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### Chair Talk from Eric

October just has to be one of my favorite months of the year-- the leaves changing colors, and... Halloween! The Psychology Department has a great tradition of enjoying the 31st of October, and this one is sure to be no exception! Keep a eye out for more details to come about Halloween happenings in the department.

But Halloween fun is not all that will going on in the department-- we have a number of other events going on this month. I hope you'll join us for this Autumn's installment of the Minnesota Psychological Association Distinguished Scholar lecture, which will be delivered by Dr. Tracy Mann on October 10 at 5:30 in Olin 350. Dr. Mann will be talking about why diets fail-- see the full story later in this issue of Psychobabble. We also have a graduate school panel coming up on October 15 at 4:45 in Olin 352, and lunchtime panel discussions on both October 18 and 23, at 11:30 in Olin 352. On the 18th, come to hear about internships and get your questions answered from both students that have completed or are currently doing internships, and the internship office staff. Then on the 23rd, enjoy lunch with Jaine Strauss, who will discuss careers in mental health. RSVP for these so that enough food is available.

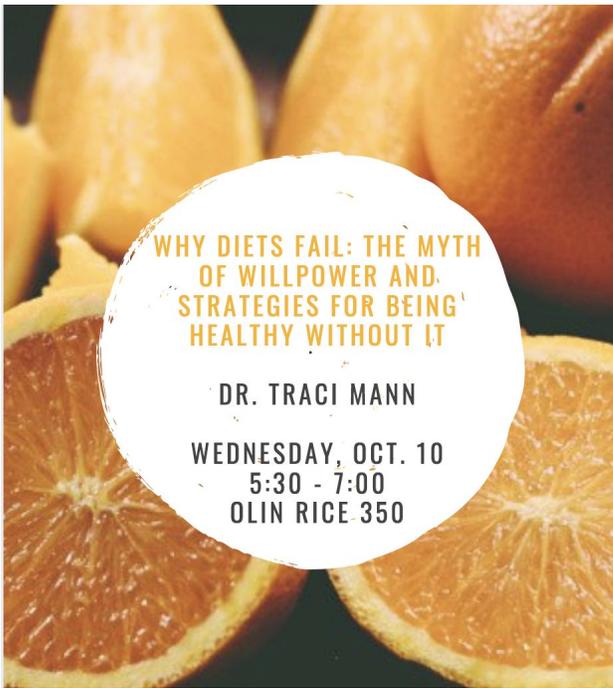


Don't forget to stream some good Halloween entertainment this month! One of my favorites is the classic TV show, the Addams Family. Check out an episode or two! And be sure to enjoy the full moon this month on October 24th, because as Gomez reminds us, you need to have a little moonlight. Especially near Halloween!



### Looking for fall 2018 study away students!

Are you reading this from far, far away? Would you be willing to share your experiences with us back at Mac? We'd love to hear from you! Please contact Lee about writing a Postcard from Study Away for the November edition of Psycho-Babble.



## Minnesota Psychological Association Distinguished Scholar Lecture

Dr. Traci Mann is a professor of psychology at the University of Minnesota. Her educational background is a BA in psych/math from the University of Virginia, Charlottesville and a Ph.D. in psych from Stanford University. She specializes in self-control of health behaviors, eating regulation, attention and self-control, body image, and health and behavior change.

Join us for this interesting lecture at 5:30. Refreshments will be served.

## 2018-19 Psych Club Leaders

Welcome and thank you to Julia Laub, Maria Guzman, Courtney Brennan, Giselle Tisdale, Isabell Griffith Fillipo and Thea Nguyen who have taken on leadership of the Psych Club this year. They are in the planning stages and would love to hear from you. If you have an idea, please approach any of them.



## Graduate School Panel about Academic Careers in Psychology

**Monday, Oct. 15 4:45 - 6:00 in Olri 352**

Are you considering an academic career in psychology or pursuing a research Ph.D? This gathering is a great chance to hear from and ask questions of graduate students doing just that. We have a great panel of current and recent graduate students lined up to talk about their experiences. How did they make their decision about where to apply, how was the application process, what do they wish they had known before they started this journey? Please RSVP so Lee can order enough pizza.

