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# Rutgers-Camden Psi Chi Newsletter

Produced by RUC Psi Chi



## Chill Out with Psi Chi!

### *Welcome back to Rutgers!*

This is the Winter 2014 issue of the Rutgers-Camden Psi Chi Newsletter. Inside you will find Psychology Department student and faculty news, which may be of interest to you! If you have news or material that you would like to share with the Psychology Department community in subsequent issues please feel free to contact us at: [RUCPsiChi@gmail.com](mailto:RUCPsiChi@gmail.com)

Where to find us:

**Rutgers Camden**

**Psychology Department**

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Camden, NJ 08102

## *Mark Your Calendars!*

The 2015 Eastern Psychological Association will be held at the Marriott Downtown in Philadelphia on March 5-8.

Programming for the convention will include sessions on graduate school, leadership, and chapter development. We look forward to seeing you there!



# *Outstanding Female and Male Psychology Student Veterans Honored*

Loria McGruder and Henderson Tyrrell, psychology majors at Rutgers University–Camden, have been named outstanding female and male student veterans for the 2014-2015 academic year.

The students were formally recognized and presented plaques acknowledging their achievements at Rutgers-Camden’s sixth annual Veterans Day luncheon, held on Nov. 6.

“It is an honor to receive such a prestigious award,” says McGruder, a Clementon resident.

Tyrrell echoed the sentiment, noting that it was “inspiring” to be recognized by his fellow student veterans as a dedicated student and a contributing member of the student veterans group on campus. “I hope to live up to the honor and help the student veterans and Rutgers–Camden as much as possible,” says the Riverton resident.



**Loria McGruder**



**Henderson Tyrrell**

# What Psychology Students Learn: 10 Skills That Any Employer Will Appreciate

Summarized from Psi Chi website article by Jeanne M. Slattery, PhD, Clarion University (PA) and Carie L. Forden, PhD, American University in Cairo (Egypt)

**1. Interpersonal skills.** Communication, teamwork, leadership, work ethic and sense of commitment, learning and motivation, reinforces and punishers, and identifying barriers to a desired behavior are all in your skill set. Think beyond a narrow perspective to recognize contextual, developmental, and cultural influences on behavior, and take other viewpoints into account. These attributes contribute to socially responsible leadership in work settings that value the ability to manage employees well, relate to customers, and anticipate and resolve problems.

**2. Critical thinking:** considering multiple ways of looking at problems, knowing problems don't always have simple answers. Look beyond the obvious to consider the contributions of contextual, interpersonal, and intrapersonal factors. Examine the evidence, knowing that correlations may not indicate causal relationships, and consider other explanations of research findings. The result: better decisions.

**3. Apply theory and research in other settings.** Psychology students learn to apply research findings to the real world. You have book smarts you can apply in the real world in ways that employers appreciate.

**4. Respect and appreciate research.** Employers increasingly demand that decision-making be based on evidence. You can develop research questions, analyze evidence, and conduct scientific research to gather, summarize, interpret data, and recognize potential confounds. Research skills teach how to enlarge the questions your employers ask and look more broadly for answers. Psychology students are less likely to accept assertions with no evidence and to ask questions rather than assume they know the answers.

**6. Understand and appreciate diversity.** Psychology students learn to appreciate individual and group differences. You can use this knowledge to help your employers make more well-informed decisions in marketing, developing services, and recognizing when services would be inappropriate for a population.

**7. Write well. Psychology students write frequently and in many contexts.** Experiences with data collection and reporting helps students develop their writing and presentation skills, and these skills enable them to write clear and logical prose and give effective presentations in the workplace.

**8. Show capacity for professional development.** Our graduates develop confidence and realistic self-reflection and self-evaluation skills. These contribute to your willingness to continue to learn and grow.

**9. Are civic-minded.** Psychology students genuinely want to make world a better place.

**10. Attention to detail and time management.** In the workforce, dotting the Is and crossing the T's matters and writing in APA style gives experience paying attention to details. Meeting deadlines and showing accountability as a member of a team helps students improve time management and teamwork skills. Employees who hold themselves accountable can motivate themselves, respect deadlines, and get things done in a timely manner are great members of any team.



