



A NEWSLETTER FOR UNDERGRADS AT ROWAN UNIVERSITY

March 2017
Issue #5

IN THIS ISSUE:

Faculty Spotlight	2
Specialization	3
In the Field	4
Undergrads Getting Psyched	5
The Grad School Experience.....	6

UPCOMING EVENTS

Fall 2017 Registration Opens March 21st, 2017

Registration workshops will be held every Tuesday until registration closes (time and date TBD, check your email as the date approaches).

43rd Annual Psychology Research Conference- Friday, April 7th, 2017

9:00 am-5:00 pm in the Enyon Ballroom at the Chamberlain Student Center.

Spring 2017 Psychology Career Fair- Thursday, April 20th, 2017

10:00 am-3:00 pm, Chamberlain Student Center, Room 221

Join us April 18th, 2017 at 1:00 pm to hear our very own adjunct professor, Greg Neimyer, in Chamberlain Student Center, Room 144A. Lecture topic TBD

Congratulations to Jared Richards for being accepted into the Amgen Scholars Program at UCLA!



Photo Courtesy: Elena Ordille

ADVISOR'S ADVICE

Summer registration is open now! Check out these interesting seminars: Film & Psychology (PSY01423) and Behavioral Addictions -online(PSY01423)

Fall 2017 Registration dates are here:

Seniors (90+ credits)- March 21st

Juniors (58-89 credits)- March 27th

Sophomores (24-57 credits)- April 3rd

Freshman (0-23 credits)- April 10th



WHO'S WHO

Dr. Mary Louise E. Kerwin, Department Head & Professor

Mr. Daniel Dantinne, Assistant to Dr. Kerwin

Ms. Brenda Harkins, Department Secretary

Ms. Megan Kately, Academic Advisor

Ms. Allana Hooper, Academic Advisor

Ms. DeLithea Davis, Academic Advisor

FACULTY SPOTLIGHT: GETTING TO KNOW BETHANY R. RAIFF, PH.D., BCBA-D

by Brianna M. Lucas

BL: I'd like to start off with asking where you obtained your undergraduate degree?

BR: I'm from Wisconsin and I went to University of Wisconsin-Eau Claire.

BL: What about your graduate studies?

BR: My Masters and Doctorate are from the University of Florida.

BL: What were your studies focused while getting your doctoral degree?

BR: My doctoral degree is a general psychology degree, but my emphasis and what I've worked on is behavior analysis and behavioral pharmacology.

BL: Oh wow! Behavioral Pharmacology? I must ask, why that?

BR: Well, I was really interested in behavioral analysis and at the University of Wisconsin-Eau Claire the person I was doing research for, his background was in behavioral analysis so that was the kind of research I did. He introduced me to a form of intervention, which is called contingency management, and it really intrigued me. So when I applied to graduate schools I tried to find somebody who was doing that. It's really a treatment for drug use, and one person I could find had lab available to do this kind of work and that was Jesse Dallery, Ph.D., at the University of Florida.. I didn't necessarily have an interest in behavioral pharmacology, but that's what he did. I really focused on nicotine smoking because that's what he was doing. I looked at nicotine effects on rats for my Masters and Ph.D. and smoking using contingency management.

BL: What is contingency management?

BR: Contingency management is a behavioral intervention that involves objectively verifying whatever target behavior you want, so in our case that was smoking cessation. We would have people blow into a carbon monoxide monitor to objectively verify that they were not smoking. If they demonstrate that they haven't been smoking, they earn some kind of an incentive.

BL: Are you continuing this research?

BR: We have two grant-funded projects here right now that have been in development for a couple of years and we're just about to start recruiting for at least one of them.

The studies involve developing video games, so basically what we want to do is contingency management. Typically the incentive is money—that people are paid for not smoking. But this can be costly so what we are doing is developing video games. Instead of money, we can deliver video games as rewards when they demonstrate that they haven't smoked. So far we have two video games developed, one for the computer and one for a smart phone.

