

Psych Matters

Fall 2018

Editor, Jennifer Mailloux, Associate Professor of Psychological Science

Vol. 25 No. 1

The Newsletter of the University of Mary Washington Department of Psychological Science

Record Fundraising on Giving Day for the Psychological Science Department!

by Jennifer Mailloux, Associate Professor of Psychological Science

March 20, 2018, was UMW's second annual Giving Day, and it was a record breaker! Across the university, nearly \$450,000 was raised due to the generosity of over 2,400 donors. Compared to 2017, this was an increase of over two times the amount donated by over two times the number of donors. The College of Arts and Sciences, which includes the Psychological Science Department, received over \$75,000 in donations. Furthermore, the Psychological Science department ranked second in terms of amount raised, over \$15,000, and in terms of number of donors, over 120. Amazing! Thank you to all the alumni, parents, students, faculty, and staff who donated on Giving Day!

In large part, the Psychological Science department credits our success to the generous match challenge issued by Dr. Steve Hampton, Emeritus Professor of Psychological Science. Dr. Hampton promised to match all gifts to the Psychological Science department, up to \$5,000! When that amount was met quickly by other donors, Dr. Hampton promised to match an additional \$2,000 in donations to the Psychological Science department! Other generous donors matched this amount quickly as well, resulting in a total donation by Dr. Hampton of \$7,000, and a total donation by matching donors of \$7,000. Thank you very much to all of the donors!

Although no longer an official member of the Psychological Science Department, Dr. Hampton is a frequent and welcome visitor. Dr. Hampton retired at the end of the 2016-2017 academic year after 37 years of service. While an Associate Professor at UMW, he taught many courses, including Cognitive Psychology, Learning and Motivation, and History of Psychology, to name a few. Dr. Hampton very much enjoyed mentoring teams of research

students who, in recent years, investigated cognitive processing of human faces. In retirement, he is enjoying traveling, fishing, and golfing.

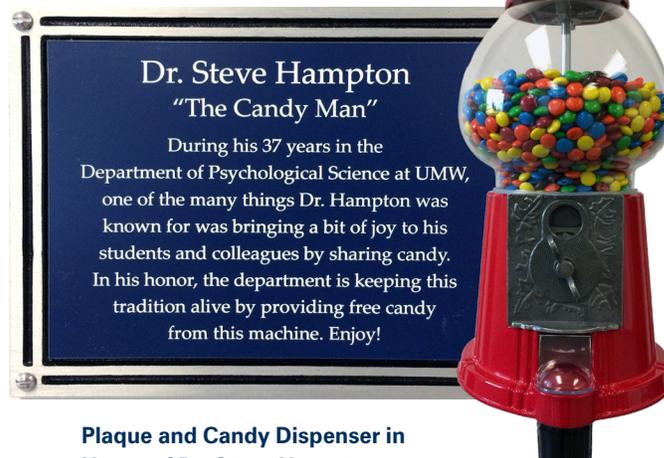
Dr. Hampton is not only remembered fondly for enlivening his lectures with entertaining stories and sarcastic humor, but also for sweetening the days of

faculty and students by handing out delicious chocolate candies. To recognize his generosity and to honor his devotion to the Psychological Science department, exercised before and after retirement, the department purchased a candy dispenser, which has a home in the student lounge on the second floor of Mercer Hall. Students can stop by and get a handful of sweet treats, courtesy of the department and in recognition of Dr. Hampton's generosity and devotion. The department keeps it stocked with M&Ms because chocolate was Dr. Hampton's

treat of choice to share.

Above the candy dispenser is a plaque that reads, "Dr. Steve Hampton, The Candy Man: During his 37 years in the Department of Psychological Science at UMW, one of the many things Dr. Hampton was known for was bringing a bit of joy to his students and colleagues by sharing candy. In his honor, the department is keeping this tradition alive by providing free candy from this candy machine. Enjoy!"

We hope that when students see the plaque and enjoy a sweet treat from the candy dispenser, they experience a simple kindness that brightens their day, akin to the simple kindnesses Dr. Hampton bestows upon his fellow faculty, staff, and students. Furthermore, students can be made aware of the lasting impression one individual's generosity can have on an organization and its constituents, like the members of the UMW Department of Psychological Science. Thanks again, Dr. Hampton, for your continued support!



