

PSYCHO BABBLE

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Congrats Grads!

Psycho Babble would like to congratulate the members of Psi Chi/Psychology Club that graduated in December 2009! We know you will go on to do amazing things in the future.



Message from the Editors

We would like to thank everyone who has enjoyed Psycho Babble for the past semester. Our hopes for this semester are to once again provide Psi Chi and Psychology Club with a quality newsletter that will be enjoyable for all. The suggestions that you, the reader, offer are very important, so please continue to provide us with your feedback. We are always available at UHPsychoBabble@gmail.com for any comments or the suggestion box located in the Psi Chi Office. We hope that everyone had a great break and will now have an even better semester! Good luck!

From your editors,

Cindy Nguyen and **Sonia Singh**

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"Marsha Linehan and Jon Kabat-Zinn a modern twist to focus the mind and body, yielding constructive, balanced reactions to the stress of school, through mindfulness."

Mindfulness 101: How to Survive and Thrive in School

By: Sarah C. Turner

This is the time for the kick-start to charge into the spring semester, fueled by caffeine and adrenaline. Deadlines and pressure to meet them seem to come at us from every side, leaving us stressed out, irritable and utterly sleep deprived.

While a triple shot of espresso might be a short term solution to increasing mental stamina, researchers Marsha Linehan and Jon Kabat-Zinn offer a modern twist to focus the mind and body, yielding constructive, balanced reactions to the stress of school, through mindfulness.

"Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally," wrote Kabat-Zinn in his 1994 book *Wherever You Go, There You Are*. Practically, mindfulness is a mechanism "to be more in touch with the fullness of your being through a systematic process of self-observation, self-inquiry, and mindful action," wrote Kabat-Zinn.

Another way to think about it is "putting your mind where your feet are" (Hall, 2009), meaning your mind is focused only on the information directly in front of you- not the outcomes. Thoughts of impending doom of taking the exam and your expectations of the grade you receive get in the way of your attention and focus on the reading assignment or problem set.

Mindful worrying can be a great way to begin a study session. It may seem counterintuitive to write a list of the issues you're worried about concerning your work, but in doing so you identify and label your fears to develop a way to approach them. The exercise is to select one of the fears or worries and think, talk, or scream about it for a specific period of time, typically 3 to 5 minutes.

If the fear comes back as you work, acknowledge that it exists, and then consciously say to yourself, "Yes, it scares me that I don't know the difference between a beta-blocker and a meta-analysis, but I'm going to keep working and I am not going to give any more attention to my fear." You've acknowledged that the fear exists, validated your emotional experience, and given yourself the steps you need to succeed.



Ask Psycho Babble

By: Victor Tran

How can a psychologist contribute something beneficial to patients with AIDS?

Human behaviors are significant to all fields of psychology; therefore, psychologists can assist those suffering from AIDS by studying the behavior of those inflicted with HIV. From research, a psychologist may be able to determine which individuals in a population are at an increased risk to be diagnosed with AIDS. Once those individuals have been identified, psychologists may be able to develop intervention programs to prevent those at-risk individuals from ever contracting HIV. After developing a successful program, psychologists would be responsible for implementing the programs wherever the programs may be needed. The development of fruitful HIV/AIDS intervention/prevention programs is an absolute necessity. Without these programs, sections of the population would remain uninformed and at increased risk.

Also, the psychologist may contribute to those already suffering from AIDS. On a micro scale, psychologists may provide therapy to individuals or groups suffering from AIDS. Again, especially in the group therapies, psychologists may utilize intervention programs to educate patients w/ AIDS. These programs could go a long way toward increasing the quality of life of many individuals suffering from AIDS.

Send Us Your Pictures for Valentine's Day!

Next issue we will have a collage of Psi Chi/Psychology Club Couples. Email us a picture of you and your sweetie at UHPsychoBabble@gmail.com and we'll put it in next month's issue of Psycho Babble!



Got a question? Ask
Psycho Babble!
Email Victor Tran at
askpsychobabble
@gmail.com

Textbook for Sale!!

Textbook for PSYC 4343
Sensation and Perception, Second Edition
by Jeremy M. Wolfe, Keith R. Kluender,
Dennis M. Levi, and Linda M. Bartoshuk
Selling Price: \$70
Contact Jesse for Info
713-402-8909



Spotlight Member of the Month

By: Milena Gemignani



Lauren McElroy
Spotlight Member for the
Month of January



Word Association Game!

