

Psych Matters

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Editor, Jennifer Mailloux, Associate Professor of Psychological Science

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

Dr. Chris Kilmartin Retires After 27 Years of Service

by Quinn Doyle ('16), Psychology Student Representative

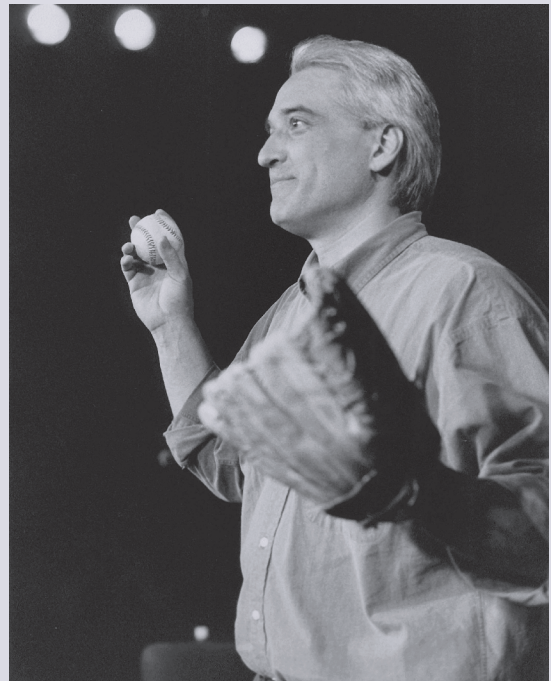
One of our beloved psychology professors, Dr. Chris Kilmartin, is retiring at the end of the spring 2016 semester after 27 years of service. During his time at the University of Mary Washington, he has had an enormous impact not only on the psychology department, but also on the university and surrounding community.

Dr. Kilmartin received his B.S. in Psychology from Frostburg State College in 1979. As his graduation approached, Dr. Kilmartin did not have a clear idea of what he wanted to do with his life which, in part, influenced his decision to continue his studies in graduate school. Fortuitously, he became aware of research on masculinity which grasped his interest, eventually becoming one of his specialties.

Dr. Kilmartin's interest in masculinity research began when a fellow graduate student, who was teaching a class on the psychology of women, asked him if he wanted to give a guest lecture on the psychology of men. Dr. Kilmartin agreed to give the lecture, and went to the library to begin reading about the psychology of men and masculinity. He was struck by the lack of research in the area. During his time in graduate school, Dr. Kilmartin became increasingly interested in and knowledgeable of the psychology of men and masculinity, and was at an advantage due to the newness of the area.

Dr. Kilmartin earned a master's degree in counseling psychology from Virginia Commonwealth University in 1986, and a Ph.D. in 1988. In addition to his academic pursuits at VCU, he dabbled in the comedy scene; he began writing his own material and performing weekly at the Richmond Comedy Club.

After completing a counseling internship at Penn State University, Dr. Kilmartin accepted a one-year appointment at UMW, and he was hired as a full-time professor at the end of that year. He has taught a variety of courses during his time at UMW, including: General Psychology, Abnormal Psychology, Applied Counseling and, of course, Psychology of Men. In addition, Dr. Kilmartin worked as a counselor at the Talley Center for Counseling Services on campus.



Dr. Chris Kilmartin Performing *Crimes Against Nature*

In addition to being an accomplished instructor, Dr. Kilmartin authored or co-authored a considerable repertoire of well-regarded, scholarly works. One of his major scholarly accomplishments is a book he wrote titled, *The Masculine Self: The Masculine Self* is a comprehensive, interdisciplinary exploration of masculinity and men's studies.

In addition, Dr. Kilmartin co-authored a few other books, including: *Men's Violence Against Women: Theory, Research, and Activism* with Julie Allison Erlbaum, *The Pain Behind the Mask: Overcoming Masculine Depression* with John Lynch, and *Sexual Assault in Context: Teaching College Men About Gender* with Alan Berkowitz and Julie Allison Erlbaum. Of course, this list of Dr. Kilmartin's written work is incomplete; he has written or contributed substantially to many book chapters and journal articles, and has given many presentations of his work.

The influence of Dr. Kilmartin's body of work has been felt regionally, nationally, and internationally. Over the years, he

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Dr. Chris Kilmartin Retires, continued from page 1

has become an esteemed expert in the areas of gender education, specifically, understanding the causes and prevention of gender-based violence and sexual assault.

