



A NEWSLETTER FOR
UNDERGRADS AT
ROWAN UNIVERSITY

May 2017
Issue # 6

IN THIS ISSUE:

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

UPCOMING EVENTS/ANNOUNCEMENTS

Commencement is May 11th, 2017 at 2:00 pm:
 Please join the Psychology faculty and staff in congratulating our graduates and their families! Immediately following the ceremony, come by the Robinson Circle and enjoy some post-commencement refreshments with your fellow peers and faculty.

Ms. Allana Hooper has accepted a position in the College of Business. Please join me in congratulating her on her new job and thanking her for her dedication and hard work here in the department!

Her replacement, James Rodia, joined us part-time on April 17 and will be full-time beginning May 1. James was previously an academic advisor in University Advising Services. Please join us in welcoming him to our team!

Effective Fall 2017, a new sequence for the core research courses will begin. Students must take the following courses in sequential order: PST, Stats in Psych, Research Methods (BS students will then take Advanced Research I and Advanced Research II).



Photo Courtesy: Elena Ordille



ADVISOR'S ADVICE

As the spring semester is coming to an end, check out some of our exciting seminar courses available this summer:

- Film & Psychology (CRN 30235; PSY 01423)
- Behavioral Addictions (CRN 30256; PSY 01423 Online)

Next fall, the psychology department is proud to introduce our new African-American Psychology course (CRN 40232; PSY01235). There are still a few spots open so register while you can!

WHO'S WHO

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

FACULTY SPOTLIGHT: GETTING TO KNOW DR. KIRBY, PH.D.

by Katelyn Martin

KM: First of all, I want to say thank you so much for taking time to meet with me.

KK: No problem

KM: So tell us, where did you go to school for undergrad and graduate training?

KK: Well, I did my bachelors and masters degrees at the University of Manitoba. I grew up in Winnipeg, Manitoba and it was one of the two local universities. Then I transferred to the University of Kansas for my Ph.D. After that, I did two Post Docs, one at Duke University and one at John Hopkins in Baltimore.

KM: What made you want to get into psychology?

KK: You know, it's interesting. I was heavy into sciences. I really enjoyed high school physics and chemistry. When it came time to think about what I wanted to do in college, I got to thinking what do I really enjoy doing? Mostly, it was talking to people and helping them think through what they wanted to do. So I said, "Well that sounded like psychology!"

KM: What was your favorite class in college?

KK: I loved my undergraduate research methods class. That was a really neat class. I loved learning a strategy for getting good evidence for something.

KM: I see you've done research in addiction and the family. Can you tell us a little more about that?

KK: Well, I got into working with addiction and the family pretty early in my career. It was my second faculty job but it was my first job in the Philadelphia area. It was at Hahnemann University and I was the research director of a clinic treating people with cocaine addictions in Camden. That was back when there was a lot of research money floating around. One of my colleagues suggested I work with family members and then provided me with a research article that took a behavioral approach. I found that pretty intriguing. So I started dabbling in that and wrote a grant based on this article that had been published in 1986.

KM: What do you love most about your job?

KK: I think there are two things I really like about it. One is that I've discovered undergraduates this year (laughs). I haven't taught undergraduates in a very long time. The last time I taught undergraduates was when I was in graduate school. I am just really enjoying them, they are interesting people and are interested in the material. It's just great to see young people get into something and start developing a path for themselves. I like that a lot. Now the other thing I really like is writing grants. It's so challenging, and it's so competitive to get them. You have to really pull together a tight argument that is supported by research and convince really smart people that this is a great idea and can move the field forward. It's really challenging but I love it.

KM: If you hadn't chosen psychology, what would have been your other career or professional option?

KK: Oh, there were a lot of other things that I liked, but two things stand out to me most. I loved cultural anthropology, which is pretty close to psychology. I loved it but I just couldn't see myself traveling to remote places of the globe and hanging out with people who spoke a language that I didn't speak. I just didn't see myself doing that but I just found it fascinating! I also loved creative writing!

KM: And last question - If you could meet any well-known psychologist who would it be and why?

KK: It would have to be B.F. Skinner. I did meet him but I did not get to know him. He was so big during his time and he always thought outside of the box. His work was with the rats and pigeons and he was able to see the patterns in that and then extract a hypothesis on how this would work with people. This resulted in an entirely new area: Applied Behavior Analysis!

KM: I really appreciate your time!

KK: You're welcome!



NEUROCLUB

The Neuro Club is an organization designated to create a network and support system, which allows those interested in the neuroscience field to gain knowledge, set themselves up for success, and communicate with a group of students who have similar interests in learning and expanding the field of neuroscience. Members have the opportunity to hear from speakers, participate in community service events, and network with other students with similar interests in the neuroscience field.

Please contact neuroclubrowan@gmail.com for more information

DID YOU KNOW?

