

Educational Psychology

NEWSLETTER

October/November 2025

UPCOMING CONFERENCES

- 10/3-5 AzPA in Flagstaff!
- 10/8-12 ACES in Philadelphia

UNIVERSITY DATES

- 10/20 2nd 8 Week Sessions Begin
- 11/11 - Veterans Day | University Closed
- 11/27-28 Thanksgiving Holiday | University Closed

CAMPUS EVENTS

- 10/2 Grad Compass
- 10/3 Hispanic/Latine Leadership
- 10/9 National Depression Screening
- 10/15 Mental Health Fair
- 10/15 Jacks Care-A-Van
- 10/29-11/4 Dia de los Muertos
- 11/7 Noche de Nuestra Cultura
- 11/23 Chosen Family Dinner

FACULTY SPOTLIGHT

- Dr. Cambria McDonald

STUDENT SPOTLIGHT

- Clarissa Callahan

CULTURAL SPOTLIGHT

- Hispanic/Latine Heritage Month
- Disability Pride Month

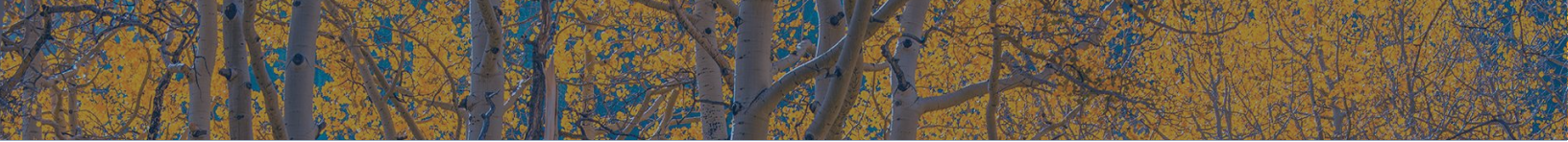
Tucson Field Trip

Dr. Arora and her students recently visited Sierra Tucson for a field trip. During the visit, Dr. Robert Kincanon, Associate Clinical Director, personally guided them through the facility. Students toured the treatment areas and participated in a psychodrama experiential group facilitated by a staff clinician, gaining first hand insight into therapeutic practices in a residential treatment setting.



American Red Cross

Recently, a group of faculty had the opportunity to talk to Dr. Thomas DeStefano, a professor emeritus, regarding opportunities at the Red Cross. They are seeking Disaster Mental Health (DHM) volunteers. Volunteers must be licensed or certified professionals. For more information, reach out to Dr. Stefano at Thomas.DeStefano@nau.edu



UPCOMING CONFERENCES

- The [Arizona Psychological Association convention](#) will be held October 3-5 in Flagstaff at the Little America Hotel.
 - The [ACES conference](#) will be held October 8-12 in Philadelphia.
-

ACADEMIC DATES + DEADLINES

- 10/20 - 2nd 8 Week Sessions Begin
 - 11/11 - Veterans Day | University Closed
 - 11/27/11/28 Thanksgiving Holiday | University Closed
-

CAMPUS EVENTS

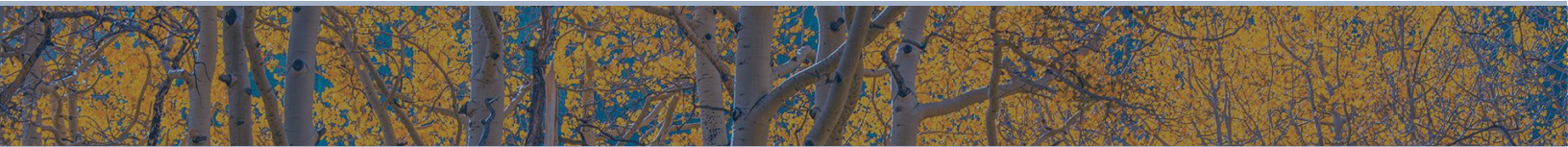
- 10/2 Grad Compass | Opportunity for graduate students to connect and learn about resources. | 3:30 to 5:30 pm at IMQ in room 134 of the Fieldhouse.
- 10/3 Hispanic/Latine Leadership Program | Students are invited to [register](#) for this program to grow community, build leadership skills, and connect with support resources. | 2:45 to 7 pm in Havasupai A at the Union
- 10/9 National Depression Screening Day | Stop by Campus Health Services to complete anonymous screenings and receive feedback. | 3 to 5 pm at Campus Health Services
- 10/15 Mental Health Fair | This fair will have resource tables and interactive stress management activities. | 12 to 2 pm on the 2nd floor Union Point
- 10/15 Jacks Care-A-Van | Stop by to chat, get tips, and learn about available resources. | 12 to 1 pm in the Union Pedway
- 10/29 - 11/4 Dia de los Muertos | The Office of Inclusion is hosting this week long event where ofrendas will be created across campus, including in their office. Stop by to add to the ofrenda in IMQ | Room 134 of the Fieldhouse
- 11/7 Noche de Nuestra Cultura | This event will be a celebration of Latin America hosed by the Latine Student Union | 6 to 8 pm in the du Bois Center.
- 11/23 Chosen Family Dinner | All are welcome to attend this dinner hosted by the Office of Inclusion | 5:30 to 7 pm at IMQ in room 134 of the Fieldhouse

