

# Psych Matters

Fall 2013

Editor, Jennifer Mailloux, Associate Professor of Psychology

Vol. 20, No. 1

The Newsletter of the University of Mary Washington Department of Psychology

## Dr. Laura Wilson Joins the Psychology Faculty

*By Frances Ellmo, Psychology Student Representative ('14)*



**Dr. Laura Wilson**

This semester, Dr. Laura Wilson joined the UMW Psychology Department faculty as a tenure-track Assistant Professor. Dr. Wilson has clinical and research expertise in aggression, sexual victimization, and trauma. In her research, she often uses a physiological approach to study these phenomena.

Dr. Wilson began her journey in psychology as an undergraduate at Virginia Tech. Like many other students, she took a general psychology class to fulfill a general education

requirement, and she was hooked! She completed a major in psychology as well as a major in sociology; the latter was a specialized degree in crime and deviance. During her undergraduate career, it became clear to Dr. Wilson that she would continue her education in psychology beyond the bachelor's degree level, but she was unsure whether she wanted to pursue a graduate degree in clinical or developmental psychology.

So, Dr. Wilson decided to begin her graduate studies by entering a master's degree program in general/experimental psychology at the College of William & Mary; she earned her master's degree in 2008. During the two years she spent at the College of William & Mary, Dr. Wilson expanded her knowledge of psychology and, along the way, narrowed her research interests.

After completing her master's degree, she entered the doctoral program in clinical psychology at Virginia Tech. As a doctoral student, she was a member of the Violence and Victimization Laboratory and worked under the advisement of Dr. Angela Scarpa. In general, researchers in this laboratory investigate the psychological and physiological factors associated with aggression and victimization. Fittingly, Dr.

Wilson's dissertation was titled, "The effects of exercise-induced heart rate arousal on stimulation seeking and aggression in college students."

As a clinical psychology doctoral student, Dr. Wilson was required to complete a year-long clinical internship prior to receiving her degree from Virginia Tech. She completed her internship at the Central Texas Veterans Health Care System in Temple, Texas. Dr. Wilson's experiences as an intern working with combat veterans helped to continue to shape her interest in trauma.

Dr. Wilson graduated with her doctorate in 2013 and began searching for an academic position. As a graduate student, she enjoyed teaching undergraduate courses in general psychology, abnormal psychology, and research methods and knew she wanted to continue to teach, so she focused her search on teaching-oriented institutions. She decided being a professor would allow her to stay in the world of academia and provide her with the career she wanted.

Dr. Wilson was drawn to UMW, in particular, due to its reputation for providing a quality education and for its student-centered focus. Furthermore, she was born and raised in Virginia and several of her family members live in the state, so the location was a plus!

After what was clearly a successful interview last year, during which Dr. Wilson gave a talk titled, "An examination of the perpetuation of violence and recovery from victimization," she was offered the position and accepted it. The talk was well received by faculty and students and, so far, the courses she is teaching this year have been well received, too! Currently, Dr. Wilson is teaching two sections of General Psychology and two sections of Abnormal Psychology. Next semester, she will teach two sections of Abnormal Psychology and one section of Research Methods with Laboratory. In the future, Dr. Wilson hopes to teach clinical courses, too.

With respect to her research at UMW, Dr. Wilson is off to a running start. She has begun a study on the long-term emotional, cognitive, social, and physical effects of having

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experienced a mass casualty event. Specifically, she is conducting face-to-face interviews with first responders to two tragedies in recent history, the crash of Flight 93 on September 11, 2001 and the shootings at Virginia Tech on April 16, 2007.

As described by Dr. Wilson, the goals of the study are to understand “both the negative and positive outcomes among first responders” and to “inform the delivery and content of mental health services offered to first responders following mass casualty incidences.” In addition to investigating outcomes of first-responders, Dr. Wilson hopes to study other issues related to the occurrence of mass casualties, including factors leading individuals to perpetrate such crimes and the recovery process of the community as a whole.

