

Get PSYCHED!

Department of
Psychological and Brain
Sciences

Volume 11, Issue 2

January 2016



NEWS FROM THE DEPARTMENT CHAIR

I am returning this month to my post as Department Chair after taking a 6-month sabbatical. Tenure track faculty members at U of L are permitted to apply for sabbaticals every 7 years. The purpose of a sabbatical is for a faculty member to rejuvenate his or her teaching and re-

search by taking time to read, write, and study with collaborators in other places. These are not vacations, but they are time away from some of our service and teaching duties to permit more time for reflection and intensive study. For me, it was time to write a new grant proposal, start up several new research projects, two of which are collaborations with my graduate students, and to analyze data from other projects that have been sitting around for way too long.

I have been very busy, but I also have had time to step away from the day-to-day grind and reflect on what is important, why I do what I do. While I was on sabbatical, U of L was in the news a lot, and from these news articles one might get the impression that the University is all about sports scandals, financial scandals, and administrative mistakes. I know that the University is really about being a place where many different types of students can come together with a diverse faculty to learn and to grow intellectually, and to develop critical thinking and other skills that they will be able to use in many different jobs and careers once they graduate. A university should be an inclusive place where ideas can not only be exchanged, but also critically examined, discussed, and argued about – we should be passionate about our ideas and respectful of the ideas of others.

After my sabbatical, I am more passionate than ever about my role in helping make the Department of Psychological and Brain Sciences a place where these ideals can be realized. As I write this, the recent snowfall is melting into slush on the sidewalks that warmed in the sunshine, the days are already getting longer, and we are looking forward to a full week of school with no snow days! In recent years the spring semester has been punctuated with winter storms that mess up our syllabi and throw all of our plans into disarray, highlighting the importance of flexibility and communication. Add empathy for others to the mix, and I think we have the main ingredients of a positive environment that can promote learning and growth.

In this New Year, make it your resolution to be flexible, to try to understand the perspectives of others, and to communicate your own ideas and thoughts, respectfully but assertively. Enjoy your semester.

Suzanne Meeks, Ph.D., Professor and Chair

Inside this issue:

Inspired—from Africa to Louisville	2
Staff Highlight: Maggie Leahy	3
Life as a Graduate Student: Nick Holt	4
Undergraduate Spotlight: Filder Auma	5
An Experience of a Lifetime: Alex Pflum	6
Join Psi Chi	7
Psi Chi News	8
WKU Funded Summer Research Opportunity	9
Hunger Banquet	10
GRE Workshop	10
Food Drive Results	11
Important Dates	11
Volunteer for Elder-Serve	12
Psi Chi Information	13





Inspired— From Africa to Louisville

A Journey of Resilience and Caring for Others

Monday, February 15, 5:00 pm, Chao Auditorium



FILDER AUMA

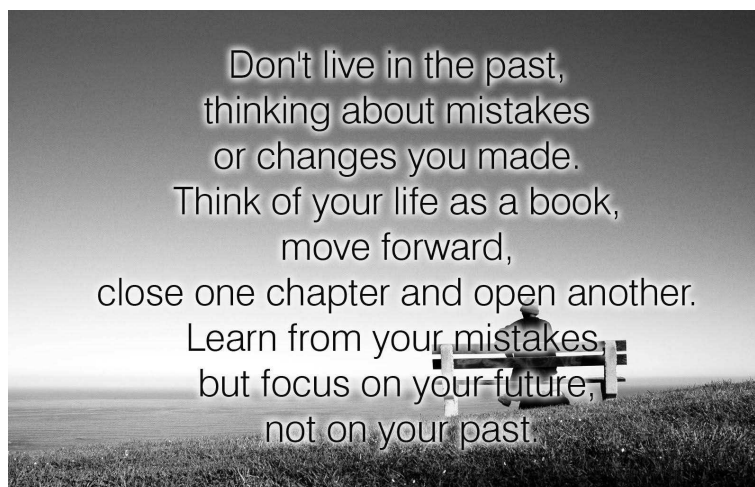


UofL student Filder Auma, from Uganda, has worked in UN refugee camps in Kenya and Ethiopia. She has dedicated her life to assist victims of violence. She has also helped refugees in San Diego and Louisville, and is loyally guided by her service dog, Leo.

