

Psycho-Babble

MACALESTER



May 2021

IN THIS ISSUE [Department Events](#) | [Department Information](#) | [Alumni News](#)

Goodbye Seniors!

You've made it to the end of Mod 4. Although some of you will stay on for Mod 5, for many of you, the academic year - and perhaps your time at Macalester - is coming to an end. The Psychology Department faculty and staff are so grateful for and inspired by all you've done - in the classroom, in the community, and beyond, especially during this very challenging and intense year. For those of you returning to Macalester, we eagerly anticipate welcoming you back to in-person learning in OLRI. We look forward to seeing you at our Friday socials, the Fall picnic, and so much more. For those of you graduating, please know that we're still here for you and eager to stay in touch - and we are so proud of you. Congratulations to the Class of 2021 - and very best wishes to all members of the Macalester Psychology community!



2021 Graduating Majors



Cynthia Aguilar



Liam Alongi



Nishta Amin



Justine Barraza



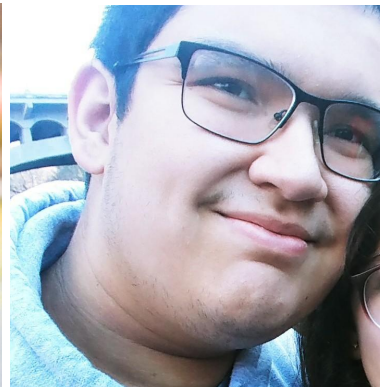
Emelie Beattie



Joseph Bentley



Laura Botero Vallejo



Anthony Chin-Wing



Ella Clark



Kiera Collins



Lydia Diebel



Abby Dillon



Allison Dwinnell



Greta Eherenman



Nancy Gomez



Maria Guzman



Emma Janiszewski



"Elsa" Zhangchi Liu



Stephanie Konadu-Acheampong



Jenny Maas



Colette Mahr



Isabel Meyer-Mueller



Anh Nguyen



Brooke Offenhauser



Rebecca O'Kerns



Josie Otter



Carina Ramorino



Nita Senesathith



Claire Stafford



Amber Stuedell



Cooper Tunac



Vicky Vargas-Castro



Lydia Yoder

2021 Graduating Minors



Nana Amoah



Traci Badu



Sylvia Betteridge



Avik Bosshardt



Elizabeth Burton



Emily Cekander



Briah Cooley



Nico Diaz de Leon



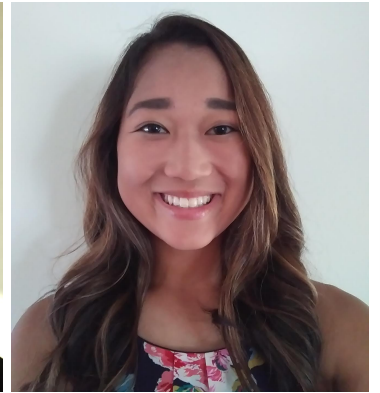
Paige Fochtman



Tinsley Glenn



Sam Hochberger



Molly Hurley



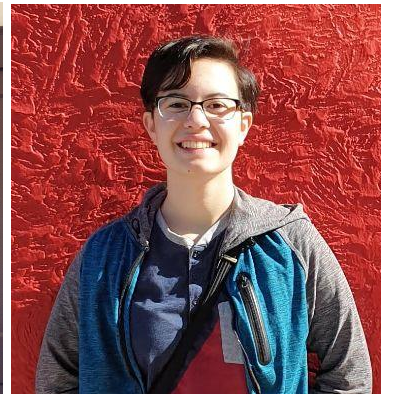
George Kidess



Yujin Kim



Becca Lewis



Colleen Minnihan



Isabella Molano



Lidija Namike



Katherine Podoll



Gage Ryder



Layan Safi



Jack Sahargun



Zahara Spilka



Chris Stockwell



Luci Swift



Kayla Togneri



Ashley Vargas



Carolyn Wildhaber



Ellory Wolin



Lia Yamasato

Mesmerizing Major - Kiera Collins

Favorite Movie: Shutter Island (if you're into psychological thrillers this is a great pic!)

Favorite Book: The God of Small Things by Arundhati Roy

Favorite place to eat in the Twin Cities: Brasa Rotisserie!!

What do you do when you are not studying?: I love to go on drives, eat really yummy food and hang out with friends. I also paint a lot and have a very large sharpie collection.

Where did you grow up?: I grew up in the Mission District in San Francisco, CA.

Interesting fact about your hometown: SF has more dogs than children!

Tell us something about your family: My brother is a virgo, my mom is an aries, my dad is a gemini and our two cats and myself are scorpions!