BL: Where do you find participants?

BR: This is actually open for anyone in the nation as we'll be recruiting people from all over.

BL: What else were you interested in during your undergraduate studies?

BR: Well I was introduced to behavior analysis at that time and I just absolutely just fell in love with it. I did a lot of lab work. I worked with pigeons, humans, etc. It was more basic science research looking at behavioral economics, which is decision making for humans. The focus of our work was how people devalue rewards when they are delayed by a long time, how people make choices between different options of rewards when they are pit against each other. That's what really got me interested in going further into research

BL: What was the hardest part about college for you personally?

BR: I think balancing academic and social demands and work, but that never really goes away. And really enrolling myself into something I loved, I was about a junior when I found that and those first years I felt like I was floundering. Once I found something I really loved, it made it easier for me.

(continued on page 3)



FACULTY SPOTLIGHT *(continued)*

BL: Have you ever taught anywhere else other than Rowan?

BR: Yes, I first started teaching at the University of Florida while I was a graduate student there. Once I graduated, I started teaching for various online schools across the country, including Westfield State University in Massachusetts and the University of Houston Clearlake in Texas.

BL: What are your favorite classes to teach?

BR: Behavior Analysis. I did have this one "Social Issues" class I taught for graduate students that I'd like to introduce for undergrads. This course applies behavior analytic principals to socially significant problems, like poverty, terrorism, things that hold social significance.

BL: Do you teach face-to-face courses at Rowan? Or do you primarily teach online courses?

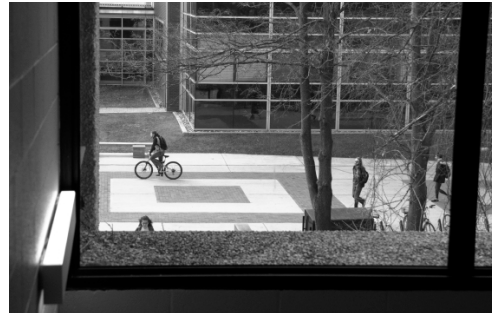
BR: I haven't taught face-to-face undergrad courses in a while, I teach masters level classes in person most frequently. I'm teaching one this semester and I taught one last semester. I'll occasional teach undergraduates in person but I haven't in quite a while.

BL: Do you have any advice for Rowan's undergraduate psychology majors?

BR: Just thinking about what they're going to do with their degree, really thinking about where they're going from here. I know it seems like you've got all this time to do that but really you don't have that much time, so you really should get involved. And as a faculty member who conducts research, I love to recruit students who are early in their career as undergraduates. Sophomores are perfect, at the perfect time to start getting involved in research because they'll get a lot of time to get involved and understand the process.. So, if you're thinking you may want to go on to graduate school, getting involved early is highly recommended. Figuring out what you want to do with this degree is so crucial.



Photo Courtesy: Elena Ordille



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

by Katelyn Martin

Let's first start with the term "abnormal"- what does that really mean? Well, in the psychology world it can mean a few things. In our field, we look at a bell-shaped curve and our behaviors fall somewhere within this curve. The middle of the curve is considered average while any behavior or characteristic that falls to the far left or right side is considered "abnormal." Beyond such statistical differences shown within the curve, we also think about how much a behavior deviates from what our culture accepts as typical – this refers to our norms and values. Finally, we consider how distressing, disruptive, and possibly dangerous a behavior may be. So, taken together, abnormal psychology is the scientific study of mental and emotional disorders, dysfunctional behaviors, and their treatments. Some examples of these disorders, or "psychopathology," include depression, schizophrenia, and bipolar disorder.