Dr. Wilson is well-qualified to undertake such intense and timely work. Trauma research is one of her areas of expertise, evidenced by a considerable number of peer-reviewed journal articles and book chapters she has published on trauma and related topics. She has conducted research on many traumatized populations, including combat veterans, sexual assault victims, child abuse survivors, and school shooting survivors. Of course, her research is complemented by her clinical training in trauma-focused therapy.

Clearly, Dr. Wilson is very busy inside and outside of the classroom! In the little free time she has these days, she enjoys the great outdoors... camping and hiking are among her favorite activities. She also enjoys less adventurous hobbies, such as reading. We hope Dr. Wilson enjoys exploring the greater Fredericksburg area, and warm-heartedly welcome her to the UMW Psychology Department!

## Career Forum Panelists Assure Students That the Future is Bright!

By Michelle Gnoleba, Psychology Student Representative ('13)

Some of the most critical decisions made during college include declaring a major and choosing a career. Although declaring a major can be difficult, most students usually decide on a major by the end of their sophomore year. By the time students get around to the second decision, choosing a career, they usually feel that declaring a major was no big deal! They may feel overwhelmed as graduation approaches; however, some of our former students return for a visit to UMW and help put students at ease, assuring them that although anxiety about their career is normal, if they make smart choices, things will probably be all right.

Every year, the UMW Psi Chi chapter



The Career Forum Panel: Patrick Love, Zachary Daniel, Stephanie Martin, and Joshua Vickstrom

invites former UMW psychology students working in the field of psychology to the career forum, and they serve as panelists who share their experiences following graduation with current undergraduates. At the start of the session, the panelists talk briefly about their current positions, how they got those positions, and where they think the future might take them.

However, the undergraduate attendees quickly begin participating in the forum, asking questions that reflect the concerns they have about life in the field of psychology after college. Along the way, the panelists offer responses to undergraduates' questions and advice for successfully navigating graduate school

and/or the workplace after graduation.

In sum, the career forum gives undergraduates a chance to talk to peers about careers involving psychology.

Last year, the career forum panel included **Zachary Daniel**, a manager at Brain Injury Services, an organization that helps individuals who have suffered a brain injury to recover from or cope with any loss of function. The second panelist, **Patrick Love**, is a Biological Surety Program Manager at the National Institute of Health. Biological surety is the safeguarding of biological materials and involves, for example, preventing their theft or misuse. Patrick works as a support psychologist there also.

The third panelist, **Stephanie Martin**, was employed at the Rappahannock Area Alcohol Safety Action Program. This agency's major service is the provision of education, treatment, and other services for individuals convicted of alcohol-related offenses. The final panelist, **Joshua**

**Vickstrom**, is an Applied Behavioral Analysis Therapist who works for Continuum Autism Spectrum Alliance. Primarily, Joshua provides home-based therapy for children with autism and related developmental disabilities.

When it was time for the student attendees to ask questions, one clear concern emerged; students wanted to know where to start if their ideas regarding what they want to do are unclear. Along these lines, one student asked, “Were the jobs you have today your first jobs?” The panelists responded, “No!” The panelists said their first jobs were not their ideal jobs (after all, they

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didn't know what their ideal jobs were at graduation either!), but these entry-level positions helped them figure out what they wanted to do, helped them make connections with people in the field, and provided valuable experience.

The panelists encouraged students to expose themselves to as many opportunities in the field of psychology that interest them as possible. Specifically, Patrick suggested students take a volunteer position, at least temporarily, while they look for a paid position.

Zachary advised students looking for jobs to be themselves, in other words, provide a fair representation of your personality, skill set, and interests to find a job that is a good fit. He emphasized that, even if a position requires knowledge or a skill you do not possess, be honest about it, but express willingness to acquire the knowledge or skill if you would be interested in doing so.

