February was an eventful month for both the Psychology department and for Psi Chi as well! The department hosted their annual Diversity Lecture, given this year by Dr. Rocio Rivadeneyra on the role of the media in the development of Latin American adolescents. Her lecture is summarized on page 2 of this issue of the PCN.

Psi Chi also had a big month, with our first service fair, where psychology-oriented service opportunities in the St. Louis area were highlighted. To learn more about these organizations, see page 3.

Additionally, the 2014-2015 Psi Chi Executive Board was elected this past week. Stay tuned, the new board members will be highlighted in the April issue of the PCN! We are so excited to welcome our new board and cannot wait to see everything they bring to Psi Chi in the coming year!

There are two major opportunities to gain experience presenting research coming up in the near future, so be sure to check them out on pages 4 and 5 and submit your abstracts! Have a great March and good luck on midterms!

-Psi Chi Newsletter Staff
Psychology Department Annual Diversity Lecture
By: Ted Bosi

On February 7th, guest lecturer Dr. Rocio Rivadeneyra, a psychology professor at Illinois State University, came to discuss the role of television in the development of Latin American adolescents. She opened by explaining how television has been used as an agent of socialization. Due to television’s popularity and accessibility, it has aided in the development of a mass culture. This mass culture reflects our own culture while also having a profound impact on what we believe and value. According to Rivadeneyra, studies show that the more an individual uses television as a pedagogical device to instill life lessons or believes the characters to be true portrayals of life, the more influence it has on one’s development.

Examining racial demographics, Latinos are the largest minority group in America. They also represent the largest population of television viewers, therefore allowing more time for television to shape Latino youth. In order to have a positive impact on Latino youth, television must portray racial groups with recognition and respect. Recognition in this case means that programming should reflect the true demographic of a population. In terms of respect, the key for networks is to significantly support Latinos as a people and culture without falling into a pattern of exploiting racial stereotypes. According to the most recent census, Latinos represent 16 percent of the population but only make up 6.5 percent of primetime characters on television. As for respect, Latinos are four times more likely to be portrayed as a domestic worker than any other race. The next highest occupations were criminals and police officers. These representations perpetrate negative stereotypes of Latinos. By exposing an already vulnerable group, adolescents, to these stereotypes negatively impacts their self-esteem as well as their gender and ethnic identity. According to Dr. Rivadeneyra’s data, the less intragroup interaction the individual had, the more they believed the stereotypes to be true. This situation, she made sure to stress, has been strikingly detrimental to the well-being of those individuals.

Finally, she compared gender roles between English television and Spanish programming to gain insight into why Latinas were least likely to have safe sexual practices and most likely to drop out of school. In English television, male characters outnumbered females 3 to 1, and they mainly tended to reconfirm Latina and female stereotypes; they are lazy, vain, and frequently objectified by males. This contrasts with Spanish-language television where it showed an even distribution of females and males. It also portrayed women as more focused on appearance and more likely to be viewed as a homemaker. On the surface, women were more dramatic and scantily clad, so it was easy to assume they were more overtly sexual. Yet looking past face value, it became clear that the Spanish language television reflected the more conservative and traditional Latino cultural beliefs. In her research, Dr. Rivadeneyra found that Latina adolescents who only watched English Language television were more likely to have misguided ideas about their sexual identity. This increased their chances of engaging in risky sexual behavior because they would buy into the Latino stereotypes. Dr. Rivadeneyra addresses her findings, explaining that conservative Latino culture causes parents to be uncomfortable discussing the concept of sexual relationships with their children, so any advice they do give them is very vague and confusing to the teens. In order to cope with this vague guidance, these adolescents turn to television for better understanding of how they should behave, ultimately leading them down a dangerous road.
A Heart for Others and Psychology: Recap of the Psi Chi Service Fair

By: Amanda Sebesta

Now that you’ve probably learned about various topics in psychology, such as abnormal psychology, child psychology, and counseling, do you want to apply what you’ve learned to serve the St. Louis community? There are many service opportunities that are psychology-related...and help is always needed. On February 17th, three groups shared information with Psi Chi on specific ways to help others in the St. Louis area: CHADS, Places for People, and Annie’s Hope.

Found in 2005, CHADS - Communities Helping Adolescents with Depression and Suicide - raises awareness for teens facing depression and thoughts of suicide, fights the associated stigma that may discourage someone from seeking help, and provides resources that support someone already experiencing this struggle. For example, they visit high school classrooms and talk about the signs of someone dealing with depression, as well as actions to take if another is in need. Not only do they have programs geared towards high school, but they also have programs for elementary school, middle school, and college. If you are interested, contact Mary Wigfield at mary@chadscoalition.org, or visit the website chadscoalition.org and apply to volunteer under the “Get Involved” tab.

