

A NEWSLETTER FOR UNDERGRADS AT ROWAN UNIVERSITY

December 2016

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UPCOMING EVENTS

Psych Alliance is holding a canned food drive until the end of the Fall semester!

Donations will be going to the Glassboro Food Bank. There is a box next to Brenda's desk in the psychology department where you can put your donations. This counts as a service project for Psych Alliance members, so please remember to sign in on the sign-in sheet if you donated!

Psych Alliance Meeting- February 8th, 2017

The Princeton Review will be coming to Psych Alliance this Spring semester! Come to the meeting February 8th for tips, tricks, and practice questions for the GRE.

ADVISOR'S ADVICE

Just a reminder about the Research sequence in Psychology:

For Bachelor of Arts students, you will have a 3-course research sequence of Psych of Scientific Thinking, Research Methods, and Statistics in Psychology. These 3 courses must be taken in order, and only one course can be taken at a time.

For Bachelor of Science students, you will have a 5-course research sequence of Psych of Scientific Thinking, Research Methods, Statistics in Psychology, Advanced Research I (Fall only) and Advanced Research II (Spring only).

Please keep in mind that the following are prerequisites for Advanced Research I (minimum grade in parentheses): Precalculus (B), Psych as a Profession and Practice (B), Psych of Scientific Thinking (B), Research Methods (B), and Statistics in Psych (D-).



Photo Courtesy: Elena Ordille

WHO'S WHO

- Dr. Mary Louise E. Kerwin, Department Head and Professor
- Mr. Daniel Dantine, Assistant to Dr. Kerwin
- Ms. Brenda Harkins, Department Secretary
- Ms. Megan Kately, Academic Advisor
- Ms. Allana Hooper, Academic Advisor

FACULTY SPOTLIGHT: GETTING TO KNOW DR. LISA ABRAMS

by Eva Buggy

Meet Dr. Lisa Abrams, one of Rowan University's most valued psychology professors!

EB: Thanks so much for agreeing to do this interview with me. Let's get started! So first, where did you go for college and graduate school?

LA: I did my undergrad at the College of Mt. Saint Vincent, which is in the Bronx in New York, and I studied psychology with a minor in Biology. Then, I did my doctorate at the CUNY (City University of New York) Graduate Center. The graduate center held all of the CUNY graduate programs, and my specific doctoral program was at Hunter College.

EB: So how did you know that you wanted to be a psych major as an undergrad?

LA: It actually started because I wanted to go into counseling and be a therapist, so that's why I started as a psych major, but it's taken multiple turns since then [laughs]. I scrapped the clinical idea, because I wasn't sure if I would be able to be objective and separate the emotions from my work life and my home life. It just seemed like it would be a really difficult balance, so I went into research. I got interested in biology and then that's how I got into the field of biopsychology, since it's a nice marriage of all of the biology stuff going on in the body and psychology.

EB: When did you make that switch?

LA: It was in undergrad, so in my program I was doing a B.S. in psychology, and for that curriculum we only needed one more class to get a minor in biology, because of all of the bio stuff we had to take already. I ended up taking physio psych and just fell in love with it. The body is so cool, and the brain just makes all of those things happen. So I knew that was the direction I wanted to go in for graduate school.

EB: What did you struggle with the most during college?

LA: It really was just balancing the stress of everything. By the time I was in my senior year, I was an honors student, the vice president of my class, and on the soccer team. I was also an RA so it was just a lot of different things all going on at once. Also, by the time I was in my senior year, I was taking all of the upper level courses, like cognitive psych and cognitive science. That course-load made academics even harder and more stressful. It's difficult to take care of yourself when you have that much going on at once.

EB: Yeah, I can definitely understand that! What was your favorite class in college?

LA: I'd have to say my favorite class in undergrad was Motivation and Emotion. It wasn't even so much about the actual class, but it was taught by my favorite professor. I did research with him, and he was really fair but strict, so he was just a really great professor. For grad school, it was definitely my Master's level stats class because it's what made me fall in love with stats.

EB: So with that being said, what is your favorite class to teach here at Rowan?