Plaque and Candy Dispenser in Honor of Dr. Steve Hampton

Discussions During the Career Forum Focus on Students' Interest in Clinical Work

by Megan Jacobs ('19), Psychology Student Representative

College students approaching graduation are often questioned about the career path they plan to follow after graduation and, perhaps, how they will apply what they have learned in their major along that path. The uncertainty that may be highlighted by these questions is stressful. Furthermore, many students are not aware of the many career options that exist, especially with a psychology major. With hope of reducing some of the stress soon-to-be graduates might experience, UMW's Psi Chi chapter hosts an annual Career Forum for psychology majors. The goal of the forum is to inform students of the different career paths of individuals who are working jobs in which psychological science is applied.

Psi Chi invites a number of panelists to each year's forum. These individuals are invited to share their post-graduation life experiences, including post-graduate education they may have pursued, certifications they may have acquired, and jobs that they have had since graduation. The psychology student attendees are invited to ask questions, so they can learn more about these individuals' experiences. The forum is an amazing opportunity for students to get a glimpse of the requirements for different careers, such as education, licensure, and experience.

Last spring, only one of the panelists had already pursued an advanced degree, which was refreshing for the forum attendees. Many psychology majors believe they need to earn a master's degree, at least, to compete in today's job market; however, these panelists illustrated that that is not necessarily the case. Last spring's panelists included: **Lexi Robinson**, **Alicia Sadler**, **Terrence Jones**, and **Robin Austin**.

Lexi Robinson is a recent graduate of the UMW Psychological Science Department. Currently, she is working for the American Psychological Association (APA) as a database content assistant. As database content assistant, she reads articles that are about to be published, then enters their details into a research database called PsycInfo. PsycInfo allows researchers to search scholarly research – by keywords, titles, authors, etc. – to assist in the development of their own research and in the writing of research-based papers. It is a valuable tool to anyone studying in the field, so our majors are very familiar with it!

Alicia Sadler is a recent graduate of the UMW Psychological Science Department also. Currently, she is working with elementary school students as a therapeutic day treatment counselor for the National Counseling Group, which has multiple locations throughout Virginia. In addition, Alicia has acquired training to provide intensive

in-home and crisis counseling. While at UMW, Alicia completed an internship with Fredericksburg Counseling Services. Also, she volunteered as a mentor to at-risk youth. Ultimately, these positions helped her find her way to her current occupation.

Terrence Jones is a consultant with Empowering Youth for Positive Change (EYPC), a community-based organization that provides mental health services to individuals ranging, typically, from 3 to 21 years old, as well as their families. In addition to intensive in-home and



Career Forum Panelists: Lexi Robinson, Alicia Sadler, Terrence Jones, and Robin Austin

outpatient therapies, EYPC provides a variety of types of assistance, including: anger management, leadership training, and peer and parenting support. Terrence graduated with a bachelor's degree from Old Dominion University and, before he began working for EYPC, he worked at a residential treatment center for juveniles in Petersburg, VA.

Last, but not least, **Robin Austin**, a graduate of the UMW Psychological Science and Biology departments, is currently a licensed clinical social worker. After graduation from Virginia Commonwealth University with a master's degree in social work, she worked at the Rappahannock Area Community Services Board (RACSB). As an RACSB representative, Robin provided mental health services to inmates at the Rappahannock Regional Jail.

At the career forum, the floor was opened for questions from the student attendees after brief introductions of each of the panelists. An attendee question about the timing of graduate studies resulted in a discussion about the advantages of taking a year or so to work before pursuing an advanced degree. Lexi, who intends to pursue an advanced degree in the future, mentioned that taking an undergraduate-to-graduate school "gap" year is the perfect opportunity to figure out what you want to do so that you pursue the right degree for the job that you desire. In addition, workplace

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experience, the accumulation of resources, and the growth of a network are additional benefits that can be acquired during a gap year. Alicia added that, even with a master's degree, employers are looking for out-of-the-classroom experience.

