

Psycho-Babble

Macalester College/ March 2010

Important Dates

Thursday, March 4

Analyze This
Movie/Lunch 11:20
#352

Spring Break -
March 13-21

Monday, March 22
T-Shirt Design
deadline for
submitting design

Tuesday, March 25
Psych Info. Lunch
11:30 #352

Monday, April 1,
Honors applications
due to chair

Monday, April 12,
5:00-6:30, Spring
Dinner

Tuesday, April 13,
7:00 Old Main 4th
Floor, Psi Chi
Induction

Saturday, April 24,
MUPC

Chair Talk from Jaine

Happy March! Although we still have many more weeks left in the term, this is the time of year when the department begins to focus its attention on preparations for next year. We are hard at work on next year's academic schedule, and we think you'll be pleased with the curricular offerings. We're delighted to welcome back some old favorites (*Drugs and Society*; *Lives in Context*; *Psychology of Gender*) and to introduce some new ones (*Decision-Making*; *Psychology of Immigration and Acculturation*, taught as a first year course). We're also experimenting with offering *Health Psychology* as an intermediate level course. We will provide more information about our 2010-2011 course offerings in the April PsychoBabble.

But that is all about the future...and we want you to enjoy the present! I hope your semesters are going well and that you enjoy your Spring Breaks!

Welcome Baby Kai Wonhee

Professor Sun No and her husband Paul Nelson are very excited to welcome and begin their new life with their son. Kai Wonhee was born Friday, February 19th.



Brain Awareness Week March 8-12

Macalester College and the University of Minnesota are Minnesota's two founding members in the Dana Alliance worldwide neuroscience outreach program, Brain Awareness Week, which will take place at Macalester March 8-12, and continues globally the following week during our Spring Break. During this week BAW organizations help lead the charge in increasing understanding of the brain & neuroscience.

From the BAW (Brain Awareness Week) website: "Brain Awareness Week (BAW) is an international campaign dedicated to advancing public awareness about the progress and benefits of brain research. Brain Awareness Week began in 1996 as a modest effort involving 160 organizations in the United States. BAW was created to bring together diverse groups from academia, government, professional, and advocacy groups and unite them with a common theme that brain research is the hope for treatments and preventions, and possibly cures, for brain diseases and disorders, and to ensure a better quality of life at all ages. Since that time, BAW has evolved into a powerful global initiative with more than 2,200 partners in 76 countries (as of the 2008 campaign)."

Each year, the CNS senior class also serves as the Macalester Brain Awareness Week Committee; this year they are working with selected other student volunteers from the "Brain, Mind, and Behavior" class to head out to spread the word into elementary schools all across Saint Paul, along with a number of on-campus activities. Help celebrate Brain Awareness week yourself: go to: www.dana.org/brainweek/

Movie Lunch Thursday, March 4 11:30 #352



R.S.V.P. to
Lee so we
order
enough
lunch!

analyze this

Ben Sobol, Psychiatrist, has a few problems: His son spies on his patients when they open up their heart, his parents don't want to attend his upcoming wedding and his patients' problems don't challenge him at all. Paul Vitti, Godfather, has a few problems as well: Sudden anxiety attacks in public, a certain disability to kill people and his best part ceasing service when needed. One day, Ben unfortunately crashes into one of Vitti's cars. The exchange of Ben's business card is followed by a business visit of Don Paul Vitti himself, who wants to be free of inner conflict within two weeks, before all the Mafia Dons meet.

Now, Ben Sobol feels somewhat challenged, as his wedding is soon, his only patient keeps him busy by regarding Ben's duty as a 24 hour standby and the feds keep forcing him to spy on Paul Vitti. And how do you treat a patient who usually solves problems with a gun?

Movie viewing offered in conjunction with Psychology 100.

Design the Psychology Department t-shirt!



Bring your design to the psych office. The design does not have to be perfectly executed; the most important part is the "idea". The winning t-shirt designer will get a free t-shirt and a prize. Bring your design to the psych office by **Friday, March 22**.

Career Panel - Wealth of information



Mac Psych Alum presenters at the Career Panel: Carissa Kaufman, Ashton Troia, Kari Behrends, Meg Soli and Mai Youa Moua.

