

Psyc E-Newsletter

Winthrop University Psychology Department
September 2012



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"The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn."

-Alvin Toffler

Psychology Department

The Winthrop University Department of Psychology is committed to helping all students achieve their goals whether it be pursuing graduate or professional school, working in health or human services, using psychology as a base for a career in business, law, medicine, or other professional field, or simply attaining a well-rounded liberal arts education. We offer an outstanding undergraduate program in psychology as well as a nationally recognized graduate program in School Psychology.

We are a department large enough to offer a range of courses and experiences, but small enough to provide students with opportunities for individualized attention and experiences, including research, community service, internships, co-ops, and peer leadership. Our department encourages collaboration among students as well as among faculty and students.



Meet Dr. Tara Collins—Natalie Hyland

Why did you into Psychology?

As an undergraduate I had several great professors that introduced me to the science of Psychology. I was intrigued by the research process and wanted to become a professor to share my passion for psychological research with others!

If you could have any super power what would it be?

Flying, when I was younger I would always have dreams that involved running and then flying like super Mario brothers, it was awesome.

What do you like to do outside of teaching?

Is there life outside of teaching?? I enjoy cooking (I am vegetarian), music (especially punk!), art (especially modern), and watching documentaries (especially on socio-cultural issues).

Have you ever considered a job besides the one you have? If so, what was it and why?

I was fortunate to have figured out what I wanted to do pretty early in college. When I was very young, I wanted to be a psychologist, not that I had any idea what that was, I just thought it sounded cool. Then I wanted to be a medical doctor, until I realized that I never wanted to dissect anything (again, I am vegetarian). So I guess a Ph.D. in Psychology was the next obvious choice?



If you could visit anyone in the past who would it be and why?

Vincent van Gogh, because he is one of my favorite artists. I think it is sad that he was never able to enjoy his success (he only sold one painting when he was alive), so I would let him know that it gets better!

What is your favorite quote?

"I can has cheezburger?"

Do you have any advice for students?

Get involved, have fun, use college as a tool for exploring the topics that you find interesting, challenge yourself!

I love teaching statistics! I think statistics are fun and it is my goal to convince others of this as well!

The Basics

Education

Ph.D. Social Psychology
University of Kansas

M.A. Psychological Research
California State University, Long Beach

B.A. Psychology and Sociology
California State University, Long Beach

Contact Information

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Teaches

- Introduction to Psychology
- Psychology as a Discipline and a Profession
- Statistics
- Research Methods

Interests

- Close Relationships
- Sexuality
- Attachment
- Aggression

Review of Psychology Classes—Angel DiDomenico

Wondering what psychology classes you should take while at Winthrop? See what other students have to say about their classes and professors.

Psychology 302 Research Methods with Dr. Hayes

Mary Comber, a Psychology major sophomore says that her favorite part of the class is applying statistics to the research process. She describes the content of the class as planning for, designing, and conducting a research project. When asked what she would change the class she said “picking a topic and allow more time for solidifying an idea before jumping into the assignment”. She also said that the most useful part of the class would be the lecture days where she learns about variables, experiment design, and the goals of scientific research.

Psychology 510 Behavior Analysis with Dr. Alderman

Phillip Foltz, a Senior Psychology major says he enjoys his Behaviour Analysis class with Dr. Alderman. His favorite part of the class is learning the different approaches and techniques to modifying behaviors. He says the content of the class includes learning how to identify specific behaviors as well as how to modify them. If given the chance to change something about the class he said would place a bigger emphasis on the self-guided behavior change project and include more class time for discussing it. Phillip says the most practical part of the class is getting to hear real life about situations Dr. Alderman has been in because he has a wide range of experiences in the schools, and has an example for every topic covered in class.

Psychology 314 Theories of Personality with Dr. Bilal Ghandour

Stephan Stover is a Junior Psychology major who says he took the class in order to learn more about human characteristics and how they are influenced/developed to create more dynamic characters as a screen play writer or director. He also discussed how he enjoys exploring the difference between behaviors developed through instincts and those developed by experiences. Stephan would recommend this class to anyone who is interested with helping people, or if they have their own issues they want to better understand. He says the class provides a lot in terms of discovering who you are and helping you to confront some of the things you have been avoiding.

Angel DiDomenico, with contributions from Mary Comber, Phillip Foltz and Stephan Stover.



Psyc Club and Psi Chi —Angel DiDomenico

Psychology Club

The Psychology Club is open for all psychology students and anyone that is interested in psychology.

Alongside Psi Chi the club participates in social and service activities.

The next Psi Chi/ Psych Club meeting will **October 4th** to vote on t-shirt designs.

October 30th will be Psych Halloween trivia!

Come out for food, prizes and an hour of fun.

These events help students to connect to each other and learn more about psychology in a fun way.

Everyone interested in joining can pick up an application at the Psych bulletin board by the faculty offices on the first floor of Kinard.



**Dr. Collins, Advisor
Psi Chi**



**Dr. Ritzer, Advisor
Psychology Club**

Psi Chi

Psi Chi participates in academic, social, and service activities throughout the year. The requirements to be eligible for Psi Chi include:

- Psychology major or minor
- Completed at least 3 semesters of college, with at least 1 semester completed at Winthrop
- Completed at least 9 hours of psychology courses
- Being in the top 35% of one's class, which translates to having a cumulative grade point average around 3.2
- A grade point average of at least 3.2 in psychology courses taken.

Eligible students will receive an email inviting them to join.

Participation in Psi Chi is an excellent way to get involved on campus and in the Rock Hill community while also boosting your resume.

McNair Scholars Program—Natalie Hyland

The McNair Scholars Program is a program designed to prepare first generation, low-income, and underrepresented undergraduates to succeed in doctoral programs. 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.

