



CLU

PSYCHOBABBLE



DECEMBER 2013

FINALS AND RELAXATION

Hello students, it's hard to believe the semester is already coming to a close! Sadly, before it does we have to deal with what we all dread; finals. To help you cope, this issue will include tips and tricks on everything from studying for finals to simply keeping sane under all of this pressure. Finals tend to stress people out and if you are one of those people you should definitely check out our tips on studying (Page 2)! Some of our alumni give us insight into graduate school and how they feel Cal Lutheran helped prepare them for it (Page 3). Winter can be a depressing time, and for some it's even worse. Learn all about Seasonal Affective Disorder on page 4, and to learn a little bit about your fellow students, as well as a blurb on career services turn to page 5! We hope that you find this issue of the Psychobabble helpful, and have a wonderful break!

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HOW TO STAY STUDIOUS OVER WINTER BREAK

Winter break is a time when students and faculty alike pass the days eating copious amounts of oven roasted meats and various types of candies and cakes. While this break is needed after the long and strenuous semester some may feel this break throws them off their game and gets them out of the studious mentality that is prominent during the semester. Do not fear though, there are many things to be done over winter break that can keep you academically focused and prepare you for the spring semester that is hiding just around the corner. Now I know during the holidays we all love to sit around and watch the latest episode of gossip girls. Instead of watching television over break take time out of your day to read for just an hour. This can greatly increase your odds of keeping your noggin as sharp as a tack and who knows maybe you can even get a head start in some of your courses and begin reading your textbooks for next semester. Another great task over winter break for all freshman, sophomores, and juniors who are interested in research is to start looking into summer research fellowship opportunities for 2014. The CLU Office of Undergraduate Research and Creative Scholarship website is a wonderful place to start looking into what fellowships are available and the process in which to apply. As for all you faculty out there, we all know that you get sad from not having your students papers to grade and tests to correct. Don't fret, during break the minute you get antsy you can always begin writing your syllabuses, tests, and assignments for next semester! So during this winter break take a little time out of each day to partake in some studious activities...your brain is going to thank you in the Spring!

KEYS TO STUDYING FOR FINALS

PLAN YOUR WEEK AROUND STUDYING

Listen, I know that no one wants to do this. The idea of planning around studying sounds awful, and you're going to want to blow it off to go out with friends. But by planning out sections of time to study for a class you will be so much more prepared when finals come around. This isn't to say that you should devote every free moment to studying, but giving yourself an hour a day to hit the books will put you in a much better place come finals week.

MEET WITH A STUDY GROUP

Staying in all weekend cramming may sound like a good idea, but getting together with some of your classmates may help you retain more information. By sharing the information you know you'll be strengthening it, and you may have an easier time understanding a concept after someone else explains it. Study rooms are available in the library, but reserve one online before they all get booked!

SCHEDULE IN SLEEP

Sleep is important! Around finals students seem to forget this fact, and end up pulling all-nighters all week. While the idea of getting more studying in is a good one, missing out on sleep can hurt you more than the studying will help you. Try to schedule in 7 to 8 hours of sleep a night. You'll be thankful you did when you're not stressing out from exhaustion while taking that statistics final!

STRATEGIZE

Not all finals are made equal. Some are easier, some are harder, and those that are harder are the ones you should spend the most time on. They may not be the most fun to study for, but the information is probably harder to remember so the more you go over it the more likely you'll be to remember it on the day of the exam.

SHED SOME COMMITMENTS

Likelihood is that with finals comes term papers. If that is the case get them done as early as possible! I personally like to finish mine off during Thanksgiving break. While that may not sound so pleasant, having the papers done early will give you loads more time to study for your finals, which will alleviate a ton of stress later on.

MEET WITH PROFESSORS

This one is important. It is a huge mistake to go into a final not understanding something. "Winging it" isn't a strong preparation method, so ask your professors questions sooner rather than later. This does not mean you should go in and ask them about everything they've taught you over the semester, and if you're that lost go back to step one, put aside a lot of time and prepare to do some serious reading. But if you have one or two key questions get in there and talk with them! Despite popular opinion, professors don't bite, and they have office hours for a reason.

GRADUATE SCHOOL PREPARATION

Are you interested in going to grad school? Below are two CLU graduates who wanted to share their first year of graduate school experience with you! Aili Breda and John McKinney graduated in 2012 and are just about to finish their first semester of graduate school. These two former DAs are excited to share with you what they have been up to, and most of all, how CLU has helped them in their first year of grad school.

Aili Breda

Clinical Ph.D. at Kansas University.



“Kansas is very different but I have definitely realized that I made the best decision of my life going to Cal Lu for my undergrad. Honestly, the caliber of undergrads here is much lower than at Cal Lu. The Intro Psych class here has 1,000 students in it!

KU has been great. I love the town (minus the humidity and bugs) and the campus is beautiful. My whole cohort gets along very well and the 6 of us are always together. We all share a big office and take mostly the same classes so that's a given, but we also go out together and blow off steam outside of school. I love my advisor and have already been thrown into the deep end with research and my lab. It's crazy but I'm going with it. Classes are pretty easy this semester and are the least of my worries. “

John McKinney

General Masters in Clinical Psychology at Pepperdine.



John stated that attending Cal Lutheran for undergrad was one of the best decisions he has ever made. He was very prepared going into the Masters program, and is not struggling at all in his classes, when many of the other students are. He stated that the one on one attention we have here at Cal Lu from the professors is extremely helpful. According to John, Pepperdine University waived four classes due to the rigorous courses at CLU that he already took in undergrad. These classes ended up saving him a lot of time and money. On top of that, he will be able to finish his program early because they waived the classes.