LA: I would have to say that my favorite would be stats [laughs]. You would know, you were in my stats class, but I really, really love stats. I love teaching it, and even though I love the content of physio, since that's my passion, stats is still my favorite to teach. It wasn't until grad school that I realized how to use all of the tests and what they meant, but once I got a full understanding of it, I just thought it was so cool!

EB: Yeah, I actually loved stats when I took your class. I thought it was so interesting and actually pretty fun! So a lot of students stress out about grad school because it seems so different from undergrad. Can you talk a little bit about your grad school experience?

LA: Sure, so I started with getting my Master's, but then I stopped and moved onto a doctoral program. I'm not gonna lie, grad school was incredibly difficult at the Ph.D. level. Basically, your entire life at that time is grad school. If you're getting your Ph.D., it has to be your entire life. You need to put all of your focus and concentration into it, and you really need to study thoroughly and often. I have to admit, I wasn't the best at studying in undergrad, and I'm very lucky that school came relatively easy for me in undergrad. I was able to do well in by putting in some effort, but in grad school, you need to put in all of your effort! Studying needs to happen in advance and constantly in order to succeed.

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Photo Courtesy: Elena Ordille

FACULTY SPOTLIGHT (continued)

EB: What is one piece of advice you would give to someone going into grad school?

LA: The number one most important thing to remember is to take care of yourself. It's such a stressful time, and there is such a higher likelihood of developing mental illness, such as depression and anxiety, at that age [early 20s]. Eating healthy, getting exercise, and getting sleep is so important, and I know that especially now since those are things I didn't do. I was sick a lot and always tired, which is common among students, but it doesn't have to be. I definitely would tell my 20 year-old self to do a better job with that.

EB: It's so important to remember to take care of yourself, but so easy to forget and get caught up in the stress of schoolwork. On a non-academic note, is there anything your students would be surprised to learn about you?

LA: I'm not really sure, because I'm pretty open with students [laughs]. I'm not 100% sure they would really be surprised by anything at this point. For people who wouldn't know me, I guess something people wouldn't know is that I have a second-degree black belt. I also love roller derby, but I talk about that in class all the time [laughs].

EB: Lastly, do you do any research here at Rowan?

LA: No, I actually don't, but probably will start soon. I'm not going to have a traditional research lab. Instead, I want to do educational research in the classroom and study learning styles and outcomes. I want to research what are the best ways to teach, so I think that's what the focus of my classroom research will be.

Eva's Take Home Message: Graduate school may be a huge commitment, but in the end, it's worth it. Making self-care a top-priority is hugely important, and by doing that and working hard, grad school is a manageable and great experience.

DID YOU KNOW?

Your mind rewrites monotonous speeches of boring people to make it sound interesting.

Convincing yourself you slept well tricks the brain into thinking you did.

THE GRAD SCHOOL EXPERIENCE

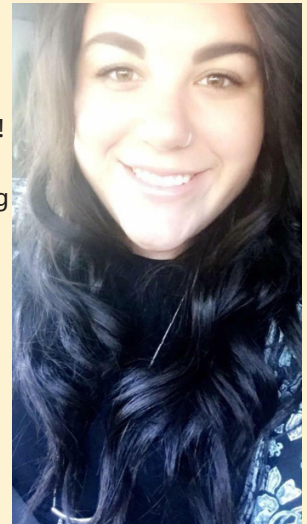
by Victoria Daggan, B.S.

In this issue, we have included a special guest post from Rowan psych alumna Victoria Daggan. Tori is currently in her first semester at Rutgers University, Camden campus. She talks about her experience so far and comments on the differences between the undergrad and grad student lifestyles!

"What are your plans for after graduation?" - the dreaded question for most college students, especially those who are contemplating continuing their education or exploring the ever so intimidating job market. As a recent college grad, that same question was the bane of my existence until I made the decision to further my education. I'm currently pursuing my Master's degree in social work at Rutgers University. The first thing that attracted to me to this degree was that it was so diverse. Social work is not restricted to a cubicle job, working 9-5 and stuck in the same routine daily... Instead, the possibilities are endless.

