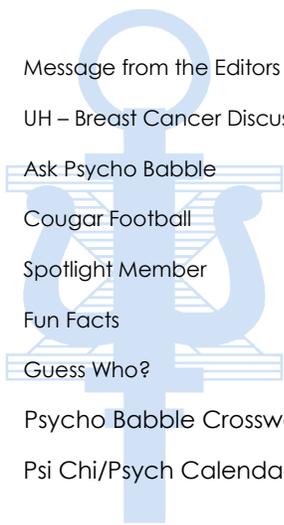


PSYCHO BABBLE

www.uh.edu/psichi

November 19, 2009

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Psi Chi 2009-2010 Officers

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Thalia Flores – Vice President

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Cindy Nguyen – Historian

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Message from the Editors

Welcome to the 2nd issue of Psycho Babble! We are very pleased with how the first newsletter turned out and hope to continue to provide Psi Chi and Psychology Club with a quality newsletter. We hope that everyone realizes that we are interested in bringing you what you want to read so we are always open to suggestions! If you have any questions please email us at UHPsychoBabble@gmail.com, and we will be more than happy to assist you.

From Your Editors,
Cindy Nguyen & Sonia Singh

UH Welcomes Breast Cancer Discussion

By: Sarah C. Turner

On Monday, November 16, University of Houston hosted two showings and discussions of Sonia Baéz-Hernández's 2006 documentary, *Territories of the Breast*. This event was presented by the departments of Modern and Classical Languages and the Women's Studies program. It served as an impetus to change health policies and to increase awareness of inequalities in breast cancer treatment among African American women, Latinas, and women without health insurance.

Baéz-Hernández's interviews woven throughout the film highlight the following concepts: inequalities of her own treatment program to battle breast cancer as a Puerto-Dominican woman without health insurance, the role of gender issues, the importance of social support from family members and friends, and the role of spirituality during treatment and remission.

The Center for Disease Control (CDC) reported that breast cancer is the most common form of cancer among women of all races and ethnicities. When she was diagnosed with breast cancer in 2001, Baéz-Hernández relied on clinics that offered a sliding scale system, which was arranged for people to pay for treatment as their budget and annual income would allow. She expressed such frustration about the inadequacy of physician-patient communication that she cancelled two surgeries. However, the Avon Foundation Breast Cancer Fund allowed her to gain access to better quality health care, which led her to pursue the removal of the cancerous tumor and breast reconstruction, using her own fat tissue surrounding her abdomen. She is now in remission and an activist in advocating for equal rights for medical care.

Con't on pg 2

Need GRE Help?

KAPLAN

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



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

UH Welcomes Breast Cancer Discussion con't from pg 1

The Health Psychology program at the University of Houston has a strong emphasis on breast cancer research. Their focus is clarified on the website, writing, "Our research is designed to combine, quantify and integrate each individual's breast cancer experience into a collective voice in order to help breast cancer survivors and their loved ones to better understand and cope with their feelings and thoughts throughout the survivorship process."

To learn more about research related to breast cancer, you can visit the following Web sites: UH Health Psychology Research Group, National Cancer Institute, and the CDC.

Ask Psycho Babble

By: Victor Tran

Greetings Psi Chi and Psychology Club People,

What are some of the things I should do to help me get into graduate school?

If you hope to have a plethora of options when you finish your undergraduate studies, the most optimal strategy would be to prepare for graduate school as soon as possible. During your time as an undergraduate student, there are several things you need to do in order to be a competitive graduate school applicant. First, you should maintain a relatively high grade point average. Your grade point average will not be the sole determinant of whether or not you are accepted into graduate school; however, a high grade point average is a good indication of your ability to prioritize, organize, and carry out responsibilities.

Also, while you are an undergraduate student, you should take the opportunity to develop cordial, professional relationships with your professors. Developing these relationships can be very beneficial because your professors may determine/influence the field of psychology in which you choose to specialize. In addition, they may assist you in carrying out an honors thesis, or they may write you letters of recommendation. They may even request that you become a research assistant in their laboratory. If you are similar to me and find that it is difficult to develop close relationships with your professors, still, it is of the utmost importance that you participate in research as an undergraduate. You will be able to present yourself to graduate school application reviewers as a capable, efficient researcher. Also, the bond you develop while working with the supervisor of the laboratory contributes to an awesome recommendation letter. Typically, you need three recommendation letters. Therefore, I would recommend that you join at least three research laboratories.

