



# PSYCHLES



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Executive Editors: Justine Pevec and Nicole Pollock  
Advisor: Dr. Deborah Tindell

## Psi Chi Welcomes New Members

### INSIDE PSYCHLES:

The National Honor Society in Psychology, Psi Chi, inducted seven new members in April of 2011. The event was held in conjunction with King's College and Misericordia University in our ballroom in the Henry Student Center. It was great for all the local sections of Psi Chi to be able to come together over brunch and welcome new members.

The most special part of the Psi Chi ceremony this year was presenting Dr. Bohlander with a plaque thanking him for acting as the advisor of Psi Chi for the last 30 years. He has passed on the title of Psi Chi advisor to Dr. Selden, but still remains involved in Psi Chi. The members of Psi Chi would like to thank Dr. Bohlander again for all his time and dedication to Psi Chi over all of his years as advisor.

Congratulations to the newest members of Psi Chi: Linzey Astleford, Brianna Edgar, Courtney Gans, Brandon Hector, Jeromy Hrabovecky, Maura Kelly, and Rachael Talpash!

Interested in becoming a member of Psi Chi? Be on the lookout for applications outside Dr. Selden's office coming soon!

Requirements are:

1. Registration as a psychology major or minor
2. Second-semester sophomore status (at least 45 completed undergraduate credits)
3. Completion of at least three psychology courses at Wilkes
4. Overall GPA of 3.0 or better
5. Psychology GPA of 3.4 or better
6. Good moral character

- Nicole Pollock, Co-Editor



Photo courtesy of  
Nicole Pollock

From left to right, bottom row: Courtney Gans, Linzey Astleford, Jeromy Hrabovecky, Brianna Edgar, Maura Kelly

Top row: Dr. Bohlander, Chelsea Uselding, Meaghan Williams, Nick Zinskie, Nicole Pollock, Justine Pevec, Dr. Selden

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## Meet the Members of Psychles

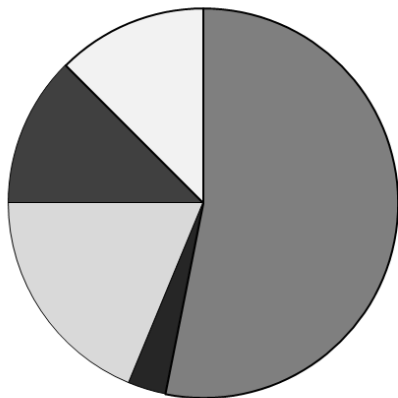
For those of you new to Wilkes, we would like to introduce the advisor and writers of our psychology newsletter, Psychles! Due to some of our members having graduated this past spring (congrats!) and our previous executive editor, Chelsea Uselding, studying abroad in Wales this semester, our newsletter has currently been placed into the hands of its advisor, Dr. Tindell, and two of our Senior Psychology majors, Nicole Pollock and Justine Pevec. Here they are to welcome everyone back to campus:

Hey everybody, I'm Nicole! I'm really excited to be back at Wilkes and get to see everyone on a daily basis again. I'm also looking forward to meeting all of the new psych students! I wish everyone a happy, safe, fun-filled semester!



Hi everyone, I'm Justine! I would just like to say welcome to all of the new students and welcome back to all of the returning students. I foresee a good school year ahead of us, and I hope everyone is ready for the fun

## Student Question of the Month



- Seeing your friends
- Buying new clothes
- Attending new classes
- Being away from home
- Other

We asked Wilkes Psychology students,  
**“What is your favorite part about going back to school?”**

- Justine Pevec, Co-Editor

## Welcome from Dr. Tindell

Welcome Back!

I hope everyone had a great summer break and is looking forward to a wonderful year. I have really enjoyed coming back to campus after my sabbatical leave in the spring. I missed being in the classroom, and it has been great to see students, both returning and new. For those of you who don't know me, I want to extend an invitation to come visit me in my office if you have any questions or concerns about the psychology department.

Psychles is one way that we attempt to keep psychology students informed about what is happening in the field of psychology and in our department. Please let us know if you have any ideas for future issues of the newsletter.

Have a great semester, everyone!

Dr. Debbie Tindell

## Student of the Month: Amy Asher

Amy, a junior from Endicott, NY, is a psychology major with a minor in sociology. She chose Wilkes University because she enjoyed the size and feel of the campus, as well as the added benefit of being located within close proximity to her relatives.

