

# Psycho-Babble

MACALESTER



October 2012

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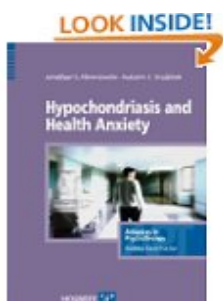
**Chair Talk from Brooke** The weather has suddenly turned brisk, a sure sign that the Fall term is well underway. As you labor away on papers, projects, and exams, please know that the Psychology Department is equally busy. For the first time, every RIP I student will be trained to operate the department's new eye tracker (an instrument that can measure eye movements very precisely). The RIPers will then run 70+ Introductory Psychology students in a medley of experiments on the tracker. Finally, they will analyze and write up the experimental data as a RIP I project. All this in October! So if you see bleary-eyed people coming out of the iLab, you'll know why. If you're curious about our eye tracking lab you can find [www.macalester.edu/ilab](http://www.macalester.edu/ilab), or just stop Micah Mumper in the hallway – he's the lab informant at

Best wishes for a terrific October!

## Study Abroad Lunch - Highlights and Lows

Our student panel was **Kelly Cargos** - Tokyo, Japan - ACM Japan Study program, **Karen Ramos** - Edinburgh, Scotland, **Hannah Strauss-Albee** - Costa Rica, and **Hannah Van Den Brandt** - Buenos Aires, Argentina - IFSA-Butler Program. They shared experiences they had last spring on their study away. Some highlights were getting to know their host family, the independence and traveling, seeing contrast of schools (small and large) and improving a foreign language. When asked what they wish they had known before they went: how hard the language barrier is, the American bubble of being with other students from the US, how hard direct enrollment is and how hard homesickness can be. Parting advice from all was "if you have the chance to do it - GO!"

Rachel Kamagne-Jones from the study abroad office was also there to answer questions. Thank you Rachel!



## **Jon Abramowitz - MN Psychological Association Distinguished Scholar Lecture**

### **Health Anxiety and Hypochondriasis: A Cognitive-Behavioral Approach**

Dr. Abramowitz covered the nature and treatment of hypochondriasis from a cognitive-behavioral perspective in which it is conceptualized as a form of health anxiety. The symptoms of health anxiety were reviewed, and an empirically supported cognitive-behavioral model of the problem was outlined. Cognitive-behavioral assessment and treatment derived from the conceptual model were then be described and evidence for its efficacy presented.

## **Are you considering Grad School? Join us for lunch, Thursday, October 18th at 11:30**

Recent alumna Amanda Wenzel and visiting faculty members Anna Johnson, Julia Manor, Jason Weaver and Mike Mensink will talk about their experiences with graduate school. We've asked them to share how they decided on their program, the process they went through to get in, what it is like, expectations, what they wished they had known before, what they would do differently if they could, and what's good and bad about their program. They will also be open to answering your questions. Please RSVP to Lee for the lunch.

## **Student Editorial Board - Fall opening**

Do you like to write? Would you like to be published? Would you like to meet weekly with the Communications/Public Relations Department to discuss your ideas and the process? Do you want to get student work hours for it all?

The Student Editorial Board is a student employment opportunity. They meet Tuesdays from noon to 1 p.m. in 206 Campus Center. At these meetings you would discuss story ideas and take on article assignments. You could write solely about our department and events. The staff in Communications/PR expect to give two to three-week deadlines for most stories and will work closely with students to shape their pieces.

Please contact Lee Olson, Psych Dept. or Lynette Lamb, Comm/PR Dept. if you are interested and want further information.

## **Are you considering an internship? Come to our Internship Lunch - Tuesday, October 23rd at 11:30 in Olri 352**



We will have a lunch panel with students who have finished or are currently doing internships around town. Mike Porter from the internship office will have

information available about the Internship process. The Psychology Department 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.



## Mesmerizing Major - Amanda Currie

**Favorite Movie:** Right now, it's probably Moonrise Kingdom, but I always come back to Fight Club.

**Favorite Book:** Ishmael by Daniel Quinn

**Favorite place to eat in the Twin Cities:** Jamba Juice mmm

**What do you do when you are not studying?** I like to watch Netflix- How I Met Your Mother and Mad Men are my most recent obsessions

**Where did you grow up?** Nashville, TN

**Interesting fact about your hometown:** Taylor Swift filmed her "Teardrops on my Guitar" video in my high school.

**Tell us something about your family:** I have a younger brother named Kevin.

He's a senior in high school this year and is in the process of applying to colleges, so he came to visit me here at Mac one beautiful (and relatively warm) spring day. After the visit, he said that he didn't want to come here because it's too cold.

**Tell us something that you are pleased with or proud of about yourself:** I was chosen to be October's Mesmerizing Major!