Con't on pg 3

Furthermore, you should do your best to attain a high score on the GRE. If you are in need of assistance, there are various test preparatory companies that will guarantee an increase in your examination scores. With regards to the actual application, most graduate schools will request a statement of interest, also referred to as an autobiographical statement. Do not tell your life story. The statement of interest pertains to your interest in psychology; your goal should be to evoke some kind of sentiment from the application reviewer. You will also need to present a vita, which is essentially your life history. It should include your personal information, educational history, work history, research experience, awards you have received, and publications.

How much wood would a woodchuck chuck if a woodchuck could chuck wood?

In this modern day, the woodchuck is no longer interested in throwing wood. In addition to tongue-twisting generations of people, the woodchuck has thrown its fair share of wood and has put down its miniature paws. Instead, these days, the woodchuck looks forward to the season premiere of the action-comedy show Chuck, which was renewed for its third season by NBC.

What's your prediction, who will be going to the Superbowl this year and why?

Of all things in the wide world of sports, I know least about what is happening in the National Football League. I do not enjoy football; I consider futbol the "real" football. I once considered buying a t-shirt in which there was a graphic of a arm throwing a football with a caption that read "Throwball." Finally, I know which team definitely will not make it to the Superbowl, the Houston Texans.

Cougar Football!

By: Brenda Ventura

The 2009 football season is coming to an end with only two games left. The team had a thriving and exhilarating season that led to the University of Houston to be ranked in national polls as well as the Bowl Championship Series. The COOGS had an outstanding winning streak throughout the season with only one disappointing loss against UTEP, but sadly that came to a halt this past weekend when they lost to UCF 37-32. Let's keep on supporting our superstars. Our next home game will be November 21, 2009 at 12:00pm at Robertson Stadium against Memphis. Wear RED, be LOUD, and be THERE to support the team that has put our university back on the charts. The last game of the season will be against our rivals the RICE OWLS on November 28, 2009 at 7:00p.m. Be sure to make it out for both games that will finalize the amazing season that we have witnessed. WHOOSE HOUSE?! COOGS HOUSE!!!!



Spotlight Member of the Month

By: Milena Gemignani



Melisa Akin
Spotlight Member for the
Month of November



Psycho Babble: Where are you from?

Melisa Akin: Houston, Texas

PB: When bored I like to...?

MA: Listen to my iPod.

PB: Favorite quote.

MA: "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment"- Ralph Waldo Emerson

PB: Favorite movie displaying a psychological disorder?

MA: I recently watched *The Three Faces of Eve* and thought it was a great film depicting multiple personality disorder.

PB: Which was your favorite Psychology class? Why?

MA: I would have to say Psychology of Human Sexuality. We learn interesting things all the time!

PB: Why did you join Psi Chi?

MA: I am a senior now so I wanted to be more involved with school activities on campus before I graduate.

PB: Tell us something fun/embarrassing about you!

MA: I'm obsessed with butterflies!

PB: Which area of Psychology interests you more?

MA: I am actually looking into learning more about I/O psychology.

PB: Where do you see yourself in the next 10 years?

MA: Traveling the world.

PB: Are you, or have you worked in any psychology related job? If so, how did you like it?

MA: I was a research assistant here at the psychology department but I will be interning at an anti-child abuse organization next semester.

Word Association Game!

PB: Love

MA: You

PB: Friends

MA: Best

PB: Green

MA: Environment

Fun Facts

By: *Claudia Guardiola*

1. What do men and women look for in the opposite sex?

Evolution plays a major role in what is considered to be attractive. Women normally tend to look for a man who demonstrates power which is usually by their wealth or their social status. Men are attracted to women on the basis of their looks because it represents fertility. The woman is responsible for giving birth and the man is traditionally the provider.

2. What is considered to be a beautiful face?

Research conducted has revealed that symmetrical faces seem to be the most attractive. Attractions to these faces are subconscious and evolutionary. People in the past and now often breed with people perceived to be healthy. Research has led to the conclusion that a symmetrical face is a factor to strong immune system due to healthy levels of testosterone and estrogen.

