

## Department Newsletter

A Newsletter for the psychology department, students, and faculty of the College of St. Benedict and St. John's University

### Study Connects Social Appraisal with Stress

Results of a new study support the idea that college students, college counselors, and student affairs staffs consider something else besides classes and homework when working with stress: social connectedness. In a study published by the *Journal of Counseling and Development* psychologists Richard Lee, Kelli Keough and Janel Sexton found social appraisal correlated with perceived stress.

The researchers discovered a significant correlation with social connectedness and perceived stress in college men and women. Social appraisal was also significantly correlated with perceived stress in women, but not in men. Men did, however, report more negative social appraisals of the college campus.

The Social Connectedness Scale, Appraised Status of Social Groups Scale and the Perceived Stress Scale were used for this study. The participants were undergraduate students at a large southwestern public university.

In the study, the researchers concluded that further studies and tests need to be conducted on the relationships between social connectedness, social appraisal and perceived stress to support the information received and modify possible flaws in this study's questions.

Source: Journal of Counseling & Development



### Psychology Club is Back!

Calling all psych students!!! Are you interested in learning more about psychology? Do you want an opportunity to get to know the psychology professors and your fellow psych students? Do you just want to have some fun??? Well, you're in luck-the CSB/SJU Psychology Club is back, and better than ever!

Back by popular demand is Psychology Club bowling night at the El Paso-keep your eyes and ears peeled for the next date and time-we'll try to let you know when that will be happening again. Also, the Psych Club recently organized a trip to Gustavus Adolphus College to attend the Nobel Conference. Please take a look at our summary of this event on page three of this newsletter.

Throughout the year, the Psychology Club hopes to bring in speakers to discuss different psychology issues; they will be organizing panel discussions that relate to psychology; and they hope to have movie nights as well.

All in all, this year promises to be a fun and exciting (and don't forget-educational!) one for the Psychology Club members. If you aren't yet a member...join! E-mail the Psych Club president, Mandie Creed, at [ascreed@csbsju.edu](mailto:ascreed@csbsju.edu), for more information, or feel free to show up at any of the Psych Club events going on around campus. You won't regret it!



Issue #1

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Oct. '02

## Human and Chimp Bridge

Chimpanzees may not be as closely compared to humans in psychological studies as previously thought. Roy Britten, a biologist from the California Institute of Technology, concluded that the human and chimpanzee genes may vary by 5 percent, compared to the 1.5 percent that was previously accepted.

Using a computer program, Britten compared 780,000 of the 3 billion base pairs on the human DNA helix with the base pairs of the chimpanzee. Britten saw more differences than previously noticed and concluded that at least 3.9 of the genetic bases were different and the DNA between the species may differ by 5 percent.

Britten admits that much of the variations between species are relatively unimportant, but sees important proceeding studies in evolution. He says the next step is to locate all the genetic differences in the DNA and to compare how genes are regulated in both species.

His study is to be published in the *Proceedings of the National Academy of Sciences*.

Source: The Associated Press

## Palace break-in motives: Protection or Psychology?

According to a recent Minneapolis Star Tribune article, Saddam Hussein may be hiding biological or nuclear weapons in his palaces. Although the U.S. intelligence and other officials have not proven the speculation of the hiding of weapons, the Bush administration is especially interested in gaining access to three of Hussein's presidential sites.

There is still some question to the U.S.'s motives for getting in the palace. Mustafa Alani, an Iraq-born Middle East expert at the Royal United Services Institute for Defense Studies is one of them. Alani says that getting inside is more related to psychological issues and believes that going into the palaces will undermine Saddam's authority.

Repeatedly Saddam's regime blocked U.N. teams from entering the presidential compounds, saying that the searches violated Iraq's national sovereignty and dignity." The U.S. and London were angered by the remark, but Paris and Moscow backed Iraq in the Security Council.

Who said it?



"[Psychoanalysis] is not the only way to resolve inner conflicts. Life itself still remains a very effective therapist."