In recognition of his myriad scholarly and professional achievements, UMW awarded Dr. Kilmartin the Shirley Van Epps Waple Faculty Achievement Award in April of 2015. National recognition is illustrated by the fact that he was named Distinguished Visiting Professor in the Department of Behavioral Sciences and Leadership at the U.S. Air Force Academy in 2013. International recognition of Dr. Kilmartin's achievements is illustrated by the fact that he was awarded the Fulbright Distinguished Chair in Gender Studies in Klagenfurt, Austria, in 2007.

Notably, Dr. Kilmartin has worked extensively with our military on sexual assault prevention. For example, he helped the U.S. Naval Academy revise their sexual assault and harassment prevention curriculum, and helped write the script for one of the U.S. Army's training films on sexual assault and harassment prevention.

When asked about his most memorable experience during his time at UMW, Dr. Kilmartin immediately refers to his self-composed, solo theater performance titled, *Crimes Against Nature*. He describes *Crimes Against Nature* as a performance that touches on a variety of poignant, personal, and funny moments related to growing up male in America.

Crimes Against Nature debuted in March of 1998. Dr. Kilmartin has performed the show nearly 300 times at over 200 different colleges and universities across the country to widespread acclaim. Although he retired the show in 2004, Dr. Kilmartin granted an encore performance recently to raise funds to support the Rappahannock Council Against Sexual Assault via the Grace Mann Fund.

Even given his many accomplishments and awards, Dr. Kilmartin is most well-known by students for being a professor with an obvious and deep passion for his work and interest in the growth of his students. Students love him for his ability to not only pass on a wealth of knowledge during his lectures, but also to deliver that knowledge with humor.

To his students, Dr. Kilmartin wanted to pass along a few words of wisdom given to him by a counseling professor in graduate school: recognize the difference between a job and a career. This professor told Dr. Kilmartin that the difference between a job and a career is that a job is simply a way to make ends meet, while a career is a reimbursable means of being who you are. Dr. Kilmartin is thankful for the *career* he has had at UMW; he says he never woke up in the morning not wanting to come to work!

During retirement, Dr. Kilmartin plans to continue to work with the military on sexual assault prevention. In addition, he may write more books. Ultimately, he is looking forward to being a "free agent," taking on whatever work interests him.

Dr. Kilmartin, your students and fellow faculty are all grateful to have had you as a member of our department. Thank you for all you have done to make learning worthwhile and fun as well as for all the work you have done to increase the understanding and awareness of men's and women's issues. We wish you all the best during your retirement!

Mercer Hall: The New Home of the Department of Psychological Science

By Samantha Amos, Psychology Student Representative ('16)

We have moved! The Department of Psychological Science began the spring 2016 semester in its new home: the expanded and renovated Mercer Hall! For many years, the department called Chandler Hall home; however, prior to the destruction of Chandler Hall in 2013, the department moved into two temporary buildings, Annexes A and B, and spent two and a half years therein.

Although the university and the department made the best out of the temporary spaces, psychology faculty and students are ecstatic to have moved into Mercer Hall! In the spring of 2014, construction of a generous addition to Mercer Hall and complete remodeling of its interior began. With faculty input along the way, Mercer Hall was outfitted with modern laboratory spaces, spacious classrooms and offices, and areas dedicated to student use.



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Mercer Hall, continued from page 2

Here, I would like to take you on a tour of the new Mercer Hall. On the first floor, you can enter the building through either the main entrance, which faces Sunken Road, or the side entrance, which faces Willard Hall. The side entrance is part of the addition to the building and is more frequently used. Interestingly, the foyer off the main entrance is the only part of the building that was not renovated. The foyer retains a few architectural details original to Mercer Hall, including light blue tiled walls and a wooden door to a phone booth, that allude to its previous uses as an infirmary and a dorm, respectively. We have decorated it with some psychology paraphernalia to marry the old and the new.



Main Entrance Foyer

Once you enter the building via the side entrance, you encounter two 30 plus-seat classrooms, equipped with comfortable desks and all the teaching technology an instructor might desire. As you proceed down the corridor, you encounter the Cognitive Lab, fully equipped with not only a generous number of personal computers for research and testing, but also a large meeting table for collaborative work. The Social/Developmental Lab is located farther down the hallway. It is composed of three rooms; the middle room serves as a control center for the technology in the other spaces, testing rooms that contain computer-controlled cameras for recording behavior.



