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Preparing for life after graduation

Research Spotlight
Dr. Jill Ehrenreich May

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A message from UASP

The UASP staff redesigned the newsletter to give it a fresh, modern twist. In the first issue of psych, you will find stories on advising, career opportunities, study abroad, Dr. Ehrenreich May’s CAMAT laboratory, and much more. Our hope is to provide you with new stories in each issue that will help you “take charge of your education” and take advantage of your social and academic opportunities at the University of Miami.

What stories would you like to see in the newsletter? What topics would you like to see covered? Do you have any exciting news (e.g., graduate school admission, conference presentations, etc.) we could include in our next issue? Please e-mail your comments to Alida Lambert at alambert@miami.edu.

Enjoy the first issue of psych!

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the front cover
Models: Lance Ludka, Alex Perez, and Lindsay Rosen
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Reserve Your Research

If you are thinking about participating in research for credit next semester, **now is the time to choose a lab.**

Find a mentor

Check out descriptions of psychology faculty members’ research projects by visiting [www.psy.miami.edu/undergraduate](http://www.psy.miami.edu/undergraduate) and then clicking on “Undergraduate Research Opportunities.” For neuroscience research contact Dr. Phil McCabe at pmccabe@miami.edu to get matched with a mentor.

Register for credit

Follow these steps:
1) Contact a mentor to discuss your part in his/her lab.
2) Pick up a Permission to Add Research form, outside of UASP, Flipse 508.
3) Fill out the form and have your mentor sign it.
4) Bring the form to UASP to meet with an advisor to add the course.

Volunteer Information

Follow these steps to register as a volunteer:
1) Contact a mentor to discuss your part in his/her lab.
2) Pick up an Undergraduate Application for Volunteer Research Participation form, outside of UASP, Flipse 508.
3) Fill out the form and have your mentor sign it.
4) Turn the form in to UASP.

We recommend that all students who participate in research fill out a volunteer form to maintain computer access for the calendar year.

New Service Available at UASP: Graduation Plan Critiques

We invite all students to create a graduation plan and meet with an advisor to review it. Let us help you think through your academic plans and make the most of your educational experience. A graduation plan is a valuable tool that can help you map out your undergraduate career. Plans may be basic, intending only to satisfy minimum requirements, or they may be more complex, encompassing things like research, study abroad, and standardized tests. Careful attention should be paid to course sequences, prerequisites, and course loads when planning for graduation.

Stop by UASP to pick up a blank graduation plan from a PAL and to learn more about grad plan critiques.
Faculty Overview of Research and Undergraduate Mentoring (FORUM) is the second semester course of our one-year freshman orientation, advising, and monitoring program. It is designed to give students a broad overview of psychology or neuroscience research. Although the program focuses on research in general, each FORUM mentor will bring his or her special interests and talents to their respective sections. First-year students who are currently enrolled in Freshmen Advising Contact Term (FACT) will choose FORUM mentors based on their research interests. Neuroscience majors should choose an NEU 120 section and psychology majors should choose a PSY 120 section.

Dr. Helen Bramlett is an Associate Professor in the Department of Neurological Surgery and the Miami Project to Cure Paralysis. Dr. Bramlett completed her B.A. with a major in Psychology at the University of Texas at Austin, and received her Ph.D. in Behavioral Neuroscience at the University of Miami. She is a Research Health Scientist at the Miami Veterans Affairs Healthcare System. Her research interests are on the pathophysiology of traumatic brain and spinal cord injury, emphasizing the pathogenesis of progressive white matter damage and benefits of therapeutic hypothermia. She is also investigating mechanistic events that lead to the development of posttraumatic epilepsy and studying complex traumatic brain injury models that mimic polytrauma. In her FORUM section, Dr. Bramlett will cover a variety of neuroscience topics to broaden students’ knowledge of neuroscience research. Dr. Bramlett’s FORUM section (5F) will meet on Wednesdays from 1:25 to 2:15 p.m.

