

U Psyched?

*“Happiness is when what you think,
what you say,
and what you do
are in harmony.”*

- Mahatma Gandhi



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Psyched about PSI CHI



Psi Chi is the International Honor Society in Psychology

- **Psi Chi Induction Ceremony** coming up April 1st, 2016 (location TBA). Joining Psi Chi allows you to walk with the honors students at Commencement and looks great on your resume and transcripts. Join by March 20th in order to secure your spot at our Induction Ceremony!
- **Now accepting nominations for all Psi Chi officer positions for the 2016-2017 academic year!** Positions include President, Vice President, Treasurer, Secretary, Marketing Officer, Program Coordinator, and Historian. Positions are a 2-4 hour a week commitment. Must be a current or pending Psi Chi member to apply!

Featured Member

Kaitlin Paxton

Age: 22 years old

Academic Year: Senior, will graduate May 2016

Major/Minor: Psychology, Positive Psychology Certificate

Hobbies: Piano, dance, cheerleading, jet skiing, public speaking



I currently work at the Children's Justice Center, where I help children and families who have been sexually or physically abused. Over the course of my college education I have volunteered and interned with many organizations that provide children and families with support. I have been involved in four research projects where I studied children, teenagers, parents, and college students.

I have received the Distinguished Young Woman of Utah 2012 award – placed in the top 10 at the national level – and the University of Utah: Leadership Scholarship. I am the Professional Development Committee Head Chair (David Echols School of Business) and a Business Scholar.

I have been accepted to both the U of U and BYU MSW programs for Fall 2016. I plan to go on to become an LCSW and be a marriage and family therapist who specializes in child abuse. I also plan to be a mediator and work with divorce and custody issues.



Received the University of Utah: Leadership Scholarship.





Field Experience (PSY 4810) A Student's Experience - Dayana Arreola

"Field Experience has been one of the best classes I have taken at the University of Utah. It is the most flexible, interactive, and relevant class I have taken, and has helped me reinforce my passion."
- Dayana Arreola

Field Experience allows students to gain a unique hands-on opportunity while getting credit for volunteering at a psychology related site or sites of their choice. Students can receive one to six credits for their time. Each credit is worth three hours of volunteer time per week. Students can choose the option that works best for them and their schedule. During the course of the class there are only four required class meetings, where students get to discuss their experiences at their placements. With very few assignments due, this is an easy class to fit into a busy schedule.

"I volunteered at the Ronald McDonald House (RMH), where I got the opportunity to work with families from all over the U.S. who had children who were hospitalized at one of our local hospitals. I worked as a front desk volunteer, where I learned valuable skills in areas such as communication, language development, and interpersonal skills. These skills are essential to my field of interest, which is dentistry. The relationships I formed with the families at the RMH reinforced my desire to pursue dentistry because one of the most essential aspects of dentistry is building meaningful relationships with your patients."

The University of Utah Psychology Department
is proud to host the

26th Annual International Conference of the Society for Chaos Theory in Psychology and Life Sciences



CALL FOR ABSTRACTS OF PAPERS, SYMPOSIA, AND POSTERS

July 29-31 of 2016 on the U Campus [Click for details](#)



