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MEAN GREEN

UNIVERSITY OF
NORTH TEXAS,
PSYCHOLOGY
DEPARTMENT



VOLUME 3, ISSUE 1

SPRING 2012

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Welcome Back! Note from the Department Chair

Welcome to the

Psychology Department!

Vicki Campbell, Chair

Hello!

The faculty and I are glad that you have made the choice to major in Psychology. Psychology is a large and diverse scientific discipline, and your courses will provide education in the scientific basis of psychological knowledge and exposure to the many applications of psychology in everyday life. The scientific study of emotion, thinking, and behavior is relevant for a broad range of professions, and as a result we have over 1,000 majors. I would encourage you to make use of the Undergraduate Psychology Manual, which you can find on our website (www.psychology.unt.edu). It has useful information about the Psychology major at UNT, Psychology as a field of study, job opportunities in Psychology, and information and advice about graduate school.

I also hope that you will or have gotten involved with research and our diverse faculty. Many students are currently involved in faculty research teams, work with faculty members and graduate students,



Dr. Vicki Campbell
UNT Psychology Dept Chair

and contribute to the many active research programs in the department. To get involved check our website, talk to the advisors about the type of research programs our faculty members are engaged in, and contact the faculty member. And be sure to check out our active Psi Chi (The International Psychology Honor Society) chapter.

I hope that you will get involved in activities on campus, and take advantage of the resources on campus to help you be successful at UNT! Let the advisors, your instructors, or someone in the department know if we can be of assistance.

Have a great
semester!

Vicki Campbell,
Chair

*"Your vision will become clear only when
you can look into your own heart."*

*"Who looks outside, dreams;
who looks inside, awakens."*

Carl Jung

Note from Dr. Murrell

Hi! I hope this newsletter finds you well. It's our wish that this edition, like all others, will be helpful to those of you who are pre-majors as well as those of you majoring in Psychology at UNT. We want this newsletter to be one of the many tools that helps you learn about your fellow students, our faculty, our department, and psychology as a career. Should you have any questions related to psychology, please, do not hesitate to contact any Undergraduate Advising Staff on the third floor of Terrill Hall. Also, know that you can always check the Undergraduate Bulletin Board on the third floor for important announcements. And, don't forget that our Department website is frequently updated with exciting news!

Let me tell you just a bit of that news... there are a lot of changes going on in our Department right now. First of all, I have taken over as Director of the Undergraduate Program since Dr. Hayslip has stepped down from this role. I am very excited about this new position! I believe that communication between faculty and students is important, and want you to know that I will do my best to serve your academic needs. If I can be of any help to you, please come by my office (Terrill Hall room 358) or email me at amurrell@unt.edu. We also have a new Undergraduate Advisor, Dr. Michael Barnett. Dr. Barnett will be joining our Undergraduate Committee, along with me, and Drs. Jenkins, Riggs, Vosvick and student representatives. In addition, we're in the process of hiring several more new faculty members who will likely interact with undergraduate students in some way. To sum it up, it really is a great time to be a Psychology student at UNT!

Have a great semester!

Amey R. Murrell, Ph.D.
Associate Professor and Director of Undergraduate Program



PSI CHI: "Being The Best That You Can Be"

PSI CHI

The Department of Psychology's Chapter of Psi Chi was established in 1948. Our chapter has been continuously active since that time and we encourage both Undergraduates and Graduate students to participate in our organization. The current officers for Psi Chi are:

President: Sarah Forsyth

Vice President: Amanda Schneider

Secretary: Marlaina Montoya

Treasurer: Lauren Collier

Historian: Forrest Lane

Service Chair: Jenlyn Meyers

Fundraising Chair: Sarah Woodling

Research Chair: Wiley Stem

COME JOIN US!

Feb. 7th-14th: V-Day Fundraiser

Feb. 23rd: Denton State School Event

Mar. 9th: CANstruction

Mar. 31st: BIG Event (FREE T-shirt)

April 14th-15th: Community Garage Sale

April 21st: Our Daily Bread Soup Kitchen

May 5th: Friends of the Family "Rhapsody in Blues" Event

The purpose and mission statements of Psi Chi can be found at the National Chapters web www.psichi.org and are presented below.

Purpose Statement

Psi Chi is an international honor society whose purpose shall be to encourage, stimulate, and maintain excellence in scholarship of the individual members in all fields, particularly in psychology, and to advance the science of psychology.

Mission Statement

The mission of Psi Chi is to produce a well-educated, ethical, and socially responsible member committed to contributing to the science and profession of psychology and to society in general.