Tell us something that you are pleased with or proud of about yourself: I'm proud to be graduating from Macalester with a double major in Psych and Spanish this May!



Congratulations 2020 Honor Projects!

Stephanie Konadu-Acheampong

An Invisible Spectrum: Navigating Society as an Asexual Woman of Color

Research on asexuality is fairly recent, and the area is still relatively understudied. While previous studies have examined demographic factors associated with asexual populations—including gender diversity, few have studied how these demographic factors might impact asexual individuals' experiences; further, despite the mutually reinforcing nature of race, gender, and asexuality, few studies have examined them in tandem. To address this gap, the current study drew upon interviews, conducted with seven asexual (ace) women of color. Using the consensual qualitative research method, six themes emerged from the data: (1) negotiation of insider/outsider status, (2) questioning identity/identity uncertainty, (3) family and cultural expectations, (4) societal reception and perception of asexuality, (5) otherization from American society and its effects, (6) support networks and resilience. The findings highlight the unique challenges that aces experience resulting from living at the intersection of multiple marginalized identities— sexual orientation, ethnic/racial identity, and gender— and how they create space to express themselves despite invalidations from American society, their racial/ethnic community, religious communities, the ace community, and the LGBTQ+ community. The implications of this study address the unique needs of ace women of color's wellbeing,

belonging, and identity development, including emphasizing the importance of healthy and affirming relationships.

Brooke Offenhauser

Can a Self-Compassion Writing Intervention Impact Feelings of Loneliness?

Loneliness is an increasingly widespread concern for many individuals, especially college students and young adults, and has been exacerbated by the COVID-19 pandemic. Loneliness can negatively impact health and well-being; however, many interventions are not successful in reducing loneliness. One possible intervention may be a resilience practice. Namely, self-compassion may reduce feelings of loneliness because it provides a way to connect with oneself and support well-being. This study aimed to examine the impact of a self-compassion intervention on feelings of loneliness and well-being in college students. It utilized a self-compassion writing intervention compared to a control self-affirmation writing intervention and examined both state or momentary feelings, as well as general or long-term feelings. The interventions did not affect general loneliness, but participants in both conditions experienced an increase in general well-being. Further, both conditions experienced decreased state loneliness, increased state self-compassion, and increased state well-being. The self-compassion intervention had a distinct impact on state well-being. These results support past research that long-term loneliness is difficult to alter. They also provide a new way to impact short-term feelings of loneliness in a cost- and time-effective manner.



Mesmerizing Major - Claire Stafford

Favorite movie: Hamilton (on Disney Plus)

Favorite book: The Book Thief

Favorite place to eat in the Twin Cities: Jamba Juice

What do you do when you are not studying? I like to read, play soccer, and visit with friends.

Where did you grow up? I'm a military kid so I didn't really grow up anywhere. I was born in Hawaii, though.

Interesting fact about your hometown: Boerne is home to a 0.5k race called the Slacker.

Tell us something about your family: We have moved 14 times together so we're extremely close. I have a sister that attends the University of Arizona.

Tell us something that you are pleased with or proud of about yourself: Next year, I will attend a PhD program, specializing in Neuropsychology, in Florida.

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 Eric Wiertelak by Monday, May 4th. 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. 2020-21 leaders will be announced in the May Psycho-Babble.

