



November 2018

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Chair Talk from Eric

Just in case you've forgotten, the Thanksgiving holiday is coming up in just a few weeks! But before that break comes our way, there is a lot going on in the Psychology Department. Starting right on the 1st of the month, there is our Study Away Lunch! Get your questions answered about what you can expect on study away from other psychology majors who have now returned from programs around the globe. The following day will be a unique opportunity to venture off campus along with the Community Psychology course to the Science Museum of Minnesota in the early evening- check out the story below.

Next Tuesday, 11/6 is the day of a much-loved event in the department-- the Psychology Info Lunch! Ever wondered what the faculty in psychology do in their labs, or which professor teaches a particular subject? The faculty will be

at the lunch to tell you about the department and major, and lots more. Then, get the real story about the department as the faculty leave and senior/junior psychology majors talk about the program. I'll be out of town at a conference that day, so I'll tell you now that in the Spring, I'll be teaching *Exploring Sensation and Perception*, and *Brain, Mind, and Behavior*. My research has several areas of focus; right now, a major project in the lab is a study looking at the impact of certain foods on the onset and progression of cognitive and cellular aspects of Alzheimer's Disease. In addition, the lab also regularly studies the effects of traditional Chinese Medicines on the nervous system, and the neuroscience of dance. Want to learn more about my lab? Please stop in for a chat after I return from the conference.

I also want to point out that on Tuesday 11/13, the Psychology Club is hosting a Game Night-- come out and challenge other students and faculty with your gaming skills!

And lastly.... in case you haven't heard, **Tuesday 11/6 is also an election day**. If you haven't participated early, why not take some time out of your busy schedule and vote for your candidates of choice. I did!

Until next month, have a great November and a happy and safe Thanksgiving Break!

Harp - Pollack Summer Fellowship



Do you have a passion for applying psychology to working in the public interest or creating social change? Have you always wanted to live in New York City but never thought you'd have the opportunity? Will you be a rising junior or senior in the summer of 2019? If your answer to all of these questions is "yes," please consider talking to Joan about the Harp-Pollack NYC Public Interest Fellowship.

The fellowship, created by a Macalester alumna (Class of 2004) who was a psychology major, offers a summer opportunity for one student to

participate in an unpaid public interest internship in New York City. The student must identify and arrange the internship site and summer housing in New York City. Financial support is provided for housing, transportation, and other necessary living costs.

The intention of the grant is to offer students a meaningful advantage as they prepare for post-graduate study and careers.

If you are interested in learning more about this, please contact Joan (ostrove@macalester.edu) by November 15 to express your interest and set up a time to meet.

Do you need a letter of recommendation? Tips for Requesting Letters of Recommendation



Professors are pleased to write letters for students, and there are a few steps you can take to facilitate the process:

Be sure to allow the professor plenty of time to write the recommendation. Two to three weeks is the minimum recommended time. The professor may not be able to fulfill your request if you provide less advanced notice.

Provide the following:

- A spreadsheet of all programs with due dates and any information that will help your recommender understand your reason for applying to that program.

- A copy of your application essay
- A resume and information about your GPA and GRE scores, if appropriate
- A reminder of the classes, work, or research you undertook with the faculty member (this could be a simple list of classes and grades but you might also include a copy of papers you wrote for the professor)
- Most application processes are entirely online these days, but occasionally a student will need to submit a hard copy of a recommendation. In these rare situations, please follow the steps below:
- Provide all the information listed above and, in addition, indicate on the spreadsheet which programs require online forms and which, hard copies.
- Fill out all of the information on the recommendation forms in advance. Be especially sure to sign the section regarding whether or not you waive your right to read the recommendations (see box below).
- Provide a pre-addressed envelope for each recommendation.
- Organize all forms in order of their due date, and submit them in a folder or envelope.

Note: Professors are going to write letters based in part, on their experience with you as a student in class. If an experience was not entirely positive, be aware that a letter may include critical comments or include a discussion of that experience. If you have questions about this, be sure to discuss it with the professor when making the request.

WAIVE OR NOT WAIVE ISSUE: Many recommendation forms include a section that describes your rights to see the content of the recommendation should you be accepted into the program. You may either **WAIVE** that right (thereby allowing the content of the recommendation to remain unknown to you), or **NOT WAIVE** that right (thereby allowing you to read the recommendation when you arrive at graduate school).

