

the Standard Deviation

The Official Newsletter of the Manhattan College Department of Psychology

Goings on about campus

Looking for an event on campus that relates to your psych major? Look on page 4 for some ideas!

Psych Club

Psych club is a great way to get involved on campus, and they're looking for students to fill in leadership positions. Check out psych club's feature (Page 7). Open to event ideas from all members.

Political Psychology

Why do people vote? Why don't they vote? How can politicians encourage voting? Find out more about this interesting area of psychology on page 8 - 9.

Noberini Psychology Colloquium

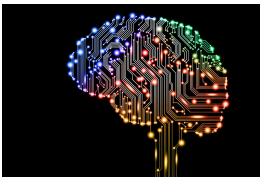
This event featured the research of four students. Read about the impressive research students are doing on and off campus one page 12 - 13.



Chair's Welcome

Spring registration? Sunshine and warmth one day and showers the next? If you have spring on the mind, no one can fault you for that. But, let's not get ahead of ourselves- it's only November, and I've barely been able to catch my breath since October ended. To be honest, it was an overwhelming month with many due dates, other commitments, and tragic national events that forced me to pause. Some of you might have felt the same. Yet, as I reflect on all October brought, I feel energized by everything I managed to finish. It's encouraging to meet deadlines and follow through with commitments even when you didn't think you can. I hope you're feeling proud of all the things you were able to accomplish this past month. It's helpful to look behind you and recognize that not only did you survive a tough few weeks, but that you did well.

Now, it's time to look ahead at what November has in store because it is sure to bring more opportunities to feel emboldened- or at least full. Most of us already have Thanksgiving on our minds- a chance to reconnect with family and friends around the dinner table, retell family stories, and maybe even argue about politics. But, before succumbing to the mashed potato and gravy stupor we might find ourselves in on the 22nd, we have things to do! What's the saying? We can't choose our family, but we can



Course Spotlight: PSYC 332: Artificial Psychology

Taught by Dr. Jay Friedenber and offered in the spring.

What's it about?

This course examines the question of whether or not we could "build" a person. Is it possible to create something in our own image, having the same perceptual, motor, motivational, emotional and cognitive capabilities? Even 10 years ago people might have scoffed at this notion but with advances in AI and robotics, we are getting closer to it every day. We will examine questions: What is consciousness? Can a computer be creative? Will a robot steal your job? Will this diminish free will or human dignity?

Favorite topic? RoboCup is the attempt, by the middle of the 21st century, to create a fully autonomous humanoid robotic soccer team that can compete and win against the human players of the winner of the most recent World Cup. Video from the 2018 competition:

<https://www.youtube.com/watch?v=yyLa6xIK9Qs>

What surprises students?

How far we have come in so little time. We don't have AutoBots, Droids or Replicants yet, but experts in the field predict that such things may be possible in the next decade or two.

choose our politicians? Well, that's not the saying, but it still applies. Start the month off by voting on November 6th. Read the newsletter for some inspiration- read about the importance of voting and Dr. Jayawickreme's story about becoming a citizen and what it means to him. And if that's not enough, read about the important work an alum is doing in Washington, D.C. It's never too late to do more and do better.

November is going to be busy. It's the last full month before the semester ends, which means that papers, exams, presentations, and other assignments will be coming at us fast. Everything that we put off in October is now high on the "to do" list. Emails we should have sent or conversations we needed to have can no longer be avoided. Plus, we'll be faced with new opportunities and decisions to make. Remember the strength and resilience you showed in October? Sure, you do! Keep it close; you're going to need it again.

Ready or not, here November comes...

Dr. Kelly Marin
Interim Chair
Department of Psychology

I want to give a special thanks to the two students who volunteered to help with this month's newsletter: Thank you, Olivia Anderle and Olivia Haveron. Their contributions were essential in creating this newsletter. I appreciate the assistance and patience that Olivia x 2 gave me this month. (My fingers are crossed that they'll both stay on board for the next one!)



Faculty Accomplishments

Dr. Martha Mendez-Baldwin

Dr. Martha Mendez-Baldwin published an article, *Bullying: College students' views and experiences*, in the *Journal of Bullying and Social Aggression*. Great work!

