



PSYCHLES



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Senior Capstone Day

INSIDE PSYCHLES:

For twelve senior psychology students, including myself, December 3, 2011 started unlike any other day. This particular date was one for which we had been anxiously awaiting our entire undergraduate career, and it had finally arrived after two years of researching, executing, and analyzing our research experiments. Capstone Day is one day that was set-aside for us to present all of the hard work and dedication that we put into our experiments to faculty, students, and fellow classmates.

The day started at precisely 8 AM in Stark Learning Center with a group picture being taken and bagels and beverages provided by Dr. Bohlander, our Capstone instructor. Once everyone was settled, a brief introduction was made by Dr. Bohlander to introduce the events of the day and to begin capstone presentations.



Top Row (left to right): Dr. Bohlander, Bridget Hine, Rachael Talpash, Paul Huch, Justine Adams, Brandon Hector, Samantha Schields; Bottom Row (left to right): Chris Manzi, Justine Pevec, Nicole Pollock, Allison Romanski, Heather Brown, and Nick Zinskie

Lunch at Rodano's!



Photos courtesy of Dr. Bohlander

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Around 1 PM, all presentations were presented and it was finally time to breathe! For those who decided to join, Dr. Bohlander and Dr. Tindell graciously treated the Capstone students to lunch at Rodano's. It was a great opportunity to get to just chat with our professors and classmates in an informal setting after a day of nerves and fast-beating hearts. We all decided to go the comfort food route and ordered French fries, mozzarella sticks, and pizza to share.

— Justine Pevec, Executive Editor

Movie Character Dx

Case Report #1

Patient Name: Rambo, John

Demographics: White, 5'6, 200 lbs., aged 35

Work History: VFW, POW

Background:

Mr. Rambo first came to me after being referred by an army psychiatrist. His appearance was jarring; he refused to wear a shirt, instead painting himself with camouflage stripes, and insisting he didn't need therapy, that he needed to, "Go bring the boys home!" Subduing him during these episodes was difficult, considering his muscular physique (Note: while he seems to possess few addictive tendencies, a possible abuse of steroids has been proposed). It required several sessions to reduce his hyper-arousal and gain his trust.

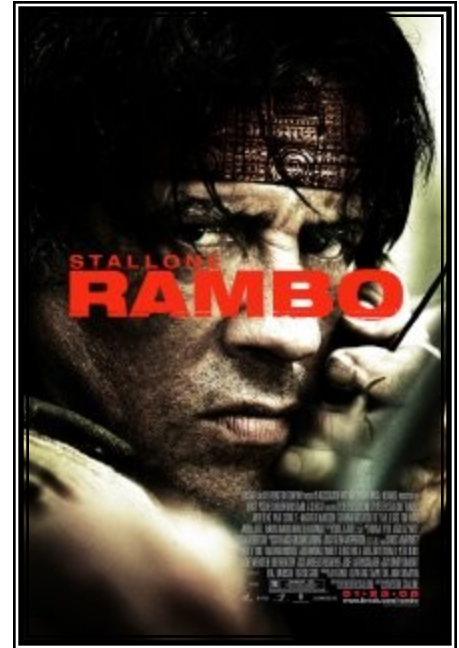


Image Source:

<http://www.imdb.com/title/tt0462499/>

Case History:

Mr. Rambo's initial meetings were fraught with dissociation and mania. He would hold an intercom microphone to his mouth, repeating as he did, "...And I'll find them, or I'll find you." When asked to whom he was speaking, Mr. Rambo's face would contort, "Murdock" he snarled. I did not press him on this, but allowed this Murdock to be an interlocutor for our sessions. This methodology was moderately successful: by observing Mr. Rambo's interactions with "Murdock" the source of much of his traumas—namely his experiences in the Vietnam War—became clear.

