

# Psychology Undergraduate News

Department of  
Psychology -  
Undergraduate  
Advising Office

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## Spring Is Here!



Welcome back everyone. We hope you had an enjoyable spring break. Although it got off to a COLD start, we have "sprung" ahead and are ready for the new quarter. If you are new to the major, preparing to graduate, or have questions about the Psychology program Check in with the advising staff. Our offices are in the Psychology Building, room 15

### Highlights for Spring Quarter:

**Psychology 699 - Undergraduate Research** is the new course number and title replacing *Psychology 693 - Individual Studies*. This number and title will be in use as of spring quarter 2007. Be sure to switch your registration for 693 with 699 if you have not already done this. For those of you unfamiliar with the undergraduate research experience, *Psychology 699* gives students the opportunity to

participate in research experiences under the supervision of a faculty member. Research experience strengthens an undergraduate degree. It is necessary for students interested in pursuing graduate studies in psychology, as well as for students desiring to develop research skills to increase their employability. Participation in ongoing research opportunities enables students to test their interest in research and interact more closely with faculty members who share those interests.

**Psychology Undergraduate Scholarships** are awarded each spring for the following academic year. These are the *Alkire and Billingslea Research Scholarships*, and the *Lawson Memorial Scholarship*. Scholarships in the amount of \$3000 are awarded to students to encourage undergraduate research and to assist students working to pay for school in finishing their degree. See <http://undergrad.psy.ohio-state.edu/html/scholarships.htm> for more details.



Dr. David Hothersall discusses a poster with one of the presenters.

The **Annual Psychology Undergraduate Research Colloquium** will be *Tuesday, May 1st, 2007 4:30 - 6:00 pm* in the lobby of the Psychology Building. All psychology students who would like to present a poster on their research are welcome. This can be related to a class project, independent lab research, or honors thesis projects. This is a great opportunity to gain presentation experience as this is not a judged event.

## Psychology Peer Mentoring Program

The **Psychology Peer Mentoring Program** is taking applications for 2007-2008 academic year. The Psychology Peer Mentoring Program pairs first-year psychology students with upper-level psychology students. Social and academic events planned throughout Autumn Quarter facilitate the relationship between mentors and first-year students, as well as the first-year students adjustment to college. See <http://undergrad.psy.ohio-state.edu/html/peer.htm> for more details.



Psychology Peer Mentors 2006-2007

*Share your  
Experience. Be a  
Peer Mentor!*

# Psychology Advising Office Events

New or returning to the Psychology major? Our **Psychology Major Orientation** provides you with the essential information to get started in the Psychology Department. This is required for students declaring their major in Psychology. They are **Fridays 2:00 - 3:00 PM** during spring quarter. See: <http://undergrad.psy.ohio-state.edu/php/rsvp/rsvp.php?event=Orientation> for details and to register for your orientation.

If you are considering graduate school, you don't want to miss our **Psychology Graduate School Orientation**. This program provides information about the fundamentals of the graduate school process. It covers useful information such as the different fields of graduate study, degrees options, the GRE, and a proposed timeline. This orientation is informal and open for students' questions throughout the presentation. See: [http://www2.psy.ohio-state.edu/undergraduate/html/grad\\_orientation.php](http://www2.psy.ohio-state.edu/undergraduate/html/grad_orientation.php) for additional details and to register.

Our next **Psychology Enrichment Program** event will be on **Wednesday, April 25th**. **Dr. Sam Maniar**, a sports psychologist with OSU Athletics and lecturer for the Department of Psychology will be speaking on the subject of "Sport Psychology". For more information and to register for the presentation go to: <http://www2.psy.ohio-state.edu/undergraduate/html/fye.htm>



The annual **Psychology London Study Trip** will again venture "across the pond", June 8-17th. Undergraduate and graduate students in Psychology along with their resident directors will study the culture and history of London with visits to Darwin's Home, the Freud Museum, and Cambridge among others. The application process occurs during the Autumn Quarter for the trip at the end of the following spring. If you are thinking about making a trip abroad while you are in college, this is a great experience.



Dr. Lisa Libby, assistant professor in Social Psychology, presents "An Inside Look at Romantic Relationships" for the Psychology Enrichment Program.

