

U Psyched?

Read, every day, something **no one** else is reading.
 Think, every day, something **no one** else is thinking.
 Do, every day, something **no one** else would be silly
 enough to **do**.
 It is bad for the **mind** to be always part of **unanimity**.

- *Christopher Morley*



Featured in this Edition

Page 2	Psyched about Psi Chi – Psi Chi Updates, Upcoming Events, Member Spotlight
Page 3	University of Utah Psychology Professor Spotlited in National Geographic – David Strayer & New Psychology Advisor Feature – Brie Gonzalez
Page 4	Upcoming Events
Page 5	Student Opportunities and Resources: <ul style="list-style-type: none"> • Psychology Tutor wanted – Athletics Dept. • New Classes offered – Sexuality and Disability (PSY 3960) and Equine-Assisted Therapy for Facilitators (SW 3820)
Page 6	Student Opportunities and Resources Continued: <ul style="list-style-type: none"> • Alternate Spring Break • City Internships
Page 7	Student Opportunities and Resources Continued: <ul style="list-style-type: none"> • Psi Chi • Officer of Undergraduate Research (OUR) – Opportunities and Deadlines
Page 8	Student Opportunities and Resources Continued: <ul style="list-style-type: none"> • Scholarship Resources • Generous U • Psychology Student Advisory Committee



Psyched about PSI CHI



Psi Chi is the International Honor Society in Psychology

Announcements

- Introducing New Payment Methods – You can now pay for your Psi Chi Membership using our Square, card reader, or Venmo a payment app.
- Neighborhood House Clothing Drive – We are still collecting clothes until Friday, January 15. There is a box in the main psychology office on the 5th floor of BEH S, If you have unwanted clothing please drop them off.
- Jan. 30 – 4:00 pm Rock the U – we will be participating in Rock the U, our team name is PsiChiDelics. All psychology students are welcome to participate to help us raise money for the Children's Miracle Network!
<http://asuu.utah.edu/boards/rock-the-u-board>

Featured Member

Nick Warren

Age: 25 years old

Academic Year: Senior, will graduate with BS in May

Major/Minor: Psychology major, Japanese minor

Hobbies: watching movies, Japanese language, at -home yoga, basketball, cowboy novels



I currently work as a special education paraprofessional at East High School and volunteer as a research assistant in the U-TTEC autism lab in the Educational Psychology department.

I studied abroad in Tsukuba, Japan in Spring 2015 and performed a UROP research project while there ("Perceptions of aging and disability among college students in Japan" - published in the Journal of Education and Practice). I presented the project at the Global U Expo in October 2015, and I will be presenting at the [Utah Conference of Undergraduate Research in February 2016](#).

I plan to earn a PhD in School Psychology, then begin a career in early intervention for autism (treatment, research, and program development). Within that career, I also aim to bridge best practices between the US and Japan in early intervention for autism.



Received the CSBS scholarship and the FLAS (Foreign Languages and Area Studies) fellowship.





David Strayer Featured in National Geographic

The Power of Parks: A Yearlong Exploration
January 2016

“This is Your Brain on Nature”

By: Florence Williams

Photo by: Lucas Foglia

Cognitive Psychology Professor David Strayer – teaching Cognition in the Wild (PSY 4130) this semester – was featured in an article in National Geographic called “This is Your Brain on Nature” where he was the center of a short literature review on the current research of the effects of nature on our brains. The article describes the experience that students in his Cognition in the Wild class have on their class camping trip, an essential element of the class. It also gives the reader a glimpse into Strayer’s work and how his research has helped to further our understanding of how beneficial the presence of nature is for our minds.

National Geographic’s show Explorer also featured an episode called Explorer: Call of the Wild that also references Strayer’s work. It will be airing again on January 17, this Sunday evening. Tune into the National Geographic channel

Read the article here: <http://ngm.nationalgeographic.com/2016/01/call-to-wild->

New Advisor - Brie Gonzalez



Hey everyone!

It’s your friendly new Psychology Advisor, Brie.

