

the Standard Deviation

The Official Newsletter of the Manhattan College Department of Psychology

Psi Chi: Stress Week

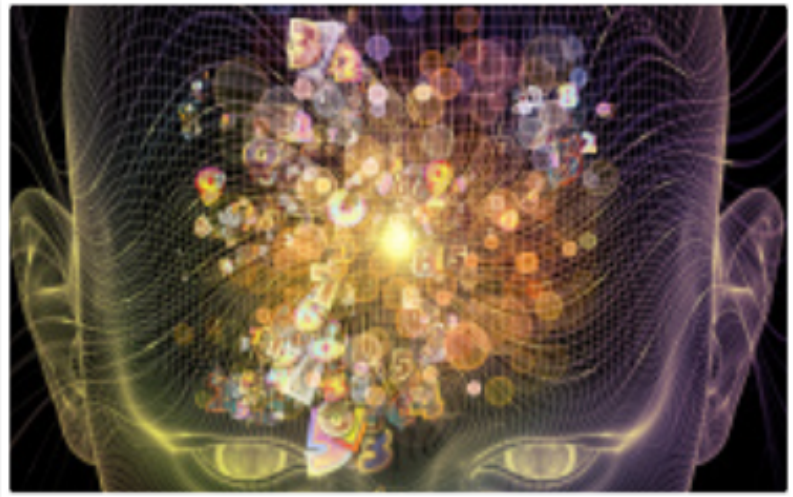
Feeling stressed with assignments and midterm exams approaching? Join Psi Chi for some stress management events: yoga, coloring, and more! (pg. 6)

Forensic Social Work

A graduate degree in social work is a good option for psych majors who have interests in clinical and counseling psychology. Read about a Manhattan College alum who is a licensed clinical social worker and works as a Forensic Social Worker. (pg. 7)

Summer Research

The Jasper Summer Research Scholar program is a research opportunity for juniors and seniors (and it comes with a stipend). Read about students' summer research projects and presentations and get inspired to develop your own before the February deadline. (pg. 8 - 10)



Chair's Welcome

We made it to October, and it seemed to come fast. This month makes me think of pumpkin lattes, puffer vests, and ankle boots. Actually, that's not true. October makes me think of advising, Tuesdays that are Mondays (October 9th), midterm grades (due October 15th) and apple cider donuts (yum!). I also think about a delightful children's book I read with my kids during this time of year, *Fletcher and the Falling Leaves*. It's about a little fox, named Fletcher, who notices that the leaves are falling off of his favorite tree. With the belief that his tree is sick, he tries everything to save the leaves. With no avail, all his hope is lost. The next day, Fletcher returns to his tree, and to his great surprise, he sees that it has turned into something even more beautiful! As depicted in this children's story, there are many popular meaning associations for fall- several that I think are relevant. Before you dive into that pile of leaves- or, instead, this October newsletter, I'd like us to think about some of my favorite fall connections—specifically, preservation, change and letting go.

Preservation is to prepare for what is ahead. This is what many of you will be focused on this month. Preparing



Course Spotlight: PSYC 343: Psychology of Women

Taught by Dr. Fairchild during the spring semester and is an approved course for the Women and Gender Studies minor.

Dr. Fairchild's favorite topic:

One goal of the course is to highlight the unique experiences of women. Society (misogyny, stereotypes, social roles) and biology (menstruation, pregnancy) both create different pressures, challenges, and opportunities in women's lives. Favorite co-topics: feminism and misogyny. Misogyny is a system that serves to enforce and police women's subordination, whereas feminism seeks to fight misogyny by promoting equality between men and women.

What surprises students?