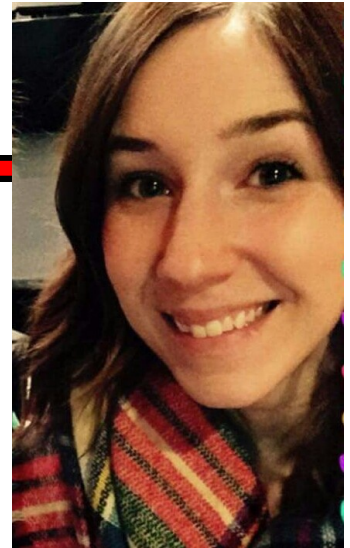
My story inspired me to shift from reacting to pain to being responsible. As a survivor of torture, cancer and blindness, I feel confident and empowered to bring hope to the children of rapes and encourage others to feel their worth.

*Co-sponsored by Mortar Board National Senior Honorary and Women's & Gender Studies, refreshments to follow.
More information: <http://uoflmortarboard.wix.com/pallaschapter>*

something to think about...



Staff Highlight:
MAGGIE LEAHY



I started at the University of Louisville in January 2013 as a Program Assistant, splitting my time between assisting Dr. Woodruff-Borden in the clinical psychology doctoral program and providing support to the Psychological Services Center. My work within the program included assisting with APA accreditation, admissions, and planning various events such as graduate student orientation, the Stanley A. Murrell award reception, and program interviews. In the Psychological Services Center, my responsibilities included purchasing, clinic reorganization, and working reception. This particular position was intimidating at first, as the majority of the job included conducting therapy and assessment phone intakes and providing referrals to callers seeking mental health services. However, our faculty and students proved to be a great resource to me, as they were always willing to turn simple questions I asked into learning opportunities for me. In the end, the most nerve-racking part of this job turned out to be the most fulfilling and motivating part.

When the wonderful Carolyn Mask retired, I moved into her position as an Administrative Assistant. I now work with both the clinical and experimental doctoral programs and handle APA accreditation, admissions, registration, and various events. In my time at UofL, I have appreciated our knowledgeable and patient staff, incredibly kind faculty, and our funny and endlessly supportive students. I feel as if my supervisors have allowed me to grow and express my strengths within the position, which has been extremely valuable.

Before I came to UofL, I completed several internships at various nonprofit organizations in the community. I worked as an intern in the Youth Markets division of the American Heart Association, where I supported the Jump Rope and Hoops for Heart programs by creating databases and presentation pieces, working with social media, and visiting JCPS schools to promote events. I also worked as a Special Events and Development intern at the Cabbage Patch Settlement House, where I assisted in all aspects of the planning and execution of Cabbage Patch's annual Auction, their largest fundraising event.

I was born and raised in Louisville, and attended Mercy Academy before moving on to receive my bachelor's degree in Communication from UofL. I live with my fiancé and two dogs in Jeffersonville. Dexter is a six year old Boxer mix who was found as a puppy in an abandoned house, and Callie is a four year old Basenji mix who was found living in the mountains of Lafollette, Tennessee. In my spare time, I enjoy attempting various craft projects, sunshine, snow days, and anyone and everyone's dogs.



LIFE AS A GRADUATE STUDENT:

Nick Holt

I am currently about halfway through my fifth year studying Cognitive and Developmental Sciences as an Experimental Psychology PhD student. During my time as a graduate student, I have had the good fortune of working as a researcher in the University of Louisville Infant Cognition Lab under the guidance of my mentor, Dr. Cara Cashon. For me, studying how babies learn and think about the world has been a rewarding area of graduate study because the knowledge we gain from conducting basic research on human development can ultimately be used to improve early education practices and enhance the quality of learning interventions that are available for individuals with developmental disabilities. It is also just really fun to be able to work with babies on a daily basis.

Life as a graduate student definitely involves a lot of hard work and perseverance. In my experience, the relationships you create with the people around you in graduate school make all the difference. I count myself lucky to be surrounded by smart and interesting lab mates, and a supportive mentor, who make the time I spend in the lab hilarious, productive, and entertaining. In addition, work/life balance is really important as a graduate student. I try to make sure that I take time out for the things I enjoy outside of school, like cooking, playing soccer, trying new restaurants, drinking new beers, and having game nights with friends. I also love to travel, which helps motivate me to complete research projects so that I can present my findings at conferences. While in graduate school, I have attended conferences in cities such as Minneapolis, Seattle, and Philadelphia just to name a few. In the summer of 2014 I had the opportunity to present research at one especially amazing conference in Berlin, Germany. Traveling to Europe and being in Germany during the World Cup was the highlight of my graduate school experience. All of this brings me to the main point that I would like to emphasize: Graduate school can be really fun, so make sure that you create opportunities to grow not just intellectually, but also as a well-rounded person.

