



**A NEWSLETTER FOR  
UNDERGRADS AT  
ROWAN UNIVERSITY**

**ISSUE # 8 WINTER 2018**

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**~ANNOUNCEMENTS & UPCOMING EVENTS~**

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

- The department has a new make-up exam policy. Make-up exams for psychology classes will be administered once a week on Fridays from 3:30 pm (Robinson Rm 105). Please arrive promptly. A proctor will request photo identification upon your arrival to the exam. The department encourages you to make-up any missed work on the Friday that immediately follows the missed exam.

- **Psychology Job Fair:** Tuesday, April 17, 9:30-3:30 (Student Center Room 221)
- **Psychology Research Conference:** April 19, 9:30-3:30 (Eynon Ballroom in the Chamberlain Student Center)

**~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

Mr. Ron Braxton, Academic Advisor



**~ADVISOR'S ADVICE~**

Registration periods for Summer 2018 and Fall 2018 semesters are approaching quickly!

**Summer Registration** for all students begins on 2/19/18

**Fall Registration:**

Seniors (90+ credits): 3/20/18

Juniors (58-89): 3/26/18

Sophomores (24-57): 4/2/18

Freshmen (0-23): 4/9/18



## Faculty Spotlight: Getting to know Dr. Jeffrey Greeson

By: Falisha Lorejuste

**FL:** *I'm aware of how busy your schedule can get. Thank you for allowing me to interview you, Dr. G.. To start, where are you from?*

Dr. Greeson: In terms of where I'm from, I grew up in Ohio in a small town called Oxford.

**FL:** *What is your educational background?*

Dr. Greeson: I attended Swarthmore College and majored in Psychology but also focused on the Biological Sciences. I then worked for four years at Jefferson University with the Center for Integrative Medicine as a research assistant. I also did a Master's in biomedical chemistry at Jefferson University. I knew I wanted to be involved in healthcare but with a psychological angle so I discovered the field of health psychology and that there was actually graduate training in that. Once I finished the Master's at Jefferson, I then applied to Ph.D. programs in clinical health psychology. I went to the University of Miami for that. After that, I did a two-year post-doctoral fellowship while I matched for my one-year clinical internship at Duke University at the medical center. I then received an NIH career development award to study mechanisms of mindfulness which launched the next 12-15 years of my research.

**FL:** *In addition to having your own research lab here at Rowan, you also have a lab at the University of Pennsylvania. What has that experience been like?*

Dr. Greeson: Yeah, it's a tall order. I'm essentially working full time here at Rowan and at the University of Pennsylvania. The reason why is that at Penn, similar to Duke, where I worked for 10 years, I was on the faculty at the medical school. As faculty, you need to be self-funded and that's either through grants or clinical revenue seeing patients. So for me, when I was at Penn, I took the position at Rowan and I was 90 percent funded by research grants and 10 percent by clinical work. As for the work here at Rowan, we're still getting our studies approved by the IRB. I currently have 10 students working with me, 1 Ph.D. and 9 undergrad students.

**FL:** *How did you end up at Penn?*

Dr. Greeson: Well, my wife could not obtain a professorship at her university. Out of all of the positions she applied for, she only received one and it was at Penn. Once I finalized my research at Duke, I then moved to Penn to join her. So I went from the medical school setting at Duke to a University with a tenure track.

**FL:** *How was the transition to Rowan?*

Dr. Greeson: Rowan was starting the new Clinical Ph.D. program with a health psychology focus and also a focus on integrative care, which has always been the focus of my research and a longtime interest. Overall, it was a chance to assist in launching a new program and be able to recruit students. Additionally, it was a tenure-track position, which is secure. It was also local, closest to Penn.



### ~JUST FOR LAUGHS~

Two psychologists pass each other in the hallway. The first says to the second, "Hello!"

The second smiles back nervously and half nods his head. When he is comfortably out of earshot, he mumbles, "Gee, I wonder what \*that\* was all about?"

### 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!

## Faculty Spotlight: Dr. Jeffrey Greeson (*continued*)

**FL: How beneficial are the interdisciplinary efforts for students in regards to having mentors and leaders to look up to?**

Dr. Greeson: If one thing, I think Rowan values teamwork and working on team sciences, not just Psychology but in multiple disciplines. This provides the opportunity for students to learn from these different backgrounds and combinations of sciences that are not typically offered elsewhere.

