She’s the First Cupcake Sale

“She’s the First” is a fundraising organization through which universities can sponsor a young girl in a developing country and give her funds to further her education. To participate students must make and sell tie-dye cupcakes to raise the funds.

On October 23rd, the Wilkes University Psi Chi Chapter and Women’s and Gender Studies Program held the fundraiser on the first floor of the SUB during club hours. Members of Psi Chi, as well as some very gracious professors chipped in and made over 300 cupcakes to sell to the student body and staff. The event was a hit, raising over 330 dollars to support a girl’s education. Wilkes University Psi Chi plans to continue this great fundraiser and encourage more students to buy the cupcakes every year.

— Brooke Bishop, Co-Editor

Photos courtesy of Dr. Thomas, Mandy Seccia
Psychology Word Scramble

RBALMOAN: __ __ __ __ __ __ __
1 2 3 4 5 6 7 8

TNNGIOICO: __ __ __ __ __ __ __
9 10 11 12 13 14 15 16

NTLDVEEOPMLEA: __ __ __ __ __ __ __ __
18 19 20 21 22 23 24 25 26 27 28 29 30

YRHTAEP: __ __ __ __ __ __ __ __
31 32 33 34 35 36 37

UECSENCORINE: __ __ __ __ __ __ __ __ __ __ __ __
38 39 40 41 42 43 44 45 46 47 48 49

VEHOBARI: __ __ __ __ __ __ __ __
50 51 52 53 54 55 56 5

“13 31 ‘43 1 _ 8 30 45 27 14 32 33 25 55 38 18.”
“___ ‘ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___.”

—George Harrison

Capstone Presentations

All psychology majors in the research track are required to conduct research on a topic of their choice and present it as part of their senior capstone class. Presentation times for capstone students in Dr. Newell’s class are soon approaching! I encourage you all to attend the presentations in order to learn about some very interesting aspects of psychology, and to understand the process of conducting research. Listed below are the names and project titles of the current capstone students along with dates and times of upcoming presentations. Also listed is the date and time for the senior capstone poster day. All capstone students will present their research in poster format, available for faculty and students to analyze and ask questions. Attend these presentations to broaden your knowledge about psychology!

• Presentation Dates:
  Wednesday, November 19th @ 3:30 pm - 4:45 pm, Breis 208
  Monday, November 24th @ 3:30 pm - 4:45 pm, Breis 208
  (If more time is needed talks will continue on: Monday, December 1st @ 3:30 pm - 4:45 pm, Breis 208)

• Poster Day:
  Tuesday, December 2, @ 11:00 am - 1:00 pm, Breis 305

• Capstone Students and Project Titles:
  Holly Boyer: The Effect of Lyrical Music on Reading Comprehension & Performance
  Bryana Darbenzio: The Effect of Positive Emotions on Creativity
  Ben Eaton: The Effects of Cognitive Dissonance on Prosocial Behavior
  Thalia Garzon: The Effect of Hair Length on the Perceived Attractiveness of Women
  Katie Hughes: The Effects of Smiling on Predicted Job Salary
  Matthew Oakum: Time-on-Task and the Serial Order of Creative Responses
  Dominic Rinaldi: A Study of Effects on Group Brainstorming: Productivity Blocking
  Mandy Seccia: The Influence of Positive Affect on Cognitive Stability: The Role of Dopamine

—Mandy Seccia, Co-Editor
Student of the Month and New Editor: Brooke Bishop

I had the opportunity to speak with our new Co-Editor, Brooke Bishop! Brooke is a senior psychology major from Montrose, Pennsylvania, and is involved in many activities throughout campus.

- Why did you choose psychology as a major, and do you have a specific area you are interested in?
  When I first applied to colleges I wanted to be a nurse. After working in a personal care home for 3 years in high school, I soon changed my mind. I loved the environment and the work but it didn't seem like something I wanted to do for the rest of my life. Then, I went to Millersville for my first semester of college as a social work major and hated it. One of my best friends there was a psychology major and it interested me. I always knew psychology is interesting because I had a high school course in it. It was just something I never thought about as a career. I then transferred into Wilkes as undecided my second semester freshman year, my first day here I switched over to Psychology. I had Dr. Charnetski as my 101 professor and he introduced the I/O Program one day in class, for weeks I researched all I/O Psychologist tasks and job duties, as well as many studies they had conducted. That's when I decided I wanted to do I/O or HR work in a healthcare setting.

