

# Psycho-Babble

MACALESTER



Oct 2022

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## Chair Talk - Darcy Burgund

Greetings all! Happy October!! October is one of my favorite months of the year—the leaves are turning beautiful colors, the air is getting cooler, and most importantly, Halloween is celebrated! The Psychology Department will celebrate Halloween with Halloween Lab Tours. During this event, you will “trick-or-treat” at select labs, hear about the lab’s work, and get candy! Grab a friend and join a tour! Details provided below. October is also the month that Dr. Gail Ferguson will give our Distinguished Scholar Lecture (see below) and we will begin reviewing applications for the new Psychology/Neuroscience faculty position. It is an exciting month. We look forward to seeing you at our events!



## 2022 - '23 Psych Club Leaders

Pictured: Nae Williams '25, Marvellous Ogunsola '24, Emilio Gray '25, Raina Tenenbaum '25, Samara Kurien '23, & Jordan Vellon '24. Not pictured: Sam Ash '24 (study away) & Sanya Bains '25. Psych Club Leaders are interested in your ideas about what you'd like to see the Psych Club do this year. Please contact them with suggestions.

**Minnesota Psychological Association  
Distinguished Scholar Lecture -  
Gail Ferguson, Ph.D. (UMN Institute of Child  
Development)**

**Globalization as a Crucible for Cultural  
Identity Development and Family Resilience**

**Wednesday, October 12 5:30 - 7:00**

**Weyerhaeuser Boardroom**



About the Program: Is 21st Century globalization bad for youth and families? In this lecture, I will argue that globalization involves both risks and opportunities in the development of cultural identity and family resilience. First, I will summarize supporting evidence that comes from my research conducted locally in MN and globally. Second, to more fully describe the content and processes involved in cultural identity development and family resilience, I will zoom in on one mixed-methods translational study originating in Jamaica called “JUS Media?” (Ferguson et al., 2012, 2015, 2018, 2020, etc.). Translating remote acculturation theory and empirical findings from the lab to the living room and classroom, JUS Media? is an efficacious multi-format preventive intervention designed to protect against the risks that U.S.-produced junk food advertising presents to the diets of Americanizing adolescents transnationally.

All are welcome.



**Internship Lunch - Friday, Oct. 28**

**11:45 - 12:45 OLRI 352**

The psych dept. will have a lunch panel with students who have done or are currently doing internships. Someone from the internship office will also be there to answer questions. The Psychology Department encourages students to consider doing an internship. The “real world” experience is an invaluable addition to your major. This lunch is a great chance to hear from students so you can think about what you want to do. Please RSVP to Lee so I order enough lunch.

**Halloween Lab Tours - Friday, Oct. 28 3:20 (Friday Social)**

Psych department labs will be on tour this Halloween. Student research assistants will show and explain the work being done in the lab. Faculty will be present as well. It’s a great chance to see what everyone is working on and pick up candy! Psych Club is hosting.





## Harp - Pollack Summer Fellowship

Do you have a passion for applying psychology to working in the public interest or creating social change? Have you always wanted to live in New York City but never thought you'd have the opportunity? Will you be a rising junior or senior in the summer of 2023?

If your answer to all of these questions is "yes," please consider talking to Joan Ostrove about the Harp-Pollack NYC Public Interest Fellowship. The fellowship, created by a Macalester alumna (Class of 2004) who was a psychology major, offers a summer opportunity for one student to participate in an unpaid public interest internship in New York City. The student must identify and arrange the internship site and summer housing in New York City. Financial support is provided for housing, transportation, and other necessary living costs.



The intention of the grant is to offer students a meaningful advantage as they prepare for post-graduate study and careers. If you are interested in learning more, please contact Joan ([ostrove@macalester.edu](mailto:ostrove@macalester.edu)) by October 28 to express your interest and set up a time to meet.



## Harp-Pollack Fellowship - Isabel Bruett '24

This past summer I had the opportunity to intern in New York City thanks to the Harp-Pollack Fellowship. I interned at Education Through Music, a nonprofit focused on making music part of schools K-12 curriculum. I was able to work in every aspect of the organization gaining a better understanding of how non-profit organizations function as well building working relationships with professionals already in the field. I even got to attend the organization's yearly Gala which was a crazy experience in itself.