Upcoming Events

- **Psychology Department Coffee Hour** – Every Monday @ 9:30 – 10:30 a.m. in OSH 208. Come join PSAC for a social hour with a professor or faculty member! We have FREE hot beverages and pastries.
- **Career Services Resume Workshops** – Every Friday @ 12:30 in SSB 380. Event starts with breakfast @ 7:30 – 8:00 am, followed by Talks and Q & A's until 9:00 am in the Hinckley Caucus Room.
- **Breaking Barriers for Women and Girls** – Monday, March 7th @ 4:00 – 5:00 pm in the Saltair Room in the Union. Actor Nazanin Boniadi will be speaking on the Women's Rights and Human Rights.
- **Utah Integrative Health and Resiliency Conference** – March 14th – 15th @ 8:00 – 4:30 in the Marriott Library. The conference will endeavor to bring better understanding and promotion of optimal health, well-being and healthy lifestyles through comprehensive and integrative approaches.
- **Stegner Symposium – Green Infrastructure, Resilient Cities New Challenges, New Solutions** – March 31st – April 1st @ 8:00 – 5:00 p.m. in COL on the sixth floor. This Symposium will address new urbanism and how to create cities that are both sustainable and resilient.
- **Grad Fair** – March 31 – April 2 @ the Campus Store. Come pick up and order your graduation regalia
- **Bystander Intervention Certificate training** – Wednesday April 6th @ 6:00 – 8:00 p.m. This training empowers students to intervene in (and prevent) potentially harmful situations. wellness@sa.utah.edu
- **Global Crisis and Global Change: An Undergraduate Conference** – April 6th – 9th @ Westminster. With the rapid globalization of the modern world, a number of global crises have arisen.
- **Career Pathways: Mental Health Counseling** – Thursday, April 7th @ 3:30 – 5:30 p.m. in SW 155A. Join young alumni and professionals for a panel discussion and learn more about mental health careers.
- **2016 Commencement**: Thursday, May 5, @ 6:30 p.m. in the 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

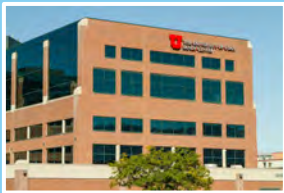
Accelerated

Summer Classes

These are Hybrid courses.

You will need reliable computer access. These classes will meet once a week with 3 hours of on-line work every week.

Sandy Campus



PSY 1010 – General Psychology

Explores the scientific study of human and animal behavior: rationale, methods of inference, selected findings, and some applications.

PSY 3230 - Adult Development and Aging

Explores cognitive, social, physical and personality development during young, middle, and late adulthood from a life-span perspective.

Bountiful Campus



PSY 1230 – Psychology of Adolescence

Explores the social, intellectual, and personality development during adolescence.

Research 101

How to find Research Opportunities?

1. Go to the Psychology Department's Faculty page and find a faculty member doing research in an area that interests you. <https://www.psych.utah.edu/people/people.php?status=f>
2. Click on their individual WEBPAGE to learn more about their Research.
3. Take classes with the professor or visit them during their office hours to confirm you are interested in their field of study.
4. Be consistent, convey your interest and ask if their lab is accepting Research Assistants.

Benefits of Working in a Lab:

- Gain hands on experience with an underserved population
- Earn course credit
- Potential to earn a Letter of Recommendation
- Research Experience is one of the top things Graduate Schools look for in their candidates,

Getting Course Credit for Working in a Lab:

Students can sign up for PSY 4800 – 4809 - Research Experience to earn credit while working in a research lab of their choice. Students must ask the professor or faculty member they wish to work with and request a permission code in order to add the class. Students must be able to dedicate the number of hours per week that the lab requires.

Upcoming Psychology Conferences and Conventions:

- Southeastern Psych. Association Conf. - March 30th – April 2nd
- Southwestern Psych. Association Convention – April 8th – 10th
- Rocky Mountain Psych. Association Convention – April 14th - 16th
- Western Psych. Association Convention April 28th – May 1st
- Midwestern Psychological Association Conference - May 5th – 7th
- American Psychological Convention – August 4th - 7th
- National Latino Psych. Assoc. Conferencia - Sept 29th – Oct 2nd

Featured Labs Looking for RA's!

Brendan Ostlund is a grad student from Dr. Liz Conradt's Child Adaptation & Neurodevelopment (CAN) Lab.

The objective of our lab is to examine how some children seem to thrive, while others succumb to early life stress. In collaboration with Dr. Trafton Drew, we are beginning a study that explores whether neural signatures associated with prenatal exposure to maternal anxiety may be identified in infancy

If interested in becoming an RA for this study please email: canlab@utah.edu

Andrew McGee is the lab manager for Dr. Patricia Kerig's Risk to Resilience Project and Adolescents Coping with Experiences Study.

We are looking for assistants to aid in recruiting participants and collecting data on a project based at the Salt Lake City Juvenile Detention Center. this project is to better understand the stressful experiences adolescents go through, including early childhood traumatic experiences.