Students often leave the course surprised by both how far women have come and how far we still have to go to create a society based on equality. I like to focus on feminist and misogynistic issues in current events and students' lives to demonstrate how much these issues touch each of us. By the end, students have a new fluency in these issues and a strong desire to take a more activist stance in bettering our society.

for spring (classes, internships, research, etc.). Preparing graduate school applications. Preparing for interviews. Preparing for midterms. An essential step in preservation is building a reserve of the essentials- information, support, recommendations, and inspiration. Think advising. Now is the time to (re)connect with your faculty advisor. Yes, you will go over the psychology classes that you plan to take in the spring, but it's a time to do a lot more than class scheduling (not that your spring schedule isn't important). Here are a few tips to make your advising worthwhile and beneficial. Share with your advisor what you've found interesting and what you want to know more about. Tell your advisor about the class that is making you think. Advising is an excellent time to talk about your short and long-term goals. Of course, these may change, and I always think it's good when they do, but talk about what's motivating you right now. We want to know. Your faculty advisor can help you make a plan- build that reserve so you can more easily accomplish what you hope to down the road.

For some, the anticipation of change is on your mind- changing leaves and changing paths. The hardest part about change is the uncertainty of the unknown. Not sure what the outcome will be, but can't help thinking it's negative? That's common. People often assume what is unknown is inevitably negative. But, remember, uncertainty is neither positive nor negative- it's neutral. And, it may even bring something lovelier as Fletcher found out once he let go of those leaves. The fall season is a natural demonstration of the need to let go- and the comfort you can find once you do. This can be a challenge for some of us. I know it is for me. Let go of those early semester concerns and expectations, GRE score insecurities, and first exam disappointments- because we have so much ahead of us.



Dr. Kelly Marin
Interim Chair
Department of Psychology

Faculty Announcements

Dr. Danielle Young

Dr. Young and her collaborators got a paper titled, Lay theories of gender contributes to support for women's and transgender people's legal rights, accepted for publication in *Social Psychological and Personality Science*.

Dr. Jay Friedenberg

Dr. Friedenberg will be giving a talk at Transvision 2018 in Madrid on October 19th. The conference focuses on how technology can be used to better the human condition. The title of his presentation is *The Future of Human Nature*. It will look at how humans and civilization will likely change in both the near and far future.

Dr. Friedenberg's research was featured on Arnet, Check it out: <https://news.artnet.com/art-world/which-of-these-shapes-does-science-think-is-most-beautiful-1343927>

Want to learn more? Consider taking Dr. Friedenberg's course on the Psychology of Art and Beauty offered this spring.



Artist: Dr. Jay Friedenberg

Dr. Kelly Marin

Dr. Marin was interviewed about her research on storytelling by the creators of *Before You*, a new family storytelling app <https://www.beforeyou.com/blog/qa-with-kelly-marin-making-family-storytelling-meaningful/>



Dr. Nuwan Jayawickreme

Dr. Jayawickreme is co-presenting a symposium titled "Posttraumatic Stress Disorder Across Cultures" with Andrew Rasmussen (Fordham University), Bonnie Kaiser (UC - San Diego), and Brandon Kohrt (Duke University) at the 5th World Congress of the World Association of Cultural Psychiatry at Columbia University, New York, NY on Friday, Oct. 12th.

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.

Wednesday, October 3

Hour Children Hear from Tesa Fitzgerald, who created and directs Hour Children, a non profit organization that cares for the children of incarcerated women and for the women when they come out of jail and need support to get on with their lives. (5 - 7 pm - Kelly Commons, Room 5B)

Walk to Palestine Benjamin Ladraa completed a 5000 km a treacherous walk from Sweden to Palestine to raise awareness about human rights violations in the occupied territories only to be denied entry by Israel. (5 - 7 pm - De La Salle Hall, Room 300 (Capalbo Room))

Tuesday, October 9

Humans 2.0 Host and Director at Microsoft A discussion about The Speed of Change in the tech and business world with Mark Metry, Host of Humans 2.0 podcast [top 100 best podcast], VR entrepreneur and John O'Sullivan, Director of Technical Strategy at Microsoft [alumni MC] A unique event to listen about some of the tools needed to succeed in tech companies, software, startups, podcasting, personal branding and mind hacking. (3:15 - 4:15 pm - Kelly 5B)