My first year has been full of curriculum that was never taught: Diversity and Oppression, Social Work and Policy, and Human Behavior to name a few.

In addition to classroom experience, the field experience that I've had in just the first few months has taught me so much! I'm currently at the Camden County Jail working in their drug and alcohol treatment program and it has been one of the best experiences. I have classmates who are placed in schools, nursing homes, drug treatment facilities, family services, and shelters in order to gain more relevant field experience. I've always had a calling for helping people and this program has exposed me to people and opportunities that I never imagined I'd have.



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IN THE FIELD WITH DR. MERIN CAMPBELL, PSY.D

by Brianna M. Lucas

BL: Hey Dr. Campbell, thanks for meeting with me today. Can you tell our readers a bit about your training in Neuropsychology?

MC: I went through a Psy.D. program, so a doctorate of psychology as opposed to a Ph.D., which is the doctorate of philosophy. So Psy.Ds tend to be geared toward clinical work, or the evaluation and treatment of people cross the lifespan. A portion of the training is focused on being active and intelligent consumers of research and applying the research to our work. We also do a part of training where we have to learn research methods and complete a final research project, the dissertation, which is a huge hurdle.

BL: Let's go back to college. Were you a psychology major as an undergraduate?

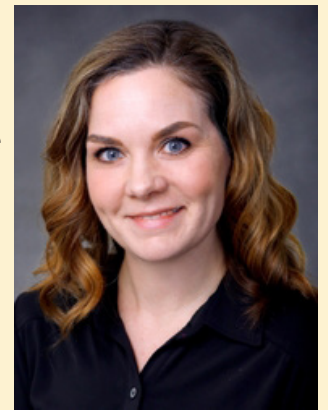
MC: I was! However, I wasn't quite sure if that was going to be the case as I was kinda all over the place with my interests. I nearly had a woman's studies degree, an English degree, an Anthropology degree. I had so many interests and just loved them all. I remember sitting down with my advisor and asking, "What's gonna get me out within four years and maintain my sanity and my parent's sanity?" And he said, "Well, you've got more of psychology than anything else." I said okay, that's what I'm going with, that was certainly my push.

BL: What was your favorite psychology undergraduate course?

MC: I believe it was a Forensics class, I remember being very fascinated with the criminal mind and what motivated people to do things that break the law. And I have to admit, it's still a guilty pleasure to listen to true crime broadcasts!

BL: How about non-psych undergrad classes, what was your favorite in that regard?

MC: It was an English course and it was taught by a visiting professor from Oxford. He had this very beautiful British accent and even though it was an English course, it focused on the writings of Freud, Shakespeare, and Dostoevsky. I absolutely loved it, it was incredible.



BL: Where did you get your graduate degrees and complete your fellowship?

MC: My training was kind of a roundabout way of getting where I am today. I was always fascinated by psychology and personality in the way people act and react to things. So I went into school psychology, wanting to put those two things together. I trained at Montclair State University in North Jersey and I got a Masters in Educational Psychology and a certification to be a School Psychologist. I decided to go back and get my doctorate in Clinical Psychology a year later. From there I found Neuropsychology, which is the understanding of the way that the brain interacts with behavior in a way that you could test. I went to Widener's Institute for my Clinical Psychology doctorate. In order to become a licensed psychologist you have to do some form of post-doctoral supervised work, usually called a residency or a fellowship. After graduating from Widener, I went to the Hospital of the University of Pennsylvania where I did a two-year supervised post-doc in the department of neuropsychology. It was wonderful and I loved it!

BL: So it sounds like you wanted to find out more about the brain and how it works so you could apply that knowledge from a more clinical standpoint. How did you come to work at Cooper?

MC: After I finished my two-year fellowship at Penn, unfortunately there wasn't an available job there. Wanting to stay in the area, I didn't want to relocate my family across the country. So I looked at all the different available options and happened to find that there was a job opening at Cooper. I met with the team here and loved what I heard and saw and they already had a wonderful reputation. Neuropsychologists - there aren't that many of us so there tends to be a very tight network, everybody kind of knows everybody else.

BL: What's an average day look like for you?

