

the Standard Deviation

The Official Newsletter of the Manhattan College Department of Psychology

Campus Happenings

Looking for an event on campus that relates to your psych major and interests? Refer to page 4 for campus events you may find interesting .

Noberini Colloquium

Join us for the Psychology Department's spring Noberini Colloquium on February 25th at 4:30. Dr. Eidelson will tell us how the powerful misled us. Read more (pg. 6)- you don't want to miss this!

Psi Chi

Psi Chi, is the international honor society for psychology. Not a member yet? The application period for Psi Chi has arrived. See details (pg. 4)

Study Abroad

Did you know that you could earn psychology course credit by studying dolphins in the Bahamas? Find out more (pg. 5)



Chair's Welcome

Welcome to a new year and a new semester- Spring 2019 is sure to be productive. Heck, it already has been, and we've only just started. The workload is not letting up anytime soon, so a few things to remember: 1) breathe. When things feel overwhelming, stop and take a breath. (Please feel free to remind me of this when you see me hyperventilating in the halls of DLS) and 2) frame what you need to get done as a challenge rather than a threat or burden. By doing so, the focus is on the task rather than the self, which decreases negative arousal; and, finally, 3) as a wise friend and colleague reminds me almost every M-W-Th, be kind to yourself. A little self-compassion goes a long way. We tend to be more understanding with others than we are with ourselves- so don't forget to be a friend to yourself this semester.

Keeping all that in mind, how's that New Year's Resolution coming along? If you're like me, you can't even remember what you committed to. Doesn't matter though, with only three weeks of the semester completed, you still have time to set some



Course Spotlight: PSYC 347: Theories of Personality

- Taught by Dr. Danielle Young and usually offered each semester
- Fulfills the Clinical/Personality Psychology Distribution

What's it about: Theories in Personality Psychology takes us on a scientific exploration of what makes humans individuals, as well as what makes humans human. We investigate how to measure personality, where personality "comes from", and how personality and environment shape human behavior.

Dr. Young's favorite topic?

Shaping behavior. It's exciting to apply behavioral principles (e.g., Pavlov) to human interests and activities, to conceptualize the way we shape others and are being shaped in return, and to try and harness that explicitly.

What surprises students?

Students are surprised to think about personality psychology as a science. Like any good scientists, we struggle to embrace the nuances of research findings, and realize how much we don't know about the human experience.

semester goals for yourself and pause to consider what you would like to accomplish before summer. Don't delay though- commit to some semester goals now- and, even more, come by my office hours and tell me what you've got planned. Research shows that accountability (sharing your goals with someone and continuing to check in with that someone), makes you twice as likely to achieve them.

The department is happy to welcome Dr. Fairchild back from her maternity leave (find out what her semester goals are when you read page 8). Just a reminder, Dr. Mendez-Baldwin is on a spring semester sabbatical, and Dr. Zella More continues her year sabbatical- we wish them both a restful and productive time.

We have a lot of things to look forward to this spring- warmer weather, discovering things we didn't know before, new inspiration, grad program acceptance letters, opportunities, opportunities, and more opportunities. We got this.

Dr. Kelly Marin
Interim Chair
Department of Psychology



Faculty Accomplishments

Dr. Maria Maust-Mohl

Dr. Maust-Mohl published an article titled "A comparison of common hippopotamus (Artiodactyla) and Mysticete (Cetacea) nostrils: An open and shut case" in the journal *The Anatomical Record* (<https://doi.org/10.1002/ar.24032>).



Dr. Maust-Mohl was also awarded a Faculty Summer Grant for 2019 to obtain more recording equipment to study the spotted and bottlenose dolphins in Bimini, Bahamas. She plans to also use the equipment to record dolphins in the NY area and okapi at the Bronx Zoo.

Dr. Nuwan Jayawickreme

Dr. Nuwan Jayawickreme published an article titled, "When did Posttraumatic Stress Disorder get so many factors? Confirmatory factor models since DSM-5" in the journal *Clinical Psychological Science*.

