

GET PSYCHED!

Volume 1

Issue 2

May
2016

~a newsletter for psychology undergrads at Rowan University~



Congratulations to everyone who participated in the 42nd annual Psychology Research Conference! Several Rowan undergrad students participated in both oral and poster presentations on the research they've conducted throughout the academic year. New Psi Chi Inductees were also announced.

The following students were presented with various awards for their outstanding achievements in psychology for the 2015-2016 academic year:

Sharanjit Pujji
Maureen Sessa
Korin Langton
Athanasia Moore
Lauren Heller
Juliana D'Onofrio

Javid Rahaman
Emily Banks
Amanda Tessler
Victor Chin
Noel Hoffman



Congrats to all!

~Upcoming Events~

- Commencement:
Tuesday, May 10, 2016, 10 *am*
- Psychology Commencement Event:
Tuesday, May 10, 2016 (*Immediately following commencement*)
- Still looking for a summer course? Check these out!—**
- Second Session (starts May 23)
 - Health Psychology (CRN 30404)
 - Research Methods (CRN 30416)
 - Seminar: Film and Psychology (CRN 30406)
- Third Session (starts May 31)
 - Seminar: Eating Disorders (CRN 30521)
 - I/O Psychology (CRN 30523)
 - Psychology of Profession & Practice (CRN 30234)

~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

Advisor's Advice *By Megan Kately*

While you have some free time away from class, think about your future aspirations and whether a double-major, minor, concentration, or CUGS (Certificate of Undergraduate Study) might be right for you! Come back in the Fall ready to discuss with your advisor how



one of these options might fit into your degree program. This is especially important if you're a Bachelor of Arts student: you may have up to 41 credits of electives to devote to whatever you'd like!

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Faculty Spotlight: Getting to Know Dr. Michelle Evans-Chase

By Dianna Yphantides

A few weeks ago I met up with Dr. Michelle Evans-Chase to learn more about her journey to becoming a professor. I took her Research Methods in Psychology class and really learned a lot—her abundance of knowledge fascinated me the entire semester!

DY: Hi Dr. Evans-Chase! It's an honor to get to learn a bit about you for our newsletter!

Dr. EC: Sure! It's great to see you again and be able to be a part of the paper; I was extremely flattered you asked me!

DY: Alright, let's get started! Tell us about your educational background that led you to where you are today

Dr. EC: I went to Rutgers New Brunswick for my BA in psychology, then I went to San Francisco State for my Masters in Social Psychology. Finally, I attended the University of Pennsylvania for my Ph.D. in Social Welfare.

DY: What were your least and most favorite college courses?

Dr. EC: For my Masters and my Ph.D., I loved just about every course. However, for my BA, my least favorite class was probably statistics, and that's funny now because I love it. I also really disliked biology because it's a lot more memorization than application, which I definitely enjoy more.

DY: What was the graduate school application process like for you?

Dr. EC: Well, during my Masters, I conducted applied research in an adult correctional system, and I really liked being out in the field. I fell in love with research. So when I was looking at different Ph.D. programs, I chose where I wanted to go according to which professor I wanted to study with. I came across UPenn and I thought that their [research] sounded awesome! I didn't even know that it was an Ivy League school when I applied since I had lived on the west coast for so long, and it was the only school I had applied to! I always tell people, apply anyway; don't worry about whether or not you think you will get in!

DY: What's the best advice you've ever been given?

Dr. EC: Go for it and put yourself out there! Also, when I was in graduate school I wrote a proposal on mindfulness meditation in the juvenile justice system. My professor and another mentor gave me the advice to use that for my dissertation! That was probably some of the best advice because I don't know what I would've done otherwise.

DY: Could you tell me a little bit more about your research?

Dr. EC: What I did for my dissertation was an intervention study with male adolescents in the juvenile justice system. I wanted to see if mindfulness meditation would increase their self-regulation compared to progressive muscle relaxation. There are a lot of brain imaging studies about how mindfulness meditation activates a part of the brain that's still developing into our early 20's, and that area of the brain is essential to self-regulation. So the idea is that mindfulness meditation could increase the signals between that area and the limbic system (emotional system). Also 90% of prisoners have experienced some sort of trauma and it's said that trauma impacts the brain's ability to self-regulate; so mindfulness meditation can help support increased development of that area.

