



A NEWSLETTER FOR UNDERGRADS AT

ISSUE #12 FALL/WINTER 2019

INSIDE THIS ISSUE

Faculty Spotlight..... page 2
 Undergrads Getting Psyched..... page 3
 The Grad School Experience..... page 4
 Upcoming Special Events..... page 5
 In the Field..... page 6
 Clubs & Organizations..... page 7

ANNOUNCEMENTS & UPCOMING EVENTS

6th Annual Psychology Career Fair

Curious about career options in Psychology? Be sure to take advantage of our career fair! There will be many vendors present in which you can engage and learn about their organizations and perhaps make contacts for an internship or job offer. More details on page 5.

46th Annual Psychology Research Conference

Either presenting or simply taking in current research from our Department, the annual research conference is a great experience for students who are interested in graduate school or in research in general. See page 5 for details.

South Jersey Rescue Volunteer Opportunity

Wanting to get involved in the community? South Jersey Rescue is an organization in which you can volunteer with cats; care for them and of course give them tons of love! Choose a time, morning or evening, to dedicate around an hour of your time to cats looking for homes. Applications for volunteering can be found at the Glassboro Pet Valu or the Mullica Hill Pet Valu.

WHO'S WHO IN THE PSYCHOLOGY DEPARTMENT

Dr. Tom Dinzeo, Depart. Head & Assoc. Prof.

Dr. Lisa Abrams, Depart. Chair & Instructor

Dr. Jim Haugh, Director of Clinical Training & Assoc. Prof.

Mr. Dan Dantine, Assistant to Dr. Dinzeo

Ms. Brenda Harkins, Depart. Secretary

Mrs. Hope Nelson, Assistant to Dr. Haugh

Mr. Ron Braxton, Ms. Amanda Cox, and Ms. Megan Kately: Academic Advisors



“One's life has value so long as one attributes value to the life of others, by means of love, friendship, and compassion.”
- Simone de Beauvoir

Faculty Spotlight

Interview with Dr. Lisa Abrams By Kaitlynn Grogan

If you have been a psych student here at Rowan for more than a semester or so, you very likely have already met Dr. Lisa Abrams. In the Psychology department she wears many different hats and helps run a myriad of projects and committees. But the one thing that makes Dr. Abrams stand out most is that she is very invested in the growth of her students. Most recently, Dr. Abrams was elected as our Department Chair. Here is a brief interview with her regarding her new position, as well as other positions and duties she holds.



What are some of the duties of the Chair of the psychology department?

DLA: The job of the chair is largely to be a faculty leader in the department and to support the Department Head (currently Dr. Tom Dinzeo). This means that I take care of certain administrative duties that only faculty can do, like signing off on curriculum documents. I also fill in for any meetings if Dr. Dinzeo is unavailable.

How and when did you come to work at Rowan?

DLA: I started at Rowan in Fall 2014, and I moved to South Jersey specifically to work here. I always thought that I wanted to go into a research-related career, like working at a biotech company, but fell in love with teaching in graduate school. I came to Rowan because my position has a distinct teaching focus, so I can now do what I love—teaching!

What do you do in a typical day?

DLA: It depends on the day—a lot of my time is spent grading, teaching, and preparing for my classes and meeting with students. I organize the program assessment for the department and work with the Director of Assessment, Jeff Bonfield, to analyze Rowan Core assessment data. And I have two different research projects going right now—one on active learning and one about inclusive teaching.

What are some of your favorite things about working in the department?

DLA: I really enjoy the people that I work with in the department—they make a job that I already love even more enjoyable! I also really like the fact that I feel very supported by the department in my quest to have a positive impact on our students!

What would be your best advice to give to a psychology student?

DLA: I have two pieces of advice. One would be to take the time to figure out what you enjoy—both for your education and your future career—having a job that I enjoy has really added a lot to my life. The second one would be to generally take care of yourself—get enough sleep & good nutrition, connect with people, and find ways to manage the inevitable stress that comes with being a college student.

“I don't feel that it is necessary to know exactly what I am. The main interest in life and work is to become someone else that you were not in the beginning.”

- Michel Foucault

Undergrads Getting Psyched!

Interview by Rachel Ricciardulli



Previous issues of our newsletter have introduced psychology undergraduates who are involved on campus in a myriad of ways. This semester we are showcasing an athlete, Rowan University baseball pitcher Christian Bascunan.

What year are you and what is your major?

CB: I'm currently a junior in the B.S. Psychology program.

What made you interested in studying psychology?