Our (UNT's) Chapter's basic requirements for membership are as follows:

The completion of at least **9 hours** of Psychology course work.

A cumulative grade point average of at least **3.0 GPA** or above on all course-work and at least a **3.0 grade point average** or above on all Psychology course work.

There is also a membership fee of \$55 to join.

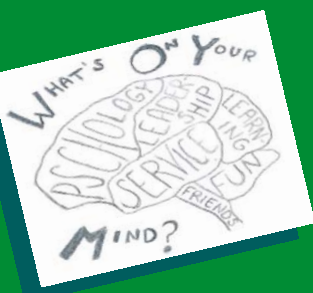
Additional Information: If students are interested in joining Psi Chi, they

can visit our website at www.untpsichi.com. There you can find the Event Calendar, Meeting Times, Applications, and Important Updates. All officer contact information is located on the website if there are any questions.

Notices of meetings and officer information can also be found on the bulletin board on the 3rd floor of Terrill Hall adjacent to room 350.

Meetings are one of the best ways to learn about the organization and we welcome anyone who is interested in joining to come and learn more about what we do. We look forward to seeing you all at our meetings.

Dr. Michael Barnett Faculty Sponsor



"The art of being wise is the art of knowing what to overlook" -William James

"Man can alter his life by altering his thinking" - William James



What does it take to be a Psych Major?

Declaring yourself a Psychology Major

All students must satisfy the following pre-major required courses:

1630 General Psychology I;
1650 General Psychology II;
2317 Quantitative Methods in Psychology;
2950 Experimental Methods in Psychology.

You won't be able to enroll in some upper level courses without these pre-requisites!

Okay! I'm a Psych Major! What now?

The Department of Psychology offers undergraduate psychology majors two options for graduation:

1. **Bachelor of Arts:** 35 hours total consisting of 17-hour core: PSYC 1630, PSYC 1650, PSYC 2317, PSYC 2950 and PSYC 4600; + 18 hours of electives (9 hours must be advanced hours).

2. **Bachelor of Science:** 35 hours total consisting of 23-hour core: PSYC 1630, PSYC 1650, PSYC 2317, PSYC 2950, PSYC 3630, PSYC 4600, PSYC 4950; + 12 hours of electives (3 hours must be electives (3 hours must be advanced).

Advice about registration in regards to your degree plan:

Plan your classes! Some courses are not offered every semester, know what you want to take and have your schedule planned out before early registration starts. Have back-up courses already picked out in case a class you want is already full when you sign up.

Honors Thesis?

If you plan on doing an honors thesis know this; Many professors estimate an honors thesis, *PSYC 4950*, to take at least two semesters to complete. However, *you can only register and receive credit for this course during the semester you intend to complete it.*

After Graduation

Not sure if you want to attend graduate school? There is still a lot you can do with a bachelors degree in psychology for instance:

- ◆ Marketing Research
- ◆ Advertisement
- ◆ Teaching
- ◆ Career Counseling

An undergraduate degree in psychology along with the appropriate supporting curriculum is considered an appropriate major for the following:

- ◆ Medical School
- ◆ Law School
- ◆ Seminary

Always Be Prepared and Think ahead!

Applying for Graduate Programs

It's never too early to start looking at graduate programs. Applications are lengthy and requirements can vary. Don't wait until the month of the program's posted deadline to take the GRE, write your personal statements, check you have the required courses, or solicit for your letters of recommendation. Find information online or ask a professor if you need help with your application.

Are there any Psychology Clubs at UNT? Yes!!

PSI CHI is the International Honor Society for psychology. During meetings, members engage with guest speakers as well as contribute to the community through service projects. They are also in the process of completing their own research project.



Will this be all I need for graduate school?

All graduate programs have different expectations for applicants depending on the type of program they offer. There may be certain requirements for acceptance to the program that's not mandated in UNT's degree program. Check with your potential graduate schools and see what courses they expect you to have completed as an undergraduate.

