Letter from the Editor

How Can Psi Chi Help You Get Through the Semester?

First of all, I would like to welcome the newest members to Psi Chi: Laura C. Ali, Rosalie Cernaro, Rolando Cruz, Karlla DaSilva, Malika Forbes, Stephen Inniss, Alivet Martinez, Wilfredo Muniz Jr., William Murphy, Angie Nunez, Dimaris Ortiz, Maria Popoteur, Ashley Ramos, Jill Serrano, Ginaury Vasquez, and Todd Yizar. Congratulations on joining an internationally renown honor society!

Second of all, I would like to welcome everyone back to Lehman College for another semester of learning, exploring, making new contacts, and increasing your marketability in the tough job market out there. A Lehman education will give you a leg up on the competition.

I thought I would open up the newsletter with some scenes from the Fall 2012 Psi Chi Induction:

This was a really big award for us, The Kay Wilson Officer Team Leadership Award for our Chapter Officers for 2011-2012 school year. Kudos to our past officers!
Psi Chi President Tia Jaysura Presents the Speakers

Nancy Santaniello reads her part of the presentation.

Samara Sanchez presents new Psi Chi members

The candle lighting ceremony with the new inductees.

Members of Psi Chi with the new inductees

In other topics that will be found in this newsletter, we have an article from Dana Miller-Cotto, an alumnus and past president of our chapter, on *How to Read Psychology Articles*. Then an article from Laura Ali, that she wrote for last semester’s
finals, but I adapted it to the upcoming midterms. I am considering going to St. John’s Conference, just to learn more about Positive Psychology.

The next article is a testimonial from one of our newest Psi Chi Members, Todd Yizar, on his struggle with addiction. I am very proud to call Todd a friend, and have to give him a ton of credit for beating the odds and making it back to school to become an honor student. Following that article there are listed multiple conferences, seminars, grants and internships that are available to Psi Chi members and Lehman Students.

I think you will find something of interest in this issue, as a wide variety of topics are covered. Remember, Psi Chi applications are now being accepted for the spring semester. Applications are available in the Psychology Department office, GI-113. They are due by March 6th, so get them in soon. Be a part of the best international honor society on campus!

Get your pin this semester!

How to Read Psychology Articles

Dana Miller-Cotto
(Dana is an alumnus and past-president of our chapter. She currently is pursuing her PhD in Educational Psychology at Temple University.)

Dissecting journal articles is an acquired skill. Below are some basic (and not so basic) questions that would be helpful to ask yourself as you read:

**Literature Review**

- Have the authors convinced you that their research needed to be conducted? What argument have they made to convince the reader why this study/experiment is important?
- If so, who would benefit from their research? How can it be applied to real world situations?
- Have they covered a wealth of previous literature?
- Is there a flaw in their logic? Have they made any unwarranted assumptions about previous research?

**Methods**

- Evaluate the sample size. Is it large enough to be generalized? (Think power analysis).
• How generalizable are the results based on the sample characteristics? For instance, is their sample too specific to be applied to other groups (i.e., sample includes only upper-middle class White students)?
• Is there anything about the way the authors selected participants that may have made this sample biased?
• Are there any issues with the measures (e.g., could their measures be measuring something other than what they intended)?
• What are the variables? Independent variable? Dependent?
• Does the design align with their research goals? If not, how might they have improved on the design?

**Results**

• Were the correct analyses performed for the authors’ research goals?
• Using your knowledge of statistics, do the results imply what the authors claim they imply? Were the results as significant as the authors claim? Are there any other exaggerated conclusions?

**Discussion**

• Overall, did the researchers draw appropriate conclusions?

**General Questions**

• What kind of journal does the article appear in? Is it a top tier journal?
• If the article is in a mediocre journal, what flaws in the experiment/study may have caused the article to appear in this journal?
• If there are clear flaws in the experiment/journal, and the article appears in a top tier journal, why might the article have been published despite these flaws? Funding opportunities? The experiment is from an area outside of the journal’s main area?
• Is there anything that is unclear?

**Using Positive Psychology to Ace Upcoming Midterms**

By Laura Ali

So What Is Positive Psychology?

Positive Psychology is an approach to psychology that primarily focuses on what it takes to make you happy and fulfilled with your life. It is the opposite of other approaches that may address: “Why am I depressed or unfilled with my life?"