Answer on back page

## Sister Helen Prejean

*Author of Dead Man Walking*



Sister Helen Prejean, author of the award-winning book "Dead Man Walking: An Eye Witness Account of the Death Penalty in the U.S." will be receiving the St. John's School of Theology/Seminary's annual Dignitas Humana award on Thurs

**S. Helen Prejean** -day, October 24th, at 8:00 in the Abbey Church. This award, given to persons who make a great effort to improve the dignity of all human beings, will recognize S. Helen's work with death row inmates and her attempt to repeal the death penalty. S. Helen's book has been translated into over 12 languages, and it has been turned into a popular movie as well as an opera. S. Helen has also been nominated for a Nobel Peace Prize, and has received numerous other awards. The award presentation and lecture are free and are open to students and the public.

## 17th National Conference on Undergraduate Research (NCUR)

Students interested in presenting their research must submit an abstract by November 15. The Conference will take place March 13-15. This a great opportunity for undergraduate students to experience a national conference devoted to research, scholarship, and creativity from a wide variety of disciplines. Limited funds are available for CSB/SJU students traveling to the conference. Those interested should contact Steve Stelzner, Director of Undergraduate Research, if they are interested in the conference or would like a mini grant for a mini grant for their research or travel to a conference other than the NCUR.

The Psychology Club organized a trip to Gustavus Adolphus College on October 1<sup>st</sup> and 2<sup>nd</sup> to attend the Nobel Conference. The theme of this sold-out conference was "The Nature of Nurture", and prominent psychologists included Judith Rapoport, Eric Kandel, Jerome Kagen, and others were honored Speakers whose lectures were well-attended. We hope to have a more detailed description of the conference's events in an upcoming issue.

## Coordinator's Corner Christina Prom

I am delighted to be working here after my four long years of toiling away as an undergraduate at CSB/SJU. I'm from everyone's favorite city of St. Cloud and studied abroad fall of my junior year on the Greco-Roman program.



I also worked off-campus at the St. Cloud Hospital in the Behavioral Health Unit starting the Summer of 2000 up until August 5<sup>th</sup>, 2002, when I began working at St. John's and St. Ben's as the Psychology Department Coordinator.

So what do I actually do all day?? Well...my position is known as having the hodgepodge of responsibilities around the department. I supervise all the student workers in the department...which total somewhere between 15-20. I help co-teach PSYC 399, which is the Senior Teaching Practicum class for the Introduction to Psych. Labs. I advise any students who have questions about the major – current students & prospective students – and I assist the chair with all sorts of tasks & duties required to make a department run. There are also about 8,000 other random things I do as a part of this job...but the above is a nice little sample for you to snack on to feed your curiosity.

I hope in future editions of the department newsletter to let you know about important stuff that is happening in the department – from my standpoint – to keep you up to date! In the mean time, if you ever have any questions about Psychology or just want to chat – here is my contact information. I'm here from 8:00am to 4:00pm or afterwards in the afternoons. Christina ☺  
**SJU** (Odd mornings, Even afternoons) Pengel 133 # 3314  
**CSB** (Even mornings, Odd afternoons) Richarda P34 # 5484  
[cprom@csbsju.edu](mailto:cprom@csbsju.edu)

The nursing department at CSB recently co-sponsored the state-wide Autism Conference, which was held on the St. Ben's campus on October 12th. This conference was intended for parents of autistic children and professionals who deal with autistic children. It was also open to 30 CSB students who had an interest in this area.

# Faculty Spotlight

Michael  
Livingston

*Q. Where did you attend undergrad and graduate school at?*

A. I attended two years at a junior college. I went to Grand Rapids Community College in Michigan. Then I got my BA at the University of Michigan and got my Ph. D at the University of Minnesota.

*Q. What classes do you teach?*

A. I teach Developmental Psychology. Motivation and Emotion, History of Psychology, Intro to Psychology, and the Teaching Practicum.



*Q. Which is your favorite class to teach?*

A. Developmental psych is because I am a developmental psychologist.

*Q. What got you interested in the study of psychology?*

A. I find it immensely interesting. It is interesting to understand self and others. I think that everybody finds it interesting.

*Q. Why did you choose to come to CSB/SJU?*

A. I like teaching small classes and getting to know the students.

*Q. What are your goals as a professor?*

A. I have two goals. My first goal is to get people excited about the topic. My second goal is to get people thinking about the topic. I do this by the way I teach and the activities that my classes do.