PB: Red
LM: Rover

PB: Reindeer
LM: Section (good indie band check them out)

PB: Santa Claus
LM: Creepy

Psycho Babble: Where from?

Lauren McElroy: I was born in London, but I lived in Saudi Arabia for a large part of my childhood. My family traveled back to the states when I was eight years old. We left footprints in Sugar Land, TX but planted roots in a small country town in Fulshear, TX (total population: 700).

PB: Favorite quote.

LM: "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou

"When you get to my age, you'll measure your success in life by how many of the people you want to have love you actually do love you. That's the ultimate test of how you've lived your life."

Warren Buffett

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

LM: Hiking, biking, kayaking, reading, outdoor concerts, dog parks, movies, Longhorn football, volunteering, researching and friends.

PB: Tell us something fun/embarrassing about you!

LM: I love to watch Drum Corp International competitions! (DCI)

PB: Favorite movie displaying a psychological disorder?

LM: Girl Interrupted. However, I am more of a bibliophile and strongly recommend 'She's come undone,' by Wally Lamb.

PB: Which was your favorite psychology class and why?

LM: Definitely, Physiological Psychology because it combined my two loves of biology and psychology and Dr. Massman was an outstanding teacher.

PB: Tell us about your college experience! How was it?

LM: College has been an incredible adventure filled with some of my greatest achievements and most frustrating losses. I wouldn't change any part of my college experience.

PB: What advice would you give to the students who are just starting their college life?

LM: Be grateful for the opportunity to attend college, don't miss class, ask questions, and talk to professors during their office hours (they are brilliant people). Also, never forget what you put into college is directly proportional to what you get out of it!

PB: You are just graduated in December, right? What are you planning on doing next?

LM: Sleeping for a solid week, finishing my graduate school applications, weaning my way off of caffeine (for good), taking a road trip along the east coast, and traveling to Perth, Australia in February.

Fun Facts

By: *Claudia Guardiola*

1. Being sad makes you think more critically...

In a study conducted with children they found that the kids who listened to sad music thought more critically. They became more productive in tasks that were analytical or detail oriented. Psychologists believe that if a person is in a content mood they believe everything is right so there is no need of processing everything critically. If a person is in a sad mood, it leads them to believe that something is wrong and should be corrected, making the process more detail oriented.

2. The height of a ceiling affects how people think...

A marketing researcher named Joan Meyers-Levy developed a study where she randomly assigned people to an eight foot or ten foot ceiling rooms. The people that were in rooms with taller ceilings showed more creativity and their thinking was more abstract. The people with the lower ceilings focused more on specific details and were better in correcting mistakes.

3. Optimism has a positive impact on health.

A Harvard study concluded that an individual who is 25 years old and optimistic has better health outcomes for the next thirty years. This impacts their health by having a regulated cardiovascular system, healthier immune system, and less hormonal response to stress when compared to pessimistic individuals. They have a better self esteem are more likely to follow healthy behaviors because they know it will make a difference in the long run.

4. How observant are you?

There are 11 human faces in the picture. Can you find them all? Normal people find 4 or 5 of them. If you find 8, you have an extraordinary sense of observation. If you find 9, your sense of observation is above average. If you find 10, you are a very strong observer. If you find all 11, you are extremely observant.