- What have been your favorite courses you have taken at Wilkes?
  Honestly, every psychology and management course I have taken has taught me so much! Developmental Psych, Cognitive Psych, Social Psych, and Neuroscience are the 4 classes that stick out that I absolutely loved the material. My Social Responsibility management class as well as Productions and Operations management also interested me in and helped merge psychology and management together.

- What extra-curricular activities are you involved in?
  I serve as the Psi Chi Vice President at our Wilkes University chapter. I also am a new editor of Psychles! I am taking the applied psychology track, so I've had very limited research opportunities. Dr. Newell gave me the opportunity this summer to assist her in a new study she is running this semester, so I took up her offer and currently serve as a Research Assistant, I am also planning on continuing this next semester. We want to present our study and findings at the APS Conference in May, something I am very excited about and hoping it falls through!

- Have you had any internship experiences while at Wilkes, if so how was your experience?
  Last summer I interned at the personal care home I worked at in high school, only instead of working as a nurses aide, I worked as an administrative assistant/ HR assistant. It was an amazing experience and I enjoyed going everyday and participating in many projects including writing up new policies for employees, assisting in training new hires, as well as helping during the interview process. Currently, I have a part-time job at eBay Enterprise working as an Office Manager/ HR assistant. It also has taught me so much, giving me great experience aside from a healthcare setting.

- What kind of career do you see yourself having in the future?
  I'd love to have a career in a healthcare setting, preferably a hospital. I eventually want to work on a Talent and Acquisition team and recruit/ interview/ onboard for nurses and doctors. Unfortunately I don't have much experience in my internships with staffing and recruiting but it is something eBay is working closely with me at, giving me as many opportunities to sit in on interviews and calls.

- Do you have any advice for incoming psychology majors?
  Don't blow off any classes! Even if you think you’ll never use Developmental Psychology, I promise you will and it will eventually connect with all your classes. We have an amazing professional staff here in the Psychology department and use them as resources as much as you can! They are always willing to help no matter what. Also, be prepared for your senior year. I know it's supposed to be fun and presumably the rumor is that is it "easy". I will tell you that it is not! Be prepared for GRE's, grad school applications, capstone, a heavy workload, preparing for full time jobs, resumes, cover letters, and the list goes on. Our professors have spent 4 years preparing us for what's next so do them and yourself a favor and always try your hardest to make senior year easier for everyone!

— Mandy Seccia, Co-Editor
McGlynn Halloween Party

Wednesday, October 22nd in the Wilkes University Ballroom, the Psychology Club sponsored a table for the McGlynn Halloween Party. This event is held for children from toddlers to pre-teens to come dressed in their Halloween Costumes and participate in fun activities. The Psychology Club’s table consisted of face painting and a do-it-yourself trick-or-treat bag.

According to Dominic Rinaldi, “the kids absolutely loved it, especially the trick-or-treat bags. They really enjoyed coloring on them and using them for all the goodies they received from the event itself!” Of course the Psychology Club also gave them some goodies for inside the bag as well! According to Dominic their face painting was also a great activity, painting Elsa from Disney’s Frozen, and even a zombie-fied Mario from the Mario Brothers video game.

Faculty, parents, and students all seemed to enjoy the event in its entirety. The Psychology Club is looking forward to participating in the event for years to come!

—Brooke Bishop, Co-Editor

—Information and photos courtesy of Dominic Rinaldi
Love Your Body Day

On Thursday, October 23rd, both Psi Chi and the Women’s and Gender Studies Program gathered to help encourage students to love their bodies! Love Your Body Day was implemented in order to inspire women to feel comfortable and proud of their bodies despite the impractical way they are portrayed in the media. Dozens of students stopped at our table to sign our poster pledging that they will love their body and treat it with respect. We distributed pamphlets with information about eating disorders and how to eat and exercise in a healthy way. Two campus counselors, Susan Biskup, and Melissa Gaudio, joined us in distributing eating disorder screenings, and they analyzed the results. We also handed out mental health screening cards providing a website in which students could answer questionnaires to assess their mental health. Information pamphlets about stress and depression were also available. Often college students are so immune to a stressful lifestyle, that we do not realize how it negatively affects our health, and other important aspects of our lives. It is essential to maintain a balanced lifestyle by respecting your body, and realizing when your stress level has become unhealthy. Love Your Body Day was a successful event that promoted awareness of the importance of a healthy lifestyle, both physically and mentally!

