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Inside this Issue

Welcome Back!

Notes from Dr.
Campbell and Dr.
Murrell

1

Psi Chi Info

2

Success Info

3

Word Search & Sports Info

4

Interview with

Dr. Wright

5-6

Bulletin Board

7

Q&A with Fellow Undergrads

8-9

Editorial Staff

10

MEAN GREEN PSYCH MACHINE

Undergraduate
Psychology
Newsletter
Volume IV, Issue I

FALL - 2012

Welcome Back! Note from the Department Chair

We are glad you chose UNT and made the choice to major in Psychology. Our faculty look forward to meeting you and helping you progress toward your degree.

We are excited to add three new faculty members to the department this year, who are introduced in this newsletter. I hope you will make use of your instructors' office hours during the semester, as well as the many different resources on campus.

Psychology is a large and diverse scientific discipline. The courses we offer give you the opportunity to learn new ways of thinking and gain valuable information about yourself and others. We have over 1,200 majors because the scientific study of emotion, thinking, and behavior is relevant for a broad range of professions. I would encourage you to make use of the Undergraduate Psychology Manual, which you can find on our website (www.psychology.unt.edu). It is full of 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 get involved with research and our diverse faculty. Many students are currently involved in faculty research teams, work with faculty members and graduate students, and contribute to the many active research programs in the department. We started a department-wide application process this fall, to help students get involved. It is a good idea to check our website to learn about the type of research programs our faculty members are engaged in. And be sure to check out our active Psi Chi (The International Psychology Honor Society) chapter. I hope to meet you in Terrill Hall, and if you have comments or feedback email me at Vicki.Campbell@unt.edu.

I hope that you have a great semester.

Vicki Campbell, Chair



Note from Dr. Murrell

Hi - welcome to all of you new Psychology majors, and, to the rest of you, welcome back! As always, we hope you find this newsletter full of helpful information. We hope it 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 and feel free to 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!

There are two major pieces of news that I want to share with you. First, we are really fortunate to have Patricia Reese from the UNT Science and Technologies Library working in our Department this semester. Pat will be in Terrill Hall Room 383 on Monday afternoons and Thursday mornings all semester. She can teach you how to use online databases and work with you all on making your literature searches more effective! Having her here is a great advantage to Psychology students - please use her time wisely!

The second major thing that I want to make sure that all students are aware of is the switch to a standardized application for undergraduate research assistantships. All of you should have received an email with a link to the application. It is our intention to use this form at the beginning of each semester for people who want to apply to get research experience. You only need to apply if you are not currently on a research team. FYI - faculty have been asked to notify students by October 15th for this year. So, if you haven't heard anything about getting on a research team by then, that means that you were not accepted THIS time, but you should try again next semester when the email goes out again!

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.

Have a great semester!

Amy R. Murrell, Ph.D.

Associate Professor

Director of Undergraduate Program

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

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

Carl Jung

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



"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

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: Forrest Lane

Vice President: Jenlyn Meyers

Secretary: Kendra Emert

Treasurer: Kameron Lewllen

Service Chair: Diana Askings

Fundraising Chair: Olivia Hernandez

Research Chair: Brandon Griffin

COME JOIN US!

- Meetings on 10/22, 11/5, 11/19
- Beth Marie's Fundraiser: 10/22
- Make a Difference Day (Free T-shirt): 10/27
- Unite Through HOPE Carnival: 10/27
- Movie Nights: First Friday of every Month
- Bouncehouse Fundraiser: 11/5
- Canned Food Drive: 11/6-11/8

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 **3.0 GPA** overall course work
- A **3.0 GPA** in 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 outside of **Terrill Hall 343**

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.

Faculty Sponsor:
Dr. Michael Barnett



What does it take to be a Psych Major?

Declaring yourself as a Psychology Major

All students who wish to be a psychology major have to declare themselves with their undergraduate advisors and must satisfy the following pre-major required courses:

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

The two options for graduation with a Psychology degree are:

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 early! Some courses are not offered every semester so be sure to plan ahead before early registration starts.

Choose your courses based on your interests so you can gain knowledge and be prepared for your graduate school interviews.

