

Psycho-Babble

MACALESTER



April 2023

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Chair Talk - Darcy Burgund

Greetings Psychology Friends- Welcome to April! Our last full month of the year!

This month's 'Babble contains lots of exciting news, including an invitation to the Spring Dinner this Tuesday, 4/4, from 5 – 6 pm, announcements of our senior award winners, information about the speaker at this year's Minnesota Undergraduate Psychology Conference (MUPC), and more! Read on to see what's in store this month!



Thinking about a major in Psychology?
New to the major?
Come learn about the psych department.

PSYCH INFO. LUNCH

Tuesday, April 4
11:30 – 12:30 in Olri 352

Meet with professors and psych majors to learn about the department and major.
Please R.S.V.P. to Lee
lolson4@macalester.edu for the lunch.

Psych Info Lunch - Tuesday, April 4 11:30 - 12:30 Olri 352

Are you a new major? Do you have questions you would like to ask other majors? Would you like to hear about how to work in a professor's lab? If you answered yes to any of these questions, please attend our Psych Info Lunch. Faculty members will talk about the classes they teach and about their research and labs. The faculty then leave the room so students can hear just from other majors. Several current majors will be there to answer any questions you might have. We will serve lunch so please RSVP to Lee.

Spring Dinner - Tuesday, April 4, 5:00 - 6:00 Small Gallery

Majors, minors, and all interested in psychology are invited to the Spring Dinner. This is an event you won't want to miss. We have a bingo game with prizes, recognition of award winners, a chance to congratulate and say goodbye to seniors, and announcements of what non-seniors can look forward to next year.

Please let Lee know if you are planning to attend so we have enough food. Email lolson4@macalester.edu or sign up sheets will also be coming around the classrooms.



Congratulations to the 2022-23 award winners!



Paterson Award nominee - Sarah Hamilton

The Paterson is given by the Minnesota Psychological Association to the outstanding college senior planning a career in psychology. The purpose of this award is to recognize and encourage high achievement in psychology at the undergraduate level.



Walter D. Mink - Zoe Frederick & Nyah Sterns

The Mink award is given to a senior/seniors who have a strong academic record and have also provided outstanding service to the department, the college or the broader community.

Jack Rossmann Award - Riley Church & Samara Kurien

The Rossmann award for this year honors graduating senior psych majors who have an excellent academic record and have also made distinguished contributions in the application of academic psych through activities such as applied research, internships, or community service.



Keynote Speaker for MUPC 2023 - Bethel University, Saturday, April 29

10:50 - 12:15 Ka I Ip, PhD

Dr. Ip is an assistant professor at the University of Minnesota Institute of Child Development (ICD). He is proud to be a first-generation immigrant and to have begun his academic career at a community college. Dr. Ip obtained his PhD in Clinical and Developmental Psychology at the University of Michigan and was a Susan-Nolen Hoeksema Postdoctoral Fellow at Yale University before joining ICD. He is the director of the D.A.N.C.E. (Development, Affective Neuroscience, Culture & Environment) Lab studying culture, children and adolescents' mental health and the developing brain. His research focuses a) on typical and atypical emotion regulation development, b) examining the ways that cultural contexts shape emotion regulation, and c) how early adversity, structural racism and social determinants of health may “get under the skin” to confer risk and resilience for developmental psychopathology and health disparities, especially among children and adolescents from immigrant and racial-ethnic minoritized backgrounds. His career goal is to use this knowledge to inform social policy that aims to reduce racial-ethnic inequalities and advance health equity, and to optimize timing of interventions.



Mesmerizing Major - Felipe Berumen '24

Favorite movie: Godzilla '54

Favorite place to eat in the twin cities: Pizza Ranch

What do you do when not studying?: playing games with friends, watching anime, working out.

Where did you grow up?: a lot of places since my parents were in the military but mostly around southeast Wisconsin.

Interesting fact about your hometown: we have a working trolley system.

Tell us something about your family: both of my parents were in the military.

Tell us something that you are pleased with or proud of about yourself: I was a varsity football starter in high school every year except my freshman year.



