Upcoming Capstone Poster Presentations

We are fast approaching the end of the spring 2014 semester, which means most seniors have already completed their Capstone PowerPoint presentations, but you can still catch them at the Psychology Poster Presentation, which will be held on May 1 from 10am-1pm in the Miller Conference room of the SUB! Come learn about a myriad of unique topics in psychology and offer moral support to your graduating classmates! Non-psychology majors are always welcome to attend as well. Here are this year’s topics:

- Adam Bailey -- *Investigating Placebo Effects on Pain Perception*
- Allison Bieskei -- *The Effects of Unilateral Hand Contractions on Episodic Memory*
- Leanna Brisson -- *The Effects of Caffeine on Working Memory in Introverts and Extroverts*
- Whitney Dartnell -- *The Effects of Background Music on Attention*
- Mariah DiGloria -- *The Effect of Musical Tempo on Mood and Evaluation of Music*
- Dean Frutchey -- *The Itsy Bitsy Spider: Gender Differences in Arachnophobia*
- Michael Kapolka -- *The Effect of Verbal Priming on Eyewitness Memory*
- Tyler Lauchaire -- *The Effect of Misleading Information on False Confessions*
- Brittany Lippert -- *An Examination of the Effect of Caffeine on Information Processing*
- Rhonda Lynch -- *The Effect of Victim Race on Attributed Blame*
- Myzar Mendoza -- *Dual Coding: Mental Visualization & Pictorial Visualization*
- Stephanie Orr -- *The Beautiful is Good Effect: Is Attractiveness Socially Desirable?*
- Mital Patel -- *The Effects of Color on Working Memory*
- Nimita Patel -- *The Effect of Gender on the Leniency of Criminal Punishment*
- Dustin Raymer -- *Self-affirmation of Psychological Capital: Improving Students’ Test Performance*
- Ashley Ream -- *The Effect of Sex on Conformity*
- Shaney Rivers -- *Forgiveness and its Possible Relation to Smell*
- Ashley Scott -- *The Effect of Stress on the Misinformation Effect*
- Nicole Weaver -- *The Effectiveness of Sitting on an Exercise Ball vs. a Wooden Chair on Memory*
- Stephanie Williams -- *Persuasion Techniques Tailored to Extraversion*
- James Wismer -- *The Effect of Mindfulness Meditation on Cognitive Problem Solving*
- Jennifer Wood -- *The Effects of Music on Inattentional Blindness*

— Kat Dodson, Co-Editor
7 Cups of Tea: Someone to Talk To Online

7cupsotea.com is a website that allows users to anonymously confide in volunteer “active listeners” who are available 24/7. Its founder and CEO, Dr. Glen Moriarty, is a psychologist who believes passionately that technology can be used to better peoples’ lives by building broad emotional support networks and that anyone has the ability to make a difference in someone else’s life by lending them a helping hand—or a listening ear—in their hour of need. Anyone can volunteer to be a listener, and the site’s management asks only that listeners devote two hours per week of their time for coverage purposes. Most listeners on 7cups are laymen, but some licensed counselors offer their services through the site as well.

Though the service is new and still getting off its feet—recruiting new listeners, revising and developing its policies, and trying to grow its web presence—7cups appears to be a well-run, legitimate support site. All listeners are required to go through a course on active listening—learning to verbally mirror someone else’s feelings to project empathy, ask questions for purposes of clarification rather than to steer discussion, use neutral, non-judgmental language, concentrate on strengths, and not give advice. However, the website also offers numerous optional training modules to prepare listeners to offer better support when dealing with specific issues, like depression, anxiety, managing emotions, eating disorders, break-ups, work stress, and much more. The modules can be accessed by users as well, so they can go through the “courses” on their own and track their progress. As a psychology major, I recognize the theories and empirically validated treatments that these modules are based on, and I appreciate the effort being made to introduce both layman listeners and populations of people without access to formal treatment to sound, research-based methods that can be used to help ameliorate emotional distress and other problems. I also very much appreciate that management regularly reminds listeners that they are not therapists—they are there to listen and offer unconditional positive regard, not to give advice or try to make diagnoses. Lists of referral sites and hotline numbers are provided for listeners, who are advised to at no time try to handle a situation that is beyond their ability. Admirably, the site management, including CEO Moriarty himself, is actively involved in communicating with and receiving feedback from users and listeners through chatrooms and message boards.

