

Psychology Department Newsletter

Issue 2, October 2003

Cost to you: Next to nothing (actually, nothing-who are we kidding?!)

If you have anything you'd like to share with the readers of the Newsletter, contact the Psychology Department Student Worker,

Editor Gina Pustovar,

Staff Writers
Amanda Macht,
Julie Sanem, or
Andrew Hachiya,

or Department Coordinator Mary Lonergan!

"[W]e focus too much on positional leaders in organizations and ignore the other leadership that takes place."

~Dr. Stelzner



Spotlight on Faculty Research

By Amanda Macht

Read on for information concerning the fascinating and inventive research projects currently being conducted by some members of the CSB/SJU psychology faculty!

Dr. Pamela Bacon's research has focused on the relational self-construal (the degree to which individuals incorporate important others into the self-concept) and its affect on behavior, emotion, and cognition. She is currently analyzing data from a longitudinal study of roommate pairs in which she and her research assistants examined the role of the self-concept in roommate satisfaction and expectations. Dr. Bacon also plans to start a study examining the relational effects of guilt later in the semester, as well as a laboratory study examining the mechanisms by which the self-concept changes.

Dr. Aubrey Immelman is currently involved in a number of faculty-student collaborative research projects. During the summer, he co-authored three chapters with his colleague Christ'l De Landtsheer at the University of Antwerp, in Belgium, for the forthcoming book, *Politiek Impressiemanagement in Vlaanderen en Nederland* [Political Impression Management in Belgium



and the Netherlands], to be published by ACCO publishers in Louvain next year. He recently completed the chapter "Personality in Political Psychology" for the *Handbook of Personology and Psychopathology*, to be published by Wiley publishers in 2004. He is also currently working with both a CSB/SJU graduate, as well as a currently enrolled student, on a psychological profile of Supreme Court justice Clarence Thomas, for inclusion in a forthcoming biography co-authored by Kevin Merida and Michael Fletcher (respectively associate editor and education reporter at the *Washington Post*) to be published in 2005 by Doubleday. Finally, he has created a *directed study option* in criminal psychological profiling for students enrolled in his

Personality, Psychology and Law, and Social Psychology courses.

Dr. Stephen Stelzner is currently writing a book with Richard Wilekiewicz and Kathy Allen on leadership entitled *Leaders don't matter, leadership does*. "The premise of the book is that we focus too much on positional leaders in organizations and ignore the other leadership that takes place." They also use ecology as a metaphor to make our points, based on an earlier article they wrote called "The ecology of Leadership: Adapting to the challenges of a changing world."



Psychology In The News

How is psychology affecting our world?

D.C. Sniper Pleading Insane

By Andrew Hachiya

As the trials for the D.C. snipers begin the pre-trial litigation, the defense team for Lee Boyd Malvo, the young of the two brothers have filed notice that they will mount an insanity defense at the beginning of the trial. This defense is basing its case around the understanding that Lee Boyd acted under the strong control of his older brother. This control was so strong that Lee Boyd was unable to determine between right and wrong. Lee Boyd Malvo is on trial for the shooting spree shooting 13 and killing 10, one of which was an FBI analyst. If convicted both could receive the death penalty.

"The amount of sleep recommended for college-age students is 8 to 9.25 hours a night."

Three different rules exist that judges and juries adhere to decipher and make a verdict. Federal law adheres to the ALI/Brawner Rule which states,

(1) A person is not responsible for criminal conduct of at the time of such conduct as a result of mental disease or defect he lack substantial capacity either to appreciate the criminality (wrongfulness) of his conduct or to conform his conduct to the requirements of the law.

(2) ...the terms "mental disease or defect" do not include an abnormality manifested only by repeated criminal or otherwise anti-social conduct. (Section 4.01)

When looking at this proving Lee Boyd Malvo's insanity will be very difficult. Research shows that he starts from no mental disease or defect. Based on the defense case, of his cognitive impairment, this trial will exist largely of testimony of back and forth testimony of two different psychiatrist telling two different stories of

Online Video Game Addiction

By Amanda Macht

Media organizations such as *The Guardian* and *CBS News* have recently been focusing more attention on increasing rates of addiction to online gaming. Though this is a relatively new phenomenon, just a quick online search results in dozens, if not hundreds, of personal accounts of how gaming has escalated from past-time to addiction with adverse relational, emotional, and even professional results.

