

Psychology Department Newsletter

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Editor's Welcome!

Psych Club is excited to introduce our third annual edition of the Psychology Departments Newsletter!

We hope that this newsletter will help to foster communication between students and faculty members by showcasing some of the current research and opportunities in the Psychology Department.

Inside this newsletter you will find spotlights on a new faculty member, research going on in the department, an outstanding student and more! We hope that you will enjoy this newsletter, and that it will make you as proud as we are of Angelo State University's Psychology Department!

A Little About Psychology Club

Psych Club has been a student organization for the last four years. Our membership is open to anyone who has an interest in psychology, regardless of his or her major or GPA. Primarily we exist as a social organization dedicated to bridging the gap between upper and lower classmen.

We hold business meetings once a month and at least one Psych Night a semester. This year, Psych Nights have included games, movies, food and good fellowship.



Alongside social activities, Psych Club participates in one community walk each semester. Last semester we participated in the Walk to End Alzheimer's, and this semester we plan to participate in Walk Now for Autism Speaks. We also hold one fundraiser a semester. This year we held both a Donut Day fundraiser and a bake sale.

As a club we are proud of our accomplishments. We hope in the future to grow and expand, and we are looking forward to having many more successful years.

Teacher Spotlight: Dr. Steven Brewer

Welcome
To
ASU!

Let's give a warm welcome to Dr. Steven Brewer! Dr. Brewer was a non-traditional student, who went back to get his Bachelors degree in his thirties. He got his B.S. in Psychology and Sociology with a minor in Drug and Alcohol Counseling from Rogers State University. As an undergraduate, Dr. Brewer was also an active member of his university's Psychology Club and Psi Chi chapter. Dr. Brewer then went on to get his M.S. and Ph.D. in Applied Biopsychology from the University of New Orleans. His Ph.D. was conferred in December of 2014.

Dr. Brewer's research interest is in pain. Specifically he wants to research how expectations of pain influence a person's perceptions of pain. Right now, Dr. Brewer is

working on getting the Psychology Departments animal lab back up and running. He would like to begin conducting experiments on rats sometime in the near future.

Before becoming a professor, Dr. Brewer gravitated towards teaching in his past careers. When he was at the University of New Orleans, Dr. Brewer was a teaching assistant and an instructor for many classes over the course of five years.

This is Dr. Brewer's first year at Angelo State University. So far, Dr. Brewer has been happy here and has found the Psychology Department to be very supportive.

Currently, Dr. Brewer is teaching Behavioral Neuroscience at both the

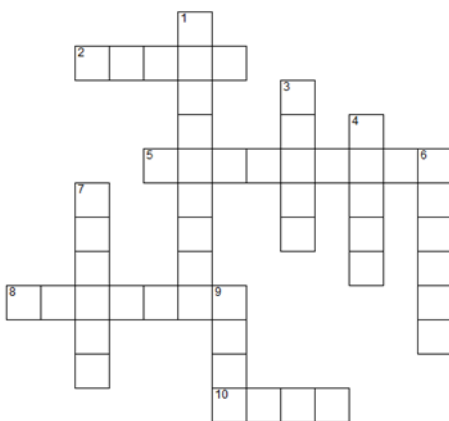
graduate and undergraduate level, Drugs and Behavior, Chemical Dependence, Learning and Memory, Introduction into Research and Statistics, and Intermediate Research and Statistics.

When asked what advice he would give undergraduate psychology majors he said they need to find out what they like. They need to chase after it, and then they need to continue to explore.

On a personal note Dr. Brewer has many hobbies. He enjoys hunting, fishing, watching football, going to the movies, and attending a good BBQ. Here recently he has been considering taking up kayaking.

—Jordan Walker

Psychology Crossword Puzzle



ACROSS

- 2 Father of American psychology
- 5 Best known for her research on attachment styles
- 8 Known for his "bobo doll" experiment
- 10 Founded the first experimental psychology lab in the U.S.

DOWN

- 1 Known for creating the theory of cognitive dissonance
- 3 Father of modern social psychology
- 4 Founder of psychoanalysis
- 6 Did controversial experiments on the effects of social isolation on monkeys
- 7 Proposed men experience "womb envy"
- 9 A social psychologist who is best known for his research on conformity

Student Spotlight: Paige Trubenstein



Growing up in Christoval, Texas, Paige Trubenstein thought that she wanted to spend her life working as a large animal veterinarian technician. She entered ASU as a pre-veterinarian student and quickly found out that her pre-veterinarian classes did not hold her interest. After taking a general psychology class, she found herself attracted to this specific field of study. She discovered that she had a passion for psychology, mainly in the cognitive area.

Paige is closely related to people with Alzheimer's disease and desires to help find a cure for the disease. She is fond of helping others and would like to educate the families of people suffering from Alzheimer's about the disease.

Her interests in cognition of aging caused Paige to take notice of a Ph.D.

Developmental Psychology program in Riverside, California. She has been accepted into the program, and will get the opportunity to assist in a longitudinal study that will help determine what environmental factors could be causing Alzheimer's disease.

