

A NEWSLETTER FOR UNDERGRADS AT ROWAN UNIVERSITY

ISSUE # 9 SPRING 2018

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~ANNOUNCEMENTS & UPCOMING EVENTS~

Please join us at our end-of-the-year picnic on Tuesday, April 24th at 11am. See you at Robinson Circle!

The University will be holding two commencement ceremonies this year. The university-wide commencement ceremony will be held on Sunday, May 6 at 4 pm. The Department of Psychology ceremony will be on Monday, May 7 at 10 am. We will be in a combined ceremony with the School of Health Professions.

- All graduates and their families are invited to attend a reception immediately following the psychology department commencement ceremony on Monday, May 7 in Robinson Hall. Enjoy some refreshments with your fellow graduates and faculty!
- We're excited to announce that several new faculty members will be joining our department in the Fall! Let's welcome:

Dr. Chelsie Young (Social Psychology)

Dr. Dani Arigo (Clinical Psychology)

Dr. Brittany Martinez (Lecturer)

Dr. Benjamin Swan (Lecturer)

A special welcome back to Dr. Eve Sledjeski, who returns to the department after working hard in the Dean's Office!

~WHO'S WHO~

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

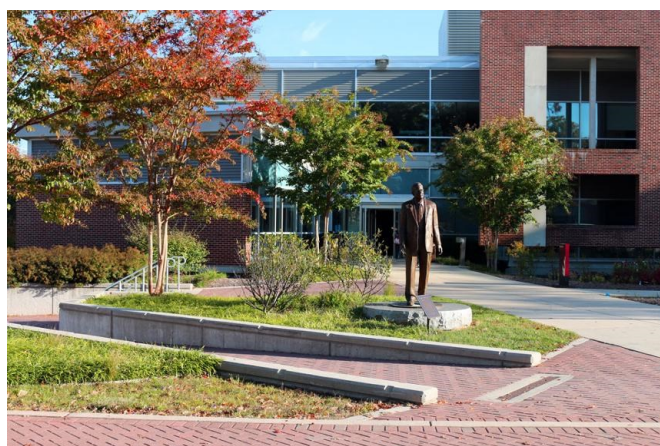
Mr. Daniel Dantinne, Assistant to Dr. Kerwin

Ms. Brenda Harkins, Department Secretary

Ms. Megan Kately, Academic Advisor

Mr. Ron Braxton, Academic Advisor

Ms. Amanda Cox, Academic Advisor



"I find the harder I work, the more luck I seem to have."

-Thomas Jefferson

Faculty Spotlight: Getting to know Dr. Patrice Tremoulet

By Victoria Santiago

VS: *Good afternoon! Thank you so much for meeting me today.*

Dr. T.: Good afternoon Victoria, I'm glad to do this.

VS: *So I want to start off by asking, where are you from and where did you attend college?*

Dr. T.: Sure, so I've spent most of my life in NJ. I was born in Red Bank and grew up in Little Silver. I went to Princeton University for my undergraduate degree, got an MS at Stanford in Palo Alto, CA, and then got a second MS and a PhD from Rutgers University in New Brunswick.

VS: *Wow, that's an amazing education. What was your major during your undergraduate career?*

Dr. T.: I actually started studying electrical engineering at Princeton and was pursuing a certificate in engineering management systems (EMS). I discovered I really liked operations research under the EMS program so I switched my major to operations research.

VS: *Looking back, is there anything that you wish you had done differently during your undergraduate education?*

Dr. T.: If I'd known I was going to pursue a career in human factors, I would have taken more psychology and computer science classes. I took Intro to Psych, but I didn't like it very much. I also wish I would've taken the mandatory writing class that most engineers take as freshman. I placed out because I'd taken AP English composition. But because writing has become such an important part of my career, I wish I'd taken that class.

VS: *What were your most and least favorite courses that you took in college?*

Dr. T.: My favorite was a Philosophy class called 'Philosophy of the Mind'. I took it pass/fail just for fun my senior year mainly because of the professor. I'd met the professor in an interdisciplinary class 'Current Topics in Cognitive Science' and had loved his section of the class. My least favorite class was one of the electrical engineering classes on circuit design.

VS: *What does your typical day look like at Rowan?*

Dr. T.: Hmm...I'll teach two classes, hold office hours, and work on writing tasks. I might be writing emails, papers up for publication, proposals to obtain funding, letters of recommendation, writing up lecture notes for classes...On days I don't teach, I typically travel to PA to work on research projects. I currently have a project at ECRI Institute, in Plymouth Meeting.

VS: *Can you elaborate a little on what kind of research you have going on?*

Dr. T.: Sure! The research at the ECRI Institute focuses on improving usability of electronic health records. I also have a project at The Children's Hospital of Philadelphia that is focused on ensuring children can ride safely in self-driving vehicles. I'm working on moving parts of those research projects to the new lab I've started here on campus.

