

## Department Announces New Professor: Pam Bacon

By Sue Schulzetenberg

The signs in the psychology offices proclaim it: someone new is coming to the psychology department. That person is Pam Bacon, a social psychologist who will be joining the faculty this fall. She will start her CSB/SJU teaching career by teaching introduction to psychology and research methods. Bacon is enthusiastic about teaching at St. Ben's/St. John's and is ready to bring new ideas and expertise to her classes and the psychology department.

Currently, Bacon is teaching at St. Olaf College in Northfield, MN. At St. Olaf she teaches research methods, social psychology, introductory psychology, advanced research methods and a seminar on the self (her specialty area). Previously, Bacon worked as a research analyst for a County Office of Education in California. At the county office, she helped conduct research used by schools and school districts to determine the effectiveness of their special



Pam Bacon

programs and to assess the attitudes of students, parents, and teachers at different schools. Although she enjoyed being involved with school research, she said that she missed teaching and interacting with undergraduates.

While Bacon has long known that she wanted to be a teacher, she didn't always know that she wanted to teach psychology. When she entered college, she thought she wanted to be a high school English teacher. After she took a number of classes from psychology professor Neil Lutsky, her plans changed. "He had a profound influence on me (and many other

student as well) and has directly affected my career decision; I someday hope to become a professor who has the same sort of impact on my students," Bacon said.

Bacon looks forward to getting students interested in psychology in her research methods class through hands-on learning experiences this fall. Being an experimental social psychologist, Bacon plans to have her students do at least one field or laboratory study that goes beyond handing out questionnaires.

Currently, Bacon is developing the experiments that her research methods class will conduct in the fall, focusing on studies that will be fun for students to develop or implement. Additionally, because the research methods is a long class period, she looks forward to doing demonstrations she's been collecting over the years, including one involving a grapefruit.

### What can you be with a psychology major?

- \*Professor
- \*Clinical Psychologist
- \*Physician
- \*Organizational Psychologist
- \*Researcher
- \*Lawyer

Check out p. 2 for more information about post-college success

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# Psychology in the News

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## Discovered inability in mixing cell phones and driving

By Shannon Rooney

You have all heard it is hazardous, but that doesn't stop you. Perhaps you are driving down the expressway during rush hour and your phone rings. Or maybe you dial up a friend at a stop light and chat as you drive on. You think you can handle driving and talking at the same time because you are a top-flight driver.

If you believe cell phones and driving can be easily combined, you are quite wrong because your brain has limits. According to a recent study at the University of Utah in Salt Lake City, even if you are talking on a phone that has a "hands-free" model, you are still considered a threat on the road.

Many neuroscientists like to say the brain is the most complex thing in the planet, and that its connections outnumber stars in the universe or grains of sand on the beach. Although that may be true, researchers refer to the brain as a "limited-capacity information processing system" when discussing attention. An individual's attention is limited, and one can only multitask so much.

Utah researchers found that part of the impairment of using a cell phone when driving is you are not aware of your own weaknesses. David Strayer, an associate professor of psychology at Utah, described this problem as "inattention blindness." Using a simulator and an eye tracking device, Strayer and his colleagues found even when drivers were looking directly at something while speaking on hands-free cell phones, they were not likely to really see what they were looking at.

So if hands-free cell phones are so dangerous, wouldn't a conversation with your friend in the passenger seat be just as bad? Strayer and his colleagues found that there was no harm talking to passengers. Why? A theory says the passenger is also aware of what is happening on the road, and when the driving gets tough, the conversation tends to fade.

*Source: Boston Globe, March 9, 2003*

## Alumni, their success, and the road to yours

By Andrew Hachiya

Students are finding themselves more and more enthralled by the subject of psychology, and as a result the major is popular across the CSB/SJU campus. But what are your fellow psychology friends' plans for after their undergraduate work? By looking at past alumni and their successes post CSB/SJU, current psychology major students can begin to make plans and look into possible avenues to take in their own future.

The psychology department at CSB/SJU keeps track of their graduates. Databases keep track of graduates from both Saint Ben's and Saint John's from 1990 to the present. Based on these databases, graduate school is a top priority for many psychology majors. With that said, it is important to note the many concentrations students can have while in graduate school.

Many alumni enter into graduate school for research, clinical psychology, or other doctorates. As a result of furthering education, many alumni find themselves doing research either on a university campus or for a corporation. Just as students of research become researchers, students of clinical psychology find themselves becoming counselors in high school, university or private settings. Other alumni are interested in learning about other areas of psychology and advance their psychological knowledge by completing their doctorate, the highest academic degree conferred by a university.

Not all graduates go to graduate school, however. Also popular is attending law school. This schooling offers many options which can lure psychology students. Other alumni do not seek further education and thus engage in various jobs and activities in the real world.

The psychology major offers many opportunities for success. Successful students graduate from CSB/SJU with a psychology degree. Remember that their collegiate career began just like yours, with a nervous first day in an introduction to psychology course. Alumni are a great inspiration as well as great contacts for jobs.



