

Psycho-Babble

Macalester College/ January/February 2010

Important Dates

February 5th
Last day to
register/validate
class and last
day to
add/drop a
class

February 9
Movie lunch!
11:20 - 1
Olin Rice 352

REU
Applications due
- various dates

February 19
Last day to
designate a
grading option

Chair Talk from Jaine

Happy New Year...and welcome back! I hope you are as excited about Spring 2010 as we are. This term we welcome two new visiting faculty—Drs. Hideko Sera and Julia Manor—and three returning faculty—Drs. Mary Gustafson, Dan Graham, and Bruce Hinrichs. We're grateful for the expertise they bring to the department.

We're also looking forward to the 2010 Minnesota Undergraduate Psychology Conference. This blockbuster event, to be held here at Mac on April 24th, features research presentations by hundreds of undergraduates and a keynote address by distinguished social psychologist, Dr. John Bargh. Please keep your eyes open for opportunities to be involved!

Senior majors: Major plans!

Planning to graduate in May? Then now is the time to check your major plan to make sure you've taken care of all of your requirements. Please meet with your advisor and/or Jaine as soon as possible to get this important paperwork taken care of.

Movie Lunch!

Introduction to Psychology class is holding a movie/lunch February 9th at 11:20 in #352. All interested in the Psych Club are invited to attend. The movie is "Elling," a Norwegian comedy about two men leaving the state institution and getting their first apartment and about their relationship with their social worker. It's heartwarming and thoughtful. Please R.S.V.P. to Lee so we have enough lunch.

Study Abroad Insights

Abigail Gutmann-Gonzalez

Fall, 2009

Sydney, Australia

Studying abroad in Australia has been one of the best decisions I have ever made and one of the most amazing experiences of my life. Arriving in Sydney last July I was very nervous to meet the girls in my program and start my adventure in this new country. However, adapting to the laid back Aussie life was easier than I had thought it would be. My study abroad program, CIEE, made the transition easier by giving me tips on what to expect from this new culture and by organizing different activities to introduce me to the Australian society. During those first days, I explored Sydney, oriented myself at Uni, and began meeting new friends. The best thing about arriving in a new culture is that since you don't know anyone, you can be whoever you want to be. For me that meant overcoming some of my shyness to meet new people and becoming more adventurous by exploring my new environment.



Among the things I will remember most about my study abroad experience are all of the activities I did during the weekends. I can't remember a single weekend where I wasn't out walking around Darling Harbour, going out to eat with my newfound friends, swimming at the beach, and exploring Sydney's markets.

Then there were all the trips outside of Sydney to the Blue Mountains, Melbourne, the Gold Coast, and Crescent Head. I got to explore this amazing country and realized how big Australia really is.

Continued next page

Another thing I enjoyed about my time in Sydney was the fact that although academics are rigorous, they don't take over your life. There were long periods where I didn't have any assignments due which allowed me to explore more of Sydney and hang out with friends. Combined with the incredible weather Sydney seems to be blessed with year-round, I felt in paradise. However, it also made me appreciate the education I am getting back at Macalester because I know that there is a lot more student-teacher interaction and higher academic expectation for Mac students.



The aspect I will miss most about Sydney will be the amazing friends I made here and living in such a cosmopolitan city. My friends from such diverse countries as Switzerland, Hong Kong, Germany, and of course Australia, helped make my transition into this culture a lot easier and broadened my world. I know I've been lucky because I have not experienced any major culture shock and remain as in love with this country as the first day I arrived. I know that I want to come back to Australia someday and experience all of the amazing opportunities this country has to offer .

Meet a psych professor - Bruce Hinrichs



Bruce Hinrichs has taught at many different colleges over many years and specializes in teaching introduction to psychology. Bruce has authored several books, including a textbook on general psychology, a book on cognitive neuroscience, and a small book titled Film & Art. Though Bruce's graduate research was in counseling, his current interests include cognition, learning, and neuroscience. Bruce is proud to have met B. F. Skinner and Jean Piaget, and he studied with students of those great early psychologists. In addition to teaching, Bruce has been a part-time glass-blower, photographer, painter, and musician.