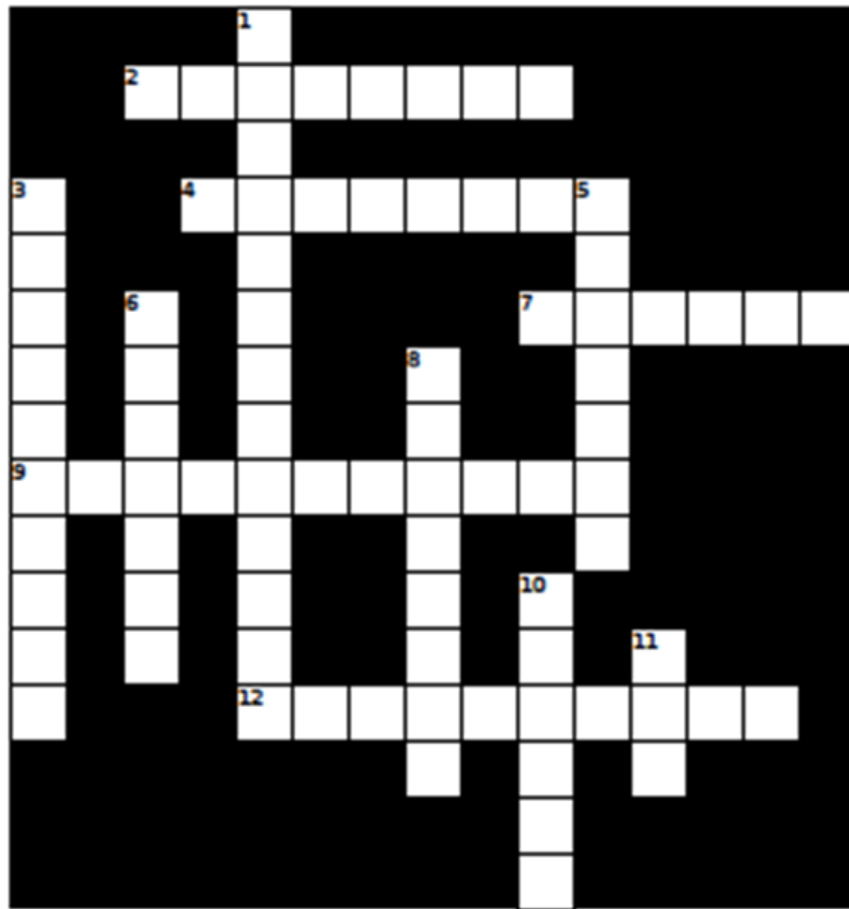
Mr. Rambo's service in Vietnam exposed him to incalculable acts of violence, and the threat of death, both to himself and his companions, on a daily basis. Any recollection, whether through therapy or otherwise, and Mr. Rambo will begin viciously reliving the horrors he has experienced. He seems to have little sense of a future for himself, which is connected with a deep sense of detachment from those he suspects of being enemies—namely, everyone, and the severe emotional constraints his psyche has fashioned. By now, Mr. Rambo's hyper-arousal has become legendary among the staff; the orderlies wonder if he has slept since arriving, his outbursts are of volcanic nature accompanied by a compulsive ritual involving tearing his shirt into a headband. That this is also accompanied by hyper-vigilance, so much so that it requires any orderly attending Mr. Rambo first perform a complete search of his person for weapons, etc.

Diagnosis:

Mr. Rambo suffers from Severe PTSD from his experiences overseas, this is agitated by a massive effect of Chronic Stress on his Functionality. He may also suffer from paranoia, and other as-of-yet-undiagnosed disorders. In all, I believe Mr. Rambo's stay with us will be lengthy.

—Andrew Miele, Co-Editor

Crossword Puzzle: Pop Culture in Psychology



ACROSS

- 2 Howard Hughes, who suffered from OCD, was played by whom in “The Aviator” (last name)
- 4 The therapist in “Good Will Hunting” was played by this actor (last name)
- 7 “The Curious Incident of the Dog in the Night-time” is a novel written from a child who suffers from _____.
- 9 Due to an accident, the main character of “Memento” suffers from _____ amnesia.
- 12 Serial killers, such as Ted Bundy, are often diagnosed with _____ personality disorder.