I have experienced both sides of 7cups, as a user and listener (for about five months), and have found the experience to be very rewarding. Not only has it improved my ability to listen and empathize, it is also comforting, even while taking the listener role, because every user whose chat request I answer reminds me that when I am struggling, I am not alone, and other people can understand what I am going through, and I get to remind the users of that in return.

— Kat Dodson, Co-Editor
Note from Dr. Tindell

The theme of this issue’s puzzle provides me with the perfect opportunity to convey my congratulations to this year’s graduates. The end of each year is always a bitter-sweet one for me. I am so proud of all of our graduates and am excited for what the future holds in store for each of you, but the end of your time at Wilkes has come all too fast. Four years goes by so incredibly quickly for me.

I want to extend a very special congratulations to my Psychles editors-Kat Dodson and Leanna Brisson. Working together on Psychles provides me with a very special and unique opportunity to get to know the editors and share in their Wilkes experience. I feel so very fortunate to have been able to work with both Kat and Leanna, who have been fantastic editors, and have done a truly excellent job on each and every issue of the newsletter. I have enjoyed immensely the articles they have prepared for each issue. Their hard work has helped to create a truly informative and interesting publication for our department. Kat and Leanna, thank you for all that you have done for me and the department.

To all the graduates, I will miss you and I wish you the absolute best. Please keep in touch! I hope to see you all at the Graduation Reception to be held prior to commencement on the 3rd floor of Breiseth.
Treatment of the Month: Botox for Depression

Results of a double-blind, randomized, placebo controlled trial recently published in the *Journal of Psychiatric Research* show that Botox injections had a positive effect on depression sufferers, by diminishing activity in the muscles responsible for frowning.

Fifty-two percent of patients meeting DSM-IV criteria for Major Depression whose facial muscles were injected with Botox saw a 50 percent improvement from their baseline scores on the Montgomery-Asberg Depression Rating Scale (MADRS) over six weeks, while only 15 percent of those injected with saline did. Twenty-seven percent of the Botox group reduced their scores to the level of clinical remission, as opposed to seven percent of the saline group. There was also a (non-significant) association between the appearance of frowns (coded objectively on a scale of severity by raters) in before and after photos of participants and the improvement of participants as measured by the MADRS. None of these participants were taking antidepressants at the time of the research.

These results expand upon previous research indicating that either smiling more or frowning less may improve mood. This is the theoretical base of the Facial Feedback Hypothesis, which states that one’s facial expression contributes to emotions just as much as emotion contributes to facial expression because muscles send messages to the brain indicating, based on facial expression, that you are calm, upset, etc., and help to trigger emotional responses.

Researchers in this area propose that the mechanism behind treatments like this one involves the trigeminal nerve, which connects facial muscles to the amygdala (a brain region important to the registering of emotions, like fear and anger). If someone is angry or upset but cannot frown (due to Botox, for example), the the trigeminal nerve can’t relay cueing information to the amygdala, resulting in less amygdalar activity and, as a result, a muted emotional response.

However, the results of studies conducted to test the Facial Feedback Hypothesis are often difficult to interpret definitively because it is nearly impossible to carry out double-blind, between-subjects designs. Participants can easily tell which group they are in if they are being asked to hold pencils in their mouths, for instance, or if Botox causes a change in facial sensation or a noticeable reduction of wrinkles. It is notable that this study’s authors asked participants to guess which condition they were in and then re-examined the effects in light of this information. Most participants guessed their condition correctly, but the effect of Botox on depressed participants was the same regardless of whether participants were aware of their condition, lessening the likelihood that a placebo effect alone was responsible for the results.