DY: If you could, what would you tell your 20-year-old self?

Dr. EC: I would probably tell myself not to worry so much about the future and to stay focused on what's happening right now. The future will take care of itself! And don't limit yourself out of fear!

DY: I totally understand where you're coming from because I stress so much about the future and what's to come! What classes do you teach here at Rowan?

(continued on page 5)



~Just For Laughs~

Average person: What are your hobbies?

Psychology student: What is your Myers-Brigg's Personality Score?

The Grad School Experience

By Dr. Melanie Freedman

In the last issue, I described what Ph.D. and Psy.D. programs in clinical psych are all about. If you're still interested – great! Now let's talk classes and other activities you should consider...

1) To prepare for either a Ph.D. or Psy.D., you'll definitely want to enroll in a wide range of psych courses, especially those that emphasize clinical skills (e.g., Intake and Interviewing Skills in Psychology) or mental health diagnoses (e.g., Abnormal Psych, Developmental Psychopathology). This ensures that you'll actually enjoy the content covered in graduate school (and not because taking specific classes may increase your chances of getting in, though they can't hurt).

Rowan University
Introducing our new
PhD in
Clinical Psychology
Training in Integrated
Primary Care

Deadline for 2016-2017 is Jan. 15!

2) Even if you plan to pursue a more clinically-oriented Psy.D. program, it would still benefit you to take any available research classes and/or become a member of a research lab. Remember that at the doctoral level, you'll be expected to understand research methodologies, interpret statistics, and critique scientifically-based conclusions. In other words, you'll still be a *consumer* of research even if you aren't expected to be a *producer* of research. So the greater research exposure you obtain as an undergrad, the more you'll be prepared for success in graduate school.

3) I would also encourage you to become a student member of professional organizations or societies. For a relatively low cost, these memberships will get you familiar with the different professional roles clinical psychologists can

assume after graduation. For example, if you think you may want to work with kids, look into Division 53 of the American Psychological Association (www.clinicalchildpsychology.org; Society of Clinical Child & Adolescent Psychology; the first year of student membership is free!); if you're considering working in a hospital or primary care setting, check out Division 38 (<http://www.health-psych.org/>; Society for Health Psychology; \$23 annual membership); or if getting a broader introduction to professional activities is your top priority right now, then head on over to the Association for Psychological Science (www.psychologicalscience.org; \$39 annual membership).

4) You may also want to check out APA's popular book, *Graduate Study in Psychology, 2016 edition*, which is a fantastic source for info related to the hundreds of psych programs in the country. The *Insider's Guide to Graduate Programs in Clinical and Counseling Psychology* by John Norcross and Michael Sayette (2016/2017 edition) is another book worth reading.

5) Finally, I encourage you to contact any of your current or past professors (particularly the clinical faculty) and ask about their grad school experiences. Be on the lookout for faculty spotlights in future newsletters! Also speak to as many current grad students as possible, even those attending non-psych programs, to learn about their academic paths and get some inside info. **Speaking of grad students, our department is gearing up to welcome the very first class of students in the new Clinical Psychology Ph.D. program.** They arrive on campus in September and we're PSYCHED!

If you have any specific grad school questions that you'd like the newsletter team to address in future issues, please let us know! Email us at: getpsyched@rowan.edu



Say hello to members of Dr. Haugh's awesome research team (from left to right):

Nicole Romanelli (grad student in CMHC)

Bryan Stites ('17)

Juliana D'Onofrio (grad student in CMHC)

Rachel Verdecchio ('17)

Helen Cardoso ('17)

"If you deliberately plan on being less than you are capable of being, then I warn you that you'll be unhappy for the rest of your life."

~Abraham Maslow

Pulling an All-Nighter for Finals?

Did you know this is characterized as **Acute Sleep Disorder**?

In a recent study, the average sleep duration for college students was **5.7** hours of sleep per night with **2.7** “all-nighters” per month!

Sleep loss negatively affects **learning, memory, & performance**
35 hours of sleep deprivation (one all-nighter) could affect your memory and bring your grade down **2 letter grades!!!**

Want better grades without having to pull “all-nighters”?

