

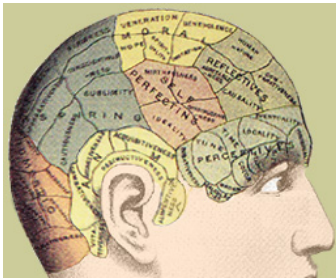
NEWS & NOTES

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Editor: Dr. Natalie Ciarocco



GENDER RESEARCH CENTER HOSTS CONFERENCE

The Gender Research Center at Monmouth University in collaboration with Counseling and Psychological Services, the Department of Athletics, the Psychology Department, and the School of Humanities and Social Sciences hosted a conference Friday, November 16th titled, *Our Daughters, Our Sons, Ourselves: Creating A Healthy Image*.

Introduced by President Gaffney, a keynote was delivered by Dr. Diane Levin (Wheelock College, Boston) titled, *So Sexy, So Soon: The Sexualization of Childhood and What We Can Do About It* and six workshops were run by Monmouth Faculty, Monmouth Administrators, and External Professional Experts on Gender Issues from sports equity to body

image.

Drs. Doris Hiatt, Janice Stapley, and Lisa Dinella from the Psychology Department were all on the steering committee as well as Dr. Franca Mancini from Counseling and Psychological Services, Dr. Marilyn McNeil, Director of Athletics, and Dr. Marie Mele, Criminal Justice Department. It was a collaborative university wide effort, with support from the Dean HSS, Academic Initiatives, Athletics, Counseling and Psychological Services, Life & Career Advising Center, Human Relations Advisory Council, MU Bookstore, Office of Affirmative Action, Psi Chi- the National Honor Society for Psychology students, the Department of Psychology and the Department of Psychological

Counseling.

The psychology students created a poster display and worked on conference organization and funding. It was very well-attended, bringing together a diverse group including more than 50 community attendees, 14 New Jersey counties and 13 schools were represented. In total, 23% of the attendees were community members. Monmouth University students, staff, and faculty made up the remainder of attendees.

The outcomes data showed that attendees thought that it was relevant, the keynote and workshops were well-received and participants would like to attend future similar events!

PSYCHOLOGY UNDERGRADUATE RESEARCH CONFERENCE

At the end of every semester, the Psychology Department sponsors a research conference to provide undergraduate students with an opportunity to share their original quantitative or qualitative research. This semester the conference was held on Saturday December 8th in Bey Hall Auditorium

and included lunch for those in attendance.

Students were given the option to present their research as a poster or in a formal talk. An award was given for each format of presentation. Jacqueline Fasalino was awarded for her outstanding paper presentation, while Eliza-

beth Kisenishsky won for an outstanding poster presentation.

The keynote speaker was Dr. Natalie Ciarocco. She presented her current research with a talk titled, *The Role of Self-Regulation in Interpersonal Functioning*.



Key note speaker Dr. Diane Levin, professor of education at Wheelock College.

INSIDE THIS ISSUE :

Joining Psych Club 2

News from Psi Chi 3

Sona System 3

Featured Student 4

DAC Desk 4

Faculty Happenings 5



TOP 5 REASONS TO JOIN PSYCHOLOGY CLUB

Learning about Your Major

Navigating through the psychology major can be confusing and overwhelming at first. Questions about classes, thesis, and Ex Ed are inevitable. All of these topics we hope to lend clarity to at our Psychology Club meetings. Our monthly meetings are great information sessions. We discuss course sequences, registering for classes, planning for graduate school, and open the floor for question and answer sessions. If you have questions about being a psych major, we have answers!

Volunteer Experience

Many of us become psychology majors because we hope to help others as future counselors and clinicians. As undergraduate students it is very difficult to get hands on counseling experience. Part of Psychology Club's mission is to give psychology majors the chance to be involved in outreach to others. We participate in many charities that range from collecting food/clothing donations around campus, to giving disadvantaged children Halloween Parties, and Easter Egg Hunts. We also run toy drives around the holidays, and collect school supplies for children in local schools. Our charity work is central to Psychology Club, because it gives us the chance to step outside of ourselves and truly make a difference in the lives of others.

Getting to Know Other Psychology Students

Psychology Club is home to a mixture of students, from a variety of grade levels. We all participate in actively giving each other advice. The senior club members have great

insight to offer other students, and participate in mentoring and sharing their experiences. We are a tight knit group, and care about encouraging one another. It is always a great feeling to know that there are other students going down the same pathway. We are all in this together!