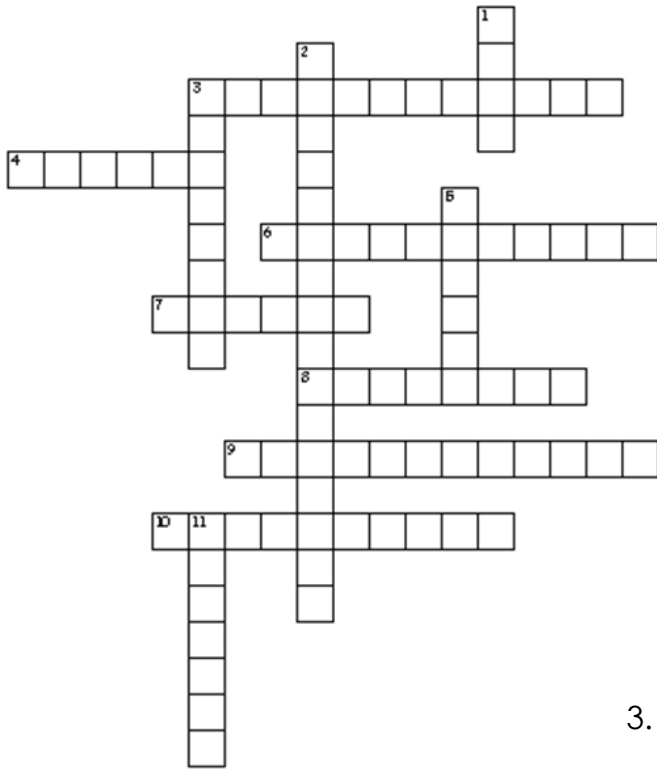
For Example: UNT requires candidates for their clinical doctoral program to have taken statistics and classes in three of the following: Experimental Psychology or Research Methods/ Design, Learning, Perception, Motivation, Cognition, Physiological Psychology, Psychological Measurement, and Research Thesis.

Tips & Tricks

It is always a good idea to try and improve your resume in preparation for competing with other Psychology Majors trying to get accepted to your choices of graduate schools. You want to **Stand Out!** You might be asking, how can I do this? There are several ways to stand out: join a club, volunteer in your community, join a research team, spend a semester abroad, and/or land an internship. Having a wide variety of interests and showing diversity in areas of experience and leadership qualities will help push your application to the top of the stack!



Psych Words



Down

1. This man was a Swiss psychiatrist, worked closely with Freud, and was the founder of analytical psychology.
2. The critically-acclaimed new movie that examines the relationship between Carl Jung and Sigmund Freud and their start to the practice of psychoanalysis.
3. The branch of psychology that concerns the assessment, diagnosis, treatment, and prevention of mental disorders.
5. The psychologist that theorized that the number of objects an average human can hold in working memory is 7 ± 2 .
11. The American Behaviorist who founded the operant conditioning chamber.

Across

3. Classical and Operant _____
4. The name of the International Honor Society in Psychology.
6. Theorists in this field of psychology believe that we can only empirically study observable behavior, and not internal processes.
7. The Russian physiologist who coined the term "Conditioning" after working with dogs on their salivation response.
8. According to Freud, the _____ is the aspect of personality that holds our sense of right and wrong.
9. An inadvertent mistake in speech or writing that is thought to reveal a person's unconscious motives, wishes, or attitudes.
10. In a simplistic definition: the scientific study of the human mind and its functions.

psy·chol·o·gy (sī-kŏl'ə-jē) [KEY](#)

NOUN:
pl. psy·chol·o·gies

1. The study of two populations: university freshmen and white rats.



@ The Super Pit

Thu, Jan 12	Western Kentucky *	7:00 p.m.
Wed, Jan 18	Houston-Tillotson (Exhib)*	7:00 p.m.
Sat, Jan 21	Denver*	7:00 p.m.
Sat, Jan 28	Arkansas State*	12:00 p.m.
Thu, Feb 02	Middle Tennessee*	7:00 p.m.
Thu, Feb 16	ULM*	7:00 p.m.
Sat, Feb 18	Louisiana-Lafayette*	7:00 p.m.

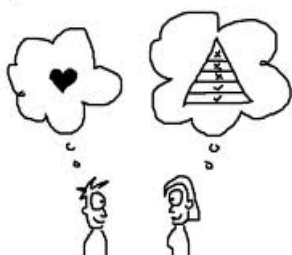


Women's Basketball Spring '12

Wed, Jan 11	Western Kentucky *	7:00 p.m.
Sat, Jan 21	Denver*	5:00 p.m.
Sat, Jan 28	Arkansas State*	4:00 p.m.
Thu, Feb 02	Middle Tennessee*	5:00 p.m.
Thu, Feb 15	ULM*	7:00 p.m.
Sat, Feb 18	Louisiana-Lafayette*	1:00 p.m.



The trouble with
dating a
psychology student



An Interview with Dr. Hook

By: Jenlyn Meyers

First of all, I saw that you received your PhD from the Virginia Commonwealth University. After completing your PhD in 2010, what made you choose North Texas over other areas?