The choice to waive or not waive your right to see the recommendation is yours. The forms usually say that the letters are treated similarly in either case. It is possible, however, that the readers of these letters might think that your recommender gave a more honest appraisal of you if he or she knew you would not ultimately read it. If you want that to happen, you should **WAIVE** your right to see the letter. **BE SURE TO CHECK WHICHEVER BOX YOU WANT TO AND THEN SIGN.**



Psych Study Away Lunch - Thursday, Nov. 1 11:30 Olri 352

Each semester we look forward to this event. Psych majors who studied away last semester tell us about their study abroad experiences and offer tips for those thinking of studying away. A representative from the study away office will attend to answer questions and explain the process. If you were on study away last spring and would like to be on the panel, please contact Lee. If you plan to attend the lunch, please RSVP to I can order enough. If you can help us by being on the panel, please contact Lee.

Science Museum Trip - Friday, Nov. 2

Students in Community Psychology and Public Health will be taking a trip to the [Science Museum of Minnesota](#) in downtown St. Paul. They'll leave campus at 4:45pm and return by ~7 pm. There's room on the bus for additional students if you're interested in coming along. Admission to the Science Museum is \$6 (with a student ID) on Fridays after 5 pm.

The Science Museum has many interesting exhibits, but the two that might be of particular interest to psychology students focus on [mental health](#) and on [race](#).

Please let Jaine Strauss (strauss@macalester.edu) know if you'd like to go.



Psych Info. Lunch - Tuesday, Nov. 6 11:30 Olri 352

Have you recently become a major but want to learn more? Are you thinking about a major or minor in Psych? Come hear about the department. You will first hear from professors and then from upper class psych majors. Time for questions and answers from both groups too. Please RSVP to Lee for lunch.

CDC Cover Letter and Resume Workshop Lunch - Monday, Nov. 19 12:00 - 1:00 Olri 302



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Mary Emanuelson from the CDC will come over to help you with cover letters and resume writing. Please RSVP if you want lunch from The Cheese Shop.

New and “newish” spring courses



PSYC 350 Social Identities in Developing Lives (Gillen-O’Neel)

For children to thrive in our increasingly diverse society, they must be prepared to engage with issues of race and racism. Some of the best places for children to learn about race is from their parents and teachers, yet many adults believe that children are “colorblind” and have no conception of race. In general, however, children do not report colorblind, or even racially egalitarian attitudes. In fact, by the time they are six, most White children demonstrate pro-White bias, and most children of color demonstrate some understanding of the racial biases that permeate United States society.

At the same time, it is not appropriate to talk to children about race in the same way that we would talk to adults; children's conceptions of race are limited by their cognitive and social abilities. In this class, we will draw from developmental, social, and educational psychology to explore what children know about race and racism, and how to talk with children about these issues in a developmentally appropriate way.

PSYC 394-01 Research in Hemisphere Asymmetries (Burgund)

Although the right and left hemispheres of the brain are highly similar in terms of both structure and function, subtle and not-so-subtle differences between them exist. Exploration of these differences benefits our understanding of the mind and how it is implemented by the brain. Students in this course will identify a question about the right and left hemispheres, and design, conduct, analyze, write up, and present a research study investigating this question. The course fulfills the research experience and multi-draft paper components of the capstone requirement for the Neuroscience major. Prerequisites: MATH 155 or PSYC 201, and PSYC 244.

PSYC 394-02 Psychology of Black Women (Jerald)

This seminar is designed to provide a critical analysis of the distinctive experiences of Black women using a psychological lens. We will explore a broad range of topics relating to Black women's experiences in home, school, and community contexts, such as identity development, stereotyping, racial and gender socialization, media representations, sexuality, spirituality, and activism. The class will also consider how Black women draw on individual strengths and cultural assets to support their personal, academic, and psychological well-being. We will employ Black Feminist Theory and other culturally-relevant frameworks to guide our inquiry.

Places to get a Summer Fellowship - Thinking Summer 2019 Already!

It's hard to believe, but NOW is the time to start considering the possibilities for doing research or an experiential learning opportunity next summer. To help you get started, the HUB is offering a workshop that will be advertised soon. Watch for flyers.

Welcome New Psychology Majors



Jenny Maas '21 New York, NY



Anthony Chin '21 Cleveland, OH



Muen Xu '21 Nanjing, China



Nishta Amin '21 Mumbai, India



Carina Ramorino '21 San Francisco, CA



Rebecca O'Kerns '21 South Natick, MA



Rebecca Lewis '21 Locust Valley, NY



Laura Botero '21 Cali, Colombia

Mesmerizing Major - Alex Cook '19

Favorite Movie: Thelma and Louise

Favorite Book: Stone Butch Blues by Leslie Feinberg

Favorite place to eat in the Twin Cities: Pho #1 -- a cozy family-owned place with great pho and Thai tea. I go there so often they know to put in my order before I even sit down!