Being with positive, happy, people keeps you happier

Your favorite song is your favorite because you associate an emotional event with it

No one who was born blind has ever developed schizophrenia

Psychology Alliance is a great way to get involved at Rowan. Psych Alliance increases students' awareness about issues in various fields of psychology through the hosting of guest speakers, field trips, and discussions. Members will discuss a broad range of aspects in the field of psychology such as:

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

Please contact psychalliance@students.rowan.edu for more info or to get involved!

 **Rowan University**
Introducing our new
**PhD in
Clinical Psychology**
Training in Integrated
Primary Care
Applications due January 1, 2018
[Click image for more information](#)

ABA CLUB

The ABA club is for students interested in Applied Behavior Analysis (ABA) and increasing knowledge of ABA in the Rowan community by hosting guest speakers working in the field of ABA, getting involved in service projects with children and families in the community, and by visiting local agencies that provide ABA services.

Please contact abaclub@rowan.edu for more information

THE GRAD SCHOOL EXPERIENCE

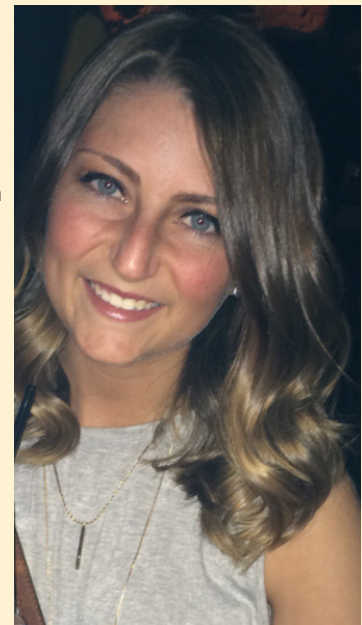
by Stephanie Rubin, B.A.

Grades Aren't As Important As You Think

Sure, being smart is an important quality and highly valued in college, but everyone in graduate school is smart. I quickly learned during my first semester that getting A's on all my papers and exams was great, but that it was expected. What is even more important are the discussions you'll have during your classes and the realization that learning from your cohort and professors is much more eye opening than what you can learn from a textbook. Continue to keep your grades up, but remember there is more to learning than getting straight A's!

Work Smarter, Not Harder

You probably already know graduate school is very demanding and can be challenging. It isn't necessarily harder, it's just more. More reading, more writing, more studying, and much more independent work than undergrad. Be self-disciplined, organized, and determined to go out of your way to get assignments done ahead of time. We all need breaks, so definitely don't deprive yourself of them, but be proactive and use TV commercials or time in the waiting room to your advantage. You'll have to sacrifice your Friday nights to do school work sometimes. There is no writing literature reviews the night before or showing up for practicum with no sleep - you need to take it seriously and do what you need to do to ensure success. Don't let short term excuses turn into long term regrets.



(continued on page 7)

~JUST FOR LAUGHS~

A psychologist returned from a conference at an Aspen lodge, where all the psychologists were permitted to ski for free. Her husband asked her, "How it went?" She replied, "Fine, but I've never seen so many Freudians slips."

"DON'T BE AFRAID TO GIVE UP THE GOOD TO GO FOR THE GREAT"

~JOHN D. ROCKEFELLER

IN THE FIELD WITH KATE DESTEFANO-TORRES, LPC

by Adelyn Simeone

AS: What pursued you to go into the field of psychology? What was your educational path?

KD: I completed a Bachelor's in Psychology at LaSalle University. I didn't plan well for what I would do next and found myself registering, at the last minute, for two courses at Rowan (through what was then the Master's in Applied Psychology). I was ultimately offered a graduate assistant position that would pay for my Master's degree. Although I was still uncertain about becoming a clinician, I thought that passing up a free degree was not the best idea. I was required to complete a practicum as part of my training and this was my first experience as a clinician, and I loved it. I also met my husband at that placement, so it seems it was meant to be.

AS: What is your favorite class to teach and why?

KD: I teach two courses at Rowan: Abnormal Psychology in the fall and Intake and Interviewing in the spring. I enjoy both courses very much and I enjoy having the variety between semesters. Both courses are directly related to what I do every day in my full-time job as the Executive Director for the Artemis Center for Guidance, LLC. This helps me bring real-life experiences and examples to the classroom. I try, with both courses, to have students participate as much as possible in the learning activities and I think that utilizing the real-life examples assists in that process.

AS: What is it like having a family, being a professor/psychologist and owning a practice? How do you manage that?

KD: Balancing work and family is always a challenge for working parents. My children are in school full-time now so things are a bit easier. When they were very young I took a break from teaching and focused solely on my full-time job as a clinician. I have been very lucky to have a partner who helps with childcare and household chores as well as having the help of my parents when we need it. Sometimes, the kids get sick and have to come to work with me, and you do what you have to do.