The main reason was that the job was a good fit for the type of research I was doing, and I knew I wanted to be in an academic position at a school that offered a PhD program in counseling psychology. I really enjoy supervising students and their research. More specifically, UNT offered a position for a psychotherapy researcher and that matches my research interests.

I heard you received a few new research grants recently. What are your research goals for the next year or so?

The most important grant I received recently is one for my research on humility within relationships. If you perceive a person to be more or less humble, does it actually determine whether you form a stronger relationship with them or not? I'm also interested in knowing whether one's degree of humility will determine whether someone is willing to offer forgiveness towards a person who hurt them and desire to repair the relationship. Some of my past research has involved different ways of measuring humility. This year we are looking at humility in several different contexts, and most importantly within counseling relationships. If you perceive your counselor as humble, does that create a closer bond for the client and contribute to better outcomes in therapy?

Dr. Joshua Hook

PhD: Virginia
Commonwealth
University, 2010



Compared to the other faculty members here, you are still a fairly new graduate from your PhD program. Because of that, you might be more familiar to the current process for applying to graduate school than the older faculty members. What would be your primary piece of advice to students in order to help them gain a competitive edge over their peers?

First, you need to make sure you have decided on the type of program you are looking for because there are different preparations for each type of program. For example, pursuing a PhD in psychology is very different than a Masters in Social Work. In terms of pursuing a PhD program in Counseling Psychology, which was what I did, my advice would be to perform well in school, have strong GRE scores, and get research and counseling experience.

Will you be taking on any undergraduate students for your research lab in the future?

Usually, I take on new students at the beginning of every school year rather than every semester. At the end of the Spring semester I will determine how many students I need, and then interested students may apply.

Would you say you enjoy teaching as much as the research and applied aspects of psychology?

Yes, I really enjoy it. It's just fun and I enjoy helping students grow in their development as counselors or as undergraduate students.

Would you eventually like to create your own course here, for either graduate or undergraduate students?

The one course I've thought about creating is a positive psychology course, since I do a lot of research on forgiveness and humility. It would be interesting because most of psychology looks at what is wrong and tries to help people with deficits, whereas positive psychology looks at how to help people flourish.

Who and/or what was your biggest influence when you decided to pursue psychology, either on a professional level or in your specific, personal life?

There are two major influences. Early on, my father was a counselor so I grew up talking with him about psychology, so I was always interested in it from a young age. Professionally, I would say my mentor in graduate school, Everett Worthington. He taught me how to do research and how to write and really stirred my interest in both.

On a less serious note, what are some of your favorite activities or hobbies outside of your psychological work?

I love sports and I like to run. I am from Chicago, so I enjoy watching the sport teams from there. I also really enjoy music. I grew up playing music and I love going to listen to local bands here around Denton.

What would you say to someone who is not knowledgeable in the science of psychology and says that our practice and our research aren't applicable to the general population?

Psychology is the study of human behavior. One of the reasons I love psychology is that it is applicable to every aspect of life, such as work, relationships, spirituality, and even business. I guess my first thought would be to just take a course in it. Also, in most people's lives, we come to a point where something that used to work isn't working anymore, and we need help. It is in times like these that we realize how applicable psychology can be.

If you could work with any psychologist, dead or alive today, who would it be and why?

I would love to talk with Freud for a day. A lot of his theories seem a little strange, but he pretty much invented counseling. I would like to get a sense of what was going on in his mind.

Which direction do you see psychology headed in as a science? In what areas do you believe will experience the most growth?

I think the applied aspects of psychology will continue to grow because people will always have problems or difficulties. We see people struggling more and more with things like addictions and relationship issues. I also think that in the biological area of psychology, the sky is the limit when it comes to growth. We are just beginning to understand how the brain works and are coming up with different methods for studying sophisticated biological processes.

Bulletin Board



Helpful Offices

Graduate Advisor

Terrill Hall 343A

Available by appointment only. He is here to help with any questions regarding applying to graduate school, graduate pro-grams, GRE testing, etc.

Psychology Newsletter Office

Terrill Hall 343B

If you have any announcements or important information to get out to your fellow Psychology majors, faculty/staff, please contact one of the newsletter members.

Psi-Chi Office

Terrill Hall 343C

Office hours and upcoming events can be found on the front glass. Come join us to discuss membership, upcoming events, and ideas for the organization.

Graduate Association of Students in Psychology (G.A.S.P.)

