

Psycho-Babble

MACALESTER



April 2013

IN THIS ISSUE

Department Events | Opportunities | Alumni News



Chair Talk from Brooke

Department Spring Dinner!

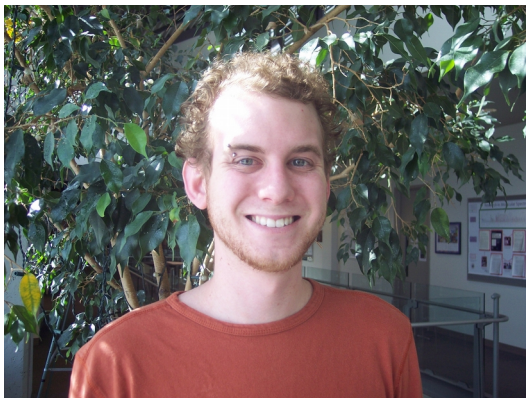
It's April and you know what that means – The Spring Dinner! We'll be bringin' down the house on Monday, April 15th at 5pm. The Target Center wasn't available, so we'll have to squeeze into Smail Gallery. We'll have delicious food from Carmelos, we'll have prizes, awards, and, of course, our annual Psychology Trivia Quiz. The after-party will be at Micah's place so please, pace yourself.

April is also the time to nominate and select Psych Leaders for next year! These majors play an important role in creating and maintaining a high quality of life for all psych majors.

They build community in the department by helping out with a variety of events, including internship, grad school, and study away panels, volunteer experiences, guest lecturers, and the Friday socials. Leaders can 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. Any psych major can be nominated to serve as a psych leader.

Serving as a psych leader comes with all kinds of benefits, including getting to know your fellow psych students better, getting to know the department faculty and staff better, and having an impressive accomplishment to include on your resume. You can nominate yourself, or someone else. Just send the appropriate name to me or to Lee Olson by **Monday, April 15**.

So step up and be a leader – or find someone who you think will help make the department a fun and fruitful place next year! Happy Spring! -Brooke



Micah Mumper is the statewide Paterson awardee!

The Paterson Award is given by the Minnesota Psychological Association to the most promising senior in Minnesota planning a career in psychology. He will pursue his PhD in the Cognitive Psychology program at Stony Brook University in the fall. Congratulations Micah!



Barbara Scarim to receive Mink Award

The Mink Prize was established in memory of Walter D. Mink, professor of psychology from 1958-1996. This prize is given to a senior who has a strong academic record and has also provided outstanding service to the department, the college or the broader community. Congratulations Bo!



Ellen Nikodym is Rossmann recipient

This prize honors a graduating senior psychology major who has an excellent academic record and has also made distinguished contributions in the application of academic psychology through activities such as applied research, internships, or community service. Congratulations Ellen!

Psych Club Volunteer Outing - Second

Harvest Food Bank

Let's get out of the Mac bubble and do some good! Join us Thursday, April 18th. Carpools/van will leave at 5:30 to volunteer from 6:00 - 8:00 at the food bank. We have 10 spots. Sign up with Lee to reserve one. All are invited.

Psych Info Lunch - April 11th Are you contemplating majoring in psychology? Are you a new major with questions you would like to ask other majors? If you answer "yes" to either of these questions, you will want to attend the Psych Info Lunch on Thursday, April 11th, 11:30 - 12:30 in Olri 253. At the lunch, each faculty member talks about the classes they teach and about their research. The faculty then leave the room so students can get the "real scoop." There will be several current majors there to answer any questions you might have about the major. There will be lunch, so please RSVP to Lee so we order enough.

Spring Dinner - Monday, April 15th 5:00 Smail Gallery

Majors, minors and anyone interested in psychology and/or neuroscience studies are invited to the our annual Spring Dinner. We'll have great Italian Food, music, a Trivia Quiz with prizes, and class pictures. Please let Lee know if you are planning to attend.



