



# Freudian Slip



CSB/SJU Psychology Department

## Daylight Savings Time

Spring ahead, fall back, daylight saving time is one of the first indications that spring is actually here. Daylight savings time came into existence through the suggestion of Benjamin Franklin, one of America's founding fathers. Acting as an American delegate to Paris, Franklin presented his essay entitled "An Economic Project" in 1784. Though many of Benjamin's fellow inventors took to the idea, the actual notion did not take off until 1907 with William Willett's pamphlet, "Waste of Daylight." He was struck with what a waste it was for people to be sleeping with their blinds closed during the morning daylight hours and to be using lights late into the evening. After spending many years advocating the plan, Parliament in England passed an act May 17, 1916 in which eighty minutes would be added in four separate intervals. For a great period of time people were confused and opposed to the changes. But England was not alone in making the move; in fact Germany implemented the plan before them. Slowly many different countries including the United States started to instigate similar systems for daylight savings time and formatted standard time zones. During World War I people started to catch on to the new time schedules as the need for daylight increased. In World War II America actually enforced what was referred to as Double Summer Time, in which they would set clocks two hours ahead.

Daylight savings time is now found across the globe, though the time in which it is instigated varies, as well as the date. Mainly countries close to the equator do not have Daylight Saving Time at all because their hours of daylight and night are close to even. Though

much of the United States practices Daylight Saving Time, not all areas do. Hawaii, Arizona, and most of the Eastern Time Zone of Indiana do not change their clocks.

Though daylight saving time is currently set up as moving ahead the first Sunday of April and falling back the last Sunday of October the shift will now be changing in the United States. The Energy Policy Act of 2005, which was signed August 8, 2005, will change the dates for Daylight Saving Time starting in 2007. The new changing dates will be the second Sunday in March and the first Sunday of November.

In the United States that time change happens at 2:00 a.m. and many bars close at 2:00 a.m. as a state closing policy. At first glance some partiers may rejoice with an extra hour at the bar. Much to the disappointment of some however, the bar actually close at 1:59 a.m., so actually they are already closed before daylight saving time is instigated on the first Sunday of April.

Despite the effects on energy saving, the daylight saving policy has several psychological impacts. One of the groups of people that are opposed to the change is those with sleep disorders. People suffering from sleep disorders have a difficult time adjusting to the time changes. In psychological research of the effects of Daylight Saving Time, researchers have found that there is an increase in traffic accidents in relationship to losing an hour of sleep. One psychologist from the University of British Columbia found that there actually is a 7% increase in accidents the day following Daylight Savings Time.

By, Emily Trapp

One of the main reasons that people as a whole have adjustment problems is circadian rhythms, which monitor or time almost all behavioral and physiological events in the body. The area of the brain that is associated with the circadian clock is a region of the hypothalamus made up of a cluster of nerves. Generally speaking, this circadian rhythm is synchronized by daily light-dark cycles, focused on environmental cues. Therefore after the Daylight Saving Time change, the changes in the light will help a person's circadian rhythm reset itself. Those that have difficulties adjusting to these changes will have an imbalance of the secretion of melatonin to induce sleep. If a person's changes in biological rhythms are strong enough or the body cannot adapt well, a person may begin to suffer from mood disorders, such as depression.

Though everyone's circadian rhythms must adjust, those with Seasonal Affective Disorder may benefit from the Daylight Saving Time change the most. Those suffering from Seasonal Affective Disorder have symptoms of depression during the fall and winter in reflection of being exposed to less natural sunlight. With the coming of spring and Daylight Saving Time, those with the disorder with be exposed to more sunlight and slowly their symptoms will dissipate.

So what suggestions do psychologists have to offset the effects of springing ahead? It is suggested that the night before Daylight Saving Time a person starts to adjust their schedule, such as eating dinner an hour earlier and going to bed an hour earlier as well.

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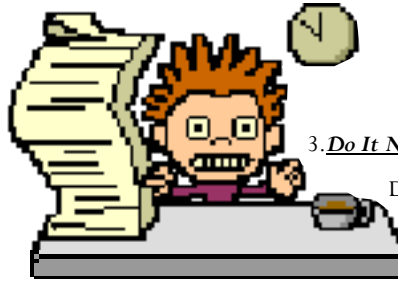
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<http://72.14.203.104/search?q=cache:9fttUfcsdEJ:www.selfhelpmagazine.com/articles/holidays/day-save.html+daylight+and+psychology&hl=en&gl=us&ct=clnk&cd=5>

## Is Stress Controlling Your Life?

As the year comes to a close, almost everyone at CSB/SJU has something to feel stressed about. Whether trying to complete a paper, apply for a job after graduation, or figure out summer plans, college students face numerous stressful situations. If you are someone who can relate, read on for tips about how to combat and reduce your stress.

