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**WELCOME BACK:**

Hello and welcome back! We hope everyone had a fantastic and relaxing Spring 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 Megan Turner (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 2014 that much more organized and fresh with tips in our "Spring Cleaning" article from Psychology Today (Page 3). We hope you enjoy reading this March issue of the Psychobabble! AND, for all the graduating seniors, make this last semester your best and most fun!

**CALL FOR DA'S:**

It's that time of the year again! The Psychology Department is looking for three new Departmental Assistants for the 2014-2015 school year. It is a wonderful job where you will be able to do things like write the psychobabble, as well as get to know your professors much better which is extremely gratifying. If you are interested in the position and have a GPA of 3.4 or above email Dr. Kissinger at [kissinge@callutheran.edu](mailto:kissinge@callutheran.edu) by April 15th with a paragraph describing why you want to be a department assistant, as well as a list of psychology classes you have taken and the grades you received. Good luck!

**New Psi Chi Inductees:**

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

**Undergraduate Students:**

- Melanie Cockrum
- Rachael Cortina
- Kayla Drummond
- Patricia Fahmy
- Alexis Hahn
- Rose Haworth
- Kevlyn Holmes
- Kathryn Lundi
- Stephanie Martello
- Pej Mehrassa
- Ryanna Morua
- Lauren Neiger
- Alicia V. Nunez
- Mikaela Polster
- Nickole Scholey
- Megan Turner
- Lara A. Watling

**Graduate Students:**

- Shirah Bale
- Amoret Kaufman
- Eftichios Kursumis
- Melissa Masri
- Lauren Mills
- Anna L. Moncharsh
- Denise Montano
- Darilyn Shano

## Article from Psychology Today:

- The Fall semester is a time when most students struggle to gear back up into school mode after enjoying their summer vacation sitting next to the pool and relaxing. However, during this first semester of the academic year, most of us become overwhelmingly occupied with keeping up with school and put our daily house cleaning to the side, externally and internally. While getting back into the swing of taking exams, turning in homework assignments, and making time for extra-curricular activities, unnecessary stuff begins to clutter around the dorm room or apartment. This is not the only clutter that is occurring. According to Dr. Dorothy Firman, while most people tend to engage in a Spring house cleaning, there is little acknowledgement of looking inward at useless, unwanted, or maladaptive emotions, feelings, or thoughts that may be weighing you down from living a more complete and fulfilling life. Spring is all about renewal and refreshing not only the surrounding physical environment, but also all the emotional baggage and thoughts that no longer serve any meaningful purpose. Some of the questions Dr. Firman poses in regards to identifying what thoughts, feelings, and emotions are positive and stay and what can be cleaned out include. ***“Is this true, this thought I have? Do I need it? Does it serve me now, or is it a ghost from the past? And what do I most deeply know to be true? This bad feeling that I am experiencing, can I replace it with a smile? If I dance, will it change? If I give of myself to another, will it transform?”*** By allowing this internal house cleaning to occur, space is built for “seeds of gratitude, acceptance, and love” to be planted in your intrapersonal garden. Furthermore, Dr. Firman states, “If I redecorate my inner rooms with thoughtfulness, compassion, and good will, surely I will find myself living in my true home”, which is how I feel most of us would like to live life on the daily. With Winter just behind us and summer on the horizon, now is the time to rearrange our emotional gardens and do some inter-personal house cleaning before the summer begins!

Dr. Dorothy Firman, Ed.D. in Living a Life of Purpose

<http://www.psychologytoday.com/blog/living-life-purpose/201203/spring-cleaning-the-inside-out>

