In spite of the rain, the Psychology Department’s 10th Annual Kirby Park picnic took place on Saturday, September 13th. While the weather restricted our activities somewhat, the huge covered amphitheater at the park allowed for plenty of room to move around and play games, and a good time was had by all who attended.
The Kirby Park Picnic Game Winners

Ball Pass:
1st: Allison Davis;
2nd: Dominic Rinaldi

Photos courtesy of Dr. Debbie Tindell

Hoola Hoop Hustle:
1st Trudi Casier;
2nd Stephanie Highley

Bingo:
1st: Brittany Scherer
2nd: Alexandra Devarie
3rd: Miriam Finkelstein

Whipped Cream/Bubble Gum:
1st: Trudi Casier

Photos courtesy of Dr. Debbie Tindell
Meet the Editor

Hello everyone! My name is Mandy Seccia and I am the new editor for Psychles! I am from Endicott, New York and I am a senior psychology major and neuroscience and sociology minor. I am involved in various activities here at Wilkes. I am a member of the softball team, president of Psi Chi, and a supplemental instructor for PSY 200. I plan on attending a graduate school to study cognitive neuropsychology. This year I hope to cover many interesting topics within the issues of Psychles. I plan to address the various activities offered throughout psychology club and Psi Chi along with conducting interviews with those who offer insight in the field of psychology. I invite you to suggest topics that interest you as the year progresses for future Psychles issues! You can reach me at amanda.seccia@wilkes.edu.

Psi Chi News

• Congratulations to Psi Chi’s newest members!
  • Maria Bard
  • Allison Davis
  • Billy Parsons

• Psi Chi will be hosting a pre-registration event on Thursday, Oct. 16th in room 305 to help guide students to pick a class schedule to best benefit their education. Refreshments will be served!

• On Thursday, Oct. 23rd from 11am to 1pm Psi Chi members will gather at a table in the SUB along with Wilkes counselors to hand out mental health screening cards for “Love Your Body Day.” Also at this time, yoga will be instructed in the ballroom by Kassi Bugg.

• On Tuesday, Oct. 28th, Psi Chi will join with the Women & Gender Studies students to sell cupcakes in the SUB from 11am to 1pm to help raise money to support a young girl’s education in a third world country.

We are excited for all of our new activities!

-Psych Club News

• On Sep. 13, 2014 Psych Club attended the 10th Annual Psych Dept. Picnic at Kirby Park! This function served as a way for faculty and members to get to know one another as we enter another exciting year of Psych Club. It was a great turn out.

• On Oct. 5 2014, the Psych Club participated in the 1 AM 3rd Annual Abilities Tip Off, a wheelchair basketball tipoff. The Psych Club formed a team called the “Psychos.” This event was introduced to the club by our own psychology major, Natalie Smirne. We ended up with a great turnout.

• On Oct. 22 2014, from 5pm to 7pm in the ballroom, psych club is going to sponsor a table for the McGlynn Halloween Party! We anticipate to create a fun activity for children to participate in.

Next semester psych club plans to attend the EPA Conference along with working with Step-by-Step!

Psych Club is looking forward to a great year!

-information from Dominic Rinaldi, Psych Club Social Activities Chair

-Mandy Seccia, Editor
This past week I had the opportunity to attend the Able-bodied Wheelchair Basketball Event where students at Wilkes raised money for the non-profit organization, Individual’s Abilities in Motion, to help support those with spinal cord injuries. Students at Wilkes formed teams and competed 3 on 3 in a basketball game, while facing the struggles of being in a wheelchair. The winning teams will move on to play at the 3rd Annual Tip Off Championship event on Nov. 16th at Scranton University. I had the privilege of asking psychology major, Natalie Smirne, who helped bring this event to Wilkes, how it all got started. Natalie was able to share inspir-

How do you think this event will effect students at Wilkes and the community?
I think it will give the students and the community a better outlook on how someone with a disability can do whatever they aspire to do, even though it may be in a different way. For the students playing, they get to experience first hand what it’s like to be in a wheelchair, so they can see the obstacles one faces.

