

# Psychology E-Newsletter

Winthrop Psychology Department

December 2014



## Psychology Senior Awards

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#### **Outstanding Researcher Award - Holli Ryan**

A student who is strong in many areas, but demonstrates exceptional research skills (independent work, work with multiple mentors, conference presentation, etc.).

#### **Louise Johnson Award - Kelsey Doucette**

A student who contributes significantly to the department through activities such as peer advising, active service through Psi Chi/Psyc Club, participation on the SOS committee or other leadership/service roles in the department.

#### **Outstanding Scholar Award - Leah Brown**

The psychology major with the highest overall grade point average who has completed at least 65 hours of coursework (i.e., the majority of their coursework) at Winthrop University. If more than one student shares the highest GPA, the student with the greatest number of credit hours at Winthrop would receive the award.

#### **Outstanding Student Commitment Award - Amber Grant**

The student who has shown a high level of enthusiasm for his/her own learning and for the field of psychology. The selection committee may consider obstacles that the student has overcome when deciding on a winner.

#### **Outstanding Student Award - Leah Brown**

The student who excels in all areas – research, service, engagement, and scholarship. This award goes to the most well-rounded candidate.

## Medical School with a Degree in Psychology? Yes! - Brady Nichols

Psychology is one of the most broadly applicable degrees out there. From social work to industry, management to therapy, during your time here, you will be shown once and again that your education in psychology opens any and all of these doors. As the forecast for what it takes to become a physician changes, a career in medicine is increasingly becoming one of these options. For those of you who may still be up in the air as to which aspirations may find you, a career in medicine may be an option that would allow you to maximize your positive impact. Just as it is notorious for being both highly rewarding and demanding, the path leading up to a physician's career is very much the same. Going into the application process, I knew next to nothing about what needed to happen. This article is a brief disclosure of two of the more consequential lessons I learned between that time and now.

First, at the majority of schools, your psychology degree does not put you at a disadvantage. Will the Medical College Admissions Test expect you have a comfortable understanding of physics, chemistry and physiology? Yes. Will you interview alongside biochemical engineers and organic chemists? Most likely. Will schools write you off for coming from an academic background classically thought to be a minority amongst admitted students? Largely, No. In fact, I have found that many (many, not all) schools appreciate a candidate that has the background to emphasize the human element of medicine, a sentiment that is on the rise given industry wide concern about an overall lack of "patient centered" care.

Second, getting into medical school (just like completing it) is a long term goal. There's an entrance exam, two rounds of applications and a round of interviews. It takes about a year. If you're in an early stage of your undergraduate, and can plan ahead, start now. Facilitate relationships with professors, participate in research and knock out those pre-reqs as best you can. Being familiar with and prompt about the application timetable can afford you a very real advantage when it's time to wait for acceptances. If you happen to be later in the game (like I was) and think a career in medicine might be for you, don't let the short term setbacks keep you from a career's worth of gratification. The median age of matriculated students for most schools is 24 or 25. Submit to the fact you may need to spend an extra year or two after you finish your undergrad to finish some pre-reqs and build up your curriculum vitea. There are a ton of cool options for occupying your gap year game plan (master's program, study abroad, internships, etc...) and it's up to you to make your own.

It is not my intention to sell you on a career in medicine. The possibilities as to what you can achieve are expansive as a Winthrop psychology student and medical school is certainly not for everyone. That said, I want to put to rest the common assumption that medical school is for chemistry and biology majors and that having a background in psychology is damaging to your chances. My experience has indicated quite the contrary.



"For those of you who may still be up in the air as to which aspirations may find you, a career in medicine may be an option that would allow you to maximize

# The Value of a Psychology Degree

A Psychology Club Workshop

By Sara Tennant



On November 20th, the Winthrop Psychology Club hosted a guest speaker, who gave a very informative presentation about the value of a psychology degree. Our guest speaker, Ashlye (sic) Wilkerson, is a member of Winthrop University's Board of Trustees. Mrs. Wilkerson graduated from Winthrop in 2005 with a psychology degree. After that, she taught elementary school for three years before becoming an adjunct professor in Early Childhood Education at Midlands Tech. She is now pursuing her doctoral degree in Teaching and Learning at the University of South Carolina, and is currently teaching classes there.

