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# PSYTATIONS

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## **New Advisors Assigned to the Department of Psychology**

Central Washington University recently revised its academic advising structure. With this modification, several professional advisors were hired and students are no longer required to meet with faculty advisors for every academic concern. Professional academic advisors are designated to supplement faculty advising efforts by addressing the finer details of students' academic progress with the specific goal of facilitating degree completion and graduation in a timely manner. Professional advisors are able to address questions concerning the topics of:

- Academic warning/probation/suspension
- General Education (basic and breadth) requirements
- Progress to degree completion and graduation
- General academic planning (including 104R & Form 48)
- Advising holds

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## **Psychology Club**

by Hannah Williams

*This year's Psychology Club is working to raise funds for the Western Psychological Association Conference (WPA) in Las Vegas. The club had the privilege of attending last year's conference in Portland and enjoyed the experience. The conference presents students with the opportunity to learn about current research in the field of psychology as well as make connections with professors and researchers that may prove helpful down the road.*

*This year, the club is putting together four major events, along with several other smaller ones. The four major events we are planning include: A silent auction, a 5k, a speed dating event and a haunted house. After a year of rebuilding the club, we are eager to expand our presence on campus and reach out to our fellow psychology alum. We encourage and hope that you will join us and attend our major events to see what we are all about. The Ellensburg Psychology Club meets every Wednesday at 5:00 p.m. in PSY471. Please contact our President: Whitney Biehl (509 - 969-2333) or our Secretary: Hannah Williams (425-503-5767) with any questions, comments, donations or recommendations. Thank you.*

## **IMPORTANT DATES**

<i>Dec 5</i>	Last Day of Fall Classes
<i>Dec 8-11</i>	Final Exams
<i>Dec 16</i>	Grades due to the Registrar
<i>Jan 6</i>	Winter Classes Begin
<i>Jan 16</i>	Deadline to apply for baccalaureate degree for Spring 2015



Applications for the Warren Street and Libby Street scholarships will open soon. Watch the Department of Psychology's website for updates!

You may continue to consult with your Academic Major advisor regarding all issues related to major classes, internships, potential career opportunities, steps to take to pursue graduate school, mentoring, and other interests pertaining to psychology.

Ivana Trottman serves as the professional academic advisor for psychology students located in Ellensburg. Her office is located in Bouillon 205. To make an appointment with Ms. Trottman, please call 509-963-3423 between the hours of 8 a.m. and 5 p.m. Appointments must be made in advance, as same day appointments are rarely offered.



Ms. Trottman

Barbara Baines serves as the general advisor assigned to online psychology program. Like Ms. Trottman, Ms. Baines is responsible for aiding students in completing their general education requirements. Additionally, she may support students by offering academic referrals and in answering questions related to university requirements. Ms. Baines is available via email at [bainesb@cwu.edu](mailto:bainesb@cwu.edu). Student within the online programs may continue to address their program/discipline-specific questions to their academic advisors: Dr. Sara Bender (Major) or Dr. Steve Schepman (Minor).



Ms. Baines

## **Professional Development**

Engaging in professional development activities outside of the classroom is an important element in preparing for a career or additional studies within the field of psychology. There are a number of steps one may take to cultivate his or her professional identity, including:

1. Participating in department and university based clubs such as The Psychology Club, Psi Chi, etc.

Please review the university's website for details regarding how to become involved in one of these entities.

2. Establishing a membership in a professional organization such as APA, WPA, ACA, AMHCA, or similar associations.

Details regarding how to acquire membership may be found on each organization's website. Note that most professional organizations offer a discounted student membership rate to encourage undergraduate participation. Additionally, some organizations also offer scholarships for schooling, research, and travel expenses specifically to undergraduates.

3. Serving as a research assistant for faculty members within the department.

Department of Psychology faculty maintain a number of varying research interests. Many faculty welcome undergraduate researchers to participate in the completion of their research projects as well. Please contact faculty directly regarding their current needs. You may access a list of faculty interests via the department's website.

