

# GET PSYCHED!

Volume 1

Issue 1

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2016

~a newsletter for psychology undergrads at Rowan University~

**Welcome to the inaugural issue of Get Psyched!**, the newsletter created specifically for Rowan's wonderful undergraduate psych students. Our goal is to provide



essential, up-to-date information about the traditional and applied aspects of the field and highlight current happenings in the department.

Psychology is an exciting but huge scientific discipline to study. Everyday we use psychological concepts to better understand ourselves and the social world around us! We know you have questions about the requirements

for the major, graduate school options, and of course what you can actually do with a psych degree after graduation. Get Psyched! was created to address those questions and help you get the most out of your psych degree. Around here we like to think of it as an extension of the Psychology as a Profession and Practice course (PSY02257), where you learn how best to prepare for a psych career as well as develop skills and knowledge that will impact your life after your time at Rowan.

Published several times throughout the academic year, each issue will include casual conversations with faculty members, details about specializations, advice on registration, tips to getting into grad school or landing that dream job, and much more! We're going beyond the classroom and into the trenches of what psychology is really about!

We hope the newsletter will become your go-to source for all things RU psychology. If you have any suggestions or fun ideas about what you'd like to see covered in one of our upcoming newsletters, feel free to contact us at [getpsyched@rowan.edu](mailto:getpsyched@rowan.edu). We're excited to hear your

feedback! But now it's time to

**Get Psyched!**

~Dr. Melanie Freedman



## ~Upcoming Events~

- **Fall 2006 registration began March 21<sup>st</sup>**
- **Autism Awareness Walk** — April 2<sup>nd</sup>, 10am at the Rowan Rec Center
- **3rd Annual Psychology Job Fair** — April 6<sup>th</sup>, 10am-3pm, Savitz 2nd floor lobby
- **42nd Annual Psychology Research Conference and Awards Ceremony** — April 14<sup>th</sup>, 9am-5pm
- **End-of-Year-Picnic** sponsored by ABA Club & Psi Chi — April 20<sup>th</sup>, 11am-3pm, Robinson Circle
- **New online seminar on Eating Disorders** — coming Summer 2016

## ~Who's Who~

Dr. Mary Louise E. Kerwin  
Department Head and Professor

Mrs. Tricia Conte  
Assistant to Dr. Kerwin

Ms. Brenda Harkins  
Department Secretary

Ms. Megan Kately  
Academic Advisor

Ms. Angela Byers  
Academic Advisor

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## Faculty Spotlight: Getting to Know Dr. Bonnie Angelone

by Mykela Edwards

I had the opportunity to sit down and talk with one of Rowan's amazing psychology professors, Dr. Bonnie Angelone! We chatted about everything, from the advice she would give her 20-year-old self to what the graduate school application process was like. Today, Dr. Angelone is finishing up her 12<sup>th</sup> year here at Rowan!



**ME: Hi Dr. Angelone! So let's dive right in. Where are you from originally?**

**Dr. A:** So, I'm originally from Northern California near Sacramento from a small town called Rockland.

**ME: And you ended up all the way over here! Where did you decide to attend college for your undergrad?**

**Dr. A:** [laughs] I played softball when I was younger and there was a community college in Sacramento that was well known for getting students scholarships. So, instead of going to the college that was closer to my house, I commuted to Sacramento City College for 2 years. And then I got a scholarship to play softball at the University of Tulsa, in Oklahoma. Then moved back home after that!

**ME: What was it like for you to move so far away for undergrad? I know that a lot of undergraduates are going through that right now or are thinking about doing that for graduate school.**

**Dr. A:** Being the first time being away from home it was definitely scary. I was nervous and didn't know people. I mean it was nice being part of a softball team, because you initially get there and you are a part of this group. That made it easier. So, I think if students aren't already in a group, if they're thinking about moving away, then getting into a group early on can help that transition. But the first few months were scary and I was nervous and I thought I wanted to move back home, but I pushed through and it was good decision!