PSYC 4900 - Special Problems courses are a great way to gain research experience by joining a research lab and completing various data entry, research proctoring, and/or gain insight on how to complete your own research projects.

Honors Thesis?

If you plan on completing an honors thesis, keep this information in mind: 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...

To become a practicing psychologist, you will need to earn at least a master's degree. Some alumni who earned their master's and doctoral degrees work:

—in clinics, hospitals, community mental health agencies, universities or private practices

—as school psychologists, industrial or organizational psychologists for large corporations, or experimental psychologists

—in behavioral medicine, helping people improve their health

—as researchers studying psychological conditions associated with health and illness

Not sure if you want to attend graduate school? There is still a lot you can do with a bachelor's degree. For instance, there are positions in Marketing research, advertisement, teaching, career counseling, and much more.

Tips for Getting into Graduate School

All graduate programs are unique in their requirements for entry. The following are some general tips from some of your department's current grad students on how to get ahead so you can apply to as many as you, or your wallet, desires.

"I'd say first and foremost is research experience. Then, find a grad student in that lab and get them to mentor you through the process. Get familiar with the work of a professor you're applying to work with, and contact them at some point before applying to express your interest."
—Chris Heath, 5th year PhD candidate, Clinical Psychology

"Applying to grad school is quite a draining process, so the best advice I can give anyone is to really research which universities and professors are a good fit to their personality and goals. GRE, GPA and others are certainly important, but what will ultimately get you an offer is typically a goodness of fit between your potential advisor/program and yourself when you go to an interview."
—Gabriel Zamudio, first year PhD candidate, Counseling Psychology

"Most students realize that research experience is an important part of the application profile, especially for very competitive programs, but figuring out how to get that research experience can be a daunting task. I frequently share this piece of advice with undergraduates students in my classes: don't overlook opportunities for professional relationship-building with graduate students! We are at the heart of a lot of the research operations in our department, and approaching/talking with a graduate student is a great way to find out about research team openings and interesting projects. I think a lot of undergraduate students find this to be an easier step than approaching a faculty member."
—Shana Southard-Dobbs, 3rd year PhD candidate, Experimental Psychology

2012 Football

Sep 01	LSU	Sep 29	Florida Atlantic	Nov 03	Arkansas State
Sep 08	Texas Southern	Oct 06	Houston	Nov 10	South Alabama
Sep 15	Kansas State	Oct 16	Louisiana-Lafayette	Nov 17	ULM
Sep 22	Troy	Oct 27	Middle Tennessee	Nov 24	Western Kentucky

The Abnormal Word Search

Find the following terms that are commonly discussed in your Abnormal Psych class!

- Addiction
- ADHD
- Agoraphobia
- Amnesia
- Anorexia
- Antisocial
- Autism
- Bipolar
- Borderline
- Bulimia
- Depression
- Exhibitionism
- Frotteurism
- Hypochondriasis
- Insomnia
- Narcissistic
- Narcolepsy
- Paranoid
- Schizophrenia

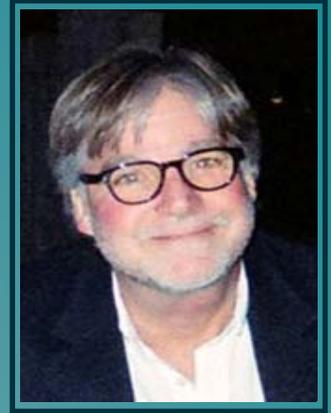
A I S E N M A K D M A H P P M D B R Y A
 B I R B H Q H L S S B D T A H S Y O I C
 G Y N G H K R U T I U E U D R F I X L G
 M B I E O Z O Z P N K P A H R A E T B F
 F B A N R E I O K O F R H I P R N E U Z
 T R E O D H L L F I W E H M O K Z O C A
 G B O I L A P Q A T I S V N F K Z I I N
 J K R T R Z D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



An Interview with Dr. Wright (please... Call him Rex)

By: Wiley Stem

Dr. Rex Wright



Ph.D:

University of Kansas, 1982

From your faculty profile page I see you received your Ph.D in Social Psychology from the University of Kansas in 1982. What brought you here to UNT?