—Mandy Seccia, Co-Editor

Want to Learn More About Your Mental Health?

Check out our online mental health screening
http://www.mentalhealthscreening.org/screening/WILKES

—Photos courtesy of Mandy Seccia
Open House

Senior psychology majors Brooke Bishop, Dominic Rinaldi, Wilkes psychology alumna and current MBA student Megan Neri, and myself, joined Dr. Bohlander at Wilkes University’s Open house event on Saturday, November 15th. Dr. Bohlander and Megan started off the event by presenting prospective students and their parents an overview of the psychology program offered at Wilkes. The presentation included information regarding the various opportunities offered at Wilkes within the field of psychology; from the different courses within each discipline of psychology, to the industrial/organizational five year MBA program. Students were also given a tour of the department, and were invited to lunch at the cafeteria. Then, prospective students were allowed to roam throughout the ballroom to the numerous tables set up, each with current students of a particular major. At the psychology table, I had the opportunity to speak with many students interested in our department. Brooke, Dominic, Megan, Dr. Bohlander, and I were able to speak with the students about our own experiences within the department, and offered suggestions to those interested. While Brooke spoke to students regarding her internship and work experiences, Dominic was able to contribute his insight within the I/O field, Megan informed students of the MBA program, and I was able to speak about the neuroscience minor at Wilkes along with research opportunities. Dr. Bohlander helped answer many common questions regarding job opportunities deriving from a degree in psychology, along with questions about how the faculty prepares their students for graduate school. Many questions were asked about the different disciplines of psychology offered at Wilkes, and how to tailor one’s education to a specific track within psych. We solicited feedback from parents and students on whether we answered all their questions and received all positive responses. There are many students seriously considering attending Wilkes to major in psychology. Students were also encouraged to fill out a form with their contact information, indicating if they are interested in visiting again and perhaps sitting in a psychology class to get a realistic experience of psychology at Wilkes. Overall, the Open House was a successful event. Current students were able to provide their developed insight from the past few years to help encourage prospective students to consider enrolling in psychology at Wilkes!

— Mandy Seccia, Co-Editor

[Image of students at the Open House event]
Psychology Statistics Crossword Puzzle

These terms are some of those in which you will come in contact with in both PSY 200 and PSY 201. These terms will help in almost every psychology course you will take here at Wilkes, and also in graduate classes. Take a minute to fill out the crossword to either acquaint yourself with the terms and definitions, or use as a refresher from your previous statistics class!

Across:
3. Central tendency measure: 50th percentile
6. Central tendency measure: most common score
7. Deviation of a score from the mean
9. Measurement corresponding accurately to the real world

Down:
1. Correlational study where repeated measures are taken over an extended period of time
2. Probability of 5% or less that the results are due to change
4. A detailed study of a single individual
5. Central tendency measure: average of a set of scores
8. Consistency of a measure

Solutions on page 16

—Brooke Bishop, Co-editor
Why is a movie staring Jason Siegel and Emily Blunt in Psychles? Because it’s focused entirely around Social Psychology! This romantic comedy tells the tale of a happy couple who got engaged after only a year of dating, fast forward to five years post engagement night and still no wedding. Spoiler alert, they get married at the closing scene (shocker, Hollywood).

This movie got my attention partially because I love Jason Siegel, but how could I turn down watching something entirely focused around social psychology?! Violet, played by Emily Blunt, has her PhD in social psychology and wants to become a professor of psychology. She eventually gets the opportunity to conduct post doc research at the University of Michigan.

