

The Hamel Family

“Family Affair Series” - January 2015

This month we introduce you to the Hamels. This family of two, soon to be four, joined the Saluki family not long ago as they both set out to pursue doctoral degrees in psychology. They are also part of SIU’s Applied Research Consultants (ARC), an organization housed within the psychology department. **This graduate student couple wear many different hats. Not only are they expecting twins this spring, but they also mentor, work as teaching assistants, and are on their internship.**



Michael and Rachel Hamel

Michael Hamel is a first generation student, specializing in applied mental health. Whereas his spouse, Rachel, is specializing in industrial organizational psychology. **The biggest barrier this couple has faced has been time management** because of all of their responsibilities, on and off campus. Although, since attending SIU this couple has felt closer. It is very rare that a couple meets as undergrads, going into the same field, with the same interests. They said that these things have pulled them closer together and, overall, has resulted in them having much less stress.

One challenge this couple has had to face was coming all the way from Pennsylvania and trying to find somewhere to live; even though there are resources to help, they said it was uncomfortable asking for help. **They both had advice for other non-traditional students:** Rachel said do not be afraid to look for graduate programs outside of your comfort zone, because it is so worth it once you have your degree. Michael said, make sure you have a calendar and persevere; it helps not only to learn the ropes of college, but also to get organized, as you go into your field.

To learn more about SIU’s Applied Research Consultants program, visit arc.siu.edu

Michael and Rachel Hamel are both doctoral students studying psychology.