

**A NEWSLETTER FOR
UNDERGRADS AT
ROWAN UNIVERSITY
ISSUE #13 FALL 2020**

INSIDE THIS ISSUE

Faculty Spotlight..... pages 2-3
 Undergrads Getting Psyched..... page 4
 The Grad School Experience..... page 5
 In the Field..... page 6
 Publications and Grants..... pages 7-8
 Clubs & Organizations..... page 9

Dr. Kerwin’s Corner

I returned as Department Head on August 1, 2020 and what a time to take over as the leader of such a large and diverse department. Obviously, COVID-19 has changed how we do our business. As a result, most of the courses we are offering as a department are being taught online or remotely. In the Spring, we have tried to offer at least one section of a course as a PPO/PPR to accommodate those students who prefer to come to campus. To support student success, we still offer the peer mentor and Learning Assistant programs. Although we are unable to offer Drop-In Tutoring within the department, tutoring is still available to everyone through the Academic Success Center.

We do more than didactic teaching through courses, and we are hoping to continue to offer our Psychology Job Fair and the Research Conference in the Spring. We are also planning to offer several Faculty Showcases to highlight the research of our faculty and their students. This is a great way to learn about opportunities to join a research lab, especially if you are a first- or second-year student. As you can see in this newsletter, our faculty are experts in their field of study! Rowan offers you an opportunity to do such research with faculty during your time here. Finally, I encourage you all to meet with your academic advisors EVERY SEMESTER to ensure that YOU graduate on time and are properly prepared for your chosen career.

In closing, COVID-19 has tested all of us and recent increases will require renewed dedication to safety protocols. However, the University’s procedures are excellent; we will succeed and excel by working together! Until I see you again (and hopefully in person), stay safe and remain diligent.

**WHO’S WHO IN THE
PSYCHOLOGY DEPARTMENT**

- Dr. MaryLou Kerwin**, Depart. Head & Professor
- Dr. Lisa Abrams**, Depart. Chair & Assist. Professor
- Dr. Jim Haugh**, Direct. of Clinical Training & Assoc. Professor
- Mr. Dan Dantine**, Assistant to Dr. Kerwin
- Ms. Brenda Harkins**, Depart. Secretary
- Mrs. Hope Nelson**, Assistant to Dr. Haugh



**“I’m no longer accepting the things I cannot change... I’m changing the things I cannot accept.”
— Angela Davis**

Faculty Spotlight

Interview with Dr. MaryLou Kerwin By Gianna Palermo

In this interview, let's get to know Dr. MaryLou Kerwin, the Department Head of Psychology and a Professor here at Rowan. She is extensively educated and holds a BA in Psychology, MA and PhD in Developmental and Counseling Psychology, and completed her postdoctoral studies on addiction. She has an array of research expertise and a plethora of publications in psychology. She is also a member of the American Psychological Association, the Association for Behavior Analysis International, and the International Society for Autism Research.



What does your position as Department Head entail?

DMLK: The Department Head is responsible for managing the functioning of the entire department in collaboration with the faculty within the department. In addition to helping to ensure the quality of academic programming at the undergraduate and graduate level, the Department Head manages the budget for the department, and makes sure all aspects of the department are functioning and working well. But mostly, a Department Head solves problems and deals with changing situations, such as matching our faculty with available courses and course scheduling.

What is your favorite part of the job?

DMLK: That's easy, the thing I like most about this job is interacting with students and faculty. I enjoy supporting faculty and making sure they succeed which in turn ensures the success of our students!

How has COVID-19 impacted your role as Head of the Department?

DMLK: COVID-19 has had a profound effect on my role. Remember I talked about managing changing situations? Well, the pandemic has caused constant change. It has impacted the way in which I function as well as the types of problems that need to be solved. On a personal level, I feel I am more effective when I meet in person with people. Just like our students and faculty, I am working on learning how to be more effective in a virtual environment. The unpredictability of COVID-19 has created a dynamic situation in which plans need to be adjusted rapidly, which can certainly be challenging sometimes.

Do you have any advice for the psychology majors?

DMLK: My advice is to "knock on doors" and talk to your professors and instructors. During the pandemic, reach out and request to meet with your professors individually to talk about your career goals. Look for and take advantage of opportunities to get involved in research as well as other activities which allow you to apply what you know and learn new skills. I think one of the reasons I have been so successful during my career is my ability to recognize opportunities to expand my knowledge and skills and then pursue them. The broader your experience here at Rowan, the more prepared you will be for wherever your career takes you.