### Spring 2014 Faculty Office Hours:

	Monday	Tuesday	Wednesday	Thursday	Friday
Dr. Sell	1:30-3:00	10:00-12:00	1:30-3:00	10:00-11:00	
Dr. Gerson	10:00-12:00, 2:15-2:45		2:15-2:45	2:15-2:45	11:00-12:00, 2:15-2:45
Dr. Kissinger	9:15-10:15, 12:50-1:20		9:15-10:15, 12:50-1:20		9:15-10:15
Dr. Kocur	10:30-11:30		10:30-11:30		9:15-10:15
Dr. Kuehnel	12:50-2:00	11:20-12:20, 2:05-3:00	10:55-11:30	11:20-12:20, 2:05-3:00	
Dr. Wagerman	2:30-4:00		2:30-4:00		
Prof. Ryan		1:00-2:00		1:00-2:00	
DA's	9:00-2:00, 2:30-4:00	9:00-12:00, 1:00-4:00	9:00-4:00		9:00-1:00, 2:00-2:30, 3:30-4:00

\*\*\*Other Office Hours Available by Appointment\*\*\*

## Meet Your New DA!

**Name:** Megan Turner

**Home Town:** Simi Valley, CA

**Hobbies/Interests:** Reading, camping

**Favorite Psych Course:** Physiological Psychology, Human Cognition

**Major:** Psychology, emphasis in psychobiology, minor in Chemistry

**Future Plans:** Hopefully attend medical school and become a pediatric neurologist.



## Research Teams:

**Dr. Gerson's Positive Psychology Research Team:** I have been studying predictors of resilience and thriving for a number of years and am currently planning a year-long study to build on previous findings. Undergraduates who are interested in joining my Positive Psychology Research Team in the fall 2014 should email me as soon as possible. No research experience is necessary, but I require a 1-year commitment and availability to meet weekly at a specified time. One credit of Research Experience will be earned each semester, as well as an opportunity to participate in all aspects of the process. We will begin the study in September, with the team's input, and aim for a co-authored conference presentation to make together off-campus in the spring.  
*[mgeron@callutheran.edu](mailto: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).  
*[jkocur@callutheran.edu](mailto:jkocur@callutheran.edu)*

**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](mailto:wagerman@callutheran.edu)*

**Dr. Sell's Cognitive Psychology Lab:** This lab is focuses on human cognition, specifically memory and language. Areas of interest include understanding abstract thought, using memory to accomplish social goals, and decision making. This lab has 6-8 spots available for the 2014-2015 school year.  
*[asell@callutheran.edu](mailto:asell@callutheran.edu)*

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

## Festival of Scholars :

**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!

## GET STARTED WITH FUTURE PLANS

Sometimes we find ourselves saying *"I really wish I had known that before."* We understand the feeling and we want to share some helpful tips that we have learned over the years. Planning your course schedule, joining research teams, conducting independent research, finding internships, working in a clinical setting, and participating in extracurricular activities may seem overwhelming, but it must be done! If you are looking into a career that requires attending graduate school, you should be thinking ahead and gaining valuable experience in the field.

### First Year:

- ◆ Declare your major.
- ◆ Consider an emphasis for more specialized education.
- ◆ Join a club or participate in some career related activity.
- ◆ Volunteer! Show you can give back.
- ◆ Get to know a couple professors. They will be writing you letters of recommendation in the future!
- ◆ Get a summer job or internship in your field. Making connections with professionals is invaluable.

### Junior:

- ◆ Keep researching career options.
- ◆ Look at possible grad schools and find professors who you would like to work with.
- ◆ Get to know more professors in the department. Help them get to know who you are as an individual. Talk to them about your future.
- ◆ Pursue leadership positions in clubs, honor societies, volunteer work, etc.
- ◆ Present group or independent research at conferences.
- ◆ Take your GREs or other entrance exams! Starting now gives you time to study and retake the exams if necessary.
- ◆ Continue volunteering.
- ◆ Get clinical work experience.

### Sophomore:

- ◆ Research careers in your area of interest.
- ◆ Think about if grad school is necessary for your future career.
- ◆ Continue participating in clubs, consider running for an officer position.
- ◆ Continue volunteering.
- ◆ Determine if you meet the requirements for Psi Chi or your relevant honor society.
- ◆ Get another summer job or internship in your field. Keep building your professional network.
- ◆ Take statistics and research methods so you have the skills to do research in the following years!