Thursday, October 11

Field Notes: Observations on works of Art and Science Hara Woltz is an artist and scientist who addresses the destruction and conservation of ecological systems through a variety of visual media. Woltz' solo and collaborative projects investigate the relationships between humans, the environment, and other living organisms. (4:00 - 6:30 pm - Kelly 5A)

Friday, October 12

The Winter's Tale The American Shakespeare Center returns this semester for another performance that is sure to be amazing. Shakespeare never failed to capture and explore fascinating aspects of the human experience in his plays. (8:00 pm Smith Auditorium - doors open at 7:30. Free tickets available for all students, staff, and faculty).

Tuesday, October 16

Make a Career out of Making a Difference: Careers in the Nonprofit Sector Do you want a job that will help you change the world? There are countless positions available at nonprofit organizations, and the work encompasses skills that can range from counseling, program management, budgeting and much more. Attend this panel, and hear from professionals working at various organizations, and how to begin your own career doing the same. (5:30 - 7:30 pm - Kelly 5C)

Wednesday, October 23

Careers in Law Hear Frank Papalia, who is the Chief Legal Officer at ProSight speak about pursuing a degree in Law. (5:3- - 6:30 pm - De La Salle Hall, Room 300, Capalbo Room)

Monday, October 29

In Memory Of...A Conversation About the Opioid Crisis in America Hear guest speakers discuss the opioid crisis in America. Following the deaths of many celebrities from overdose, including the recent death of Mac Miller, and the growing use of opioid among young people in the nation, our guests speakers will be holding a discussion on the crisis, how we got to this point and what we can do looking forward.

GET TO KNOW YOUR PROFESSOR

(Who wouldn't want to know her?)

Dr. Danielle Young



What did you do this summer?

I experimented with extending summer through the power of my mind. Results were not stellar. Like many other faculty, I spent the bulk of my "day to day" working on research. I started a project investigating how psychologists

measure everyday beliefs about the origin and informativeness of social categories (e.g., race, gender, sexual orientation). I also engaged in two collaborative projects: one exploring the intersectional stereotypes applied to transgender individuals (and how the positive and negative connotation of the stereotype can change), and one experiment exploring micro-expressions in response to disclosure of a transgender identity. All of these studies are pre-registered (meaning that we have "published" our hypotheses, study measures, and analysis plan), which is very exciting. Even though I love my work, I believe in having a lot of non-work fun, too. I LOVE NEW YORK IN THE SUMMER. I had many picnics in parks, took many photos, spent the 4th of July at Coney Island (it was more crowded than you think it was), went to the pool, saw movies outdoors, raided vintage and thrift stores, and experienced a lot of art. I had some really excellent reading experiences (ask me for recommendations!). I also did a bit of travel. I got to hang out with a

campus full of intelligent and inspiring women aged 25 to 100 at my college reunion. I also visited my parents who live on a (small) sailboat in Mexico. Finally, I attended one of my favorite conferences, the Society to Improve Psychological Science (SIPS) which was in Grand Rapids, Michigan. I know that sounds like work, but it feels a bit like summer camp for research methods lovers. Incidentally, this trip also introduced me to two artists that I loved, Anila Quayyum Agha and Monir Shahroudy Farmanfarmaian.

The best advice you ever received was...

I called on my best friends (who are fountains of wisdom) to answer this question, and this is what they had to say, "Don't be afraid of the struggle", "Everything in moderation, including moderation", "Pretend like everything you do is the most important thing you do", "Never miss an opportunity to tell people you love them", and "always wash your face before bed". I'm going to add to that: get a network of people who challenge and support you.

Three people you'd like to have coffee with.... I've ruled out dead people; I think the smell would put me off my coffee.

N. K Jemisin. She's the author of a spectacular sci-fi speculative fiction trilogy, AND she lives in Brooklyn so I keep thinking I might just bump into her.

