

Psychology Newsletter

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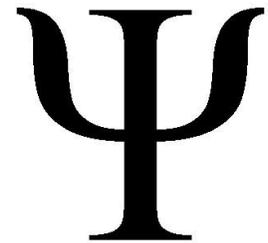
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Editor's Welcome!

Hello! And Welcome to the first ever edition of Psychology Club's newsletter! In this newsletter we hope to keep both faculty and students alike up to date with student activities such as organizations and clubs, new classes here at ASU, upcoming faculty research, and faculty and student spotlights. It is our sincerest hope to bring our department and all its many students closer together so that we can continue to grow our strong psychology program here at Angelo State.



A little about Psychology Club

We will begin with a brief summary of what Psychology Club is as an organization. What makes our club different is that we are open to any and all students at ASU. Our club has had residents from multiple majors; from computer science, to biology, even education, all joined by an

interest in psychology. We are a relatively new program here at ASU with only a few years as a registered student organization. So, to those who do not know, we are a social club primarily advocating psychological knowledge; however, we also take pride in our contributions to help

charitable causes such as helping provide food for Meals on Wheels, Bingo Nights at local nursing homes, and more recently attending the Walk to End Alzheimer's. While we are proud of what we have accomplished, we are excited about what will come in the future.

Teacher Spotlight: Cordell-McNulty



"It's definitely an expanding city that has a very active culture and has many things to do. I honestly believe it when I hear people say that this is the next Austin." For many people, this is not the first thing that comes to mind when people think of San Angelo, Texas. For Dr. Cordell-McNulty this is what attracted her to San

Angelo. Since 2009, she has been a part of the of the Angelo State Psychology Department family. She started out her college career by attending the Shippensburg University in Pennsylvania where she received her Bachelor's degree in Computer Science with a minor in Business then

followed up with a Master's degree in Psychology. After she received her degrees in Pennsylvania, she traveled to Florida to receive her PhD in Educational and Developmental Psychology.

As a student, Cordell-McNulty conducted research in college retention. Fast forward to 2013, she teaches a variety of courses within the Psychology department. General, Developmental, Child, and Adolescent Psychology are the classes that she currently teaches. Though she feels as if she has been able to teach everything she wanted, she would consider teaching an advanced seminar in college retention. Along with teaching courses, she is also in charge of the Mentor Program. Mentors

in the mentor program work with incoming freshmen and help them adjust to college life. The mentors are in charge of weekly study groups and schedule one on one meetings with their mentees.

Currently in its third year, Dr. Cordell-McNulty is anxious to see the effects of this program as the first class of mentees will be graduating in the coming years. So far, there have been improvements in retention rates from the fall to spring semesters. Aside from teaching classes, she is also the

faculty advisor for the Honors Psychology Society. In her spare time she likes to bake, enjoys spending time with her two children, and taking care of her garden and chickens.

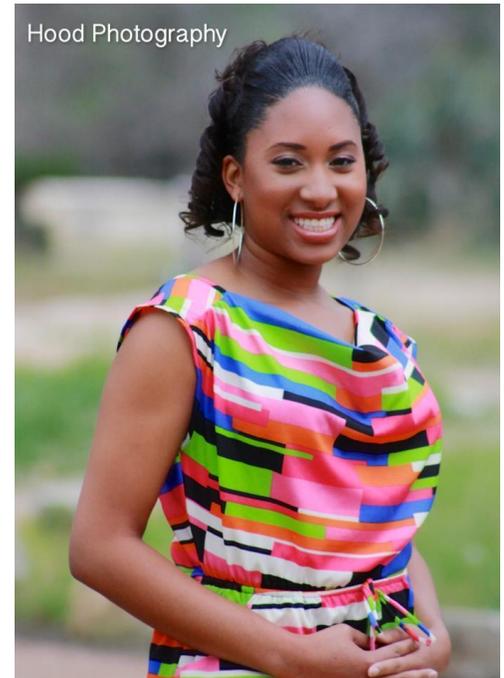


Student Spotlight: Aerial Elliott

There are not many students who have accomplished more in their four-year college career than Aerial Elliott. Aerial is a graduating senior majoring in Psychology and minoring in Spanish. She is a member of the ASU Honors Program and the Honors Student Association, which keep her very busy. Aerial participated and conducted her own research, *Growing Older: Young Adults' Attitudes Toward Aging and the Elderly*, which she presented at the National Collegiate Honors Council Conference in Boston, Massachusetts. Aerial has merited numerous awards and scholarships.