If interested in becoming an RA for this study please email: p.kerig@utah.edu

Carlene Deits-Lebehn is a grad student from Dr. Timothy Smith's Social Psychophysiology Lab.

We are recruiting RAs to help with a study of participants' cardiovascular responses to an interpersonal interaction. RA's would receive training in the application of physiological recording devices, research with human subjects and executing a complex experimental protocol.

If interested in becoming an RA for this study please email: c.deitslebehn@utah.edu

Julia Harris is a grad student from Dr. Craig Bryan's National Center for Veterans Studies.

The NCVS conducts research on military mental health. The primary focus of our research is suicide. We also research posttraumatic stress symptoms, moral injury, and the effects of traumatic brain injury. Seeking 1-2 research assistants to help with a study seeking to create and empirically validate a suicide interview specific to military populations.

If interested in becoming an RA for this study please email: julia.harris@utah.edu



US NEWS & WORLD REPORT
RANKS THE DEPARTMENT OF PSYCHOLOGY
CLINICAL PROGRAM
IN TOP 50



Certificates and Minors

Becoming a psychology major opens a diverse set of doors and allows you to bring you a unique perspective to the workplace. Here are more ways to diversify your degree:

Criminology Certificate - Department of Sociology

The Criminology Certificate provides students with an in-depth exposure to all facets of the criminal justice system. Through exploration of both theoretical and applied social science research, students will learn about many aspects of crime as a social phenomenon. For more information visit:

<http://soc.utah.edu/undergraduate/criminology.php>

Diversity Certificate - Department of Sociology

This certificate is useful to students who are interested in understanding the causes and consequences of diversity and inequality. Students will study the social impacts of race, ethnicity, class, and gender through multiple perspectives and contemporary theories. For more information

visit: <http://soc.utah.edu/undergraduate/certificates.php>

Applied Positive Psychology Certificate - Department of Ed. Psychology

Positive Psychology emphasizes the study of human strengths, positive emotions, and well-being. This undergraduate certificate program is a minimum of 20 credit hours and will focus primarily on applying positive psychology to individual behavior, relationships, career or education. For more information visit: <http://ed-psych.utah.edu/positive-psych/undergrad-certificate.php>

Human Factors Certificate - Department of Psychology

The certificate allows students to focus their studies in the field of Human Factors through a prescribed course of study and an independent research project. The certificate complements many existing fields of study and students can apply to complete the certificate with any major. For more information visit: <https://www.psych.utah.edu/humanfactors/>

Cognitive Science Minor - Department of Philosophy

Ever since we could ponder, humans have wondered about the mind. With twentieth century developments in mathematics, logic, computing, and artificial intelligence, theorists from a variety of scientific and theoretical fields began to develop an intriguing thesis: the mind is a kind of computer.

For more information visit: <http://philosophy.utah.edu/undergraduate/cognitive-science.php>

Substance Use Disorder Treatment Training Certificate - Department of SW

Dedicated to helping students develop the solid knowledge base and treatment skills necessary to assist individuals with substance use disorders and their families. The overarching goal of the Program is to enhance the quality of substance use disorder treatment available in the state of Utah. For more information visit: <http://socialwork.utah.edu/academics-resources/continuing-education-pace/substance-use-disorder-treatment-training-certificate-program/>



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.

Psychology Department's
COFFEE HOUR

Come join us for a social hour with a professor or faculty member and some FREE coffee, hot chocolate, hot cider, mini muffins, and strudel bites.

Monday's at 9:30-10:30 in OSH 208

03/07	Kristina Oldroyd – Developmental Psychology
03/21	Stephanie Shriver – Office of Undergraduate Research
03/28	Nathan Story – Social and Quantitative Psychology
04/04	Rob Kent – Social and Health Psychology
04/11	Lisa Aspenwall – Psychology Department Chair
04/18	Jeanine Stefanucci – Human Factors, CNS, and Health Psychology
04/25	Bobbi Davis – CSBS Director of Advising

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.

We want students like YOU to help us improve the undergraduate experience! ☺

This newsletter is brought to you by PSAC

Fabricated by: Sarah Abraham

PSAC - Secretary