The authors of the recent study state a few reasons why Botox may be an attractive treatment for depression, including that patient compliance was better than compliance seen in patients taking antidepressants and that Botox interacts dangerously with fewer medications than antidepressants.


—Kat Dodson, Co-Editor
NPEC Employer Career Fair

This year’s career fair, held on April 9th at Wilkes University, attracted many employers as well as students from surrounding universities. Some of the employers were:

- Benco Dental Company
- Bureau of Disability Determination
- Devereux Pocono Center
- Entercom
- Enterprise Rent-A-Car
- Hazelton Area School District
- Keystone Human Services
- NHS Human Services
- PA Department of Environmental Protection
- Target

Students were invited from Wilkes University, Keystone College, Kings College, Marywood University, Misericordia University, and Scranton University to meet with a wide array of employers and hand out their resumes. There was a wide range of opportunity offered by these employers, such as full-time or part-time work, as well as internships for those not graduating. Overall, there was a wide array of employers there catering to all majors. For Psychology majors, there was a number of human and health service employers such as Devereux Pocono Center, Keystone Human Services, New Story, and NHS Human Services. Those who did not take this opportunity this year should mark it on their calendar for next year so they don’t miss this easy chance to network with employers within the area.

- Leanna Brisson Co-editor

Psi Chi News

Psi Chi would like to congratulate its new officers for the upcoming year of 2014-2015:

President -- Amanda Seccia
Vice President -- Brooke Bishop
Secretary -- Anna Podrasky
Treasurer -- Abigail Boltz

-Psi Chi would like to congratulate its new members on induction! See page 9 for a picture from the induction.

-Psi Chi is happy to have wrapped up a great year with its current members and it grateful for a successful year with events such as the tie-dye cupcake sale, alcohol awareness day, graduate school panel, and eating disorder screening in the SUB.

Good Luck to the future Psi Chi Honor Society!

— Leanna Brisson, Co-editor

Psych Club News

Psychology Club would like to congratulate its new officers for the upcoming year of 2014-2015:

President -- Brittany Scherer
Vice President -- Stephanie Highley
Secretary -- Kim Hein
Treasurer -- Allison Davis
Parliamentarian -- Alexis Maroney
Social Activities -- Dominic Rinaldi
Community Service Chair -- Makia Stocker

-Psych Club will be doing white water rafting on May 4th as its last activity.

-Psych Club will be continuing its community service with Special Olympics during the basketball tournament as well as SO Fun day.

-The Psych Club is looking forward to giving its department gift prior to the end of the semester!
Psych in the Media: *The Psychopath Inside* and the Oxymoron “Prosocial Psychopathy”

There is no true operational definition of a psychopath, but the word carries a strong negative connotation both professionally and colloquially. Dr. Robert Hare’s Psychopathy Checklist focuses on personality traits like superficial charm, narcissism, impulsivity, callousness, and Machiavellianism, while the diagnostic criteria for Antisocial Personality Disorder concentrate on wild, reckless, or harmful behaviors. Emotional and physical abuse of people and animals, criminal activity resulting with run-ins with the law, or failure to hold down a job or pursue long-term goals are good examples of such behaviors. In response to the word “psychopath,” the average person may think of the likes of brutally violent serial killer Jeffrey Dahmer. In spite of differences in the specifics, everyone seems to agree-- these are not nice people.

Dr. James Fallon, a neuroscientist who researches and teaches at the University of California, Irvine, is a bright, successful, loving family man with a great work ethic, who has held a stable job studying in his field for better than 20 years and who has no history of violence or legal trouble. But he also happens to share a set of genetic and neurological traits with most of the violent killers we would label psychopaths. How can this be? Dr. Fallon, who once held a strict belief in biological determinism but does no more, explains this strange phenomenon in his book, *The Psychopath Inside: A Neuroscientist’s Personal Journey Into the Dark Side of the Brain*.

