As the semester is coming to a close, both Psi Chi and the Psychology Department are preparing for one of their busiest months yet! The 11th annual Capstone Symposium, co-hosted by the Department and Psi Chi, will take place on April 16th and will showcase all of the hard work SLU’s Psychology students have put into their projects over the past year.

We are also excited to welcome Dr. McAdams of Northwestern University as our annual Psi Chi guest lecturer. His talk on stories Americans tell about their lives is sure to be great!

For any students presenting at the Capstone this year, Psi Chi will be hosting a practice night on April 14th at 5 in Ritter 320. Please stop by if you would like any extra practice or feedback on your poster and presentation!

With so much going on it is easy to become overwhelmed and lose sight of the big picture of all of the research taking place here at SLU. We are excited to see the hard work of everyone from students to faculty to staff pay off in the upcoming weeks!

-Psi Chi Newsletter Staff
On Saturday, March 29, the Psychology Department gathered at Il Monastaro to celebrate the annual Severin Banquet. This dinner acknowledges and honors the accomplishments of the department. The evening began with a rendition of Pharrell Williams’ song "Happy," as Dr. Jeffery Gfeller reminded attendees that the department had much to be happy about over the last year. Then, Dr. Janet Kuebli reflected on what it means to "give psychology away," as psychologists were challenged to do by famous cognitive psychologist, George Miller, over 40 years ago. The next section of the evening, undergraduate, graduate, and faculty awards, highlighted some of the ways the psychology department at SLU has done that over the past year. For example, the faculty and graduate students taught over 5000 hours of classes, provided around 1000 hours of clinical work, and served the SLU community in numerous ways over the last year.

**Undergraduate Awards**
- James D. Collins Award for Excellence in Student Academic Achievement: Van Ryland Liceralde
- Psi Chi Sayons Award: Chelsi Creech
- Psi Chi Research Award: Van Ryland Liceralde

**Faculty Awards**
- Severin Award: Dr. Honore Hughes

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**5 Tips for Getting a Great GRE Score**

1) Get organized – print out a weekly calendar and plan out what you want to focus on each day. Make sure you leave yourself a good amount of time every day to cover what you wanted to study.

2) Know your strengths – take a baseline test to see what you do best in and where you need the most work. You don’t need to spend hours and hours everyday looking over vocabulary cards if you already score highly on that section. Instead, review vocab a couple times each week and let yourself have the extra time to really study what is most unfamiliar to you.

3) Take practice tests. The best way to learn what the actual test will look like is by taking practice tests – the more you take, the more familiar it will be to you on your test date. This can also give you a sense of your pacing throughout the test and whether or not you may need to speed up. There are numerous resources that offer free online practice tests, such as Kaplan and the ETS website.
4) Buy a prep book. If you do not want to spend the money on a prep course, make sure you buy a prep book. There are a variety of different options available and each will give you some tips you may not have known otherwise. These are also good for more practice questions and knowing how much of what will be on your test.

5) Relax! There is no use staying up late every night leading up to the test and stressing yourself out. Make sure you are giving yourself time to eat healthy, exercise, and take some time away from studying. You will end up with a higher score if you are calm and collected for your exam.

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**Attention Psychology Juniors/Seniors who have taken the GRE!**

Calling all juniors and seniors who have taken the GRE General Test or the GRE Psychology Subject Test! The Psi Chi office is looking for prep books to stock the Psi Chi library. If you have a GRE prep book, software, packets, flashcards, etc that you are no longer using and would like to donate to the Psi Chi library, please contact Psi Chi Office Manager Emma Bret (ebrett1@slu.edu) or Psi Chi President Chelsi Creech (ccreech2@slu.edu) to arrange a drop-off time! All materials in the Psi Chi library are available for free to Psi Chi members, so any GRE prep materials would be incredibly helpful!