"What do celebrities Jerry Bruckheimer, Phil McGraw, Jon Stewart, and Wes Craven have in common?" Mrs. Wilkerson asked us. You guessed it – a degree in psychology! She told us that a psychology degree "can be used anywhere, and in just about everything." She told us that as psychology majors, we are in the process of acquiring many valuable skills such as critical thinking, oral and written communication skills, an understanding of individual human behavior, and knowledge of group behavior.

Mrs. Wilkerson said that Winthrop is the place to be for psychology majors, because here we have a variety of great opportunities. For example, we can meet with counselors from the Office of Career and Civic Engagement, attend job fairs, participate in internships and shadowing experiences, work alongside knowledgeable and supportive professors (such as in research), volunteer, and participate in workshops such as the one in which Mrs. Wilkerson was presenting. She encouraged us to take advantage of these resources during our time here.

She urged us to come up with a plan for the rest of our time at Winthrop, for graduate school, and beyond, so that we can make choices that will lead us to fulfilling careers. Mrs. Wilkerson also pointed out the challenges of entering the work force after getting a Bachelor's degree in psychology such as finding a first job in psychology and many jobs requiring a graduate degree. She listed career fields outside the field of psychology for psychology graduates, such as management, administration, sales, social work, and labor relations.

Mrs. Wilkerson encouraged us to reflect on what is in our hearts—what is it that each of us cares about?—and how we can use our psychology degrees in that capacity. She emphasized that we can use psychology to enhance the lives of the people we care about the most.

With a psychology degree, we have so many different career opportunities open to us, especially careers that allow us to reach out and help others.

## Mrs. Wilkerson listed the top ten careers in psychology

- Vocational/career counselor
- School psychologist
- Counselor
- Genetics counselor
- Forensic psychologist
- Engineering psychologist
- Clinical psychologist
- Sports psychologist
- Industrial-organizational psychologist
- Teacher



## Study Abroad

Winthrop University and the Department of Psychology strongly encourage its students to participate in long term (one semester or one year) study abroad during their undergraduate careers. Study abroad is excellent preparation for work and citizenship in a diverse society and an increasingly globalized world.

With proper planning, a semester or year abroad can be seamlessly integrated into a four-year degree plan allowing students to experience the world and graduate on time.

For most semester and academic year programs, students pay regular Winthrop tuition, room, and board and are able to use their scholarships, grants and loans toward the cost of study abroad. Students can also apply for additional financial aid.

Winthrop University students can participate in more than 20 semester or academic year programs abroad and transfer credit back. The Department of Psychology has identified several programs that are well suited for students majoring in Psychology. The Department of Psychology recommends that students majoring in Psychology study abroad during the Fall semester of their third year.

More information about program options, financial aid, credit transfer, and application deadlines can be found on the International Center's website (<http://www.winthrop.edu/international>), or browse program options through the Winthrop Study Abroad Programs portal. (<http://www.winthrop.edu/cas/psychology/default.aspx?id=28500>).

Dr. Tara Collins, study abroad coordinator for psychology, can be contacted at [collinst@winthrop.edu](mailto:collinst@winthrop.edu).



### Best Locations for Psychology Majors

- Argentina
- Australia
- Costa Rica
- Egypt
- England
- France
- Germany
- Japan
- Norway
- Panama
- Spain
- Sweden
- Taiwan

Sample 4 year class schedules for each location can be found through the psychology homepage (<http://www.winthrop.edu/cas/psychology>).

Click Student Resources and then Study Abroad.





## Student Spotlight– Jayna Shipp

by Ronata Morrison

Jayna Shipp, a senior psychology major reflects on her experiences at Winthrop. Originally from North Charleston, South Carolina Jayna decided to attend Winthrop because, “it is an institution that values the quality of higher education and strives to produce well-rounded individuals”. She was also attracted to the beautiful campus, and small tight knit community. Jayna wanted to be a psychology major because she has always been interested in understanding people on a deeper level, and she knew psychology would allow her to expand on that.

On campus Jayna is a member of the Student Alumni Council, and currently serves at the Vice President of Internal Relations for the organization. She also is a part of the Go Gold for Life committee, which encourages students to give towards the Winthrop Fund.

Aside from being involved on campus Jayna considers herself to be a homebody. However, she is newly engaged, so she is currently enjoying spending time with her fiancé. In her spare time she loves spending time with her family, cooking and writing. She hopes to write her own book one day.

