

CSB/SJU Psychology Department

Filling big shoes results in long hiring process

By Gina Pustovar

The task presented to the psychology department this year--to choose a suitable replacement for Dr. Sorem--is a daunting one, to say the least. How do you find someone who can fill the shoes of a highly respected professor who has been teaching at CSB/SJU for over 30 years? The answer is: months of screening, weeks of interviews, days of on-campus meetings, and hopefully, after many hours of deliberation, a job offer to that one lucky candidate.

At the end of this semester, Dr. Tony Sorem will be retiring and giving up his teaching position in the psychology department. As a result, the responsibility now lies with the psychology department, the administration, and, yes, the students, to fill the position of professor of social psychology. We asked Dr. Rodger Narloch and department coordinator Christina Prom about the processes of hiring a new professor at CSB/SJU, and this is what they had to say.

When a position must be filled in the psychology department, the first course of action is to advertise nationwide. Advertising is primarily done through the APA Monitor, a psychology publication that serves all of the registered psychologists in the nation and around the world. If any psychologist is looking for a teaching position, this is typically their first resource. Candidates send in their material, which usually consists of: a resume; a proof of quality teaching abilities (for example, summarized past course evaluations); a statement of the applicant's teaching philosophy; letters of recommendation; and, optionally, copies of articles that the applicant has written. On average, the psychology department will receive 50-100 applications. It is then the department's job to sift through all of the applications and choose the ones that show potential. Once the applicant pool is narrowed, members of the department conduct telephone interviews with the remaining candidates. This year, just three candidates were invited to do an on-campus interview here at CSB/SJU.

On-campus interviews are crucial to the hiring process. Candidates come independently for two days to perform a variety of tasks. They meet for half an hour with each member of the psychology department so the faculty can get a feel for the person and see if he or she could potentially work with this person in the future. The applicants will also have lunch with current students so the candidate can meet CSB/SJU students so the students

A monthly newsletter created by College of St. Benedict/St. John's University Psychology Department for psychology students and faculty of CSB/SJU

Studies find perspective on procrastination

By Jeris Sunneberg

College life and procrastination are terms that may seem to go hand in hand. Whether you are someone who delays studying for an exam, puts off working out until tomorrow, or avoids cleaning your dorm room until next week, procrastination often gets the best of you. Have you ever wondered how you can overcome these procrastinating tendencies?

Dan Ariely and Klaus Wertenbroch took a closer look at this issue by posing three questions: (1) Are people willing to self-impose meaningful (i.e., costly) deadlines to overcome procrastination? (2) Are self-imposed deadlines effective in improving task performance? and (3) When self-imposing deadlines, do people set them optimally, for maximum performance enhancement?

A set of experimental studies published in Psychological Science tested college students and professionals and revealed that the answer is "yes" to questions 1 and 2, and "no" to 3. People have self-control problems, they recognize them, and they try to control them by self-imposing costly deadlines. These deadlines help people control procrastination, but they are not as effective as some externally imposed deadlines in improving task performance.

Source: Psychological Science, 2002, 13.3.



can evaluate their (possible) future professor. The candidates will have an interview with the administration (usually the dean and the provost), and then must do a presentation simulating a teaching experience in front of the psychology department, students, and other CSB/SJU people. Evaluations will then be filled out, and after all three candidates go through this process, the psychology department will get together and discuss who would be the best person for the job. This deliberation could be lengthy, especially if more than one candidate seem equally suitable for the job. Once the department has come to a consensus, it will submit the suggestion to the administration, who have the final say. (See **Hiring**, p. 5)

Psychology in the News



Psych News in Brief

By Sue Schulzetenberg

*Gene therapy experiments for scientific study faced a setback this month when a child in France was diagnosed with leukemia after undergoing gene therapy to cure an immune deficiency. This is the second report of a person receiving a leukemia diagnosis after undergoing gene therapy in the last four months. The FDA halted over two dozen gene therapy tests throughout the U.S. in response to the findings.

Source: Washington Post

*Alzheimer's disease may be linked to a second gene associated with cholesterol. Swiss researchers noticed people with abnormalities or deficiencies in the CYP46 gene, which is thought to process and break down excess cholesterol levels, have an increased risk of developing Alzheimer's disease.

CYP46 is the second gene thought to be linked to Alzheimer's. APOE4, which is associated with transporting cholesterol, was also connected with Alzheimer's Disease. People with abnormalities in both of the genes may have a ten times greater risk of developing Alzheimer's than those with normal CYP46 and APOE4 genes.

