Department Alumn Spotlight: Jordan Singleton, MD

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Dr. Jordan Singleton

Dr. Jordan Singleton is a graduate of Utah State University’s undergraduate psychology program with a dual degree in philosophy. Following graduation, Jordan earned his MD from Medical College of Wisconsin. Today, Jordan is an emergency room specialized physician practicing in Salt Lake and Utah counties. He is also the medical director for his local fire department and a board of health volunteer. He is also a talented musician, and recently published his first album *Rushlights.*

**Why did you choose USU?**

The easy access to the mountains; the long, rich history; the many alumni for networking; and the more reasonable tuition than other universities.

**Why did you decide to pursue a degree in psychology?**

During college, I realized I valued compassion and wanted a career that would give me opportunities to lend a hand to others. A degree in psychology seemed like a good start.

I originally planned to eventually get a PhD in clinical psychology, but there were more spots available in MD programs, so I went the physician route after getting my BS.

I think I could have been successful had I stuck to clinical psychology, but the skills I learned from my BS degree have been invaluable for my current work and translate well for most careers.

**Who influenced you most during your time at USU?**

Melanie Domenech Rodríguez was incredibly exceptional as a mentor. She somehow found time to guide me even with her busy schedule. I owe her a tremendous debt, and I will always be grateful.

**Outside of your coursework, what did you learn during your college experience?**

College goes by fast. It’s good to pause each day and appreciate the little moments. Don’t take for granted things you will never experience again. Also, we all have a few regrets later in life, but I have never regretted being kind.

College was a time where I had a few spectacular failures, such as bombing tests or projects despite giving my best. I also got brutally dumped sophomore year (love is a battlefield). Looking back, I learned more from my failures than my successes. It is important to recognize that things usually work out in unexpected ways, even with setbacks.

**What advice do you have for other students in the psychology department?**

Three things:

1. Perhaps the easiest way to get to know your professors is to help with their research projects. I found more research opportunities in the psychology department than in any other departments.

2. Over the last ten years, more young people are struggling with symptoms of despair than previous generations. Technology is interfering with our well-being. Look for ways to connect with others face-to-face daily and limit yourself to just a few weekly check-ins on social media. And when you do find yourself on social media, seek meaningful interactions with someone you care about.

3. I witness a lot of tragedies in my profession. It is tempting to disconnect and isolate as a coping mechanism. Music can sort of be an antidote to the cruelties of life. Nothing brings people together quite like music does.