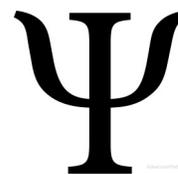


PSYTATIONS



Central Washington University

Department of Psychology

November 2018

Welcome to Central!

Welcome to the first issue of Psytations for the 2018-2019 academic year! This bi-annual newsletter will provide some information on the happenings in the department to students and faculty alike. By reading this newsletter, you will be up to date on important dates in the department, events, clubs, faculty members, and research. You are also encouraged to follow our department Facebook page by searching “@CWUPSYCH”. For undergraduate and graduate students new to Central this quarter, welcome!

New Faculty Updates

The Mental Health Counseling Program would like to welcome new Assistant Professor Dr. Maribeth Jorgenson to the department! Dr. Jorgenson came from the University of South Dakota, and is interested in researcher identity development among other research interests. Welcome!

We would also like to welcome Jennifer Kassing as a full-time non-tenure track faculty member here in the department! Professor Kassing has taught several psychology courses here at CWU in the past, but she is now a more permanent fixture here in the department. Congrats!

Out of the Darkness Walk

The Psychology Club joined the Out of the Darkness Walk in Seattle on Sunday, October 14th. The club raised funds for the American Foundation for Suicide Prevention! The club hopes to organize a CWU Campus Walk Out of Darkness Event for the 2019-2020 school year!



For questions or comments about the newsletter, please contact
Dr. Joshua Buchanan (Joshua.Buchanan@cwu.edu)!

Important Dates

November 2:

Uncontested Withdrawal Deadline

November 5:

Winter Quarter Registration Opens

November 12:

Veteran's Day Observed

November 21-23:

Thanksgiving Observed

November 30:

Hardship Withdrawal Deadline

November 30:

Last Day of Classes

December 4-7:

Fall Quarter Final Exams

December 7:

End of Fall Quarter

December 7:

Master's Requirements for FA Graduation Completed

December 11:

Fall Quarter Grades Due

Psychology Club & Psi Chi

The student-run club continues to support the discipline of Psychology by uniting students interested in the field as a major, minor, or as a general interest. The club aids members as they prepare for lives and careers after graduation with several talks over the school year. Club members can apply for admission to Psi Chi, the International Honor Society for Psychology, which provides unique opportunities for recognition and professional development. Interested in more opportunities like these? Like the “CWU Psychology Club” on Facebook and drop by one of their meetings to learn more! Meetings are Wednesdays at 5:30 pm in the Psychology Building, Room 471! Be sure to contact the president of the club (Madison Martin; Madison.Martin@cwu.edu) for more information.

Westside Psychology Club & Psi Chi

Our Westside Psychology (formerly Des Moines Psych Club) services all center students and online students. All meetings and most events can be attended in person at Des Moines or online using our Canvas site; the meetings this quarter are on Wednesdays from 6-7pm. There is a one-time fee of \$15 to cover basic costs, but all events are free and funds are only used to cover costs of activities open to all members. Given that Psi Chi events are run through the Psychology Club, Psi Chi members need to be a club member as well. Applications for center and online students are processed every quarter, and students must contact the faculty sponsor by email once they have applied. The subsequent \$55 lifetime membership fee then goes entirely to Psi Chi. Be sure to contact the faculty sponsor for the club (Liane Pereira; Liane.Pereira@cwu.edu) for more information.

Graduate Student Spotlight

This quarter, we interviewed Rebecca Rose, a former graduate student in the experimental psychology program, about her experiences with graduate school:

When/how did you decide to go to Grad School?

I decided to go to grad school during my junior year, and that decision was solidified during my senior year. I ended up taking a year off in-between undergrad & grad school. I was able to get some extra research experience in clinical & experimental labs. I highly recommend taking a year off; I was much more relaxed during that time.

Were you involved in research as an undergraduate?

Starting my sophomore year, I worked in 6 different labs. Each professor ended up recommending me to a different professor, so I got a wide variety of experience.

Who did you ask for recommendation letters from?

My letters were from professors running the labs I worked in. I specifically wanted (and ended up with) a diverse range of letters; clinical, experimental, & health psych.

How was the grad school application process?

I knew I wanted to stay West (my undergrad was at Idaho State) and I knew I wanted an experimental program. I ended up applying to 10 PhD and Master's programs total. I made sure to contact everyone ahead of time, and I did not apply if the professor did not reply to my email. Having the extra year made this process less stressful and allowed me to take the GRE twice.

How has grad school been so far?

I'm surprised with how little time I have to do everything (or anything other than work for that matter!). I had realistic expectations that this was going to be a lot of work, and those expectations have been met.

Any advice?

I wish I followed up more with professors during the application process (asking questions, asking about research, etc.). Don't take the GRE (or yourself!) so seriously. And even if you don't think you are going to be accepted somewhere, apply anyway!

Graduate Program Updates

School Psychology Program:

The school psychology graduate program welcomed a cohort of 12 students this year. In addition to the new cohort, 10 students began their internship year at placements throughout the state of Washington. The school psychology program consists of 2 years of full-time graduate study on the Ellensburg campus, and then 1 year of internship under supervision at a school district. In addition to the internship, students complete practicum hours during the 1st and 2nd year of the program. This past year the program initiated a new partnership with Morgan Middle School in Ellensburg to help provide an intervention for middle school students. Practicum students spent time at Morgan working with students who struggled in the area of executive functioning and organizational skills. We look forward to continuing this partnership in the future.

