

HOOKED ON PSYCH

Volume 1, Issue 1

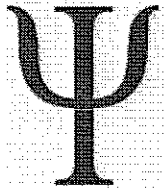
SPRING 2009

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Thesis Program for Advanced Psychology Majors

The Thesis Program allows qualified psychology majors an opportunity to conduct original research. The program is developmental in that it seeks to offer intellectually curious students an intensive year-long experience of mentorship and collaboration. To be part of this program, students must be willing to invest considerable time and intellectual energy.

Karly Rodriguez is a psychology major who completed an Honors Thesis about eating disorders pertaining to Caucasian women. She came up with this idea after she took Multicultural Psychology with Dr. Richmond. She presented this idea at the Association for Women in Psychology Conference.

Karly Rodriguez '09

Research on eating disorders

has consistently found that white women are more dissatisfied with their bodies and have higher rates of eating disordered behavior than black women (Crago & Shisslack, 2003; Dolan, 1991; Hewitt-Edwards & Grey, 1993). Since not all white women develop an eating disorder, this study examined within group differences, focusing on white racial identity development as a possible predictive factor. White racial identity development is the degree to which a person has critically evaluated their ethnic identity. I predicted that white women who have higher statuses of racial identity will not automatically succumb to the white norm of idealizing thinness and will be less likely to have eating disorders.

For my honors thesis, a survey was administered to

one hundred white women at Muhlenberg College. White racial identity development was measured using the White Racial Identity Attitude Scale (WRIAS) (Helms, 1984). Other possible predictive factors such as Multicultural exposure and socio-economic status were assessed using self-report measures and websites that can access average income per home based on zipcode and race demographics based on high school attended. The EAT-26 was used to assess disordered eating attitudes and drive for thinness (Garder, Olmstead, Bohr & Garfinkle, 1982).

Results show that higher scores of contact status, which indicates oblivion to racism, significantly predicted higher scores on the Eating Attitudes

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Other Research Opportunities

The Psychology major offers many different research opportunities. A particular strength of the department is the faculty, whose members are not only excellent teachers, but also productive researchers. Many students (freshmen through seniors) work with

faculty members as research assistants and collaborators. Students may volunteer their time in a research lab, they may enroll in the Psychology Apprenticeship course (PSY270; 5 course unit), or they may receive Independent Research credit (PSY 970; 1

course credit)

Lauren Bernstein and Joy Mitchell have worked with multiple professors to investigate different research topics

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Other Research Opportunities *continued from Page 1*


Sometimes a Flower is Just a Flower: Perceptions of Sexually Implicit Art Across the Menstrual Cycle

Lauren Bernstein '09
Joy Mitchell '09

We have both done research with psychology professors for the last two years. During our junior year we worked with Dr. Haring and Dr. Edelman on their Perceptions of Motherhood research. We are currently working with Dr. Rudski. Working closely with professors allows you the opportunity to gain valuable experience. This experience gives you a better understanding of research methodology and improves your ability to interpret findings. The skills learned in research translate into other courses and are useful for future work after graduation.

This year we investigated the relationship between the menstrual cycle and sexual arousal. Sexual arousal was inferred by participants' perception of the art during different phases of their cycles. We predicted that women would interpret the art as more erotic during the preovulatory and ovulatory phase, the follicular phase, than during other phases of the cycle. Our results showed that women not using oral contraceptives tended to use sexual terms in describing paintings by Georgia O'Keeffe during the follicular part of their cycle, but not the luteal. Ratings did not differ across the month in women taking oral contraceptives. It is evolutionarily advantageous to be more aroused during the follicular phase of the cycle because that is when you are more likely to conceive.


NAMI Lehigh Valley
National Alliance on Mental Illness

Walks 

May 2, 2009
Registration 9:00 Walk 10:00

ALLENTOWN ROSE GARDEN

*Can't Walk?
Call to Volunteer!*
610-882-2102

Help us raise money to offer
 free education, support and advocacy
 for people who have a Mental Illness
 and for their families

Let's Talk about Sex...

Melissa Katz '11

A book I recently read called "Gender Outlaw" by Kate Bornstein has really made me look at gender in a different perspective. Kate believes that gender is socially constructed and that there can be fluid areas as opposed to polar opposites of simply "male" and "female" and "man" and "woman". She imposes questions such as:

-What's your gender?

-When did you decide that?

-How much say do you have in gender?

-Is there anything about your gender or gender role that you don't like, or that gets in your way?

-Are there one or two qualities about another gender that are appealing to you, enough so that you'd like to incorporate those qualities into our daily life?

-What would happen to your life if you did that?

-What would your gender be then?

-How do you think people would respond to you?

-How would you feel if they did that?

