



March 2019

IN THIS ISSUE

Department Events | Department Information | Alumni News



Chair Talk from Eric

Well, hello March! I think we are all looking forward to Spring Break this year, and it is coming up in just a couple of weeks now! Read on-- the Psychology Department has a number of things going on in March. Another event that isn't in this issue is a sure sign of Spring-- Brain Awareness Week! You might not be aware, but Macalester's Psychology Department and the neuroscience program are one of only two charter members from Minnesota of the Dana Alliance's annual now-worldwide event (the other is the U of MN neuroscience program) promoting greater understanding and appreciation of what the brain and nervous system accomplish for each of us. Watch for events across the week of March 11-15 all over campus, with multiple classes from the Psychology Department staging information sessions, exhibits and fun activities each day. And, on Friday-- a special "Brain Awareness" Social will top of the week right here in Olin Hall.

March is also a bad month for catching colds, the flu, and other illnesses. Be sure to eat well, get enough sleep, and wash out your water bottles! Numerous studies have shown (see me if you'd like to read the references!) that unwashed water bottles are a major route for infection, harboring outrageous populations of decidedly unfriendly bacteria. No one wants to feel sick for Spring Break!

Till next month,

Eric

Juniors - Consider an Honor Project

Dear junior psychology majors,

Are you interested in doing an honors project next year? The deadline for submitting proposals is April 1. Information about eligibility and the application process is available on the department website: www.macalester.edu/psychology/majorsminors/honorspolicy. Although April 1 is a month away, we recommend that you begin pondering the option as soon as possible to ensure that your proposal is as strong as possible.

As always, your advisor and other faculty in the department will be glad to help you decide whether an honors project makes sense for you and to help you think through your proposal. If you do decide to submit a proposal, please submit it to Eric Wiertelak via email by 4:30 pm on April 1.

Minnesota Psychological Association Distinguished Scholar Lecture/Johnson Lecture - Professor Dr. Cindy Frantz

Wednesday, April 3 5:30 - 7:00 Weyerhaeuser Boardroom



What is systems thinking, and does it improve decision making?

The greatest challenges humans currently face – climate change, poverty, epidemics, financial meltdowns – are the result of humans acting within enormously complex systems without fully understanding how these systems work. To facilitate decision making in these critical areas, scholars from diverse fields argue that systems thinking is fundamental. This talk will explore the concept of systems thinking from a psychological point of view. I will describe efforts to increase systems thinking and measure its impact on decision-making and behavior.

Dr. Cindy Frantz is a professor of psychology and Environmental Studies at Oberlin College. She got her BA from Williams College, her MS and PhD from the University of Massachusetts Amherst.

She writes “I am a social and environmental psychologist with a strong interest in statistics. I teach social psychology, and an advanced seminar on the psychology of social conflict. My research focuses broadly on humans’ relationship with the natural world, with an emphasis on promoting sustainable behavior. Past research in collaboration with [Steve Mayer](http://www.steve-mayer.com) suggests that both individuals and the environment benefit when people feel connected to the natural world. With John Petersen, Rumi Shammin, and Deborah Roose I study the potential for feedback technology (www.oberlindashboard.org) to encourage conservation behavior, connect humans back to the natural world, and promote systems thinking. I also direct the Community Based Social Marketing Research Project, a collaborative research program between faculty, students and staff to develop, test and promote behavior change programs that reduce Oberlin College’s carbon emissions.”

Welcome Theresa Glaser

Theresa Glaser will be visiting Macalester this semester to teach 3D: Distress, Dysfunction, and Disorder: Perspectives on the DSM. She received her doctorate in Counseling Psychology from the University of Minnesota and is a licensed psychologist in the State of Minnesota. Theresa's research and clinical



specialties are in the areas of health psychology, posttraumatic stress, and career/vocational counseling. Theresa's passion lies in creating and delivering mindfulness- and acceptance-based programs for individuals, families, and groups. In her free time, Theresa volunteers on the leadership team for the Decriminalizing Communities Campaign through Jewish Community Action (a nonprofit organization engaged in social justice work) and is helping develop the scientific framework for a Compassion Museum in Minnesota. Theresa, her husband David, children Zach and Zoe, and dog Moose live in St. Paul and enjoy spending time in nature, playing games, reading, exercising, and engaging in lively discussions about politics!

