

A NEWSLETTER FOR UNDERGRADS AT ROWAN UNIVERSITY

ISSUE #11 SPRING 2019

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ANNOUNCEMENTS & UPCOMING EVENTS

Graduate School Application Tips:

Interested in gaining advice from our faculty on tips for applying to graduate school? See page four!

Advising and Graduation Information:

RU participating in commencement for Spring 2019? Here are some important dates and times:

Confirm participation in the University Ceremony & Celebration in Self-Service Banner by April 1st.

- ◆ Order tickets by April 15th, then download.
- ◆ Main ceremony (kick-off party style event for all students): Saturday, May 11th at 5:00 p.m.
 - ◇ There are six tickets per student.
 - ◇ Location: Coach Richard Wackar Stadium (tickets are required)
- ◆ Ceremony for College of Science and Math (this is where students would have their name called and walk across the stage): Monday, May 13th at 2:00 p.m.
 - ◇ This ceremony does not require tickets if held outside; in the event of rain, each student receives four tickets.
 - ◇ Location: University Green

WHO'S WHO IN THE PSYCHOLOGY DEPARTMENT

Dr. Georita Frierson, Depart. Head & Professor

Mr. Dan Dantine, Assistant to Dr. Frierson

Ms. Brenda Harkins, Depart. Secretary

Mrs. Hope Nelson, Assistant to the Director of the Clinical PhD Program

Ms. Megan Kately, Academic Advisor

Mr. Ron Braxton, Academic Advisor

Ms. Amanda Cox, Academic Advisor



“We fear our higher self because when it speaks it speaks demandingly.”

- Friedrich Nietzsche

rowan.edu/psychology

Staff Spotlight

Interviews with Brenda Harkins and Dan Dantine

By Nadia Tis

If you are reading this, you likely are a Rowan Psychology undergrad and very well may know both of our interviewees this issue - the wonderful Brenda Harkins (Department Secretary) and Dan Dantine (Assistant to the Department Head). If you do not know who they are, visit the Psych Department in Robinson Hall and introduce yourself!

Faculty and students alike often refer to both Brenda and Dan as being the “glue” to the department. They are not only outstanding at their jobs, but they go beyond the call of duty on a daily basis and are very welcoming and helpful. These interviews are not merely to introduce newer students to both of them, but also to honor all of their dedication and kindness they give to our Department.



How and when they came to work at Rowan:

Brenda started in September of 2014 when she saw an ad for her current position. She previously worked with third year medical students and other populations, but really wanted to work with undergrad students and help ease their way through college. As for Dan, he started at Rowan in September of 2016. He came from working in school districts and main offices around the Glassboro area. He also saw the opportunity to work at Rowan through an ad and wanted to continue working in higher education. He thought it would be wonderful place to work and he was right!

What do they do in their typical day: On a typical day, Brenda wears many different hats, so to speak, for the department. She updates students’ advisors, aides with changes of majors, works on faculty evaluations, and talks to students and staff about how to deal with certain problems that arise. Dan also does whatever is needed. This includes handling money, analyzing budgets for the department, find-

ing efficient uses of funds, as well as having the ability to purchase items for the department. He is, as Brenda calls him, “the money man.” Being the Department Head is an extremely busy role, so, as to be expected, the Assistant to the Head is quite busy, too; handling daily tasks for Dr. Frierson, as well as general department needs.

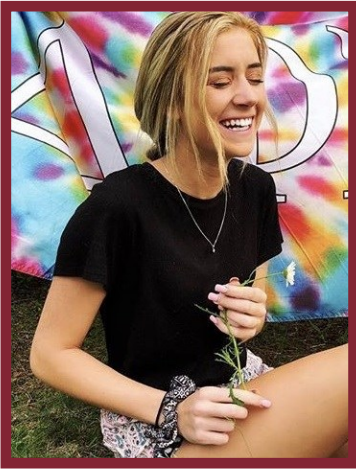
What are their favorite things about working in the department: Brenda’s favorite thing about the department is the students. She is, as Dan puts it, “... absolutely student driven. She will go above and beyond for the students.” She loves helping students further their education and loves to see them graduate and go on to succeed. Dan’s favorite thing about the department is the culture and atmosphere. He loves how the department is very family oriented and a home away from home. He wants all students and staff to succeed as a group. Dan stated, “Your success is our success.” Just like Brenda, Dan loves to see the students of the department excel.

