

# PSYCHO BABBLE

www.uh.edu/psichi

March 25, 2010

## Inside This Issue

- 
- 1 Job Searching Strategies
  - 1 Class Clues
  - 2 One is Always Too Many
  - 3 Fun Facts
  - 4 Spotlight Member
  - 5 PsychoBabble Crossword
  - 6 Psi Chi/Psych Calendar

---

### ***Psi Chi 2009-2010 Officers***

*Amanda Danielson – President*

*Thalia Flores – Vice President*

*Heather Dial – Secretary*

*Lee Edlund – Treasurer*

*Cindy Nguyen – Historian*

*Peyton Hill – Academic Affairs*

---

## Job Searching Strategies Workshop @ UCS

**By: Toni Smith**

Here on campus, University Career Services (UCS) offers multiple workshops per week to aid you in job and internship searches. The job search workshop provides you with tips on how to market yourself and which are the best avenues for job hunting. Additionally, you will learn what potential employers look for as well as various ways to network. Also through UCS students have access to multiple job search websites, such as Vault and CareerBeam. Job searching can be a long and time consuming process, but this workshop provides a positive outlook and helpful hints to get you well on your way.

The services offered at UCS are not only limited to job searching, but you may also get help with applying to graduate school, building your resume, or writing your curriculum vitae.

Visit their website for the complete schedule of workshops: <http://www.career.uh.edu/Calendar/index.cfm> OR stop by the Student Service Center 1 and meet with a career counselor.

## Class Clues

**By: Elizabeth Tran**

### **PSYC 2380: Social Psychology**

Are you interested in learning why people behave the way they do during social situations? Social psychology is a course that covers a wide range of topics ranging from social/group behavior, nonverbal behavior, conformity, group membership, the influences of leadership, and so on. You might wonder how social psychology differs from other disciplines that rely more on subjective observations and interpretations of people's behavior. Social psychology focuses more on empirically researching, social phenomena and how different social environments influence attitudes and behaviors. I enjoyed this class a lot because I gained a better understanding of what pretty much made people tick. Well, not exactly. Let's just say I became more patient. The only prerequisite for this class is PSYC 1300. If you are interested in broadening your understanding of how people behave under social situations then this is a great class to take. You'll get a couple of "Aha!" moments when you learn the concepts.

## One is Always Too Many: A Reaction to Tragedy at UH

By: Sarah C. Turner

This semester has been a season of tragedy for universities across the country. On March 24, 2010, Sarah Fishman, Associate Dean for Undergraduate Studies, distributed a wake-up call email for faculty at the University of Houston after a "recent tragedy involving one of our students." The details of the incident were not disclosed, so speculating that the event was suicide-related is premature.

Fishman's email provided information about medical emergencies, students in crisis, referrals for the Counseling and Psychological Services (CAPS), and services available at the Psychology Research and Services Center (PRSC). CAPS offers a free intake appointment and up to ten free individual sessions for UH students. The PRSC has a sliding scale payment system for clients according to ability to pay. Sadly, these services are often underutilized by students who may need them the most.

The immediacy of available appointments can be a deterrent for students seeking help. "If they call or come in on their own, they may have to wait days or even weeks for an appointment," wrote Fishman. An interesting note about CAPS is that "if an instructor brings a student, he or she will be seen immediately." In addition, for situations that require immediate action, CAPS offers a 24-hour "Crisis Intervention" program through the UH Police Department by calling 713-743-3333. The PRSC is another option for students who are struggling with psychological, behavioral, or adjustment issues.

Knowing about these procedures for mental health is akin to knowing first aid procedures. You never know when you will need them but you will be ready to help the student get the assistance he or she needs.

