

Psych E-Newsletter

Winthrop University Psychology Department

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Giving is Better than Receiving — Claudia Salazar

As the holiday break approaches (whatever the specific holiday you are taking part in may be) there is no better way to spend a day free of class than giving back to the community. You can make someone's day and make a difference by even giving up just a few seconds or minutes of your time. These are just a few ways how you can do that:



- If you are at the grocery store, why not pick up a couple extra cans of veggies/fruits, or soups? Trust me, I *know* college is expensive. But canned goods only cost a few cents to a couple dollars. Donating food to someone who cannot afford it is so much better than spending that money in Starbucks.
- Another way to give back and help the community is by helping the Earth we live on! It only takes a few seconds to recycle.
- Other ways to give back to the community are donating gently used clothing to people in need, donating books to homeless shelters, volunteering at soup kitchens, taking time to pick up trash in the environment wherever you go, turn off lights when you exit a room, etc.

Finals 101: Detecting Stress And What To Do About It

Cody McKay



For the upperclassmen here at Winthrop, we have suffered through our fair share of final exams. For you freshmen, your first round of final exams is quickly approaching. Some of you may not be prepared for the sleep deprivation and gallons of coffee you will consume throughout finals week. I have already been through three years of them and I have never been prepared.

Unfortunately, the rumors are true about the amount of stress you will experience during final exams. The scary part about finals week is that you will probably encounter moments where you will not realize how stressed you really are.

If you feel yourself become more impatient, frustrated and irritable than usual, you may be in a state of stress. Other red flags for stress may be very subtle things: such as eye twitches, headaches, skipping meals, and becoming disorganized. One interesting sign of stress that is

sometimes observed is an over competitive drive against roommates and close friends. Thankfully, that is one symptom I never had to deal with. So, what are we supposed to do to help us remain stress-free?

According to research, exercising and staying active is one of the most helpful things you can do to help relieve any kinds of stress. Other helpful tips could be to eat well, schedule a break time within studying (Seriously, what college student doesn't do this?), and limit caffeine and sugar intake as this could cause interruptions in the sleep cycle. Winthrop

Organizations also collaborate to help relieve stress for students during finals week. Some recent favorites have been making your own stress ball, playing with therapy dogs, free doughnuts, and even art therapy. I went to that last year and my grandma put it on the fridge. Therefore, I got to relieve stress and draw art for my grandma. Where else can you get that kind of deal?!



Another thing to consider if your stress is affecting your academic ability is to go visit the department of Health & Counseling Services. To make an appointment, you can go in person to Crawford 217 or by phone at (803)-323-2206 during their hours of operation, which is found on their website (<http://www.winthrop.edu/counseling/>). Overall, I want to see freshmen succeed when it comes to finals, especially the psychology majors because we are the best, obviously. So go out there, defeat the inevitable stress, and pass all of your finals. You got this!



Scholarships for College — Claudia Salazar



Is the thought of student loans too daunting? Well, you are not alone. Data shows that far more than half of students and recent graduates are struggling with loans. According to U.S. News and Forbes data the average student loan debt is \$35,000! More data suggests that:

- 75 percent of graduates from private nonprofit colleges had loans (average debt of \$32,300)
- 88 percent of graduates from for-profit colleges had loans (average debt of \$39,950)

With this money you could buy a car, put a down payment on a house, travel to numerous places, have a delicious \$20 lunch every single day for about 4 years, among many other luxurious activities.

So, **why am I telling you this?** This article is to inform you that 1.) you are not alone 2.) there are ways to receive scholarships even if you are already in college. To find scholarships, research, research, research! There will always be funding opportunities out there for soon-to-be college freshman, undergraduate students, and graduate students. You just have to take the time to look.

You could start by researching your own institution and department. Did you know that Winthrop's College of Arts and Sciences offers many scholarships for undergraduates? That is right, even if you are an upperclassmen you can get a scholarship! Browse Winthrop's website for more information on scholarships.

Websites

Also, search the following websites for scholarship opportunities

FastWeb!

www.fastweb.com

Peterson's

www.petersons.com

Scholarships.com

www.scholarships.com

College Scholarships.org

www.collegescholarships.org

UNIGO

www.unigo.com

College Grant Database

www.collegegrant.net

Minority Scholarships

www.salliemae.com

And don't forget to check the university where you plan to attend graduate school for scholarship opportunities.

College of Arts and Sciences Scholarships

Check out <http://www.winthrop.edu/finaid/academicscholarships/>.

A few of the scholarships offered within the College of Arts and Sciences are:

Robert M. Ward Scholarship - College of Arts & Sciences major; at least 3.0 GPA.

Georgie Inabinet Adams Lefvendahl Endowed Scholarship - Arts & Sciences major with financial need and 3.0 or higher GPA.

Kate Wofford - CAS major; may be divided. Known as "the scholar's scholarship."

