



## Chair Talk from Eric Wiertelak



### Welcome to Spring Semester 2020!

All of us in the Psychology Department hope that your winter break was refreshing, relaxing and fun. But now, it's back to classes for most of us. As for myself, classes won't start for a few weeks yet, as I'm at home recuperating from surgery on my foot to repair a torn tendon. In the meantime, students in the Exploring Sensation and Perception class are beginning the course with adjunct professor Katrina Schleisman, who many will recall instructed Brain, Mind and Behavior in the Fall, 2019. Many thanks to Katrina for filling in for me! Besides Katrina, the department has several visiting faculty this term-- read on in Psycho-Babble to learn all about them. As always, there's lots more to read about in this issue-- an upcoming lunch this month to discuss careers in mental health and clinical health psychology, our Mesmerizing Major, a postcard from study away, and so much more.

Until I return to campus, my best to all for a safe and successful Spring semester. And-- Happy Valentine's Day!

### Introducing You!

There is a new gadget and computer program that will help faculty/staff learn proper pronunciation of your first and last name. **Please stop by Lee's office** for a quick telling of your name into a microphone and a treat. Faculty will have computer access to the recording to hear your proper pronunciation. It will be asked of all new majors when they declare, too.

## Visiting Faculty

### Rebecca Distefano

Rebecca Distefano received her Ph.D. in Developmental Psychology from the Institute of Child Development at the University of Minnesota, Twin Cities. Her research focuses on the social influences of self-regulation development in high-risk environments. Much of her work is done collaboratively with community partners serving disadvantaged families to inform the design and implementation of interventions to support resilience in children and families. This semester, she is excited to be teaching Developmental Psychology. In her spare time, you can find Rebecca playing with her two cats, browsing a used bookstore, or figuring out the perfect biscuit recipe.



### Cory Fleck

Corey writes, "I am currently a Social Psychology Doctoral Candidate at the University of Minnesota, specializing in close relationships. I am teaching Introduction to Psychology at Macalester in the Spring of 2020. I am interested in developmental predictors of how people approach important close relationships in adulthood. Additionally I am interested in how similarities and differences within important attitudinal domains affect adult romantic relationship functioning. Outside of school, I love basketball- I try to play a couple of times a week and love to watch both college and professional basketball. I also enjoy playing video games and am always looking for something new to play."

### Erin O'Neil

Erin is a 4th-year Psychology PhD student specializing in Cognitive and Brain Sciences and Translational Sensory Sciences at the University of Minnesota. Prior to attending the University of Minnesota, Erin received a BA in Mathematics and Spanish from St. Olaf College in 2011. Her current research focuses on cognitive and social factors contributing to variability in hearing outcomes of adults with cochlear implants. As a bilateral cochlear-implant user herself, many of her research ideas come from personal experiences with hearing loss and navigating daily life with auditory prostheses. Erin is very excited to be teaching Good Vibrations: The Psychology of Music and Hearing as a Visiting Professor at Macalester this spring. When she isn't teaching or in the lab, Erin enjoys hiking, adult coloring, traveling, and napping with her Chihuahua.





## Fanita Tyrell

Dr. Fanita Tyrell completed her PhD in Developmental Psychology with a minor in quantitative methods at the University of California, Riverside (UCR) in June 2017. Currently, she is a Postdoctoral Fellow at the Institute of Child Development at the University of Minnesota, Twin Cities. Her research program examines processes of risk and resilience among ethnic-racial minority and adversity-exposed populations as they operate within broader cultural contexts. In her spare time, Dr. Tyrell likes to garden, hike, spend time with family, volunteer, go on food and wine tasting adventures with friends, and watch Korean dramas. She is currently teaching a course

in Culture and Developmental Psychopathology.

## Postcard from Study Away - Nancy Gomez

Greetings from Khon Kaen, Thailand!

I have now been in Thailand for about three weeks and have been having a lovely time learning Thai, making new friends, and adjusting to my programs academic structure. Traveling to Thailand and entering a new environment was a bit daunting at first but I slowly grew accustomed to my new space and began looking for ways to make it feel like home.

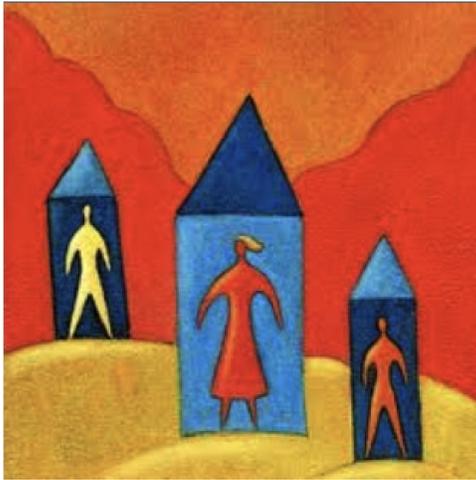
Last weekend our program took a plane to Chiang Mai where I got to climb a sticky waterfall and visit Wat Phrathat Doi Suthep-a Buddhist temple and a sacred space for many Thai people.