**ME: I definitely agree. I think that a lot of students struggle with that so it's really cool to know that our professors went through that too. While you were at Sacramento City College, was a career in Psychology always your end goal?**

**Dr. A:** I actually was interested in physical therapy at first.

**ME: Oh wow, cool.**

**Dr. A:** That wasn't very long though and I had taken a physiological psychology class and I remember getting to dissect a sheep's brain! And I'm not really into those types of things, but it was super interesting and I sort of embraced it and it really sparked my interest in psychology. I also thought I wanted to be a teacher for a while. So it sort of made sense over time, thinking about staying psychology and wanting to teach and that's where I got the idea of wanting to become a professor.

**ME: That process of trying to figure out what you want to do can provoke a lot of anxiety. How did you get through that?**

**Dr. A:** You know, that decision that I just explained was over many years [laughs]. I think students feel that they have to make this decision now. But if you just make little parts of that decision, look at the things you are interested in and following those paths, that can be a way to mold as you go. It kind of progresses as you go, do it in small steps.

**ME: It's nice to know that we don't need to have all the answers right now. What were your favorite and least favorite psych courses in school?**

**Dr. A:** The physiological psychology got me interested in the brain, memory, and thoughts, so that I was really interested in. The least favorite, it's so hard because I liked all my psych courses, but maybe Abnormal, since I knew that when I took that I didn't want to do clinical psych and wasn't interested in the therapy side. It wasn't that it wasn't interesting. I value the knowledge that I have. It just helped me decide what I wanted to do and what I didn't!

**ME: How important do you think it is to get involved in campus activities during your undergrad years?**

**Because I know sometimes as students we can feel short on time or we feel nervous because we don't know how to get involved.**

**Dr. A:** Sure, I think it's greatly important to get involved as much as you can. Clubs are sort of welcoming in the sense that once you join, you don't feel like you have to commit all of this time to it. But having it on your radar, I think is important. Networking is huge! Being a part of those groups is how you make those connections.

**ME: If you could give your 20-year-old self any advice what would it be?**

**Dr. A:** I would say, as stressful as things feel, try not to be stressed, because you think that things are overly busy now, but it just keeps coming. I look back and go... oh my gosh, undergrad seemed so... not easy, but there was less going on! So if I could look back I would say take time for yourself. Make sure you are eating and sleeping, all of those things people say to do [she laughs].

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# Advisor's Advice

by Megan Kately

Registration for Fall 2016 has begun!

\*Registration is based on credits completed, plus any credits you are currently enrolled in.

Seniors (90 credits and above): March 21, 2016

Juniors (58-89 credits): March 28, 2016

Sophomores (24-57 credits): April 4, 2016

Freshmen (0-23 credits): April 11, 2016

Please see your advisor before registering for courses.

## Who is my advisor?

Your advisor will be listed in the contact information on your GRAD report. You can also find your advisor under "My Success Network" in RSN.

## How do I schedule an appointment with my advisor?

If you have a faculty advisor, please check the bulletin board in the Psychology department for available office hours. If a faculty member is using RSN for their appointments, it will be noted on the document on the bulletin board.

If you have a Professional Advisor (Megan Kately or Angela Byers), please use RSN to schedule your appointment at [www.rowan.edu/rsn](http://www.rowan.edu/rsn)

If you don't have a chance to see your advisor, you can use GRAD and see your advisor after registering. Do you need help making a schedule or haven't had a chance to meet with an advisor? Stop by at the Psychology Department's Open Scheduling Walk-In Hours!

**REGISTRATION WORKSHOP:** Be on the lookout for an email advertising an upcoming workshop. We're here to help with any questions related to class schedules, credits, Banner, or major requirements!

## The Grad School Experience

by Dr. Melanie Freedman

Not every psych student has the desire to attend graduate school. But for those of you who do, figuring out the whole grad school process can be an intimidating endeavor. There is so much to think about - from the type of program you would like to attend, to the financial responsibilities, personal sacrifices, and of course the challenging work and long hours of study. Each issue of **Get Psyched!** will focus on an important part of this journey, highlighting what you need to consider and complete in order to achieve your goals.

**First up - Are you thinking about pursuing a doctoral degree in clinical psychology? Have you considered the differences between a Ph.D. and a Psy.D.?** Trust me, these educational pursuits are not for everyone! Whether it's five years, six years, or even more (ahem, I completed my clinical Ph.D. in seven years - yikes!), the doctoral experience can become more of a "lifestyle." So it's important that you really think about the type of educational experience you're ready to commit to. Below you'll find some info to help you determine whether this is the right path for you.