UNDERGRADUATE STUDENT SPOTLIGHT

Filder Auma and Leo Psi Chi Treasurer: 2015-2016



Two years ago, a psychology professor made a list of awesome human qualities. The list included honesty, generosity, kindness, and responsibility. This list didn't fit mine so I added my own ideas to the list. I was eventually satisfied with the final list and called it "strengths to constantly evaluate trade-offs and potential risks to minimize harm to myself as well as others with whom I have ongoing relations". I have been embracing relationships with all beings, practicing the principles of reducing harm to people who are vulnerable to injury, violence, and suffering, especially by providing a home for children to be safe and free from suffering enough to be allowed to live their lives in peace.

Each psychology course I took strengthened me in a unique way so that I found myself naturally drawn to respond with compassion through personal sacrifice to a real consideration of the nature of my connection with the earth and in relationship with all members of the honor society. Learning how the brain works with Dr. Sandra Sephton made me realize that it is difficult for people and their support systems to thrive if everyone is hurting each other all the time. For these reasons, to be the person I want to be, I am working hard to graduate from college, go to graduate school or even join a PhD program.

I was so afraid to step up as an officer of the Psi Chi International Honor Society, but I was elected Treasurer of the Psychology Honor Society and I love what my guide dog, Leo, and I are doing. It is because of Dr. Leonard's encouragement that I have been enjoying doing what I love the most. Her treatment of me and to each of the Psi Chi members is outstanding. I thank God for bringing people like her into our lives in the time we need help the most. In fact, I wouldn't have recognized myself as a part of the great web of life in relationship with all beings if it was not for Dr. Tamara Newton, Dr. Matt Edlin, Dr. Jay P Irby, Dr. Benjamin Mast and Dr. Paul Salmon. I just want you all to know my guide dog, Leo, and I appreciate you coming into our life. You are the reason we are here going on with our studies. If all goes well, we promise to go all the way because the knowledge I gain from you all has become an expression of my deeper moral value to share my enthusiasm with people within my reach.



PSYC408: International Service Learning & Research Program: Bosnia and Herzegovina

(Faculty Director: Dr. Melinda Leonard)

May 2-10, 2015

An Experience of a Lifetime

By: Alex Pflum, Psychology Major

My experience in Bosnia-Herzegovina is one that I'll always remember as one that changed my entire college career and inspired me to fight for my dreams.

When I first learned about the ISL&RP trip, I had a lot of assumptions about what the Bosnian culture consisted of. Like most people, I was unfamiliar with most of the horrifying details of the 1992-1995 wars in Bosnia. Largely a battle of prejudice, three separate ethnic groups fought to gain power and territory over the others with violence and bloodshed. Ethnic cleansing was a very common theme for the entirety of the war, which eventually led to one of the worst atrocities, the Srebrenica Genocide. Overall, an estimated 100,000 people were killed during the duration of the war, and many speculate that that estimation is much too low. Millions of people were displaced from their home, and the war touched everyone's lives.

I really didn't know what to expect from Bosnia. I had a preconceived idea that I would be in a dangerous area and that I would be unsafe. I pictured Bosnia to be similar to the other European countries I've visited: westernized and modern. I was very surprised that Bosnia-Herzegovina turned out to be something I could have never understood; I had never experienced a culture like it. It was eye opening. Instead of feeling fear and danger, I was amazed at how safe I felt. It was as if the Bosnians were sick of conflict and wanted peace. I felt safer in Bosnia than I ever have in Downtown Louisville. Every single person our group interacted with was touched by the war. Most lost loved ones, some who are still missing to this day. Many were victims of the worst crimes, who are still healing.

When not performing research, our group spent time meeting with various leaders in the community. We met with professors, lawyers, a doctor, members of the media, and countless victims of the war. The wars in Bosnia touched everyone's lives, and many were still fighting the aftermath of the war.

Much of the war was inspired by ethnic and religious intolerance and prejudice. People tended to stick to their in-group of peers and away from those of the out-group. That's where the research came in. Our research was interested in transitional justice and intergroup contact as a means of developing peace between groups and diminishing conflict. Through the use of questionnaires, we asked high school aged students various questions relating to how they viewed their in-group and how they viewed the out-groups. With this information, we were able to gain a better understanding of how Bosnian youth viewed others they perceive as being a part of a different group. In addition to the questionnaires, we played cooperative games in an attempt to build teamwork skills, trust, and communication.