**FL: Given your achievements so far, how important has mentoring been for you?**

Dr. Greeson: Mentoring is very important. I still keep in touch with some of my mentors. They've written letters of recommendation for me and letters of support for awards and things like that. They've been very important in terms of guidance and emotional support.

**FL: Last question, what advice do you have for students pursuing a degree in Psychology?**

Dr. Greeson: Experience is important. Either joining a research lab, shadowing or talking to professors about their own experiences. You can also look for paid positions that can also provide research experiences. The other thing to add ties back to the mentorship. We encourage students to knock on our door or schedule an appointment to talk to us whether they've had us in class or not to have a conversation about career interests or whatever. It just helps to have guidance.

## Undergrads Getting Psyched!

**By: Victoria Santiago**

In this segment of "Undergrads Getting Psyched", we'd like to introduce you to Taylor Bedlivy, a junior Psychology major. Taylor came to Rowan undecided and unsure of the path she was going to take in college. Luckily, her freshman year exposed her to many exploratory classes that gave her insight into all different majors offered at Rowan. Psychology immediately jumped out to her! One thing that truly intrigued her about psychology was all of the different areas psychology covered. Taylor discovered her path sophomore year while taking a class she holds near and dear to her heart, Psychology as a Profession and Practice (PSY 02257). She said, "The greatest part about this course was that it allowed us to explore all possible career paths in psychology by giving us all the information we would need to know to succeed. This knowledge helps us choose which career seems to be the best fit for us." After selecting psychology as her major, Taylor chose her Human Resource Management minor and now takes HR classes on campus.



Taylor is not only an excellent student, she is highly involved on campus. She is co-vice president of the Society of Human Resource Management (SHRM). Her involvement in SHRM has brought her tremendous opportunities such as attending a dinner hosted by the Tri-State Human Resource Management Association. She was able to connect with tons of HR professionals there! Taylor is also an active member of the sorority Delta Phi Epsilon. sorority's volunteer opportunities, Taylor has enjoyed time spent making crafts with children at the Ronald McDonald house.

Soon, Taylor will be taking on a new experience. She will be assisting an HR professional at the Helping Hand Behavior Health Center. Taylor stated, "I would definitely take advantage of everything Rowan has to offer, don't be afraid to reach out and make connections. Always be open to gaining new experiences and seizing all opportunities." Grad school is definitely in Taylor's sights, but for now, earning her undergraduate degree and pursuing a career she loves is her number one goal.

## The Grad School Experience

By Dianna Yphantides, BA



In this issue, we have a special guest post from Rowan psych alumna Dianna Yphantides. Dianna just completed her first semester in the social work program at Rutgers University in Newark. We asked her to share some details about her new life as a graduate student and how it differs from her undergraduate experience! Here's what she had to say...

Hello Rowan psych students! Yes, I have one semester under my belt in graduate school and I already feel like I've learned so much and can apply so much of my knowledge to future jobs. Grad school is very different from undergrad because the focus is much more specific to your field of study and you get a lot more hands-on, real-world experience. A typical week in my program consists of classes that discuss diversity issues, social policy, and preparing for clinical training with many different types of populations. Social work really is so diverse! Also, I have an internship at Elmwood Park Middle School / High School where I serve on the Child Study Team. I work with case management, clinical counseling, behavioral plans, educational plans, and so much more! This internship is an eye-opening and extremely educational experience for me. I've learned so much about various populations and the laws that protect their rights and provide them services.

One thing I've learned during graduate school so far is related to self-discovery. By learning how to clinically analyze situations, cultivating an understanding about diverse populations, and doing hands-on work with clients, I've learned a remarkable amount about myself. During my grad school orientation, my program chairperson and advisors told us that the program would influence us in various ways—but I never would have imagined that I would gain so much insight about myself that I never was aware of prior to the social work program! Through helping other people, I have helped myself in a lot of ways, and I found this to be extremely motivating and a reminder that this field truly is what I want to do. For example, I never thought I ever wanted to work with children prior to my internship position on a Child Study Team. Children are an extremely vulnerable population, especially in the public school system. I found that I really excel with advocating for the children I work with, and I love working through any problems that they come to me with. I really have a passion for helping children deal with issues that they may have, like anger management difficulties, coping skills, and further developing their social skills given how extremely important having a social life is for adolescents.

