

Psychology News

Undergraduate Edition for Psychology and Neuroscience Majors

October 2004 Vol. 6 No. 2



College of Arts and Sciences

FACT FORUM

The FACT FORUM program is now in its sixth year. **FACT** (Freshman Advising Contact Term) is in full swing with about 120 students in eight different sections headed by Dr. Noriega and José Rodríguez. This unique advising, orientation, and mentoring program helps first-year students acclimate to the University, understand policies and procedures, and explore opportunities that will help them make the most of their college experience. The small group settings allows students to get to know one another and develop an advising alliance with the UASP advising staff. The program is designed to empower students to do thoughtful curriculum planning that will best suit their needs.



FACT Section 1P
Sean Kilpatrick Peer Advisor

Within the next couple of weeks, FACT students will be working on their Spring schedules, developing their four year plans, and choosing a FORUM mentor, i.e., a PSY 120 instructor. **FORUM** stands for Faculty Overview of Research and Undergraduate Mentoring and is the second part of Psychology's one-of-a-kind program. **FORUM** is designed to give students a broad

overview of psychology and neuroscience research. Faculty members, who are currently conducting research, will lead small classes (15 or less) in weekly meetings discussing classical and contemporary research in psychology and neuroscience. Students also have the opportunity to meet with the advisors during their FORUM section to prepare for registration. **FORUM** faculty for Spring 2005 are featured on page 3 for Psychology majors and in the NEURO NOTES insert for Neuroscience students.



FACT Section 2P
Amy Sun, Peer Advisor



FACT Section 2H
Olga Moas, Peer Advisor



FACT Section 3D
Alyson Clark, Peer Advisor



FACT Section 2D
Theresa Dulski, Peer Advisor



FACT Section 3C
Shoshana Brown, Peer Advisor



FACT Section 1Q
Ansel Amaral, Peer Advisor



FACT Section 2R
Sheila Nadiminti, Peer Advisor



Advising Alert

Mark your calendar



Advising for registration appointments will be posted online at www.psy.miami.edu on Monday, October 25. You can schedule an appointment with either Dr. Noriega, José Rodríguez, or Anna Fredericks. **Note:** All Neuroscience majors should make their appointment with either Dr. Noriega or José Rodríguez. Please come prepared to your advising appointment. Check course listings, sections, and pick several alternates. Advising will be by appointment only from October 25 through November 12. Appointments go fast so sign up early!

Registration is available only after your appointed registration time which is listed on EASY.

Online registration is available if you have more than 75 credits and a GPA of 2.5 or above. If you have more than 30 credits (but less than 75), you need a pin number to register online. You may register online if you come to see us to have your Course Request Form signed **and** if you obtain a PIN number from Arts and Sciences, Ashe 200. Remember, if you register online, you should continue to receive advising to ensure that you are on the right track to graduation.

Last day to drop a class - Thursday, October 28th. This is the final day that classes may be dropped for the Fall semester. Come by UASP (Flipse 508) before dropping a class. A (W) will be recorded on your ACE transcript. This is not a problem if you don't make it a habit!

Seniors - Be sure to make an appointment with Marian Dahman for a senior credit check! She can be found in Ashe 200 or you can make an appointment with her by calling x4333.

What's New for Spring 2005?

If you've checked out EASY lately, you've probably noticed that this Spring there are more Psychology classes offered than usual. We've added sections of the following courses:

- 2 sections of Social Psychology (PSY 201)
- 11 sections of Intro to Biobehavioral Statistics (PSY 204)
- 2 sections of Intro to Personality (PSY 209)
- 2 sections of Industrial/Organizational Psych (PSY 261)
- 5 sections of Abnormal Psychology (PSY 352).

You may also want to take advantage of the classes which are not offered every semester:

- Drugs and Behavior (PSY 305)
- Psychology of Adulthood and Aging (PSY 342)
- Psychology of Language Development (PSY 343)
- Health and Medical Psychology (PSY 420)
- Intermediate PSY Statistics (PSY 444)
- Special Topics (Culture, Values, Religiosity & Chronic Mental Illness) PSY 481
- Psychology and the Law (PSY 590)

Be sure to make an appointment with a Psychology advisor before Spring registration. For more information, call UASP at (305) 284-3303.