What does this event mean to you personally?
Personally, it means a lot. I suffered a spinal cord injury over 2 years ago and was told I’d be in a wheelchair for the rest of my life. I thought I’d never be able to participate in any extracurricular activities again. I became involved in the non-profit organization with other spinal cord injured patients who I confided in and they opened me up to a whole new world of adaptable sports that I didn’t even know were previously out there. It’s sad to say but I don’t think I would have been so aware of these things as I was if this tragic event didn’t happen to me. And saying that, it’s the best feeling in the world knowing that my organization can help bring awareness to communities to help them realize these things are out there and can hopefully change their perspective on how they view disabilities.

What kind of difficulties have you faced being in a wheelchair?
A lot of times in therapy I wanted to give up with trying to do new things, because they were hard to do or just new. I’ve had to face a lot of accessibility issues where I couldn’t get in bathroom stalls, or open a door because it was too heavy. A lot of places have steps so it’s not easy finding a way in all of the time. Being in a wheelchair is also difficult physically—It’s tiring pushing after a long day and sitting in my wheelchair for a longer period of time stiffens up my body.

How have you overcome these difficulties?
For therapy, I had the social support of family and friends to help me get through it. When I wanted to give up they helped me push forward. I’ve learned to be the squeaky wheel in a lot of situations. I also think my confidence helped me to overcome some obstacles and I’ve learned that asking for help all of the time is okay to do.

What advice do you have for others who face similar struggles?
My advice would be that you should never give up and always look for the possibilities.

What kind of message would you like to relay to those who are not disabled?
That knowing about a disability is one thing, but actually seeing it and experiencing it can be another.

Being a psychology major, do you plan on using your experience in a wheelchair to help others in similar circumstances?
Everything I had done to achieve my goals took baby steps, motivation and time. I plan on being a speech therapist one day and helping others achieve their goals with baby steps, motivation, and time.

Do you plan on continuing events like this in the future?
YES! We are already planning on having another wheelchair basketball event next fall. We also are thinking of doing a ‘wheelchair for a day’ event at local universities!

-Mandy Seccia, Editor
Ablebodied Wheelchair Basketball Event (continued)

Psychology Quotes

"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."
William James (1842-1910)

"Don't become a mere recorder of facts, but try to penetrate the mystery of their origin."
Ivan Pavlov (1849-1936)


-Mandy Seccia, Editor
On Friday night, September 26, faculty and alumni joined in the ballroom for “Pints with Professors.” At this event, professors in all departments were able to meet with former Wilkes graduates and enjoy drinks and exquisite food. I, myself, was able to speak with alumni who shared the paths they chose after graduating from Wilkes. I had the pleasure of discussing former 1995 graduate Diane Kornacki’s decision to receive her PhD in neuropsychology from Temple University. I also spoke with recent graduates from the class of 2014, Leanna Brisson, Kristen Craven, Whitney Dartnell, and Kat Dodson. Leanna is continuing her education at SUNY Stony Brook in the masters of neuropsychology program. Kristen is pursuing her PhD at George Mason University in cognitive neuroscience, and Whitney is in a masters program studying clinical psychology at Montclair University in New Jersey. Kat Dodson, a former co-editor for Psychles, offered some helpful tips on how to persevere a specific concentration of interest in psychology by structuring your class choices based on your own interests. Overall, “Pints with Professors” was a wonderful event to become acquainted with alumni and professors!

-Mandy Seccia, Editor
Homecoming Weekend: Tailgate Tent Festival

On Saturday, September 27, psychology faculty, students, and alumni joined again at the tailgate tent before the football game. Here everyone was able to become acquainted in a relaxed environment with great food and refreshments. I had the pleasure of speaking with last year’s featured Alumnus, David Hoats from the class of 1955. Last year he donated to the University “The Wilkes College Bulletin” from 1955. He offered great insight on how the field of psychology has changed throughout the last few decades, and how his education at Wilkes had prepared him for his career in psychology.