Madeline Albright. I heard her speak many years ago about her time as Secretary of State, and I'd love to sit down and chat with her.

Nate Silver. I think he's created an interesting job, and a really concrete way to track the benefits and drawbacks of statistical models predicting the real world. It'd be fun to be out-geeked about statistical models.

One thing in your field you wish you could teach everyone about... All of it. I am completely biased, but I want to teach everyone how to critically consume and conduct research. That way, you can read the research yourself, and come to your own conclusions (though maybe you should know about confirmation bias and cognitive heuristics to understand how that might influence the way you search out and interpret evidence?!).

What are you working on this semester?

I am continuing working on the summer research projects, as well as starting to integrate excellent documentation, transparency, and replication into PSYC 414: Senior Capstone Advanced Research Methods

Psi Chi



Psi Chi is hosting a stress awareness week

It will include the following events and activities:

- October 9th @ 7:00 8:00 pm – Yoga for stress relief: a demonstration and class (Kelly 5A)
- October 10th @ 1:00: Stress Presentation by Robert Rivera (Rodriguez Rm, MIG, 3rd floor)
- October 11th @ 12:00: Come to Cornerstone in Miguel for stress balls, coloring, and ice-cream!

Hope to see you there!

Congratulations to Psi Chi's Newest Members!

Emily Banasiak
Amelia Bradley
Penelope Combs
Lorenzo Froehle
Caroline Kane
Leony McKeown
Claire Murphy
Evaniz Orellana
Katherine Sexton
Samantha Sherb
Catherine Smith
Naomi Uy
Brittney Vargas

**Looking forward to honoring all of you during
the Spring Induction!**

Alumni Spotlight



Thomas Michelena, L.S.M.W
Licensed Clinical Social Worker

Thomas Michelena is a native New Yorker, and is proud to be a Jasper. Thomas earned his Bachelor of Arts degree from Manhattan College in 2013 Magna Cum Laude, majoring in Psychology with a concentration in counseling/clinical practice. He reflects fondly on his time on campus where he worked as a research assistant to Dr. Marin, was elected president of the Psychology Club, and was an avid participant in intramural-sports. Upon graduating, with guidance from Manhattan College faculty, he pursued a Master's Degree in Social Work at the Silberman School of Social work at Hunter College (CUNY). He earned licensure (LMSW) soon after earning his Master's, and was offered employment at Elmhurst Hospital Center in his home-borough of Queens, NY. In 2018, Thomas married his wife, Diana, who he met while employed as an Activity Leader for a summer program at Manhattan College.

At Elmhurst Hospital, Thomas began working on an inpatient psychiatric ward, where social workers are members of interdisciplinary teams that treat individuals with acute mental health issues, the majority of whom are involuntarily hospitalized. A public hospital in one of the world's most diverse areas, Elmhurst Hospital serves an underserved population with significant need. He worked with hundreds of individuals in his 2 years at this position, collaborating with patients' families, friends, community outpatient programs, federal benefit offices, and inpatient settings (Substance abuse treatment, Skilled Nursing Facilities, State Hospitals) with the goal of building safe dispositional plans for some of society's most vulnerable individuals. In 2017, Thomas was assigned to Elmhurst Hospital's Prison Ward, where he now works as a Forensic Social Worker. He works with patients either under NYPD custody, or who are transferred from Rikers Island in the custody of the Department of Corrections, that require acute mental health/psychiatric services. His team serves a population often misunderstood, the majority of whom are victims of severe trauma and abuse, seeking to provide mindful biopsychosocial-informed interventions to assist patients as they await legal proceedings. He offers patients housing, case management, social services, and other community-based resources with the hope that patients have adequate support when they return to the community.

Despite humbling experiences growing up in New York City, and an acquired taste for a quieter lifestyle, Thomas takes pride in working in New York, with New Yorkers. He is grateful for his undergraduate experience at Manhattan College, where he believes the passion and support of staff and peers kindled his own passion for helping others.

