

# Psychobabble



A Publication of the Psychology peer Advisors

Winter 2011

## Winter Seminar: What to do with a Bachelor's Degree

Don't want to go to graduate school yet? Come and find out what you can do with a bachelor's degree in Psychology. The psychology peer advisors are holding a seminar on Tuesday, February 15th, 5:30 in MCK 248. People who are in different professions will share their experience with us, as well as any questions you might have. Refreshments are provided.

## Congratulations, Class of 2011!

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### **Ceremony Information**

The Psychology Department's ceremony will be held on Monday, June 13<sup>th</sup> at 3 p.m. on the south lawn of the Knight Library (rain or shine – so be prepared!) and will last about an hour and a half. Tickets are not required and there will not be a rehearsal. You may bring as many guests as you wish, and seating is first-come, first-served. After our ceremony is over, light refreshments will be served.

### **What to do before the ceremony**

Order your regalia through the Duck Store.

Apply for spring term graduation via DuckWeb before April 24<sup>th</sup>, 2011.

Beginning April 18<sup>th</sup> through May 27<sup>th</sup>, stop by the main office of the Psychology Department to pick up your name/activities card. You will take the card home with you to fill out and bring it back on the day of the ceremony. You may list activities you have been involved in, a meaningful quote, or a short personal message to be read aloud. On the day you pick up your card, be sure to use the sign up sheet to let us know you'll be attending our ceremony and how many guests you'll be expecting.

If you or a guest will need sign language interpretation, please contact Cindy Salmon (541-346-4952 or [csalmon@uoregon.edu](mailto:csalmon@uoregon.edu)) by June 1<sup>st</sup> to request this service.

Check the information regarding the University of Oregon's graduation festivities at <http://studentlife.uoregon.edu/CommencementGraduation/SpringGraduation/tabid/126/Default.aspx>

### **What to do on the day of the ceremony**

Please arrive at the site of our ceremony no later than 2:45.

Have your name/activities card already filled out and in your hand to be given to the reader.

Wear cap and gown (requested, but not required).

There will not be a processional. Find a seat in the area that has been designated for participants.

When it's time to approach the stage, you will be guided to the area by a faculty member. Hand your name card to the reader, shake hands with the department head, take your diploma cover, and then return to your seat.

### **Additional information**

Parking will be extremely limited on and near campus. Shuttles will be provided from Autzen Stadium. For current information regarding parking, please see <http://studentlife.uoregon.edu/CommencementGraduation/SpringGraduation/ParkingandShuttleInformation/tabid/87/Default.aspx>

Professional photographers will be available around campus throughout the day and at our ceremony. Purchasing the photographs taken at our ceremony is optional.

Lodging information can be found here <http://www.travellanecounty.org/>

If you have not filed for a degree, your name will not appear in our program unless you use the sign up sheet in our main office. You may participate in the ceremony even if your credits will not be complete until summer or fall term.

The Psychology Peer Advising group has begun accepting applications for the 2011-2012 school year! If you are a Psychology Major, interested in helping others in understanding the requirements of the Psychology Major and helping plan events regarding student's futures with a psychology degree, please come into the Peer Advising Office, Straub 141, and fill out our application. Interviews will be scheduled based off of application and availability to commit to a full academic year. Good luck and we hope you join our group!

Application also available online at <http://pages.uoregon.edu/psypeers/faq.html>.

## Featured Peer: Nick Aquino Roithmayr



### Psi Chi

Being a member of Psi Chi, the psychology honor society on campus, is a great resume builder and opportunity for getting the most out of being an undergraduate student here at the UO. In a recent event we provided information on all the things you can do through the department that would make you more desirable for graduate programs. Those things included involvement in Psi Chi, doing a practicum, working as

a research assistant, completing an honors project, and becoming a Peer Advisor. If you missed out on the event and would like information on any of those things come to any Psi Chi meeting and ask, or stop by the Peer Advising office (Strb 141). In the future we hope to have professors who are in need of research assistants present some of their research and do a little recruiting. Also, seniors working on their honors projects

will get a chance to practice defending their thesis as well as show underclassmen what a completed project looks like. If any of these things sound interesting but you are not a Psi Chi member don't worry. We are accepting new applicants, and non-members are welcome to all meetings and events. The requirements for new members are:

- 14 + psych credit hours
- 2<sup>nd</sup> semester sophomore

Psi Chi, the national honors society for psychology, and a research assistant in Paul Dassonville's lab.