Whether you are a first-year student, a doctoral student, a faculty or staff member, or even a non-Psychology major, Brenda Harkins and Dan Dantine are there to help and enjoy aiding in your success. Be sure to stop in to say hi to them and if you ever need help, they both will go out of the way to assist you however they can. This great department of ours would truly not be the same without either of them.

"Life doesn't make any sense without interdependence. We need each other, and the sooner we learn that, the better for all of us." - Erik Erikson

Undergrads Getting Psyched!

Interview by Jennilee Bradley



We had the chance to catch up with undergraduate Psychology student Rachel Ricciardulli to ask her some questions about her experiences here at Rowan.

What year are you and what is your major? I'm a Junior and am a Psychological Science major. My interest in the BS Psych track began at a really young age actually. I've always been interested in studying criminals and remember primarily watching crime documentaries and *Criminal Minds* with my mom since middle school.

When you think of Psychology, what's the first thing that comes to mind? Psychology is all about the mind. There are so many interesting aspects to how the human mind works. Psychology is an ever-growing field and there's always something to learn or challenge. Psychology is

found in virtually every aspect of everyday life, which is why I find it so interesting. Some people strictly relate Psychology to one area, such as criminal cases, but forget that it goes into running businesses, helping families, and so much more.

What extracurricular activities are you involved with here at Rowan? I am a sister of the Delta Phi Epsilon Sorority here at Rowan University. I hold two chairs: Pearl Coordinator and Date Party Chair. Apart from my involvement in Delta Phi Epsilon and being a full-time student, I work at Landmark Americana. Being a server gives me the opportunity to experience so many different personalities on a day-to-day basis and I'm constantly applying my knowledge of psychology to people I come into contact with.

“Psychology is found in virtually every aspect of everyday life, which is why I find it so interesting.”

What about Rowan's Psychology program do you enjoy most? I haven't had a class that hasn't interested me. Apart from the actual course material, one thing I really enjoy about Rowan's Psychology program are the professors. All of my professors are so knowledgeable in their fields and create an enjoyable learning atmosphere.

What has been your best experience here at Rowan so far? My best experience here at Rowan so far was switching back to being a Psychology major. I started off with Psychology but switched to Biology for a semester, because I thought that's where the money was. However, after realizing that it didn't suit me well, I switched back and it's like coming home after a long trip.

Do you plan on going to graduate school? I definitely want to pursue at least a Master's degree and hopefully my Doctorate one day. Behavioral Analysis, Cognitive, and Abnormal Psychology are especially interesting to me.

What advice would you give new Psych students? If I could give any advice to a new or old Psych student, it would be to stick with it. Whenever I tell people I am a Psychology major they look at me as if I have 10 heads and always try to convince me that the money is anywhere else. Post-Bachelor's degree, there are so many opportunities to grow and increase your salary if psychology is something you are passionate about. Though, the money shouldn't matter.

“It never ceases to amaze me: we all love ourselves more than other people, but care more about their opinion than our own.” - Marcus Aurelius

Faculty Members' Tips for Graduate School Applications

Edited by Jamie Yingst and Angela Amankwaah

For those of you interested in applying to graduate school, we have asked our Psychology faculty members to lend advice to help you navigate this daunting process. The following advice comes from faculty members who have not only experienced it firsthand, but some of the advice comes from administrators, grad school advisors, as well as some with Dean's Office experience.