I have also been able to see more of the Isaan region in Thailand as I visited the Na Nong Village this week, learned of the villagers story and their fight for justice against a mining company that has contaminated their land and water.



Overall, I am looking forward to how the rest of the semester will play out and the many memories I have yet to make.

Best, Nancy Gomez



## Careers in Mental Health and Clinical Health Psychology Lunch Thursday, February 20 11:30 - 12:30 in Olri 352

Interested in a career in mental health? Please join Jaine Strauss for an informal discussion over lunch. She'll talk about a wide range of mental health professions (e.g. social work, counseling psychology, clinical psychology, psychiatry, psychiatric nursing, school psychology), and will explore the ins and outs of graduate training in each discipline. This is a repeat of the event held fall semester. Please RSVP to Lee for lunch.

## Mesmerizing Major - Liam Alongi

Favorite Movie: LOTR Return of the King.

Favorite Book: The Martian

Favorite place to eat in the Twin Cities: Crave in the Mall of America has this chicken avocado egg roll that I would kill for, but Rah'mn is consistently fantastic.

What do you do when you are not studying?: I built a PC the summer before last and enjoy playing games with friends. I am also an avid Magic: The Gathering player, and enjoy Dming and playing Dungeons and Dragons. Board games like Scythe and Settlers of Catan also have a place close to my heart!

Where did you grow up?: Hastings, MN. Nice people, great schools, pretty suburbs.

Interesting fact about your hometown: The whole town is surrounded and interconnected by one really long and pretty bike trail.

Tell us something about your family: My mother is a bestselling romance author whose books I dare not read, and my father went to Carleton (boooo), got a Master's in economics at Harvard (...

boooo?), and served on the city council for Hastings for three terms. We have two dogs, one of which is significantly more well-behaved than the other.

Tell us something that you are pleased with or proud of about yourself: When I was in third grade, my older sister and dad were super into the TV show Lost. When I showed interest they were like "nah you're too young and won't get any of it and ask too many questions." So I told my mom I was sick for like a week and just binge watched four full seasons before carefully explaining the plot to my dad in time to get to watch the fifth and final season with him and my sister.

Probably one of my biggest accomplishments so far. To be honest, that show was LONG and CONFUSING.



## Welcome New Psychology Majors & Minors



Oscar Millerhaller '22 Inver Groves Height, MN



Austin Bradford '22 Boise, ID



Melia Gelinias '22 Albuquerque, NM



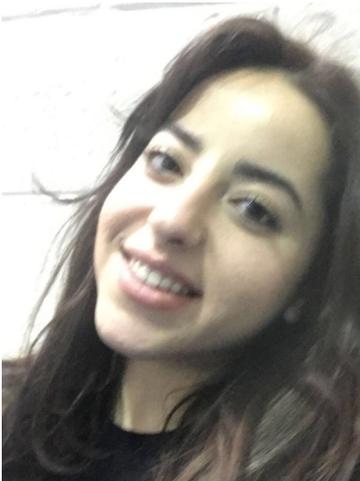
Mai Thao '22 Saraburi, Thailand



Gifford Pollock '22 Elkader, IA



Christian Martinez-Garcia '23 Los Angeles, CA



Layan Safi '21 Jerusalem, Palestine (minor)



Jaiz Ramos '22 Denver, CO



Sam Hochberger '21 Maple Grove, MN

## Psycho-Babble

Shelly Rauvola '16 is wrapping up her PhD in I/O Psychology at Saint Louis University, and has just accepted a tenure-track position at DePaul University!

## Opportunities

Summer opportunity available at Harvard Business School, [The Program for Research in Markets and Organizations \(PRIMO\)](#) is a highly selective 10-week summer residential community of undergraduates participating in research affiliated with HBS faculty. The Program seeks to create a diverse group of Fellows including but not limited to women and underrepresented minorities who are inspired by and are committed to pursuing excellence in business research.

As PRIMO enters its tenth year, we are pleased to open up the program to students from any American undergraduate institution who may be considering doctoral studies. We have had a fantastic experience with our fellows and are hoping to find outstanding rising sophomores, juniors, or seniors at Macalester College who might be considering doctoral studies after graduation. PRIMO will run from 8 June - 15 August, 2020 and offers Fellows lodging, a partial board plan, and a stipend. The deadline to submit applications is **Tuesday, February 11<sup>th</sup> at 12:00 pm EST**.

Maryna Zhauniarovich, Office of Doctoral Programs, Harvard Business School, Soldiers Field Road  
Boston, MA 02163 E: [mzhauniarovich@hbs.edu](mailto:mzhauniarovich@hbs.edu) P: 617.495.6106

[Harvard Business School \(HBS\) Doctoral Programs](#)

[HBS Program for Research in Markets and Organizations \(PRIMO\)](#)

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My name is Emma Lehman ('17 psych minor) and I'm the Midwest Engagement Assistant/Volunteer Coordinator for the National Eating Disorders Association (NEDA). The Twin Cities 2020 NEDA Walk is on Sunday, February 23rd from 8:30am-10:30am at the Mall of America.