Her and her fiancé pack up and move cross-country from California to Michigan, a decision Tom (Jason Siegel’s character) was basically forced to make for his future wife. Tom’s job search in Michigan is very limited and soon finds himself forcing happiness at his new home. Violet’s and her fellow colleagues research interests consists of impulse control problems associated with personal instability. She tests this using stale donuts, telling her participants they may wait until fresh donuts are brought to them, or they can choose to eat a stale donut instead. Following her prompt the participants are to watch the movie, “The Notebook,” which tends to introduce emotional feelings to most people. Violet’s hypothesis is that those who are more emotionally unstable, will eat a stale donut during the showing of the movie as opposed to those who are more emotionally stable, who will choose to wait until a researcher brings fresh donuts.

While she’s conducting this research, Violet and Tom begin to have difficulties in their relationship and Violet (being the Social Psychologist that she is) decides to leave out a stale donut and test her hypothesis on her fiancé. Lo and behold, he eats it. This leads violet to believe that her fiancé is not emotionally stable and becomes worried of the person she may now think he is.

While the depiction may not be entirely accurate, it is nice to see a movie portray the scientific aspects of the field of psychology. It addresses the challenges of pursuing a career in academia; it also shows how research can apply to daily life. Though psychological research involves more intricate theories and hypotheses than this movie portrays, it is an improvement from past depictions of psychologists. Often the media projects the idea that psychologists only work within the clinical or counseling field. This movie’s attempt at addressing the discipline of social psychology depicts how psychology is beginning to be portrayed a bit more accurately in media than in the past.

— Brooke Bishop, Co-Editor
Neuroscience in the News: Brain Patterns Predicting Alcohol Abuse

It is inevitable that humans are susceptible to following the common pathways paved by others within society. An example of this behavior is demonstrated through the usage of alcohol and other drugs by young teenagers in attempts to “fit in” with their peers. As reported in the Psych Central Journal, recent correlational studies conducted by neuroscientists at Georgetown University Medical Center and the University of Maryland: School of Medicine, suggest that there is specific brain behavior that makes some individuals more likely to abuse alcohol than others. It was hypothesized that some people are pre-disposed to misusing alcohol based upon specific characteristics that alter the way in which their brain functions. These studies were conducted in order to promote efficient strategies to help prevent adolescents from engaging in risky behavior involving alcohol and other drugs.

The studies conducted used 135 teens with an average age of 12.6 years, all of which were given an fMRI scan. Questionnaires were used to analyze characteristics shown to previously correlate with abusive substance behavior, along with specific tests. The children’s brains were scanned using the fMRI machine while taking both the Continuous Performance Task (CPT), and the Temporal Discounting Task (TD). The CPT test has been shown to reliably measure impulsivity while the TD test measures preference for either immediate or delayed reward gratification.

The first study conducted sought to find the role of the Executive Control Network in the brain in the usage of alcohol among teenagers. It was hypothesized that a deficiency of connections within this area of the brain may be a factor in teen’s decisions to abuse alcohol. The Executive Control Network is the area of the brain that controls our decision making processes, our ability to plan successfully, and our plausible reasoning. A questionnaire regarding the characteristics of children who have been shown to abuse alcohol, such as irritability and anger, was distributed to the participants. It was found that those who tested higher in these specific characteristics, showed on the fMRI scan to have lower connectivity in their Executive Control Network, compared to those who tested low in these traits. It was concluded that an underdeveloped Executive Control Network may play a large role in influencing teenagers to abuse substances. Their second study specifically looked at children before the onset of alcohol use, and it was found that those with a lack of connections within the prefrontal cortex of their brain, showed to have higher levels of impulsivity.

A third study was conducted in order to analyze a possible correlation between impulsivity and sugar consumption. Participants were asked to answer questions on a survey regarding their diet, specifically the amount of sugar they regularly consume. Findings suggest that there is a possible correlation between impulsivity and sugar consumption, ultimately relating to the idea that a high sugar intake increases likelihood of being impulsive, which essentially increases likelihood of abusing alcohol. This is a newly found idea, and more research must be conducted in order to form a more reliable conclusion.

