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Welcome to the Psychology Department! 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 through your degree program. I hope you will make use of your instructors’ office hours during the semester, as well as the many different resources on campus designed to help you be successful.

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 have a department-wide application process for research teams to help students get involved. 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.
NOTE FROM

DR. SCHNEIDER

THE NEW DIRECTOR OF THE UNDERGRADUATE PSYCHOLOGY PROGRAM

I want to welcome all new and returning Psychology majors to the Fall semester. We hope you find this newsletter informative and useful as you continue on the path to earning your baccalaureate degree. We want it to assist you in learning about your fellow students, the department faculty, 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 3rd floor of Terrell Hall and feel free to check the undergraduate Bulletin Board on the 3rd floor for important announcements. Finally, do not overlook the Psychology Department website for the latest updates on news.

We do have some good news to report despite the UNT budget reductions which you may be aware of that were spread across the university for the 2014-15 academic year. The Psychology Department was successful in being able to retain the part-time service of Ms. Patricia Reese from the UNT Science and Technologies Library. Patricia will continue in her part-time work in our Department as a librarian. Pat will be in Terrill Hall, Room 383, on Tuesday and Thursday afternoons. She is readily available to teach students how to use online databases and work with students showing them how to make their literature searches more effective and efficient. Having a UNT librarian like Pat directly available in Terrell Hall is a great advantage that many UNT departments do not have and that psychology departments in many other universities typically do not have. This is a great resource and we encourage you to use it wisely. Pat’s door is always open and feel free to stop by just to say “hello”!

Because the Psychology Department shares the University’s aspiration to provide the best undergraduate educational experience in Texas, members of our faculty believe communication between students and faculty is not only fundamental but also vital. I want you to know that I will do my best to serve your academic needs. If I can be of any help to you, feel free to come by my office (Terrill Hall 363), email me at Lawrence.Schneider@unt.edu, or contact Ms. Diane Kozul at 940 565-2652 to schedule a specific time to meet with me.

Welcome again and have a great semester.

“If I can be of any help to you, feel free to come by my office.”

Larry Schneider, Ph.D.
Director of the Undergraduate Psychology Department
LOST?
WE CAN HELP.

The Psychology Undergraduate Newsletter is here to answer all of your questions. Each semester, we sit down and gather information that we think will help you get the most out of your psych degree.

As a psychology major, you have chosen a wonderfully diverse and exciting field with plenty of opportunities. Psychologists work in a variety of settings and can have very fulfilling careers. With that being said, it’s your duty to determine what you want to do with your psych degree.

Landing your dream job isn’t impossible with only a Bachelor’s degree, but it isn’t easy. In most cases, you’ll need a Master’s, a PhD, or a PsyD to get the career you want. In order to get those titles, you’ll need to attend graduate school.

If you’re interested in going graduate school, the best time to start preparing is NOW. Getting into graduate school is pretty rigorous, so you’ll want enough time to put the best possible application together. You’ll want to have the highest GPA you can manage, research experience, and quality letters of recommendation.

Whatever you decide to do, rest assured knowing that UNT has all the resources you need to be successful. Want to help with psychology research? Ask one of the many qualified psych professors on campus. Need help writing a CV? Visit the Career Center. Don’t know what electives to take next semester? Ask one of the advisors in the Psych Advising office. The list goes on and on.

Be sure to make friends with other students in your psychology classes. They’re all going through the same process as you, and that mutual support can do wonders. Additionally, join Psi Chi, the psychology National Honor Society. The local UNT chapter meets bi-weekly and can be yet another resource for you.

Always keep an eye out for psychology opportunities. For example, the Texas Psychology Association is holding their annual convention in Dallas this year, from November 13th-15th. This will give you an opportunity to meet other students and professionals in the field.

Hopefully, this newsletter can be of use to you! Look out for next semester’s issue, as well.
WHAT CAN I DO WITH A PSYCHOLOGY MAJOR?

Career Options for Psychology majors who don’t want to go to graduate school.

Learn about your options!