Sources: Archives of Neurology, 2003; 60:29-35; MSNBC News; St. Cloud Times

*According to a recent study, alcohol may permanently affect the brain of people under twenty. Participants in the study showed greater difficulty in remembering verbal and nonverbal information. The study was conducted by Sandra Brown, chief of psychology services at the Veterans Affairs Medical Center in San Diego, who matched 56 non drinkers with 56 drinkers and tested memory and memory retrieval. After years of follow up, tests yielded similar results.

Source: Star Tribune

Who's doing research at CSB/SJU?

By Shannon Rooney

- **Professor Aubrey Immelman** will be presenting the paper, "Bin Ladin's Brain: The Abrasively Negativistic Personality of Dr. Ayman al-Zawahiri", in which he co-authored with 2002 graduate, **Katie Kuhlmann**, this summer at the annual meeting of the International Society of Political Psychology in Boston, MA.
 - Students, **Neal Donahue** and **Krystle Klema** have interests in criminal justice issues, and are planning criminal profiling ILPs. **Matthew Syzdek** has also started profiling Kim Jong II of North Korea.
 - **Professor Richard Wielkiewicz** recently developed and published an instrument that measures the attitudes of individuals regarding leadership. His article, The Leadership Attitudes and Beliefs Scale; An Instrument for Evaluating College Students' Thinking About Leadership and Organizations was published in *Journal of College Student Development*, 41, 335-347. Wielkiewicz also published "Validity of the Leadership Attitudes and Beliefs Scale: relationships with personality, communal orientation, and social desirability" in *Journal of College Student Development*, 45, 108-118.
- Along with current Department Coordinator **Christina Prom** and **Steven Loos** (former Dept. Coordinator), Wielkiewicz completed the data collection for a study that looks at the relationship between the leadership measure and the individual's academic performance and study habits.

See *Research*, p.5

Who said it?



"I am actually not at all a man of science, not an observer, not an experimenter, not a thinker. I am by nature nothing but a good liar."

(Answer on p.5)

Psychology Club Events

Domestic Abuse/Healthy Relationship Speaker

Feb. 13th, Alumna Hall, 6-8 p.m.

Silent Witness Exhibit: Feb. 13-14, HCC

A speaker from Anna Marie's Women's shelter will be speaking on topics such as domestic violence, dating violence, and promoting healthy relationships in our community. A panel discussion will also discuss the above topics. In addition to the speakers, a silent witness exhibit will be displayed in the atrium of the HCC. This exhibit will be displaying the silhouettes of women who have been killed due to acts of domestic violence. We strongly urge all of those interested in psychology to attend the event.

Psych club is also planning a Cybil Movie Night. Watch your e-mail boxes for information.

If you are interested in becoming a psychology club officer for 2003-2004, contact Christina Prom or send an e-mail to the Psychology Club.

Presentations by psychology professor candidates

All students are welcome to attend and fill out an evaluation on the candidate. Please note dates and times are dependent on weather conditions.

**4:30 p.m., Thursday, Feb. 6,
Peter Engel Science Center, Rm 375**

**4:30, Thursday, Feb. 13,
New Science Center, Rm 146**

Coordinator's Corner

Hello from the Psychology Department. As spring semester roles around, be aware of the following dates!



Spring GRE Prep. Course

Tuesdays from 4:30-6 p.m.

March 11-April 15

(6 total classes).

Contact me by Friday, Feb. 28 if you are interested. More information to follow.

Christina Prom

2003-2004 Teaching Practicum Applications

Applications are due to me on Friday, Feb. 28.

What you need:

*Formal cover letter explaining why you would like to be in PSYC-399 & what unique things you could bring to the course.

*Unofficial transcript

*Indicate if you have a Fall or Spring preference

2003-2004 Psychology Department Positions

We are going to be hiring office assistants, an animal caretaker and a few T.A.'s for specific courses. Must currently be in a work award/work study position to apply. Watch the student employment website, our department website, and your e-mail for forthcoming information.

If you have any questions about any of these events, please contact me!

SJU Pengel 133, #3314 (Odd mornings, even afternoons)

CSB Richarda P34, #5484 (Even mornings, odd afternoons)

Good luck with your second semesters!

Faculty Spotlight

An interview with
Renee Rau, OSB, PsyD
Conducted by Shannon Rooney

Issue #4

4

Feb. '03

Where did you go to undergraduate and graduate school?

I went to undergraduate at St. Ben's for education and philosophy. I then went to graduate school at St. Thomas in administration and was an elementary school teacher for twenty years. I was a dreaded principle for six years. I always knew I wanted to go into psychology, but the community needed teachers. I came back to St. Ben's after teaching to do undergraduate studies in psychology at St. Ben's and followed with graduate school at St. Thomas where I earned my Masters and Doctoral in Psychology.

