



WELCOME BACK!

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Hello and welcome back to another exciting and fun filled year at Cal Lutheran! The Psych Department has a number of new events planned for this year including a bi-weekly research group (see page 3) and a graduate fair on March 16th through the psychology club.

This graduate fair is an opportunity for you to come and meet professors from other schools who have graduate programs in psychology and find out what type of program you like and what you need to in order to be accepted into that program.

The Psych Club is also having a meeting on Nov. 7th in NY-1 from 7:30-9:30 to discuss what everyone

who wants to go to grad school in psychology should know. Everyone who is even considering going to grad school should be at this meeting. The earlier you begin to plan the better!

In other news, 3 psych professors (Dr.'s Puopolo, Kissinger, & Saddler) and 2 alumni (Laura O'Neil & Mike Judd) have created a bowling team called the B.F. Pinspankers. They play every Tues. night at Harley's Bowl in Simi Valley. Thus far Dr. Puopolo has the highest score at 236. Feel free to go watch and enjoy (I hear that it is rather amusing). As always you are welcome to come visit the psych assistants any time. We are at your service! *-Bekka Enke*



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THE INSIDE SCOOP ON GRADUATE SCHOOL

An undergraduate education is certainly a vital part of your psychology career, but a bachelors degree alone is rarely enough to succeed within the field. If you would eventually like to teach or open a private practice you will most likely

want to go straight from undergrad into a PhD program. I hate to be the bearer of bad news, but PhD programs are looking for much more than just a bachelors degree. Even with an excellent GPA and high GRE scores, your ap-

plication won't automatically make it to the "good pile". In order to stand out, you must be willing to go the extra mile. Regardless of the specific program, some exposure to research is recommended. (Continued on Page 2)

## MEET YOUR PSYCHOLOGY DEPARTMENT ASSISTANTS



### ***Rebekka (Bekka) Enke***

*Bekka is in her senior year at Cal Lutheran (Yay!) and plans to attend the counseling and guidance masters program at Cal Lu after*

*graduation. She wants to pursue a doctoral degree in Psychology in an effort to aid those in need of grief and depression counseling.*



### ***Anne Knutzen***

*Anne is finishing up her last semester at Cal Lutheran. If all goes according to plan, Anne will be taking a year off after graduation to do volunteer work before pursuing a mas-*

*ters degree in guidance and counseling. She hopes to become a high school counselor so she can positively affect the lives of teens.*



### ***Sarah Corbin***

*Sarah is in her senior year at Cal Lutheran. Upon graduation, she is planning to pursue a masters degree in counseling and guidance. She would like to become an elementary*

*school counselor to make a difference in the lives of children.*



### ***Darren Peshek***

*Darren is now in his third year at CLU. He is interested in all specialties of psychology and the complexities of human thought. His current focus is cognitive neuroscience. He hopes to be-*

*come a lab director and teach at a major university in the future.*

## THE INSIDE SCOOP ON GRADUATE SCHOOL CONT.

Taking your research to a conference such as Santa Clara or the California Psychological Association Convention is a great addition to any curriculum vita. Keep an eye out for interesting internships which can also lead to research experience. The key is to find what you are interested in as early as possible, and

then find a program that matches those interests. From there you can find out what is necessary for that program to be interested in you. CLU can provide you with general information about what you need to be a competitive applicant, but every individual program has different standards for admission and you must

take initiative to find out what they are and how you can meet them. Throughout the year, more information will be made available at Psych Club and in future editions of the *Psycho-Babble*.

*- Anne & Darren*

***“Even with an excellent GPA and high GRE scores, your application won’t automatically make it to the good pile.”***

## A SUMMER IN OKLAHOMA

Last summer I spent eight weeks in windy Oklahoma as part of a research grant funded by Psi Chi and the National Science Foundation called Research Experience for Undergrads (REU). The aim of the program is to provide students with research opportunities which may be unavailable otherwise. I decided to use the opportunity to gain research experience in a subject area that has always caught my interest.

In today's western society, our lives are governed to a large extent by time. Therefore, it is only natural that there is extensive research and debate about time. Over a century of research has suggested that, although we may not be able to change the actual fabric of time, perception of time can be manipulated. I have been interested in the theoretical concepts of time for as long as I can remember. In order to study temporal perception in depth, I left CLU to work with Dr. David Thomas at the Oklahoma State University Psychology Department. Dr. Thomas has conducted several studies related to temporal perception and helped guide my study of time and how humans relate to it. My project examined speed, a close relative of time, and how various visual factors affect perception of speed. Although humans are fairly accurate in judging speed, there are certainly some conditions in which speed perception is flawed. This can be observed while driving on the freeway or simply playing a game of catch. Often the best way to examine normal perceptual functioning is to investigate what causes perception to become inaccurate. My study used an interactive computer task incorporating several models of time perception into a measure for speed perception. The study is still underway at OSU and data will be collected here at CLU as well. If you would like more information about the study, or if you are interested in participating, please feel free to contact me.