The fourth study analyzed the consumption of DHA in the children’s diets through the usage of a similar survey. DHA is a type of fatty acid in fish which has been shown to increase the function of neurons throughout the brain. It was found that children with lower levels of DHA, showed more brain activity, implying that their brains had to work harder to makeup for the lack of efficient neurons firing in their brain. Thus, a lack of DHA in a child’s diet could result in an inefficient Executive Control Network, making it more difficult to make reasonable decisions and plan accordingly, ultimately increasing likelihood of abusing alcohol.

This is an important topic to continue research within as alcohol consumption among young teens has been an increasing problem in society. Often we blame the parents of these particular children, however recent research suggests that specific characteristics of children such as impulsivity, correlate with a lack of connections within the brain, affecting their ability to make the logical and healthy choice of avoiding alcohol and other drugs. Something as simple as a child’s diet could indirectly influence their decision to engage in risky behavior involving alcohol. It is necessary to understand the specific traits coinciding with alcohol abuse in order to prevent teens from engaging in this abusive behavior that could lead to catastrophic accidents.

— Mandy Seccia, Co-Editor

Meet our intern of the month, Christopher Newhart! Chris is a senior psychology major graduating this December. He is currently working as an intern as a physical therapist aide while finishing up his courses this semester. Read below about Chris’s experiences, advice, and future plans regarding his internship!

Where is your internship; what does it involve?
My internship is at PRO Rehabilitation, which is an outpatient physical therapy clinic. I am a physical therapist aide where I work hands-on with patients as I guide them through their treatment protocols under the supervision of a Physical Therapist. I assist the therapists by taking patients through their exercises, and monitoring their prescribed modalities, which include: electrical stimulation, massage, ultrasound, traction, and guidance with assistive devices.

Has it been helpful to gain hands-on learning experience?
Absolutely. I love working with people and it is amazing to see a patient transform both physically and mentally over a few weeks. The outpatient setting is great because I get to experience all types of injuries. I am learning how to work as a functioning part of a health-care team in addition to learning so much about physical therapy. I have also been able to better my communication and social skills.

In the future, is this the field you desire to work in?
Yes. I’ve had a difficult time narrowing down exactly what area of health-care I want to work in but working as an intern certainly helped. I’ve been accepted to several Doctor of Physical Therapy programs and also an accelerated family nurse practitioner program that I am also considering.

Do you have any advice to students interested in an internship similar to yours?
As far as obtaining an internship goes, I will say that it’s important to be proactive about it. Call various clinics, walk in personally and ask if they are interested, fax/e-mail a resume, and always remember to be professional, polite, and respectful. These facilities might get a handful of e-mails from interested students that all sound similar but what will get you in the internship depends on what you do to stand out and make an impression that lasts. Remember these internships set you up for great opportunities to network and enhance your contact list. Practice interview skills, research the company you are interested in, and be enthusiastic about it. Keep in mind each profession and schools set different pre-requisite courses, observation hour requirements, and very specific GPA/GRE policies. PT, OT, and Nursing are all extremely competitive fields now and you are up against thousands of applicants for 30-50 seats (if that) in a graduate program. Shadow early, talk to your advisors, look up requirements for schools and programs you’re interested in and plan your coursework around reaching a certain goal. Take summer classes if possible as it is a great way to get ahead and nail down those pre-requisites (It also looks good on your applications). GPA is very important but when there are hundreds of applicants with a 3.8 GPA you must find additional ways to differentiate yourself. Internships help with this. Keep your options open and stay busy! If you are thinking of a career in the health sciences make sure to research the requirements for each and when it comes time to apply to graduate schools cast a wide net to ensure you have options in the end. Doing several internships will increase your knowledge in a particular field but also strengthen your resume. It might not end up being what you thought it would be but that’s okay because you figured it out sooner rather than later. Finally, try your best to use your time wisely. Time management is key!

