

Psycho-Babble

Macalester College/ October 2008

Psycho-Babble is a monthly newsletter for Psychology majors and Cognitive and Neuroscience majors and other interested students.

Important Dates for Fall

Wed. Oct. 1 - MPA Distinguished Scholar Lecture, 7:30, Dr. Matt Kushner

Tuesday, Oct. 21, 11:30-12:30 All About Internships Lunch

Thursday, Nov. 6, Cooking at Jeremiah, 4:30-6:30

Thursday & Friday, October 16 & 17 - Fall Break

November 10-26 - Spring Registration

FRIDAY SOCIALS - every Friday there is class, 3:20 p.m. by the Awards Wall

Chair Talk from Kendrick

We are over a month into the new semester thanks to our early start this year. In a typical year, this would mean that we are just starting to hit our stride and becoming accustomed to being back on campus. This year, however, most of us find ourselves working on the first wave of course assignments and exams. At such a time, I think it is a good idea to emphasize the importance of supporting one another and connecting with our department community. To encourage that, the Psych Club recently conducted a survey of what you as students would be interested in doing related to the department this year. I want to thank Evan, Lisa, and

Meg for their hard work on the survey. I strongly encourage you to contact them with your ideas about what Psych Club can do to make you feel more connected to our department community. Communities also thrive on meeting spaces and gatherings. To that effect, I encourage you to relax in our redesigned Student Lounge, work on a jigsaw puzzle, or use the computers in the Computer Lab when the room is available. Another way to connect is to come to our weekly Friday Socials, which feature free goodies at the end of a long week. Regardless of how you participate in our community, I hope that you have a good month and look forward to seeing around the department!

MPA Lecture - Wed. Oct. 1

Each semester, we host the Minnesota Psychological Association Distinguished Scholar Lecture. These talks are free to the general public and Macalester community. Members of MPA who want continuing education credit are assessed a fee. Brooke Lea is currently the faculty member who recruits and introduces the speakers. On **Wednesday, October 1 in the Weyerhaeuser Boardroom at 7:30**, Matt Kushner, Ph.D., professor of psychiatry at the University of Minnesota will speak on "D-Cycloserine-

Augmented Behavior Therapy for Obsessive-Compulsive Disorders". Dr. Kushner will speak about the role of a particular medication, D-Cycloserine (DSC) in accelerating the process of behavior therapy for anxiety disorders. His work is groundbreaking and highlights a novel synergy between medicine and psychotherapy. Dr. Kushner research interests are cognitive-behavior therapy, alcoholism, exposure therapies, panic disorders, pathological gambling and other anxiety disorders.

Kay Redfield Jamison to speak at St. Kates



Kay Redfield Jamison

The Guild of Catholic Women and the O'Shaughnessy's Women of Substance Series are presenting Kay Redfield Jamison on "Reflections on Mental Illness, Women and Depression", on Thursday, Oct. 2, at 7:00 p.m. at the O'Shaughnessy Auditorium. Tickets are \$10 for students and \$20 for others. Call 651-690-6700, visit the O'Shaughnessy Box Office or order tickets online at www.ticketmaster.com.

Kay Redfield Jamison is a clinical psychologist and writer who is one of the foremost experts on bipolar disorder, having suffered from the disorder since her early-mid twenties. Her autobiography "The Unquiet Mind" tells about her experiences being bipolar. She is Professor of Psychiatry at the Johns Hopkins University School of Medicine.

All About Internships - Lunch

The "real world" experience is an invaluable addition to the major."

We are planning on having a lunch on **Tuesday, October 21** at 11:30 in Olri 352 with students who have done or are currently doing internships. Someone from the internship office will also be there to answer questions.

Psychology encourages students to consider doing an internship. The "real world" experience is an

invaluable addition to the major.

Watch for more information on this as participants are confirmed.

Jamie Atkins is the contact person about internships in addition to your advisor. If you have questions, Jamie is the person to contact.



Gloria and Valentino,
Jeremiah Participant
Family

Cooking @ Jeremiah, Thurs., Nov. 6

Jeremiah is a program started in Minneapolis 10 years ago with a mission of "transforming families from poverty to prosperity". It provides safe affordable housing, quality child care, ongoing education, and access to livable wage jobs for single moms. The St. Paul facility was opened last year near I 94 and Lexington.

Members of the psych club (anyone interested in psychology)

have been preparing supper for the participants and their children one evening a semester. This fall we are doing this on Thursday, November 6. The time commitment is about 2 hours. This is a great opportunity to see what a very successful service program looks like. Watch for the sign up sheet which will be posted later in October on the white board by the office or email schultzm@macalester.edu.