What classes do you currently teach?

Clinical and Counseling, Intro to Psychology, and I supervise internships.

Are you currently undergoing any research?

No, not at the present time. I have started readings on diversity in training psychologists and other diversity issues.

Do you currently have any publications out?

I have two publications out related to diversity. In 1992, "Diversity training for teachers in the Elementary Level" was published, and in 1994,

"Diversity training for Professionals in General" was published.

What led you to the study of psychology?

I have always been interested in what made people tick. I think to be a teacher you have to study psychology to survive!

Why did you decide to be come a psychology professor?

I hadn't planned on teaching at first, but then I thought it would be interesting. I have grown to love teaching and have a good time doing it.

Have you taught or conducted research at any other college? If so, where?

Yes, at the University of Saint Thomas at the graduate level.

Why did you choose to come to CSB/SJU to teach?

It's home for me.

What is your main goal as a professor?

One thing that I truly believe is that learning is fun. I always want my students to enjoy the learning process.

Do you have any advice for psychology majors?

To be observant, watch people, learn to develop a sense of curiosity, and ask questions. The more curious you are the better

psychologist you will be. It is also important to have a supervisor to work with and grow from.

What is your favorite class to teach and why?

My favorite is supervising at St. Thomas at the Master's level. Why? Because it is so practical and it gives students a chance to actually use their skills. It is a really unique process. It pulls together all the loose ends and ties everything you have learned together.

Can you tell us about your family?

I am the youngest of three children. I have a brother and a sister. My mother died a few months ago at the age of 95. I am a local of the St. Cloud area. I used to live where Crossroads mall is right now.

What are your hobbies?

Definitely music; I play the flute, piano, and organ. I also love crafts, knitting, and crocheting.

How do you see the study of psychology changing in 100 years?

I think it is still such a young field and is always changing, and not necessarily for the best. I think medications have become too much of an influence. I hope that it will be more autonomous and stronger. I would like to see more happenings, more diversity, and less stigma.



Anna Freud: Psychologist to know by Gina Pustovar

Anna Freud, youngest child of psychologist Sigmund Freud and wife Martha, was born in Vienna, Austria on December 3, 1895. Anna followed in her father's footsteps as a psychoanalyst, but the main focus of her work was on children and child analysis techniques. After completing her education at the Cottage Lyceum in 1912, and after a brief sabbatical to England to improve her English, she returned to Vienna and to the Cottage Lyceum to teach in 1914. By age 15, Anna had already begun to read the works of her father, but it wasn't until her father began to psychoanalyze her in 1920 that she became interested in psychoanalysis herself.

Anna presented her first paper, "Beating Fantasies and Daydreams," to the Vienna Psychoanalytical Society in 1922, and soon opened her own psychoanalytical practice, which focused mainly on children. Anna's first book was a series of lectures aimed at parents and teachers. It (*See Freud, p. 5*)

Research, continued from p. 2

- Senior **Sara Wonderlich** is presently researching the relationship between perfectionism and coping. The data collection and processing are finished, and the statistical analysis has just begun for Sara.
- Over the past year, **Professor, Rodger Narloch** has been collecting data to assess the CSB/SJU communities' understanding of the concept of one's "vocation", choosing and viewing ones career with a sense of fulfillment rather than it simply being a job. Professor Narloch plans on continuing the research for the next few years to determine if there are any changes in perspective across the four years of the grant that was awarded to SJU for 2 million dollars to promote the "Theological Exploration of Vocation." CSB/SJU students involved in this research have been: **Julie Carvelli, Matthew Clark, Amanda Creed, Stephanie Ebner, Laura Fitzsimmons, Sara Gillis, Matthew Hoffman, Kari Laliberte, Emily Link, Amanda Macht, Arthur Morrissey, Nicole Slavik, and Sara Wonderlich.**

Freud, continued from p. 4

was called "Introduction to the Technique of Child Analysis" (1927) and came as a result of her early work in her practice as well as from various seminars she taught while in Vienna.

Anna continued her child analysis practice, organized conferences, and taught seminars while serving as General Secretary of the International Psychoanalytical Association from 1927-1934. In 1936, she departed from the then-popular beliefs about the ways in which drives functioned by publishing her findings about the "ways and means by which the ego wards off unpleasure and anxiety," in her paper entitled "The Ego and the Mechanisms of Defense." This move established Anna as a pioneering theoretician of her time.