MC: Typically, I come in at 8-8:15 and I have a patient that arrives at nine. I prepare in advance by reviewing the patients' chart, finding out what their medical history is, what the question or concern is that the referring doctor has, what we might be thinking about diagnostically. Then I come up with the test battery myself or work with the student and we'll collaboratively come up with an idea of what tests we feel would be most helpful. Then when the patient arrives we meet with them and typically also with a family member. We always like to see patients with someone who can provide a collateral source of information.

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UNDERGRADS GETTING PSYCHED!

by Hope DiDio

Meet Richard Kehoe, a senior psychology major, president of Sigma Alpha Epsilon fraternity, and founder of the Rowan University Dance Marathon. This incredible event began when Rich contacted the Miracle Network Dance Marathon organization, which helps more than 450 schools “partner with local hospitals, set up funding through the school, and donate proceeds of a dance marathon directly to that hospital”. Rich has a personal relationship to the Children’s Hospital of Philadelphia (CHOP) after a relative and a close friend were both treated there. Because of Rich’s desire to “make a difference and give back to the community,” the Rowan University Dance Marathon was introduced on February 27, 2016!

On this historic day at Rowan University, nearly 800 participants (combined with over 900 online participants!) showed off their best “Whip and Nay-Nay” from 9pm until 3am in Rowan’s Student Center. Other exciting activities included performances by Rowan’s 3D dance crew, water pong tournaments, gift basket raffles, and visits from former CHOP patients. Because this was a first-year event, Rich and the Inter Greek Council expected to raise around \$15,000. But they exceeded their expectations by raising a whopping \$35,872, all of which went to CHOP! Now that is something to “GET PSYCHED” about! With the tremendous amount of participation and success during its first year, Rich is working hard to ensure Rowan University Dance Marathon becomes an annual event. So, make sure to have your dancing shoes and comfiest pajamas ready to dance all night soon as the next marathon is tentatively scheduled for March 2017! Great job, Rich!



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

*The next Psychology Alliance meeting will be during the Spring semester. Enjoy the winter break!

ABA CLUB

Are you interested in learning more about Applied Behavior Analysis (ABA)? Check out the ABA Club, a student-run organization that exposes undergraduate and graduate 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 Behavior Analysis at www.rowan.edu/colleges/csm/departments/psychology/ABA.

Please contact abaclub@rowan.edu for more information

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.

Please contact neuroclubrowan@gmail.com for more


Introducing our new
**PhD in
Clinical Psychology**

**Training in Integrated
Primary Care**
Applications due January 1, 2017
Click image for more information

~JUST FOR LAUGHS~

A Freudian slip is when you say one thing but mean your mother.

An elevator walks into a psychiatrist office and says, "Hey Doc I think I'm out of control."
The Doctor replies, "You're an elevator... in your line of work you're going to have your ups and downs!"

SPECIALIZATION: SO WHAT EXACTLY IS..."SOCIAL PSYCHOLOGY"?

by Mykela Edwards

In 1971 Phillip Zimbardo and his colleagues conducted the famous Stanford Prison Experiment. This experiment turned the basement of an academic building into a "prison". The experiment assigned some men to the role of prisoner and some to the role of guard. The social experiment was so intense and traumatic for the prisoners that it had to be shut down within two weeks of its start date. Another iconic psychological study was conducted by Stanley Milgram in 1963. His electric shock experiment taught the world about authority and the lengths that people would go to when pushed by an authoritative power! When we learn about these experiments in our classes we think, "How could the guards have done such awful things to the prisoners? How could people have administered the highest possible shock?"

The underlying topics and theories that these studies examined such as obedience and the power of authority fall within the field of social psychology! Social psychologists investigate the impact a specific situation may have on an individual's behavior. They study the effect of groups and the presence of others on our behavior, and how we interact in the world. Essentially, social psychologists look at the impact that our environment has on who we become and what we believe. Whether we are conscious of this or not, who we are is influenced by others and our societal norms. Social Psychologists study phenomenon like prejudice bullying, criminal activity, conformity, the self, aggression and obedience.

