Any college student knows that the first two weeks of December are the most stressful of the entire fall semester. Those first two weeks of December represent sleepless nights involving endless hours of studying for final exams. The psychology faculty at Wilkes empathizes with the stress students feel this time of year. Our extraordinary faculty held our annual De-Stress Day on Wednesday, December 10th. The psychology professors filled the room with delicious, hot, comfort foods. Students were invited to stop by to relax and enjoy the food while listening to Christmas music in order to momentarily escape the stress brought upon by final exams. This event was a great success and will be planned again before spring semester final exams! - Co-Editor, Mandy Seccia
Psychology in the Media: “Good Will Hunting”

“It’s all in the mind,” said by George Harrison, is one of the most simplistic, yet valid representations of the human species. As human beings, we have the power to control our own destiny by altering our perspective of the world and by changing our mindset. As taught in Positive Psychology, people often live a languishing life. People simply go through the motions day-to-day without living up to their fullest potential, ultimately giving their lives lack of meaning.

The classic 1997 film, “Good Will Hunting,” depicts an intellectually gifted young man named Will (played by Matt Damon) living an unfulfilling life as a janitor at MIT. Will’s genius mind is discovered by Professor Gerald Lambeau (played by Stellan Skarsgård) at MIT when he calculated the solution to an undiscovered mathematical problem displayed in the hallway of MIT. Will refuses any recognition for solving the problem, insults the professors and acts in a barbaric manner in the MIT hallway. Will’s violent habits on the streets of Boston soon result in his imprisonment. Professor Lambeau offers to help bail Will out of jail under two conditions: Will must assist the math professors with their research at MIT, and he must receive psychotherapy.

Will is given numerous chances to turn his life into one that is flourishing. However, he denies any assistance and mocks the opportunities he is given. Despite Will’s precocious intellect, he refuses to let anyone know about his past or what thoughts ponder his mind. Many psychologists attempted to get inside Will’s mind, but they all left after one session without any hope that Will would take advantage of the opportunities he is given and begin to live a flourishing life. It is not until psychotherapist, Dr. Sean McGuire (played by Robin Williams), sits with Will that progress is made. What separated Dr. McGuire from the rest of the psychologists was his unique approach to getting inside of Will’s mind. During the first few sessions, Will remained almost speechless, but Dr. McGuire was persistent. Will surprisingly returned to his next sessions and a bond began to slowly emerge. As Dr. McGuire opened up about his own past, Will began to empathize with him for the hardships he faced, and related to the obstacles he endured. Through this built rapport, Will finally opens up to Dr. McGuire and shares information about his past showing the reason behind disengagement from meaningful goals and relationships in his life.

After Will discusses his past and is comforted by Dr. McGuire, he decides that life as a janitor is no longer suitable for him. Will realizes that in order to fully prosper and live up to his fullest potential, he must take advantage of his prodigious mind, while simultaneously engaging in meaningful relationships with those who show compassion for him.

The relationship between a psychotherapist and a client is not depicted completely accurately in “Good Will Hunting.” This film depicts Dr. McGuire and Will sharing violent moments including profane language, and often Dr. McGuire acts as a friend to Will instead of his psychotherapist. In reality, clinical psychologists are unable to convey information about their own lives during sessions, and must maintain a professional relationship with their clients. Though these specific aspects divert the film from being completely realistic, the underlying message portrayed is one that successfully represents the science of psychology. “Good Will Hunting” shows the importance of the human mind. Often we are our own worst enemies, holding ourselves back from great opportunities. We blame ourselves for the catastrophic occurrences in our lives and even when things simply do not go the way we intended. Dr. McGuire showed that by understanding ourselves, we can overcome these challenges brought upon by our past, and we can live a flourishing life. We must engage in relationships with those we care most about, we must create goals for ourselves, and we must push ourselves to achieve what we are capable of. This film is most inspiring as it reflects the ideas portrayed in Positive Psychology, that we can take a languishing life, transform it into a flourishing life by being willing to alter our mindset.

Source: http://www.miramax.com/movie/good-will-hunting/
Get to Know Your Professor: Dr. Bohlander

I had the privilege to ask our very own Dr. Bohlander some questions about his journey as a psychologist!

