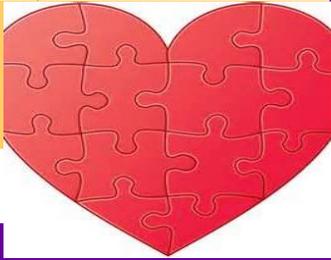


CLU



PSYCHOBABBLE



FEBRUARY 2013

INSIDE THIS ISSUE:

WELCOME BACK/
PSI CHI
INDUCTEES 1

VALENTINE'S DAY
ARTICLE/OFFICE
HOURS 2

MEET THE NEW
DA/FESTIVAL OF
SCHOLARS/
RESEARCH TEAMS 3

WEBSITES/GET
INVOLVED 4

WELCOME BACK:

Hello and welcome back! We hope everyone had a fantastic and relaxing Winter Break, but now it is time to buckle down and get ready for the semester! Since students have been gone, the Psychology Department here at CLU has gone through some big changes! First off, we want to introduce our new DA Michelle Ritenour (Page 3)! We also have new inductees into our own Psi Chi honor society (see below)! Other highlights in this edition of PB include Festival of Scholars and research team findings and updated meeting times for brown bag and Psi Chi. Finally, make your Valentine's Day just that much more special with the Valentine's Day article from Psychology Today (Page 3). We hope you enjoy reading this February issue of the Psychobabble! AND, for all the graduating seniors, make this last semester your best and most fun!

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New Psi Chi Inductees:

CLU's Psi Chi Chapter is happy to announce that we will be inducting 24 new members into our Psychology Honors Society! The inductees include:

Undergraduate Students:

Cheryl Anne Beatrice
Danielle Dolores Foster
Joelle Georgeff
Kathryn Anne Glynn
Nicole Lynn Kolb
Melissa Marie Maldonado
Pranil Parma Nand
Sharena Philan Rice
Danielle Lauren Sherman
Wesley Tierney
Courtney Marie Vendetti
Aaron French Waters
Lauren Marie Witman

Graduate Students:

Yuridia Barillas
Peter Cano
Sharon Cuff
Melissa Mychele Dee
Brenda Cerda Fernandez
Amy Marianne Johansson
Jami Kerr
Charisse Marquez
Ellen Nichols
Crystal Leslie Roman
Crista Anna Scott
Laura Townsend
Denise Valentino
Samuel Lee Van Buskirk



Article from Psychology Today: Valentines Day

1) **The Food Trap** This is a special time, with rich, chocolaty food and bubbly, fizzy drinks, so eat something special or taste a few favorites, but do some anticipatory planning. Think about your choices and food goals before you get into the tempting situation. Regardless of whether you're going out with friends, on a special date, or are home alone watching TV, food temptations will shout out at you. Practice positive self-talk, reminding yourself of the importance of making healthy choices, why you want to stay slim or lose weight, and your ability to stick with your food plan.



2) **The Shopping Trap** This time of year, retailers offer both deep discounts on sale items and cutesy, cozy valentine's clothing. In all of this sensory stimulation, its easy to get carried away and exceed your budget. Advertisers and stores know how to pull the emotional strings to get the purse strings to open. They display idealized images of romance, friendship, and fun, and celebration. In reality, not everybody is in a loving relationship. There are many types of households out there, single by choice or circumstance, gay and lesbian, grandparent-led, bereaved, recently divorced. It's important to look at your own life realistically without comparing it to a commercially-created ideal. Don't buy things you don't need or too many gifts because you're trying to create a fantasy world. Make the most of the life you have, even if it doesn't contain Juicy Couture or Sprinkles cupcakes. Buy or make some special cards and gifts you can afford. Cook a special meal or bake a special cake if you have the time.



3) **The Comparison Trap** Another common holiday pitfall results from a wandering and judging mind. This happens when your mind makes a big deal over some goal or outcome and uses this as an assessment of your ultimate success or worth as a human being. Your mind then starts comparing your life to those of other people with more money, bigger houses, or larger families and decides that you fall short. You may start feeling unworthy because your Valentine's Day celebration doesn't measure up, because you don't have a big friendship network, or because you're not a master chef and baker, or because you're alone. The holidays are therefore a great time to develop a mindful attitude. Try to observe your thoughts as they wander, withhold judgment, and bring your attention back to your immediate present and sensory experience. Think about your values and the things in life that are most important to you. We are all part of a larger universe and if we seek to contribute with an open heart, rather than compete and compare, we can make an important difference in our world. And that is the real spirit of Valentine's Day.

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Spring 2013 Faculty Office Hours:

	Monday	Tuesday	Wednesday	Thursday	Friday
Dr. Diriwaechter	3:30-4:30	1:30-4:00	3:30-4:30		3:30-4:30
Dr. Gerson	10:30-11:55	2:15-2:35	10:30-11:55	2:15-2:35	10:30-11:55
Dr. Kissinger	10:30-11:30 12:50-1:20		10:30-11:30 12:50-1:20		10:30-11:30
Dr. Kocur	9:05-11:00	11:25-12:25	9:05-11:00	11:25-12:25	
Dr. Kuehnel	2:00-3:00	11:00-12:15	2:00-3:00	11:00-12:15	
Dr. Wagerman	1:30-3:30		1:30-3:30		
Prof. Ryan		1:00-2:00		1:00-2:00	
DA's	9:00-4:00	9:00-3:30	9:00-4:00	9:00-11:00 12:00-3:30	9:00-3:00

Other Office Hours Available by Appointment

Meet Your New DA!

