Russ is a senior majoring in Psychology. He has been involved with Career Exploration Services, ACCESS, Dr. Wade’s Network Community Counseling Services, Craig Anderson’s Aggression Research Lab, and Dr. Vogel’s Self-Stigma Research Collaborative. He plans to attend graduate school followed by a career teaching within Psychology. Contact him at russellj@iastate.edu if you are interested in learning more about his experiences!

Tell us about yourself:

I am a more non-traditional student. I am 28-years-old and have a wife and three kids at home. Working, going to school, and being a husband and father all at the same time has been extremely challenging. It’s like the world’s hardest juggling act. However, being at ISU has been a huge help. Professors are understanding and accommodating when something comes up. The other students are supportive and friendly, and the odd-hours schedules I have had to make for myself are flexible enough that things have worked out. You’d be surprised the help that people here at ISU are willing to give when you need it!

What is your most memorable college experience?

Working at Career Exploration Services has been the ride of a lifetime, and one of the most memorable college experiences I have ever had. I love it! It has been so much fun, and it has helped me a lot, too. The grad students I have been able to work with are awesome, the students I get to see and work with every day are fun to be with as I help them figure out where they want to go in their major/career. The environment is so hands-on, interactive, and there are opportunities galore to do things like outreach presentations, helping out in UST 104, and so much more!

I’m most proud of the independent research project I have been able to develop. In Dr. Anderson’s lab, I and a couple of other undergrads have been able to go through the entire process of research, from generating the initial idea all the way through to data analysis and journal article writing. It’s been fantastic, and stands as my crowning achievement during my time here at ISU. Grad school, here I come!

What are you most proud of?

Know another awesome Psych student who should be highlighted? Contact Psych Advising: psychadv@iastate.edu