### Senior:

- ◆ If your grades are high enough go for Departmental Honors. This looks great on your application.
- ◆ Take your GREs or other entrance exams again if needed.
- ◆ Compile and write your Curriculum Vitae.
- ◆ Write a general Personal Statement.
- ◆ Ask the professors you know best for letters of recommendation.
- ◆ Send out applications! The earlier the better.
- ◆ Work at publishing research papers in journals and presenting at conferences.
- ◆ Volunteer, participate in clubs, do another internship, and/or maintain a job in the field.

## BEING THE BEST STUDENT YOU CAN BE

Coming back from a mid-semester break can be difficult, especially as far as getting back on top of school work is concerned. Students tend to lose a lot of momentum over break, so here are some tips on how to get back into the swing of things!

### **Write down your schedule.**

This may seem completely obvious, but hear me out. The first few weeks of school can be a whirlwind, and in that state it's easy to forget things. Writing down your schedule isn't just about writing down your classes, but also when assignments are due, when quizzes and exams are scheduled, etc. It may seem like overkill now, but you'll be thankful you did it when all of your fellow classmates forget about that exam on Monday.

### **Always eat breakfast.**

This is a step that is easy to forget or let slide when the stress of the new semester sets in, but it's an important one. While many college students think that coffee is the nectar of life, you're not going to function as well on coffee alone. Taking those few minutes in the morning to eat something will help prepare your body for the long day of learning it has ahead, and with Jamba Juice in the middle of campus, breakfast is easier to fit in than you think!

### **Be ready for the succeed, but don't take on too much too early.**

School can be tough, and we've all had those semesters that completely drain us. One of the biggest mistakes I see students make is taking on way too much early in the semester, and burning out by the end. While all of the clubs on campus may seem fun, is it really responsible to go to a meeting every night instead of doing homework? Taking things on can be smart and fun, but make sure you're prepared to keep up on everything.

### **On the other side, don't let things pile up.**

We've all felt it. The first few weeks after a super relaxing break where you don't want to do anything. You figure that putting off one or two assignments for a few days won't hurt, you still have plenty of time to get them in. However, next thing you know it's time for midterms and you have a huge pile of work that should have been done weeks ago. Don't put off work at the beginning of the semester that will haunt you later. It may seem like a good idea now, but you'll regret it in the end.

### **Breathe**

Make time for relaxation. While it may seem like a good idea to do everything all the time, that is a sure fire way to burn out! The strongest students make a point to schedule in time to take a break and do the things that they enjoy and that help them relax. By taking your mind off schoolwork you can recharge for what's coming next!

## 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!

*Kudos to Courtney Vendetti and Dr. Wagerman who presented at SPSP Kathryn Lundi and Dr. Jodie Kocur have been accepted to present their research at the upcoming conference: Western Psychological Association, Portland Oregon. Aaron Waters and Dr. Marylie Gerson conference: Association of Psychological Science in San Francisco,*

## 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 5:45pm-6:45pm in Grace Lounge. Meetings begin 2-5-14 and are every other week.**



-Sharena Rice, Psych 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.

**Meetings will be Wednesdays from 2:30-3:30pm in Swenson 102. Meetings begin 2-12-14 and are every other week.**

-Nicole Kolb, Psi Chi President 2013-2014



## California Forum for Diversity in Graduate Education

If you are going to apply to grad school in the future, you need to attend this! On behalf of the Southern Forum Planning Committee, we are pleased to invite students to participate in the California Forum for Diversity in Graduate Education, which will be held at Cal Poly Pomona on Saturday, April 26th, 2014. The Forum will take place from 8:00 am - 4:00 pm, with registration commencing at 8:00 am. See details below for more information and registration information. Thanks, Cynthia Smith, CLU Career Services [\(805\) 493-3196](tel:8054933196)

California Forum for Diversity in Graduate Education  
Saturday, April 26, 2014 | Cal Poly Pomona  
8:00 am-4:00 pm

The Forum is an all day event designed to acquaint students from underrepresented groups with the academic and career opportunities associated with advanced study in a wide range of disciplines.

Open to:

Sophomores | Juniors | Seniors | Master's Candidates

\*\* (minimum GPA of 3.0 recommended for all students)