Joshua and Stephanie emphasized that how you act at the interview is not all that matters; you should be aware of your behavior and how it affects others once you are hired and are a presence in the workplace. Specifically, they believed that showing respect for others' opinions and work is of utmost importance. Joshua

commented, "If you want to be respected by your co-workers, then you have to show that you respect them."

At the end of the meeting, the panelists reminded students of all the skills they have or will acquire as a UMW psychology major. These skills include not only writing and speaking skills, but also critical thinking and analytical processing skills as well as knowledge of data management and analysis. The panelists suggested that not all employers will be aware of a UMW psychology major's skills, so applicants should be explicit about their skill set when applying or interviewing for a position.

The panelists did a great job explaining their employment experiences, and they gave students great advice. The students left the career forum with smiles on their faces. They were relieved to know that a person does not have to know exactly what kind of work they will be doing or where they will be doing that work at the moment they graduate.

The next career forum will take place in on March 20, 2014. The panelists and details are to be announced. Psychology majors, if you are in need of ideas for the future or simply some assurance that the future looks bright, attend this year's forum!

## From UMW to Europe: Psychology Abroad

*By Rachel Sisk, Psychology and Sociology Major ('14)*

For the sixth consecutive year, the psychology department offered students the exciting opportunity to trace the roots and study the development of psychology in Europe. A group of ten students, led by the esteemed (and now retired) Dr. Denis Nissim-Sabat (Emeritus Professor of Psychology), journeyed through four cities (and four countries) in just two weeks!

The first stop on the whirlwind tour was London. Our first full day in London happened to be our free day in that city.

We were thrown into the chaos that is the London Underground, and we trekked about the city. We saw the major tourist sites, including the Tower of London, Buckingham Palace, and Westminster Abbey.

We spent two additional days in London during which we visited psychology-related sites. We visited the Freud Museum in London, where we saw Freud's infamous couch; we toured Down House, the home of Charles Darwin; and attended a lecture at The

Open University, situated in the very interesting neighborhood of Camdentown.

From London we hopped on a train to the beautiful Paris. On the day of our arrival, we visited the Musee Dupuytren, where we viewed Tan's brain. Tan was the patient of the French physician, Dr. Paul Broca. An area of the left frontal lobe is named after Broca because he discovered it was damaged in his patient, who was unable to produce speech; the patient could only say the word "tan," hence his pseudonym.

While in Paris, we toured sites less relevant to the history of psychology, but just as interesting, like Notre Dame and Sainte Chapelle. While the weather in Paris was less than ideal (our tour guide informed us that it was the coldest day on record for that date since 1886!), the amazing food more than made up for it. So did the amazing artwork we saw at the Louvre and the Musee d'Orsay.

After the hustle and bustle of London and Paris, our short stay in the small city of Wurzburg, Germany, was a welcome change. While in Wurzburg, we went to the Centre for the History of Psychology and received a guided, interactive tour from Professor Armin Stock. From Wurzburg, we took a train to Mauthausen concentration camp. We took a tour of the camp, and the entire group was incredibly touched by the experience.

From our stop at Mauthausen, we journeyed to our final destination, the city of Vienna. In Vienna, we viewed Freud's house, went on walking tours of Jewish Vienna and old Vienna, and attended a lecture at the Alfred Adler Institute. The highlight of visiting Vienna was seeing La Cenerentola at the Vienna State Opera House.

Psychology in Europe is a summer course which will be offered again

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next year. To fulfill the course requirements, all of our visits to historically-relevant sites required completion of readings or other relevant assignments. In addition, we read *Night* by Elie Wiesel and watched the film, *Schindler's List*.

The course is open to students of all majors who earn three interdisciplinary course credits upon completion of the trip and its assignments. Completion of General Psychology is the only pre-requisite. Furthermore, the trip can fulfill the Global Inquiry General Education requirement.

