

PSYCHO BABBLE

www.uh.edu/psichi

October 15, 2009

Inside This Issue

- 
- 1 Welcome to Psycho Babble
 - 1 UH Promotes Dep. Screenings
 - 2 Ask Psycho Babble
 - 3 Spotlight Member
 - 3 Class Clues
 - 4 Whoose House!?
 - 5 Efficient or Just Economical
 - 6 Fun Facts
 - 6 Writing Workshop
 - 7 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

Welcome to Psycho Babble

What is the Psycho Babble? These monthly newsletters, brought to you by the Psi Chi and Psychology club newsletter committee, will help inform you about what is occurring in Psi Chi, Psychology Club, psychology in general, and so much more. Each person on our devoted team has worked hard to bring you this exciting newsletter, so enjoy! If you have any questions please email us at UHPsychoBabble@gmail.com, we will be more than happy to assist you.

From Your Editors,
Cindy Nguyen & Sonia Singh

UH Promotes Depression Screenings

By: Sarah C. Turner

As representatives of the field of psychology, it is imperative to understand the nature of mental health and the signs of common mental illnesses, like depression. National Depression Screening Day is a nationwide call for action to help people who are struggling with coping with everyday life. The Counseling and Psychological Services (CAPS) program at the University of Houston and 539 other universities participated in this free mental health screening for students and the Houston community on October 8.

Depression screening is critical for students because the incidence of depression climaxes in early adulthood (Pine, Cohen, Cohen, Brook, 1999). Many life-altering changes accompany the transition into the college environment, bringing anticipation for new experiences and a sense of freedom in making your own decisions. For some these dramatic changes can be overwhelming and result in a negative affect on mood, concentration, social withdrawal, or sleep disturbance. These behaviors can be indicative of clinical depression, which is "a serious medical illness that negatively affects how you feel, the way you think and how you act" (University Health Center, Berkeley, CA).

Due to the prevalence of depression and its prominence in advertising campaigns, many Americans have a general idea of the symptoms of depression; however, these television commercials and magazine advertisements do not provide sufficient answers for ways to cope with depression.

Con't on pg 2

Need GRE Help?

KAPLAN

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

UH Promotes Depression Screenings con't from pg 1

Recognizing the symptoms of depression is the first step toward regaining balance in mood and its physical expressions. The second is reaching out for help. The CAPS program at the University of Houston has resources to help students cope with depression via therapy and useful skills to combat depression. CAPS offers 10 free individual counseling sessions each year for students and 3 free sessions for faculty and staff. Group and family counseling sessions are also available throughout the week. If you are interested in these counseling options, please call Counseling and Psychological Services at (713) 743-5454 for an intake appointment.

Ask Psycho Babble

By: Victor Tran

Hello, fellow Psi Chi and Psychology Club members and officers, my name is Victor Tran. For the foreseeable future, I will be in charge of the advice column in the Psychobabble newsletter. It will be my responsibility, to the best of my ability, to respond to all of your psychology related queries. If you do not have any questions pertaining to the field of psychology, you may ask me about another subject. You can submit a question to askpsychobabble@gmail.com, or you can place your written question into Cindy Nguyen's, our historian, mailbox. If you are unsure of what to ask me, here are a few examples:



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

1. How do I obtain a position as a research assistant in a psychological research group?
2. Which university has the best graduate school in psychology?
3. What kind of career options are available to me, if I am majoring in psychology?
4. What are the potential benefits of joining an honor society, such as Psi Chi - The National Honor Society in Psychology?
5. How is psychology relevant, if much of the research done in psychology is not subject to scientific experiment?
6. What is the origin of the field of study known as psychology?
7. Will I obtain a high score on the GRE?
8. Why is Frasier the best sitcom ever?
9. Why do Gorillaz make such good music?
10. Why are Houston sports teams so terrible?

Spotlight Member of the Month

By: Milena Gemignani

Psycho Babble: Name?
Answer: Rachel Levine

PB: Where from?
A: Houston, TX

PB: Hobbies?
A: Reading, listening to live music

PB: Favorite color?
A: Black

PB: Favorite quote?
A: "Don't focus on what you haven't done; focus on what you can do." – Dr. John Gaa

PB: Favorite Movie?
A: Fight Club

PB: Tell Psycho Babble some fun fact about you!
A: I never know what to say when I am asked this question... I graduate in December!!!!

PB: Are you currently reading a book?
A: Do textbooks count? Haha. Yes I am, A Piece of Cake by Cupcake Brown

PB: Why did you join Psi Chi?
A: I wanted to be surrounded by like-minded people and be part of an internationally recognized organization. I work very hard in school and that is recognized by being a part of Psi Chi. Plus the people are great!