In 1937, Anna, along with her friend Edith Jackson, opened a nursery school for the children of the poor in Vienna. The school was a success and allowed Anna the opportunity to continue her work. Unfortunately, less than a year after it was opened, Nazi influence forced the school to close, and Anna and her father had to flee to England. Anna continued to lecture on child psychology while in England and got the chance to open another nursery for children affected by the war. This led her to another area of study: the effects of stress on children, particularly during times of war. She published multiple papers on the subject, as well as another book, "Normality and Pathology in Childhood," in 1965. Anna continued to lecture and teach on psychological issues typically pertaining to children until her death in 1982.

Psychology Humor

(Even though it's after Christmas, we can all appreciate a good laugh!)

Christmas Carols for the Psychiatrically Challenged

SCHIZOPHRENIA - Do You Hear What I Hear?

MULTIPLE PERSONALITY - We Three Queens Disoriented Are.

DEMENTIA - I Think I'll Be Home For Christmas.

NARCISSISTIC - Hark The Herald Angels Sing (About Me)

MANIA - Deck the Halls and Walls and House and Lawn and Streets and Stores and Office and Town ...or Deck the Halls and Spare No Expense!

PARANOIA - Santa Claus is Coming To Get Me.

PERSONALITY DISORDER - You Better Watch Out, I'm Gonna Cry, I'm Gonna Pout, then MAYBE I'll tell you why.

OBSESSIVE COMPULSIVE - Jingle Bell, Jingle Bell, Jingle Bell Rock, Jingle Bell, Jingle Bell, Jingle Bell Rock, Jingle Bell, Jingle Bell, Jingle Bell Rock, Jingle Bell, Jingle Bell, Jingle Bell Rock, Jingle Bell, Jingle Bell, Jingle Bell Rock, Jingle Bell...

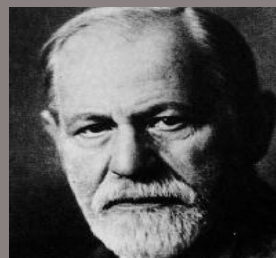
PASSIVE AGGRESSIVE - On the First Day of Christmas My True Love Gave to Me (and then took it all away).

Hiring, continued from p. 1

This decision is ultimately made by the dean, the provost, and/or the president, but they typically honor the opinion of the psychology department.

Prom hopes to be able to present a job offer to one of the candidates by spring break, but even then, there are multiple factors that will come into play that could potentially draw out the hiring process. Once the position is filled, the professor will be oriented, and they will start teaching in the fall of 2003. Students are encouraged to take the opportunity to attend the remaining candidates' presentations. Those in attendance may not only learn a thing or two, but also have a hand in choosing our next psychology department faculty member!

Who said it?



Answer :

Sigmund
Freud,
1900

Psych News

News Reads From the Libraries

By Norma Dickau

The Psychology of sex, gender, and jobs: issues and solutions. ed. by Louis Diamant and Jo Ann Lee. Praeger, 2002. HQ1075.5.U6 P79 2002 at SJU.

“Sex became a legal issue in the workplace with Title VII of the Civil Rights Act of 1964, when a clause on sex was added to the original legislation at the last moment by a congressman who believed this would result in its defeat.”

Choice, April, 2002

The Blank slate: the modern denial of human nature by Steven Pinker. Viking, 2002. BF341 .P47 2002 at SJU.

“This isn’t some esoteric argument with little bearing on real life. More and more nurture is gaining ground over nature in intellectual and scientific circles. However, acclaimed cognitive scientist and linguist Steven Pinker disagrees.”

NPR’s Weekend Edition, October 20, 2002

We hope you all had a wonderful (and restful!)
Winter Break. Welcome Back!

Psychology Department
College of St. Benedict St. John's University
St. Joseph, MN 56352 Collegetown, MN 56321

If you know of any news for upcoming issues of Psych News
OR

If you are interested in writing for Psych News,
Contact:

Gina Pustovar at #5295, e-mail: gmpustovar@csbsju.edu
Sue Schulzetenberg at #6342, e-mail:
saschulzete@csbsju.edu

Psych News Staff

Co-Editors

Gina Pustovar
Susan Schulzetenberg

Advisor

Christina Prom

Writers

Shannon Rooney
Julie Sanem
Jeris Sunneberg

THE PSYCHOLOGY DEPARTMENT NEWSLETTER IS
AVAILABLE ON THE INTERNET, ALONG WITH OTHER
PSYCHOLOGY INFORMATION.

For general information go to:

<http://www.csbsju.edu/psychology/>

For Psych News on-line go to:

[http://www.csbsju.edu/psychology/newsletter/
default.htm](http://www.csbsju.edu/psychology/newsletter/default.htm)

Issue #4

6

Feb. '03