

Freudian Slip

What is Cupid's Story, Anyways? By, Nate Dick

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Almost everyone knows that during valentine's time cupid flies around and shoots people in the heart with arrows, attempting to make them fall in love. But where do these stories come from? Has anyone ever found out *who* cupid was? What civilization believed in him? Well, the legend of cupid originated from ancient Greek mythology, and Roman mythology.

Today cupid is recognized as a chubby, little winged figure who mischievously flies around with a bow and arrow. To the Romans, Cupid was called Eros. He is the God son of Aphrodite.

One day while he was flying around he was startled by a mortal woman named Psyche. She was beautiful to him so he met her. However, Eros never revealed himself to her for he did not want her to know he was a God. After much talking, they fell madly in love. There were many that were jealous of their love, including Aphrodite (because Psyche was a mortal), and Psyche's sisters (because Psyche's life was so much better than theirs). Psyche's sisters tried convincing her that Eros was actually a hideous monster. Psyche disregarded these remarks but became a little torn because she had never actually seen her love. One night, she crept into Eros' bedroom while he was sleeping and discovered his

beauty. Although she saw for herself that he was not a monster, it was not worth the price it took in order to find out, because Eros woke up and flew away immediately. He was hurt by the mistrust Psyche had toward their relationship. When Eros told his mother, Aphrodite, what had happened she responded, "See I told you she was just a no-good mortal." This was her attempt to get Eros to stay with the Gods, as far as his



love interests go.

So, for a while, each of them moved on. However, Psyche could not forget what she had done to Eros, in betraying his trust. One day she approached Aphrodite about reconciling with Eros. Aphrodite obliged, expecting Psyche could not perform the task she was about to give her. The first task she had to do was sort a huge mount of barley, millet, poppy seeds, lentils, and beans. Psyche passed this test easily. Next Aphrodite told Psyche to gather a hank of the wool of the shining golden sheep. This was even

harder than the first task. Psyche also passed this test. The last thing she had to do to earn Aphrodite's approval was to fill a crystal vessel with the water of the spring that feeds the Styx and the Cocytus.

Psyche was unable to complete this final task, but Aphrodite told Psyche to bring her a bottle of Persephone's beauty cream. This was very difficult because it was located in the dangerous underworld. However, for Psyche, the task was not too tall. It was hard, not only because she was mortal but Psyche also wanted some of the beauty cream of the Gods. Upon using it, she was put in a deathlike sleep. Eros found out about this and brought her to Zeus. There, he and Aphrodite reconciled upon the discovery that Psyche was pregnant with a grandchild.

This story represents how Eros became famous and his story became the quintessential story of love. He has always been represented as a love figure in mythology, but after he loved a mortal, he became forever enshrined in the culture of the month of love, February. This is why we have to come to correlate Valentine's Day with Cupid/Eros.

Hopefully, Cupid will strike you with an arrow in your heart in this month of happiness.

Story based on the information from :From N. S. Gill
Your Guide to Ancient/Classical History

www.ancienthistory.about.com/od/cupidandpsyche/a/CupidandPsyche.htm
2006, New York Times Company

Celebrating Black History Month

By Emily Trapp



Despite what you may expect Black History Month began long before the civil rights movement of the 1960's. It actually originated in 1926, with the celebration of Black History Week, and in reality very little black history had even begun to be documented in America at the time. As the son of former slaves, Dr. Carter G. Woodson was horrified by the lack of acknowledgement his race had been given in history books and began an active pursuit of black history.

Woodson spent his childhood working in coal mines and it was not until he was twenty that he began secondary school. After two rigorous years he completed high school and went on to graduate from Berea College, Kentucky. In 1912, Woodson became the second African American to graduate from Harvard with a doctorate. Dr. Carter G. Woodson began his mission in 1915, by founding the Association for the Study of Negro Life and History, which today is the Association for the Study of Afro-American Life and History. Next Woodson founded the Journal of Negro history, which is widely acclaimed at the present. Then to continue spreading awareness of

“As the son of former slaves, Dr. Carter G. Woodson was horrified by the lack of acknowledgement his race had been given in history books and began an active pursuit of black history.”

the influence and importance of African American history, he promoted Negro History Week. He selected the second week of February because it contained the birthdays of Frederick Douglass and Abraham Lincoln.

Slowly Negro History Week evolved into a nationally recognized Black History Month. Each year the Association for the Study of Afro-American Life and History selects a theme for the month. This year the theme is “Celebrating Community: A Tribute to Black Fraternal, Social, and Civic Institutions.” This theme was selected because it is the 100th anniversary of the establishment of the first collegiate black Greek fraternity, Alpha Phi Alpha. Activities this month will be focused on the struggles of forming black social organizations amongst racial segregation.