A Bright, Spacious Classroom



The Cognitive Lab



Social-Developmental Lab Control Center

Other spaces on the first floor include space for behavioral research with animals; this lab contains rooms for housing, testing, and caring for the animals kept therein, which can include rats, mice, hermit crabs, and Madagascar hissing cockroaches! Also, the first floor houses our eye tracker lab and some flexible spaces that can be used for different purposes, such as studying, testing, and meetings.



Space for Study, Testing, and Meetings

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Mercer Hall, continued from page 3

There are more of these flexible spaces on the second floor, although these second-floor spaces are larger and equipped with technology to facilitate research; therefore, they are ideal for research team meetings. Also on the second floor, you find another 30 plus-seat classroom as well as a 26-machine computer lab often used for teaching. The Physiology Lab is located on the second floor as well; it consists of a larger room, sometimes used as a teaching space, and four smaller rooms that house equipment for the measurement of physiological activity such as cardiovascular responses, galvanic skin responses, and electroencephalography.



The Physiology Lab

The second floor is home to one of the most popular spaces in the building: the student lounge! The student lounge contains comfortable couches perfect for relaxing and reading, and tables and chairs perfect for grabbing a chat and a snack between classes. Grabbing that snack is easy, too, because the student lounge contains a kitchen area complete with vending machines, a refrigerator, and a microwave. Another student favorite is the 10-machine computer lab at the end of the hall, which is not used for teaching; therefore, it is available for student use at all times.



The Student Lounge

The third floor is the faculty haven! The spacious offices of all full-time faculty are located upstairs, and to the pleasure of the faculty, every office has a window. In addition, there is a faculty kitchen area, equipped similarly compared to the student lounge, although they did not get vending machines! Instead, their mailboxes are located in the kitchen area. Another space on the third floor is where you will find the student aides working diligently.



Spacious Faculty Office

Throughout the building, including on the third floor, there are lots of places to take a break. There is an open lounge area with a couch, chairs, and coffee table on the third floor, and there are couches and tables in front of the windows in the corridors on all floors. Not only can you take a load off, but you can also take in the view of downtown Fredericksburg!



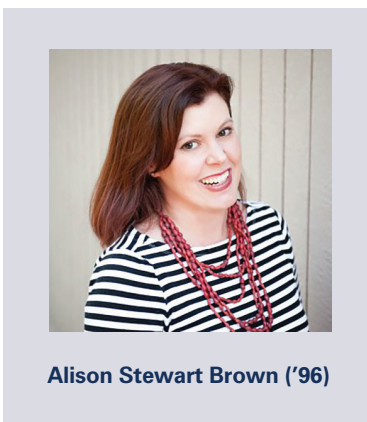
View of the Outdoors

Compared the Annexes, for sure, as well as to the beloved, but dated, Chandler Hall, the Department of Psychological Science has moved into a well-equipped, modern, comfortable, and beautiful space. Come by and check it out, if you can; we would love to welcome you to our new home.

Graduate in Residence Alison Stewart Brown ('96) Discusses the Psychology of Starbucks

by Michaela De Asis and Analuisa Martinez ('16), Psychology Student Representatives

Often, people underestimate the challenges that accompany the study of human behavior. One of those challenges is properly analyzing data based on observations of a few individuals to make generalizations to many. To that end, the curriculum of the Department of Psychological Science requires not one, but two statistics courses. Implicitly, the inclusion of these courses, as well as the application of the material in higher-level research methods courses, emphasizes their importance to the discipline.



Alison Stewart Brown ('96)

Nevertheless, our statistics professors often communicate explicitly the value of the material for making inferences about human behavior. To further engage their students, our statistics professors communicate that the skills of statistical analysis and related tasks, like data management, are highly desired by potential employers.

One of the department's former students, Alison Stewart Brown ('96), returned to the University of Mary Washington in October of 2015; she was our 21st Graduate in Residence. Alison's visit illustrated the value of statistics for making inferences about behavior as well as the desirability of statistical analysis skills in the real world. Alison is the Director of Global Consumer and Partner Insights for Starbucks Coffee Company, the world's leading specialty coffee retailer.

