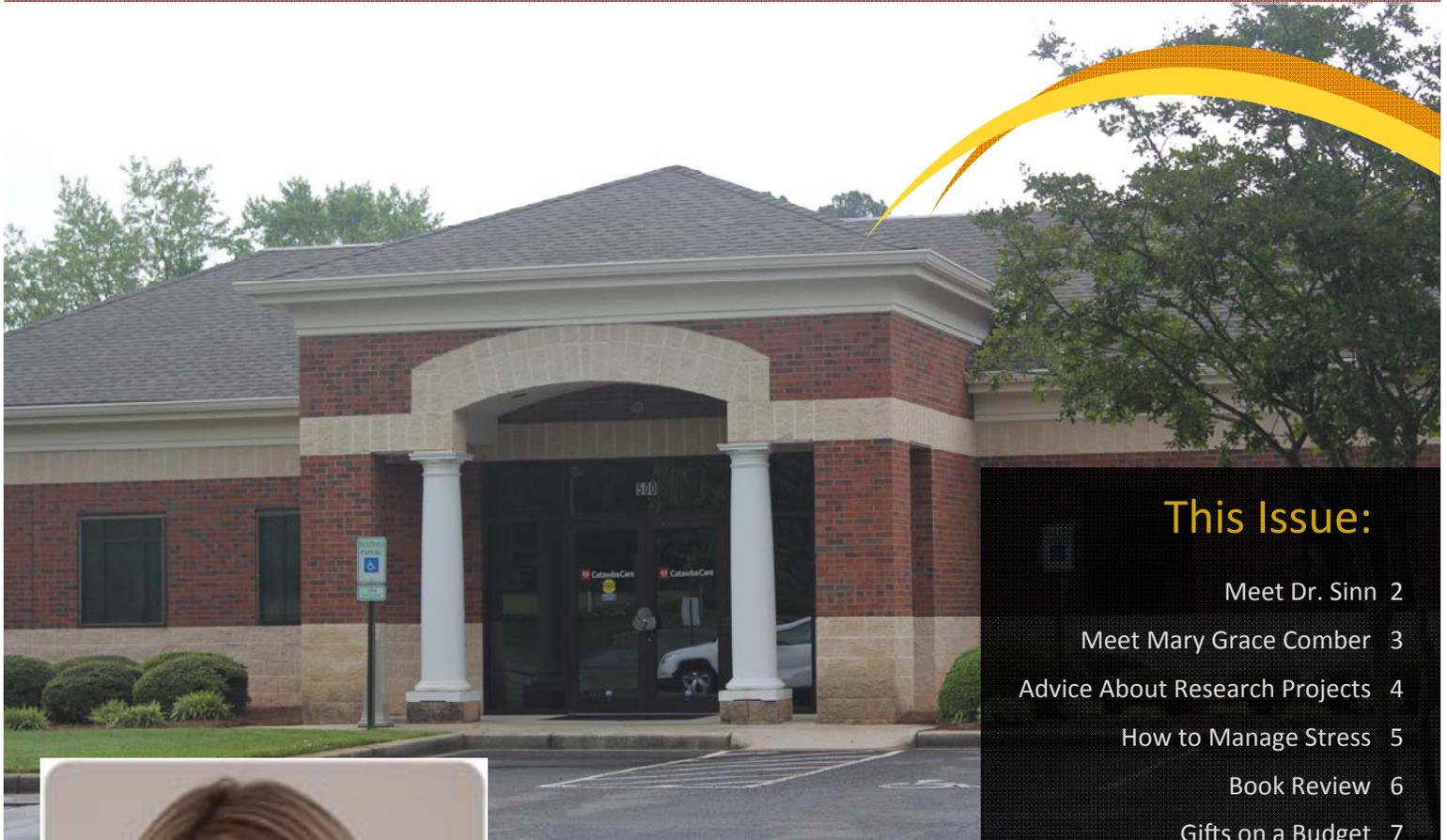


# Psyc E-Newsletter

Winthrop University Psychology Department

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## Academic Internship in Psychology

Are you thinking about doing an internship in psychology? Well, here is the class for you. The class is PSYC 463, Academic Internship in Psychology, taught by Dr. Nelson. Students taking the class earn three credits for completing field work at a pre-approved site. There are many different work opportunities, so students should be able to find a site that fits their interests. In addition to completing 8 hours of applied work per week, students participate in weekly on-campus seminar meetings.