- ◆ Avoid the five major kisses of death! 1) damaging personal statements, 2) harmful letters of recommendation, 3) lack of information about the program, 4) poor writing skills, 5) misfired attempts to impress. You can Google the following article and read up on all the specifics of each of these five kisses of death: *Appleby, D.C. & Appleby, K.M. (2006). Kisses of death in the graduate school application process. Teaching of Psychology, 33(1), 19-24.*
- ◆ Identify a professor you want to work with at each school— someone who would be your mentor. Read up on their work, and reach out to them BEFORE you apply. Introduce yourself, express your interest in their work, and explain why you think you'd be a good fit for their graduate program. Ask if they would be able to speak with you and if they anticipate being able to take a graduate student the year you plan to apply. In addition to being qualified for graduate school, all programs (and professors) are looking for students who fit! Showing this kind of initiative and interest will complement whatever credentials you bring academically. Additionally, it is also a good idea to apply to programs that have at least two faculty members doing research that really interests you; you can work in one lab and have the other(s) as a committee member(s). This gives you options if your advisor gets an offer to move to another school; you can move with the advisor or switch to a new advisor. There are numerous Rowan Psych faculty members who, for various reasons, had to switch advisors while in grad school... it is not that uncommon! Something else to keep in mind is that tenured faculty members do not move that often; they can make for a more stable mentorship.
- ◆ It is important to have some research experience, even if you are going the clinical route. So volunteer in a lab while still an undergrad; not only is it great experience but it will help bolster your CV (curriculum vitae— which is an academic résumé). Some of our own Rowan faculty volunteered in labs outside of their undergrad schools, both at other universities and in the private sector. Network and seek out mentorship (even outside of Rowan).
- ◆ Be organized! Work backwards from when applications are due to plan when you will need to complete necessary steps. Do your research and double-check with a contact at the University on deadlines because sometimes websites are not up-to-date or accurate. Use a Google Sheet or Excel spreadsheet to keep all the important information and dates in one, easy-to-read file.
- ◆ Proofread! Talk to your undergrad faculty and have them read your narrative and critique your CV before applying (and give them enough time to do so).
- ◆ Have a Plan B and Plan C just in case your first set of choices does not work out. If you put all your eggs in one basket, so to speak, and you don't get accepted to that program, you likely will have to wait a year before attempting again.
- ◆ And lastly, self-care! The process of applying to graduate schools can be an arduous one, so it is important to make sure you aren't too in your own head and find time to take care of your physical and emotional well-being. As aforementioned, you can help achieve this by staying organized and planning ahead—do not rush such an important undertaking.

If you are looking for more advice and/or have specific questions, ask your professors! Additionally, check out this event: *"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."*

Upcoming Special Events

Career Fair

When: Thursday, April 4th, 9:30 a.m.— 3:30 p.m.

Where: Student Center, Room 221

Psychology majors will find ample opportunities to network with local professional organizations looking to hire students and recent graduates at the 5th Annual Psychology Career Fair. The event will feature companies with a variety of openings for entry level employees with both Bachelor's and Master's degrees. Employers will be recruiting for both part-time and full-time employees, and it is expected that internship placements and summer positions may be available as well.

Although the complete list of vendors has yet to be finalized, organizations featured at previous job fairs have included Oaks Integrated Care, Kaleidoscope Family Services, Bancroft Neurohealth, and the Center for Family Services. Positions in direct care, partial care, and applied behavior analysis programs are among those expected to be offered. Job fairs in past years have featured between 10 and 18 vendors, and with Rowan being a great place to meet talented and enthusiastic potential employees, we expect this year's event to offer similar opportunities. If you are graduating in the near future, it is an ideal time to meet the person who could hire you for your first professional position. Even if you are just exploring the careers available in the southern and central New Jersey area, the Career Fair will give you the chance to speak with human resource representatives and learn more about what employers seek. Students should come to the Career Fair dressed professionally and ready to hand out their résumés, as previous events have resulted in many job offers. Unlike other career events focused on the entire University community, this one is just for us! 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!

The 45th Annual Psychology Research Conference

When: April 18th, 9:00 a.m.— 5:00 p.m.

