

Get PSYCHED!

Department of Psychological and Brain Sciences

Volume 12, Issue 2 January 2017



NEWS FROM THE DEPARTMENT CHAIR: DR. SUZANNE MEEKS

It is once again my pleasure to welcome you back to a new semester. As I write this note, in the 7th spring semester that I have served as Chair of the Department of Psychological and Brain Sciences, the skies are cloudy and the weather is unseasonably warm. It keeps me going to think about the end of the semester that we know will come, when the buds will come out right around the time many of you will head to a sunny place for spring break. It will get downright hot before the seniors graduate in May. So let's put on our warm

woolens and get ready for a good semester, come snow or sunshine. I am excited about a lot of things in the Department and am looking forward to the challenges the new year brings. For example, we are working on hiring two new faculty members, whom I hope to be able to introduce to you in the fall semester. In December we had the opportunity to interview a number of interesting and accomplished young scholars for our positions, and now we are working on attracting two of them to join us. Some of you may have had the opportunity to see one or more of the "job talks" that these candidates presented while they were visiting. We ask applicants for tenure-track faculty positions to present their research in colloquia so that we can evaluate both the quality of their research, and their ability to talk about their research – i.e., their ability to teach. I look forward to sharing the outcome of our search in the next semester.

Another thing I'm excited about is our Department's leadership in the critical thinking initiative known as I2A, or Ideas to Action. If you have taken Introduction to Psychology, you have already benefitted from our Department's efforts to infuse critical thinking skills into our curriculum. We continue to explore new ways to help students develop those skills, which are so important for success in a wide variety of careers, and increasingly important just for managing all the information we receive in our technologically inundated society. See if you can spot our professors' other efforts to get you to be a critical thinker.

Part of the I2A initiative is to move toward having "culiminating experiences" for all undergraduate majors. We have offered such an experience for our Psychology Honors students for some time – the opportunity to complete a mentored research thesis. Our department has now developed two other types of experiences that students can select that can help them pull together all of their psychology class learning in real-world application. One is our new psychology internship class, currently offered as PSYC 404, but soon to have its own catalog number [PSYC 407]. Students involved in this internship class have provided service based on psychological principles for numerous community agencies under the guidance of Dr. Haynes. The second new opportunity is travel abroad – this spring we will offer two opportunities for majors to travel abroad to experience the application of psychological principles in very different international contexts, in Botswana (with Dr. Burns), or in Northern Ireland (with Dr. Leonard). I'm sure there will be pictures from these trips in this newsletter next fall! Our hope is that, in a few years, we will be able to further expand our offerings so that all psychology majors will have some form of culminating experience that will help them tie together all of their course work through meaningful application of psychological research or principles.

One thing I get to see as Chair, that perhaps students don't always see, is how much work goes into developing these exciting new opportunities for our students. Each new course, especially courses that involve community engagement and international travel, takes hours and hours of committee meetings, writing, paper filing, phone calling, emailing, and careful thought, to develop and implement. I know students sometimes wonder how professors spend all their time outside of the classroom. "Behind the scenes," your professors are working very hard to make your education a state-of-the-art, evidence-based, experience. We hope you take advantage of all they have to offer. Have a good semester!

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NEW FACULTY HIGHLIGHT

Alison McLeish, Ph.D.

Assistant Professor (Term)

I received my Ph.D. in Clinical Psychology from the University of Vermont in 2006 and then completed a two-year postdoctoral fellowship at the University of Mississippi Medical Center/Jackson V.A. Medical Center Consortium. After completing my training, I joined the Department of Psychology at the University of Cincinnati in 2008 where I remained until coming to the University of Louisville in the fall of 2016.