Dr. Kelly Marin

Dr. Kelly Marin received a Faculty Summer Grant for 2019 to explore how emerging adults make meaning of political experiences and movements. She also was invited to join the editorial board for the journal, *Emerging Adulthood*.

Dr. Martha Mendez-Baldwin

Dr. Martha Mendez Baldwin was awarded a Faculty Summer Grant for 2019 to continue her work that explores the impacts of bullying.

Dr. Danielle Young

Dr. Danielle Young was awarded a travel grant to go to a Society for the Improvement of Psychological Science pre-conference in Rotterdam, the Netherlands. She and her colleagues are going to work on predicting the outcomes to replication studies.

Psi Chi News



The application period for Psi Chi has arrived. Apply to be a member the international honor society in psychology. As one of the largest honor societies in the United States, Psi Chi values superlative scholastic achievement and interest in the discipline of psychology.

The Manhattan College Chapter requires (this is a higher standard than required by PSI CHI):

1. 12 completed credits in psychology
2. Declared major or minor in psychology
3. An overall GPA of 3.4
4. Psychology GPA of 3.4

Students interested in being considered for membership must apply online using this link: http://www.psichi.org/?page=become_member

**You must apply by Thursday
February 14, 2019 at 12 noon**

Current members do not need to re-apply. That means if you were inducted already or accepted in the Fall, you don't have to re-apply!

In addition to completing the online application, you will need to turn in the following to MaryEllen LaMonica or Syrita Newman in MIG 405 (Not Dr. Mendez-Baldwin's mailbox) by 2/14 at 12 noon.

1. A copy of your transcript- You can print it from DegreeWorks or get an unofficial copy from registrars.
2. A check (or Cash) made out to Martha Mendez-Baldwin for \$75 (\$55 registration fee plus \$20 chapter dues).

*Decisions will be made by March 1st. If you are not accepted, fees will be returned. You will receive information about the induction ceremony after Spring Break.

Want to go abroad to Bimini, Bahamas and study dolphin behavior?



Photo provided by Dr. Maria Maust-Maul

Bahamas study abroad information session

Date: Wednesday February 13th

Time: 12:00

Location: Miguel 311 (Rodriguez room)

Join us for this information session to hear more about the Bahamas study abroad program scheduled for June 8-19th, 2019. Students will register for Sensation and Perception (PSYC 367) and earn 3 credits for the program.

To learn more about last year's study abroad trip to Bimini, Bahamas, check out the newsletter feature from September 2018. <https://content.manhattan.edu/school-of-liberal-arts/psychology/September%202018%20Newsletter.pdf>

The Noberini Colloquium

Monday, February 25th, 4:30pm, Kelly Commons Room 4C

Roy Eidelson, Ph.D.

"Psychology Gone Bad: How the Powerful Mislead Us about What's Happening, What's Right, and What's Possible"



Past President, Psychologists for Social Responsibility, Former Executive Director, Solomon Asch Center for Ethnopolitical Conflict, University of Pennsylvania, Author of "Political Mind Games: How the 1% Manipulate Our Understanding of What's Happening, What's Right, and What's Possible"

In the United States today, giant corporations rake in record profits, mammoth defense contractors push for more of everything military, global polluters block effective responses to climate change, and influential voices condemn those who are struggling or "different." Most Americans want something else: a country where inequality is less extreme and where the common good matters more than the priorities of powerful interests. But efforts to achieve this progressive vision are hobbled by manipulative psychological appeals designed to mislead, confuse and divide us. Dr. Eidelson will explain why these deceptive ploys often work—and how we can recognize and resist them.

Dr. Eidelson is a clinical and political psychologist and was a leading figure in uncovering the role the American Psychological Association played in the enhanced interrogation practices used in Guantanamo Bay and other U.S. military prisons during the mid-2000's.

