

00:02 - Hello, everyone.
00:04 My name is Patrick Deane,
00:05 and I'm one of the admissions counselors
00:06 here at Suffolk University.
00:08 I just wanted to say thank you so much
00:10 for taking time out of your day
00:11 to join us for this mock class,
00:13 and moreover, congratulations on your acceptance
00:15 to Suffolk University.
00:17 Give yourself a huge pat on the back;
00:18 you've definitely earned it.
00:20 And we're so excited to see you here today.
00:22 Like I said, my name is Patrick Deane.
00:24 As one of the admissions counselors here,
00:26 I help students who are from the state of California
00:28 and the Southwest, Texas, the Midwest,
00:31 and as well as the South, too.
00:33 So if any of your students are from that area,
00:35 there's a very good chance I read your application,
00:38 so it's really great to meet you,
00:39 somewhat virtually, somewhat in person, in this capacity.
00:42 And here at Suffolk University,
00:45 we currently have two schools of study.
00:47 One, we have the College of Arts and Sciences,
00:49 and two, we have the Sawyer Business School.
00:51 Some of you may already know exactly what you want to study,
00:54 and that's awesome.
00:55 Some of you have a long list of ideas.
00:57 And some of you have no idea
00:59 what you want to do at this point,
01:00 which is perfectly okay,
01:01 'cause that's exactly how I was like
01:03 when I was going into college.
01:04 I had no idea what I wanted to do.
01:07 Luckily for you, we have just over 70 undergraduate programs
01:10 that you can choose from here at Suffolk.
01:12 With majors all across the arts, humanities,
01:14 social sciences, math and natural sciences,
01:17 there's really no limit to anything that you can learn here
01:20 within the College of Arts and Sciences.
01:22 Joining us here today is professor Lance Swenson,
01:25 an instructor in our Psychology Department.
01:26 They have a great class planned for you today.
01:29 And, Professor Swenson, I'll let you take it over from here.
01:32 - Thank you so much, Patrick.
01:34 And I wanted to echo what Patrick said earlier.
01:36 Congratulations on your acceptance to Suffolk University.
01:40 This is such an exciting time.
01:41 And I am thrilled to be here today
01:44 and to be speaking with you
01:45 and offering one of our mock classes.
01:47 Before I jump into the topic of today,

01:50 I did want to introduce myself just a little bit.
01:53 As Patrick mentioned,
01:54 I am one of the instructors in the Psychology Department.
01:57 I have been at Suffolk...
01:59 I was figuring this out just before logging in today.
02:01 This is my 12th year at Suffolk University.
02:04 And I could not be happier.
02:07 I have enjoyed working at Suffolk so much.
02:10 There are so many things about Suffolk that I enjoy.
02:13 Primarily, it's getting the opportunity
02:16 to work with undergraduate students.
02:18 And I'm not just saying that
02:19 because we're here in this context today.
02:22 What I love most about working with undergraduate students
02:24 at Suffolk university
02:26 is the opportunity to really get to know students
02:29 and for students to really get to know me.
02:31 And the primary way in which this occurs
02:33 is through the classroom context.
02:35 And we keep our classes small,
02:37 or relatively small, as small as we can,
02:39 to maximize the opportunities
02:41 for you to get to know me and for me to get to know you.
02:46 And it's been a fantastic experience.
02:48 And I compare this to where I myself went to school.
02:51 I went to a large state school in the South,
02:54 where my classes, my freshman year classes,
02:56 my sophomore year classes could have three, four,
02:59 500 students in a single class.
03:01 And so, while the educational experience itself
03:03 was really good,
03:04 I did not know any of my professors,
03:06 and my professors had absolutely no idea who I was.
03:10 It's a very different experience at Suffolk.
03:13 We have many opportunities to get to know each other
03:16 in the classroom context,
03:17 and there's many opportunities to work with each other
03:20 outside the classroom context, as well,
03:22 such as involvement in research,
03:24 in part of our student clubs in psychology.
03:26 And we have just started a new club called the Psyched Club,
03:29 where we're working with our undergraduate students
03:31 about different aspects of psychology,
03:33 different ways in which we can grow
03:35 and develop different career trajectories.
03:37 These are just some of the various ways
03:39 in which we get to know our students
03:41 and our students get to know our faculty.
03:45 My training...
03:46 And I promise I will get to the class in just a moment,
03:49 but I did wanna tell you a little bit more about myself.
03:52 My areas of expertise...
03:53 I am lucky in that when I went to graduate school,
03:56 I was able to train in two different areas of psychology:

04:01 in developmental psychology and in clinical psychology.
04:06 With regard to developmental psychology,
04:08 the focus of developmental psychology
04:10 is understanding how we as human beings,
04:13 how we as individuals,
04:15 nested within contexts, nested within society,
04:19 grow and change over the course of our lifespan.
04:22 Grow and change in terms of our physical growth,
04:26 in terms of how our brain grows,
04:28 in terms of cognitive functioning, how we think,
04:31 the different ways in which we think,
04:33 and how that compares, say, when we're two years old,
04:35 when we're 10 years old, when we're a hundred years old;
04:38 our social development, our emotional development.
04:42 The most common theme of our areas of interest
04:45 in developmental psychology
04:46 is to understand the typical or expected way
04:50 in which we grow and change or evolve
04:53 and the various factors around us
04:55 that influence how we grow and how we change
05:00 in these typical, or normative, fashions.
05:05 What I love most about developmental psychology,
05:07 to be honest,
05:08 is how what we think of as typical or normal
05:11 at one point in time
05:12 is very atypical or different at a separate point in time.
05:17 And we really can't understand that distinction
05:19 without context.
05:21 And I'm happy to talk about that more at a later point
05:24 if you'd like to hear about that.
05:26 But as I mentioned too,
05:27 I also have expertise in clinical psychology.
05:30 And in clinical psychology,
05:32 what we're focusing on primarily
05:33 is understanding emotional and behavioral distress.
05:37 I like to think of it as,
05:39 when our typical normative development goes awry
05:42 and when we are experiencing.