I teach primarily clinically-oriented classes, such as Abnormal Psychology, Introduction to Clinical Psychology, Personality, and Health Psychology. At the graduate level, I have taught seminars in health psychology and have also supervised doctoral students in clinical psychology. I love teaching, and I strive to pass on my passion for clinical psychology and psychological research in order to increase students' excitement about psychology as well as helping them to develop important critical thinking skills. Although I don't currently have an active lab in the department, my program of research focuses on systematically identifying and evaluating anxiety-related cognitive affective risk factors and their effects on both chronic medical conditions (e.g., asthma) and comorbid chronic medical conditions and cigarette smoking. Specifically, my research seeks to examine the role of these cognitive-affective risk factors in the development, maintenance, and treatment of chronic medical conditions as well as how they may influence the association between cigarette smoking and chronic medical conditions. I then use this information to develop and refine interventions for these populations.

I am thrilled to join the Department of Psychological and Brain Sciences at the University of Louisville. I am a native of Louisville and excited to be back in my hometown after all these years. Outside of work, I enjoy spending time with my 19-month old son, going to U of L basketball and football games, running, tennis, and music.

something to think about.

THE WILL TO WIN, THE DESIRE TO SUCCEED,



THE URGE TO REACH YOUR FULL POTENTIAL...
THESE ARE THE KEYS THAT WILL UNLOCK THE
DOOR TO PERSONAL EXCELLENCE.

CONFUCIUS



How to get into Grad School Workshop

"Why go to graduate school?" is a question many students ask while completing their undergraduate degree, unsure of whether grad school is really the best way to help them achieve their career goals. Both the cost in tuition fees and the extra length of time out of employment can mean that applying to graduate school is a decision not to be made lightly.

For this reason, it is essential that your overriding **reasons to go to grad school** are firmly founded. This workshop is designed to provide additional details which should help you decide whether applying to graduate school is the best next step for you.

WHEN: Wednesday, February 15, 2017

WHERE: Ekstrom Library—Room E254

TIME: 4:00-5:15 pm

COST: FREE

RSVP: Required

All students planning to major or minor in psychology are welcome to attend. RSVP required to ensure adequate meeting space.

Please RSVP to Courtney Knabel at cmknab01@louisville.edu —or—Hannah Floyd at hrfloy01@louisville.edu no later than 2/13/17.

This workshop will be conducted by Alison Sommers, MA, Asst. Director, Undergraduate Academic Affairs Department of Psychological & Brain Sciences



Workshop sponsored by:
Psi Chi: International Honor Society in Psychology



STAFF HIGHLIGHT

Amanda Cunningham,

Program Coordinator Sr. and Asst. to Grawemeyer Award in Psych



I have had the wonderful opportunity to work at the University of Louisville since October 2004. What started out as just a job until I finished college, eventually turned into a change in my career path. I began my "career" as a Program Assistant in Facilities in the Housing Department. While working in housing, I was attending the University of Louisville studying Justice Administration. I graduated in December 2008 with grand thoughts and aspirations to work for the federal government. Unbeknownst to me, my journey would take me in another direction. Between 2008 and 2012, I worked in the housing office dealing with student issues, maintenance issues, angry parents and even a huge mold outbreak in one of the residence halls that displaced 300 students for an entire fall semester.

I was always told to move forward in Higher Education, I would need to earn my Master's degree. In January of 2013, I enrolled at the University of Louisville studying Higher Education and graduated May 2015. I found a new passion and direction after working with students for many years and I recognized my old dream of working in the Federal government was no longer a goal of mine.

I started in the Psychological and Brain Sciences Department as the Program Coordinator Senior, Assistant to the Chair in February 2016. My work in the department consists of course scheduling, working with the chair on special project and tasks, assisting the Grawemeyer Director with the Psychology Grawemeyer Award, and human resources. This position has allowed me to learn and grow as a professional while learning all the different aspects of my position.

I have loved living in Louisville all my life and have found a wonderful "family" here at the University of Louisville. I enjoy spending time with my family and my loveable 2 year old French bulldog, named Bochy Boy, who I could not imagine my life without. I have a love of everything Disney and running. I have ran a total of 10 half marathons and even ran in the 2016 Disney Princess Half Marathon in Disney World which was as my favorite and magical race. In addition to running in my spare time, I am a Disney Vacation Planner.