In her position at Starbucks, Alison leads a team of professionals who conduct market research; they collect and analyze data to monitor perceptions of their brand. This information, in turn, allows Alison and her team to collaborate with senior leaders in the company and company partners to make decisions about the future of their brands. Her team's research and insights on brand perception directly influence the priorities and organization of the company. For instance, her team's contributions served as the foundation of Starbucks' five-year strategic plan announced in 2014. In addition, Alison serves as a mentor, not only modeling best practices when it comes to serving clients, but also creating and supporting training sessions for junior employees.

During her visit, Alison visited a few classes, providing guest lectures and answering questions about her presentation. In addition, Alison met with students over lunch to discuss her career choice and path. Finally, Alison gave a formal talk attended by students, faculty, and interested members of the community. Alison's formal talk was titled, *It's All About Connections: Consumer Perceptions and Brands*.

In her talk, Alison shared the goals she aims to achieve with the research she participates in for Starbucks and,

in doing so, exposed the audience to the real-world application of Industrial/Organizational Psychology. Industrial/organizational psychology may not be an area readily thought of as providing employment opportunities following graduation; however, Alison opened the eyes of more than a few of those in the audience to this possibility. Alison said that, day to day, she is reminded continually of the importance of a psychology-educated mind in the business world.

The importance of analytical thinking skills, honed in courses like statistics, to success in a position like Alison's is obvious; however, Alison also said that her knowledge of cognitive, social, and personality psychology have been extremely valuable toward achieving success. The degree to which principles from these areas of psychology influence brand management is illustrated by Alison's comment that, "Your brand is whatever your customers say it is." This comment summarizes the fact that consumer's perception of your brand is determined by their functional, emotional, and personal perceptions of it.

Studying human behavior is challenging and so is developing an effective brand. Not only must market researchers understand multifaceted perceptions of their brand, but also they must understand the perceptions of other brands. Furthermore, they must compare and contrast those perceptions to determine whether other brands are true competitors or not and, if they are, assess continually how to improve their brand to distinguish it from competing brands.

Alison has become a market research leader for one of the most well-known companies in the world. Notably, Alison did not pursue an advanced degree in psychology even though she was a high-achieving undergraduate student. She graduated summa cum laude, she was invited to join Phi Beta Kappa, and she was a member of Psi Chi. She has risen to the top with a bachelor's degree in psychology and a passion for her work.

Her achievements illustrate that very successful careers that capitalize on the skill set developed while studying psychology are possible, even without an advanced degree. At the end of her talk, Alison offered students some excellent advice; she said, "If you have the necessary tools, and you follow your heart, nobody can tell you what your next step in life will be." The goal of the Graduate in Residence program is to expose current students to the variety of career options available to them and, certainly, Alison's visit accomplished that goal. Thank you for visiting with us, Alison!

Psi Chi Inducts New Members

In the fall of 2015, a number of psychology majors were welcomed into the UMW chapter of Psi Chi, the National Honor Society in Psychology. The inductees were: **Megan Blosser, Katherine Hatton, Lawrence Hunter, Haley Kane, Jared Krikorian, Antonio Nazario-Bortz, Asma Noman, Katelyn Santrock, Meghan Turney, Aloria Vanover, Jessie Verve, and Vincent Kelsey.**

A Moment in the History of the Psychology Department

Historical information courtesy of Dr. Tom Moeller, Emeritus Professor of Psychology

In '92, Holly Hollomon was appointed as the subject pool coordinator. Who is Holly Holloman? You may know her as Dr. Holly Schiffrin, currently an Associate Professor in our department as well as an alumna ('94) of the UMW psychology department! Holly's supervisor at the time was Dr. Steve Hampton, no less, also currently an Associate Professor in our department! Holly became the subject pool coordinator the year participation in research as subjects became a requirement for students enrolled in General Psychology. Dr. Schiffrin recalls that her goal was to organize the enterprise; she remembers creating and posting a list of studies, including their locations, so that students who forgot where they were supposed to go to participate could look up the location. Gathering information about a study is a much simpler task today because we use an online subject pool database. The online database, introduced at the start of the spring '15 semester by the current subject pool supervisor, Dr. Hilary Stebbins, Assistant Professor, allows researchers to post all the necessary information about their studies and allows General Psychology students to sign up for and keep track of the studies in which they will participate. Despite being online, there is still a lot to be done for the subject pool, so Dr. Stebbins is assisted by the current student subject pool coordinator, Jennaveve Yost. Jenna stays busy training researchers on the use of the online database, reserving spaces for data collection, and managing credits awarded to General Psychology students. Thanks to everyone, past and present, who has kept our subject pool running!