Name: Michelle Ritenour

Home Town: Big Bear Lake, CA

Hobbies/Interests: Cheerleading, snowboarding, hanging out with family and friends

Favorite Psych Course: Abnormal Psych.

Major: Psychology with an emphasis in Law and Criminal Behavior

Future Plans: Go to graduate school to pursue a degree in forensic psychology. Eventually I would like to work with incarcerated criminals.



Festival of Scholars and Other Research Opportunities:

Festival of Scholars: The seventh annual **Festival of Scholars** begins Monday, April 29. This weeklong event showcases the scholarly works of CLU's students in all disciplines across the university. Presentations are given in a wide range of styles including individual and panel presentations, interactive poster presentations, musical performances, and creative work displays. The Psychology Department will join the Communication Department this year to host a special event: "**Psychology and Communication Showcase: Interactive Poster Session**," on Friday, **May 3, from 12:15 to 1:45 pm, in the Soiland Recreation Center**. We hope you'll all help celebrate psychology students' research at the event!

*Students who would like to present at the "Psychology and Communication Showcase: Interactive Poster Session" must apply on-line through the Office of Undergraduate Research and Creative Scholarship (OURCS) website. The site will be open for submissions between March 1 and April 1. Please follow all instructions very carefully!

Summer Research: Interested in applying for a fellowship to conduct full-time mentored research over the summer? **Summer Undergraduate Research Fellowships (SURFs)** are available to support students in their full-time work with a CLU faculty mentor. Applications are being accepted by the OURCS from February 8 through March 1.

Research Teams:

Dr. Gerson's Positive Psychology Research Team: The Positive Psychology Research Team is interested in identifying factors that predict resilience in undergraduates and in developing brief interventions to promote well-being and thriving. Members of the team this year include Aaron Waters, Danielle Foster, Jeriann Lynds, Baillee Ford, Aili Breda, Rachel Chavez, Jason Lim, and Dr. Marylie Gerson. Last fall, they tested the relative effectiveness of several interventions they developed and they are now conducting a follow-up to explore long-term effectiveness. They hope to present their findings at the World Congress on Positive Psychology in June. Thank you to everyone who has participated in their studies!

mgeron@callutheran.edu

Dr. Kocur's Socioemotional Development Research Lab: I have two different areas of research that students are currently working on with me. The first is on the experience and expression of anger within romantic relationships and how that relates to what individuals observed in their parents' relationship as they were growing up. The second is on the transition to college for individuals with Autism Spectrum Disorders (ASDs).

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Dr. Wagerman's Individual Differences Lab: This lab functions as an independent research unit each year: the team gets together and agrees upon a new topic which is worked through to completion if possible by the end of the year (culminating in a poster presentation or ideally, a publication) so that in the following year, the process can start anew. This year's project aims to examine whether or not socially-desirable physical characteristics (e.g., height, slenderness, and attractiveness) affect personality development such that those with less desirable qualities are encouraged to develop other adaptive traits (e.g., sense of humor, intellectual curiosity, empathy).

wagerman@callutheran.edu

***For more information or to inquire about participating on the listed research teams, please email the professor that runs the lab.

FACEBOOK!

Psi Chi officially has a 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!

CONGRATULATIONS!

Aaron Waters and Dr. Marylie Gerson have been accepted to present on their work on resilience and thriving at three upcoming conferences: Western Psychology Association in Reno, NV (April), Association of Psychological Science in Washington, DC (May), and American Psychological Association in Honolulu, HI (August). Congrats!!!

OTHER WAYS TO GET INVOLVED WITH PSYCHOLOGY AT CLU:

Psychology Club:

Psychology club is set up to get students together and have fun learning about and discussing psychology. There are many fun games to play and activities to participate in for interested students of any major. The meetings will be **Wednesdays from 6pm-7pm in Grace Lounge.** Meetings begin 2-13-13 and are every other week.



-Jason Lim, Psych Club President 2012-2013

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.

Meetings will be Thursdays from 10am-11am in Swenson 102. Meetings begin 2-14-13 and are every other week.

-Astrid Olivares, Psi Chi President 2012-2013



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.

Meetings will be every other Monday starting 2-25-13 in Swenson 209 from 3:30-4:30pm.

For more information contact:

Dr. Diriwaechter at: rdiriwae@clunet.edu

~ Sponsored by the CLU chapter of Psi Chi ~

43rd Annual Western Psychology Conference for Undergraduate Research

Conference Date and Time: Saturday, April 20th, 2013, 9:00am - 2:00pm

Conference Registration Fee: \$30.00

Keynote Speaker: Dr. Erika Rosenberg will be speaking on her work on compassion and emotional expression.

Abstract Submission Deadline: Friday, March 22, 2013

For More Information Contact:

Professor Mary True mtrue@stmarys-ca.edu

Or go to: <http://www.stmarys-ca.edu/wpcur>