While examining PET scans of his family members’ brains to ensure that no one was at risk for developing Alzheimer’s Disease, Fallon noticed a brain with a pattern of inactivity resembling what he had observed while studying the brains of serial killers. He went on to discover, much to his surprise, that the scan was his own. This prompted Fallon to research his genetic markers and family history. He learned that he had several genetic markers for psychopathy, including an allele for a serotonin-transporter protein that predisposes one to intense aggression, and that many of his ancestors-- including the infamous Lizzy Borden-- were violent. His orbital prefrontal cortex is clearly underactive, appearing far blacker in the scans than his son’s. He also admits to possessing some less-than-endearing sociopathic traits, such as manipulativeness, the tendency to show off, and difficulty identifying with the emotions of others. In his college days, he was extremely wild and impulsive. Put more simply, as Fallon did in an interview with *Smithsonian* Magazine, he’s “kind of an asshole, and [he does] jerky things that piss people off.”

Luckily, Fallon was not exposed to the one factor shared by every killer he had studied-- an abusive or traumatic childhood. Ex-biological-determinist Fallon now acknowledges the value of nurture as well as nature and is grateful every day that he grew up in a loving environment, which he believes shielded him from an otherwise dark fate.

Fallon calls himself a “pro-social psychopath,” someone who exhibits most of the biological traits of a psychopath, and probably some of their personality traits-- like the sometimes greedy and hyper-competitive Fallon, who “won’t even let [his] grandchildren win at board games”-- but who makes little to no trouble for his/her self, family, or society in daily life, outside of minor annoyances like self-centeredness, grandstanding, or compulsive lying about trivial things.

In the end, Fallon says, he was grateful to have made the discovery, which he thinks has helped him to become even more “prosocial” because he now pays more attention to things he does that upset his friends and family members and works to remedy them… if only so he can brag about his progress later.

Sources: *http://www.smithsonianmag.com/science-nature/the-neuroscientist-who-discovered-he-was-a-psychopath-180947814/?no-ist*  

— Kat Dodson, Co-Editor
Intern of the Month: Kathleen Patchoski

This issue’s Intern of the Month is Kathleen Patchoski, a senior Psychology major from Scranton, PA. Kathleen recently changed her major from Special Education/Early Education to Psychology and chose to enter the Applied Psychology track. She completed an internship at the Family Enrichment Center.

Q: Tell me a little bit about the internship site and your responsibilities.
A: My position is that of a TSS worker. I work with children with special needs (mostly ADHD and autistic children) and help them to be able to sit in a general education classroom. Some of my responsibilities include tracking behaviors, redirecting focus and attention, and crisis intervention.

Q: How did you come to choose this internship?
A: I have worked for Family Enrichment since September of 2012, while I was still a Special Education major, when I met another TSS from this agency.

Q: What do you feel is the most useful skill you have taken from this internship, or your favorite part of it?
A: The most useful skill that I have learned is managing patience and attitude. The children’s behavior and attitude is a reflection of the people around them. If I walk in angry, they tend to have a bad day, but if I walk in happy, they tend to be happy. My favorite part of the internship is seeing a big smile on the children’s faces, how they learn and grow, and, most of all, how they progress and are eventually able to sit in a classroom without services.

Q: Is this internship representative of the type of work you would like to do in the future?
A: Yes, I would like to stay with this agency and eventually move into Mobile Therapy. A mobile therapist is basically a Master’s level clinician. Their job is to help the children learn how to express their feelings through healthier outlets. For example, instead of kicking or hitting, they can walk away or use a stress ball.

Q: How do you think our department did in terms of preparing you for your internship?
A: The Psychology Department helped me to prepare for this internship by teaching me how to approach the children that I work with as well what I can do to help prevent behavioral issues with them. The Psychology Department taught me how to work with children by teaching me how having a positive attitude can help a child to have a better day and vice versa. I have also learned that children and adults think in two separate ways and that an adult’s point of view is not always the same as a child’s.