CB: Psychology has always interested me, even at a younger age, due to the way people act. I see myself as a sociable person and people seeking advice often come to me. So I see a future in helping others.

What extracurricular activities are you involved with here at Rowan?

CB: I compete on the baseball team on the collegiate level (right-handed pitcher).

What about the Psychology program do you enjoy most?

CB: The psychology program's most enjoyable aspect is the open-minded thinking throughout the department. There are also so many options to choose from as a psychology major.

What has been your best experience at Rowan so far?

CB: My best experience at Rowan so far is being a part of team that has granted me friends for a lifetime.

What do you plan on doing with your psychology degree?

CB: I plan on going to graduate school to obtain a degree in counseling so I can then apply to local high schools to become a school counselor and possibly coach a sports team.



What advice would you give a new psychology student?

CB: My advice to new psychology students is to be patient and to not panic if they are concerned about their future. The field of psychology has many options and if you speak to the proper person they will lead you down the correct path to success.

“If you care about being thought credible and intelligent, do not use complex language where simpler language will do.”

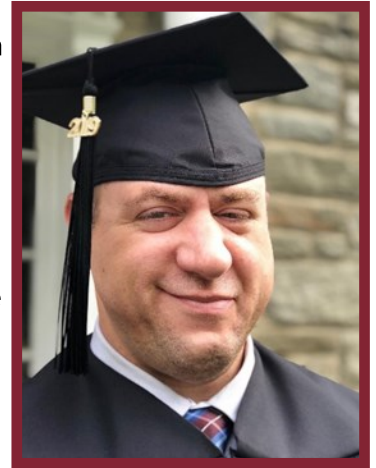
- Daniel Kahneman

rowan.edu/psychology 3

The Grad School Experience

Interview by Nicole Longo

Our graduate student interviewee this semester is no stranger to Rowan's Psychology department. Tony Federici graduated in 2019 with his B.A. in Psychology and moved directly into Rowan's Master's of Clinical Mental Health and Counseling program. What made Tony stand out as an undergrad weren't just his grades, rather that he, in addition to being a full-time student, continued to hold his full-time job as a paramedic. He also is a husband and father and still excelled inside the classroom. As an unconventional student, Tony's story hopefully will help give us all a broader perspective on the different paths and loads we all carry in academia, specifically how to manage all of the responsibilities we each have while being in grad school.



What is the most difficult part of the transition from undergrad to grad school for you?

The greatest challenge in the transition from undergraduate to graduate school is time-management. This transition is apparent from day one and really caught everyone in my cohort off guard. The amount of coursework that is assigned on a weekly basis per class far exceeds anything that undergraduate classes assigned. It is important to remember that those in graduate school are the best and brightest and you will be treated as such.

How do you balance grad school, work, and your family?

Trying to balance all aspects of my life has become increasingly difficult during this first semester of graduate school. Graduate school is more demanding than I was prepared for. As an undergrad you generally still have time to have a social life, whereas in grad school, your social life is your cohort and everything revolves around school. I still try to make time for my family and try not to let the amount of schoolwork I have negatively affect my relationships with my family. As for my work life, that is out of my control. I work as a paramedic here in South Jersey and at times my job is very stressful which is compounded by deadlines for school. I feel that I am a very resilient person and when I decide to do something, I give it my all. The dedication I have to each aspect of my life is what drives me to succeed in all of them.

Did you take a break between undergrad and grad school? If so, was it difficult for you to transition back into grad school?

I actually graduated from Rowan with my B.A in Psychology in May of 2019. I was lucky enough to be accepted into the Masters of Clinical Mental Health and Counseling program prior to graduation.

What should one expect going into graduate school?

There are quite a few things students aspiring to get accepted into graduate school should expect. First and foremost, expect to be challenged. As I said previously, every student accepted into grad school has excelled on the undergraduate level. This holds true for any graduate level program whether it's a Master's or PhD program. Another thing to be aware of is that there is no more memorization of material, you will be tested on and expected to comprehend the concepts being taught. Lastly and I cannot stress this enough, do not procrastinate, time-management is of the utmost importance.

“Accepting oneself does not preclude an attempt to become better.”

- Flannery O'Connor

Upcoming Special Events

Psychology Career Fair

When: Tuesday, April 2nd, 2020, 10:00a.m.-2:00p.m.