FORUM Mentors for Spring 2005



Dr. Marie Cheour is an Associate Professor in the Child Division. She earned her M.S. and Ph.D. in cognitive psychology at the University of Helsinki in Finland, and completed her post-doctoral work at Northwestern University in Illinois. She is currently studying neurobiology. Dr. Cheour is interested in the development of memory and language in infants and children, and most of her graduate work focused on this topic. She is currently running EEG and fMRI studies, which offers many opportunities for UM students to get involved in research. She spends her free time cooking and taking kickboxing classes. Dr. Cheour's FORUM section will meet on Mondays from 11:15 a.m. to 12:05 p.m.



Dr. Jean-Philippe Laurenceau is an Assistant Professor in the Adult Division. He earned his Ph.D. from Pennsylvania State University in 1999. In general, his research focuses on processes in marital and romantic relationships and can be separated into basic and applied research interests. This year he plans to center his FORUM class on the topic of close relationships (e.g., marriage, romantic relationships, family). Dr. Laurenceau is of Haitian and Ecuadorian descent and enjoys the cultural diversity in Miami. In his free time, he likes to dance salsa and meringue, play billiards, basketball and racquetball. Dr. Laurenceau's FORUM section will meet on Mondays from 12:20 to 1:10 p.m.



Dr. Kristin Lindahl is an Associate Professor of Child Psychology. She is originally from upstate New York and received her B.A. at the University of Rochester (1985) and her Ph.D. in Child Clinical Psychology from the University of Denver in 1992. She did her internship at Boston's Children's Hospital/Harvard Medical School. Her research interests are guided by theories of family systems and focuses on how ethnicity, parent-child and whole family processes, among other things, are related to child adjustment. Her research utilizes both self-report and observational methodologies to better understand how dysfunction in one family subsystem might affect another. She is an avid UM sports fan, especially football, baseball, and women's soccer. Dr. Lindahl's FORUM section will be held on Wednesdays from 9:05 to 9:55 a.m.



Dr. Daniel Messinger is an Associate Professor of Psychology and Pediatrics. He received his Bachelor's degree at Haverford College, his Master's degree at the University of Chicago, and completed his doctoral degree at the University of Utah. Dr. Messinger specializes in child research. Some of his research interests include the development of infant emotions and communication, and the effects of prenatal cocaine exposure on development. In his free time, Dr. Messinger enjoys swimming, running, and bicycling with his daughter. In his FORUM section, he hopes to engage his students in discussions about how development occurs, the meaning of emotions, and other interesting topics. His FORUM section will meet on Tuesdays from 11:00 to 11:50 a.m.



Dr. Frank Penedo is an Assistant Professor of Psychology. He is a native of Miami who earned both his undergraduate and graduate degrees at UM and conducted his clinical internship at the University of Pittsburgh. Besides the general overview of research that will be offered in all FORUM sections, Dr. Penedo plans to discuss some of the current research on how psychosocial factors such as stress, coping, and personality relate to physical health and quality of life. Dr. Penedo is currently leading and co-leading several research projects focusing on how psychosocial factors such as stress, coping and personality styles relate to health status and immune function in several disease populations including prostate, head and neck and ovarian cancer and older men living with HIV/AIDS. His FORUM section will be held on Fridays from 12:20 to 1:10 p.m.



Dr. Amy Weisman is an Assistant Professor in the Adult Division. She received her Ph.D. from the University of Southern California in Los Angeles. Her primary research area focuses on cultural and family factors that influence the course of chronic mental illness. She is particularly interested in attributions of control, religious beliefs and values, and other socio-cultural factors which may be associated with relatives' emotional reactions to family members suffering from schizophrenia and bipolar disorder. She conducts research aimed at evaluating therapist competency and adherence to a family focused treatment for bipolar disorder. She recently developed a family focused treatment intervention for schizophrenia that she is now pilot testing with her graduate students. Dr. Weisman's FORUM section will meet on Mondays from 1:25 to 2:15 p.m.