VS: *Do you have a favorite class to teach?*

Dr. T.: So far, I would say its Cognitive Psychology. Our brains do many incredible things, which I believe we take for granted. It's fun to have students participate in activities that help them appreciate some of the amazing things our brains do for us so effortlessly. It's also fun for me to review some of the studies that give us insights into how our brains accomplish different things.

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"EVERYTHING YOU'VE EVER WANTED IS ON THE OTHER SIDE OF FEAR."

- GEORGE ADDAIR

Faculty Spotlight: Dr. Patrice Tremoulet (*continued*)

VS: *What do you think students would be surprised to learn about you?*

Dr. T.: Probably that I'm mildly claustrophobic. I'd rather walk up nine flights of stairs than take an elevator. I'd rather drive an extra few miles to go over a bridge than drive through a long tunnel.

VS: *Is there any specific advice you've received that you felt was the best?*

Dr. T.: Keep trying and don't ever give up!

VS: *If you could, what would you tell your 20-year-old self?*

Dr. T.: Ha, I guess just don't sweat the small stuff. Explore, try new things, and don't be afraid to ask lots of questions!

VS: *Lastly, is there any advice you have for students interested in pursuing psychology?*

Dr. T.: Something I think is important is to identify what you're passionate about and then find a way to incorporate it into your career somehow. The hardest part will be figuring out what you want to do, but once you know that, you will find your way. You may not get into your first choice of graduate school or be offered the job you want the most, but if you know what you want to do, you'll eventually get there.

VS: *That's amazing advice, something I'll personally keep in mind throughout my journey! Thank you again for meeting with me, Dr. T.*

Dr. T.: No problem, it was fun! I enjoy meeting with my students!

Undergrads Getting Psyched!

By Adelyn Simeone

One undergrad who is PSYCHED to be a student at Rowan is senior psychology major, **Emma Stark**. Along with her psychology major, Emma is also pursuing a minor in sociology. After her upcoming graduation, she plans to pursue a master's degree in School Counseling with a certificate as a Student Assistant Coordinator (SAC). Some of Emma's favorite classes include Abnormal Psychology and Social Psychology because the content was super interesting and easily applied to psychology.

Emma is also very involved as a student on campus. As an Admissions Ambassador, she gives tours to prospective students and their families. She also serves as the president of our very own Colleges Against Cancer Club. Colleges Against Cancer hosts Rowan's Relay for Life every year and this year it was held on April 13th! It's one event that is near and dear to Emma's heart and something she is very proud to be involved with. But that's not all she does, folks! Emma also took on an internship last summer at her own high school, Manasquan High School. There, she shadowed their social worker and learned what it takes to be a SAC Counselor!

Emma LOVES Rowan and everything it has offered! To underclassman and incoming freshman psychology majors, Emma said, "Don't be afraid to take classes that don't necessarily pertain to what you want to do with your degree but seem interesting to you. Don't be afraid to step out of your comfort zone. You will learn something from every class you take, all classes are very worthwhile! Now, this interview would not be complete without Emma providing her favorite quote: "The privilege of a lifetime is to be who you are" by Joseph Campbell. Emma never fails to be her spunky, happy self and that's something many people admire about her! If you see Emma around campus, don't be afraid to say hi!



The Grad School Experience

By Juliana A. D'Onofrio, MA

In this issue, we have a special guest post from a current first-year graduate student in Rowan's Clinical Psychology Ph.D. program. Meet Juliana D'Onofrio! Juliana earned both her Bachelor's degree in Psychology and Master's degree in Clinical Mental Health Counseling at Rowan. Because Juliana has had so much experience with varying psychology programs, we asked her to discuss a few important topics and share some insight and lessons learned from this process. Here's what she had to say...

Hello psychology students! I've been a student at Rowan University since 2010. Yes, eight years later, I'm still here! With regards to applying to graduate programs in psychology, I believe that one of the most important first steps is conducting extensive research. This might include researching not only about the program itself, but the type of program, the requirements and time duration of the program, and the specific career the program prepares their students for. Graduate programs will vary with regards to average GRE scores, GPA, amount of expected research and/or clinical experience, and letters of recommendation. Resources are available that might help tremendously during this process. For example, check out *Insider's Guide to Graduate Programs in Clinical and Counseling Psychology*, which is a text that lays out such aforementioned information in a very succinct way!

As a student in a clinical PhD program, a typical day (or week) for me consists of finishing tasks for a research project that I'm currently coordinating, completing coursework, preparing for a future lecture and/or teaching, reading peer-reviewed journal articles, and attending research meetings and of course classes. I'm currently the co-coordinator of the R.O.A.D. (Research on Anxiety and Depression) team, led by Dr. Jim A. Haugh, Our research team examines the causes and treatments of depressive and anxiety disorders.