Where did you receive your undergraduate and graduate degrees?
BA in Psychology from Lebanon Valley College
MA and PhD in Psychology from University of Rochester

What first ignited your interest in psychology?
To make a long story short, I started college as a chemistry major, but during my first semester, I took an Honors Intro Psychology course. As part of the course, we had to design and conduct a research study. I did one on learning during sleep. The process fascinated me and I became very interested in psychology, particularly experimental psychology. I changed my major to psychology the next semester!

Did you always want to become a professor?
By my sophomore year in college, my only goal was to become a professor. I had intelligent, enthusiastic, dedicated psychology professors at Lebanon Valley, and I wanted to eventually take on that same role for my own undergraduate students. My goal became to get a PhD and to take a faculty position in academia.

Can you tell us about your clinical practice?
I have practiced as a Licensed Psychologist on a part-time basis for over 25 years. I got into the field at first because of my education and experience in working with traumatic brain injury. (I had done training in Neural Science at University of Rochester’s Center for Brain Research.) I was asked to get involved in doing some cognitive rehabilitation work with brain-injured patients and counseling with their families. My interests grew in expanding my clinical work. Today, I work primarily with adolescents and adults, doing individual psychotherapy and relationship counseling. I also expanded my practice to include neurofeedback and biofeedback, which has been very helpful to those with ADHD.

Does your work as a clinical psychologist overlap with teaching? If so how?
Absolutely! And I love having a mix of the two. I am able to stay on the forefront of what is new in the field and put it into practice in my clinical work, and my clinical work provides my students with many examples of how psychological principles work in the real world". Doing clinical work is, in many ways, a form of teaching as well. The two mesh very nicely.

Continued on next page...
What have your main research interests been?
I have been interested for many years in two main topics. First, methodological issues in psychology research that can influence the validity of the data that is collected. More recently, my interests have focused on psychological well being and factors that influence it. Mindfulness based stress reduction techniques have been shown to contribute very positively to psychological well being. I plan to offer a course next fall on *The Science and Practice of Mindfulness*. One aspect of the course will be that students will be learning and practicing mindfulness based stress reduction techniques, and those should be very helpful in their daily lives. I should also mention that my interest in starting a facility at Wilkes where cutting-edge neuroscience-based training methods are available to students for increasing well-being as well as for research, is coming to fruition. Dr. Schicatano and I have been given office space on campus to set up what will become a NeuroTraining and Research facility. It will be come fully functioning during 2015, under the supervision of Dr. Schicatano and myself. So, watch for more news about this facility and the opportunities for personal training and research that it will provide to students as well as faculty and staff.

What is the most rewarding aspect of your job?
Being able to offer an education to students. I value education and the ability to think critically. The opportunity to help others acquire knowledge and skills is very special to me. Seeing students grow in knowledge, thinking ability and confidence over their years at Wilkes has been a very special experience for me, and keeps me enthused about teaching, even after 35 years.

Do you have any advice for psychology undergraduate students?
Appreciate the opportunity you have to learn, especially from the dedicated faculty at Wilkes University. Most of the world’s population is not permitted that special opportunity of higher education. Treat your education like the special gift that it is - honor it, respect it, work hard for it, and benefit from it.

Do you have any advice for students considering entering the clinical field or academia?
Talk to people who actually do what you think you’d like to do as a career. Find out what it "really" is like, as opposed to what you believe it to be or how it is represented in the media. And, be prepared for your life and career course to take unexpected and dramatic turns over the years, as the world changes at a rapid pace. Look at these changes as opportunities for you to grow, learn and try something new in your field of work.

What is one unique fact about yourself that Wilkes students do not know?
I made very good money while in high school playing guitar and singing in a rock band called the Ajitators.
Neuroscience in the News: Individual Differences in Effective Depression Treatment

New research has lead doctors and therapists to believe that we may be able to predict a patient’s response to either psychotherapy or psychotropic drugs such as antidepressants. Until now it has been relatively unclear of the similarities and differences between treatment effects of medication versus psychotherapy involving patients diagnosed with depression. Dr. Helen Mayberg has recently published an article featured in JAMA Psychiatry and it is catching many people’s attention as the results were also recently featured in a New York Times article. The article exemplifies how Mayberg has potentially identified a “biomarker” within the brain that may be able to predict if a patient will respond better to psychotherapy or antidepressant medication.