Some tips from the Career panel:

- *Look for chances now to introduce yourself to a potential employer through internships, volunteering, and networking (even if networking seems dorky!)
- *Always have a plan B because "stuff" happens
- *Consider AmeriCorps because even if they don't pay so well, the knowledge and experience is vast and they pay \$5,000 towards student loans or graduate school and provide health insurance
- *Even a bad job or a bad experience teaches you something
- *The economy is bad now but don't get bogged down by rejections. Your job is out there somewhere!
- *Use the Career Development Center to help with resumes, mock interviews, and career interest surveys

Visiting Professor – Chris Miller



Chris was born in Indiana, and spent his early years in Ohio. He later moved to Florida, where he would stay for far too many years. He attended the University of Florida, majoring in Psychology and served as a research assistant for Social Psychologist Dr. Barry Schlenker. Having caught the research bug, he applied to continue his education at the University of Minnesota.

Chris' research interests lie in topics such as the self, self-presentation and social belonging. He has often pursued these interests within Political Psychology, through Minnesota's Center for the Study of Political Psychology, and recently published a paper on self-serving responses to the 2008 Presidential election. For his dissertation, he is examining similar processes in sports fans as their teams win or lose.

When not hunched over a computer, Chris enjoys biking, backpacking and cooking.

MUPC is Saturday, April 24

The Minnesota Undergraduate Psychology Conference is **Saturday, April 24** at Macalester. This is the 45th annual Minnesota Undergraduate Psychology Conference. This one day annual conference promotes undergraduate research in the field of psychology and will feature oral and poster presentations of student research. The keynote speaker is Dr. John Bargh, Professor of Psychology at the Yale University. He will speak on the various automatic or unconscious influences over social judgment, behavior, and motivation that have been discovered over the past 25 years will be described, followed by a discussion of their likely origins in both evolved motivational structures and the individual person's early experience with the physical world. Dr. Bargh focuses his research on unconscious mechanisms that underlie social perception, evaluation and preferences, and motivation and goal pursuit in realistic and complex social environments. His dissertation received the Society for Experimental Social Psychology (SESP) Dissertation Award in 1982, and in 1989 he received the American Psychological Association (APA) Early Career Award for contributions to psychology. In 2001 he received a Guggenheim Fellowship, and also that year was a Fellow at the Center for Advanced Studies in the Behavioral Sciences. In 2007 Dr. Bargh received the Donald T. Campbell Award from the Society for Personality and Social Psychology for distinguished contributions to social psychology, and later that year received the Scientific Impact Award from the Society for Experimental Social Psychology.

Registration is free and open to the psychology community.

Presenting at MUPC is a requirement of the psychology major at Macalester.



Keynote speaker: John Bargh

Mesmerizing Major: Emily Rutherford



Emily Rutherford

"Mesmerizing majors are randomly selected from the list of psychology and CNS majors."

Favorite Movie: Tombstone

Favorite Book: Ishmael

Favorite place to eat in the Twin Cities: Shish

What do you do when you are not studying: Watch movies, waste time on the internet, and over plan my future.

Where did you grow up? Appomattox, VA.

Interesting fact about your hometown: It's where the Civil War ended. (Yes, there are re-enactments.)

Tell us something about your family: I live with my mom, stepfather, sister and three dogs.

Tell us something that you are pleased with or proud of about yourself: I've almost figured out the bus system. Almost.

And more babble . . .

Phillip Higgs '07..... I currently design employee health programs and corresponding marketing campaigns for the Corporate Health Division of CVS/pharmacy (a part of MinuteClinic, LLC). I am also a graduate student in the MBA Program at the Carlson School of Management at the University of Minnesota. If students have questions about anything in either of those fields, please feel free to send them to me.

Jonathan Chin '05 and **Amber Laurie '07** have announced their engagement and will be married this summer in Portland.

Rachel (Rocky) Levitsky '04 has just been accepted for a predoctoral internship at the Indian Health Service here in the Twin Cities. She's wrapping up her PsyD in clinical psychology at Argosy University.

DAVID AMODIO '96 WINS JANET TAYLOR SPENCE AWARD



Psychology alum David Amodio '96 will receive the 2010 Janet Taylor Spence Award for Transformative Early Career Contributions from the Association for Psychological Science. The Spence awards are given in recognition of the significant impact that recipients are already having across the subfields of psychological science and in changing the way we approach our discipline. Dave also received a prestigious National Science Foundation CAREER Award this past Fall, to support his research investigating the links between racial bias and mechanisms of learning and memory in the brain. Dave received his PhD from the University of Wisconsin-Madison and is now on the faculty at NYU.