When thinking about my jump from a master's program to a doctoral one, I'd say the main change is the emphasis placed on research and deliverables (e.g., research presentations and publications). In my MA program, I had the choice of whether I wanted to complete a thesis or take two clinical seminar courses in place of a thesis. On the other hand, Ph.D. programs require a thesis/dissertation and encourage roughly 15-20 hours of research per week!

One word of advice to current or potential future applicants is the somewhat cliché stating, "If at first you don't succeed, try, try again!" Getting accepted into any graduate program is a great feat. The process of applying is competitive, expensive, time consuming, and anxiety provoking. If you don't get the outcome you expect or wish for at first, push yourself to try again and get back up in the face of adversity. Acknowledging this might help to alleviate the inevitable times of stress – Good luck!



~JUST FOR LAUGHS~

Client: "Doctor, help me. I think I'm a dog."

Psychologist: "Lie down on the couch."

Client: "I can't. I'm not allowed on the furniture."

~~~~~  
Did you hear the one about the statistician?  
Probably...



## PSYCHOLOGY ALLIANCE

Psych 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*

For more info, please contact:

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, visit Rowan's Center for Behavioral Analysis at [www.rowan.edu/colleges/csm/departments/psychology/ABA](http://www.rowan.edu/colleges/csm/departments/psychology/ABA).

## 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!

Please contact neuroclubrowan@gmail.com for more information

## Specialization: So What Exactly Is...“Forensic Psychology”?

First off, forensic psychology isn't like *Silence of the Lambs* or *Criminal Minds*. Though criminal profilers do exist, they only represent a small percentage of all forensic psychologists. Though it is not what most people believe it to be, forensic psychology is one of the most fascinating fields in psychology. In a nutshell, the field combines specialized knowledge in psychology, clinical science, forensics, and law.

### What Do They Do?

Forensic psychologists address psychological questions that arise in legal proceedings. This includes questions pertaining to both civil (*Which parent should have custody of the children?*) and criminal (*Was the defendant insane at the time of the alleged crime; Should teenagers be charged as adults?*) matters. In other words, they offer scientific opinions to help judges and juries make decisions. They may also evaluate and diagnose defendants, assist attorneys with case preparation, and provide testimony as an expert witness. Conducting research is another possible professional activity. For example, they may examine the mental health needs of incarcerated individuals (both adults and juveniles) or examine what juror characteristics, such as gender or level of extroversion, may influence verdicts.

### Where Do They Work?

Forensic psychologists work in a variety of settings, which is another reason this specialization is so exciting! They can work at police stations, law firms, courthouses, governmental agencies, universities and colleges, prisons, and juvenile detention centers. Some forensic psychologists open their own private practices (solo practice) or work closely with other psychologists in a group practice.

### What Education and Training Do They Receive?

Although there are some opportunities to conduct forensic work at the Master's level, a doctoral degree (Ph.D. or Psy.D.) will offer the greatest range of job opportunities. The most common path to becoming a forensic psychologist is obtaining a doctoral degree in clinical psychology and then pursuing a specialized post-doctoral fellowship after graduation and/or attending additional seminars or courses in this specialized area.

In general, it is expected that forensic psychologists know relevant legal foundations, develop good critical thinking skills, understand empirical research, have solid communication skills (both written and oral), and be able to work well under stress.

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## Specialization: Forensic Psychology (*continued*)

### Tips for Future Forensic Psychologists

If you are interested in forensic psychology:

- Take Psychology and Law (PSY01305)! This undergraduate course offers a broad introduction to the cool ways psychological principles influence the legal system and other law-related issues.
- Contact local forensic psychologists to learn more about their daily professional activities (check out the American Academy of Forensic Psychology to locate “diplomates” in the field ([www.aafp.abfp.com](http://www.aafp.abfp.com)))
- Definitely check out the American Psychology-Law Society ([www.apadivisions.org/division-41](http://www.apadivisions.org/division-41)), which is division 41 of the American Psychological Association (APA). You can become a student member and learn more about related scholarship, practice, public service, and current graduate programs in the psychology and law field.
- Stay current by reading popular peer-reviewed journals such as *Criminal Justice and Behavior*, *Law and Human Behavior* or *Behavioral Sciences and the Law*. By reading research findings, you can develop an understanding of the common methodologies used in the field and obtain familiarity with leading researchers.

Sources: <http://www.apa.org/ed/graduate/specialize/forensic.aspx>  
<http://careersinpsychology.org/becoming-a-forensic-psychologist/>



## In the Field with Dr. Betsy Feinberg, School Counselor and Licensed Clinical Psychologist

By Margaret Lattiere

