Hello, everyone. My name is Patrick Deane, and I'm one of the admissions counselors here at Suffolk University. I just wanted to say thank you so much for taking time out of your day to join us for this mock class, and moreover, congratulations on your acceptance to Suffolk University. Give yourself a huge pat on the back; you've definitely earned it. And we're so excited to see you here today. Like I said, my name is Patrick Deane. As one of the admissions counselors here, I help students who are from the state of California and the Southwest, Texas, the Midwest, and as well as the South, too. So if any of your students are from that area, there's a very good chance I read your application, so it's really great to meet you, somewhat virtually, somewhat in person, in this capacity. And here at Suffolk University, we currently have two schools of study. One, we have the College of Arts and Sciences, and two, we have the Sawyer Business School. Some of you may already know exactly what you want to study, and that's awesome. Some of you have a long list of ideas. And some of you have no idea what you want to do at this point, which is perfectly okay. 'cause that's exactly how I was like when I was going into college. I had no idea what I wanted to do. Luckily for you, we have just over 70 undergraduate programs that you can choose from here at Suffolk. With majors all across the arts, humanities, social sciences, math and natural sciences, there's really no limit to anything that you can learn here within the College of Arts and Sciences. Joining us here today is professor Lance Swenson, an instructor in our Psychology Department. They have a great class planned for you today. And, Professor Swenson, I'll let you take it over from here. Thank you so much, Patrick. And I wanted to echo what Patrick said earlier. Congratulations on your acceptance to Suffolk University. This is such an exciting time. And I am thrilled to be here today and to be speaking with you. Before I jump into the topic of today,
I did want to introduce myself just a little bit.

As Patrick mentioned,

I am one of the instructors in the Psychology Department.

I have been at Suffolk...

I was figuring this out just before logging in today.

This is my 12th year at Suffolk University.

And I could not be happier.

I have enjoyed working at Suffolk so much.

There are so many things about Suffolk that I enjoy.

Primarily, it's getting the opportunity

to work with undergraduate students.

And I'm not just saying that

because we're here in this context today.

What I love most about working with undergraduate students

at Suffolk university

is the opportunity to really get to know students

and for students to really get to know me.

And the primary way in which this occurs

is through the classroom context.

And we keep our classes small,

or relatively small, as small as we can,

to maximize the opportunities

for you to get to know me and for me to get to know you.

And it's been a fantastic experience.

And I compare this to where I myself went to school.

I went to a large state school in the South,

where my classes, my freshman year classes,

my sophomore year classes could have three, four,

500 students in a single class.

And so, while the educational experience itself

was really good,

I did not know any of my professors,

and my professors had absolutely no idea who I was.

It's a very different experience at Suffolk.

We have many opportunities to get to know each other

in the classroom context,

and there's many opportunities to work with each other

outside the classroom context, as well,

such as involvement in research,

in part of our student clubs in psychology.

And we have just started a new club called the Psyched Club,

where we're working with our undergraduate students

about different aspects of psychology,

different ways in which we can grow

and develop different career trajectories.

These are just some of the various ways

in which we get to know our students

and our students get to know our faculty.

My training...

And I promise I will get to the class in just a moment,

but I did wanna tell you a little bit more about myself.

My areas of expertise...

I am lucky in that when I went to graduate school,

I was able to train in two different areas of psychology:
With regard to developmental psychology, the focus of developmental psychology is understanding how we as human beings, how we as individuals, nested within contexts, nested within society, grow and change over the course of our lifespan. Grow and change in terms of our physical growth, in terms of how our brain grows, in terms of cognitive functioning, how we think, the different ways in which we think, and how that compares, say, when we're two years old, when we're 10 years old, when we're a hundred years old; our social development, our emotional development. The most common theme of our areas of interest in developmental psychology is to understand the typical or expected way in which we grow and change or evolve and the various factors around us that influence how we grow and how we change in these typical, or normative, fashions. What I love most about developmental psychology, to be honest, is how what we think of as typical or normal at one point in time is very atypical or different at a separate point in time. And we really can't understand that distinction without context. And I'm happy to talk about that more at a later point if you'd like to hear about that. But as I mentioned too, I also have expertise in clinical psychology. And in clinical psychology, what we're focusing on primarily is understanding emotional and behavioral distress. I like to think of it as, when our typical normative development goes awry and when we are experiencing.