1. **Get Organized** It is important to plan ahead and keep a schedule for yourself. By writing the things down that you need to accomplish in a day, you will make room in your memory for more creative and pleasurable activities.
2. **Rehearse/Visualize** Rehearse or visualize any situation that you know is going to be stressful. Think of any difficulties you may encounter in the situation, and brainstorm ways that you could overcome them. By doing this, you will greatly decrease the amount of stress you feel while actually in the situation.



### 3. **Do It Now**

Do your most difficult tasks

early on while you are still fresh. This will greatly relieve pressure in the future and will help you avoid a last minute rush. Remember: procrastination feeds stress!

4. **Know Your Limits** Try to be realistic about what you can accomplish in a day. If you make a schedule and avoid procrastinating, this should be very doable. Focus on quality within a day, not quantity.

5. **Schedule Your Stress** When you schedule, make sure to spread your various stressful projects and events so that they do not coincide with one another. Doing this will give you some breathing room and will make you better-prepared if something unexpected occurs.

## Freudian Slip

By, Lisa Egan

6. **Treat Your Body Right** It is important to eat right, exercise, and get an adequate amount of sleep every night. This will help give you self-confidence and energy, and will help your body fight off the physical side effects of stress.

7. **Positive Self-Talk** Make sure to tell yourself positive statements such as, "I can handle this" or "I've done this before" when faced with stressful situations. If you do this you will increase your self-confidence and make it more likely that you will handle the situation successfully.

8. **Develop a Sense of Humor** Try not to take things too seriously, as this can be a barrier when attempting to handle stressful situations. See the humor in situations that are out of your control. Laugh!

(Adapted from <http://chaplaincare.navy.mil/selhelp/stressbuster.htm>)

## Superstitions

This is the time of the year when clover patches start popping up. Scientifically, it is estimated that there is approximately one four-leaf clover for every 10,000 three-leaf clovers. If you happen to come across an elusive four-leaf clover this spring, legend has it that you will be blessed with very good luck. The legend of the four leaf clover dates back to the Irish Christian tradition that associates the first three leaves on a shamrock with the Holy Trinity while the possible fourth leaf is thought to symbolize God's Grace.

Like many of the superstitions that society has held onto, the luck of the four-leaf clover is fictional and mythical, but some people take these superstitions seriously. And think about it: What if you are destined to slip and fall on the ice and break your arm, but you find a penny on the sidewalk and, subsequently, you escape this unfortunate fate? What if you failed that calculus test because you walked under a ladder? What if there is a little truth to these superstitions?

Logically, most people would agree that superstitions are completely irrational and fictional. For many individuals, however, these seemingly foolish superstitions compounded with all the "what ifs" can cause anxiety to arise. For some,

opening an umbrella indoors will trigger just a moment of pause and a slight hesitation, for others, it may trigger a full-fledged panic attack.

Because cultural superstitions have been around for ages, they have become a part of our culture and individuals are taught to readily recognize and react to them. Cultural superstitions eventually become conditioned into the minds of many people. As a child, you were probably told the catchy rhyme "don't step on the cracks or you'll break your mother's back," and the next time you were walking on a sidewalk you were probably amused by the whole notion and you most likely took careful steps to avoid stepping on the cracks. While this little game starts out as innocent and fun, it eventually can escalate become a conditioned reaction that will cause you to hesitate whenever you step on a crack in the side-walk.

Dr. Steuart Vyse, a psychology professor at Connecticut College and author of *Believing in Magic: The Psychology of Superstition* explains that superstitious and thoughts can have actual (and sometimes extreme) psychological results. For some individuals, superstitions can become conditioned to the extent that they cause personal

By, Collette Fischer

distress and have a negative impact on day-to-day life. (medicinenet.com) Many individuals who suffer from the psychological anxiety disorder called **obsessive-compulsive disorder (OCD)** exhibit extreme superstitious thoughts and maintain excessive superstitious patterns of behavior. Although not all OCD rituals and beliefs are necessarily superstitious in nature, some individuals attribute their extreme anxieties to social superstitions (i.e., avoiding appointments on Friday the 13<sup>th</sup> or developing obsessive rituals like touching a horse-shoe for good-luck).