Report from Study Abroad Lunch

Paul Nelson, the Study Abroad Coordinator at Macalester, gave this advice to students who are planning to study abroad: "Know what your goals are for study abroad and then seek a program that you think will meet those goals."

Some of the things we learned at the lunch: It is easier to get accepted for fall study abroad; you don't necessarily have to select a Macalester approved program; it is wise to get started early if you are planning on doing a study abroad because of all the different steps that you need to do; doing a home stay has proven to be a very positive experience; and you don't necessarily have to show how

your study abroad will fit into your major.

The students who studied abroad last semester told us about the academics (some were easy and some challenging). Some of the students directly enrolled and some were in a program. Being part of a program is good if the dominant language is not English - e.g. China, Chile, etc.

All said that much of what you learn about yourself and about other cultures does not happen with the academics of the study abroad but all the other aspects - travel, host families, language and becoming involved in a different culture.



Mai Youa Moua, Melissa Dejonckheere, Sarah Moskowitz, Paul Nelson, Erica Tohtz & Marlene Delgado

"Know what your goals are for study abroad and then seek a program that you think will meet those goals."

Report from Psych Club

The Psych Club leaders have been starting to meet about programming this year. Recently, all Psych students received a survey asking about their interest in different events and activities in the Psych Department. We are now looking over the results and planning a variety of events that will hopefully peak your interest! Thank you to everyone who participated in the survey! If you are interested in getting involved in Psych Club or providing us with your feedback and ideas, you can contact one of the officers: Meg Soli, Lisa Herndon & Evan Welo. (Becky Nieber is also an officer but she is studying abroad this semester in Namibia.)



Psych Leaders: Evan Welo, Meg Soli and Lisa Herndon

Introducing the Social Psychology Research Lab



Kendrick's research assistants: Mai Youa Moua, Lisa Herndon & Hannah Johnson.

Kendrick Brown leads the Social Psychology Research Lab at Macalester. With the diligent efforts of three research assistants ([Lisa Herndon '09](#), [Hannah Johnson '10](#), and [Mai Youa Moua '09](#)), the lab has pursued two areas of interest. First, in collaboration with Joan Ostrove, the lab has investigated the ways in which U.S. people of color conceive of their friendships with those outside of their racial/ethnic group. This work is in contrast to most intergroup contact literature that examines the experiences of dominant group individuals in a society. A second line of research has explored the ways in which students are impacted by learning about racism in a college classroom setting. In particular, this work has tracked how student attitudes can change in non-linear ways over a semester of taking a racism course. The research associated with both of these areas has resulted in manuscripts submitted to psychology journals and inspires projects that the lab intends to pursue in the future

Mesmerizing Major: Lisa Weinberg

Favorite Movie: *WALL-E* It's an adorable Pixar film about a robot.

Favorite Book: *Mutiny on the Bounty*

Favorite Place to Eat in the Twin Cities: Pad Thai

What do you do when you are not studying: Currently I am watching Angel with one of my friends. Angel was a character in Buffy the Vampire Slayer and eventually he had his own show.

Where did you grow up? Bethesda Maryland

Interesting fact about your hometown. Most people who live there work in the District of Columbia. There's the naval hospital and the NIH, which is a huge complex. There are lots of restaurants - maybe 350 in the downtown area of Bethesda.

Tell us something about your family: I have a twin brother and he goes to Guilford in North Carolina. My parents are both ardent birdwatchers.

Tell us something that you are pleased with or proud of about yourself: Over the summer I had an internship with Student Peace Action Network and I helped plan a convergence for students around the country to discuss peace issues in Washington, DC.



Lisa Weinberg

Each month we randomly select a psychology or CNS major to be our mesmerizing major for the month.

Psych Students tell us what they do on campus

Ann Baltzer: I'm on the women's basketball team, a Chuck Green Fellow, and an English as a Second Language teacher.

Laura Hittle: Co-President of Scoil Rince Mac (the Irish Dance club at Mac) and I'm also a volunteer Tour Guide. I'm also going to be tutoring at an all girl's charter school on Summit Ave that is highly focused on math and science.

Ellina Xiong: I'm the Bonner Senior Intern for the Bonner Scholar Community Program, and I am also a student rep for the alumni board.

Ellen Fitzharris: I'm involved with the ultimate frisbee team (women's team is called the Purse Snatchers) and Fresh Concepts (improv comedy group).

Martin Mudry: Cross Country, Track and Field, Macalester College

Student Government Student Representative to the Board of Trustees

Dan Braman: MJO

Lauryn Gutierrez: I play varsity women's soccer and write for the MacWeekly.