I had never been to New York before so having a two month long internship be my first experience there I was truly able to immerse myself in the city. Lucky enough I was able to live in an NYU dorm right on Fifth Avenue alongside many other interns at more companies than I can name. This fellowship allowed me to do an unpaid

internship with a mission I am genuinely passionate about, live in and explore NYC, and meet college students from around the country working in fields of study that before this summer, I didn't know much about. I'm extremely grateful for the people I met and connections I made over this summer because of the Harp-Pollack Fellowship and I'm happy to talk to anyone who's thinking about applying!

Photos: NBC show viewing with interns from my dorm, the Gala Venue, Statue of Liberty Tour and Brooklyn Bridge.



## **Psych Info. Lunch - Tuesday, Nov. 1 11:30-12:30 Olri 352**

Have you recently become a major but want to learn more? Are you thinking about a major or minor in Psych? Come hear about the department. You will first hear from professors and then from upper class psych majors. There will be time for questions and answers from both groups too. Please RSVP to Lee for the pizza lunch.



## Congratulations New Psi Chi Members



The Psi Chi induction last April welcomed more members into the international honor society in psychology. New members pictured above are: Sukari Wright, Maddie Hufford, Sarah Hamilton, Amy Xu, Rose Harbison Ruedisili, Amelia Ryan, Sarah Gotbetter, Xue Han, Rebecka Ibarra, and Vinay Vaze. Addie Brooke-Pike, Johanna Caskey, Avery Cooper, Kian Sohrabi, Mae Sullivan, Jiayi Sun and Dheera Yalamanchili were unable to attend. Congratulations!



## Postcard from Study Away - Francesca Bernardino '24

I am currently studying abroad at Kansai Gaidai University in Osaka, Japan. I really like how the program I'm in isn't just focused on language, but also includes a number of culture-centered courses for a more interesting class schedule. One thing I wish I did much more of before my time abroad is extensive research about the place I'm visiting; Japan is so expansive and I often feel overwhelmed thinking about all the things I want to do before the semester is over! If I could give advice to anyone studying abroad, especially in a place like Japan where other cities and even countries are easily accessible by transit, I would encourage you to do a deep dive on the area you're going to and places that you might think are out of the way, since they are usually easier to get to than you think. I would also suggest finding a balance between doing things alone and finding groups of people to do things with- while it's always fun to do things with a group, planning a day for yourself can be fun too!

## Mesmerizing Minor - Avianna Bui '25

Favorite Movie: Before Sunrise

Favorite Book: The Opposite of Loneliness by Marina Keegan

Favorite place to eat in the Twin Cities: A Vietnamese restaurant called Pho Pasteur

What do you do when you are not studying? Chilling and watching Netflix, literally

Where did you grow up? Hanoi, Vietnam

Interesting fact about your hometown: You can get a large bowl of Pho (and most Vietnamese delicacies) for under \$2.00

Tell us something about your family: Each member in our family has a different zodiac sign element

Tell us something that you are pleased with or proud of about yourself: I tried pole dancing this summer and got to really like it, so now I want to dabble in other dance genres at Mac like Modern Dance and choreography.



## Postcards from Study Away - Xenia Sofianou '24

I am Xenia, a junior, Neuroscience major and Chemistry minor, currently studying at University of Tarragona. Tarragona is a port city in northeastern Spain's Catalonia region. Many ancient ruins remain from its time as the Roman colony of Tarraco. The city also houses the largest chemical hub in Southern Europe. The best part however is that Barcelona is only an hour away by train, and I get to go every weekend! The university life here is actually very different than in the



U.S. I have a 20-min bus ride to

campus and I live in an apartment in the city with housemates from different countries. There is not much homework assigned, so I actually get plenty of free time to explore. The psychology degree in this university is very academically rich, and there are many interesting classes to choose from but...there is a catch! I am actually doing all of my classes in Spanish and Catalan!

Not such a cool fact? There is actually much less support for students than there is at Macalester. Here you have to figure out things on your own logistically and practically. In addition, classes are of much bigger size and the relationship of student-professor is not very strong. Despite the downsides, I definitely think it is

worth taking a semester in a different country/environment, and it is also totally doable! And if you are contemplating whether to fit another minor or a study away in your plan... do not think any longer...book a flight ticket now!"

## Friday Socials

Friday Socials are every Friday that classes are in session at 3:20 in the hallway by the blue house or outside the south doors of Olin Rice on the landing. It's a time to socialize with fellow students, faculty and staff. We have a treat each week and all are invited. Please join us!



