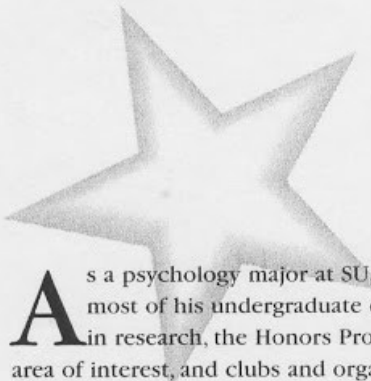
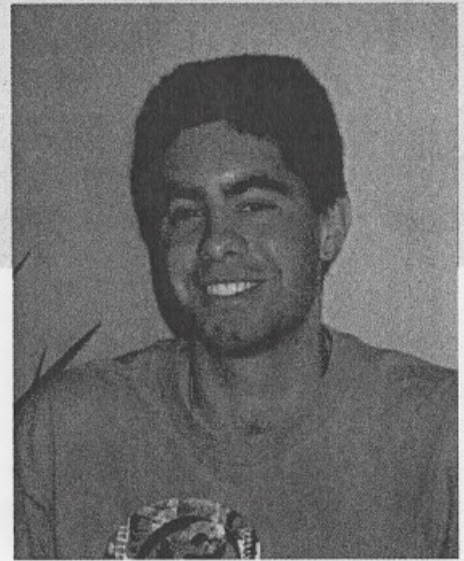


Outstanding Psychology Graduate

Mark Scarola



As a psychology major at SU, Mark Scarola made the most of his undergraduate career. Mark was involved in research, the Honors Program, part-time work in his area of interest, and clubs and organizations. Mark was also the recipient of a Syracuse University merit scholarship and an honors thesis research grant, and served as Senior Marshal of the College of Arts and Sciences at graduation. He was nominated for *Who's Who Among Students in American Universities and Colleges 1999-2000*; and was recognized on the College of Arts and Sciences Dean's List since 1996.

Mark credits Rob Foels, a graduate student in social psychology, as having the greatest impact on his learning.

"Rob made me critically analyze my own work in a way that helped me look at what I do from a new perspective and to improve it. Rob was the first to take notice of my motivation and dedication. He challenged me to challenge myself, and provided me the opportunities to have a complete and impressive record."

Rob Foels supervised Mark in a number of research projects, which Mark found very rewarding. The department recognized Mark's excellence in research when he was chosen in 1998 by the chair of the department to present his work "Maintenance of Exercise Behavior: The Need for a Stage of Change-2" to the Syracuse University Board of Visitors. Mark also presented his work at the psychology department's Undergraduate Poster Session and at the annual meeting of the Eastern Psychological Association held in Providence, Rhode Island. Mark is the second author on a paper that is being prepared for publication.

Mark also sought several part-time jobs throughout his undergraduate career to gain experience and develop skills in settings that involved work with children and the mentally ill. He worked for the Brighton Family Center in Syracuse assisting in the coordination of an after school teen program, and at LeMoyne Elementary School providing supplemental education to groups of students in need of remedial assistance. Back home in New Jersey, he gained some experience work-

ing for the Freehold YMCA of Western Monmouth County where he led a group of 15 six and seven year-olds through a variety of summer camp activities. At Riverview Medical Center in New Jersey, he assisted with recreational therapy in a Mental Health Day Program in an attempt to return patients to society.

In addition, Mark was a member of a number of honorary societies including Phi Eta Sigma, Phi Kappa Phi, Psi Chi, and Golden Key. To learn more about the field of psychology, he became a member of the American Psychological Association, the American Psychological Society, and the Eastern Psychological Association.

Reflecting on various activities that he took advantage of over the course of his undergraduate career, Mark believes that his involvement had a significant impact on his life and career aspirations.

"Having involved myself in as much as I have has kept me occupied, enthusiastic toward life, and, overall, a happy and satisfied person. Specifically, the psychology activities (mostly research aside from formal classwork) were the factors that led me to major in psychology and decide that this was indeed the field for me."

After graduating in May 2000, Mark began a master's of social work program at Smith College in North Hampton, Massachusetts. Mark has some suggestions for younger undergraduates, regardless of their major:

"Life is what you make of it. Many dream of a college education and living the 'college life'. You're spending a whole lot of money to attend SU. Live it up and make the most of your time here. Don't leave any doors unopened. Take advantage of every opportunity you can, try to experience at least once all the things you dreamt about before you began college, and make sure that you have fun while you're doing it."

