

Psych E-Newsletter

Winthrop University

October 2014

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Alumni Spotlight—Danielle Silberman

By: Kelsey Doucette

What are you doing now that you've graduated?

I am attending graduate school at Winthrop.

What are you pursuing for your graduate degree?

I am pursuing a Masters degree in Social Work, and I plan to graduate in May 2016. Once I graduate, I plan to work with children and families. I am not exactly sure which aspect, yet!

What kind of careers are options with this degree?

With an MSW, there are countless career options! This degree is extremely versatile, allowing you to work with many different populations.

Tell us why you chose the career path you did.

I chose to pursue a Masters degree in Social Work after I earned my BA in Psychology because I needed a marketable degree that would allow versatility in my career. I always knew I wanted to be in a helping profession, I was just not sure which one. An MSW will give me the opportunity to explore my options in human services.

What advice would you give others wanting to follow your career path?

Keep an open mind and expose yourself to hands on experiences that you are not familiar with, but interested in. Volunteering at different agencies opened my eyes and allowed me to channel my passion for helping people into a future career.

Do you have any tips for students interested in/applying to graduate school?

Start as soon as possible! Look at different graduate programs and start applying. Also, use the resources on campus! They were extremely helpful for me while I was applying to graduate school.



Class of 2014

Faculty Spotlight

By: Kelsey Doucette

I recently had the opportunity to sit down with Dr. Brown and talk about her life and who she is as a person. This is what I learned.

How did you get interested in Psychology initially?

When Dr. Brown was younger, her mother worked as a pediatric nurse. She spent a lot of time helping out in the hospital and soon found that she enjoyed being around the babies. Originally, she wanted to go to medical school to be a perinatologist. However, she found out about developmental psychology and did her undergraduate degree in psychology at University of Massachusetts Amhurst.

What was your most interesting class in college and why?

This sparked an interest in Dr. Brown. She mentioned finding her developmental psychology class, infancy class, and African American studies class interesting.

What classes do you teach here at Winthrop?

Although Dr. Brown's classes taught changes from semester to semester, she is currently teaching introduction to psychology, developmental psychology, racial and cultural identity, and HMXP. She is hoping to introduce a parenting and infancy class to Winthrop in the future.

Are you currently doing any research or projects?

Dr. Brown is currently working on a program for young parents at Winthrop. She is conducting interviews with young women and men who are seeking support and discussion on the challenges of being a young parent. She hopes to start a student support group to give these young parents a place to communicate with people going through the same thing. She also works with Early Headstart and Headstart, primarily with family engagement. This program focuses on a child's life holistically to make sure they are properly prepared for school.

We know you love spending time with your students, but what do you like to do outside of teaching in your free time?

Dr. Brown has a 10 year old son, Jaxson, with whom she spends a lot of her time.

She and Jaxson love watching a good movie with popcorn and, of course, their dog Charlie Brown! She is also involved in a mother's group in Charlotte, the South Charlotte Jack and Jill of America Inc., which focuses on showing their children the variety in life. The group often gets together and takes their children to the court house, the white water center, etiquette classes, service learning activities, and skiing! Additionally, Dr. Brown is part of a monthly book club that gives her a much needed break from reading papers!

Why did you end up settling here at Winthrop? What is your favorite thing about Winthrop?

Dr. Brown moved from California to North Carolina because of the mix of weather! She was given an opportunity to work at Winthrop and took it because of the huge sense of community...and the students! She feels gifted with students that are seeking guidance and loves to help anyone in need!



Fun Facts:

- 1. Dr. Brown is a cradle to grave Catholic.**
- 2. She was involved in competitive ballroom dancing.**
- 3. To relieve stress in graduate school, she took up body building, and got quite good at it!**

Student Spotlight—Evelyn Demartelaere

By: Thomas Edwards

Your time as an undergraduate is not only about developing as a person but also about choosing your desired field of study. What we decide to major in and eventually do for a profession can, and often does, change in our undergraduate career.

One such student, senior Evelyn Demartelaere, was led by her minor in Psychology to make the switch to a Psychology major last summer. There was no “too late” for her to declare a major that she found truly inspiring.

Originally from Fort Mill, attending Winthrop allowed her to stay close to her friends and, most of all, family. She wants to use her undergraduate studies to pursue a career as a health psychologist, working with either children or the elderly. I asked her a few questions, and she responded below.