Expanding Activities

In Psychology Club, we participate in several activities in addition to our charity work. Throughout the year, several Club sponsored events give us a chance to get together and learn about psychology in fun, expanding ways. It is becoming Psychology Club tradition to attend the Eastern Psychological Association Psychology Conference. This weekend trip is a chance for members of the club to participate in a psychology conference, present research findings, attend symposiums, and enjoy spending time in a different city for the weekend. We have already visited Baltimore and Philadelphia. We are looking forward to conferencing in Boston this coming March!

Another fantastic Psychology Club event is hosting the Panel of Professionals. The purpose of this event is for students to hear from a variety of psychologists; how they decided on their career, the path they took towards completing their education, their current jobs, and their advice to psych majors. The Panel is one of our most popular events, and it is easy to see why. It is held in an informal setting where students are free to ask questions from interesting, dynamic speakers. In the past, we have heard from a Sports Psychologist, School

Psychologist, Positive Psychologist, Psychiatrist, Social Worker, and Sex Therapist. The Panel of Professionals will be coming again in the Spring Semester!

Resources

All members of Psychology Club receive a Student Handbook. This handbook is filled with information, including but not limited to the following: the Psychology Major at Monmouth, how to write a personal statement, how to construct a curriculum vita, listings of programs and graduate schools, and how to create conference presentations. This is an invaluable source of information for all psychology majors. Psychology Club also holds GRE information sessions, practice GRE exams, and Counseling Career Talks. In addition, we have a new Psychology Club Library. Our library is filled with books on Educational, Behavioral, Social, Clinical/Counseling, and Developmental Psychology. In addition, our Library also holds over 20 professional development books, including GRE Review, and American Psychology Association's Guide to Graduate School Programs. If you need a book for an upcoming paper, or want to get started studying for your GREs, stop by our Library and check out our books!

All Psychology Club resources are posted on our webpage www.psychclub.monmouth.edu. Visit our page, check out our upcoming events, view our photo gallery, and get familiar with all the great things we do on campus. Psychology Club meetings are generally held every second Wednesday of the month. All are welcome.

I hope to see you there!

-Natalie Nardone

President Psychology Club



Alanna Raines and Natalie Nardone at the Eastern Psychology Association (EPA) annual conference in 2007.

To become a Psychology Club member, get involved, attend brief monthly meetings, and participate in club activities. Membership is that simple!

Meetings are generally held every second Wednesday of the month.



Dr. Stapley and Maria Mereos at the Eastern Psychology Association (EPA) conference 2007.

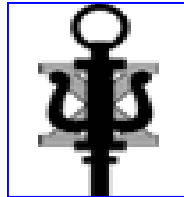
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NEWS FROM PSI CHI

This academic year brings a new start to the Psi Chi chapter here at Monmouth University. We have an entirely new executive board consisting of individuals who are eager to contribute to the community and pursue further ideas in the psychology field. Our current executive members are Shannon Connell, myself, as President, Lina Jaramillo as Vice-President, Anthony Alaimo as Treasurer, and Krista St. Louis as Secretary with Dr. Lisa M. Dinella as our faculty advisor.

This fall we focused on supporting *Our Sons, Our Daughters, Ourselves: Creating a Healthy Image* conference held on November 16th. Psi Chi is made an effort to get people involved with constructing a "Wall of Fame" and a "Wall of Shame" in which we presented both positive and negative advertisement in the popular media. We also provided

gift baskets, an activist corners, and many other things. Over the academic year we will be working with the Long Branch Concordance by getting involved in a family night and internships. Psi Chi will also take part in the Monmouth University Psychology Research Conferences. Our other goals for this academic year include GRE preparation sessions, trips to research conferences, and guest lectures. We are currently meeting once a month where we discuss events and other ideas.



Psi Chi membership requirements are:

- Completed at least three semesters of college courses, nine

credits in psychology

- Overall GPA of 3.00
- GPA of 3.00 in psychology
- Registration for undergraduate major or minor standing in psychology
- Registration for graduate major standing in psychology

Students retain their Psi Chi membership for life. It is an excellent way to get involved with not only psychology, but the community as well.

If you ever have any questions or concerns feel free to email any e-board member. I know I speak for all of us in saying that we are very excited to have an active and successful year!

-Shannon Connell
Psi Chi President



Dr Dinella, Lina Jaramillo, and Shannon Connell at the Psi Chi Induction 2007



The Psychology Club hosted a family of three for the holidays.