Next year, Dr. Dave Kolar (Associate Professor) will provide guidance on the trip, although he has tweaked the itinerary a bit. The group will visit four cities: London, Wurzburg, Munich, and Vienna. (Instead of Paris, the group will visit Munich this year.) If you are interested in the trip or have questions about it, please contact Dr. Kolar at [dkolar@umw.edu](mailto:dkolar@umw.edu).

## Dr. Mindy Erchull Named Fellow of the American Psychological Association

Congratulations to **Dr. Mindy Erchull** (Associate Professor) who was recognized as a fellow of the American Psychological Association (APA) at the annual meeting of the organization in August. Appointment as a fellow of the APA is quite an honor! According to the APA website, the status of APA fellow is awarded to "APA members who have shown evidence of unusual and outstanding contributions or performance in the field of psychology" at a national level.

Dr. Erchull was recommended for the award of fellow by the Society for the Psychology of Women (SPW), one of the divisions of the APA. In addition to her production of a notable body of research in the areas of feminist identity, the sexualization and objectification of women, and women's health, Dr. Erchull has served APA and SPW in a few ways. For example, as a member of the executive committee of the SPW, she has served as chair of both the Mary Roth Walsh Teaching the Psychology of Women Award committee and the



**Dr. Asuncion Austria, Chair of the Society for the Psychology of Women Fellows Committee, presents Dr. Mindy Erchull with her award.**

Hyde Graduate Student Research Grants committee. In addition to her research and service to SPW and APA, she has also contributed to the field of psychology through her work with the Association for Women in Psychology and the Society for Menstrual Cycle Research.

## Dr. Miriam Liss Promoted to Professor

Congratulations to **Dr. Miriam Liss** who is serving her first year at the rank of Professor, the highest rank that can be achieved by faculty members. (The lowest rank for tenure-track faculty is Assistant Professor, followed by Associate Professor. The University of Mary Washington grants the rank of Associate Professor to faculty members who have applied for and are awarded tenure, and awards the rank of Professor to faculty members who have achieved academic, professional, and service-oriented distinction.)

Dr. Liss is a clinical psychologist who teaches General Psychology, Foundations of Clinical Psychology, Psychology of Personality, Psychology of Women, and Research Seminar in Abnormal, Personality, or Social Psychology. She also teaches a Freshmen Seminar on feminism in collaboration with the Empower U! Living and Learning community. In addition, she occasionally supervises internships completed by psychology majors. Dr. Liss' research interests are in the areas of autism and other pervasive developmental disorders; feminism, sexualization, and objectification of women; and intensive parenting and division of labor issues.



**Dr. Miriam Liss**

## Jean Bennett Completes 25 Years of Service

Jean Bennett, Psychology Department Office Manager, completed her 25th year of service at the University of Mary Washington in October of this year. Before coming to UMW, Jean worked as an office manager in Pennsylvania for 16 years. She is a distinguished employee of UMW, having been awarded the Charles Coleman Memorial Service award in 2003. This award, as well as the regular admiration of the psychology department faculty (who don't know how they'd get along without her!), illustrates how valuable Jean is to our department and university. We are not sure how she does it all, but when she is not at work in the psychology department, Jean helps her husband, Ed, raise cattle on their 140-acre farm in Spotsylvania. In addition, she sells some very tasty eggs laid by her many chickens! Thank you very much, Jean, from all of us in the psychology department, for all that you do to help make our department such a successful one. You are appreciated each and every day!

## New Student Representatives and Lab Aides for '13-'14

Last spring, **Hester Godfrey, Frances Ellmo, Jacob Hargis, and Wesley Horton** were elected by their peers to serve as psychology department student representatives. The representatives have been busy organizing events like the Majors Meeting and the Fall Picnic this semester. Also, they contribute to this newsletter!

