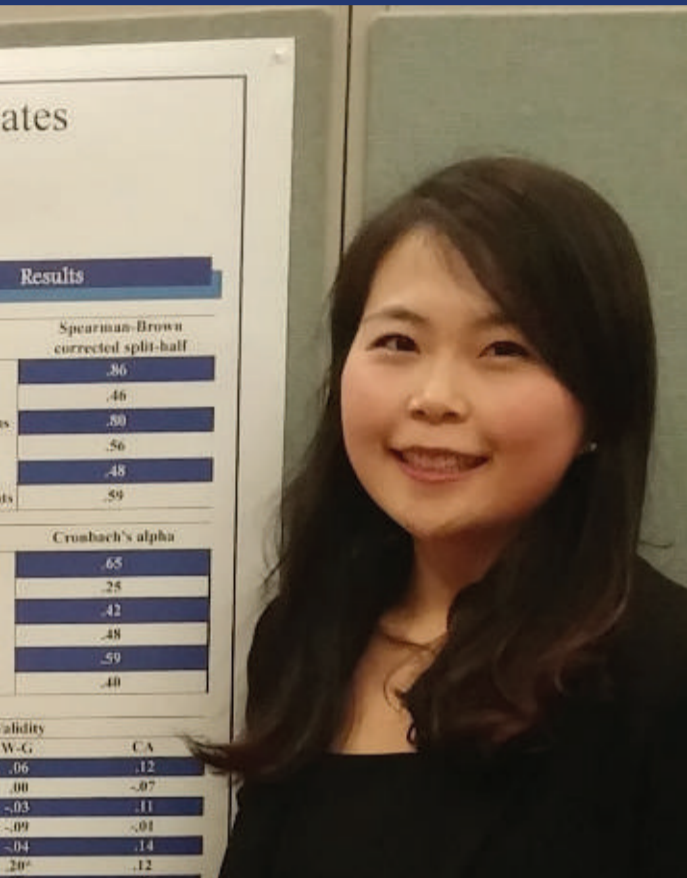




MEET OUR ALUMNI!



Joy Lee

BFS Class of 2009

- Post-Doctoral Associate at the Yale University School of Medicine.
- Clinical Psychology PhD Candidate at Idaho State University (2021)
- Villanova University, M.S. in Psychology, 2016
- University of Massachusetts Amherst, B.A. in Psychology, 2013

What are you up to now?

After receiving my M.S. in Psychology at Villanova University, I am now pursuing a Ph.D. in Clinical Psychology at Idaho State University. After completing my clinical internship at Penn State Milton S. Hershey Medical Center, I will be receiving my doctorate degree in 2021. Once I have my Ph.D., I plan on pursuing my board certification in health psychology from the American Board of Professional Psychology and work in an academic medical center in the New England area.

Do you have any passion projects?

My current passion project is my doctoral dissertation which is funded by the Sidney W. & Janet R. Bijou Grant. I am investigating the relation between impulsivity and obesity across a lifespan. I am scheduled to present it at an international conference in May 2020.

Another passion project I am leading relates to a study looking at the efficacy of integrated health care in a primary care setting and the impact of obesity on neurocognitive performance. For clinical work, my passion projects include working in a hospital setting performing neurocognitive assessments, and conducting psychological treatments to patients presenting diverse concerns.

What was the biggest challenge you faced in College?

One of the biggest challenges I faced during my undergraduate studies was figuring out what my long-term goals were and the steps needed to reach them. College is a time where there are so many different opportunities, and many students aren't sure of what they want to do once they leave school. With myself, I struggled between pursuing a doctoral degree in clinical psychology versus a medical degree in psychiatry. Some days, I wanted to pursue a career conducting research on infectious diseases. Other days, I wanted to study kinesiology to focus on sports medicine. To tackle this dilemma, I reached out to professionals who were doing the work I was interested in and asked them what their career paths were, any advice they had for someone interested in their field, and if I could shadow them as an undergraduate student. Seeking out the career center on campus and talking with the different department advisers are also great ways to narrow down your interests and career goals.

What advice do you have for BFS students as they go off to university/college?

My advice for BFS students heading to university/college would be: don't be afraid to say yes! Even if it might be new, scary, and uncomfortable, take the chance to try something new - whether it be joining a social club, applying for a research assistantship, or enrolling in an upper-level course. Reach out to your professors/graduate instructors, even if it is to just say "Thank you." College is such a unique environment where students are encouraged to take risks and challenge themselves. Take advantage of that opportunity, and don't be afraid to step out of your comfort zone. If things don't go the way you wanted it to go, take a moment to reflect and identify why it didn't work and what you did right.

What memory of BFS comes to mind?

Some of the fondest memories I have of BFS are the talks and conversations I had with my high school teachers (including Mr. Saunders!). My high school teachers genuinely cared about my education and growth and went out of the way to make sure I was making informed decisions regarding higher education. I would not have gone to the University of Massachusetts Amherst if I had not had these conversations.