Sponsored by the Psychology Department and the Peace and Justice Studies Program

Alumni Spotlight



Bridget Gerstal, M.S.
Clinical PsyD. Student

Bridget Gerstel graduated with a BA in Psychology with a minor in Communications and Spanish from Manhattan College in 2011. During her time at MC, Bridget served as a Research Assistant for Dr. Kimberly Fairchild and grew a passion for research around street harassment and its effects on women. Before pursuing a doctorate, she landed a position at North Suffolk Mental Health Association doing In-Home therapy and Therapeutic Mentoring. In this role, she had the opportunity to provide direct clinical care to children and families of different ages and diagnoses. She served on the

management team, worked 24-hour crisis response, and ran weekly team meetings to discuss strategies for treatment. Bridget then expanded her career into the research field to learn more about behavior change and patient engagement. She worked as a Research Analyst for Partners Connected Health, where she conducted research studies in hospitals throughout Boston, MA. The studies used innovative technology to improve healthcare and help patients manage their conditions.

Bridget is now a second-year student in the Clinical PsyD program at William James College in Newton, MA. She spent her first-year internship studying at an elementary school, conducting psychological tests and running both individual and group therapy. Bridget is now interning at Massachusetts General Hospital's outpatient clinic, where she specializes in the treatment of Substance Use Disorders. She stays involved at school and serves as an Administrative Assistant for the Bachelor of Science in Psychology & Human Services Program and also works as a Student Ambassador, supporting prospective students in their decisions for graduate work at WJC.

Bridget appreciates her time at Manhattan College for setting her up with a strong foundation in the field of psychology and for providing study abroad opportunities that helped her become fluent in Spanish, and for establishing strong supportive relationships with faculty. She has maintained close relationships with



her mentors, Dr. Kimberly Fairchild and Dr. Robert Geraci, who have provided continued support for her over the years. Her research with Dr. Fairchild has inspired her doctorate project which will be looking at the impact of Snapchat filters applied to “selfies” on self-esteem in women. Bridget knew the chair for her doctorate project, Dr. Brian Ott, was the perfect fit when she learned he was a fellow Jasper (adjunct faculty member 1980).

GET TO KNOW YOUR PROFESSOR

**DR. KIMBERLY
FAIRCHILD**



What are your goals for the semester?

Coming off of maternity leave, my main goal is to survive! I want to have an amazing

Psych of Women class in which we challenge each other's preconceived notions and beliefs. I want to create awesome projects in Advanced Research Methods. And of course, I always want to convert a few Roots students to be psychology majors.

What do you enjoy most about teaching at MC? The thing I enjoy most about teaching at MC is the small class sizes, which allow me to get to know my students. I like that classes can be more discussion based and interactive. I enjoy seeing my students' personalities in the classroom and watching their minds blossom with new information. I like the creativity that my students bring to class.

The best advice you ever received was...

"Be confident, stupid!" This is a quote from the Simpsons, but was said to me by someone close to me and it helps me to get through difficult situations.

Four people you'd like to have coffee with...(I'm assuming dead or alive rules apply here!)

Samantha Bee, because she seems really smart and funny

Anthony Bourdain, because I'm listening to one of his books now and he lived a life completely different than my own.

Gary, Keith, and Ron (the Mets Sportscasters), can they be a package deal because I'd love to chat baseball with all of them

Myself, because with a 6-year-old, a baby, a husband, and cat at home, I don't get much quiet time all by myself!

One thing in your field you wish you could teach everyone about... That stereotypes are a basic part of the cognitive functioning of the mind. Once we can accept why we have stereotypes (because it's how the mind works!), we can start to come up with more useful solutions to changing the content of the stereotypes and eradicating prejudice and discrimination.

What research projects are you planning?

I am planning on writing review article on the state of research on street harassment. I've had a few too many go-nowhere projects recently, so I'm eager to find some motivated students who are interested in starting a project.

Did you read that? Dr. Fairchild is looking for some motivated students to assist her on her research. Don't waste time- contact her!

Want to get involved?

Psych Club

- Come meet other majors. Psych Club is going to have their first meeting Wednesday, 2/6 at 12pm (Location: TBD). Club members should bring ideas to the meeting. All are welcome!
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Want to be a student research assistant?

