To whom this may concern,

My name is Kristiann Miyamoto and I received my Bachelor of Science (BS) in Psychology from the University of Hawaii at Manoa (UH Manoa) on May 13, 2017. I am emailing this written testimony as an expression of my support and appreciation for the BS degree program.

Prior to attending UH Manoa, I was unsure of what field I wanted to pursue. However, I had great interest in psychology, medicine, and science, in general. Thus, pursuing a BS in psychology required me to become educated in these subjects. To me, the BS program is suitable for students like me who are interested in medical/health and psychology fields.

Initially, I was interested in attending graduate school for occupational therapy. The BS program was challenging, but manageable. I was actually able to fulfill my degree requirements, as well as take all of the prerequisite courses needed for occupational therapy programs. My goal has changed, as I have gained interest in pursuing medical school for psychiatry. Since my degree required me to take many science courses, I am able to apply to some medical schools or take some additional classes to fulfill prerequisites for others. If I had not chosen to pursue the BS program, I would have needed to spend a lot more time taking prerequisite courses. My educational background also allows me to apply to clinical psychology programs.

In addition, the BS program provided me with research opportunities to explore the psychological fields. Since becoming a research assistant was a requirement, I was motivated to find a research opportunity that was suitable to my interests. Therefore, I became an undergraduate research assistant (URA) for the Center for Cognitive Behavioral Therapy on campus for a year. During my time as an URA, I was a co-editor on two chapters in the Encyclopedia of Adolescence and helped many graduate students on their research projects. This gave me insight into the field of clinical psychology and graduate school that I feel I would not have gained in a typical classroom setting.

I feel that the BS program helped me to gain a solid background in the general sciences (i.e., physics, chemistry, and biology), in addition to many topics in psychology, such as cross-cultural, health, abnormal, developmental, cognitive, and many more. I hope that other students will have the opportunity to complete the BS in psychology program in the future, as it is filled with many learning, research, and career opportunities.

Thank you for your time,
Kristiann
Aloha,

My name is Kelli Ann Kobayashi and I recently graduated with a BS degree in psychology and a minor in biology. I found that this program perfectly fit my interests as I have always found science interesting and enjoy learning about it.

I currently have plans to apply to law school here in Hawaii. I feel that my time as an undergraduate will help me in my future endeavors as I have gained valuable skills. The BS program in the Psychology Department allowed me to take classes such as Behavioral Neuroscience, Introduction to Psychobiology, and general science classes like Introduction to Biology I/II and College Physics. Although these classes are not directly related to law school, the skills I've gained by taking these classes such as critical thinking, research methods, and academic writing will definitely be useful in a law career. The opportunity to take a 499 class was also a great experience. Conducting research and working on a project in a group allowed me to gain valuable interpersonal skills and organizational skills. Working on a research project with specific deadlines is similar to how projects will be in the "real world" which made my 499 experience very applicable to other situations. In the future I can use these skills to ensure my projects are on time and group members cooperate. My 499 class also emphasized innovation and creative thinking since we learned about the Design Thinking process. This process will be useful in all aspects of my life as it is a way to address problems in a more innovative way.

My accomplishments at the University of Hawaii have allowed me to develop into the person I am today. In the future I can apply skills I gained from classes I took for my minor in biology and classes I took for my degree to other aspects of my life. These two programs often had overlapping concepts and I enjoyed learning about them from different perspectives. I would strongly recommend others to take these programs as I have had a wonderful experience.

Thank you,
Kelli Ann Kobayashi
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Written testimony for the BS program in psychology at the University of Hawaii at Manoa

Addison Kogami <addisonk@hawaii.edu>  
To: bor@hawaii.edu  
Wed, May 17, 2017 at 11:00 AM

Hello,
My name is Addison Kogami and I have recently completed my degree for a BS in psychology this spring 2017 semester. The BS program has provided me with many opportunities to improve my research skills as well as provided me with valuable experience that is extremely useful when attempting to transition from undergraduate to graduate school. The BS program requires 6 credits of PSY 499 undergraduate directed research, in which students are able to be apart of a research lab and given opportunities to work with faculty and graduate students in order to refine their research interests as well as learn some of the intricacies conducting research at the graduate level. I was fortunate enough to be a part of the Center for Cognitive Behavioral Therapy lab directed by Dr. Brad Nakamura who specializes in evidence-based treatments for child and adolescent mental health disorders, and was given opportunities to help graduate students on their respective research projects which included tasks such as assisting in data collection, matching SPSS output with data in a dissertation, accompanying graduate students on emotional behavioral assessments for children seeking mental health services, and entering assessment data into a collective database. The BS program also requires students to take biology, chemistry, and physics courses along with their respective labs, which provides great experience in writing research reports, and is a very important skill when trying to apply to graduate schools at the doctoral level. By the end of my undergraduate academic career, I became very proficient and comfortable with writing research papers in terms of format, content, and citations, as well as being able to read other research papers and extract relevant information accurately. I plan on continuing my education at the graduate level and am expecting to apply to Chaminade’s masters program in clinical psychology or possibly applying to Ph.D. programs in clinical psychology at Pacific University (Forest Grove, Oregon) or at Indiana University focusing on acceptance and mindfulness therapy for patients with anxiety or depression disorders. I hope that the BS program in psychology can become a permanent part of the UH Manoa curriculum and can help other students pursue their dreams in the way it helped me.

Respectfully,
Addison Kogami