Another question resulted in a discussion about self-care while working in the mental health field. Robin mentioned that her graduate program placed a heavy emphasis on self-care due to concern about the trauma clinicians might experience vicariously. Alicia described the extensive training she received about trauma-informed care, a treatment framework that recognizes and responds to the many possible types of trauma one can experience, and described how she applies that training to aide her self-care. Terrence supplemented this discussion with an important note to the students; he said that, when considering an employer, ask about self-care services they offer during the interview. He said that although some smaller, community-based providers might tend to overlook clinician self-care, asking about the availability of self-care resources associated with a job may motivate providers to offer these important services to their employees, if they are not already offered.

The discussion took another turn when Lexi spoke about how she felt her psychology major had set her up for success. She mentioned that the classes she took, especially Research Methods in Psychology, put her at an advantage when it came to acquiring her job at APA. Dr. Mindy Erchull,

Professor and Faculty Supervisor of our Psi Chi Chapter, added that some of the classes offered at UMW, like Research Methods in Psychology and Research Seminar in Psychology, are not typical of many undergraduate programs, which may be one reason that having taken these classes can be advantageous. In addition, Robin stressed the importance of completing an internships to “try out” a type of job (clinical or research-based work) or working with a particular population (children or inmates). Alicia and Lexi agreed that internships are a valuable way of gaining real-world experience before graduation.

These are a few examples of discussions that occurred at the career forum. In addition, Dr. Erchull offered some general information. For example, a lot of student attendees were interested in clinical work, so she explained that becoming a Licensed Clinical Social Worker (LCSW) is more versatile and portable compared to becoming a Licensed Professional Counselor (LPC). Education and licensure of LPCs varies greatly from program-to-program and state-to-state, respectively; therefore, being educated and licensed in one state does not mean that you will be licensed in another state unless you obtain additional training. Robin added that LCSWs are needed in many places, including schools, clinics, and communities.

The department is grateful to all of the panelists who attended the forum and provided our majors with amazing advice. We invite students to take advantage of the next Career Forum, which will take place on Thursday, March 14, 2019 at 5 p.m.; the location is to be announced.

Psychology in Europe: A The Faculty Supervisor's Perspective

By Jennifer Mailloux, Associate Professor and Psychology in Europe Faculty Supervisor

Psychology in Europe is a three-credit, study-abroad course and experience typically offered in late May by the Psychological Science department. Faculty from the department serve as instructors of the course and supervisors of the trip. Last year, Dr. Holly Schiffrin, Professor, and I, Jennifer Mailloux, Associate Professor, served as instructors/supervisors for the first time. Although we were nervous about planning the trip and traveling with a group of students, we had a wonderful experience and, in large part, that was due to the fantastic group of students who traveled and explored with us.

We traveled from London, England, to Paris, France, to Wurzburg, Germany, and to Vienna, Austria. Despite the early hour, our gathering at Dulles International Airport was exciting! Our time at the airport and during the flight gave the students a chance to get to know one another. Although we had gathered as a group a few times before departure, the goals of those meetings (dissemination of pre-departure information) left little time for students to chat informally, so they made good use of a long flight! We arrived in London late and we all settled into our rooms to try to get some sleep in preparation for exploration of the city's sights over the next three days.

Typical of previous years' visits to London, the class

attended a lecture on the history of intelligence testing given by John Richardson, Emeritus Professor of Learning Analytics and Learning Design, of the UK Open University. Also, we visited Sigmund Freud's postwar home in the city, and Charles Darwin's home in the countryside. There were so many other sites to visit in London! These included St. Paul's Cathedral, Buckingham Palace, the Tower of London, Tower and London Bridges, Big Ben, and Shakespeare's Globe Theater. At the request of the students, one of the group's early stops was at Platform 9 ¾, well known from the Harry Potter book series, in the St. Pancras train station.

