

Psi Chi Newsletter

Fall 2016

By Rutgers-Camden Psi Chi



This Psi Chi newsletter is designed to enhance student engagement and assist in professional development.

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Distinguishing Yourself from the Crowd by Conducting Supervised Fieldwork and Research

By Michael Ippoliti

Psychology is one of the most popular majors here at Rutgers University – Camden. Unfortunately, many psychology majors are not taking the recommended steps to prepare themselves to apply for graduate school. Due to the competitiveness of graduate programs, students are recommended to participate in research related activities to help distinguish them from the rest of the applicants who are applying for graduate school. Rutgers University – Camden provides undergraduate students the opportunity to partake in academic research experiences that are facilitated by the professors from their respective departments.

The psychology department of Rutgers University – Camden offers four different course options that provide students with the applied experience and research that will help distinguish them from other applicants when they apply to graduate school. The four courses in applied experience and research include Individual Supervision of Fieldwork in Psychology, Advanced Independent Study in Psychology, Independent Study in Psychology Capstone, and Honors Program in Psychology. Of these four courses, you can choose the number of credit hours (ranging from 1-3) which can be repeated for a maximum of 10 total credits.

Additionally, the Independent Study in Psychology Capstone can be taken as an alternative to fulfill the writing intensive experimental psychology with lab requirement. However, to do so, you must first complete the following three requirements before you can proceed:

1. Have a full-time faculty member to make a commitment to work with you to complete the research.

2. Be willing to take four credit units of independent study within a semester or year.

3. Complete a proposal form that must be approved by both the department chair and psychology department committee.

The final course opportunity is the Honors Program in Psychology, which is a 6 credit research course that is broken down into two semesters. To take this course a student must complete the same three requirements as the Independent Study of Psychology Capstone.

One of the best ways to get involved with experience working in a research lab is by going to the Rutgers University – Camden Department of Psychology website and clicking the faculty link to find out what is each of the faculty members' specific research interest. Then carefully look over each professor's profile to see if any of their specific research interests align with any of the research interest that you are passionate about. Next, send them an email about who you are, your research interests, and why you are interested in joining their lab, even if it is just as a volunteer at first. Additionally, most of the professors have you fill out an application, meet with them for an interview, or have you do both before allowing you to participate in their lab.

Finally, it is important to note that most professors will require you to participate in their lab for at least three hours a week; however, some professors require more. A majority of the research conducted at Rutgers University – Camden by the psychology department occurs in the laboratories that operated by the faculty members, which are located in the basement of Armitage Hall.

Psychology Research Labs at Rutgers University – Camden

By Michael Ippoliti

COVI (Color Vision) Research Lab (Dr. Allred)

Color perception and color memory, Bayesian modeling of perception, natural image recognition, philosophy of perception, neural basis of visual object recognition, and evolutionary psychology.

Culture and Personality Lab (Wayne Chan)

Stigma and prejudice; intergroup person perception; personality across culture and age.

Culture, Cognition, and Development Lab (Dr. Duffy)

Experimental psychology: Memory, Self, and Culture; Spatial reasoning; Humor; Environments.

Emotion Lab (Dr. Roseman)

Causes of emotions, emotional responses, emotion regulation, emotional disorders, political psychology, belief systems, human motivation, and cross-cultural psychology.

Healthy Development Lab (Dr. Markey)

Eating behaviors, body image, dieting, and obesity risk; romantic partners' influence on health; relations between personality and health.

Learning and Cognition Lab (Dr. Whitlow)

Theories of learning complex discriminations; computational models of learning and memory; science education; beliefs and health; evolution of memory.

Mental Health Lab (Dr. Marmorstein)

Associations between internalizing disorders (depression and anxiety) and externalizing behavior and substance use disorders among youth.

Moral Development Lab (Dr. Hart)

Cognitive, civic, moral, and personality development in childhood and adolescence, particularly in urban contexts

Perception and Action Lab (Dr. van der Wel)

Psychological mechanisms underlying everyday physical actions, motor control, object manipulation, sequence planning, interpersonal action planning and coordination (joint action), belief representations in action, and the sense of agency.