Meet Anna Johnson

Anna attended St. Olaf College where she majored in psychology, biology, and golf (well, at least two of those three). She is currently finishing up her Ph.D. in child psychology at the University of Minnesota. Her research examines the development of self-regulation in childhood and adolescence. Her current projects address how early life adversity and cognitive-affective strategies influence children's stress reactivity to social and cognitive challenges. She is also leading studies to test the impact of mindfulness and yoga practice on preschooler's self-control. Anna likes to fill her free time with outdoor adventures, trip planning, and weekend getaways to her family's cabin in northern Minnesota. Anna will be teaching Developmental Psych, Directed Research and Stress and Development in the fall.

Senior Conversations - May 8th

Before graduating seniors leave campus, we'd like to have an informal conversation with you about your experience as a psych major. The feedback from these conversations plays an important role in future planning for the department. Seniors can sign up for an individual conversation which lasts about 25 minutes or a focus group with other majors which will last about 50 minutes. All participating seniors will receive a small gift and lunch. Please contact Lee to sign up.

More Psycho-Babble.....

- **Igor Stanceric '12** is now an HR/OD Consulting Intern at The Bailey Group. **Alvaro Ballarin '11** is a Research Assistant at American Institutes for Research in Washington, DC. **David Ellison '10** is a Financial Management Comptroller at United States Air Force. **Meg Soli '09** is attending the Masters of Public Policy at the Humphrey School at the U of MN. **Karl Reichter '12** is going for a Masters of Social Work at the U of MN. **Masha Kuznetsova '12** is going on in public health. **Erica Tohtz '09** is attending Masters of Occupational Therapy at Colorado State. **Kate Fehje '08** is going into the Masters of Public Health at UNC

- Chapel Hill. **Abigail Gutmann-Gonzales '11** is starting the Masters of Public Health program at the U of CA, Berkeley. **Sara Gottlieb '10** will be starting a PhD program in Cognitive Psychology at the U of CA, Berkeley.

New Classes this Fall:

PSYC 394-01 Animal Cognition - Julia Manor TR 9:40-11:10

Ever wondered what your dog is thinking or why your cat behaves a certain way? In this course students will be introduced to the questions and concepts in the study of animal cognition and the neurobiological basis for cognition. We will take a peek into the animal mind and show that many topics in animal cognition can be studied in an objective and scientific manner. The format of the seminar will include student led discussion of recent topics in the study of animal cognition. Topics may include: animal sensory abilities, abstract representations (e.g., numbers and time), cause and effect detection, memory and emotion systems and their neurobiological basis, insight and reasoning, theory of mind, and communication. Book chapters and journal articles will be employed to illustrate these concepts.

PSYC 394 -02 Stress and Development - Anna Johnson TR 3:00-4:30

All children, adults, and families experience stressful life events. This course will examine ways in which chronic and acute stressors influence biological and behavioral development. We will explore both psychological and physiological processes involved in the experience of "stress." Specific topics include, but are not limited to, early life stress and brain development, adolescent stress and coping, and the impact of stress on cognitive function, psychological well-being, and physical health throughout the lifespan. Finally, we will explore strategies and interventions that aim to reduce stress-related risks and foster healthy development. This course has a student led component.

Important Dates to Save:

Psi Chi Induction - Tuesday, April 9th 5:00 Juniors and Seniors with GPAs of 3.65 or higher are invited to join Psi Chi, a national psychology honor society. Please watch for an email.

Psych Information Lunch - Thursday, April 11th 11:30 This lunch is for first and second year students who are considering a psych major but would like more information about the department. The first half of the lunch is a presentation by faculty in the department who talk about their courses and research. They then leave for another meeting and senior majors will answer questions about the department and major. Please RSVP to Lee for the lunch.

Spring Dinner - Monday, April 15th 5:00 - 6:30 Smail Gallery Anyone taking a psych class is invited to the Spring Dinner. It's a delicious catered meal from an Italian restaurant. We'll have a trivia contest with prizes and other fun activities. Please RSVP to Lee to attend.

MUPC - Saturday, April 20th St. Thomas University, St. Paul. Submissions are due Wednesday, April 3rd. www.macalester.edu/mupc They will want title, authors and topic area. MUPC registration is due by Friday, April 5th. This year's keynote speaker is Dr. Sarah Gervais, from the University of Nebraska. Dr. Gervais is a social psychologist who is interested in intergroup processes and prejudice, and features an interdisciplinary approach, approaching the problem from a multitude of perspectives, including social psychology, cognitive psychology, law psychology, and women's studies. You can read more about her work: <http://subtleprejudicelab.wordpress.com/>



MPA Distinguished Lecture - James Jackson -

Wednesday, April 24th 7:30 in Weyerhaeuser

“Perceived Discrimination and

Well-Being among African American and

Caribbean Black People”

Join us for a dessert reception at 6:30.