So you want to pursue a career in Social Psychology?

- Pursue a higher education! The majority of social psychologists have obtained their Ph.D. in Social Psychology!

Where can you work?

Social psychologist work in a variety of areas! Social psychologist can work in academia teaching and conducting research at universities or colleges. They also work in education as educational research scientists and analysts, for nonprofit or governmental agencies, designing and implementing policies! Social psychologists can also use their knowledge working with private corporations as consultants to improve how a company functions.

Want to learn more?

- Take Social Psychology! (PSY 05206)
- Meet with Dr. Evans-Chase to discuss your interests and potential career paths!
- Receive more information and become a member of The Society for Personality and Social Psychology, Division 8 of the APA!



Sources:

<http://www.spsp.org/what-socialpersonality-psychology>

<http://www.crimemuseum.org/crime-library/stanford-prison-experiment/>

THE GRAD SCHOOL EXPERIENCE (continued)

I love the program! However, there is no denying that it's hard work. Graduate school is demanding but completely rewarding. You're challenged to think outside the box, learn about people unlike yourself, and take a more active role in your own education. The best piece of advice I could give to those considering making the leap to grad school is to not be intimidated. Yes, graduate school sounds completely intimidating when you read about it online but it's not something that you go through alone. I was in that same situation but I took the advice from trusted mentors and hoped for the best. I could not imagine myself anywhere else!!

"What you do makes a difference and you have to decide what kind of difference you want to make" - Dr. Jane Goodall

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



IN THE FIELD WITH DR. MERIN CAMPBELL

(continued)

We then go through the testing (with the patient) one-on-one. The test runs about 3 to 4 hours, and then the process of scoring the test items and comparing them to the norms begins. We put together a score summary and then think diagnostically what's going on and what can we recommend for them going forward. The written report usually takes somewhere in the 8 to 9 hour range, but this doesn't happen all in one day, I think there's something to be said for kind of thinking about this person over the course of a couple days and let it all shimmer together.

BL: So what are the things that most attract you to your role as of right now?

MC: I've had some experiences with friends and family members who have unfortunately been diagnosed with conditions. Somebody in my immediate family is diagnosed with Parkinson's and it's been quite a journey to see the personal and family effect. When you work with people clinically, it's usually a brief snippet of time that we get to spend with them and you miss out on the day-to-day ups and downs. Also, with my experience working with kids, there was someone who I worked with very closely who had a pretty severe Traumatic Brain Injury ("TBI"). We reintegrated this person into the school setting and not just helped with different behavioral challenges and peer related things. It's an ongoing process, which is why I find these two subjects (TBIs and Movement Disorders) interesting. With TBIs, there are so many factors to consider: the severity of it, what part of the brain was affected, if there was an extended loss of consciousness, and any other preexisting factors.

BL: For students interested in the neuropsychology field, do you have any tips or advice?

MC: I really do feel like experience is the best education. When I got to my doctorate program, I had already worked as a school psychologist and had a job in publishing for a while. Having that real-world experience benefited me. Just anything you can do to get more experience, doing things like internships, volunteering, seeing if there are opportunities to get experience with research. There is always something to be gained that don't seem directly related to the thing you want to do. I think there is something to be said about getting out in the real-world, seeing what it's like, and trying out different things.

There are strengths and weaknesses in every experience, and sometimes the weaknesses are what teach us the most. What we want and what we don't want, what we want to be and what we don't want to be!

Brianna's Take Away Message: Any experience is good experience!

“BE SO GOOD THEY CAN’T IGNORE YOU”

~STEVE MARTIN

THE GET PSYCHED SQUAD FOR SPRING 2017:

Dr. Melanie Freedman.....faculty advisor
Eva Buggy.....student co-editor
Hope DiDio.....student contributor
Mykela Edwards.....student contributor
Brianna M. Lucas.....student contributor
Dianna Yphantides.....student contributor
Elena Ordille.....student photographer

Got ideas, suggestions, questions?
Know any great jokes, trivia or teasers?
Like to talk and write about psychology?
Interested in joining us for the 2017-
2018 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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Connect with the psychdept. on social media

