

The Freudian Slip

CSB/SJU Psychology Department Newsletter

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College of Saint Benedict and Saint John's University

Student Research Spotlight: Samantha Heintzelman by Natalie Thompson

Faculty Trivia

Which faculty member thinks ice cream is best served "Covered in butterfingers and heath bars?"

The mystery faculty member will be revealed in the next issue of the Freudian Slip.

Samantha Heintzelman has chosen to take on a great challenge this semester: She is conducting her own research project, hoping to fill some gaps in psychological literature. She is one of several students at CSB/SJU who are conducting independent research projects this year. Student research is a great opportunity to learn more about the field of psychology, while gaining valuable experience at the same time.

So what is Sam's particular interest? She is researching the effects of an individual's relational self-construal (the degree to which one defines oneself in terms of relationships) on the outcomes of perceived social support. She wants to know whether the self-construal is a moderating variable between social support and one's levels of distress, self-esteem, and well-being.

She chose this topic because it combined her interest in social psy-

chology with implications for psychological practice. It also was a great way to bridge the interests of her advisor, Pam Bacon, with the focuses of faculty that she hopes to work with in the future. After reading through some of the social support literature, Sam discovered that explanations for the discrepancies in social support outcomes were missing, and she thought attempting to fill this gap would make for an interesting project.

She will have two samples of participants for this survey study. The first group will be drawn from the CSB/SJU community. The second group will come from a less homogeneous high-school sample, to ensure that she gets the proper mix of both high and low relational participants.

She expects to find that individuals with a high relational self-construal will receive benefits from social support, including reduced distress, increased self-esteem, and improved well-being. However, individuals with a low

relational self-construal will not receive these same benefits, and social support will actually cause increased distress, decreased self-esteem, and decreased well-being. These hypotheses align with the contradictions in past research that sometimes show benefits from social support, and other times display detriments in the same variables. The counter-intuitive detriments of social support for low relationals could be explained based upon the importance these individuals place on autonomy and self-efficacy. These values may be compromised through social support, which would lead to the increased distress, decreased self-esteem, and decreased well-being.

It is an ambitious project, but Sam has a sound hypothesis, and her thoroughness is bound to lead her to important finds in her chosen field.

MUPC Update

The Minnesota Undergraduate Psychology Conference will be hosted by The College of St. Benedict and St. John's University this year. The conference will take place on the CSB campus on Saturday, April 18th, 2009, and will feature positive psychologist Laura King as the keynote speaker.

The MUPC subcommittee is currently working on the MUPC website and confirming the logistical outline of the conference. Keep checking the MUPC update for further information as it becomes available.

What is the Difference Between an ERP and an ILP?

ERP is short for **Empirical Research Project** – it is a 1-4 credit course that the department offers and has a faculty member work with students.

ILP is short for **Independent Learning Project**. An ILP is offered for 1-4 credits and the student arranges the coursework individually with a faculty member. An ILP form (link below) must be completed and turned in to the registrar's office along with a signature from the chair of the department (Rodger Narloch). http://www.csbsju.edu/registrar/images/ILPFORM_WEB.pdf

Current Faculty Research by Brianna Ricci

Dr. Bob Kachelski will be presenting his research at the Annual Meeting of the Psychonomic Society conference on Saturday, November 15th in Chicago. The title of his poster is "Epistemological Beliefs, Academic Performance and Perceived Effectiveness of Various Teaching Methods among College Students." Dr. Kachelski and Dr. Rodger Narloch collaborated on this research project to investigate how students' beliefs about knowledge and learning (epistemological beliefs) are related to their academic performance and the teaching methods they find effective. They also studied the relationship between epistemological beliefs and identity formation in college students. Congratulations again to Dr. Kachelski on this opportunity to share his research!

'08 Faculty Halloween Costume



Dr. Ben Faber dressed up as a CSB/SJU student for Halloween.

News/Events by Brianna Ricci

Studying abroad?

Students studying abroad in Australia or in Cork, Ireland can register for psychology courses. Stop by the Education Abroad Office for an information sheet listing the courses that are offered and approved.

National Conference for Undergraduate Research—

or NCUR—will be taking place on April 16-18th 2009. Applications are due in mid-November. For more information about NCUR speak to your advisor. Click the following link to learn more about the conference www.ncur.org.

Psychology Related Job Opening!

REM of Central Lakes is currently hiring for positions in various homes. Positions are full-time to part-time, temporary or permanent. There are opportunities for advancement and benefits.

Kendra Mooney ('07 CSB graduate) is a program coordinator at an Emotional Behavioral Disorder home for young adult males. Other homes may be opened for anyone with mental disabilities such as traumatic brain injuries, mental retardation, behavior disorders, schizophrenia, etc.

There are current job opportunities for being a lead staff (shift manager), program coordinator (house manager), or direct service professional. No experience is necessary to apply. Training is paid and provided. Anyone who is interested in gaining experience, earning money, and/or helping others is encouraged to apply. For more information or to apply, contact REM Central Lakes at:

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