

# Psych E-Newsletter

Winthrop University Psychology Department

March 2016

# Get Involved!

## this issue

Student Spotlight, Sara Tennett P.2  
Study Abroad Spotlight, Tori Horn P.3  
Academic Internships P.4  
Teaching Assistantships P.5  
Engaging in Research P.6  
Campus Involvement P.7  
Community Involvement P.8

## So Many Opportunities—So Important to Your Success!!!

Involvement—it sounds like a nice extracurricular activity IF you can fit it in your schedule after all your classes and work. Sounds like something you don't really HAVE to do but would be nice to fill in any extra time you might have. But that's not true. Involvement is key to your success in college and beyond. Why? Well because

- You get to know course material much more deeply
- You get to know your professors much better, and they get to know you much better as well
- You get great leadership opportunities
- You get to know your classmates so much better, and they may end up being lifelong friends of yours
- Your involvement could be your entry into a job or a recommendation letter for graduate school
- You make an impact on your department, campus, and community
- You get to network with people in the field of psychology



# Student Spotlight—Sara Tennett

By Ayana Crawford

Sara Tennant is a Senior Psychology major at Winthrop University who was awarded the Louise Johnson award for the 2015-2016 school year, an award given to the student who is the most involved. She is involved in a number of ways including: being the president of Psi Chi/Psych Club, a member of SOS committee, the service project leader of Gamma Beta Phi, a desk host in a Winthrop University residence hall, a part-time ABA therapist, and is an Advising Assistant in the Psychology Department. I interviewed her to get more insight on her involvement on campus.

## What inspired you to be involved in campus?

The psychology department. I wanted to get involved on campus because I wanted to develop as a leader, student, and aspiring professional. I also wanted to make a difference and get to know other like-minded students at this university. I wanted to get involved in the psychology department in particular because I wanted to feel more personally connected to my area of study.

## What does it mean to you to receive an award from the department?

It means so much to have my efforts recognized by this department. It just goes to show that if you take advantage of the many opportunities provided by this department, the faculty and staff do notice. It is such a blessing to be in a major whose faculty and staff truly care about their students, encourage them to get better, and reward them for their achievements.

## How has your involvement helped you in your college career as well as your future aspirations?

I honestly don't think I can give you an adequate answer to that question, because I cannot imagine where I'd be if I didn't get involved. For example, I have made so many friends and learned so much through working as an RA for two years, and now I'm employed part-time as a desk host because of my experience in Residence Life. Being involved has also helped me to form helpful relationships with faculty and staff, who have so much great advice for us students to learn from. Getting involved also provides opportunities to become a student leader, and I cannot even begin to list the personal and professional benefits of on-campus leadership.

## What advice do you have for first year students?

1. You've heard it a thousand times: GET INVOLVED! My college experience has been so dynamic, so meaningful, and so beneficial because I took advantage of the opportunities offered through this department and through Winthrop as a whole. I got involved by gradually showing up for more and more little opportunities (like a Psych Club meeting or office hours with a professor), and before I knew it, I was immersed in a community full of supportive people and awesome resources.
2. You might not have heard this enough: Slow down and take time for yourself every day. Exercise, meditate, pray, eat well, sleep enough, spend time with friends. (Really, do it. It's okay.) If you don't take care of yourself, eventually it will catch up with you (trust me, I know from experience) and you won't be your best academically or otherwise.
3. Don't be afraid to ask for guidance from faculty, staff, and more experienced students. You go to a university where doing this is openly welcomed and people care about your success.
4. Discover the magic of coffee if you haven't already.



# Study Abroad Spotlight—Tori Horn

By Ayana Crawford

Another great way to get involved is by studying abroad.

## Where & when did you study abroad? And what was it like?

"I studied abroad in Sevilla, Spain in Spring 2014. It was a smaller city compared to the big cities like Barcelona. I loved how I could still get to places quicker because we had one metro versus 10 or 15 in those bigger cities. I encourage smaller towns and cities when you study abroad. I also had a host family who did not speak any English at all! I learned the language a lot faster that way and they were very nice."