Amy enjoys travelling and collecting spoons from every place she visits as a reminder of her experiences. During her down time she likes to curl up with a good book, preferably her favorite author, Nicholas Sparks. She also enjoys being a member of Wilkes' Psychology Club, having acted as its treasurer her sophomore year and its president for the current school year. Besides the positions she has held, and is currently holding, Amy shows her support for those who have lost the battle with cancer and those fighting against it by actively participating in Wilkes' Relay for Life events in the spring.

When she graduates from Wilkes in the spring of 2013, Amy plans to attend graduate school to pursue a Master's degree (she is still trying to determine what program is right for her). Amy was chosen as Psychles Student of the Month because of her active involvement in the psychology department and her recent election as the Psychology Club president.



- Photo courtesy of Amy Asher

## Word Find: Neurological Disorders



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

- Agnosia
- Akathisia
- Aphasia
- Dementia
- Epilepsy
- Huntingtons
- Hypoxia
- Meningitis
- Narcolepsy
- Parkinsons
- Schizophrenia
- Stroke

## Celebrating the End of an Era: Senior Capstone

After designing an experiment and writing countless drafts of their proposals in PSY 300, students are required to take a course that allows them to actually carry out their research—Senior Capstone. This class provides Wilkes' Senior Psych students a unique opportunity to execute their own proposed experiments, and subsequently present their results to their fellow classmates and professors.

Hairs have been pulled and tears have been shed, but all of the students who took Capstone in the Spring of 2011 successfully presented their research on April 30<sup>th</sup>, and that called for a celebration! Along with their PSY 300 and Capstone advisors, Dr. Tindell and Dr. Bohlander, the students made their way downtown to Bart and Urby's to celebrate the end to their biggest obstacle at Wilkes.



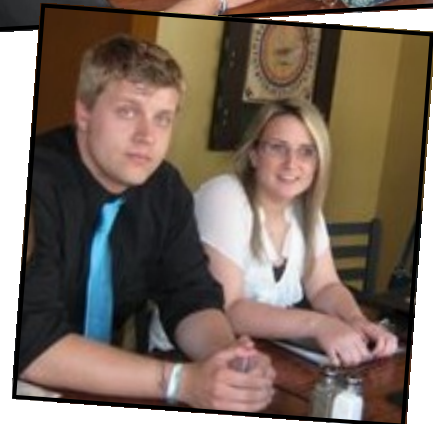
Alison Heck, now Wilkes Alum, thought that the event not only acknowledged all of her and her peers' hard work, but it also acted as a last farewell before graduation. Similarly, Sean LaFleur, now Wilkes Alum, described the dinner as "a perfect ending to a four-year journey, as everyone was able to unwind and celebrate months of diligent work and discuss the experiences of the day over great food and a few drinks with professors and colleagues." All Capstone students would like to thank Dr. Tindell and Dr. Bohlander for arranging the dinner!

- Justine Pevec, Co-Editor



From Top Left: Dr. Bohlander, Will Schweitzer, Sean LaFleur, Lisa Bova, Amber Kozo, Viki Soloski, Katie Welsh

From Bottom Left: Cait Cunningham, Maggie Sorber, Keri Waleck, Bonnie Kerin, Ashley Sherer, Alison Heck



- Photographs provided courtesy of Dr. Tindell

## Intern of the Month: Heather Brown

*Heather Brown is a Senior Psychology major with minors in both Dance and Sociology. This past summer, she completed an internship at Special Care Hospital's Inpatient Behavioral Health Unit in Nanticoke, PA. I asked Heather to answer some questions about her experiences.*

### What was expected of you at your internship?

One thing that was expected of me at my internship was to look and act professionally. The dress code included attire that was indicative of a professional atmosphere balanced by practicality, job function, and special circumstances in order to present myself as a role model within the treatment community. Since the environment that I worked in released patient information, all staff members are required to not violate HIPPA (Health Insurance Portability and Accountability Act), or in other words, reveal patient information.

Among a number of responsibilities, treatment plans were one of my main tasks and consumed most of my internship. Treatment plans require interns to administer appropriate psychological assessments, record the results of the assessments in progress notes, record weekly treatment team and treatment planning meetings in the progress notes, record contacts with family members for treatment plan reviews, and to be present during psychiatric evaluations when possible.



- Photo courtesy of Heather Brown

### What made you want to intern at this site?

I wanted to be able to help people dealing with mental health issues. Since Special Care Hospital had a Behavioral Health Unit, I thought it would be a great opportunity.

### What was the most rewarding part of your internship?

The most rewarding part was being able to watch each patient grow. I find it very rewarding to be able to see someone at their worst, but then help and watch them grow throughout their stay.

