Welcome to the 1st issue of Psycho Babble for Spring 2012! As a continuing newsletter written by the newsletter committee in PSI CHI. It is meant to offer thoughtful insights and articles about psychology with a stress-relieving fun page. We sincerely hope that Psycho Babble is providing interesting material for Psi Chi, psychology club, and other readers who share an interest in psychology. If you have any questions or suggestions please email us at UHPsychoBabble@gmail.com, and we will be more than happy to assist you.

From Your Editor,
Sonia Babu

Message from the Editor

Psi Chi Recognizing African American Scholarship and Achievement in the field of Psychology

By: Christine Paul

Rooted in African Philosophy, Religion, and the Psychological Conceptual Schema, there has been an expansive body of work that has been produced from the African American Community regarding issues of Humanity, Gender, Race, Ethnicity, Education, and Empowerment. We begin by first recognizing the life and work of Francis Cecil Sumner who received his Ph. D in Psychology from Clark University June 20, 1920. Sumner, the first African American to receive the degree in the field, is still celebrated for his work in the understanding and elimination of racial bias in the administration of justice. As we move forward in time, has it been the work of esteemed Professionals in the field such as Dr. Na’im Akbar, Dr. Kobi Kambon, Dr. Linda James Myers, Dr. Wade Nobles, and Dr. Edwin Nichols that has paved the way for countless professionals throughout the field who are working to expand the study and practice of Psychology.

While many of those scholars are still alive and working across the country, there are many African American Scholars and Professionals in our locality who are currently working to educate and provide opportunities to the new generation of students within the field. Just to give a few examples, Dr. Derek Wilson currently serves as the Associate Professor & Interim Department Head of the College of Juvenile Justice and Psychology at Prairie View A&M University, Dr. Kevin Cokley serves as the Editor-in-Chief of the Journal of Black Psychology as well as Chair of the American Psychological Association’s Committee on Ethnic Minority Affairs (from January 2009 – Present), and Dr. Nicole Coleman, 2009 Teaching Excellence Award winner is one of most celebrated Professors and Mentors in the College of Education here at the University of Houston. Additionally, within the African American Studies Department here on campus, many of our Professors are also among the distinguished class of professionals that work to empower African American students by publishing, teaching and encouraging their students to learn from an Afrocentric or African Centered Perspective. Lastly, there is a strong body of scholarship coming from African American students in the field of psychology like Martinique Jones, fellow student here at UH, who has recently had her work on Ethnic Identity, GPA, and Devaluing Academic Success as Predictors of Academic Self-Concept in African-American Adolescents in Urban High Schools published in Psych Discourse. She also currently serves as the National Student Circle Chair of the Association of Black Psychologists.

Cont Pg. 2
In end, it is evident that the achievement and scholarship of African American professionals in the field of psychology is continuing a strong tradition of academic excellence in the African American community and that there is only more exciting and innovative work to come.

Works Cited
Houston, Lawrence N. Black Psychology and Black Psychologists, Psychological Principles and the Black Experience. University Press of America, Maryland. 26-27

In a recent article featured on Political Hotsheet by Brian Montopoli, it is reported that President Obama has announced the end of the Iraq War - resulting in the United States withdrawing nearly all the troops from Iraq by the end of the year to add to the 100,000 that have already been withdrawn in the last few months (cbsnews.com). America has shown overwhelming and continued support for the million troops that have served in Operations Iraqi Freedom and Enduring Freedom.

In a study reported within article “Student Veterans in Transition: Re-Enrolling after War Zone Deployment” by Corey Ruman and Florence Hamrick, it is stated that since the enactment of the GI Bill decades ago, many returning soldiers or veterans resume their education. According to recent estimates, more than 80 % of colleges and universities currently have enrolled student veterans (2010, 434). If in fact the troops come home as soon as projected, that means that our own University, noted as a “Military Friendly Institution” will see the return of our own peers and classmates in addition to the student veterans that have already come back. In support of our returning students, it is imperative that we understand that their return home has been and will be a transition from military culture and possible combat/warzone activity to civilian life. To put things into perspective, Goodman et al. defined transition as “any event or nonevent that results in changed relationships routines assumptions and roles…that are either anticipated or unanticipated” (2006, 33). Ruman and Hamrick clearly relay that as student veterans return home, they will experience many transitions and in some instances rely on the support of family and friends to successfully readjust to civilian life (440). Additionally, while it is recognized that serving in combat/warzone activity can result in depression, ptsd and a number of other issues on a more positive note many leave their military experience with a clearer perspective on life, culture and a higher level of maturity (442). Ruman and Hamrick cite the advice of a student veteran who emphasizes that there is a need for civilian students to meet student veterans halfway: welcoming them to join in social groups and activities. It was also shared that many student veterans may feel that civilians do not understand them, so it may take work on both sides to figure everything out. Lastly, he advises civilian students to refrain from asking about their direct experience. It is explained that if and when student veterans want to share about what they have experienced, they will in their own time and with whom they feel comfortable telling (446).

