



A NEWSLETTER FOR UNDERGRADS AT ROWAN UNIVERSITY

ISSUE #14 Spring 2021

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IMPORTANT DATES FOR UPCOMING EVENTS

April 6th, 600pm — *Take Back the Night*, presented by Healthy Campus Initiatives (virtual). The event gives students the opportunity to show their support for survivors of sexual violence, and can help empower the voices of survivors. See Page 6 (The Grad School Experience) for more details and visit: <https://rowan.campuslabs.com/engage/event/6650961>.

April 13th, 1000am–200pm – Psychology Job Fair (virtual). Despite being remotely held, the annual Psych Job Fair is an excellent way to network, gain valuable experience, and potentially find a job or internship. <https://rowan.campuslabs.com/engage/event/7043356>.

April 20th, time TBD – Psi Chi, International Honor Society in Psychology, Induction Ceremony (virtual). For more info, please follow: <https://rowan.campuslabs.com/engage/event/7027366>.

April 22nd, 945am- – The 47th Annual Psychology Research Day (virtual). For more details, follow: <https://csm.rowan.edu/departments/psychology/studentsresources/researchconference.html>.

May 8th, 300pm – Rowan University Commencement Ceremony (in-person & virtual). For more details, visit: <https://sites.rowan.edu/commencement2021/>.

May 11th, 900am & 1100am – Psychology Commencement Ceremony (in-person). For updates and more info, please visit the departmental website: <https://csm.rowan.edu/departments/psychology/index>.

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 Dantinne, Assistant to Dr. Kerwin

Ms. Brenda Harkins, Depart. Secretary

Mrs. Hope Nelson, Assistant to Dr. Haugh



“Intelligence plus character—that is the true goal of education.”

- Martin Luther King, Jr.

Faculty Spotlight

Interview with Dr. Daniel Bogart By Angela Colo

In our faculty spotlight this semester, we will be getting to know Dr. Daniel Bogart, who joined the Rowan Psychology faculty two years ago as a Lecturer. Dr. Bogart has already made a name and a student following for himself and brings to our department a wealth of experience learning from some of the greatest psychologists of our time.

What classes do you teach at Rowan, and are there classes you may be interested in teaching in the future?

DDB: I currently teach Essentials, Stats, and Research Methods. In the future I'd be interested in teaching Psych & Law and Social Psych, and if there's enough interest I would love to develop and teach courses in human memory, eyewitness testimony, and memory and the law!



What is your favorite part of being a Lecturer?

DDB: 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!

Can you tell us what it was like working with such a famous researcher in Dr. Elizabeth Loftus as your PhD advisor?

DDB: I remember when I first applied to the doctoral program at UC Irvine I was intimidated at the prospect of working with someone whom I'd only read about in textbooks, but once I met Beth she was so friendly and down to earth that those feelings dissipated quickly. She has had such a long and distinguished career and yet as long as I've known her, she has never showed any signs of slowing down.

It was both fun and inspiring getting together for our regular lab meetings and hearing about the latest city (or country) she traveled to over the previous weekend, what conference she had attended or presented at, and who she had run into. She seemingly knows everyone in the psychology world and it was always great to hear her stories. She has such a knowledge of the history of the field (with herself being a major part of it!) that it was a combination of educational, surreal, entertaining, and awesome to hear her share anecdotes.

I also remember having research meetings where collaborators and I would discuss an idea for a project with Beth, and Beth would immediately be struck with an idea—or several—for how to improve upon the study, and like an impressionist painter, in a matter of seconds she would scrawl out a diagram of the improved design on a large legal-pad. I remember in those moments feeling like I was in the presence of greatness, and also having this sense of can we really keep this drawing? Shouldn't this be framed and hanging in an exhibit somewhere? Beth is truly one-of-a-kind, and as a mentor she has modeled what it is like to love one's work, to be dedicated to following the science and the truth no matter where it leads, to be brave, and to be generous and social.

What interests you most about psychology?

DDB: The fact that people can form false memories for entire events that never occurred will never cease to amaze me.

“... memory, like liberty, is a fragile thing.” — Elizabeth Loftus

Faculty Spotlight (continued)

Interview with Dr. Daniel Bogart By Angela Colo

Was there something or someone in particular that got you interested in psychology?

DDB: I can think of a couple of people that contributed to my interest in psychology. One was my twin brother, Justin. Personality-wise Justin and I were always so different that from a young age it got me thinking about how people see the world differently, have different thought processes, interpretations of things, emotions, etc. I also remember five-year-old me discovering and using the idea of "reverse psychology" and being amazed that shortly after telling my brother NOT to get me some O.J., I would have a fresh glass in front of me! Thanks, bro!