In summary, Dr. Mayberg studied a targeted group of depressed patients for 12 weeks. These patients were split into treatment groups who either received antidepressant medication or cognitive behavior therapy. Prior to receiving treatment each patient received a PET brain scan. Results concluded that those patients who responded better to cognitive behavior therapy typically showed low activity in a region of the brain, known as the anterior insula. These results are consistent with previous studies that show antidepressants and psychotherapy show similar results but also effect different regions of the brain, however, past research focuses on the change within the prefrontal cortex after psychotherapy, and changes within the amygdala after receiving medication. Change of activity within the anterior insula is a rather newly found area effected after psychotherapy.

The article continues to describe a potential solution linking psychotherapy treatment to the biomarker. Shrinkage of the hippocampus has shown to be evidential to childhood trauma. Concluding that perhaps the reason why these patients respond better to psychotherapy rather than medication is because they need to recognize and cope with their trauma. More research must be conducted to identify if the anterior insula responds in a similar way as the hippocampus does to trauma.

While the New York Times has recognized this new research, it shows how emergent Psychology as a science is becoming within the news. While many articles may be structured to inform the public about physical health, it is becoming much more common to see a few articles focused towards psychological health and its importance. As a dedicated (and somewhat biased) psychology student, I find it very refreshing to see the hard work of a psychologist’s research get noticed in such a large publication read by many people every day, such as the New York Times.
On December 2, 2014, Dr. Newell’s Senior Capstone students presented their final research projects to faculty and peers. During this time senior capstone students presented their posters, sharing their hypotheses, methods, results, and conclusions to faculty as well as interested and prospective students. After a long semester of hard work the students were able to show their specific interests in the field of psychology. As an interested student and friend of many in the class, I thoroughly enjoyed attending and seeing my fellow peers succeed and complete their research projects and can’t help but share how proud I am of everyone who presented! Best of luck to all of you in the future, and also to those completing their capstones in the spring semester.

- Co-Editor, Brooke Bishop

Holly Boyer

Bryana Darbenzio

- Photos courtesy of Dr. Tindell
Capstone Poster Day Continued

Ben Eaton

Thalia Garzon

Mandy Seccia

Matthew Oakum

Dominic Rinaldi

Katie Hughes

- Photos courtesy of Dr. Tindell
New Years Word Search

K Y R A U N A J L H W G U R S
N X M I D N I G H T T L Z I G
J E I Y I V O G Q K T M A W Q
W V R E S O L U T I O N C Z S
S X C R W H X T U Q D H W H X
E O K R O Y W E N N B A Q X V
I A B I J Y Y H S C N S C T F
R Q X E N H X W B O I S Y R G
O Y M R W B H S N U Z L I C M
M Y L C A D O R W N K E M Q H
E Z D V L V L E E T N J P J K
M Z H C P P I E F D D X T I G
F M L L N H D H S O N E S I D
J E H U H U A C B W L S Q O C
N J V F W L Y G A N V C W E E

NEW YORK
FRIENDS
MEMORIES
JANUARY
MIDNIGHT
RESOLUTION
HOLIDAY
COUNTDOWN
CHEERS
KISS

Source: http://www.netanimations.net/New-Years-Eve-moving-holiday-party-animations.htm
- Co-Editor Brooke Bishop

Wilkes Psychology Trivia

1. Which faculty member is originally from Maine?
2. In what room are the sheep brains used in Behavioral Neuroscience stored in?
3. What school did Dr. Tindell receive her PhD from?
4. How many internships are required as part of the applied track?
5. What two courses are pre-requisites required before taking PSY 200?
6. How many classes is Dr. Schicatano teaching this spring semester?
7. Which professor is away on sabbatical this semester?
8. Which professor’s office is connected to the psychology lounge?
9. Who is the founder of Positive Psychology?
10. Which professor went to Lebanon Valley College? (hint: see page 3)

The first person to report all ten answers correctly to Dr. Tindell wins a prize!
Student of the Month: Dominic Rinaldi

For this issue, I had the pleasure of interviewing Dominic Rinaldi from Pittston, Pennsylvania as student of the month. Dominic is a senior Psychology major, minoring in Women’s and Gender studies and plans on graduating in May.