## Interested in Research?

**Many Psychology professors are open to gaining qualified research assistants on campus!**

Whether you're looking to apply to graduate school, searching for that perfect career, or just looking for a new way to broaden your horizons, one of the best things you can do, as an undergraduate pursuing a psychology degree, is participate in research. The psychology faculty here at Rutgers-Camden are often looking for bright and talented research assistants that can assist on many ongoing projects, covering a wide array of psychological and sociological topics. Doing independent research, ( aka. independent study), under a professor has many benefits. For one, it can help you apply what you've learned in your psychology classes to real world problems. It also helps to boost your resume, providing you with experience that will help you land research jobs or grad school acceptance in the future. Many Masters and PhD programs are research based, so having experience as an undergraduate can automatically put you above others, in such competitive situations.

If you're interested in doing research with a faculty member, the best advice we can offer to you is to apply yourself in classes and contact a professor whose research interests you!

# How to Apply for Psi Chi Membership:

## Requirements for Psi Chi Membership:

### Undergraduates must

- be enrolled as a major or minor in a psychology program (or a program psychological in nature)
- have completed at least 3 semesters of college courses
- have completed at least 9 semester hours (3 courses) in psychology courses
- have earned an overall GPA that is in the top 35% of their class in general scholarship (minimum GPA of 3.5 on a 4-point scale)
- have a minimum 3.5 GPA in psychology courses

### Graduate student applicants must

- be enrolled in a psychology graduate program
- have completed at least one full semester of graduate coursework
- have an overall GPA of at least 3.5 in all graduate courses, including psychology courses\*

### Transfer student applicants

- follow the same requirements as the undergraduate student applicant
- should complete at least 12 semester hours at the new institution in order to establish a GPA

### *Transfer student applicants who are already members of Psi Chi*

- contact the Psi Chi faculty advisor at the new institution to complete an online transfer membership form

### *Faculty advisors*

- must be full-time faculty members at an institution and hold a doctoral degree in psychology
- must be members of Psi Chi (as required in Psi Chi Constitution Article XII, Section 7)

### *Faculty members must*

- be full-time faculty at an institution
- be a faculty member in a psychology department
- hold a doctorate in psychology, or a closely related field

In order to join, **you must qualify for membership and join through the Rutgers-Camden Chapter.**

The application process is now online at:

<http://memberapp.psichi.org/cfmember/applicationform.aspx>.

The Psi Chi Society one-time membership fee is \$55. This pays for **lifetime** Psi Chi membership, a certificate of membership, and a membership card. There is an annual \$15 local chapter dues.

**\*To find your Overall GPA as well as grades for each course**, log in at [my.rutgers.edu](http://my.rutgers.edu), click on the Academics tab, then click on “Your Full Transcript” under the “Get My Grades” button. In the pop-up box, click the radio button for “Full Transcript”.

Save the Date!

**Spring 2015 Psi Chi Induction**  
**[Friday, May 1st, 2015]**

Come celebrate the new inductees of Rutgers-Camden’s own  
 Psi Chi Psychology International Honor Society!

## Psi Chi 85 Years Old, Stronger Than Ever - and Increasingly International!

John D. Hogan, PhD, St. John's University (NY)

As many members are aware, the charter for Psi Chi was signed September 4, 1929, at Yale University (CT) during the meeting of the Ninth International Congress of Psychology. With that signing, the organization was formally created, although there are no contemporary records at Yale recording the event. It is safe to assume that the founders had no idea of the extraordinary history that would follow. In the 85 years since that day, the Society has gone through tremendous growth, not only in numbers but also in function. From a simple record-keeping association, it was transformed into a vital force in American psychology. Now, in its latest re-creation, it has become an international organization, engaged in an outreach that was undreamed of by its founders and yet one that is perfectly consistent with its beginnings.

The Congress at Yale in 1929 was a watershed event for American psychology as well as for Psi Chi. When modern psychology began, its center was in Europe—mostly in Germany, France, and England. The strongest European center was the laboratory of Wilhelm Wundt and his psychology program at the University of Leipzig (Germany). It is estimated that he participated in the doctoral preparation of at least 187 students, a group of whom later became leaders of American psychology. Through his American students and their fertile home climate, psychology in the United States prospered. By the late 1920s, the United States was becoming the world center for psychology, a distinction it holds to this day.



The fact that the Ninth International Congress was held at Yale in 1929 was an outward sign of the new U.S. stature. And what an extraordinary Congress it was! The American Psychological Association (APA) cancelled its annual meeting in favor of the international meeting, the only time since its founding in 1892 that it did not hold an annual meeting. Almost three quarters of the APA membership attended the Congress as well as more than one hundred international visitors. Ivan Pavlov, the famed physiologist and psychologist, was one of the keynote speakers. He spoke in Russian with an interpreter at his side. All of the founders of Gestalt psychology—Max Wertheimer, Kurt Koffka, and Wolfgang Köhler—were in attendance. Even a young Jean Piaget came from Switzerland to New Haven for the convention.