There are many different approaches to understanding psychological disorders. For example, the psychoanalytic perspective examines how unconscious forces, or the feelings outside of an individual's awareness, may result in psychological dysfunction. In contrast, the behavioral perspective addresses how learning principles, like positive reinforcement, impact one's daily functioning. Regardless of the approach emphasized, abnormal thoughts, feelings, and behaviors can be treated effectively. Professionals with the necessary training and experience to treat individuals and families include Licensed Clinical Social Workers (LCSW), Clinical Psychologists (Ph.D. or Psy.D.), Psychiatrists (M.D. or D.O.), and Licensed Professional Counselors (LPC).

If this all sounds fascinating to you, then consider enrolling in the department's Abnormal Psychology (PSY03200) and Developmental Psychopathology (PSY09305) courses! You may also want to check out Intake and Interviewing (PSY03205) to learn more about the assessment, or systematic data gathering, of psychopathology!

Sources:

<https://www.verywell.com/what-is-abnormal-psychology-2794775>

<http://www.simplypsychology.org/abnormal-psychology.html>

DID YOU KNOW?

Singing reduces feelings of depression and anxiety!

Being able to instantly respond with sarcasm to a silly question is a sign of a healthy brain!

Chocolate and shopping are more addictive than LSD and steroids!

IN THE FIELD WITH SCOTT POLTROCK, PH.D.

by Hope DiDio

HD: Thanks so much for taking the time to allow me to interview you! Lets start with your college experience. What educational path did you take to get you where you are?

SP: I went to Lehigh University as an undergraduate and was a psychology major there. I knew pretty much from the get-go that I wanted to be a psychologist. I got my Ph.D. in clinical psych at Syracuse University. That went from the fall of '99 until I graduated in December of 2006! It took a lot of time and they emphasized a lot on research, which was not something I necessarily wanted to focus on but it certainly gave me a very good education and great experience.

HD: I know a lot of undergrads are worried about finding jobs after graduation. What was that process like for you? How did you get through that?

SP: Wow, that's a really good question...I wanted to start investing in myself and start working and going up the career ladder. So, I looked for something that allowed me to earn my license hours and at the same time be in an aspect of the field that I found to be akin to my experience. So, my first job was at Newark Beth Israel Hospital in New Jersey. I was at the treatment center, which meant that I was conducting outpatient therapy for children who were victims of abuse. I was also conducting evaluations on foster children who were in foster placements to make sure that they were doing well socially, emotionally, developmentally, and behaviorally.

HD: Are you a licensed psychologist? What was that process like?

SP: I am. We had to take the "EPPP", which is the national exam. It takes about year or two after you earn your doctorate to get the hours needed to even take the EPPP. In fact, you can be referred to as "Dr." but you're not yet called a psychologist. In the state of New Jersey, you also had to submit a written sample and pass an oral exam based on that written document, which is usually a case conceptualization. Some aspects of this process has since changed but there remains additional state requirements. It took another 8 months after I passed the EPPP to get fully licensed in New Jersey.

HD: What is your day like working at a Veterans Hospital?

SP: I work for the department of Veteran's Affairs. I work at what they call the "Community Based Outpatient Clinic" or CBOC, which for my purpose, means that every day I get to meet with patients who are at various points of serving the country, from the men or women coming home from Afghanistan to veterans of WWII. I meet with them on an outpatient basis and I run a couple groups as well—drug and alcohol groups.

HD: So, how exactly do you treat these patients?

SP: I would say about 80% of the veterans I meet with suffer from Post-Traumatic Stress Disorder (PTSD). Knowing that, I tend to take a cognitive behavioral approach. I use components of Cognitive Behavioral Therapy, but more specifically exposure-based components. Also, I am trained and certified to disseminate Cognitive Processing Therapy. I need to figure out specific needs of each veteran to determine what I think they would benefit from most and that sort of dictates how I am going to treat them going forward.