What has been your favorite Psychology class thus far?

My favorite class thus far would have to be Social Psychology with Dr. Newell. Of course, having classes with Dr. Newell in itself has been wonderful - she's an excellent professor and an asset to the department - but also the subject of Social Psychology is my favorite, and is mostly my passion within the realm of psychology.

What activities do you participate in at Wilkes?

I participate in a few clubs on campus, such as Wilkes U Programming Board (WUPB), where I serve as Small Events Chair, as well as Psychology Club, where I serve as Social Activities Chair, and also try my best to stay involved with the Gay Straight Alliance Club. In addition, I also had the privilege to be a Peer Trainer for the newly implemented Wilkes University Bystander Prevention Program, which is geared toward teaching the freshman class about the myths and truths within rape culture, gender norms, as well as proactive ways to decrease the bystander effect on campus and even within the community.

Could you tell us a little about your capstone presentation you completed last semester?

It has been kind of bittersweet to have ended my Capstone presentation last semester. It really is a "Capstone" experience- in all sense of the word. You really grow as a psychology student and a researcher throughout the courses. My Capstone research underwent many edits, and realizations. You come to find that there's always something you wish you were able to improve on, and that's where you start to see how much you have learned from the experience - when you're able to correct your own mistakes and make your research better for the sake of the field. I did my Capstone Presentation on a Study of Effects on Group Brainstorming: Productivity Blocking. In a nutshell, the study involved looking at past research theory that suggests that brainstorming with a group of people seems to be the least productive option in comparison to brainstorming alone. What had been found in past research was that an effect called productivity blocking, an effect in the group condition that creates a lack of speaking time due to the physical nature of the group, seems to be the most prevalent cause for productivity loss. So, my study aimed to eliminate the effect of productivity blocking to see if then a group condition could be more productive than brainstorming alone. What I found was that even with efforts to eliminate productivity blocking, the non-group condition still prevailed at being the more productive condition. This is theorized to be due to social effects within the group condition that have not been accounted for previously.

Do you have any advice for underclassmen Psychology students?

My future advise for underclassmen isn't just the cliché, "Enjoy it while it lasts, because time flies!" because really - it does! I want to emphasize that the underclassmen are paying attention to the world around them and realize what a privilege it is to be able to have the opportunity to get an education and facilitate positive growth in the diverse world we live in. As they enter into the later years of their undergrad, take things seriously and remember that there is always a chance to learn something new.

What are your plans after graduation?

I surely hope to either enter into an I/O Psychology Graduate Program or Conflict Resolution Graduate Program. Someday I expect to work for an organization that educates communities on maladaptive social issues and advocates for human rights equality, such as the Human Rights Campaign.

- Co-Editor Brooke Bishop
Psych Club News

- Psych Club is brainstorming fundraising ideas for their EPA trip this spring- suggestions are welcome!
- The club will become involved in the Big Brothers, Big Sisters Bowl for Kids’ Sake.
- Step by Step has asked Psych Club to make a video depicting how they care for their consumers. If anyone is experienced with video making or editing, come see any of the officers of psych club, or Dr. Tindell.
- We welcome our interim new Secretary this month - Maria Bard! She will be helping us run the Psych Club Facebook page that includes all the minutes from the club meetings and future events.
- Our new shipment of Sweatshirts are in! Those who ordered last semester and paid half the price are asked to pay the rest owed upon picking up their sweatshirt.
- We are beginning to discuss events that promote club bonding. Last year we went white water rafting! We are in the process of coming up with some ideas for the end of the year trip!

Psych Club Social Activities Chair, Dominic Rinaldi

Psi Chi News

- As Dr. Thomas is on sabbatical, Dr. Newell will be serving as the advisor of Psi Chi for the spring semester!
- The first Psi Chi meeting will be on Thursday January 22. Psi Chi plans to hold a membership drive throughout the months of January and February. Applications will be due at the end of February. In order to be accepted you must:
  * Be a psychology major or have a minor in psychology
  * Be at least a second semester sophomore
  * Have an overall GPA of 3.0 or higher
  * Have a psychology GPA of 3.4 or higher
- This semester Psi Chi is planning:
  A Pre-Registration Event
  Students can come and enjoy refreshments while receiving advice from upperclassmen in Psi Chi on classes to choose for the fall semester.
  A Graduate School Panel
  A panel of graduate students and undergraduate students applying to grad school will convey information about their experiences.
  Alcohol Awareness Day
  Wilkes University’s campus counselors will join members of Psi Chi to inform students of the dangers of alcohol.