### To Contact CAPS

Website: <http://www.caps.uh.edu/about-contact.aspx>

Phone Number: (713) 743-5454

Address:

Counseling and Psychological Services (CAPS)

226 Student Service Center 1

Houston TX, 77204-3026

---

*On March 24, 2010, Sarah Fishman, Associate Dean for Undergraduate Studies, distributed a wake-up call email for faculty at the University of Houston after a "recent tragedy involving one of our students."*

---

**FREE ADVERTISING!**

If you'd like to place an ad in next month's Psycho Babble contact us at

UHPsychoBabble@gmail.com

## Fun Facts

By: *Claudia Guardiola*

### Why do men and women speak differently?

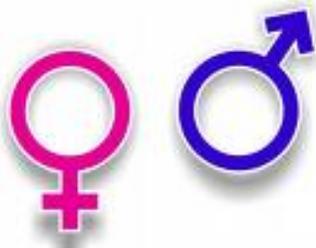
The reason lies on how the brain evolved over thousands of years ago when men were hunters and women gatherers. Hunting required creativity, strength, and cleverness and not much conversation was required. Women spoke with other women most of the time while raising their children and gathering food.

Researchers who have used brain imaging technology have identified that men use the left hemisphere primarily when listening and talking, while women showed high activity on both hemispheres. This indicates that women have a higher capacity and complexity with language. Our lifestyle is very different from the past, but men and women have maintained their old style of speaking patterns. The following are examples that demonstrate this concept:

Need GRE Help?



Kaplan Test prep is here to help!  
Contact 1-800-KAP-TEST for  
more information



Fun Facts from:  
[http://www.learnbodylanguage.org/flirting\\_talk.html](http://www.learnbodylanguage.org/flirting_talk.html)

Howl at the Moon!  
Come listen to the best  
music around!



612 Hadley St  
Houston, Tx  
(21 & older)

- Women may sound more emotional in conversations because they normally use five tones, men sound monotonous because they normally use three tones.
- When arriving to a decision, women seek input from other women. Men try to make the final ruling regardless of what others think.
- Women talk about their feelings to improve their relationship with the listener, while men emphasize their dominance.
- Women try to make their relationship bonds stronger by discussing their problems and are more concerned of what other people think of them.
- Women make indirect accusations such as "Why do you do that often?" while men use direct accusations such as "You always do that!"
- Women like to relate while men enjoy debate.
- Women express concern with others and show empathy, men try to resolve things and give advice to others.
- Women reveal their feelings and speak about their private life easily, men hardly ever do. This may seem as a weakness in men and display a lower status as a dominant man in their mind.

## Spotlight Member of the Month

By: *Milena Gemignani*



**Rubi Gonzales**  
Spotlight Member for the  
Month of March



### Word Association Game!

**PB:** Green

**RG:** Beret

**PB:** White

**RG:** Bird

**PB:** Chocolate

**RG:** Cake

**PB:** Where from?

**RG:** Born and raised in Houston, TX

**PB:** What do you like to do on your free time?

**RG:** I love to go jogging. I also enjoy reading whatever I can get my hands on.

**PB:** Favorite quote?

**RG:** Knowing your own darkness is the best method of dealing with the darkness's of other people.  
-Carl Jung

**PB:** Tell us something fun/embarrassing about you.

**RG:** I am kind of scared to ride elevators by myself with the fear that it might not function properly.

**PB:** Favorite psychology class? Why?

**RG:** Physiological Psychology. To know that there is an actual reason and/or process in the things we do is amazing.

**PB:** Favorite psychology Professor? Why?

**RG:** Dr. Herb Agan. He is very enthusiastic and made me take a different outlook on life.

**PB:** Favorite movie

displaying a psychology disorder?

**RG:** A Beautiful Mind

**PB:** What do you plan on doing after you graduate?

**RG:** Go to graduate school.

**PB:** Why did you join Psi Chi?

**RG:** To meet new people with similar interests and to get a better understanding about grad school and the different areas in psychology