Senior Conversations (and lunch) - Wednesday, May 8th 8:30 - 4:00 with lunch available at 12:00. Individual and focus group conversations about your experience as a psych major. Please contact Lee to sign up.

Senior Reception for Graduates & Families - Friday, May 17th 3:00 - 5:00 This is a wonderful opportunity for the family members to meet the faculty and for the faculty to meet the families of the graduates. Invitations will be sent to the families of this year's graduates in Psych and Neuroscience Studies. Please contact Lee if you have additional people to invite.

Mesmerizing Major - Laura Mather

My favorite movie is Eternal Sunshine of the Spotless Mind.

Favorite Book: The Great Gatsby by Scott Fitzgerald.

Favorite place to eat in the Twin Cities: Chino Latino.

What do you do when you are not studying? I enjoy hanging out with friends, spending time outside, hiking, rafting, or downhill skiing.

Where did you grow up? Fairbanks, Alaska.

Interesting fact about your hometown: My hometown is the second largest city in Alaska, but the population is only 99,000.

Tell us something about your family: My dad grew up in Kentucky, and my mom in Ohio, but they met in Alaska after my mom moved there for a gold mining job.

Tell us something that you are pleased with or proud of about yourself: I recently became a nationally registered EMT.



Psych Leader Nominations

We are eager for nominations for next year's psych club leaders. Leaders play an incredibly important role in the department. We want YOU to consider yourself and/or another person to become a psych leader. Please give us suggestions.

Psych club leaders build community in the department by helping out with a variety of events, including lunches, events, panels, volunteer experiences, guest lecturers, 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 send names to Lee by Monday, April 15th. 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, staff and current leaders.



Rat Challenge Please come see the showcase of the PSYC 240 Learning & Behavior student's semester training of rats. Come watch rats perform tricks and daring feats. Small Gallery, Sunday, May 5th at 1:00.

Which courses count for what?

Trying to figure out which courses meet which requirements? In particular, students often want to know which courses fulfill the UP3 requirement and which include a student-led component. Here is the list for next fall:

Student-led component: Lives in Context, Stress and Development, and Animal Cognition

UP3: The Psych of Gender and Lives in Context (and one more, to be announced!)

Spring:

Student-led component: Psych of Language, Community Psych & Public Health, Pain & Suffering and Cultural Psych

UP3: Community Psych & Public Health, Cultural Psych

Postcards from Study Away

Hey Macalester, I am currently studying abroad with Living Routes in Southern India. We live in an eco-village, Auroville, and learn about sustainability, community, and spirituality. It is a very experience-based program where we have been volunteering in the community, doing yoga daily, and working on design projects. Currently, we are actually traveling around Southern India for a couple weeks to go to a zen meditation center, a tiger reserve, and ride the trains. I am loving the experience and the small group I am with. The professors are very enthusiastic about their classes and the work Auroville is doing to create a more sustainable world. It's a very interdisciplinary and practical education. It is also fun to take classes in subjects I have not learned about very much before and to meet people from all different schools. If I had any advice it would be to know the weather where you are going before you go; I did not expect it to be as hot as it is

and did not pack accordingly! :) Missing you all, Om Shanti Shanti Shanti Annalisa Harty



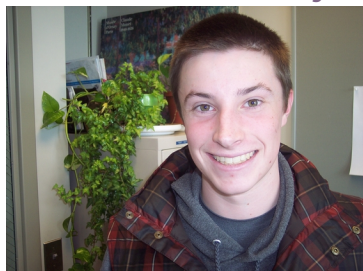
Greetings from New Zealand!
This semester I am studying abroad at the University of Canterbury in Christchurch, New Zealand. I enrolled at the University through a program called IES Abroad, because I believed that enrolling through a program would benefit me just in case anything should happen while I am here like an earthquake. IES offered an orientation program that introduced me to both the school and city. The school here is much different than Mac. It is completely normal to only have 2 tests and maybe a project or paper determine your entire grade. My smallest lecture is 60 people, which makes it difficult to get to know your professors. While I have really enjoyed my classes here,

I'm excited to have smaller classes and professors who know me next semester.