- Co-Editor, Mandy Seccia

Word Search Key

Record each letter in the color red randomly placed throughout the article to determine the answer to this question:

What is one of the most common New Year’s Resolution’s made by college students that will lead to success throughout the semester?

- Co-Editor, Brooke Bishop

Riddle

First person to report the answer to Dr. Tindell wins a prize!

- Co-Editor, Mandy Seccia
Intern of the Month: Brittany Budman

I had the opportunity to speak with senior psychology major, Brittany Budman, about her rewarding experience as an intern at Pioneer Campground in Sullivan County.

Where was your internship and what did it entail?
This past fall I interned as Operations Manager at Pioneer Campground in Sullivan County which is near where I live. During my internship I hired and trained a new employee, did a few inventory related projects, and my biggest project included creating an employee manual for the organization.

What have you learned from your experience?
I have actually been apart of Pioneer Campground for six years now and throughout my entire journey I have learned so much. However during my internship when I was doing a lot of behind the scenes work, I really learned what it takes to run and maintain a business, which is extremely important for me to learn when entering the Industrial/Organizational Psychology field because I can use this experience in order to help an organization become more successful.

What part of your internship was most rewarding?
During the ten weeks I completed an employee manual which involved a lot of research on policies, regulations, and state laws, a lot of reading, and quite a bit of rewriting and editing. However when I completed the twelve page manual it was extremely satisfying and is something that I not only can keep in my portfolio but could see completing again.

Have you made any networking connections with people in the field while working as an intern?
Because the campground is not in this general area and is a small privately owned business, there was not a lot of networking connections to be made. However, because I have been there for six years and have met thousands of people all in different jobs and locations, they are always interested in my career path and continue to send me emails regarding new opportunities in their area as well as future feedback for my career interests.

Did you face any challenges as an intern?
The hardest part about being an intern is finding that balance between work and school. In order to really get the most out of your experience it takes a lot of time and dedication. Because of my hour commute and a second part-time job, it was sometimes hard to find that balance, however I was fortunate enough to be with an organization that allowed me to not only complete projects from home but create my own work schedule.

Do you plan to work in a similar atmosphere after college?
Sometimes I wish I could stay at Pioneer Campground forever. I love the environment there and all the different people I have met over the years. But where I really want to be is in a health care setting doing human resource related work. My focus is on the employees and making sure they are treated fairly and appreciated for their hard work.

Do you have any advice for students seeking an internship?
Don't wait!!! Just get out there and start searching! There are so many different websites with different postings and opportunities. Even if you are not sure what you want to do, finding different internships in different areas of interest can help you figure that out as well as gain plenty of experience. I came to Wilkes as a psychology major thinking I would find a job involving counseling or social services and now I am in the I/O program while taking business classes and doing management related work and I love every second of it!

- Co-Editor, Mandy Seccia
GRE Practice

**Quantitative Reasoning**

In the figure above, the quarter circle with center D has a radius of 4 and rectangle ABCD has a perimeter of 20.

What is the perimeter of the shaded region?

A. $20 - 8\pi$
B. $10 + 2\pi$
C. $12 + 2\pi$
D. $12 + 4\pi$
E. $4 + 8\pi$

*Source: GRE Kaplan Premier 2015 Review Book*  
*Co-Editor Mandy Seccia*

**Verbal Reasoning**

Select one answer choice for the blank. Fill in the blank in such a way that it best completes the text.

Known for their devotion to their masters, dogs were often used as symbols of ________________ in Medieval and Renaissance paintings.

A. treachery  
B. opulence  
C. fidelity  
D. antiquity  
E. valor

*Source: GRE Kaplan Premier 2015 Review Book*  
*Co-Editor Mandy Seccia*