## What courses did you study abroad?

"I took two Spanish courses, Social Psychology, and Spain History"

## What was the most exciting thing you did while abroad?

"I went to London to the Warner Bros Studios where they filmed Harry Potter! It was a 3 and a half tour, almost like a museum with the costumes, props, etc. I loved every minute of it!"

## Was the study of Psychology different in Spain compared to the U.S.?

"It was kind of different but the same structure. I definitely experienced culture shock (it is real!) but my host family helped me a lot. They were very essential to getting used to the culture. Traveling to places like London and other parts of Spain made it better also."

## What tips do you have for Psychology students who want to study abroad?

"Do it your sophomore or junior year to prep for grad school once you come back. Go to a smaller city where you can easily travel. Have an open mind to experiencing a different culture; if my friend did not talk me into studying abroad, I would not have grown outside of my own culture. It definitely will challenge your beliefs and perceptions but that is a part of growing."



## Student Input

**The Student Organization and Support Committee (SOS) is comprised of psychology undergraduates, a graduate student, and faculty members. The committee helps with the assessment and improvement of the psychology department.**

**Student members have input into departmental decisions, such as new faculty hires and department-wide service projects. They also have the responsibility of bringing suggestions and/or concerns to the committee.**

**Psychology also has an student representative serving on the Student Advisory Board to Dean of the College of Arts and Sciences. The Board provides students and student organizations opportunities to share their ideas, interests, and concerns with the Dean, and through her, with the other faculty and administrators of the College. The Board meets several times each semester to receive updates on activities in the College and to discuss other topics of interest to students in the College.**

**If you are interested in being part of the SOS Committee or the Student Advisory Board, contact Dr. Prus.**



## Internships—Lindsay Gaynor

Another great way to get involved on campus and within the community is through an internship. Internships provide professional experience, are great for a résumé, and fulfill the psychology major capstone experience requirement. Winthrop's Psychology Department offers PSYC 463, a three-credit course that provides psychology field experience. This class includes a seminar portion on campus and a total of 135 hours of applied work. Recent internship sites include:



- Safe Passage Sexual Assault Resource Center
- New Hope Carolinas Residential Treatment Center
- York County Department of Juvenile Justice
- Girls on the Run of York County
- Keystone Substance Abuse Services, Prevention Unit
- Carolina Pediatric Therapy
- Children's Attention Home
- Winthrop University Community Counseling Clinic
- South Carolina Early Autism Project
- The Children's School at Silvia Circle
- Winthrop University Center for Career & Civic Engagement
- South Carolina Department of Probation, Parole and Pardon
- Charlotte Therapy Associates
- York Technical College Human Resources Department
- City of Rock Hill Human Resources Department
- Union County Public Schools, School Psychology Services
- Piedmont Medical Center, Behavioral Management Unit
- Wellstone Center





## Teaching Assistantships—Dr. McKemy

Are you aware that once you complete a course (preferably with a good grade), you can request to be a teaching assistant under that professor? Even I didn't know about this opportunity until a student approached me about it five years ago. She was interested in teaching in graduate school, so she wanted some experience. So she assisted me in Abnormal Psychology one fall and did so well that the following spring when I ended up in the hospital with my misbehaving gallbladder, Dr. Prus hired her to teach while I was in the hospital. I've also had students assist me in teaching Theories of Personality and Psychology of Aging.

You don't actually have to teach in order to assist. You can perform any number of tasks depending on what you want to do and what the professor needs done. For instance, I've had teaching assistants who ran study groups, helped grade tests, helped students develop presentations, set up service learning sites, develop class activities, and help students understand journal articles. If you are interested in assisting with teaching, talk with a professor about doing so.



## Psi Chi

Psi Chi is an international honor society whose purpose is to encourage, stimulate, and maintain excellence in scholarship of the individual members in all fields, particularly in psychology, and to advance the science of psychology.



## Psychology Club

The Psychology Club serves all Winthrop students interested in the field of psychology by educating them about relevant current and future opportunities in the field and department by bringing together students of like interests to share ideas, concerns, and information, and by conveying their needs and interests to department faculty.

