



WAYS TO RESET

Arts

If a relaxing outlet for you is art related, here are some suggestions:

- coloring books
- knitting
- scrapbooking
- baking
- gem painting
- following a Bob Ross art tutorial

To help others, we first have to help ourselves. This means that if you haven't established a self-care routine yet, this is your reminder! Here are some things you can do.

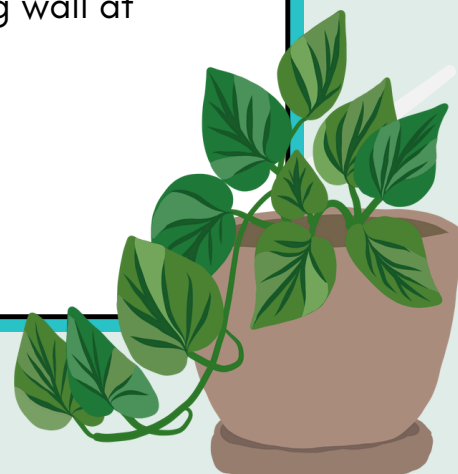
Digital Detox

We live in the digital world, and sometimes, it can get draining. Take at least 30 minutes to be without anything digital, and yes this includes your phone! Instead of doomscrolling, try reading a book or taking a walk! Other passive activities can include mindfulness activities such as meditation, and breathing exercises.

Physical

A healthy body helps improve mental health outcomes! Have you tried any of the following?

- Stretching for at least 5 minutes
- Pickleball
- Going on a trail
- Pool at Burdick
- Rock Climbing wall at Burdick
- Yoga
- Volleyball



First Year

How has your first year been?

Carolyn B.

"My first year of graduate school is going well. I love that we only take classes that will help us in our future career. The first semester is the introduction to everything, and second semester is when you start diving in and the learning is more hands on. I love how this program has a stacked schedule, so I can still maintain a school-work-social balance in my life. Not only have I grown academically, but I feel like I have learned a lot of life lessons along the way as well."



Martesha T.

"First, I would like to say, I am so grateful to be with my cohort family! Returning to school after so many years was scary, but the young women in my cohort have made it a great experience. This first year has had its challenges. It has been a lot of work and stressful at times, but the professors have been so supportive during our journey this first year that it has made so many of the challenges easy to bear. From the constant check-ins they do during every class to the positive and encouraging words they give us at every opportunity, I feel it has made so many of my fears go away. There has been some really funny memories from our classes, so I don't think I could just pick one. I look forward to continuing this journey!"



First Year

How has your first year been?

Anna A.

"First year has been one of the most challenging, yet rewarding years of my life. In the program, I was lucky enough to find some of my best friends who will later be my future colleagues!"



Kimberley M.

"My first year of graduate school has been both rewarding and challenging but in the best way. I finally felt like I am where I want to be as I am truly passionate about every aspect of school psychology, especially working with children and adolescents.

The professors are knowledgeable and supportive. My cohort is also supportive, as we look out for each other and accomplish various program milestones together. We are always cheering each other on and celebrating different wins to keep each other motivated. As I progress through the program, I will apply everything I learn in real life situations to make a meaningful difference in students' life. Each step brings me closer to becoming a compassionate, supportive and well-rounded school psychologist."



Second Year

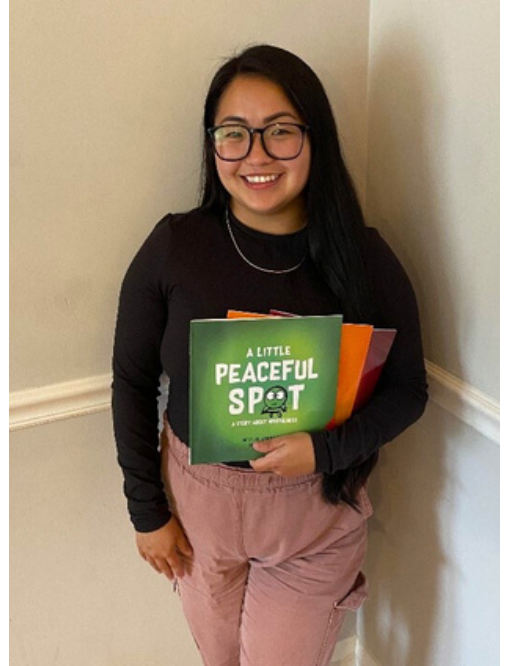
How has practicum been?

Rebecca R.

Where: Baltimore City Public Schools

Grade Level: Elementary School

“My favorite memory from practicum was leading my first social-emotional learning (SEL) lesson on self-love. I had the pleasure of collaborating with the wellness team at my school including the school psychologist, social worker, counselor, and community coordinator to create and implement the lesson school-wide. It focused on the concept of “filling up your cup” which means taking care of yourself and showing yourself love so that you can have the energy to complete your responsibilities. This included an interactive demonstration and personalized activity on how our daily tasks can drain us along with what we can do to fill ourselves back up. I loved being able to directly engage with students and connect with them on a more personal level. Seeing their faces light up with excitement while participating definitely filled up my cup! This experience has emphasized the importance of SEL in schools and motivated me to continue incorporating SEL work into my practice as much as possible.”



Anna G.

Where: Harford County

Grade Level: Elementary School

“Practicum year is often said to be the toughest part of the program, as you’re juggling coursework and your placement—but honestly, it’s also been the most rewarding so far. Getting to be hands-on and apply everything we’ve learned in real-life situations really builds your confidence and gives you the chance to start making a difference for students. Coming to class and sharing stories, comparing experiences across counties, and learning from our professors and each other makes those long days feel worth it. I’m currently placed in Harford County and plan to return there for internship!”