### Has your internship helped you direct your career plans in any way?

Yes, it definitely was a very rewarding and positive experience. However, with this internship I was only able to understand what it is like to work with the geriatric population. Therefore, I would like to experience working with the teenage population and see what that is like compared to this population.

### Do you have any advice for other students interested in completing an internship?

I would just say to make sure if you decide to do an internship, to choose a place that you would really enjoy and get a good experience from. Also, always do research on the site you would like to work for because during an interview, employers like to see how much you know about their operations.

## Psychology Resource Books Available

The Psychology Department owns an assortment of resource materials that are available to all psychology students. To borrow a book, please contact any of the psychology professors. Please take advantage of these FREE resources!

*The books the Department currently offers:*

### General GRE Prep Books:

1. BARRON'S GRE 2008 17<sup>TH</sup> EDITION by Green & Wolf
2. GRE EXAM: VOCABULARY IN A BOX by Kaplan
3. TAKING THE GRE WRITING ASSESSMENT by Tim Avants



### Psychology GRE Prep Books:

1. CRACKING THE GRE PSYCHOLOGY TEST by The Princeton Review
2. GRE PSYCHOLOGY: Second Edition by Kaplan
3. GRE SUBJECT TEST: Psychology by Graduate Record Exam 2009-2010

### Careers in Psychology books:

1. CAREER PATHS IN PSYCHOLOGY: *Where Your Degree Can Take You* by Robert J. Sternberg
2. FINDING JOBS WITH A PSYCHOLOGY BACHELOR'S DEGREE by R. Eric Landrum
3. PSYCHOLOGY CAREERS: *Opportunities in Psychology* by Super & Super

### American Psychological Association (APA) manuals:

1. CONCISE RULES OF APA STYLE: *The Official Pocket Style Guide*
2. PUBLICATION MANUAL OF THE AMERICAN PSYCHOLOGICAL ASSOCIATION: *6th Edition Copy 1*
3. PUBLICATION MANUAL OF THE AMERICAN PSYCHOLOGICAL ASSOCIATION: *6th Edition Copy 2*

### Psychology Graduate School books:

1. GRADUATE STUDY IN PSYCHOLOGY 2005 by The American Psychological Association
2. GETTING IN: *A Step by Step Plan for Gaining Admission to Graduate School in Psychology*

### Psychology Major information and advice:

1. WHAT PSYCHOLOGY MAJORS SHOULD (AND COULD) BE DOING: *An Informal Guide to Research Experience and Professional Skills* by Silvia, Delaney, and Marcovitch
2. WHAT YOU CAN DO WITH A MAJOR IN PSYCHOLOGY by O'Hara & Horowitz
3. THE PSYCHOLOGY MAJORS HANDBOOK by Tara L. Kuther
4. THE PSYCHOLOGY MAJORS HANDBOOK: *2nd edition* by Tara L. Kuther

- Justine Pevec, Co-Editor

## The Flood of 2011



Photo courtesy of Nick Zinskie

Wilkes University, among many other areas was affected by the flood of 2011. Fortunately, facilities reported the university itself suffered minimal damage with just some damp floors in the basements of the older buildings. However, other people and places were not as fortunate. Wilkes has taken the initiative, as President Dr. Gilmour talked about at Club Day, to help current students, former students, and faculty and staff members who have suffered from flood damage. This even included paid days off for Wilkes employees with severe damage as well as for people who wanted to volunteer their time to help others. Wilkes has been sending many volunteers to different areas daily to help out with different parts of the flood clean up. Transportation is provided to these sites. For more information on donating or volunteering, please contact [community.service@wilkes.edu](mailto:community.service@wilkes.edu).

- Nicole Pollock, Co-Editor

## Puzzle Solution

### Word Find

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





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<http://wilkes.edu/pages/3342.asp>

Also follow PsychWilkes on Twitter!

## GRE Practice

### VOCABULARY

**Assuage** (v): to make something unpleasant less severe

**Capricious** (adj): changing one's mind quickly and often

**Enigma** (n): a puzzle; a mystery

**Fervid** (adj): intensely emotional; feverish

**Pedant** (n): someone who shows off learning

Source: GRE 2010-Kaplan

### MATH: Order of Operations

1. Parentheses
2. Exponents
3. Multiplication and Division from left to right
4. Addition and Subtraction from left to right

**\*\* Hint:** A common technique for remembering the Order of Operations is the abbreviation "PEMDAS," which can be turned into "Please Excuse My Dear Aunt Sally".

Source: <http://www.greathformulas.com/preview/GRE-Math-Formula-Sheet-Preview.pdf>

- Justine Pevec, Co-Editor



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