## Peer Advising



An upperclassman is hired each year to provide peer advising to freshman and sophomore psychology majors. If you are interested in learning more about providing advising, talk with Dr. Prus.

# Engage in Research—Dr. McKemy

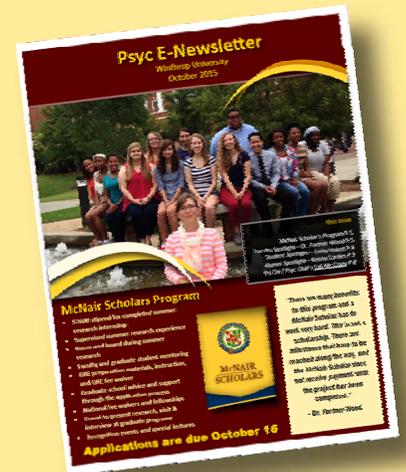
Besides doing well in classes and on the GRE, engaging in research is one of the single most important steps you can take in getting into graduate school. Not only do you get valuable research experience, you get to know your professors better, and your professors get to know you on a more personal level, which allows us to write stronger reference letters for you for graduate school.

- Approach a professor about their current research.
- If you're interested in their topic, ask if you can join their research team.
- Help in the literature review, research design, data collection, data analysis, and the research product (article, poster, or presentation).
- If you have a particular topic you would like to study, approach professors about helping you complete your own project.
- Present your research at conferences like SEPA and Big SURS.

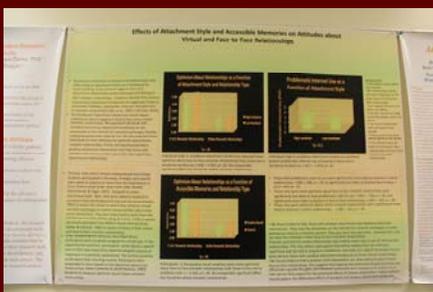
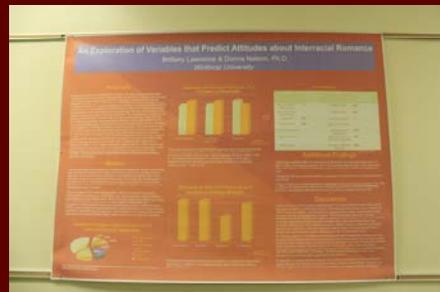
Research experience looks great on an application for graduate school, but it also strengthens your application for a job.



## Newsletter Staff



Students write and publish this departmental newsletter each semester. The newsletters cover a wide variety of articles of interest to psychology majors, including such subjects as preparing for the GRE, preparing for graduate school, upcoming events in the psychology department, job opportunities, summer research opportunities, student awards, biographies of psychology faculty, the McNair program, study abroad, psychology internships, etc. If you have an interest in writing and publishing this newsletter, and especially if you have an interest in taking photographs for the newsletter, please contact Dr. Prus.



## Newsletter Editorial Staff

- Lindsay Gaynor, Student Editor**
- Ayana Crawford, Writer**
- Cody McKay, Writer**
- Dr. McKemy, Faculty Supervisor**





**To learn more  
visit**

**[http://www.  
winthrop.edu/  
studentorgs](http://www.winthrop.edu/studentorgs)**

## **Campus Involvement—Cody McKay**

College is a time for students to find out who they truly are. This may be through academics or the social aspects within the college community. Being involved on campus is one of the best ways to build extracurricular experience that can help you develop into becoming a better leader, create connections, help others, and make memorable experiences. So, how do you become involved?

