DESIGNED FOR DISCOVERY
Psychological Science Graduate Program
Northern Arizona University

Established in 1899, Northern Arizona University (NAU) is a prestigious public institution with more than one-hundred years of history. The NAU campus is located in the city of Flagstaff, Arizona. The city of Flagstaff is a vibrant mountain town with a robust entertainment scene and unparalleled natural scenery, only hours away from the Grand Canyon and Las Vegas. Business Insider named Flagstaff as the 3rd best College Town in America, and Time.com has called it one of the nation’s happiest cities.

NAU is well known for its student-centered approach to higher education. Here, you will find professors who encourage you to learn, excellent degree programs, exciting research opportunities, career-building internships, and the support systems you need to reach your goals. NAU ranks 78th on the Forbes’ list of the Top 100 Best Public Universities and 64th on America’s Best College Buys. NAU offers more than 180 undergraduate and graduate degree programs throughout its seven colleges. These seven include the College of Engineering, Forestry and Natural Sciences, The W. A. Franke College of Business, the College of Arts and Letters, the College of Education, the College of Health and Human Services, the College of Social and Behavioral Sciences, and the Honors College.

With over 4,000 higher education institutions in the United States, NAU ranks 78th in Public Universities in America. (Forbes)

The College of Engineering ranks 44th in the United States. (U.S. News and World Report)

The Forestry Program ranks No. 10 nationally in an index measuring faculty scholarly output.

As an AACSB* school, The W. A. Franke College of Business ranks at the top 5% of all business schools in the world.

*AACSB: Association to Advance Collegiate Schools of Business

The School of Hotel and Restaurant Management ranks 7th nationally and 14th internationally. (successfulstudent.org and Hong Kong journal)

The Applied Linguistics Program ranks 15 in Northern America. (www.thelinguist.org)
More than 31,000 students attend NAU
More than 1,300 international students from 82 countries

Ranked #1 for Masters in Counseling in Arizona.
Voted the 3rd best college town in America.
The planet Pluto was 1st discovered here in 1930.

In 1899, Northern Arizona Normal School (NAU’s predecessor) held its first class in Old Main. Today, Old Main houses an art gallery, museum, and offices.
Psychological Sciences

The NAU Department of Psychological Sciences emphasizes the scientific study of mind, brain, and behavior and seeks to advance evidence-based knowledge through high-quality teaching, research, and service. All graduate students take foundational coursework in statistics and research methods.

Graduate Courses

We offer approximately four of the courses listed below per semester, and some students opt to take additional coursework outside the department.

- PSY625 Intermediate Statistics
- PSY673 Techniques of Psychological Research
- PSY725 Multivariate Statistics
- PSY666 Adv Seminar: Assess and Evaluation
- PSY667 Adv Seminar: Analytical Procedures
- PSY620 Psychology of Learning
- PSY621 Cognitive Processes
- PSY633 Developmental Psychology
- PSY635 Social and Personality Psychology
- PSY636 Social and Behavioral Epidemiology
- PSY650 Cognitive and Behavioral Neuroscience
- PSY665 Psychology Teaching Practicum
- PSY670 Psychopharmacology
- PSY678 Human Sexualities
- PSY622 Mental Well-Being: Psychopathology and Positive Mental Health
- PSY623 Biobehavioral Health
- PSY 698 Special Topic
The Department of Psychological Sciences received the NAU award for Departmental Excellence in Global Education at the President’s Annual Award Recognition Ceremony on April 26, 2017. According to the Center for International Education’s website, “This award recognizes exceptional work done by departments in developing and implementing a comprehensive strategy that infuses global learning throughout the discipline.”

Psychology Scholarship and Teaching Exchange Program (PsychSTEP) was developed eight years ago to support Northern Arizona University’s strategic goal of Global Engagement. PsychSTEP facilitates faculty and graduate student relationships between psychological scientists at NAU and University of Groningen. One primary goal of this program is to encourage graduate students in similar graduate programs (NAU: Masters in Psychological Sciences; RuG: Behavioral and Social Sciences Research Masters) to enhance their education and learn more about other cultures by living abroad for one academic semester. In addition to taking classes, students are matched with professors in their specialty areas to conduct research. A secondary goal is to support collaborations and exchanges between faculty members of the two universities.