When Nick isn't occupied with psych stuff, he's busy maintaining his social life, which has grown from a group of friends to a new family. He likes to cook and entertain people, and often has his Oregon family over for potlucks at his house. His job also revolves around cooking and food, as he works food prep in the Central Kitchen in the basement of Carson Hall. His new hobby is photography and he plans to start a photo journal chronicling his journey around the world post-graduation. Nick is also an avid scuba diver and has experienced life underwater in many exotic places.

Once Nick graduates in just a few short months he plans to head East, starting with a road trip

back to New York with his dad. And after celebrating the end of a chapter in his life, he will start a new journey with his travel partner and girlfriend, Jennifer. Together they will go across the Atlantic to Europe, Africa and beyond working on farms and searching for growth and new experiences.

Ultimately, Nick wishes to pursue a career in psychology and fulfill his passion to help people, but in a way that goes beyond the traditional western paradigm. Nick practices self-awareness and believes strongly in the idea of mindfulness and holistic approaches. As an avid Duck fan and stellar student, Nick will look back fondly at his time at UO, and appreciate all the opportunities that Oregon presented him using these experiences as tools in his future.

- 3.0+ Psych GPA
- Top 35% of your class

- Soph- 3.27
- Juniors- 3.26
- Seniors- 3.39

Applications are available online or in the Straub 141 and are due February 21

# How to Succeed in Psychology

By Jason Broome

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As a senior who will soon be graduating with a bachelor of science in psychology and a minor in biology, I have been looking back over my time here at UO and not only examining what I have done, but more importantly what I wish I had done. After surprisingly little thought, I came up with one piece of advice I would like to pass along to you that I wish someone would have drilled into my head the very moment I stepped onto the campus: **GET INVOLVED OUTSIDE THE CLASSROOM!** Why you might ask? To put it very simply, it is an essential component needed to go to graduate school. As psychology majors, we find ourselves in a field that requires us to attend even higher education if we want to achieve any significant level of occupational success and fulfillment. Think I am exaggerating? Ask any professor in the psychology department or any family friend in with a bachelor degree in psychology and they will tell you that your bachelor's is basically insignificant in the professional and occupational world of psychology. The bare minimum of a master's degree is needed to pursue a career in some type of psychological

field, but a Ph. D or Psy. D would be just as good if not better. Thinking of psychiatry? Well then you had better get used to the idea of med school because you are going to need an M.D. for that one. Unfortunately, teachers and friends often fail to mention that most programs (at least the good ones) are really difficult to get into. And I mean REALLY difficult. To give you a better idea, UO had 239 students apply for admission into the doctoral program and only 10 were accepted.

So with so many people applying for such few spots, how can you stand out amongst the crowd and get accepted into you're desired graduate program? **GET INVOLVED OUTSIDE THE CLASSROOM.** Everyone applying will have excellent academic marks, so it is what you do outside the class that will set you apart from everyone else. Here at UO, we suggest that you get involved in a research lab, participate in a practicum program, or better yet do both. Performing the duties of a research assistant will give you experience conducting the experiments you would most

likely be doing in grad school, and admissions staff LOVE to see prior experience. If you do not want to pursue a graduate program focusing on research then the real world experience that you can gain from working in a psychology - based institution through practicum is probably a better option.

These programs are incredibly important because when you apply to graduate school, you will need to pick a specific program that is focusing on a unique topic. This topic, be it child development in autistic children or the neural circuitry behind long-term memory, needs to be something that you are incredibly interested and passionate about because you will be studying it for several more years. Practicum and research assistant positions help you figure out what this might be. They also put you in direct contact with some form of professional in the field of psychology that can write you a detailed and intimate letter of recommendation which will greatly benefit you during the admissions process. I would also suggest developing a personal connection with your faculty advisor, whose sole purpose is to

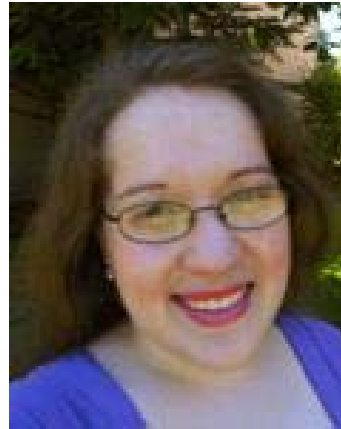
give you advice and help you with questions about a career outside the university.