- If you plan to go onto graduate school in psychology, you'll want to gain as much student research experience as you can. You can accomplish this in a variety of ways, but one way is to become a research assistant (for credit or volunteer). Psych professors will be looking for motivated and qualified students to join their research teams in the Fall 2019 semester. Start preparing now by discovering what the faculty in psychology are studying- go onto their MC webpages and go to their office hours to learn more.
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Gain some skills to pay the bills!

- The Center for Career Development hosting a series: Career Chats: Job & Internship Search February 5th @ 3:30 (Thomas Hall, Suite 3.30).
- Find out more by visiting <https://inside.manhattan.edu/student-life/career-pathways/career-development/students/index.php>

Campus Events Worth Checking Out

One of the best things about psychology is that it is a multifaceted discipline that relates to other fields and subjects you might be passionate about. Here are some campus events this month that likely connect to the things you're learning in your psychology classes.

February 5th & 6th

Get your NYPL card Two librarians from the New York Public Library will be on the 5th floor of O'Malley issuing library cards. They will be here on Tuesday 2/5 from 11 am- 1 pm and Wednesday 2/6 from 4 pm - 7 pm. New York Public Library is a valuable resource. All that is needed is a college ID to receive a library card.

With a NYPL card, you can get a Culture Pass- free access to NYC museums! <https://www.nypl.org/blog/2018/07/16/culturepass>

February 8th

Manhattan College Players Present Shakespeare [abridged] Watch 13 MC players act through Shakespeare's entire canon-37 plays- in 97 minutes as they summarize each cannon through football plays, rap songs, and outrageously condensed, comedy mash-up titles (like Four Weddings and a Transvestite). The Complete Works of William Shakespeare (Abridged) entertains and teaches audiences facts about Shakespeare while ensuring them a rollicking good time. (8:00 - 10:00 -

February 13th

WAGS Brownbag with Dr. Courtney Bryant-Prince (Religious Studies) where she'll talk about her research on Womanism and Erotic Theology (12:00 - 1:00 at Cornerstone)

February 19th

MSA presents a Documentary Screening White Right: Meeting the Enemy (5:00 pm - Hayden 100) .

A documentary film by two-time Emmy and Peabody Award-winning director Deeyah Khan. The film is produced by Deeyah's production company Fuuse and received its world premiere on ITV in December 2017.

Deeyah travels to America to meet with some of the most prominent neo-Nazis and white supremacist leaders in the US today to seek to understand the personal and political reasons behind the apparent resurgence of extremism in the US. She made the film after being interviewed on TV about multiculturalism for which she received a large number of threats and hate speech on social media.

February 25th

Noberini Psychology Colloquium Join us to hear Dr. Eidol present, "Psychology Gone Bad: How the Powerful Mislead Us about What's Happening, What's Right, and What's Possible" (4:30 - 5:30 pm - Kelly 4C)

February 27th

HERStory As part of intersectionality week, a panel of women of color will talk about their success stories and their struggles (12:00 - 1:00 - KC 5A)

History Brown Bag Alexis Salerno will present her research paper, entitled "The Japanese Occupation of the Philippines: A Study of Civilian Experiences," which is based on oral history interviews that she conducted. (12:00 - 1:00 - MIG 207)

Faculty at a Glance



Full-time Faculty:

Kim Fairchild, Ph.D.

Jay Friedenber, Ph.D.

Nuwan Jayawickreme, Ph.D.

Arno Kolz, Ph.D.

Kelly Marin, Ph.D.

Maria Maust-Mohl, Ph.D.

Martha Mendez-Baldwin, Ph.D.

Zella Moore, Psy.D.

Danielle Young, Ph.D.

Adjunct Faculty:

Faith Florer, Ph.D.

James Reidel, Ph.D.

Robert Rivera, M.A.

Asghar Sajadian, Ph.D.

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Twitter: @MC_Psychology

Learn more about our department on our homepage:

<https://manhattan.edu/academics/schools-and-departments/school-of-liberal-arts/.psychology-dept/index.php>

Something you'd like to see or feature in an upcoming issue of the Standard Deviation? Let us know!

Email: kelly.marin@manhattan.edu