Ever since deinstitutionalization, those who face mental illness have not had easily accessible resources to aid their transition towards functionality in a community. This is where Places for People comes in, an organization that provides therapy and rehabilitation for people with severe mental illness, such as schizophrenia, PTSD, or substance abuse. The program also serves at-risk youth, homeless adults, and families as a whole. Volunteers may assist in a variety of activities, from helping clients move into a new residence, to office work, and to teaching English to immigrants and refugees who have survived torture. One may contact Julia Day at jday@placesforpeople.org or visit the site www.placesforpeople.org for more information.

To serve kids and teens who have experienced the loss of someone significant, Annie’s Hope creates a welcoming, understanding, and uplifting atmosphere to cope with grief. Among the support groups for children and their families, their hallmark is the retreats they host. In Camp Courage (ages 6-12) and Camp Erin (ages 12-18), kids and teens stay for a week with counselors at a campsite, where they participate in recreational activities and support groups to provide an outlet and a sense of stability. If one has lots of energy to work with kids and teens doing physical activities, then this is a great opportunity to support kids going through bereavement. For more information, please reach Linda Grana at lindag.annieshope@gmail.com or visit the site at www.annieshope.org.
Mentoring Matters is an event that the Psychology Department began hosting last year. This new event is meant to encourage student-mentor relationships. This year the event took place on February 11th in Dubourg Hall. Freshmen and sophomores were invited to meet and to get to know their mentors. Psi Chi members were also there to help out, serve as student mentors, and promote the organization of Psi Chi. The department provided delicious snacks and gave us an opportunity to bond with our mentors by doing fun activities. Also, Dr. Kuebli, the Undergraduate Chair; Dr. Gfeller, the Department Chair; and Chelsi Creech, the Psi Chi President; all spoke. They stressed the importance of getting to know your psychology professors. They also demonstrated how they can help support you as a psychology student. It is a fun and informative event that hopefully continues for years to come.

Upcoming Department Events

Psychology Capstone Symposium
Wednesday, April 16, 2014
3:30-5:00 pm in BSC 171

The Department of Psychology began hosting the annual Psychology Capstone Symposium to celebrate the accomplishments of our students. This event is co-sponsored by the Undergraduate Studies Program and Psi Chi, the national honors society in psychology.

The symposium is one way that the Psychology Department celebrates our majors' accomplishments in psychology. You are invited to come to visit with psychology majors presenting posters summarizing their capstone projects. Come see posters created by our students who completed Human Services practica experiences (PSY 487), research projects (PSY 401, PSY 488) and Critical Thinking about Psychology (PSY 490) classes.

Refreshments are provided. Awards recognizing excellent posters will be presented between 5:00 and 5:30 pm in BSC 172-173. We hope to see you there!
Sigma Xi Research Symposium
Monday, May 5, 2014
3:30-6:00 pm in Sinquefield Stateroom, 4th floor DuBourg Hall

Undergraduate and graduate students, and faculty members in the areas of math, social science, physical science, biological science, and engineering, are invited to submit an abstract for this year’s Sigma Xi Research Symposium taking place on May 5th! Sigma Xi is an international society founded in 1886 to honor excellence and potential in science and engineering research endeavors. The event will be held from 3:30-6:00 with a time breakdown as follows:

3:30-4:00: Students put up posters
4:00-4:45: Judging of student posters
4:45-5:30: Guest Speaker
5:30-6:00: Presentation Awards and Sigma Xi New Member Inductions

If you wish to submit an abstract to this year’s symposium, the deadline for doing so is 5:00 pm on Monday, March 24, 2014. Below are some guidelines posted by Sigma Xi for abstract submission:

1. Abstract must be in Microsoft Word.
2. Type in the title, followed by authors’ names and departments.
3. Specify whether undergraduate or graduate category
4. Abstract should be no longer than 200 words, excluding the title and authors’ names and affiliations.
5. Abstract should have the first author’s contact information at the end (full name and e-mail address).
6. The file name should be Research Symposium 2014 (first author’s full name).
   For example, Research Symposium 2014 (Mike Smith)

All abstracts should be sent to sigmaxi@slu.edu.
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
e-mail: 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
e-mail: 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
e-mail: 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!

Psi Chi Newsletter Writers Wanted!

If you would like to become more involved with Psi Chi for the 2014-2015 school year, consider joining the PCN staff as a writer! Writing for the PCN is a great opportunity to not only practice non-science writing, but also to get more involved in the Psychology department and be more informed on happenings within the department. If interested, contact next year’s editor, Ted Bosi, at tbosi@slu.edu

CONTACT PSI CHI

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Psi Chi Email:
psichislu@gmail.com

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