In a nutshell, there are two types of doctoral degree applicable to clinical psych: **Doctor of Philosophy (Ph.D.) & Doctor of Psychology (Psy.D.)**. Both of these degree programs focus on the assessment, diagnosis, treatment, and prevention of psychopathology such as depression and ADHD. They typically take four to six years to complete on campus, with an additional 12-month pre-doctoral internship that focuses primarily on clinical skills. This internship is completed prior to the award of the doctorate and typically requires travel to an approved site off campus. For example, although I was a grad student at Florida State University, I traveled to Baltimore to complete my internship at the Kennedy Krieger Institute of Johns Hopkins University!

Graduates develop a broad range of skills necessary to provide therapy and evaluation services to individuals of all ages, work in academia as researchers and teachers, and supervise and consult with other mental health professionals. We leave the prescribing of medication to medical doctors (e.g., psychiatrists), though some states are now pushing for prescription privileges for doctoral-level clinicians.

*(continued on page 6)*

Are you interested in learning more about Applied Behavioral Analysis (ABA)? Check out the ABA Club, a student-run organization that exposes undergrad and grad students to this exciting field via guest speakers, presentations, and community service projects! To learn more, search for the club on ProfLink and request to be added to the listserv! Also visit Rowan's Center for Behavioral Analysis at [www.rowan.edu/colleges/csm/departments/psychology/ABA](http://www.rowan.edu/colleges/csm/departments/psychology/ABA).

### How About Some Trivia & Teasers?

- A) Which famous psych experiment had to be discontinued after 6 days instead of the planned 14?
- B) In what 1994 movie does the following quote appear? :  
*“Remember, hope is a good thing, maybe the best of things, and no good thing ever dies.”*
- C) What disappears the moment you say its name?

*Find the answers on page 10!*

### In the Field with Dr. Alicia Poleshuk

*By Dianna Yphantides*

I had the pleasure of interviewing a family-friend of mine, Dr. Alicia Poleshuk. Dr. Poleshuk is a clinical psychologist who owns her own private practice in Teaneck, NJ. She has had a very interesting journey to where she is now and I was lucky to hear all about her success firsthand.

**DY:** *Hi Dr. Poleshuk! Thank you so much for participating in the very first issue of Rowan’s Get Psyched! undergrad newsletter!*

**Dr. P:** Of course, Dianna, I was honored and so flattered when you asked me to do the interview!

**DY:** *Well to start off, can you tell me about the educational path that led you to where you are now?*

**Dr. P:** I went to school in-state for convenience and financial purposes. I attended Montclair State for my BA in psychology, then I got my Masters in Family Psychology at Seton Hall, my Masters in Social Work from Rutgers, and finally my Ph.D. in Clinical Psychology from Seton Hall.

**DY:** *Wow, that’s a lot of school! If you can remember, what were some of your most and least favorite classes in college?*

**Dr. P:** I really enjoyed abnormal psychology and the developmental psychopathology type courses, along with statistics in my undergrad years. Also, in graduate school, I loved the classes that involved learning about how to score the Rorschach test and Wechsler intelligence tests for diagnosing patients.

**DY:** *Abnormal and developmental psychopathology are my favorite too because they really show what mental illness looks like! What does your average day look like for you?*

**Dr. P:** [laughs] Well, first I wake up and kiss my five-year-old son and walk him to the bus stop for school. Next, I head off to work in my office in Teaneck where I see around 13-14 patients a day and then return home.

**DY:** *What does your average patient look like?*

**Dr. P:** Well, if you had asked me a few years ago, I would have had a different response because I previously worked in the juvenile detention center. However, now, I mainly see families and adolescents who are struggling with anxiety and depression related to stress. I also see a lot of drug abuse problems related to pills or even heroin, which is becoming sort of an epidemic here in NJ.

**DY:** *I’m currently interning in a drug and alcohol abuse facility and I see the same thing. If you didn’t go into the psychology field, what do you think you would you have done instead?*

**Dr. P:** Oddly enough, I probably would have done something in the fashion industry. But I love my job and I wouldn’t trade it for the world! It was a long journey to get where I am now but I feel like a rock star that I get to do what I love so much and help people that it doesn’t even feel like work.

