

PSYCH E-NEWSLETTER

Winthrop University Psychology Department
October 2013



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What's going on in Winthrop's Psychology?

With Halloween quickly approaching, there is quite a bit of buzz going on in the Psychology department as midterms have come and gone and our senior prepare for graduate school application season. To get into the spirit, the psychology club is offering upcoming workshops to help students prepare for GRE and providing tips for getting into graduate school and prepare curriculum vitae, so be on the lookout. Many of our majors have been busy conducting research and preparing to present at various national conferences such as SEPA (Southeastern Psychological Association Conference), participating in many impressive internships, and assisting in a self-assessment of the psychology department. We also have many faculty publishing interesting research in the field. Be on the lookout for more details in November's issue!

FACULTY SPOTLIGHT

Dr. Cheryl Fortner-Wood



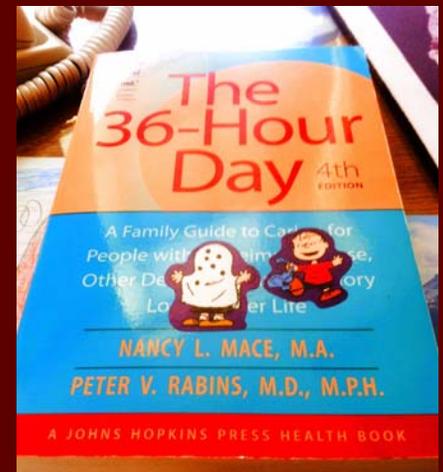
Dr. Fortner-Wood describes her niche in the field of psychology as developmental, however her focus is in higher education. Dr. Fortner-Wood obtained her PhD in Child Development and Family Studies at Purdue University. When asked why she got her degree, Dr. Fortner-Wood responded, “I knew I wanted to be Dr. Fortner.” Dr. Fortner-Wood also explained that she always wanted to be a mother, and she felt that getting a degree in Child Development would make her a better parent.

Dr. Fortner-Wood chose Winthrop University as her academic home for many reasons, describing her first visit as an “irrational gut-feeling that she was in the right place”. Dr. Fortner-Wood has also

fostered relationships in the community, volunteering as a grant writer at “Renew Our Community” a local non-profit organization that helps those who are unemployed, serving as a witness at contested adoption cases.

Dr. Fortner-Wood isn’t all work and no play however. She also enjoys spending time with her two boys. They love to enjoy music together, especially Mackle Moore (because that’s what her kids are currently into).

When asked what book she had read that made her want to meet the author, she replied The 36-Hour Day by Nancy L. Mace and Peter V. Rabins. On her personal copy, two weathered Charlie Brown stickers, remnants of her mother’s battle with Alzheimer’s disease, cover the words “Alzheimer’s” and “Dementia,” because at the time, she had not yet broken the news of the disease to her mom, and she didn’t want the title of the book to clue her in until the time was right. Dr. Fortner-Wood would thank the authors greatly for all of the guidance the book provided through such a difficult time.



McNair Scholars Program

Dr. Fortner-Wood directs the prestigious and competitive Ronald E. McNair post baccalaureate Achievement Program. It prepares first generation, low-income, and underrepresented undergraduates to be successful in PhD programs by providing research and other opportunities as well as financial support throughout the graduate admissions process. Winthrop's program includes, but is not limited to, a summer research experience, workshops, GRE and graduate school application preparation, and travel to present research and explore graduate programs.

APPLICATION DEADLINE - Friday, November 1, 5p.m

Applications can be found at <http://www.winthrop.edu/mcnair/default.aspx?id=28621>.

Or you may contact Dr. Fortner-Wood at (803) 323-2125

Advice to a new professional in today's world of psychology

“Never apologize for keeping family as your first priority.”

ALUMNI PROFILE

Amanda Patterson In Nigeria

"I remain confident of this: I will see the goodness of the LORD in the land of the living." Psalm 27:13

Amanda Patterson, a 2012 alumna who graduated with a BA in Psychology, describes her goal after graduation as doing mission work, instead of continuing in graduate school. Amanda decided she wanted a change and an opportunity to "get my hands dirty" She is currently raising support to do work in Jos, Nigeria, in Grace Gardens, a safe home, doing informal counseling, mentoring, teaching, and outreach to local brothels. She anticipates a difficult yet rewarding experience working "with women who have been brought up with so many lies about who they are and what they are capable of, in a society that is harsh and corrupt." Amanda is passionate about making a difference in the lives of others, especially those who have no idea how important and valued they are. - Angel DiDomenico



To find out more about what Amanda is doing, please visit her blog at <http://amandainnigeria.com/>

What was your goal when you graduated: I have long had a passion for long term overseas mission work. I just wasn't sure exactly how I was going to go about it.