What other roles do you have here at Rowan?

DMLK: In my position, I interact with other departments across the University, which offers a great opportunity to grow and learn. For example, I am on the Advisory Board of Cooper Medical School of Rowan University. I am also a member of the Institutional Review Board at Rowan's School of Osteopathic Medicine. Currently, I am co-chair of the Search Committee for the new Dean of the College of Science and Mathematics.

"No rational argument will have a rational effect on a man who does not want to adopt a rational attitude." — Karl Popper

Faculty Spotlight

Interview with Dr. Jonathan Lassiter By Gianna Palermo



Here's something to get psyched about: the Psychology Department has a new faculty member! This semester, we have the privilege of welcoming Dr. Jonathan Lassiter. A man of many roles, Dr. Lassiter is a licensed clinical psychologist, professor, researcher, author, public speaker, choreographer, and multifaceted intellectual. His influential work explores the intersections of race, spirituality, gender and sexual orientation, and paves the way for understanding the unique adversities that confront racial and sexual minorities.

What about being a part of Rowan do you look forward to most?

DJL: I'm looking forward to mentoring students in the Spiritual and Psychological Intersectionality in Research and Thought (SPIRiT) Lab, as well as growing my research program which is focused on Afrocentric Psychology, mind-body interventions, and health-inequities.

In the classroom, what sets you apart from other educators?

DJL: I'm a very kinetic professor. When teaching live, I weave through the rows in the classroom, stand in soutenu, and do small balancés. It's from my background in dance. I also am a stickler for deep critical thinking and application of scholarly material. My classes require students to think beyond understanding and remembering and to hone their skills of scholarly application, analysis, evaluation, and creation.

What do you consider your greatest accomplishment?

DJL: My greatest accomplishment is being the son of John and Joyce Lassiter, the grandson of a sharecropper from the Jim Crow South, a first-generation college student, and the first doctor in my family who fully embraces all of himself as a Black same-gender-loving cisgender man in a world that is intent on destroying people like me.

I watched an interview in which you expressed your love of superheroes. If you were a superhero, what would your name and superpower be?

DJL: My superhero name would be Professor Lassiter, like Professor X. LOL. My superpower would be helping people heal and thrive.

Do you have a mission statement?

DJL: Yes. It is the first line on my website (www.jonathanmlassiter.com): Jonathan Mathias Lassiter, Ph.D. is a polymath who utilizes psychology, writing, and dance to help others heal and thrive.

If you could give the world one message, what would it be?

DJL: That's hard. My answer to that question changes moment-to-moment. In this moment, my message is "I encourage everyone to love Black people and love the Blackness in you. Scholars worldwide concur that life began on the African continent. We're all of African descent (depending on how far back you trace your roots), and it's a beautiful thing that we're all connected."

“Not everything that is faced can be changed, but nothing can be changed until it is faced.”

— James Baldwin

rowan.edu/psychology 3

Undergrads Getting Psyched!

By Justin Best



I am an undergraduate student here at Rowan and I am indeed PSYCHED to complete my final semesters here at this amazing University. I am a Psychology major with aspirations to specialize in Forensic Psychology. This has been a field that has interested me for many years now and I believe that I am in the right atmosphere to achieve this goal. Some of the courses that I have taken in the past or am currently taking here at Rowan include: Psychology and Law, Social Psychology, Cognitive Psychology, and World Philosophy. Personally, I love these courses due to their ability to capture the voices of the students through their course material. I was challenged to look at life in many different perspectives and I would highly recommend other students to take a look at these courses.

This year has provided an interesting set of obstacles for the students and teachers here at Rowan to overcome. Fresh off a 5-6-month break from college sounds like a dream in some scenarios, but we know that this stretch resembled more of a nightmare than a dream. Amidst the rapid spread of coronavirus here in the United States, many businesses were forced to shut down leaving many Americans with no means to provide for their families. We should stay in our homes and social distance from others to try and reduce the spread of the virus. The ongoing battle against racial injustice here in America began to pick up once again following the deaths of African Americans at the hands of police. Protests began to surge around the country as many believed that their voices were not heard. If that is not stressful enough, students and faculty were expected to return back to their schools through the likes of remote learning. But even through all of these different obstacles and stressors, I believe that it is important to divide your time into developing new hobbies, getting involved with campus clubs and activities, and taking time for yourself.