Personality, Health, and Behavior Lab (Dr. Nave)

Associations between personality, health, and behavior across the lifespan; multi-method approaches to studying personality and social psychology; person perception and impression management; situational assessment.

Relationships, Health, and Aging Lab (Dr. August)

Interpersonal processes and health; physical and mental health in later life; psychosocial aspects of chronic disease management; racial/ethnic disparities in health.

Risk and Resilience Lab (Dr. Cavanaugh)

The impact of violence on women and children's health and development including risk and resilience for psychiatric disorders, substance abuse, and HIV/STIs.

Vision Research Lab (Dr. Bravo)

Visual processes involved in perceptual organization.

Competence Lab (Dr. Cutulli)

Resilience in development: Processes of positive adaptation and maladaptation among children and families who experience adversity; multiple levels of analysis.

<http://psychology.camden.rutgers.edu/laboratories/>



Masters of Arts in Psychology Opportunities at Rutgers University – Camden

By Kory Otero

Interested in continuing your education?

The psychology department at Rutgers University – Camden offers a robust, research based Master of Arts Program. Designed for students pursuing careers in research, this program offers two separate graduate tracks: a thesis track indented for students hoping to further their professional development and continue into doctoral study, and a content track designed for students interested in non-academic research careers. The Graduate Program in Psychology offers both full and part-time opportunities and are intended for working students as most classes are held in the late afternoon or early evening. If you are considering continuing your education, it is never too early to start planning. Most programs are highly competitive – the earlier you begin your planning, the better opportunity you will have to secure a position in a distinguished program.

Rutgers Master’s Program Deadline: February 28, 2017.

Graduate Program Admission Requirements:

- Bachelor’s degree with minimum 3.0 GPA
- GRE verbal + quantitative combined scores of at least 305
- It is highly recommended to have taken courses in statistics and research methodology

Applications to the Program Must Include:

- Official transcripts
- GRE Scores. *Please note: GRE subject test scores are not required*

- Three letters of recommendation
 - Letters would be best served if from college professors, however, non-academic professionals may be acceptable
- A personal statement
 - A personal statement should include professional goals, research areas of interest, and faculty members you would enjoy working with
- A writing sample
 - A writing sample could be an undergraduate paper, however, be sure to proof read and edit prior to submitting as your writing sample

Students can also get a head start on their graduate coursework through the Rutgers Camden BA/MA Dual Degree Program. Students admitted into the dual degree program have the opportunity to take up to 3 graduate psychology classes during their undergraduate studies. The Dual Degree Program provides students the opportunity to take graduate level classes at undergraduate tuition rates as well as reduce the time it will take to complete the MA program.

B.A./M.A. Dual-Degree Program

Applicant Requirements:

- 3.5 GPA minimum in Psychology courses
- One letter of recommendation from a full-time Psychology faculty member

Students interested in applying to the Dual B.A./M.A. Dual-Degree Program should visit their website at:

<http://psychology.camden.rutgers.edu/graduate/dual-degree-program/> or contact the Graduate Program Director, Dr. Christopher Nave (christopher.nave@rutgers.edu).

Upcoming Research Events and Conferences

Celebration of Undergraduate Research & Creative Activity (CURCA)

CURCA is an opportunity to showcase and celebrate research and creative activity. CURCA will be part of the Faculty of Arts and Science–Camden’s first annual Research Week, which will include a graduate-level research celebration and a Faculty Research Fellow Lecture.

Thursday, April 13, 2017

Time: Free Period

Location: Campus Center Multipurpose Room

2017 Eastern Psychological Association Convention

The annual EPA meeting allows researchers from all areas of psychology to present their work in the form of talks, posters, and symposia. Programming at the convention will include sessions on graduate school, leadership, and chapter development. Students are encouraged to attend to extend their professional and educational develop.