—Chelsea Uselding, Co-Editor

DOWN

- 1 The main character in “A Beautiful Mind,” John Nash, suffers from what disorder?
- 3 Brooke Shields spoke out about a very important disorder many women suffer
- 5 The film “_____ Island” follows a police officer’s investigation of an isolated psychology ward.
- 6 This film is named after the condition of dizziness caused by heights
- 8 In the novel, “One Flew Over the Cuckoo’s Nest,” Chief is diagnosed with having _____ schizophrenia.
- 10 In “The Soloist,” Jamie Foxx plays a homeless man who suffers from schizophrenia and plays the _____.
- 11 The main disease highlighted in “Sybil” (acronym)

Welcome to Wilkes Dr. Simundson!

The Psychology Department is excited to welcome a new member to the faculty this semester! Dr. Melissa Simundson is originally from Grand Forks, North Dakota. She earned her B.A. in Communication and B.S. in Psychology at the University of North Dakota, and attended graduate school at Louisiana Tech University where she got her M.A. in Counseling and Guidance and Ph.D. in Counseling Psychology. I took the opportunity to get to know our new staff member, and I think you will all agree that we are lucky to have her this term!

What brought you to teach at Wilkes?

I thought it would be a great experience to live out east and teach at a smaller college. I have taught and worked with students in very large classes and, unfortunately, it is difficult to get to know your students.

What will you be teaching this semester?

Two classes of Intro to Social Psychology, Developmental Psychology, and Clinical Methods in Psychology.

Do you have any interesting hobbies or interests outside of teaching?

I enjoy running and yoga. I am also pretty good with computers and graphic design.

Any advice for current undergraduate psychology students?

Ask for help when you need it. Many students are afraid to ask questions or talk to their professor about their grade, but it can only help you.

What else would you like to tell your new students?

I really enjoy living here and my experience at the university has been great so far!

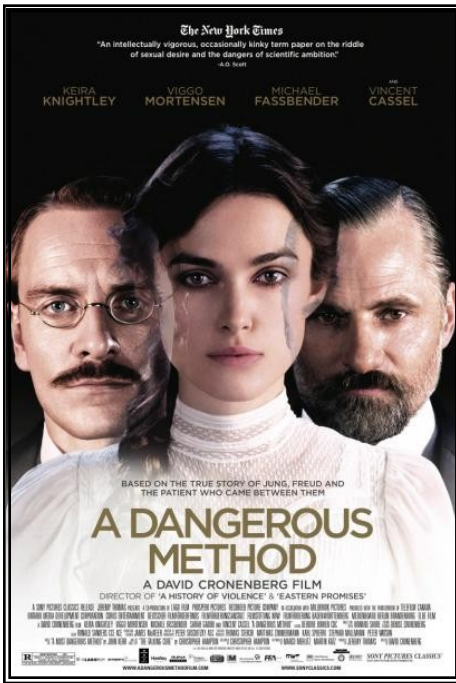


Dr. Simundson's Office is located in Breiseth 317. Her office hours are MWF 3-4 and TR 12-1. If you get a chance, stop by and welcome her to the area.

—Chelsea Uselding, Co-Editor

Movie Review: A Dangerous Method

When people say the word “psychology” one of the first things that comes to mind is, undoubtedly, Freud. Even those who have not studied the science of Psychology in depth recognize Freud as one of the first, and most memorable, psychologists. Whether you completely adhere to his theories and methods, or dismiss his findings as non-scientific hogwash, his work was undeniably provocative and interesting. Such interesting work should thus lend itself to creating a fascinating movie—right?



http://www.hopelessbleakdespair.com/?attachment_id=6072

Wrong. The film *A Dangerous Method*, written by Christopher Hampton, is based on Freud’s (played by Viggo Mortensen) theories of psychoanalysis and how Carl Jung (played by Michael Fassbender), another leading psychologist, responds to these theories. The story begins with Jung taking in a very troubled patient, Sabina Spielrein (Keira Knightley), who shows signs of severe psychosis due to repressed masochistic urges. Jung attempts to treat Sabina by adapting Freud’s psychoanalytic theories into a form of talk therapy. The first twenty minutes of this film are perfectly interesting and coherent, but then lapses into a mess of inconsistency and self-indulgence.