- Read more here: (<https://sites.tamuc.edu/bullyingjournal/bullying-college-students-views-and-experiences/>).

Dr. Mendez-Baldwin will be on a well deserved sabbatical for the Spring 2019. We wish her a productive and restful semester!

Dr. Nuwan Jayawickreme

Dr. Nuwan Jayawickreme was awarded a semester sabbatical for Spring 2020. Also, well deserved- congratulations!

Announcements

Congratulations to Psi Chi's 2018-2019 Officers

Co-Presidents: Katarina Kokkosis and Stephanie Riggi

Secretary: Allison Hickey

Consulting Officers:: Eva Bartsch and Eva Pugliese



Thank you



Thank you, Brittney Vargas and Evie Pugliese! These two seniors helped Dr. Young and Dr. Marin at Manhattan College's Open House on October 28th. They generously gave up a Sunday to talk to high school students and parents about their experience at Manhattan College and what it's like to be a psychology major.

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.

November 6th

Wheat Songs: A Greek-American Journey by Perry Dimopoulos Book Reception and Talk by Perry Rizopoulos, MC Alumni will present on his book "Wheat Songs" (Academic Studies Press, 2018). A book about his grandfather and the challenges of surviving World War II. This is a powerful journey about one man and his family, a book that takes you from the the Bronx to Greece to Italy. Question and Answer session to follow (O'Malley Room 100 at 6 PM.)

November 8th

Manhattan College Players Present *Laughter* At the centre of his own universe sits matinee idol Garry Essendine: suave, hedonistic and too old, says his wife, to be having numerous affairs. His line in harmless, infatuated debutantes is largely tolerated but playing closer to home is not. Just before he escapes on tour to Africa the full extent of his misdemeanors is discovered. And all hell breaks loose. Noel Coward's Present Performance is scheduled in Thomas Hall 516 (The Black Box at 8:00 PM)

November 14th

Film Society Screening of *Dazed and Confused* The MC Film Society will screen *Dazed & Confused* as part of their "New Beginnings" film series. (Hayden Hall, room 100 at 6:00 PM)

WAGS brown bag with Dr. Jolie Terrazas Did you ever have to smile or be polite as a job requirement? If so, you've performed what researchers call emotional labor. Find out more- like the negative impacts of such labor. (Cornerstone at 12:00 PM)

November 27th

Post Graduate Career Fair Not sure what to do after graduation? Consider volunteering full-time with Lasallian Volunteers, Jesuit Volunteer Corps, Peace Corp, or Americorps. Find out more (Kelly Commons, 2nd Floor at 2:30 - 5:30 PM)

November 28th

How to Get Into A Psychology Graduate Program Drs. Kelly Marin and Nuwan Jayawickreme will discuss how psychology students should prepare themselves to apply to graduate programs in psychology. Topics will include studying for the GRE, how to prepare CVs and cover letters, and how to get strong letters of recommendations. (Kelly Commons, Room 4C at 12:00 PM)

November 29th

Mars reading by Leslie Jamison Leslie Jamison's new book, *The Recovering*, came out in April 2018. She's also written a novel, *The Gin Closet*, and a collection of essays, *The Empathy Exams*. Her work has appeared in places including The New York Times Magazine, Harper's, Oxford American, A Public Space, Virginia Quarterly Review, and The Believer. For several years she was also a columnist for the New York Times Book Review. (Hayden Hall, Room 100 at 6:30 PM)

GET TO KNOW YOUR PROFESSOR

Dr. Arno Kolz



The best advice you've ever received was...

I honestly have no idea. As a young person, I was incorrigibly independent and pretty much didn't listen to anybody. If it was up to my parents, I would

have joined ROTC, gone to law school, and then spent six years as a military lawyer before joining some big law firm. Obviously, I went in a rather different direction.

Three people you would like to have coffee with...

Neal Peart, Richard Dawkins, Neal DeGrasse Tyson, Steven Pinker, Elon Musk. I know that's five, but I already told you I don't listen very well, right?

What is one thing in your field everyone should know?