But studying abroad in New Zealand is about more than just going to class. On weekends and our three week long easter break, I've been traveling throughout the country. Beautiful is an understatement for all the scenery in New Zealand. If you are an avid hiker, camper, or just want to spend some surrounded by breathtaking views, I would definitely recommend studying abroad in New Zealand. I hope you all are enjoying your semester. See you in the Fall!

Erin Bortz

Welcome New Majors



Libbie Motchan '14 New York City, NY
Hannah Gemrich '15 Cross Plains, WI
Soo Young Lee '14 Seoul, South Korea
Kevin Dowling '16 Hillsborough, NJ



NS

Rachel Fogel '16 Indianapolis, IN

(Weird spacing, maybe too many photos for program.)

SUMMER FELLOWSHIP OPPORTUNITIES

Youth Organizations Umbrella (Y.O.U.) is pleased to announce its Inspire Fellows Program for the summer of 2013. The fellowship offers graduate and upper-undergraduate students a full-time opportunity to learn best-practices in youth development and to prepare for a career in youth development, education, or the non-profit sector. Inspire Fellows serve as workshop leaders and counselors for Y.O.U.'s 9-week summer program. Fellows are chosen to develop and facilitate specific workshops in one of three areas: arts and literature, STEM (science, technology, engineering, and math), or recreational activities. Additionally, all fellows help lead discussions and workshops on life skills topics.

Primary responsibilities of Inspire Fellows include:

- Develop and facilitate youth activities in your chosen area that promote academic, social, and emotional development.
- Supervise youth activities in a safe, sensitive, developmentally appropriate, positive manner.
- Maintain positive, supportive relationships with youth.
- Nurture supportive relationships with parents, school administrators, teachers, students, and community representatives.
- Develop and maintain good working relationships with supervisors, coworkers, and volunteers within Y.O.U., and with others in the community who offer information about, resources for, or services to young people in Evanston.
- Maintain timely and accurate records concerning youth participation and outcomes.
- Identify and recommend opportunities for continuous improvement in Y.O.U. programming.

The Fellowship experience offers a unique opportunity for growth for students thinking about a career in youth development, education, the arts, or non-profits. Fellows have close supervision of their work and are provided with both formal and informal feedback to help them grow. In this way, fellows develop their leadership skills, enhance their understanding of youth development, and build their non-profit management skills.

The Fellowship runs full time from June 10 through August 16. The first week offers Fellows a comprehensive orientation and training on Y.O.U., non-profit management, and positive youth development. The next nine weeks consist of high-impact summer programming. The Fellowship offers a stipend of \$1,000. (Y.O.U. is also glad to provide documentation to any students who receive support from their universities for summer employment with a non-profit organization). For more information and to apply, visit www.inspirefellowsprogram.org. For questions, contact Kathryn Cai at kathryn.cai@youevanston.org or 847-866-1200 ext. 247.

Message From: Emily Balcetis

Assistant Professor of Psychology, New York University

New York University's Social Perception Action and Motivation Lab, run by Dr. Emily Balcetis, is inviting applications for the 2013 Summer Undergraduate Internship in New York City. This 8-week, research intensive experience intends to offer students hands-on training experiences with research methods, data analysis, presentation, and writing in various domains within social cognition, including but not limited to: relationships, jury decision making, emotion regulation, perception, social judgment, etc. Please visit the lab website for more information and a copy of the application.

We particularly invite undergraduate students from liberal arts and community colleges, historically Black colleges and universities, members of underrepresented groups in the sciences, and students with limited opportunity for research at their home institutions.

APPLICATIONS DUE APRIL 12 **Website:** <https://sites.google.com/a/nyu.edu/nyu-spam-lab/home>

Undergraduate Psychology Intern

The Hubert H. Humphrey Job Corps Center in St. Paul is an academic and training program under the U. S. Department of Labor. The program addresses the needs of 16-24 year old men and women who want to overcome employability barriers. For some of these young people, the barriers may have been lack of opportunities. Some may not have had the educational background to be successful in the job-hunting or retention process.