The Guardian outlines a number of personal accounts from professionals to college students (mostly men) who began role-playing games such as EverQuest, or "EverCrack" as it has been deemed by many, in which they enter fantasy realms that operate in real time and team up with other gamers. In extreme cases of addiction, gamers have found that their fantasy relationships begin to take the place of real life obligations and relationships, and as a result the game becomes a form of escape. The gaming addiction has lead to such things as divorce, job loss, dropping out of college, and has even been named as the reason for a small number of high profile suicides.

Numerous help lines and organizations have formed to help gamers beat their addiction and put their lives back together. These include Online Gamers Anonymous, which is based upon the 12-step approach of Alcoholics Anonymous, and the Computer Addiction Service. Clinical psychologists are also offering their services to help addicted gamers, and there is also much discussion and debate about Internet Addiction becoming identified as a psychological disorder and added to the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

References

<http://multimedia.design.curtin.edu/cache/g/0002>

<http://www.cbsnews.com/stories/2002/10/10/48hours>

<http://www.guardian.co.uk/online/story>



How well do you know your psych?

Well, we're giving you a chance to find out. Here's the deal: In every issue of the psych newsletter (that's one a month!), we will have three quiz questions pertaining in some way to the subject of psychology. Some questions will be professor-generated, some will be from our newsletter staff, but all you have to do is send the psychology department student worker an e-mail with your answers to this month's quiz questions. We will keep a running tally of who has the most correct answers each month, and at the end of the year, we will award the first-place winner with a gift certificate to the bookstore! What a great deal! Each month, the scoring leaders will be printed in the newsletter so you know where you stand in the competition. So dust off those psych books (or your computer's search engine) and answer our questions! (Deadline: October 20th.)

Quiz Question #1:

1. When you hear a noise in the woods walking back to your dorm room, the information travels through a direct emotional pathway, from the _____ to the _____, and produces your unconscious physiological response.
- Thalamus; cerebral cortex
 - Amygdala; thalamus
 - Thalamus; corpus callosum
 - Thalamus; amygdala

Help name the Newsletter!

We need a good title for our newsletter, and we're counting on all you psych majors to help! Send your title suggestions to the psych department student worker e-mail account...the winner will get not only the pride and honor of seeing YOUR title on the front of the newsletter every month, but also a great prize!! Submissions must be in before October 20th, and the winning name will be published in our October edition! Start thinking now!

Coordinator's Corner

By Department Coordinator Mary Lonergan

Welcome back to another school year! I hope you find your experiences to be motivating, challenging, and fun. My endeavors as Department Coordinator have had all of these qualities, plus the added benefit of working more closely with faculty and students. Working at CSB/SJU has given me a different perspective of these institutions that I never knew as I encounter new challenges and opportunities for growth as I continual transition from college to career.



What exactly does the Psychology Dept. Coordinator do? Quite frankly, the variety of tasks is virtually endless. Some of my primary duties are to supervise student workers in the Psychology Department, co-teach the Psychology Teaching Practicum (which coordinates the Introductory Psychology Labs), and assist the Department Chair with responsibilities that help the Department work smoothly. When I'm not buried in paperwork, I enjoy meeting with and advising students, assisting PsychClub, and helping my student workers with projects.

As I hinted to earlier, I'm a recent graduate (May 2003) from CSB with a degree in Psychology. During my college years, I had the chance to conduct research, work in the Psychology department as an office assistant and teaching assistant, serve as a summer intern for a chemical dependency program, instruct Introductory Psychology labs, and present research at conferences. Each of the experiences complimented my psychology major well, and I hope you find the time and opportunity to become involved in these types of activities. Being active in psychology is tremendously beneficial – just start investigating, and be sure to network with the psychology faculty, me, and outside institutions.

If you ever have questions about the Psychology department and courses (or just want to say "hi"), please feel free to stop by or make an appointment. I'm at my CSB office – Richarda P34 – on Even mornings and Odd afternoons, and I can be found at SJU – P.Engel 133 – on Odd mornings and Even afternoons. Also, be sure to check out our webpage www.csbsju.edu/psychology, and continue to read the Psych Newsletter. I'm looking forward to another great year and getting to know all of you.