PB: What are you most proud of having accomplished in your life?
A: Working hard to achieve the success I have thus far

PB: Where do you see yourself in 10 years?
A: PhD and working as a school psychologist. Maybe married with some kids.

Word Association Game!

PB: Yellow
A: sun

PB: Family
A: guy

PB: Box
A: cutter



Rachel Levine
 Spotlight Member for the
 Month of October



Class Clues

By: Elizabeth Tran

PSYC 2301: Introduction to Methods in Psychology

What class happens to NOT be at the top of everyone's favorite list of psychology courses? Reading straight from the UH Undergraduate catalog, it describes this class as: "Understanding the evaluation of research in psychology, including the conceptual basis of descriptive and inferential statistics and design techniques". Although learning how to conduct research is imperative for graduate schools and future careers in the field of psychology, it sounds kind of painful to go through 4 ½ months of learning how research is designed and conducted. Looking through the course listings on the UH website, it shows that you have to take a lecture portion and a lab.

Psi chi halloween bake sale!

Tons of spooky goodies and snacks!

Come and support us!

PGH 9:00am – 4:00pm

con't on pg 4

Class clues con't from pg 3

Dr. Lynda Villanueva, an I/O Psychologist, is a great instructor to take for Research Methods! What's great about her class is that you attend lecture and lab (both portions in the same sitting) on Saturday mornings for 3 hours. It's a little unorthodox to have a Saturday class, but it turns out to be a great option. You are able to spend more time on other classes during the week, and strictly focus on Research Methods on the weekends.

For Dr. V's Intro to Research & Methods in Psychology course, there are 3 take home midterms (make sure to answer every portion of the question fully in order to receive full credit), 1 research proposal, 1 literature review paper, and 1 article review paper. Although it may sound like a large amount of work for this class, Dr. V walks you through it, step by step. She also gives plenty of time to complete each assignment thoroughly.

If you are skeptical or unsure, which professor to take for Methods, I highly recommend taking the class with Dr. V. She is a knowledgeable instructor that truly wants to help her students learn the material.

*****(Please take into consideration that this article only reflects Elizabeth Tran's personal experience. For a full course evaluation of each instructor that teaches this course, visit the M.D. Anderson library.)***

HEY UNDERGRADS!

Here's a research opportunity for YOU!
VISUAL COGNITION LAB ASSISTANTS
 are needed.



Contact Evelina Tapia for information:
 etapia@uh.edu

WHOOSE HOUSE?

By: Brenda Ventura

After an upsetting loss last Saturday to UTEP, the UH football team faced off against Mississippi State on Saturday October 10, 2009 in Starkville, Miss. Although we were the visiting team, our COOGS were able to pull off a big win against the bulldogs. With a great comeback, the cougars won the game 31-24. This win marks the third win over a BCS AQ team, once again putting us on the National polls at No. 23. The COOGS will travel to New Orleans on October 17 to play against Tulane in the Superdome. Kickoff will be at 2:30p.m and will be televised on CBS College Sports for all you big fans who can't get enough of the red cougar pride.

Since the last home game vs. Texas Tech, the COOGS will be hosting SMU on October 24 at Robertson Stadium at 6:30p.m. Make sure to get there on time, wear red, and be loud because it's our Homecoming game and it will also be broadcasted on CBS College Sports channel.

con't on pg 5



con't from pg 4

Changing gears in sports, another team that needs our support is the women's soccer team. Since the beginning of their season, they have played nine games and sadly have won three. The girls had a rough start to the night Friday, October 9th due to the cold and drizzling rain. Memphis controlled most of the game, giving them the upper hand on the ball. The lady cougars stepped up the game during the second half and had a few close opportunities of scoring. We had a better outcome Sunday October 11th against UAB, where we tied 1-1 in a double overtime. Let's hope that the cougars will pull off a win against Southern Mississippi on October 16th. The game will start at 7:00p.m at Robertson Stadium. Don't forget to go out and support our women's soccer team. If you're one of the first 100 students you get a free t-shirt!!



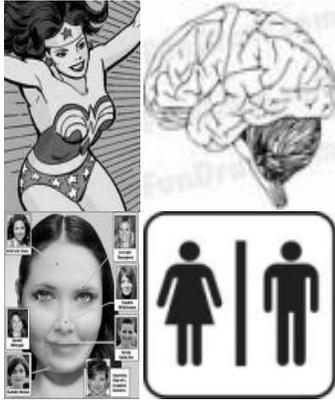
Efficient or Just Economical: You Be the Judge?

