



## Regina Sanchez Alcalde

**High school:** IMG Academy

**Hometown:** Atizapan de Zaragoza, Mexico

**Majors:** B.A. Psychology (Penn State); M.S. – Clinical Psychology

**Activities:** Teatime, Bowling, Tours with IPS to Philly, DC, Lancaster Region

**Internships:** Internship with Pennsylvania Counseling Services

**Post-grad plans:** My plan for post-graduation is to complete my OPT where I would be able to further my training and skills in helping children, adolescents, and families with various life situations.



“It has been a pleasure and an honor to work with Regina in our clinical psychology MS program. She has been ever thoughtful, insightful, self-challenging, and a team player with initiative and commitment to her learning, personal growth, and professional development in the interest of becoming her best to meet the needs of the people she serves. She authentically embodies and lives out Millersville’s EPPIC values.”

– Dr. Andrew Bland, Associate Professor,  
Department of Psychology

### Why Millersville?

I chose Millersville because Millersville offered a Master's program in Clinical Psychology with a hands-on portion, which is how I learn best! I also searched my professor's curriculum and saw that they had a lot of experience that aligned with my values, goals, and dreams! Finally, when I visited the campus, everyone was so welcoming and friendly that it felt like the right place for me!

Are you where you thought you'd be when you first came to campus?

When I came to Millersville, I dreamed about graduating with my Master's degree in order to become a therapist, and now I am about to begin that journey, but I did not imagine just how wonderful the relationships and memories I have created here would be.

### Who helped you get to where you are now?

The people that helped me get where I am now are my family, the team at international admissions, my international advisor, my academic advisor, and my awesome professors (Dr. Bland, Dr. V, Dr. Rush & Dr. Behun). Also, IPS became like a second family that got me through my time at Millersville!

### Peak experience?

I have to say that my peak experience at Millersville was to see my growth throughout my time here, from learning how to become a more effective therapist to the relationships I have created here, to the internship opportunity at PCS (Pennsylvania Counseling Services), to being able to be a graduate assistant at IPS and help students study abroad just like I did.

What surprised you?

I went to a way bigger school for my Bachelor's, where everyone was doing their own thing and I struggled connecting with people, but at Millersville, I was surprised that everyone was very friendly and that the professors were very invested in helping you achieve your dreams - like they really care about you as a person and want to help you get there!

Which one(s) of the EPPIC values of Millersville do you most identify with? Or which of the values do you think best describes your time here at Millersville?

I think that throughout my time at Millersville, I have experienced the exploration, inclusion, integrity, and compassion values!

What will you miss the most?

What I will miss the most at Millersville is the people and I liked looking at the swans on the pond!

Advice for the Class of 2027?

My advice for the class of 2027 is to become involved in clubs and organizations, you will meet your friends there, possibly your classmates! Another piece of advice is not to be shy when asking for help from your professors, they like students who want to learn! Being homesick is normal, but what helped me adjust better is making friends by attending IPS activities!