I would love to tell you how the rest of the plot unfolds in this film, but that would be to imply that there is a plot. The movie bounces back and forth between the affair that develops between Sabina and Jung, which ends as quickly as it started, and the unsteady professional relationship that develops between Jung and Freud as they debate the sexual underlying of all human condition, as well as the future of psychoanalysis. The debates between two leading psychologists should be interesting, but actually just pan out as superficial debates between two petty children who both want to best the other. The movie eventually ends with nothing resolved, and with the viewer having learned very little—in regards to psychology or why they just spent 10 dollars to be bored to death.

If you are interested in Freud, Jung, or psychology in general, please don't see this movie with any hope of learning anything. You are much better off reading a Psychology 101 textbook—and you'd probably be more entertained by that as well.

—Chelsea Uselding, Co-Editor

Psych Club News

- Meetings are held every Tuesday at 11AM in Breiseth 316
- Krispy Kreme Donut Sale: Jan. 31st to Feb. 7th
- A visit to Step-by-Step is in the process of being planned
- As of now, we will be visiting Clarks Summit State Hospital for a tour on March 31st.
- Psych Club is organizing a Relay for Life team!
- April 28-29th

Psi Chi News

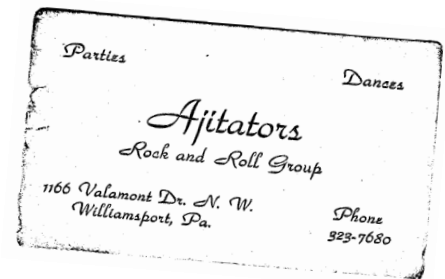
- Meetings are held every other Thursday at 11AM in Breiseth 305
- A Grad School Panel will be scheduled to take place in the beginning of April.
- Family Feud has been discussed to take place on Tuesday, April 17th in the SUB Ballroom
- Watch out for sign-ups in the SUB!
- Psi Chi will be joining Psych Club’s Relay for Life team!

Get To Know Your Psychology Professors!

The professors in the psychology department were asked to tell us something interesting about themselves that the students may not know. Some of their answers may surprise you!

Dr. Selden - "Some students may know this, but I swam competitively my entire life. I started when I was about 8 and continued swimming until I injured my shoulder at the end of my freshman year of college. Today (well, when I'm not so pregnant) I swim 4 to 5 times a week at the YMCA."

Dr. Bohlander - "I was cleaning out boxes of "old papers" in my basement several weeks ago, and came upon this business card crumpled in the bottom of a box. When I was in high school, I was in a rock and roll band (vocals/guitar/sax). We played lots of gigs, and it was a great way to make some money (and meet girls!). We played at one particular high school dance somewhere around Blossburg, PA, and I made \$40 for the night, which in the late 1960's was quite a bit of money (gas was about \$0.30 per gallon then). We played frat parties at Lycoming College in Williamsport, and lots of other venues in the local area (never made it 'big' though). I did it during my junior and senior years of high school, and it was lots of fun. In those days, you didn't need lots of talent, just lots of wattage from your amplifier! I had that covered!"



Dr. Schicatano - "I have a Black Belt in two different Martial Arts. I am a Life Coach. I was in a very wild fraternity when I was in college."

Dr. Charnetski - He authored a book called *Feeling Good is Good for You - How Pleasure Can Boost Your Immune System and Lengthen Your Life*. His book has been published not only in the United States, but also in Brazil and Croatia. His book/research has also been discussed on radio and television shows such as Good Morning America, CBS Today, Jay Leno, and National Public Radio.