As a psychology major, your overall success can be equally broken down into a minimum of two categories, but more are definitely to be found: classroom performance and involvement within the psychology department outside the class. Both are needed to pursue a career in psychology or some related field and I guarantee you with no doubt in my mind that the quicker you realize this, accept it and take action, the more successful you will be as a psychology major here at UO. However, please do not think that your bachelor degree is useless. There are several jobs that you can pursue outside the psychology field with your degree due to the fact that understanding human behavior is a broad skill that can be applied widely too many other business sectors. That being said, your schooling still only serves as the foundational base which you will build upon with extracurriculars and internships/work experience outside the university. So I say onto you, on behalf of myself and everyone who has ever come before me. **GET INVOLVED AND DO IT NOW!!!**



The Psychology Department would like to present Dr. Crystal Dehle as this term's featured faculty member. Crystal attended Washington State University, where she worked as a research assistant for the Couples and Family Therapy lab. When she graduated with her B.S. in psychology from WSU, Crystal headed down to Eugene and began the graduate degree program in Clinical Psychology. Dr. Dehle graduated from the University of Oregon in 1995 and traveled to Pocatello, Idaho and started her 10 year at Idaho State Uni-

versity. While working at ISU Dr. Dehle was a part of starting and accrediting ISU's nationally recognized Ph.D. program in Counselor Education and Counseling. After Crystal's husband accepted a position in Eugene, Dr. Dehle joined the Psychology Department's team. Dr. Dehle is currently the clinical director, lecturer, and instructor for the Clinical Psychology doctoral program. Dr. Dehle's passion for couples research and therapy and enjoys being able to train new therapists through the University of Oregon. Outside of the lab Crystal is kept very busy with her family. She has a 16 year old daughter and a 9 year old son. Crystal is currently participating in the Crossfit program in Eugene, an intense physical conditioning program offered throughout the country. Crystal enjoys reading novels. Her favorite authors are Margaret Atwood and Elizabeth Burg. She also enjoys cooking and growing tomatoes in her garden.



The Psychology department would like to introduce Brittany Dungan, doctoral student and esteemed former psychology peer advisor. Brittany always knew she wanted to attend the University of Oregon and when the time came that is just what she did. She began as a biology major, because of her interest in neuroscience. Brittany realized Psychology was where she belonged and had an amazing undergraduate career. She was PsiChi president and a research assistant in the visual

working memory, category learning, and attention lab. Brittany graduated in 2010 with a B.S. in Psychology and was accepted into the University of Oregon's Cognitive-Neuroscience doctoral program. Brittany has enjoyed the focus on research the program offers and the biology sequence. However, the cold season has kept her sick more days than healthy. Ms. Dungan was awarded the Ruth L. Kirschstein National Research Service Award through the National Institute of Health for her research in cognitive neuroscience. Brittany's future is full of possibilities, but she would like to work in research focusing on ERP (event related potential) for visual working memory. In her free time, of which there is very little, Brittany enjoys digital art and writing fiction. Above everything else, Brittany loves being a Duck!

## Word Search

Instructions: Find 15 psychology and graduation related words or phrases.

- |                     |  |
|---------------------|--|
| 1. Bill             | 13. Statistics   |
| 2. Cap              | 14. Summa Cum Laude  |
| 3. Freud            | 15. Zimbardo   |
| 4. Gown             |  |
| 5. Graduation       |  |
| 6. GRE              | NOTE: there are five secret bonus words not in the word bank for a total of 20 words or phrases. |
| 7. Mice             |  |
| 8. Mind and Brain   |  |
| 9. Mind and Society |  |
| 10. Practicum       |  |
| 11. Psypchology     |  |
| 12. Research        |  |

E R Y U L I A A C T R L A I P O U I R D Q C O P U  
 E S E P G Z N S L U I E L I S R E E T S S S E A N  
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 M N L M A O L I A C L H I Y S E E R M A S N E S E  
 I F G F A H T P M O I N T T C S N I P R M A I F U  
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 Y E I N U L A Y A U I T M E M Q F A L H I M U I W  
 R C A D B I D W B C I F I N U D I E L U L A I S T  
 D I A E E I E Y O S U T R O I L L O I B T C U E A  
 O R I E N S F S T L R C V E T A L N I I B S A S L  
 G A S R O F D I I A R I L D U I R E N L D F T I S  
 E G T M U N C S P M S A M F Y D G B R F G D H U T  
 C I E L A S S O H E I S D T E O L W D R S E Z D I  
 C M F D F G T A N B H R Y S I S I Y S N I U I Y B  
 A L N E T S M R Q Y E F D S L T T A G E A B P I A  
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