PsychSTEP provides a unique opportunity for psychological sciences graduate students. It is one of the few international exchange programs at the graduate level in Psychological Sciences. NAU’s Psychological Sciences department believes that graduate exchanges provide an important venue for graduate students to mature in their intellectual development and capacity for citizenship. Students who are exposed to different cultures have the opportunity to witness many different interacting factors beyond the examples provided in lectures and in textbooks. There are multiple benefits that come out of this experience such as an enhanced understanding of global issues, and the ability to demonstrate cross-cultural skills, cultural empathy and tolerance, self-confidence and independence. Exchange programs also allow students, faculty and universities to build closer global relationships.
Research Labs and Resources

The Department of Psychological Sciences is part of the College of Social and Behavioral Sciences. In addition to the Department of Psychological Sciences, the college houses 16 other departments, programs, and institutes. Undergraduate and master’s-level graduate programs are available in the interdisciplinary study of psychological sciences. Several faculty members have external funding through agencies such as the Department of Defense, NCAA, and several state-level research institutes.

Competitive Funding

The department has competitive funding available in the form of Graduate Assistantships (GA) and a small number of tuition waivers. These GA assignments support our undergraduate courses and range from large introductory psychology sections to survey content courses (e.g., social, developmental) as well as statistics and research methods courses. These GA assignments also provide tuition reduction and a stipend for graduate assistant work. GA hours are initially allocated during the application review process and are finalized just before the semester begins. For the past three years, 100 percent of our full-time graduate students had some form of funding.

Student Spotlight: Emily Wilson

“This graduate program provided me with valuable training in research methodology and quantitative analysis that made me a competitive applicant to doctoral programs. This was achieved through coursework and through research. The experiences that I had in this program, in class, with peers, and doing research also provided me with an opportunity to discern what I wanted from my career and helped me focus my research interests. For me, the research training was just as important as the opportunity to learn that I wanted more from my academic career than research opportunities; that I was also interested in applied work.”

Research Expertise

The department has 30 full-time faculty members with expertise in many psychological science sub-disciplines, including clinical, cognitive, developmental, health, industrial/organizational, learning, neuroscience, and social/personality. Research active faculty are dedicated to mentoring students and to offering opportunities for experiential learning, such as research and fieldwork. Research-active faculty provide students opportunities for basic and applied laboratory and field research. Many of our faculty have international teaching and research experience and are supportive of and lead study abroad experiences. Below, you’ll find descriptions of just a few of the labs offered within the department. To learn more about all of the faculty and their research programs, please go to NAU.EDU/SBS/PSYCH/RESEARCH/FACULTY-RESEARCH.
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**Lab: Population Health Research Group**

**Researcher:** Steven Barger  
**Summary:** Dr. Barger’s lab examines the links between social relationship resources and health, the latter defined as mental health/wellbeing, disease risk (particularly cardiovascular disease) as well as mortality. The project is also interested in the pathways through which social relationships affect health and how social relationships may or may not modify socioeconomic health disparities across racial and ethnic groups. Population-based data (primarily from the US) is used to address these questions. The lab emphasizes open data and workflow, optimal statistical techniques, and analysis of large archival data sets.

**Lab: Contemplative Psychophysiology Research Lab (CPR-Lab)**

**Researcher:** Robert Goodman  
**Area of Expertise:** Social and Affective Neuroscience with an Emphasis on Mindfulness  
**Summary:** The CPR-Lab is currently conducting a variety of programmatic studies exploring the influence of mindfulness to promote adaptive outcomes through improvements in self—and emotion—regulation. For example, could mindfulness reduce social prejudice by improving the regulation of disgust? Does mindfulness promote greater receptivity to information that is threatening to the self? Do early Buddhist contemplative practices modulate neural markers of interpersonal closeness and receptivity to existential threats (i.e., mortality, uncertainty, meaninglessness)?

**Lab: Work-Life Research Group**

**Researcher:** Ann Huffman  
**Summary:** Dr. Huffman’s Work-Life Research Group uses social and industrial-organizational psychological theories to understand the effects of competing life roles on individual’s well-being and performance. The research program examines issues related to managing work and life demands, developing strategies to decrease work and/or family stress, and understanding the effects of culture on organizational behavior. The lab has a special focus on high stress occupations (e.g., the military) and diverse populations within the workforce, and includes the Military Research Lab, which is dedicated to research related to work and family issues of military and veteran populations.

**Researcher:** Heidi Wayment  
**Area of Expertise:** Self-Identity and Well-Being  
**Summary:** Dr. Wayment’s Quiet Ego Lab examines research questions at the intersection of self-identity, stress, and health/well-being outcomes. Work on quiet ego processes seeks to understand the “less-defended” self and how a more compassionate orientation to the self and others may diminish the negative impact of stress and perceived loss. Recent and future projects include theoretical and applied research questions about health and well-being relevant to varied and diverse populations using traditional and emerging computational social science methodologies.