When did you decide to major in psychology?

I actually just changed my major to psychology. It was my minor, but I decided to make it my major this past summer.

What areas within psychology interest you?

The main area of psychology that interests me the most is health psychology, but I do find abnormal, racial ethnic identity development, and social psychology particularly fascinating.

How do you think your classes now will prepare you for your future career?

I think my classes have given me the stepping stones to have a successful career. They have given me the tools and knowledge to succeed, but I believe that it is the tough hands-on experience that will truly help me have a successful career.

Have you done any specific volunteer or internship work in psychology?

I have not yet volunteered or had an internship in the field of psychology. When the opportunity presents itself, I will definitely participate!

Ok, you have to choose one or the other, not both! Nurture or Nurture?

Nurture, I believe, has a huge impact on people since people can be taught to fear things that may not be a real threat, such as other groups of people. Even though they aren't really dangerous, people may be fearful of them because they were raised to fear them.

Any faculty members you would like to give a shout out to?

It would have to be my advisor, Dr. Brown. I had her for developmental psychology and racial, ethnic, identity development. She is an excellent professor, and she is one of the reasons I chose psychology as my minor to begin with. Now I'm really happy to have it as my major!



“Nurture, I believe, has a huge impact on people since people can be taught to fear things that may not be a real threat, such as other groups of people.”

We welcome Evelyn as a Psychology major and offer our resources to her professional pursuits!



McNair Scholars

By: Kelsey Doucette

The McNair Scholars Program is an opportunity for first generation, low-income, and underrepresented undergraduate students who are interested in pursuing a Ph.D. to obtain research experience and financial support through the graduate admissions process.

Winthrop offers students summer research experiences, workshops, GRE and graduate school application preparation, and the chance to travel and present research. This program is made possible by a five year renewable TRiO grant from the U.S. Department of Education.

Each year 30 students are selected to participate in the program.

If you are interested in applying, visit <http://www2.winthrop.edu/mcnair> or contact the director of the program Dr. Fortner-Wood at fortner@winthrop.edu.

**Applications are due
October 24**

Why Apply?

- \$2600 stipend for completed summer research internship
- Supervised summer research experience
- Room and board during summer research
- Faculty and graduate student mentoring
- GRE preparation materials, instruction, and GRE fee waiver
- Graduate school advice and support through the application process
- National fee waivers and fellowships
- Travel to present research, visit & interview at graduate programs
- Recognition events and special lectures

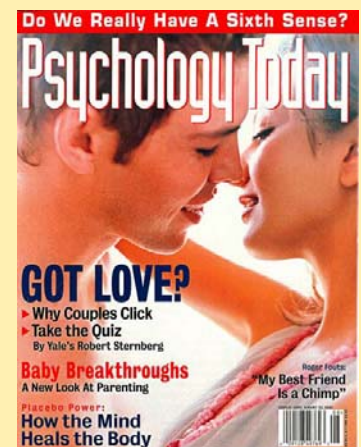
WEBAS By: Chandler Cox

The Psychology Department's best kept secret is WEBAS: Web-Based Academic Support for Winthrop Psychology Majors. WEBAS is an online database with all the tools necessary to be a successful psychology student. Included in this database are study tips, review materials, APA checklists, information on academic internships in psychology and much more, all written by Winthrop professors in the psychology department! WEBAS also includes a course catalog for psychology majors and a degree checklist to prepare you for course selection before you even meet with your faculty advisor. WEBAS also has advice for applying to graduate programs in psychology and where you can sign up to take the GRE (Graduate Record Exam). Here you can also find resources to improve your resume and cover letter to help you land your first big job as a psychology student!



Topics in WebAS

- 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



Psychology Internships

Psyc 463, Academic Internships in Psychology, is a wonderful way to explore real world psychology while also earning credit toward graduation. An internship is one of three possible options for completing the senior capstone course requirement. Here is a partial list of places students have completed internships.



Children's Attention Home: Abused and / or neglected children up to age 17 are housed, schooled, and protected until they can be placed in foster homes.

Hospice Community Care: Intern works with a number of counselors and psychologists in individual, family, or group activities aimed at helping survivors and caretakers of terminally ill patients.

Sexual Assault Resource Center (Safe Passage): In-patient temporary housing and counseling (family, Group, and individual) for sexually abused individuals and their minor children.

