

Monthly Newsletter 2025 Special Edition

Introducing the University Honors College Director **Dr. Jones**

What is your field of study and what was your inspiration to pursue such?

I am a neuropsychologist and my specialty is neurodegenerative disorders such as Alzheimer's and Parkinson's disease. My research tends to investigate biological mechanisms (e.g. microbiome composition, inflammation, brain imaging) and social mechanisms (e.g. depression, discrimination, anxiety) of memory/cognitive problems.

I was always interested in helping others and in learning about humans from a biopsychosocial perspective. My inspiration and success in this field is largely attributed to multiple faculty mentors, including my undergraduate mentor at CSU Channel Islands. She reached out to me and helped me realize that earning an advanced degree was not just attainable, but that I could thrive at the next level.



What are you most excited for with starting your role here in Honors?

Working & collaborating with students is definitely what I enjoy most about being a professor. It is extremely satisfying to develop relationships & see students obtain their goals of publishing articles, gaining admittance into graduate programs, earning awards at conferences/university; and ultimately seeing their confidence grow as they approach their next stage of professional development. As the director of the Honors College, I am thrilled to experience this at a larger level!

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What is one idea you hope to implement in the University Honors College?

One of the great things about CSUSB is there are so many opportunities, awards and programs for students. One early goal is to work with the various offices (Office of Student Research, ASUA, the Student Success Centers from each college, etc.) to update our Honors College website to provide a more centralized location of opportunities for students. Other goals I have include: providing a greater variety of honors classes, particularly having options better tailored to each college; more consistent student events; and overall increasing the visibility of the Honors College within the university and the greater I.E. community.



Fun Facts about Dr. Jones!

The saying "jack of all trades, master of none" is very apropos. I love playing basketball and lifting weights when my elbows and joints allow for it. I watch as much of the Lakers, Rams, and Florida Gators (my grad school alma mater) as possible. I am currently fluctuating between playing Assassin's Creed Shadows and Elder Scrolls IV: Oblivion. Once I get my hands on the Switch 2 then I will start the new Mario Kart and Donkey Kong games. I love most things Harry Potter and Marvel. In 2014, I did "catch 'em all." I have two very old, but very lovable, miniature dachshunds. Lastly, my wife loves traveling... so I do a lot of traveling 😊 My favorite country I have visited is either the Philippines or Greece.



What is a piece of advice you would like to give to Honors students this year?

"Assume best intentions" is a principle I have tried to incorporate into my life recently. At times it is easy to assume people/bosses/partners/things will be unhelpful, unenjoyable or otherwise "bad"; especially if we were recently disappointed. Psychology tells us that having "automatic negative thoughts" (i.e. assuming the worst or interpreting neutral events as negative) can lead to self-fulfilling prophecies.