Q: Why did you choose Psychology as a major? How were you drawn to your specific focus area?
A: I chose Psychology as my major because not only do I like to help people, but I also wanted to know more about why people do specific things. I was drawn to the field when I was offered a job as a TSS worker, and since then I wanted to learn more about people and why they think/act the way they do.

Q: What other hobbies or extra-curricular activities are you involved in?
A: When I’m not working or doing school work, I like to spend time with my friends. I also spend time volunteering with the ARC of NEPA in Scranton.

Q: What are your professional goals? Where do you see yourself in 5 years?
A: I would like to remain with the agency, but my ultimate goal is to move up in the agency and become a Mobile Therapist and help the children to overcome obstacles in their lives.

— Kat Dodson, Co-Editor
Student of the Month: Alysha Bixler

This issue’s Student of the Month is Alysha Bixler from Williamsport, PA, a senior Psychology and Sociology double major with a minor in Women’s and Gender Studies.

Q: Please tell us a little bit about yourself:

A: I love to learn. All my life, I have enjoyed going to school and learning as much as I can. In addition, I love to be active and productive. I am not the type of person who can spend hours in front of the television or lying in bed. I enjoy spending my free time catching up on school work, going to the gym, volunteering, or being outdoors (when the weather is nice). I am also the oldest of four girls, with my youngest sister being six. My only biological sister, Lacey Bixler, is currently a freshman here at Wilkes, and I must say being able to spend my last year with her has been very rewarding as we are very close. I have prided myself on being a role model for my three younger sisters and I believe that much of the reason why I strive to be successful is to set a good example for them.

Q: What kind of activities are you involved in here at Wilkes?

A: Here at Wilkes, I dedicate the majority of my free time to the softball program. I have been a collegiate athlete all four of my years here. I both pitch and play outfield for the team. In the off season, I am responsible for coordinating our team ‘get togethers’ as well as making sure we are involved in community service. I am also the softball team’s representative for the SAAC (Student Athletic Advisory Committee). I am also a member of The National Society of Leadership and Success, Alpha Chi (national college honor society), & Alpha Kappa Delta (sociology honor society). In addition to those things, I also serve as the Women’s and Gender Studies intern. I have a variety of tasks as an intern, including creating bi-monthly newsletters by brainstorming ideas, conducting research and interviews, writing and editing articles, and formatting the newsletter. I also promote the minor by conducting sessions in WGS eligible courses, participating in the majors/minors fair, and disseminating information to advisors about the minor prior to preregistration. I help plan, organize, advertise, and host educational activities and a two-day conference, and I review course schedules to ensure that WGS courses are officially designated as such. I maintain a database of WGS eligible courses and update and maintain its social media pages.

Q: How about in the Psychology Department?

A: Within the Psychology Department, I have been a member of Psi Chi since my sophomore year, serving as president this past year. We have planned numerous events, including (but not limited to) a tie-dye cupcake bake sale in support of She’s the First, a nonprofit organization that sponsors girls’ education in developing countries. We also made and sold caramel apples and participated in a Walk-A-Thon to raise money for Ruth’s Place, an organization that works to solve the issue of homelessness one woman at a time. We also held a graduate school panel, at which interested students could come and learn more about the graduate school process from students who went through it. I am also currently doing research under Dr. Thomas looking at some benefits that come along with identifying as a feminist and taking Women’s and Gender Studies courses.

Photo courtesy of Alysha Bixler.
Q: What has been your favorite Psychology class?

A: I actually ended up taking the majority of my Psychology classes during my first two years here, and the past two years I have spent on my capstone project as well as taking the necessary courses to earn my Sociology major, so it is difficult to remember all of the Psychology courses I have taken. I must say that I did really enjoy the entire capstone project. It certainly was not easy, but it made me realize just how exciting research could be. I loved how all of the classes built upon each other, and I think that each professor at each level (200, 300, and 400) did an amazing job making sure that this difficult task was not too overwhelming. I now feel more prepared for my next educational step, and I do not think I would be able to say that had I not gone through that process. I also really enjoyed my Psychopathology class with Dr. Bohlander. I loved learning about all the different disorders, their symptoms, how they are treated, how they affect individuals and their families, etc. This class was also very beneficial because I took it right before I had an internship with Step By Step, Inc., a residential program for individuals with development disabilities. Having this class beforehand allowed me to take what I learned in the classroom and apply it to a real world setting.

