The 2008-2009 Academic Year has been a very busy one for our department, filled with exciting change and numerous accomplishments. The year began with the welcoming of our newest faculty member, Dr. Shen, and is about to end with the graduation of the Class of 2009. In between we saw many wonderful accomplishments, too many to mention in this column. But fear not! You’ll be able to read about the department’s many goings-on elsewhere in this newsletter. And as you read through this issue, I know you’ll reach the same conclusion I did: this is an outstanding department, and I am proud to be part of such an accomplished group of faculty, staff, and students!

Looking ahead, the department would like to understand how your education in psychology affects your long-term development. Toward that end, please make use of the department website and the new department Facebook site to let us know what you’ve been up to. In addition, the UIS Survey Research Office sends out surveys to our graduates 1, 5 and 9 years after graduation to learn what our alumni have done since graduation. When you receive these, it would be tremendously helpful to us if you would fill them out and return them. I know it can take some time to do so, but we value your feedback and genuinely want to know what you go on to do after graduation. Please stay in touch!

Best wishes, and congratulations to our Class of 2009!
Spring 2009 Psi Chi Events

The UIS Chapter of Psi Chi is sponsored by Dr. Jason Barker. This semester, Psi Chi was involved in three major fundraising events:

- On February 21, Psi Chi Club purchased, cooked and served a free hot breakfast to 275 people and families in need at the Washington Street Mission. A large number of clothing was also donated through this event.
- The “Homeless for a Night” event took place from April 10 to 11, in which Psi Chi gathered $9000 worth of food donations for the St. John’s Breadline fundraiser at County Market.
- Psi Chi participated in the “Walk a Mile in her shoes” fundraiser for the Prairie Center Against Sexual Assault on April 18. They raised a total of $500 for this event.

This year’s Psi Chi’s induction ceremony will be hosted on May 14th at the Olive Garden on Veterans Parkway.
The Science Research Symposium consists of research presentations conducted by undergraduate and graduate students and faculty at UIS and other four-year colleges. Students are presented awards for the best student posters and best student oral presentations. The UIS 9th Annual 2009 Science Research Symposium took place on Friday, April 17th from 9am to 4pm, located on UIS campus at Brookens Auditorium.

Five psychology undergraduate students presented their independent research projects at the symposium:

**Alexandria Janezic** presented a poster entitled *Racial Differences in Self-Perceived Facial Attractiveness* (supervised by Dr. Marcel Yoder).

**Jessica Neighbors** presented a poster entitled *The Experimental Manipulation of a Visual Attention Bias and Effect on Mood* (supervised by Dr. Jason Barker & Karen Pressley).

**Amy Quarton** presented a poster entitled *The Effects of Emotional and Evolutionarily-Relevant Stimuli on Spatial Attention* (supervised by Dr. Sheryl Reminger).

**John Roskopf** presented a symposium entitled *Cognitive Effects on Short-Term Sleep Restriction on College Students* (supervised by Dr. Jason Barker).

**Ashley Warren** presented a poster entitled *Habitual Emotion Regulation and the Chronometry of Emotion-Evoked Zygomaticus Major Activity Patterns* (supervised by Dr. Keith Burton).

Congratulations to **John Roskopf** for winning second place for the Best Student Oral Presentation Award, and **Ashley Warren** for being tied first place for the Best Student Poster Award!!!
Where Are They Now???

Eduardo Alvarez is currently working as a College Advisor at Waukegan High School (Waukegan, IL) where he helps undocumented students get into college.

Joseph Dattoli will be attending the School Psychology program at the University of Missouri in Columbia.

Heidi Fisher is currently working as the Hope Cares Coordinator at the Hope Institute for Children and Families.

Joshua Friedman will be attending the Master's program in Criminology at the University of South Carolina.

Kristen Hargrave will be attending the Master's program in I/O Psychology at the University of Central Florida.

Keith Huddleston will be attending the Master’s program in Clinical Psychology at Eastern Illinois University.

Ali Janezic will be attending the Master’s program for Occupational Therapy with a specialization in Pediatrics at Rush University in Chicago.

Caleb Kirkpatrick is currently pursuing a master's degree in the UIS Human Development Counseling program.

Angela Elizabeth Leuthold plans to continue working at Advanced Correctional Healthcare while pursuing a master's degree in Finance at DeVry University.