I always tell my org psych class, if you only remember one thing about this class, remember this: Feedback. Objective, specific, unbiased, and timely feedback is essential for just about every function an organization performs. Second on the

list, when it comes to employment, people have a lot fewer rights than they think they do.

What makes a good professor?

Thank you for assuming I am a good professor! In my opinion, the most important elements of teaching are organization, clarity, and establishing rapport with a class. The latter provides a "bank" of trust and idiosyncratic credits you can use later if the class or a student is struggling. However, while I think I am good at these things, I think there are lots of professors at MC who are just as good, or better, than me. What makes me somewhat unique, I think, is the extent that I am very open and wear my heart on my sleeve when teaching. The best comment I ever received on a course and teacher evaluation was "he is not afraid to answer any question." That pretty much sums it up.

What's your favorite teaching memory at MC?

Many years ago, I had a very bright and capable student ask me for a letter of recommendation. I noticed she was applying only to Masters programs. I told her I would not write her a letter unless she also applied to Phd programs. She did. Five years later, she earned her Ph.D from a top ten I/O program. She invited me to her graduation and dinner afterwards. At the dinner, in front of her friends, family, grad school professors, she stood up, and told the room how grateful she was that I "made her apply to doctoral programs." She has since gone on to become a research psychologist working at the Pentagon, where she reports directly to the Army Chief of Staff.

What's it like being a Boston fan in the Bronx?

No problem. I have worn Red Sox gear in Yankee stadium and received nothing more than humorous teasing. I went to one game not wearing a Red Sox shirt and watched Pedro Martinez strike out 17 Yankees. On my way out,

after the game, a man approached me, and stuck his finger in my face. He waggled it back and forth and said "Pedro was too much for you tonight". I said "hey, I'm a Red Sox fan!". The guy high-fived me. On the other hand, I did have a student come into my office, see the Red Sox and Patriots stuff, and blurt out "Ugh...I used to like you!"



Like what you read? Take Dr. Kolz's Industrial Psychology (PSYC 373) next Spring.

Manhattan College Psychology Club

Congratulations to Evaniz Orellana, Psych Club's newest secretary!

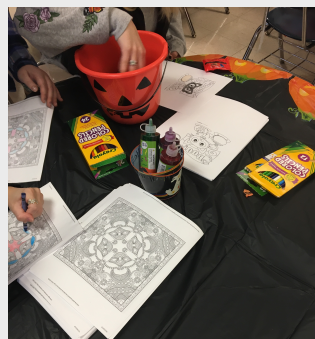
October 21st: Out of the Darkness NYC Walk

Psych club participated in a walk around New York City to raise awareness for suicide prevention. The event raised over \$300,000. Good job to all who participated!



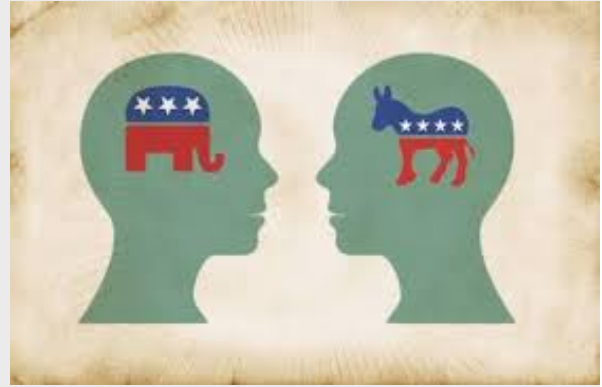
October 26th: Safe Halloween

In collaboration with the **Arches psychology** and **Psi Chi**, the Psych Club hosted a room for Manhattan College's annual Safe Halloween event. Kids from the community could get candy, color spooky pictures, and get a temporary tattoo. It was a fun time for all involved!



Political Psychology

Why do politicians behave the way they do? Why do people vote the way they do? Why do some people vote, and others do not? These are questions that might be asked by a political psychologist. This is an area of psychology that examines the relations among political and psychological processes. Political psychology applies what is known about human behavior and cognition to political behavior and political beliefs. This area of study is more important than ever because we are living in a time of growing international and national tensions as well as significant political change.



Why Vote?