A word of advice I have for current undergraduate students at Rowan – You should push yourself to obtain an internship prior to graduate school so you feel more prepared and confident when starting life after college. Grad school, when you first begin, can feel overwhelming and very scary. However, having some real field experience before starting can ease some of those anxieties and any 'fear-of-the-unknown' apprehensions that may surface once you enter a more advanced program.



## 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

\*Join us at our first meeting of the semester on **Thursday, Feb 8 at 6:30pm** in Robinson 201A

“REAL COURAGE IS WHEN YOU KNOW YOU’RE LICKED BEFORE YOU BEGIN, BUT YOU BEGIN ANYWAY AND SEE IT THROUGH NO MATTER WHAT.” - HARPER LEE

## 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, search for the club on ProfLink and request to be added to the listserv! Also 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).

\*Join us at any of our meetings scheduled this semester. All meetings are held in Robinson 306 from 5-6pm:

Thursday February 15

Thursday March 22

Thursday April 19

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

By Adelyn Simeone

### *Sport Psychology Defined*

Sport Psychology is a very interesting branch of psychology that helps promote mental and physical wellness within athletes and their performance. It typically involves counseling, teaching and coaching to help determine how psychological factors affect an athlete’s performance. For example, even though an athlete may have the necessary physical abilities to excel at a specific sport, they may be so distracted or worried about losing (“What if I choke?”) that they don’t play well or to their full athletic potential. This specialization also considers how an athlete’s participation in sports or exercising affects their psychological and physical well-being. Athletes seek help from a sport psychologist usually when they’re experiencing some sort of problem. Problems that sport psychologists address may include the inability to focus during a game, practice or competition, difficulty communicating with teammates or serving in a leadership role (think coaches and team captains), or the inability to control their intense emotions and motivations.

Sport psychologists focus on enhancing an athlete’s performance by teaching them different mental strategies such as self-talk techniques, visualization and mental rehearsal, and motivation techniques. They also boost an athlete’s coping mechanisms. Pressure comes from all aspects of an athlete’s life, including from parents, coaches, local communities, and even themselves. A sport psychologist can help an athlete cope with those pressures in order to best achieve their goals. These specialists not only help athletes address their mental toughness but their physical fitness as well. They work with athletes with any injury prevention or rehabilitation, help them maintain their exercise programs, and simply help them enjoy their sport.

### *Qualifications of a Sport Psychologist*

The majority of school psychologists are licensed, doctoral-level psychologists (or hold an advanced degree in other counseling-related fields) who have a strong interest in athletics. With extensive post-undergraduate training, they develop specialized skills and knowledge of many topics, including:

- An understanding of different sports and their required skillsets, both physical and mental, as well as any related rules and regulations
- Thorough assessment skills for diagnosing and treating issues which may affect an athlete’s performance (e.g., anxiety, poor self-confidence, disordered eating or nutrition)

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## Specialization: Sport Psychology (*continued*)

- The ability to solve complex problems involved with an athlete's physical and mental capabilities, ranging from motivational aspects to rehabilitation

### **How to become a Sport Psychologist?**

Undergrad: Pursue both Psychology and Exercise Science; either double major or minor in one and major in the other

Post-Undergraduate: Look to pursue a Master's in Sports Psychology or Exercise Science

If you think you'd like to pursue a doctorate: Focus on a counseling or clinical doctorate with a focus on sports psychology; Nearby Temple University in Philadelphia offers a Ph.D. program in Kinesiology with a Concentration in Psychology of Human Movement

To find out more information about Sport Psychology and the necessary steps to become a licensed sport psychologist, check out Division 47 of the American Psychological Association (<http://www.apa.org/about/division/div47.aspx>) and the Association for Applied Sport Psychology (<http://www.appliedsportpsych.org/>):

*Information has been retrieved and summarized from the following sources:*

<http://www.apa.org/helpcenter/sport-psychologists.aspx>

<http://psychologydegreeguide.org/specialty/sports-psychology/>



## **In the Field with Mandy Ronuckeo, MSW** **By Maggie Lattiere**

**ML: Thank you so much for the chance to interview you! The students at Rowan University will benefit greatly from hearing from a Master's Level Social Worker.**

MR: It's my pleasure to be interviewed by a student studying psychology. I feel as though it's important for the next generation to understand that there's more than one educational background to work as a therapist!