Some of these include graduating with Highest University Honors in May and being selected to Who's Who Among Students in American Universities and Colleges in Spring 2012. She has accomplished all of this and then some all the while maintaining a 3.919 GPA. Not only was Aerial hitting the books hard, she also maintained a reputable volunteer status around the community. Some of her volunteer work includes helping at the local Meals for the Elderly, the Honors Student Association annual Easter Egg Hunt, and the HEB literacy event for children.

After graduating in May, Aerial hopes to take a year off from school before entering a Master's program. Her goal is to be admitted into the Human and Child Development program at the University of Texas-Dallas. Aerial chose ASU over other universities because of its good distance from her hometown of Austin. She also chose ASU because it is an affordable yet prestigious university. Because of her accomplishments at ASU, the Psychology Department has also nominated her for the Presidential and Distinguished student award, along with student of the year in Psychology.



"We are what we repeatedly do. Excellence, then, is not an act, but a habit." -Aristotle

Class Spotlight: Stereotypes, Prejudice, and Discrimination

Our growing psychology department has many typical classes to appease majors and minors alike. But every semester there are a few classes that are added which dive into specialized areas of study and thought.

The first of which we will explore is PSY 3325. Taught by Dr. Hack (aka: Dr. Tay), Stereotypes, Prejudice, and Discrimination will expect students to learn what these three concepts are, how they are different, and why society maintains

them. Throughout the semester students will explore the “-isms” of society, including topics like racism, classism, weightism, ageism, and sexism. Students are required to keep daily journal for instances in which prejudice is encountered.

From pop culture to the gym, prejudice is all around. The purpose of this class is not to sway opinions, but to ensure students are making an educated decision in regards to stereotypes, prejudice, and

discrimination and gain an awareness of how these topics are used in everyday life.

Students who are interested in this class and others like it may benefit from obtaining a certificate in Human Diversity by completing PSY 3325, PSY 3323 (Cultural Psychology), COMM 3355 (Intercultural Communication), and SOC 3327 (Human Diversity and Social Inequality).



Class Spotlight: Psychology of Leadership

Dr. Stenmark, one of the core faculty members for the Industrial/Organizational (I/O) program, is teaching a new class this semester. Psychology of Leadership (PSY 3327), which explores the different theories and approaches to leadership, including the traits, behaviors, and skills attributed to leaders across diverse individuals and groups.

First and foremost, Dr. Stenmark hopes students will gain the conceptual

framework of the classic and contemporary theories, including their strengths and weaknesses. Armed with knowledge, students can then use these theories to develop their own style of leadership. Students will also analyze a leader and critique his or her effectiveness to further understand how these theories are used.

People encounter leaders and prejudice every day, so these classes have a great application and

relevance to the real world for all students. General Psychology (PSY 2301) is the only prerequisite for these classes.



Graduate Opportunities at ASU

As most psychology students know, if you want to get more out of your degree in psychology, you will undoubtedly need to pursue a more advanced degree than just a bachelor's. However, most do not know where to start when it comes to picking the program that is right for them in

psychology. Here at ASU there are three main areas of study for graduate school. I will give a brief summary of the three branches. There is of course much more that will not be covered in this newsletter, but it may help you decide which program here is right for you!



Applied

The applied psychology track requires 36 credit hours and exposes students to a broad cross-section of courses that cover the basic and applied areas of psychology. The program is available online or in traditional classes that meet regularly. Graduates frequently move to leadership positions within their organizations, applying psychological principles to the workplace

I/O

The industrial-organizational track requires 42 credit hours and prepares students to work effectively in organizational settings, such as public and private agencies, governmental institutions, companies, corporations and foundations.

Counseling

The counseling track requires 48 credit hours (four semesters of full-time coursework). This includes a practicum, during which students have an opportunity to practice their counseling skills under supervision. Graduates can test to become licensed professional counselors or licensed psychological associates.