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**Upcoming Department Events**

**Capstone Symposium**  
**Wednesday, April 16 BSC Wool Balloons**

The 11th Annual Department of Psychology Capstone Symposium will be held on Wednesday, April 16, 2014. This event is co-sponsored by the Department of Psychology's Undergraduate Studies Committee and Psi Chi, the National Honor Society in Psychology. It features poster presentations by students in these capstone-designated Psychology courses:

- PSY 401 Advanced Statistics and Research Methods
- PSY 487 Capstone Practicum
- PSY 488 Capstone Research Project
- PSY 490 Critical Thinking About Psychology

The schedule for the symposium is as follows:

- 11:00-12:30 pm: Poster Set-Up
- 12:30-2:30 pm: Judges review of posters with the presenters absent
- 2:30-3:30 pm: Students return to describe their posters to the judges and answer any questions
- 3:30-5:00 pm: Symposium open to the public
- 5:00-5:45 pm: Awards are presented for Certificate of Recognition for Excellence and Honorable mention, as well as the three posters chosen to represent the Psychology Department at the Senior Legacy Symposium
This year’s annual Psi Chi Lecture will be given by Dr. Dan McAdams, the Chair of the Department of Psychology at Northwestern University. His lecture is titled “The Redemptive Self: Stories Americans Tell About Their Lives” and will take place immediately following the Psi Chi Spring Inductions and the presentation of awards at the Psychology Capstone Symposium.

In addition to being the Chair of Northwestern’s Psychology Department, Dr. McAdams is also the Henry Wade Rogers Professor of Psychology and Professor of Human Development and Social Policy at the University. He is a highly accomplished psychologist in the areas of personality and life-span developmental psychology and has authored over 200 scientific articles and chapters on these topics. Professor McAdams is most well-known for formulating a life-story theory of human identity, which argues that modern adults provide their lives with a sense of unity and purpose by constructing and internalizing self-defining life stories or “personal myths.”

Dr. Jessica Payne of the University of Notre Dame will be presenting a lecture for members of the Psychology Department on April 25th at 3:00 pm in Shannon 203. The lecture is not yet titled, but stay tuned for flyers that will be posted around Shannon Hall!

Upcoming Psi Chi Events

Annual Psi Chi Lecture
Wednesday, April 16th @ 7:00 pm in the Wool Ballrooms

Dr. Dan McAdams

Dr. Jessica Payne, the Nancy O’Neill Collegiate Chair in Psychology at the University of Notre Dame

Psychology Colloquium:
Dr. Jessica Payne

Dr. Jessica Payne
Psi Chi Spring Inductions
Wednesday, April 16 @ 5:45
Wool Ballrooms

This year, Psi Chi will hold their Spring Induction ceremony immediately prior to the Psi Chi Lecture, at 5:45 pm in the Wool Ballrooms. There will be a short reception following the inductions, prior to the start of Dr. McAdam’s lecture, so be sure to stop by and congratulate the new members!

Inter-University Psi Chi Trivia Night

Psi Chi is excited to announce the first annual Inter-University Trivia Night, which will be held on April 28th at 5:00 pm in Ritter 320. Besides SLU’s own chapter of Psi Chi, Psi Chi members from SIUE, WashU, and UMSL will compete against each other in psychology trivia. There will be light refreshments so come compete if you have the chance!

Psi Chi Graduating Seniors!

Any graduating seniors that are members of Psi Chi: this year’s Executive Board is interested in what our members’ post-grad plans are! If you will be attending graduate school in the fall, we would love to know the area of research you will be involved in and where you will be going. Please email the Psi Chi account at psichislu@gmail.com

Staff Spotlight: Ashlee Dorsey

By: Ted Bosi

Q: Where are you from originally?
A: From St. Louis, born and raised here.

Q: Where did you attend undergrad? What was your major?
A: I went to Webster University. I have a B.A. in Psychology and a minor in religious studies.

Q: How did you decide on that major?
A: I’ve always had an interest. My high school general psych class was the first thing that kind of caught my interest, and I’ve been stuck ever since. I thoroughly enjoyed my time at Webster. I loved the classes. Even if you don’t go further than a B.A., it gives you a better understanding of people, how we function, and everyday life. That helps so much. I’ve just loved it ever since. I was lucky enough to get a job here, and I couldn’t be happier.