*(continued on page 7)*

## Undergrads Getting Psyched!

by Hope DiDio

Meet **Kyra Suarez**, a junior psych major who is extremely involved within our department. Kyra is the current president of Psychology Alliance (see more info on page 7) and an active member of Dr. D.J. Angelone's ASSeRT research lab. She is also pursuing a minor in law and justice. Here's what Kyra had to share about her experience **Getting Psyched!**

**HD: How and why did you get involved in a research lab?**

**Kyra:** I heard about joining a lab through my professors and thought it would be interesting. I wanted to take the opportunity to grow my passion in psychology as much as possible and I feel that research is the backbone to psychology.

**HD: What do you need to do to get involved? (Requirements?)**

**Kyra:** It's necessary to contact your professors. Every lab is different and varies on requirements. So you need to meet with one and discuss what their lab actually entails. Some require a specific amount of credits in order to be in it (e.g. be at least a sophomore/junior). My lab's requirements are that you are at least a sophomore and in good academic standing.

**HD: Why did you choose the specific lab you are in?**

**Kyra:** The lab I am in is called ASSeRT, which is a sexual aggression, substance, and alcohol team. Since sexual assault is a prevalent issue, especially on college campuses, I had an interest in knowing more about this topic and ended up finding a passion for this research down the line.

**HD: What are you doing in lab?**

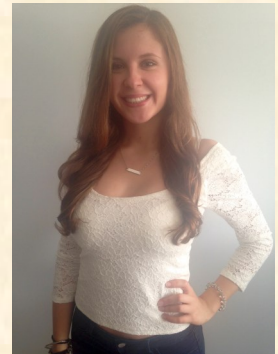
**Kyra:** We are currently running a project called, "Project Cosmo", which includes participants who are female, single, and the age of 21. They're administered alcohol and asked a series of questions. Along with this, I also read literature, present articles, learn new statistics, and discuss current research or studies.

**HD: Has your view on psychology research changed since joining a lab?**

**Kyra:** Absolutely! It has bettered me both as a researcher and student. Lab has also helped me broaden my knowledge further in statistics and on the specific literature of sex, drugs, and alcohol.

**HD: Would you recommend joining a lab to others?**

**Kyra:** Yes, I definitely recommend joining a lab. It's completely invaluable and sets you apart from other psychology majors, and most importantly from future competition in the field.



Next time you visit the psychology department be sure to say hi to Tricia Conte (on left) and Brenda Harkins,—let's be real, these two run this joint!

## NeuroClub

Housed in the Biological Sciences department, the NeuroClub is an organization designed to create a network and support system which allows those interested in the Neuroscience field to gain knowledge, set themselves up for success, and communicate within a group of students who share similar interests. Members have the opportunity to hear from speakers, participate in community service events, and network with other students in the Neuroscience field.

To get involved, contact [neuroclubrowan@gmail.com](mailto:neuroclubrowan@gmail.com) and visit <http://www.rowan.edu/colleges/csm/departments/biologicalSci/studentOrg/Neuroclub>

## The Graduate School Experience (*continued*)

In order to practice independently, all clinical psychology doctoral graduates must pass a standardized national licensure exam (referred to as “EPPP”) as well as any state-specific exams (Unfortunately, NJ is known for having one of the more challenging licensure processes despite some recent changes). You should also consider some important differences between the two:

### *Unique features of the Ph.D. -*

- Emphasis is on the reciprocal relationship between science and practice, or the belief that knowledge in the scientific method (i.e., hypothesis-testing) is necessary to develop competence as a researcher AND clinician (sometimes referred to as the scientist-practitioner, clinical science, or “Boulder” models)
- Most often housed within university psychology departments
- Most waive tuition, offer stipends to work as a research, teaching, or departmental assistant, and even have paid practicum placements – \*this is one of the most attractive aspects of the degree as it typically translates into significantly lower student loans/debt\*
- Due to tuition waivers and an emphasis on a faculty-applicant research match, fewer applicants are admitted to each program (most admit about 8-12 students per year); this “applicant-to-spot” ratio makes the Clinical Ph.D. one of the more competitive degrees out there
- Research training is a major focus of the Ph.D. – this means that the requirements for master’s theses and doctoral dissertations tend to be more demanding, particularly when it comes to methodology (e.g., more sophisticated research designs and statistical analyses). If you don’t have enthusiasm for research, you may struggle in this type of program