— Brooke Bishop, Co-Editor
Visit to Hazleton High School

On November 18th, Psi Chi members Maria Bard and I traveled down to Hazleton High School to speak with the psychology club lead by Mr. Christopher McBride. Maria and I presented a PowerPoint depicting different disciplines of psychology, different jobs deriving from a major in psychology, opportunities offered with the psychology department at Wilkes, and how to prepare for academics at the collegiate level. I also gave a brief overview of my capstone project, and allowed the students to participate in a mini version of my study. We emphasized to the students that psychology is unlike any other kind of science. There is no right answer to anything. Nothing can be proved in psychology. This field is focused around analyzing human behavior to better understand the way our minds work. Once we learn something in this field, another question is provoked. Research within psychology will continue to grow infinitely, because the human mind and the way in which we behave is an ambiguous and complex concept. We also emphasized to the students that it is important to have passion for what you study in college. Often undergraduates simply go through the motions to earn their degree. In order to fully benefit from receiving an education, you must dedicate your time to learning and find something that you want to learn even more about! By being enthusiastic and passionate about your studies, your education will be a success, and you will enjoy it! The psychology club students at Hazleton along with their advisor, Mr. McBride, plan to come visit campus on December 2nd, during the capstone poster presentations. They will be given a tour of the psych department and will be informed more about the field of psychology and our psychology program at Wilkes. The psychology faculty, and psychology majors are excited to meet them! We hope to continue attending high-schools to inform students of the unlimited possibilities a major in psychology at Wilkes can provide!

—Mandy Seccia, Co-Editor
Alumni Quotes and Comments

Alumni were asked:
"Now that you have graduated and can look back on your time at Wilkes, what would you say to somebody who asked you about our psychology program? " Here is what they had to say...

“I think very highly of the psychology program at Wilkes. The professors are willing to spend one-on-one time to help and support individual students and are great at giving constructive criticism while simultaneously helping students to identify and use their unique strengths… The best indicator of the high quality of this department comes from verbal reports I’ve heard from friends and acquaintances who graduated from this program and are now in graduate programs. …The fact that faculty are dedicated to keeping up with recent research developments, and the teaching skill of individual professors gave them a solid foundation to work from and that they actually remember their undergraduate work at Wilkes as being more challenging than some of their graduate work. As a foster/adoption caseworker, I am required to work with professionals and review records from many different sources with different viewpoints and I find that the broad psychological education I received allows me to understand and synthesize the information more easily. …I was able to score within the top 5% on the Psychology Subject Test just by reading over old class notes the night before which speaks volumes about the quality and variety of the information taught in this program and the skill with which it is presented.” -Kat Dodson

“If someone asked about the Wilkes psychology program I would say that it is an incredibly close-knit program that more than prepared me for graduate level courses. I was concerned about entering into a PhD program with only my B.A. but the education I received at Wilkes has proven itself invaluable. Furthermore, I made connections at Wilkes that allowed me to not only gain lifelong friends, but also amazing relationships with my professors.” -Kristin Craven

“The best part of the Wilkes psychology program is that is small and close knit. The students and the professors have an opportunity to get to know each other very well, which is a luxury that larger programs at other schools often lack.” -Leann Baer

“…The advantages seem endless. The first and most important aspect of the Wilkes psychology program is hands down the professors. Without the attention and support of the amazing staff, I find it hard to believe that I would be where I am today… I use the knowledge that I gained all the time in my current position and it has helped me move along within the company. As somebody who has changed majors numerous times, I can say with confidence that choosing the Wilkes psychology program was one of the best decisions I have ever made!” -Megan Neri

“…Wilkes has prepared me for a graduate education. I think the offering of all different electives in psychology courses really makes for a well rounded curriculum that one can choose based on their own interests. I strongly recommend taking advantage of such elective courses! A few classes that really prepared me well for a Clinical Master’s degree was Clinical Psychology with Dr. Resavy, Abnormal Psychology with Dr. Bohlander, and research based (Capstone) classes with Dr. Tindell. The Capstone program at Wilkes gives our students a leg up in all graduate courses as research is a common topic among professors at the graduate level. I felt such a sense of pride during my interview when the head of the Clinical Psychology department at Montclair State said,"I see you went to Wilkes, that's a great school.”” -Whitney Dartnell