I applaud Rowan University for being one of the few universities in New Jersey that developed a plan for providing both their campus resources and the overall campus experience to their students, giving many students an opportunity to impact the lives of their campus community. I am currently the Vice President of African Studies Club, where the main focus is making the campus more aware of the experiences of African culture and African diaspora. Rowan has also given me opportunities in other areas of my life. I have been able to play for the basketball team here at the University for the last two years and have benefited from many lifelong friendships and experiences (including having been an RA). Lastly, I am also working on campus with one of my professors, with the task of analyzing his research for further applications. Overall, I encourage incoming and lower-level students to continue to explore themselves beyond their comfort zones. Being uncomfortable may be just what you need to see what you are made of! Rowan University continues to give students the freedom to explore themselves and develop themselves in multiple areas of life.

“If there is no struggle, there is no progress.”

— Frederick Douglass

The Grad School Experience

Interview by Allegra Giannini

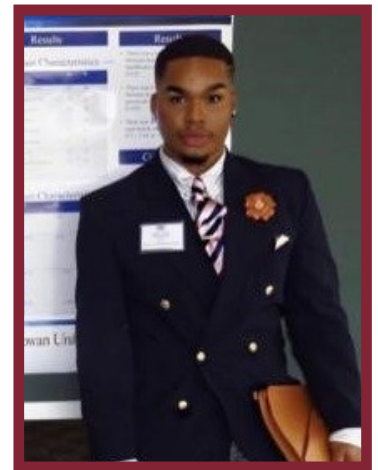
I had the pleasure of being in touch with Anthony Demare Eldridge, or Tonie as he typically goes by, a Ph.D student in Clinical Psychology here at Rowan. He explained how life for him has changed since the pandemic began.

What led you to study psychology? Did anyone in particular inspire you?

My first learning experience with psychology was in high school. I enrolled in an elective psychology class and became interested in the field. Although I was not inspired by a particular person, I was mostly intrigued with understanding what motivated, shaped, and maintained human behavior.

Why did you apply to Rowan's program?

TE: Rowan University's PhD in Clinical Psychology program is one of the few programs that trains students for careers in integrated care. Integrated primary care is an approach to care that ensures that patients' primary and mental health needs are addressed in a collaborative manner. This orientation aligns closely with my professional values and aspirations.



“Rowan University's PhD in Clinical Psychology program is one of the few programs that trains students for careers in integrated care. Integrated primary care is an approach to care that ensures that patients' primary and mental health needs are addressed in a collaborative manner.”

How does grad school differ from undergrad?

TE: In undergrad, I learned almost exclusively from lecturing. The content and materials focused on general topics in psychology. In graduate school, the learning experience is more independent and hands on. My experience with graduate education in both a Master's and Doctoral program tends to focus on developing my skillset in one discipline of psychology. It's a marriage of both practice and learning in graduate school. Since I conduct research and engage in externship, I practice all of the topics that I am learning.

How has grad school changed since the pandemic?

TE: The transition to an online learning experience has presented unique ways of engaging with my courses. Digital learning, zoom classes, and online submissions have further strengthened my appreciation for a traditional classroom setting. Learning in-person is more personal and offers a different avenue for comprehending course material. The only thing that has gotten harder is maintaining my concentration. When I am at home, the temptation to do household chores or lounge can be distracting. Conversely, my ability to engage in consistent, meaningful self-care has improved significantly since the beginning of this pandemic.

What are some of your personal tactics for keeping a steady mind during these stressful times?

TE: Distraction has been a key self-care element in maintaining my emotional and mental wellness. American culture values and rewards individuals who are independent, autonomous, and hardworking. Therefore, I believed it was crucial that despite how metaphorically loud my world became, I knew ways to quiet it. I engage in healthy distraction by watching countless Youtube videos, caring for my 42 houseplants, or spending quality time with my loved ones. These activities allow me to momentarily disconnect from our world and have been very effective in developing my resilience.

“I am an abyss I am trying to cross.” — W.S. Merwin

In the Field with Undergrad Research Assistant Vince Botto

Interview by Angela Colo



Can you tell us about your lab?