4. Attending or presenting at conferences.

Opportunities to present or review psychological research are abundant. Please save the dates for the following events and consider attending if you can:

- Western Psychological Association- April 30- May 3 Las Vegas, NV
- American Psychological Association – August 6- 9 Toronto, Canada
- Symposium on University Research and Creative Expression -- May 21 – Ellensburg, WA

## Get to Know Your Faculty

The Department of Psychology has three amazing new faculty members to introduce to our community. Dr. Meaghan Nolte joins our graduate counseling program this year as a tenure-track faculty member. Additionally, Dr. Jesse James and Professor Cristina Bistricean join the department teaching undergraduate courses. A brief academic biography regarding each of these talented faculty members is available via the department's website. In an effort to get to know each of these faculty on a more personal level, however, each new faculty member was asked to answer the questions presented to James Lipton's guests at the conclusion of each episode of *The Actor's Studio*. These answers should provide you some insight into each professor's world. 😊

**Dr. Meaghan Nolte**



1. **What is your favorite word?** Phenomenology: I had to learn to spell and correctly pronounce it in the process of dissertating and I think it's fun to say
2. **What is your least favorite word?** Moist: it sounds vulgar without actually being vulgar and it weirds me out a little.
3. **What turns you on?** Intellect
4. **What turns you off?** Close-mindedness
5. **What sound do you love?** A train whistle
6. **What sound do you hate?** The sound of Florescent light bulbs
7. **What is your favorite curse word?** [The F word] but [The A word] is a close second

8. **What profession other than yours would you like to attempt?** Historian
9. **What profession would you not like to do?** Business or politics
10. **If heaven exists, what would you like to hear God say when you arrive at the pearly gates?** Not sure exactly, but I hope it's a joke.



**Dr. Jesse James**

1. **What is your favorite word?** Contumacious.
2. **What is your least favorite word?** The "F" word.
3. **What turns you on?** Chocolate.
4. **What turns you off?** Poor writing.
5. **What sound do you love?** Sincere praise for a job well done.
6. **What sound do you hate?** Whiny children.
7. **What is your favorite curse word?** I'm trying to kick the habit, so now I say "Gah! Curse it all!"
8. **What profession other than yours would you like to attempt?** If I have time in my next lives, I'd like to try my hand at being a sign language interpreter, medical doctor, computer programmer, engineer, statistician (writing algorithms for a dating website), humanitarian, clinical psychologist, and a professor in a foreign country.
9. **What profession would you not like to do?** Candy shop owner.

## Get To Know Your Faculty

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11. **If heaven exists, what would you like to hear God say when you arrive at the pearly gates?** “Well done, thou good and faithful servant.”

**Dr. James adds,** “I can be bribed to inflate your grades for the surprisingly low cost of... a little effort in the first place”.

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### Professor Bistricean

**What is your favorite word?** *Lala (this is what my nieces and nephews call me)*

**What is your least favorite word?** *overqualified*

**What turns you on?** *an A-HA moment*

**What turns you off?** *anger*

**What sound do you love?** *my niece, Estera, singing*

**What sound do you hate?** *the sound of heated arguments*

**What is your favorite curse word?** *F@\*K!!*



**What profession other than yours would you like to attempt?** *Criminal investigator*

**What profession would you not like to do?** *Substitute teacher*

**If heaven exists, what would you like to hear**  
*Come and tell us all about*

**God say when you arrive at the pearly gates?** *Welcome home! the journey and what you've learned.*

Interested in serving as a participant in student or faculty research? Get involved via the Sona System! Go to: <https://cwu.sona-systems.com/> for more information!

#### **Professor Bistricean adds:**

*Future accomplishments (not necessarily in this Order): Receive my PhD, write a cookbook, take part in an archaeological dig, have a part in a movie, win the Nobel Peace Prize, write a play, write a book, travel to space, learn to fly a helicopter, influence and instigate a positive change in the world, participate in a political campaign, work for a president, work with the United Nations, work with the Carter Center, ....it's free to dream...*