Dr. W. David Stahlman Welcomes a New Addition to His Family

Dr. W. David Stahlman, Assistant Professor, and his wife, Emilie Paczkowski, welcomed their son, William Darwin Stahlman, into the world on December 31, 2015. As per family tradition, the child will go by his second given name, Darwin. At birth, Darwin weighed 7 pounds even and was 19 inches long. Congratulations, Dave and Emilie!



William Darwin Stahlman

Faculty News

Dr. Mindy Erchull, Associate Professor, was named a fellow of both the Association for Psychological Science and the Society for General Psychology, a division of the American Psychological Association. In addition, she was elected to a second, six-year term as a member of the board of directors of the Society for Menstrual Cycle Research. Dr. Erchull produced a number of presentations and papers as well. She presented a talk titled, "Masculinity and menstruation: An exploration of a complex relationship," at the Society for Menstrual Cycle Research last June, and discussed "The thin ideal: A 'wrong prescription' sold to many and achievable by few" in a symposium titled, *The Wrong Prescription for Women: Medicalization of Women's Bodies and Everyday Experiences*, at the American Psychological Association meeting last August. Dr. Erchull published two papers in *Gender Issues*, including: "The role of romantic attachment in women's experiences of body surveillance and body shame," and "Is everybody doing it? Perceptions and misperceptions of sexual behavior in the college freshman population." Last, she published a paper titled, "It's normal—Mom will be home in an hour": The role of fathers in menstrual education," in *Women's Reproductive Health*.

Drs. Mindy Erchull and Miriam Liss, Professor, gave a presentation titled, "Slut-shaming: Do social class or clothing make it more or less acceptable?," at the meeting of the Association for Women in Psychology last March. In addition, they gave two presentations at the Association for Psychological Science meeting last May titled, "Erotic capital? The relationship between sexualization and leadership," and "Not hating what you see: Self-compassion protects against the negative effects of self-objectification." Also, Drs. Erchull and Liss published six papers together, including: "The development and validation of the Jealousy is Good Scale" and "Exploring perceptions of slut-shaming on Facebook: Evidence for a reverse sexual double standard" in *Gender Issues*; "Clinical outcomes of

enjoying sexualization among lesbian women" in the *Journal of Homosexuality*; "Not hating what you see: Self-compassion may protect against negative mental health variables connected to self-objectification in college women" in *Body Image*; "Stop looking at me! Interpersonal sexual objectification as a source of insidious trauma" in *Psychology of Women Quarterly*; and "The object of one's desire: How perceived sexual empowerment through objectification is related to sexual outcomes" in *Sexuality & Culture*.

Dr. Chris Kilmartin, Professor, published two book chapters. "Violence and masculinities" was published in the *APA Handbook of Men and Masculinities*, and "Intersectionality in teaching the psychology of men" was published in *Teaching Gender and Multicultural Awareness*. In addition, he published two journal articles in *Psychology of Men and Masculinity*, including: "College male sexual assault of women and the psychology of men: Past, present, and future directions for research" and "Rejoinder: Toward advancing research on college male sexual assault of women and the psychology of men." In addition, Dr. Kilmartin served as a subject matter expert at a workshop titled, "Teaching gender to the military handbook," in Vienna, Austria, which was sponsored by the international groups Partnership for Peace and Democratic Control of the Armed Forces. He also served as a consultant for the strategic plan for promoting gender equity in the armed forces of Mozambique which was sponsored by Promundo, a global organization that strives to promote gender justice and prevent gender violence by engaging males as females' allies. Last, Dr. Kilmartin presented a paper titled, "Alpine postcards: A Fulbright experience in Klagenfurt, Austria," at the Association for Psychological Science meeting last August.

Dr. Dave Kolar, Associate Professor, presented a poster titled, "How much is too much? Defining overconsumption of goods and natural resources," at the Society for

Personality and Social Psychology meeting last February. Also, Dr. Kolar is currently working with Mental Health America Fredericksburg to assess the effectiveness of their Teen Suicide Prevention program.