CSB/SJU diploma: What will you do with yours??

# Finding an Internship

By Jeris Sunneberg

Now that the semester is nearing its end, you probably find yourself daydreaming about the summer. Or maybe you're just stressing because you don't know what you'll be doing. Along with getting plenty of rest and plenty of sun, wouldn't it also be nice to get some experience in the field of psychology? An internship is the perfect way to do just that. The following is a sample of internships related to psychology, many of which were experienced by past CSB/SJU students. For more information on these and other great internships, check out the Internship web site at: <http://www.csbsju.edu/internship/>, the CSB and SJU Psychology offices, or the Career Resource Centers at either CSB or SJU. Please note that many of the internship deadlines have already passed, but this listing should provide a starting point.

## Battered Women's Legal Advocacy Project – St. Paul, MN

This is a non-profit agency that provides litigation support, training and technical assistance for battered women and their advocates. They are seeking an intern to assist with organizing documents for the program's resource files. The work schedule is very flexible, but (See *Internships*, p. 5)



## Who said it?



*"People often say that this or that person has not yet found himself. But the self is not something one finds; it is something one creates."* (Answer on pg. 5)

## Coordinator's Corner Christina Prom



Have you noticed the **Psychology Club** this year? Did you attend any of our events?

The club was active, and to re-cap a few events... We showed "Memento" and talked about anterograde amnesia, we co-sponsored a panel that came and talked from Anna Marie's women's shelter, and of course, we did some El Paso Bowling.....

But is there a part of you that feels the Psychology Club could be doing more for its majors?

I do.

And I think there are a lot of majors out there who feel the same way.

So I'm challenging you. That's right **YOU**. It's time. It's time to jump up and say, "**I want to get involved in my major!**" It's time to volunteer your time, to get together with other psychology students, and to plan Psychology Club events that *you want to attend*. The possibilities are endless!

How about holding a night before fall or spring registration where psychology majors can gather and give each other advice about what classes to take? It would really help our underclassmen who would relish the chance to get advice on potential advisors and which classes they should be sure to take before taking other classes.

Can you apply psychology themes to what's happening in current events? Perhaps majors should get together and talk about them.

Wish you knew about research opportunities or what you, as a psychology major, can do research-wise? Maybe the Psychology Club should be providing venues for students to talk about the research they are conducting.

Maybe we shouldn't go bowling anymore.

Maybe we should go more often.

Maybe we should be having more psych-themed movie nights.

Maybe we shouldn't.

What do YOU think?

Are you ready to take charge, get involved, and build your leadership skills?

Are you prepared to make vital faculty & student connections within your major – connections that could be key in obtaining an internship, job, or getting into graduate school?

We're ready for you...any and all of you.

If you are interested in becoming a member of the Psychology Club, e-mail me at [cprom@csbsju.edu](mailto:cprom@csbsju.edu).

Next year is a brand new year :)

# Faculty Spotlight

An interview with Richard Wielkiewicz  
Conducted by Sue Schulzetenberg

## Where did you go to undergraduate and graduate school?

University of Hawaii both times.

## What classes do you teach?

Behavioral statistics, first year symposium, tests and measures, and psychology and the environment.

## What is your favorite class to teach?

I enjoy teaching stats because the material is familiar to me. I also like teaching psychology and the environment because it covers important issues that everyone should be aware of. We are constantly bombarded with ads that cause us to do destructive things for our environment. I think learning will help us get out of current harmful patterns.

## What lead you to the study of psychology?

I was interested in psychology in high school. I started out as a math major in college, but I had a better teacher in my psychology class, and I got into the psychology major.

## What do you like to do in your spare time?

When I find time, I like to make

observations with telescopes and read about science. I also like to follow my investments, which I don't follow that seriously anymore. I guess I mainly enjoy spending time with my family.



Richard Wielkiewicz

## Can you tell us about your family?

My son Nate is nine and he loves to drive BMX. He is from Seol, Korea. My daughter Chloe is three and she is from Nanchang, China. My wife works at Pleasantville Elementary where she is a school psychologist. I was a school psychologist for several years too, and that's how we met.

## Why did you decide to become a professor?

I really enjoy the scholarly study and being a professor allows me to that. I like reading and writing, and I have a few books out. I also like having

summers open.

## What books have you written?

I have three out right now. Behavior Management in the Schools, first and second editions, and Training and Habilitating Developmentally Disabled People.

## Are you currently conducting any research?

Yes. I'm directing a senior thesis with Sara Wonderlich on perfectionism and coping. I am also working on a book with Steve Stelzner and Kathy Allen about how leaders don't matter. We have seven of the nine chapters done for the book right now.

## Any advice for psych majors?

Be skeptical of a lot of information you get and be aware of solutions that seem too simple because they probably are.