Where: Business Hall, Room 104

Come see Rowan psychology graduate and undergraduate students present their research in poster sessions and oral presentations! The students have been hard at work—come see what they've been up to! There will be two types of presentations: paper and poster. *Paper presentations* are short oral presentations. If you plan on sharing your own research, we encourage you to use PowerPoint for your presentations. Please send your PowerPoint slides to Dr. Lisa Abrams no later than **Tuesday, April 16, 2019**. She will make sure that all oral presentation files are available the day of the conference. *Poster presentations* are visual representations of your research project. You will be provided a bulletin board roughly 58" high x 57" wide. For accurate poster printing, all PowerPoint files should be formatted to 42" wide and 36" tall. Anyone who would like to print their poster using the department printer should send their presentations to Brenda Harkins (harkinsb@rowan.edu) no later than **Thursday, April 11, 2019**.

For more details about how to format your PowerPoint slides and/or poster, please visit: csm.rowan.edu/departments/psychology/presentationguidelines.html, or contact Dr. Abrams (abramsl@rowan.edu).

In the Field with Undergrad Research Assistant Gabrielle Longo, Interview by Tristan Cassar

TC: Would you be able to tell us about JEDI Lab's research interests?

GL: Our research mission at Dr. Fife's JEDI (Jumpstarting Education in Data Interpretation) is to change the way statistics are taught, learned, and interpreted using empirically-validated human subjects research. I'm currently researching the way people process and garner information from statistical graphics. We're looking to use that information to create guidelines for creating graphics as well as a user-friendly software package. The lab is also working on projects about the interpretation of Bayesian statistics and statistical cognition in general.



TC: JEDI is a quantitative psychology lab; would you be able to share what that means to you and how it pertains to your research interests?

GL: Quantitative psychology is the study of the modeling, research methodology, design, and statistical analyses of psychological processes. Rather than focusing on a specific branch of psychology, like health psychology or neuroscience, our quantitative psych lab spans those disciplines with a specific focus on the methods used and the analyses ran and reported.

TC: What types of problems is JEDI looking to have an impact on?

GL: JEDI was created in response to the current "replication crisis" in psychology; when a bunch of psychological studies got replicated and their results differed from the original. One theory about the cause of that crisis is psychology's traditional null hypothesis significance testing. We're looking to be part of a sort of statistical revolution to change the way we use and represent data and statistics in psychology. We want to restructure the way data are presented to people, so as to avoid human error and misinterpretation by playing on innate cognitive biases.

TC: What are some of the highlights of your experience with JEDI so far?

GL: A huge highlight has been the submission of a \$200,000 National Institute of Health grant for the creation of a "Big Data" workshop for the social sciences. We've also gained highly experienced collaborators from around the world for specific projects. Getting a chance to meet them (via Skype) and consider them a partner on our work is super exciting.

"I've learned so much through research because it really draws on my specific interests, and it makes me a better and more enthusiastic student overall."

TC: How do you feel that being involved in research has developed you as a psych student?

GL: Being involved in research has given me an opportunity to specialize! I've learned so much through research because it really draws on my specific interests, and it makes me a better and more enthusiastic student overall. I highly recommend getting involved with research as an undergraduate. It enriches your learning and understanding of psychology tenfold and gives you an opportunity to form a professional relationship with faculty who are awesome!

TC: Being JEDI is new, what's it like being involved in a lab from its very beginning?

The process has been really interesting! The research started with just a few of us working on individual projects with Dr. Fife, but coming together as a lab has been nothing but beneficial. Getting other peoples' input and having group discussions brings light to issues you don't see when you're so deep in the finite details of a project. Being involved in this lab from the beginning has given me a far greater understanding and appreciation for the research process as a whole!

"There are no such things as applied sciences, only applications of science."

- Louis Pasteur

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.

“I realized through it all, that... in the midst of winter, I found there was, within me, an invincible summer. And that makes me happy. For it says that no matter how hard the world pushes against me, within me, there’s something stronger—something better—pushing right back.” – Albert Camus

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
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Psycholo-Memes