Marie Godwin: Volleyball (Co-Captain), Student-Athlete Advisory Committee (Chair) & Kilt Krew (Secretary)

Margaret Nigro: I'm a tour guide coordinator and involved in MacSoup. Our next soup is tentatively set for October 25th, so I don't know if that'll be near to the next issue of Psycho-Babble, but everyone should come! We make soup on a Saturday once a month, and serve it to Mac students starting at 9pm until about 11pm/when we run out. You should definitely put MacSoup in this issue, it's one of the best orgs on campus!

Krista Yank: I'm a student representative on Macalester College Student Government (MCSG) and a part of the Student Services Committee, as well as a member of the Macalester for Obama student org.

Will Cohen: A Folk and Blues radio show on WMCN from 12-2am on Tuesday nights.

Jen Agans: African Music Ensemble, Macalester Object Manipulators (juggling club), MacSalsa, Bagpipe lessons

Peggy Polta: I am in MacYARN, the knitting club, and I volunteer at Planned Parenthood.

Colin Smith: I play on the football team, and the hockey team (which is a club sport). I am a leader for a high school youth fellowship group at Macalester Plymouth United Church.

Spencer Retelle: I participate in varsity cross country and track and field, club volleyball. I was an orientation leader, I work for Campus Programs and the Psychology Department.

Vera Sidlova: - student government, Lives of Commitment student coordinator (civic engagement center), ultimate Frisbee, teaching ESL at Neighborhood House.

Seyram Addom: I'm involved in the African Music Ensemble and in Afrika!, the student organization.

Sue Xiong: I'm part of Ua Ke (an organization to raise Hmong awareness on campus) and ASA (Asian Student Alliance). I'm also the issue-based organizer for College Access in the Civic Engagement Center, in which I help promote college access by coordinating campus visits to local youth through a program called Opportunities Abound.



Psych Students (cont'd)

Huong Nguyen: symphony orchestra, dance, DISC/LSAMP Scholars, volunteering at Children's Museum and Children's Hospital, ASA (Asian Student Alliance)

Jessica Kaneakua: Opportunities Abound!

Katey Dolezal: I'm in choir and study piano.

Joelle Taknint: I row on the Crew team and I am in African Music Ensemble

Candace Groth: I'm involved in MacYarn (a knitting club) and MacVeggies (the only school vegetarian society). I also attend many lectures that the school hosts in the International Studies, History, and Psychology fields.

Sara Gottlieb: Varsity cross country and track

Tempestt Gilmore: I am president and head choreographer of BODACIOUS, the hip hop dance organization on campus to promote positive hip hop culture to the Macalester Community.

Aubrey Harding: I am on the varsity women's water polo team and I do athletic training for the football team.

Carly Levin: I'm a music minor so I'm in jazz band and take clarinet/saxophone lessons. And I will be joining a sax quartet soon. I also run the swing club- mac jumpn' jive on campus.

Chelsea Voskuilen: I'm a member of the Multifaith Council and MCF (Mac Christian Fellowship).

CNS Report from Eric Wiertelak

An article I submitted earlier this year was accepted and was published in the Journal of Undergraduate Neuroscience Education in July. The citation is: Wiertelak, E.P., and Ramirez, J.J., Undergraduate Neuroscience Education: Blueprints for the 21st Century.

In August, I attended the Congress of the International Association for the Study of Pain and satellite meetings in Glasgow, Scotland. My presentation, "Assessing the effects of natural medicines on nociception in the rat: examinations, adaptations, and expansions of select animal models." had 3 student co-authors: **Tim Burns '08**, **Martin de la Presa-Pothier '09** and **Kristin Mathson '08**.



Eric Wiertelak, Director of the CNS Program.

And more babble . . .

Tony Marsh '05 CNS is pursuing an MD degree at the University of Nebraska Medical School.

Emily Potts '04 reports: I graduated with my MSW from the University of GA in 2006 and have been working as a child and adolescent therapist since then. I have been working for the last 6 months at Hillside Hospital (www.hside.org) which is a residential treatment center for kids (here in Atlanta). The foundation you all provided me as been an invaluable asset.

Erica Rivera '02: My memoir, "Insatiable", will be published by Berkley books in 2009!

Amber Laurie '07: has a new job as a research assistant at Oregon Health and Science University in Portland. "I'll be working in a lab that is studying circadian rhythms and sleep patterns in people who are completely blind. The idea is to see how the body regulates sleep cycles without having visual light input. My initial responsibilities are to coordinate research and take melatonin samples. but then I will work up to doing statistical analysis."