Tori McColez will be attending the Master’s program in Community Counseling at Quincy University.

Erika Snyder will be pursuing a law degree at Northern Illinois University.

Nicole Vega will be attending the UIS Human Development Counseling Master’s program.

In May 2009, the College of Liberal Arts & Sciences will be hosting the fifth annual reception for its graduating seniors. During this ceremony, various departments in the College of Liberal Arts & Sciences will be giving out awards to their outstanding graduates. In the Psychology Department, the following graduating seniors will be receiving departmental student awards:

- **Keith Huddleston** will act as the *Psychology Department Student Marshal* at the 2009 graduation ceremony. This honor is given to a graduating senior who best exemplifies the goals and spirit of the department. At the graduation ceremony, the student marshal leads the other psychology graduates through the procession and the presentation of their diplomas.

- **Tori McColez** will receive the *Outstanding Psychology Student Scholar* award for her excellence in academic performance.

- **Jessica Neighbors & John Roskopf** will receive the *Outstanding Student Research Projects* for their independent student research projects.

- **Besarion Mkheidze & Ashley Sanderfield** will receive the *Outstanding Service to the Psychology Department* award; Besarion for his work as the Department Student Representative and Ashley for her work as the President of Psi Chi.

- **Leanne Hudson** will receive the *Outstanding Psychology Senior Seminar Portfolio* award for creating exceptional portfolios in the Senior Seminar capstone course.
JASON BARKER

Under the supervision of Dr. Jason Barker, John Roskopf has conducted a research project entitled Cognitive Effects of Short Term Sleep Restriction on College Students. The research results were presented at the 2009 UIS Science Symposium, in which he won second place for Best Student Oral Presentation. Dr. Jason Barker and Dr. Karen Pressley supervised Jessica Neighbors on a research project (with an assist from Laura Lashelle) entitled Experimental Manipulation of Visual Attention Bias and Effect on Mood. The results of this research study was also presented at the 2009 UIS Science Symposium. Both students are continuing to work on data analysis and hope to present the work at a national conference in the near future.

KEITH BURTON

Dr. Keith Burton and his research assistants (Jeanine Sellman, Lindsey Kucera, & Ashley Warren) recently completed a study examining the relationship between habitual emotion regulation tendencies and physiologic measures of emotion processing. Data from that study was presented last fall at the annual meeting of the Society for Psychophysiological Research in Austin, TX (several of the student research assistants were coauthors on the poster). Currently, Dr. Burton’s research laboratory is investigating the possible relationships between cyclic hormones in females and basic-level processing of emotional stimuli. Ashley Warren used some of the research data acquired to address a specific question about the relationship between habitual emotion regulation and the time course of physiologic measures of facial expressions of emotion. The results from this independent research project was presented at the 2009 UIS Science Symposium.

KAREN MOONEY

Savannah Berg and Joshua Friedman are research assistants in Dr. Karen Mooney’s research lab. The current research project is a short-term longitudinal study involving 7th and 10th graders. The group is examining the different patterns of quality in adolescents’ friendships and how friendship quality is associated with adjustment outcomes (e.g., self-esteem, behavior problems). Also of interest is how friendship quality patterns change over time and whether changes in a friendship’s quality are associated with changes in adjustment. Dr. Mooney presented a poster entitled Late Adolescents’ Conceptions of Romantic Relationships and Other-Sex Friendships: A Person-Oriented Approach at the 2009 Biennial Meeting of the Society for Research in Child Development in Denver, CO.

KAREN PRESSLEY

Jessica Neighbors is completing her research project entitled “The experimental manipulation of visual attention bias and effect on mood” under the advisement and supervision of Dr. Karen Pressley and Dr. Jason Barker. The preliminary data from this research project was recently presented as a poster at the 2009 UIS Science Symposium. Dr. Pressley is also co-advising Amy Quarton with Dr. Sheryl Reminger. Dr. Pressley has received financial support from the summer research grant for the research project entitled Attention Modulation and Encephalography! Finally, Dr. Karen Pressley also has a journal article in press in which Amy Quarton is thanked for her help in the data collection data. The article is entitled A Left Amygdala Mediated Network for Rapid Orienting to Masked Fearful Faces and will be published in the Neuropsychologia.
**SHERYL REMINGER**