Class assignments include presentations, group projects, weekly reflection papers and a final paper. The class meets the Department of Psychology capstone requirement. There are many benefits to completing an internship such as gaining marketable work skills and increasing self-awareness and clarity about career goals. The class is currently filled for the upcoming spring semester, but be sure to look out for it next semester!

# Meet Dr. Sinn — Angel DiDomenico



Dr. Sinn, originally from Omaha Nebraska, has taught at Winthrop for 16 years. After undergraduate work, he moved to Norfolk, VA for his graduate studies, which is when he first fell in love with the city. Though he always saw himself teaching at a smaller school, he found the perfect union living in Charlotte and commuting to Winthrop.

Dr. Sinn's joyfulness can be seen in the humor he brings to the classroom and his personal life. He enjoys swing dancing and has even taught swing dancing lessons. Adding to his joy is his involvement in a gospel choir.

At home he expresses his joy and playfulness through his interactions with his son, Tyler, and two rescue dogs. Tyler is five years old and currently playing soccer. Dr. Sinn says the most surprising thing about parenthood is that it is full of constant humor.

Currently, Dr. Sinn is working on research that examines ideology and the impact it has on political affiliation and morality. This research shows one of Dr. Sinn's most striking features, his interest in seeing the world differently.

From swing dancing to statistics, Dr. Sinn is always taking a deeper look into the way ideas are thought about. This is one reason he became interested in learning about systems theory while in graduate school. Out of all the classes he has taught, his system theory symposium course is his favorite because it gives students a chance to think about everyday concepts in a deeper way. He describes the class as, "a union between philosophy and science." With this kind of deeper understanding, along with his silly, playful personality, it is easy to see how Dr. Sinn has become an asset to Winthrop's Psychology department.

**"I am curious, idealistic,  
and joyful."**

**"Singing gospel songs  
makes it very difficult to  
be angry."**

**"I genuinely enjoys being  
wrong because those are  
the moments that really  
open a person's mind."**

# Meet Mary Grace Comber — Angel DiDomenico



Mary Grace Comber is a sophomore Psychology major who hails from Doylestown, Pennsylvania. Although she is far from home, Mary loves Winthrop and its beautiful campus. When describing her reasons for coming to Winthrop, besides the great psychology program and wonderful faculty, which she thoroughly enjoys, the campus was among her top reasons for deciding on Winthrop. She has grown to love the south and especially enjoys the southern weather and sitting on the swings every afternoon.

Since she can't spend time playing with her beloved golden retriever, Jake, she spends her free time writing songs, going to her favorite bakery, Amelie's, and being involved with RUF, the campus ministry she attends.

Though she can't answer who her favorite band is, or what her favorite color is, she can tell you that she loves instagramming pictures of her life

and that her favorite movie is Pixar's UP. According to her friends Mary quotes UP in almost every conversation, and she has even received an Ellie badge. Receiving an Ellie Badge completed one of her many goals which include graduating college and making people happy. It is easy to see how Mary makes her friends happy with her beautiful and outgoing personality. If you ever see her swinging on scholar's walk she will most likely be laughing. Her smile, which appears often, brightens up the day of everyone around her.

Mary says one of her favorites past times is to drink a cold cup of iced coffee, since she doesn't like hot coffee, and have conversations with people.

She loves getting to know new people and getting the opportunity to invest in their lives. She especially looked forward to being a sophomore this semester, since it gave her the opportunity to encourage younger freshmen.

Mary is currently in the process of declaring her Spanish minor and eventually wants to use this to work with the growing Spanish population in the country, or even to do missions work abroad.