Become a Member of Psi Chi:





JOIN TODAY!!

Psi Chi: The International Honor Society in Psychology

Membership in the University of Louisville Psi Chi Chapter is open to those students who plan to major or minor in psychology, and who have earned a Psychology GPA of 3.3 and cumulative overall GPA of 3.0 (on a 4.0 scale). <u>Undergraduate and graduate students</u> who meet the criteria below are eligible for membership. Membership in Psi Chi is open to qualified candidates of any age, sex, sexual orientation, race, handicap or disability, color, religion, and national and ethnic origin.

<u>Benefits:</u> Psi Chi is a wonderful opportunity to build your resume, connect with other Psychology majors, receive information about graduate school, apply for travel and research grants, and learn more about your field. <u>Besides, members are eligible to wear the honor cord at commencement ceremonies!!!</u>

Undergraduate Membership Requirements

- * Psychology GPA of at least 3.3 and cumulative GPA of at least 3.0
- * Must be at least a second-semester sophomore
- * Must be enrolled as a major or minor in a psychology program or a program psychological in nature that is equivalent to a psychology major
- * Must have completed at least 9 semester hours of psychology courses

Graduate Membership Requirements:

- * Must be enrolled as a graduate student at UofL in a psychology graduate program
- * Must have established a GPA at UofL
- * Must have an overall GPA of a 3.0 out of a 4.0 in all graduate courses

Procedure to join: Students must submit an application form on the international website at www.psichi.org. Hover over the JOIN link in the upper left area of the page and click on Become a Member. Scroll down and click APPLY NOW. Once you read the statement, scroll down and click on APPLY NOW. Complete the form and click on SUBMIT. Once you have completed the application, please send an email to Dr. Leonard, Psi Chi Faculty Advisor at maleon04@louisville.edu with Psi Chi Membership in the subject line and she will review your transcript and get back to you regarding your membership status.

Cost: \$80.00 (International Membership fee - \$55.00 + U of L Chapter fee - \$25.00)

This is a one time fee for a lifetime membership!!

New members who pay their dues by March 3 are invited to attend the New Member Induction and Awards Ceremony to be held at the University Club on Monday, April 24. RSVP is required.

For further information, please contact:

Dr. Leonard, Psi Chi Faculty Advisor at maleon04@louisviille.edun09@louisville.edu

UNDERGRADUATE STUDENT SPOTLIGHT



Aamina QadirPsi Chi President: 2016-2017

I am a junior at the University of Louisville where I am majoring in psychology with a minor in chemistry. I have lived in Kentucky my entire life. The University of Louisville was my top choice due to it being in my hometown as well as having a large A&S program.

My interest in psychology first developed in high school when I took an AP Psychology class and grew fascinated in how the brain functions with different

stimuli and the behavior that results with internal and external stimuli.

I am currently the president of Psi Chi: The International Honors Society of Psychology. My leadership role has given me many experiences in regards to handling an organization. I aspire to go to medical school after I graduate and hope to apply my knowledge of psychology with my future patients and on an everyday basis. When I am not busy studying for classes I enjoy cooking and spending quality time with family.

Important Dates

LAST DAY TO APPLY FOR DEGREE:

WEDNESDAY, FEBRUARY 15

LAST DAY TO WITHDRAW:

THURSDAY, MARCH 9

SPRING BREAK:

MON-SUN, MARCH 13-19









PSI CHI FALL FOOD DRIVE BENEFITS DARE TO CARE FOOD BANK

Psi Chi was able to collect a total of 1,231 pounds of non-perishable food items for the Dare to Care Food Bank during their Annual Fall Food Drive in October.

Thanks to all the Psi Chi members who picked up food items from classes and those that boxed the items for delivery. A special thanks to all participat-

ing faculty, staff, and students.



"The best way to find yourself is to lose yourself in the *service of others*." Gandhi



PSI CHI NEWS



UPCOMING EVENTS AND GENERAL INFORMATION

PLEASE MARK YOUR CALENDARS!!