Thank you to all those that provided gifts!

PSYCHOLOGY ADOPTS



In the fall, the psychology department adopted a new web-accessible research management system called Sona. This program helps the department handle the scheduling of research participants.

Students can sign up for studies online, researchers can set up their studies online, and instructors can ensure students have completed all their requirements.

Researchers may set up

studies that require a special sign-up password and may specify that only students in specific classes are eligible to sign up. Researchers can also define pre-requisite or disqualifier for any of their studies, and may set up 2-part studies where the two sessions must be scheduled a specified number of days apart.

Sona also allows for pre-testing (mass testing). With the online pre-

testing feature, potential participants are screened based on their pretest responses and the system automatically ensures only qualified students can view and sign up for studies with participation restrictions.

The most exciting feature of Sona is that the department faculty and students can create online survey studies, which means they can collect data outside the Monmouth University community.



Research Opportunities Available

Please visit:

<http://bluehawk.monmouth.edu/~psych/frames/fs.html>

FEATURED STUDENT: NATALIE NARDONE

Natalie Nardone first became involved in the department when she started working as a Research Assistant for Dr. Lewandowski. She reports, "relationships with other professors grew organically, as I spent time in the lab and in the psychology office. Working as a Research Assistant opened up a new perspective on psychology, and I had a plethora of questions to ask my professors and faculty."

When asked about her interactions with the psychology faculty, Natalie commented, "The psychology faculty at MU has been involved with virtually every facet of my experience as a psychology major. I have been advised by several faculty members; stopping to see them in their offices, asking them questions after class, and listening to them give talks at campus events. I have always felt welcomed by my professors, and even faculty members that were not my class instructors."

She goes on to say, "I truly believe that college is what you make of it, and surrounding yourself with help

from others is one way you can actively create a positive experience. I was very fortunate to receive the guidance of MU psychology faculty throughout my journey as a psychology major. The faculty, through research projects, internship experiences, and inspiring classes, has opened many doors of opportunity for me. I have always felt like there was a group of people rooting for me and cheering me on. That system of support was truly invaluable to my positive experience as a psych major."

When it comes to what Natalie's experiences within the department will mean to her future, Natalie comments, "My interactions with the Psychology Department have taught me to reach out for advice, never be afraid to ask questions, and to be inspired by the knowledge and dedication of those around you. I have come to understand that being a professor is more than lecturing, testing, and researching. The Psychology Department at Monmouth has taught me that a professor's job is one that requires a lot of patience, listening skills, and a counselor's perspective. I believe all of these things have set won-

derful examples for me to follow in my future career."

Natalie is involved in a variety of campus activities. She is the President of Psychology Club, a member of Psi Chi and Omicron Delta Kappa and has worked as a peer tutor. In addition, she is a Research Assistant and Lab Director for Dr. Gary Lewandowski's Close Relationship Research Laboratory.

Off campus, Natalie is also very busy. She works as a personal trainer, teaches Latin dance, and health and nutrition classes to high school students. In addition, Natalie has been working as a charter school board member on a school for Health and Leadership opening in Harlem next year.

Natalie is currently a senior that commutes from Freehold and was the recipient of the 2006 Rose Feinberg Memorial (for a deserving student in psychology). Her future plans are to attend graduate school and earn a Ph.D. in social psychology. Her ultimate goal is to be a professor and researcher.

FROM THE DESK OF . . . THE DEPARTMENT ADVISING COORDINATORS

Your department advising coordinators are involved in many activities to assist our majors. Be on the look out for our e-mail reminders (for example, reminding our majors of the need to complete any waivers before graduating). We also like to remind our majors of important deadlines. For example, the deadline to apply to graduate in May of 2008 is January 31, 2008. We are living in a paperless world now, so be sure to be familiar with the eForms available through WebStudent. Always visit our department's website for answers to many of your questions, ranging from faculty office hours to information on completing ExEd.

We would also like to share

some of the activities we have been involved with this past year. We had individual meetings over the summer with new transfer students (we saw about 35 new transfer students in the summer of 2007). We were involved in the New Student Information Fairs as part of Freshmen Orientation this past July. We were also a part of the Majors Fair and Open House, both held this past October.