Dr. Jennifer Britton is an Assistant Professor in the Health Division of the Department of Psychology. Dr. Britton completed her B.E. in Biomedical and Electrical Engineering, and received her Ph.D. in Neuroscience at the University of Michigan. She did her post-doctoral training at Massachusetts General Hospital, McLean Hospital, and the National Institute of Mental Health. She directs the Bridging Research on Anxiety, Innovations, and Neuroscience (BRAIN) Group, where she examines attention biases and fear/safety learning in anxious children and adults. She uses behavioral measures, psychophysiology, and functional magnetic resonance imaging (fMRI). In her FORUM section, Dr. Britton aims to excite students about neuroscience research by exposing them to a variety of applications, research techniques, and study designs. Dr. Britton’s FORUM section (1P) will meet on Tuesdays from 11:00 to 11:50 a.m.

Dr. Barry Hurwitz is a Professor in the Health Division of the Department of Psychology, with a secondary appointment in the Department of Medicine. He is the Director of the Behavioral Medicine and Clinical Physiology Laboratory in the Behavioral Medicine Research Center. Dr. Hurwitz completed his B.S. at the University of Toronto, with a major in Psychology and a minor in Zoology, and received his Ph.D. at the University of Florida, with a concentration in Biological Psychology. His primary research interest is in heart disease, which is the greatest threat to human mortality. His research is focused on learning more about how biobehavioral factors (e.g., stress, emotional dysregulation, diet, and physical activity) drive cardiovascular disease early in the disease process so that more effective prevention of disease progression can be implemented in at-risk persons. In his FORUM section, Dr. Hurwitz will focus on the brain and disease. Dr. Hurwitz’s FORUM section (4J) will meet on Wednesdays from 5:00 to 5:50 p.m.

Dr. Philip McCabe is a Professor in the Psychology Department, the Associate Chairman of the Department, and serves as the Director of the Undergraduate Neuroscience Program. Originally from the Chicago area, he received his Ph.D. in Neuroscience from the University of Illinois, Urbana-Champaign. He came to the University of Miami over 25 years ago, and he has been teaching and conducting research in the fields of Behavioral and Cognitive Neuroscience. Dr. McCabe’s research deals with the neurobiology of emotion and how emotional behavior can influence the progression of cardiovascular disease. In his FORUM class, Dr. McCabe will introduce students to modern neuroscience research to stimulate interest in understanding the mechanisms of higher brain functions, such as emotion, learning, memory, attention, and language. Dr. McCabe’s FORUM section (1C) will meet on Mondays from 10:10 to 11:00 a.m.
Dr. Jill Ehrenreich May is an Associate Professor in the Child Division. She is a Miami native who received her undergraduate degree at the University of Florida and her Ph.D. at the University of Mississippi. She completed a clinical internship at the University of Chicago Medical Center and was a Research Assistant Professor of Psychology and the Associate Director of the Child Program in the Center for Anxiety and Disorders at Boston University. In FORUM, Dr. Ehrenreich May plans to discuss research on child and adolescent anxiety disorders, including their phenomenology, assessment, and treatment. Dr. Ehrenreich May’s research interests focus on the development and evaluation of evidence-based treatment approaches for anxiety and depressive disorders in youth. Dr. Ehrenreich May has a grant from the National Institute of Mental Health (NIMH) to develop and evaluate the feasibility of a transdiagnostic approach to the treatment of anxiety and depression in adolescence. Dr. Ehrenreich May’s FORUM section (1F) will meet on Mondays from 1:25 to 2:15 p.m.