She says her personal life experiences were what influenced her to be a psychology major. She wants to one day become a Christian Counselors. Mary's love of life and people surely inspire those who come in contact with her and explains her success in Psychology.

# Advice About Research Projects — Katelyn Boan

Are you thinking about taking PSY 302 next semester? Are you nervous about the research project? Here are some helpful hints that you may be able to use!



## 1. Narrow your topic down

This is one of your first hurdles and possibly one of the more difficult ones. You need to pick a topic you are interested in and narrow it down to a specific hypothesis. While your professor should be able to help you with ideas, ultimately it is up to you and your group to figure it out. Choose carefully, you are stuck with it for the entire semester.

## 2. Be selective with your group

If you decide to work in a group, be selective of your members. Make sure you establish member roles at the beginning of the semester and stick to them! It is important and will help everyone manage stress that comes with this project.

## 3. Plan ahead

Make sure to plan ahead. Know your deadlines and important dates. If you stick to these dates, this can also help manage your stress.

## 4. Chose reliable sources

To have some backbone to your hypothesis and project, make sure you have good sources. Take your time and search hard and long for the right ones to use!

## 5. Don't stress yourself out about IRB approval

Waiting for IRB approval is a stressful time for everyone. Try to relax, even though it might feel impossible. You have submitted everything and done all you can! Try to be patient and take a breather.

## 6. Be nice to your past professors

You are most likely going to be relying on your past professors to help you find survey takers. Once you have emailed a very professional and personal email asking them for help, and they agree, make sure you write a thank you note. This is a nice touch and takes you less than 5 minutes to do!

## 7. Don't be afraid to ask for help

We have lots of psychology resources on campus, do not be afraid to ask for help if you need it!

## 8. Read, re-read, and then read it again

Completely and carefully read everything you write for this project. This is a simple hint but very important. Nobody likes to see a misprint on a survey.

## 9. Don't be afraid to promote

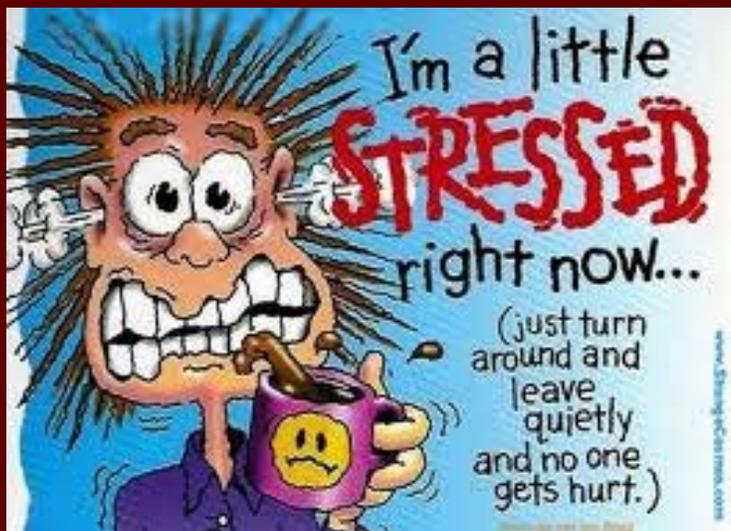
Promoting your survey is important, get it out there!

## 10. Be productive and proactive

Stay calm and be productive. Find new ways to improve your survey as well as your project.



# How to Manage Stress at the End of the Semester — Katelyn Boan



## Avoid unnecessary Stress

By avoiding unnecessary stress and events, you will be able to focus on things that you need to tackle first! This will help you put things into priority for you!

## Accept things you cannot change

We cannot be in control of everything, unfortunately. Once you acknowledge and accept this, you might face less stress. Going with the flow while being productive is usually the best things you can do for yourself.

## Exercise

Eating healthy and making time for exercise is very important when you are faced with stressful times! Working off some steam will release some endorphins and make you feel better about life in general. Eating healthy will help you stay healthy and will be less likely of becoming sick. Let's face it, being stressed and sick at the same time might be the most miserable thing in the world.