## Honors Recognition

### Students Recently Admitted to Candidacy for Honors in Liberal Arts:

Kathryn Baker, Amanda Ball, Lyndsey Craig, Chelsea Crawford, Poorvi Dalal, Michael DalSanto, Kyle Deigham, Clarisse Evans, Shannon Flynn, Kelsey Fogt, Marina Gorokhovskaya, Christopher Hendy, Caitlyn Hull, Brooke Keebaugh, Melanie Kennedy, Jenna McAuley, Erin O'Brien, Arnold Olaszewski, Anthony Sadler, Timothy Stevens, Laura Suprock, Kristin Turowski, Laura Twilling, Jeffrey Unterbrink,

Ashley Vogel, Jennifer Webster

### Students Recently Admitted to Candidacy for Distinction in Psychology:

Samantha Mowrer and Benjamin Turner

Students completing an approved honors curriculum both in the major and GECs with a minimum of a 3.3 GPA are eligible to graduate with honors in the liberal arts. Students who will

complete a senior honors thesis, the Psychology H783 course sequence, and graduate with a minimum of a 3.3 GPA overall and a 3.5 GPA in Psychology are eligible to graduate with distinction in the major.

If your honors contract and/or application for graduation with distinction was recently approved and your name has not appeared in our newsletter, please contact the Undergraduate Advising Office.

## Student Organizations

### Minority Psychology Student Association:

Next event: Potluck on 3/29/07 6:00 - 7:30 PM in ML 174. Bring a tasty dish and learn about different cultures of the world! If you have any music representing the country, bring it too!

### Neuroscience Psychobiology Student Association (NPSA):

They invite anyone with an interest in psychobiology and behavioral neuro-

science to join. Email [listproc@lists.acs.ohio-state.edu](mailto:listproc@lists.acs.ohio-state.edu) with no subject and write "subscribe OSUNPSA *Firstname Lastname*" in the message.

### Psi Chi:

Psi Chi has had a busy winter quarter with community service, social activities, guest speakers, and induction of new members on 3/7/07. Join the listserv to receive updates on events and happenings by sending an e-mail to our

Secretary ([psichisecretary@gmail.com](mailto:psichisecretary@gmail.com)).

### Psychology Club:

Is open to all students interested in psychology to provide an opportunity for interaction and intellectual exchange. This past winter quarter the club sponsored talks regarding the psychology of music and perceptions/portrayals of mental illness (<http://undergrad.psy.ohio-state.edu/club/index.htm>).

# The GRE - A Student's Story

By Laura Avalos

The GRE - this acronym seems to instill fear and even paralysis into many students aspiring to be psychologists. I'd like to share with you my own trials, and eventual success, in regards to this horrendous exam. My story begins with my first try on the GRE. After two months of preparation I received what many would call a "normal" score: a 440 in Quantitative and a 620 in Verbal. Not high enough to get me into any counseling or clinical doctoral psychology program, but high enough for the school psychology program at OSU which doesn't emphasize the GRE. However, as luck would have it, it turned out that school psychology was not the field for me. My calling, as I had always known, was counseling psychology. I had to apply to graduate schools all over again! I began feeling like the rest of my life was based on the score of the GRE.

Training for my personal Olympic marathon had begun. I had always thought that the more one studies, the better one does. I studied everyday, beginning in July...no day passed without summoning the Kaplan gods. During the summer, I visited my family in Costa Rica. We spent a week at my favorite place: the ocean. Tropical beach, white sand, and green palm trees didn't deter me from my fervent obsession with success on the GRE.

I studied right up until the night before the exam, which happened to be at 8:00 am. I remember sitting in front of the computer screen which seemed to glare menacingly in my face - *ETS: GRE*. I looked at the math problems before me and blanked. Although I had done more difficult problems successfully in practice, I could not for the life of me figure out how to do the ones before me. The result of my extreme test anxiety: a 200 in Quantitative and 590 in Verbal. I was horrified! For the next week after the exam I had difficulty getting out of bed. My mentor, a prolific counseling psychologist, urged me to follow up with ETS in case there had been a scoring error. Alas, no scoring error! Although I achieved a 3.87 in my undergraduate honors courses, a 3.9 in a doctoral program, completed an honors thesis successfully, and published two articles in prestigious journals, my future seemed to be dependent on my GRE score. I realized that what had affected me most was my anxiety, not my preparation. Further, as a female I had been acculturated to question my own abilities in mathematics. As a Latina, during the test I had at the back of my mind that Latinos in general tended to do worse on the GRE than some other groups. Therefore, a variety of factors increased my anxiety: stereotype threat and my high need for achievement.

I decided to take my anxiety into my own hands. The yoga classes and exercise I had forsaken for the GRE during the summer were reinstated, as were workshops at Counseling & Consultation Services for stress management and test anxiety. I practiced the skills I learned from the three workshops I attended everyday. On December 13<sup>th</sup>, just two months after my second try, I took the GRE for the third time. *This* time, I took one or two practice exams a few days prior and went to bed early the night before. *This* time, I scheduled my exam for noon. *This* time, I spent every break and spare moment during the exam using imagery for my test anxiety... and, it worked! My triumph over the GRE resulted in a 620 on the Quantitative and 620 on the Verbal sections, as well as a 5.5 in Analytical Writing. Although I had achieved success as far as the GRE was concerned, my biggest triumph was in finding that balance and self-reflection is essential for my personal success.