Dr. Marc Gellman is the Associate Director of the Division of Health Psychology in the Department of Psychology and the Associate Director of the Behavioral Medicine Research Center. Dr. Gellman is a Hurricane through and through, having received his Bachelor’s, Master’s, and Doctoral degrees from “the U” before joining the faculty in 1986. Dr. Gellman teaches PSY 305, Drugs and Behavior, and was trained in psychopharmacology and behavioral medicine. Dr. Gellman is part of the faculty on the “Decade of the Sixties” course. He lectures on the psychedelic 60’s and discusses his attendance at the historical Woodstock Music Festival. Dr. Gellman is the Editor-in-Chief of the recently published 4-volume Encyclopedia of Behavioral Medicine, a comprehensive A to Z compendium for the field of behavioral medicine. This section will focus on the areas of Health Psychology and Behavioral Medicine, and will broadly address research and training in these areas. Dr. Gellman’s FORUM section (5R) will meet on Thursdays from 2:00 to 2:50 p.m.

Dr. Amanda Jensen-Doss is an Assistant Professor in the Child Division. Dr. Jensen-Doss received a B.S. with a major in Psychology and a B.A. with a major in Spanish from Drake University in Des Moines, Iowa, before she completed her doctoral work at the University of California, Los Angeles. She is the Director of the Aspire lab, which seeks to improve mental health services for children and adolescents by working with clinics to use more research-supported assessment and treatment practices. She is particularly interested in finding strategies to increase the accuracy of mental health diagnosis and treatment outcome monitoring. In her FORUM section, Dr. Jensen-Doss will focus on issues in clinical psychology, with a special emphasis on issues related to children and adolescents. Dr. Jensen-Doss’s FORUM section (4G) will meet on Wednesdays from 2:30 to 3:20 p.m.

Dr. Youngmee Kim is an Associate Professor of Psychology in the Health Division and at the Sylvester Comprehensive Cancer Center. She received her Ph.D. in Social and Personality Psychology and completed her Postdoctoral Fellowship at the University of Rochester. Prior to joining UM in 2008, she was a faculty member at Mount Sinai School of Medicine in New York, the Director of Family Studies at The American Cancer Society, and an Adjunct Associate Professor at the Rollins School of Public Health at Emory University in Atlanta. She is currently the Associate Editor of Quality of Life Research. In FORUM, Dr. Kim plans to discuss the various aspects of the quality of life of cancer survivors, their family members, and their close friends, including psychological, physical, behavioral, and spiritual adjustment. Dr. Kim will also focus on the psychosocial correlates of quality of life, and she will talk about how people develop research studies to examine these items in interpersonal relationships and cross-cultural contexts. Dr. Kim’s FORUM section (1D) will meet on Mondays from 11:15 a.m. to 12:05 p.m.

Dr. Michael McCullough is a Professor in the Adult Division, and he coordinates the Evolution and Behavior emphasis for the Behavioral Neuroscience Program. Dr. McCullough is a native Floridian. He completed his B.S. with a major in Psychology at the University of Florida and received his Ph.D. at Virginia Commonwealth University. He directs the Evolution and Behavior laboratory and is currently examining the functional circuitry governing people’s impulses to punish and seek revenge, their desires to forgive and reconcile with individuals who have harmed them, and their abilities to resist impulses and urges. He is also interested in religion, particularly how religious ideas and behaviors influence behavior by modifying the operation of evolved psychological mechanisms. In his FORUM section, Dr. McCullough will try to excite students about evolutionary approaches to understanding behavior. Dr. McCullough’s FORUM section (4C) will meet on Wednesdays from 10:10 to 11:00 a.m.

Dr. Rebecca Bulotsky Shearer is an Assistant Professor in the Child Division and a faculty member in the Developmental Psychology Program. Dr. Shearer received her Ph.D. from the University of Pennsylvania in School, Community, and Clinical Child Psychology. She is a child clinical and school psychologist who directs the Social Emotional Readiness Laboratory where she conducts research in close collaboration with the Miami-Dade County Head Start Program and Public Schools. Dr. Shearer’s research focuses on understanding individual and contextual factors that promote low-income children’s social-emotional and academic competence, grounded in the belief that social-emotional competence is fundamental to early learning. Dr. Shearer will discuss early childhood research and the important impact of social-emotional competence on children’s learning and school readiness. Dr. Shearer’s FORUM section (6D) will meet on Wednesdays from 11:15 a.m. to 12:05 p.m.
The beauty and curse of a major in psychology is flexibility. Studying psychology as an undergraduate can open doors for students to pursue careers in hundreds of fields, and our alumni are doing literally everything from A to Z. Our alumni are finding jobs in reporting the news with ABC in Madison, Wisconsin, to Zookeeping in San Diego, California.