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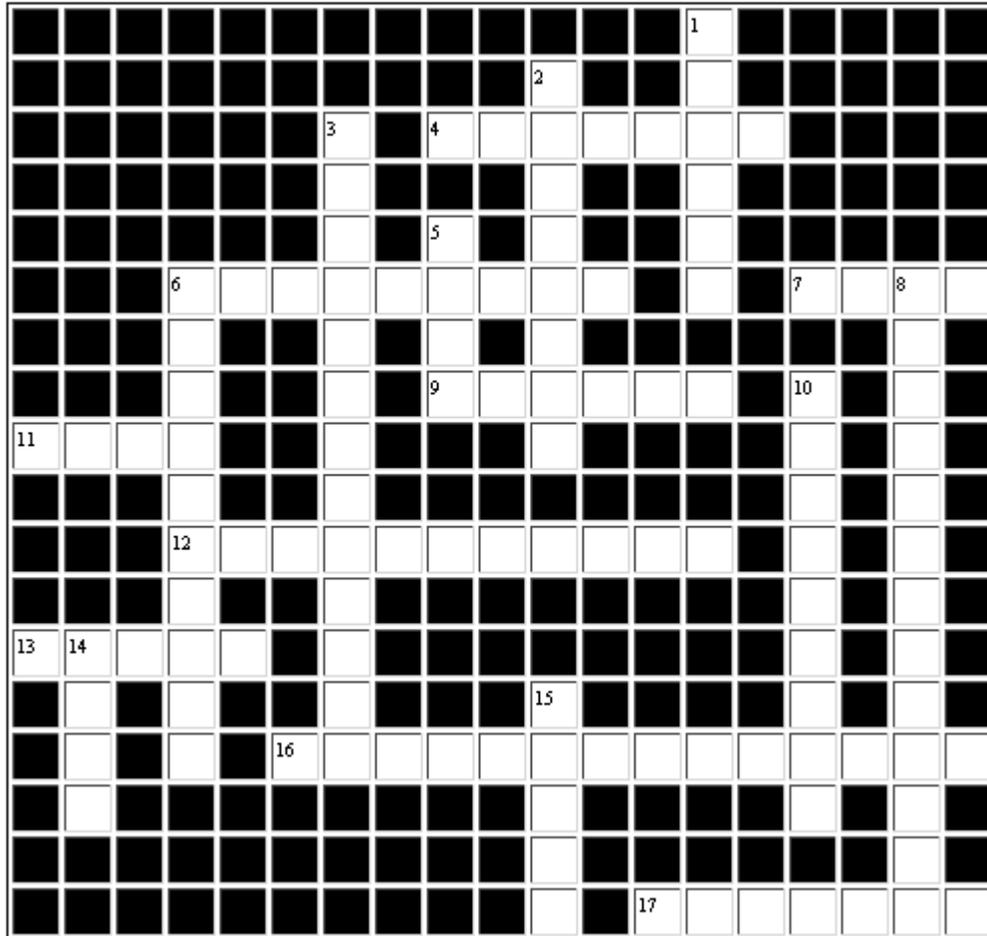
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Psycho Babble Crossword Puzzle

By: Claudia Garcia



Across

- 4. The ____ lobe is not fully developed in adolescents
- 6. This disease is characterized by having loss of memory
- 7. This disorder usually occurs after a very terrifying event (abbreviation)
- 9. developmental disorder that usually appears at age 3
- 11. There are usually ____ factors of personality
- 12. Stage in life in which an individual develops an identity crisis
- 13. extreme anxiety usually leads to ____ attacks
- 16. Name of scale used to measure intelligence
- 17. This disorder consists of extreme highs and lows

Down

- 1. Last name of the man who created the developmental stages
- 2. Syndrome characterized by repetitive involuntary movements and vocalizations
- 3. This response is adaptive and helps us escape danger
- 5. Eating disorder in which children eat non food items
- 6. Hormone most involved with stress
- 8. Psychological disorder in which hallucinations typically occur
- 10. Disorder characterized by chronic depression but less severe than a major depression
- 14. Symptoms of this disorder consist of hyper activeness, impulsivity, and inability to pay attention (abbreviation)
- 15. Gender that is most diagnosed with depression

Psi Chi/Psychology Club Calendar

By: Christina Kowalski Rosser

Birthdays

Edlin Galvan	Jan. 2
Letitia Carter	Jan. 11
Lyndsay Weaver	Jan. 30
Ashley H	Jan.

Upcoming Events

Recruiting	Jan. 28
First General Meeting	Feb. 4
Valentine's Day Bake Sale	Feb. 11

**HAPPY BIRTHDAY EDLIN, LETITIA,
LYNDSAY, AND ASHLEY!!**

- Recruiting – Join us in the entryway of Heyne as we recruit new members with coffee and donuts!
- General meeting – Our first meeting of the semester in 135H at 5:30pm. Remember to wear your Psi Chi shirts!
- Valentine's Day Bake Sale – PGH Breezeway from 9 to 4. Bring Valentine's Day themed goodies to help raise \$ for Psi Chi!

JANUARY 2010

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31						

FEBRUARY 2010

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28						

MARCH 2010

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