Amy Quarton and Valerie Truitt are research assistants on Dr. Reminger’s study that examines how emotionally salient information affects attention and physiological responses. Amy and Dr. Reminger presented results from this study as a poster entitled *Effects of Personality on Skin Conductance Responses to Subliminal Fearful Faces* at the 2009 Annual Meeting of the Midwestern Psychological Association in Chicago. Co-authors on that poster include Karen Pressley, Keith Burton, Aaron Shilling (former UIS student), and Valerie Truitt. Dr. Reminger also received funds this year from the UIS Summer Competitive Scholarly Research Grant Program to assist with a study entitled *Pilot Study of a Cognitive Intervention for Learning Disabilities*. Amy and Valerie also conducted their own independent research projects. Amy is studying the *Effects of Emotional and Evolutionarily-Relevant Stimuli on Spatial Attention* and Valerie is studying the *Effects of Emotional Congruency on Visual Attention*. Amy presented a poster entitled *Effects of Emotional and Evolutionarily-Relevant Stimuli on Spatial Attention* at the UIS 9th Annual Science Research Symposium. Both Amy and Valerie received funds from the Student Conference and Research Support Program of the UIS Division of Student Affairs to attend the conference.

**FRANCES SHEN**

Amanda Davis, Katrina Edwards, Linda Crider, and William Grant have been working as research assistants for Dr. Frances Shen. They are currently working on two projects. The first is a qualitative research project that examines the effects of internalized stereotypes on Asian American students. Dr. Shen received funding this year from the UIS Summer Competitive Scholarly Research Grant Program to assist with this study. The second is a path analysis project that examines the relationship of internalized stereotyping on the career development of Asian Americans based on the Social Cognitive Career Theory. Finally, Dr. Shen will be presenting a poster entitled *Impact of Internalized Model Minority Stereotyping on Asian Americans’ Career Development* at the 2009 American Psychological Association Convention in Toronto in August.

**MARCEL YODER**

Tori McColez and Ali Janezic have been working as research assistants for Dr. Marcel Yoder. They are currently working on two projects in collaboration with Dr. Lara Ault— one that examines the effects that facial attractiveness, race, and gender have on self-perceptions of facial attractiveness, and another that focuses on how impressions formed of others varies as a function of psychological proximity. They are collecting data to compare ratings of individuals by others who interact with them, view brief videos of them, or merely see photos of them. The research findings related to the first project were presented at the annual meeting of the Association for Psychological Science in Chicago in 2007. In addition, Dr. Marcel Yoder delivered a poster titled *Attractiveness Level as a Moderator of Bias in Self-perceived Facial Attractiveness* at the 2009 meeting of the Society for Personality and Social Psychology in Tampa in February.
There has been a growing awareness of the importance of multicultural issues in psychology. Several instances of bias in psychological research and practice have fueled the multicultural movement in psychology, including (but not limited to) the controversial research on racial differences in intelligence and its role in perpetuating racism (Fraser, 1995), and the inclusion of homosexuality as a mental disorder in the Diagnostic & Statistical Manual of Mental Disorders (Sue & Sue, 2008). More recent research has suggested that the underutilization of psychological services by diverse cultural groups is not due to a lack of need (as previously believed), but rather a lack of multicultural competency among providers (McAuliffe, 2007). It is also recognized that multicultural issues are relevant to all areas of psychology, whether it is counseling or clinical psychology, neuropsychology, social psychology, developmental psychology, educational psychology, etc., and these are issues encountered in all professions of psychology, whether it is training and education, clinical practice, or research.

In response to this growing awareness of the need for increasing multicultural competency in the field of psychology, the American Psychological Association (APA) has taken several steps in this direction. For example, in 2002, APA’s Division 17 (Society of Counseling Psychology) and 45 (Society for the Psychological Study of Ethnic Minority Issues) collaborated in the development of APA’s “Guidelines on Multicultural Education, Training, Research, Practice, and Organizational Change for Psychologists” [see HTTP://WWW.APA.ORG/PI/MULTICULTURALGUIDELINES/HOMEPAGE.HTML]. In addition, as part of the APA-accreditation process, the American Psychological Association has begun to demand that graduate programs and counseling centers demonstrate how are providing multicultural training for graduate students/future psychologists in coursework, research, and clinical work. Although these formal accreditation procedures do not apply to undergraduate programs, the Psychology Department at UIS recognizes the importance of multicultural training in our coursework and experience. This is reflected in the various ways in which we integrate the discussion of relevant multicultural issues in our classes. In this past year, the Psychology of Gender has been approved for addition to the department’s courses, and we are in the process of working to add the Multicultural Issues in Counseling/Clinical Psychology course as well. There are also plans for additional courses in the near future that will address multicultural issues in psychology.