AS: What form of therapy do you specialize in or like the most?

KD: I describe my approach as eclectic, or drawing from cognitive behavioral therapy, dialectical behavior therapy and humanistic approaches. I find that it is important to meet the client where they are, but often clients need directive techniques to help them learn new ways of being. Checking in with the client about what is working and what isn't working is necessary, everyone is different.

AS: Do you have any advice for someone wanting to open their own practice?

KD: Take a business course, or three. In all seriousness, I advise anyone who wants to take this path to hone their clinical skills first. If possible try to work in a private practice before you open your own, try to learn the ins and outs (continued on page 7)

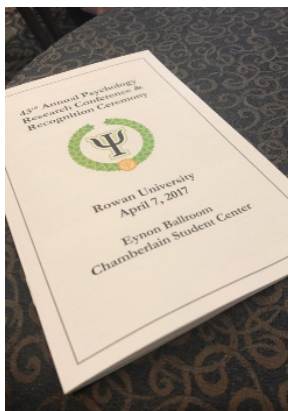


UNDERGRADS GETTING PSYCHED!

by Brianna M. Lucas

Hello fellow psychology students! Get Psyched proudly introduces Brianna Beulah, a junior psychology student with a concentration in Women & Gender Studies here at Rowan University! While pursuing her psychology degree, she has been a very active participant in various departmental and campus activities. She has been a research assistant in Dr. Angelone and Dr. Joppa's lab ASSeRT (Aggression, Sexuality, and Substance Use Research Team) for the past three years. She is a member of Psi Chi, the vice president of Psych Alliance, and the registration chair for the Title IX Student Summit Planning Committee. In her spare time off campus, she volunteers at Direct Support Professional Avenues to Independent Living in Woodbury, where she provides individualized care and assistance for individuals with various disabilities!

As you can tell, she is a very busy student! When asked how she manages her time so well, she responded that she uses a calendar and writes herself notes in order to maintain her jam-packed schedule! She says her favorite class at Rowan was her abnormal psychology class—it got her interested in people's different personalities and is one reason why she joined a research lab. Her future plans include pursuing a Ph.D. in clinical psychology, and she is very interested in working with sexual assault victims. Brianna has always had an interest in helping people, understanding how the brain works, and functioning on a neurological level. Additionally, she believes research is a very important educational experience for psych undergrads and would recommend it to any student who would like to pursue a graduate degree. She advises other psychology undergrads to be proactive, get involved on campus, and form relationships with professors! Brianna believes that only YOU can make the effort to find early college success that will help you out immensely in the long run!



STUDENT RECOGNITION AWARDS 2017

Medallion Award in Psychology
Kaitlin Bleiweiss

CSM Dean's Senior Recognition Award
Andrew Gerber

Okorodudu Outstanding Contribution to
Service in Psychology
Ebru Dugme

Outstanding Contribution by an Underclassman
Emmanuel Alvarez

Eleanor Gaer Student Research Award
Ebru Dugme

Specialization for Behavioral Sciences:
Underclassman Research Award
Sarah Howard

Specialization for Behavioral Sciences:
Upperclassman Research Award
Erica Parker

SPECIALIZATION: SO WHAT EXACTLY IS...“EDUCATIONAL PSYCHOLOGY”?

by Hope DiDio

Everyone is different. Sounds obvious right? Well, sometimes it's easy to overlook that others may learn at a different pace or style than the way you do. At some point or another, maybe you've found yourself feeling behind compared to some of your classmates or perhaps even like you were ahead of the game instead. Either way, it's clear that there is no single learning approach that works magically for every person. The field of educational psychology addresses this issue and incorporates a range of solutions for individuals with different needs!

What Exactly is Educational Psychology?

In simplest terms, educational psychology is the study of how people learn and retain knowledge. This subfield explores the emotional, social, and cognitive processes that are involved with learning. As important as the in-class interactions between teachers and students are for any developing mind, learning is a lifelong endeavor that occurs outside of the classroom as well. People don't just learn at school, they learn in work settings, in social settings and even when completing basic everyday tasks like running errands! So, educational psychology examines how people learn in different situations, and then attempts to understand and pinpoint a variety of strategies to make learning more effective. This may include how best to pass your biology exam or memorize your grocery list!