## Alumni News

### David Amodio '96 receives F. J. McGuigan Early Career Investigator Prize

**NYU psychologist investigates behavioral and brain mechanisms underlying self-regulation.**



David M. Amodio is the 2012 recipient of the [F. J. McGuigan Early Career Investigator Research Prize on Understanding the Human Mind](#). Dr. Amodio is an associate professor in the Department of Psychology and the Center for Neural Science at New York University.

The prize, which provides the recipient with \$25,000 in research funds, is given biennially to an early-career psychologist engaged in research that seeks to understand the human mind from a primarily psychophysiological perspective.

Dr. Amodio's research examines the psychological mechanisms of social behavior and self-regulation, drawing ideas and methods from experimental social psychology and cognitive neuroscience. Much of his work has addressed the cognitive and motivational processes through which social biases, such as prejudices and stereotypes, are expressed in behavior

and the neurocognitive mechanisms through which such biases may be overcome. This work has helped to elucidate the contributions to self-regulation of the anterior cingulate cortex and regions in medial and prefrontal cortex. He has recently extended his research on self-regulation to address issues in health and economic domains.

Amodio received his PhD from the University of Wisconsin in 2003 and was a postdoctoral fellow at UCLA. He joined the New York University faculty in 2005, where he has received research support from the National Science Foundation. Among other honors, he received a Presidential Early Career Award for Scientists and Engineers in 2010. More information about Amodio's work can be found at his [website](#).

The F. J. McGuigan Early Career Investigator Prize is sponsored by the [American Psychological Foundation \(APF\)](#), a grant-making philanthropic organization affiliated with the American Psychological Association (APA). The prize is funded by a bequest from Frank Joseph McGuigan (1924-1998), an experimental psychologist known for his work in psychophysiology, cognition and stress.

## Psycho-Babble

[Kristina Vlahovicova](#) became Research Coordinator at [NYU School of Medicine](#) in June 2012.

## Alumni Job Lead

From Devin Carter '11

Hello!

I just wanted to see if any Macalester students would be interested in a GREAT job opportunity! I've been working with Minneapolis Kids for the past year as a Site Coordinator at Windom Spanish Immersion School and we are hiring Child Care Assistants. It is part-time work (15-20 hours per week) and pays \$12.42/hr. Right now my site is in need of a staff (preferably Spanish speaking or with Spanish knowledge) from 2:00-6:00pm Mondays-Fridays. Hours are flexible and you can direct any interested students to me ([414-469-2883](tel:414-469-2883) or my district email) or to the MPS District Webpage to apply. The pre-requisites are a bit more flexible than they seem on the job description—we've had Child Care Assistants who were still finishing their degrees and that had not yet graduated. It's great experience for future jobs and I love working here!

Here is our website if Mac students want to learn more about us: <http://mplskids.mpls.k12.mn.us/>

Thank you so much and I hope that everything's going well!

Best,

Devin Carter

## Paid Sunday Morning Positions

Unity Unitarian Church in St. Paul is looking to build in better support for special needs kids in their religious education program. Ideally, they would have a predictable and responsible set of people to count on each Sunday. So far, this has been very difficult to grow. Religious Education is looking for psych students who would like experience with kids who need extra supports. They believe that it will be a great learning opportunity with a minimal time commitment. There is no programming in the summer so that works well for students. Services are at 9, 11 and 4:30. Contact Angi Falks in the library, or Kerri at Unity Unitarian Church for more info.

**Rakhma House** Interested in a cool volunteer experience close to campus? Rakhma Joy is a memory care facility on Wheeler Avenue -- a very easy walk from campus. One of our alumni, formerly a volunteer at Rakhma Joy, is now a house manager, and she's eager to recruit current Mac students to spend some time with the residents -- senior citizens dealing with dementia. Volunteers can engage with the residents in a variety of ways -- just sitting and talking, going for walks, playing music, doing puzzles - whatever you like. It's a chance to get outside the Macalester Bubble and to brighten the lives of others. If you'd like more information about Rakhma Joy, you can check out this link: [www.rakhma.org](http://www.rakhma.org). If you'd like to volunteer, please contact Lindsey Fossum at [LFossum@Rakhma.org](mailto:LFossum@Rakhma.org).

## Welcome New Majors

Gina Thayer '15 Iowa City, IA NS  
Simone Carpenter '15 Boston, MA  
Brett Campbell '15 Minneapolis, MN  
Emily Frobom '15 Charlottesville, VA  
Jenna Goldstein '15 Brooklyn, NY NS

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[www.macalester.edu](http://www.macalester.edu)  
651-696-6223

Editor: Lee Olson, [lolson4@macalester.edu](mailto:lolson4@macalester.edu)  
Psychology and Neuroscience Studies Department | [www.macalester.edu](http://www.macalester.edu) | 651-696-6223  
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