

Psychology - Research & Leadership

Ryan Cabote

Submitted by Leida Tolentino on behalf of the Psychology Department

Ryan Cabote is the embodiment of personal drive and aspiration. He is the ultimate go-getter who can make anything happen, as evidenced by his countless service activities in the psychology department while also managing to excel academically. Among his impressive list of achievements while at SBCC, we highlight the fact that Ryan is currently a tutor for several psychology courses; his spearheading the establishment of our Psi Beta chapter and the revival of the Psychology Club, of which he is currently president and which just received the honor of Outstanding Club of the Year 2022; and, if that weren't enough, Ryan is also conducting both an internship and an independent study, recently presenting the results of the latter at a national conference. Psychology faculty agree that Ryan is a rare, truly outstanding student who will no doubt make a significant contribution to the field.

Ryan's Words of Gratitude

I cannot thank the Psychology Department enough for this award. I am grateful and elated to receive this award. After applying to transfer out after my first year at SBCC and being rejected from my dream schools, I realized I had to do more to achieve my dreams. So I did just that. I made a promise to myself to make an impact at the school in the best way possible. I then took the necessary classes that I needed and started up the Psychology Club again, with the assistance of Dr. Tolentino and Dr. Ramirez. It was so rewarding to see how many people joined and got involved. However, I still felt like I could do more. So I took the initiative to start the Psi Beta National Honor Society with Dr. Ramirez, the Psychology Club E-Board, and all of our Psychology Club members. I took the research project that I worked on in my Research Methods in Psychology class a step further by submitting our work to the Western Psychological Association (WPA) for it to be accepted as a poster. It was one of my greatest accomplishments. While preparing for the WPA, I was also working on an independent study with Dr.

Tolentino where I built on the previous research project that I sent to the WPA and a psychology research internship under Dr. Tolentino's mentorship. All of my hard work has paid off and I am proud to say that I will be attending UCLA this coming Fall 2022. I could not have done all of this without Dr. Ramirez and Dr. Tolentino's guidance and I am eternally grateful. Both professors have made an impact on my psychology career in their own ways. I would also like to thank the Psychology Club E-Board for their dedication to the club and for working with me to make all of this happen. I would like to thank my psychology research group members in PSY 200, Rachel Smith, and Christine Villanueva for all of your contributions to the research projects. Last, I would like to thank my friends and family for the immense support that I received throughout my SBCC journey.

To those reading, I would like to leave you with one final note. Whatever you do and whatever environment that you enter, give it your all. No matter how difficult it gets, do anything and everything you can to get to where you want to be. I hope that my story can serve as an inspiration for you to be the most driven, most tenacious, most hardworking person you know. Thank you all.