**PB:** Tell us about your Psi Chi experience!

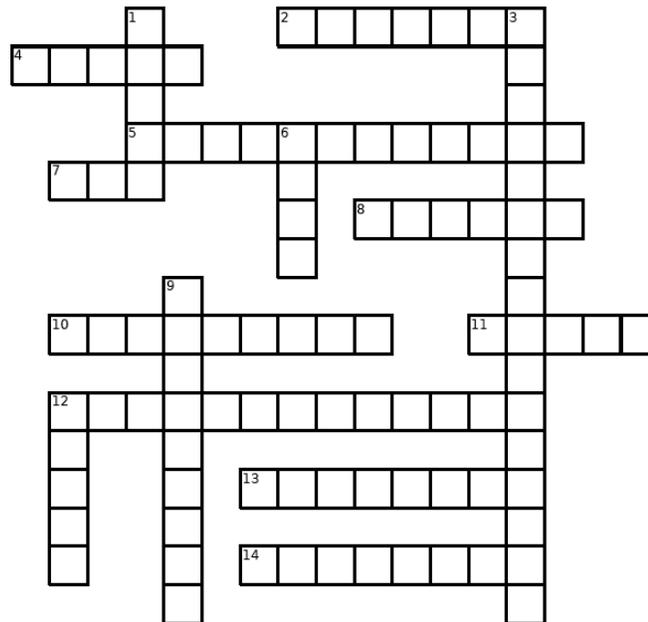
**RG:** It has been an amazing experience! I have made so many friends through Psi Chi. I also have learned so much about grad school and the different areas in psychology, which has definitely helped me for my future plans.

**PB:** In what area of psychology do you want to work?

**RG:** Counseling psychology

# March Crossword Puzzle

Victor Tran



- | Across   | Down  |
|--|---|
| 2 considered the most preventable cause of death   | 1 French psychologist that developed one of the first IQ tests  |
| 4 proposed that love is made up of three elements  | 3 psychologists that work specifically with older adults  |
| 5 This trait includes characteristics such as excitability, sociability, talkativeness, assertiveness, and high amounts of emotional expressiveness                  | 6 An individual that fidgety, noisy, and unable to adapt to changing situations may suffer from what disease? |
| 7 a psychotherapeutic approach that aims to solve problems concerning dysfunctional emotions, behaviors and cognitions through a goal-oriented, systematic procedure | 9 utilized the "Strange Situation" in order to examine attachment   |
| 8 the final stage of sexuality   | 12 Freud suggested that females suffer from this type of envy   |
| 10 Condition in which the body must have a drug to avoid physical and psychological withdrawal symptoms  |   |
| 11 Symptoms of autism usually appear by what age?  |   |
| 12 According to Maslow's hierarchy of needs, the most basic needs are defined as the acquisition of skill or knowledge   |   |
| 13 defined as the acquisition of skill or knowledge  |   |
| 14 A therapeutic technique in which clinicians make suggestions to individuals who have undergone a procedure designed to relax them and focus their minds           |   |

# Psi Chi/Psychology Club Calendar

## Birthdays

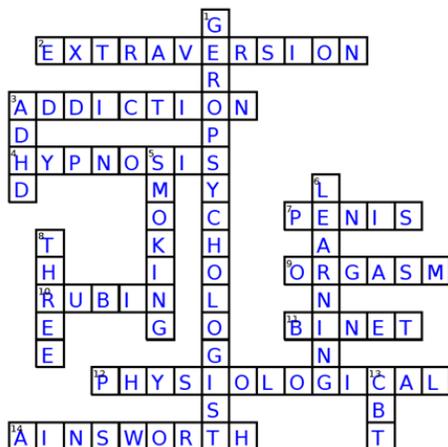
Sarah Palazzollo	Mar. 2
Precious Ogu	Mar. 10
Toni Smith	Mar. 13
Samantha Benitez	Mar. 18
Tiffany Phillips	Mar. 23

## Upcoming Events

General Meeting	Mar. 25
Field Day	Mar. 28
Bake Sale	Apr. 20
Officer Elections	Apr. 22
Inductions	Apr. 29

- General meetings – Psi Chi Meetings! Be sure to wear your shirt for an extra 10 points!
- Field Day – Get ready to take it back to the elementary days and enjoy a day of outdoor fun!
- Bake Sale – Hippie themed bake sale! Dress up and bring goodies. PGH Breezeway 10:00am-4:00pm
- Induction Ceremony – Formal ceremony where new members will be inducted into Psi Chi and Psychology Club

### Crossword Answers



MARCH 2010						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL 2010						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY 2010						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					