Dr. Marygrace Yale Kaiser is a Research Assistant Professor in the Child Division. She completed her Ph.D. in developmental psychology at UM in 1999. She has had an interest in child psychology since high school and acquired valuable research experience as an undergraduate that led her to pursue a career in research. Once at UM, she began working with others in early social development of children leading to her current focus on risk factors for developmental disabilities. Dr. Yale Kaiser's FORUM sections will explore research in different aspects of child and adolescent development. She will also explore the importance of getting involved in research and the possible ways in which to apply the experience to individual interests. Dr. Yale Kaiser emphasizes that research is more than the project itself; it is a valuable experience for a number of reasons, some of which she will explore in her FORUM section. In her spare time she enjoys reading, spending time with her three nephews, and recently welcomed new son, Jackson Tyler- her very own "case study"! Her two FORUM sections will meet on Tuesdays from 9:30 to 10:20 a.m. and 2:00 to 2:50 p.m.

Why Do Research?

If you have had any advising from the staff in UASP, you know that we consider research an important part of any psychology curriculum. Still you may ask yourself, "Should I get involved in research?" The answer is as personal as your own curriculum choices, but here are some points to consider when making your decision. 1) Most graduate school programs in psychology will have research experience as a prerequisite to admission. Many graduate programs in the other social sciences will also consider psychology research to be good experience for prospective students. 2) Participation in research can help you decide if you are interested in graduate school

in Psychology, and if so, in what program or research area you are interested. 3) Working in a research laboratory with a mentor and a research team is great experience for any type of career. The relationships you develop can help you get good letters of recommendation, learn more about team work, and help you get to know yourself and your own work style.

Knowing the options for research will help you decide if there is a project in an area that would be right for you. Here at UM there are many research opportunities in the Psychology Department. Last year, about 50 % of all graduating Psychology and Neuroscience majors had experience in research. for credit, i.e., had credit for 367 or 368. However, you don't necessarily need to take a class. You can become involved with research on many levels as a volunteer or, sometimes, even as a paid work study or student employee.

The key to a good experience in research is involvement. Be sure to pick a project that interests you and in which you will have a chance to truly participate. At the left is a brief listing of mentors currently conducting research. For a detailed job description go to UASP in Flipse 508 and check out the PSY 367/8 book. Or, go to www.psy.miami.edu/undergraduate. Click on the Undergraduate Research Opportunities link. Still confused or want more guidance? Check out Dr. Noriega's Introduction to Research and Careers in Psychology, PSY 365. If you want to register for PSY 367/8, stop by Flipse 508 to pick up the form.

Getting involved with research is a great way to round off your education and receive practical training and experience. UM is a research-designated university. If you are not interested in doing Psychology research, check out opportunities in one of the other departments or at the Medical School.

Current Research Projects in Psychology

Adult Division

Dr. Charles Carver	Long-Term Cancer Survivors Quality of Life Breast Cancer Coping and Recovery Project
Dr. Sheri Johnson	Bipolar Disorder Studies Mood Changes and Reactivity to Positive and Negative Mood Newlywed Marriage and Development
Dr. J.P. Laurenceau Dr. Michael McCullough Dr. Amy Weisman	Studies of Transgression and Forgiveness Culturally Informed Therapy for Schizophrenia

Child Division

Dr. Michael Alessandri Dr. Daniel Armstrong Dr. Marie Cheour Dr. Alan Delamater Dr. Christine Delgado Dr. Daryl Greenfield Dr. Heather Henderson Dr. Annette LaGreca Dr. Kristen Lindahl	Experience of Fathers of Children with Autism Disclosure of School-age Children Infected with HIV Bilingual Phonemic Processing and Brain Development Quality of Life in Youth with Type 1 Diabetes CHRIS Project: Preschoolers with Disabilities Head Start and School Readiness Temperament Over Time: Contributions to Social Competence Healthy Adolescents Project Family Communication Study Center for Treatment Research on Adolescent Drug Abuse
Dr. Daniel Messinger	Maternal Lifestyle Study Emotional Expression
Dr. Peter Mundy	Early Social and Communication Development Project Early Intervention with Children with Autism The Early Social-Communication Project (ESCP) Social Information Processing in Asperger Syndrome EEG Studies of Infants and Children Parent-Child Interactions in Deaf and Hearing Children Linda Ray Intervention Project Nurturing and Strengthening Families
Dr. Alexandra Quittner Dr. Keith Scott	