For others, mental health or behavioral issues may be the biggest barrier to overcome. These individuals typically come to the

attention of counseling or mental health services at Job Corps. This internship will primarily be with the counseling and mental health depts.

Internship Description and Duties Interns will have a number of different duties, depending on the interests of the intern and the needs of the Job Corps students. **Skill-building with Students:** You will work individually with students in the areas of stress management, communication skills, mood management, self-esteem, motivation, and a host of other possibilities. **Chemical Health:** You will sit in on groups for Job Corps students who have been identified as needing education in the area of substance use. Groups are led by graduate students, but, over time, you will be able to play an increasing role in the delivery of the group. **Anger Management:** Similar to the above group process, you will be involved with Anger Management groups. Our goal is not to simply have you observe, but to develop simple activities and to practice group interaction skills.

Supervision You will be supervised weekly by a psychology graduate student. The supervisor does not simply “sign off” on your work. Instead, the graduate students are invested in enhancing their supervision strengths and have a vested interest in your skills development.

What You Will Learn

- Skills for working with individuals
- Group facilitation Skills
- Basis motivational interviewing skills
- A model of good boundaries and ethical principles that will serve you throughout your career

Requirements Current enrollment in an accredited undergraduate college program. Current enrollment in a for-credit class, or for Job Corps to have a relationship with your school’s internship office. Students must be at Job Corps for a minimum of 15 hours per week for 10 weeks. **This is an unpaid internship.** In return, we see it as our responsibility to provide an excellent training experience.

For More Information Dr. Jeff Gottlieb, Ph.D., Licensed Psychologist, jeffgott@hotmail.com

Lindamood-Bell is an organization dedicated to enhancing human learning. We provide intensive instruction in the underlying skills needed for proficiency in reading, spelling, comprehension, critical thinking, and math. Our instruction helps a wide range of individuals, pre-kindergarten through adult, by developing language processing that is critical to becoming a proficient learner in any subject. Lindamood-Bell is seeking energetic and friendly Tutors for our Twin Cities Learning Center! Seasonal, Summer positions are available, running approximately 05/13/13 - 09/01/13 with FT and PT hours. \$13.00/hr. Visit us at www.lindamoodbell.com. and send resumes to resumes.twincities@lindamoodbell.com or fax to (952) 835-2790, Attn: Clinician Position. EOE.

Tunheim Partners Strategic Communications Summer Intern - Position Information

How To Apply: Please e-mail resume and cover letter to: employment@tunheim.com

Application Deadline: ASAP, and no later than May 17

Diane Vredeveld

dvredeveld@tunheim.com

952-851-1600

8009 34th Avenue South, Suite 1100

Minneapolis, MN 55425

Description: The goal of the Tunheim internship program is to offer individuals from various backgrounds the opportunity to experience work at an agency, try new and different kinds of projects, and emerge from the internship with a demonstrable work product for their portfolio. Tunheim’s summer interns will assist our client service teams by doing some or all of the following: • Help to brainstorm our recommended approach to meet client objectives • Draft materials for various audiences – media, clients, blog readers, consumers, influencers, key opinion leaders, etc. • Research and analyze trends and industry background • Mine data to uncover trends and consumer insights • Outreach to members of the media to generate interest in covering client topics • Track and analyze conversations via social media • Design infographics and other client needs • Assist the video team to create and produce client content

Position Type: Internship, Full Time, \$11/hour 35+ hours per week

Job Function: Advertising, Brand Management, Creative/Design/Multimedia, Marketing

Qualifications: Applicants should have interest, skills and experience in one or more of the following areas: • Writing (creative, copywriting, technical, etc.) • Public affairs • Design • Data analytics • Branding • Marketing • Digital strategy • IT • Film making

www.macalester.edu
651-696-6223

Editor: Lee Olson, lolson4@macalester.edu

Psychology and Neuroscience Studies Department | www.macalester.edu | 651-696-6223

Copyright © 2013 Macalester College, All rights reserved.