“If someone asked me about Wilkes Psychology Program I would say that I was lucky to have fallen into a department with such a knowledgeable and dedicated faculty. Because of this faculty, I was extremely well prepared for graduate school. Being able to have a personal relationship with the professor within the department was one of the highlights of my undergraduate career… Furthermore, having the opportunity to do research was a powerful experience. There is not one person in my master’s program that doesn’t have some kind of background in research prior to entering the program. Completing the research based capstone, as well as performing research under Dr. Schicatano, gave me the opportunity to experience what research was really like and is the reason that I was accepted into Master’s Programs. Last but not least, I would say that when you complete your bachelor’s in Psychology at Wilkes, you not only leave with a diploma, but also an entirely new family - your Wilkes Psychology Family…” -Leanna Brisson

— Dr. Tindell, Advisor
I had the opportunity to speak with our alumnus of the month, Stephen Moyer. Steve Moyer graduated from Wilkes in 2010, and then pursued a career as the Vice President of Staffing Recruitment of Huntsville Executive Search Inc. in Dallas, PA. To learn more about Mr. Moyer’s experience at Wilkes and the journey leading to his current career, read his comments below!

What made you decide to major in psychology at Wilkes?
I have always been interested in the way people think, communicate, and make decisions that impact their life and the Psychology program offered interesting classes that helped me further my interest.

Were you involved in any clubs or activities at Wilkes? If so what were they?
I was involved in the Psychology club and was able to meet some excellent people.

What was your favorite memory from Wilkes?
My favorite memory would be every single statistics class with Dr. Tindell.

How has your education at Wilkes prepared you for your current career?
Wilkes offered a very professional atmosphere that really helped me develop a professional demeanor that is proving to be invaluable in everyday interaction. Since my position is mostly a sales-based role, I believe that the classes I took really give me an advantage in understanding people and helping to guide them in their career.

Did you always know you wanted a career involving recruiting for an organization?
I didn’t know that recruiting could be an option with a Psychology degree until I did two internships my senior year and was exposed to a world that I never knew existed. Internships are truly invaluable!

What made you decide to get involved in recruiting?
During my internship in an HR department I was able to sit in on a few interviews and it was so much more fun being on that side of the interviewing table and I decided I should look into it as a career.

What does being the Vice President of Staffing Recruitment at Huntsville Executive Search Inc. entail?
My responsibilities are varied and cover not only business development, client/account management, contract negotiations, and motivating my recruiters but I still do recruiting for some of the more senior positions typically at the Director and above levels.

What is your favorite part of your job?
I love the ability to speak to people and learn their story. It’s exciting to be able to speak with people in Florida in the morning and California in the afternoon in multiple industries and help them take their career to the next level.

Do you have any advice for current psychology majors at Wilkes?
I never knew what I wanted to do when I was in school and I don’t know what the future holds for me but I do know that without what I learned at Wilkes, the internships, and networking opportunities I wouldn’t be where I am today. My advice would be to do internships, find out what you don’t like, make mistakes, take chances and most of all make sure you start looking for a job before you have to! Lastly, NETWORK with everyone in the field you want to go into and ask them how they got where they are, it will help tremendously!

—Mandy Seccia, Co-Editor
Career of the Month: Career Counseling

Although many students may not realize how many career choices a B.A. in Psychology has to offer there is actually a wide range of options to fit every personality, one occupation being Career Counseling. Career Counseling is very similar to other types of counseling such as marriage counseling. Career Counselors may be hired by a company to assist employees with job related issues such as setting career goals, stress, and working on enhancing job skills.

A career counselor may administer aptitude tests to better understand where an employee should focus their strengths and weaknesses. They may also work outside of an organization with recruiting agencies to help unemployed individuals seek a job in which they will be most interested. Along with companies and recruiting agencies, the career is also in demand at high schools, colleges and universities, and also government agencies.

According to the U.S. Department of Labor, it is estimated that between the years of 2010 and 2020 the demand for Career Counselors will rise by 19 percent. It is believed this will happen in reaction to the increasing number of students attending and planning on attending higher education.

If you are interested in being a Career Counselor or want to explore more options, don’t be afraid to visit Wilkes University’s Career Services at Conyngham Hall. If you are interested in finding an internship related to Career Counseling, our internship coordinator Sharon Castano (located on the first floor of the SUB) is always happy to help.