## How do you see the psychology field changing?

I don't think it will change dramatically, but I think that it will still have the classic elements like learning and cognition. It will have a little more emphasis on physio. Psychology will still be about interpersonal relationships, which are so complex we'll never fully understand them.

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# Carl Gustav Jung: Psychologist to Know by Gina Pustovar



Carl Jung is considered to be one of the founding fathers of the school of analytical psychology. He is most famous for his concepts of the collective unconscious as well as archetypes, and he did much work with personality classifications.

Jung was born to parents Paul and Emilie Jung on July 26, 1875, in a small village in Switzerland called Kessewil. Jung's father, Paul, was a country parson, and when Jung was just six years old, his father began teaching him Latin, which sparked his life-long interest in languages and literature. He especially enjoyed ancient literature. By the end of his life, Jung could speak most modern western European languages as well as arcane ones such as Sanskrit.

Despite his early education, Jung did not enjoy school. He attended a Swiss boarding school where his fellow classmates subjected him to much jealous harassment. Though his first career choice was archeology, Jung went on to study medicine at the University of Basel. He decided to specialize in psychiatry while under the tutelage of famous psychiatrist Krafft-Ebing. Jung took a position at the Burghoeltzli Mental Hospital in Zurich after graduation, where he worked until 1909. Later he taught classes at the University of Zurich and ran a psychiatry practice.

In 1903, Jung married Emma Rauschenbach, and he broke off his studies upon the start of World War I. After the war, Jung resumed his studies and also traveled the world extensively until his retirement in 1946. After his wife died in 1955, he withdrew from public attention. Jung died in Zurich on June 6, 1961.

**Internships, continued from p.3**

availability during business hours is required. This internship lasts from 1-3 months, depending on your hours.

**The Bridge – Minneapolis, MN**

The Bridge for Runaway Youth, Inc. is a shelter that is open 24 hours a day and is available for young individuals who are thinking about running away, a young person who has run away, and/or for parents struggling to raise a teenager. The Bridge is looking for a youth volunteer who will answer their 24 hour crisis line, talk with youth arriving at the shelter, and help lead the group on outings. Internships are also available for those interested in counseling youth and families and leading groups on outings.

**Catholic Charities In-Home – St. Cloud, MN**

Catholic Charities In-Home Skills Counseling is an educational alternative to strengthen families and to build healthy relationships. These services are provided in the family’s home and are based upon a family systems approach, which holds that when one family member is facing difficulties, the total family system has difficulties. Families are referred by county social service agencies. In-Home Counselor Interns should be flexible with their availability as the majority of the hours are afternoons or some evenings/some mornings. Counselors will drive to family’s homes in 3-4 neighboring counties to provide education, crisis management skills, goal planning, and writing family assessments, etc.

**CCP-Family Services – Minneapolis, MN**

CCP-Family Services has paid internship opportunities in the Twin Cities metropolitan area. The intern would work one-on-one with children and adults who have developmental disabilities. Staff implement individual consumer programs and provide community integration activities.

# Psychology Humor :)

*A person walked into a New York bookstore and asked the salesperson for a book that was made into a musical that is still running. “Do you have Less Miserable?” The salesperson replied, “Look in the psychology section.”*

\* \* \* \* \*

**How many psychologists does it take to change a light bulb?**

\* Only one, but the bulb has to be willing to change.

\* None. The lightbulb will change itself when it's ready.



**How many Narcissistic P.D. (personality disorders) does it take to change a lightbulb?**

Just one to hold the lightbulb, but he has to wait for the whole world to revolve around him.

**How many Obsessive-Compulsive P.D. does it take to change a lightbulb?**

Just one. But he has to check it 100 times, one for each watt.

**How many Passive Aggressive P.D. does it take to change a lightbulb?**

Oops. I can't believe I broke the last one. I guess you'll have to sit in the dark.

**How many Dependent P.D. does it take to change a lightbulb?**

None, he's still clinging to the old lightbulb.

**How many Histrionic P.D. does it take to change a lightbulb?**

“You want me to change the lightbulb? I could burn my hand! I could be electrocuted! I could fall off the ladder and be paralyzed for life! You don't love me anymore!”

\* \* \* \* \*

*Psychiatrist to his nurse: “Just say we're very busy. Don't keep saying ‘It's a madhouse.’”*

\* \* \* \* \*

## Who said it?



**Answer:**  
**Thomas Szasz**  
(1920-)

# Psych News

## Look for these upcoming articles in our next issue!

Senior Psychology Major Plans  
Sorem Farewell  
Summer Plans



## Happy Spring!!

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](mailto:gmpustovar@csbsju.edu)

Sue Schulzetenberg at #6342, e-mail:

[saschulzete@csbsju.edu](mailto:saschulzete@csbsju.edu)

### **Psych News Staff**

#### **Co-Editors**

Gina Pustovar

Susan Schulzetenberg

#### **Advisor**

Christina Prom

#### **Writers**

Andrew Hachiya

Shannon Rooney

Jeris Sunneberg

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