

Psych E-Newsletter

Winthrop University Psychology Department

April 2015



this issue

Student Spotlight: Craig Hodge P.3
Faculty Spotlight: Dr. Sleigh P.4
Letter from the Editor P.6
Don't Forget Summer Classes P.7
Psychology Trivia P.8

SEPA Conference 2015

From March 18-21 students gathered in Hilton Head, SC from all over the Southeast to attend the 61st SEPA conference. Six groups of Winthrop students brought home awards for their outstanding research!

SEPA is not only a wonderful place to expose your research, but it is teeming with opportunities to learn and grow as an academic scholar and psychology enthusiast! I spoke with several students who attended and this is what they had to say.

"I really enjoyed SEPA, my first psychology conference. There were many interesting sessions to attend about all kinds of psychology-related topics. I met really interesting people who are doing all kinds of research and were eager to talk about it. My only regret was that there were too many sessions and I could not attend all of them! My suggestion to future attendees is to look over the schedule carefully and try to pick at least one or two sessions per day that pique your interest. I hope I get the chance to attend many more conferences like SEPA." -**Leigh Fransen**

"I enjoyed my time at the SEPA conference! It was a great first time experience. However, I do recommend that attendees utilize the workshops made specifically for students and to read over the entire schedule for the conference beforehand. Be as prepared as possible! I am definitely interested in going back!" -**Ayana Crawford**

"SEPA was an awesome experience because you had the opportunity to go to all of these different workshops, especially the workshops that were geared towards undergraduate students. I would tell anyone going to SEPA to attend these workshops. Talking to people about my research was really fun as well."

-**Malyn Pope**

Psi Chi Regional Winners



Relationship between social media use and romantic expectations of men and women

Grace Ferguson, Rachel Sample, Courtney Steele, & Dr. Merry Sleigh

Influences of Facebook secret group participation on psychological well-being

Leigh Fransen & Dr. Merry Sleigh

Young adults' shame and guilt proneness and perceptions of minorities

Gabrielle McDowell, Marissa Grant, Jamilla Greathouse, & Dr. Merry Sleigh

Implications of participant belief in afterlife for pets on grief over deceased pets