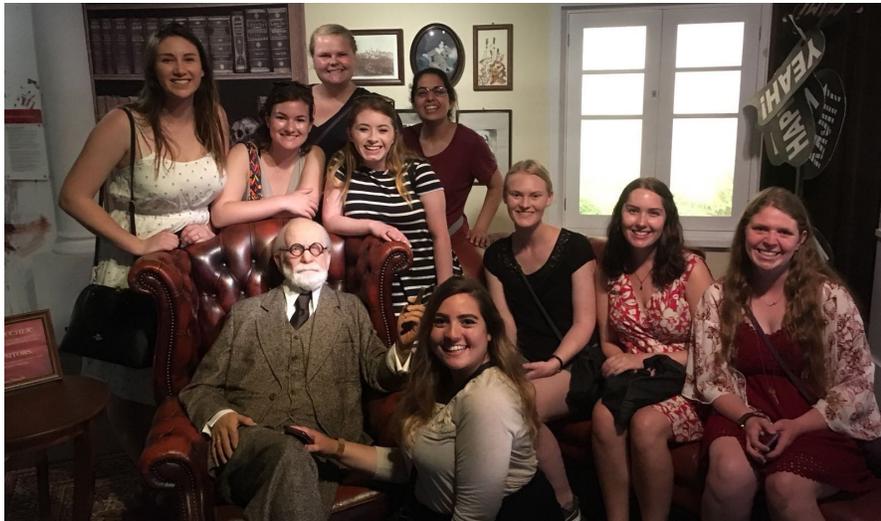
In Paris, the sites visited as a class were the Pitié-Salpêtrière Hospital, historically a holding place for the mentally ill and the destitute. Also, we explored Île de la Cité, an island in the Seine River upon which Notre Dame Cathedral and Sainte Chappelle chapel are found. There were so many other sites to see in Paris as well! Other sites that the group had the option to visit included the Eiffel Tower (beautiful when lit up at night!), the Arc de Triomphe along the Champs Élysées, and many famous art museums, such as the Louvre and the Musée de Orsay.

Wurzburg offered a charming change of pace because it is a much smaller city compared to London and Paris.

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Psychology in Europe - continued from page 3

The course required a visit to the Center for the History of Psychology associated with the University of Wurzburg. Also, our students lunched with undergraduate and graduate students from the university. Wurzburg offered quiet strolls through the city to visit smaller churches and a bridge across the river, famous for the wine sold upon it (21 and



Psychology in Europe Students at Madame Tussaud's Museum in Vienna: M. Tené Thomas, Theresa Chase, Taylor Wiseman, Madeleine Murphy-Neilson, Alina Khan, Savara Gunn, Bethany Pierce, Jessica Raiford, and Stephanie Overbeck

older UMW students only!), which could be used to reach the Marienburg Fortress, currently a home to local prince-bishops.

In Vienna, the class visited Sigmund Freud's prewar home and the Alfred Adler Center; both Freud and Adler were psychotherapists. Also, the group visited the lovely Vienna Opera House and saw a play there, and traveled outside the city to visit Mauthausen Concentration Camp. Other popular sites to visit in Vienna included St. Stephen's Cathedral, Schönbrunn Palace, and Prater Park near the Danube River. The students enjoyed an outing to Madame Tussaud's in Vienna where they met "Sigmund Freud" in his study!

Although this list of sites to visit is impressive and illustrates the potential for this kind of exploration, it does not directly illustrate the potential for exploration of the self. Our course assignments were designed to foster individuals' intellectual growth. Assignments designed to prepare students for the trip included a small group presentation on one of the cities visited, including coverage of two major historical events in the city's past, a current issue or crisis faced by the city, and customs or normative behaviors that might be different from those in the U.S. Also, students

researched places to visit and eat. In addition to this presentation, students completed a reading for each of the course-relevant sites visited by the group.

While abroad, students completed a journal and each led a discussion based on a site visited and the associated reading; all students contributed to each discussion. I was impressed not only by the students' abilities to integrate information from the readings into the discussions, but also by their integration of material from their previous coursework. Specifically, I recall a thoughtful and enlightening discussion of cultural differences in religious expression and the compatibility of religious and scientific beliefs following our tour of the churches in Paris. This discussion is one example of the type of cultural and self-exploration promoted by this course.

In addition to intellectual growth, our students exhibited other forms of personal growth. We noticed our students grew into savvy, sufficient, and self-directed travelers over the course of our two weeks in Europe. Dr. Schiffrin and I recalled the differences in our students between our first day in London and our last days in Vienna. On our first day in London, the group went to the Buckingham Palace area together. When we told the students that they were free to separate from the group and explore with a partner, they hesitated, so we stayed together. However, they could not wait to get rid of Dr. Schiffrin and I by the time we visited Vienna! These students had become careful, confident, and independent travelers.