Improve your Sleep Hygiene!

- ◇ Keep a **regular wake-up time**
- ◇ **No Caffeine or Substances**
- ◇ Aim for **at least 7 hours** of sleep per night
- ◇ Keep a **quiet** and **naturally-lit** sleep environment

For more on healthy sleep, visit Rowan’s Healthy Campus Initiatives

www.rowan.edu/open/studentaffairs2/hci/healthybody/sleep.html

Courtesy of Rachel Taylor (senior), Sendy Chu (senior), Emily Wagner (junior), Mia Morgen (sophomore), and Kaitlyn Gaffney (senior)

Celebrities with Psych Degrees



Natalie Portman



Jon
Stewart



Tia & Tamera
Mowry

How About Some Trivia & Teasers?

- A) How many phobias exist that are well recognized by psychologists?
- B) Psychologist Otto Rank ranked which life trauma as the #1 cause of neurosis?
- C) What always stays in the corner, but travels the world?

Find the answers on page 8!

Psychology Alliance is student-run organization that combines Psi Chi and psychology club. Members are able to discuss a broad range of aspects in the field of psychology such as:

- Graduate school
- GRE prep class requirements
- Networking/social platform
- Lab involvement



Did You Know?...

Rowan University was ranked #97 among the top 477 public colleges and universities across the United States. This year Rowan University ranked #303 out of 1,393 best nationwide colleges, according to USA Today. Go RU!

Getting to Know Dr. Michelle Evans-Chase (*continued*)

Dr. EC: I teach Research Methods (regular and advanced), Social Psychology, and a seminar class about trauma in youth and young adults. It's focused about individuals in the juvenile justice system and veterans. It's super fun!

DY: Who comes to mind when you think of the word 'successful'?

Dr. EC: Hmm, that's a very good question! I would have to say Laurence Steinberg—he works in the psychology department at Temple University. He specializes in child and adolescent development and does research regarding brain development. He's not a neuropsychologist, but has done research regarding the brain, so that inspired me to do the work I've done. Also, his work is presented in a way in which even if you're not a neuropsychologist, it's still easy to understand. He also worked to impact the Supreme Court's decisions to ban the death penalty and life sentences without the possibility of parole for adolescents. He's definitely my hero for that!

DY: And finally, what would students be most surprised to learn about you?

Dr. EC: They would probably be surprised to hear how much time I spend in the ocean: surfing, paddle boarding, and open-water swimming. I actually train women triathlon swimmers, particularly those who are afraid of the ocean.

DY: Wow, that's awesome! I never would've guessed!

Dianna's Take Away:

Dr. Evans-Chase reminded me how important it is to take chances when pursuing my goals. She emphasized to live in the present and not stress about the future...and that you should never limit yourself out of fear!

Specialization: So What Exactly Is...“Neuropsychology”?

By Brianna Lucas, a psych major with big dreams

Well, first things first, let's get down to the basics and bring out a good ol' definition. Broadly speaking, neuropsychology is the study of the relationship between the brain and behavior. Neuropsychology requires a certain understanding of science, it's not just the behavior – it asks questions such as what influences the behavior? What chemicals are reacting? What receptors are or are not doing their job? In other words, asking the question: “How exactly does this thing called the *human brain* work?”



Let's take a closer look at the specialties, but watch out! Because there's two of 'em!

Cognitive Neuropsychologist: With this sub-specialty of “neuropsych”, you primarily conduct research and deal with those who suffer from brain deficits, whether they were born with these cognitive issues or developed them at some point during life, like via a traumatic injury. Now, here's the important part so listen up, cognitive neuropsychologists do interact with patients, but they **do not treat them**.

Clinical Neuropsychologist: These psychologists deal with the same group of people, but they work in healthcare settings assessing and treating the patients. Though trained in research, they typically don't conduct any. Instead they spend their days applying relevant research findings into more direct patient practice. Using science, they develop the best plan of action in order to treat their clients.