— Brooke Bishop, Co-Editor

Sources: http://career.boisestate.edu/whatiscareercounseling/ & http://psychology.about.com/od/psychologycareerprofiles/p/career-counselor.htm

New Curriculum

New Curriculum Changes for the Capstone Sequence

The Psychology Department has revised the curriculum for the Applied Capstone sequence. Instead of PSY 201, 399, 401 and an elective, students in that track will now take the following courses.

Applied Track
- PSY 200 (Statistics) – 4 Credits
- PSY 301 (Psychological Research) – 3 credits
- PSY 399 (Internship Experience) – 3 credits
- PSY 401 (Senior Capstone) – 4 credits

PSY 301 and 399 may be taken in any order and may be taken concurrently, but both must be successfully completed prior to enrolling in PSY 401.

Note: For those following the old curriculum, PSY 201 will be offered one more time in the fall of 2015. After that time, students must follow the new curriculum.

— Dr. Tindell, Advisor
Psych Club News

- On October 22nd the Psychology Club hosted the McGlynn Halloween Party, and the turnout was successful! See Page 4 for the story!
- Psych Club sold sweat shirts for $30 and Psych Club jumper jackets for $35!
- We are busy making plans to attend EPA this spring. EPA, the Eastern Psychological Association is a large conference based on all the different specialties of psychology. It contains poster sessions, lectures, presentations, and is a great way to connect with other colleagues and professors who are interested in your field.
- This year EPA is in Philadelphia, and while there we plan on going to the Franklin Institute to see the brain exhibit.
- Psych club is going to be hosting a Game Night, Friday November 21st, filled with brain twisting board games and refreshments, to allow members to get to know one another better. See Page 11 for the story!
- Another "Donuts with Dom" event will be held either before or after break for the Social Activities committee to meet and discuss possible ideas of a charity event for the club.

Psi Chi News

- On Thursday, October 23rd, Psi Chi and the Women’s and Gender Studies Department handed out mental health screening cards to students on campus. These cards provided a user-friendly website where students could assess their mental health. See Page 5 for the story!
- On Tuesday, October 28th, Psi Chi and the Women’s and Gender Studies Program raised over $330 by selling cupcakes for the She’s The First Organization, to help support a young girl’s education in an under-developed country! See the front cover for the story!
- On Tuesday, November 18th, Psi Chi members Mandy Seccia and Maria Bard attended Hazleton High School to speak with students involved in the psychology club. Many aspects within the field of psychology were discussed such as:
  *Disciplines offered in psychology
  *Opportunities offered at Wilkes in psychology
  *How to prepare in high school for a major in psychology
(See Page 11 for the story!)
- Psi Chi plans to implement another membership drive in the beginning of next semester! — Mandy Seccia, Co-Editor

Psychology Quotes

“We are continually faced with great opportunities which are brilliantly disguised as unsolvable problems.”
-Margaret Mead

“The facts are always friendly, every bit of evidence one can acquire, in any area, leads one that much closer to what is true.”
-Carl Rogers

Sources: http://www.goodreads.com/quotes/10654-we-are-continually-faced-with-great-opportunities-which-are-brilliantly & http://www.brainyquote.com/quotes/authors/c/carl_rogers.html,

— Mandy Seccia, Co-Editor
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GRE Practice

Sentence Completion
Use the table provided to fill in the blank with the most appropriate word from the columns respectively.

The octopus is remarkable for its (i) ____________, demonstrating exceptional problem-solving skills and memory; beyond its mental (ii) ____________, the octopus possesses exceptional physical (iii) ____________, allowing it to precisely manipulate objects.

Answer: B, D, I

Problem Solving
The figure below is made up of 3 squares having the same side length. If the perimeter of the figure is 40 units, what is the area in square units?

A 50
B 75
C 120
D 150
E 200

Source: GRE Kaplan Premier 2015 Review Book

Psychology Word Scramble Solutions:

ABNORMAL
COGNITION
DEVELOPMENTAL
THERAPY
NEUROSCIENCE
BEHAVIOR

“It’s all in the mind.”
- George Harrison

Crossword Puzzle Solutions:

Across:
3. Median
6. Mode
7. Standard Deviation
9. Validity

Down:
1. Longitudinal
2. Significance
4. Case Study
5. Mean

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