I hope I have described the potential for exploration of foreign lands and cultures as a function of this course, and of travel abroad in general, as well as the potential for intellectual and personal growth. This two week experience abroad is perfect for students interested in the history of psychology and/or in European culture. Also, this trip and course is perfect for students who might not be able to study abroad for a semester. Dr. Schiffrin and I are taking another group in May 2019, which will include planned visits to many of the sites described here, but may include other sites as well. After all, Dr. Schiffrin and I expanded our knowledge, too, as a result of last year's trip; we learned of a few additional sites that might fit our course and be of interest to the student travelers. If you are a student interested in a future trip, please contact me, Jennifer Mailloux, at jmaillou@umw.edu, or Dr. Schiffrin at hschiff@umw.edu.



Keep in touch with your psychology department and fellow graduates. Join the **UMW Psychology Majors** group or the **UMW Department of Psychological Science Alumni** group on Facebook!

Dr. W. David Stahlman Awarded Tenure and Promoted to Associate Professor

Congratulations to **Dr. W. David Stahlman** who is serving his first academic year as Associate Professor with tenure at UMW. Dr. Stahlman is a comparative psychologist, with an emphasis on animal learning and behavior. He teaches courses such as Fundamentals of Learning and Motivation, Cognitive Neuroscience, General Psychology, Research Methods in Psychology, and seminars in his area of expertise. Recently, Dr. Stahlman and UMW colleagues Dr. Parrish Waters and Dr. Jennifer Polack were awarded a \$100,000 Jeffress Trust Program grant titled, “Visualizing big data to determine the effects of physical exercise on social ethology, social rank,



Dr. W. David Stahlman

and neurophysiology in laboratory mice.” Dr. Stahlman has published articles in a number of journals, including *American Psychologist*, *Learning & Behavior*, *Animal Cognition*, and *Behavioural Processes*. Dr. Stahlman is the primary caretaker of the Psychological Science Department’s Animal Housing and Care Facility and supervises students who care for and work with the animals housed therein. In addition, he serves on the university’s Institutional Animal Care and Use Committee, and on the university- and college-level Faculty Affairs Committees. Furthermore, he has served on the program committees for meetings of the Virginia Association for Psychological Science and the Conference on Comparative Cognition for several years.

Psi Chi Chapter Recognized as Best in the Organization!

UMW’s chapter of Psi Chi, the National Honor Society in Psychology, was awarded the ’17-’18 Ruth Hubbard Cousins Chapter Award. The award recognizes one chapter that functions to exemplify the mission and purpose of Psi Chi. According to the Psi Chi website (www.psichi.org), the organization’s mission is to recognize and promote excellence in the science of psychology. One activity of our Psi Chi chapter that reflects this mission is the organization and sponsorship of the annual Psi Chi Symposium, which takes place at the end of the spring semester. During this symposium, UMW student researchers from Research Methods in Psychology, Research Seminar in Psychology, and Individual Research in Psychology courses, present their work orally. Psi Chi presents awards to the best student presenters for work done in each of the aforementioned courses. In addition, Psi Chi sponsors a different invited speaker each year.

The Psi Chi website describes the purpose of organization as well, which is to “encourage, stimulate, and maintain excellence in scholarship of the individual members...to advance the science of psychology.” Our Psi Chi chapter meets this purpose by organizing a number of events each year designed to support students pursuing careers utilizing the skills psychology students obtain during their undergraduate years. These events include a Career Forum during which individuals working in fields that capitalize on psychological training, and who are often former graduates of our department, share their educational and occupational experiences. In addition, our chapter organizes resume writing workshops as well as workshops to help students prepare applications for graduate school. Importantly, our chapter of Psi Chi organizes service events, such as Mental Health Awareness Week, which raise awareness benefitting individuals in need.



Aimee Silverman ('18), Jamie Carey ('18), Taylor Presley ('18), Megan Jensen ('18), Sophia Lamp ('18), and Erin Shaw ('19)

Receipt of this award, a distinction bestowed upon only one of over a thousand chapters around the world, is quite prestigious. Its prestige is illustrated by the \$3,000 monetary award that accompanies the recognition, which is the largest amount that Psi Chi presents for any of its awards. The UMW chapter of Psi Chi is advised by Mindy Erchull, Associate Professor. Congratulations to the UMW Psi Chi chapter!