Presentations: Summer Research Scholars

By: Dr. Kelly Marin

Congratulations to Lorenzo Froehle, Eva Pugliese and Brittney Vargas. They did a fantastic job at the Jasper Summer Scholar Research Conference that took place September 27th and 28th. Each of them did an impressive job with their presentations. I learned a lot, and more importantly, I was left wanting to know more- signs of a good study! Something that struck me about all three was the personal significance that each project had for the researcher.



Lorenzo Froehle, a kinesiology major and psychology minor with aspirations to become a sports psychologist, examined youth soccer player's attitudes toward

sports bullying and hazing with his advisor, Dr. Mendez-Baldwin. Lorenzo's been playing soccer for as long as he can remember and has been witness to the sports hazing culture as well as the negative psychological consequences that often follow hazing. He collected his data from a group of adolescents who participate in a youth soccer club in his hometown of Anchorage, Alaska. Lorenzo found that the majority of the youth athletes he surveyed believe that sports hazing exists and that it can cause severe damage (e.g., psychological, physical). This sample of youth soccer players also believed that athletes often go along with the culture because of the fear of social isolation. His data supports the need for young athletes to understand the impacts of this sports culture even before adolescence. Sports hazing is often not taken seriously enough if individuals don't think anyone is going to be hurt. Unfortunately, we know people are often hurt. Great job, Lorenzo. I look forward to hearing about what you're going to do next with these important findings.

Eva Pugliese, a senior psychology major and biology minor with aspirations to pursue nursing, examined the relationship between

pulmonary injuries and psychopathology in Fire Department of New York First Responders to the 9/11 World Trade Center Attacks (with adviser, Dr. Nuwan Jayawickreme). Eva's father was a first-responder on 9/11, so she was particularly interested in understanding more about the lasting impact the devastating event had for so many men and women. She also saw it as an opportunity to bridge her interests in psychology and biology by examining the connection between the mind and body.

psychological impact they experienced after 9/11. Overall, she found relations between pulmonary injuries and psychopathology. Her findings give support for a more holistic healing approach to healthcare for first-responders. Eva stressed the importance of interpreting her results with caution given some of the limitations she faced with her sample. For example, Eva shared that it was a challenge to obtain participants as many were hesitant to discuss their trauma. Nevertheless, I still found her findings compelling. It is such important work, Eva- we can't wait to find out what is next for you.



Brittney Vargas, a senior psychology major and sociology minor with aspirations to pursue a graduate degree in Clinical Psychology, examined the impact of individualistic vs. collectivistic agency on Puerto Ricans' views about mental health services. She also worked with Dr. Jayawickreme. As a Puerto Rican,

Eva's sample included 37 male FDNY retirees who participate in a support group for first-responders. All participants were male with an average age of 57 years. Other relevant characteristics of the group: on average, participants dedicated 22 years of service to the FDNY and the mean number of years since retiring was just under 10. Unfortunately, for many in her sample, retirement was a result of the lasting physical and

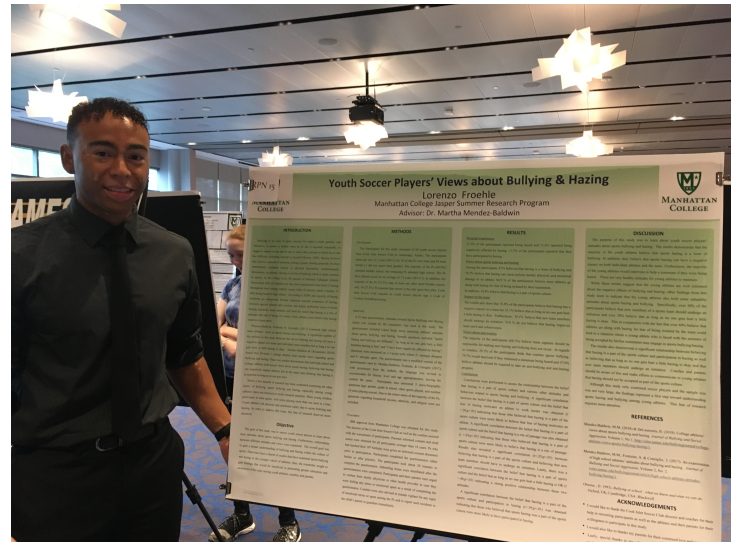


Brittney has thought about cultural differences between Puerto Ricans raised on the Island and those raised on the mainland of the U.S.