Recently I asked my male friend how he would feel if I paid for his lunch as a way to

Continued below

Thesis Program *continued from Page 1*

Test This means that there is a relationship between racist attitudes and eating disordered behaviors. More research needs to be done in terms of multicultural exposure and SES as this sample lacked variability. Results from this study emphasize the importance of multicultural awareness and the need for diversity programs that require

white women to critically and personally examine racism and cultural norms

Sex... *Continued from above*

thank him for the times that he has paid for me – he told me that he would feel "weird". Why is this? I only meant this as a way of gratitude. The next time you are putting on make-up before going to a party or playing T-Ball outside, think about why you are doing these things. Do you behave the way you do because you WANT to? Or do you act the way you do because you are "SUPPOSED" to?

Op/Ed—What's Keeping You Dreaming? (by Deena Wolloch - '11)

In a recent article I read called *What Do Dreams Mean? Whatever Your Bias Says*, by John Tierney. It dawned upon me that we all have that particular dream that either reoccurs or is just so strange we don't know what to think. Well, luckily this article helped to clear some of that up. These once unsolved questions, thanks to social psychologists, have begun to uncover some of the answers. The psychologists began by asking college students how much significance they attached to dreams. Not many believed in modern theories that dreaming is simply the brain's response to random impulses or for sorting and discarding information. Rather, the majority, even Freud, agreed that dreams reveal important unconscious emotions. Some Freud believers even consider dreams to be valuable omens.

When students were asked to recall their own dreams they gave more significance to a negative dream if it was about someone they disliked, and they gave more weight to a positive dream if it was about a friend. Similarly, there was a bias that showed up when people were asked to imagine that they had various dreams starring a friend. Interestingly, even nonbelievers in G-d showed a weakness for certain heavenly dreams. Freud suggested that dreams of flying revealed thoughts of sexual desires. He also suggested that dreams about the absence of the ability to fly which indicated the succumbing to sexual desire.

Relying on your dreams for guidance is like the political ritual of appointing an "independent blue-ribbon panel" to resolve an issue. Even if you don't believe in your

own dreams, the new research suggests that you can learn something from those of others. Researchers doubt that dreams contain hidden insights, but they have noted that dreams can be an indicator of a person's emotional state. One should be wary about telling people about their undesirable behavior in your dreams, as they may think that your dream reveals your true feelings about them.

Even those who don't attribute any deep meaning to dreams should still pay attention when a romantic partner tells you about a dream in which you were caught in bed with your partner's friend. You should definitely be concerned if your partner goes on to mention a second dream involving a commandment from G-d to take a year off and travel the world.

Spotlight on Students

Ben Katz ('09) - Presenting at APS in San Francisco, CA and at the Society for Music Perception and Cognition in Indiana. **David Weiss ('09)**, **Rachel Leavitt ('09)**, **Lindsey Grom ('09)**, **Karly Rodriguez ('09)**, **Tom Prevete ('07)** - Poster presented at the conference for the Society for the Psychological Study of Social Issues, Chicago, IL. Chi, J, K, G, Wolfe, C, T, Weiss, D*, Leavitt, R*, Grom, L*, Rodriguez, K*, & Prevete, T*, (2008, June). Social Justice and "Diversity Talk" at a Small Liberal Arts Institution.

Karly Rodriguez ('09) and **Kaitlin Merritt ('09)** - 34th Annual Conference of the Association of Women in Psychology "Feminist Empowerment Through Unity & Diversity," March 12-15, 2009, Newport, RI; Sciutto, M.J., Rudski, J., Herman, E., & Naab, L.—(2009, February) Labeling and Stigma in Asperger's Disorder and Autism. Poster accepted for presentation at the 41st annual meeting of the National Association for School Psychologists (NASP), Boston, MA; **Samantha Silverberg ('10)** and Sinno, S. — Poster accepted for pre-

sentation at the Jean Piaget Society Conference, Park City, UT, June 2009, "Age Related Changes in Reasoning about Distributive Justice"

Internships: **Jackie MacFarlane ('09)** - Occupational Therapy Internship; **Mallory Russo ('09)** - Life Review Internship; **Dana Glassman ('09)** and **Karly Rodriguez ('09)** - Admissions Internships; **Samantha Silverberg ('10)** - Valley Youth House; **Savyon Lang ('10)** - Lehigh Valley Hospital: Transitions Program

Congratulations to our Psi Chi Seniors!

Anthony Barnold, Brittany Barton, Rebecca Bednar, Marissa Beidler, Lauren Bernstein, Dana Glassman, Sarah Goldberg, Sarah Golden, Erica Gross, Jessica Gushee, Erin Herman, Adam Hirsh, Benjamin Katz, Lori Kerzner, Nicole Lapin, Justin Laplante, Rachel Leavitt, Jaclyn



Psi Chi Induction Ceremony

April 20th at 5:00 p.m.