Study Away Postcards - Lydia Simpson

I am in Nantes, France! Nantes is a city in the northwest part of France and is known for its role as a port city, the abundance of art, and for being one of the greenest cities in France. I have really liked it here and know I picked the right program for me. I live with a host family and take classes with my program and at the University of Nantes. I am taking some fun, interesting and challenging classes, all in french. I have gone on several excursions with my program to other cities and sites near Nantes and have learned a lot about the history of the region. I have really enjoyed getting to know this part of France, seeing the chateaus and eating lots of chocolate croissants.





My favorite thing about my program so far has been how most of my classes tie our material to our experiences outside of class or on our own. For example, I am taking french gastronomy where we learn about the history of french food, which has then influenced the way I experience food in my host family and in restaurants. And its all in french! Everything feels really connected and it makes learning more exciting! It can also be challenging, and I think that it one thing I wish had been talked about more before I started my semester; that abroad is not always the easy vacation a lot of people make it out to be. That may be true for some, but for me, homework has been more challenging and time consuming than I had anticipated. This might be due to the fact

that my program is a language intensive program. Regardless, it has been so fun and I have really enjoyed living in and experiencing France! Lydia Simpson

Study Away Postcards - Phoebe Mol

I'm at DIS Copenhagen now and things are swell! I love this city so much and each day is really exciting and full of new things. My classes are great, I'm taking philosophy and art classes and one clinical psych course. The program is pretty great, most of the professors are amazing and I've made some good pals. It's interesting to interact with a lot of folks who go to big state schools and I'm learning a lot about their experiences which are very different than mine at Mac.

My favorite thing about the city is biking everywhere and seeing the amazing architecture, both old and new. Unfortunately Copenhagen is wildly expensive so it's impossible to even get a coffee or beer for less than around \$6!! But as the weather changes it's more fun to wander and walk outside and see all the sights. I recommend looking into DIS for anyone interested in exploring Northern Europe!!
Phoebe Mol



Looking for ideas of what to do this summer? CDC Summer Special Edition: Cover Letter and Resume Workshop Lunch Friday, March 29

11:45 - 1:00 Olri 302

Mary Emanuelson from the CDC will come over to help you think of summer opportunities you may not have thought of. She can also help with cover letters and resume writing. Stop by to ask

general questions or for stress reducing conversation. Please RSVP to Lee if you want lunch from The Cheese Shop. We ask Mary to come only if we hear students will attend so you must RSVP.



CAREER DEVELOPMENT
CENTER

Did you know?

The Psychology gives three awards each year to graduating seniors. Our department award recipients will be announced in the April Psycho-Babble. The awards are:

Jack Rossmann Award - honors a graduating senior psych major who has an excellent academic record and has also made distinguished contributions in the application of academic psych through activities such as applied research, internships, or community service.

Walter D. Mink - 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.

Paterson Award nominee - 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. The psychology department nominates one person for this award.

All three awards will be announced in the April Psycho-Babble.

Nominate a faculty member

Have you had a professor who has supported your mental health, mental illness, and/or disability? Two student orgs, Voices on Mental Health and the Disability, Chronic Pain and Chronic Illness Identity Collective, would like to ask you to take a few minutes and nominate these faculty for the 2019 Professor Appreciation Awards for Mental Health and Disability! This is a chance for us to publicly honor and thank our professors who have supported us at some point over the years as we navigate being students while living with the realities of our mental health and disability(s). Any comments will be sent anonymously to the professor, whose name will be published in a list of honored professors.