Hear about the different career possibilities available to you with a psychology degree.
Get tips about how to make yourself marketable for the career you want.
Learn which options fit your personality and interests.

November 5, 2014 3:30-4:30
Life Science Building A419
The University of North Texas offers two different types of undergraduate psychology degrees: a Bachelor of Arts (B.A.) or a Bachelor of Science (B.S.). There are a few differences between the two. The B.S. requires a higher GPA, a couple of additionally courses, and an Honors Thesis. Getting a B.S. requires that you to keep your GPA high and gain research experience with your thesis—both of which are beneficial if you’re applying to graduate school. Keep in mind that the distinctions between a B.A. and a B.S. are not the same at every university.

**BA OR BS?**

The following students have obtained their undergraduate psychology degrees here at UNT with honors distinctions. Will you be the next one on this list?

**MAY 2014**

Cum Laude

Lee Bedford
Nicolette Boyd
La’Quarion Bradley
Maxwell Bullard
Bethani Carter
Jenna Delk
Danae Fields
Stephanie Fischer
Kelsey Foss
Carrie Gardner
Allison Guderian
A.J. Guerrero
Lindsay Harris
Blake Judson
Ashley Niermann
Amber Norris
Bryan Norris
Catherine Savoie
Paxton Van Klombenburg
Kaylan Wardlaw
Mikayla Wynter

Magna Cum Laude

Maria Bocanegra
Michael Guillory
Ethan Lester
Rebecca Madison
Priya Mathew
Stephen Ramos
Wiley Stern IV
Julie Svoboda
Amanda Vela
Taylor Williams

Summa Cum Laude

Jennifer Ball
Galen Camp
Cassie Dean
Joseph Hatfield
Gabrielle Javier
Andrea Lucio-Rosales
Cheyenne Mullan
Katherine Prindiville
Franziska Sprinkmeyer
Ruth Stoner
Darby Winningham
Allison Yanez

**AUGUST 2014**

Cum Laude

Ryan Mason
Sara Nunez

Magna Cum Laude

Matthew Dalton
Alex Naughton

Summa Cum Laude

Diana Askings
Rebecca Deshan
Hyeon Kang
You will hear this time and time again—joining a research team and getting some sort of research experience is vital to becoming a prime candidate for graduate school.

For those of you who are unaware, a research team is a team of students working under a professor developing a study and conducting the research to gather data. These teams usually consist of a mix of graduate and undergraduate students. The qualm that most students have that prevents them from joining a team is the trouble getting started and finding a fitting team to join so here are some quick tips on what you need to know to begin and succeed on a research team.

An ideal place to start is the university's website. Take a gander at faculty’s pages and profiles on the psychology department website. See what they are interested in studying, what their specialties include, and if their interests match yours. Email that professor to see what they are currently working on. The key is making your desires and abilities known to them. They might ask you to meet with them to discuss further if you will be a good fit for the team. Most importantly, though, keep an eye out for the undergraduate psychology research application that rolls out at the beginning of each semester. This application is a quick and effective way to get your foot in the door with every psychology professor here at UNT.

The research team will decide the measures and variables that will be utilized, as well as protocol and recruitment of participants from the available population. Once the preparation is concluded, students go out and administer testing and data collection. Lastly, once all data is collected, the team will compile and enter data into whatever they use to organize it and can witness the magical world of statistics unfold.

If the results of the study are significant, there is chance for publication or notoriety—which is an amazing thing to be apart of. Even if the results are not significant, the experience of conducting research is exceptional in itself, hence why you should definitely join a team regardless if research is not your main focus or career goal in psychology. Depending on the team you join and the professor, this process can take a few months to perhaps a year or more. The measures and skills you gain will make you an optimal candidate for whichever graduate program you will desire to gain acceptance to.