The PsychMatters newsletter is circulated digitally. It is sent out to alumni as an email attachment and it is posted to the department website at cas.umw.edu/psychology/home/newsletters. In addition, it is posted on the Facebook UMW Psychological Science page, the Facebook UMW Psychology Majors group, the Facebook UMW Psychology Alumni group. If you are a UMW Psychology graduate and you are not on our email distribution list, but would like to be, please contact Angela McCormick, Associate Director of Alumni Communications, at (540) 654-2062 or amcormi@umw.edu to provide a current email address.

Psi Chi Symposium Presenters Given Awards for Outstanding Research

At the Psi Chi Symposium, outstanding research was recognized in three categories: Methods Course Research, Seminar Course Research, and Independent Study Research. **Emily Adams, Nina Herbert, Sarah Kirkey, and Bethany Pierce** were given the award for best Methods Course Research. Their project was titled, *The Effect of Social Facilitation on Speech Rate in Introverts and Extraverts*. They completed this project in Dr. Hilary Stebbins's Research Methods class.



Dr. Shari Miles-Cohen

Zoya Ahmed, Allegra Massey-Elim, and Amanda Short were given the award for best Seminar Course Research. Their project was titled, *The Influence of the Licensing Effect after Exercise*. They completed this project in Dr. Chris McBride's Research Seminar.

Last, but not least, **Alyssa Cugle, Sophia Lamp, M. Tené Thomas, and Aimee Silverman** were given the award for best Independent Study Research. Their project was titled, *Self-Objectification and the Objectification of Others*. They completed this project with Drs. Mindy Erchull and Miriam Liss. Congratulations to our award winners and to all the Psi Chi Symposium presenters!

These awards were presented following a keynote address by Dr. Shari Miles-Cohen, Senior Director of the Woman's Program Office of the American Psychological Association. His address was titled *Applying Psychological Science to Improve People's Lives and Benefit Society*.

Psi Chi Inducts New Members and Elects New Officers for '18-'19

Last spring, a number of psychology majors were welcomed into the UMW chapter of Psi Chi, the National Honor Society in Psychology. The spring 2018 inductees were: **Katie Burnett, Mackenzie Burnett, Samantha Lang, Leslie Lozano, Madeleine Murphy-Neilson, Jordan Pamlane, Bethany Pierce, Mollie Rhoades, Corinne Rydgren, Hina Zafar, and Andrea Zamora.**

Also, the Psi Chi chapter elected new officers last spring. **Megan Jacobs** and **Kristen Kunaniec** were elected Co-presidents, **Erin Shaw** was elected Secretary, and **Chloe Morton** was elected Treasurer. Also, **Leslie Lozano** was elected Fundraising Chair and **Hina Zafar** was elected Social Media Chair.

Katherine Hatton ('18), Megan Jacobs ('19), Erin Kaila ('18), and Mollie Rhoades ('18) Receive Recognition from the Virginia Association for Psychological Science

Katherine Hatton, Megan Jacobs, Erin Kaila, and Mollie Rhoades were given the award for the Best Undergraduate Paper presented at last spring's annual meeting of the Virginia Association for Psychological Science. Their presentation was titled, *The relationship between sleep deprivation, striatal dopamine levels, and impulsivity*. Katherine, Megan, Erin, and Mollie completed their project under the supervision of Dr. Hilary Stebbins (Associate Professor). Congratulations, Katherine, Megan, Erin, and Mollie!

Announcements

Please consider recognizing the Psychological Science Department with a monetary contribution. Please make checks payable to the University of Mary Washington Foundation, and specify that the donation is for the Psychological Science Department. Please send checks to the following address: University of Mary Washington Foundation, Jepson Alumni Executive Center, 1119 Hanover Street, Fredericksburg, VA 22401-5412. Your donation would be used to support student scholarships and student presentations at conferences. We would appreciate your support!