After my experience in Bosnia, I've been more inspired than ever to continue on with my career goals. I learned so much about the research process in Bosnia that I decided to become a research assistant in Dr. Mervis' Neurodevelopmental Research Lab on campus at UofL. I use what I learned on the ISL&RP trip every day in the lab. In addition to research, I've never been closer to my long term goal of becoming a doctor. After meeting and hearing the impact of an inspiring Doctor in Bosnia, I truly understood why I wanted to follow that career path. My experience as part of the ISL&RP trip to Bosnia was life changing and I'm so thankful for every minute I spent there. It might take a while, but I am confident that I will return to the Bosnia-Herzegovina again and hopefully the evidence of war will be less visible as the people of Bosnia heal.



Become a Member of Psi Chi: The International Honor Society in Psychology



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). Undergraduate and graduate students 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.

Benefits: 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. **Besides, members are eligible to wear the honor cord at commencement ceremonies!!!**

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 February 22 are invited to attend the New Member Induction and Awards Ceremony to be held at the University Club on Friday, March 4 from 6:00-7:30. RSVP is required.

For further information, please contact:



PSI CHI NEWS



UPCOMING EVENTS AND GENERAL INFORMATION

PLEASE MARK YOUR CALENDARS!!

1. **Wednesday, February 17:** Psi Chi's next general meeting will be held from 12:30– 1:30 in Life Sciences 135.
2. **Friday, March 4:** Psi Chi New Member Induction Ceremony and Awards Luncheon will be held at the University Club from 6:00-7:30. A dinner will be served. All new members since May 2015 will be allowed to bring one guest at no charge. RSVP to Dr. Leonard is required no later than Monday, February 29.
3. **Wednesday, March 9:** Psi Chi's next general meeting will be held from 12:30– 1:30 in Life Sciences 135.
4. **Saturday, April 2:** The KPA Spring Academic Conference will be held on the campus of the University of Kentucky. Undergraduate and Graduate students are encouraged to submit a poster for presentation. Psi Chi will also have a PSYC BOWL team. Please plan to come and cheer our team on!!
5. **Wednesday, April 13:** Psi Chi's next general meeting will be held from 12:30– 1:30 in Life Sciences 135.

THiNK
About It.

LIFE'S MOST PERSISTENT
AND URGENT QUESTION
IS, "WHAT ARE YOU
DOING FOR OTHERS?"

- Martin Luther King, Jr.

Western Kentucky University Research Experience for Undergraduates (REU) Program

Theme: Advancing Psychological Research with Technology

May 30—August 6, 2016

What is the REU program?

- ◆ The Summer 2016 WKU REU program provides undergraduate students a unique opportunity to gain **hands-on research** experience in the field of psychology.
- ◆ Students will work closely with a faculty mentor for 10 weeks on research utilizing technological advances in the areas of clinical, cognitive, developmental, educational, industrial-organizational, and/or social psychology as part of a **paid internship**.
- ◆ Developmental workshops and activities will help students further their research ability and **prepare for graduate school**, and participants will also have an opportunity to present their study findings at a national or international conference.

To apply:

- ◆ Complete the online application on the program website at www.wku.edu/psychological-sciences/reu/overview.php
- ◆ Mail official transcripts from all colleges attended and 2 letters of recommendation from faculty to:

Department of Psychological Sciences

Attn: REU Program

Western Kentucky University

1906 College Heights Blvd. #22030

3074 Gary Ransdell Hall

Bowling Green, KY 42104-2030

All application materials must be received by March 1, 2016.

Eligibility Requirements: (1) Must be a U.S. citizen, U.S. national, or permanent resident of the U.S., (2) Must be an undergraduate student who will graduate in Fall 2016 or later., (3) Must have a 3.0 GPA or better (on a 4.0 scale).

Other benefits of the program: \$5,000 stipend, free campus housing, travel money, and more!

Program Contact: Dr. Amber Schroeder, WKU Psychological Sciences
amber.schroeder@wku.edu



Oxfam Hunger Banquet

WHEN: Wednesday, March 9, 2016

WHERE: Red Barn, UofL

TIME: 6:00-8:00 pm

COST: *FREE*

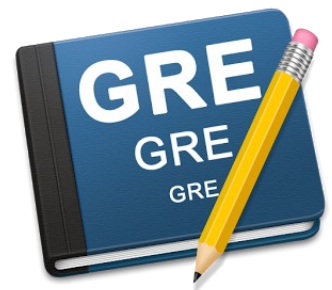
*An interactive meal and presentation on
world hunger and poverty*

Sponsored by: Peace Justice, & Conflict Transformation Program (PJCT) and
Engage, Lead & Serve Board (ELSB)

GEAR UP FOR THE GRE IN FREE WORKSHOP

Feb, 23, 4 to 8 p.m., Room 139, Shumaker Building

The School of Interdisciplinary and Graduate Studies and REACH are hosting a GRE test information workshop. UofL alumni and staff, post-baccalaureate students, current graduate and undergraduate students and community members are invited to attend. Please register, as space is limited. Registrations will be accepted on a first come, first serve basis.