The University of Houston provides Veteran’s Services through the Veteran’s Services Office (VSO) in the UC (Bldg 565, Suite 268). According to the webpage available on the UH website, the VSO has a wide array of annual and special programs as well as extensive sources of support for student-veterans throughout the year. As we welcome our peers and colleagues home in the next couple of months, let us be mindful and respectful of their service, experiences and transition. We proudly join the millions of Americans who have and will continue to show support for our past, current and returning student-veterans and emphatically join them in saying Welcome Home.

Works Cited
For more information regarding the Veterans Service Office visit www.uh.edu/veterans

In Honor of Our Peers Who Have and Will be Coming Home
By: Christine Paul

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Psi Chi Spring 2012 Officers- Welcome Sarah and Simon
By: Sonia Babu

President: Brenda Lazorwitz
I've lived in Houston almost all my life. I'm the youngest of five and want to maybe go into clinical or counseling. I want to work with or do research regarding adolescents and suicide ideations/attempts and alcohol and drug use. I have 2 minors, human development and family studies and business administration.

Vice President: Sarah Galvez
I am getting two separate degrees. Psychology and supply chain management at Bauer. I hope to get into clinical psych at uh. If that doesn't fall through I hope to use my business degree and pursue that route. I'm hispasian (Korean and Salvadorian).

Secretary: Mallori Henceroth
I graduated with a Bachelor’s of Science in Psychology and a minor in Quantitative Social Sciences. I hope to get into a good research program for grad school that focuses on Health Psych research or some other avenue of Social Psych research. I collect comic books.

Treasurer: Tobi Awofodu
I was born in Nigeria, raised in New York and moved here to Texas some years ago. I am the second of 4 siblings and I am currently a psychology major with a minor in HDFS. My favorite color is purple and I enjoy DANCING! I am greatly involved in my church & youth group. I am expected to graduate May 2012 with a desire to pursue a masters in Occupational Therapy and a PhD in counseling. Psychology is truly such an awesome subject!!

Historian: Sonia Babu
Born in New York and raised in Houston, I am the middle child. Stuck like peanut butter and jelly! I graduated with a Bachelor’s of Science in Psychology and a minor in chemistry. I hope to attend graduate school for School Psychology.

Academic Affairs Officer: Simon Lau
I am a psychology major with a health minor hoping to go into clinical psychology with a focus on PTSD recovery. I was born and raised in NYC and moved to Houston after the Army to pursue a career in Homeland Security.
Fellow Psi Chi and Psychology Club Friends and Family, Meet Lulu Chidolue

What is your full name? Lulu Chidolue

How long have you been in Psychology Club? This is my second semester in Psychology Club

What do you like the most about Psi Chi/Psychology Club? The fact that I get to network with other Psychology majors. Most of the people I know are pre-med or business majors so as a result I truly enjoy spending time with my friends in Psi Chi.

What do you want the group to know about you? That I appear to be a shy person however I am fun, easy going, and easy to get along with!

Are you a part of any other organizations? Yes HERE, a student organization that strives to volunteer in the Houston area. I am also in Cougars on Campus and Cougars for Kids.

You seem really busy, how many hours are you doing this semester? 15

How do you find the time to do it all? I have a lot of breaks between classes so I do most of things I need to during those breaks.

What do you like about the study of psychology so far? I truly find it interesting. Other subjects seem a bit repetitive but in my Psychology classes I learn new things in new ways every day.

What are your favorite subjects within the field of Psychology? Social Psychology and Child Psychology

Top 5 Ways to do Valentine’s Big on a Tiny Budget
By: Christine Paul

It seems just like yesterday we all had to empty our pockets at the cashier window and then drag ourselves to the bookstore and buy a stack of books. Valentine’s Day is special but on a shoestring budget it can seem more like a burden than a celebration of love. Consider some low or no cost alternatives and re-center the focus of Valentine’s Day on your Sweetie instead of on a gift. Hopefully these ideas will inspire you to find ways to show your Valentine that you truly appreciate and enjoy being with them! Good Luck!