After receiving my Ph.D and completing a post-doc fellowship in New York, I arrived at UNT by way of UAB and UT. I saw UNT as a fresh challenge and a chance to contribute the field of experimental psychology as opposed to the medical-affiliated work I was doing. Being originally from Texas, it's nice to come home and to be closer to my family.

You are one of the newest faculty members to join the psychology department here at UNT. How do you like Denton and the UNT community so far?

I admit I had some reservations about being in a smaller college town, as it's been a while for me to live in this environment, but Denton is a lot of fun. My intention is to enjoy the full experience while I'm here. I love going to the square and I also like that Denton is very pedestrian/bike-friendly. And I love the campus. I think it's an exciting time to be here at UNT.

I see your research deals largely with cardiovascular responses. Can you tell me a little about your past and present research and your research goals for the near future?

In a nutshell, my research is concerned with psychological influences on the cardiovascular system. More specifically, we're concerned with how engaged a person is when presented with a performance challenge and how their engagement affects their

cardiovascular adjustments. We're also interested in predicting engagement and understanding these physiological effects via a theory of motivation. Recently, we've been addressing differences across gender and have been incorporating fatigue into our research models. Most of our studies are made up of convenience samples of undergraduate students, but we've also done work with the elderly and the sleep deprived. The processes we're interested in are easily generalizable, so there's no limit.

Every professor seems to have a unique perspective on what it takes to get into graduate school. Based on your personal and professional experiences, what advice or tips would you offer to undergraduates to aid them in their pursuit of grad school?

As far as I'm concerned, there are four legs to the stool: first, have the best grades you can. If you don't have the best GPA, at least try to have great grades within your major. Ideally, you'll have a positive rise in your GPA from your first to last year. The GRE is infamously important, and students need to know it's not an intelligence test – you must study in some capacity. I highly recommend students take a GRE prep course if they can. Next, you need great research experience and recommendation letters, which can go hand in hand. I find

some students don't know about research experience, but nowadays it's near impossible to be competitive without it. With regards to recommendation letters, at minimum, your letters need to come from Ph.Ds; there are rankings with professors – here, the highest title is Regents professor, and their letters could carry more weight.

Undergraduate students are often encouraged to gain research experience. Will you be taking in any undergraduate research assistants in the near future?

I have some undergraduates coming beginning this Fall, but if someone else is interested in my research I welcome them to contact me. I just came here in January, so my lab is in the process of being set up and we're going to start getting things going this fall.

As a professor where would you say your passion lies: with teaching, with research, with application or somewhere in between?

Research truly is a passion of mine. Teaching can be very gratifying, but I prefer not to have it as my highest priority. I myself don't do any sort of application in the clinical or community settings, per se. Not to say my work doesn't apply to those settings, because it certainly does, but it's just not what excites me.

I see you are teaching the social psychology course here at UNT. Will you be teaching any other courses in the coming semesters?

The undergraduate and graduate courses I currently teach were natural fits for me, but I'll surely be taking on more as they come. Ideally, I'd love to create a course tied to a specialty area in which I'm involved. I think those courses can be a blast. I'd love to do an upper-level, informal seminar class on motivation intensity, for example.

Who and/or what were some of your biggest influences on your psychology pursuits, either on a professional or personal level?

The overwhelming influence on my work is Jack Brehm, who was my advisor in graduate school. He was a legendary figure in social psychology, and he and I were very close. Even his laid-back and approachable style is something I've tried to incorporate in my professional life.

Outside of your psychology interests, what are some of your favorite hobbies and pastimes?

I like travelling when I can; I've had many stays in several parts of Europe and have cultivated several academic relationships overseas. I love to ski, scuba dive, hike and bike. I also like all kinds of music, and part of the reason I'm attracted to Denton is because of the eclectic music scene.

Where do you see psychology headed as a science? What aspects do you see as needing the most improvement or advancement?