Brianna Murray, Sara Tennant, Leigh Szeman, & Dr. Merry Sleigh

Social problem solving during peak or non-peak circadian arousal

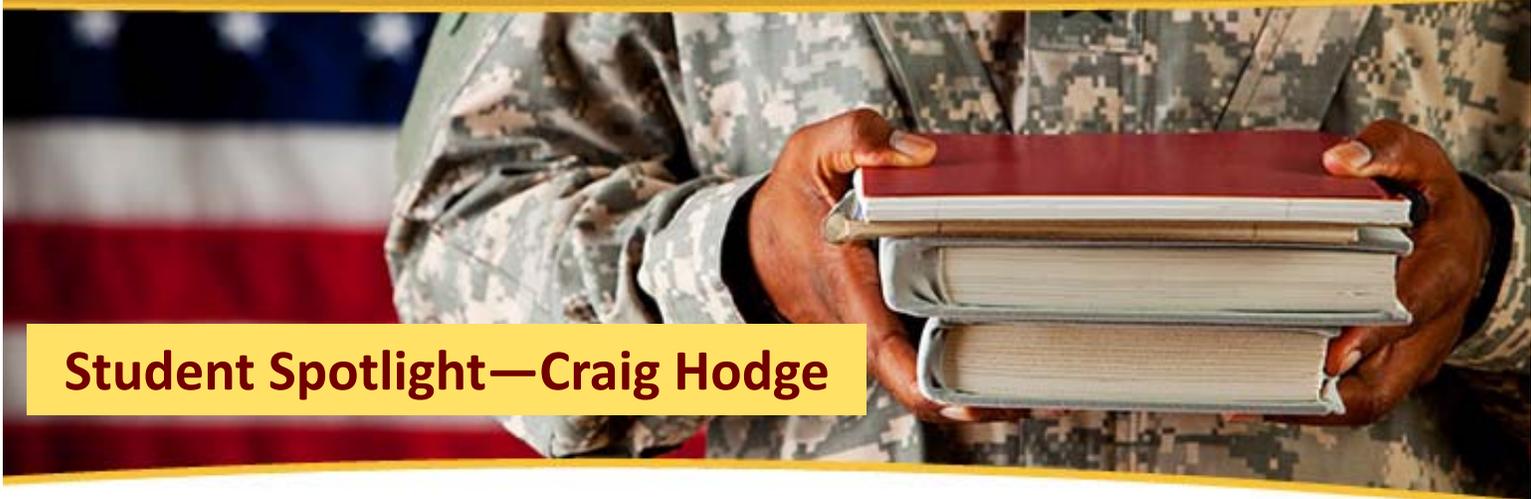
Erin Rhoads & Dr. Donna Nelson

Similarities and differences in mother, father, and sibling relationships

Sara Tennant, Lauren Adams, Courtney Cabaniss, Emily Rounds, & Dr. Merry Sleigh

“It was exciting to be around so many people who shared my interest in psychology. I really enjoyed becoming part of this larger community through presenting research.”

-Sara Tennant



Student Spotlight—Craig Hodge



By Melissa Snodgrass

Craig Hodge is a dual career student at Winthrop. He is in the Army National Guard and a full time student majoring in History as well. I sat down and spoke with him to find out how he manages two careers at one time.

In 2009, due to the recession, Craig and his friend, whom he worked with, were laid off from their jobs. They were standing in line at the unemployment office and a recruiter from the Army National Guard came up to them to find out if they were interested in joining.

They saw many benefits to joining and becoming a soldier part time. They receive state and federal benefits including 5 years of free healthcare.

Two years ago Craig was deployed to Afghanistan and located near Pakistan close to the mountains. He said, “my head was on a swivel.” He also said, “I thought everybody is the bad guy there, but they are not.” “You don’t know who the enemy is there.” He also mentioned how he realized when he came back to the states how great we have it here and how lucky we are. He said it took him about 2-3 months to transition back to civilian life.

He said each semester gets better. His advice to anyone wanting to join the reserves and attend college at the same time is to get well organized. Plan each week in advance and know how much time is needed. When Craig graduates he will be a 2nd Lieutenant on active duty in the Army.

On campus he is involved in the Student Veteran’s Association and has helped raise \$3,000 for soldiers with PTSD. He is also a Transfer Orientation Leader and Adult Student Mentor where he helps new transfer students get acclimated to Winthrop.

His family lives in York, South Carolina. He chose Winthrop to live close by to his family. He enjoys taking his boat out on the lake and going on unplanned weekend beach trips with his friends.

Post Traditional Students

Winthrop’s post-traditional student population includes all students 25 years and older.

Our post-traditional students bring a wide variety of life, educational, and work experiences that allow them to be informed and contributing members of our educational community.

Resource Center for Adult Students

The mission is to provide support services, programming, and advocacy for non-traditional, veteran, and transfer student populations.

The Resource Center collaborates with campus offices to attend to the unique needs of these students and coordinates university efforts on their behalf.

Faculty Spotlight—Dr. Merry Sleight

By Kelsey Doucette

Tell me a little bit about why you chose to pursue psychology and why you went on to get a Ph.D?

I was originally an English major in college and planned to become a high school English teacher. Along the way, I realized that I had enough classes to double-major in psychology. During my senior year, I changed my goal of becoming an English teacher to going to graduate school in psychology, although my long-term goals were somewhat ill-defined at that point.

In graduate school, I changed advisors, thesis topics, and labs, which indicates two things. First, I was still figuring out what I wanted to do with my life even while moving forward, and second, you should never feel trapped by where you are; change is possible. I had to teach in graduate school as part of my funding, and I was surprised at how much I loved it. This experience helped me solidify my desire to ultimately become a professor.

After graduate school, I did a post-doc at Indiana University and then taught at George Mason University for seven years, where I directed their psychology honors program. We had around 2,000 psychology majors, so it was a very different situation than Winthrop's psychology department.

What were some of your favorite/most important classes in college?

I loved reading literature as an undergraduate, and those were my favorite classes. Once I started graduate school in psychology, I wished that I had taken more science courses. I started taking, auditing, and sitting through biology classes whenever possible and continued doing that even as a faculty member at George Mason University.

What classes do you teach here at Winthrop? How long have you been here?

We came to Winthrop in 2003. I most frequently teach Research Methods, Biopsychology and Learning. At WU, I have also taught Behavior Analysis & Change, HMXP, Adult Development & Aging, Prenatal Development, PSYC 198, ACAD, and multiple honors courses.