*Q. Do you have any advice for psychology majors?*

A. Figure out what you love to do and do it. Try lots of different things, activities, jobs. Explore.

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## Psychologist to know: B.F. Skinner

Burrhus graduated from success, except for reinforcement and he attended Harvard faculty in Skinner



physiological controversial. He is especially known for his studies in operant conditioning, including his ideas with the Skinner Box that tested behavior modification on lab animals. Among his ideas is programmed instruction, in which students are presented with bits of information that they must conquer before progressing to the next step. Several teaching machines were designed with Skinner's ideas.

Fredrick Skinner was born in 1904 in Susquehanna, Pennsylvania. In 1926 he Hamilton College with an English degree. He tried as a writer, but achieved little the publication of "Walden Two," a novel that focused on positive imagined the results of behaviorism shaping the US. After retiring from writing, Harvard University and received a Ph. D. in psychology in 1931. He joined the 1948 and his studies became essentially important to the field of psychology. was a leader in the behaviorist school of psychology, which studies responses to external stimuli. His ideas were seen as innovative and

controversial. He is especially known for his studies in operant conditioning, including his ideas with the Skinner Box that tested behavior modification on lab animals. Among his ideas is programmed instruction, in which students are presented with bits of information that they must conquer before progressing to the next step. Several teaching machines were designed with Skinner's ideas.

His publications include *Behavior of Organisms* (1938), *Walden Two* (1948), *The Technology of Teaching* (1968), *Particulars of My Life* (1975) and *Reflections of Behaviorism and Society* (1978).

## Psych Humor

1-800-PSYCH

Hello, Welcome to the Psychiatric Hotline.

If you are obsessive-compulsive, please press 1 repeatedly.

If you are co-dependent, please ask someone to press 2.

If you have multiple personalities, please press 3, 4, 5 and 6.

If you are paranoid-delusional, we know who you are and what you want. Just stay on the line so we can trace the call.

If you are schizophrenic, listen carefully and a little voice will tell you which number to press.

If you have a nervous disorder, please fidget with the # key until a representative comes on the line.

If you have amnesia, press 8 and state your name, address, phone, date of birth, social security number and your mother's maiden name.

If you have post-traumatic stress disorder, slowly and carefully press 000.

If you have short-term memory loss, press 9. If you have short-term memory loss, press 9.

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If you have short-term memory loss, press 9.

If you have a masochistic complex, please press "0" for the operator. There are 200 calls ahead of you.

If you are depressed, it doesn't matter which number you press. No one will answer.

## News Flash From the Libraries

### A new look for PsycInfo?

The Library is reconsidering its subscription to PsycInfo and with Minitex we are receiving bids from the following sources: OVID/SilverPlatter, Cambridge Scientific Abstracts, OCLC First Search and ProQuest, which is our current vendor. Go to the online version of this newsletter for hot links to these vendors and other indexes mentioned in this article. Comments are solicited. Address them to Ndickau@csbsju.edu/

### New Periodicals Added to ScienceDirect

Please have a look at ScienceDirect. ScienceDirect provides access to more than 600 journals published by Elsevier Science. Primarily research in nature, titles in this package include *Brain Research*, *Neuroscience & Biobehavioral Reviews*, and all the journals in Elsevier's *Trends in ...* series. Disciplines include psychology, biology, chemistry, language and linguistics, economics, computer science, education, and many others. For the list of journals included in this database click the "Publications" button near the top of the screen. Both subscribed and non-subscribed journals will automatically be displayed. A key to the right of the "journals" box describes the symbols that can be associated with a journal which indicate whether CSB/SJU has subscribed to the full-text online (i.e. subscribed) or not (i.e. unsubscribed) for that particular journal.

You may wish to try their Alert service. If you go into the database and make a search, you may request that ScienceDirect periodically send you recent articles that fall within your search parameters. It is smart way to keep updated on particular topics. They also offer a citation alerts for articles you select. The citation alert keeps track of all articles published later that cite the original article. To get to Science Direct go to the library home page. Choose Journals and Newspapers link. Under Full-text Collections choose ScienceDirect. Use the Search screen to locate articles.