Where: Student Center, Room 221

Set aside some time on Thursday, April 2nd, to attend the 6th annual Psychology Career Fair! We are still in the planning stages, but the main event is currently scheduled for 10:00 a.m. to 2:00 p.m. in Student Center Room 221. More information will be forthcoming in the Spring newsletter, as well as on the website of the Psychology Department. Be prepared to make the most of this opportunity; Dr. LaMastro will also be happy to share updates with you and can provide information about how best to navigate a career fair and prepare a resume that will help you shine!

Please reach out to Dr. LaMastro with any questions you may have (davis-lamastro@rowan.edu), and watch your email for a complete list of participating organizations when it is finalized. We hope to see you there!

Psychology Research Conference

When: Thursday, April 23rd, 2020, 9:00 a.m.—4:00 p.m.

Where: Business Hall 104 and Business Hall Atrium

The Rowan University Psychology Department's Annual Research Conference has been an ongoing tradition for 45 years. Its intent is to allow students from both our undergraduate and graduate programs the opportunity to present their research findings in a professional context. This conference offers students an excellent opportunity to develop their skills and gain experiences that will foster their professional development. Most importantly, the conference allows students to showcase the results of the psychological research they have been doing over the course of the past academic year.

For students who attend the conference, they are able to witness the level of accomplishment that fellow students have achieved and to support fellow students through what can be a very anxiety-provoking situation. Additionally, students are able to see first-hand the breadth and depth of Psychology as a science and to understand more concretely what being "a science of human behavior" really means. Topics of the conference closely follow the research interests of faculty members and, as such, also highlight the breadth and depth of the Psychology Department faculty.

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today." - Malcolm X

In the Field with Undergrad Research Assistant Theo Sulton, Interview by Angela Colo



Theo volunteers in Dr. Christina Simmons' S.A.F.E. (Social Acceptability and Functional Evaluation of Behavior) lab.

Would you be able to tell us about S.A.F.E. Lab's research interests?

TS: S.A.F.E. lab focuses on problem behaviors. Problem behaviors are classified as anything that is dangerous, disruptive or destructive- the three Ds. That could include a child being deviant, talking back, or it could be self injury behaviors such as scratching themselves. The lab finds the function of behavior using an FBA, once that's done followed by experiments, we provide treatment based therapy. My job is that I'm a therapist. I run the sessions, and sometimes I code data on the sessions.

Can you explain your experiences in the S.A.F.E. lab and how it ties into your career path?

TS: Graduate school is very research based, and I plan on going to grad school. The job I want to have is a board certified behavior analyst (BCBA). A BCBA is similar to what I'm doing in the lab now it is giving me good training. A BCBA sometimes does preference assessments on what a child reacts well to for reinforcement. All of this is helping me along my career path.

How do your experiences in the S.A.F.E lab impact your day to day life?

TS: That's all I think about. Sometimes the kids in the lab act out and we become the recipient of that. I think about the kids a lot and I learn so much from them during every session; it's all I think about everyday. They're all cute kids too, I love working with them.

What's the most interesting thing that you've learned about?

"The most interesting part for me is that there is a science behind it; there's a way of recording things and figuring out behavior."

How has being in a research lab benefitted you in your classes?

TS: I'm in a functional behavior class, so we're learning about what happens in the lab. This helps me in the class, and then what I learn in class helps me in the lab, as well. I learn different procedures. I'm applying what I learned in class to a real life situation. I also am in statistics in psychology, so the data we get out of functional behavior is statistics. My single subject methodology class is about treatment plans, which helps in the lab deciding how to approach a child.

What's your favorite part about being involved in the lab?

TS: My favorite part about being in the lab is that I wear scrubs- that's a joke. My favorite part about being in the lab is being around children, playing with them and I see myself as a kid still in some aspects, as we all should, so it's fun to let that side out with them. It's a learning experience. I recommend this lab for people who enjoy being around children and who want to pursue a career in behavior analysis.

"Every person takes the limits of their own field of vision for the limits of the world."

- Arthur Schopenhauer

Clubs & Organizations

PSYCHOLOGY ALLIANCE

Psych Alliance is 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.*

Interested in hearing more about graduate programs at RU and the experience of students in those programs? The Psychology Alliance will be sponsoring a panel of current students sometime this Spring.

You can find out more about this meeting and other programs 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: abacub@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.

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 2020 deadline: March 15th. Please contact psichi@rowan.edu with any questions.

"We often refuse to accept an idea merely because the tone of voice in which it has been expressed is unsympathetic to us."

– Friedrich Nietzsche

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:

Kaitlynn Grogan

Nicole Longo

Rachel Ricciardulli

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
Glassboro, NJ 08028

Psycholo-Memes