I think psychology – even science in general – is heading towards integration. We're tending to break away from the norm of being grouped together and isolated based on specialization, which is stimulating new ideas and perspectives and contributing to science as a whole. In fact, collectives made up of individuals from different specialties are now being required for some grants. There's still need for advancement in certain pockets of clinical psychology that are not sufficiently empirically based, which could bridge the gap between clinical psychology and conventional medical practice.

You may contact Rex via email at
rex.wright@unt.edu
or at his office in Terrill Hall 336



PSYCHOLOGY

Bulletin Board



Helpful Offices

Undergraduate Advisor

Terrill Hall 330

Here to help with questions about psychology courses, academic standing, graduate preparation and degree plans. Call 940-565-2376 for hours.

Faculty Undergraduate Advisors

Dr. Barnett

Terrill Hall 330

Michael.Barnett@unt.edu

Graduate Advisor

Terrill Hall 343A

Available by appointment only. Here to help with applying to graduate programs, GRE testing, etc.

Psychology Newsletter Office

Terrill Hall 343B

If you have any announcements or important information to get out 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.

Interested in research?

The department has put together an application to connect students to faculty members of similar research interests.

Email psycadvising@unt.edu for more information.

A Letter from G.A.S.P. Graduate Association of Students in Psychology

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: bashirabdullah@my.unt.edu

Congratulations to Psychology McNair scholars

Rhiana Anthony, Zalash Beshah, Gabriella Grimaldo, Kameron Lewellen, Justin Litvin, Kayla Martinez, Stephanie Martinez, Monica Oh, Ronald Thomas, and Darby Winningham.

For more information about the McNair Scholars program, please visit trio.unt.edu/mcnair

Please welcome our newest editorial team member, *Wiley Stem*

Undergrad Awards

Congratulations to **Sarah Forsyth** for receiving the *Outstanding Undergraduate Student Award*
Congratulations to **Jenlyn Meyers** for receiving the *Psi Chi Award*

Research Day: Best Undergraduate Poster went to Kayla Martinez!

Faculty Research Awards

Dr. Richard Rogers received a \$334,000 grant from the National Science Foundation to study Juvenile Miranda Warnings.

Dr. Kenneth Sewell received the *George A. Kelly Award for Outstanding Scholarly Contributions to Constructive Psychology*.

Dr. John Ruiz received a \$1.63 million grant from the National Heart, Lung, and Blood Institute to examine social vigilance as a mediator of stress effects on heart disease.

New Faculty and Staff Members

Dr. Heidemarie Blumenthal

Dr. Zina Trost

Dr. Thomas Parsons

If you have a class with one of them, be sure to give them a North Texas welcome!

Faculty Changes

Dr. Adriel Boals

Promoted to Associate Professor with tenure

Dr. Yolanda Flores Niemann

Dr. Niemann, the new senior vice-provost, was appointed a tenured Professor of Psychology during the summer

Dr. Mark Vosvick

Dr. Vosvick, associate professor of psychology, was elected as Chair of the UNT faculty senate committee.

Q & A with some fellow Undergrads...

A few of your fellow undergraduate Psychology majors who have been successful in their academic journeys thus far have answered some of the following questions to help provide guidance to their peers:

1. What sort of research-based experience or accomplishments have you made since starting your undergraduate degree?
2. At what point during your undergraduate degree did you start getting ahead to prepare for graduation or for graduate school?
3. What sort of advice would you give Freshman or Sophomores who are just starting in on their degree?



Wiley Stem Senior, Research Asst./Office Manager in the
Center for Psychosocial Health Research,
TA for Human Sexuality with Dr. Chng

2. I'm very thankful to my 2317 lab TF, Thomas DeSena, who - during my first semester - taught me just about every thing I need to do to get my foot in the door and to prepare for my academic future. But, it wasn't until my 3rd semester at UNT that I joined a research lab and joined Psi Chi, which jumpstarted my still in-progress preparation for grad school.

3. Make friends in your psych classes. Listen to senior undergrads who have been successful. Talk with your professors and TAs whenever you can; if you show them you're interested, they'll be glad to help you out and show you the path to success. It's impossible be a "lone wolf" and be a successful academic in psychology.