March 16–19, 2017

Boston Park Plaza Hotel

Boston, MA

2017 New England Psychological Association (NEPA) Convention

NEPA offers a full day of papers, symposia, featured speakers and poster presentations and is open to students, faculty, practitioners and to professionals involved in all areas of the psychological sciences.

October 20, 2017

William James College

Boston, MA



Taking the Necessary Steps to Go to Graduate School

By Michael

So I hear you want to go to graduate school. Good for you, but do you know the steps you need to take in order to get there? In this article, I will explain the differences between the types of graduate degrees, explain how to properly select which graduate programs to apply to, and provide you with the steps that you need to take to help you get into graduate school. To provide you with the most favorable odds as possible, I will provide you with some helpful tips throughout the article that will improve your chances of being accepted into graduate school.

First and foremost, there are three types of doctorate degree programs that psychology majors can earn. Those three options include a Doctorate of Philosophy degree (Ph.D.), a Doctorate of Psychology degree (Psy.D.) and a Doctorate of Education degree (Ed.D.). The first difference between doctorate programs is that Ph.D. programs provide more financial aid than both Psy.D. or Ed.D. programs. Furthermore, the average time frame to complete a Ph.D. is approximately seven years with an internship compared to approximately five years with an internship for Psy.D. programs (Rutgers University – Camden, n.d.-a). Additionally, about 70 to 80 percent of students who apply to Ph.D. programs will receive tuition waivers and are provided with more opportunities to receive stipends, research grants, and assistantships (Rutgers University – Camden, n.d.-a). Unfortunately, there is less financial aid available for Psy.D. and Ed.D. programs and approximately 30 percent of students who accepted into Psy.D. programs are able to receive tuition waivers (Rutgers University – Camden, n.d.-a). Furthermore, students who graduated with Ph.D. degrees typically have less debt to pay off than students who graduated with Psy.D.

degrees or Ed.D. degrees (Rutgers University – Camden, n.d.-a). However, Ph.D. programs have a much lower acceptance rate of approximately 10 percent, compared to the higher acceptance rate of approximately 40 percent for Psy.D. programs (Rutgers University – Camden, n.d.-a). Now that you know the difference between the three types of doctorate degrees, I can explain the application process.

The first step of applying to graduate school is to begin reflecting on which initial field, theory, or aspect of psychology was most influential in determining your decision to study psychology as your major and what currently interests you now. However, the single, most important factor that should influence your decision of determining which graduate schools that you want to attend, should be whether or not that particular graduate program has a faculty member who conducts research in the specific area of psychology that you are interested in studying. Do not choose graduate schools by their program rankings on sites like U.S. News & World Report because no two graduate programs are exactly the same. Furthermore, since you are unable to receive a doctorate degree in the field of general psychology, you have to choose an area of psychology in which you want to specialize. Some examples of areas within psychology that you can specialize in at graduate school include addictions psychology; behavioral neuroscience; cognitive psychology, clinical psychology, developmental psychology; educational psychology; forensic psychology; health psychology; industrial-organizational psychology; and social psychology. Additionally, some of the fields of psychology that may not be as well-known include comparative psychology; consumer

psychology; counseling psychology; cultural psychology; evaluation, measurements, and statistics of psychology; human factors psychology; personality psychology; positive psychology; specializations in art therapy or music therapy; and sports psychology.

Another important factor to consider when determining which graduate schools that you want to apply to is making sure that the Ph.D. and Psy.D. programs are accredited by either the American Psychological Association (A.P.A.) or the Canadian Psychological Association (C.P.A.) (Rutgers University – Camden, n.d.-b). It is imperative that you attend an accredited institution if you plan on practicing clinical or counseling psychology for two reasons. First, if you attend an accredited graduate program, it is much easier for you to be granted an internship placement for the clinical portion of your training. Second, you need to have graduated from accredited college or university in order to obtain a license from the state to practice clinical and counseling psychology. Furthermore, it is important to note that in order to gain licensure in New Jersey to practice clinical or counseling psychology, you are required to have earned a doctorate degree (Ph.D., Psy.D., or Ed.D.) in psychology (Rutgers University – Camden, n.d.-b). The institution must be accredited by the regional accrediting body that recognized by the U.S. Department of Education, Office of Postsecondary Education and by either the American Psychological Association or the Canadian Psychological Association (Rutgers University – Camden, n.d.-b).

