

MEET M PEASE



What is your favorite thing about PSYC?

While I may be biased, I think our department has some of the most empathetic and caring students and faculty and that our program has some of the most interesting and life-relevant coursework at UMD!

What are some other activities you are involved in?

I am a resident assistant, a research assistant, a member of the help center, and am on the psychology department's diversity committee!

What has been your favorite PSYC class and why?

PSYC438F: History of Psychotherapy was a short-term study abroad course I took in Austria! In addition to learning some incredibly amazing content about the discipline of psychology, I simultaneously experienced the adventure of studying abroad and got to know a number of other psychology students and truly feel a sense of community!

What is your advice for incoming first year students?

Be kind to yourself: Freshman year is hard for everyone; do what you need to do to take care of yourself and give yourself the space to find your place at your own pace! Get involved: If you hear about something that seems interesting to you, just go for it! I personally wish I did more of this during my first year; there's so much cool stuff around! Go with the flow: As someone who likes planning for things, one thing I've learned in college is that you never fully know what direction things will go. While planning and time management are important, it's sometimes equally important (and more fun) to be flexible and open to the uncertainties!