Induction of 13 students

"Cording" of our Seniors

MacFarlane, Kaitlin Merritt, Joy Mitchell, Erica Pavone, Karly Rodriguez, Catherine Ruscitti, Sarah Schrader, Emily Sidway, Melissa Smith, Nora Rene Springstubb, Cortney Toth, Rebecca Unger, Suzanne Wasserman, David Weiss

Spotlight on Faculty Interview with Dr. Gotthard *(Dori Lewis '11)*

Dr. Gotthard began working at Muhlenberg in the fall of 2008. She is a biological psychologist and has a joint appointment between the Psychology Department and the Neuroscience Program. She teaches Learning and Behavior, Biological Psychology, Memory and Amnesia, Introductory Psychology, and Advanced topics in Neuroscience. She will be teaching a new lab course for the Neuroscience Program in the fall of 2009, called Brain and Behavior.

Dr. Gotthard grew up in northwestern Minnesota and earned her B.S. degree with a major in psychology from the University of North Dakota. However, she didn't "find" psychology until she was a junior—working her way from accounting to economics to education psychology. Her Intro to Psych course at UND "sucked her in" and when

she took the Psychology of Learning course at UND, she was "hooked." She started working as an undergraduate research assistant with a faculty member conducting research on false memory and found that she really loved research. Following her

She especially likes the students here at Muhlenberg, saying "they are some of the most motivated and friendly students" she has worked with.

undergraduate work, Dr. Gotthard moved to Minneapolis to work for two years in a research lab at the University of Minnesota. She conducted research with pigeons, examining learning and memory, and then went on to earn her M.A. and Ph.D. in ex-

perimental psychology with a specialization in biological psychology from Kent State University in Ohio. During her graduate work, Dr. Gotthard developed an appetitive spatial task called the sand maze. In this task, rats search in a kiddie pool filled with sand to find buried cereal rewards. Dr. Gotthard's research focuses on appetitive learning because, as she said, "Much of the learning and memory research focuses on fear learning. However, I think it is just as important to examine how people learn in their everyday environments. Most people aren't running around in 'fight or flight' mode, so understanding how everyday appetitive learning takes place in humans and other animals is critical."

Following graduate school, Dr. Gotthard

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Muhlenberg to Graduate 64 Psychology Majors

Amelia Adler, Jessica Apicella, Anthony Barnold, Brittany Barton, Caitlin Bassett, Rebecca Bednar, Marissa Beidler, Katherine Bemis, Lauren Bernstein, Zachary Chiero, Samantha Crist, Diana DaSilva, Julie deLaurentis, Marguerite Farrell, Michael Fau, Valori Ferrigno, Allison Gadon, Kristin Garbutt, Dana Glassman, Sarah Goldberg, Sarah Golden, Lindsey Grom, Erica Gross, Jessica Gushee, Wendy Hartmann, Erin Herman, Adam Hirsh, Samantha Jonson, Benjamin Katz, Rachel Kauffman, Lori Kerzner, Melissa Krisa, Nicole Lapin, Justin Laplante, Rachel Leavitt, Jonathan LeComte,

Congratulations



Jaclyn MacFarlane, Dorothy Martin, Kaitlin Merritt, Joy Mitchell, Susan Moczydlowski, Alicia Monts, Ruth Morrongiello, Timothy Ness, Angelica Pavone, Leann Rampulla, Karly Rodriguez, Carly Rotfeld, Avrit Rubin, Catherine Ruscitti, Mallory Russo, Sarah Schrader, David Schreiber, Jillian Seeley, Emily Sidway, Melissa Smith, Nora Rene Springstubb, Jason Tenenbaum, Cortney Toth, Rebecca Unger, Suzanne Wasserman, David Weiss, Katelyn White, Stacey Zimmer



Class of 2009!



Muhlenberg Students Participate in LVAIC Undergraduate Psychology Conference hosted by DeSales University, April 18, 2009