The Walk will be an inspirational, community building event to fund eating disorder education, prevention, and support, as well as advocacy and research initiatives. We need you to help us connect with as many students, faculty, and staff as possible because 30 million people suffer from a clinically significant eating disorder at some time in their life, and eating disorders are widespread across college campuses.

Your first step to support students and foster necessary dialogue on campus is simply to register online at this link: [https://nedawalk.org/register?fr\\_id=4653](https://nedawalk.org/register?fr_id=4653). There are no registration fees or fundraising minimum requirements, however, participants are **strongly** encouraged to share their fundraising/team/personal page as it is an effective way to collect donations and help us achieve our Walk Goal!

Here are more ideas to spread the word:

*Before the Walk, we appreciate all assistance promoting on college campuses; reaching out to friends, org leaders, athletic teams, and professors helps our cause immensely. You can also announce the event in classes, or share the Registration Page ([https://nedawalk.org/register?fr\\_id=4653](https://nedawalk.org/register?fr_id=4653)), the Walk Page (<https://nedawalk.org/twincities2020>), the Facebook page (<https://www.facebook.com/events/327361031312319/>), and the Donation Page ([https://nedawalk.org/donate?fr\\_id=4653](https://nedawalk.org/donate?fr_id=4653)).*

*On the day of the Walk, we need volunteers. Our program requires that volunteers register as Walker/Volunteers (at the same reg. link). We have a fantastic program planned and it's a great way to celebrate after your thoughtful volunteer work during set-up/registration.*

Please contact me at [elehman@nationaleatingdisorders.org](mailto:elehman@nationaleatingdisorders.org)

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### BE A TAX HERO

Help low-income people secure their maximum tax refund! Prepare tax returns in St. Paul or Woodbury. Weekday and weekend options available. Register as a volunteer ASAP and receive free training for the next tax season. Complete an Ongoing Registration Form at [caprw.org/take-action/volunteer](http://caprw.org/take-action/volunteer) For additional information contact [volunteers@caprw.org](mailto:volunteers@caprw.org) or call 651-603-5979.

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### YOU CAN MAKE FUTURE'S BRIGHT

Enjoy the energy of preschoolers as they learn and grow! Assist teachers with students age 3-5. Weekday, daytime hours available Monday-Thursday in St Paul, New Brighton or North St Paul. Complete an Ongoing Registration Form at [caprw.org/take-action/volunteer](http://caprw.org/take-action/volunteer) For additional information contact [volunteers@caprw.org](mailto:volunteers@caprw.org) or call 651-603-5979.

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### *Short-Term/One-Time Individual or Group Project:*

#### BOOKS FOR KIDS

Help kids learn their ABCs and 123s by collecting books for infants and preschoolers. Individuals, groups of any size, and volunteers of any age are welcome. Before you begin, complete a Short-Term Registration Form at [caprw.org/take-action/volunteer](http://caprw.org/take-action/volunteer) and obtain a full list of items. For additional information contact [volunteers@caprw.org](mailto:volunteers@caprw.org) or 651-603-5979.

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**Minnesota Recovery Connection** is offering the Recovery Resource Navigation Internship Position this summer. This is a great opportunity to gain professional experience and knowledge of the recovery community. Weekly 1-on-1 supervision is provided. This is a part- or full-time Monday-Friday position, and hours and shift may vary, ranging from 8 am-6 pm.

- Letters of recommendation can be provided upon successful completion of internship
- Skills and knowledge to be a successful professional in the fields of behavioral health, mental health, chemical dependency, and social work.
- Free admission to seminars and conferences

Midori Sakamoto, MA, Community Engagement Coordinator  
Minnesota Recovery Connection [www.minnesotarecovery.org](http://www.minnesotarecovery.org)  
2446 University Ave W, Suite 112, St Paul, MN 55114  
Office 612-584-4158, ext. 114 Cell 612-584-1687

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## Rewarding & Enjoyable Summer Teaching Jobs

### Teach Reading Classes to Students of All Ages

*Now Accepting Applications for Summer 2020*

The Institute of Reading Development offers summer reading skills programs in partnership with the continuing education departments of more than 100 colleges and universities nationwide. Since 1970, the Institute's teachers have helped over 3 million students master valuable reading skills and develop a lifelong love of reading. Programs designed by the Institute give students the right skills, books, and experiences that result in greater success in school and beyond.

We are currently hiring hard-working, encouraging people with a passion for reading to teach our summer programs.

As an Institute teacher you will:

- Earn up to \$8,000 in one summer. Our full-time teachers typically earn \$550-\$700 per week.
- Improve your teaching skills and confidence during our comprehensive, paid training program.
- Gain over 400 hours of classroom teaching experience with a variety of age groups from 4-year-olds to adults.
- Help your students become successful readers with a love of great books.

We are seeking applicants from any academic discipline. All applicants must have an undergraduate degree or higher in their field before the start of our teaching season.

Successful Institute teachers:

- Have strong reading skills and read for pleasure
- Are responsible and hard-working, with good communication and organizational skills
- Will be patient and supportive with students

Learn more about teaching for us and apply today: [Summer Teaching Jobs](#)

[www.macalester.edu](http://www.macalester.edu)

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