I wanted to give a shout out and let you all know to come visit us in the Psychology Advising Center, where I am joined by Kate Keddington and three amazing Peer Advisors. We are all here to help you make the most of your Psychology degree and make sure you’re on the right track for graduation. I graduated from the U in 2012 with a major in Psychology and minor in Religious Studies. Prior to becoming your new advisor, I worked extensively with teenagers in various treatment programs, including wilderness therapy and residential settings all over Oregon and Utah. If you have the desire to work with adolescents I would love to share my experiences with you. I’m also happy to help you map out your college plan and chat about your own future dream-job(s).

I am currently in training to become a Life Coach, and am anticipating earning my Master’s in Clinical Mental Health Counseling somewhere down the line.

I’ve really enjoyed meeting so many motivated students and look forward to working with more of you!

Happy Spring semester
- Brie Gonzalez

Upcoming Events

- **Neighborhood House Service Event** – Monday, January, 18th @ 9:00 – 11:00 am sort and arrange clothes for Neighborhood House's annual clothing drive and Tuesday, January 19 @ 4:30 – 6:30 pm help with the drive. (1050 W. 500 S. Salt Lake City, UT. 84104)
- **A Martin Luther King Jr. Celebration Event** – Wednesday, January 20th. Event starts with breakfast @ 7:30 – 8:00 am, followed by Talks and Q & A's til 9:00 am in the Hinckley Caucus Room. Following the Path of MLK: Latinos in Utah and My Journey in Zion. More info here: <http://www.hinckley.utah.edu/calendar/>
- **Bennion Center's Martin Luther King, Jr. Day of Service** – Saturday, January 23 @ 8:45 – 12:00 pm. There are many opportunities to serve, sign up here: <http://bennioncenter.org/forms/mlk-service-day.php>
- **Rock the U** – January 29th @ 4:00 pm in the Rice Eccles Tower. Benefits the Children's Miracle Network.
- **Summer Student Job Fair** - Tuesday, February 2nd in the Union Ballroom @ 10:00 am – 2:00 pm. Find available volunteer experiences and summer jobs!
- **Spring Career Fair** – Thursday, February 4th in the Tower at Rice Eccles Stadium @ 9:00 am – 3:00 pm. Find available current volunteer experiences and jobs!
- **Pizza with a Purpose** – 10% of all California Pizza Kitchen gift cards purchased here: https://merchant.wgiftcard.com/chrome_mode/virtual/cpk_fundraising
will go to support the Office of Equity and Diversity's initiative of continuing to create a safe and welcoming campus climate for underrepresented students.
- **Utah Conference on Undergraduate Research (UCUR)** – Friday, February 19th - will be held at the University of Utah this year in the Union.
- **Alternative Spring Break** – March 11th – 19th check page 6 for more details
- **2016 Commencement**: Thursday, May 5, Jon M. Huntsman Center For information, visit <http://csbs.utah.edu/students/graduation/index.php>
- **2016 CSBS Convocation**:
Undergraduate – Friday, May 6, 2:00 pm. Jon M. Huntsman Center
Graduate – Thursday, May 5, 10:00 am. Kingsbury Hall

New Classes



Sexuality and Disability
PSY 3960
Wednesdays 4:35 – 7:05
MBH 101

We will learn about the intersection between sexuality and a variety of disabilities (e.g., spinal cord injuries, autism spectrum disorder, intellectual disability).



Equine-Assisted Therapy
for Facilitators
SW 3820
Crestwood Farm

Will provide an introduction to equine therapy, safety measures of horsemanship, review history, anatomy, adaptability, personality of the horse, as well as understanding the human-horse relationship to meet the client and the tincidunt adipiscing, aliquam ut, nonummy in, nisi. Integer eu ante. In

Student Opportunities and Resources

Psychology Tutor wanted – Athletics Dept.

POSITION DESCRIPTION: The University of Utah Athletics Department is seeking individuals who are available to tutor student-athletes in all areas of Psychology, specifically research methods and statistics. The hours are flexible, as both day and evenings hours are available. However, the individual needs to be flexible and accommodating should a student-athlete need to schedule a session. All tutoring sessions must take place, in designated areas, in the Burbidge Athletic Academic Center. The position pays \$8 per hour for undergraduate students and \$10 per hour for graduate students.