### Psychology from a men's perspective?

Another database to be aware of is the **Men's Studies Database**. Complementing NISC's databases on Women's Studies, the Men's Studies Database helps complete the spectrum of gender engaged scholarship inside and outside academia. Multidisciplinary coverage includes empirical and theoretical scholarship encompassing the issues of men's identity and experience. Current as well as historical perspectives focus on methodologies employed in the study of masculinities and perceptions of men as represented in contemporary society.

To get to Men's Studies Database go to the Library Home Page. Choose Journals and Newspapers and then Specialized Indexes. Using the pull down menu for Academic Areas go to Gender Studies.

## Internships Available for Psych Students

**CORRECTIONS (CR)** <http://www.csbsju.edu/internship/ops/corrections.htm>

Hennepin County Dept. of Community Corrections - Minneapolis, MN

**ENVIRONMENTAL (EV)** <http://www.csbsju.edu/internship/ops/environmental.htm>

City of Minnetonka - Minnetonka, MN

Dodge Nature Center - West Saint Paul, MN

Lady Bird Johnson Wildflower Center - Austin, TX

Minnesota DNR Department of Ecological Services - St. Paul, MN

Stearns County - St. Cloud, MN

**EVENT PLANNING (EP)** [http://www.csbsju.edu/internship/ops/events\\_planning.htm](http://www.csbsju.edu/internship/ops/events_planning.htm)

Catholic Charities - St. Cloud, MN

Mall of America - Bloomington, MN

Initiative Foundation - Little Falls, MN

Youth Frontiers - Minneapolis, MN

**GOVERNMENT (GO)** <http://www.csbsju.edu/internship/ops/government.htm>

Norm Coleman for Senate - St. Paul, MN

Office of Congresswoman Betty McCollum - Washington, D.C.

Project Vote Smart - Philipsburg, MT

Tarryl Clark for Minnesota State Senate - St. Cloud, MN

Wellstone for Senate - St. Paul, MN

**HEALTH/BEHAVIORAL HEALTH (HL)** <http://www.csbsju.edu/internship/ops/health.htm>

Chrysalis - Minneapolis, MN

**HUMAN RESOURCES (HR)** [http://www.csbsju.edu/internship/ops/human\\_resources.htm](http://www.csbsju.edu/internship/ops/human_resources.htm)

C.H Robinson Worldwide Inc. - Eden Prairie, MN

**HUMAN SERVICES (HS)** [http://www.csbsju.edu/internship/ops/human\\_services.htm](http://www.csbsju.edu/internship/ops/human_services.htm)

Americorps VISTA - Chaska, MN

St. Cloud Children's Home - St. Cloud, MN

**LAW (LW)** [http://www.csbsju.edu/internship/ops/law\\_legal\\_services.htm](http://www.csbsju.edu/internship/ops/law_legal_services.htm)

Chrysalis - Minneapolis, MN

Hey all you writers out there! Whether you're an English minor, an aspiring novelist, or just a student who has something to say about psychology, we need your input! In order to have a great newsletter, we need to hear from a lot of different voices, and that means we need student writers! So take some time out of your busy day and write a little something; it doesn't have to be long, and it can be about anything you (and we editors, since we have to give final approval!) think is relevant to the psych world. Contact either editor at the following phone numbers, or drop us an e-mail. We'd love to hear what you have to say!

Gina Pustovar #5295 e-mail: [gmpustovar@csbsju.edu](mailto:gmpustovar@csbsju.edu)

Sue Schulzetenberg #6342 e-mail: [saschulzete@csbsju.edu](mailto:saschulzete@csbsju.edu)

CONGRATULATIONS!!! Have you been hearing a lot of that recently? If so, we want to know what you've done that everyone is celebrating! Finally secured that awesome internship? Scored a great scholarship? Been accepted to grad school? We want to know, so we can let the psychology population on campus congratulate you too! We will publish this information in upcoming issues of the Psychology Department Newsletter. Contact either editor at the following phone numbers or e-mail addresses.

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### Who said it?



Answer:  
Karen Horney,  
"Our Inner  
Conflicts," 1945

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

GO TO: [www.csbsju.edu/psychology/](http://www.csbsju.edu/psychology/) for general info.

To see the newsletter go to: <http://www.csbsju.edu/psychology/newsletter/default.htm>