Q: What advice do you have for other psychology students?

A: I would tell future students something I wish someone had told me when I was an underclassman—develop relationships with your professors. During my past two years here, I have spent more time getting to know my professors and allowing them to get to know me on a personal level, and I must say that it has greatly improved my experience here. I feel as if all of the Psychology and Sociology professors truly care about their students. Wilkes is a relatively small university, and as students we are able to form these relationships with our professors, so we should all take advantage of the opportunity. Each faculty member has his or her own unique life experiences and perspectives, and taking the time to sit down and talk to them and learn more about them can help you learn more about yourself and your academic field. Who knows— you may even gain a lifelong mentor.

Q: What are your plans after graduating?

A: After graduation, I will be attending Monmouth University to earn an M.S. in Mental Health Counseling with a specialization in children and adolescents. After I finish this 2.5 year program, I hope to become a licensed professional counselor (LPC). I hope to be a counselor for children and adolescents or even for individuals with developmental disabilities but in a clinical setting (i.e., hospitals). After spending a few years working as an LPC, I may decide to go back and earn my doctorate in counseling psychology to further advance my career.

— Leanna Brisson, Co-Editor

Congratulations to the New Psi Chi Inductees!

Pictured: Dr. Jennifer Thomas, Nicole Shep-tock, Megan Neri, Alysha Bixler, Kristen Craven, Whitney Dartnell, Jennifer Wood, Brooke Bishop, Amanda Seccia, and Abigail Boltz

Photo courtesy of Dr. Jennifer Thomas
On Saturday, March 22, Wilkes held a VIP Day for next year’s accepted incoming students. Students toured campus and attended sample classes, information sessions, and presentations by faculty.

Seats for two presentations by psychology professors Dr. Carl Charnetski and Dr. Edward Schicatano were filled to capacity. Dr. Charnetski presented “Stress Makes Me Sick,” a talk about the effects of stress on the immune system. Dr. Schicatano presented a talk called “Changing Your Life by Changing Your Brain,” during which he shared with the audience some strategies, based on life coaching theory and the science of neuroplasticity, for managing emotions and worldviews in order to promote positive changes in one’s day-to-day life.

Clear audience interest, indicated by the fact that both talks filled up during registration and by audience feedback after the talks, suggests that these presentations are effective at capturing the interest of prospective psychology students.

“The presentation was well received, with lots of questions and many individuals approaching me afterwards to ask questions and talk to me,” Dr. Schicatano reported.

—Kat Dodson, Co-Editor

Source: http://www.wilkes.edu/vip

Psychology Quotes: Change, Moving Forward, and Taking Control

"People with high assurance in their capabilities approach difficult tasks as challenges to be mastered rather than as threats to be avoided." -Albert Bandura

"The only person who is educated is the one who has learned how to learn and change.”

“The good life is a process, not a state of being. It is a direction not a destination.” -Carl Rogers

“The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny.” -Albert Ellis

“In the middle of difficulty lies opportunity.”

- Albert Einstein

Sources:
http://psychology.about.com/od/psychologyquotes/a/banduraquotes.htm
http://www.brainyquote.com/quotes/authors/c/carl_rogers.html#3LwvqFYjQX7V56p1.99

—Kat Dodson, Co-Editor
Feeling the Rage of IED?

Getting angry is a part of life – sad but true. Whether it occurs when your least favorite professor asks a totally unfair 40 point question on your exam, your significant other does something to betray you, or you get bluntly cut off in heavy traffic, it happens to the best of us! For the majority of people, anger begins and ends there. Other individuals with Intermittent Explosive Disorder (IED) are not so lucky!