After graduating in December, Jayna plans on going to graduate school for Marriage and Family therapy. She would like to have experience counseling individuals with disorders, but she is specifically interesting in counseling couples and families. In five years Jayna hopes to be married with children. She plans to be working in a clinic as a marriage and family therapist, and then possibly going into private practice after gaining some experience in the field.

Jayna offers some advice to fellow psychology majors: “my advice would be simply to stick with it! I truly believe that psychology is a rewarding field that can change lives. Human behavior is seen in any workplace, and a background in psychology provides one with a wide range of options for careers”



# GRE Tips and Tricks

By Amber Grant

The GRE General Test is broken down into three primary components: verbal reasoning, quantitative reasoning, and analytical writing. The GRE Subject Test gauges undergraduate achievement in a specific field of study.

## Top 7 Tips for the GRE

**Start Early-** Prepare and practice! Starting early is the single most important step you can take to conquer the GRE.

**PREP Materials-** GRE prep books are available to use in the Psychology Department located in the Kinard building. In addition, there is a wealth of information on the internet. Some websites include: [www.ets.org](http://www.ets.org), [www.princetonreview.com](http://www.princetonreview.com), [www.magoosh.com](http://www.magoosh.com). Taking a GRE prep course is an option, but the course is a sizeable investment.

**Take Practice Tests-** While your vocabulary may be impeccable, and your writing skills polished, none of that matters if you're unaccustomed to the test's format. It is important to try full-length practice tests under timed conditions. Furthermore, be familiar with all the sections and the instructions for each so that you don't waste time on these when taking the real GRE. Many free practice tests are available on the internet and the Psychology Department can provide information for accessing tests.

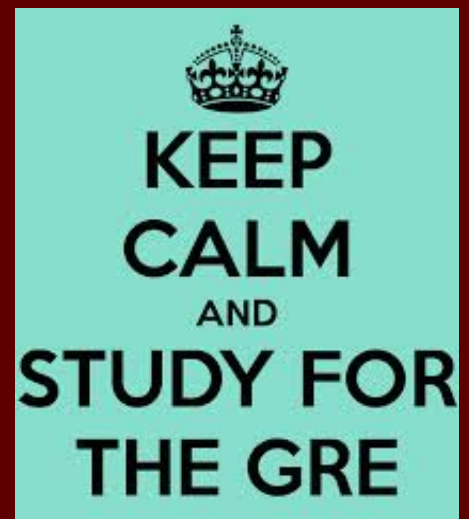
**Cultivate a Productive Attitude-** This statement may seem daunting. Some students say, "I'm already a college graduate. Why do I have to spend months studying for this exam?" However, if you spend three months or more developing a more erudite vocabulary, reading graduate-level articles, and becoming a master of algebra, then you have remodeled your brain for the better. That is not time lost! Those skills will benefit you forever (and in graduate school!).

**Test Day Materials-** The night before test day, gather the following materials together: ID, admission ticket, a watch, a bottle of water, snacks, and the names of schools you'd like to receive your scores.

**Handling Stress During the Test-** The biggest source of stress will be the test itself. Fear not! The following methods to relieve your stress during the test:

- Try not to fixate on what your score is or how you're doing so far. It is counterproductive to think about questions you've already answered or ones you haven't answered yet. Instead, focus on the question-by-question task of picking the correct answer choice. Try to take things one step at a time. Concentrate on each question, each passage, and each essay prompt in the moment.
- Breathe! Improper breathing hurts confidence and accuracy. Just as importantly, it interferes with clear thinking.

**Don't Like Your Score? Take it Again-** Sign up for an early date for the GRE, so you'll have plenty of time to send scores before graduate school deadlines. Taking the GRE twice to improve your score is not uncommon. However, testing more than twice should be done with caution because repeated mediocre scores only reinforce your original scores.



## GRE General Test

### Verbal Reasoning

- The Verbal Reasoning section measures your ability to understand what you read and how you apply your reasoning skills.