Where are you now? Right now I am balancing working at an art center in Atlanta and raising support to serve to years in Jos, Nigeria, serving girls and women coming out of prostitution and trafficking.

What made you choose the path you have taken? My passions include walking alongside people who are hurting, especially those often overlooked, and helping bring out gifts they may not realize they have. Just by that desire, I knew I probably wasn't going to get a job doing that right away...at least not without going to grad school. And after being in school for 12 years, I wanted to get out of the setting I was used to, get my hands dirty, and pursue this crazy dream to serve people.

What are your current goals/plans? I am raising financial and emotional/prayer support so I can live and serve at Grace Gardens with women who have been brought up with so many lies about who they are and what they are capable of, in a society that is harsh and corrupt. I can't do this alone, so I'm asking people to join me in making a difference in the lives of these girls and women who desperately need to know they are loved and valued by God. My goal is to be fully funded by May of 2014. That means I'm meeting with friends and friends of friends, churches in the area, and basically anyone who will listen to what I'm trying to do!

What advice would you give to current students regarding life after under undergraduate? Really run after what you're passionate about; don't compare your path to other people. Keep learning/researching about your field of interest, get to know people who are already doing what you want to be doing, and know that it's ok to not have your life together. Whether they show it or not, everyone is still trying to figure this whole "adulthood" thing out.

Student Spotlight

Symone Calhoun

Symone Calhoun, a senior psychology major, reflects on being at Winthrop. Originally from Cayce, South Carolina, she pondered where to go to college. She wanted a change of scenery, but she also wanted to stay in South Carolina. Winthrop was the perfect choice because of its beautiful campus, wonderful psychology program, and its supportive faculty. Winthrop was the only college Symone applied to, proving her desire to become an Eagle.

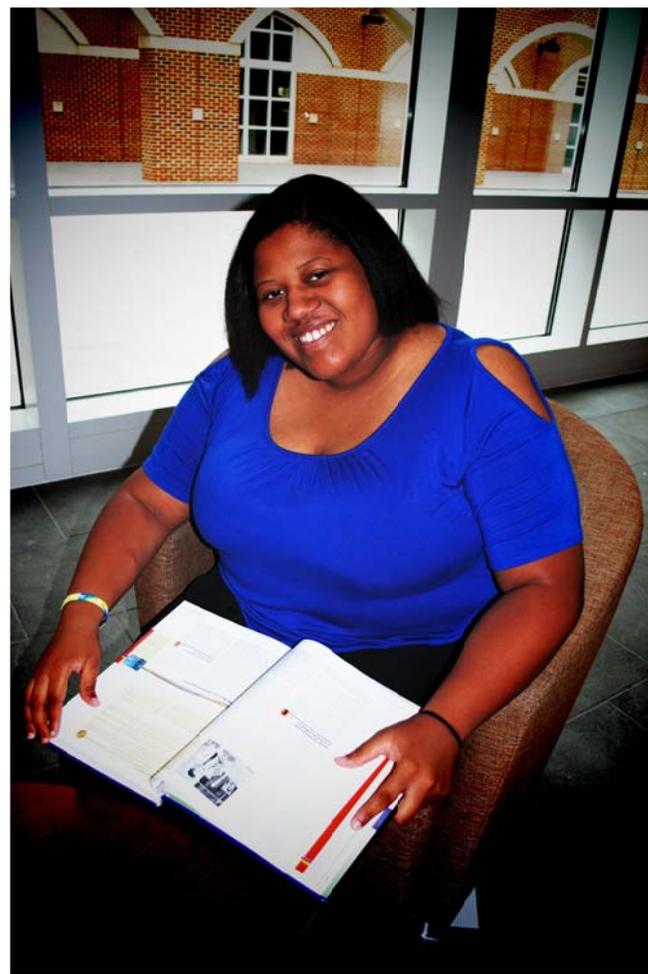
Her senior year of high school was an important time in Symone's life because she was introduced to psychology. She took an AP course in psychology and realized it was her passion. She loves giving advice and helping strangers, friends, and family.