The other person who got me into psychology was my uncle Saul Kassin (Saul is technically my cousin, but I have always thought of him as an uncle). Saul has dedicated his career to studying false confessions, and he has served as an expert witness in a number of court cases. Whenever our families would get together, Saul would always have the most outrageous stories about some case where an innocent person confessed to a crime under immense pressure and manipulation tactics going on behind the scenes. I remember being baffled and angry that these injustices were happening, and also aware that there was often a large gap between the knowledge that scientists have and the knowledge that people in the legal system—interrogators, suspects, judges, and jurors—have. It instilled in me a respect for science and for how important it is to be able to understand the research and teach others about it.

If you had one piece of advice for undergraduate students, what would it be?

DDB: My father used to say "stay alive and don't get arrested," so I'll pass that along. But also, "put effort into every day." School is important, but your mental and physical health are #1. Make sure you are prioritizing those. School is hard during any time, but that is especially true in the midst of a pandemic. Your instructors understand this and want to help out when we can, so please reach out to us if you are struggling. Often when we find ourselves spread too thin or overwhelmed it can be hard to reach out to others and to be vulnerable, but it is so important to let others in during those moments—your loved ones and friends will want to be there for you during not just the easy times but the hard ones as well. Be forgiving with yourself. It is good to have plans and goals, but you don't ever want to feel trapped on a particular path or timeline. There are a million directions your lives/careers can go—this can be anxiety-producing, for sure, but it is also exciting as well. Grant yourself the freedom and flexibility to adjust your plans if things change. Enjoy the journey.

I'm not sure if that was one piece of advice or twenty, but that's what came to mind!

What is your favorite part of your job here at Rowan?

DDB: My favorite part of the job is getting to discuss cool and interesting topics with students (or in the case of stats and research methods....useful topics!)

"Hope is not something that you have. Hope is something that you create, with your actions. Hope is contagious. Other people start acting in a way that has more hope."

- Alexandria Ocasio-Cortez

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Undergrads Getting Psyched!

By Gianna Palermo



I am pursuing a B.A. in Psychology and minoring in Biology, am wrapping up my second to last semester, and am PSYCHED to graduate after the Fall 2021 semester. Looking back on my time here at Rowan, I have learned a thing or two, and I hope to share some of those lessons now.

As a first-year student at Rowan, I majored in Biology, and expected to graduate this semester with the rest of my freshmen friends and classmates. I knew I loved psychology more than anything and I initially applied to Rowan as a psych major, but I chickened out and ultimately requested to major in biology because I was convinced I would be more employable post-graduation than I would with a psych degree. I knew I could handle the biology course work, so I spent two and a half years completing my biology courses and squeezing in psychology courses where I could before I realized I was dissatisfied paying for a degree in something I wasn't passionate about, while my love for psych sat by the wayside.

By my sophomore year, I had taken Essentials of Psych, Abnormal Psych, and Physiological Psych courses and as much as I loved them, I wanted more. After a lot of back and forth, I decided to follow my heart and officially change my major to psychology. Since then, I have taken several psych and psych related courses; some of my favorites being Cognitive Psych, Psych of Human Sexuality, Psych & Law, and Social Psych, which I would wholeheartedly recommend to any psychology major.

I have also become involved in a few different psychology related groups in my short time as a Psychology major. I am a member of Psi Chi, the International Honors Society in Psychology. I am the lead contributor here at Get Psyched! and am the Vice President to the forthcoming Psych and Law Club, which, if all goes well, will be an official club at Rowan by Fall 2021.

As I wrap up my time here at Rowan, my only regret is not choosing psychology sooner. If I can give any advice to an undergrad psych student, or anyone considering psychology as a major, I would say 4 things. 1) Pursue what you love. If you do this, doing well will be a side effect that comes easily. 2) Follow your instincts. No one knows what is better for you than you. I always knew I wanted to study psychology, but at some point, my desires and the expectations people had for me blended into one, and I lost sight of what I really wanted. It is your life, and no one else can live it for you. 3) Get involved. Being a part of something greater than your own studies- like clubs, sports, and societies- is one of the best ways to enrich your undergraduate experience, meet like-minded people, explore your interests, boost your mental health, and to top it all off, grad schools love to see it! And lastly, 4) Enjoy your time. The real world is right around the corner. For me, that may be a career in law. Someday soon, our days as in-betweeners will end, and the world starts to expect adult things from us. Study hard, learn as much as you can, do your best, make memories, live a little (or a lot), and have fun!

“The brain is wider than the sky.”

— Emily Dickinson

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The Grad School Experience

Interview by Allegra Giannini

Obtaining a graduate degree is a challenge in and of itself; however, obtaining a graduate degree while working at an internship and a job on the side is something truly remarkable. I had the pleasure of interviewing a former coworker, and coordinator of this year's *Take Back the Night*, Allison Niemiec.

