

# Psych E-Newsletter

Winthrop University Psychology Department

March, 2017



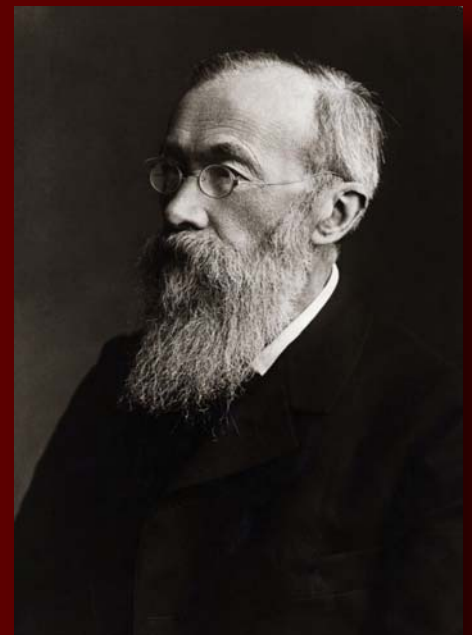
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## The Origins of Psychology

Although psychology officially emerged as an area of scientific study in the 19th century, its origins can be traced back to ancient philosophy. Philosophers such as Socrates, Plato, and Aristotle often explored areas of thought now considered within the domain of psychology, such as mental illness, emotions, and knowledge. However, the founding father of psychology as we know it today was Wilhelm Wundt. In 1879, he created the first laboratory dedicated entirely to psychological science and went on to publish first textbook on psychology, titled *Principles of Physiological Psychology*.

Since then, the discipline of psychology has experienced rapid expansion and has transformed into the diverse field we know it as today. Proving to still be an innovative field, the following issue explores the strengths of psychology and how to make the most of your major.



# Senior Awards

## Congratulations to our 2016-2017 Senior Psychology Award Winners



### Outstanding Student Award **Tollie Schultz**

The student who excels in all areas – research, service, engagement, and scholarship. This award goes to the most well-rounded candidate.

### Louise Johnson Award **Lindsay Gaynor**

A student who contributes significantly to the department through activities such as peer advising, active service through Psi Chi/Psyc Club, participation on the SOS committee or other leadership/service roles in the department.

### Outstanding Researcher Award **Claudia Salazar**

A student who is strong in many areas, but demonstrates exceptional research skills (independent work, work with multiple mentors, conference presentation, etc.).

### Outstanding Student Commitment Award **Savannah Pewett**

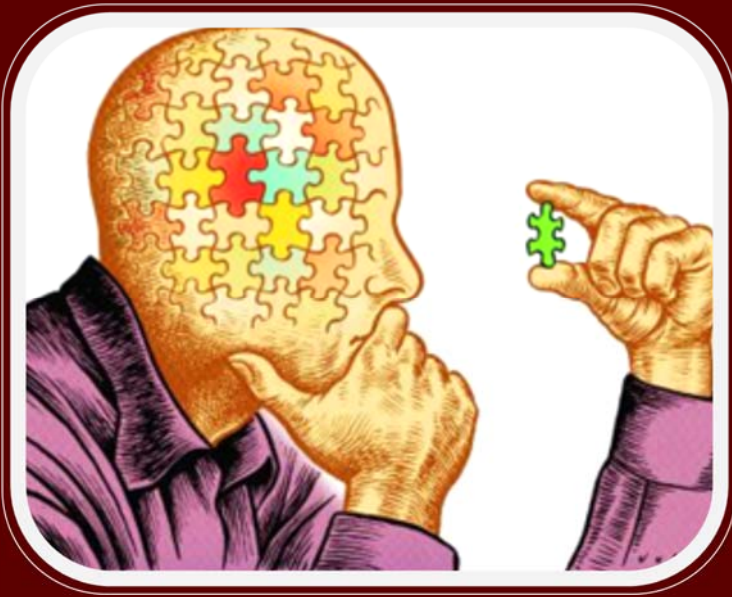
The student who has shown a high level of enthusiasm for his/her own learning and for the field of psychology. The selection committee may consider obstacles that the student has overcome when deciding on a winner.

### Outstanding Scholar Award **Rachel Broadway**

The psychology major with the highest overall grade point average who has completed at least 65 hours of coursework (i.e., the majority of their coursework) at Winthrop University.

# Reasons to Pursue Psychology

By Lauren Czarnecki



## What can you gain from studying psychology today?

Psychology majors gain a plethora of beneficial knowledge when pursuing their bachelor degree. Additionally, that knowledge can grow if someone's decision is to go for their master's or doctorate. The skills we learn from the courses we take make us very valuable when applying for a job. We take courses in statistics, research methods, biopsychology, abnormal psychology, social psychology, and developmental psychology, to just name a few. The skills we learn from these courses put us at the top of the list when searching for a job.

