

Maria Sasso

Graduation Year: Senior

College: Science

Major(s): Neuroscience and Behavior

Minors(s): Sustainability

Scholar Group Membership: I am not

Did you received other funding for this project?: I did not

Could you have completed this project without CUSE funding? Yes

More details on CUSE funding assistance? I would have applied for grant money elsewhere on campus.

Project Title: Association for Psychological Science 29th Annual Convention: Poster Presentation

Project Location: Boston, MA

ND Faculty Mentor: Gerald Haeffel

Project Type: Conference - Presentation

Why did you undertake this project/experience? Deepen your knowledge of a topic or issue, Prepare for graduate school (MA or PhD), Career discernment and/or preparation

Did your funded experience help you:

[Deepen your understanding of your coursework or field of study]: Very Much

[Discern your interests and post-bac goals]: Very Much

[Become confident in your ability to set and achieve your goals]: Very Much

[Gain a more nuanced view of local, national, or global communities]: Yes

[Improve your written and verbal communications skills]:Very Much

Tell us about your experience.

This grant allowed me to travel to Boston, MA to present my research at and to attend the annual APS Conference. This is one of the largest and most important conferences in the field of psychology. The opportunity to attend this conference was incredible, not to mention the amazing experience I gained by presenting at a poster session. The research I presented was a culmination of my work in Gerald Haeffel's lab. The study deals with how different styles of journaling could help people at high risk for developing depression. Contrary to our hypothesis, we found that traditional first-person journaling is superior to third person journaling.

Describe the impact this project had, both on you as a student-scholar and on the people you worked with.

This project has taught me so much about the field of psychology. I got to see this project all the way through, from the planning stages to the final presentation and now publishing process. I have improved my scientific writing and general research skills. Beyond my own experience in science, this research has the potential to help a lot of people. It adds to the growing body of

literature that has to do with the treatment and prevention of depression, specifically encouraging the practice of daily journaling.

Describe how this experience is connected to your plans as a student or future professional.

This presentation allowed me to experience what a major psychological conference is like. I got to meet the scientists who published the papers I have poured over, hear them talk about their newest and most groundbreaking research, and network with them. This is especially important as I begin to apply to their graduate programs! The experience of presenting at a conference will make me a more competitive applicant, as well.

What advice would you give other students who are planning to pursue similar projects?

Keep at it! It might seem like a super long-term project, but before you know it you'll be an expert in what you're doing and have really made an impact in the field you're working in. Not giving up when times get tough is what separates the average from the outstanding scientists!

I acknowledge that this form has been filled out truthfully and to the best of my ability. I understand that this information will be shared with many different CUSE constituencies. As such, I have provided as much useful information as I was able. I understand that CUSE will not complete my award disbursement until this form is successfully completed. If I have any questions or concerns, I will contact CUSE before submitting this form. To illustrate that you understand all of these points, please enter your Notre Dame email in the box below.
msasso@nd.edu
