester has introduced me to amazing new people and opportunities, which have made Burlington feel like home. I am so excited to have just completed my honors thesis through the department of psychological science and I look forward to accomplishing so much more, harnessing the skills that my time here has taught me!”





## **Sara Dempsey**

“I will be graduating this spring with a B.A. in Psychological Science and a minor in Behavioral Change Health Studies. My three short years at UVM has left me with endless stories to tell in the future. I plan to further my education in a therapeutic field and explore my options for a career in mental health.”



**Alison Forman-Katz**

“Of my time at UVM, I am most proud of what I've done with the Kayak Club, both instructing new members and improving my own whitewater skills. I plan to continue working in the outdoors before going to law school.”





## Natalie Fuchs

### John Dewey Award co-winner

This award is given annually to two seniors (one of whom must be a psychology major) who have conducted outstanding independent research in psychology while maintaining high scholastic standards overall.



“My time as a psychology major at UVM has been both fulfilling and enlightening. I want to thank the professors and advisors who have given me the tools I need to confidently pursue a career in research. I especially want to thank Dr. Elizabeth Pinel who gave me the opportunity to learn, grow, and challenge myself as a member of her Seeing-I-Lab. I am excited to see where my future in psychology takes me as a result of my education at UVM.”



## Haley Gearwar

“Following graduation I'll be moving to Hartford, CT to pursue career options and enjoy a few years away from school before applying for graduate programs. My time at UVM has shaped me into a more confident individual and I'm grateful for all the mentors I've had while here”



## Kate Goldberg

### John Dewey Award co-winner

This award is given annually to two seniors (one of whom must be a psychology major) who have conducted outstanding independent research in psychology while maintaining high scholastic standards overall.



“My time at UVM was a life-changing experience that I will never forget. As an undergraduate student here, I received an outstanding education and was lucky enough to be a part of highly productive and creative research teams that spanned several facets of psychology. After graduation, I will be joining the Post-Baccalaureate Clinical Fellowship Program at McLean Hospital as a community residence counselor. This program offers the opportunity to work with adolescents in programs specializing in the treatment of obsessive-compulsive disorder, borderline personality disorder and trauma, and anxiety and mood disorders. My next step will then be to apply to a Ph.D. program and obtain a doctorate of psychology. I have made so many life-long friends and formed strong connections with my professors at UVM. It is definitely bitter-sweet to say goodbye, but I am looking forward to my future career in the mental health field.”



## Loret Haas-Hanser

“Being a Psychological Science major at UVM has truly been a gift. I can honestly say that the department and classes have shaped me into the best student I could be. Some of my favorite times at UVM have been related to this department, such as my mentored clinical internship at Chittenden County Regional Correctional Facility, presenting for Dr. Rudiger's Organizational Psychology class and learning my true passion in Professor Lekka's Health Psychology class. After taking a gap year, I will continue going to school with the eventual goal of getting a PhD in Health Psychology. My sincerest gratitude to everyone who helped me get my degree. I can proudly say I am a UVM Psychology alumni!”



**Kate Hansen**

“I’ve enjoyed my time here at UVM immensely. I’m planning on applying to Physicians Assistant school next fall after traveling and working in the hospital this year. Congrats to all my fellow psych catamounts!”





## Casey Henehan

“I will be graduating with a B.S. in Psychological Sciences with minors in Gender, Sexuality, and Women’s Studies and Behavioral Health Change Studies. I also have a certificate in Physical Activity Promotion in Children and Youth. While at UVM I have had the honor of conducting research in both Dr. Hoza and Dr. Murray-Close’s labs and have been involved in the Fit Kids program since my sophomore year. With the help of a Seelig Summer Award, I was able to complete a College Honors Thesis under the advisory of Dr. Hoza. I am extremely grateful for my experience in the Psychology department at UVM, both through research and through my role in Psi Chi.”



## Andrew Hooker

“I had such a wonderful experience here at UVM and I am especially thankful for the Psychology department for making my time here meaningful. The things I learned during my time here I will take with me for the rest of my life. In the future, I plan to pursue a graduate degree in School Counseling.”



## Christina Hsu

“I will forever cherish my time at UVM. I have been able to grow in ways that were never expected. Throughout my journey at college, I have worked with incredibly intelligent professors and made life time friends. After taking Fit Kids: Special Populations, I discovered my passion for early and special education and it inspired me to pursue a career in Special Education.”



## Laensa Iteffa

“In my time at UVM I’ve studied Psychology and Emergency Medical Services. I’ve found that I love Burlington, and I plan to spend the next few years working in the area before applying to graduate school.”



**James Kim**

“James is graduating with a B.S. in Psychological Science with minors in Theatre and Art. With his combined interests, he's looking to pursue an art therapy master's degree after a gap year or two. He is eternally grateful for his time at UVM and would like to thank his professors and friends for making for an amazing four years!”