**ML: What educational path did you take to get to where you're at today?**

MR: I received my Associates in Arts degree from St. Petersburg College in Florida and my Bachelor's Degree and Master Degree both from St. Leo University in Florida. My concentration for my Master's was on active duty military and family counseling.

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

MR: My least favorite class was research because I felt that I wasn't passionate enough about a particular area to provide substantial information. Now that I'm in the field, I recognize that course was important for when I did become passionate about wanting to explore a particular area further. My favorite class was Psychopathology. In that class, you learn about the DSM (Diagnostic and Statistical Manual—Fifth Edition) and each diagnosis and how to best understand why someone has a specific diagnosis.

**ML: What encouraged you to pursue Social Work? Did you always have the intention to become a social worker?**

MR: I became a social worker with the intention of doing military family interventions. Ombudsman means that you're advocating for people. My duty was to advocate for the families in the United States military. When I was a child, I wanted to be a horse trainer and a mom. My mother would always joke with me because when I was sick and home from school, I would watch the Rikki Lake and Jerry Springer talk shows. I'd always involve myself in other people's problems with the intention of helping them and encouraging them to help themselves. My mother always said that I should become a social worker rather than a horse trainer.

**ML: Currently, you work at Humana long-term care. What do you do there?**

MR: At Humana, I'm a social worker and I work with people who have chronic conditions who are on Medicaid and Medicare. My job is to conduct counseling and therapy with them to encourage them to be mindful of their physical and mental health. I help teach them to help themselves, and encourage them to want to help themselves using CBT (Cognitive Behavioral Therapy). Because I am not yet licensed I work under a supervisor who is licensed (Licensed Clinical Social Worker or LCSW).

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## In the Field: Mandy Ronuckeo (*continued*)

### **ML: Can you explain what CBT is?**

MR: CBT stands for Cognitive Behavioral Therapy. It's a mode of therapy to help people come up with (and change) their own ideas. CBT is client-centered therapy. My client can accept or decline any goals that we set together. If they don't want to work on something, we move past it and focus on another goal. If I feel it's a substantial problem, then I'll circle back eventually and see if the client takes it a different way. The first session is gathering family information and what happened throughout the client's life, in their perspective, that led them to my office. When setting goals for the clients, it's important to ask open ended questions so the client feels as though they have a voice in the matter.

### **ML: What is your favorite age to conduct therapy with? Also, before becoming a therapist did you favor that same age group or has your preference changed?**

MR: Before becoming a Social Worker, my ideal age to work with included young adult women, 17-30 years old, who were newly married or had become new moms. Now I work with a much wider range of age groups. I prefer geriatrics and my favorite diagnosis is those people experiencing dementia or other issues related to death and dying.

### **ML: You haven't mentioned working with active duty military members but wasn't that your grad school concentration?**

MR: I haven't worked with active duty military because each of my internships turned me on to different populations that I then became really excited to work with. My college internship was at a high school in the guidance department and I enjoyed working with and counseling teenagers. This population was especially enjoyable because they wanted help without being so willing to say so. Once you built rapport with the teens, you could see the impact that you were making with them. My Masters-level internship was with hospice and I chose to stay with medical social work because it's rewarding to help a family not fear the death of a loved one. At this point, I don't have any intentions to change my current focus. However, I've learned to never say never because I once said I would never work with death and dying and yet here I am!

### **ML: In your down time, what are some of your hobbies and interests?**

MR: My children, housing a foreign exchange high school student from Germany, riding horses, and doing dog rescue.

### **ML: What advice would you like to offer to the next generation of psychotherapists?**

MR: Never work harder than your clients! That means emotionally as well, don't become so engrossed in your client's therapy session that once you finish your notes, you feel like you're bringing that work home with you. It's not helpful to carry your client's stress and burdens around with you.



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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Dr. Melanie Freedman



***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)

For more info about Psych Alliance and Psi Chi, please contact [psychalliance@students.rowan.edu](mailto:psychalliance@students.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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