G.A.S.P. is a student-run and student-funded organization for graduate students in the Department of Psychology at UNT. As a student organization, we serve certain functions within the department. First and foremost, we are a liaison between graduate students and the faculty and staff of the department. We host professional development events that cover topics not learned in traditional classes. Additionally, we organize social events throughout the year to foster a sense of community within the department and also provide needed breaks from academia. Recently, G.A.S.P. has added a Community Chair to increase our service to the greater Denton community. G.A.S.P. membership is extended to all graduate students and faculty within the department of psychology. Student-representatives serve as leaders within the department and are available to answer specific program-related questions, or other inquiries about getting into and surviving graduate school.

For more information,

please contact

Carly Heffel:

carlyheffel@my.unt.edu

Departmental Curriculum Changes

Upcoming Capstone Course, curriculum in development.

Departmental Awards

Outstanding Undergraduate Student. Each year the Psychology department recognizes an upper-division undergraduate student who has demonstrated superior academic achievement and dedication to pursuing graduate education in the field (e.g., research involvement, volunteer work, etc.).

The Psi Chi Award is given to an outstanding Psi Chi member in recognition of contributions to the organization, department, and university.

Please submit nominations and self-nominations to Dr. Murrell. Please include an unofficial transcript, CV, and 3 letters of recommendations from psychology faculty.

Research Awards

Dr. Craig Neumann

Received a research grant that is being funded by the William H. Donner Foundation. The project is titled Psychopathology Across the Globe.

Dr. Daniel Taylor

Won The Competitive Funding Award for 2011. The university-wide award honors the principal investigator responsible for the highest total amount of newly-awarded competitive research funding during the 2011 fiscal year, and Dr. Taylor received \$1,617,111 of grant funding in fiscal year 2011!

Dr. Dick Rogers

Received the 2011 Award for Distinguished Contributions to Research in Public Policy at the annual American Psychological Association (APA) convention.



Please Welcome Our Newest Editorial Team

Members:

Jenlyn Meyers
Rebecca Dismukes

Announcements

Dr. Sharon R. Jenkins

Several of her students' posters were accepted for presentation at the Society for Personality Assessment meeting in Chicago in March. They are:

Sebastian Aguirre and Sharon Rae Jenkins, Psychological Acculturation to School Relates to College Students' Social Support

Richard J. Boyle, Ashley Allison, and Sharon Rae Jenkins, Social Presentation of Self Defining and Socially Defined Americans

Pamela Tse (grad student), Alisha Love, Kenneth Leow, and Sharon Rae Jenkins, Intrinsic and Extrinsic Career Values of Self-Defining and Socially Defined Working People

Brandy Thomas, Kelly Duron (grad student), & Sharon Rae Jenkins, The Academic Acculturative Stress Scale Is Related to Low Self Esteem

Ronald Thomas, Kelly Duron (grad student), Jeffrey Vance, and Sharon Rae Jenkins, Testing the Demoralization Scale for College Students

Dr. Amy Murrell

Mentored McNair undergraduate student, Naomi Brynard, is presenting a poster (titled ACT for Parents) at the annual meeting of the Texas Psychological Association in November 2011.

New Faculty and Staff Members

Dr. Michael Barnett

The new undergraduate advisor and a new member of the undergraduate committee

Congratulations To Psychology McNair Scholars

Sebastian Aguirre, Robyn Beck, Zalah Beshah, Naomi Wood, Gabriella Grimaldo, LaTeesha Guyden, Kameron Lewellen, Kayla Martinez, Stephanie Martinez, Mark Pierson, Brandy Thomas, Ronald Thomas, Darby Winingham

Please the website for more information about this program: <http://trio.unt.edu/mcnair>

Faculty Changes

Dr. Amy Murrell

Awarded tenure on Sept. 1, 2011 and promoted to Associate Professor.

MEAN GREEN

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PSYCH MACHINE



EDITORIAL STAFF

Spring 2012



Editor
Sarah Forsyth



Co-Editor
Forrest Lane



Future Editor
Jenlyn Meyers



Future Co-Editor
Becca Dismukes



Journalist
Marlaina Montoya



Journalist
Miguel Paredes

ANSWERS TO CROSSWORD (PG4)

- | | |
|-----------------------------------|------------------------------|
| 1. JUNG | 7. PAVLOV |
| 2. A DANGEROUS METHOD (NO SPACES) | 8. SUPEREGO |
| 3. (DOWN) PSYCHOANALYSIS | 9. FREUDIAN SLIP (NO SPACES) |
| 3. (ACROSS) CONDITIONING | 10. PSYCHOLOGY |
| 4. PSI CHI (NO SPACES) | 11. SKINNER |
| 5. MILLER | |
| 6. BEHAVIORISM | |