(continued on page 7)



UNDERGRADS GETTING PSYCHED!

by Mykela Edwards

For this round of "Undergrads Getting Psyched!", we are excited to introduce Andrew Gerber, a senior psychology major in his last semester here at Rowan! As psychology majors we all know the importance of research. Though he's not involved in a research lab on this campus, Andrew is a member of a research team on Rowan's Stratford Campus. This research focuses on Gerontology, or the study of aging and the older population. When he's not doing research Andrew works at the writing center, and he just began his position as a learning assistant in Dr. Evans-Chase's research methods classes. He also holds a position on his town's Open Space Committee, where he advises the town council on decisions about buying and preserving open space! He even contributed to the creation of the first community garden in his hometown.

In the future, Andrew hopes to earn an Ed.D. (doctorate in Education) and then move forward into a career in higher education administration. When asked about what he will take away from his undergraduate background in psychology, he replies, "A much better understanding of every person that I come in contact with." In terms of advice for his fellow psych majors he had this to say, "Follow your gut at all times, really spend this time getting to know yourself, get comfortable with fear when it comes up, and be honest with what your body and mind are telling you. We often hold the answers we don't want to give to ourselves."

Way to go, Andrew!



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 is March 20th at 8pm - come learn about research opportunities. We hope to see you there!

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 consider contributing to the ABA club, who is participating in the Stuff the Bus service project this year. Please donate canned goods and rice (either bagged or boxed). Please contact janalm7@students.rowan.edu for a drop-off location! Donations will be accepted until March 17th, 2017.

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 info!**



THE GRAD SCHOOL EXPERIENCE

by Eva Buggy & Mykela Edwards

Applying to graduate school seems like a daunting task for many juniors and seniors. Below, two seniors speak about their experiences about the application process.

What was the GRE experience like?

EB: I myself am a pretty good student but a horrible standardized test taker. I've always found that my standardized test scores didn't accurately represent my level of knowledge. That really scared me since the GREs are a pretty huge deal. I spent all summer studying and then took the test in early September. I would definitely recommend taking it around this time because then studying doesn't pile up on all of the other work you have to do during the Fall and Spring semesters. It's important to remember that even though you may not do as well as expected the first time, you can't get frustrated and give up after the first try.

ME: The GRE experience was pretty nerve racking for me. It's definitely something that you need to spend time studying for. I would also recommend taking as many practice tests as you can, because you'll get comfortable with the test format and length. Try not to put unnecessary pressure on yourself though, because at the end of the day you can only do your best!

How did you decide what programs to apply to?

EB: For me, the first thing I looked at was the list of top social work programs in the country. From there, I picked different areas of the country where I wouldn't mind living for two years, and then I made a list of pros and cons for each school. I ended up with a list of programs that I was interested in and thought I had a good shot of getting accepted.

ME: I sat down and really thought about what I wanted for myself in the future. I decided on programs by looking at their philosophies to see if their values and goals matched mine. I knew that I wanted to commute as well so that factored in to the schools that I chose to apply to.

How many did you apply to? How much did each application cost?

EB: I applied to six Master's in Social Work (MSW) programs. Each application ranged from \$50.00 to \$100.00 each

ME: I applied to five schools, and the fee for each application ranged from \$60-75.

How long did each application take you to finish? How many essays/personal statements did you have to write?

EB: After writing your personal statement, the application process is pretty straightforward. It's a lot of tedious work, like having to enter personal information, but it didn't really take me more than a week to submit all of my applications once my personal statement was finished. I actually only wrote one personal statement for all six of my applications. To make the application process just a little bit easier, I compiled all of the requirements for each school's personal statement and made a long list of questions. From there, I combined some of the questions, since usually they will be very similar, and created a list of 7 questions I needed to answer in my personal statement. Then, I created an outline and wrote a personal statement that fulfilled each program's requirements of what needed to be included.

ME: Each school that I applied to required a personal statement. The writing process took me about 2 weeks to write, including many rounds of editing after feedback from one or two trusted mentors. Once the personal statement was completed, everything else was fairly simple. The rest of the process is getting your letters of recommendation and sending transcripts and resumes. It's a pretty standard process but it definitely requires organization and planning.