Health Division

Dr. Michael Antoni	Cognitive Behavioral Stress Mgmt (CBSM) Interventions for Chronic Fatigue Syndrome (CFS) CBSM with HIV+ Women at Risk for Cervical Cancer
Dr. Ron Duran	A CBSM Intervention for Breast Cancer Survivors Emotional Expression in HIV+ Individuals
Dr. Marc Gellman Dr. Barry Hurwitz	The Great Heart Study Drug Abuse, HIV, Selenium Supplementation, & Cardiovascular Disease Risk Cardiovascular Risk Factors in Disease Progression Red Blood Cell Mass, Autonomic Nervous System Integrity and Syncope Susceptibility in CFS Psychoneuroimmunology of HIV/AIDS Statistical Programming in Health Research
Dr. Gail Ironson Dr. Maria Liabre Dr. Frank Penedo	Biopsychosocial Correlates of Adjustment, Health Behaviors, Quality of Life & Health in Head & Neck Cancer Patients CBSM and Prostate Cancer CBSM in HIV+ Drug Users CBSM for Hispanic Men with Prostate Cancer Immune Messengers During a Speech Task in Older Adults Project ACE (Adolescent Cardiovascular Evaluation) Blood Pressure Study
Dr. Patrice Saab	
Dr. Biing-Jiun Shen	Psychosocial Treatment for Heart Patients Psychosocial Issues Among Patients with Heart Failure Relation between Sleep Deprivation and Mood Stress, Coping, & Psychosocial Factors in Minority Women
Dr. Ray Winters Dr. Karen Wyche	

PRIME Refunded for 2005!

Good news for those of you interested in participating in the PRIME program. We are pleased to announce the Psychology Research Initiatives Mentorship Experience (**PRIME**) has been refunded by the National Institute of General Medical Sciences (NIGMS). The goal of the PRIME program, which is administered by the American Psychological Association (APA), is to increase the presence of minority researchers in biomedical psychology. In addition to national funding, the Provost of the University has provided supplemental funding to encourage all UM students to do research regardless of research interest or ethnicity. Thanks to Chairman Rod Wellens who helped us secure this funding once again!

Last summer, eleven students participated in the ten week research experience. Students worked twenty hours a week in a psychology research laboratory under the direction of a faculty member. They also attended a weekly seminar to discuss how to prepare a research poster, issues regarding research ethics and protocol, and plans for graduate school. PRIME students prepare a poster to display the results of their efforts. All full participants receive a research stipend in the amount of \$1500 for their participation in the program. Those who finish the program also receive a \$500 stipend that can be used toward books, graduate school applications, travel to research conferences, or costs associated with the Graduate Record Exam (GRE).

If you are interested in applying for the PRIME program for the 2005 Summer, watch for more information about the application process in the next issue of the newsletter.

About our Alums

Last year's graduating Peer Advisors (May 2004) have all landed great positions. All of them are either continuing their education or working in jobs to increase their experience to enhance their graduate applications.

Joanne Nunes began dental school at Nova Southeastern University.

Matt Weiss is now in Medical School at UM. He was part of the seven year program.

Megha Karkera has taken a job as a research assistant in the laboratory of Dr. Patrice Saab here on the Coral Gables Campus.

Stephanie Wasserman earned herself a spot as a graduate student here in the Department working with Dr. Amy Weismann.

Transfer Student TOP Class

In recent years, the Department of Psychology has seen a steady increase in the number of transfer students. Last semester, UASP began offering a special class to help transfer students make the most of their time at UM. Transfer to Psychology (TOP) is a semester-long program designed to provide new transfer students majoring in Psychology or Neuroscience with the resources they need for thoughtful, proactive planning. This semester we have nearly 45 students enrolled in the one-credit class called PSY 365. Students review such topics as transfer evaluations, curriculum requirements, job/career opportunities, research opportunities, and study abroad opportunities, among others. We hope the TOP class will provide the transfer students with the information and skills needed to make a smooth transition to the University of Miami. Please join us in welcoming all the transfer students to the Department and to UM.