It is more than likely that the students in the School of Architecture are going to be architects, and that the students in the College of Engineering are going to become engineers. But what can you do with your psychology major? The path is not easily defined so now is the time to start thinking about what path you want to create for yourself. There are many resources on campus to help you do so.

Graduate school, Research, and Informational Programs for Psychology (G.R.I.P.P.) is a program series created by the UASP Peer Advising Liaisons to help inform undergraduate students about post-baccalaureate options and help students plan for the future. Several different programs will be offered in both the fall and spring semesters to provide you with valuable, personal, and easily-accessible information and help you choose (and prepare for) the career path that is right for you. The first G.R.I.P.P. event of the year, Exploring Career Options After Your Undergraduate Education, was held on Monday, October 22nd. Roughly 30 students attended this event and asked questions of a panel of current graduate students from M.S.Ed., Psy.D., and Ph.D. programs about how and why they chose their program, how they receive financial aid, and more. Keep an eye out for the G.R.I.P.P. emails and advertisements so you can attend upcoming sessions.

Another great resource for future planning is the Toppel Career Center. Toppel not only offers career assessment tests to help you determine a fitting occupation, but they also conduct resume critiques and mock interviews to help you land a job or graduate program slot once you have chosen. Toppel also holds seminars and workshops on various post-undergraduate opportunities, including internships, job searches, graduate school, and career fairs.

To find out what past ’Canes have done with their psychology and neuroscience majors, go to www.psy.miami.edu and click on “undergraduate” and “alumni achievements.” Embrace the flexibility of your undergraduate major by exploring your options. Don’t be afraid to face the future!

RSVP with your ideas to Alida Lambert at alambert@miami.edu

What post-bac information would you like available to you?

Many Faces, Many Options. Choose Yours.
Study Abroad

“The World is a book, and those who do not travel read only a page.”

~ Saint Augustine

Studying abroad is arguably the most unique and one of the most valuable experiences you can have during your undergraduate career. At UM, you have the opportunity to not only travel but to study in another country, live in a new environment, and immerse yourself in a new culture while making progress toward graduation. The benefits of studying abroad are innumerable and include educational, personal, and professional growth.

Melanie Weinstein, Senior Neuroscience Major
Madrid, Spain

“This summer, I studied art, music, folklore and traditions in Madrid, Spain. Visiting historic sites and museums after learning about their significance in class brought the culture to life. Studying abroad exposed me to another way of life and pushed me to grow and adapt. I have gained a broader cultural perspective and I believe my experiences have prepared me to succeed in our increasingly global community.”

Alexander Perez-Calvo, Junior Psychology Major
UGalapagos, Galapagos Islands

“Participating in this study abroad program truly changed the way I understand developing countries, myself, and ultimately life. As a result of my experience in the Galapagos, I am now pursuing a second study abroad opportunity in South Africa which will involve doing service work at a counseling center in Cape Town. I learned more than I ever imagined I could have and I can honestly say I came back with a different outlook on the way the world works.”

For more information about study abroad, see an advisor in UASP and visit the Office of International Education and Exchange (IEEP) in Allen Hall 111.
Dr. Jill Ehrenreich May is an Associate Professor in the child division and the Director of the Child and Adolescent Mood and Anxiety Treatment program (CAMAT) at the University of Miami. Dr. Ehrenreich May conducts clinical research on treatments for children and adolescents who have anxiety disorders or who experience anxiety co-occurring with depression or high-functioning autism.

