

# the Standard Deviation

Official Newsletter of the Manhattan College Department of Psychology

April 2018

## Chair's Welcome:



The last newsletter of the academic year can only mean one thing... the Spring term is almost over! Congratulations to our graduating seniors, to our freshmen who have finished their first year, and to students of all levels who worked so hard this year. We wish you all the best until we see you next year, and if you're graduating, keep in touch!

Now, Let's finish strong...

--Dr. Moore

## Course Spotlight:



## *Abnormal Psychology (PSYC 421)*

This course examines the major diagnostic categories and specific psychological disorders affecting humankind, with an emphasis on etiology, epidemiological factors, prevalence, symptomatology, maintaining factors, core psychological process, and cutting edge empirically supported treatments. Students also develop initial skills in accurate diagnostic formulations using the *DSM-5*. Further attention is given to differential diagnosis and comorbidity among disorders, and gender/cultural variants.

**\*\*Summer 2018: Offered online during Summer Session I  
Professor: Dr. Nuwan Jayawickreme**

**\*\*Fall 2018: Offered Tuesdays 6:00-9:15pm  
Professor: Robert Rivera**



## Faculty Focus



### **\*What is the focus of your research?**

My research activities are diverse. One arm of my research program focuses on investigating various areas of *clinical sport and performance psychology*, particularly theory development of performance dysfunction; evaluation of the empirical support for sport-performance psychology interventions; classification of performers' psychological and performance issues; mindfulness; mechanisms of action; emotion regulation; and performance enhancement. My second research focus is on investigating numerous psychological variables related to *anger and aggression/violence*, with a particular focus on anger dyscontrol and the associated intrapersonal and interpersonal consequences. My third research area focuses on various constructs related to *mindfulness, emotion regulation, and experiential avoidance*, and their relationship to positive/negative emotional states and adaptive/maladaptive functioning.

### **\*What do you do when you're not teaching or doing research?**

I have a 5-year-old son, Valyn, who is the light of my life. When not working, my husband and I are typically having a blast with our son. We are a very silly family that plays, laughs, and cuddles like crazy. Plus we have 3 cats and a dog, all squished into our 2-bedroom NYC apartment. It's a real zoo around here!

### **\* What do you do for entertainment?**

This may come as a surprise (maybe not!), but I am a passionate heavy metal fan, I am a collector of awesome electric guitars, and I have been a bass guitarist since I was 12 years old! I love going to concerts around the country. I also love trying out new restaurants in NYC, traveling in the U.S. and abroad, and I watch A LOT of cartoons and Star Wars. I am also a big sports fan, and spend an extraordinary amount of time on the floor playing with my son, including all-out lightsaber battles! 2

## **Dr. Zella Moore** **Professor and Department Chair**

### **\*Where did you go to graduate school?**

I graduated from La Salle University with a Doctor of Psychology (Psy.D.) degree in Clinical Psychology. La Salle's Psy.D. program equally emphasized the development of expertise in both the research and practice of clinical psychology, and stressed the utilization of evidence-based research to guide clinical decision-making.