IED is a psychological disorder in which one has explosive eruptions of anger lasting up to 30 minutes, during which other individuals or objects are harmed or destroyed. Symptoms of these angry episodes are tremors, palpitations, chest tightness, racing thoughts, and rage. Many times, after this episode of irrational rage comes embarrassment, guilt, and regret.

Although the exact cause of IED is unknown, it is thought to be a combination of environmental factors, such as exposure to verbal or physical abuse as a child, genetic factors, and brain chemistry, such as low levels of serotonin. In order to be diagnosed, IED must exist on its own – symptoms cannot be explained better by comorbid diagnoses of depression or traumatic brain injury, nor can they occur exclusively under the influence of drugs or alcohol. IED occurs most often in males and is usually identifiable by the age of 20.

It goes without saying that IED can have an immense impact on one’s personal, social, and professional life. It is very rare that people enjoy being around angry people, no less angry people who can’t control their rage. IED can affect the sufferer’s financial state and lead to legal trouble. A study done by Harvard Medical School found that as many as 11.5-16 million American adults may meet the criteria for this disorder.

Although feeling angry is inevitable and emotionally uncomfortable, we can be grateful that we don’t feel it in the way that those with IED do. But if you’re reading this and identify with this type of rage, there is hope! Group therapy sessions and cognitive behavioral therapy have been effective in treating this disorder. And if these approaches don’t click for you, there is always medication, such as antidepressants, mood stabilizers, and anti-anxiety drugs that can help relieve the symptoms of IED. So don’t lose hope, and don’t drive the person who flipped you the bird off the road! Keep calm, learn about IED, and carry on!

Source: http://www.mayoclinic.org/diseases-conditions/intermittent-explosive-disorder/basics/treatment/con-20024309

—Leanna Brisson, Co-Editor
The Eastern Psychological Association Conference

On the weekend of March 15th, members of the Psychology Club had the opportunity to attend EPA (The Eastern Psychological Association) conference in Boston, Massachusetts. Those who attended were Shaney Rivers, Brittany Lippert, Adam Bailey, Dustin Raymer, Dominic Rinaldi, Allison Davis, Kat Dodson, Kristen Craven, Leanna Brisson, and Whitney Dartnell. The group departed Wilkes University on Thursday morning and arrived in Boston during the afternoon. After everyone got settled in, the group set out to eat Dinner at P.F. Chang with Dr. Newell and her partner who were also in attendance at the conference.

The next morning everyone set out on their own to see talks on topics such as “Psychology in Russia: Past and Future Trends”, “Hypermasculinity and Perception of Peer Muscularity”, “The Effects of Proton Radiation on Brain Tumors”, and a talk given by renown social psychologist John Bargh. During the afternoon, everyone was anticipating visiting our own Dr. Schicatano’s poster entitled “Chocolate Decreases Pain Perception” as well as other posters presented at the Neuroscience poster session (although it should be said that it was hard to get a word in with Dr. Schicatano seeing as his poster earned a large amount of attention and interest!). During the afternoon, students had a chance to attend more lectures/poster sessions or explore Boston. Everyone met up for a fun and delicious meal at Maggiano’s to wrap up the first day of the conference.

The highlight of the conference on Saturday was being able to support Wilkes University Professor Dr. Thomas and student Katherine Dodson at their respective poster sessions.

Continue to next page...
It was obvious to all who stopped by their posters what hard work they had put into their research and both generated a great deal of attendance and interest. When those poster sessions were not going on, students had the opportunity to go to talks on topics such as “Clinical Papers: Treatment, Expectance, State Hope, and Substance Use”, “Psychology and the United Nations’ Agenda on Human Rights”, “Violence in the Media”, and “Individual and Contextual Influences Across the Life Span”. Now remember, this was also St. Patrick’s days weekend! So when students had the opportunity that afternoon, they made sure to get into the Boston Spirit! Kat Dodson and Dustin Raymer were even able to find the location on which the popular show “Cheers!” was based.