For the best results, it is a good idea to plan at least two years in advance when a trying to apply for graduate school. However, the sooner you begin to prepare for graduate school, the better your chances are accomplishing being accepted into a graduate program. If you are a senior, all hope is not lost. If you have taken your GRE exam but have yet to applied most master's degree graduate programs are still accepting applications until the end of

January. However, if you are a senior and you have not taken your GRE exam yet, then you will have to apply for graduate school next year. If that is the case, I would recommend that you try to find an internship or job at a local lab that conducts psychological research, even if it means that you will not get paid. This experience can be used to make you a stronger applicant when you apply for the following year.

In the beginning of the fall semester of your junior year, you should compile a list of the different faculty members whose research interest align with yours and who have availability in their research labs that you could potentially join. Furthermore, you will want to begin looking for fieldwork opportunities in the area of psychology that you can partake in, either through internships, volunteering or by taking the course Applied Experience of Psychology. Additionally, when applying to graduate school for psychology, it is a good idea to apply to about ten to fourteen different graduate programs, which should include both Rutgers University – Camden master's degree program and Rutgers University – New Brunswick doctorate degree programs as potential graduate schools. Moreover, it is important to apply for at least three to four scholarships before applying to graduate school. Interestingly, the graduate schools that that receive your applications do not care whether or not you were awarded the scholarships, they just want to know that you applied to them. This tip will help you out considerable amount when requesting financial aid packages from and accepting graduate school program. Unfortunately, there is not much funding for master's degree graduate programs. However, you may be able to get a job as a teaching assistant, a research assistant as a way to help compensate for the cost of master's programs. Another helpful tip is that it helps to be as specific as possible about how your acceptance into that specific graduate program will help you accomplish your

career goals and will give you a better chance of getting accepted. For example, my personal goal is to become a clinical psychologist that uses positive cognitive behavioral therapy and aspects of neuroscience research as the predominant method of my integrative therapeutic approach for treating children and adolescents who experience anxiety, mood, and eating disorders.

In the second semester of your junior year, begin exploring graduate programs in psychology that you are interested in attending and review the requirements of each program and which factors they use when determining a strong applicant. Most of the programs are looking for applicants with high GPAs and GRE scores, at least three strong letters of recommendation from your professors and previous research experience. Also, it is important to make sure that you are aware of the application deadlines for each of the graduate school programs. Begin by studying for the GRE by taking practice exams and assessing their strengths and weaknesses based on your scores on the practice test. One of the best pieces of advice I was given for taking the GRE exam was to study the GRE exam itself in addition to studying the material that will be on the exam. Next, you will want to review your transcripts for assessing which courses that you need to complete to fulfill the requirements for your major and evaluate your GPA. Most graduate programs consider applicants for the doctorate programs who have a minimum GPA of 3.50 and applicants for the master's degree programs who have a minimum GPA of 3.00 (Rutgers University – Camden, n.d.-c). Unfortunately, these GPA cutoffs are the bare minimums that are required to gain consideration into their programs, but it is more likely for applicants who have higher GPAs to gain acceptance into graduate school (Rutgers University – Camden, n.d.-c). However, all hope is not lost, as some graduate schools place more emphasis on GRE exam scores and research experience

than a student's GPA. It can be helpful to look at the admission statistics or contact the admissions department of each program that you are considering and request information on the average GPA and GRE scores of the students who are accepted. While most programs will provide this information, please keep in mind that some programs may not make this information available.