- 1. **Tuesday, February 14**: Psi Chi's next general meeting will be held from 1:00–2:00 in Life Sciences 135.
- 2. **Wednesday, February 15**: Psi Chi will host a workshop to be conducted by Ms. Alison Sommers, Asst. Director, Undergraduate Academic Affairs, for ALL interested students titled "How to get into Graduate School". You do not have to be a Psi Chi member to attend. Please RSVP to Courtney Knabel at cmknab01@louisville.edu—or— Hannah Floyd at hrfloy01@louisville.edu so that we can reserve adequate space.
- 3. **Tuesday, March 21**: Psi Chi's March general meeting will be held from 1:00–2:00 in Life Sciences 135.

WHERE ARE THEY NOW?



Samantha M. Yung

Undergraduate School: University of Louisville

- ◆ Double major (2012) Summa Cum Laude Bachelor of Arts in Psychology (Social Sciences Track) and Sociology
- University Honor Scholar and Department of Psychological & Brain Sciences Honor Scholar
- Honor Thesis Mentor: Dr. Melinda Leonard
- Psi Chi President (2011-2012)

Publication: Leonard, M. A., Yung, S. M., & Cairns, E. (2015). Predicting intergroup forgiveness from ingroup identification and collective guilt in adolescent and adult affiliates of a Northern Irish cross-community organization. *Peace and Conflict: Journal of Peace Psychology*, 21(2), 155-167.

Graduate School: University of Louisville School of Urban and Public Affairs

 Master of Public Administration, Master of Urban Planning, and a Graduate Certificate in Real Estate Development (2014)

Current Working and Living Location: San Diego, California; working as a Program Coordinator for the City of San Diego

How has your psychology degree helped you achieve your career goals?

As an undergraduate studying psychology, I was always a little unsure of where my degree would lead me. However, what I was sure of at the time was my passion for studying and learning more about people in their social environments. What I gained as a psychology major was a well-rounded and unique perspective that instilled a deeper understanding and appreciation for how different factors and circumstances can drive and influence human behaviors, interactions, and experiences. From my perspective now as a working professional, this knowledge and understanding has been instrumental in achieving my career goals. My psychology degree helped me to develop a variety of skills in the areas of critical thinking, data analysis and interpretation, and group dynamics/organizational behavior that I have been able to apply directly to all of the jobs that I have had. I am proud to say that I was a psychology student at UofL, and I look forward to continuing to apply the knowledge and skills that I have gained from my psychology degree throughout my career!

WHERE ARE THEY NOW?



Jonathan B. Rowe

Undergraduate School: University of Louisville

- Bachelor of Arts in Psychology (Social Sciences Track)
- Cum Laude (2013)
- Department of Psychological & Brain Sciences Honor Scholar
- Honor Thesis Mentor: Dr. Sandra Sephton
- Psi Chi Secretary/Historian (2012-2013)

Peace Corps Volunteer: Education Sector—Uganda

Current Working and Living Location: Granada, Spain

How has your psychology degree helped you achieve your career goals?

Shortly after graduating with a degree in Psychology from the University of Louisville, I joined the United States Peace Corps, serving in Uganda from 2014 to 2017. I taught English, computers and teaching methods at a small college for future primary teachers, and I also had several secondary

projects, such as renovating my school's library, starting clubs with my students, and hosting or attending Peace Corps camps for Ugandan youths. My background in psychology especially helped me as the leader of Peer Support Network UG, an organization of Volunteers who specialize in supporting other Volunteers in the field. Service was difficult and sometimes a lot of responsibility, but an incredible experience. The Peace Corps gave me the technical skills I needed to do my work, but it was built upon a firm foundation I received from taking tough classes, using research to solve problems, and tutoring at the REACH Center. Now I continue my passion for exploring new cultures and new ideas by working as a private tutor for a family in Granada, Spain, where I will be until I return to the US to begin graduate school in clinical psychology.