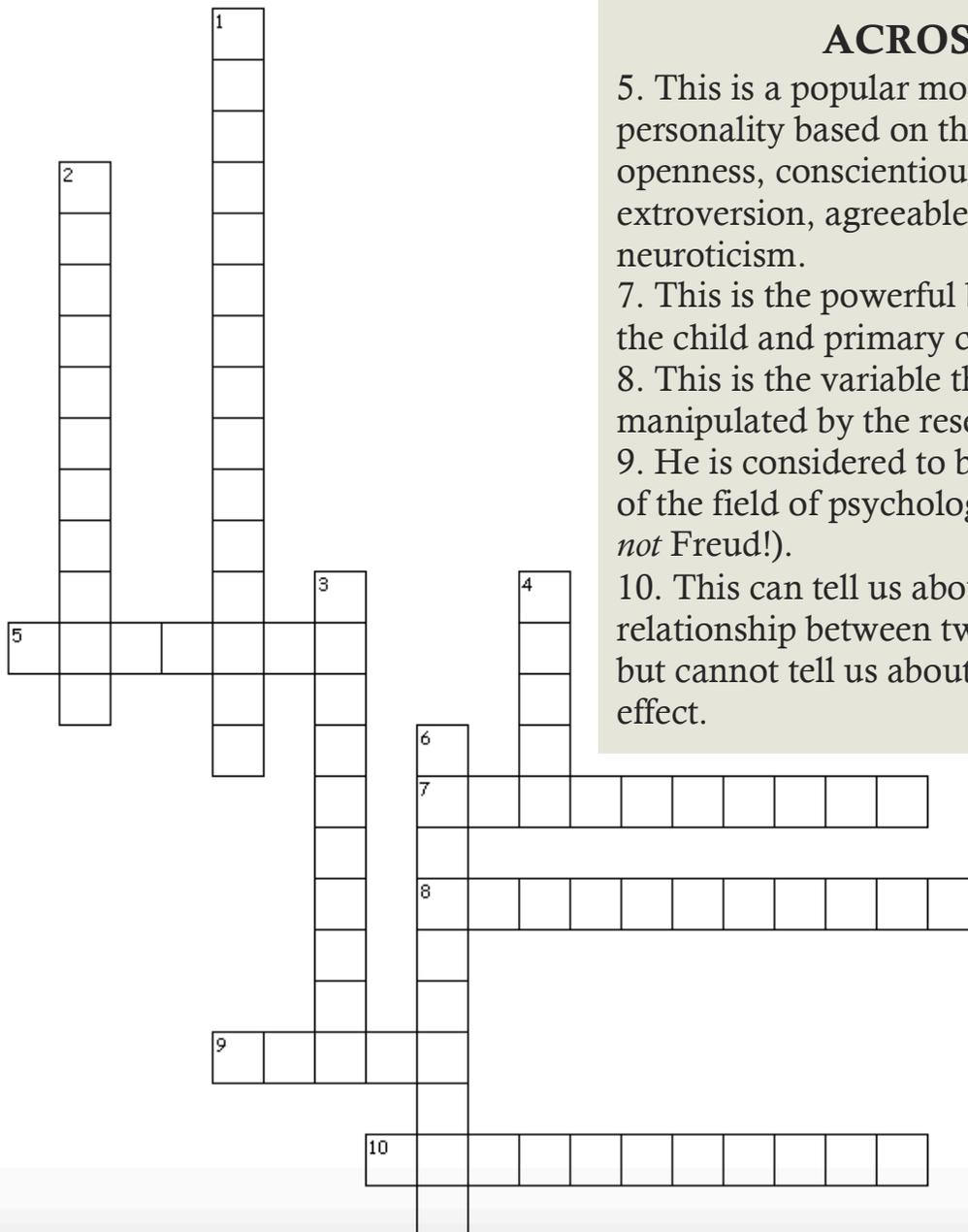
### **\*Which psychology courses do you teach?**

I currently teach Abnormal Psychology, Health Psychology, and Roots: Psychology. During my time at MC, I have also taught Psychological Testing, Contemporary Psychotherapies, Behavior Modification, and Personality Theories.

### **\*Which undergraduate course did you find most influential, and why?**

I was probably most affected by a Stress Management course. The professor told so many stories to illustrate the various constructs, and discussed real client examples that brought the material to life. I have always tried to integrate stories and client cases into my teaching, thanks to her excellent instruction!

# Have Fun With Our Psych-themed Crossword!



## ACROSS

5. This is a popular model of personality based on the constructs of openness, conscientiousness, extroversion, agreeableness, and neuroticism.
7. This is the powerful bond between the child and primary caregivers.
8. This is the variable that is manipulated by the researcher.
9. He is considered to be the “father” of the field of psychology (hint: It’s *not* Freud!).
10. This can tell us about a relationship between two variables, but cannot tell us about cause and effect.

## DOWN

1. This model respects that human states and traits are the products of multiple intersecting and influencing factors.
2. This part of the nervous system is particularly activated in times of stress.
3. This is the most common psychological condition, affecting nearly 25% of individuals.
4. This is the term for a stable and enduring personality characteristic.
6. Ivan Pavlov was studying this when he formed the theory of Classical Conditioning.



**Interested in taking a  
psychology course over  
the summer?**

**We are offering a  
variety of on-campus,  
online, and study  
abroad courses  
this summer!**

## **Check Out Our Great Summer Courses!**

### **ON-CAMPUS SUMMER SESSION I**

#### **Introduction to Psychology I**

(PSYC 203)

Professor: Dr. Faith Florer

M/W 9:00am-12:00pm

### **ON-CAMPUS SUMMER SESSION II**

#### **Introduction to Psychology I**

(PSYC 203)

Professor: Dr. Asghar Sajadian

M/W 9:00am-12:00pm

### **STUDY ABROAD SUMMER SESSION I**

#### **Sensation & Perception**

(PSYC 367 or EVST 400)

Professor: Dr. Maria Maust-Mohl

Bahamas, June 2018

#### **Forensic Psychology (PSYC 257)**

Professor: Dr. Arno Kolz

M/W 1:00pm-4:00pm

### **ONLINE SUMMER SESSION I**

#### **Child Psychology (PSYC 345)**

Professor: Dr. Martha Mendez-Baldwin

#### **Adolescent Psychology (PSYC 346)**

Professor: Dr. Martha Mendez-Baldwin

#### **Abnormal Psychology (PSYC 421)**

Professor: Dr. Nuwan Jayawickreme

### **ONLINE SUMMER SESSION II**

#### **Cultural Psychology (PSYC 348)**

Professor: Dr. Nuwan Jayawickreme

#### **Issues Affecting Today's Youth**

(PSYC 316)

