

The Freudian Slip

CSB/SJU Psychology Department Newsletter

April, 2009



College of Saint Benedict and Saint John's University

Minnesota Undergraduate Psychology Conference (MUPC) by Hannah Nelson

The Minnesota Undergraduate Psychology Conference will be held on **Saturday, April 18th, 2009** on the campus of the College of Saint Benedict. This one-day annual conference promotes undergraduate research in the field of psychology and will feature oral and poster presentations of student research. The conference is open to the psychology community and attendance is free. We are also pleased to announce that the keynote speaker will be Dr. Laura A. King, Professor of Psychology at the University of Missouri, Columbia. Dr. King is a personality psychologist whose talk is entitled "The Secrets of a Happy, Meaningful Life." This conference is a great way to get involved with your psychology major. It is an opportunity to share your research with peers, learn about others' research, and become more involved within the field.

If you want to ATTEND...

Attending MUPC is a great way to learn about the research being conducted by your CSB/SJU peers as well as students at other colleges/universities in Minnesota and neighboring states. You can use this day to brainstorm and generate ideas for topics that you may want to research in the future. You can even add attending MUPC to your resume! Graduate schools are looking for students who are excited about research and broadening their knowledge of the field.

Students who are attending MUPC but will not be presenting do not need to register in advance.

If you want to VOLUNTEER...

Volunteering at MUPC can give you a behind the scenes perspective of how a conference runs. Volunteers will set up the conference, run the registration table, moderate oral presentation sessions, monitor poster sessions, and help campus visitors. If you are interested in volunteering for part or all of the day, contact Dr. Robert Kachelski (RKachelski@csbsju.edu). Student presenters are welcome to volunteer as well.

If you want to PRESENT...

Think you're not qualified to present research at MUPC? Think again. This conference offers opportunity for a wide variety of presentations including senior honors theses, senior projects, independent projects, and any research projects completed as part of a class, such as Research Methods. Also, if you are already planning to present at Scholarship and Creativity Day, consider presenting at MUPC as well! Once you've decided that you want to present (which you should!), make sure to communicate with the professor who assisted you in your research. This person must support your decision and review the completed abstract before it is submitted. Together, decide whether a paper or poster presentation best suits your project.

Paper Presentations: Oral presentations will be 10 minutes long, and two additional minutes will be provided for audience questions.

Poster Presentations: Foam boards, easels, and pushpins will be provided. Because we will be using easels to display the posters, the maximum size of the poster should be 30" x 40"; larger posters will not fit on the boards.

Finally, you can submit your abstract online. From the Psychology department website, click on MUPC and then click MUPC Submissions Page. Abstracts should be 120 words or less, and only one student collaborator from each project should submit the group's abstract. **The deadline for abstract submissions is Monday, April 6th, at noon.** The student who submits the abstract will be asked to list all of the authors who should appear in the program and to estimate how many of the authors plan to attend MUPC.

All MUPC events will take place between 9:15 AM and 3:45 PM on the College of Saint Benedict campus, with registration beginning at 8:00 AM. For a complete schedule and additional information about MUPC 2009 such as parking and directions, please visit our website.

Please direct questions to Dr. Laura Sinville (LSinville@csbsju.edu) or Dr. Linda Tennison (LTennison@csbsju.edu).

Page 1

The Graduate School Experience By Brianna Ricci

"I am enjoying the whole process of grad school much more than I thought I would," says Erin Olufs, a graduate of CSB/SJU who now attends the University of North Dakota. If you are considering grad school, now is a good time to begin preparing for it. The road will be difficult, but according to Erin, it will also be rewarding.

Erin Olufs grew up in West Salem, WI, before coming to CSB/SJU to double-major in psychology and peace studies. She knew early on that she wanted a degree in Clinical Psychology, so she began planning as soon as she could, starting with her schedule. "I had to make sure that I had taken all the courses that most grad schools require," she says. However, this was only the tip of the iceberg: "I built relationships with professors who helped me both in school and through the application process. I completed an honors thesis. I worked over the summer in a related field, and I made sure that I was volunteering through the school year with different programs to get more experience. I also had to take the GREs." The individual steps were not too difficult, but all together, it was an exhausting process.