(continued on page 7)

THE GRAD SCHOOL EXPERIENCE *(continued)*

How did you decide who to ask to write letters of recommendation?

EB: The standard rule for finding recommenders is to have 2 professors and 1 outside reference. Because the programs I applied to were very field intensive, I chose to have 1 letter written by a professor and 2 written by supervisors from outside field placements. It's really important to pick someone, whether a professor or supervisor, who knows your character well and who could write a great recommendation for you. While GPA and extracurriculars are important, a great letter of recommendation is usually what sets you apart from other applicants.

ME: One of the biggest tips I learned when it comes to letters of recommendation is you need to ask yourself "Who can write me a good letter of recommendation?" I chose to ask professors that I felt really knew me and could speak to my strengths. These were professors who not only had me in class, but who I had worked with on outside activities for an extended period of time. You want your letter writer to be able to speak about the kind of person you are and not just say that you did well in their class.

What was the worst part of the process?

EB: The worst part about the process for me was waiting. After I had submitted my applications, I felt like I was just waiting to find out what my future would hold for the next 2 years. Applicants usually have to wait 5-6 weeks to hear back, but in my case, I was lucky. I heard back from my top choice just 10 days after submitting my application. Though it was a short 10 days, they were probably some of the most stressful days of my entire college career.

ME: The worst part for me was working on the personal statement. A lot of time is dedicated to editing and re-editing your personal statement for submission. It will take time. Even though editing may get tiresome, you will end up submitting a personal statement you feel confident in!

IN THE FIELD WITH SCOTT POLTROCK, PH.D.

(continued)

HD: That sounds like an incredible job. You also have a private practice along with this, right? Can you tell me about it?

SP: To balance out my life more, I work with kids at night. In my practice, I treat children anywhere from age 4 up until 19 or 20. I also conduct psychological evaluations on children all over the state of New Jersey. I also do psychosexual evaluations on children, fire-setting evaluations, and those sorts of things.

HD: Have you had any memorable moments that inspired you or confirmed that you made the right career decision?

SP: Absolutely, I conducted an evaluation on a youngster a couple years ago and it was one of those where your heart broke for this young girl. I think she had 10 foster care placements and a history of abuse victimization. Then I was fortunate enough to conduct the evaluation on the same youngster, I guess it was 6 or 7 years later and just to see her thriving and doing so well and whether it was truthful or not, she said she remembered me! It was such a great feeling to see her all grown up, with her own hopes and dreams.

HD: That sounds so rewarding. Do you have any advice for anyone who wants to become a clinical psychologist?

SP: I would say you have to understand how long it's going to take, particularly in comparison to your friends. It is difficult when your friends are out of school, making good money, and you are still a student. If you know early on what you want to do, start preparing ASAP. These Ph.D. programs can be very competitive - my program only took four people - so you have to be competitive and you have to know what type of program it is.

Hope's Take Away Message: Things take time. Do not be discouraged how long it takes you to get somewhere because you will get there eventually.

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



"IF YOU DON'T LIKE SOMETHING, CHANGE IT. IF YOU CAN'T CHANGE IT,
CHANGE YOUR ATTITUDE. DON'T COMPLAIN."

~MAYA ANGELOU

THE GET PSYCHED SQUAD:

Dr. Melanie Freedman.....faculty advisor
Eva Buggy.....student co-editor
Hope DiDio.....student contributor
Mykela Edwards.....student contributor
Brianna M. Lucas.....student contributor
Katelyn Martin.....student contributor
Adelyn Simeone.....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 next 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.

Rowan University
Psychology Department
201 Mullica Hill Rd
Robinson Hall
Glassboro, NJ 08028

phone: 856-256-4870
fax: 856-256-4892
email: getpsyched@rowan.edu
web: www.rowan.edu/colleges/csm/departments/

Connect with the psych dept. on social
media