By: Dr. Kelly Marin

Political psychology is an area that I am becoming more interested in. With the help of student researchers, I've conducted a few studies in the area. We find that voting in historically significant elections is meaningful in defining aspects of the self for emerging adults (18 - 25 years). Political events and movements can be complicated, emotion-



evoking, and personally relevant, as they encourage a reflection of values, beliefs, and worldviews. My work on the 2008 U.S. election suggested that emerging adults found voting meaningful because it was a way to individuate their beliefs from their parents. Others felt that voting in a crucial election allowed them to connect to a cohort identity during a historic time. In other words, our generation is making an impact! We're finally being heard! We're a part of history! Still, some emerging adults felt connected to dominant narratives in American culture about breaking racial barriers or voting privileges. I recently finished a paper on the 2016 U.S. Presidential

Election with a former student, Tommy Leo (class of 2018). We argued that development is central to understanding how people reason about politics and, consequently, how people make meaning of political experiences. So really, vote on November 6th. It's an important way for you to voice your developing worldviews, which are starting to look

different from your parents' views. No offense to them. It's also a meaningful way to connect to something larger than yourself- namely, history. If you are not 18 yet, or if you were unable to register in time, find one person who can vote but needs some encouraging and make certain they vote. Walk or drive with them to the polls just to be sure! And, please, register to vote now, don't delay any longer). Your development depends on it. ;)

By: Dr. Nuwan Jayawickreme

I became a U.S. citizen in early 2016 and I was so excited to vote the primary and general elections that year. I think my excitement was due to the fact that I believe (and still do) that my vote here in the U.S. will matter and count, albeit in a small way, towards deciding who will be elected to a particular position of power. This is something one shouldn't take for granted. Growing up in Sri Lanka, the first election I have memories of was of an election for president of the island - I remember voters being killed by insurgents as they were lining up at polling booths. Also, the elections weren't always fair. During the hot season, a swamp near where we lived would dry up and you would often find ballot boxes that had been thrown away there by government henchmen who were rigging the vote. So don't take the right to vote for granted. Go vote this November 6th!



Alumni Spotlight

Currently residing in our nation's capital, Dolores Rowen has a strong connection to her home state of New York. She credits Manhattan College for having a fundamental



Dolores Rowen

impact on her career and ultimately setting the foundation for her pursuit of social justice and equality through research and activism.

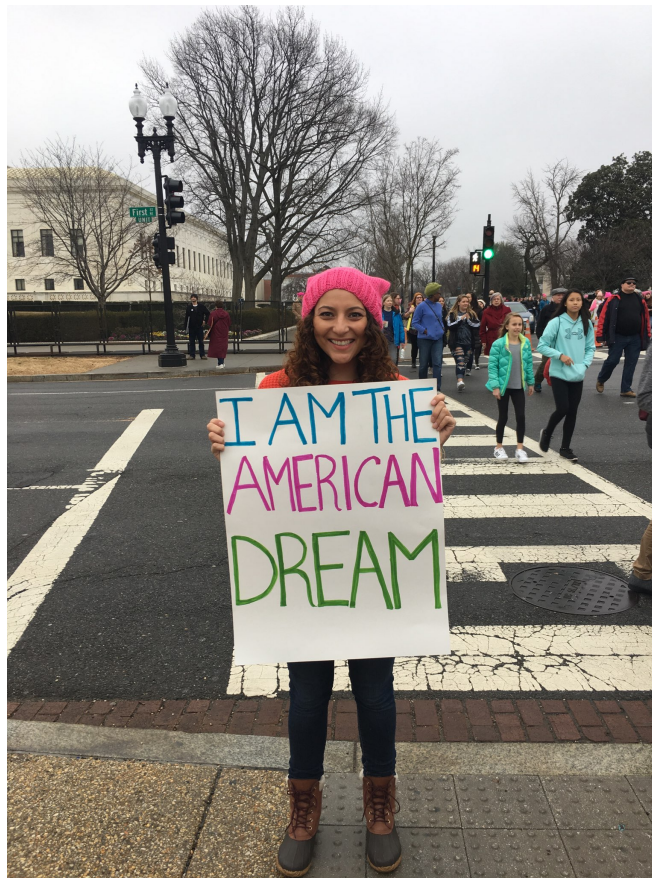
Dolores earned her Bachelor of Arts degree from