# Do you need a letter of recommendation? Tips for Requesting Letters of Recommendation



Professors are pleased to write letters for students, and there are a few steps you can take to facilitate the process:

Be sure to allow the professor plenty of time to write the recommendation. Two to three weeks is the minimum recommended time. The professor may not be able to fulfill your request if you provide less advanced notice.

Provide the following:

- A spreadsheet of all programs with due dates and any information that will help your recommender understand your reason for applying to that program.
- A copy of your application essay
- A resume and information about your GPA and GRE scores,

if appropriate

- A reminder of the classes, work, or research you undertook with the faculty member (this could be a simple list of classes and grades but you might also include a copy of papers you wrote for the professor)
- Most application processes are entirely online these days, but occasionally a student will need to submit a hard copy of a recommendation. In these rare situations, please follow the steps below:
  - Provide all the information listed above and, in addition, indicate on the spreadsheet which programs require online forms and which, hard copies.
  - Fill out all of the information on the recommendation forms in advance. Be especially sure to sign the section regarding whether or not you waive your right to read the recommendations (see box below).
  - Provide a pre-addressed envelope for each recommendation.
  - Organize all forms in order of their due date, and submit them in a folder or envelope.

Note: Professors are going to write letters based in part, on their experience with you as a student in class. If an experience was not entirely positive, be aware that a letter may include critical comments or include a discussion of that experience. If you have questions about this, be sure to discuss it with the professor when making the request.

**WAIVE OR NOT WAIVE ISSUE:** Many recommendation forms include a section that describes your rights to see the content of the recommendation should you be accepted into the program. You may either **WAIVE** that right (thereby allowing the content of the recommendation to remain unknown to you), or **NOT WAIVE** that right (thereby allowing you to read the recommendation when you arrive at graduate school).

The choice to waive or not waive your right to see the recommendation is yours. The forms usually say that the letters are treated similarly in either case. It is possible, however, that the readers of these letters might think that your recommender gave a more honest appraisal of you if he or she knew you would not ultimately read it. If you want that to happen, you should **WAIVE** your right to see the letter. **BE SURE TO CHECK WHICHEVER BOX YOU WANT TO AND THEN SIGN.**

## Psych Study Away Lunch - Thursday, Nov. 3 11:30-12:30 Olri 352

Each semester we look forward to this event. Psych majors & minors who studied away last semester tell us about their study abroad experiences and offer tips for those thinking of studying away. A representative from the study away office will attend to answer questions and explain the process. Please RSVP to Lee so we order enough lunch.



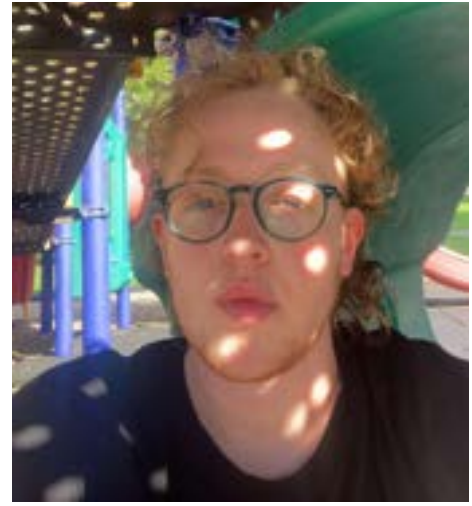
## New Majors



Jill MacInnis '25 Orland Park, IL



Emilio Gray '24 Portland, OR



Matthew Kendall '25 Oakridge, TN



Rola Cao '25 Nanjing, China

## Student Lounge

Students are welcome to use the Student Lounge in Olri 355. It has a refrigerator that can be used to keep your lunch or drinks cold. Please label the food with your name and know that we try to clean it on a weekly basis. The lounge also has coffee, tea, hot chocolate and is a great place to store your psych mug. You can get a mug from Lee if you don't yet have one. Lastly, please help us keep the lounge tidy too.





## Psych Annual Picnic Photos















## Opportunities

If you are considering graduate programs in psychology, look at the U of MN graduate programs in the Educational Psychology department. Here is the web site for prospective students to contact them:

<https://www.cehd.umn.edu/edpsych/contact/> and their general web site <https://www.cehd.umn.edu/edpsych/>

[www.macalester.edu](http://www.macalester.edu)

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