QUALIFICATIONS: This position is available to both undergraduate and graduate students. All students hired must have high grades in classes in which tutoring will take place. Individuals must be organized and efficient as all session reports and time sheets must be submitted to the Athletic Department prior to compensation.

Please submit a cover letter, resume and an unofficial transcript. Send to Ashley Lear, Tutorial & Student-Athlete Affairs Coordinator, at alear@huntsman.utah.edu.

Become a College of Social and Behavioral Science Ambassador

Term: Fall 2016 – Spring 2017 Academic Year

Deadline: February 1, 2016

Apply here: <http://csbs.utah.edu/students/ambassadors.php>

Ambassadors assist the College of Social and Behavioral Science in a number of strategic activities including: student recruitment, engagement and philanthropy. Open to students official declared in one of the following majors:

Anthropology, Consumer & Community Studies, Economics, Environmental & Sustainability Studies, Ethnic Studies, Gender Studies, Geography, Health, Society & Policy, Human Development & Family Studies, Political Science, Psychology, and Sociology.

No letters of recommendation are required to apply. If selected, Ambassadors are awarded a scholarship of \$500 for Fall 2016 and \$500 for Spring 2017.

Student Opportunities and Resources Cont.

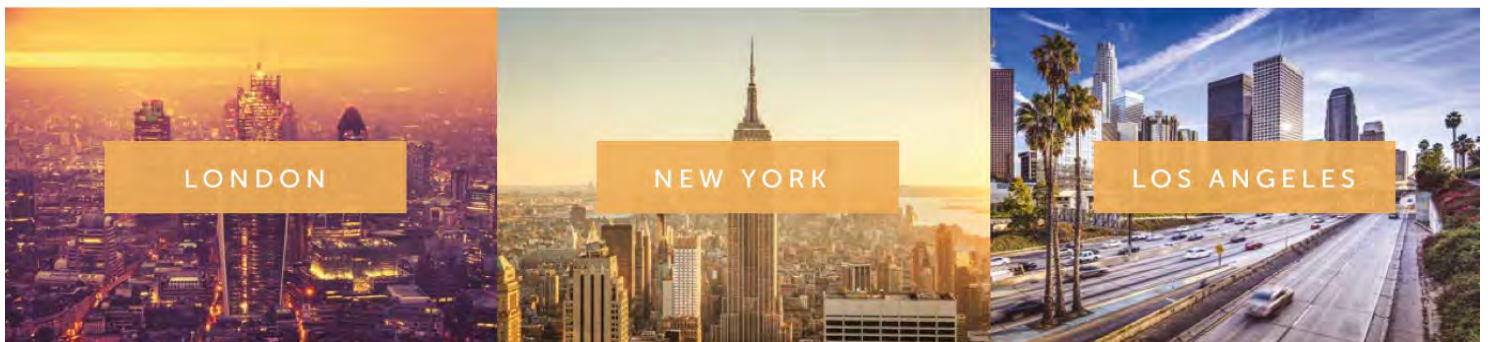
Alternative Spring Break

Date: March 11 – 19 (Both weekend and weeklong trips are offered)

There are many trips available both nationally and internationally that appeal to a range of budgets and causes. There are projects for all of the following: Affordable Housing, Animal Advocacy and Rehabilitation, Coastal Ecosystem Restoration, Community Health, Empowering At-Risk Youth, HIV & AIDS, Homelessness, Hunger and Food Justice, Immigration Poverty and Health, LGBTQ/Human Rights, Marine Conservation, Urban Environmentalism, and Women and Poverty.

More information on individual trips here:

<http://altbreaks.bennioncenter.org/alternative-spring-break/trips.php>



Choose your industry: Bank and Financial Services, art, fashion, and design, marketing and advertising, law and politics, consulting and professional services, entertainment, media and journalism, technology and engineering, non-profits, and more. City Internships provides immersive career training programs for college students and recent graduates. They're designed to expand your horizons and get you job-ready. For each program, on top of hard and soft skill building at weekly career seminars, workshops and networking events, you'll undertake an internship placement at one of our partner companies. You'll develop real-world skills, build your professional network and fast-track your career. Email your Student Ambassador for more information:

sarahlynn0428@gmail.com.