By: **Brenda Ventura**

Most of you have probably over heard conversations or have received emails regarding the change of graduating ceremony practices that will take effect this December. The uproar that this situation is causing amongst students is based on the fact that graduating ceremonies will no longer be conducted by colleges and departments, but instead by a "university-wide commencement." This new ceremony alteration only questions the motives behind the drastic and sudden decision rather than solve any existing issues. For example, one of the "reasons" to go back to a university-wide ceremony is that since it takes a university to graduate a student, it is the obligation of the university to honor the graduating student. Does this explanation coincide with the notion that a wide based commencement as opposed to college-based will help alleviate the parking clustering that occurs at graduations? Parking and security issues are expected to occur at large events. It appears that the rationale behind this particular reason is bogus. It does take a university to graduate a student, but it takes a specialized department to prepare the student for graduation, therefore, the ceremonies should be held by separate colleges. Furthermore, does the wide based ceremony seem more effective or is the matter of cutting back financially overrides what we as students prefer? For more information regarding this transition to university-wide commencement visit: <http://www.uh.edu/commencement.com> or leave comments or questions at: UHPsychoBabble@gmail.com



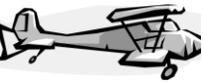
The uproar that this situation is causing amongst students is based on the fact that graduating ceremonies will no longer be conducted by colleges and departments but instead by a "university-wide commencement."



Men change their minds two to three times more often than women.

Advertise in Psycho Babble!

Your ad here!!



Want some free advertising space?

Email Grace An or Sonia Singh at UHPsychoBabble@gmail.com and we'll fit you into next month's newsletter!

Fun Facts

By: Claudia Guardiola

1. The polygraph (lie detector test) was invented by the same man who created "Wonder Woman". True or False?

True. The lie detector test was created by William Moulton Marston who also created the very popular comic heroine Wonder Woman.

2. In a 1990 experiment, the researchers used computer graphics to combine two or more faces in order to create one face. Was the resulting face considered more or less attractive by the participants?

It was considered more attractive. The combination of two or more faces was perceived as something familiar to the participants. Familiarity leads to a positive evaluation which creates a positive effect in individuals.

3. Do men or women change their minds more often?

Men change their minds two to three times more often than women. Women may take longer to arrive to a decision when compared to men, but once they make a decision they are more likely to stay with that decision.

4. IQ seems to be increasing as time progresses. True or False?

True. If you could time travel back fifty years and take an IQ test over ninety percent of people would rate as a genius. This is due to the fact that now we have better nutrition, higher education, better educated parents, and our lifestyles have been enhanced by technology that influences intelligence.

5. I smell success....

Certain smells can improve your ability to increase your test scores. A British researcher indicated that scent could be used to improve students' test grades but smells associated with failure could lead to a decrease in test scores.

Helpful hint: The smell of rosemary was believed to increase mental performance.

Campus Activities and Information

By: Toni Smith

'Write Better Research Papers' Workshop

Being a psychology major entails writing many research papers. Here on campus, Learning Support Services is offering a 50 minute workshop to help you enhance your papers. You will learn tips on searching for information as well as about the different parts of the paper, common mistakes, and how to generate an effective plan of execution. This event will take place on 11/ 2 @ 2pm **and** 11/5 @ 2pm, in room 328 of the Graduate College of Social Work building.

con't on pg 7

con't from pg 6

To attend you must register ahead of time at www.las.uh.edu/lss/. If you're looking to improve your research and writing skills this is a great opportunity. Space is limited so sign-up as soon as possible.

Learning Support Services offers many other workshops on topics ranging from organization to reducing anxiety. Check their website or call 713-743-5411 for more information on upcoming workshops.

Psi Chi/Psychology Club Calendar

By: Christina Kowalski Rosser

Birthdays

<u>Sabeen Virani</u>	Oct. 11
<u>Thalia Flores</u>	Oct. 18
<u>Chelsea White</u>	Oct. 27

Upcoming Events

National Dues Due	Oct. 15
Alzheimer's Walk	Oct. 24
Halloween Costume Bake Sale	Oct. 27
Psi Chi Halloween Party	Oct. 31
Chapter Dues Due	Nov. 10
Funplex Skate Night	Nov. 15
Inductions	Nov. 17

HAPPY BIRTHDAY CHELSEA, SABEEN, AND THALIA!

- National Dues – One time fee of \$45 for new members
- Alzheimer's Walk – 6am to 10am at Borders in Galleria
- Bake Sale – 9am to 4pm at PGH! WEAR COSTUMES!
- Halloween Party – 7pm to 10 pm at Dr. K's! AGAIN COSTUMES!
- Chapter Dues – All members pay \$50 or less with points
- Skate Night – Blast from the past! Dress accordingly!
- Inductions – Induction of new members will be at A.D. Bruce Religion Center. Rehearsals for the ceremony start promptly at 5:45 at the same location.

OCTOBER 2009						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
<u>11</u>	12	13	14	15	16	17
<u>18</u>	19	20	21	22	23	24
25	26	<u>27</u>	28	29	30	31

NOVEMBER 2009						
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					

DECEMBER 2009						
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		