Four students were selected by their peers to serve as lab aides. Returning from last year are **Emily Farnsworth** and

**Charlotte Hagerman**. They will be joined by **Rachael Dearborn** and **Amanda Houghton**. The lab aides oversee the computers labs which serve psychology and business majors. The lab aides are advised by Dr. David Rettinger, Associate Professor.

On behalf of the psychology and business departments, thank you to the psychology representatives and the lab aides for the services you provide.



**Student Representatives:** Jacob Hargis, Frances Ellmo, Dr. Debra Steckler (Advisor), Wesley Horton, and Hester Godfrey

**Laboratory Aides:** Amanda Houghton, Emily Farnsworth, Dr. David Rettinger (Advisor), Charlotte Hagerman, and Rachael Dearborn



## Psi Chi Inducts New Members and Elects New Officers for '13-'14

In the spring of 2013, a number of psychology majors were welcomed into the UMW chapter of Psi Chi, the National Honor Society in Psychology. The inductees were: **Kathleen Adragna, Margaret Baxter, Dafna Bliss, Kelly Bryant, Jennifer Carroll, Kimberly Flores, Hester Godfrey, Britta Grim, Erin Keener, Celeste Kelly, Katie Lebling, Emma Leheney, Katherine McCarty, Shannon McCloud, Katherine Miller, Hannah Mills, Ileana Perez, Kiersten Pyrtle, Erin Ronayne, Emily Shea, Brittany Simmons, Julia Smith, and Anastasia Sorenson.**

Also, the Psi Chi chapter elected new officers last semester. **Erin Boggs** and **Randi Bryan** were elected Co-presidents, **Emily Farnsworth** was elected Secretary, and **Charlotte Hagerman** was elected Treasurer. Also, **Elizabeth Storey** was elected as Historian and **Kathleen Bettencourt** was elected Fundraising Chair.

## Consider Making A Donation

Please consider recognizing the Department of Psychology with a monetary contribution. Please make checks payable to the **University of Mary Washington Foundation, and specify that the donation is for the Psychology 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!

## Psi Chi Symposium Presenters Given Awards for Outstanding Research

At the Psi Chi Symposium, outstanding research was recognized in three categories: Methods Course Research, Laboratory Course Research, and Independent Study Research. **Danielle DeVille, Frances Ellmo, and Wesley Horton** were given the award for best Methods Course Research. Their project was titled, *Body shame, sexual assertiveness, and intimacy*. They completed this project in Dr. Mindy Erchull's Research Methods class.

**Kate Boggs, Janine Henley, Haley Miles-Maclean, and Kelsey Woehner** were given the award for best Seminar Course Research. Their project was titled, *Does parental care protect against the negative effects of body surveillance?* They completed this project in Dr. Miriam Liss's Research

Seminar course.

Last, **Michelle Gnoleba, Charlotte Hagerman, Haley Miles-Mclean, Leanna Papp, and Caitlin Robertson** were given the award for best Independent Study Research. Their project was titled, *Exploring the sexual double standard through slut-shaming on Facebook*. 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. Bruce Rybarczyk, Associate Professor and Director of Clinical Psychology at Virginia Commonwealth University. His address was titled, *The Sleep System: Your Owner's Manual for Maintenance and Repair*.

## Drew Hickey ('13) and Heath Sharp ('13) Receive Recognition from the Virginia Psychological Association

**Drew Hickey and Heath Sharp** were given the Frederick B. Rowe Award for the Best Undergraduate Paper presented at last spring's annual meeting of the Virginia Psychological Association meeting. Their presentation was titled, "Does gender classification of faces benefit from right hemisphere presentation?" Drew and Heath completed the project under the supervision of Dr. Steve Hampton, Associate Professor. Congratulations, Drew and Heath!