Photos courtesy of Dr. Tindell
# September 2014

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td>First day of Classes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Labor Day No Classes</td>
<td>Psych Club Officers Meeting</td>
<td></td>
<td></td>
<td>Club Day 11-1 Greenway</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Psi Chi Meeting Breis, 303 @ 11</td>
<td></td>
<td>Kirby Park Picnic 11:30 am Pavilion 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>Psych Club Meeting Breis, 320 @ 11</td>
<td></td>
<td></td>
<td></td>
<td>Open House</td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Psi Chi Applications Due</td>
<td></td>
<td>Homecoming Weekend</td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Psych Club Meeting Breis, 320 @ 11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>Mon</td>
<td>Tue</td>
<td>Wed</td>
<td>Thu</td>
<td>Fri</td>
<td>Sat</td>
</tr>
<tr>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>30</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Psych Club Meeting</td>
<td></td>
<td>Psi Chi Meeting</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Breis, 320 @ 11</td>
<td></td>
<td>Breis, 303 @ 11</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>5</td>
<td>Wheelchair Basketball</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ruth’s Place Walk</td>
<td></td>
<td>Psych Club Officers Meeting</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Psych Club Meeting</td>
<td></td>
<td>Psi Chi Pre-registration Event</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Breis, 320 @ 11</td>
<td></td>
<td>Bries, 305 @ 11</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Psych Club Officers Meeting</td>
<td></td>
<td>Psi Chi Love Your Body Day</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>SUB, @ 11</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Psych Club Mtg</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Psi Chi Cupcake Sale</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Breis, SUB, @ 11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
On Sunday, Oct. 5, Psi Chi members gathered with the Wilkes University Nursing students to participate in the annual Ruth’s Place, House of Hope Walk-a-Thon. Ruth’s Place is a shelter for homeless women in Luzerne County. Ruth’s Place has provided emergency shelter for over 2,000 women since 2003. This walk ventured throughout Wilkes-Barre for 2 miles, in support of the selfless individuals who dedicate their time to Ruth’s Place shelter. Every Wilkes student that participated, donated at least $5 to Ruth’s Place, and made a sign to support the cause.

Mandy Seccia, Editor
De-Stress Day – Spring 2014

A yummy way to alleviate some of the stress of finals.

- Photos courtesy of Dr. Tindell
Graduation Reception 2014

Graduation Day is always bitter-sweet. The Reception for graduates hosted by the Division of Behavioral and Social Sciences is always a great way for the faculty to congratulate the graduates and for the graduates to say good-bye.

- Photos courtesy of Dr. Tindell
Capstone Presentation Day

Pictured above in top row from left to right: Rhonda Lynch, Brittany Lippert, Dustin Raymer, Dr. Bob Bohlander, James Wismer, Tyler Lauchaire, Stephanie Williams, and Adam Bailey.

Bottom row: Mariah DiGloria, Nicole Weaver, Jennifer Wood, and Mital Patel

Pictured above in top row from left to right: Myzar Mendoza, Ashley Ream, Ashley Scott, Dr. Debbie Tindell, Allison Bicskei, Whitney Dartnell and Dean Frutchey

Bottom row: Nimita Patel, Shaney Rivers, Stephanie Orr, and Leanna Brisson

All capstone photos courtesy of Dr. Tindell
Capstone Posters

This past spring, 21 students presented their capstone research in a formal poster session open to the public. The event was held in the Miller Conference Room of the SUB. This biannual event allows our students to showcase their work and is a highlight of the capstone process.

Congratulations to our presenters!

Adam Bailey  
Allison Bicskei  
Leanna Brisson  
Whitney Dartnell  
Mariah DiGloria  
Dean Frutchey  
Tyler Lauchaire  
Brittany Lippert  
Rhonda Lynch
**Sentence Completion**

Select the two answer choices that, when inserted into the sentence, fit the meaning of the sentence as a whole and yield complete sentences that are similar in meaning.

Anticipating the arrival of the baby panda, zookeepers ___________ the panda exhibit to handle the influx of visitors, scientists, and veterinarians.

A. Abridged
B. Augmented
C. Meliorated
D. Maintained
E. Truncated
F. Neglected

Answer: B & C.

Source: GRE Kaplan Premier 2015 Review Book

— Mandy Seccia, Editor

**Quantitative Practice**

If $r = 3s$, $s = 5t$, and $t = 2u$, and $u \neq 0$, what is the value of $\frac{rst}{u^3}$?

A. 30  
B. 60  
C. 50  
D. 300  
E. 600

Answer: E

Source: GRE Kaplan Premier 2015 Review Book

— Mandy Seccia, Editor

---

**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? We are looking to fill open positions on the Psychles staff! Please contact Dr. Tindell, if interested!

Image Source: http://mixail.far.ru/kvn_redaktor.gif