Be sure you have a copy of the student handbook! It has lots of great information for a psychology major, ranging from graduate school preparation to faculty research interests. We would like to remind all of our majors to continually check their academic audits for any discrepancies, as well as what the sequence of classes

should be, how many credits you have left to take to graduate, and whether you have completed your Experiential Education requirement. Live by your audit!

Last but not least, we want to be sure that you are happy with your advising experience. If you would like to change your advisor, please visit the department webpage (<http://bluehawk.monmouth.edu/~psych/>) and click under "The Psychology Major" to complete a "Change of Advisor" form. Also, if you have any ideas or suggestions for advising, please don't hesitate to let one of us know!

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Dr. Lewandowski
glewando@monmouth.edu

Department Chair:
Janice Stapley, Ph.D.

Department Advising Coordinators:
Gary Lewandowski & Michele Van Volkom

Career Advisor and Planners:
Doris Hiatt & Gary Lewandowski

FACULTY HAPPENINGS

~Lisa Dinella, Ph.D.

Dr. Dinella was awarded a contract by APA Books to edit a scholarly book entitled *Conducting Psychology Research in School-Based Settings: A Practical Guide for Researchers*. She will be contributing a chapter in the volume entitled "Building and Maintaining Relationships with School Stakeholders", co-authored with Gary Ladd, Ed.D.

She also presented the following:

Ladd, G. & Dinella, L. M. (2007, March) Predicting children's achievement trajectories from their early classroom engagement orientations. In S. Rimm-Kauffman

(Chair). *Contemporary perspectives on children's engagement in learning*. Symposium conducted at the meeting of Society for Research in Child Development.

Dinella, L. M., Rudolph, K, Ladd, G. (2007, March). *Gender differences in the interpersonal consequences of early-onset depression*. Poster presented during meetings of Society for Research in Child Development.

Dinella, L. M., Kisler, T., Guimond, A., White, A., & Thayer, S. (2007, November) Careers for family science degree holders: The world is full of options. Symposium conducted at the meeting of the National Council on Family Relations.

Finally, she presented a professional development workshop on masculinity development, emotional development, and curriculum for the faculty at St. Peter's Preparatory High School in Jersey City

~Gary Lewandowski, Ph.D.

Dr. Lewandowski accompanied Psychology Club students to Pace University's Undergraduate Research Conference in Manhattan.

Several students (indicated by a *) presented their research: Harrington, S.*, & Lewandowski, G. W., Jr. (2007, May). *How am I doing?: Reactions to romantic relationship dissolution*. Poster presented at the 15th Annual Pace University Undergraduate Psychology Conference, New York, NY, USA.

Korcus, L.*, Lewandowski, G. W., Jr., & Le, B. (2007, May). *Study abroad and the self: Self variables as predictors of ethnocentrism and study abroad interest*. Poster presented at the 15th Annual Pace University Undergraduate Research Conference, New York, NY, USA.

Nardone, N.*, Javas, L. *, & Lewandowski, G. W., Jr. (2007, May). *Accuracy of self-knowledge and prediction of behavior*. Poster presented at the 15th Annual Pace University Undergraduate Research Conference, New York, NY, USA.

Raines, A. J. *, St. Amour, S.*, Hollingworth, M.*, Chin, L. *, & Lewandowski, G. W., Jr. (2007, May). *The role of individual differences in perceived relationship quality*. Poster presented at the 15th Annual Pace University Undergraduate Psychology Conference, New York, NY.

Dr. Lewandowski also had two chapters published:

Lewandowski, G. W., Jr., & Le, B. (2007). Outwitting to outlast: The role of impression management on Survivor. In R. J. Gerrig (Ed.), *The psychology of survivor* (pp. 57-70). Benbella Books Inc., Dallas: TX.

Le, B., & Lewandowski, G. W., Jr. (2007). Castaways, outcasts, and cyberball: Social isolation, interpersonal rejection, and ostracism on Exile Island. In R. J. Gerrig (Ed.), *The psychology of survivor* (pp. 145-157). Benbella Books Inc., Dallas: TX.

~Keith Morgen, Ph.D.

You won't find my substance abuse research lab anywhere in the Department of Psychology or Edison Hall. You need to look all over New York City and central/northern New Jersey. Research assistants Kristina Glowzenski, Lauren Gunneson, Nadya Hamdan, Lisa Maietta, and Kaitlyn Santangelo are all assisting me with this work and in some instances taking the lead on projects (theses or independent research). During this academic year (and beyond) their work will hopefully result in publications and conference presentations they co-author with me and other colleagues. In fact, Lauren, Lisa and I already have a book chapter on drug courts set to be published in 2008. If after reading about these projects you're interested in joining the team this academic year or next please let me know (kmorgen@monmouth.edu; 732-571-4446).