-Darren Peshek



*"My project examined speed, a close relative of time, and how various visual factors affect perception of speed."*

## NEW RESEARCH OPPORTUNITIES

As part of the effort to give students more research opportunities, your psychology faculty are holding research discussions on a regular basis. This is a great way to get involved with research that is already underway or to find guidance for creating new projects.

Here is a summary of what professors are currently working on:

Dr. Puopolo is working on two studies, one involving mental health

care professionals and BDSM clients, and another involving her sensation seeking scale for the MMPI.

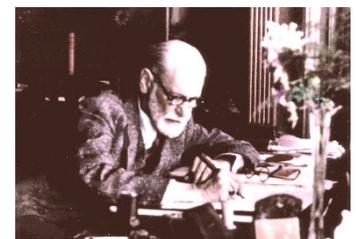
Dr. Diriwachter is working on three studies: the psychology of time, qualitative vs. quantitative data, and the auto kinetic effect.

Dr. Gerson is working on a study about how people dealt with and/or are dealing with the stress from 9/11 as well as another study about identity development.

Dr. Kuehnel is doing research on whether a certain tea actually causes you to not taste sweets after you drink it.

There are even more opportunities with graduate students and organizations in the community.

So come by Ed Tech Building Room 127 every other Tuesday afternoon (schedule on following page) at 2:00pm to join in the fun. Take this opportunity to get to know your professors and beef up your applications.



## Research Brown-Bag

These informal meetings are a great way to get involved with psychological research and become familiar with your faculty. Meetings are at 2:00 in room 127 of the Ed Tech building on the following dates:

October- 18

November- 1, 15, 29

January- 31

February- 12, 28

March- 14, 28

April- 11, 25

*Don't forget to bring your lunch!*

## Come to Psychology Club!

**When:** The 1st Monday of each month at 7:30 pm

**Where:** Mogen Lounge

**Why:** To have fun, eat snacks, socialize, and learn some interesting stuff. Looks great for grad school!

**Questions?** Contact the psychology assistants at [psychast@clunet.edu](mailto:psychast@clunet.edu)

## FUN FACTS ABOUT FACULTY



Dr. Julie Kuehnel is the chair of the Psychology Department as well as a professor. She teaches Abnormal Psych, Theories of Personality, Applied Psych, and Intro to Counseling. Here are some tips to help you though her classes. She appreciates students who actively participate in class (ask questions) and who turn in well thought out and thorough work. She is not a big fan of students who blame her for their bad grades, or who fall asleep in her class (and then blame her for their bad grades). -*Anne Knutzen*



## OPINION

As summer ends, the transition into the school year is accompanied with excitement and possibilities. For many of us, especially freshmen and seniors, this transition marks the beginnings and endings of many things; new classes, new friendships, old friendships, first and last semesters. It's hard to imagine that within a few weeks the busyness of college will be a familiar way of life. At the beginning, we feel refreshed and confident we can handle anything. But now with midterms looming, a

sense of panic sets in. Before your head starts spinning, take a deep breath and read on. Although we all talk about how stressed we are, it often isn't clear what stress really is. Even in the field of psychology, stress is difficult to define. Many think stress is something that happens to us, such as an event or situation, while others think it is something that happens to our bodies and minds in response to an event or situation. Whatever stress is, its effects are often unhealthy. According to the American

Psychological Association (2004), forty-three percent of adults suffer adverse health effects from stress. Common symptoms of stress include emotional distress, such as anger or irritability, anxiety and depression, and physical distress, such as elevated blood pressure, muscle aches, headaches, and fatigue.

So what can you do to reduce the stress in your life? First you have to identify your stressors to adequately cope with them. Focus on ways you can reduce the stress associated with stressors—analyze your sched-

ule, delegate tasks or break tasks into steps. Once you've done that, find small ways to decrease your stress. Exercise, spend time alone, watch your favorite TV show, listen to music—basically find time for yourself, even if it's only for 10 minutes a day. Finally, don't do it alone; talk to a friend, professor or parent that will listen and can help. -*Sarah Corbin*

### ***Do you want to be heard?***

E-mail your own opinion article to the any of the DA's and you may see it published in the next issue!