Students Named Scholarship and Award Winners

First, the *Outstanding Senior Award* was given to **Jennaveve Yost**. Congratulations, Jenna! In addition, a number of students were awarded scholarships for the '18-'19 academic year. The *Topher Bill Scholarship* was awarded to **Katie Burnett** for her outstanding academic performance, particularly in statistics and research methods. Three *Minnie Rob Phaup Scholarships*, named in honor of a former faculty member, were awarded to **Madeleine McGann, Brighton Payne, and Hina Zafar**.

Two *Burney Lynch Parkinson Scholarships*, for students who intend to make education a career, were awarded to **Jordan Pamlane** and **Andrea Zamora**. **Sophia Lamp** and **Erin Shaw** were awarded *Emily Cella Scholarships*, for

their outstanding academic achievement in social science. **Kaitlin Vioria** was awarded the *C. Jarrett and Hazel Small Wilkins Scholarship in Social Sciences* for outstanding academic achievement.

Last, **Meghan Jacobs** was awarded the *James C. ('87) and Deborah S. Llewellyn Scholarship in Psychology* for her excellent academic performance. James C. Llewellyn endowed this scholarship because he appreciated the critical thinking, research, and communication skills he garnered at UMW, which prepared him well for an advanced degree and a career in Human Resources. Deborah S. Llewellyn is employed in the Human Resources field as well. Congratulations to all our scholarship recipients!

Student Awarded Honors in Psychology

Honors are awarded to academically outstanding psychology majors who complete a theoretical paper or an empirical investigation either independently or as part of the work of a research team. In addition, these students present their work to an honor's project committee for evaluation. **Sophia Lamp** was awarded honors for the '17-'18 academic year. Sophia's honors thesis, titled, "The sexy Pikachu effect: Empowerment and objectification in women who cosplay," was completed under the supervision of Dr. Mindy Erchull, Professor. Congratulations, Sophia!

Psychology Majors Invited to Join Phi Beta Kappa

Last spring, the following psychology majors were invited to join the UMW Chapter of Phi Beta Kappa: **Madeline Beasley, Mattie Goad, Megan Jacobs, Justyna Kania, Sophia Lamp, Helen Makriyianis, Erin Shaw, Aimee Silverman, and Jennaveve Yost**.

Phi Beta Kappa, founded in 1776, is well-known for being the oldest undergraduate honors association in the United States. Its mission is to foster and recognize excellence in the liberal arts and sciences.

New Student Representatives, Aides, and Tutors for '18-'19

Last spring, **Megan Jacobs, Nicole Jeffries, Brighton Payne, and Hina Zafar** were elected by their peers to serve as psychological science department student representatives. The representatives have been busy organizing events like Majors Meetings and the Fall Picnic. The student representatives work with Dr. Chris McBride, Department Chair and Professor, to bring these events about. Also, the student representatives contribute to this newsletter!

Three students were selected to serve as lab aides. **Christina Amaral** and **Bethany Pierce** are returning from last year. They will be joined by **Erin Shaw** and **Amy Ha**. The lab aides oversee the computer labs in Mercer Hall, as well as keep the department website up to date. The lab aides are advised by Dr. David Rettinger,

Associate Professor. In addition, **Lois Burnett** and **Andrea Zamora** are serving as statistics tutors, and **Faith Huber** and **Brittany McCane** are serving as psychological science department clerical aides.

Megan Jacobs is serving her second year as the subject pool student coordinator. She is advised by Dr. Hilary Stebbins, Associate Professor. **Emily Webberson** is serving as the animal behavior lab assistant. She is advised by Dr. David Stahlman, Associate Professor. Last but not least, **Hina Zafar** is serving her second year as the community service learning (CSL) student coordinator. She is advised by Dr. Miriam Liss, Professor.

On behalf of the psychology department, thank you to the student representatives, aides, and tutors (and to their advisors) for the services you provide.

Find us on the web: cas.umw.edu/psychology

Recent news and upcoming events are posted to the Psychological Science Department site. Our current students will find information on, for example, program requirements, experiential learning opportunities, and Psi Chi happenings. Furthermore, alumni can keep in touch by providing updates. Check it out!

What Are They Doing Now?