Psychologists depend on research and studies to influence their clinical work, which is why the understanding of, consuming, and administering research literature is of extreme importance. Demonstrating to graduate schools that you, as an undergraduate, already have exposure to what it means to design and orchestrate a research study, including a skill set that involves data collection, analysis, and entry, as well as literature review, manuscript writing, and potentially presentations of findings, really gives you a leg up as a candidate for their program. Also, via research teams, you can network with professors and mentors, as well as experts in the field.
Getting one letter of recommendation is daunting enough, and many graduate programs ask that you submit at least three. Dr. Barnett, professor and undergraduate advisor, recommends that at least two of these be from faculty members of the university, and that students totally avoid letters of recommendation from supervisors, family members, or people otherwise not associated with psychology. Save yourself from making the awkward, last-minute requests by networking and preparing for these early on and following these guidelines.

Professors are the most common source for students to ask for letters of recommendation; unfortunately, it can be less than impressive if you’ve asked a professor who has only a vague memory of your work and character. “Show up to class on time, ask engaging questions, and come with an attitude that says ‘I’m ready to work,’” recommends Dr. Adriel Boals. Asking questions outside of class and meeting with professors at their office hours (something that is often out of the ordinary in larger classes) are great ways to build the start of a professional relationship with professors.

Research teams can be a great source, too. If you’re planning on going to graduate school, you should already be planning to be on a research team. The professor who oversees your team will be more familiar with your work ethic, problem-solving abilities, and aptitude to the subject than almost any other faculty member. Also, many graduate schools will request information about things like research acumen in letters of recommendation, and professors who only know you from lecture will have to admit that they do not have the information needed to evaluate you in this manner.

If you’re involved in any on-campus organizations, you’re in luck! Fraternities, sororities, honor societies, and Psi Chi (our very own honor society) are networking gold. Attending meetings in which influential professors, community organizers, and faculty give talks or seminars and asking questions is a great way to start building mentorships; attending events is even better.

Finally, seek out volunteer opportunities and internships. If you work hard, you’ll be able to find someone who can vouch for your character in a letter of recommendation. Even if you don’t have the time or funds to take an internship, there are countless opportunities to volunteer with mental health organizations locally and virtually. Becoming a frequent volunteer with organizations such as Denton County Friends of the Family (www.dcfof.org) or the Denton County MHMR Center (www.dentonmhmrc.org) can also be valuable stepping stones to your career after graduate school, as well.
The GRE is just as integral to your graduate school admissions process as your personal statement, letters of recommendation, or transcripts; most graduate programs in the United States will require applicants to submit their GRE scores. The GRE is designed to test a student's critical thinking and writing skills, which predict a student's success in his or her first year of graduate school. The key to mastering it is becoming prepared in time; most recommend that prospective graduate students take the GRE a year prior to their expected admission to the graduate program.

There are several great resources out there for low-cost GRE preparation materials, starting with the UNT Learning Center. The Learning Center offers study materials for an assortment of exams, including the GRE, as well as exam preparation workshops held in Sage Hall. The current semester's schedule for these workshops can be found at the Learning Center's website (http://learning-center.unt.edu). Another low-cost resource is the Official Guide to the GRE Revised General Test: This workbook is published by Educational Testing Services (ETS), the board that generates and revises the GRE. It's available for roughly $20 through Amazon, and includes four practice exams. If you have a larger budget and need more intensive help, Magoosh.com costs between $80-100 for six months of access to a variety of exam materials. The program includes video lessons, suggested preparation schedules according to how much time you have before your test date, electronic flashcards, quizzes, practice exams, and tutoring.

There are three sections of the GRE: the Analytical Writing, Verbal, and Quantitative portions. The Verbal and Quantitative portions have a minimum score of 130 and a maximum score of 170, which creates a possible range of 260 to 340 for combined scores. The score range for the Analytical Writing portion is 0 to 6, and scores can be awarded in half-point increments.

Students are allowed a total time of three hours to take the GRE. The analytical writing section is always first, with 30 minutes given to each task. The quantitative reasoning section is allowed 45 minutes, and the verbal section is allowed 30 minutes. There is also an unscored section of the test that lasts 30 minutes; this section of the test is not revealed to the test-taker as the unscored section.