Manhattan College in 2011 Summa Cum Laude, majoring in both Psychology and Political Science. Her undergraduate experience was marked with extracurricular activities and community involvement. She was the President of the Government and Politics Club, served as a Senator on the College Senate, a Student Representative to the Manhattan College Board of Trustees. Some of her most cherished memories include her international volunteer trips made possible by Manhattan College through the LaSallian Outreach Volunteer Experience (L.O.V.E) where she volunteered in the

Dominican Republic and Kenya. She also speaks fondly of her time as a Resident Assistant in the best dorm on campus – Jasper Hall. Academically she excelled and was inducted into Phi Beta Kappa, Epsilon Sigma Pi, as well as Psi Chi. Upon graduation, she was the recipient of the Ryan Medal for Government and was also awarded the College's Hazelton Medal for the Humanities and service. At Manhattan College, she worked with Dr. Marin studying the effects of narrative writing. It was the strong research and methodology background that was cultivated by the Psychology Department that helped her receive a research assistant scholarship to Seton Hall University's School of Diplomacy and International Relations, where she completed a Master of Arts. The spark for travel ignited by the L.O.V.E. program continues today and in 2017 she hiked to the top of Machu Picchu, Peru. She has plans to visit Mexico, Barbados, and Sri Lanka next year. She also completed her first triathlon last year and has become a proud newbie triathlete.

After completing graduate school, Dolores was hired by the National Women's Business Council (NWBC) of the U.S. Small Business Administration (SBA). The NWBC is the federal government's only independent voice for women-owned firms and develops policy recommendations for the President, the Congress, and Administrator of the SBA. In 2015, she started off as a Research Analyst and is now the Associate Director of Policy and Research. Since Manhattan College, she

has conducted research geared towards increasing diversity and informing policy. She is dedicated to using research as a way to elevate the experiences of marginalized communities, leverage actionable change, and communicate socioeconomic realities. Dolores believes that people-centric research in policy is necessary as it uncovers the why behind people's behavior and experiences which can ultimately strengthen policy initiatives. She wholeheartedly believes Manhattan College and her psychology classes fostered this approach. Her goal is to use qualitative data in a user-friendly way that spurs actionable, positive policy change. Dolores wants to encourage and facilitate the participation of women entrepreneurs in the United States' economy. Much of her work focuses on outreach to, and assistance for, historically underserved women in our society. In November, she will embark on a journey and transition to the SBA's Office of Disaster Assistance where she will be helping individuals recover from natural disasters such as Hurricane Michael.



Her passion for helping advance women stems from being the daughter of a Mexican immigrant and her modest upbringing. Growing up in rural Mexico, her mother was never able to attend secondary school. Even though her mother had no formal education of her own, she was a strong advocate for her children's education and worked multiple jobs to put three kids through college. Dolores and her brothers all hold advanced degrees in varying fields. She is forever grateful to her amazing mentors and the faculty at Manhattan College, specifically in the Psychology and Political Science departments, who devoted their time and resources to her personal and professional growth. She is proud to say that that she is the American Dream.

Noberini Psychology Colloquium

This event, co-sponsored by the Psych Club, featured the research of four students.



Pictured: Stephanie Riggi, Saranda Shabaj, Tess Smith, and Eva Bartsch

Eva Bartsch (Junior, Psychology Major) presented **Enhancement of Memory through Osteocalcin**. She described some of the work she's been doing at Columbia University in Dr. Eric Kandel's Laboratory under the supervision of Stelios Kosmidis. Eva described several studies that tested memory in mice and the effects of Osteocalcin (OCN), which is a protein hormone. In one study, mice went through several training sessions of getting a mild shock in one context and not getting shocked in another. After the training, some mice were given an injection of OCN, while others were not. Those mice who received the OCN showed better discrimination memory. Specifically, the mice that were given OCN showed freezing behaviors when they were placed in the context they had been previously

shocked in but did not display any freezing behaviors when put in the context that they learned was safe during the previous training. The other study Eva told us about examined object recognition in mice (a non-aversive memory task). Findings showed that those mice injected with OCN showed object recognition, as evidenced by how much time they spent exploring and being curious about novel objects compared to the time they spent exploring familiar objects. While it's still early, the research is encouraging for people who experience age-related memory loss. Thanks, Eva, for sharing this fascinating research. We can't wait for you to come back and give us an update!