Senior Social Photos



Special thanks for Jack and Marty Rossmann for opening up their beautiful home and to Sophie and Zoe for their help.



Psych professor Graham featured in Star Tribune

Bill Ward of the Star Tribune interviewed and featured visiting assistant professor of psychology, Dan Graham, about health and wellness and eating right over the holidays. Dan had many helpful hints for the article. Take a hike was one: Dan advises folks to take the stairs instead of the elevator. Get up from your desk more often is another.

The article can be seen in its entirety at
<http://www.startribune.com/lifestyle/health/72715987.html>

Kids Judge! photos



Thanks to all who volunteered.
The kids said "it rocks!!!"

Mesmerizing Major - CNS & Psych

"Mesmerizing majors are randomly selected from the list of psychology and CNS majors"

Logan Sand



Favorite Movie: Currently, I think it's "La Haine" which is a French movie about the suburbs in Paris.

Favorite Book. Cat's Cradle by Kurt Vonnegut.

Favorite place to eat in the Twin Cities. I think it would have to be Sakura, a sushi place in Downtown St Paul.

What do you do when you are not studying? chillin, livin, and reading FML

Where did you grow up? I've lived in the Twin Cities my whole life.

Interesting fact about your hometown. According to wikipedia, "Stillwater is notable for its antiquarian bookstore" and for being "a book town", who knew?

Tell us something about your family. I have one older brother who went to Harvard and now gets to travel the world as a Lieutenant JG in the US Navy.

MUPC is Saturday, April 24th

Macalester College is hosting the Minnesota Undergraduate Psychology Conference this year. The one day annual conference promotes undergraduate research in the field of psychology and will feature oral and poster presentations of student research. We are also pleased to announce that the keynote speaker will be John Bargh. Professor of Psychology at Yale University. Dr. Bargh focuses his research on unconscious mechanisms that underlie social perception, evaluation and preferences, and motivation and goal pursuit in realistic and complex social environments. That each of these basic psychological phenomena occur without the person's intention and awareness, yet have such strong effects on the person's decisions and behavior, has considerable implications for philosophical matters such as free will, and the nature and purpose of consciousness itself. A call for proposals will be forthcoming.

Presenting at MUPC is a requirement of the psychology major at Macalester.

And more babble.....

Tanya Adelman, '03 completed her degree as a Physician's Assistant and she is now on the staff at North Memorial Medical Center. She loves her job, and she says there's a lot of psychology involved in her work. She's eager to talk to students who might be interested in pursuing training as a PA.

Carissa Kaufman, '08 is now Lead Mental Health Counselor at South Metro Human Services, an organization with which she has worked since her days at Mac. She's also pursuing a masters in marriage and family at St. Mary's University of Minnesota.

Arndis Jonsdottir, '97 received her degree in occupational psychology, and she writes that she "is currently a self-employed consultant who provides leadership coaching to high flying managers and helping management teams improve their working relationships and results." She lives in Iceland, but her work is global, including a current project in Malaysia. She is also the proud mother of 9 year old Tomas Mani.



Thanks to
Rosemarie Sese,
for representing
the Psych Dept.
at the Olin-Rice
gingerbread house
decorating event.
Her creation was
beautiful and
creative.

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***Be sure to check out
our website.***

Notice!

**Lee's office hours have changed
to M-F 8:30 am - 4:45 pm.**



Do you read Psycho-
Babble? Please stop by to
see Lee for a special
treat and let her know
that you saw this notice.

About Psycho-Babble...

Psycho-Babble is a monthly newsletter for Psychology and Cognitive and Neuroscience majors and other interested students. We welcome contributions from students and faculty. The goal of the newsletter is to inform the community of events, people and issues at Macalester and beyond.