December Graduation

Thursday December 16
1 p.m.
Convocation Center

Honors Theses in Progress

Bertha Kushnir
The Effect of Treatment and Stress Hormones on
Quality of Life in Prostate Cancer Patients
Dr. Frank Penedo

Ivette Cruz
Sleep and Learning in One-Month Old Infants
Dr. Marie Cheour

Jennifer Earnest
The Effect of Treatment on Suicide Rates in
Bipolar and Unipolar Disorder
Dr. Sheri Johnson

The Great Debate

by Anna Fredericks, Psychology Advisor

My friends call me a political junkie - one of those nerdy types who watches CNN and reads Time magazine. But when I heard that UM would be hosting the first Presidential Debate of the 2004 election, I had mixed emotions.

Prior to joining the UASP staff as an advisor, I had some lobbying duties in my public relations jobs. I worked with elected local and state officials to encourage the enactment of legislation that would benefit the organization I represented. In order to maintain my credibility, I needed to project a non-partisan stance. Because I reported directly to (or received funding from) elected officials, it was inappropriate to discuss politics of any kind in the workplace. It didn't take me long to figure out that you don't tell your boss that you aren't voting for him or her. Still, with my interests in politics, it was difficult to remain aloof.

Imagine my excitement when I came to the University and found that not only can you discuss politics freely, but you also have the chance to get involved and learn more about the political process. The value of this opportunity made the inconveniences around campus insignificant to me. Although finding a way into the Flipse building presented a challenge, I enjoyed the energy and activity on the day of the event. I loved having all the famous people around and even got to shake Reverend Al Sharpton's hand!

In the UASP office, our work has been punctuated with lively discussions about the issues involved in the upcoming elections. Of course, some of us are more passionate than others, but listening to each other's perspectives is helping us all become more informed voters. Talking to students, faculty and staff, I found that people took part in the Debate in their own way- some volunteered, others watched at the Rat. Some watched TV with friends, and compared notes on Jon Stewart's commentaries. A few of our students and Peer Advisors had exciting first-hand experiences.

Like hundreds of UM students, junior **Sean Kilpatrick** vied for a seat in the Debate audience by writing an essay on "Democracy in Action; Make Your Vote Count." He was disappointed when his once-in-a-lifetime opportunity fell through with the rejection of his essay. When he received an 11 p.m. call the night before the Debate from UM Vice President Patricia Whitely informing him that he was next in line to attend, he confirmed immediately.

Sean and the other student attendees met at President Shalala's office in the Ashe Building at 4 p.m. on the afternoon of the event. Each student was given a name tag, Debate button, and a granola bar (in case they got hungry before the Debate). Sean added, "I only recognized two students, but met a few new people while I was there. I even met Lauren Williams, the Olympic silver medalist from UM." Around 6 p.m., the students went out the back of the Ashe building and were loaded onto "secured" Ibis Shuttles. First they were driven to the back of the Ungar building where they switched from the Shuttles to Coach Buses under the watchful eyes of SWAT team police officers. Upon arrival at the Convocation Center, they were greeted by security personnel, secret service, and police who took them through a security check point similar to the ones at airports. It is amazing how the UM Debate organizers worked around the clock to pull off the event!

Sean sat behind the Television channels. "I had an amazing view of both candidates. I could see everything," he explained. He saw Tom Brokaw, among others. "When the candidates were introduced, I was in awe," said Sean. "I couldn't believe I was there." Sean tried to go to the Debate with an open mind, in order to hear the points of both candidates. He said he heard students around him supporting President Bush and others who were strong John Kerry supporters. He also heard negative comments about both candidates. "Clearly, many people came into the Debate having already made up their minds," recalled Sean. He said, "I just felt honored and privileged to be there."