Preferred Educational Requirements:

- A doctorate in clinical psych, cognitive psych or neuroscience
- Post-Doctoral Fellowship (in a specialized area)

Interested? Here are some tips to see if this field is a potential career fit:

- 1) Expand your studies beyond psychology - Get involved in the study of biology and the bio department at Rowan. JOIN THE NEUROCLUB (see page 7) - Having a solid science background is essential for success as a neuropsychologist.
- 2) Take Physiological Psychology (PSY10315), Cognitive Psychology (PSY01327), and/or Cognitive Neuroscience (PSY10380) offered by the psych department! These are great foundational courses!
- 3) Obtain some field experience, do some volunteering in the field. Internships, jobs, volunteering - anything you can manage would be a great plus.
- 4) Look into Division 40 of the American Psychological Association - *The Society for Clinical Neuropsychology* (www.scn40.org)

Undergrads Getting Psyched!

By Hope DiDio

Meet **Jamie Sullivan**, a junior psychology major and law and justice minor. Jamie expressed that she has “always had an interest in helping friends and family prior to entering college.” She is really active on faculty research projects. For instance, she is currently working with Dr. Dufort on a study examining eyewitness testimony in undergraduate students. She is also working with Dr. Dinzeo to develop her independent study for next year, which will examine symptom severity, aggression, impulsivity, and identity types of schizophrenia. Of these research experiences, Jamie said, “They teach me not only a great deal of information about the field, but also provide me with more tools to use for the rest of my life.”

In addition to her academic activities, she is a member of the Rowan Dance Team and Sigma Alpha Lambda, a national leadership and honors organization. She also served as Vice President for Psychology Alliance this year. She described that her favorite part of Psych Alliance is getting to know the general members (and also learning more about the club’s guest speakers). To manage her time given all these commitments, Jamie said, “It gets very overwhelming at times, but as long as I organize and stay on top of my work, I can still always make time for fun and myself!” Although currently unsure about a future career in psychology or law, Jamie plans to pursue an internship next year in the drug and alcohol field.



“The good life is a process, not a state of being. It’s a direction, not a destination.”
~Carl Rogers

In the Field with Ms. Trish Bradley, Licensed Clinical Social Worker (LCSW)

By Eva Buggy

EB: Hi Ms. Bradley, thank you for agreeing to do this interview with me! I’m sure everyone here at Rowan is going to benefit from hearing what you have to say about social work.

TB: I’m so excited that you asked me to do this, Eva. I’m happy to share!

EB: Great! Let’s get started. What educational path did you take to get you where you are today?

TB: I started by getting my B.S.W. (Bachelor’s of Social Work) at Kean College. I chose Kean because their program offered field placements that gave you real life experience straight out of college. After that I worked at a hospital doing what was considered medical social work at the time, and that was primarily discharge planning. From there I went to work for the Division of Child Protection and Permanency [DCPP is the state agency responsible for investigating allegations of abuse/neglect and providing services to in-need families]. I was an adoption processor there. That was a very difficult job because you had 20-30 cases at one time and had to clear all of them for adoption, as well as go to court for their cases. After doing that for 5-6 years, I thought, “I’m never gonna last here,” [laughs]. It was at that point that I applied to Rutgers to get my M.S.W. I really wanted to go into private practice—that was my goal. Upon graduation, I studied at a post-graduate institute for 3 years to specialize in marriage and family therapy. Then I opened my own practice. I’m currently a social work supervisor at The Therapeutic School and Preschool in Belleville, New Jersey.

EB: Wow, it’s honestly great to hear that you didn’t take the traditional path and didn’t find your “dream job” immediately. A lot of undergrads worry that they’ll be stuck in one job forever, but you’re a prime example that earning a social work degree can provide many different career options. Speaking of undergrad, what were your least and most favorite classes throughout college?

TB: Well I know my least favorite was statistics and any math related class. My favorite classes were my Abnormal Psychology class and my Family and Children class. After taking that class, I could diagnose everyone in my family [laughs]!

EB: Abnormal Psych has been my favorite class in undergrad so far too! Why did you choose social work?

TB: That’s such an interesting question [laughs]. When I was going to school, I always had social work in the back of my mind, but initially I wanted to be a nurse, and then I wanted to be a speech therapist. I always knew I wanted to work in the helping profession. I worked in a hospital setting at one point in college and soon realized nursing was not for me. My older sister was actually a social worker, and I think that that definitely influenced me.