Drs. Jennifer Mailloux, Associate Professor, and **Dr. Mindy Erchull**, presented a poster titled, "Interoceptive sensitivity and eating disorder risk: The mediating role of intuitive eating," at the American Psychosomatic Society meeting last March.

Dr. Holly Schiffrin gave a presentation titled, "Balancing the Big Stuff," at the Strategic and Competitive Intelligence Professionals conference last May. In addition, she was invited to write the forward of a book titled, *Employee Engagement in a South Africa Context*, which applies principles of self-determination theory to employment engagement in business.

Drs. Holly Schiffrin and Miriam Liss won the Forward Reviews' 2014 IndieFab Book of the Year Award for their book titled, *Balancing the Big Stuff: Finding Happiness in Work, Family, and Life*. Also, they presented a poster titled, "The effects of helicopter parenting on academic motivation," at the Association for Psychological Science meeting last May. Last, Drs. Schiffrin and Liss presented as part of a panel that discussed "Life, Work, Love, and Play" for the Virginia Festival of the Book, and they engaged in a discussion about their book with the staff of the Central Rappahannock Regional Public Library in Fredericksburg.

Dr. Debra Steckler, Associate Professor, presented a poster titled, "References to emerging adulthood in popular music 1955-2010," at the Conference on Emerging Adulthood last October.

Dr. Hilary Stebbins, Assistant Professor, published a paper titled, "The influence of stimulus sex and emotional expression on the attentional blink," in *Emotion*. Also, she presented a poster titled, "Extinction patterns of electrodermal response to threat stimuli as a function of individual differences

in sensitivity to social rejection," at the Association for Psychological Science meeting last May.

Dr. Laura Wilson, Assistant Professor, participated in a number of activities at the Association for Psychological Science meeting last May. She was co-chair of a symposium titled, "Recent advances in understanding the broad impact of critical warzone experiences on returning Iraq and Afghanistan veterans' psychological health," and a presenter and/or co-presenter for three talks titled, "The combined impact of critical warzone experiences and military sexual trauma on male Iraq/Afghanistan veterans' post-deployment functioning," "Critical warzone experiences, dysfunctional emotion regulation, and externalizing problems among returning Iraq and Afghanistan veterans," and "Development and evaluation of a new measure of critical warzone experiences for returning Iraq and Afghanistan veterans." At the same conference, Dr. Wilson presented three posters titled, "Posttraumatic stress symptoms in first responders following man-made mass violence," "Effects of acknowledgement status on post-trauma functioning in rape survivors," and "Effects of gender on outsider perceptions of sexual assault." Also, she published six journal articles, including: "News content about mass shootings and attitudes towards mental illness" in *Journalism & Mass Communication Quarterly*; "Meta-analysis of the prevalence of unacknowledged rape" in *Trauma, Violence, & Abuse*; "Unacknowledged rape: The influences of child sexual abuse and personality traits" in the *Journal of Child Sexual Abuse*; "Does military sexual trauma moderate the impact of critical warzone experiences?" in *Psychiatry Research*; "A systematic review of probable posttraumatic stress disorder in first responders following man-made mass violence" in *Psychiatry Research*; and "Interpersonal difficulties mediate the relationship between child sexual abuse and depression symptoms" in *Violence and Victims*.



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Announcements

The Department of Psychological Science is looking for alumnae and alumni who are willing to discuss their careers and career paths with current psychology majors. Our goal is to create a list of graduates and their occupations to illustrate the variety of opportunities for individuals with a psychology degree and to provide a point of contact so that current students could gain advice and ask questions. The list, including name and occupation, would be posted on our webpage; however, contact information would be made available to current undergraduates by request only. If you are a willing alumna or alumnus, please contact Dr. Virginia Mackintosh, Associate Professor, at vmackint@umw.edu. Send her your name, occupation (including a brief description of your

regular activities, if you desire) as well as your current email address and, if you desire, a phone number at which interested students may contact you. We would appreciate your help in providing a valuable resource to current psychology majors. Thank you in advance!

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

Find the department of psychological science website at: **cas.umw.edu/psychology**. Recent faculty news and upcoming events are posted to the 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!

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