Throughout time there have been a countless number of African Americans that have changed the course of history, which we celebrate during this month. Harriet Tubman was one of these people. In 1820, Tubman was born into slavery in Dorchester County, Maryland. Harriet worked as a maid, nurse, field hand, cook, and woodcutter. A few years after marrying John Tubman, a free black, Harriet received word that she was to be sold. In much haste Tubman left for Philadelphia. Within a year Harriet returned to Maryland to rescue her two children and sister from slavery, which was the first of 19 missions to bring people to freedom. Tubman led over 300 slaves to freedom along the Underground Railroad to Canada and was dubbed the “Moses of her people.” By the start of the Civil War there was a reward of over \$40,000

offered by the slave owners for her capture. At the break of the Civil War, Tubman continued services to the freedom of her people through acting as a scout, spy, nurse, and laundress for the Union forces stationed in South Carolina.

Harriet Tubman



W.E.B. Du Bois is another African American that has had a large impact on society. Du Bois was born in Great Barrington, Massachusetts just a few years after the Civil War had ended. Du Bois was highly educated for the time and attended Fisk University in Nashville, Tennessee. While in college Du Bois became the victim of segregation and Jim Crow laws. He also saw that great poverty that struck the blacks in the rural parts of Tennessee. Upon graduation from Frisk, Du Bois continued his education and became the first African American to receive a Ph.D. from Harvard.

Du Bois began his civil rights activism engaging in writing articles arguing against segregation and political disenfranchisement. Du Bois strongly believed that to change America, African Americans had to unite together, so he started forming organizations, first with the Niagara movement and then the National Association for the Advancement of Colored People. For the next 25 years Du Bois was the editor-in-chief for *The*

traveling to many other countries investigating how their lifestyles and government systems differed.

Later Du Bois played an important role in peace across the world. At the start of the Korean War he was the chairman of the Peace Information Center. Du Bois also signed the Stockholm Peace Pledge, which ended the use of nuclear weapons. After many years committed to civil rights activism, W.E.B. Du Bois died at age ninety-five, the day before Martin Luther King Jr. gave his “I Have a Dream” speech.

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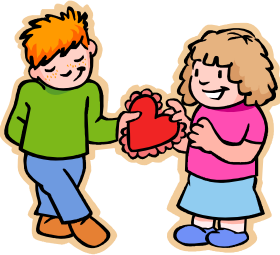
Answers to January's

Psychology Trivia:

1. The researcher who studied attachment in monkeys was Harry Harlow.
2. Alfred Binet's contribution was intelligence tests.
3. The stage of sleep in which vivid dreams occur is during your REM (rapid eye movement) cycle.

A Valentine... Thanks?

As Valentine's Day draws nearer, it's hard not to remember back to elementary school when we were forced to give a Valentine to everyone in the class, even the "icky kid" who always tried to be your friend. As you grew older, this tradition probably stopped, but you may have still carried around extra Valentines or candy of Valen-



tines day "just in case" someone else gave you one. This Valentine's Day, you might have been terrified that someone would give you a Valentine and you wouldn't have one to give to them. Even if you don't like whoever gave you the gift, and you would never have thought to give them one in the first place, you still feel obligated to give them something. Why is it that we feel this need to reciprocate?

Some people might say that giving a Valentine to someone that gave you one is "just being polite." Though this may play a part in it, there has to be more reason to break down and let that little spark of hope

continue for that person in your French class that you would never date. According to psychologists, this is a phenomenon known as the "norm of reciprocity." Basically, this means that when you give something to someone or do something for them, they are likely to give you something in return of around the same subjective value (Myers, 484).

This norm of reciprocity is taken advantage of by many sales people, who will offer a "free gift" or a "special discount" if you buy their product. Many times, this tactic works, as people feel the company is being nice to them by offering them something free, so

they should buy the product. Though most people on Valentine's Day probably aren't purposely trying to make you give them a Valentine, the same process is still at work. It is relevant to thousands of situations, and sometimes can cause miscommunication, especially between two people in a situation like Valentine's Day. Just remember, you don't have to return a Valentine because the norm of reciprocity says so. Next Valentine's Day, if you get a Valentine from someone you don't like, just thank them nicely and move on.

Source:

Myers, David. (2005). *Social Psychology*. New York: McGraw-Hill.

How Should I Find Mr. or Ms. Right?

Valentine's Day leaves some CSB/SJU students contemplating love and significant others. It leaves others frustrated, however, as they believe that Valentine's Day is a ruse that was only created to help stores sell chocolates, flowers, and jewelry. Psychology students, on the other hand, may be more interested in the psychological aspects of Valentine's Day, such as the social psychological concept of attraction. Why are people attracted to one another other? What factors increase the likelihood that attraction will occur?

Numerous psychological studies have been conducted on the topic of attraction. Through the results of many of these studies, psychologists point to four main factors that influence attraction: similarity, proximity, physical attractiveness, and reciprocal liking.

It may seem obvious to some that the first factor, similarity, plays a role in attraction. After all, why wouldn't someone like a

person who is similar to themselves? With the prominent myth that opposites attract, however, it is important for psychologists to emphasize the importance similarity plays in attraction. According to David Meyers in his book *Social Psychology*, "the more similar someone's attitudes are to your own, the more likable you will find the person" (p. 442). Therefore, although successful couples may have some opposite characteristics, they usually always have more similarities than differences.