The next morning, students departed back to Wilkes University. All left with an education on what attending a psychological conference was like and a greater appreciation of the field and all it has to offer. I believe that if you ask anyone who attended EPA this past March they would strongly suggest doing so in the future – just something to keep in mind come next Spring! A special thank you goes out to the Wilkes Mentoring Task Force. Without their support, Psych Club members would not have had this incredible opportunity to explore psychology, further develop their interests, and enjoy themselves while doing so!

-Leanna Brisson co-editor
A special thank you to Dr. Tindell!

Thank you so much for all your hard work and dedication to Psychles as well as the Psychology Department as a whole. This year would not have been the same without your dedication to all of the students within the department. It is safe to say that you are loved by many and your presence here is greatly appreciated!
Editors’ Graduation Retrospective

Leanna Brisson

I actually wish that it weren’t time for me to graduate yet, just because there is so much more that I could learn from the faculty here and because of the friendly, family-like environment in this department. I’m glad that I made the decision to come to Wilkes, and I advise newcomers to take advantage of the small class sizes and availability of professors because it truly is a valuable and unique experience that one would not get at a larger school. I am also extremely thankful that I made the decision to become a psychology major. The professors in this department are extremely supportive of students and encourage them to aim high. I would probably not have developed the confidence to submit to or present at the Eastern Psychological Convention had these professors not been there to help me realize my potential. The professors here also have research interests that cover much of the wide spectrum of fields of psychological study, making it possible to receive a very well-rounded education from this program. I was able to score very well on every section of the Psychology Subject Test just by reading over my old class notes the night before, which I think really speaks to the quality of the education that I received from my professors. My only regrets are that I did not become more involved in other extra-curricular activities offered by the Psychology Department in addition to Psychles and that I couldn’t find the time to complete a minor in neuroscience because of my double major. Overall, my experience was a good one, and I am proud to graduate from a program managed by such a knowledgeable and caring faculty.

Leanna will be attending SUNY Stony Brook this coming summer to complete her one year Master’s Program in Psychology. She aspires to obtain her doctoral degree in Neuropsychology and work with a patient base similar to that at the NeuroSensory Center of Eastern Pennsylvania. She also has the aspiration of performing community service abroad and having the chance to see the world.

Kat Dodson

Kat’s experience as a Wilkes Psychology major peaked her interest in research. She hopes to someday attend graduate school, receive a PhD in Clinical Psychology, and conduct clinical efficacy and effectiveness studies. In the meantime, she is interested in finding a job in market research. She volunteers two days a week at 7cupsotea.com, a website that offers free, non-judgmental active listening.
**Vocabulary Words**

1. **Obviate**—(v) to do away with or make unnecessary; prevent
2. **Obfuscate**—(v) to make unclear
3. **Desiccate**—(v) to dry out
4. **Paroxysm**—(n) sudden uncontrollable spasm or outburst
5. **Inchoate**—(adj) just beginning to develop
6. **Clandestine**—(adj) done secretly
7. **Onerous**—(adj) burdensome
8. **Inure**—(v) to accept or habituate to something
9. **Peregrination**—(n) traveling
10. **Largesse**—(n) generosity in giving

**Quantitative Practice**

In how many ways can 3 students be selected from a group of 12 students to represent a school in the inter school essay competition?

A. 33
B. 12!
C. 1320
D. 220
E. 36

**Answer:** D.


— Kat Dodson, Co-Editor

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**SEEKING NEW EDITORIAL STAFF!**

Do you want writing or editing experience to include on a resume, or just enjoy writing and learning more about psychology and related fields? All Psychology majors or minors who will be entering their sophomore or junior years next semester are invited to fill Psychles’ newly-opened editorial positions! Please contact Dr. Tindell, Kat Dodson, or Leanna Brisson (contact info above) if interested!

**Source:** [http://mixail.far.ru/kvn_redaktor.gif](http://mixail.far.ru/kvn_redaktor.gif)