There is clear evidence that the multicultural movement continues to be “alive and well” in psychology, and that this movement extends beyond just APA. Graduate programs in psychology are becoming increasingly interested in recruiting students who are interested in multicultural issues or can bring diversity to their student body. This is paralleled by psychology departments’ growing interests in hiring faculty with expertise in multicultural issues and who can bring diversity to their faculty body. At university counseling centers and mental health agencies across the nation, there has been an increasing demand for counselors and psychotherapists who have bilingual abilities and/or specialize in working with cultural minority populations such as racial/ethnic minorities, LGBT populations, immigrants/internationals/refugees, etc. Even in fields outside of psychology, such as in the medical profession, there has been increasing research evidence to suggest that a lack of multicultural competency and sensitivity in working with diverse patient populations have lead to unintentional healthcare treatment discrepancies by doctors, nurses, and other healthcare professionals towards cultural minorities; this has lead to a call for psychologists to provide multicultural training programs for medical personnel (Tucker, 2007).

Although we have made great strides in improving our knowledge and competency in this area, there is still much more that needs to be done. Multicultural psychology is still a relatively new area of study in the field. While there has been an explosion in research on ethnic and racial differences, much more research is needed on international students and immigrants populations, LGBT issues, religion and spirituality, and developing more multicultural interventions and services. So as undergraduate students, what can you do to increase your multiculturally competency? Here are some suggestions:

- Take courses related to multicultural and diversity issues both in and out of the department.
- Experiences interacting and working with individuals of cultural backgrounds different from your own are especially important. Find internships that allow you to work with diverse populations. If these types of internships are difficult to find, become involved with various student organizations or offices on campus that are interested in diversity issues or serve different cultural student populations on campus.
- Become involved with APA Divisions that are interested in diversity issues, such as Division 17, 45, 44, 36, 52, and 35.
- Participate in research studies or independent research projects that address multicultural/diversity issues.
ANNOUNCEMENTS

- THE UIS PSYCHOLOGY DEPARTMENT IS NOW ON FACEBOOK! SEARCH FOR “UIS DEPARTMENT OF PSYCHOLOGY” AND REQUEST TO JOIN. IF YOU ARE A GRADUATING SENIOR, PLEASE KEEP IN TOUCH WITH US THROUGH FACEBOOK!

- DR. CARRIE SWITZER HAS BEEN AWARDED SABBATICAL IN FALL 2009 (CONGRATULATIONS!!!) THEREFORE, DR. SWITZER’S ADVISEES SHOULD MAKE ADVISING APPOINTMENTS WITH DR. MARCEL YODER FOR THE FALL 2009 SEMESTER.

- PSYCHOLOGY STUDENTS ARE REQUIRED TO OFFICIALLY DECLARE A CONCENTRATION AREA FOR THEIR MAJOR BEFORE GRADUATION. THIS REQUIRES COMPLETING PAPERWORK FOR BOTH THE PSYCHOLOGY DEPARTMENT AND RECORDS OFFICE. IF YOU HAVE NOT YET DONE SO, PLEASE SEE YOUR ADVISOR TO COMPLETE THE NECESSARY PAPERWORK.

- THERE HAVE BEEN CHANGES MADE TO THE 2009 PSYCHOLOGY STUDENT HANDBOOK. PLEASE TAKE THE TIME TO LOOK OVER THE NEW HANDBOOK, AS STUDENTS ARE RESPONSIBLE FOR BEING FAMILIAR OF THESE CHANGES.

Upcoming Conferences

**Association for Psychological Science**
- Date: **May 22 to May 25, 2009**
- Location: **San Francisco, CA**

**American Psychological Association**
- Date: **August 6 to August 9, 2009**
- Location: **Toronto, Canada**