Professor: Dr. Martha Mendez-Baldwin

**Mark Your Calendars!**



**Join Us For Our  
Student-led Annual  
Advanced Research  
Methods  
Poster Session!**

**Presented by Seniors in PSYC 414: Senior Capstone-  
Advanced Research Methods**

---

**May 4<sup>th</sup>, 2018**

**3:00-4:00pm, Kelly 5<sup>th</sup> Floor**

**Come support your fellow psychology seniors and talk one-on-one with student researchers as they show off their impressive and thought-provoking work!**

## Informative Events!



**April doesn't just bring  
spring showers...  
it also brings informative  
events for psychology-  
minded students!**

**Thinking about doctoral-level graduate programs in clinical, counseling, school, or forensic psychology; or master's-level graduate programs in social work or mental health counseling?**

If so, join Dr. Jayawickreme on Wednesday, April 11<sup>th</sup> from 12:00-1:00pm in Hayden 100, for an informative talk on the differences between these programs and the basics of how to apply!

---

**The Psych Club is hosting a casual event for psych freshmen and sophomores so you can meet faculty, hear about our research and areas of expertise, learn more about the curriculum, and discuss how to navigate this exciting major.**

Join Dr. Kelly Marin, several psych faculty, and Psych Club students on Wednesday, April 4<sup>th</sup> at 3:30pm (Rodriguez Room) for this helpful discussion, even if you only stop by for a brief time!

# A Few Curriculum Changes to Know!

**The Psychology Department has made a few important revisions to the curriculum. Please keep these in mind when planning future coursework in your major or minor...**

- ❖ We completely dropped **PSYC 209: Introduction to Psychology 2** from the curriculum. If you have not taken PSYC 209, you will no longer take it. To replace those 3 credits, you can take a PSYC elective of your choice. If you have already taken PSYC 209, this does not apply to you.
- ❖ We have reorganized our statistics and research methods courses a bit. Faculty determined that since statistics and research methods are so integrally linked, we will now integrate the two courses, and provide both an introductory and advanced course prior to the Senior Capstone: Advanced Research Methods course. So...
  - The old PSYC 205: Statistics course is now **PSYC 214: Statistics and Research Methods I**. If you have not yet taken the old PSYC 205, you will now take PSYC 214 instead. If you have already taken the old PSYC 205, you will take PSYC 314 as the next course in the sequence (see next point).
  - The old PSYC 315: Research Methods I course is now **PSYC 314: Statistics and Research Methods 2**. If you have not yet taken the old PSYC 315, you will now take PSYC 314 instead. If you have already taken the old PSYC 315, you are ready to take PSYC 414: Senior Capstone: Advanced Research Methods (see next point).
  - We have renumbered the old PSYC 322: Senior Capstone: Advanced Research Methods course. It is the same course, but it is now numbered PSYC 414. So, now look for **PSYC 414: Senior Capstone: Advanced Research Methods** when it's time to register for this course. You will still take this course in your senior year (only!), and after PSYC 214 and 314 have been successfully completed.



## *Donation Drive for*

*Hosted by  
Manhattan College's Psi Chi Chapter &  
Arches Psychology Class*

*Shelter Items Needed Include:*

*Toddler Toys*

*Baby bottles*

*Sports bras & Women's Underwear*

*Body Lotions*

*Feminine Products*

*Accepting Collections until April 16<sup>th</sup> 2018*

*Donation Bin Located Outside Dr.*

*Mendez-Baldwin's Office*

## Alumni Spotlight



### Damien Germino, M.S.

Damien Germino, Manhattan College class of 2009, majored in psychology and concentrated in cognitive science. He was a research assistant for Dr. Jay Friedenber, working on center of mass and gravity perception experiments. Afterwards, Damien earned a Master of Science degree in Cognitive Psychology from Villanova University. Now, he works in higher education at The College of New Rochelle and pursued a second master's degree in Public Administration.

Damien's career in higher education started as a resident assistant at Manhattan College and a research assistant in the Psychology Department. Both of these jobs, one paid and the other paid in experience, were the foundation for his dual roles initially in student affairs and academic affairs. He worked as a graduate assistant in the Student Development Office at Villanova University, and also various memory, learning, and perception psychology labs. Thereafter, he was hired in The College of New Rochelle Student Services Office, working with co-curricular and extra-curricular activities. He then worked on logistics and calendar coordination with the Vice President for Student Services. He started his second master's degree, this one in Public Administration focusing on higher education non-profits. After assisting with enrollment management at the college, he was hired to work on the strategic plan and institutional research. In his current positions as Project and E-Communication Manager, he works with Information Technology and Advancement. He teaches yoga, personal training, and origami.