3. Is superstition related to psychology?

Yes. Superstitions seem to be popular among all different kinds of people regardless of their education level or their income. Superstitions result from well understood psychological process from human sensitivity, coincidence, coping with the unknown, or having the need for control. Common superstition: The 13th floor in buildings is considered to be bad luck. Many hospitals make the decision to skip that number and label the 13th floor the 14th floor. The Texas Children's Hospital in Houston, Texas demonstrates this concept.

4. If you want to paint your room you should know about the psychological effects of these colors:

RED - can be used to diminish negative thoughts but it can also make you irritable

PINK - is known to lessen thoughts of irritation and aggression

ORANGE - serves as an up lifter since it improves feelings of self worth, allows becoming more forgiving, and relieves self pity

YELLOW - is associated with feelings of happiness, intellectual thinking, good judgment, and viewing things from different points of view. This color helps you build self confidence and increases optimism.

GREEN - creates feelings of relaxation, comfort, and calmness.

BLUE - helps us become calm and relaxed. It also inspires clarity, creativity, and mental control.

PURPLE- helps balance the mind and overcome fears. It helps improve feelings of peacefulness.

BROWN- brings feelings of stability and security, but it can lead to the withholding of information or retreat from the world.

BLACK- is passive but can prevent change or growth.

WHITE- can bring feelings of freedom and comfort. Having too much white could lead to feelings of isolation.

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and we'll fit you into next month's newsletter!



Guess Who?

By: Toni Smith

We all began as little tikes with Freudian complexes and animistic thinking. Do you recognize your fellow Psi Chi members in their humble beginnings?

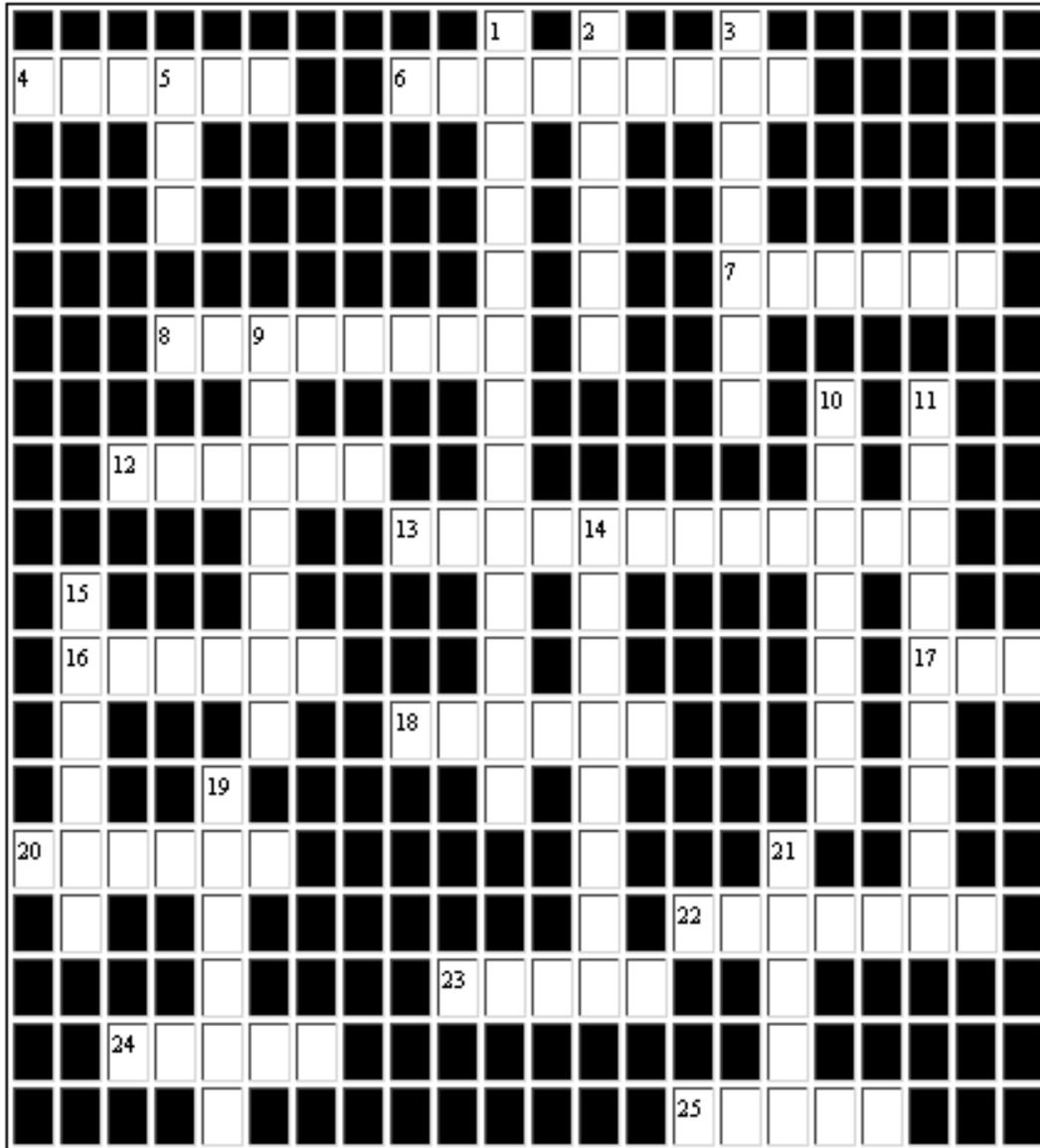
Match the following baby pics with the following members: Sonia Singh, Amanda Danielson, Claudia Guardiola, John Gervais , Melisa Akin, Lee Edlund, Simmi Mulchanani, Ashley Moore, & Cindy Nguyen.