## Students Recognized at the Undergraduate Research Forum on Women's Studies

**Michelle Gnoleba, Charlotte Hagerman, Haley Miles-Mclean, Leanna Papp, and Caitlin Robertson** presented a poster titled, "Conceptualizing objectification as a source of insidious trauma," at last spring's Undergraduate Research Forum on Women's Studies. Their presentation was recognized as the best poster presentation. They completed their work as part of the course, Psychology 491 – Individual Research under the supervision of Drs. Mindy Erchull and Miriam Liss. Congratulations, Michelle, Charlotte, Haley, Leanna, and Caitlin!

## Students Named Scholarship and Award Winners

First, the *Outstanding Senior Award* was given to **Courtney Lynn**. Congratulations, Courtney! In addition, a number of students were awarded scholarships for the '13-'14 academic year. Two *Topher Bill Scholarships* were awarded to **Charlotte Hagerman** and **Elizabeth Story** for their outstanding academic performance, particularly in statistics and research methods. Three *Burney Lynch Parkinson Scholarships*, for students who intend to make education a career, were awarded to **Kelly Bryant, Katie Lebling, and Erin Keener**. Three *Minnie Rob Phaup Scholarships*, named in honor of a former faculty member, were awarded to **Felicia Hamn, Leanna Papp, and Jesse Vanous**.

## Courtney Lynn 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. **Courtney Lynn** was awarded honors for the '12-'13 academic year. Congratulations, Courtney!

## Where Are They Now?

**Katelyn (Phillips) Bock** ('13) is working for ChildHelp, an organization dedicated to assisting victims of child abuse and neglect, in Lignum, Virginia. In addition, she married her husband, Robert, in June.

**Alison (Knuth) Brown** ('96) was recently promoted to Director of Americas Retail Consumer Insight for Starbucks. In this position, Alison focuses on brand equity and consumer engagement in stores, leading qualitative and quantitative research. (Meaning, she applies her statistics and research methods skills daily!) In addition, Alison and her husband, Jason, are parents to three children: two boys (9 and 7 years old) and one girl (3 years old).

**Brittany Byrd** ('13) began the master's in elementary education program at UMW this fall. In addition, she is engaged to Travis, who is currently training to be an Air Force pilot. Once Brittany completes her master's degree, she intends to relocate to Texas, where Travis is stationed.

**Ann Carroll** ('13) began the master's in speech-language pathology program at the School of Medicine, Department of Allied Health Sciences, University of North Carolina at Chapel Hill this fall.

**Chelsea Chamberlain** ('13) is working as a paralegal at the law firm of Marks and Harrison in Fredericksburg, Virginia.

**Katherine Dubrowski** ('13) is working as an applied behavior analysis therapist at the Center for Autism and Related Disorders in Alexandria, Virginia.

**Rebecca Groman** ('10) is working for Colonial Behavioral Health, a Williamsburg-area mental health services provider, and she

## Psychology Majors Invited to Join Phi Beta Kappa

The following psychology majors were invited to join the UMW Chapter of Phi Beta Kappa: **Erin Boggs, Brittany Byrd, Rachel Eiker, Natalie Fraize, Abigail Gellene, Amy Gerrard, Eric Knapp, Courtney Lynn, Elizabeth Storey, and Meghan Wilmoth.**

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.

continues to work on her master's in social work online via Boston University.

**Janet (Moriarity) Cartwright-Smith** ('04) received her master's in speech-language pathology from James Madison University in 2010. Currently, she is employed as a speech therapist. In addition, Janet married her husband, Devon, last October.

**Kendall Cloeter** ('10) completed a year of service with AmeriCorps in July and signed on for a full-time position with her host site, Rebuilding Together – Roanoke. She is the Program Coordinator for the local affiliate of the national non-profit that provides critical home repairs to low-income homeowners. Kendall said, "serving with AmeriCorps was a great experience, and I am very excited to continue working with Rebuilding Together – Roanoke!"