Being involved is about researching and seeing what best fits you and your interests. Gaining membership into an organization differs between each organization. The organization may have an application process, a GPA requirement, academic requirements, or just expectations that must be upheld to retain membership. Before considering how to apply to an organization, you need to think about why you want to become involved. Some reasons to get involved include: improving Winthrop's campus, becoming involved in your academic department, personal enjoyment, service, and philanthropy. If you want to help improve Winthrop's campus we encourage you to take a look into organizations such as: Orientation Leaders, Winthrop Ambassadors, Student Alumni Council, DiGiorgio Student Union, Her Campus, etc. You can also become involved in your academic department through undergraduate teaching assistantship, tutoring, through an honors society, or joining us here on the newsletter staff. There are multiple options for organizations that focus on personal enjoyment, including: Swing Dancing Club, Model United Nations, Disc Golf Club, BCM, RUF, GLoBAL, the Quidditch Team, club sports, and Taekwondo Club. On top of organizations that help Winthrop's campus and personal growth, Winthrop also has organizations that can help an individual focus on service and philanthropy whether this be from joining Greek life or by joining a service organization such as: Relay for Life, Skin Deep, ONE Campaign, SCOPE, and the Gentlemen's League. Fortunately for you, the list of organizations to join could go on forever!

Winthrop has a variety of ways for students to get involved on campus. This is more than likely due to the fact that college can be more enjoyable and much more than just academics if you become involved. Winthrop University cares for its students and wants to see them succeed. If you would like to know more visit <http://www.winthrop.edu/studentorgs>. Once you become a member of an involved organization, you will automatically be given the power to change not only yourself, but the campus and community around you.





## Community Involvement—Lindsay Gaynor

A great way to get involved is by volunteering within the community. Not only is this helpful to people in need, but volunteer work looks great on a résumé, gives you professional experience, and helps you prepare for your future career. Below is a list of volunteer opportunities in the area provided by the Center for Career and Civic Engagement. For more information on a specific location the full list is provided at <http://www.winthrop.edu/uploadedFiles/cce/VolunteerDirectory.pdf> or you can contact the Center for Career and Civic Engagement at 803-323-2141.

### Adult Enrichment Centers

<http://www.adultenrichmentcenters.org>  
359 Park Avenue Rock Hill, SC 29730  
Contact: Dee Curren, 803-327-7448

### Affinity Health Center (formerly Catawba Care Coalition)

<http://affinityhealthcenter.org/>  
500 Lakeshore Parkway, Rock Hill, SC 29730  
Contact: Denise Rivera, 803-909-6363 ext. 244,  
[drivera@catawbacare.org](mailto:drivera@catawbacare.org)

### Alexander Youth Network

<http://www.alexanderyouthnetwork.org>  
6220 Thermal Road, Charlotte, NC 28211  
Contact: Angela Sosebee, 704-362-6758,  
[asosebee@alexanderyouthnetwork.org](mailto:asosebee@alexanderyouthnetwork.org)

### Boys and Girls Clubs of York County

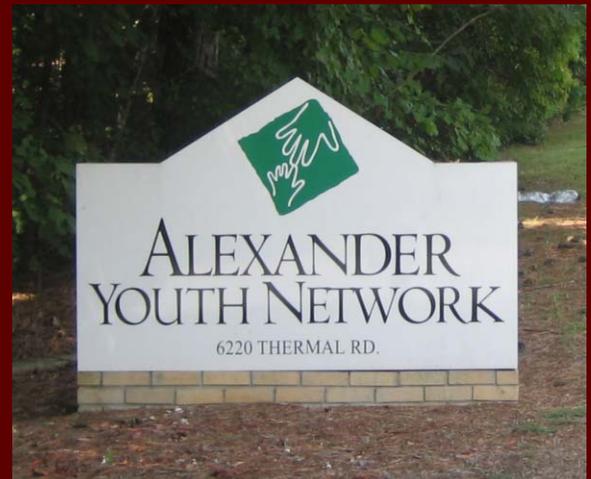
<http://www.bgcyc.org/>  
Flexible Learning Center, 1234 Flint Street Ext., Rock Hill, SC 29730  
Contact: Lisa Pratt, Director of Club Services, 803-324-7920, [lpratt@bgcycy.org](mailto:lpratt@bgcycy.org)

### Central Child Development Center

<http://ccd.rock-hill.k12.sc.us/>  
414 East Black Street, Rock Hill, SC 29730  
Contact: Sarah Lynn Hayes, 803-980-2060,  
[shayes@rhmail.org](mailto:shayes@rhmail.org)

