

January – February
2014
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Psi Chi Newsletter

Rutgers-Camden
Psychology Department
311 N. Fifth Street
Camden, NJ 08102

Sweets for my Sweetie?

*Dr. Charlotte Markey answers the age old question—
is candy the best idea for a V-day present?*

When February rolls around, those in a romantic relationship find themselves questioning what to get their significant other to show their love and affection. An easy go-to is always candy (everyone loves candy right?!). But is it a good idea to supply our loved ones with treats which are not good for them? Health psychologist Dr. Markey's answer? — YES! Candy is a great

way to show someone you love them, and everyone loves to indulge once in a while. That, however, is the key. Consuming sweets in moderation is okay, as long as it is not a daily routine. Our sweeties will love their treat, but don't treat them every day. By providing this gift for the holiday of love, you are giving them a little 'cheat,' which actually helps them stay on track with a healthy lifestyle.



Complete deprivation of yummy things like candy can result in a Cookie Monster style break down (which is most likely the way your last attempt at eating healthy ended). So do your honey a favor and buy them some candy this Valentine's Day! •

In this article, Dr. Charlotte Markey teams up with husband Dr. Patrick Markey to give a female and male perspective to Valentine's Day gift giving.

She says—though evolutionary psychology suggests women desire men with abundant resources (which allow men to give women expensive V-day presents), recent research suggests women value intelligence over resources in their perspective male. Therefore, she suggests that men use their intelligence to sweep a woman off her feet. Some ideas she offers

She said/He said:

*What to Get Your Partner for Valentine's Day
by Dr. Charlotte Markey & Dr. Patrick Markey*

include helping your lady with some outside issue (like work) or reading up on a topic that is important to her and discussing it with her. Expressing interest in her interests will show her how much you care. **He says**—evolutionary psychology suggests men desire young, hot, fertile women. He is realistic in thinking that a young, curvy babe will not be the gift he unwraps this year (or any year to come) for Valentine's Day. He acknowledges; however,

that that is not what he would want anyway. Dr. Patrick Markey expresses his full happiness with what he already has (a beautiful, intelligent wife) and reminds us that science does NOT have the answers to everything. While some women want expensive gifts and some men want hot babes, others just want a low key evening in with the one they love. He concludes with a loving tribute to his wife, Dr. Charlotte Markey (in hopes that it doubles as her V-day gift—smart man!) For other articles like these and more, visit www.scienceofrelationships.com



Introducing the New Psychology Curriculum!

Dear Psychology Students:

As of Summer 2014, the psychology major requirements will change to offer you a bit more flexibility.

There will still be 4 core, required courses and 9 electives.

All students must take an **Introduction to Psychology** and a **Statistics for Social Science** course.

However, you may take **Method and Theory in Psychology** (50:830:255) a writing intensive (W) research course OR **Research Methods** (50:830:256; this course is NOT writing intensive).

NOTE: **Method and Theory** will not be offered as regularly as **Research Methods**; you should plan to fulfill your writing intensive (W) requirement in another way (**Experimental Psychology** can fulfill your writing intensive (W) requirement).

Students may take **Experimental Psychology and Lab** (50:830:380/381) OR complete a 4 credit **Independent Study** (50:830:498) under the supervision of a full time faculty member. The Independent Study option must be approved by the Psychology Department Committee once you complete the form found on the psychology department web page.

Special topics experimental courses that focus on a specific area of psychology will also be alternatives offered occasionally to fulfill this requirement (50:830:499).

** If you were admitted to Rutgers-Camden prior to Fall 2014, you may follow the previous requirements or the new requirements for completing a psychology major. If you begin your studies at Rutgers-Camden in Fall 2014, you are expected to follow the new requirements.

If you have any questions about the psychology major requirements, you should contact:

Dr. Kristin August, Psychology Department Undergraduate Program Coordinator

Kristin.august@camden.rutgers.edu

Dr. Charlotte Markey, Psychology Department Chairperson

chmarkey@camden.rutgers.edu

Jason Pelosi, Advising Office

jason.pelosi@camden.rutgers



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Our Distinguished Alumni

The Psi Chi officers and the Psychology Department would like to recognize some of our outstanding alumni:

Lindzee Bailey is a graduate student who worked with Dr. Markey on relationship research. She co-authored *Understanding lesbian women's restrained eating in the context of their romantic relationships*, which was presented in October at the International Association for Relationship Research Mini-Conference in Louisville, Kentucky.

Jessica Schulz is a PhD student at the University of Delaware in the Human Development and Family Studies program. While

pursuing her master's degree at Rutgers, Jessica worked with Dr. Markey in her health development lab, and still does today. She has been published as a co-author in the *Journal of Reproductive and Infant Psychology* with "Mother's own weight concerns predict early child feeding concerns." She co-authored "Relationship status, reality television, and emerging young adults' interest in cosmetic surgery", which was presented in April 2013 at the biannual meeting of the Society for Research in Child Development in Seattle Washington. She also presented "Examining Gender Differences in the Longitudinal Relationship

between Technology Use and Family Functioning in Emerging Adults" at the Society for the Study of Emerging Adulthood Conference. Jessica placed 1st in the University of Delaware's departmental symposium in 2011, and 2nd in 2012 and 2013. Congratulations Jessica on your accomplishments!