## Plan ahead

This one is simple, plan ahead. This will help you manage your time as well as your stress.

## Get enough sleep

It's hard to get enough sleep when you are stressed out, but this is important. This can keep you healthy and productive. This can also help you keep your sanity. We all know that not getting enough sleep seems to stress you out even more. So get enough sleep, and you will be less stressed!

## Look for the silver lining

Have a positive attitude! Everything will be okay in the end and YOU WILL SURVIVE!

## Learn time management

Learn how to budget your time and stick to it!

## Make time for fun

Squeeze in fun when you can!

## Make a budget

When shopping for Christmas presents, make a budget and stick to it! Money stressors for college students are terrible. Be proactive and plan ahead!

## Make time for yourself

The most important tip is to make for yourself. It is **#1** important any other time in your life, but during times of stress, it is even more important. To help you not lose your sanity, which is precious now-a-days, pencil something in for yourself. Whether it be a craft night, a pedicure, a movie night, or simply an ice cream cone, schedule something for yourself. This will help you get your mind off of things and in the end will most likely help you be more productive.

## Book Review: The Three Christs of Ypsilanti — Natalie Hyland



This is the true story of three people with schizophrenia who all believed they were Jesus Christ. It wasn't long before they stopped being polite and started acting really odd. In 1959, social psychologist Milton Rokeach wanted to test the strength of self-delusion. So, he gathered three men, all of whom identified themselves as Jesus Christ, and made them live together in the same mental hospital in Michigan for two years. Rokeach hoped the Christs

would give up their delusional identities after confronting others who claimed to be the same person. But that's not what happened.

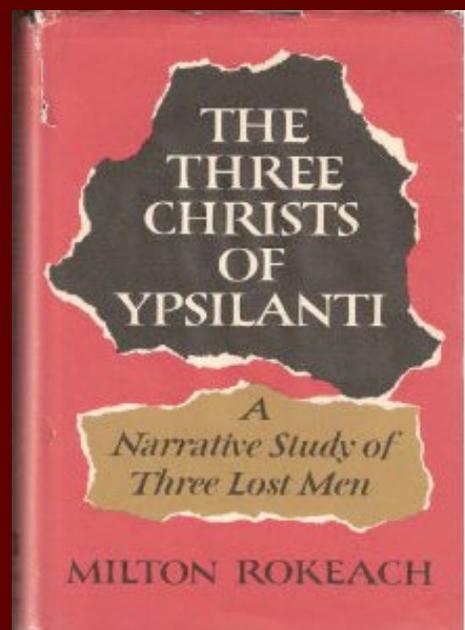
At first, the three men quarreled constantly over who was holier. According to Rokeach, one Christ yelled, "You oughta worship me!" To which another responded, "I will not worship you! You're a creature! You better live your own life and wake up to the facts!"

Unable to turn the other cheek, the three Christs often argued until punches were thrown. Eventually, however, they each explained away their conflicting identities. One believed, correctly, that the other two were mental patients. Another rationalized the presence of his companions by claiming that they were dead and being operated by machines.

