

Staff

Erin Noel

*Psychology in Action:
Cumulative Tests; Not to be
Feared After All*

**Elizabeth Hanzlik &
Katie Kenefick**
*Oh, the Places Psych
Majors Will Go!*

Upcoming Events:

**Senior Psychology Graduation
Reception**

• Saturday, May 14th, 4:30pm-
6:00pm, Gorecki 204C, CSB

**St. John's University
Commencement Ceremony**

• Sunday, May 15th 2011 at
2pm. Saint John's Abbey
Church (SJU Campus)

**College of Saint Benedict
Commencement Ceremony**

• Saturday, May 14th 2011 at
2pm. Haehn Campus Center
Field House (CSB Campus)

The Freudian Slip

CSB/SJU Psychology Department Newsletter



College of Saint Benedict and Saint John's University

Psychology in Action: Cumulative Tests; Not to be Feared After All

by: Erin Noel

As spring has slowly bloomed, thoughts of summer have crept into the minds of both teachers and students alike. But as the thoughts of summer become more prominent, the fears of final exams surely put a dark cloud in our bright summery daydreams.

Although many of us dread the infamous cumulative final, they can significantly enhance long-term learning. Cumulative finals take advantage of "the spacing effect", studying something two times (or more), trying to let as much time pass as possible between studying. Studying the same information without letting time pass in between produces much less learning.

Knowing your final is cumulative usually changes the way you study (or makes you study if you normally wouldn't). Obviously, the more you study, the better. But, most people underestimate the value of repeated studying. According to a Nate Kornell, assistant professor at Williams College, there are three main reasons for why students don't study repeatedly.

First, Kornell says, people don't recognize the benefits of spacing: many people believe it has negative effects. Secondly, people believe their memories will not change much in the future, and therefore they

underestimate the benefits of future studying. And third, people think that once they can recall something, they know it. Kornell worries that just because you can recall it now, that doesn't mean you won't have forgotten it later. Thus, people think studying something they "know" is a waste of time, when in reality studying it more (or, actually, testing themselves on it) can have enormous long-term value.

Spaced learning is especially important for long-term learning. If you want to remember something for the short term, maybe for an exam in a few days, spaced learning will help some. But if you want to learn something for life, spaced learning is the best way to go. Research shows that the longer you want to remember something, the more you should space your learning.

Spacing gives you time to forget. This forgetting is a good thing; forgetting is the friend of learning. But forgetting can make you feel like you are not actually learning the information. On the other hand, re-studying something right away makes it seem easy to remember. Unfortunately, this makes people feel that spacing hinders learning.

Studying right before an exam is always a good idea. But cramming--only studying right

before an exam--is never a good idea. Of course, cramming is probably the single most popular study technique, especially on college campuses. Research has shown over and over that you'll quickly forget information that you cram, so it won't help you in the long term. And it won't help you nearly as much on the test as spaced studying would.

Kornell suggests using flashcards to take advantage of the benefits of spacing. Contrary to popular belief, it is much more effective to study a large stack of flashcards every day. The more cards you have in your stack, the more time passes before you go through the stack and return to a card you've studied before--that is, larger stacks create more spacing.

Next time you hear word of a cumulative test, do not fret.

Bottom line: Spacing your studying will help you do better on your test, as well as help you remember the information for a longer time.



Oh, the Places Psych Majors Will Go!



by: Elizabeth Hanzlik & Katie Kenefick

Oh, the Places Psych Majors Will Go!

Psychology is the scientific study of behavior, making it an extremely broad discipline for those choosing to major in it. CSB/SJU offers classes in everything from Sports Psychology, Clinical Psychology to Physiological Psychology and Personality. Fortunately, with support from faculty, staff, and other students, various research opportunities and other resources are available to help students narrow their focus. Popular careers in Psychology include counseling, psychotherapy, human resources, PR/marketing, and conducting research. Read on to see how CSB/SJU seniors are putting their Psychology degree to use after graduation!

Lauren Pehler will be joining U.S. Bank in their Leadership Development program in the Cities.

Jordan Kocon will embark on an epic adventure to work abroad in New Zealand for a year. Once he returns he hopes to continue his education by pursuing minimally a master's degree in psychology, followed by choosing a

specialty in either Social/ Personality or Clinical and complete a PhD program for psychology.