Although superstitions can have an impact on our psyche, Dr. Vyse explains that, typically, superstitions are just fine in fun and games: "most of the superstitions people engage in are perfectly fine, and are not pathological" (medicinenet.com). So, next time you walk by a clover patch, don't be ashamed to stop for a minute and look for a rare and lucky four-leaf clover – you never know what luck it could bring you. Just don't let your search become too distracting and cause you to miss a class. Furthermore, if you do find a four-leaf clover, don't expect it to get you an A on a test.



Sources: Albert, S. (2004, October). *The Psychology of Superstition*. Retrieved March 14, 2006, from <http://www.medicinenet.com/script/main/art.asp?articlekey=46749>

Clover Specialty Company. (2004). *Facts About Four-leaf Clovers*. Retrieved March 14, 2006, from <http://www.fourleafclover.com/4fact.html>

## What Does the Color Green Mean to You?

By, Jake Foster

With the feeling of St. Patty's day in the air the color green pops up just about everywhere you look. Whether it is a green shamrock or a green leprechaun I am sure we have all noticed the color green somewhere in these past few weeks. It may seem like these cardboard cut-outs or a random green streamer have no effect on us, but is that true? Does the color green have any affect on our mind or body?

The century old art of "Color Therapy" says that all colors definitely affect our bodies in some way. According to this practice green affects our heart chakras, or energy fields. Green is also supposed to be a color that is soothing, relaxing, and have a calming effect on us both mentally and physically. It is said to be a good color for people who suffer from cardiac conditions, ulcers, and high blood pressure. It is also thought to help people deal with anxiety, nervousness, and even depression.

According to different tests and experiments done to prove the existence of "color psychology," the color

green certainly has a number of effects on the mind and body. In one of these studies they had small children paint using different colors. Those children painting with primarily green were found to show "balance, fewer emotional impulses, [and] a simple and an uncomplicated nature" (*Color Psychology*).

In the ancient chromotherapy, colors were believed to have healing power over the body. Ancient Egyptians, the Chinese, and certain tribes of American Indians all practiced chromotherapy. Colors were said to cure all kinds of ailments from simple colds to liver and skin disorders.

The Chinese design art of Feng Shui has been around for thousands of years and puts great emphasis on color. Green is among the 11 "Feng Shui colors." In Feng Shui colors and objects are in different areas based on the belief patterns of the yin and yang. Positioning buildings, graves, and furniture is supposed to affect the flow of "chi" positively or negatively. Color is

also a very crucial component in Feng Shui. When the color green is placed correctly it is supposed to bring on good luck. This art also says that a black cat can be lucky, so who knows!

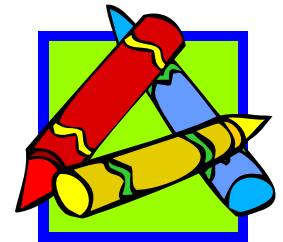
All in all if green affects people in these certain ways we ought to be extremely calm, relaxed, and less emotional here at CSB/SJU. Maybe we'll even have a good luck streak in our near future. Even if you do not believe in the effects of colors on our mind and body maybe you will think twice the next time you see the color green, or even think differently about that dreaded black cat in your neighborhood.

Sources adapted from:

*Color Therapy.* <http://www.biopulse.org/color.html>

*Color Psychology.* <http://www.shibuya.com/garden/colorpsycho.html#COLOR%20TEST>

*Feng Shui Guide.* <http://animalxing.com/fengshuiww.php>



***"Green is also supposed to be a color that is soothing, relaxing, and have a calming effect on us both mentally and psychologically."***

## The Ups and Downs of College Life

By, Amy Vannurden

As you walk out of that classroom convinced you just bombed that psychology exam, you might think that the rest of your week will be terrible. You will not want to get the exam back next week because the bad grade will make that week terrible too! At least, this is what you might think... Some researchers claim differently.

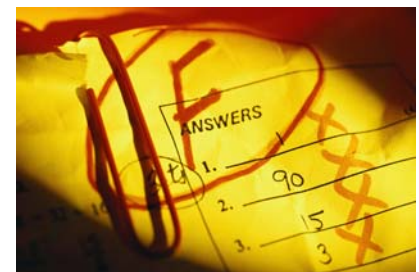
In 1998, Gilbert et al. did six studies regarding what they refer to as the "psychological immune system" (Albeson, p.29). Through these studies they tested the hypothesis that people would recover much more quickly from bad events than they think. Being the pleasure-seeking creatures that we are, we tend to try to cling to happiness and find ways to fight and get rid of sadness, much like we fight illness.