Psych in the News

How Parkinson's Develops: Protein Found That Regulates Gene Critical To Dopamine-releasing Brain Cells

Researchers have identified a protein they say appears to be a primary player in maintaining normal functioning of an important class of neurons – those brain cells that produce, excrete and then reabsorb dopamine neurotransmitters. These molecules command numerous body functions, ranging from management of behavior and mood to control of movement, and one day may hold the key to why and how some people develop Parkinson's and other brain diseases. In the September 10 issue of the *Journal of Neuroscience*, the scientists say that this protein, which they call the Nurr-1 interacting protein (NulP), interacts with, and helps regulate the activity of the Nurr1 gene. That gene has long been known to be essential to development and maintenance of dopaminergic neurons.

Move over mean girls -- boys can be socially aggressive, too

Society holds that when it comes to aggression, boys hit and punch, while girls spread rumors, gossip, and intentionally exclude others, a type of aggression that's called indirect, relational, or social. Now a new analysis of almost 150 studies of aggression in children and adolescents has found that while it's true that boys are more likely to engage in physical aggression, girls and boys alike take part in social aggression. "These conclusions challenge the popular misconception that indirect aggression is a female form of aggression," according to Noel A. Card, assistant professor of family studies and human development at the University of Arizona and the study's lead author. The analysis of 148 studies, which comprised almost 74,000 children and adolescents and were carried out largely in schools, looked at both direct aggression, which is usually defined as physical, and indirect aggression, which includes covert behavior designed to damage another individual's social standing in his or her peer group. Conducted by Card and researchers at the University of North Carolina at Chapel Hill and the University of Kansas, the analysis appears in the September/October 2008 issue of the journal *Child Development*.

"These conclusions challenge the popular misconception that indirect aggression is a female form of aggression"

Unproven therapies used on traumatized kids

Many doctors and therapists use unproven approaches such as drugs, art or play therapy on children suffering trauma when old-fashioned talk therapy has been shown to work, a report released on Tuesday said. A review of a dozen different studies showed no evidence that alternative therapies helped children traumatized by violence or abuse, even though more than 75 percent of U.S. mental health professionals who treat children and teens with post traumatic stress disorder may use them.

But cognitive therapy -- a type of talk therapy aimed at changing negative thoughts -- does work, the group at the U.S. Centers for Disease Control and Prevention said. "Childhood trauma is a widespread problem with both short- and long-term consequences," Hahn said. "Many kids with symptoms of trauma go undiagnosed, which can lead to unhealthy behaviors in adulthood such as smoking and alcohol or drug abuse." He said better screening is needed and urged therapists to use proven methods. Cognitive therapy uses a variety of techniques, but always involves a trained counselor and several sessions, to change a person's thoughts and beliefs. Hahn's task force reviewed studies evaluating play therapy, art therapy, the use of drugs and psychological debriefing. The CDC team reported in the *American Journal of Preventive Medicine*

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*A newsletter
serving students
taking
psychology and
cognitive
neuroscience
classes.*

Psych in the News (cont'd)

Baby eyes are taking in the world, applying self-experience to other people

Those wide-eyed babies are taking in and using more information than previously believed. In fact, new research by psychologists at the University of Washington's Institute for Learning and Brain Sciences indicates 12- and 18-month-old babies not only are observing what is going on around them but also are using their own visual self-experience to judge what other people can and cannot see. "This research shows how infants are using their own experiences to understand the inner lives of other people," said Andrew Meltzoff, co-director of the UW institute and lead author of a paper appearing in the September issue of the journal *Developmental Psychology*.

Cannabis linked to earlier psychosis onset

Researchers from Spain have found a strong and independent link between cannabis use and the onset of psychosis at a younger age. The association, they say, cannot be explained by chance, and is not related to gender or the use of other drugs. It is, however, related to the amount of cannabis used. "The clinical importance of this finding is potentially high," Dr. Ana Gonzalez-Pinto from Santiago Apostol Hospital in Vitoria, and colleagues write in the *Journal of Clinical Psychiatry*, given that cannabis use is extremely prevalent among young people." The researchers also report that "estimates of the attributable risk suggest that the use of cannabis accounts for about 10 percent of cases of psychosis."

HOW YOU SPEND AFFECTS HOW MUCH YOU SPEND: CREDIT, SCRIP AND GIFT CERTIFICATE PURCHASES FOUND TO BE HIGHER THAN CASH BUYS

Itemizing Estimated Expenses Also Curbs Spending, Study Finds
There is fresh evidence that people spend less when paying cash than using credit, cash-equivalent scrip or gift certificates. They also spend less when they have to estimate expenses in detail. These findings appear in the September issue of the *Journal of Experimental Psychology: Applied*, published by the American Psychological Association.



Marissa Weyer '05, speech therapist & Aaron Mitchel '05