**VS,**

### *Unique features of the Psy.D. -*

- A relatively newer degree that prepares grads to practice what they’ve learned in more applied settings – in other words, the primary focus is on learning more direct clinical intervention services (“Vail” model)
- This degree is offered in university departments and by professional schools of psychology (Think Rutgers GSAPP vs. Argosy)
- Most programs charge students tuition and other costs
- Most accept a greater number of applicants per academic year (20-30 students), likely because these programs provide less financial support for its students and don’t rely on a mentorship model
- Generally speaking, the emphasis is on obtaining clinical experiences across many different settings and populations instead of gaining more rigorous research experience as preparation for an academic career

If the above descriptions got you **PSYCHED** even more (but maybe a little intimidated too?), then that’s a good indicator a doctoral degree may be in your future. In the next issue, I’ll present some action steps you can take now to become a competitive applicant later. Until then, stay **PSYCHED!**

Congratulations to Brenda! We are **PSYCHED** to announce that Brenda was recently named a recipient of the Student-Centered award for the **2016 Employee Values Awards Program at Rowan!** This award recognizes those employees who demonstrate extraordinary service, passion, and commitment to the university and its students!

Well done, Brenda!



## In the Field (continued)

**DY:** *That is incredible! Is there any advice you would give your 20-year-old self?*

**Dr. P:** It would definitely be that you don't have to be sure of everything in the moment, and that things will work themselves out in the end. I was very nervous when I was younger about how my future would look, and I love where I'm at right now. I would also tell myself that it's okay to ask questions and that you do not have to know everything. I seemed to think as an undergraduate that it was embarrassing or shameful to ask questions and I was always timid to question things. Now I realize how important it is to ask questions in order to better understand situations and learn to the best of one's ability.

**DY:** *That's really great advice. I find myself worrying about outcomes so it's good to hear you say something like that! Is there anything that you would've done differently regarding your career path?*

**Dr. P:** If I could go back, I would have taken a few business classes because running a solo private practice takes a lot of work and financial understanding, which you do not realize prior. It would have benefitted me to have a better understanding of finances and making smart business decisions.

**DY:** *What's it like to deal with insurance companies?*

**Dr. P:** Horrible! Insurance companies reimburse at very low rates, don't authorize a lot of sessions, and definitely do not take mental health seriously enough! Trying to admit someone into inpatient is absolutely ridiculous because insurance companies do not understand the idea that mental illness entails a long-term stay in a treatment facility. They never want to cover the necessary time in the facility in order to ensure the patient is safe and fully benefits from treatment. Insurance companies are definitely a downside to the mental health system.

**DY:** *Yes, I totally understand that mental health issues take time to diagnose and treat – it's not like a virus where you take antibiotics and get immediately better. Why did you choose to become a psychologist?*

**Dr. P:** Well, to be honest, when I was a kid I had a lot of things I felt like I wanted to talk about and difficult things I needed help coping with. I had stricter and more 'old school' parents whom I felt wouldn't have understood. Therefore, I made it my mission to help those who need what I needed as an adolescent, which is why I enjoy my job so much. I see myself in my patients and can empathize with them.

**Dianna's Take Away:** I learned a lot about what it's like to run a solo private practice. I learned that although the journey is a long one, it is worth it in the end, and that it's okay to ask questions while you are on the ride because as students we are not expected to know everything.

Have you heard of Psych Alliance and Psi Chi and wondered what exactly they were? **Psychology Alliance** is a student run organization in which members are able to discuss a broad range of aspects in the field of psychology.

Discussion topics may include:

- o Graduate school/GRE prep
- o Class requirements
- o Networking/social platform
- o Lab involvement (<http://www.rowan.edu/colleges/csm/departments/psychology/research/>)

The club meets every other Wednesday. **Upcoming meeting dates for the Spring 2016 semester include 3/23/16 (8pm Robinson 121), 4/6/16, 4/20/16, and 5/4/16.** Members are expected to attend at least two meetings per semester and complete one service project. As their most recent service project, the club participated in a fundraiser for the Make-A-Wish Foundation!