These are just a few of the numerous funding opportunities out there! Just keep researching, and do not give up! Your degree is worth it.

Scholarships for Graduate School—Claudia Salazar



Thinking about going to graduate school? Worried about taking out even more loans? Worried about taking out loans for the first time? Don't fret it, there is a solution! That solution is scholarships! Did you know that there is actually a lot of funding available for graduate students, specifically Doctoral students? Many of those scholarships even offer 100% funding for tuition PLUS a stipend for food or rent! Here are the steps to take to make searching for scholarships even easier:

- Decide what you want to study in graduate school. Is it a STEM major, for example?
- Decide whether you want to apply to Ph.D. or Master's programs, or both.
- Talk to the Office of Nationally Competitive Awards (ONCA) located in 222B Dinkins Hall to see what scholarships are right for you.

Here is ONCA's mission statement for anyone who may not be familiar with what they do: "Winthrop University's Office of Nationally Competitive

Awards (ONCA) identifies and assists highly motivated and talented students to apply for nationally and internationally competitive awards, scholarships, fellowships, and unique opportunities both at home and abroad. ONCA gathers and disseminates award information and deadlines across the campus community, and serves as a resource for students, faculty, and staff throughout the nationally competitive award nomination and application process."

From personal experience I can tell you that Dr. Leslie Bickford, the director of ONCA, will do everything in her power to make sure that any student applying for a scholarship will be as competitive as possible. ONCA is a valuable resource that will make the overwhelming process of applying to scholarships all the more manageable.

Also, here are links with information on many different types of funding opportunities for grad school applicants.

<https://www.winthrop.edu/onca/default.aspx?id=31667>

<https://www.petersons.com/graduate-schools/graduate-school-scholarships.aspx#/sweeps-modal>

<http://www.gograd.org/financial-aid/scholarships/>

<http://www.usnews.com/education/blogs/the-scholarship-coach/2015/03/12/save-money-with-these-scholarship-for-graduate-school-students>

<http://www.collegescholarships.org/grants/graduate.htm>

<http://mcnairscholars.com/funding/>



Considering Studying Abroad? - Tollie Schultz

Why You Should and How to Afford It!

Have you ever considered studying abroad? For some students, this might be one of their primary goals during their time at Winthrop University. Other students may be skeptical of the benefits or feel that it is a financial impossibility for them. However, regardless of your current stance on studying abroad, I encourage you to check out some additional information about the potential benefits and ways to fund travel!



Reasons to study abroad!

- **Experience a new culture and broaden your perspective.** For many students, exposure to American culture might be the extent of their experiences. Not only does going abroad give you the chance to see the physical world outside of the United States, studying abroad allows you to experience entirely new, unique cultural perspectives. This, in turn, helps facilitate a more open mind— both inside and outside of academia.

- **Gain a more diverse education. Education practices are not always universal!** Many countries approach education very differently than the United States. Studying abroad gives you the chance to immerse yourself in an entirely new education system that has different objectives, values, and approaches. You may just discover an approach or aspect of your discipline that you were not privy to beforehand.
- **Take your networking and professional development to a more competitive level.** Studying abroad gives you the chance to interact with not only your peers internationally, but professionals as well. You may find that making international connections and getting your name out there can reap many benefits in the long and short term. Further, when you return from your travels, your new, international perspective (and the many skills you amassed during your time abroad) are very appealing to prospective employers and graduate programs. Professionally, studying abroad can often give you the competitive advantage over many other applicants.

Interested, but need financial assistance? With proper planning, you may be shocked at how affordable studying abroad can be. For programs affiliated with Winthrop, students are typically able to use **all** of their financial aid (scholarships, grants, and loans) toward the cost of a semester or full-year study abroad experience. Winthrop University has a total of 21 partner programs in 19 different countries, so there are plenty of options!

Additionally, there are a myriad of scholarship opportunities to cover additional costs or programs that are not partnered with Winthrop University. For example, students can apply for internal scholarships such as the **Iva Gibson Endowed Scholarship** or the **Melford A. Wilson, Jr. International Endowment**. Further, many external scholarships are available for students, such as the prestigious **Benjamin Gilman Scholarship** that awards up to \$5,000 to competitive, Pell Grant recipients. There are also scholarships available specifically for students coming from diverse or underrepresented backgrounds, within certain majors, or those who wish to study in particular countries.

To learn more about scholarship opportunities, as well as the steps that you need to take in order to begin your study abroad experience, please visit www.winthrop.abroadoffice.net.

Viel Glück und gute Reise!

The National Honor Society in Psychology Psi Chi

Psi Chi — Tollie Schultz

It's hard to be a psychology major and not eventually hear about Psi Chi! However, if you are not entirely sure what it is and what the benefits of joining actually are, fear not: the following article is for you!



What is Psi Chi? Psi Chi, the International Honor Society in Psychology, was founded in 1929 and now has over 700,000 members. They advocate for the advancement of psychological science through promoting research and other scholarly pursuits.