1. Take a Romantic Stroll and open up for a heart to heart conversation about how much you care about your partner, what you like about them and why you enjoy spending time with them. If you have a couple dollars you can even surprise your valentine with some ice cream or other sweet treats to end your date.

2. Leave notes, emails, small letters or other small written pieces for your love to find in their books, notebook, backpack, inbox or other places they will be sure to find. You can keep it simple or elaborate, as long as your message is heartfelt.

3. Be on the lookout for student gatherings or events on campus that day that you can attend together. If there aren’t any available, get together with some friends and create one!

4. Check Local Media Sources for Valentine’s Day Postings like the Daily Cougar or our many local radio stations to send a shout-out or dedicate “your song” to someone special.

5. Go on a double date with another couple you know and split the cost for dinner or entertainment at Pizza Hut, the Cougar Den, the University Game Room or other hang out spots on or near Campus.
Psi Chi Couples
By: Sonia Babu

Sarah & David
Married
4 years 4 months
Sarah: Anyone willing to do a front flip off the 2nd floor balcony is worth keeping! I love you Darling!
David: True Story: Our relationship was literally a Forbidden Love, not by family members, or anything so mundane, but by the U.S. Dpt. of Defense.....oh well.

Eeva & Cory
Married
3 years
Eeva: One of the best things I like about Cory is that he is always in a good mood... He rarely gets agitated or stressed out. I get stressed out pretty easily so I think we balance each other out well :)
Cory: I like Eeva's Smile and personality...she's happy, outgoing, and loving.
**Brenda & Chad**  
**Dating**  

2 years, 1 month, 3 weeks, and 2 days

**Brenda:** One of my favorite things about Chad is that we like so many of the same things, tv shows, movies, music, etc. Also, he goes and sees chick flicks with me even though he hates them :)

**Chad:** My favorite part about Brenda is that we both have the same type of sense of humor and we can act super goofy with each other as if it was completely normal.

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**Lulu & Jeffrey**  
**Dating**  

1 year and 9 months

**Lulu:** What's not to love besides EVERYTHING! There are so many things but I love that he is also my best friend and that we will go to extreme measures to make the other one happy. We both have gone through something's but I know that I can always rely on him to make me smile. Also, he's just so gosh darn handsome!

**Jeffrey:** I love her radiant smile that warms my lonely heart at night as I scroll through pictures of her when I deeply miss her. It reminds me of children at play...without a care in the world. Just enjoying life, the way God intended it to be.

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Happy Valentine’s Day to all couples!
Valentine’s Day Fun Page
By: Sonia Babu

Games

Paper Dance
Get jiggy on paper!

How to Play:
1. The dancing couple has to dance on a paper and every 2 minutes the paper is folded in half and the couple has to dance on that piece of paper only.
2. If one of the partners or both slip or dance outside the paper then the couple is out of the competition. The couple that dances till the end of the game on that small paper wins the game.

Gigglebelly
Warning: Will make you laugh hysterically!

How to play:
1. Have one player lie down on his back.
2. The next player lies down with his head resting on the first player's belly and the next player lies down with her head on the second player's belly.
3. Arrange all the players until everyone is zigzagged around the floor, each with his or her head on someone else's belly (if possible, make the line into a loop so that the last player can put her head on the first player's belly).
4. Then, the first player shouts, loud and clear, "Ha!"
5. The second player responds with a vigorous, "Ha, ha!" then the third player chimes in, "Ha, ha, ha!"
6. Continue until all players have shouted out their "Ha's" or (more likely) have dissolved into uncontrollable laughter, with heads bouncing on the bellies of giggling friends, uncles, cousins or grandmothers.
Valentines Jokes

1. What did the boy octopus say to the girl octopus?
   A: Can I hold your hand, hand, hand, hand, hand, hand, hand, hand?

2. What did the valentine card say to the stamp?
   A: Stick with me and we'll go places!

3. What did the paper clip say to the magnet?
   A: I find you very attractive.

4. What did the painter say to her boyfriend?
   A: I love you with all my art!

Upcoming Events

Valentine’s Bake Sale: Feb. 9
Recycle Mania: Feb. 13
Valentine’s Day: Feb. 14
Bowling Social: Feb. 15
SWAPA Meeting: Feb. 21
Meeting: March 6
Spring Break: March 10-18
Meeting: March 20
Bake Sale: March 22