**NAU
Events**

**Flagstaff
Events**

**Phoenix
Events**

**Tucson
Events**



FACULTY SPOTLIGHT

This month we are spotlighting Dr. Cambria McDonald! Dr. McDonald is an assistant teaching professor primarily for the Flagstaff Clinical Mental Health Counseling and School Counseling programs. Beyond her teaching role, she is actively doing research.

“Since becoming a professional counselor, I have noticed time and time again that many mental health professionals seem to judge themselves about their ability to manage life challenges. My previous research has focused on the experience of delivering clinical services while undergoing personal life crises. Now that I am in the counselor education space, I am witnessing the emergence of these beliefs in students. I find it so interesting how pervasive the “infallible therapist” notion is. My current research involves delving deeper into this topic. With the help of two graduate counseling students, we designed a mixed-methods pilot study to examine the relationship between self-stigma and perceived stigma, and to explore how sociocultural factors influence attitudes and expectations around vulnerability among counseling students in academic environments in Arizona.”

Dr. McDonald finds that her role as an instructor is very important and impactful for helping up and coming counselors with this. “I have always wanted to be a teacher because the learning space has always felt like home to me. Throughout this journey, I have observed how powerful academic influences are in shaping our beliefs about self-efficacy, worthiness, and professional identity. A personal mission has emerged for me: finding meaning in helping students challenge the belief that they must always appear composed and capable, and helping them to see that therapists, like everyone else, are people who experience life’s challenges and distress.”

Outside of her academic life, Dr. McDonald’s hobbies include reading, snowboarding, learning to play the piano, and spending time with friends and loved ones. She’s also an avid fantasy reader!



STUDENT SPOTLIGHT

This month we are spotlighting Clarissa Callahan, a second year Clinical Mental Health Student in Yuma. Clarissa is also the program Graduate assistant for the Yuma campus. The return of the Clinical Mental Health program at the Yuma campus is fairly recent. Much of Clarissa's work is a collaborative effort with Dr. Cheung, the faculty coordinator in Yuma, to build partnerships and raise awareness about the program. Clarissa says she is eager to explore potential internship sites within the community that would partner with NAU Yuma.



After graduation, Clarissa's plan is to become an LPC. "I actually have a twin who is in my cohort, so we have always envisioned opening up a counseling practice together in the future. We have been there for each other every step of the way, so it seems only natural that we would love to continue working together as counselors."

CULTURE AND DIVERSITY SPOTLIGHT

September 15th through October 15 is recognize as Hispanic and Latine Heritage month. One way that NAU is honoring this month is by offering a [Hispanic/Latine Leadership Program](#) which is open to all students. Even after the official month ends, the Office of Inclusion will be facilitating the creation of offrendas across campus to celebrate Dia de los Muertos. These will be up from October 29th through November 4th.



In October the US celebrates National Disability Employment Awareness Month. This year marks the 80th anniversary of this recognition. The purpose of this is to highlight the ways that people with disabilities make positive and impactful contributions to the workforce. It also helps to raise awareness for creating even more opportunities for people with disabilities. To learn more about how the US Department of Labor is celebrating this year, check out their [website](#).