Use code ABR770 to fast-track your application

Student Opportunities and Resources Cont.



Joining Psi Chi has numerous benefits for students. These benefits include:

- Get to wear Psi Chi regalia at Commencement and walk with all other honors and honor society students.
- A lifetime membership that is recognized internationally as an indication of academic excellence in the field of psychology - can be noted on cv's, vitae, or resumes.
- Access to over \$400,000 of scholarships available annually to Psi Chi members.
- Access to leadership opportunities (2016-2017 officer elections coming up Feb. 1st)
- Networking and research opportunities offered both by each chapter and internationally by the central office.

Visit <https://www.psych.utah.edu/psichi/> or email utahpsichi@gmail.com for more information.

Office of Undergraduate Research (OUR)

Undergraduate Research Opportunities Program (UROP)

SUMMER 2016 Deadlines:
 March 25 – Student Application Due
 April 1 – Faculty Mentor References Due

UROP provides undergraduate students and faculty members the opportunity to work together on research or creative projects. UROP provides assistantships up to \$1,200 for any first-time student who assists with a faculty member's research or creative project, or who carries out a project of his or her own under faculty supervision.

Undergraduate Research Scholar Designation

Spring Graduates Deadlines:
 Early Deadline – February 9, 2016
 Final Deadline – April 26, 2016

The Undergraduate Research Scholar Designation (URSD) recognizes a student's commitment to their development as a researcher during their undergraduate career. The URSD appears in the awards section of the transcripts of graduating students. URSD awardees receive a white research cord from the Office of Undergraduate Research to wear at convocation and commencement.

Undergraduate Research Journal

Deadline to submit for the 2016 Issue is April 30th, 2016. All undergraduate students involved in research at the are strongly encouraged to submit one-page summaries of their work for publication in this journal.

Travel and small grants also available. Visit <http://our.utah.edu> for more information.



Deadline: March 11, 2016

GENEROUS U IS A NATIONAL CONTEST TO INCREASE AWARENESS AND INVOLVEMENT OF STUDENTS ON COLLEGE CAMPUSES ABOUT THE IMPORTANCE AND IMPACT OF PHILANTHROPY AND PHILANTHROPIC VALUES. STUDENT GROUPS ARE INVITED TO COMPETE FOR THE \$10,000 SILLERMAN PRIZE AND THE GENEROUS U TITLE. THE COMPETITION IS JUDGED BASED ON THE PROPOSALS AND VIDEOS SUBMITTED BY UNDERGRADUATE AND GRADUATE STUDENTS ELIGIBLE TO RECEIVE THE PRIZE THROUGH THEIR COLLEGE OR UNIVERSITY.

<http://sillermancenter.brandeis.edu/prize/index.html>

Scholarship Resources

CSBS Undergraduate and Graduate Scholarships - <http://csbs.utah.edu/students/scholarships/index.php>

Alumni Association Scholarships - <http://ulink.utah.edu/s/1077/index.aspx?sid=1077&gid=1&pgid=585>

Psychology Student Advisory Committee (PSAC): SEEKING NEW MEMBERS

Do you think there are ways we could improve the undergraduate psychology student experience? Would you like to help contribute to ideas, time, and effort to making this happen? Then you should join us! We are looking for new members to contribute meaningful ideas to create a better undergraduate experience for current and future students. PSAC is in charge of promoting and encouraging participation in departmental academic and social activities, forming collaborations between student organizations, helping to connect and provide students with service opportunities, Faculty Retention, Promotion, and Tenure evaluations, and promoting academic achievement. Our only requirement: be a psychology major. Please fill out our online application (<http://www.psych.utah.edu/sac/>) before January 30, 2015, or email us at psac@psych.utah.edu for more information.

This newsletter is brought to you by PSAC

Fabricated by: Sarah Abraham

PSAC - Secretary