CAMAT is currently conducting a randomized controlled trial, called Kid Detectives, where the researchers compare treatment approaches for children ages 7 to 12 who have anxiety or depression. The lab is testing a new trans-diagnostic cognitive behavioral treatment package, the Unified Protocol for Children: Emotion Detectives, in comparison to a currently established evidence-based approach for anxiety (Cool Kids). Children in the Kid Detectives study learn cognitive-behavioral techniques that encourage them to face their fears, cope with difficult situations appropriately, and increase their overall activity level. Families also benefit from receiving support for how to manage a child who has anxiety or depression. The purpose of this study is to compare both the efficacy of the new treatment approach in general, as well as efficacy related to treating anxiety and depression concurrently. Whereas traditional treatment approaches often focus narrowly on anxiety alone, Dr. Ehrenreich May is interested in investigating combined treatments for youths who seem at risk for both anxiety and depression.

A unique aspect of CAMAT is that researchers conduct clinical research on treatments that are being provided to a public population. Undergraduate research assistants (RAs) have the unique opportunity to conduct adherence coding, which involves watching videotapes of clinician-client sessions to see if the clinician has in fact delivered the skills he or she was supposed to. Another distinctive opportunity for RAs in CAMAT is that they sometimes act as confederates in treatment. For example, RA’s actively participate in exposure-based treatments by providing a fear stimulus for children who are fearful of talking to adults. Additionally, some RAs sit-in on intake meetings and also assist with data management. Dr. Ehrenreich May’s undergraduate RAs will get an in-depth, hands-on research experience! Students who participate in this lab will gain exposure to what research looks like in an actual clinical sample with children and families, which may be especially valuable for students interested in pursuing graduate education in clinical psychology.

When looking for undergraduate research assistants, Dr. Ehrenreich May values passion and sincere interest. Students who are excited to work with children or in a clinical sample are encouraged to apply for lab positions, particularly in their sophomore or junior year. A one-year commitment is preferred, and students who have a strong interest in her lab sometimes conduct a senior honors thesis to gain a unique hands-on experience in research development and evaluation.

Interested in working with Dr. Ehrenreich May’s team?
Email: j.ehrenreich@miami.edu
There are four Ph.D. graduate students, one post-doctoral fellow, and one research coordinator currently working in the CAMAT program, all of whom interact with undergraduate RAs.

- **Dr. Erin Giro-Herrera** is a post-doctoral fellow who is interested in school-based interventions
- **Alexander Queen** is a fifth-year graduate student who has a primary interest in statistics and quantitative psychology
- **Emily Bilek** is a fourth-year graduate student and the coordinator of the Kid Detectives study
- **Cara Remmes** is a third-year graduate student who has a strong interest in the relationship between parenting and youth and adult anxiety
- **Sarah Kennedy** is a first-year graduate student interested in the comorbidity of anxiety and depression, as well as long-term outcomes of trans-diagnostic treatments
- **Michael Hernandez** is the research coordinator of the CAMAT program

**Dr. Ehrenreich May’s Teaching**

Dr. Ehrenreich May teaches mostly graduate-level courses but she will be expanding her undergraduate teaching in the fall to include either a developmental psychology or an abnormal psychology class.

Freshmen – you can join Dr. Ehrenreich May’s FORUM class in the spring (see pp. 4-5).
**Alumni News**

Manuela Lynn Despian, B.A. ’12, was accepted to Carlos Albizu University (CAU) here in Miami. CAU is a private, non-profit University, originally founded in San Juan, Puerto Rico. In 1980, the institution opened a campus in Miami in order to respond to the need for graduate psychology programs in the continental USA that are sensitive to ethnic and cultural issues. Manuela will earn dual Master’s Degrees in Mental Health Counseling and in Marriage and Family Therapy.

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**Student Shout Outs**

Senior PAL, Kimberly Stanton, will present her Senior Honors Thesis research at the Special Interest Group Exposition during the 46th annual Association for Behavioral and Cognitive Therapies Convention. The convention will be held in mid-November in National Harbor, Maryland. The title of Kim’s presentation is Predicting Postpartum Individual and Couple Functioning: The Role of Prenatal Expectancies and Actual Involvement in Child Care. Kim works under the guidance of Dr. Brian Doss and graduate student Larisa Cicila in the Couples’ Research Lab. For more information about Kim’s research, check out her PRIME poster on the 5th floor of the Flipse Building.