Second Year

How has practicum been?

Jasyria C.

Where: Prince George's Public Schools

Grade Level: Elementary School and Middle School

"Myself and my supervisor are located at two schools- an elementary and middle school which has given me such a fun and unique experience to see two different developmental areas. I have found so many fun opportunities here through collaboration with different school personnel. I am doing a friendship group at the middle school with the school counselor and I occasionally help and present lessons with the speech language pathologist and occupational therapist for the special education classroom in the middle school. Last semester I had a lot of fun planning unique lessons for my counseling case which I included a picture of. The student loved football so I found a way to incorporate it in our lessons. Overall, I have learned a lot throughout this year and have really enjoyed my practicum experience!"



Second Year

How has practicum been?

Mikia E.

Where: Baltimore City Public Schools

Grade Level: Elementary/Middle



"I am currently in Practicum in Baltimore City Schools. I have had the opportunity to work closely under the supervision of a certified school psychologist at Lakeland Elementary/Middle. This school's population is 75% Hispanic, with the other 25% being a mix of black, white and other racial/ethnicities. The population alone enhanced my experience and took me completely out of my comfort zone, in reference to the group of students I have serviced in the past. It has been a humble experience where I am able to apply what I have learned in coursework to real-life situations with students, families, and educators.

Much of my time is spent conducting assessments, participating in team meetings, counseling and completing assignments for my Towson courses associated with Practicum. I love having the opportunity to support the development of individualized education plans (IEPs) and interventions that address both academic and behavioral needs. Practicum has also helped me improve my active listening skills. In the beginning I did not realize how bad I was at active listening. It was not until I had to engage in consultations, IEP meets and just random conversations/collaborations in the hallways about students I am unfamiliar with. Dealing with this wide range of students with different cultural and racial backgrounds has taught me to be present, flexible, culturally aware and empathetic. Having that hands-on practice is very satisfying as I am still learning.

What stood out to me most was how much I learned simply by being present—watching/observing how experienced professionals handled sensitive conversations, managed their time, and advocated for students. Everyday that I attend my practicum school, I am reminded of my passion and commitment to becoming a school psychologist. Before Practicum I was nervous about taking all that I have learned in the classroom or textbooks into the real-world. As Practicum comes to an end, I am thankful for the knowledge I have gained thus far. I feel much more comfortable going into internship after spending such precious time with my Practicum Supervisor. Overall, the practicum has been humbling in the best way, however it continues to showed me how much there is to learn, in order to become an effective school psychologist.

Third Year

How has internship been?

Kaliah W.

Where: Baltimore City Public Schools

Grade Level: Elementary/Middle/High

"Internship at Baltimore City Public Schools has been amazing. I'm at two schools (one elementary/middle and one middle/high) that are very different from one another. My role is quite different at both schools, allowing me to develop well-rounded skills in consultation, counseling, and assessment.

I'm grateful to have a supervisor that treats me as a colleague rather than a subordinate. She allows me to be in the driver's seat of my internship experience, while also giving me the guidance and support I need. We have recently been having a lot of litigious meetings, so she's been a great example of how to conduct oneself in those types of situations, which can often be quite contentious.

Overall, my favorite parts have been connecting with the students, getting to experiment with the type of school psychologist I want to be, and becoming well-versed in IDEA and COMAR regulations."

Jo-Lean C.

Where: Montgomery County

Grade Level: Elementary/Middle

"My internship is in Montgomery County. I have 2 supervisors, one with 3 elementary schools and another working full time in an ED program middle school. So far internship has been great! I've had so many great learning experiences, made so many great connections, and I feel so supported by my supervisors and the MCPS community. I've also accepted a full time position at MCPS."



Third Year

How has internship been?

Olivia G.

Where: Baltimore City Public Schools

Grade Level: High School

"Interning at FDHS has been both rewarding and challenging. This experience has given me a front-row seat to how systemic disparities affect students' educational outcomes. While it's difficult to witness these inequities, it's incredibly fulfilling to support students as they become eligible to graduate, land jobs after practicing interview skills, and apply the strategies we've worked on in real-life situations.

A highlight of my internship has been coaching the track and field team. Serving as both a coach and school psychologist has helped me stay actively involved in the school community and build meaningful relationships with general and special education students, families, and staff."



Colby B.

Where: Arlington Public Schools

Grade Level: Elementary/High

"Internship has been so amazing and transformative for me in every way possible. I am currently interning in Arlington Public Schools at Oakridge Elementary and Washington Liberty High School. I think one of my best moments was realizing that as school psychs we are so much more than just testing and giving results. I've been granted opportunities to not only learn and develop my skills in both mental health, social emotional development, and in different report writing styles. I've created counseling group curriculums, selective mutism treatments, lunch bunches, and coordinated a visit from Ms. Black USA at the elementary school during Black History Month. I've learned not only how to do the job but also to trust my instincts and know that I have been prepared for the work ahead. I'm so excited to graduate and continue my career in APS next year!"





GRADUATE STUDENT RESOURCES

LOOKING FOR PROFESSIONAL GROWTH?

- **Join SASP**

Follow SASP on Instagram
@towsonusasp and look out for
membership openings!

- **Go to a NASP Convention**

Attend NASP's annual convention
in Chicago from February 24-27!
The call for presentation
proposals is due June 18, 2025.
Look into the Graduate Student
Association for funding!

- **Shadow a School Psychologist**

Look up local School
Psychologists for some in field
experience! Our faculty is well-
connected if you need contacts!

Contact:

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 TOWSON UNIVERSITY
School Psychology
Graduate Program (M.A.)