It was in that environment that the Psi Chi charter was signed, an event that was long in planning. Edwin Newman and Frederick Lewis had been students at the University of Kansas in 1927 when they conceived the idea of a national honor society in psychology. It took two years of meetings and letter-writing to bring their idea to fruition. Fourteen colleges and universities signed the original charter, several by proxy. Others were allowed to join in the months that

followed. In the end, 21 colleges and universities were granted charter status. With Edwin Newman as the first president, the association was off to a good start.

As effective as the Society was, it did not begin to achieve its potential until 1959 when Ruth H. Cousins began her leadership of the organization. Ruth agreed to the position as a favor to one of her graduate school teachers and planned to stay with Psi Chi for only a year. She ended up staying for 33! With the help of her husband, who had a background in accounting, she established a stable financial foundation for the organization. Under her direction, Psi Chi assumed a greater presence at both the annual APA meetings and regional meetings. Grant programs were created. Publications were initiated. And with her considerable personal charm, Ruth made friends with the most important psychologists in the United States, many of whom were more than willing to speak at Psi Chi sponsored events.

The organization continued to prosper after Ruth's retirement, but it could not ignore how the climate for students around the world was changing. More and more U.S. students completed at least part of their studies abroad, and the number of international students increased at U.S. universities. Modern society demanded a more global outlook for its graduates. In 2009, with a two-thirds majority, the chapters of Psi Chi voted to modify their constitution and become an international organization. It was a bold move, but one that was facilitated by the increased ease of worldwide communication as well as the push within psychology to develop a more global outlook.

The transition has not been without problems. Academic cultures are different in different parts of the world. And not all Board members were enthusiastic about the new direction. Drs. John Davis (Psi Chi President 2006–07) and Virginia Andreoli Mathie (Executive Director, 2004–08) were particularly important players in the efforts to work through the differences and achieve a change in the Constitution. Dr. Davis initiated a task force to study the implications of an international direction for Psi Chi, and established a formal relationship between Psi Chi and the APA Committee on International Relations (CIRP). In his four presidential columns in *Eye on Psi Chi*, he wrote about the importance of becoming more international. His efforts were rewarded with the final vote in 2009.

Today, Psi Chi has 15 chapters in 10 non-U.S. countries, with more on the way. Now its leaders routinely travel to international conventions to advertise the activities and goals of Psi Chi. When the 30th International Congress of Psychology was held in Capetown, South Africa, in 2012, Psi Chi was there in the presence of Psi Chi Executive Director Martha S. Zlokovich. The leaders of Psi Chi continue to spread the word about the international nature of Psi Chi and hope that its student members will do so as well.

In the end, the goal of Psi Chi remains the same—to provide the best opportunities for students. Today those opportunities involve a worldview including attempts not only to provide contacts for international research and co-operation, but also to internationalize the curriculum in psychology.

## Third Annual Tunnel of Oppression: Tuesday March 3<sup>rd</sup>, Wednesday March 4<sup>th</sup> and Thursday March 5<sup>th</sup> from 7pm-9:30pm.

Pulling from history, current national and local events, and the life stories of our community, the Tunnel of Oppression is an interactive, immersive and in-your-face program built around a series of entirely student-actor performed skits covering topics that range from poverty, sexual assault, depression and suicide, racial and cultural tensions, LGBTQ issues, gender roles, bystander roles, body image and substance usage and abuse. Meant to stir up emotions within, it seeks to empower participants and equip them with tools to allow them to become part of the positive change needed to address violence and oppression in our society. At its core, the Tunnel of Oppression is a social justice program that hopes to inspire activism, understanding, support and change. Bring your friends!

Doors to the Raptor Roost (located in the lower level of the Campus Center) will open at 6:45pm. All groups leave from the Raptor Roost every ½ hour beginning at 7pm. Groups run every 30 minutes and are then followed by a 30-40 minute group debriefing with staff from Student Health Services. Individuals and small groups may sign-up on site, but **groups (2-15 people) wishing to sign-up for a reserved time slot in advance should email :**

[sdeborah@camden.rutgers.edu](mailto:sdeborah@camden.rutgers.edu).

Tunnel groups are limited to 15 people.