Dr. Tindell - "I was active in musical theater in high school, performing in numerous plays, including Godspell, Grease, Pippin, and Snoopy."

—Leann Baer, Co-Editor



"Now and then it's good to pause in our pursuit of happiness and just be happy".
-Guillaume Apollinaire

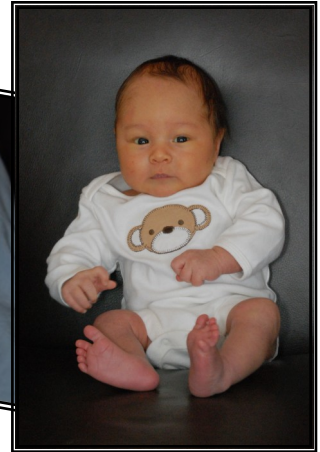


http://www.graphicsfactory.com/Clip_Art/People/Occupations/

Welcome to the World Baby Alexander!

Dr. Thomas delivered a healthy baby boy on Friday, December 23, 2011. Alexander Thomas Woo weighed 6 lbs 7 ounces and was 19.5 inches long. Dr. Thomas, Alex, and the rest of her family are doing well, and are excited about the new addition to the family!

— Nicole Pollock, Co-Editor



Fall 2011 De-Stress Day



Now that we have all had a month to rejuvenate over winter break, last semester's finals are probably just a faint memory. Whether you want to remember or not, they did happen, and the stress and all-nighters that all of you experienced needed to be rewarded. What better reward than homemade comfort foods that remind you of Mom's cooking? (I couldn't think of anything better, either).

The Psychology Department understands that finals week wreaks havoc on not only college student's sleeping habits, but eating habits as well. This is precisely why the psychology professors make it a point during finals week to provide the psychology students an opportunity to chow down on homemade food rather than fast food and cookies. On December 14, 2011, the professors put on a nice spread as always to show their appreciation for all of the hard work their students accomplished during the semester.

Whether your taste buds were craving homemade macaroni and cheese, chicken noodle soup, or spinach dip, there were plenty of options to fill an empty stomach.

The all too dreaded finals week will return in 15 weeks, and once again the psychology department will ease the stresses of papers and exams, but this time with ice cream sundaes to jumpstart summer break!



—Justine Pevec, Executive Editor

Psychology Internship Opportunities

“A psychology undergrad can go in any direction with their internships” says Sharon Castano, Coordinator for the Internship program at Wilkes. Her claim is reasonable, given the almost unavoidable scope of psychology. To this, there is a similarly open horizon where internships are concerned (of course this horizon has its limits, most pragmatically a min GPA of 2.0 and at least 29 credits). Two programs in particular seem stand out, both of which are based in the Northeastern PA area and have track records of seeking out Wilkes grads.



<http://ebranding.me/archive/internships-college-career-edge/>

The first of these is the Institute for Human Resources and Services, which typically takes three interns per year. The IHRS is a Wilkes-Barre based company that deals with foster care and adoption. These at-risk youth, and their well being, is the main focus of the IHRS. Neither autonomy nor vigilantism is the intern way; IHRS interns are the tag-alongs for a caseworker as he/she visits and reviews the various foster homes. By following a caseworker, an intern can observe the symptoms and signs of both positive and negative foster care. Furthermore, interns accepted by IHRS attend court for custody hearings. This, to again quote Mrs. Castano, is “an eye-opening experience.” Undoubtedly; the heartache and familial tragedy of a custody battle is a sad truth of the field that any psych major should know well. Those interested in applying should contact Mrs. Castano.

A second standout is Wyoming Valley Children’s Services. According to their web site, the Children’s Service Center “offers services specifically centered around the needs of children and adolescents diagnosed with an autism spectrum disorder.” Under the guidance of specially-trained staff members, interns assist children within the program, working as teacher’s aides, among other duties. Like IHRS, Wyoming Valley Children’s Services is a well-organized program that provides its interns the types of experiences that makes real the otherwise obtuse dogmas of psychology textbooks. For more information, you can contact Mrs. Castano or visit the Children’s Services website, <http://www.cscwv.org/cscwv/>.

