

My name is

Kayla Mocerri

and I am a junior psychology major, with a women and gender studies minor. I am an out of state student from Colorado Springs, Colorado. My close friends and family describe me as thoughtful, ambitious, caring, and kind. I am very passionate about American Sign Language and aspire to be a therapist to the Deaf population.

I am in various clubs and organizations on our campus. I am the Vice President Chapter Wellness of Alpha Gamma Delta. In this position, I create various programs and sisterhoods that allow bonding and promote healthy mental, physical and emotional well-being of each individual member. I have been a peer facilitator for a year now for SSCI 299 in the SYE program to support our sophomores. I help them achieve their goals, avoid sophomore slump, and teach them how to become a social scientist. I am a student assistant at the Career Center. In this, our team helps students become career ready before graduating so they are able to use their degree and what they learned in college to the real world. I am a research assistant for our psychology department; I am doing research on the effect SYE (sophomore year experience) classes have on our school to see if our program is creating a better sense of belonging, academic improvement, and extracurricular involvement. I also just joined the club volleyball team! Outside of the positions I am currently in, I was a Mental Health Ambassador; a intern at CAPS to help promote and create projects on the importance of mental health. I was also in Vagina Monologues which actually inspired me to take my WGS minor.

A challenge I have faced at SSU was finding my home within the campus. I have personally always struggled with having long-term friends throughout my life. With always being busy I wasn't allowing time to create deep friendships. It caused me to question myself, my worth, and how I connect to the community around me. Learning how to balance being in multiple organizations, jobs, maintain my GPA and a social life is one of the most difficult feats I've ever endeavored.

I have had many positive experiences at Sonoma State! I love the constant flow of opportunities that I have been fortunate to be able to take advantage of. My best experience so far is being enrolled in PSYCH 428, Intro to Counseling. I have never truly had such an amazing time learning in a classroom before. As I read through the materials and have discussion in class, I can feel like my goal of becoming a therapist is real and right on the edge of my fingertips for me to grab. Being in this class has helped me foster skills to help others and to channel my passion to support our community in a healthy and positive way.

FACES OF SSU



Taking PSY 428, intro to counseling, has helped me find my path after college. It made my long-term goal of becoming a CBT seem attainable.