Emily Woods earned her Master's in Psychology at Rutgers Camden in May 2012. Her thesis looked at the relationship between pronoun use (I, you, me, we) and relationship satisfaction in romantic couples. Emily will be presenting a poster at the Society for Research on Adolescence conference next month. The research looks at the predictors of mother's weight concerns about their preadolescent children. She has also

presented at the Eastern Psychological Association conferences in New York City and Pittsburgh, and Society for Research in Child Development. Emily was recently hired by Thomas Jefferson University as a Research Data Analyst in their Academic Affairs Office of Institutional Research. As a research data analyst, Emily will be using SPSS, SQL, and other software. She recommends that students continue to learn about computer software, and new social media and computer research methods. Having a broad range of abilities and an understanding of the underlying principles of computer based research is essential in today's research world. ▪

your
weight
is not your
worth.

eating disorder awareness

February 2014





Rutgers-Camden Spring Colloquia

New Advances in Psychology

Dr. Tracey Revenson

Health Psychologist
Hunter College, CUNY
Monday, March 3rd
3 p.m.

Dr. Uri Simonsohn

Associate Professor
The Wharton School, UPENN
Wednesday, April 9th
4 p.m.

Fliers will be distributed with more information, including the locations of both events.

Psychology Club Logo Contest

*Attention all artistic
Psychology students!*

The Psychology Club is holding a logo contest for the organization. The winning logo design will be displayed in upcoming newsletters, on informational handouts for the club, and most importantly – it will be the design for our new t-shirts!

So, if you are creative and think you have what it takes to make a cool logo that will represent Psych Club, then please submit your drawings to the Psychology Department Office (ATG 301) or email them to President Patricia Gordon at plg45@camden.rutgers.edu. **Deadline: March 10th**

Psychology Club
Meetings
Spring 2014

Thursdays
West AB

—

February 20
March 13
March 27
April 10 (South AB)

Valentine's Day Word Search: Finding Love

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

OXYTOCIN
 PHENETHYLAMINE
 DOPAMINE
 EUPHORIA
 TRIANGULAR
 THEORY
 INTIMACY
 PASSION
 COMMITMENT
 EROS
 STORGE
 LUDUS
 ATTACHMENT
 BOND

Applying to Psi Chi at Rutgers -Camden

SAVE THE DATE!

Psi Chi Induction
 Ceremony
 May 5th
 7:30 pm

More details to come.

If you are interested in joining Psi Chi, The International Honor Society in Psychology, then submit apply soon! Please note that the application process will be completed differently from now on, and it is to be done online through psichi.org. In order to be approved for Psi Chi membership, you must have a psychology GPA of 3.5 or above and **an overall GPA of 3.5 (This requirement has been updated recently in order to comply with the national Psi Chi guidelines)**. You must have completed at least 9 psychology credits at

the Rutgers-Camden campus as well. The deadline for the fall semester has already passed, but **the deadline for the spring semester is March 1st, 2014**. All new members that applied in the fall and spring semesters will officially be inducted May 2014. If you do not meet the requirements this semester, there are more opportunities to apply in the semesters to come. If you have any questions, please contact the Psi Chi officers. *Members who have been accepted are encouraged to pay their dues as soon as possible.*



What Can I Do With This Major?

By Randi Pfaff, Undergraduate Psychology Student

Are you an undergrad still figuring out your niche in the world and wondering what sort of graduate programs work best with your bachelor degree? Yeah, me too. Luckily, during my senior review session with Assistant Dean Jason Pelosi, he let me in on an extremely helpful website called, simply enough, whatcanidowiththismajor.com.

As an undergraduate student pursuing a bachelor's degree in a broad subject area such as psychology, some believe it is only limited to social work, counseling or research graduate programs. This is not true what-so-ever! In fact, Dean Pelosi introduced a whole range of possibilities through this helpful site run by the University of Tennessee Career Services. One that stood out for me personally is a program here at Rutgers-Camden where students can earn a Master's degree in Public Policy and Administration. This program in particular is interesting because during the first year, students participate in an internship in North Camden while undergoing academics that provide leadership skills and training. Next, my favorite part, students actually serve in the Peace Corps for two years or one year in an alternative international assignment. The variety of choices Dean Pelosi explored with me seemed endless!

Unfortunately, whatcanidowiththismajor.com is not a public website; universities buy the rights to use the site for advising purposes. So, if you are an undergrad here at Rutgers-Camden, wrapping up your bachelor's degree with uncertainty in what exactly it is you want to do with your major, I strongly recommend making an appointment with one of our five friendly and informative academic advisors and asking them to introduce to you this website:

Assistant Dean Francis Clark, Jr.

Assistant Dean Mathew Kaulius

Assistant Dean Jason Pelosi

Assistant Dean Jennifer Thiel

Director/Assistant Dean Danyelle Thurman

Also, congratulations to the seniors who graduated last December and who plan to graduate this May! Please remember to contact an academic advisor regardless of your graduate program preferences for your senior review to ensure you've fulfilled the requirements for commencement on May 22, 2014! ▪



Psychology undergraduate seniors, Andrea Villanueva and Morgan Rubeo, represent the Psychology Department at the "Love Your Major" event sponsored by the Career Center and the Office of Academic Advising.



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Regular Office Hours:

Monday	8:30 am-5:00 pm
Tuesday	8:30 am-5:00 pm
Wednesday	8:30 am-5:00 pm
Thursday	8:30 am-5:00 pm
Friday	8:30 am-4:30 pm

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