Some people may think that it is too challenging to find a job with this major or minor, but there are plenty of jobs available. As a psychology major or minor, there are many potential careers that will hire you because of the flexibility within this major or minor. These skills above are great to have, but the best one of all is that being a psychology major or minor is so rewarding. You can help those with substance abuse issues, children whose parents are going through a divorce, or even help provide care for older adults in nursing homes. **There are many times this major or minor can be challenging, but it is fun and brings joy to many faces of those you can provide support for.**

Some notable tricks of the trade that psychology majors and minors learn from their undergraduate courses are:

- ⇒ Understanding group and individual behaviors
- ⇒ Analyzing and comprehending data sets
- ⇒ Knowing how to conduct research
- ⇒ Being able to adapt to change and work on a team
- ⇒ Knowing how to problem solve and work through difficult situations



**"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind." ~ William James**





## Careers in Psychology

By Lauren Czarnecki

Some people believe that there are not a lot of career options that involve a psychology degree, but indeed there are many.

For example, specific job titles consist of **psychotherapists, counselors, social workers, teachers of psychology, and researchers**. Additionally, there are not only these more well-known jobs, but also some other less typical careers in psychology that you can pursue a career in.

Psychology majors can also often find themselves working in areas like **media, advertising, human resources, communications, business, and management**.

If you want to continue education and work on your graduate degree, there are even more options of career choices you can select from by concentrating in a particular subfield. These options include, but are not limited to, **neurologists, psychiatrists, child developmental specialists, research assistants, academic counselors, real estate agents, school psychologists, community workers, dietitians, and speech pathologists**. Some more career choices you could potentially have a future job in are family counselors, substance abuse counselors, information specialists, lawyers, parole officers, chief psychologists, benefits managers, and public relations counselors. The options are endless!



## Examples of Subfields of Psychology

**Industrial-organizational psychologists** focus on details in the workplace and how they relate to psychology.

**Counseling psychologists** work with people with long term disorders, whereas clinical psychologists deal with the more severe cases.

**Developmental psychologists** focus on a certain age group and sometimes even study them throughout their life span.

**Experimental psychologists** focus on understanding the psychological processes in humans.

**Educational psychologists** try to improve teaching and learning by providing different learning and teaching methods.

**Social psychologists** study communication between people.

**Family psychologists** try to focus on making the family a more functional unit.

**Biological psychologists** study the workings of the body to understand behavior.

# Internship Opportunities

By Tollie Schultz

**Getting an internship** is a great chance to learn more about the practical application of psychological principles in a variety of contexts. Moreover, there is a myriad of internship opportunities available to psychology students. No matter what your interests are, there is an internship out there for you!



## Benefits of Completing an Internship:

- Work and learn from professionals in your field firsthand
- Gain experience in an applied setting
- Develop professional etiquette
- Become a more competitive applicant for postgraduate employment

**Children's Attention Home:** Abused children 17 and under are housed, schooled, and protected until they can be placed into foster care

**Carolina Pediatric Therapy:** Work with children with various disabilities under the supervision of speech and occupation therapists

**Lancaster Mental Health, Child:** Work with a school counselor supervisor in outpatient facility or in schools with troubled children, their family and their teachers.

**New Hope Carolina:** Work with behaviorally, emotionally, and mentally troubled adolescents.

**Safe Passage:** In-patient housing and counseling for sexually abused individuals and their minor children.

**York Catawba Mental Health, Adult Center:** Patients in this site typically present with serious clinical and mental disorders. Intern works with counselors and social workers on various skills

## Gain credit towards graduation by completing an internship!

Psyc 463 is one of three possible senior capstone classes available to students. Applications are available on the internships billboard in the Psychology Department.



**Further inquiries should be directed to Dr. Donna Nelson.**



**Nothing catch your eye yet?** More local opportunities can be found via: <https://www.winthrop.edu/cas/psychology/default.aspx?id=20040/>



## Psi Chi and Psychology Club By Tollie Schultz

Looking for another way to get involved with psychology during your time at Winthrop University? Consider joining Winthrop University's Psychology Club, which often collaborates with our Psi Chi chapter to host a multitude of fun and educational events. Psychology Club generally holds at least one meeting per month during common time and welcomes new members year round!

## Upcoming Events

### What can you do with a B.A. in psychology?

- March 21st at 11:00 AM in Kinard 101

### Movie Night with Eagle Cinema on Demand

- April 3rd at 8:00 PM in Kinard 101

### Make Your own Rorschach Ink Blot with Dr. Reiland

- April 18th at 11:00 AM in Kinard 101

## Psi Chi

Psi Chi is an international honor society that aims "to encourage, stimulate and maintain excellence in scholarship in psychology, and to advance the science of psychology". Students eligible to join Winthrop's Psi Chi Chapter will be invited by Dr. Tara Collins.

## Psychology Club

Psychology Club is open to all Winthrop students interested in learning about and promoting psychological science. They host multiple group activities and service projects for the Rock Hill and the Winthrop community every semester.