Kayla Martinez Senior, McNair Scholar,
Research Asst. in the Stress and Cognition Research Lab

1. I started working for Dr. Adriel Boals in the Department of Psychology in my Sophomore year, the Fall of 2010. Through working with Dr. Boals I learned about the McNair Program, which helps low-income, first-generation college students prepare for Ph.D. programs. Through the McNair Program and Dr. Boals, I was able to design and conduct my own research study. I have presented my research at many conferences. I also started an internship last summer at Denton County Friends of the Family. I co-lead a counseling group there. By doing both of these activities, I was able to get a good feel for both the basic and applied sides of the field of psychology. That really helped me decide if I wanted to go the clinical or counseling route.

2. Part of being competitive for graduate school is having research-based experience. I would start early for that. It takes a very long time to design and conduct a study and even longer to process the results and present or publish those results and things don't always go as planned. For the actual application process for graduate school, I would start the Spring of my junior year. You have to give yourself plenty of time to pick schools that offer research opportunities that aligns with your research interests.



Q & A with some fellow Undergrads... Continued

A few of your fellow undergraduate Psychology majors who have been successful in their academic journeys thus far have answered some of the following questions to help provide guidance to their peers:

1. What sort of research-based experience or accomplishments have you made since starting your undergraduate degree?
2. At what point during your undergraduate degree did you start getting ahead to prepare for graduation or for graduate school?
3. What sort of advice would you give Freshman or Sophomores who are just starting in on their degree?

Brooke Gomez Senior, Research Asst./Office Manager in the Center for Psychosocial Health Research, TA for Human Sexuality with Dr. Chng

1. I was fortunate enough to seek counsel from an advisor my freshman year, and she encouraged me to join a research team. She informed me of Dr. Vosvick's Center for Psychosocial Research (CPHR), which conducts research on the HIV and LGBT communities. I joined the summer after my freshman year, and since have had the opportunity to present my research at two national conferences (the American Psychosomatic Society in March of 2011 and the Association for Psychological Sciences in May of 2012). In addition, I presented three paper presentations at UNT's Scholars Day and won a monetary prize for my written work. Currently, I am working on another submission for APA, am waiting to hear on a submission to SBM, and most importantly working on a manuscript. After actively working on the team for a year, Dr. Vosvick assigned me the position of office manager. This job has given me the opportunity to work closely with Dr. Vosvick, who has taught me much more than how to do research. I gained a sense of professionalism, and learned how to properly communicate with faculty members. I am extremely grateful for the opportunities I have been given, and I wish I knew that advisor's name so I could thank her!



3. First and foremost, never let anyone underscore your dreams. I have experienced so much negativity from people who are ignorant about what the field of psychology is really about. I have heard "why don't you just switch to a business degree now before you waste anymore money" so many times. If a psychology degree is what you really want, chase after it and do not let anyone deter you from your dreams. With that said, do not take this path lightly. It may not be true that there are "no jobs for psychology majors," but it is true that there are barely any jobs, and no good paying jobs, for people with only a B.A. or a B.S. in psychology. You need to be certain that this is what you want, and be prepared for a long ride (masters or a doctorate). How do you figure out if psychology is for you? The beauty of this field is that you figure it out while you're in school! Join a research team, and join it now. Although you may not want to ultimately do research, you will have to in order to get to where you want to be. I also advise undergrads to structure their lives harmoniously with their goals. What I mean by this is, do not get involved in things that don't put you one step closer to grad school. My final piece of advice (and then I promise to get off my soap box) is to start the grad school application process early. If you are a freshman or sophomore, do not tell yourself "it's too early to start looking," because it is not. At the very least you will familiarize yourself with how to navigate through all the different programs' websites. It may seem like a lot now, but when you realize that this is what you truly want to do, you will reach a point where you are doing only the things you truly love, and it won't feel like work.

Now, how will YOU get ahead in YOUR degree?

Visit with your Undergraduate Advisors in Terrill Hall 330 to stay ahead.

EDITORIAL STAFF: Fall 2012



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LGBT Studies, Spanish

If you are interested in being a part of the Newsletter in future semesters, please do not hesitate to contact the editor via email at jenlynmeyers@my.unt.edu for more information!