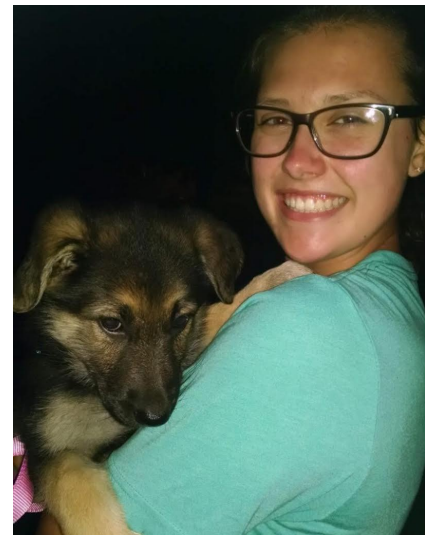
New Majors



El Alcalá '24 Austin, TX



Ellery Island '23 Oakland, CA



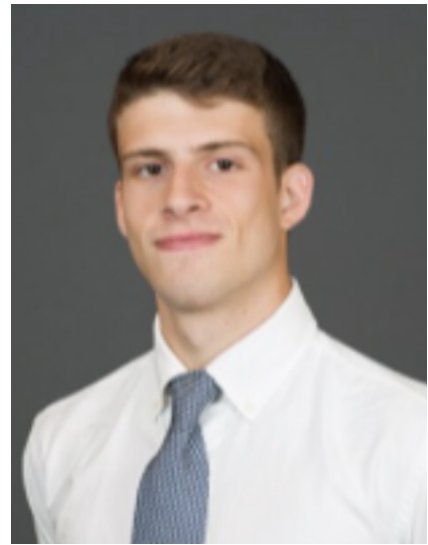
Emily Pedersen '24 Hutchinson, MN



Sarah Hamilton '23 Chanhassen, MN



Kasandra Guerra '24 Kansas City, KS



Justin Zide '23 Old Greenwich, CT

New Minors



Jai Iyer '22 Onalaska, WI & Plymouth, MN



Helen Frieman '22 Evanston, IL



Milosz Fernandez-Kepka '23 Las Vegas, NV



Sara Rukavina '22 Boston, MA



Brianna Overlid '22 Prior Lake, MN



Ndunzi Kunsunga '22 Silver Spring, MD



Anushka Fernando '22 Silver Spring, MD



Kalvin Thomas '21 Barre, MA

Mesmerizing Major - Emelie Beattie

Favorite Movie: I don't have one...but I love James Bond

Favorite Book: Being Mortal by Atul Gawande

Favorite place to eat in the Twin Cities: Martina

What do you do when you are not studying? Listen to music and get outside!

Where did you grow up? Seattle, Wa

Interesting fact about your hometown: Sub Pop Records was founded in Seattle (they have signed bands like Nirvana, Beach House, etc.)

Tell us something about your family: My family loves to cook, and pretty much anything food related! My parents used to own a small business called Cucina Fresca in the Pike Place Market here in Seattle.

Tell us something that you are pleased with or proud of about yourself: I am really proud of my work ethic



Mesmerizing Minor - Yujin Kim

Favorite Movie: Rush Hour

Favorite Book: N/A (Please help me find a favorite)

Favorite place to eat in the Twin Cities: Cafe Latte

What do you do when you are not studying?: Watch Netflix or YouTube

Where did you grow up?: Atlanta, GA

Interesting fact about your hometown: Coca Cola and Chick-fil-A were founded in GA

Tell us something about your family: Family of four with an adorable cat

Tell us something that you are pleased with or proud of about yourself: Graduating in May!

Mesmerizing Minor - Joseph Bentley

Favorite Movie: Get Out. Jordan Peele's directing is phenomenal.

Favorite Book: The Kite Runner by Khaled Hosseini

Favorite Place to Eat in the Twin Cities: Revival St. Paul. GREAT chicken

What do you do when you're not studying? I am either hanging out with my friends or watching sports. I am a HUGE Pittsburgh Steelers fan, so during football season my Sundays or Mondays are very focused on their game.

Where did you grow up? Upper West Side of Manhattan in New York City.

Interesting fact about hometown: If you've ever been to New York City, you've probably heard a lot of cars honking their horns.

However, honking your horn is actually illegal in NYC. That's something that doesn't seem true about NYC, but is.

Something about family: My brother and I grew up in NYC, but we've never supported the New York sports teams because our family is from Pittsburgh, Pennsylvania.

Something I'm pleased or proud about: I am so proud of completing my capstone project this semester! I've changed my major three times throughout my four years at Macalester, and didn't know if I'd be able to finish within four years. I am so incredibly grateful for all of my Psychology professors for helping shape my confidence and organization within the field of psychology.



Opportunities

Rewarding & Enjoyable Summer Teaching Jobs **Teach Reading Classes to Students of All Ages**

Now Accepting Applications for Summer 2021

The Institute of Reading Development is now hiring summer teachers for our live online reading skills programs for students of all ages. Our programs provide students with the skills, books, and experiences they need to achieve greater success in school and beyond. As an Institute teacher you will: earn between \$600-\$700 per week, improve your teaching skills and confidence during our comprehensive, paid training program, gain valuable teaching experience with a variety of age groups from 4-year-olds to high school students and help your students become successful readers with a love of great books.

We provide comprehensive training and ongoing support for our teachers, so we do not require teaching certification or experience to apply. All applicants must have a bachelor's degree or higher and must be available to teach classes five days a week, including both weekend days. We are looking for full-time teachers with availability to work 37-40 hours per week during the summer. There will be some opportunities for continued employment with the Institute after the summer.

Successful Institute teachers:

- Have strong reading skills and read for pleasure.
- Are responsible and hard-working, with strong communication and organizational skills.
- Are comfortable and confident with technology.
- Are patient and supportive with students and parents.

Please submit your application here: [Apply Now](#)

Learn more about us and our reading programs at <https://instituteofreadingdevelopmentteachingjobs.com/>.

www.macalester.edu

651-696-6223

Editor: Lee Olson, lolson4@macalester.edu

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

Copyright © 2021 Macalester College, All rights reserved.