VB: The name of the lab I partake in is the ROADs lab, which stands for Research on Anxiety and Depression. The principal advisor is Dr. Jim Haugh, who is an Associate Professor and the Director of Clinical Training. Our lab focuses on the development and the treatment of depressive disorders, anxiety disorders, and the presentation of comorbid depression and anxiety. We also are examining the factors related to the treatment progress, use and effectiveness of bibliotherapy (self-help), the use and perceptions of mobile applications regarding psychotherapy and self-help, and exploring the role of treatment preference in predicting therapeutic alliance, adherence, motivation, and clinical outcomes.

What do you specifically do during your time in the lab?

VB: I started with minimal research experience, and now almost a year later this month I feel confident in my ability to say I'm a research assistant. As lab members, we can do a range of tasks. Personally, in the past two weeks I worked on a results section for one study, a method section for another, worked on building secondary analysis pieces to further our data analysis, did data-cleaning and recoding inside SPSS, built and edited surveys inside Qualtrics (online survey software), and helped review and edit other lab members' work as we are a team. The knowledge and skills that research has given me thus far are unlike anything else. It is real-world experience on how to apply everything we are learning from our Bachelor's degree.

“The knowledge and skills that research has given me thus far are unlike anything else. It is real-world experience on how to apply everything we are learning from our Bachelor's degree.”

If you had to give advice to someone looking to join a research lab, what would it be?

VB: If I was to give advice to someone who is looking to get into a research lab, it would be to just apply. Just go for it, build a resume or a CV, do whatever you're going to do, but apply.

How has your lab experience shifted from before the pandemic to now?

VB: My lab experience has shifted a bit. More so from the collaboration standpoint because we can no longer go in on Thursdays to our lab room and sit there all day and do research together. During our lab meetings on Wednesdays, Dr. Haugh would have us stand up in front of our cohorts and present, which taught us many skills we normally don't get to practice often. That piece of being present with each other is also missed, but one thing we most likely can agree on in our lab is that we still try to keep up with each other.

“Luck is what happens when preparation meets opportunity.”
- Seneca the Younger

Recent Faculty Publications

Raiff, B.R., Burrows, C., Dwyer, M. (in press). Behavior-Analytic Approaches to the Management of Diabetes Mellitus: Current Status and Future Directions. DOI: 10.1007/s40617-020-00488-x

Mendoza, Lee, & **Fife** (2020). The problem of measurement bias in comparing selected subgroups. *British Journal of Mathematical and Statistical Psychology*. <https://doi.org/10.1111/bmsp.12215>

Arigo, D., Brown, M.M., Pasko, K. Ainsworth, M.C., Travers, L., Gupta, A.A., Symons Downs, D., & Smyth, J.M (2020). Rationale and design of the Women's Health And Daily Experiences project: Protocol for an ecological momentary assessment study to identify real-time predictors of midlife women's physical activity. *JMIR Research Protocols*, 9(10), e19044.

Ainsworth, M.C., Rogers, L.Q., Perumean-Chaney, S.E., Thirumalai, M., Brown, N., Jackson, E.A., Demark-Wahnefried, W., & Pekmezi, D. (2020). Effects of Interactive Voice Response (IVR) counseling on physical activity benefits and barriers. *Health Behavior and Policy Review*, 7(5):407-415(9).

Gray, R., Zhu, J., **Arigo, D.,** Forman, E.M., & Ontañón, S. (2020, September). Player modeling via multi-armed bandits. *Proceedings of Foundations of Digital Games '20*. September 15–18, 2020, Bugibba, Malta.

Cox, C.E., Olsen, M.K., Gallis, J.A., Porter, L.S., **Greeson, J.M.,** Gremore, T., Frear, A., Ungar, A., McKeegan, J., McDowell, B., McDaniel, H., Moss, M., & Hough, C.L (2020). Optimizing a self-directed mobile mindfulness intervention for improving cardiorespiratory failure survivors' psychological distress (LIFT2): Design and rationale of a randomized factorial experimental clinical trial. *Contemporary Clinical Trials*, Article ID: 106119

Brown, M.M., Arigo, D., Wolever, R.W., Smoski, M.J., Hall, M.H., Brantley, J.G., & **Greeson, J.M.** (2020). Do gender, anxiety, or sleep quality predict mindfulness-based stress reduction outcomes? *Journal of Health Psychology*. Published online first: <https://doi.org/10.1177/1359105320931186>

MacIntyre, R., Heron, K.E., Braitman, A.L., & **Arigo, D.** (2020). An ecological momentary assessment of self-improvement and self-evaluation body comparisons: Associations with college women's body dissatisfaction and exercise. *Body Image*, 33, 264-277.