**Psi Chi** is an International Honor Society whose purpose is to encourage and maintain excellence in scholarship of members in the field of psychology. Membership is open to undergraduate and graduate students who are majoring in psychology and who meet the following qualifications:

- o Pursuing a major or minor in a psychology program
- o Completed at least 3 semesters or equivalent of psychology courses at Rowan University
- o Completed at least 9 semester hours (or equivalent) of psychology courses at Rowan University
- o Earned an overall GPA that is in the top 35% of their class in general scholarship (minimum GPA of 3.2 on a 4-pt scale)
- o Minimum 3.0 GPA in psychology courses



For more info about Psych Alliance and Psi Chi, please contact [psychalliance@students.rowan.edu](mailto:psychalliance@students.rowan.edu) or [psichi@rowan.edu](mailto:psichi@rowan.edu);

To apply to Psi Chi online, please visit: <http://memberapp.psichi.org/cfmember/applicationform.aspx>

## Getting to Know Dr. Angelone (continued)

**ME:** That's really great advice that I think we all definitely need to take. On another note, what was the graduate school application process like for you?

**Dr. A:** I graduated in the summer and took a year off because of the timing. Since my husband [Dr. DJ Angelone] and I were applying to go to graduate school together, we each applied to 30 schools. Eliminating schools we didn't like was tough. I feel like it was a little bit more of a daunting task then, to gather all the necessary information.

**ME:** Was there anything that surprised you about graduate school once you were there?

**Dr. A:** It was definitely a lot more work. Most of the classes were discussion based. You are expected to be in the discussion, processing the information, and thinking about it. Students are sort of running the classes to some degree. The sheer amount of work was a lot to handle.

**ME:** What do you think is the best thing about being a psych major?

**Dr. A:** I think it's the good thing and a bad thing. It's so broad, there are so many opportunities and things that you can think about. At the same time, that's the stressful part of not knowing what to do, because there are so many options.

**ME:** Do you have any advice about the job application process? I know that can be a little stressful.



**Dr. A:** You just have to keep plugging away. Keep putting them out there and if you don't get it this year, you try again next year. But it's the nature of it. If you go in knowing that and having those expectations, it can help.

**ME:** If you could have dinner with any psychologist, who would it be and why?

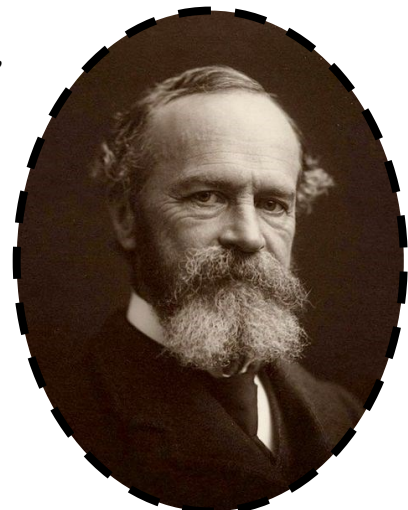
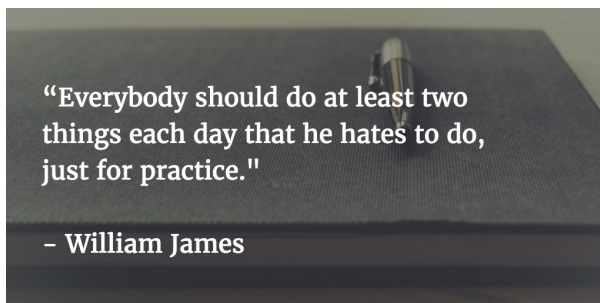
**Dr. A:** I'd probably pick William James because he influenced psychology in many different fields. He was interested in cognitive [processes] and was a philosopher as well. He played a big role in opening psychology to the masses.

**ME:** What advice do you have for undergrads who don't know what career path they want to take?

**Dr. A:** I would say use the web to search out jobs that have anything to do with that [field of interest]. Try to gather as much information as you can. Second, take as many courses related to that field. To make comparisons [between available options], do any experiences, like a field experience that are related to it. You can get a sense of what those areas are like. You find out that you like something, which is just as useful as finding out that you don't like something.

**Mykela's Take Away:** I learned a lot! Mainly I learned that as undergrads we may feel like we're alone in what we're going through, but we aren't. Our professors have gone through the same experiences that we have. Like us, they made decisions that got them to where they are by taking everything one step at a time.