## Congratulations Brooke!

Professor Brooke Lea was honored as the DeWitt Wallace Professor of Psychology last Thursday. Brooke gave a lecture in JBD and a reception followed.



## Psych Picnic

Thank you Jack and Marty for hosting a wonderful picnic at your house in September. It was a great event.

## Internship Panel Lunch - Tuesday, Oct. 18 11:30 Olri 352

Are you considering an internship? Come learn more about your options at the Internship Panel lunch. We will have students who have finished or are currently doing internships share their experiences. A representative from the internship office will have information about the application process. The psych dept. strongly encourages students to consider doing an internship. The “real world” experience is an invaluable addition to the major. Please RSVP to Lee for the lunch.



## Student Lounge

We have a new student refrigerator in the student lounge that can be used to keep your lunch or drinks cold. We ask you to label the food with your name (look for post-it notes and pen on top of fridge) and to make sure it's removed every Friday. The refrigerator will be emptied and cleaned on a weekly basis.



## Careers in Mental Health and Clinical Health Psychology Lunch

**Tuesday, Oct. 23 11:30 Olri 352**

Interested in a career in mental health? Please join us for this lunch. Jaine Strauss will host an informal discussion over lunch about mental health profession, including social work, counseling psychology, clinical psychology, psychiatry, and school psychology. She will answer questions about the ins and outs of graduate training in each discipline. Please RSVP to Lee for the lunch.



## 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.

## 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.



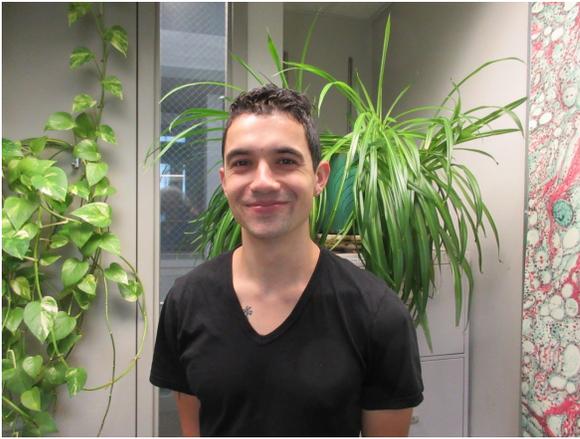
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## Friday Socials

Friday Socials are every Friday that classes are in session at 3:20 in the hallway by the blue house. It's a time to socialize with other students, faculty and staff. We have a treat each week and all are invited. The first Friday Social in October is hosted by the psych leaders.

## Welcome New Psychology Majors



Alejandro Valdez '21 Berkeley, CA

## Mesmerizing Major - Dureti Doto

Favorite Movie: Just Go With It

Favorite Book: Milk and Honey

Favorite place to eat in the Twin Cities: Fasika

What do you do when you are not studying?: I like to dance and watch Friends(the show).

Where did you grow up? - Saint Paul, Minnesota

Interesting fact about your hometown: 95 languages and dialects are spoken in Saint Paul public schools

Tell us something about your family: We are from Ethiopia

Tell us something that you are pleased with or proud of about yourself: I love to get out of my comfort zone and try new things, as long as it will help me grow in some way, shape or form.



## Psycho-Babble

**Sheena Diong '18** is currently working at Yale-NUS College in Singapore in their Dean of Student Office. Her official title is "Dean's Fellow" and she mainly supports students in their growth and development as they aim to thrive in college. **Mira Leese '18** is a Study Coordinator for a project promoting independent aging under the direction of Dr. Adriana Seelye at the Minneapolis VA Medical Center. She reports that she is truly loving her job so far; she is learning a lot of very valuable skills and finds the research deeply interesting. **Lydia Craig '16** is a Ph.D. student at George Mason University focusing on worker well-being and how workers can flourish in multiple roles. Lydia presented "What is I-O?" to a group of Mac students while on campus. **Bunchung Ly '16** is a Research Assistant at Amherst H. Wilder Foundation.

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