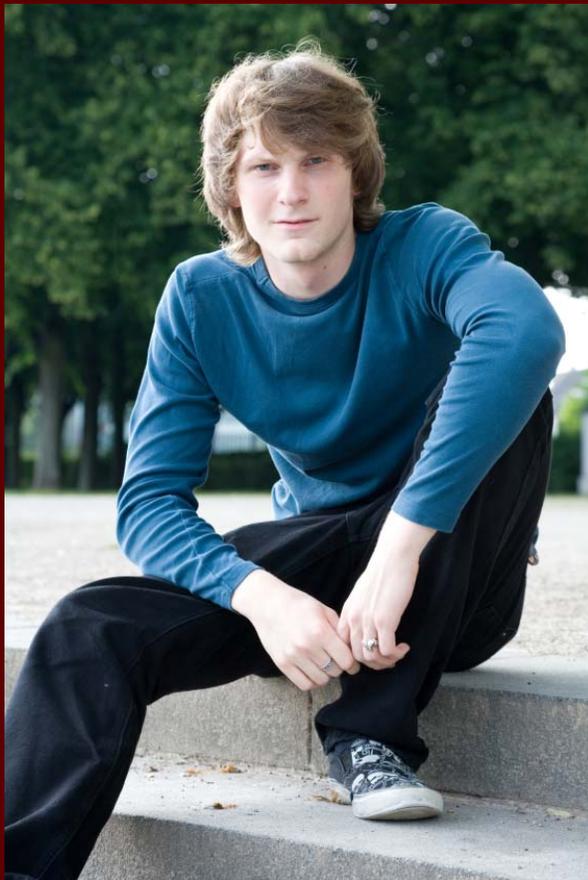
But the behavior of the three men isn't even the most bizarre part. Far stranger was the way Rokeach tried to manipulate his subjects. As part of the experiment, the psychologist wanted to see just how entrenched each man's delusions were. For example, one of the Christs, Leon, believed he was married to a person he called Madame Yeti Woman, a 7-ft.-tall, 200-lb. descendant of an Indian and a jerboa rat. So, Rokeach wrote love letters to Leon from Madame Yeti Woman. They contained instructions, requesting that Leon sing "Onward Christian Soldiers" during group meetings and smoke a certain brand of cigarettes. Leon was so touched by the attention from his make-believe wife that he broke into tears upon receiving the letters. But when the Yeti Woman asked him to change his name, Leon felt as though his identity was being challenged. He was on the verge of divorcing his fantasy spouse when Rokeach finally dropped that part of the experiment.

At the end of their two-year stay, each man still believed he was the one and only son of God. In fact, Rokeach concluded that their Jesus identities may have become more embedded after being confronted with other Christs.

Twenty years later, he renounced his methods, writing, "I really had no right, even in the name of science, to play God and interfere around the clock with their daily lives."



# Gifts for Him and Her on a Budget — Natalie Hyland



**DVDs:** Besides popular movie DVDs, you can consider fitness DVDs as the Christmas gift for him.

**T-shirts:** Gift him a designer t-shirt. Priced \$20 and up, there are websites, which also feature handmade custom designed tees to create unique gift for him.

**Games:** Indulge in his enthusiasm for gaming this Christmas. Consider popular games like Super Mario Bros, Halo 3, Call of Duty: Modern Warfare 2, and many more.

**Male fragrances:** Fragrances will help him to remember your presence whenever he uses it. Fragrances can create a very romantic ambience.

**Gadgets:** You can also consider utility electronic gadgets like a flash drive, automobile GPS unit, bluetooth enabled MP3 player sunglasses; eBook readers like Amazon Kindle or nook, and many more.

**Food:** Food gift certificates are something you can consider to win his heart. Let him choose his favorite cuisine and preferred delivery date. These certificates will surely constitute great gift for any man.

**Jewelry:** Nothing can be compared to jewelry as gift for him. Bracelets, rings, cufflinks and pendants are among the more popular choices.

**Jewelry** is always the best gift for her. If you are not intended to spend a big budget, a charm bracelet is a good option.

**Flower vases** are perfect for women who love the elegant life.

**Candle holders** are suitable for the woman who is romantic. Check out your local bedding store for some great **luxury bed accessories**. It's literally nearly impossible to go wrong with this.

**Photo Frame.** Get her a digital photo frame or a digital key chain, and place your photographs in it beforehand.

**Teddy bears:** They just never go out of fashion. Choose a size and color appropriate for her room.

**Handbags** can be a great gift idea for her but only if you get the right design and the right style of bag.

My personal favorite gift for anyone is to **make something**. Go to [Stumbleupon.com](http://Stumbleupon.com) and search crafts or [Google crafts](http://Google.com) for your significant other. You can use whatever you have around your house and create something special for that someone special!