## Niki Kruzel

“My time at UVM was one of the best experiences in my life. Every class I took that helped me to understand my passions more fully and explore my interest in helping people was immensely valuable and fulfilling. Post-graduation, I am now working at a residential program at the Howard Center, supporting adults with severe mental health disorders. In the future, I hope to obtain a Master's degree in Social Work and eventually become a licensed therapist. Thank you to UVM for helping me to in my journey to achieve my life goal of caring for others' mental health!”



**Hannah Lasser**

“I would like to thank my personal support system that has gotten me to this point. Although this is not what I had imagined, I am graduating with an immense sense of gratitude for my entire experience at UVM. I can honestly say that I have met some of the most genuine, hilarious, and kindhearted souls at this institution and I will forever be grateful for the impact they had on my journey. Class of 2020 - WE DID IT!”





## Kate McAllister

“My time at UVM has been shorter than most- I am finishing this degree in 3 years. I am grateful for the lessons I have learned, and the supporters I have found. I am hoping (post-pandemic) to find a job in marketing/advertising (digital marketing being the ideal field).”



## Shelby McManis

“Throughout the last 4 years I learned a lot about myself and am grateful for UVM giving me the space and resources to do so. I will be forever thankful for the relationships that I formed throughout my time here. After graduation I plan to continue my education by pursuing a Masters degree in Mental Health in the Massachusetts area.”



## Maddie McNamara

“After graduation, I will be working in Boston as a paralegal at a law firm, and I hope to attend law school in the fall of 2021 in Boston or Chicago. I am so grateful for all of the opportunities UVM has given me in my undergraduate career. From studying abroad, influential internships, and campus involvement, I feel shaped by my time spent in Burlington, and I am confident these experiences will help to carry me through the next chapters of life.”





## Carly Moulton

“I truly cannot believe my time at UVM is coming to a close! I want to thank those who have supported me along the way, especially UVM Orientation, where I will be working my fourth and final summer helping new students transition to college before moving on to whatever adventure awaits me next!”





**Brynn Nuse**

“I will be entering the workforce in hopes of gaining relevant research experience and knowledge. Unfortunately, many of my plans were disrupted due to the current pandemic. However, I'm still remaining hopeful for the future. I intend to go to graduate school to continue my higher education.”





## Heinz L. Ansbacher Award winner

This award is given annually to a senior psychology major who has conducted outstanding research or scholarship with a humanistic element.



## Connor Osterhoudt

"The University of Vermont quickly became my favorite place in the entire world! Here I have grown so much as a human being, and I have made so many amazing friends. I am proud to have found my place in the Psychological Science Department. This program couldn't have done a better job preparing me for a graduate education and a meaningful career. More importantly this community has helped me develop into an informed and compassionate psychological citizen."



## Erin Ploof

“My time at UVM has been a journey like no other. I came into myself as an individual and wouldn’t change my time here at all. I am currently a counselor for the Northeastern Family Institute of Vermont and will continue on this journey for as long as I can!”



## Julia Plumb

“In the past four years at UVM, some of my favorite memories came from being a member of the club field hockey team, working as an undergraduate research assistant in Dr. Alice Schermerhorn’s lab, and completing a clinical internship at Lund. After graduation, I plan on continuing my education by pursuing a graduate degree in clinical psychology.”



## Grayson Richardson

“My time at UVM has felt like it has gone by extremely fast but I am proud of the accomplishments I have made due to the professors. Every psych class I have taken here has led me to discover the different realms of psychology that can be utilized after graduation. After 4 years spent at UVM, I can happily say this school has impacted my life for the better!”



**Lucy Rock**

“Without a doubt, my favorite aspect of the Psychology program at UVM has been the professors who keep the wheels turning. They have inspired me to be as dedicated to the material as they are and motivate me to learn as much as I can. The more I learn, the better it gets.”