## Congratulations Are In Order!

### We are so proud of our PSYCHOLOGY \*FACULTY\*

**Dr. Nuwan Jayawickreme** has just been awarded tenure and promotion to Associate Professor! Way to go, Nuwan!

**Dr. Arno Kolz** is celebrating his 25<sup>th</sup> year with Manhattan College! That's a *lot* of class debates! He will be recognized at the annual Faculty Recognition Convocation on Tuesday, April 24<sup>th</sup>, when Dr. Zella Moore will speak about how much Dr. Kolz has meant to the College, School of Liberal Arts, and the Psychology Department.

**Dr. Martha Mendez-Baldwin** has been awarded a sabbatical leave for Spring 2019! Much deserved!

**Dr. Zella Moore** has been awarded a sabbatical leave for the 2018-2019 academic year! Yay!

**Dr. Kelly Marin** has been named Interim Chair of the Psychology Department for the 2018-2019 academic year! She'll do great!

### We are so proud of our PSYCHOLOGY \*STUDENTS\*



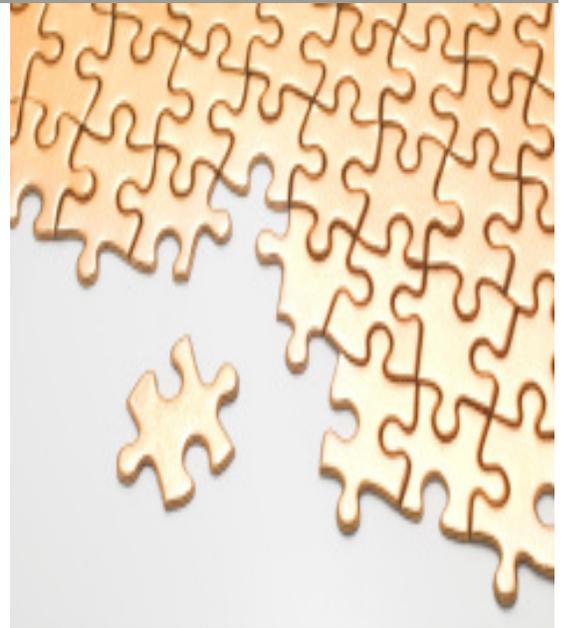
**Jessica Esposito** has been awarded this year's Broderick Medal for Psychology!

### Congratulations to our new 2017-2018 Psi Chi International Honor Society members!

Stephanie Riggi	Keeley Hogan
Amanda Shkreli	Alyssa Merante
Brianne Gallagher	Kaitlyn Smith
Hong Nguyen	Allison Hickey
Aileen Hickey	Lindsay Giordano
Twinkle Saini	Samantha Manalastas
Brigid Phelan	Katarina Kokkosis
Eva Pugliese	Sharilyn Uyehara
Lauren Carretta	Siobhan Noonan
Eduardo Rivera	Jacob Sarasin
Eva Bartsch	Kelly Cashman
Stephanie Cooper	Alexandra Racioppo
Samantha Wilson	

## What have your faculty members been up to lately?

Well, how about publishing two very cool peer-reviewed journal articles and gearing up for a keynote speech in Germany!



**Dr. Martha Mendez-Baldwin's** paper on athlete's views on sports bullying and hazing is appearing in the May 2018 issue of the *Journal of Bullying and Social Aggression*, with co-author (and MC psych graduate) Brian DeLaurentis. Congrats!

**Dr. Maria Maust-Mohl's** paper on how underwater click train production by the hippopotamus (*hippopotamus amphibius*) suggests an echo-ranging function. Her paper is appearing in a 2018 issue of the journal, *Behaviour*, with co-authors J. Soltis and D. Reiss. Congrats!

**Dr. Zella Moore** has signed a contract to serve as the official Keynote Speaker for the 15th annual convention of the *European Congress of Sport and Exercise Psychology*. The international convention will be held in Muenster, Germany in July 2019.

# 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.

Stephen Keolamphu, Ph.D.

James Reidel, Ph.D.

Robert Rivera, M.A.

Asghar Sajadian, Ph.D.

Follow us on social media!

Facebook: <https://www.facebook.com/ManhattanCollegePsychology>

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 in an upcoming issue of *the Standard Deviation*? Let us know!

Email: [zella.moore@manhattan.edu](mailto:zella.moore@manhattan.edu)