



CSB/SJU PSYCHOLOGY DEPARTMENT PRESENTS

# THE FREUDIAN SLIP

APRIL 2013

## KEEPING STRESS UNDER CONTROL

BY RACHEL HEYING

April may be known for April Fool's Day, Tax Day, and Earth Day, but did you know that the month of April is also Stress Awareness Month? As college students, Stress Awareness Month could not come at a better time. As we head into the final weeks of school, we tend to have a plethora of things weighing on our minds, from projects and tests to summer jobs and internships. Seniors have the added stress of determining what to do and where to go after life at CSB/SJU. Most of us are feeling stress – so how do we deal with it?

There are many different ways to define stress, but it can perhaps be best summed up as an “experience of anticipating or encounter adversity in one’s goal-related efforts” (Crum, Salovey, & Achor, 2013). Stress can be brought on by several types of stressors, the most common of which are daily hassles such as meeting deadlines and making decisions. When one encounters a stressor, the body reacts in a way that is explained through the General Adaptation Syndrome model. The body first enters a state of alarm and the sympathetic nervous system is activated, releasing stress hormones such as epinephrine.

During the resistance stage, the stress level increases and the body fights to return to homeostasis. The model ends with the recovery stage, when the person has overcome the stressor.

When we think about stress, we usually perceive it negatively. Undoubtedly, stress can be unhealthy in large amounts. Among other things, chronic stress can inhibit your immune system, impair memory, and cause ulcers. However, some stress is actually good for us. A healthy amount of stress can narrow our attention, helping us to focus on the task at hand. According to Dr. Robert Sapolsky of Stanford University, we should not try to eliminate stress from our lives, but work to obtain the right amount of stress. The perfect amount of stress is different for each person, as everyone responds slightly differently to the same situation.

There are countless ways to deal with stress. Just as everyone experiences stress differently, everyone has different coping strategies that work for them. To keep stress levels down, it can be helpful to get a good amount of sleep each night, eat healthy, and exercise on a regular basis. Meditation has been found to be a beneficial strategy,

as it helps the body to relax. It can also be helpful to write down the stressors in your daily life; eventually you may see patterns that can help you effectively manage your stress.

Crum, Salovey and Achor (2013) propose that employing different ways to cope with stress simply perpetuates the idea that stress is harmful and should be avoided. Instead of using different techniques to distress, they suggest changing your mindset about stress. In their study, they found that a person’s stress mindset partially influenced how they perceived stress. Those who saw stress as somewhat helpful experienced less stress and handled the stress better than those who saw stress as harmful. While changing your stress mindset won’t happen overnight, it may be beneficial in the long run.

When you are feeling stressed, take a deep breath, and remind yourself that you will make it through. Stay positive, CSB/SJU!



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# ARE CELL PHONES A PROBLEM IN THE CLASSROOM?

BY HANNAH STEVENS

## MARK YOUR CALENDAR:

APRIL 3RD-10TH

REGISTRATION

April 8th

Psychology  
Club Elections/  
Presentation with Dr.  
Wielkiewicz

April 9th

Pizza with the Profs

April 25th

Scholarship and  
Creativity Day

Do cell phones really have an impact on classroom learning? This is a topic that deeply affects student's lives. It is ingrained within our culture to always be plugged in and constantly be in contact with multiple people at once. This type of environment has also led to an increase in multi-tasking. Homework combined with social media, cell phones and television is a common occurrence. Many students find that they are able to do all of these things at once, but is there

20% OF STUDENTS USE THEIR CELL PHONE IN CLASS

a greater effect to not focusing on one thing at a time? The Psychology Club is holding an event on Monday, April 8th where Dr. Wielkiewicz will be presenting his findings on Students use of cell phones in the classroom. 20% of students he says use their cell phones during class time; and Dr. Wielkiewicz will present his findings on how this affects students. This is an interesting topic not just for psychology majors but really any student. We are so submerged in our culture that is constantly connecting us that we may not



stop to think how our connections could affect us.

Following Dr. Wielkiewicz's presentations the Psychology Club will be holding elections. Each candidate will speak for a short time and then a vote will be held. All students are encouraged however to come hear what Dr. Wielkiewicz has to say, and to decide if they think cell phones are a problem in the classroom

## PSYCHOLOGY CLUB ELECTIONS

BY HANNAH STEVENS

Psychology Club is excited about the upcoming elections on Monday, April 8<sup>th</sup>. After Dr. Wielkiewicz presents his study on cell phone use in the classroom elections will be held. There are currently eleven students running for the six positions. The club is hoping to gain excitement on campus by scheduling events and getting more students interested. Psychology is one of the largest major's on campus and they are hoping to get as many of those students involved as possible. All members

are encouraged to come and vote at the next meetings.