After completing these goals, it was time to actually apply to some programs. First, Erin looked through the APA book on grad schools, noting the places that fit her interests and doing further

research online. She applied to fifteen schools, writing an individualized purpose statement for each one. The applications took her about two months to complete. In the spring, some of the schools requested an interview, and she went to as many of those as she could.

It was her interview with University of North Dakota professor Dr. Himle that sealed Erin's decision on where she wanted to go. She had read about Dr. Himle, who specializes in childhood disorders, while doing research on different schools. The focus intrigued her. "I wasn't sure what to expect when I went to interview," she remembers. "However, once I got there I just knew it was the place for me. I had a great talk with Dr. Himle, and knew he was someone I wanted to work with. North Dakota became my top choice after that, and it is still an amazing place for me."

Grad school, while amazing, is not easy. "I hadn't really appreciated how difficult it was until I started getting the reading assignments and homework," Erin recalls. "I have discovered I can write a 12-page single-spaced paper in a day." The workload is intense, but for Erin, the stress is well worth it. She has found that she can handle it, and in fact it is no longer such a struggle. "I love all my classes, so the work is more a learning experience than an assignment. It is a supportive

environment where you help each other out," she says, a reflection on how rewarding it is to be studying what you love. In the future, Erin is hoping to work with children who have developmental, learning, and anxiety disorders.

Asked what advice she had for current CSB/SJU students thinking about grad school, Erin replied, "I wish I had known how competitive the field of clinical psychology has gotten...I wish I had applied to some masters programs or jobs as a back-up in case I didn't get into grad school." Her second recommendation was to complete an honors thesis: "Grad schools want you to have research experience. Therefore, it helped that I was able to say I had done a complete research thesis on my own." Finally, she says, "Buy the Graduate Study in Psychology 2009 book published by APA. Go through it and look at all the schools and mark the ones you are interested in. Then go back and look up the programs on the internet and find out about the program and its faculty."

The decision to attend grad school may not be an easy one, and the process of preparing, applying, and interviewing will be time-consuming. Yet as Erin has discovered, everything will pay off in the end. We in the psychology department wish you the best of luck!

Page 2

News/Events by Katie Garrey

Staff
Brianna Ricci, editor and contributing writer
Katie Garrey, contributing writer
Hannah Nelson, contributing writer

The Psychology Club is holding an "All Club" Meeting on Wednesday, April 1st at 4:15 pm in Murray Hall 001. Come to the meeting to plan events for next year and meet other members of the Psychology Club!

Professor Narloch and Professor Kachelski recently presented their study *The Relationship of Epistemological Beliefs to Identity Style during the College Years* at the Annual Meeting of the Eastern Psychological Association Conference.

Professor Immelman was recently interviewed for the April issue of *Oprah* magazine. Professor Immelman's comments and part of his personality profile of Barack Obama appeared in the magazine on pages 113-114.

Sarah Moore and Angela Rodgers recently presented their research on "The Personality Profile of President Barack Obama: Leadership Implications" at the 6th annual Minnesota Private Colleges Scholars at the Capitol event. The event was held on February 19, in the State Capitol rotunda, St. Paul.

Professor Immelman's personality profiles of Eric Harris and Dylan Klebold, the shooters at Columbine High School, are being published in the book *Columbine: A True Crime Story; A Victim, the Killers and the Nation's Search for Answers* which will be in bookstores on April 1st.

Psychology seniors, do not forget to sign up for the Major Field Test. Psychology seniors must take this test in order to meet their graduation requirements. Sign up soon and get the time you want because only 25 students are allowed in each time slot. To sign up please email Zach Schmitt (zschmitt@csbsju.edu) two test dates that would work for you. The times to take the test are as follows:

April 16th – Main Building Computer Lab (CSB) – 4:00pm-6:00pm
April 17th – Simons Computer lab (SJU) – 4:30pm – 6:30pm
April 20th – Simons Computer Lab (SJU) – 3:00pm – 5:00pm
April 21st – Main Building Computer Lab (CSB) – 4:30pm-6:30pm