**ML:** *Dr. Feinberg, thank you so much for the opportunity to interview you! First things first, what educational path did you take to get to where you are today?*

**Dr. F.:** Thank you and I'm happy to help. My educational path was a journey, as our careers and lives often take interesting twists and turns, responding to the development of new goals and aspirations. I received my undergraduate degree in Psychology from Towson University, which initially sparked my curiosity in learning about how people think and behave. My path was taking me down a career in psychology, with a particular interest in helping children in schools. It seemed like a logical fit to pursue graduate training in School Counseling, where I attended the University of Pennsylvania's Graduate School of Education, in their Psychological Services Program. I specialized in their School Counseling track and completed their certification program. After spending a few years in the field, I developed a desire to deepen my understanding of diverse populations in a wider variety of settings. Once again, the road turned, and I pursued my Doctoral degree in Clinical Psychology from the Philadelphia College of Osteopathic Medicine ("PCOM"). From there, I completed a Postdoctoral Fellowship, combining both my clinical and school-based skills, finally becoming a Licensed Psychologist.

**ML:** *In college, what were some of your favorite and least favorite classes to take?*

**Dr. F.:** I've always had a fascination with Social Psychology. I love thinking about broader perspectives on the influences of human behavior, such as societies and cultures. With this information, it helps inform effective treatment that takes into account information beyond the individual person, looking at contributing factors. I also really enjoyed my sensation and perception class, which was completely different than the other classes I had been taking. I was awestruck by the material. Most students might say that research and statistics are their least favorite, but I enjoyed them, too. There were not too many classes that I didn't enjoy!

**ML:** *What encouraged you to pursue a doctoral degree in Psychology?*

**Dr. F.:** When working as a School Counselor, I received a pamphlet for a Doctoral Program in Clinical Psychology from the Philadelphia College of Osteopathic Medicine in my mailbox, which was the catalyst for the next leg of my journey! Throughout this schooling, I had many opportunities to work with children and adults in diverse settings, such as

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## In the Field: Dr. Betsy Feinberg (*continued*)

a hospital (the Children's Hospital of Philadelphia or "CHOP"), a primary healthcare facility, outpatient college center, inpatient hospital, partial hospital program, a research setting, and additional school settings, to name a few.

After completing my doctorate, the next goal I set was to become licensed, allowing me to pursue a career as a Psychologist. To accomplish this task, I returned to the University of Pennsylvania, where I had the most amazing opportunity to work as a Postdoctoral Fellow for Dr. Aaron Beck and his team in the Penn Department of Psychiatry. There I gained expertise in Cognitive Behavioral Therapy (CBT) for a wide range of populations. Finally, I was awarded my license, and I am currently fortunate to maintain careers in both the field of School Counseling and as a practicing Licensed Psychologist.

### **ML: Where are you currently employed?**

**Dr. F.:** I'm currently employed in a public school district as a School Counselor, as a Licensed Practicing Psychologist in an outpatient psychology practice, and at the University of Pennsylvania's Department of Psychiatry, as a Cognitive-Behavioral Therapy Trainer. I'm able to combine my various passions!

### **ML: What does your typical day working as a school counselor look like?**

**Dr. F.:** I don't necessarily think there is a "typical" day for a school counselor. The job is widely diverse depending upon the ages you're working with (e.g., elementary vs. high school), the needs of the populations, and the goals of the school district. For instance, some school counselors are primarily in classrooms providing lessons, while others mostly assist with college admissions. For myself, I'm in a 3<sup>rd</sup>-8<sup>th</sup> grade school, where I serve in a variety of roles. For instance, I meet individually with students, run counseling groups, assist with standardized testing, conduct Harassment Intimidation and Bullying investigations, run an Intervention and Referral Services team, collaborate with teachers, teach class lessons, and of course, communicate with parents. I find it enriching that no two days look the same, and you need to be ready to switch gears at any moment because unpredictability is the expectation!

### **ML: What kind of patients do you see in the outpatient psychotherapy practice? Do you like a specific age group or form of psychopathology to treat?**

**Dr. F.:** Right now, I'm seeing mainly youth and families. I continue to help children and parents with home, school, and behavioral struggles. While this is my current focus, given the needs of the community in which I work, I'm looking forward to expanding my work to adults, as well. Consistent with my training and expertise, I offer evidence-based CBT there!

### **ML: Thank you Dr. Feinberg! This has been really informative!**



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](http://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

## **The Get Psyched Team**

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***Got ideas, suggestions, questions?***

***Know any great jokes, trivia or teasers?***

***Like to talk and write about psychology?***

***Interested in joining us next academic year?***

Send all comments and inquiries to Dr. Freedman  
and the newsletter team at [getpsyched@rowan.edu](mailto:getpsyched@rowan.edu)

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<http://memberapp.psichi.org/cfamember/applicationform.aspx>

\*some content has been edited and condensed for clarity and space\*

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