SAVE THE DATE

2017 Kentucky Psychological Foundation

Spring Academic Conference

April 1, 2017 - Spalding University

Stay Tuned for more details on the 30th Annual Psych Bowl, Poster Competitions, Workshops, and General Registration!



WHERE ARE THEY NOW?

James V. Simms

Undergraduate School: University of Louisville

- Bachelor of Arts in Psychology (Social Sciences Track)
- Summa Cum Laude (2014)
- Department of Psychological & Brain Sciences Honor Scholar
- ♦ Honor Thesis Mentor: Dr. Kevin Chapman
- Psi Chi President (2013-2014)

Kentucky Refugee Ministries: Case Worker—Louisville, Kentucky

Graduate School: Central Michigan University - Clinical Psychology PhD Program (*current*)

Current Working and Living Location: Mt. Pleasant, Michigan



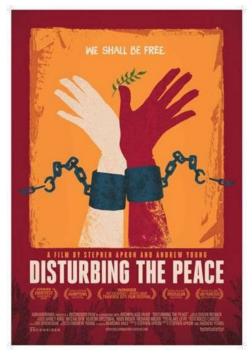
How has your psychology degree helped you achieve your career goals?

My academic and professional journey to becoming a clinical psychologist is currently underway, with a great deal more to learn ahead. Yet, prior to entering graduate study I had the honor of working as a caseworker at Kentucky Refugee Ministries in Louisville.

My work and education at the University of Louisville, including the Muhammad Ali Institute for Peace and Justice, inspired me to work for the well being of refugees. Kentucky Refugee Ministries is a resettlement agency that offers comprehensive case management for new families arriving in the United States from conflict zones across the globe. As a full time caseworker for Kentucky Refugee Ministries, I aided in the resettlement of over fifty families fleeing conflict and persecution in Iraq, Syria, Afghanistan, Burma, Cuba, Nepal, Somalia, and Sudan. Many migrating peoples require basic needs services when they arrive. Our team coordinated within agency and community resources for incoming families to receive food, housing, language education, health-care, cultural information sessions to help navigate society, and employment. For those in need of care beyond basic screenings we arranged medical and psychological services. All of these efforts were only possibly through the incredible cohesion and dedication of the entire staff, and the will of our phenomenally strong clients. This was a work experience I still treasure dearly.

Despite my sincere appreciation for the work we did as an agency and that I delivered to my own clients, I could not help but feel that I lacked the training needed to intervene where some of them needed it the most. This led me to pursue a career as a clinical psychologist with a focus in the culturally informed care of anxiety and trauma. My interests include the implementation of evidence-based treatments to serve the needs of refugees and internally displaced persons in need based zones globally. Looking forward, I have already begun networking with Doctors Without Borders staff and attending information sessions about service opportunities for clinicians willing to practice in refugee camps. Additionally, an area of clinical practice and advocacy that is central to my interests is the access and quality of clinical care available to our United States veterans. I am invested in meeting the level of skill needed to deliver the best possible care to those who have served in the armed forces and suffer from anxiety and trauma related disorders. At Central Michigan University, under the direction of Dr. Elizabeth Meadows, I am building the knowledge and skills to fulfill these goals.





THURSDAY, FEB. 23 | 7 PM Speed Art Museum Cinema

\$8.50/Advance | \$10/Door \$6 Student

Discussion led by Dr. Omer-Sherman, Chair Judaic Studies at UofL

www.jewishlouisville.org/filmfestival

About the Film

In a world torn by conflict—in a place where the idea of peace has been abandoned—an energy of determined optimism emerges. When someone is willing to disturb the status quo and stand for the dream of a free and secure world, who will stand with them?

DISTURBING THE PEACE is about people born into conflict, sworn to be enemies, who challenged their fate. The film follows everyday people who took extraordinary actions by standing for what they believe in, just like those who came before them – Martin Luther King Jr., Rosa Parks, Gandhi, Nelson Mandela and many others whose names we don't know. The movie challenges all of us – to understand the narratives we live within, to look at our current roles in our societies, and to decide what role we are going to play in creating a more humane world, for all. And it starts with our willingness to disturb the peace.