The average GRE score for social science students in 2013 was 150.1 in the Quantitative section and 152.9 in the Verbal section. The average Analytical Writing score was 3.8.

The standard cost of taking the GRE is $195; extra fees can be inferred for reasons such as late registration, rescheduling, or administration of a non-computerized exam.

Most experts recommend that students spend one to six months preparing for the GRE.
Psi Chi is an international honor society that stimulates and maintains growth and excellence in the field of psychology and all those who pursue this field. There are numerous chapters spread out all over the globe where students come together to enhance the science of psychology through academics, leadership practices, philanthropy, and networking in the field.

Psi Chi holds bi-weekly meetings where members (and nonmembers) can come together and conduct an assortment of useful business. There are often experts in the field who come to present as guest lecturers, fundraising events, graduate school information and help with applications and CVs, how to get on research teams, and opportunities to connect with other students interested in pursuing a career in psychology and also faculty members. Psi Chi is involved all around the community with organizations such as Denton County Friends of the Family, Spirit Horse, Resource Center (LGBT Support), the Texas Association of Infant Mental Health, Abilities Connection Texas, and Dress for Success.

Remember, you do NOT need to be an official member to participate or come to meetings.

MEMBERSHIP REQUIREMENTS
Completion of at least 9 hours of psychology classes
3.0 GPA in all course work
3.0 GPA in all Psych courses
A one-time $65 Membership fee

MEETING DATES & TIMES
Bi-weekly; Mondays at 5 PM
Terrill Hall, Room 121

2014-2015 OFFICERS
President: Natalie Shelton
Vice President: Kinsie Dunham
Secretary: Nikita Suri
Treasurer: Alejandra Velazquez
Historian: Oksana Ellison
Service Chair: Tilija Stanojevic
Fundraising Chair: Rachael Cruze

Alejandra Velasquez and Rachel Cruze show off their henna tattoos during a recent Psi Chi fundraiser
Dr. Wang’s study abroad course took fourteen undergraduate psychology students and five graduate students to Beijing in Maymester 2014 for PSYC 4900 (Cross-Cultural Psychology). The students partnered with students at Beijing Normal University and visited different historical sites, such as the Forbidden City and Tiananmen Square, in addition to more traditional course lectures and group assignments each day. UNT students further explored the subject of the course by meeting up with their cross-cultural partners to discuss their cultural similarities and differences.

Cynthia Ponciano, one of Dr. Wang’s students, says of the experience: “My experiences in China helped me learn about a different culture, build relationships, and reflect on my own life. [...] While talking and getting to know the Chinese students, there was no doubt in my mind that they were very dedicated, hard-working, and generous individuals.” Cynthia still keeps in contact with the students from Beijing Normal University, and credits the trip with a large difference in her persona and worldview.

Another student, Hannah Leah Hansen, speaks of her first experience of everyday life within a collec-
If I could climb the Great Wall, I could do anything I put my mind to.”

seeing such a closeness among fellow students and citizens rubbed off quite quickly on our students; Hannnah mentions that the group climbed the steps of the Great Wall only with the teamwork and help of the other students in the course.

The daily visits to different historical sites also made lasting impressions on the UNT students. “The Great Wall was an astonishing experience that made me think that if I could climb the great wall, I could do anything I put my mind to,” says Cynthia. “Climbing the Great Wall of China was hard [...] but I could not have left China without doing it.” The sense of accomplishment felt by the students was accompanied by the experience of seeing such famous and beautiful landmarks in person. “Looking at the hike up before we started hiking was daunting, but as we got farther and farther up, we were able to get a beautiful panoramic view of the countryside, and we forgot about how far we still had to go,” writes Hannah. The students also wrote of positive and meaningful experiences at the Summer Palace and the Forbidden City.

Dr. Wang will be offering this course again in Maymester 2015 with limited slots. If interested, please contact him at dcwang@unt.edu or 940-565-2678 by December 1, 2014.
Questions, comments, or concerns? Feel free to email us. We’re also always on the lookout for people to help put the newsletter together. You can reach the Editor at joelflores@my.unt.edu