Q: Where have you worked before coming to SLU?
A: Before SLU, I worked at Schnucks for ten years part time that got me through high school and college. Once I finally graduated, I worked at a law firm for about three years, but I wasn’t
very happy there. It wasn’t that I didn’t like the job. It wasn’t catching my interest, and I was in a bad place. I moved on to here, and I was lucky enough to get this job almost three years ago.

Q: Why did you choose to work at SLU?
A: I love the Jesuit tradition and the attitude here: very focused on community, very focused on people. It’s a great place to work, and everybody, most of the time, is happy to be here. We all have our bad days, but it really is a great place to be. I really like it here.

Q: Take me through a typical day at work.
A: That can change every day, it depends on who walks into my office that day, but I usually start my day with any financial documents just getting everything prepared for the day. It depends if we are having an event going on. We have an event for Psi Chi coming up, so I’ve been working on getting the food ordered for that, getting everything ready. If new undergrads walk in, and they want to talk to someone. I’ll try to find them or grad students come in and need money. It really does depend on the day. It changes every day, but it keeps things interesting. I’m never bored that’s for sure. We have the PSC clients who don’t know where the PSC is, so they wander into my office pretty regularly, and I have to show them where to go.

Q: The PSC?
A: The Psychological Services Center, it’s really great. They see patients on a sliding scale. If you don’t have that much money, you can still go and pay five dollars for a visit, and you can get help. It’s the clinical grad students who run it and the clinical faculty supervise. It’s really great, and it’s a great program to be in. Especially if you’re thinking about going to grad school, it’s definitely a program you should look into. It’s really neat to see it all working and observe the clinicians, well before they receive their Ph.Ds., helping people and working with clients.

Q: Tell me a memorable moment at work.
A: Oh Jeez, there’s so many. We have many events here and one of the new ones is Mentoring Matters. So poor Mentoring Matters, we’re still in the whole planning phase. It’s only the second year we’ve done it. So heading over to get everything ready, we have four or five Psi Chi people there and a few faculty members showing up, and I walk into the room. There are no table cloths, nothing, just nothing. I panic; I immediately call events services. I ask them what’s going on. They tell me that they have no record of me ordering them. But I definitely ordered them; so I had to run all the way across campus to pick up 30 table clothes with my work-study student, then, run them back over and get it all ready 30 minutes before people were showing up. I was in a panic, but we got it done and it worked.

What would you say is the most interesting/fun aspect of your job?
The people, I meet someone new every day. There’s always someone in my office that I’ve never seen before. And our faculty, I just love our faculty. I’ve never had a problem with anyone. They’ve always been so nice and just perfect people. All of them are just so interesting. Everything they do, all their research, it’s so great to see. Their labs, all the research that’s going on all the time, it’s really neat to be around that constant buzz. There’s always a research study; there’s always students here. It’s never dull, and I love it. I really do.

Q: Any closing remarks?
A: Well this is a great program, for undergrad and graduate school. Anyone who’s interested can stop by my office for information. I’m always open to calls and email.
Meet the PCN Staff!

Sarah Reitz, Editor  
**Studying:** Neuroscience  
**Areas of Interest in Psychology:** Behavioral Neuroscience  
**Psychology Involvement:** RA in Dr. Anch’s lab and Dr. Kirchhoff’s lab  
**Post-Undergrad Plans:** Graduate school for Behavioral Neuroscience  
**Hobbies:** Baking, spending time with friends, and Netflix  
**Email:** sreitz2@slu.edu

Lucy Headrick, Writer  
**Studying:** Psychology, Sociology  
**Areas of Interest in Psychology:** I/O Psychology, Positive Psychology  
**Psychology Involvement:** RA in Dr. Shoss’ OHP lab  
**Post-Undergrad Plans:** Attend graduate school to further study I/O psychology and do lots of research.  
**Hobbies:** Yoga, volunteering, works in a bakery making yummy treats!  
**Fun fact:** Breeds veiled chameleons  
**Email:** lheadri1@slu.edu