What do you do when you are not studying? Working at Trader Joe's and Midwest Special Services

Where did you grow up? San Diego, CA

Interesting fact about your hometown: RuPaul is from San Diego

Tell us something about your family: my family consists of my wife and dog. Our biggest project right now is recording all of their abuela's family recipes in a book so we don't forget them

Tell us something that you are pleased with or proud of about yourself: I love that I have a twin!



Postcard from Study Away - Julia Carpenter '20

Waving hi to St. Paul from Paris! I'm here through the Institute for Field Education (IFE), a French immersion and internship program. After 5 weeks of courses, I started an internship at an organization that provides education and support to children on the autistic spectrum. I work with the kids, developmental



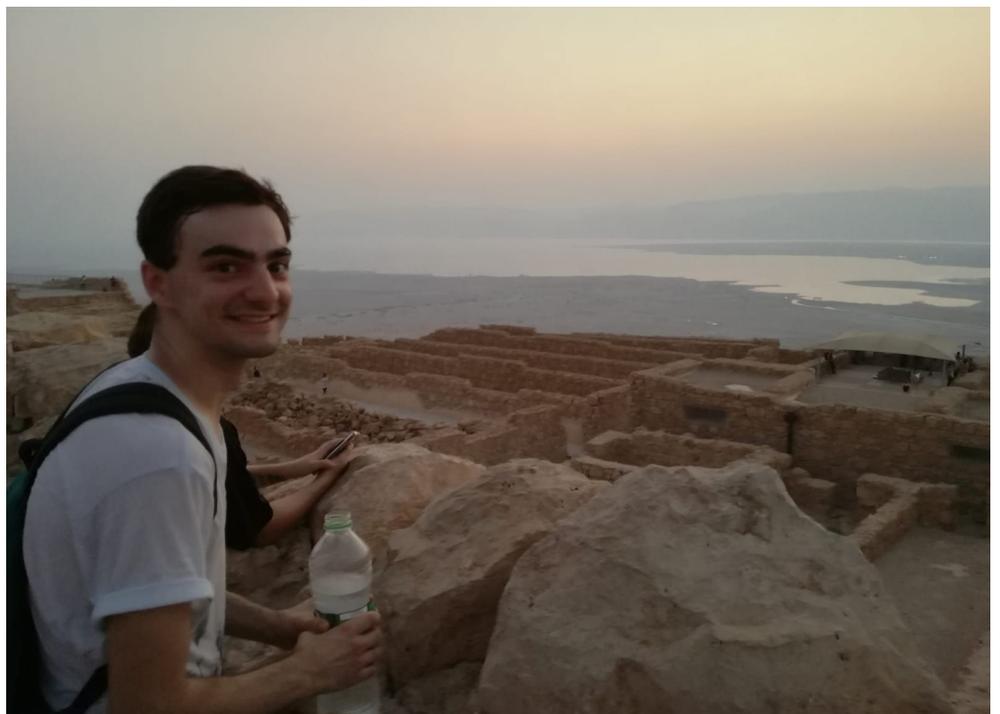
psychologists, and special educators every day while writing my own thesis related to the work!

It's an incredibly rewarding experience, but also one of the most difficult I've encountered. Every day is a challenge integrating into the work environment, communicating, and making Paris feel like home. IFE is supportive but distant — I see the program one night a week for a class. The experience has definitely taught me to trust my independence. I also realize Mac has given me the perspective to grow with the challenges, and because of that, this semester has been surreal!

Postcard from Study Away - Alex Marketos '20

Shalom!

This semester, I am studying at the Hebrew University of Jerusalem in Israel! It's been such a fun time and I've so far loved every minute of it—especially how nice the weather is here (80s in mid-October!). I've been here about 2 months now and I am still only about halfway done. It's hard to believe, but I am actually in my third week of the semester. Before the start of the semester, there is an *ulpan*, which is an intensive language course which runs for about 5 weeks. During this *ulpan*, we have the option of studying