Become a Psych Leader or Nominate a Classmate

We are eager for nominations for next year's psych club leaders. Leaders play an incredibly important role in the department. They build community in the department by helping out with a variety of events, including lunches, panels, volunteer experiences, guest lecturers, game nights, and Friday Socials. Ideally, leaders generate ideas for new activities that other students would find engaging and informative, and they inspire other students to get involved in the life of the department. We expect that serving as a Psych Club leader will typically take about 1 - 2 hours a week, although your time commitment will vary from week to week.

Please consider nominating yourself or someone else to this important role. Please send names to Lee Olson by Friday, April 14. We will contact all students who are nominated to make sure they're interested in the commitment. The decision about next year's psych leaders is made by faculty and staff. 2023-24 leaders will be announced in the May Psycho-Babble.



Mesmerizing Major - Miguel Hernandez

Favorite movie: To Catch A Thief

Favorite book: One Hundred Years of Solitude

Favorite place to eat in the Twin Cities: Ichiddo Ramen

What do you do when you are not studying: I try to be amazing at doing nothing.

Where did you grow up: San Pablo, California

Interesting fact about your hometown: In Spanish, San Pablo translates literally to St. Paul.

Tell us something about your family: Everyone is used to getting up at 5AM. Our belief stems from the Spanish saying, "El que madruga, Dios le ayuda."

Tell us something that you are pleased with or proud about yourself: My growth happened during the times at Macalester when I decided to focus on myself, do things alone, give myself quality clothes, spend more money on health, be presentable, work out, and take my vitamins.

Psi Chi Induction



All Psi Chi members are invited to come cheer and congratulate the newly inducted members at a short ceremony on Monday, April 15th, at 4:45 in THDA 202. We'll have cake and other treats.



Harp Pollack Summer NYC Internship Fellowship: Kasandra Guerra

Harp-Pollack Summer Internship in NYC - The fellowship supports one student who would not otherwise have the opportunity to participate in an unpaid public interest summer internship in New York City. Congratulations Kasandra!



Postcard from Study Away - El Alcalá

Bonjour!

I am studying away in Nantes, France with the IES Abroad French Language and Area Studies program. It has been such a wonderful experience filled with fun and personal growth!

This program is all about French immersion - classes are all in French, and I live with a French host mom. The language aspect has definitely been difficult, and sometimes I feel like my brain is going to break, but it has been so cool to notice how much I'm improving in such a short time. My favorite thing I've been doing here is my English teaching internship at a French elementary and middle school. I work in a school in St. Paul and have a strong interest in working in school-based mental health after graduation, so seeing how schools are run in France and getting to work with kids here has been a super educational and rewarding experience. I am also taking an educational psych class at Nantes University - it's a lot like a psych class at Mac, but in French! I would definitely recommend this program if you've been studying French and want to improve your language

skills in a supportive but challenging environment. And I would recommend studying abroad in general for getting out of your comfort zone, trying new things, and having a super fun time!

New Majors



Madeleine Kemper '25 Sioux Falls, SD



Maddie Molay '26 Northbrook, IL



Sheida Rashidi Ardestani '23 Iran



Solveig Bingham '23 Minneapolis,



Ruby Rogers '25 Evanston, IL



Clara Schilder Manning '24 St. Paul, MN

Mesmerizing Major - Marike Kay '23

Favorite Movie: Spirited Away

Favorite Book: The Road

Favorite place to eat in the Twin Cities: Estelle

What do you do when you are not studying? I like to draw and go to coffee shops!

Where did you grow up? Minneapolis

Interesting fact about your hometown: Honeycrisp apples were originally developed in Minneapolis!

Tell us something about your family: My parents were born in two different continents.

Tell us something that you are pleased with or proud of about yourself: I finished my capstone and I'm on my last semester! I'm proud of the work I've put in for the last four years :)





Majors who are Seniors: Major Plan

Planning to graduate in May? If so, 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 to get this important process taken care of.

www.macalester.edu

651-696-6223

Editor: Lee Olson, lolson4@macalester.edu

Psychology Department | www.macalester.edu | 651-696-6223

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