William James (1842-1910) — American physician, psychologist, and writer who is considered to be one of the most influential thinkers associated with American psychology





## Specialization: So What Exactly Is...“Forensic Psychology”? By Eva Buggy

First off, forensic psychology isn't like *Silence of the Lambs* or *Criminal Minds*. Though criminal profilers do exist, they only represent a very small percentage of all forensic psychologists. Though it is not what most people believe it to be, forensic psychology is one of the most fascinating fields in psychology. In general, the field combines specialized knowledge in psychology, clinical science, forensics, and law.

### What Do They Do?

Forensic psychologists address psychological questions that arise in legal proceedings. This includes questions pertaining to both civil (*Which parent should have custody of the children?*) and criminal (*Was the defendant insane at the time of the alleged crime; Should teenagers be charged as adults?*) matters. In other words, they offer scientific opinions to help judges and juries make decisions. They may also evaluate and diagnose defendants, assist attorneys with case preparation, and provide testimony as an expert witness. Conducting research is another possible professional activity. For example, they may examine the mental health needs of incarcerated individuals (both adults and juveniles), or examine what juror characteristics, such as gender or level of extroversion, may influence verdicts.



### Where Do They Work?

Forensic psychologists work in a variety of settings, which is another reason this specialization is so exciting! They can work at police stations, law firms, courthouses, governmental agencies, universities and colleges, prisons, and juvenile detention centers. Some forensic psychologists open their own private practices (solo practice) or work closely with other psychologists in a group practice.

### What Education and Training Do They Receive?

Although there are some opportunities to conduct forensic work at the Master's level, a doctoral degree (Ph.D. or Psy.D.) will offer the greatest range of job opportunities. The most common path to becoming a forensic psychologist is obtaining a doctoral degree in clinical psychology and then pursuing a specialized post-doctoral fellowship after graduation and/or attending additional seminars or courses in this specialized area.

In general, it is expected that forensic psychologists know relevant legal foundations, develop good critical thinking skills, understand empirical research, have solid communication skills (both written and oral), and be able to work well under stress.

### Tips for Future Forensic Psychologists

- Take Psychology and Law (PSY01305)! This undergraduate course offers a broad introduction to the cool ways psychological principles influence the judicial system and other law-related issues.
- Contact local forensic psychologists to learn more about their daily professional activities (check out the American Academy of Forensic Psychology to locate “diplomates” in the field ([www.aafp.abfp.com](http://www.aafp.abfp.com))).
- Definitely check out the American Psychology-Law Society ([www.apadivisions.org/division-41](http://www.apadivisions.org/division-41)), which is division 41 of the American Psychological Association (APA). You can become a student member and learn more about related scholarship, practice, public service, and current graduate programs in the psychology and law field.
- Stay current by reading popular journals such as *Law and Human Behavior* or *Behavioral Sciences and the Law*. By reading research findings, you can develop an understanding of the common methodologies used in the field and obtain familiarity with productive researchers.

#### Sources:

<http://www.apa.org/ed/graduate/specialize/forensic.aspx>;  
<http://careersinpsychology.org/becoming-a-forensic-psychologist/>

### ☺ Just for Laughs ☺

A) Q: Why was Pavlov's hair so soft?

A: Classical Conditioning!

B) Three Freudians go into a bar and the bartender asks, “Can I get some id?”

*Answers to Trivia & Teasers:*

- A) Phillip Zimbardo's Stanford Prison Experiment (1971); [www.prisonexp.org](http://www.prisonexp.org)
- B) The Shawshank Redemption (Tim Robbins, Morgan Freeman)
- C) Silence

**The Get Psyched! Squad for Spring 2016:**

- Dr. Melanie Freedman...faculty advisor
- Eva Buggy.....student contributor
- Hope DiDio.....student contributor
- Mykela Edwards.....student contributor
- Brianna Lucas.....student contributor
- Dianna Yphantides.....student contributor

Got ideas, suggestions, questions? Know any great jokes, trivia or teasers? Do you like to talk and write about psychology and are interested in joining us for the 2016-2017 academic year? Send all comments and inquiries to Dr. Freedman and the newsletter squad at [getpsyched@rowan.edu](mailto:getpsyched@rowan.edu)

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