The most decisive and interesting of the studies offered students class credit and 25 dollars for reviewing local business' advertisements, but only if they passed a test. Some students were told that only one judge would determine if they were

good for the job and other students were told there would be three judges. Their happiness levels were determined before the test, after they were rejected, and 10 minutes after the rejection. In all cases, the students were not as upset as they thought they would be right after they were rejected. For the students that were only judged by one person, however, their psychological immune system helped them to rationalize their rejection and fight the weak sadness that they had felt. Over time, however, the stronger sense of failure from the three judge condition could not be overcome by the psychological immune system because rationalizing three rejections is difficult.

How does this apply to the emotions of college students? First of all, it shows you that, in the end, you really won't feel that bad about that exam, even if you didn't do so well. Do not worry; you could still have a great week! Secondly, in college classes, one paper or exam might be a lot of your grade, but even if you do poorly, it is just one thing that goes into your college experience and

you will get over it. If you do not do so well several times, your psychological immune system might have a harder time bringing your mood back up, but then again, you might be able to rationalize it in a different way. The psychological immune system is only a theory after all!



Source:

Albeson, R.P., Frey, K.P., Gregg, A.P. (2004). *Taking the edge off adversity: The psychological immune system.* Experiments with people. Mahwah, New Jersey: Lawrence Erlbaum Associates.

**St. Ben's Campus...**  
**Location:** Richarda P 331/2  
**Campus Extension:** 5139  
**Professor's Offices:**  
 Holtz, Jan  
 Immelman, Aubrey  
 Rau, Renee  
 Stelzner, Steve  
 Wielkewicz, Richard

**St. John's Campus...**  
**Location:** Pengl 123  
**Campus Extension:** 3195  
**Professor's Offices:**  
 Andrews, Marty  
 Bacon, Pam  
 Helfritz, Laura  
 Livingston, Michael  
 Narloch, Rodger  
 Seibennbruner, Jessica  
 Tennon, Linda



Source: Weaver, Jane. "Partying it on St. Patrick's Day?" MSNBC. March 16, 2005 2005 <<http://www.msnbc.msn.com/id/7189818/>>.

For many people, St. Patrick's Day is a time to celebrate the patron Saint from Ireland. During this celebration, people tend to drink alcohol at an alarming rate. Before participating in this practice this St. Patrick's Day, it's important to know the dangers of binge drinking. The question asked is, why is it bad for your body to binge drink? Well, according to a study conducted at the University of North Carolina at Chapel Hill, becoming intoxicated can lead to decreased ability to remember, and it also affects verbal IQ. "Large quantities of alcohol can also produce brain damage, especially repeated exposure, to the regions that are responsible for learning memory and mood," says Kim Nixon, a research associate at the center. Alcohol affects different people differently also.

Women metabolize alcohol differently than men do. Men are able to metabolize it faster, and usually have more body mass which helps to neutralize the effects of alcohol. This means that women become more intoxicated with a comparable number of drinks. Just something to keep in mind if you are a women looking to party it up this Friday. Experts say that binge drinking makes one more susceptible to motor vehicle crashes, episodes of violence or sexual assault, and sexually transmitted diseases. According the Center's for Disease Con-

trol and Prevention, in Atlanta, about 85,000 deaths per year are connected to alcohol, and about half of those are because of binge drinking, which is the most common type of drinking done on St. Patrick's Day. Technically, a binge happens when an adult male consumes five or more drinks. For females, it's four or more drinks in a short period of time. One drink is generally calculated as a 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine or 1.5 ounces of 80-proof distilled spirits (Weaver 1). Also, people who do not generally party are at a higher risk of alcohol poisoning should they choose to binge drink on St. Patrick's Day. This is because their system is not used to metabolizing that type of alcohol intake.

People tend to give into peer pressure on St. Patrick's Day easier as well because it's as though there is an excuse to get plastered, which is also unsafe. The moral of the story? Is binge drinking worth it? It seems as though the logical answer is no. Although many will not listen to the recommendations made by and the experts behind these studies, I still want to get the word out that binge drinking is dangerous and can lead to harming yourself and others. So, if you choose to drink this St. Patrick's Day be mindful of how many you are having, and choose to not get out of control. Take is easy on your liver!



## Irish Proverbs

In the spirit of St. Patrick's Day, we have included a few Irish Proverbs.

Perhaps their wisdom will help you along this semester.

**Do it as if there was fire in your skin.**

Don't ever miss  
 the chance to  
 tell the world  
 how much you  
 love it.

**HALF A LOAF IS BETTER THAN NO BREAD.**

*Never miss the water  
 till the well has run dry.*

**When the apple is ripe, it will fall.**

**Pity him who makes his opinions a certainty.**

You'll never plow a field by  
 turning it over in your mind.

**The waiting man thinks the time long.**

*Handfuls make a load.*