### The Children's Attention Home

<http://www.attentionhome.org>  
P.O. Box 2912, Rock Hill, SC 29732  
Contact: Sharada Abraham, 803-328-8871,  
[sabraham@attentionhome.org](mailto:sabraham@attentionhome.org)



### **Christian Women's Job Corp**

<http://www.yorkcountycwjc.org/>  
P. O. Box 36698, Rock Hill, SC 29732  
Contact: Debbie Wieland, 803-327-6077,  
Debbie@yorkcountycwjc.org

### **Department of Juvenile Justice**

<http://www.state.sc.us/djj/index.php>  
1070 Heckle Blvd, Rock Hill, SC 29732  
Contact: Vanessa Williams, 803-909-7500,  
vselmo@scdjj.net

### **Dorothy Day Soup Kitchen**

902 Crawford Rd., Rock Hill, SC 29730 (Bannon  
Hall of St. Mary's Catholic Church)  
Contact: Beverly Carroll, 803-366-2963

### **Emmett Scott Recreation Center/C.R.A.V.E.**

[http://www.cityofrockhill.com/departments/  
parks-recreation-tourism/parks-facilities/  
emmett-scott](http://www.cityofrockhill.com/departments/parks-recreation-tourism/parks-facilities/emmett-scott)  
801 Crawford Road, Rock Hill, SC 29730  
Contact: Latoya Mayes, 803-329-5661,  
latoya.mayes@gmail.com

### **Family Promise of York County**

<http://familypromisec.org/>  
404 East Main Street, Rock Hill, SC 29730  
Contact: Jennifer Coye, 803-329-2456,  
jcoye@familypromisec.org

### **Florence Crittenton Services (FCS)**

<http://www.fcsnc.org/>  
Mailing Address: P.O. Box 36392, Charlotte, NC  
28236  
Physical Address: 1300 Blythe Blvd, Charlotte, NC  
28203  
Contact: Narria Rice, 704-372-4663,  
jlisenby@fcsnc.org

### **Fort Mill Care Center**

<http://www.fortmillcarecenter.org>  
Mailing Address: P.O. Box 1401, Fort Mill, SC 29716  
Physical Address: 818 Tom Hall Street, Suite 114,  
Fort Mill, SC 29715  
Contact: Diana Bernard, 803-547-7620/803-547-  
7850, staff@fortmillcarecenter.org

### **Girls on the Run**

[www.gotrtrcountysc.org](http://www.gotrtrcountysc.org)  
215 Whitegrove Drive, Fort Mill, SC 29715  
Contact: Sarah Heins, 803-810-0315,  
sarah.heins@girlsontherun.org

### **Head Start/Carolina Community Action**

[http://carolinacommunityactions.org/html/head\\_start\\_programs\\_.html](http://carolinacommunityactions.org/html/head_start_programs_.html)  
PO Box 933, Rock Hill, SC 29731, 138 South Oakland Avenue, Rock Hill, SC 29732  
Contact: Weyling White, 803-366-5398, wwwhite@ccainc.org



### Hospice and Community Care

<http://www.hospicecommunitycare.org>  
Contact: Becky Cnesich , 803-329-1500,  
bcnesich@hospicecommunitycare.org  
Mailing Address: PO BOX 993, Rock Hill, SC 29731  
Physical Address: 2275 India Hook Road, Rock Hill, SC 29732



### Iswa Head Start

<http://iswaheadstart.com/>  
1540 Tom Steven Rd., Rock Hill, SC 29730  
Contact: Melissa Harris, 803-917-5052,  
mharris@iswaheadstart.com

### Keystone Prevention Center

[www.keystoneyork.org](http://www.keystoneyork.org)  
199 S. Herlong Ave. Rock Hill, SC 29732  
Contact: Cathi Neesam, 324-4118,  
cneesam@keystoneyork.org

### Life Builders ESL Ministry

<http://www.life-builders.org/>  
Mailing Address: P.O. Box 36817, Rock Hill, SC 29732  
Physical Address: 434 Museum Road, Rock Hill, SC  
29732  
Contact: Bill Ragan, 803-327-6144, lifebuilders@yorkbaptists.org