What are the benefits of joining? In addition to feeling more connected to the academic and professional world of psychology, Psi Chi also assists members through numerous awards, scholarships, and grants. They even help provide travel funding to conferences and have their own research journal. In total, they have over \$400,000 worth of funds available annually. Here are just a few examples:

- **Regional Travel Grant (\$150-400).** Planning on attending SEPA? Applicants planning on presenting their research can apply to obtain a grant to aid with their travel needs. Applicants are generally awarded based on their need, potential to benefit from travel, and how beneficial it is to our campus chapter.
- **Regional Research Awards (\$300).** Psi Chi members presenting at a regional conference also have the chance to win a research award at the convention! Any Psi Chi member who is the first author on a submission is automatically considered for a Psi Chi Regional Research Award.
- **Psi Chi Undergraduate Scholarships (\$3000).** Scholarships are awarded to members based on their Psi Chi activity, financial need, future plans in psychology, personal qualities consistent with Psi Chi's mission, and academic performance.
- **Psi Chi Journal of Psychological Research.** Psi Chi also publishes a quarterly, peer-reviewed journal that undergraduate members are eligible to submit their manuscripts to.

How Do I Join?

Membership is open to all students who meet the follow criteria:

- Be enrolled as a major or minor in psychology
- Have completed at least 3 semesters or equivalent of full-time college coursework
- Have completed at least 9 semester credit hours or equivalent of psychology courses
- Have earned a cumulative GPA that is in the top 35% of their class (sophomore, junior, or senior) compared to their classmates across the entire university or the college of Arts and Sciences
- Have a minimum 3.0 GPA average for psychology courses

Students will generally receive an e-mail from Winthrop University's chapter asking if they would like to join once they are eligible! If you feel you meet the requirements, but have not received an invitation, please reach out to our chapter on campus.



Planning for Classes Next Summer— Cody McKay

Summer classes are available for students to view through Wingspan. Why would anybody want to sit in a classroom and learn over summer break when they could be on a boat in the middle of the lake? Well, there are many reasons. Two of the most popular reasons are to get ahead and to catch up. I have taken summer classes to do both catching up and getting ahead. Other reasons people take summer classes is to try a new subject that they might not be used to. Summer classes tend to be more relaxed so this helps them get over the anxiety about being thrown into a new field. Summer classes are becoming more and more popular with students believe it or not. So, what classes are being offered this summer in Psychology?

Psychology 101: General Psychology

Summer B- Dr. McKemy, Online

Psychology 301: Statistics

Summer A/Maymester- Dr. Ritzer, MTWRF 9:00 am- 12:35 pm

Psychology 302: Research Methods in Psychology

Summer C- Dr. Ritzer, MTWR 9:00 am- 11:50 am

Psychology 305: Social Psychology: The Individual and Other People

Summer D- Dr. Nelson, Online

Psychology 314: Theories of Personality

Summer B- Dr. McKemy, Online

Psychology 340: Field Placement

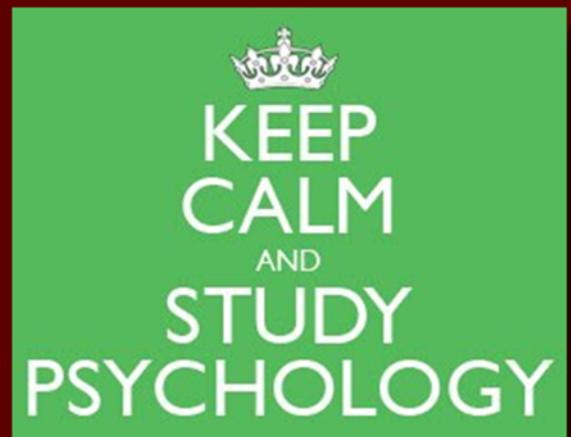
Summer B- Dr. Prus, TBA

Psychology 409: Principles of Learning

Summer A/Maymester- Dr.Sleigh-Ritzer, Online

Psychology 510: Behavior Analysis and Behavior Change

Summer E- Dr. Armistead, MTWR 9:00 am- 11:00 am





Best Kept Secrets of the Psychology Department— Dr. McKemy



- You can and should do research with a faculty member if you want to go on to graduate school
 - Once you've taken a course with a professor, you can choose to become a teaching assistant for that professor in that course.
 - You can serve on the newsletter staff
 - Professors don't bite (really!). Come get to know us and let us get to know you.
 - The Psyc Club is a great place to meet people, learn about psychology, and develop leadership skills.
- You do NOT have to be a psyc major / minor to join the Psyc Club.
 - When you do research in class or with a professor, the department will help support you to present it at a conference.
 - If you've done well in a course, you can be hired by the Academic Success Center to tutor other students in that course.
 - If you're struggling in a course, seek out a tutor.



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