### Quantitative Reasoning

- Apply basic mathematical skills and elementary mathematical concepts of arithmetic, algebra, geometry and data interpretation

### Analytical Writing

- The Analytical Writing section requires you to provide **focused responses** based on the tasks presented, so you can accurately demonstrate your skill in directly responding to a task.
  - ◆ articulate complex ideas clearly and effectively
  - ◆ support ideas with relevant reasons and examples
  - ◆ examine claims and accompanying evidence
  - ◆ sustain a well-focused, coherent discussion
  - ◆ control the elements of standard written English





- Human trafficking is any commercial sex act or labor induced by force, fraud, or coercion
- 4.5 million are sexually exploited
- The typical cost of a child is \$72
- Trafficking can cause a multitude of after effects like PTSD, depression, anxiety, and guilt or self-blame

## Rape for Profit

By Sara Tennant

Seattle might be far away, but sex trafficking is happening in places as near as Charlotte, North Carolina. On December 3rd, the Gamma Beta Phi Society, a service organization here at Winthrop, held a fascinating and heartbreaking documentary, *Rape for Profit*, to learn more about the exploitation of young women in America, and what can be done to stop it.

Before the film, legal advocate Kellee Kraus and Social Work graduate student Rebecca Thomas informed us about how sex trafficking is impacting Charlotte.

## If you have been the victim of a crime

### Office of Victims Assistance

Crawford 204, 323-2206

Empowering the Survivor

The Office of Victims Assistance provides direct services to survivors of sexual assault, domestic violence, dating violence, and stalking as well as campus-wide educational programming to prevent these crimes from occurring. The office is staffed with a full-time Victim Services Coordinator and a part-time licensed counselor who provide on-going support to the survivor, male or female, from the time of initial reporting. The staff provides counseling services and assists with obtaining sexual assault forensic exams, STI testing/treatment, pregnancy prevention, housing options, legal prosecution, and access to other support services. Each case is handled individually, and the client is allowed to select which services he or she wishes to pursue.

In the case of an after-hours emergency, please call Campus Police at (803) 323-3333 or the local rape crisis center, Safe Passage, at (803) 329-2800.



## What's the Phrase?

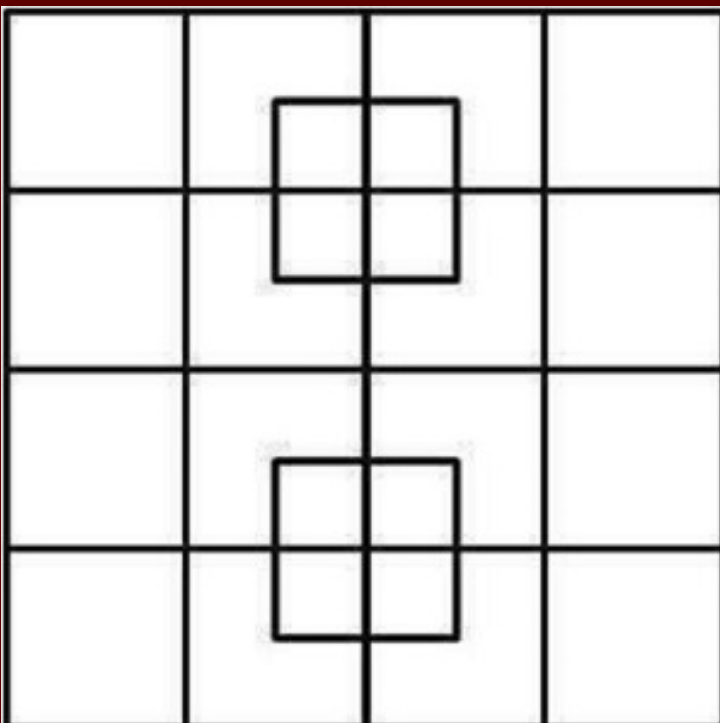
1. YOU JUST ME
2. BAN ANA
3. MIND MATTER
4. VISIONVISION
5. AGE BEAUTY
6. ARM UP ARM
7. SCHOOL SPECIAL
8. GGEGEG
9. WEAR LONG
10. WE WESTAND

## Brain Teasers and Psychology Fun



A clerk at a butcher shop stands five feet ten inches tall and wears size 13 sneakers. What does he weigh?

A man spends one fifth of the money in his wallet. He then spends one fifth of what remains in the wallet. He spends \$36.00 in all. How much money did he have to begin with?



How many squares?

Answers: 1) Just between you and me, Banana split, Mind over matter, Double vision, Age before beauty, Up in arms, After school special, Scrambled eggs, Long underwear, United we stand, divided we fall 2) 40 squares 3) \$100 4) He weighs meat of course!