During Symone's downtime, she loves to go to the shopping mall. She enjoys watching *Law and Order: SUV* to take her mind off the stresses of schoolwork. Born an only child, she enjoys spending quality time with her friends.

She has fallen in love with Winthrop University. She has nothing but wonderful things to say about the psychology department. Throughout her stay at Winthrop, every psychology professor has influenced her even if she never had their class. The support from the professors helped with her academic success.

During Symone's senior year at WU, she completed an internship at the York County Department of Juvenile Justice. Her tasks include observing evaluations, scoring assessments, and managing case files. But talking to the children and teens has been her favorite experience. She decided to complete an internship because it would give her a variety of experiences, including an office setting and one-on-one contact with clients. If she had to offer advice to another Winthrop student it would be to complete an internship. She finds it an invaluable experience.

After graduating from college, Symone plans on attending graduate school to pursue her education. Her goal is to become a clinical psychologist, and hopefully overtime open her own practice. We all wish you good luck, Symone Calhoun!



Graduate School



Now or Later?

Although many students decide to apply to graduate school during their senior year and enter a program immediately after receiving their bachelors degrees, others may opt to first gain experience and financial stability by entering the workforce or an internship position before entering graduate school. Others may decide to do both part-time. Many graduate programs offer courses in the late afternoon, evenings, and even on weekends in order to fit the schedules of working professionals. Nonetheless, you should keep in mind that progress toward an advanced degree will be faster if you decide to enroll in a full-time degree program.

Common Reasons to attend Graduate School

- You welcome the intellectual challenge and are intrinsically interested in the subject matter
- An advanced degree is helpful or may be required to find employment in your desired field
- An advanced degree may help you to do your job more effectively
- An advanced degree may lead to advancement in your field or entry into a new field

Word to the Wise

Applying to graduate school for vague reasons like "I don't have anything else planned," or "My friends are all heading to grad school" or "Why not hang around campus for another year or two?" will probably not motivate you through one to two years of challenging study. If you plan to attend grad school, you must be prepared to work hard. It's a big commitment.

Graduate School Timeline

Summer (prior to senior year)

- Begin personal statement
- Begin researching programs you're interested in and important information about each.
- Begin a draft of your C.V. (Curriculum Vitae).
- Take the appropriate standardized test.
- Research potential fellowships you may apply for.

September

- Meet with faculty mentors for recommendation letters.
- Obtain forms and materials needed to apply
- Attend more graduate school fairs

October

- Write and revise and writing or research samples you intend to submit with your application.
- Complete and submit applications with early deadlines.

November

- Submit transcript requests to Registrar's office.
- Submit applications with December or January due dates.

<http://careers.umbc.edu/gradpub/2.timeline/index.html>

WEBAS

Web-Based Academic Support for Winthrop's Psychology Majors

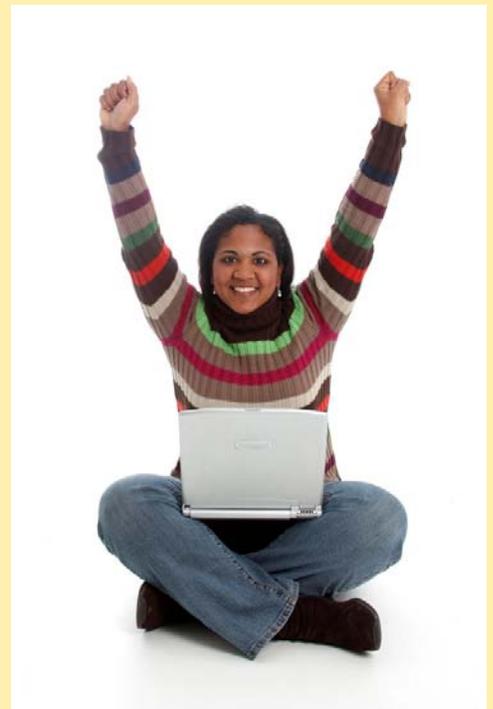
When you're asking all sorts of questions and can't find the answers, remember you have so many resources at your fingertips. In addition to checking with advisors, professors, and the all-knowing Linda Mason, check out <http://faculty.winthrop.edu/armisteadl/webas/index.html> for a plethora of information.