York Catawba Mental Health, Adult Center: Intern works with counselors and social workers on various skills learning activities, including social interactions, communication, Activities of Daily Living. Patients in this site typically present with serious clinical and mental disorders.

York County Board of Disabilities: Work with youth and adults with mental retardation or other forms of disability under the supervision of a school psychologist or a related professional.

Carolina Pediatric Therapy: Work with children with various disabilities under the supervision of occupational and speech therapists;

Lancaster Mental Health, Adult: Intern works under supervision of a counselor with adult clients with severe mental disorders in skills training activities and projects; Intern may also do individual research projects.



Lancaster Mental Health, Child: Intern works with a school counselor supervisor in outpatient facility or in schools with troubled children, their family and their teachers.

Piedmont Medical Systems (Behavioral Medicine Unit): Interns work with psychologists, counselors, social workers, and nurses in a modern psychiatric ward with adult and adolescent psychiatric patients.

New Hope Carolina: Work with behaviorally, emotionally, and mentally troubled adolescents. Some of what an intern may be asked to do are conducting group therapy of different kinds, individual therapy, training students one on one, engage in

research, and be a liaison in inter-institutional interactions.

Springs Recovery Place: Intern works with professional counselors to help outpatient and inpatient clients recover from alcohol and substance abuse and dependency.



For additional information or to apply for an internship, contact Dr. Nelson.

Psychology Club and Psi Chi By: Chandler Cox



The Psychology Club and Psi Chi are now accepting new members!

Anyone interested in the field of psychology is eligible to join the Psychology Club. 'Psych Club' usually meets once monthly during common time. Members of Psych Club have performed volunteer service, held trivia games (with prizes!) and even held a movie night in the past. Students can also discuss advancements in the field with other students and current faculty. Members are accepted all year long, and you don't have to be a psychology major to join. There is a one-time fee upon joining the club. While the first meeting hasn't been announced yet, announcements are generally dispersed over the student listserv and the bulletin boards on Kinard's first floor. This year's President is Sara Tennant.

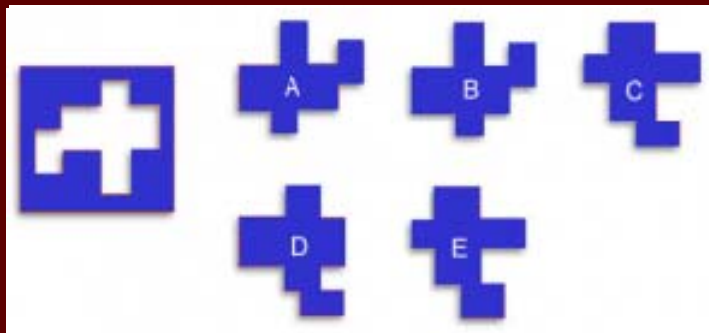


Psi Chi is an international honor society for psychology majors high in academic achievement. Students with GPA eligibility are contacted via email with the application information. Selected students are invited to apply for membership once in the fall and then again in the spring. There is a one-time fee due at the time of application. Psi Chi meets with the Psych Club, usually once a month.

Interested students can contact the faculty advisor, Dr. Reiland (reilands@winthrop.edu) for an application. Some applications will also be posted on the bulletin board outside of Kinard 135.

Brain Teasers and Comics

Teaser #1 Let's work your occipital lobe! Which piece fits the cutout?

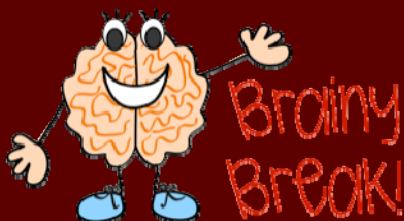


Teaser #2 This one will test your memory and thinking skills in your frontal and temporal lobe!

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. What fruit has its seeds on the outside?
4. Only three words in Standard English begin with the letters "dw" and they are all common words. Name two of them.
5. Name the one vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.

Teaser #3: How good is your mental imagery?

How do you cut a cake into eight equal pieces with only three cuts?



Answers: 1) (c, 2) boxing; Niagra Falls; strawberry; dwarf, dwell, and dwindle; lettuce, 3) Use two cuts to cut the cake into 4 equal pieces. Use your third cut to cut the 4 pieces in half horizontally.



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