Janelle Mentrikoski	Asperger's and Education: A Qualitative Study of Individual Experiences in the Classroom and on the Playground
A J Barnold, Jessica Gushee, Lori Kerzner, Nicole Lapin	Factors that Influence Balance Task Performance on Nintendo Wii
Erin Shapiro, Laura Winger, Caitlin Bassett, Hanna Glidden	Effects of Emotional Valence of Stimuli and Hemispheric Presentation on Preconscious Processing
Joy Mitchell, Lauren Bernstein	Sometimes a Flower is just a Flower: Implicitly Erotic Art across the Ovarian Cycle
Emily Sidway, Brittany Barton	Exploring the Limitations of Vicarious Dissonance
Sarah Goldberg	Physical Appearance Contingency of Self-worth as a Mediator between Identity Status and Disordered Eating Behaviors among College Women
Erica Gross, Rachel Leavitt, Jackie MacFarlane, Nora Springstubb	Stress and Coping in College Students
Matthew Eadline, Joshua Glueck, J Matthew Marini	Cycloheximide Produces Amnesia for an Odor Discrimination in Rats
Lindsey Grom, Veronica Boyle	Meditations Effects on Cognitive Alertness and Perceptions of Anxiety
Katie Bemis, Emily Morse, Catherine Ruscitti	Attitudes Towards the Perceptions of Prenatal Testing and Down's Syndrome
Caitlin Bassett, Jessica Apicella, Michael Fau, Melissa Krisa, Justin Laplante	The Effect of Gender and Experience on Leadership Qualifications
Thomas Gambuzza, Valori Ferrigno, Rachel Ammerman	Perceptions of Stay-at-Home Fathers
Rebecca Stein, Danielle Morrone, Melissa Smith, Katherine Bemis	Perceptions of Autism as Affected by Popular Online Videos
Adam Staffaroni	A Comparison of Drinking Motives with BIS/BAS Scales
A J Barnold	Racial and Gender Stereotypes in Commentary on Collegiate Sports
Allison Gadon, Alison Long, Mary Samot, Stacey Zimmer	The Effects of Personality and Gender on Addiction
Sarah Goldberg, Erin Herman, Sarah Rutstein, Ariel Unger	The Effects of Divorce: Perceptions of Romantic Relationships among College Students
Sarah Cappello, Catherine Ruscitti	Effect of Cycloheximide on Spatial Memory in Rats in the Sand Maze
Jenna Van Waalwijk, Timothy Ness	Emotional Responses to Music

Spotlight on Faculty *continued from Page 4*

taught at Carleton College and then at Randolph-Macon Woman's College in Lynchburg, Virginia. She is very excited to be at Muhlenberg College and finds everyone to be very welcoming and supportive. She especially likes the students here at Muhlenberg, saying "they are some of the most motivated and friendly students" she has worked with. In addition to the courses Dr. Gotthard teaches at Muhlenberg, she is heavily involved in student research. She

has ten students working in her lab this year, examining the "memory erasing" effects of protein synthesis inhibitors in the sand maze and an appetitive odor discrimination digging task. Three of her research assistants (Matt Eadline, Josh Glueck, and Matt Marini) presented their research at the Eastern Psychological Association meeting this spring and are working on writing up their results for publication. She will be working on three projects with stu-

dents over the summer and has a full lab again for the following academic year. Dr. Gotthard feels passionately about student research. She said, "The experiences I had as an undergraduate research assistant at UND and U of M have really shaped who I am. I want to be able to share that experience with as many students as I can."

MUHLENBERG COLLEGE

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Allentown, PA 18104

We're on the Web

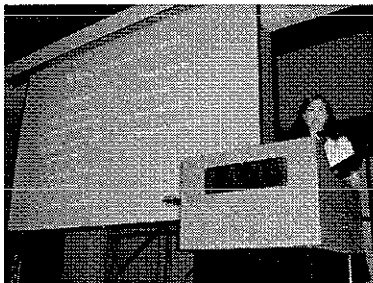
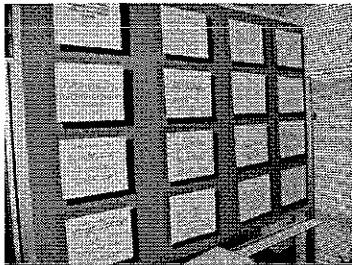
<http://www.muhlenberg.edu/depts/psychology/>

Psych Club Back in Action!

After a short hiatus, the Psych Club at Muhlenberg College is up and running again. I am very proud of the executive board members, Yoni, Alana, Dori, Dave, and Deena who expressed interest in leading this organization at the beginning of the Fall semester of 2008 and have turned the club into an active and visible part of Muhlenberg's campus.

In just one academic year, with little guidance from years past, this group held several meetings to increase student interest, ran a fundraising event to begin a budget, held a freshman advising forum and took part in two larger national events of a de-stressing day and a walk to increase awareness of mental illness.

It has been a rewarding experience to advise this group and we would all more than welcome interested psychology students to come and join. If you are interested in being part of the Psych Club mailing list or finding out ways to get more involved you can email Dr. Sinno at ssinno@muhlenberg.edu.



PSYCHOLOGY RESEARCH DAY

Spring 2009

April 28th

4:20-6:30

Moyer Hall