Amanda Sebasta, Writer  
**Studying:** Biology, Psychology  
**Areas of Interest in Psychology:** Abnormal, Social, Biological  
**Psychology Involvement:** RA in Dr. Buchanan's Lab, Dr. Harvey's Lab, PCN Writer  
**Post-Undergrad Plans:** Graduate school in Education to become high school science teacher, possibly more grad school in social work later on  
**Hobbies:** Listening to music, writing, going on walks, and trying new food  
**Email:** asebesta@slu.edu

Ted Bosi, Writer  
**Studying:** Neuroscience, Healthcare Ethics  
**Area of Interest:** Cognitive Neuroscience/Clinical  
**Psychology Involvement:** PCN writer  
**Post-Undergrad Plans:** Medical School for Psychiatry  
**Hobbies:** Movies, Working out, and reading  
**Favorite Quote:** “There’s man all over for you, blaming on his boots the faults of his feet.” — Samuel Beckett  
**Email:** Tbosi@slu.edu
Meet the PCN Staff!

Dr. Michael Anch, Executive Editor
email: ancham@slu.edu

Dr. Anch is approaching 25 years of service as a Faculty member in the Department of Psychology. Dr. Anch has been Faculty Moderator of Psi Chi since the early 1990s.

He is a member of the Cognitive-Neuroscience specialty within the Experimental Psychology program. His research focuses on sleep. Specifically, he is interested in the basic brain mechanisms that control sleep.

Dr. Anch is also one of 4 mentors for the Neuroscience Contract Major students. Beyond sleep research, Dr. Anch has an interest in nutrition, anti-aging research, body building, ufology and anomalous experiences, and integrative health science.

Dr. Anch’s lab consists of 2 graduate students, plus 14 undergraduates. In addition, Dr. Anch has served as a mentor in the annual summer STARS (Student and Teachers as Research Scientists) program. This is a consortium of several institutions (SLU, UMSL, Wash U and a few others) who mentor exceptionally blessed high school students over a 6-week summer session on a research.

Dr. Dustin Jundt, Consultant
email: djundt@slu.edu

Dr. Jundt received his B.S. in Psychology from North Dakota State University in 2002 and his Ph.D. in Industrial/Organizational Psychology from Michigan State University in 2009. His research interests include: individual and team adaptation to changing task demands; self-regulated learning/skill acquisition; team processes and effectiveness. In addition, his teaching Interests include: Organizational Psychology; motivation; groups & teams; research methods; Multilevel Theory and Research.

Dr. Brenda Kirchhoff, Consultant
email: bkircho@slu.edu

Dr. Kirchhoff attended Carlton College in Minnesota for undergrad and then earned her Ph.D. from Boston University. After receiving her Ph.D., she accepted a position as a post-doc at Washington University and then taught at UMSL before joining SLU’s faculty this year. Her research interests include: Cognitive neuroscience of memory; behavioral, structural, and functional neuroimaging studies of memory formation; effects of aging and type 1 diabetes on brain function; cognitive rehabilitation. Additionally, her teaching interests include learning and memory, cognitive neuroscience, and physiological psychology.
Psi Chi Committees

SLU Psi Chi is in the process of adding two committees to our chapter: a Grants/Conferences Committee and a Service Committee.

These committees are open to any Psi Chi member! If you are interested or want to learn more, please contact our President, Chelsi Creech, at ccreech2@slu.edu

Psi Chi Research Awards

Any members of Psi Chi that are interested in applying for travel funds and other Psi Chi and SLU-sponsored awards, please visit our website at http://sites.slu.edu/psichi for more information. The awards are listed right on the homepage!

Honors Cords for Graduating Seniors

All graduating seniors in Psi Chi that have attended a majority of the meetings over the past year will have their honors cords paid for by Psi Chi. Please email the Psi Chi account (psichislu@gmail.com) to confirm that you are a graduating senior and will be wanting cords! Pick up times will be held during normal Psi Chi office hours, or can be scheduled on an individual basis.

CONTACT PSI Chi

Psi Chi Office:
Room 17A in the basement of Shannon Hall during office hours

Psi Chi Email:
psichislu@gmail.com

Psi Chi Website:
http://sites.slu.edu/psichi