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(Livingston, cont'd from p. 1)

the study of how people change over time. I also love the history of the field, the study of motivation and emotions, and the study of cognition. For me, the most interesting questions, after questions about how and why people change, are questions about what and how people think and feel.

Are you currently conducting any research?

My own research is presently focused on a biography of Harry Braverman, a prominent American economist and a study of the peace and anti-war movements. Unfortunately, this is not the kind of research students can get involved in. I hope to start some student-faculty projects soon on attitudes and beliefs.

Do you plan on making any major changes to the department now that you are the chair?

The Psychology professors work together to decide upon and make changes in the department. Presently we are talking about several things: hiring a new faculty person to replace Dr. Mealey; organizing a research seminar for our students, plus some other ideas. As a department we really want to make CSB/SJU into the best liberal arts Psychology department in the region. We feel that we are already pretty good and just need to be a bit better to be the premier place in the upper Midwest.

Do you have any advice for psychology majors?

Take advantage of all the opportunities that CSB and SJU offers you-not just in the Psychology department but in the entire college. This is not a rehearsal for the rest of your life: this *is* your life, and you may not have these opportunities again.

Psych Humor!!

Three patients at a psychiatric clinic are up for release. The psychiatrist informs them that they will have to pass a simple test. He asks the first patient, "How much is two plus two?" The patient answers: Blue. At this the doctor calls in the orderly to escort the patient back to his room. Turning to the second patient, he asks, "What is six minus three?" To which the patient replies: Square. Once again, the orderly is called in to remove the patient. Turning to the third and last patient, he asks, "How much is five plus five?" The patient answers very confidentially: Ten. The doctor, amazed, then inquires, "How did you figure it out?" The patient answers: "Easy! Blue multiplied by square equals ten."

The Return of Psych Club!

By Gina Pustovar

If you're looking for a fun and interesting group of Bennies and Johnnies who share your interest in all things psychology, you've come to the right place. The Psychology Club is back, and they have already started planning for an event-filled year. Coming up in October: the first in a series of psychology-related movies with commentary about the psychological issues to follow the film, provided by one of the members of the psychology faculty. The first movie in this series will be *Silence of the Lambs*, which will be shown on October 28th at 8:00. Rumor has it that Aubrey Immelman will be the guest speaker for this film. The Psych Club is also looking into organizing activities such as psychology intramural teams, guest speakers and panels, and of course, the ever-popular Psych Club bowling night! Keep an eye on the Psychology Newsletter and your e-mails for more information on these events. If you missed the sign-up for the Psych Club distribution list at Involvement on the Mall, you can contact Psych Club president Shanna Paffrath to get signed up or e-mail the Club at psyclub@csbsju.edu

This year, the Psych Club's main goal is going to be to increase student-to-student and student-to-faculty interaction. The officers of the Psych Club who will be working hard to achieve that goal include: Shanna Paffrath, president; Amy Mousel, vice-president; Ashley Sherwood, secretary; Joanna Morrissey, treasurer; and Travis Grotz, senior class representative/member at large. If you have any questions about the Psych Club, feel free to contact any of these outstanding club members! In the meantime, show up at some of the events and find out just how great Psych Club can be!

Quiz Question #2:

1. The sounds "ch," "b," "l," and "th" are
 - a. morphemes
 - b. semantics
 - c. phonemes
 - d. syntax

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Psychological Aftermath of the Rocori School Tragedy

By Andrew J. Hachiya

In the latest news, a school shooting at Rocori High School in Cold Spring, MN, leaves one dead and another in critical condition. The suspect is a freshman student of the same high school. I do not wish to interpret the psychological process involved in the shooter, but rather the processes involved by all those students, teachers and friends who are to resume daily activities a mere day after their classmate, student, and friend was killed. These people are asked to resume daily functions that will force them back into routines of their days, which will in turn help them cope with the losses they have encountered.