**Tricia Coyle** ('05) has been working for the Fredericksburg City Schools since the fall of 2006, after she received her master's in education from UMW. In 2009, Tricia became a librarian at Lafayette Upper Elementary School; in 2011, she became a librarian at Walker-Grant

## Psychology Majors Join Mortar Board

The following psychology majors were inducted into the UMW Chapter of Mortar Board: **Kelly Griffith, Felicia Hamn, Leanna Papp, Meliza Rubinos, and Elizabeth Storey.**

Mortar Board, established in 1918, is a national honor society that recognizes college seniors for excellence in the areas of scholarship, leadership, and service. Mortar Board members represent the top scholars and leaders on their campuses.

Middle School. Last year, Tricia was honored to receive the Teacher of the Year Award at Walker Grant! Finally, she is engaged to Jeff, a reporter at the Free Lance-Star.

**Jay Hess** ('12) is a Youth Service Specialist at Northwestern Academy, a juvenile justice facility, in Coal Township, Pennsylvania.

**Courtney Lynn** ('13) began the doctoral program in school psychology at the University of South Florida this fall.

**Mercedes McWaters** ('13) began the doctoral program in Psychology with a concentration in Behavioral Neuroscience at Northern Illinois University this fall.

**Lindsay Meredith** ('11) began the master's in counselor education program at Virginia Commonwealth University's School of Education this fall.

**Pooja Patel** ('06) began the master's in developmental psychology program at the

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

*Where Are They Now, continued from page 7*

University of Kent in Canterbury, United Kingdom this fall.

**Mary Beth Ramsey ('04)** graduated from the school of medicine at Virginia Commonwealth University last spring. In June, she moved to Atlanta where she began a residency in neurology at Emory University.

**Sonia Roschelli ('10)** earned a master's in social work at George Mason University last May. Subsequently, she relocated to Houston, Texas, where she began a post-graduate fellowship in social work at the Menninger Clinic. Sonia is working in the adolescent unit, performing individual, group, and family therapy.

**Mara Rowcliffe ('13)** began the doctoral program in clinical psychology at the Florida Institute of Technology this fall.

**Luke Ruth ('12)** is absolutely loving his work as a Semantic Web Developer at 3 Round Stones, a DC-area software company. In May, he married the love of his life, Laura. Then, they moved to Arlington, VA. Luke and Laura honeymooned in France last June.

**Katelyn (Hill) Semales ('10)** married

her husband, Jason, last year and, in January of this year, they had a baby girl named Harper. In addition, Katelyn began her second year of law school this fall.

**Melissa (Glennie) Holt ('04)** is currently a tenure-track assistant professor of psychology at Culver-Stockton College in Canton, Missouri. She teaches a number of courses including introductory psychology, biological psychology, and statistics and research methods. Melissa received her doctoral degree in social psychology from Virginia Commonwealth University in 2012. As a graduate student, she performed research on mindfulness in the Social and Affective Neuroscience Laboratory. Melissa married her husband, Chris, in 2009.

**Rebecca Smith ('13)** began the master's degree in social work program at Virginia Commonwealth University this fall.

**Erin (O'Donovan) Steigleder ('10)** completed her master's in social work at Virginia Commonwealth University last year. Currently, she is the Community Outreach Manager at Virginia Consumer

Voices for Healthcare. In addition, Erin married her husband, Eric, last year.

**Kelsey Woehner ('13)** began the masters in education program with a specialization in literacy at UMW this fall.

**Whitney (Smallwood) Woodring ('08)** received a master's degree in Education with a concentration in Higher and Postsecondary Education from Argosy University in March of 2012. Last spring, she and her husband moved to Gaeta, Italy, where they will reside for three years.

**Alex Zelin ('11)** completed her master's degree in industrial/organizational psychology at the University of Akron last August, while working on her doctoral degree. In addition, Alex and a colleague published an online, peer-reviewed paper titled, Learning Agility. The paper was published as part of the Society for Industrial and Organizational Psychology's "Hot Topics" series. The purpose of the series is to provide short briefs on topics of great interest in the field.