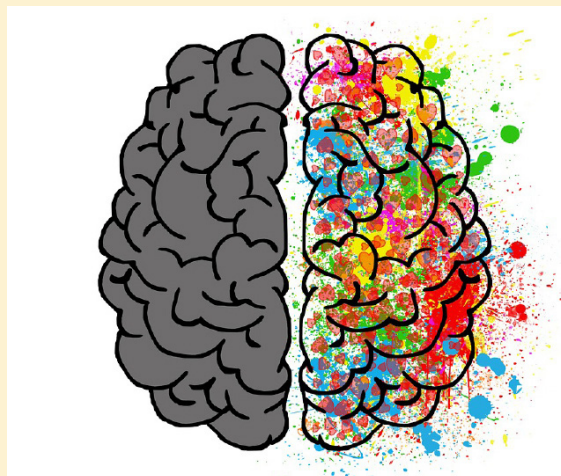
The History of Educational Psychology

In comparison to other subfields of psychology, educational psychology is relatively new. Many identify philosopher Johann Herbart as the “father” of educational psychology because he believed that a student's interest in a topic had a significant influence on their learning outcome. He also believed that teachers should consider this interest when deciding which type of instruction is most appropriate. I couldn't agree with you more, Herbart! Since then, other psychologists have grown and expanded on this brilliant idea and have recognized behavioral, developmental, cognitive, and constructivist approaches.

A Day in the Life of an Educational Psychologist

Like most psychologists, educational psychologists can work in numerous settings! For example, they can serve as consultants, assist in developing educational policies, or work at a university teaching or conducting research. They apply theories of human development (e.g., behavior, motivation, learning) to understand diverse learning styles among different individuals. Their research may examine how well people learn in specific settings or respond to a certain type of instruction. With these findings, they then develop or improve teaching techniques to help those who may be struggling!

Although educational psychology is a relatively younger specialization, it will continue to grow as people become more interested in understanding how people learn! If you're interested in learning more about this exciting field, make sure to enroll in our psych department's Educational Psychology course (PSY22215). You may also want to check out Penn State's College of Education for a Masters of Science in Educational Psychology (<https://ed.psu.edu/epcse/edpsych/programs/masters-program>)



SOURCES:

<http://www.apa.org/action/science/teaching-learning/>

<http://careersinpsychology.org/educational-psychologist/>

THE GRAD SCHOOL EXPERIENCE (continued)

Go Beyond What Is Expected

It's great to turn in all your assignments on time and show up to every class, but you should make the effort to do more than what is already expected. You're in graduate school to better yourself, so engage in doing more than what the syllabus says! Take notes when you think you don't have to, read books and articles that aren't required, talk to new people that you aren't required to during your internship. It won't go unnoticed and will benefit you in the long run.

Make Connections

You may recognize a few familiar faces in graduate school, but be ready to meet all new people. Become friendly with a few people in your cohort because after all, you will be with them in every class for the next few years. Talk to the cohort ahead of you in the program for advice. It's comforting having someone there who is going through the same process as you. Make connections with your professors. They have experience in the field, genuinely want to help you learn, and have much more in common with you than you may initially think. Your professors will have high expectations of you and you may like some better than others, but your professors are a great networking source for future jobs as well as a reliable resource for your graduate school journey.

Leave Your Comfort Zone Behind

You may be the student who does well in class, but never raises their hand to speak. That's okay for now, but don't get used to that in graduate school. Expect to actively participate and give your opinion during discussions, or even share an experience similar to the discussion topic. Everyone is there for the same reason so there's no need to feel nervous to talk. Push your personal boundaries and take advantage of opportunities that are presented to you.

IN THE FIELD WITH KATE DESTEFANO-TORRES, LPC (continued)

of the business-side of things before hanging your own shingle. I also recommend starting slowly, don't give up your day job right away, things can be very slow in the beginning, marketing is expensive and not as easy as you might think. Lastly, be kind to yourself, great things take time to build, this is not an exception.

AS: What is the most rewarding thing about being a Licensed Professional Counselor?

KD: Being a witness and a facilitator to human growth and change, as well as the reduction of human suffering is the most rewarding part of my job. I primarily work with adults and treat depression, anxiety, trauma and related symptoms. My expertise is in the treatment of Perinatal Mood and Anxiety Disorders (PMADs). Helping new mothers and young families heal from these disorders, which are the most common complication of childbirth, is extremely rewarding. Often these disorders provide an opportunity (by way of necessitating treatment) for these women to heal old wounds or address underlying mental health conditions that they have previously just tolerated or pushed through. When the baby arrives and their previous coping skills no longer work they can get very sick, very quickly, forcing them into treatment at the least opportune time. However, the end result is an improved version of themselves, ready to take on motherhood and all its challenges.

Adelyn's Take Home Message: I was surprised to learn that taking business classes would be a crucial part in your psychology degree if you have the long-term goal of starting a private practice. It's a good reminder that you're a business professional as well as a mental health provider!

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



I'd like to extend a very special congratulations to Eva, Hope, Mykela, and Dianna on their graduation this semester. I look forward to hearing all about your future successes! Thanks for being such an incredible inaugural Get Psyched team and for teaching me a few things along the way!

Now go get 'em,

Dr. F

THE GET PSYCHED SQUAD:

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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.

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