**Lab: NAU Social Neuroscience EEG Lab**

**Researcher:** Chad Woodruff  
**Area of Expertise:** Social Neuroscience of Empathy and Compassion  
**Summary:** The Social and Cognitive EEG Lab measures brain activity related to our ability to empathize with and feel compassion for others. Much of the lab’s research has addressed the dynamic relationship between empathy and self-other discrimination; in other words, to what extent is empathy “becoming” the other and to what extent does it involve distinguishing oneself from the other? Future research in the lab will include application of findings to moral questions and to attitudes about climate change. In addition to using EEG, Dr. Woodruff has also conducted peer-reviewed published research using MEG and fMRI.

**Researcher:** Sumner Sydeman  
**Area of Expertise:** Clinical Health Psychology  
**Summary:** Currently, Dr. Sydeman’s current research focuses on health behaviors including electronic nicotine delivery systems (ENDS) products such as e-cigarettes and e-hookahs. Dr. Sydeman and his teams are also researching novel substances of abuse such as vaporized alcohol and synthetic cannabinoids.
Successful Graduates

Lesther Papa, Utah State University

Lesther Papa is a doctoral student in the Combined Clinical/Counseling/School Psychology program and is concurrently pursuing an EdS in school psychology at Utah State University (USU). Before attending USU, he received a master’s in teaching of psychology from Northern Arizona University and a bachelor’s degree in psychology from the University of Hawai‘i - Mānoa. His research has two primary foci: ethnic minority mental health and higher education teaching and learning. Lesther is currently investigating the impact of racial microaggressions on students and faculty in higher education classrooms using an experimental research design. He is also a graduate assistant for Clinical Services at the Center for Persons with Disabilities. He plans on becoming a faculty member at a university where he can continue to engage in research, teaching, and clinical supervision.

Carrie Donoho, Research Scientist, Walter Reed Army Institute of Research

Captain Carrie Donoho earned her BA in psychology from University of Maryland University College, Europe, in 2005, and went on to earn an MA in health psychology from Northern Arizona University in 2008 and her MS in biostatistics and epidemiology and PhD in gerontology from the University of Southern California in 2013. Carrie is currently a research psychologist at the Walter Reed Army Institute of Research. Carrie utilizes her advanced knowledge of longitudinal research methods and complex data analysis to conduct epidemiological research on the Millennium Cohort Study, the largest prospective cohort study in military history, and the Millennium Cohort Family Study, the largest study of service member and spouse dyads in military history.

Kristine Olson, Assistant Professor at Dixie State University

Kristine Olson is currently an associate professor at Dixie State University (since 2011) and has won a number of teaching awards on campus. Dr. Olson credits NAU faculty for molding her into a great teacher and researcher and dramatically setting the standard for her career. After NAU, Dr. Olson graduated with a doctorate degree in experimental psychology with an emphasis in industrial-organizational psychology from Washington State University. Her research interests include diversity and culture in the workplace, gender in the workplace, organizational climate, sexual harassment in the workplace, and role conflict between work/family/school.

Student Spotlight: Louis Irving

Louis Irving was Psychological Science’s 2017 Outstanding Graduate Student of Psychological Sciences. Louis’ thesis developed, validated, and utilized a veteran/mental health–specific Implicit Association Test (IAT). His study will provide initial assessments of the level of stigma toward veterans in the public, and provide researchers the first military-specific measure of implicit attitudes. While in NAU’s graduate program, Louis co-authored research articles in two high-impact I-O journals, Journal of Vocational Behavior and Journal of Occupational and Organizational Psychology, in addition to two special-interest journals, Industrial and Organizational Psychology: Perspectives on Science and Practice and Athletic Training and Sports Health Care. Louis is continuing his education at University of Florida, where he will work on a PhD in social psychology.
How to Apply

To apply for our Graduate Program: Contact Dr. Ann Huffman, Graduate Coordinator, Psychological Sciences, ann.huffman@nau.edu

NAU-RuG exchange—You have to currently be an NAU Psychological Sciences graduate student or a University of Groningen Psychology Master’s student. NAU Master’s students: Work with your NAU advisor at RuG. RuG students should work with their advisor or contact Dr. Huffman for more information.

Contact Us

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