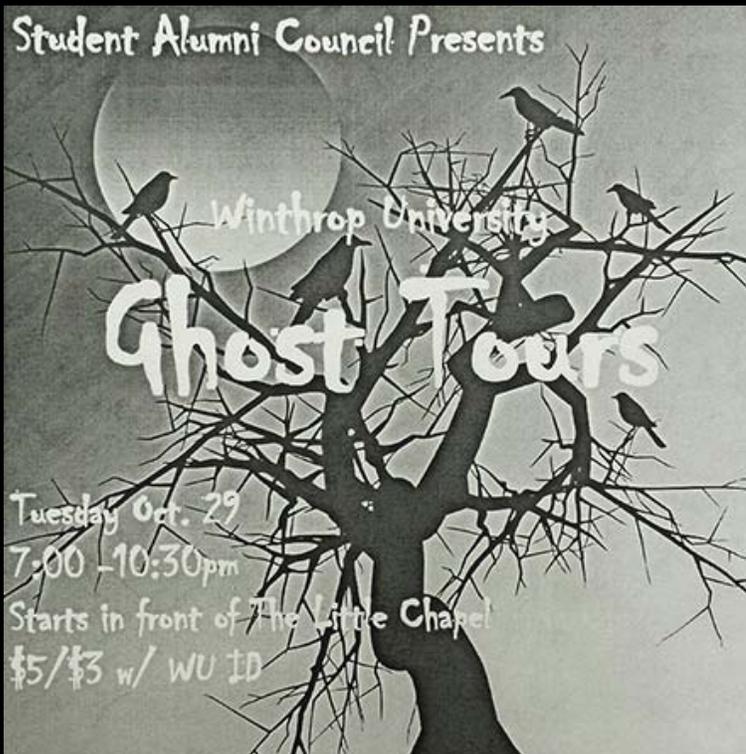
Topics Include

- Success in College
- Reminders About What You Learned In PSYC 101
- Reminders About What You Learned In PSYC 301/302
- Success In Upper Level Courses
- How To Write Papers For Psychology Classes
- How To Use (And Not Use) The Internet For Course Assignments
- Becoming A Critical Reader of Popular Press and Media Stories Involving Psychology
- Where to Find Credible Information on the Web
- Science And Pseudoscience In Psychology
- Becoming A Critical Reader Of Psychology Articles.
- How To Prepare An Oral Presentation For A Psychology Class
- The Use And Misuse Of PowerPoint For Oral Presentations
- Resources For Undergraduate Research
- Resources for Personal Productivity, Wellness, and Effectiveness
- Academic Honesty And Ethical Behavior In Psychology
- Internships, Volunteerism and Service Learning
- Advising, Course Selection, Registration
- Careers In Psychology and Human Services
- Marketing Yourself to Employers
- Graduate School
- Blogs for Psychology Majors
- Resources for the Teaching of Psychology



WEBAS





Important Dates

October 31

Psychology Club Halloween Trivia

November 1, 5pm

McNair Application Deadline

November 6

Registration begins

Important Reminders

- Psi Chi has awards and travel grants for any member wishing to attend SEPA or any other professional conference. The details are available on the Psi Chi website or email Dr. Collins at collinst@winthrop.edu
- The APA is now accepting submissions for their upcoming conference! The proposal deadline is December 2, 2013
- The APS is now accepting submissions for their upcoming conference! December 1, 2013 is the deadline for symposium submission and January 21, 2014 for poster submission.
- NCUR is now accepting submissions for their upcoming conference. The deadline for application and abstract is December 6, 2013 11:59pm ET.
- Study Abroad is a rewarding experience you may not want to miss out on! Visit www.winthrop.edu/international/studyabroad for more details or contact of study abroad liaison, Dr. Collins at collinst@winthrop.edu
- There are GRE prep resources available in the psychology department main office!

Don't miss out on the Psychology department's annual Halloween trivia!

Join us Thursday, October 31, during common time in Kinard 102 for tricks, treats, and trivia. Cash prizes for the winners!

HAPPY HALLOWEEN

Coming in November

- Research Spotlight!
- More graduate school tips!
- Interview and advice with other alumni!
- What are they doing in Graduate Statistics?

And more!