I have taught 24 different psychology courses since I began teaching in 1992.

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Awards

2011 Kinard Excellence in Teaching Award (university-wide), Winthrop University

2011 Psi Chi Florence L. Denmark National Faculty Advisor Award

2011 Southeastern Psychological Association Mentor Award

2010 Psi Chi Regional Faculty Advisor Award for the Southeastern Region

2008 College of Arts & Sciences Outstanding Advisor Award

2003 Psi Chi Regional Faculty Advisor Award for the Southeastern Region

2000 Teaching Excellence Award (university-wide), George Mason University

1996 F.A. Beach Comparative Psychology Award from the American Psychological Association





Tell me about how you got involved with SEPA and what your role is with it?

I have reviewed submissions for the conference for over 10 years now. In addition, I currently serve as the southeastern Vice-President of Psi Chi, the International Honor Society. Psi Chi has divided its international membership into six regions, and each region has a VP. These VPs sit on the Psi Chi Board of Directors and are also responsible for all of the Psi Chi programming at their regional conferences. Each year, I work with the SEPA administrative staff to develop multiple sessions at SEPA as well as to manage the Psi Chi/CEPO Undergraduate Poster sessions.

What are some of your proudest moments as a psychologist?

I am an item-writer for the licensing exam that all psychologists licensed in the U.S. and Canada have to pass.

I am an Associate Editor for the Journal of Psychological Inquiry. This is one of a small number of journals that focuses exclusively on publishing undergraduate research. Any students who are interested in publishing are welcome to talk with me about the process.

My favorite part of teaching is helping undergraduate students do research. It's hard to truly appreciate the value of research and its importance to psychology until you engage in it yourself. It has been my pleasure to present research with over 300 undergraduates and publish with 14 students. Fifty-six of my student collaborators have received awards for their research.



“The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind.”

-William James

Just for Fun!

Any pets?

We have two beloved cats, Lily and MiMi.

What do you, Dr. Ritzer, and your children do for fun?

Our girls play piano, soccer, and basketball. We enjoy watching them play.

We tend to travel quite a bit within the United States, and we always bring the girls with us. They have attended SEPA almost every year since they were born!

My favorite activity is to read. I also am addicted to reality TV.

If you could go anywhere in the world, where would it be and why?

My husband, who has traveled all over the world, insists that we go to Italy and eat as much as we possibly can before returning home. I might prefer Australia, because I'm interested in their native animals and the opportunities to interact with them.

Best advice you've ever been given

My graduate school mentor, who I respect tremendously, told me that if you can create a local environment that you enjoy, you can tolerate the broader environment. His advice was to surround yourself with people and tasks that you enjoy, and they will provide a supportive insulation with which to deal with other life stressors.

Letter from Newsletter Editor

Kelsey Doucette

I am a senior psychology major with a minor in sociology graduating in May, and it was a joy serving as the 2014-2015 Psychology Newsletter editor. As bittersweet as my leaving Winthrop is, I am excited to move on to the next chapter in my life.

I always knew I wanted to have a career helping people, but I was not sure what that was until I got to Winthrop. When I chose psychology as my major, I started to explore career options. One of the major ones that stood out to me was clinical or counseling psychology. I knew I had a lot of strengths in talking to people, empathizing with them, and working on solutions.

Oddly enough, what drew me to my present career path was not a psychology course, but a sociology one. Sophomore year, I took Sociology of Marriage and Family with Dr. Tripp, and I knew that I wanted to do couple and family counseling! The family systems theories and learning about the issues couples could go through interested me immensely. Ever since then I have been doing my research on it and gaining experience by having an internship at a clinical psychologist's office in Rock Hill.

I started applying to graduate school programs for a masters in counseling in the fall of 2014 and was accepted into UNCG to pursue my Masters in Couple and Family Counseling. It is a two year program where I will take lecture classes, have clinical experience, and have an extended internship in which I gain real-world experience.

My advice to those wanting to apply to graduate school is that it is never too early to start researching your options and start reaching out to schools. This will give you the benefit of being able to submit applications early, make connections with prospective programs, and lessen the stress you have to endure your senior year!!



Needed

In the fall, we will need a new newsletter editor, article writers, and a photographer. Interested persons should contact Dr. McKemy at mckemym@winthrop.edu.