Figured it out?

A) John Gervais B) Amanda Danielson C) Lee Edlund D) Melisa Akin E) Sonia Singh
F) Ashley Moore G) Simmi Mulchanani, H) Cindy Nguyen I) Claudia Guardiola

Psycho Babble Crossword Puzzle



Across

- 4. Psi Chi Vice President (First name)
- 6. Kitty Genovese's murder caused psychologists to investigate the [blank] effect
- 7. Branch of psychology interested in biology, behavior, and social context influence health and illness
- 8. Name of the professor that led the Stanford Prison Experiment (Last name)
- 12. Psi Chi Academic Affairs (First name)
- 13. It's almost time for [Blank] Break!
- 16. Psi Chi President (First name)
- 17. The branch of psychology that studies workers (Initials with dash between)
- 18. Spotlight member of November (First name)
- 20. Which branch of psychology studies relations between people and groups
- 22. Psychologist who proposed operant conditioning using his box (Last name)
- 23. Proposed the id, ego, and superego (Last name)
- 24. Whooose House? [Blank] House!
- 25. Building where psychology department is located

Down

- 1. Coolest newsletter ever
- 2. Spotlight member of October (First name)
- 3. Psi Chi Secretary (First name)
- 5. Psi Chi Treasurer (First name)
- 9. Only psychology class that also requires a lab component
- 10. The national honor society in psychology
- 11. The branch of psychology dealing with internal mental processes of thought
- 14. Psi Chi Faculty Advisor (Last name)
- 15. Psychologist who proposed classical conditioning (Last name)
- 19. Psychologist that founded behaviorism
- 21. Psi Chi Historian (First name)

Psi Chi/Psychology Club Calendar

By: Christina Kowalski Rosser

Birthdays

Sarah Turner	Oct. 29
Charlotte Scroggle	Nov. 3
Sara Velasquez	Nov. 3
Hanein Taher	Nov. 7
Rachel Levine	Nov. 14
Nabiha Ahmed	Nov. 25
Milena Gemignani	Dec. 1
Niken Probanto	Dec. 3
Nadeen Moghrabi	Dec. 8

Upcoming Events

Inductions	Nov. 17
Food Drive	Nov. 18 – 25
Toy Drive/Party	Dec. 13

**HAPPY BIRTHDAY SARAH, CHARLOTTE, SARA,
HANEIN, RACHEL, NABIHA, MILENA, NIKEN, AND
NADEEN!**

- Inductions - New Psi Chi and Psychology Club members are inducted. AD Bruce Religion Center at 6:30 pm.
- Food Drive - Bring food for the bake sale and a nonperishable for a food drive.
- Holiday Toy Drive - Holiday party and toy drive for BPSOS shelters and VASF. Donate toys, money, or time.

NOVEMBER 2009						
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29	30					

DECEMBER 2009						
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27	28	29	30	31		

JANUARY 2010						
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31						