A professor at CSB/SJU and clinical psychologist at St. Cloud Hospital, Dr. Scott Palmer, spoke on the radio offering advice to people both on how healthy coping should take place as well as how to detect unhealthy coping strategies. He suggests that talking over issues and being supportive and understanding about the loss will help an individual to elicit healthy coping. It is also very likely that many will experience a loss of appetite, problems sleeping and a lack of attention; these are very normal occurrences and should not yet be classified as problematic. However, if they persist, they might be symptoms of Acute Stress Disorder, which is a very real possibility for a lot of people present in

that school at the time of the shooting. If, however, the individual's symptoms persist and evolve for over a month, a case of Post Traumatic Stress Disorder should be considered. At that point, medical help could and should be consulted. Psychological repercussions of event such as these are very large and real; we keep those families and friends in our prayers.

Quiz Question #3:

1. Cognitive dissonance should not be experienced unless _____
 - a. the person's behavior was voluntary
 - b. the person's behavior was coerced
 - c. the person's behavior disturbs others in his life
 - d. the belief is shared by others



Psychologist to Know: Robert J. Sternberg

By Julie Sanem

Robert J. Sternberg is the 2003 President of the American Psychological Association (APA). He is also IBM Professor of Psychology and Education and Director of the Center for the Psychology of Abilities, Competencies and Expertise (PACE) at Yale University, where he has taught since 1975. Sternberg received his PhD from Stanford University in 1975 and his BA summa cum laude, Phi Beta Kappa, from Yale University in 1972. Sternberg has written over 900 journal articles, book chapters and book and has received over \$15 million in government and other grants and contracts for his research.

The main focus of Sternberg's research is on intelligence, love, creativity, wisdom, and close relationships. Sternberg began focusing on intelligence as a child after experiencing test anxiety. He eventually posited a Triarchic Theory of Intelligence, saying that componential, experiential and contextual aspects "govern and determine the range of cognitive mental ability."¹ Sternberg has also redefined intelligence to include practical knowledge. Sternberg says, "real life is where intelligence operates and not in the classroom. . . . The true measure of success is not how well one does in school, but how well one does in life!"¹ Sternberg also created the

Triangular Theory of Love. According to his theory, intimacy, passion and commitment interact to determine whether love is infatuate, liking, empty, romantic, fatuous, companionate or consummate. You can "Measure Your Love" according to Sternberg's Theory at <http://www.familydynamics.net/tls/intro.htm>. These theories, along with

New Books at the Joint Libraries

By Norma Dickau

Baron-Cohen, Simon

The Essential Difference; the truth about the male and female brain. Oxford, 2003.

“Baron-Cohen’s research also gives significant insight into autism: He believes the syndrome is an extreme example of the systemizing male brain at work. The data support his conclusion: Autistic boys outnumber autistic girls by seven to one. Baron-Cohen urges that teachers become more aware of male/ female brain differences, and more accepting and tolerant of the needs of the extreme male brain. And he suggests that an extreme form of the female brain may also exist, with its own problems.” From *The American Enterprise*, July-August 2003 v14 i5 p59.

Bloom, Richard W. and Dess, Nancy

Evolutionary Psychology and Violence: a primer for policymakers and public policy advocates. Praeger, 2003.

Includes chapters on the “Evolution of scientific psychology and public policy: on violence and its antidotes”; “The social implications of evolutionary psychology: linking brain biochemistry, toxins, and violent crime”; “Psychopathy as an adaptation: implications for society and social policy”; “Combating Rape: views of an evolutionary psychologist” by Linda Mealey and more.

Gaylin, Willard

Hatred: the psychological descent into violence. PublicAffairs, 2003.

“Gaylin now brings these gifts to bear on the crucial issue of hatred, which differs from anger, rage, bigotry, paranoia, jealousy and envy, although it has something in common with each of them. He makes such distinctions carefully and with the accumulated wisdom of a lifetime of psychiatric practice. He is also at home with the classics of philosophy, and illuminating references to Epictetus, Montaigne, Hume and Sartre are as likely to appear as clinical cases. The two quickly converge on the book’s first conclusion: hatred is not one thing.” From *The New York Times Book Review*, August 3, 2003 p12 col 01

White, Stephen

The Best Revenge. Delacorte Press, 2003.

How about some fictional psychologist and ex-convicts and, the ever popular, revenge. “White injects Boulder psychologist Alan Gregory into the wild and wooly saga of a convicted killer released from Death Row to the even more dangerous world outside.” *Kirkus Reviews*, Dec 1, 2002 v70 i23 p1732.

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