This summer, Camilo Martinez, a new freshman neuroscience major, had the opportunity to participate in the Summer Scholar Shadowing Program at the Cleveland Clinic in Weston, Florida. Camilo was matched with Dr. Bruno Bastos, a board-certified medical oncologist. During his time with Dr. Bastos, Camilo learned about different types of tumors, various cancer treatments, and how to interact with patients and their families in difficult situations. At the end of his five-week experience, Camilo successfully presented to his mentor and other scholars on “an interesting patient,” a 52-year-old woman with metastatic head and neck cancer. Reflecting on the value of his experience, Camilo stated that Dr. Bastos not only taught him practical information about cancer and working in oncology, but also the importance of dealing with difficult situations and problem-solving.

Five psychology majors, Vandita Acharya, Monica Gerstner, Brittany Mathes, Lindsay Rosen, and Rachel Salinger, along with two neuroscience majors, Alejandro Gomez and Nrithya Sundararaman, were recently tapped into Omicron Delta Kappa (ODK). ODK is “the national leadership honor society for college students, faculty, staff, administrators, and alumni that recognizes and encourages superior scholarship, leadership, and exemplary character.” Congratulations to these students for earning such a distinguished honor!
Hello psychology and neuroscience majors!

The Psi Chi e-board hopes you have all been having a productive semester. Psi Chi held its first general meeting of the semester on September 12th with a strong showing of students from all grade levels. Sean Kilpatrick, the Director of Undergraduate Academic Services, was kind enough to attend, and he gave an excellent presentation on all the opportunities available to psychology and neuroscience students here at UM. The e-board then introduced themselves and gave a short presentation about the history of Psi Chi, explained its goals, and announced future events.

In honor of Down Syndrome Awareness Month, we are planning on making Down Syndrome the topic of our second general meeting during the 4th week of October. We are also planning a Psi Chi Tie Dye event where we will be tie-dying psychology-related t-shirts.

At our third general meeting in November, we will be inviting Anthony Coloca from Kaplan to speak about the GRE, the best ways to study for it, and other ways to prepare. Remember, the member with the best attendance at the end of the spring semester wins a free Kaplan GRE course!

We will also hold a Research Recruitment Fair in November where research faculty, their grad students, and their research assistants (RA’s) will provide students with information about their labs, their current projects, and their RA’s.

We encourage all psychology and neuroscience students to attend the Psi Chi events and to become associate members! Have a great November!

If you have any questions, please contact us at umiamipsichi@gmail.com.

News for Neuroscience, By: Stephanie Fernandez, President

Hello members,

I hope you have all had an excellent semester so far! We have already participated in some exciting events and have more planned for the next couple of months. On Sunday, October 7th, TUNS participated in Miami's Moving Day Walk for Parkinson's Disease, which was a great success with a large turnout. Thank you to everyone who participated!

We also held our second general meeting on Monday, October 22nd. Dr. Dalton Dietrich, scientific director of the Miami Project to Cure Paralysis, talked about his groundbreaking research on paralysis and spinal chord regeneration.

In November, TUNS will be hosting a Thanksgiving Potluck on Monday November 19th, at 7pm (location TBA). Members are encouraged to bring dishes to share but food will also be provided.

Remember, students of any major can join TUNS and membership is free. If you are interested in joining or receiving additional information, email umtuns@gmail.com!
Diversity Etiquette Dinner
Save the Date!

NETWORK AND DINE WITH EMPLOYERS IN A PROFESSIONAL SETTING

MONDAY
NOVEMBER 5 AT 6:30PM

STAY TUNED FOR MORE INFORMATION ABOUT REGISTRATION.

'SCanes Spirit Day

Best Student Group Photo Winner - UASP!