Massah is a senior majoring in Psychology. She intends to use her degree to help populations that are at risk of contracting HIV/AIDS and other sexually transmitted infectious diseases by becoming an advocate for research in this field. Contact her at mmquo@iastate.edu if you are interested in learning more about her experiences.

What has been your favorite Psych class or academic project?

I really enjoyed Dr. Cooper's Sensation & Perception (312) course. I learned a lot from his teaching style and the examples he gave in class were very hands-on, giving us wonderful visualizations of things that may seem intangible. I came into the course with very little knowledge and some interest, and left with an great interest in perception.

What is your most memorable college experience?

I loved my National Student Exchange experience at the University of Massachusetts-Amherst. I am glad I went because it broadened my scope of interest in medicine. This is where I got involved with the UofM public health program, volunteering in blood drives, national HIV/AIDS awareness day, and just learning the benefits of global research.

My advice to first-year psychology students is ask yourself, "What do I intend to do with this degree?" If this is something that is meaningful and fulfilling to you, then make a detailed plan of how you are going to get there. There may be some bumps in the road along the way, but take advantage of those bumps and create a new path.