Psychology Peer Advisor, **Jason Esteves** wasn't able to go to the Debate in person, but had the opportunity to get involved

by appearing on Anderson Cooper's 360 on CNN. On the live TV show, Jason asked, "Why did the President shift his attention from Osama bin Laden to Saddam Hussein when it was bin Laden who was responsible for 9/11?" The hosts of Crossfire, Bob Novak and Paul Begala, responded to Jason's question. "I was so nervous," said Jason, "I don't even remember asking the question, let alone the answer!" But all of us who were watching assured him that he had done a great job! In addition to Anderson Cooper, he enjoyed meeting several other people he watches regularly on TV including Wolf Blitzer, pictured here. Jason added, "I feel like I was part of an important historical event. I know that this election is critical in our nation's history, but I also feel this Debate will long live in UM's history."



I've never been more proud to be part of the University of Miami community than I was during the Debate. It was an amazing opportunity to show the nation who we are as a University and to take part in shaping the future of our country. How good it is to be in an environment that not only allows but encourages our participation.

P.S. If you want to know who I'm voting for, stop by Flipse 508... I'd be happy to debate the issues with you!

The Psi Chi Connection

News & Briefs for University of Miami Psi Chi

Vol. 6 Num. 2

The Executive Board 2004-2005

Theresa Dulski
President

Jenny Blanco
Vice-President

Nicole Christian
Treasurer

Lauren Brown
Secretary

Diana Fernandez
Public Relations

Dr. Frank Penedo
Faculty Advisor

Fall Schedule of Meetings

Meetings will be held on
Tuesdays at 5:30 p.m. in UC 237

Nov 2

Nov 16

Remember, you don't need to
be a member to attend!

Questions? Email us!
psichimiami@hotmail.com

For general information about
PSI CHI
go to www.psichi.org.

PSI CHI Update

The semester has already reached its halfway mark and Psi Chi has worked hard to keep up the pace. On September 7th, we held our first meeting as a general information session. The officers were introduced and requirements for membership were explained. Several goals for the upcoming year were presented, including a research mentoring program, Kaplan workshops, graduate student panel, and film clips. Upcoming opportunities for PSY 367/368 were discussed, and Megha Karkera from Project Ace came to speak about research opportunities in this study. We also talked about positions available such as a crisis hotline operator at the Switchboard of Miami and the Psi Chi Webmaster.

At the second meeting on September 21st, we welcomed Psi Chi's sponsor and Kaplan representative, Ana Calvo. Ms. Calvo spoke about the Kaplan services they provide to aid students in preparing for several examinations for graduate school. The Kaplan scholarship will be offered again this year to an outstanding Psi Chi member. In addition, Dr. Shen came and spoke about his research and lab opportunities. Finally, we viewed a film called the Stanford Prison Study. It was an interesting film clip on how power and authority can change an individual.

On October 5th, we held an Interviewing Skills Workshop. Ali Rodriguez from the Toppel Career Center gave students several tips on what "to do" and "not to do" during an interview. The session was especially helpful to graduating seniors who are currently interviewing for jobs and graduate school. Please join us for our next meeting on November 2nd. We will continue to discuss graduate school and career opportunities. All students are welcome!

MEMBERSHIP QUALIFICATIONS

PSI CHI is the National Psychology Honor Society.

Membership requires:

1. Completion of at least 3 semesters
2. Completion of 9 credits of psychology
3. Psychology major or minor
4. Top 35% of class rank

Note: The top 35% class rank changes from semester to semester depending on the collective distribution of GPAs. If the cutoff for upper 35% falls below a 3.00 GPA, then a minimum of a 3.00 GPA must be achieved in both cumulative and Psychology GPAs.

Attending events does not require membership!
Please join us!

Department of Psychology
Undergraduate Academic Services for Psychology
P.O. Box 248185
Coral Gables, FL 33124-0751



165001

Psychology News

Thanks to . . .

Anna Fredericks, B.A.
Phil McCabe, Ph.D.
José F. Rodríguez, M.S.Ed.
Blake Scanlon, B.S.
Rod Wellens, Ph.D.
Richard Williams, Ph.D.
The Psychology Peer Advisors

Editor

Victoria Noriega, Ph.D.

In this issue . . .

FACT FORUM
Advising Alert
Spring Courses to Consider
FORUM mentors
Why Research?
PRIME Refunded
TOP Class
Alumni News
Honors Theses
Presidential Debate
The Psi Chi Connection