Allison Niemiec is a 23-year-old graduate student in the Higher Education Administration Track Program at Rowan and has said some benefits of her program include being introduced to a wide variety of topics related to working in a college environment such as: the history of higher education, leadership theories, and how to be inclusive to those with diverse backgrounds. Allison obtained BA's in Psychology and in Law & Justice, but says to those who want to pursue psychology without necessarily becoming a clinician, "Keep your options open, and have conversations with others about their careers." Allison, through speaking with various faculty members, was able to find a wide variation of career paths to choose that still incorporate psychology into everyday work.



On those who are studying Psychology but are not interested in becoming a clinician:
"Keep your options open, and have conversations with others about their careers."

For example, Allison is also the Graduate Coordinator for Healthy Campus Initiatives (HCI) at the Wellness Center. She says part of why she wanted to work there is because she wants to give back to current students in similar ways that college mentors did for her when she was an undergraduate. At her internship, she and her co-workers hold a plethora of programs centered on things such as mental health advocacy, drug and alcohol education, suicide prevention, and sexual violence awareness.

This year, Allison is putting together Rowan University's annual *Take Back the Night* which will be held virtually on April 6th starting at 600pm. The event will include video messages from different departments, survivor cards, trivia, and more. Allison says this event is important to attend because "it gives students the opportunity to show their support for survivors of sexual violence, and can help empower the voices of survivors." April is also Sexual Assault Awareness Month, and this significant event is one of a handful that Rowan University will hold.

Allison has stated that working at HCI has been an overall positive experience and that she quickly learned how to host major programs such as the Student Mental Health conference which she put together in the Fall of 2019, as well as this year's *Take Back the Night*. She says that her background in psychology has allowed her to better understand people's personalities and their struggles and that it is important to remain mindful of this in any environment. While the pandemic has shifted her work since she began with HCI, she and her team have been able to come up with ways to still reach students through programming despite it being more limited. HCI hosts weekly Student Anxiety Stress Support (SASS) Mondays at 200pm, and Chill & Chat at 1100am on Fridays.

When she is not putting together programs for students, Allison spends her time working at Bath And Body Works and enjoys cosplaying, playing video games, and drinking copious amounts of good coffee in her free time. She is most looking forward to working with and supporting students throughout her professional career – her goal is to someday work within a disability services office. *For more info on Take Back the Night, or any other HCI events, please see their ProfLink page or you can follow them on Instagram, @RowanHCI.*

"We are cruel enough without meaning to be."

- John Updike

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In the Field with Undergrad Research Assistant

Hunter Hebestreit — Interview by Justin Best



Would you begin by describing the purpose of the SPIRiT Lab?

HH: You could [read]... the brilliantly designed SPIRiT Lab page on Dr. Lassiter's website, [but] my more personal description: our purpose is to better understand the less tangible aspects of "mental health" as it is defined by the terms of Western psychological practices. We also emphasize the importance of viewing psychology through different conceptual frameworks, most notably of which is the Afrocentric Psychological framework.

Can you describe your role in the SPIRiT Lab?

HH: The role I currently hold in the lab is that of data collection and analysis. We are currently working on an online ethnography or "netnography." It is, like everything we do in the lab, guided by the principles of Afrocentric psychological theory and intersectionality theory. The online ethnography is focusing on Black same-sex male couple relationship quality and how that may have an impact on various health outcomes. And that is all I can divulge about the study, as it is currently ongoing, and I would like to err on the side of minimal disclosure.

Can you describe how you came to be in the lab?

HH: I was originally drawn in by previous research conducted by Dr. Lassiter and his emphasis on same-gender attracted people and the problems facing the community at large. I was a bit wary upon learning about the "spiritual" aspects of the lab, as I had often considered myself to be wholly secular. However, this did not deter me from my piqued interest, nor did it seem to bother Dr. Lassiter much either. After applying to join the lab, I received an email from Dr. Lassiter offered to interview me for the position. I humbly accepted the offer and, after an informative interview and holding my breath for a few days, I was told I was accepted into the lab!

"This facilitates very honest and constructive discussions about topics related to Afrocentric psychology and intersectionality theory, as well as contemporary world events."

What has been your best lab experience so far?

HH: Without a doubt, it has been our Afrocentric Psychology reading group that Dr. Lassiter holds every other Friday. I say this because it is not only for just members of the lab, but to anyone who has an interest in learning about psychology from the perspective of different and more holistic frameworks. Even you, reading this right now, could come and join us! It has been the most formative experience I can recall having in a long time and allows for the open discussion of pertinent topics among people with varying experiences and perspectives. This facilitates very honest and constructive discussions about topics related to Afrocentric psychology and intersectionality theory, as well as contemporary world events.

"If you want to lift yourself up, lift up someone else."

- Booker T. Washington

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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 Prolink 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 under-grad 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.

"There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered."

- Nelson Mandela

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

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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.



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