"A Psychology degree is the 'Swiss Army knife' of degrees."

Keep in mind that if you do not plan on attending graduate school that you should abandon the psychology boat! As one of my favorite professors once said, a psychology degree is the "Swiss army knife" of degrees. And while you cannot practice as a licensed psychologist with just the B.S. or B.A., you can find work; employers enjoy the prospect of an individual who can understand and relate to others and their behavior. After all, that is much of what we learn as undergraduate students.

Faculty Research Spotlight: Directed by: Michelle Hanby, Ph.D.

Effects of Perceived Stress on College Students



Hanby's research includes two independent studies each testing ways to alleviate stress in college students. The first study is conducted within the University Studies classes. Here students go at the beginning of the semester to learn strategies that they can use to alleviate stress such as breathing exercises, getting the proper amount of sleep, and more.

The students are left to use these techniques during their eight-week course in USTD, as they wish. Then, before the semester ends, Dr. Hanby returns to the class and provides them a questionnaire to assess the benefits of the suggested stress-relieving techniques.

The second study uses a mobile application on students' phones which gives similar stress-relieving tips and can even track students' stress levels during an entire semester. While the research is ongoing, Dr. Hanby hopes to see if students not only use the application, but how effectively it helps manage stress.



Featured Agency: **RIVER CREST HOSPITAL**

The Counseling program here at ASU offers a wide variety of opportunities to students wanting to gain internship or practicum experiences. Under the direction of Dr. Bernard Ramsey and Dr. Michelle Hanby, students are assigned to work in local San Angelo agencies when they enroll in the corresponding graduate or undergraduate courses. These courses are available to B.A. or B.S. undergraduate students and M.S. graduate students only. By enrolling in these courses students can learn and gain skills used in counseling and those needed when working at a human service agency.

River Crest Hospital is one of the agencies students get assigned. River Crest Hospital is the agency that receives the most of our ASU candidates. The reason the hospital receives more students than any other agency is because of their wide array of programs they provide to their patients. Those programs include the children's inpatient program, adolescent inpatient program, adult inpatient program, military program, and detox and rehab program. With such a wide range of programs ASU students receive broad training and broad experiences with psychosocial assessments, individual counseling, and group counseling.

Students also gain experience providing recreation supervision and receiving supervision from professionals in sub categories from the programs River Crest provides. ASU students use their experiences at River Crest Hospital to strengthen and help build towards their future counseling or human service careers.

Writers'/Editors' Info:

We would like to thank all those involved with making the first annual Psychology Department Newsletter. A special thanks to Dr. Cordell-McNulty, Dr. Ramsey, Dr. Hanby, Dr. Stenmark, and Dr. Hack for their time and contributions. Another special thanks to our faculty advisor, Dr. Kreitler who helped this newsletter get off the ground, and providing Psychology Club with the opportunity to put it together.

Thank you to all of our writers and editors who made this idea a reality:



Aaron Chavarria is a senior Psychology Major and has been Psychology Club's President for the past two years. He is graduating in May and hopes to pursue a Ph.D. in psychology.



Joe Avila is a senior Psychology Major minoring in Kinesiology/Sociology. He is currently vice president of Psychology Club and President of Alpha Phi Omega. After graduation he hopes to pursue a career in occupational Therapy



Nathan Reyes is a psychology major minoring in criminal justice. He would like to pursue a career with either D.E.A or the F.B.I. He enjoys ASU's proximity to larger cities and its affordability as compared to other universities: "Arizona State University would have cost me an arm, leg and maybe my other hand!" Nathan will be Psychology Club's Vice President starting this fall.



Sean Motl is an Honors psychology student in his junior year. He serves as a board member for two non-profit agencies and recently attended a human rights delegation in Rwanda. He plans on pursuing a career as a physician-anthropologist to explore the nexus of global health, poverty, and human rights. Currently Psychology Club's Treasurer, Sean will lead the club as President starting this fall.



Destiny De la Vega is majoring in Early Education with certification in Special Education. She is currently senior graduating in December 2013. After graduation she would like to work with high school students who have special needs. "I have enjoyed learning about psychology through Psychology Club, even though I am not a psychology major." Destiny is currently Psychology Club's Secretary.