Sucala, M., Cole-Lewis, H., **Arigo, D.,** Oser, M., Goldstein, S., Heckler, E., & Diefenbach, M. (in press). Behavior science in the evolving world of digital health: Considerations on anticipated opportunities and challenges. *Translational Behavioral Medicine*. (Associated conference submission to the Society of Behavioral Medicine 2020 annual meeting received a Citation Abstract Award.)

Nebeker, C., Bartlett-Ellis, R., & **Arigo, D.** (in press). Risk/benefit assessment and privacy. Invited submission to APA edited volume, *Handbook of Research Ethics in Psychological Science*.

“The most exciting phrase to hear in science, the one that heralds the most discoveries, is not ‘Eureka!’ (I found it!) but “That’s funny...”

— Isaac Asimov

Recent Faculty Grants and Affiliation News

Dr. Jeff Greeson: continuation of his NIH grant with Duke University on Mindfulness for Improving Cardi-respiratory Failure. Here's a link to the animated "Infomercial" that describes the mindfulness app study for ICU survivors. <https://lift.duke.edu/>

Dr. DJ Angelone: Congressman Norcross announced Dr. Angelone's NIAAA R15 grant this week. <https://norcross.house.gov/media-center/press-releases/norcross-announces-more-625k-grants-research-and-treatment-substance-use>

Dr. Dustin Fife: is also Co-PI on Dr. Angelone's newly funded grant as well as presenting a CE workshop at APA on post-replication crisis data analysis. Dr. Fife also published his software (Flexplot) in JASP. <https://jasp-stats.org/2020/04/21/the-visual-modeling-module/>

Dr. Dani Arigo: became an Affiliated Investigator with the Drexel University Weight, Eating, and Lifestyle Sciences (WELL) Center.

Dr. Kaite Gotham: was awarded renewal of her NIH grant.

Dr. Chelsea Young: submitted an administrative supplement to NIAAA that would make Rowan a site on an R21 looking at alcohol and physical activity among college students.

“Homogeneity breeds weakness: theoretical blind spots, stale paradigms, an echo-chamber mentality, and cults of personality .”

- V.S. Ramachandran

Clubs & Organizations

PSI CHI

Psi Chi is an international honor society whose purpose is to “encourage, stimulate, and maintain excellence in scholarship of the individual members in all fields, particularly in psychology, and to advance the science of psychology.” Spring 2021 deadline: March 1st.

For eligibility requirements and more details, visit: https://csm.rowan.edu/departments/psychology/studentsresources/student_organizations/

PSYCHOLOGY ALLIANCE

Psych Alliance is a student-run organization whose 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, etc.*

You can find out more by signing up for the club via Proflink or emailing: psychalliance@students.rowan.edu.

ABA CLUB

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, contact: abaclub@rowan.edu

NEUROCLUB

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 with 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. Given its interdisciplinary approach, this club is housed in the Biological Science department. However, psychology students are strongly encouraged to get involved!

For more information, please contact: neuroclubrowan@gmail.com.

“We've got to face the fact that some people say you fight fire best with fire, but we say you put the fire out best with water. We say you don't fight racism with racism. We're going to fight racism with solidarity.”

— Fred Hampton

Counseling & Psychological Services



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

8:00am to 5:00pm Monday-Thursday

8:00am to 4:00 pm Friday

After Hours Emergencies

Call Public Safety at 256-4911 and ask for *Counselor on Call*

Emergencies During Office Hours

Visit the Wellness Center and ask to speak with someone immediately

Student Editor:

Angela Colo

Student Contributors:

Lead: Gianna Palermo

Justin Best

Allegra Giannini

Faculty Advisor:

Jamie Yingst



***Got ideas, suggestions, questions?
Like to talk and write about psychology?
Interested in joining us next academic year?***

Send all comments and inquiries to getpsyched@rowan.edu.



Rowan University
Psychology Department
Robinson Hall
201 Mullica Hill Rd

Psycholo-Memes

Remember when you wore pants to class?