(continued on the next page)



In the Field with Ms. Trish Bradley, LCSW (*continued*)

EB: What population do you specifically work with now at The Therapeutic School?

TB: Right now I work in a private non-profit school run by the Northwest Essex Community Health Network that benefits children with various intellectual disabilities. Our kids go from pre-K to 8th grade if they have behavioral issues, and up to age 21 if they have autism. I work most often with the children who have behavioral problems. They get all different types of therapy (including behavioral therapy, speech therapy, and play therapy), as well as placement in small classes, and a 2:1 ratio of students to staff. It can definitely get crazy, but that's what I signed up for [laughs]!

EB: As a clinical social worker, what does an average day for you look like?

TB: Well, you know, as a social work supervisor in a special education environment, I supervise three other social workers and I typically also work as a supervisor with newly graduated students from Rutgers Newark. My days are very varied, from doing play therapy with the kids to supervising the social workers under me. It's really something different every day, and that's why I love it!

EB: That's awesome! What advice would you give to students who are considering a career in social work?

TB: It's definitely one of those jobs that you have to have a calling for. I feel as though if you enjoy your work, you're going to be happy. One thing I tell my daughter, who also wants to be a social worker, is to work with different populations. I mean there are so many different things you can do in social work. You can work with the handicapped, the impoverished, the elderly, or for community organizations. There are many different levels. Really, just look to see where your strengths are and what kind of work you enjoy doing and makes you happy.

EB: My last question is what kind of changes do you think the social work profession needs?

TB: Hmm, that's a good one. Like every other female dominated profession, I don't think that we are adequately paid for the work that we do. I do think that people who work in inner cities need to be better paid and better protected. There have been lots of incidents of violence for social workers. We need more publicity in education for who social workers really are. You know, when you see social workers on TV and in movies, they are usually taking children out of homes or putting them in bad placements. That's not the reality of what we do at all, and though steps have been taken by the National Association of Social Workers (www.socialworkers.org) to try to improve our image, I think so much more has to be done.

EB: Definitely. You bring up a good point that there's a misconception surrounding what social workers actually do, when in reality they are warm-hearted people who are serving the community in such a powerful way. Again, thanks so much for agreeing to this interview!

TB: Of course Eva, anything I can do to promote social work! Have a great day!

Have you heard about the counseling services provided on campus? The **Counseling & Psychological Services** staff provides free confidential therapy for students regarding a wide range of mental health issues. They help students develop effective coping strategies, manage their stress levels, and make healthy decisions to improve their overall well-being. Contact the CPS staff to schedule an appointment. If you're not quite sure if therapy is for you, *Let's Talk* is a program that gives you the opportunity to chat with a counselor without making an appointment ahead of time. Drop-in hours are held at different sites on campus.— check it out!

For more info, call 856-256-4333 or visit

www.rowan.edu/studentaffairs/counseling

The Wellness Center @ Winans Hall

Hours

Monday, Tuesday, Thursday — 8:00am to 6:00pm

Wednesday — 8:00am to 8:00pm

Friday — 8:00am to 4:00pm

Help Hotline: 856-256-HELP (4357) — 9pm to 12am

The H.E.L.P. Hotline's mission is to serve as an informal outlet for all Rowan University students in times of crisis or personal concern. The Hotline also serves to educate the Rowan University community and promote tolerance regarding a variety of issues concerning human well-being.



NeuroClub

Housed in the Biological Sciences department, the **NeuroClub** is an organization designed to create a network and support system that 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.

Are you interested in learning more about **Applied Behavior Analysis**? 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, visit Rowan's Center for Behavioral Analysis at www.rowan.edu/colleges/csm/departments/psychology/ABA.

Answers to Trivia & Teasers:

- A) Over 400
- B) Birth
- C) A postage stamp

3 members of the squad working hard and having fun at a recent formatting meeting- Meet Hope DiDio, Mykela Edwards, Eva Buggy!



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.

For more info about Psych Alliance and Psi Chi, please contact psychalliance@students.rowan.edu.
Or psichi@rowan.edu.; To apply to Psi Chi online,
please visit: <http://memberapp.psichi.org/cfamember/applicationform.aspx>

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