Stephanie Riggi (Senior, Psychology Major) and **Saranda Shabaj** (Senior, Psychology Major) presented **How much do parents know about bullying?**, which is research they are currently doing with Dr. Martha Mendez-Baldwin. Given previous literature that finds that parents play a crucial role in bully prevention and in helping children cope with bullying, Stephanie and Saranda believe that it's important to understand how much parents actually know about bullying and its consequences. Using survey methodology, they collected data on parents' perceptions of bullying. Because of the demographics of the elementary school Stephanie and Saranda sampled from, they needed the survey to be in three languages: English, Spanish, and Korean. They hope to get a large enough sample to explore potential cross-cultural differences. Interestingly, there has been very little research on this topic, so their study could make an important contribution to the literature. Good luck with analyses, Stephanie and Saranda. We look forward to learning what you find!

Tess Smith (Senior, Psychology Major) presented **Site Fidelity and Abundance of Bottlenose Dolphins in Bimini, the Bahamas**, which is research she is currently doing as an independent study with Dr. Maria Maust-Mohl and extends her 2018 June study abroad experience in Bimini, the Bahamas. The research aims to track the "resident" bottlenose dolphins in the area of Bimini across several years to address issues of abundance and site fidelity, record group size and composition, age and lifespan of the dolphins, and social structure. From the video footage and photos collected in June, Tess goes through a process that allows her to match individual dolphins based on scars and nicks often found on dolphins' dorsal fins, which are visible when the dolphin breaks the surface of the water, to previously identified dolphins. She accesses an entire archive of dolphin fins- that's some photo album! This work is valuable for us to understand behavioral and migration patterns of wild dolphins. Keep up the great work, Tess!

Thanks to all of the presenters as well as the students and faculty members who attended. A special thanks to Sean Mirando (Senior, Psychology Major) who introduced each of the presenters. The Noberini Psychology Colloquium occurs every semester and typically features work from folks in the department during the fall semester and features research from invited guests outside of Manhattan College for the spring event. Attending is a great way to learn about the research happening in psychology and to be part of the psychology community here at Manhattan College. Stay tuned for the next Noberini Psychology Colloquium in the spring- which is sure to be fascinating!

Want to Get Involved?

Research Assistant

Dr. Kimberly Fairchild is looking for research assistants who are interested in starting up new projects on social psychology, sexual harassment, and/or psychology of women. Email kimberly.fairchild@manhattan.edu if interested.

Psychology Club

Psych Club is still looking for member to fill the role of student-faculty relations leader for this academic year. The leader's responsibilities would include contacting faculty when information or participation is needed to support club events. It's a great opportunity to gain leadership experience and build relationships with the faculty members of the department. If interested, contact the club officers at psychclub@manhattan.edu

Thinking Ahead?

Online Courses

Dr. Mendez-Baldwin will be offering two online courses over the winter intersession: PSYC 345 Child Development and PSYC 346: Psychology of Adolescence.

Study Abroad

The study abroad program to the Bahamas will be running in June 2019. It's a great way to fulfill PSYC 367: Sensation and Perception (or EVST 400). Contact Dr. Maust-Mohl now for some details if interested. Still not sure? Take a look at September's newsletter for some information and beautiful photos from last year's trip. (<https://content.manhattan.edu/school-of-liberal-arts/psychology/September%202018%20Newsletter.pdf>).

Summer Research Scholars Info Session

Are you interested in applying for a grant to become a Jasper Summer Research Scholar? This information session will provide valuable tips about the competitive application process. Proposal guidelines will be explained. Current sophomores and juniors are eligible to apply for the grant which provides a summer stipend and 8 weeks of housing. November 28th @ 12 in Leo 215.

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

Email: kelly.marin@manhattan.edu