DISTURBING THE PEACE is a story of the human potential unleashed when we stop participating in a story that no longer serves us and, with the power of our convictions, take action to create new possibilities. The film follows former enemy combatants — Israeli soldiers from elite units and Palestinian fighters, many of whom served years in prison — who have joined together to challenge the status quo and say "enough." The film reveals their transformational journeys from soldiers committed to armed battle to nonviolent peace activists, leading to the creation of Combatants for Peace.

At a time in our world when societies are becoming more polarized and painfully few people are speaking of nonviolent solutions to our conflicts, popular movements like Combatants for Peace have the potential to capture the public's imagination and shift the conversation from the inevitability of conflict, to the possibility and process of establishing lasting peace. DISTURBING THE PEACE evokes universal themes relevant to us all and inspires us to become active participants in the creation of our world.



some people dream of
SUCCESS

while others wake up and
work hard for it

44TH DR. JOSEPH H. MCMILLAN NATIONAL CONFERENCE ON THE

BLACK FAMILY IN AMER-

"Back to the Basics: Strengthening the Family and Community"

The University of Louisville's National Black Family Conference is a premier conference that focuses on the Black family, issues and challenges stemming from the richness of history. Named in honor of Dr. Joseph H. McMillian, a key leader of the conference and UofL administrator for over 30 years.



February 24-25, 2017

Banquet Keynote Speaker

Dr. Michael Eric Dyson

Professor, Author, American Academic, Radio Host

Registration Rates

 Regular Registration (includes luncheon & banquet): \$200

Student Rate: \$75*

• Luncheon: \$100

• Banquet: \$125

Host Hotel

- Hilton Garden Inn
- 2735 Crittenden Drive
- Louisville, KY 40209
- 502.637.2424
- Rate: \$129/night + tax

*A limited of student registrations are available

louisville.edu/culturalcenter/bfc

bfc@louisville.edu

502.852.6657

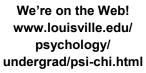


Department of Psychological and Brain Sciences

University of Louisville 317 Life Sciences Building Louisville, KY 40292

For newsletter submissions, please contact Melinda Leonard, PhD Psi Chi Faculty Advisor maleon04@louisville.edu

Sponsored by: Psi Chi



Psi Chi is the International Honor Society in Psychology and was founded in 1929 for the purposes of encouraging, stimulating, and maintaining excellence in scholarship and advancing the science of psychology. Membership is open to graduate and undergraduate students who are making the study of psychology one of their major interests and who meet the requirements. Membership requirements for the University of Louisville Chapter include: Completed 9 semester hours in Psychology, sophomore standing, 3.33 GPA in Psychology, and 3.0 GPA overall.

Apply online at www.psichi.org. Hover over the JOIN link in the upper left area of the page and click on Become a Member. Scroll down and click APPLY NOW. Once you read the statement, scroll down and click on APPLY NOW. Complete the form and click on SUBMIT. Once you have completed the application, please send an email to Dr. Leonard, Psi Chi Faculty Advisor at maleon04@louisville.edu with Psi Chi Membership in the subject line and she will review your transcript and get back to you regarding your membership status.

PSI CHI IS CURRENTLY SEEKING ENERGETIC AND SELF-MOTIVATED STUDENTS.

For more information, please contact one of the following officers.

President: Aamina Qadir at a0qadi01@louisville.edu

Co-Vice President: Courtney Knabel at cmknab01@louisville.edu

Co-Vice President: Hanah Floyd at hrfloy01@louisville.edu

Secretary: Ha Nguyen at hlnguy01@louisville.edu

Treasurer: Michelle Stewart at mfstew01@louisville.edu

Membership: Nancy Adane at naadan01@louisville.edu

Fundraising: Madison Smith at mdsmit22@louisville.edu

Historian: Sarah French-Wilde at sefren01@louisville.edu