To honor a professor, fill out the following form: [Professor Appreciation Form](#). Sent to you on behalf of Voices on Mental Health and the Disability, Chronic Pain, and Chronic Illness Identity Collective

Welcome New Psychology Majors



Lidija Namike '21 Birmingham & Mobile, AL



Nancy Gomez '21 Los Angeles, CA



Yueqi Shen '22 Shanghai, China



Addie Brooke-Pike '22 Seattle, WA



Mesmerizing Major - Xinyu Yang

Favorite Movie: Coco
Favorite Book: The Three-Body Problem
Favorite place to eat in the Twin Cities: Hong Kong Noodles
What do you do when you are not studying? Dance, sleep
Where did you grow up? Shanghai, China
Interesting fact about your hometown: During the Spring

Festival (our New Year), the city is always empty because Shanghai is not hometown to most people currently living there.

Tell us something about your family: I was raised by my mother, who's a strong and independent woman. We also live with my grandfather.

MUPC - All Directed Research students -- Save the Date!

The 2018 Minnesota Undergraduate Psychology Conference (MUPC) will be held on Saturday, April 27 at Gustavus Adolphus College in St. Peter, MN. Dr. Kathleen Vohs will be this year's keynote speaker. Your professor will let you know when the website opens for submissions.

Psycho-Babble

Wendy Chu '17 is accepted to the University of South Carolina to start a PhD program in clinical psychology. **Deidre Hall '17** is going to IUPUI for the Applied Social and Organizational Psychology PhD. She will be working with Dr. Leslie Ashburn-Nardo on women and mentorship and confronting sexism and Dr. Eva Pietri on women in STEM. **Justin Rassmussen '16** will be at Duke for a PhD program in clinical psychology.

Psych T-Shirts for Sale

There are psych t-shirts from past years on sale for \$2 in Lee's office. Stop by and get some summer or gym gear! We have some small, medium, and large left in four different designs in blue colors.

Opportunities

Cincinnati Children's Hospital Medical Center (CCHMC) is looking to recruit **Counselors (typically undergraduate students) and Lead (typically graduate students) Counselors** for our **Summer Treatment Program (STP)**. The STP is an award winning, evidence-based program for children ages 7-12 with Attention-Deficit/Hyperactivity Disorder (ADHD) developed by William Pelham, Ph.D. and colleagues. The STP has been listed in SAMHSA's National Registry of Evidence-based Programs and Practices.

Counselors will receive extensive clinical training and approximately 250 hours of face-to-face clinical experience working with children with ADHD and related behavioral, social, and academic difficulties.

Counselors are assigned to groups of 10-15 children, with 5-6 counselors per group. Counselors implement behavior modification procedures during sports, social skills training, art, and academic activities. Counselors will provide feedback to children and parents and record behavioral data for children in their groups. They also receive daily performance feedback from experienced staff members who provide live supervision.

Counselors must be available to work from **May 23, 2019 through July 31, 2019**. The beginning of employment will include a multi-day training session. Hired counselors will be responsible for reading the STP manual and memorizing some of the contents prior to beginning employment. **Counselor hours of employment are typically from 7:45 am to 5:30 pm, Thursdays from 7:45 am to 6:30 pm, and Fridays from 7:45 am to 3:45 pm.** All counselors are paid an hourly wage with overtime benefits.

Undergraduate and graduate level students interested in Clinical Psychology, School Psychology, Education, Social Work, Psychiatry, or Pediatrics are encouraged to apply. Experience gained at the STP may also be beneficial in preparation for careers in education, mental health, physical education, recreational therapy, behavior analysis, social work, and counseling and can serve as an opportunity to obtain a recommendation for work or graduate school. Positions are competitive and offers will be made until positions are filled. Interested applicants are encouraged to apply now.