Mental Health Counseling Program:

We have 9 new students this quarter in the area. Here are names and a self-identified “interesting thing” about them as an introduction:

- Abby Crickmore is a competitive synchronized swimmer
- Jules Ellis teaches audio engineering
- Andi Eberhardt has a childlike obsession with making friendship bracelets
- Ariana Garibay has curly hair
- Jeanan Hyat has an obsession with journals which she both writes in and collects
- Ashley McCutchen used to play the violin
- Amanda Mittlieder loves the violin
- Nate Schronak is mysterious
- Rachel Sullivan plays music

Additionally, three of the program faculty (Dr. Jeff Penick, Dr. Fred Washburn and Dr. Meaghan Nolte) will be presenting at the Western Association of Counselor Education and Supervision in Santa Rosa, CA early next month.

They are presenting on developing remediation plans in counseling programs, researcher knowledge and efficacy, undergraduate professional identity, and transgender experiences in rural areas.

Experimental Program:

We have 6 new students this quarter in the area. Here are their names and the university they attended for their undergraduate degree:

- Sarah Adams
Eastern Washington University
- Mikayla Kimery
Central Washington University
- Kyle Klaassen
Shasta Bible College
- Rose Mastico
Massachusetts College of Liberal Arts
- Molly Mortensen
Central Washington University
- Makyah Williams
Columbia College (SC)

Neuroscience Club Update

The Neuroscience club meetings are normally on Tuesdays at 6 pm in Psychology 471. This quarter, we had Dr. Greenwald's annual zombie talk on October 30th where he discussed the possibility of actual zombies. Also the philosophy and psychology club hosted the event with us and a couple philosophy professors talked about death and consciousness. After that event we had a stand at Boo Central on October 31st for Halloween. Be sure to contact the president of the club (Seth Wiswell; seth.wiswell@cwu.edu) for more information.

Student & Faculty Accomplishments

Not only are students able to learn about Psychology in the classroom, but there are also myriad opportunities to get involved in research activities! Here are just a few of the publications and presentations over the past year led by both students and faculty in the department:

- Boren, K., McCutchen, A., Buchanan, T., & Buchanan, J. (2018, May). *Affective and cognitive elements of regret: Forecasting errors and well-being*. Poster presented at the 13th annual meeting of the Symposium of University Research and Creative Expression (S.O.U.R.C.E), Ellensburg, WA.
- Bratcher, B., Huerta, A., Scoville, A., Montenegro, C., & Gabriel, K. I. (2018, April). *Enhancing success for underrepresented minorities in STEM fields: An update to outcomes of a shared scholar community*. Poster at the Rocky Mountain Psychological Association conference, Denver, CO.
- Escamilla-Ocanas, L., Buchanan, T., & Buchanan, J. (2018, April). *A top-notch streaming experience: The influence of observed videogame play on social outcomes*. Poster presented at the 98th annual meeting of the Western Psychological Association, Portland, OR.
- Escamilla-Ocanas, L., Martinez, J., Mulu, E., Buchanan, T., & Buchanan, J. (2018, May). *Prison bars and (Minecraft) blocks: The influence of viewed videogame play on cooperation and aggression*. Poster presented at the 13th annual meeting of the Symposium of University Research and Creative Expression (S.O.U.R.C.E), Ellensburg, WA.
- Farlow, M. & Fallshore, M. (2018, April). *The effects of alcohol on attraction*. Poster presented at the Annual meeting of the Western Psychological Association, Portland, OR.
- Krzemieniecki, A., & Gabriel, K. I. (2018, April). *Stigmatization of individuals with symptoms of posttraumatic stress disorder is influenced by both the precipitating trauma and knowledge of the disorder*. Poster at the Western Psychological Association conference, Portland, OR.
- Marrs, H., Langmack, H., & Pauley, B. (2018, February). *English Language Proficiency and Reading Growth*. Paper presented at the 2018 National Association of School Psychologists Annual Convention, Chicago, IL.
- Marrs, H., Lazcano, M., Moreno Sanchez, J., & Ramirez, Y. (2018, May). *Serving Mixtec Speakers in Washington Schools*. Poster presented at the 2018 Symposium of University Research and Creative Expression, Ellensburg, WA.
- Marrs, H., Tribble, M., Pauley, B., & Langmack, H. (2018, May). *School Psychology Assessment of English Language Learners*. Poster presented at the 2018 Symposium of University Research and Creative Expression, Ellensburg, WA.
- McCutchen, A., Buchanan, T., & Buchanan, J. (2018, April). *Affective and cognitive components of regret: Affective forecasting errors and well-being*. Poster presented at the 98th annual meeting of the Western Psychological Association, Portland, OR.
- Montenegro, C., & Gabriel, K.I. (2018, April). *The effects of animal environments on perception of those animals and on environmental conservation*. Poster at the Western Psychological Association conference, Portland, OR.
- Moore, D. (2018, May). *Media usage*. Paper presented at SOURCE, Ellensburg, WA.
- Peecher, D. L., Greenaway, E., Long, G., Weber, M., & Gabriel, K. I. (2018, May). *Modeling the psychiatric aspects of polycystic ovary syndrome and induced stress*. Poster at the Symposium of Undergraduate Research and Creative Expression (SOURCE), Ellensburg, WA.
- Peecher, D. L., Nelson, R., Binder, A., & Gabriel, K. I. (2018, April) *Comparison of behavioral assays in post- and prenatal models of polycystic ovary syndrome*. Poster at the Western Psychological Association conference, Portland, OR.
- Perriman, L., & Marrs, H. (2017, October). *Teacher Knowledge and Training in Optimal Classroom Conditions for Students with Autism Spectrum Disorder*. Poster presented at the 2017 Washington State Association of School Psychologists Annual Convention, Cle Elum, WA.
- Ramirez, Y., & Marrs, H. (2018, April). *The Aspirations and Barriers of Diverse Students for Graduate School*. Poster presented at the 2018 Western Psychological Association Annual Convention, Portland, OR.