Spencer Retelle's thoughts on Study Abroad

To be honest, I didn't think I was going to study abroad. I wholly understood all of the opportunities it offered and everything I could miss out on, but I never really thought that it was something that I would actually do. But for some strange reason, I found myself in the dimly lit Dupre 2 lounge staying up late with a friend while attempting to complete my application for a program in Cape Town, South Africa. And it was the best accidental decision that I never consciously made.

I embarked on my experience much earlier than most people do, July 13th, meaning I cut my North hemisphere summer short to journey towards the South hemisphere winter. Luckily that winter was in South Africa, meaning some days were nicer than much of Wisconsin summertime. Although I was mildly anticipating the *Circle of Life* to begin playing when I stepped off the plane, studying abroad was everything and nothing like what I expected. Obviously, I could speak at length about time in Cape Town – stories about the kitties of Cape Town, the Olympics, Marco Polo, and Nando's – but I wouldn't want to be a bore. So I'll just tell you one of the experiences that really has stuck with me.

One of the classes I was enrolled in was Social Psychology and Intergroup Relations, but the most interesting thing I learned in the class was definitely not in the syllabus. Most courses at University of Cape Town had more than one lecturer, and one of those was the course convener. My social psychology class had only two lecturers, Liberty Eaton and Tadios Chisango. Eaton was a white South African who was in her third trimester of pregnancy when the class began; Chisango was a black Zimbabwean, younger than Eaton, this having been his first class to teach.

Midway through the semester, Eaton went on leave and Chisango stepped in as sole lecturer and course convener. What surprised me the most, in my semester at Cape Town, was the way the disposition of the class switched once the identity of the professor was different. Whether it was because of his verse while teaching, his race, his connection as a teacher, etc. something in the class changed, to a point where people stopped showing up and listening all together. My social psychology class became a social psychology experience.

Due to constant student complaint, different lecturers taught the last week of class, and Chisango was not present until the final exam on November 10th. Although I am still negotiating the understanding of the events, I acknowledge that it was something. Whether that something was a positive or negative experience, it was something I would not have had anywhere else in the world. Which is reason enough for all students to really think about studying abroad. Even if it means sacrificing time, a minor, or even a season of sports, just... go.

Psych in the News

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*Be sure to check out
our website.*

Marijuana Use Can Up Psychosis Risk

2/27/2010

SATURDAY, Feb. 27 (HealthDay News) -- Long-term use of marijuana can lead to increased risk of developing hallucinations, delusions and psychosis, a new study shows.

Australian researchers asked nearly 3,100 young adults averaging about 20 years of age about marijuana use. They found that almost 18 percent reported using the drug for three or fewer years, about 16 percent for four to five years, and just over 14 percent for six or more years.

Among the participants, 65 had been diagnosed with a "non-affective psychosis" such as schizophrenia, and 233 had at least one positive item for hallucination on a diagnostic interview conducted for the study.

The researchers found there was an association between length of marijuana use and mental health. "Compared with those who had never used cannabis, young adults who had six or more years since first use of cannabis [i.e., who commenced use when around 15 years or younger] were twice as likely to develop a non-affective psychosis and were four times as likely to have high scores on the Peters et al Delusions Inventory [a measure of delusion]," wrote Dr. John McGrath, of the Queensland Centre for Mental Health Research, Park Centre for Mental Health in Wacol, and colleagues. "There was a 'dose-response' relationship between the variables of interest: the longer the duration since the first cannabis use, the higher the risk of psychosis-related outcomes."

The study appears online March 1 and in the May print issue of the Archives of General Psychiatry.

But the association between psychosis and marijuana use is not simple, the researchers noted. They found that people who'd experienced hallucinations earlier in life were also more likely to have used marijuana longer and to use it more frequently.

"This demonstrates the complexity of the relationship: those individuals who were vulnerable to psychosis [i.e., those who had isolated psychotic symptoms] were more likely to commence cannabis use, which could then subsequently contribute to an increased risk of conversion to a non-affective psychotic disorder," wrote the study authors.

Further research is needed to learn more about the mechanisms underlying the association between psychosis and marijuana use, they concluded.

About Psycho-Babble...

Psycho-Babble is a monthly newsletter for Psychology and Cognitive and Neuroscience majors and other interested students. We welcome contributions from students and faculty. The goal of the newsletter is to inform the community of events, people and issues at Macalester and beyond.