Intern comes from the Greek word *internos*, meaning “one who humbles themselves for future prospects.” Like so much else, the Hellenistic tradition is alive and well, and this is evident in the Wilkes Internship program. After speaking with Mrs. Castano, she spoke of students in the past whose multiple internships allowed them to “pick and choose” which aspects of their experiences resonated most and which they can envision as gelling with their future, because for the first intern right up until today, the future has always superseded the present.

—Andrew Miele, Co-Editor

Student of the Month: Andrew Miele

Andrew Miele is a Senior Psychology major from Scranton, PA. A previous student of Temple University, he has now joined both the Psychology Department at Wilkes and the Psychles staff. I took a moment to get to know some interesting information about our new staff member!



How did you end up at Wilkes after attending Temple University?

I had dropped out of Temple mid-way through my junior year and was living and working in Philadelphia. Over this past summer, I moved home and interned at Etruscan Press, which has an office based out of the Wilkes Creative Writing Department. I think I ended up enrolling here purely by osmosis.

How are you enjoying yourself? What do you like about the Wilkes Psychology Department?

The smaller class sizes create possibilities that would not have been possible at a larger school like Temple. The psychology senior capstone is a good example.

What was your favorite psychology class at Wilkes so far and why?

Behavioral Neuroscience, mostly because it helps a “know it all”, like myself, sound more scientific.

What has been your favorite memory of your time here at Wilkes?

I haven’t been here long enough to have long-term memories yet, though I’m sure I will.

What do you want to do when you graduate?

I would like to move back to a city. Possibly [attend] graduate school.

What advice do you have for incoming Psychology students?

Consider the source.

A fun fact about you:

I am very fun.

— Interview by Chelsea Uselding, Co-Editor

Word Find: Developmental Psychology

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

ASSIMILATION
 CONCEPTION
 COPARENTING
 EQUILIBRATION
 ERIKSON
 HOLOPHRASE
 MENARCHE
 OVEREXTENSION
 PIAGET
 PLACENTA
 REFLEX
 REGRESSION
 SCRIPT
 ULTRASOUND
 UNDEREXTENSION

—Nicole Pollock, Co-Editor

Psych in the Media: U.S. Supreme Court and Eyewitness Testimony

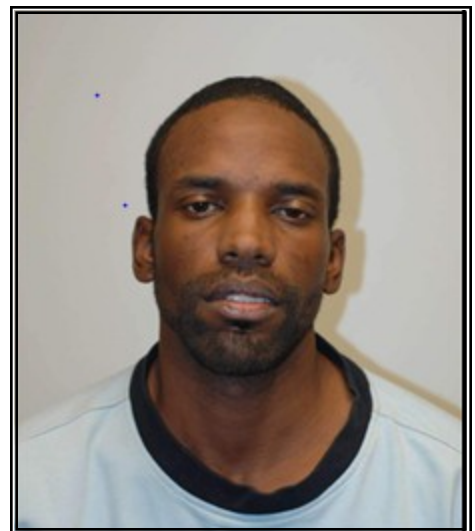
The legal system today is highly dependent upon eyewitness testimony. When someone, who has seen a crime occur, takes the stand at trial and tells the jury that they are certain that the defendant has committed the crime, it is hard to think otherwise. People tend to believe that their memory of the event is vivid and accurate. The reality, however, is that eyewitnesses are wrong all too often. In his book, *Convicting the Innocent*, Brandon Garrett found that 76 percent of DNA-exoneration cases studied were a result of inaccurate eyewitness identification. In many cases, the eyewitness truly believes that he or she has made the correct identification. The problem is that memory is highly suggestible. Also, since an eyewitness is often the only one to have seen an event, it is hard to prove that their memory of that event is wrong.