Last, John mentioned that Theories of Personality, Social Psychology, and Child and Adolescent Development are three of the many classes he took here at CLU and he is able to pull knowledge from to help him in his current classes. Because of CLU, John not only feels completely prepared for grad school, but is excelling in his classes and proving to us that coming from a small school is extremely beneficial for our future!

COMBATTING THE WINTER BLUES

Lots of people get a little bummed during the darker winter months, but some people get truly SAD - that is, they suffer from Season Affective Disorder.

What is Seasonal Affective Disorder?

- SAD is a form of depression that most often occurs in the winter months in which the amount of daylight is decreased. Besides depression, other symptoms include anxiety, loss of energy, social withdrawal, oversleeping, appetite change (including weight gain), and difficulty concentrating. These symptoms may lead to difficulty at work or in school and, in severe cases, suicidal thoughts.

What Causes Seasonal Affective Disorder?

- According to the Mayo Clinic, the direct causes of SAD are unknown, but certain factors that contribute to SAD are known. Primarily, the decrease in the amount of daylight hours may decrease production serotonin (a neurotransmitter important in mood, appetite, and sleep regulation, which also plays a role in learning and memory) and increase production of melatonin (a neurotransmitter important in sleep regulation). Secondly, the time change enacted by Daylight Savings Time and reduced sunlight disrupts circadian rhythms (our body's biological clock), confusing our bodies about when to sleep and when to be awake.

Who is at Risk for Seasonal Affective Disorder?

- According to the Huffington Post, as many as one in five people may suffer from SAD, and, unfortunately for the ladies, 75% of sufferers are female. Those individuals who already suffer from depression or bi-polar disorder are also at higher risk for SAD, thus they may see their symptoms of depression worsen during the winter months. Also, the farther from the equator a person lives, the more likely they are to suffer from SAD.

How do I treat my Seasonal Affective Disorder?

- Phototherapy (light therapy) is probably the best way to combat SAD. This is because serotonin production is triggered by light, whereas melatonin production is inhibited by light. The increase in serotonin elevates mood and the decrease in melatonin tells our bodies that it is time to be awake. There are many forms of light therapy, but the easiest (and cheapest) is simply to get outside and soak up the sun when it is up. If your SAD is severe you may also choose to purchase a therapeutic light box, which emits naturalistic light.
- It is also important to keep your circadian rhythms in check. This can be done by maintaining a steady sleep schedule (going to sleep and waking at the same times every day) and eating healthy foods. Avoid high carb foods, as they are known to spike serotonin levels and then quickly decrease them. Instead, eat complex carbohydrates, such as brown rice and oats, lean proteins, and lots of fresh veggies. YUM!
- Take vitamin supplements, such as Vitamins D and B, multi-vitamins, and Omega-3.
- Regular exercise increases serotonin levels, improves circulation, and helps keep up energy.
- Be social! Spend time with people who make you happy.
- Remember: even if you do not suffer from SAD, these are great ways to combat regular ol' winter blues.

PSYCHOLOGY STUDENTS QUESTIONED



Amanda Gonzales

What comes to mind when someone says “psychologist”? I think of someone who is there to help, someone who is unconditionally there for you without having to maintain a stereotypical friendship.

What’s your favorite psychological experiment?
The Stanford Prison Experiment.

What class are you most looking forward to next semester? Introduction to Counseling and Psychotherapy.



Megan Turner

What comes to mind when someone says “psychologist”? I think of a lady sitting in a reclining chair with glasses perched on the edge of her nose.

What’s your favorite psychological experiment?
My favorite are the experiments Pavlov conducted with his dogs.

What class are you most looking forward to next semester? Child Psychopathology

CAREER SERVICES

Questions about graduate school/finding a job after graduation? Career Services is there to help! Check out their website at http://www.callutheran.edu/career_services to find the dates and times of their upcoming events!

IMPORTANT UPCOMING DATES

Rarely check your email? Psi Chi has an official Facebook page! Here we will update members on upcoming meetings and topics of interest. So feel free to look up CLU Psi Chi on Facebook and get involved!

For more information on CLU Psychology, be sure to check out:

<http://www.callutheran.edu/schools/cas/programs/psychology/>

OTHER WAYS TO GET INVOLVED WITH PSYCHOLOGY AT CLU

Psychology Club:

In the Psychology Club, we have lots of fun connecting. Connecting with faculty members, connecting with other students, and connecting psychology to other disciplines, as well as its practical applications in everyday life. Whether you know anything about psychology or not, we look forward to connecting with you!

P.S.: We have pizza!

-Sharena Rice,

Psychology Club President 2013-2014



PSI CHI: The International Honors Society in Psychology

This year, Psi Chi will focus on providing and encouraging students to expand their interest in psychology by providing information regarding conferences, grants, and getting involved in research. We want to challenge and encourage our members to become active participants and to take advantage of the benefits Psi Chi offers.

Meeting location and times for Spring 2014 t.b.d.

-Nicole Kolb,

Psi Chi President 2013-2014



Brown Bag Meetings: Coming Soon to a Classroom Near You!

Do you want a way to interact with professors and hear about the latest interesting research being conducted in the social sciences? Brown Bag meetings are for you! These meetings are a venue for faculty, graduate, and undergraduate students to share ideas and discuss theories, research methodologies, and other topics of interest to the social sciences in general, and psychology in particular. For more information or if you are interested in presenting at a Brown Bag Meeting please email Dr. Diriwaechter at: rdiriwae@clunet.edu

As always: Espresso shots will be served!

~ Sponsored by the CLU chapter of Psi Chi ~

[The International Honor Society in Psychology]

We hope you have a great sabbatical Dr. Diriwaechter! We will see you in the fall!