Anna E. Kalmi will be working for the MN Reading Corps in St. Cloud as a preschool literacy tutor. This is a year-long Americorps commitment.

Sarah Deua is attending grad school for Occupational Therapy at the College of Saint Catherine.

Megan Peterson will either be at the U of M for medical school or will be trying to find a job in the medical setting and reapplying to medical school next year.

Andy Obritsch plans to move to Charleston, IL where he has been accepted to Eastern Illinois University's Clinical Psychology M.A. program.

Heather Gillund is attending law school next year, probably in the twin cities. She is hoping to become a prosecutor.

Next year, **J.D. O'Connell** will be traveling to Nairobi, Kenya where he will be volunteering for a year through the Benedictine volunteer corp. He will be involved in teaching and a wide variety of

community outreach programs with both children and adults.

Megan Kelsey is planning to either intern for youth frontiers, a non-profit that puts on value retreats for youth, or work at a parish in the cities as a youth minister.

Andrea Schiebe will be working as a Site Director in Rutland, Vermont for the YouthWorks program, where she will mentor and supervise site coordinators and assist to facilitate and oversee middle and high school summer youth mission trips. After the summer she is looking into volunteering with AmeriCorps for a year in California.

After graduation, **Jillian Daleiden** will be attending St. Cloud State University to get her masters in Communication Disorders in order to become a Speech Pathologist. It is a 3 year program, and if all goes well, she would love to be working at a hospital or clinic with children.

Mid-summer **Alison Gresback** will be starting a career with Target in the cities.

Katelyn Plutt is working for a year then hopefully on to graduate school for Occupational Therapy.

Melissa Gurewitz plans to take on a newly offered volunteer marine mammal training position at the national aquarium in Baltimore.

Allison Homstad will be working as an ER Scribe at Abbott Northwestern. Her job will consist of transcribing the physician's notes and dictations during the procedure. She will be applying to medical school after graduation as well.

Brittany Meyer is planning on going to graduate school for school counseling.

Paul Johnson is volunteering in Newark, New Jersey as a member of the Benedictine Volunteer Corp.

Elizabeth Hanzlik will be working at the Minnesota Autism Center in Woodbury, MN, and plans to attend grad school for school psychology in the near future.

Laura Sienko will be attending St. Catherine's University for Occupational Therapy.

program at Loyola University Chicago to obtain her Master's and Specialist Degree.

Pa Nhia Lee will be teaching English abroad in China for a year.

Brittany Nosal graduated early (December 2010) but will be walking in May with her class. She has been working full-time as a Mental Health Counselor with South Metro Human Services placed at a foster care home in Andover, MN. She works mainly with mentally ill/chemically dependent adult women, and absolutely loves her job! She will also be attending graduate school at Augsburg this fall 2011 for my Master's in Clinical Social Work (class of 2013), and is very excited about getting started.

Sydney Solberg will be attending the school psychology program at Loyola University Chicago to obtain her Master's and Specialist Degree.

Shee Xiong is currently waiting to hear back from the University of MN for their School Counseling program. She has already been accepted into St. Cloud's School Counseling program. From here, she is just waiting to weigh her options.

After graduation, **Lauren (Rohlin) Rice** will be moving to Fort Stewart, Georgia with her husband. She will be working as a lieutenant in the medical service corps and

hopes to go on to graduate school for clinical psychology within a few years.

Laura Althoff will be attending SCSU for her Master's in School Counseling.

Kaitlin Andraesen is going to graduate school at the University of Wisconsin- Eau Claire for school psychology.

Chelsie Roberge plans to work towards earning a license in Chemical Dependency Counseling. She hopes to start by working in the Drug Unit at Fairview, and move forward from there.

Thanks to a strong support system from the faculty at St. Ben's and St. John's, peers, friends, and family, these students are ready to take on challenges and continue their journey into the real-world. Good luck to all!

College of Saint Benedict

37 S. College Ave. St. Joseph, MN 56374

320-363-5139

Saint John's University

PO Box 2000 Collegeville, MN 56321

320-363-3195