While this has been a problem for the legal system for a long time, a recent Supreme Court case has brought eyewitness testimony back into question. In the case of *Perry v. New Hampshire*, defendant Barion Perry, who was convicted of theft, challenged his conviction by arguing that the allowance of unreliable eyewitness evidence at his trial violated his constitutional rights. The eyewitness to the theft, Nubia Blandon, reportedly identified Perry originally, but could not pick him out of a lineup. When Blandon originally identified him, Perry was supposedly the only African-American nearby. The difference between this case and previous eyewitness reliability cases is that the police did not use unusually suggestive measures in their investigation.

Perry believed that the judge should have decided, prior to the trial, if the eyewitness testimony should have been presented to the jury as evidence. In an 8-1 vote, however, the Supreme Court ruled that the acceptance of the eyewitness evidence in court was not a violation of Perry's rights. The Supreme Court ruled that unless eyewitness testimony was obtained by police misconduct, it can be admitted as evidence in court without a pretrial hearing about its reliability. Justice Ginsburg, along with the majority, wrote that eyewitness evidence should be treated the same as other potentially flawed evidence. Justice Sotomayor, however, dissented by saying that the unreliability of eyewitness testimony "can undermine the fairness of a trial."

This case demonstrates the conflict between psychological research and the legal system. Although eyewitness testimony has often been shown unreliable, this testimony is also extremely important at trial. While eyewitness testimony remains imperfect, it will still be allowed into evidence without a pretrial hearing from the judge, at least until another Supreme Court case comes along to review the issue again.

— Leann Baer, Co-Editor



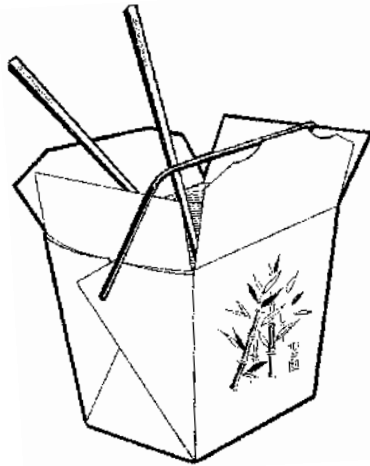
Source: <http://www.unionleader.com/article/20111115/NEWS03/711159954>

Sources:

http://www.slate.com/articles/news_and_politics/supreme_court_dispatches/2011/11/perry_v_new_hampshire_the_supreme_court_looks_at_eyewitness_evid.html

<http://www.nytimes.com/2012/01/12/us/supreme-court-says-witness-evidence-needs-no-special-cautions.html>

Psi Chi Welcome's New Members with a Chinese Party



Psi Chi welcomed new members last fall 2011 semester by ordering an assortment of Chinese food favorites – general tsos chicken, sesame chicken, fried rice, veggie lo mein, egg rolls, and wonton soup. About 15 members came together to have lunch and to talk about the upcoming spring 2012 semester; a few faculty members even stopped in to say hello and grab a bite to eat. It was fun to get to know new members, as well as catch up with some of the older ones. One of the best qualities that our Psych Department possesses is that it allows for members of groups like this to be able to get to know each other fairly well. We hope to see all members of Psi Chi at our other upcoming events – screenings, Family Feud, and socials!