Psychology Club meets every three weeks and is looking for new members to help contribute ideas and help draw interest to the club. Anyone who wants to join or come check out a meeting is welcome. The time and date of future meetings will be emailed out in advanced as well as any club events. Hopefully the club will grow and represent the Psychology major on campus!



## INTERPRETING YOUR DREAMS

BY NATALIE VAILJ

In the last few weeks, many of you likely have dreamt about flowering buds and chirping birds. Or possibly your dreams consisted of your booked vacation to paradise for Spring Break. Regardless of what passé through your mind while you sleep, dreams are powerful things that have puzzled psychologists for years. The most prominent psychologists to study dreams were Sigmund Freud and Carl Jung. According to Freud dreams are the window to the unconscious. We are able to access our deepest inner workings by trying to interpret our dreams. Jung and Freud disagreed on some aspect of their theories on dreams, most strongly on Freud's obsession with sexuality and its link to dreams.

Now dream analysis is approached more modernly. Dreams are not analyzed from an old book, but most of the interpretation actually comes from the dreamer themselves. If you dream about a circus bear holding a teacup, these two factors might have very different connotations to different people. What a teacup may represent for me, may be entirely different from what it represents for you. In a dream book, a teacup would indicate a "favorite past time that you enjoy." This might work for you and it might not. Regardless of how you end up interpreting your own, dreams are a great jumping point for both therapists and the general public to deal with issues that might be happening in their lives. According to Dr. Fredrick Neuman, here is a list of reoccurring dreams throughout history, and the possible indication it may have to what is going on in the dreamer's life.

1. The dreamer is late to an examination for which he/she is not prepared. Sometimes the room where the examination is being held cannot be located. Sometimes the examination is on a subject the dreamer has not studied. The feeling

expressed is of a particular kind of anxiety: being called on to perform beyond the person's ability. Or so it seems to the dreamer.

2. The dreamer finds himself/herself in a hotel corridor, naked or in underwear. The dreamer is unable to find, or get into his/her room. The feeling: embarrassment, possibly a feeling of not measuring up.

3. The dreamer is running away from a monster, or a mob. The feeling: fear, often of particular people. I had one patient who progressed through a number of stages in treatment with this dream. As he became more self-confident, the dream changed. At first, the monster was chasing him. He could not run fast enough, (sometimes in slow motion) and as the monster reached for him, he woke up. Then, in a subsequent dream: when the monster chased him, he was able to turn and face the monster before waking up. In a later dream: he struggled with the monster before waking up. Then, in a final dream, he beat up the monster, and did not wake up. And then the dream came no more.

4. The dreamer is not very upset, but is trying unsuccessfully to get home. One bus, or subway train, goes in a slightly wrong direction, the next bus connection which promises to take the dreamer home by a more circuitous route somehow goes nevertheless in a slightly wrong direction. This may happen a third time. And the dreamer wakes up before making it all the way home. The feeling: a sense of frustration. Sometimes possibly related to work.

5. Returning to college or graduate school in order to take the same degree a second time. Feeling: not so obvious. I think it often represents career dissatisfaction or a sense of not having accom-



plished much. It has seemed to me sometimes that this dream reflected some optimism.

6. Missing front teeth. I think the feeling represented may be one of two: a sense of dissatisfaction with one's appearance, (embarrassment or shame) or a sense of being helpless (unable to assert oneself.)

The dreamer is swimming in a lake or in the ocean and cannot climb out of the water because of rocks or because the lake is bordered by un-scaleable cliffs. The feeling: dread. A sense of helplessness.

Hopefully these interpretations may give you insight into your own dreams and problems you may be facing in your own life.

### References

"Certain Standard Dreams" by Fredrick Neuman, MD <http://www.psychologytoday.com/blog/fighting-fear/201209/certain-standard-dreams>

"Freudian Express: Dreams, the royal road to the unconscious" Tracy Cleantis. <http://www.psychologytoday.com/blog/freudian-sip/201101/freudian-express-dreams-the-royal-road-the-unconscious>

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## SENIORS SHARE THEIR ADVICE

### Before graduation everyone should...

Complete the snowflake shuffle 5k!

-Lisa Fenske

Go to one of my Magic/Hypnosis shows!

-Orlando Jayasiri Gunsekere

I think everyone should go swimming in  
Lake Sag!

-Kelsey Koch

Everyone should visit every dorm/apt room  
he or she lived in during the past four years  
and see what posterity did to them.

-Angela Dols

Before everyone graduates, they should go  
to the Arboretum to tap maple trees!

-Ali Felix

Walk to Lake Sarah with a friend and watch  
the sun set!

-Kendra Peyton