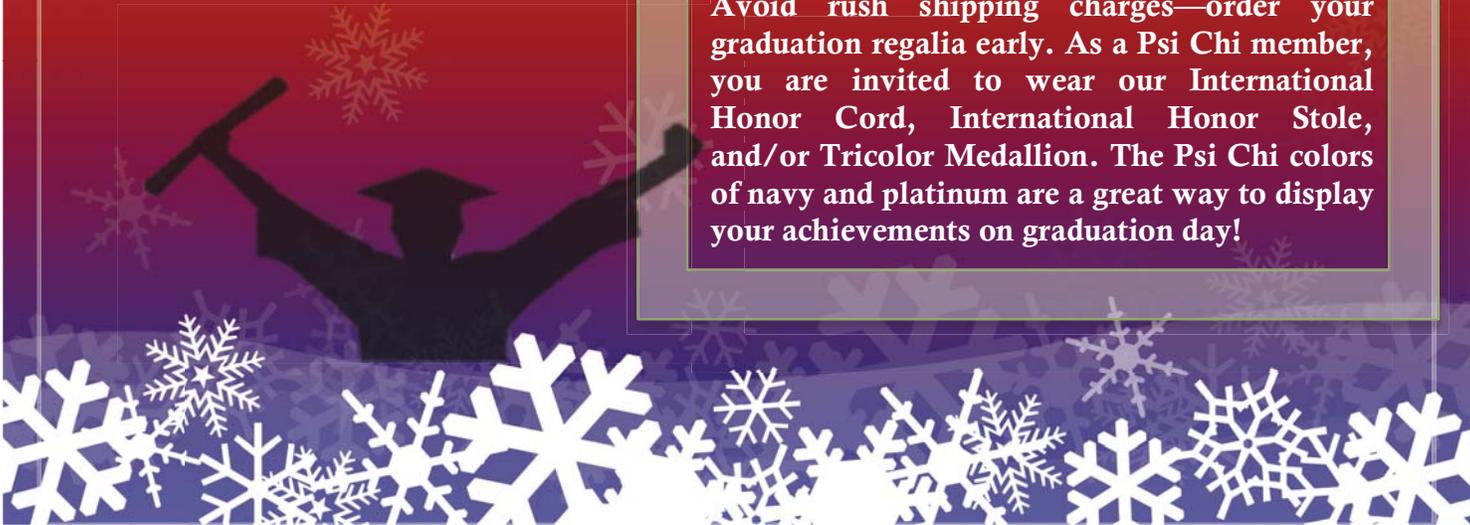
## Come Enjoy Pizza with Profs!

Want to get to know more about your Psych professors? Come join the Psych department for the Pizza with Profs events! It's a great way to sit back, enjoy some pizza, meet fellow Psych majors, and of course, hang out with some of the Psychology faculty. Don't forget to bring questions, conversations and your appetite!

Sign up by contacting Jackie Dunn at:

[jacdunn@camden.rutgers.edu](mailto:jacdunn@camden.rutgers.edu)

Events will take place during free period on 2/23, 3/26, 4/21 and at 5pm on 4/7! We hope to see you there!



Avoid rush shipping charges—order your graduation regalia early. As a Psi Chi member, you are invited to wear our International Honor Cord, International Honor Stole, and/or Tricolor Medallion. The Psi Chi colors of navy and platinum are a great way to display your achievements on graduation day!

**New Year? New Word-Search!**

N M E G N A H C C P T P R N E  
 W A I N U U E Z S I W G B O A  
 O N L O S E W E I G H T S I T  
 D A B S Y A W I Y G R E I T H  
 T G I D L G F L V E I A G A E  
 N E G N I K O M S T I U Q R A  
 U S A E M L P O I F M W S B L  
 O T P I A V L V Y I B A Y E T  
 C R P R F U I T L T V N X L H  
 R E L F T T R K J E O F O E Y  
 W S E I S A M Q M U S I C C X  
 C S O E P B P O R D L L A B K  
 L N F M I D N I G H T G O G G  
 S K R O W E R I F D K L W Z S  
 C E N C Y A L C O H O L C X J

Find the hidden words!

- Can You Find?:
- RESOLUTIONS
  - MANAGE STRESS
  - GET FIT
  - SAVE MONEY
  - QUIT SMOKING
  - FRIENDS
  - CHANGE
  - CELEBRATION
  - EAT HEALTHY
  - FAMILY
  - LOSE WEIGHT
  - COUNTDOWN
  - FESTIVITIES

This Newsletter was brought to you by  
 The Psi Chi Officers of 2014-2015:

- Loria M. McGruder, *President*
- Angelique Calise, *Vice President*
- Alyssa Smith, *Secretary*
- Margaret Stridick, *Treasurer*