**Membership applications for Psychology Club are available on the club's billboard outside of Kinard 135, or by contacting Dr. Sarah Reiland at [reilands@winthrop.edu](mailto:reilands@winthrop.edu)**



## Newsletter Staff

**Tollie Schultz**, Student Editor  
**Lauren Czarnecki**, Student Writer  
**Sierra Linton**, Student Writer  
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## Advising Tips and Tricks By Sierra Linton

The semester is quickly passing us by and it is almost time to register for classes once again. Crazy right? Time flies when you're having fun. This means that a meeting with your Advisor will soon be in order.

**Advisors are a resource provided to students to assist in meeting both a student's academic goals and life long career goals. Taking a little time to be prepared can make the experience all the more worthwhile. How does one go about preparing, might you ask? I will tell you how!**

### Helpful tip!

Go to Wingspan, click on Degree Works, and make use of the "What If" feature! It allows you to see exactly what credits your proposed classes will be fulfilling as well as what credits remain in obtaining your degree.

**Second**, have an idea about what classes you want to take for the upcoming semester. Draw out an actual schedule so that you can mentally "walk through" the routine.



## Did you know?

**Courses often have pre-requisites!** Keep that in mind when planning class schedules. Also, stay on the lookout for opportunities to kill two birds with one stone—especially if you are pressed for time. Some courses fulfill more than one requirement. For instance, American Government satisfies both the constitutional requirement and the social sciences requirement.

**First**, be aware of your registration deadline. It is important that you meet with your advisor prior to your registration date. This will ensure that you will be cleared to register on time. If for some reason you are unable to attend your appointment, let your advisor know beforehand and reschedule the appointment as needed.

**Third**, prepare a list of discussion points to go over with your advisor. This will help the meeting stay focused and accomplish the goal that you have set out for the meeting.

**Fourth**, talk openly to your advisor about any academic needs you may have. Our university often has resources available to assist students. Your advisor can assist you in connecting you to those resources.

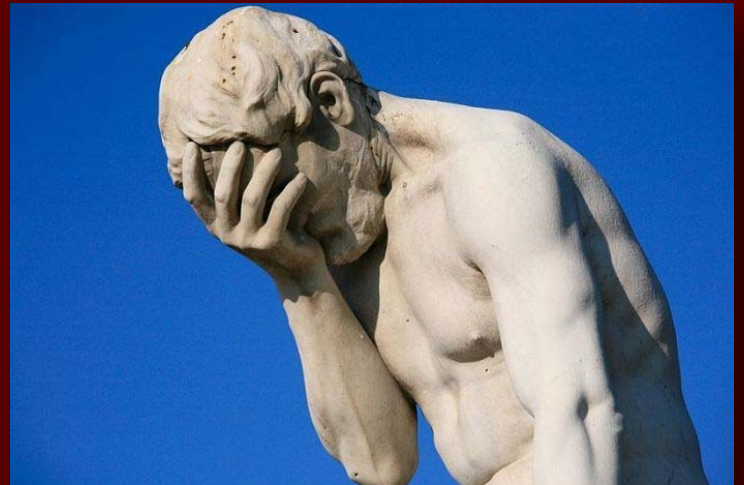
**In conclusion, advisors are here to guide you throughout your college career but ultimately the choices are yours to make. Choose wisely my friends.**

# Science vs. Pseudoscience

Sierra Linton

We are taking part in the age of information. Sounds nifty, am I right? If I have learned anything from the days I spent binging on glam metal, it is "every rose has its thorn." Now, if you would be so kind as to look past that cliché, I will explain. With all of the technological advances that have taken place, we have more access to information than ever before.

The drawback is that it has become increasing harder to navigate through the noise. We must now evolve strategies to discern what is true from what is not true, that is, what science is from what pseudoscience is. So, next time you stumble across information you are not sure about, consider this:



**Says who?** If the source references a scientific journal, then that is a good indication that the is trustworthy. That's not to say that books, newspapers, and blogs are entirely dismissible— just that scientific journals generally top the hierarchy of sources.



**The more the merrier.** If there is only one source, then facts are less credible. If a bunch of people replicate an experiment successfully, then the theory is more liable to be accepted.

**It follows.** If a source says eating tomatoes everyday will make you a happier person, it must also take into account everything else that one has eaten, life events, etc. to see if the tomatoes are really what caused the increase in happiness. In other words, science proves claims through research.

**Ulterior motives.** If the source tries to sell you something while providing you with information then the information is less credible. For example let's say you see an article entitled "Studies Show That Minimalists Live More Satisfying Lives". You open the article to read sparse and shady data that eventually morphs into an ad for their new book. More than likely, they care more about earning money than providing authentic research to the public.

**Conspiracies Galore!** If the source claims you can only get this information from them that for whatever reason the government or the medical profession is hiding it. It is a strong warning that the information you are about to receive has not been proven.

Jedis, press on and remember to always approach new information with a critical lens.

## Science vs. Pseudoscience

### Differences of principle

Pseudoscience	Science
Avoids falsifiability	Valorises falsifiability
Vagueness in measurement	Accuracy in measurement
Unproven as false = true	Unproven as false = unproven
Confirmation bias	Emphasis on refutation
Lack of parsimony	Prioritization of parsimony
Reversed burden of proof	Burden on claimant, not critic