The Winthrop McNair Scholars program is funded by a five-year renewable TRiO grant from the U.S. Department of Education. \$220,000 in federal funding is provided each year for programming and materials that will help 30 eligible students prepare for graduate study.

For more information, contact Dr. Fortner-Wood at fortner@winthrop.edu or visit the McNair Scholars page at <http://www2.winthrop.edu/mcnair>.



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 for McNair Scholars
- Travel to present research
- Travel to visit & interview at graduate programs
- Recognition events and special lectures



Dr. Fortner-Wood, Advisor

Eligibility

- I am interested in going to graduate school
- I meet the citizenship requirement
- I either
 - am a first generation college student and come from a low-income family OR
 - come from a group underrepresented in higher education
- I am available to participate in the McNair Summer Research Internship all day every weekday May 13 - July 5, 2013
- I have a GPA of 3.0 or better and am enrolled at a four-year college or university in SC
- I will have completed my sophomore year (at least 54 credit hours) by the end of the spring 2013 semester
- I will not graduate before December 2013

Blast from the Past—Kate Boan

Have you ever wondered “What was the psychology department like back in the day”? Was the department as awesome back then as it is today?

I decided to interview two individuals that have been familiar with the psychology department for quite some time now, our department chair, Dr. Prus, and my mother, Maggie Boan.

Research now vs. then

Research has not always been done in Kinard (shocking, I know). Winthrop once had an active animal research program that all psychology major were required to participate in.

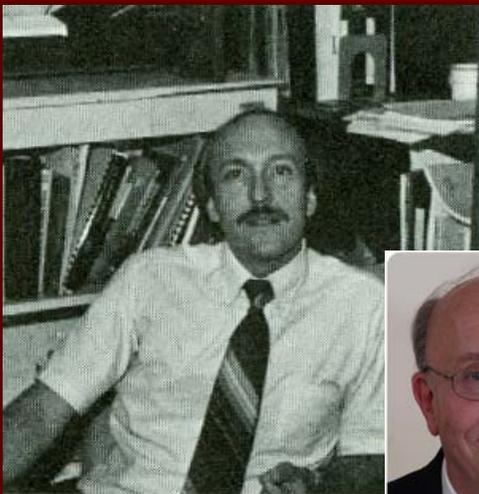


Favorite memory from the Psychology Department:

“Back in the late 1980’s Dr. Gary White (who is now a Lutheran minister) and I hired a female actress who dressed up as a chicken and came to an abnormal psychology class taught by Dr. Bill Murdy to wish him a happy birthday. Dr. Murdy wasn’t fazed in the least. He welcomed the woman into the class and kept right on teaching.” - Prus

Favorite memory from the Psychology Department:

“When I was at Winthrop we had to use live rats in our experimental class and we had to have that class to graduate. I am deathly afraid of mice and I dropped the course 3 times before I actually took it. I did not go to the first day of class when everyone picked out their white rats and I was assigned the remaining rat that was HUGE. We named him Bubba. The lab was in the basement. I had to go in one Sunday afternoon to work on a project. I was all alone in the lab and when I took Bubba from his cage he got squirmy and almost got away from me. I have never been so scared!!” - Boan



*Joseph Stanley Prus
Psychology*

Dr. Prus

Dr. Prus came to Winthrop in 1980 and became the department chair in 2005.

Favorite part of our department

“Its focus on enhancing student learning and development, and its spirit of department collegiality in working toward that goal.”

Advice for students

“Work hard to do your best and achieve your dreams. And take advantage of having access to faculty who are here to help if you show

the initiative. Achieving your goals isn’t usually easy, but you can do it!” (Prus)



Maggie Boan

Maggie Boan came to Winthrop as a student in 1975 and graduated with a degree in psychology in 1980, before continuing on to a masters in Special Education, also at Winthrop. Currently, she is in her 32nd year of teaching special needs children.

What shaped your experience the most while you were at Winthrop?

Volunteering and spending time with the mentally challenged individuals at the McLaurin Developmental Department.

Advice

“I would strongly recommend looking into different opportunities in the psychology field and observing and/or volunteering in as many areas as you can.”



*Margaret L. Purcell
Psychology*

Fun Facts From the Past:

- In 1980, the psychology department had one full-time female faculty and no minority faculty.
- Bancroft Hall was used to do research experiments with pigeons.
- Later, Thurmond Hall was used to do research experiments rats.
- Faculty and graduate students could smoke in class!
- Class sizes have changed dramatically. Class sizes used to be larger with over 40 students in 200 and 500-level classes!



Interesting Facebook Statistics

- 900+ million users
- 700 billion minutes used per month
- In 20 minutes of Facebook,
 - * 1 million links are shared
 - * 2 million friends are accepted
 - * 3 million messages are sent
- In 1 minute of Facebook,
 - * 80,000 wall posts are made
 - * 500,000 comments are made

New Research in Psychology—Kate Boan

Is “Face-Stalking” Your Ex Really All That Bad?

Yes, research suggests that it actually is.

In a recent study, researchers have discovered that creeping on an ex-lover’s page leaves the wound fresh and makes it even harder for an individual to move on from that relationship.

Using over 460 participants, researchers monitored their Facebook use

and then evaluated their personal and emotional

state after the participants’ breakups. The researchers evaluated topics including “negative feelings, sexual desire and emotional longing for the ex-partner, and feelings of reduced personal growth as measures of distress and the ability to move forward with their lives.”

The data concluded that Facebook spying, even if no virtual contact is made, on an ex is just a bad idea. It can hinder personal growth, healing from a hurt heart, and over all well-being.

<http://www.liebertpub.com/global/pressrelease/can-post-breakup-facebook-surveillance-delay-emotional-recovery/1126>



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