Hebrew or Arabic. Also, you only study this language during this time, no other classes. I chose Arabic, because I have always wanted to learn it. It's a tough, but very interesting language! This semester, I am taking (along with continuing Arabic) a class on Israeli history, multiculturalism in Jerusalem (taught by a member of the Jerusalem city council), and the psychology of conflict. So far, all of the classes have been very interesting and I really appreciate taking courses that are not offered at Macalester. I take all of my classes in the Rothberg International School, which is the study abroad branch of Hebrew University. The conflict psychology course is a very interesting class and taking it in a place that has a history of conflict adds a very unique dimension to what we are learning, especially because you can see the wall that divides Israel and Palestine from our classroom. This program is a direct enroll at a university, so I am living in an apartment-style dorm and I have to shop for groceries because there is not a meal plan. It's actually pretty fun shopping and running errands here because it makes me feel like a resident, instead of a tourist. Rothberg occasionally offers excursions around Israel. The most memorable trip we took was to the Judean Desert where we floated in the Dead Sea and took a sunrise hike up to Masada, an ancient Jewish and Roman settlement on the top of a mountain. Because Jerusalem is located in the center of Israel, traveling around the country by bus is very easy and cheap, so I don't feel like I need to rely on Rothberg if I want to take a trip somewhere. But there's so much to see and do here in Jerusalem, including the beautiful Old City and the busy Mahane Yehuda market (or *shouk*). Another interesting thing about living in Israel is experiencing the Jewish tradition of Shabbat. From sundown on Friday to sundown on Saturday most businesses and transportation shut down in observance. As tough as it can be at first if you want to go somewhere or need food from the grocery store during this time, but ultimately it's a very unique thing to experience people being forced to rest and I'm glad I get to witness it as well even though I am not Jewish. I hope everyone at Mac is having a great semester!



Postcard from Study Away - Lillianna Kay

Greetings from Buenos Aires!
I am currently studying abroad on the IFSA-Butler program with the Human Rights: Genocide concentration. With this program, I am taking three classes with IFSA (Argentine Genocide, Human Rights Methodology, and Spanish) as well as two psychology classes at a local private university.

As part of this concentration, I get to intern twice a week at the Parque de la Memoria, a site commemorating the lives lost in last military dictatorship of Argentina. This concentration is especially meaningful to me as it really brings to life the first year class I took at Mac: Politics of Truth and Memory in Latin America. I'm also really enjoying my psychology classes and would highly recommend taking psych abroad. Psychoanalysis is very popular here in Argentina (my host mom is a psychoanalyst!), and learning about different perspectives on psychology in an entirely different language has been fascinating.

Aside from academics, I've really enjoyed the opportunities I've had to travel and explore Buenos Aires. Highlights have included: trips to Iguazú and Córdoba, zumba & salsa classes, visiting cultural and historical sites, and meeting other international and Argentine students. Navigating a new country in a second language is always a challenge, but I know that I've grown infinitely from these learning experiences. If you're considering studying abroad, I'd highly recommend choosing a program carefully and matching your interests to a program's offers as best as possible. I've really appreciated the balance of independence and support that my program has offered me, and know my experience abroad would be very different without it.

Psych Club Game Night - Tuesday, November 13

Psych Club leaders and planning a faculty and student game night. Stop by for a relaxing time having a meal together, snacks and playing board games. Time to be determined. Watch for flyers.

Opportunities

MN Historical Society Internships

It's once again time for college students to apply for Internships with the Minnesota Historical Society! We have a variety of great opportunities for students of all majors! All MNHS positions are posted on Handshake too.

Spring 2019 Internships run January through May and the application is open between now and November 15th. Interns can apply on our website: <http://www.mnhs.org/internships/college/positions>. We are searching for Interns for the following positions:

- Archaeology, Curatorial, Design work for the Minnesota Historical Society Press, Development, Inclusion & Community Engagement Fellowship & Programs, Inclusion & Community Engagement Teen Action Group, Internship Program Assistant, Family Programming, MNopedia Place Names, Oral History, Social Media, and Web Design

Please do let me know if you have any questions or would like to know more about MNHS Internships!

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Considering a health profession?

Pre-Med Planning
Tuesday, October 30
11:30am to 1pm
Olin-Rice 250

For sophomores, juniors and seniors thinking about medical school. We'll answer questions like:

"When should I take the MCAT?"
"What might I do with a gap year?"
"How can I know how strong my application is?"
"Besides a good GPA, what else do medical schools look for?"
"How many schools should I apply to?"

Health professions advising co-directors Lin Aanonsen and Liz Jansen, will be presenting and answering your questions.

Health Professions Alumni Panel
Saturday, November 3
9am to 12pm
Olin-Rice Small Gallery

Join us for a panel and discussion with Macalester alumni working in the medical field.

A wide variety of professions will be represented:

- physician/surgeon
- family medicine
- pediatric medicine
- otolaryngology
- community health specialist
- nursing

Sponsored by HPSC, The Olin Rice Hub & Health Professions Advisors.
Questions? Contact:
hpsc@macalester.edu

Lunch served at both events.
Register in Handshake.

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