Editor

The newsletter editor works in conjunction with the faculty supervisor to coordinate and oversee the writing and publishing of the department newsletter two to three times each semester.

Writers

Writers author 1-3 articles for each edition of the newsletter. Articles may include interviewing faculty or students, investigating student resources, reporting on department events, and/or exploring graduate school and job opportunities for graduates.

Photographer

The photographer should have a DSLR camera and take high quality pictures for the newsletter.



Don't Forget Summer Classes

Psyc 101 – General Psychology

Session B Online with Dr. McKemy

Session D MTW 1:00-3:40 with Dr. Brown

Psyc 206 – Developmental Psychology

Session D MTW 9:00-11:40 with Dr. Brown

Psyc 213 – Abnormal Psychology

Session C MTWR 1:00-3:00 with Dr. Reiland

Psyc 301 – Statistics

Session A MTWRF 9:00-12:35 with Dr. Ritzer

Psyc 302 / 303 – Research Methods and Ethics in Psychological Research

Session C MTWR 9:00-11:50 with Dr. Ritzer

Psyc 305 – Social Psychology

Session D MTWR 1:00-3:00 with Dr. Collins

Psyc 314 – Theories of Personality

Session B Online with Dr. McKemy

Psyc 340 – Field Placement in Psychology

TBA with Dr. Nelson

Psyc 409 – Principles of Learning

Session A MTWRF 2:30-5:25 with Dr. Sleigh



Reasons

Get ahead

Get a jump start on classes you have to take next year.

Catch up

Retake a class you didn't do well in or make up hours you need for your scholarship.





Psychology Trivia

1. Freud initially only sold 700 copies of the *Interpretation of Dreams*.
2. Placebos can often offer as much relief as actual treatments.
3. Maslow's study of 3000 college students found that none met the criteria for self-actualization.
4. Skinner began his work on pigeons in working on a missile detection system during World War II.
5. Most people experience déjà vu about a conversation or a dream.
6. The Stanford Prison experiment had to be discontinued after 6 days instead of the planned 14.
7. Over 50% of the U.S. population believes in psychic phenomena.
8. Schizophrenia does NOT mean "split personality," but instead means a splitting of affect, thought, and behavior.
9. Alfred Binet, inventor of first intelligence test, was trained as a lawyer.
10. Cats have almost 2X the number of neurons in their cortex than dogs.
11. Getting paid for doing something you like can make you less creative.
12. Negative reinforcement works better than punishment as a disciplinary measure.

Guess the Phrase

1 CCCCCCC	2 LE / VEL	3 GIVE GET GIVE GET GIVE GET GIVE GET	4 ABCDEFGHIJKLMN OPQRSTUVWXYZ	5 T O W N
6 LU CKY	7 HE'S / HIMSELF	8 BLCUSE	9 AID ← AID AID	10 W D E S T
11 GROUND FEET FEET FEET FEET FEET FEET	12 ECNALG	13 CYCLE CYCLE CYCLE	14 r E A D I N G	15 R O A D S
16 0 M.D. Ph.D. B.Sc.	17 KNEE LIGHTS	18 YOU JUST NE	19 MILONELION	20 PRO / MISE
21 TO CH U	22 1,2,3,....,38 39,40 LIFE	23 JACK	24 economy	25 UP 8
26 Just	27 Apple	28 G N I K A M LOST LOST LOST	29 O A T I O N	30 STAND TAKE MINE TAKING 1 YOU 2 MY

Fropki.com

ANSWERS: 1. Seven Seas 2. Unbalanced/Un-level 3. Forgive & Forget 4. Missing You 5. Down Town 6. Lucky Break 7. He's Beside Himself 8. See-Through Blouse 9. First Aid 10. West Indies 11. Six Feet Underground 12. Backwards Glance 13. Tricycle 14. Reading Between The Lines 15. Cross Roads 16. Three Degrees Below Zero 17. Neon Lights 18. Just Between You & Me 19. One In A Million 20. Broken Promise 21. You Are Out Of Touch 22. Life Begins At Forty 23. Jack In A Box 24. Growing Economy 25. Up Before Eight 26. Making Up For Lost Time Apple Pie 28. Making Up For Lost Time 29. Standing Ovation 30. I Understand You Undertake To Undermine My Undertaking