Paige has conducted research at the undergraduate level here at ASU. She calculated overconfidence with personality traits. In this research she was looking specifically at participants with a narcissistic personality. One hundred and seventy two students participated in her research, and Paige was able to collect data on several participants with a narcissistic personality. She found that not many participants, if any, had a substantial amount of knowledge about Alzheimer's disease. She says she finds this quite saddening, and that this is the reason that she wants to make

a difference in this specific field.

Although she finds everything psychology related quite interesting, she enjoyed the motivation class taught here at ASU immensely since it brings something "new to the table".

In her years here at ASU Paige has grown attached to Dr. Kreitler, who has not only helped her out along the way but is someone special in her eyes. She states that her best advice for other undergraduate students would be to "find a faculty member that they can have a true connection with and stick to them as glue". She also says that we have to throw ourselves into what we like and give it all we have in order to reach our goals. I am sure that Paige Trubenstein, with her easy going and kind nature, will accomplish great things in life.

—Catalina Perez

Confessions of a Counseling Psychologist

A counseling psychologist is someone who helps others cope with everyday life issues. This may sound like an easy task, but it takes endurance and personal encouragement in order to obtain such a position. Here is what this year's confessor, Dr. Johnny Burkhalter, has to say about the path that should be followed in order to obtain this type of job.

Dr. Johnny Burkhalter, who started off his studies as a history major in 1969 at Texas A&M University, soon found out that his true calling was psychology. He received his bachelor's degree in psychology in 1973 and later attained

his master's in psychology in 1976. After receiving his Ph.D. in psychology in 1980 he worked for the Air Force as a counseling psychologist for four years. Since 1984, he has been working in private practice and has created a name for himself as a successful practitioner.

Dr. Burkhalter states that "There is not much to do with a bachelor's degree in psychology" but "there are some job opportunities holding a master's degree." As part of the faculty at Angelo State University, he is currently offering undergraduate internships and graduate practicums. He states that students must "make darn good grades" in order to have an

opportunity to hold a spot in graduate schools. Being that obtaining a master's or a Ph.D. takes an immense amount of work he says that his internships and practicums are an opportunity for students to have "real world experiences" and gives them the ability to "decide if it is their interest" to become a counseling psychologist in the future. The most important advice he gives his students is to "maintain appropriate boundaries" between their personal lives and their job in order to be successful.

— Catalina Perez



Class Spotlight: Psychology of Leadership



Many psychology undergraduate students may not know about this course because it is not a requirement for their degree plan. Luckily, students are able to take many interesting psychology courses as electives in order to learn more about the different aspects of the world of psychology.

Dr. Stenmark teaches this interesting Psychology of Leadership

class online. Students participate in weekly discussion questions and describe the experiences they have had as leaders. They take weekly quizzes, exams, and complete self-assessments.

Students learn about leadership styles, kinds of leadership used in different situations, skills of good leaders, different traits that are associated with leadership, and so much more!

Students who are interested in learning about leadership and how it can positively affect one's job and future, should keep this course in mind next time they're looking for electives to take.

--Andrea Chavarria

Class Spotlight: Psychology of Aging

This semester I am taking a class called Psychology of Aging. When I first registered for the class I was not excited about having to take it. I thought that it was going to be boring and all about death. I was very wrong! It has turned out to be one of the best classes I have taken while attending Angelo State.

The class covers dementia and mental disorders in the elderly, but it also covers how people's perceptions of the world and death change as they age. Psychology of Aging is taught by a Dr. John Jones, a part-time professor at ASU. His class is purely lecture, but he keeps it entertaining by including stories about his life and family and examples of situations he has encountered while counseling the elderly.

I asked Dr. Jones why he chose to counsel the elderly, he told me "I have spent the majority of my career serving the underserved in our nation. Among the currently most underserved population we have are

the elderly, more specific, those in long-term care facilities, where a vast majority of those needing mental healthcare never receive it. I viewed this as another opportunity to serve and provide care for a sadly underserved population."

I also asked him what his favorite thing about teaching Psychology of Aging. He responded "I mostly enjoy the students, especially those who are serious about expanding their knowledge about a group of people most of them have not thought seriously about."

One of my favorite aspects of the class was the visitation/ observations of three different types of nursing home, including a locked Alzheimer's unit. The visitations gave me the opportunity to talk with several residents and hear their perspective on living at a nursing home. It gave me new insight into both the tragic disease and the stress that is placed on the caregivers of individuals with Alzheimer's.

Another aspect I enjoyed about the class was the guest speakers. Dr. Jones had several guest speakers come in during the last half of the semester including a nurse from one of the local nursing homes. He came and talked to the class about his job at the nursing home. Specifically, he focused on how nursing homes handle disagreements between residents.

I would absolutely recommend this class to anyone who wants to learn about how the presentation of mental disorders changes with age and about the elderly.

—Kelsie Ramirez



Faculty Research Spotlight: Dr. Hack

“Hypocrisy is the mother of all evil and racial prejudice is still her favorite child.”