### Love N Cherish Family Center, Inc.

[www.lovencherish.org](http://www.lovencherish.org)  
2199 Mt Holly Road Rock Hill, SC 29730  
Contact: Erica Roseborough, 803-327-3761,  
erica@lovencherish.org

### P.A.T.H., Inc.

<http://pathministriesofyorksc.org>  
Mailing Address: PO Box 52, York, SC 29745  
Physical Address: 204 Raille Street, York, SC 29745  
Contact: Cheryl Curtin, 803-684-3992,  
cheri\_curtin@hotmail.com



### Parent Smart/Rock Hill Family Resource Center

<http://ps.rock-hill.k12.sc.us/>  
410 E. Black Street, Rock Hill, SC 29730  
Contact: Cindy Hunt, 803-981-1557/803-981-1906,  
chunt@rhtml.org

### Piedmont Medical Center – Volunteer Auxiliary

<http://www.piedmontmedicalcenter.com/en-US/Pages/default.aspx>  
222 S. Herlong Avenue, Rock Hill, SC 29731  
Contact: Susan Malette, 803-329-6828,  
susan.malette@tenethealth.com

### Pilgrim's Inn

<http://www.pilgrimsinn.org>  
PO Box 11328, Rock Hill, SC 29731  
236 West Main Street  
Contact: Meagan Gostomski, 803-327-4227,  
m.gostomski@pilgrimsinn.org



## Project Hope

<http://www.projecthope-rockhill.org/>  
Mailing Address: PO Box 774, Rock Hill, SC 29731  
Physical Address: 411 Park Avenue, Rock Hill, SC 29731  
Contact: Bo Coleman, 803-230-3401

## Providence Care

[www.providencecanhelp.com](http://www.providencecanhelp.com)  
1736 Old York Road, York, SC 29745  
Contact: Nicci Melton, 803-610-8589,  
[nmelton@providencecanhelp.com](mailto:nmelton@providencecanhelp.com)

## Rebound Alternative Program

<http://rb.rock-hill.k12.sc.us/>  
1234 Flint Street Ext. Rock Hill, SC 29730  
Contact: Hank Hammond, 803-981-1087, [hhammond@rhmail.org](mailto:hhammond@rhmail.org)

## Renew Our Community (ROC)

<http://www.renewoc.org/>  
Mailing Address: P.O. Box 907, Rock Hill, SC 29731  
Physical Address: 119 East White Street, Rock Hill, SC  
29731  
Contact: Jean Dickenson, 803-328-0003,  
[j.dickenson@renewoc.org](mailto:j.dickenson@renewoc.org)

## Safe Passage

<http://safepassagesc.org/Library1004-1/Index.asp>  
Mailing Address: P.O. Box 11458, Rock Hill, SC 29731  
Contact: Samantha Berinsky, 803-327-7558,  
[sberinsky@safepassagesc.org](mailto:sberinsky@safepassagesc.org)

## Saint Jude's Children's Research Hospital

<http://www.stjude.org/>  
6000 Fairview Road, Charlotte, NC 28210  
Contact: Marc Mitrano, 704-554-7710,  
[marc.mitrano@stjude.org](mailto:marc.mitrano@stjude.org)