CCHMC is one of the largest children's hospitals in the country with a reputation for excellence and innovation in research, clinical care, teaching, and training. CCHMC was recently ranked second of pediatric hospitals by the US News & World Report, and ranks third among pediatric medical centers in National Institutes of Health (NIH) funding.

Out of town applicants are encouraged to apply, **summer housing information is available!*

To apply, visit our website and download the counselor application: www.cincinnatichildrens.org/stp

Please e-mail Caitlyn Clark (ADHDSTP@cchmc.org) with any questions!

* * * * *

Summer Camp Positions open at Voyageur! We are again looking for awesome Cabin Counselors and Program Staff like Lifeguards, Outdoor Specialists, Health Specialist and others.

If you would like to learn more about Voyageur Environmental Center, our website is: <https://voyageur.bgc-tc.org/>

For more information about The Boys and Girls Clubs of the Twin Cities, our website is: <https://boysandgirls.org/>

My e-mail is bsingleton@bgc-tc.org and my office line is 952-472-4581. Feel free to share my info with anyone who would love the opportunity to make a positive change in kids' lives and have a great time doing it!

* * * * *

Overview: Power Coaches work for the full week for one or more weeks of Girls Rock and Roll Retreat camp. The person in this position will help to support campers and staff in both group and individual settings as needed. Support needed will range from helping a band work together to solve conflicts, to offering advice to teachers, to talking to a camper about their anxiety, depression, gender identity, sexual orientation, self-confidence, relationships etc.

Classification: Independent Contractor Pay: \$650-\$850/week

You must display the following qualities:

- Enthusiasm and positivity towards the program and mission
- Agree with the Points of Unity -Previous experience working with youth (counseling, teaching, mentoring, etc)
- Enjoy working with youth -Have experience teaching or understanding topics such as: positive self talk, affirmations, assertiveness, healthy body image, gender identity/expression, sexual orientation, anxiety, depression, etc.
- The ability to lead others as necessary
- The emotional capacity to help youth and co-workers through any issues that may arise at camp as well as the ability to build relationships with these folks -Must have a high sensory threshold, and be able to handle loud music for long periods of time
- Priority will be given to those who have completed a Bachelor's Degree, or have equivalent work experience, in psychology, education, social work, social justice, or similar fields Duties before camp:
- Check emails 1-2x/week to receive important camp updates
- Attend teacher orientation -Assist in one roadie shift per week of camp
- Read up on need-to-know information about campers Duties during camp:
- Relay need to know information to music teachers
- Actively engaged in camp activities such as skits, workshops and music activities
- Observe band practices and assist with band dynamics
- Help individual students and bands with personal problem solving and conflict resolution strategies when needed
- Help individual teachers with problem solving and conflict resolution strategies as needed
- Debrief and process with students and staff on difficult issues including: teamwork, gender identity, self-esteem, anxiety, privilege/oppression, social justice, challenging emotions, self harm, depression, body image, etc

-Attend pre- and post-camp meetings

-Participate in camp skits that teach camp values

-Respect and honor yourself, fellow staff members, students, SR2 directors, SR2 Points of Unity, SR2 equipment and our camp location.

TIME REQUIREMENTS Orientation: Sunday, June 9th from 2-4:30pm AND Sunday, July 7th, 11:00am-5:00pm Camp Hours:

Mondays (7/8, 7/15, 7/22 & 7/29): 7:30am-5:30pm Tuesdays-Thursdays (7/9-7/11, 7/16-7/18, 7/23-7/25, 7/30-8/1):

8:30am-5:30pm Fridays (7/12, 7/19, 7/26, 8/2): 8:30am- 7:30pm Camp is held at the Laura Jeffrey Academy in St. Paul for the first two weeks and at the Hennepin Ave United Methodist Church in Minneapolis the last two weeks.

www.macalester.edu

651-696-6223

Editor: Lee Olson, lolson4@macalester.edu

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

Copyright © 2019 Macalester College, All rights reserved.