Laura's Tips for the GRE:

- Take time to relax. Do what you love! Exercise, read, spend time with your friends, rent a movie, etc.
- If you're having problems with test anxiety, check the Counseling & Consultation Services website for free stress management and anxiety workshops offered every quarter. If you're having a significant amount of trouble, schedule to meet with a counselor.
- Study, but don't obsess! More studying doesn't always equal a higher score.
- Don't do any studying the night before the exam...take a hot bath or watch a movie and reflect on how well prepared you are.
- Good luck! You'll do great! And, if you don't the 1<sup>st</sup> or 2<sup>nd</sup> try, remember, there's always the 3<sup>rd</sup> to blow ETS out of the water!

# Spring Quarter Scheduling & Additional Course Information

See below for the schedule of registration windows. **Make sure to check for course prerequisites and that permissions have been posted before your windows open.** You will schedule for summer and fall at the same time.

Apr 23-24 Mon-Tue **University Priority** windows open

Apr 25-26 Wed-Thu **Graduating Seniors'** windows open

Apr 27 Fri **Waitlist Rank 4, Rank R, GRD, and GRD/Prof** students' windows open

Apr 30-May 4 Mon-Fri **Rank 4, Rank R, GRD, and GRD/Prof** students' windows open

May 7 Mon **Waitlist Rank 3** students' windows open

May 8-10 Tue-Thu **Rank 3** students' windows open

May 11 Fri **Waitlist Rank 2** students' windows open

May 14-16 Mon-Wed **Rank 2 (includes CED Rank 3 and 4)** windows open

May 17 Thu **Waitlist Rank 1** students' windows open

May 18-23 Fri-Wed **Rank 1 et al**

## Additional Course Information

### Honors Courses

H321 - Quant. & Stat. Methods (5 cr.)  
Dr. Cudeck (SP 07)

H508 - Judgment & Dec. Making (5 cr.)  
Dr. Nygren (SP 07)

H594 - Psychobiology of Aggression (4 cr.)  
Dr. Nelson (SP 07)

H613 - Biopsychopathology (4 cr.)  
Dr. Bruno (SP 07)

H320 - Intro. to Data Analysis (5 cr.)  
Dr. Cudeck (AU 07)

H371 - Language & the Mind (5 cr.)  
Dr. Speer (AU 07)

H508 - Judgment & Dec. Making (5 cr.)  
Dr. Arkes (AU 07)

H550 - Psychology of Childhood (4 cr.)  
Dr. Jackson (AU 07)

### New Courses in Summer & Autumn

597.01 - Drugs and Society (5 cr.)  
Dr. Bruno (SU 07)

554 - Language Development (5 cr.)  
Dr. Wagner (AU 07)

695.01 - Seminar in Clinical Psychology (3 cr.)  
Dr. Thayer (AU 07)

695.03 - Seminar in Developmental Psychology (3 cr.)  
Dr. Beuhring (AU 07)

### BS Students:

#### Spring 07

321 - Quant. & Stat. Methods (4 cr.)  
Dr. Edwards

510 - Res. Meth in Cognitive Psych (5 cr.)  
Dr. McKoon

520 - Exp. Social Psych (5 cr.)  
Dr. Wichman

#### Autumn 07

321 - Quant. & Stat. Methods (4 cr.)  
Dr. Edwards

500 - Experimental Psych. (5 cr.)  
Dr. Boysen

510 - Res. Meth in Cognitive Psych (5 cr.)  
Dr. McKoon

520 - Exp. Social Psych (5 cr.)

- Dr. Fujita - TR
- Dr. Wichman - MW

## Changes to your schedule?

- *Friday, Mar. 30th — Last day to add courses via the web.*
- *March 31st - April 6th — To add a course, you need instructor's written permission (use "Course Enrollment Permission" slip) and have this posted by the college (ASC Advising in Denney Hall).*
- *April 7th — To add a course from here on, you need the instructor plus the department (for the course) chair's signatures.*
- *April 13th — Last day to drop courses without a "W" on your record; last day to add course without petitioning; last day to register for Audit or Pass/Non-pass options.*
- *May 11th — Last day to drop a course or withdraw from Spring Quarter without petitioning.*



*Have a great  
Spring Quarter!*