## Salvation Army

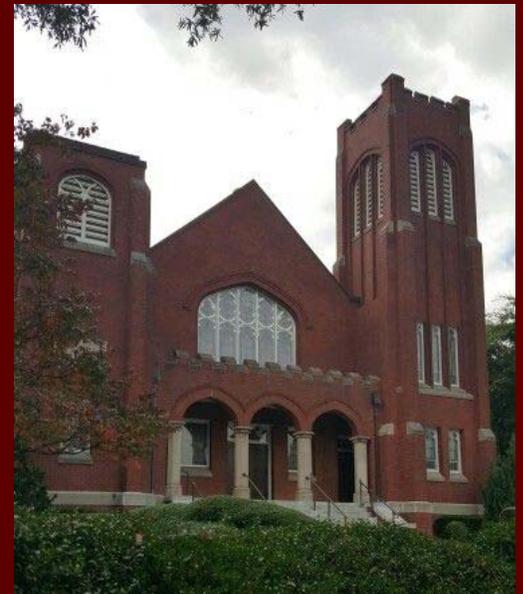
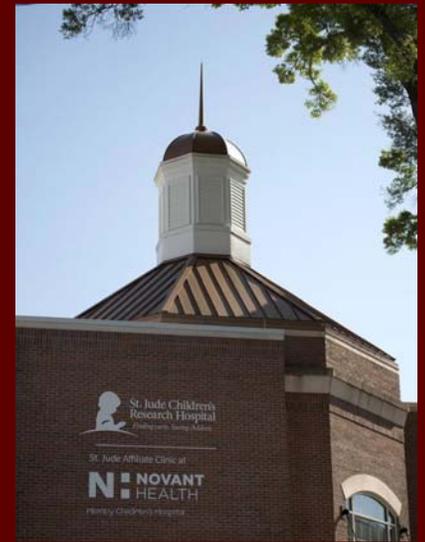
<http://www.salvationarmycarolinas.org/rockhill/home/>  
Mailing Address: PO Box 11585, Rock Hill, SC 29731  
Physical Address: 119 South Charlotte Avenue, Rock Hill,  
SC 29731  
Contact: Major John Edmonds, 803-324-5142,  
[john\\_edmonds@uss.salvationarmy.org](mailto:john_edmonds@uss.salvationarmy.org)

## SpringCroft at Ashley Park

6770 Broad Street, Charlotte, NC 28210  
Contact: Jenny Godfrey, 704-643-5091,  
[springcroftsc@carolina.rr.com](mailto:springcroftsc@carolina.rr.com)

## STAR (Student Tutorial and Recreation Program) - Oakland Avenue Presbyterian Church

<http://www.oapc.net/star.html>  
421 Oakland Avenue, Rock Hill, SC 29730  
Contact: Leslie Williford, 803-493-2306



Get Involved!

## Team Focus

[www.teamfocususa.org](http://www.teamfocususa.org)  
375 Starlight Drive, Fort Mill, SC 29715  
Contact: Stephen Hennessey, 619-335-8638

## Tender Hearts Ministries

<http://www.tenderheartsinyork.org/>  
Mailing Address: P.O. Box 634, York, SC 29745  
Physical Address: 130 Inmans Cross Road, York, SC 29745  
Contact: Ainslee House, 803-684-3131,  
[ainslee@tenderheartsinyork.org](mailto:ainslee@tenderheartsinyork.org)

## Thompson Child & Family Focus and York Place

6800 Saint Peters Lane, Matthews, NC  
Contact: Rachel Eldridge, 704-575-6739,  
[reldridge@thompsoncff.org](mailto:reldridge@thompsoncff.org)

## York County Board of Disabilities and Special Needs

<http://www.yorkdsnb.org/>  
Mailing Address: P.O. Box 549, York, SC 29745  
Physical Address: 7900 Park Place Road, York, SC 29745

## York County Christian Women's Job Corps

<http://www.yorkcountycwjc.org/>  
434 Museum Road, Rock Hill, SC 29732  
Contact: Debbie Wieland, 803-327-6077,  
[debbie@yorkcountycwjc.org](mailto:debbie@yorkcountycwjc.org)

## York County Council on Aging

<http://www.yccoa.com>  
Mailing Address: P.O. Box 11519, Rock Hill, SC 29731  
Physical Address: 917 Standard Street, Rock Hill, SC 29731  
Contact: Wendy Duda, 803-327-6694 ext. 303,  
[yccoa@comporium.net](mailto:yccoa@comporium.net)

## Youth Development - Clemson Extension (4-H)

<http://www.clemson.edu/extension/4h/>  
Mailing Address: PO Box 669, York, SC 29745  
Physical Address: 120 North Congress Street, York, SC 29745  
Contact: Margie Sippel, 803-684-9919,  
[msippel@clemson.edu](mailto:msippel@clemson.edu)

## The Youth Source

<http://youthsourcesupporters.blogspot.com/>  
Mailing Address: PO Box 3144, Rock Hill, SC 29731  
Physical Address: 1365 Ebenezer Road, Rock Hill, SC 29731