~Don King

Dr. Hack is a social psychologist primarily interested in researching how humans behave in social contexts. Many of her research endeavors focus on how individuals perceive others as well as analyzing implicit factors that can influence perceptions (such as preconceptions we have about people based on their race, gender, age, etc.). Some of her projects have examined impressions of people based on factors such as facial expression. For example, she found that smiling versus not smiling can have an influence of how people perceive others, especially when combined with

gender. Her results indicate that gender stereotypes of women as warm, caring, and social can explain why smiling women are perceived to be very warm and likeable, whereas impressions of women displaying neutral expressions are significantly less favorable.

Dr. Hack focuses on using experimental research design to examine cause/effect relationships between variables. She designs many of her studies utilizing computer programs to present stimuli and facilitate data collection (which eliminates the need for countless hours spent entering data into spreadsheets!). By doing so, participants in Dr.

Hack’s studies are able to complete the research privately, confidentially, and at their own pace.

In addition to publishing her studies and presenting her work at professional conferences, Dr. Hack uses the results of her experiments to clarify concepts in the classes she teaches, including the Psychology of Stereotypes, Prejudice, and Discrimination. Her students benefit from seeing the results of current research in order to better understand how and why people exhibit certain behaviors in social contexts.

—Braden Weinman

Community Spotlight: Concho Valley Rape Crisis Center

April is Sexual Assault Awareness and Prevention Month. Sexual violence is a serious issue that can have life-long repercussions for the victim and perpetrator. Psychologically, victims of sexual violence, especially rape, may develop anxiety, depression, avoidance, fear, and shifts in mood which can have serious impacts in other life areas. Many resources are available at the local and national levels for anyone who has experienced sexual violence.

Here in San Angelo, victims of sexual abuse and violence have access to services provided by the

Concho Valley Rape Crisis Center. Directed by Karla Payne, the center provides 24 hour assistance for victims including a crisis hotline, hospital and court accompaniment, and funding for counseling services. Additionally, the center provides training and educational outreach for other community groups such as business and schools.

When I visited the center, I was able to meet with Karla and discuss the center’s goals and services. She emphasized that education for community members is one of their most important services. She explained that primary

prevention of sexual violence is ideal because CVRCC volunteers are able to educate individuals about social justice issues and citizens’ responsibility to not commit acts of sexual violence.

For more information about this organization and its services, visit their website cv-rcc.org or call the center at 655-2000. Everyone of us should make an effort to learn more about ways to prevent sexual violence in our community.

—Braden Weinman



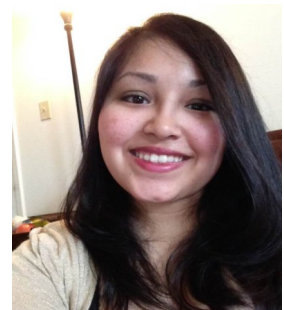
Newsletter Contributors:

We would like to thank everyone who helped us in creating our third edition of the Psychology Department Newsletter. Thank you Dr. Brewer, Dr. Hack, Dr. Johnny Burkhalter, Dr. Jones, Dr. Stenmark, Karla Payne, Joscelyn Cargill, and Paige Trubenstein for taking the time to out of their busy schedules to let us interview them. Also a special thank you to our faculty advisor, Dr. Kreitler, for her endless support and patience in revising the 10+ drafts of this newsletter.



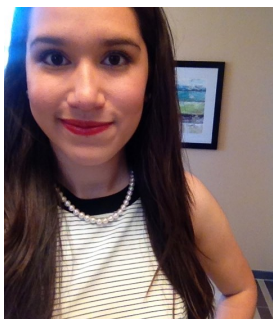
Jordan Walker is in her junior year at Angelo State and is working towards her BA in Psychology with a double minor in technical writing and Spanish. Currently, she is the president of Psych Club, and an active member of the honors program. In the future she hopes to get a PhD in psychology so that she can pursue a career in research.

Kelsie Ramirez is a senior at Angelo State University. She will be graduating this May with a Bachelors of Arts degree in Psychology and plans on continuing her education at ASU for her Masters Degree in Counseling Psychology. She is also a member of several student organizations on campus including Psych Club, Psi Chi, Sigma Tau Delta, and the Pro-Life Rams.



Catalina Perez is a junior at ASU. She is currently the treasurer of Psych Club and is also a member of Psi Chi. She is a double major in psychology and Spanish. She would like to become a child psychologist and have the opportunity to work at Therapy West in New York City, New York in the future.

Braden Weinman is a junior Psychology major with music minor in the Honors Program at Angelo State University. He is a San Angelo native who likes to help his out-of-town friends find the beauty in the former sheep and mohair capital of the world. He would love to be a therapist someday, either in expressive counseling or clinical psychology.



Andrea Chavarria is a senior here at Angelo State University and will be graduating in May. She is involved in both the Psychology Club and Psi Chi. After graduating she will be attending graduate school at Angelo State University and earn her Master's Degree in Industrial/Organizational Psychology.