Additional information: gradadm@louisville.edu or register at: <http://louisville.edu/graduate/forms/gre-test-workshop-registration>



Dare to Care
Food Bank

Psi Chi was able to collect a total of 937 pounds of non-perishable food items for the Dare to Care Food Bank during our Annual Fall Food Drive in October!

Thanks to Tia Wells and Lillian Slaughter, Psi Chi members for coordinating the event, and all students, staff, and faculty for their assistance and donations.



Important Dates

LAST DAY TO APPLY FOR DEGREE:

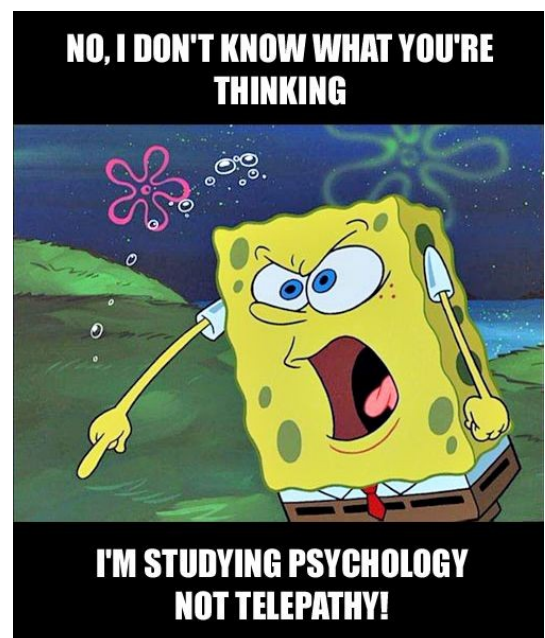
MONDAY, FEBRUARY 1

LAST DAY TO WITHDRAW:

MONDAY, MARCH 7

SPRING BREAK:

MON-SUN, MARCH 14-20



FRIENDLY VISITOR PROGRAM CONNECTS GENERATIONS



(Megan Carpenter, Volunteer Service Manager, Beatrice Castelli, Lynn Cross)

When Lynn Cross and her family relocated to Louisville three years ago, she was looking for a way to give back to people in her new community.

“I’ve always had a passion for spending time with older adults, and I discovered ElderServe’s Friendly Visitor program on the Volunteer Match website,” she said.

The program matches adult volunteers and seniors based on their mutual interests and helps build long-lasting friendships. ElderServe asks volunteers to commit to visit their senior friend at least two times per month for a minimum of one year.

When Lynn was paired with 90-year-old Beatrice Castelli, the two women hit it off immediately. “Beatrice is an amazing, inspiring woman, and I wish I could spend every day with her,” she said. Beatrice and Lynn get together every other week for a couple of hours to play games or just talk about their families. “Beatrice loves playing Uno, and she is sharper than sharp,” said Lynn.

Lynn enjoys taking her young children to visit with Beatrice as well. “She loves being around kids and even made Halloween baskets for my children last year,” she said.

Her long-time love of spending time with older adults started when she volunteered at a senior center in Connecticut when she was in high school. “I have a soft spot for seniors because they are wise and have so many life experiences to share,” said Lynn.

The program is made possible by a grant from the Humana Foundation. To find out how you can become a friend to a senior or to learn how to find a Friendly Visitor for an older adult, contact Megan Carpenter at 502.736.3838 or mcarpenter@elderserveinc.org.



**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**



We're on the Web!
[www.louisville.edu/
psychology/
undergrad/psi-chi.html](http://www.louisville.edu/psychology/undergrad/psi-chi.html)

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, 3.2 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: Tia Wells at tswell03@louisville.edu

Vice President: Nancy Adane at naadan01@louisville.edu

Secretary: Kathryn Lanham at kmlanh02@louisville.edu

Treasurer: Filder Auma at f0auma01@louisville.edu

Membership: Katie Connor at kmconn09@louisville.edu

Program: Michael Lemon at smlemo01@louisville.edu

Historian: Moriah Horn at mphorn04@louisville.edu