The second factor, proximity, refers to physical closeness (i.e., how far away individuals live from one another), and how often individuals cross paths. Researchers have found that often people marry someone who resides in their same neighborhood, attends their same class, or works at the same company as them. According to Meyers, "with repeated exposure to someone, our infatuation may fix on almost anyone who has

roughly similar characteristics and who reciprocates affection" (p. 427).

Moreover, physical attractiveness plays a role in attraction. Researchers have found support for the matching phenomenon in attraction. This phenomenon is the idea that couples are usually at roughly the same attraction level; in other words, it is uncommon for a couple to consist of one individual that is incredibly attractive and another that is average-looking. In a UCLA study, Gregory White found support for this idea. He found that couples who were similar in physical attractiveness were more likely than couples who differed in attraction level to have fallen deeply in love nine months later.

Finally, attraction is influenced by reciprocal liking. Reciprocal liking is the idea that we like people who like us. Experiments testing this idea have found that when individuals are told that someone likes or admires them, they usually

admitted feeling reciprocal affection for that individual.

Similarity, proximity, physical attractiveness and reciprocal liking all influence who we are attracted to. Now that you know all of this, look around the next time you are in class or on the bus. Maybe Mr. or Mrs. Right is right beside you!



Source:

Myers, D. G. (2005). *Social psychology*, 8th ed. The McGraw-Hills Companies, Inc. New York, NY.

CSB/SJU Psychology Departments

St. Ben's Campus...
Location: Richarda P33 1/2
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Immelman, Aubrey
Rau, Renee
Stelzner, Steve
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Campus Extension: 3195
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Meghan's Corner

By, Meghan Orgeman

Hello Psychology majors! As we approach spring break there are a few things I would like to make you aware of. The first important piece of information is that there will be a **Careers in Human Services/Advocacy** panel on **March 14th** at 7:00pm in the Teresa Reception Center at CSB. There will be representatives from different human services careers and recent alumni to help you answer the pressing question of, "What I can do with a psychology major?!" This is sponsored through Career Services and the Psychology Department so if you have any questions please notify one of our offices.

The second piece of information I

have for you involves different opportunities that will be opening up within the Psych Department. The first opportunity relates to current **sophomores and juniors psychology majors**. We are currently accepting applications for next year's **PSYC 399: Teaching Practicum** course. This is a senior capstone experience which involves actually teaching your own Introduction to Psychology labs! To apply please submit a cover letter and transcript to one of my offices by **March 10th**.

Another opportunity relates to **senior psychology majors**. As some of you know, my job as the **Psychology Department Coordi-**

nator is only a year term position. This means that one of you has the opportunity to replace me for the 2006-2007 academic school year! This is an excellent opportunity for freshly graduated majors to gain more experience in the field of psychology and to build-up your resume. You will get to know how a college department functions as well as have an opportunity to supervise student-workers. Stay tuned for an e-mail from me regarding the application process for this position.

In the meantime keep on working hard, spring break is right around the corner!

-Meghan

Chocolate Infatuation

Before it was sold in individual wrappers and packed into heart shaped boxes, humans recognized the magic of chocolate. The ancient Mayan and Aztec empires held chocolate at a very high regard; for them, chocolate was a supreme delicacy and they considered it an aphrodisiac. The Aztec ruler, Montezuma, supposedly drank 50 goblets of a chocolate drink every day (and he only drank it from a golden cup, of course). Chocolate is also rumored to be the drug of choice for Casanova, the famed 18th century ladies man. Today, chocolate remains synonymous with love, and its enticing and addicting qualities still have a hold on us. Chocolate treats are one of the top selling items this time of the year. A report from AC Nielson estimated that, during Valentine's week in 2002, Americans bought \$358,159,232 worth of candy and 70% of this was choco-

late.

What is it about chocolate that makes it such a "feel good food"? To date, we know of at least 300 chemicals that can be found in chocolate and scientists have been isolating and studying these chemicals in order to find answers to this age-old chocolate craze. Some theories suggest that there are active chemicals and specific chemical combinations in the chocolate itself that trigger pleasurable effects.

Phenylethylamine, for example, is a chemical present in chocolate that can increase alertness and is known for producing an antidepressant effect. Other chemicals include **caffeine** and **theobromine** (theobromine is a weak stimulant that may combine with caffeine to create pleasant feelings).

Chocolate, however, only contains trace amounts of

By Collette Fischer

the chemicals listed above and many scientists are skeptical about these chemicals and their actual effectiveness. Most experts assert that chocolate cravings are NOT caused by chemical interactions, but rather by the simple chocolate experience itself. According to the National Confectioners Association's website, "the melting point of cocoa butter is just below the human body temperature (98.6 degrees) — which is why it literally melts in your mouth."

An excerpt from the March 2000 Issue of *Chocolatier Magazine* sums up the magic of chocolate best: "Chocolate's aroma, its ability to create "taste memories" and its indescribably rich flavor all combine to make it a food most people cannot resist, but at the same time cannot fully explain. And why should we?" (CandyUSA).



For more mouth-watering information on the history and hype of chocolate, visit <http://www.exploratorium.edu/chocolate>.

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