Alison Breland ('98) is currently an assistant research professor of psychology at Virginia Commonwealth University. She received her doctoral degree, in the area of health psychology, from Virginia Commonwealth University in 2005. Alison's research involves investigating the effects of electronic cigarette use on immune system responses and birth outcomes in babies. Also, she is involved in a project investigating why young people start smoking and how interventions might help reduce tobacco use in these individuals.

Jamie Carey ('18) began the doctoral program in occupational therapy at Virginia Commonwealth University this fall.

Rachel Duffy ('13) is currently a fourth-year student in the Clinical PsyD program at the Ferkauf Graduate School of Psychology at Yeshiva University in New York City. Recently, Rachel was awarded an internship at the Manhattan Psychiatric Center.

Jenna Gray ('16) is currently working for First Call Environmental, an emergency spill response company, in Ashland. At First Call Environmental, she is an Accounting Clerk and Accounts Receivable Specialist. Jenna's thoughts about her current job are that, although it might not seem like her current position is related to her psychology degree, she is using skills she acquired as a psychology major. In particular, she relies heavily on the critical thinking and data management and analysis skills she acquired in her statistics and methods courses on a daily basis. Although Jenna aspires to pursue an advanced degree in psychology in the future, she is enjoying her current job very much. Prior to working at First Call Environment, Jenna worked at Mental Health Resources, P.C., the office of licensed clinical psychologist Dr. Roger Pasternak, in Fredericksburg.

Liz Hannick ('09) is currently a behavioral health services case manager at KVC Behavioral Health in Lexington, Kentucky.

Sarah Hickey ('15) has been working as a research assistant at the Dartmouth-Hitchcock Medical Center in Lebanon, New Hampshire, for over three years. She is working on a neuroimaging study investigating schizophrenia and cannabis use disorders. Last April, she became a Certified Clinical Research Professional through the Society of Research Associates. Additionally, she began an online master's program in Psychology at Southern New Hampshire University last spring, which she will complete as she continues her research assistantship.

Eric Knapp ('14), a recent graduate of Duke University School of Law ('18), began working as an attorney with the U.S. Department of Transportation in Washington, D.C. Eric was accepted into the highly competitive Legal Honors Program. According to the U.S. Department of Housing and Urban Development website, legal honor program hires are assigned a mentor, receive additional training, rotate through a number of offices, and participate in activities to develop their legal skills. Over the summer, Eric worked at the Federal Communications Commission's Pricing Policy Division and, during his third year as a law student, he completed an externship with the Federal Trade Commission.

Autumn (Brown) Kujawa ('06) is currently an Assistant Professor of Psychology at Vanderbilt University in Nashville, Tennessee. She received her master's and doctoral degrees in Clinical Psychology from Stony Brook University, and completed a clinical psychology internship and a postdoctoral research fellowship at the University of Illinois at Chicago. Before beginning her position at Vanderbilt University, Autumn was employed by the Penn State College of Medicine. Currently, she studies processing of emotions (e.g., reward and threat sensitivity) in children and adolescents and how differences in these processes may distinguish those who develop mental disorders and those who do not in her laboratory, called the Mood, Emotion, and

Development Lab. Autumn and her colleagues approach the study of emotion processing from a clinical neuroscience perspective.

Arienne Mann ('07) is currently a fifth grade lead teacher at Fredericksburg Academy.

Beth Williams ('94) became the Executive Director of Human Resources at the University of Mary Washington last July. Immediately prior to re-joining the UMW community, Beth was Vice President of Human Resources at Hilldrup, a multi-state organization providing moving, storage, relocation, and logistics services. At Hilldrup, she was responsible for employee development, leadership training, and benefits and compensation. Also, Beth coordinated Hilldrup's Rappahannock United Way campaign, and she was elected to the Rappahannock United Way's Board of Directors in 2013. In the community, Beth is an active member of the Fredericksburg Chamber of Commerce. For example, she serves as a mentor for individuals taking the Leadership Fredericksburg course, from which she is a graduate. Also, Beth is a certified professional coach; she earned her certificate from the Institute for Professional Excellence in Coaching. Beth has served as a guest speaker and facilitated workshops for a number of area events, including the UMW Leadership Colloquium.

Meghan Turney ('17) is enrolled in the master's in organizational leadership program at The George Washington University; she plans to graduate in the fall of 2019.



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where great minds get to work

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