During the summer before your senior year, you will want to take the time to design a program application plan, which lists the specific requirements for each of the programs to which you want to apply. These notes should include the type of programs offered, the minimum GPA and GRE scores required to gain acceptance into each particular program, the cost of application fees, and the deadlines for submitting the applications. Other important parts of applying for graduate school include building Curriculum Vitae (C.V.), writing personal statements and statements of purpose, looking at the different financial aid options, and preparing for the interview with every school accepts you. Additionally, you will want to schedule the GRE in the summer and take it no later than October. If possible, try to schedule two appointments to take the GRE exam because it will provide you with a safety net in case you do not do well on the first exam. This gives you the opportunity to get a higher score. Also, create a skeleton version of your application letter, your personal statement, and statement of purpose, so you can easily customize each one to meet the specific requirements of each graduate school's application.

Before the fall semester of your senior year, you should identify potential advisors from the psychology faculty who have experience in the same field of psychology that you want to earn your graduate degree. It helps to read over each of the professor's curricula vitae that you would like to work with to help determine whether or not the faculty member would be a good fit with

your research interests. Then, you will need to request enough copies of your official undergraduate transcripts to send to the all of the graduate programs. Unfortunately, Rutgers will only provide you with two free copies of your official transcript per year, so you will have to pay an additional fee to send enough copies to each school. Another important part of the application process is determining which professors you would like to ask to write you positive letters of recommendation. I would recommend asking professors who you have established a good rapport. Furthermore, it is best to ask a professor who has previously had you as a student and who preferably gave you an A as a final grade for taking their course. If you are unsure of the quality of the rapport that you have with a certain professor, make sure that you ask them about it. Fortunately, most professors are willing to answer you your question honestly. However, please note that you should give professors at least three weeks' notice to write you a letter of

recommendation so you should give them plenty of time to write one for you. Moreover, it is absolutely vital that you make sure you waive your right to read your letters of recommendations your professors write on your behalf because the application review committees place more weight on letters of recommendation that have not been read by the students, than the ones that they have read. This makes your application more appealing to the application committees. Finally, make sure you thank your professors who wrote your letters of recommendation for you with a thank you card and appropriate thank you gift. For more information on the steps that are required to prepare for applying for graduate school, please take a look at the Rutgers University – Camden Department of Psychology website using the following URL address:
<http://psychology.camden.rutgers.edu/undergraduate/preparation/>

References

- Rutgers University – Camden. (n.d.-a). At a Glance: Ph.D. vs. Psy.D. [Chart]. In Clinical and counseling psychology. Retrieved from <http://psychology.camden.rutgers.edu/undergraduate/preparation/clinical-and-counseling-psychology/>
- Rutgers University – Camden. (n.d.-b). Clinical and counseling psychology. Retrieved from <http://psychology.camden.rutgers.edu/undergraduate/preparation/clinical-and-counseling-psychology/>
- Rutgers University – Camden. (n.d.-c). GPA. Retrieved from <http://psychology.camden.rutgers.edu/undergraduate/preparation/gpa/>

Psi Chi Membership

Benefits of Psi Chi Membership

- Psi Chi delivers national recognition for academic excellence
- Psi Chi provides numerous network opportunities to develop relationships with peers, faculty, and industry leaders
- Psi Chi activities provide multiple opportunities for community outreach, research, and enables one-on-one relationships with faculty
- Members receive a membership card, certificate, and newsletter
- *And more!*

Psi Chi Requirements For Membership

Undergraduate students

- Must be enrolled as a major or minor in a psychology program
- Have completed 3 or more semesters of full-time college coursework
- Have completed 9 or more semester credit hours of psychology courses
- A cumulative GPA that is in the top 35% of their class
- A minimum 3.0 GPA average for psychology courses

Graduate students

- Be enrolled in a psychology graduate program
- Have completed 9 or more semester credit hours of graduate psychology courses
- An overall GPA of at least 3.0 in all graduate courses

Transfer students

- Must Follow the same requirements as the undergraduate student applicants
- complete 12 or more semester credit hours of psychology coursework at new institution

Interested in applying? Contact Jackie Dunn, Secretary, Room A301, at (856) 225-6520 or jacdunn@camden.rutgers.edu



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