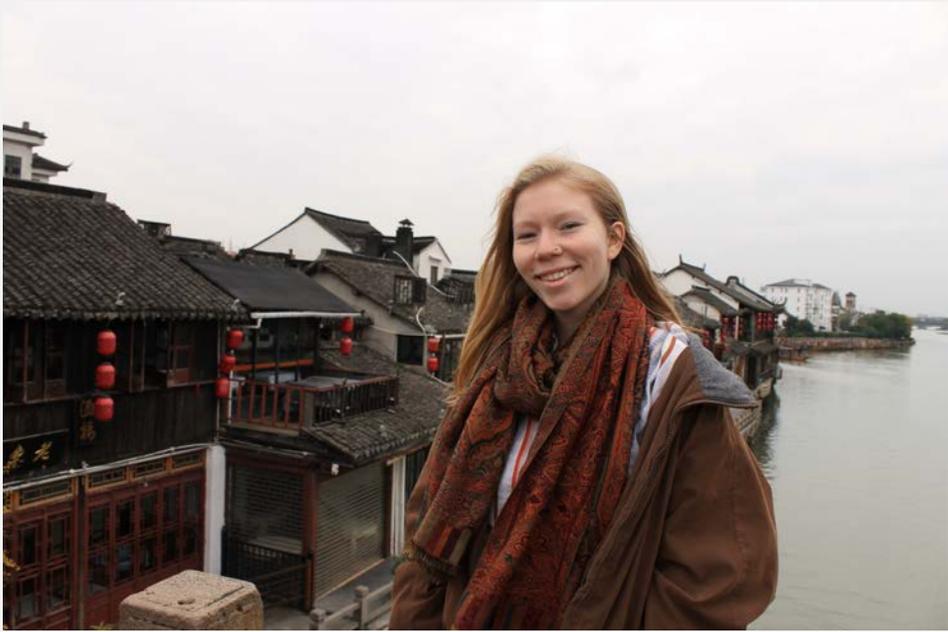




**Emily Ryan**

“UVM has felt like home for the past four years, and I am forever grateful for all of the experiences that came with that. I am sad to go, but happy knowing that I am leaving with knowledge and friends that will last a lifetime.”





**Lilly Sharp**

“The past four years studying Psychology and Film here at UVM have grown my world view and outlook for the future far past what I ever imagined. My dual majors showed me how interconnected our world is and the importance of multiple perspectives. I will always cherish my time spent here at UVM and the wonderful professors who inspired me and supported my learning.”





**Hannah Sheffler**

“I am so thankful for all of the opportunities the University of Vermont has given me. Studying clinical psychology abroad in Denmark, my induction into the Psi Chi Honors society, working with the abroad office as a mentor for international students, and spending time with my friends in the mountains and on the lake are some of my favorite memories. I am so grateful for everything the UVM psychology department does for all of its students. I am very excited to be using my bachelors degree in psychology as I attend nursing school and continue to make a difference in the lives of those around me!”





**Emma Sorenson**



“When I was a sophomore, I got a concussion. Then another, and another. My whole college experience, I've struggled with post-concussive syndrome that has made schoolwork incredibly difficult. After five years, through incompletes, reduced course loads, and my own hard work, I am finally graduating. It feels like a huge accomplishment considering my medical setbacks. I am incredibly proud of myself that despite all odds, I've finally gotten my degree!”



**Ella Claire Walsh**



“I've loved my time at UVM. Over these past four years, I developed into an adult and became someone I'm proud to be. My professors have had just as much to do with that growth as the social connections I made with my peers-- special thanks to the psych department! While coronavirus has thrown my original plans into the air, I'm still moving towards my goals and will be applying to quantitative psychology graduate programs come fall.”



**Lauren Woodard**

## Donald G. Forgays Outstanding Senior Award co-winner

This award is given annually to a senior psychology major who has demonstrated outstanding scholarship in all courses in Art and Sciences as well as achievement in independent research and scholarship.



“My time at UVM has allowed me to explore various subfields of psychology, including Learning Theory, Developmental Psychology, and Clinical Psychology. In addition to my course and lab work, my internship at the Chittenden Regional Correctional Facility gave me insight into the criminal justice system and has motivated me to work towards better treatments for drug abuse and addiction. While I do not have a solidified plan, I am hoping to gain research experience before applying to advanced degree programs in psychology. I am very grateful for the ways in which the UVM Psychological Science department has supported my growth as a student and aspiring researcher.”



**Emily Young**

## Donald G. Forgays Outstanding Senior Award co-winner

This award is given annually to a senior psychology major who has demonstrated outstanding scholarship in all courses in Art and Sciences as well as achievement in independent research and scholarship.



“I would like to thank all my professors, mentors, family and friends in their dedication and encouragement in succeeding in my academic and professional goals. When I came to UVM, I had no concept of what I wanted to do or who I wanted to be in the future. Throughout my many experiences at UVM, I found my passion for psychology. When asked: Why would someone study psychology? The answer is simple. We do it for the love of connecting with others and learning what makes humans ‘human’. Following graduation, I hope to become a UVM student once again in the Mental Health and School Counseling Master’s program.”



**Madeline Zarro**

“While at UVM, I studied psychology, behavior change, and integrative healthcare. I’m grateful for the wonderful friends I’ve made here, the UVM Quidditch team, and the UVM staff members who have gone above and beyond for me. After graduation, I plan to pursue a Ph.D. in Clinical Health Psychology and do what I can to make integrative mental health services more accessible.”