— Nicole Pollock, Co-Editor

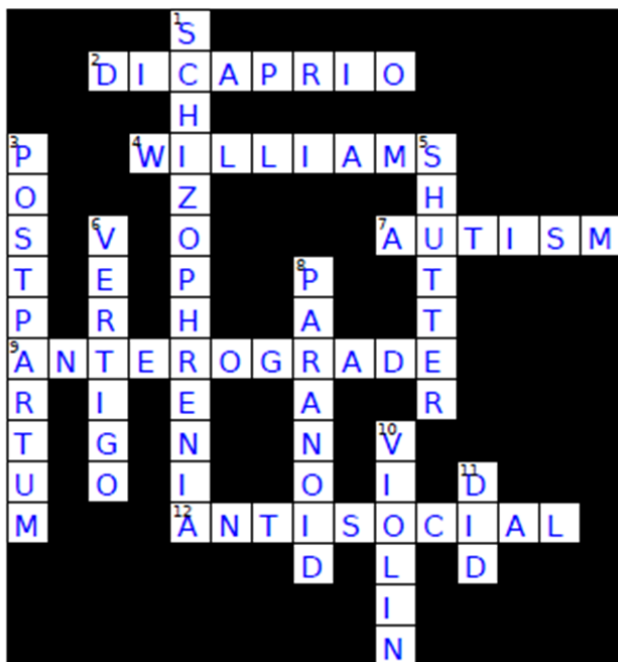
<http://www.thefriendlywinedictionary.com/2010/07/drinking-c.html>

“The most terrifying thing is to accept oneself completely” — *Carl Gustav* “ ”

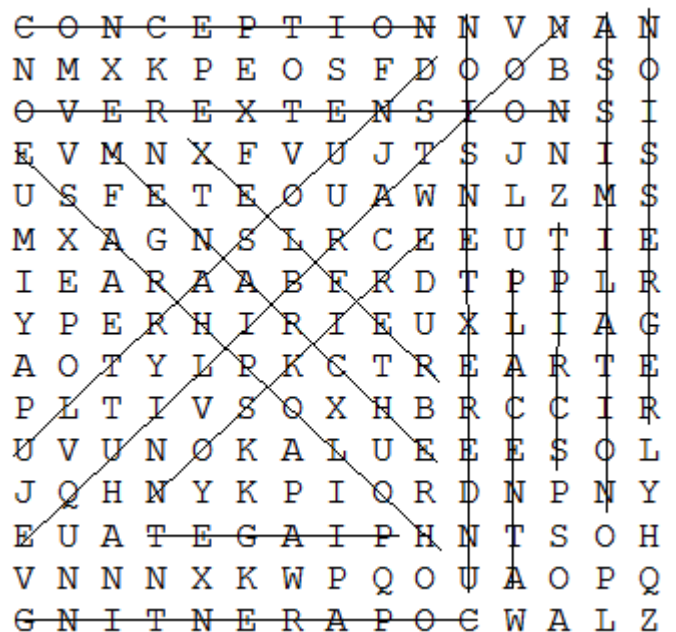
“ ” “The brain is wider than the sky.” — *Emily Dickinson*

Puzzle Solutions

Crossword



Word Find

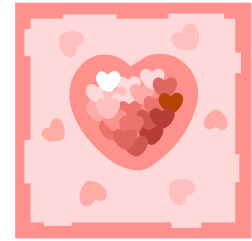




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GRE Practice

VOCABULARY

Engender (v.): to give rise to; to propagate; to cause

Intransigent (adj.): stubborn; immovable; unwilling to change

Taciturn (adj.): habitually un-talkative or silent

Tyro (n.): beginner; person lacking experience in a specific endeavor

Vex (v.): to annoy; to bother; to perplex; to puzzle; to debate at length

Sources: https://www.msu.edu/~defores1/gre/vocab/gre_vocab.htm

<http://www.ets.org/Media/Tests/GRE/pdf/GREmathPractice.pdf>

MATH

Exponents provide a shortcut notation for repeated multiplication of a number by itself.

For example, “ 3^4 ” means $(3)(3)(3)(3)$, which equals 81. So, we say that $3^4 = 81$; the “4” is called an *exponent* (or power). The exponent tells you how many factors are in the product. For example, $2 \times 2 \times 2 \times 2 \times 2 \times 2 = 2^6 = 64$.

To solve a linear equation in one variable means to find the value of the variable that makes the equation true. Two equations that have the same solution are said to be *equivalent*. For example, $x + 1 = 2$ and $2x + 2 = 4$ are equivalent equations; both are true when $x + 1$ and are false otherwise.

—Nicole Pollock, Co-Editor



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