For her project, she used a survey that she created in her Psychological Testing class last spring. Brittney recruited participants at the Puerto Rican Day parade as well as St. Thomas Aquinas Church. Interestingly, based on the survey data, she found more similarities than differences across the two groups' perceptions of mental health issues, which is not what she expected. Even more, those participants raised on the island actually had more positive views of mental health services compared to those participants raised on the mainland. Her findings were not what she expected. However, Brittney raised some excellent points to help us make sense of her results. She believes that those individuals raised on the mainland are likely to be exposed to the same cultural values and attitudes that are held by those who grow up on the Island. Also, the timing of her study may have played a role- Puerto Ricans' views of mental health services may be becoming increasingly more positive as a result of the recent Hurricane devastation and aftermath. Fascinating, Brittney- let me know if you need a research assistant for your next study!

A special thanks to their faculty mentors, Drs. Martha Mendez-Baldwin and Nuwan Jayawickreme- great mentoring!

More photos from the 2 day event!



Want to get involved?

Psych Club

- Do you want there were more psychology related events on campus? Join Psych Club to help make that happen! All ideas welcome.
 - The next meeting is Wednesday, October 10th, in Miguel 306. Attendees will be discussing Safe Halloween, as well as the Suicide Awareness Walk happening at the end of the month. Committee leaders and subcommittees will also be organized.
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Psi Chi

- Any Psi Chi member interested in running for an officer position should email Dr. Mendez-Baldwin for further information before October 5, 2018. Two positions are open: Secretary and Consulting Officer. Responsibilities include attending meetings and sponsored events and assisting the co-presidents and faculty moderator in planning and running events.
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Volunteers Needed

- Do you enjoy *the Standard Deviation*? Dr. Kelly Marin is looking for 1-2 self-motivated students to assist her with the department's newsletter. Ideal person would have experience with *Pages*, the Apple publishing program (or a similar publishing program), and experience in editing and an interest in writing- creativity is a plus! If interested, email kelly.marin@manhattan.edu
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Learn something new

- Want to develop your research skills? If you're a psych major, there's no doubt that you'll be doing research in class, with a faculty member, or as a summer project. Learn Zotero, a free software that formats and organizes your research sources and citations. Learn how you can streamline your research and access information on your sources from anywhere and put citations in your paper with a few clicks. Make your research projects more organized and impress that faculty member you hope to do research with!

Be for we know it, it will be November!

Because October is sure to pass quickly, it's a good idea to keep these early November dates on your radar this month to begin planning.

Spring registration

- November 1st – 9th <https://inside.manhattan.edu/academic-resources/registrar/register/index.php>
- But first, make an appointment to see your faculty advisor in mid-October. More details to come!

Vote on November 6th

- But first, register to vote- <https://www.rockthevote.org/register-to-vote/> there's still time.
- You have until 10/12 in NY, 10/16 in NJ, 10/30 in CT to name a few.
- Not sure if you are already registered? Look it up <https://www.rockthevote.org/resources/am-i-registered-to-vote/>

Present your research at EPA, a regional conference

- Present at the annual meeting for the Eastern Psychological Association (EPA) in March, 2019. This year's conference is in New York City. <https://www.easternpsychological.org/i4a/pages/index.cfm?pageid=3501>
- Deadline to submit an abstract (for talk or poster) is **November 15th**.
- Talk with your research mentor/professor to see if it's possible to turn that poster or paper into a conference abstract!

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