Post-Traumatic Stress Disorder, Addiction Treatment, and Quality of Physical Health. In collaboration with Samaritan Village in Queens, I am conducting research on the relatively ignored relationship between substance abuse treatment progress, physical health complaints, and trauma history. We currently have several papers in preparation.

Motivational Interviewing. In collaboration with Daytop Village in Manhattan and the Bronx I am studying how a specific counseling technique (motivational interviewing) can be integrated into a specific model of substance abuse treatment (therapeutic community) and whether it appears to provide any benefit. Our first findings will be presented this October at the Addiction Health Services Research Conference in Georgia.

Substance Counselor Training. In collaboration with Dr. David Kressel (The Center for the Integration of Research and Practice - National Development and Research Institutes) I am evaluating the effectiveness of a substance abuse counselor training protocol in use in several facilities in New York City and upstate New York. We currently have several papers in review. In addition, Dr. Morgen's PY431 class (Psychological Tests & Measures) is using some of these data for class projects that address some basic but never before documented psychometric properties of substance abuse clinical progress measures. The students work in this class may result in poster submissions to the Eastern Psychological Association.

Addiction Counselor Development. In collaboration with a colleague I am studying how and why individuals become addiction counselors. We are currently conducting qualitative interviews with addiction counselors throughout the tri-state area.

Alcohol and Smoking. We actually do some work on campus! We are studying alcohol and smoking prevalence rates on-campus as well as some variables that may facilitate the maintenance of these unhealthy behaviors. The smoking related work includes collaboration with scientists at a university in Turkey.

~Faculty Happenings Continued on Page 6

FACULTY HAPPENINGS

~Michele Van Volkom, Ph.D.

Here are some of my recent publications and conference presentations. We (Kimberly Green, Shawna Kelly, and I) just finished data collection on a new project entitled "Health-Related Behaviors among College Students" which will be presented at a conference this March.

- Van Volkom, M. (in press). Attitudes towards smoking among college students. *College Student Journal*.
- Van Volkom, M. (2007). *Instructor's Manual to Accompany Mastering Social Psychology by Baron, Byrne, and Branscombe (1st ed.)*. Boston: Allyn & Bacon.
- Van Volkom, M. & Lazur, C. (2007, May). *The influence of cigarette smoking status on important life decisions*. Poster session presented at the annual meeting of the Association for Psychological Science, Washington, DC.

~Natalie Ciarocco, Ph.D.

The newest face around the Psychology Department is Dr. Natalie Ciarocco. Dr. Ciarocco earned her Ph.D. in experimental psychology from Case Western Reserve University in Cleveland, Ohio and comes to Monmouth University from Florida Atlantic University.

Dr. Ciarocco is currently teaching classes in the research sequence. Her research interests are in the field of social psychology. She currently has three main areas of research. The first is in the area of self-control. Based on the

idea that self-control is a limited resource, the implications of self-control in interpersonal relationships are being explored. Research projects conducted in the past included the examination of the role of self-regulation in ostracism, self-presentation, and rejection. Her second area of research is rumination. Research projects include a series of studies that explore the beneficial effects of rumination on task performance. Last, Dr. Ciarocco is studying the repercussions of being rejected. Currently she is exploring how rejection impacts various self-enhancing biases. If anyone would like to join her lab this spring, let her know at nciarocc@monmouth.edu.

Dr. Ciarocco had jumped right in to life at the University. She is currently supervising two honor's projects and revived this newsletter. She gave the keynote address at the departmental undergraduate psychology conference and will co-chair it in the spring. Dr. Ciarocco also took on the role at Habitat for Humanity advisor. When she is not at Monmouth University, Dr. Ciarocco enjoys baking, travel, spinning, and spending time with her pug, Bentley.

- Ciarocco, N (2007) Modeling of Behavior. In R.F. Baumeister & K.D. Vohs (Eds.) *Encyclopedia of Social Psychology*. Thousand Oaks, CA: SAGE Publications.
- Twenge, J. M., Baumeister, R. F., DeWall, C. N., Ciarocco, N. J., & Bartels, J. M. (2007). Social exclusion reduces prosocial behavior. *Journal of Personality and Social Psychology*, 92, 56-66



Founder's Day Celebration 2007