Positive psychology has 6 core virtues, those being; Courage, Justice, Humanity, Temperament, Wisdom and Transcendence (Funder, 2010). By using these core principles, you can attempt to sustain positivity. Once in a positive mind frame it will be much easier to focus on primary goals.

Think: What are your goals?

For a lot of us our short-term goal, or what would make us happy, would be to do well on upcoming midterm exams and projects. Martin Seligman and Mihaly Csikszentmihaly said it best when they stated, “…improve the quality of life and prevent the pathologies that arise when life is barren and meaningless…” (as quoted in Funder, 2010). Think of poor grades as the pathologies that are trying to seep through into your fulfilling life. Don’t allow them in. Stay skipping along the yellow brick road!
Will Positive Psychology work for me?

All signs point to YES! Positive Psychology will and can work for anyone that is willing to implement it into their life. Once the negative rumination is out, positivity will begin to flow in.

How can I use Positive Psychology NOW?

With midterm exams rapidly approaching it is the time to focus on the positive possibilities. Examinations and completion of papers can be a stressful experience but try your best to pace yourself. Allow enough time to study and complete any necessary papers. Use some of the virtues like wisdom and courage to help you push through. Try not to think about the “What if?” stay in the mind frame of “I will” or “I can.”

Think about a time when you were so confident about taking a test because you knew the material in and out; you were not the least bit anxious. And what happened when you took that test? You did well on it because you weren’t so concerned with the possibility of doing poorly, that wasn’t even an option because you were ready and prepared. Give yourself that same feeling this time around. Be energized, be prepared and be confident.

Finally…

The idea of Positive Psychology may seem like a challenge, but it is a challenge worth a try. Especially if the system you already have in place isn’t quite fulfilling. In addition, using the Academic Center for Excellence, located in the Old Gym Building (Room 205), may be able to give you the extra boost to prepare for exams. So why don’t you give it the old college try and who knows? Maybe you will like it, and when you do spread the word!

A Struggle with Addiction

Todd Yizar
Member

My name is Todd A. Yizar and I am a senior here at Lehman. Psychology is my major and Sociology my minor. I am one of the older students on campus and so I bring some life experience with me. This article will involve some of my personal experiences, but I don't want to make it about me, but something I feel is more important, and that's substance abuse. I can speak on this subject because I have seen it from both sides, with an over 35 year history of substance abuse and addiction, and also as a substance abuse counselor. Yeah, I got high for longer than most of you have been alive, and it's nothing to be proud of. It's usually at the younger age when the typical response is “I don't want or need to hear this,” and in most cases we realize that response comes from not being “able” to hear it. Those of you who aren't engaging in drugs I hope you stay on that path. It doesn't mean that you're better than anyone else, but more that you're making better choices which usually generate from a number of positive factors. I mentioned not being better than anyone else for the simple reason that it may be something simple and subtle that YOU do or say that may be the catalyst for

someone to want to stop using or seek treatment. Those of us that are truly in recovery know we have a responsibility to bring some awareness about drug use and addiction to the younger crowd because that's usually where the issues start that may cause one to turn to drugs. You may have seen or know older individuals that can be labeled "drug addicts", but trust me, they didn't just start. What you are witnessing is the end result of years of "Having a good time".

There are 3 words that are usually associated with addiction- "cunning, baffling, and insidious" and for myself, the last word "insidious" applied. Insidious is described as "a gradual but cumulative effect, so gradual as to be WELL ESTABLISHED before becoming apparent." THIS is what happens with the PROGRESSIVE nature of addiction, that it's deluding you into FEELING and THINKING you're having a good time until it gets its' hooks into you, AND the recognition ISN'T automatic. It does not matter HOW SMART you are, or how smart YOU THINK you are, how rich or how poor. Addiction does not discriminate. I could take up some space with statistics and numbers, but I feel there are more important things that you should know. True, a person MAY be genetically predisposed to addiction which is just that it is already somewhere in the family history, from either the mother or the father, and that DOESN"T say they are addicts, only that they may be carriers, unaware that it even exists. From my own personal experience, and as a counselor, the issue of addiction becomes a "side effect", from mental and emotional issues that haven't been addressed because the individual doesn't want to or doesn't know how. Don't get alarmed when I mention "mental" issues, because I found out for myself the stereotypical image of "mental issues" didn't even apply. I found that even the slightest degree of anxiety or depression qualifies as "mental issues", depending on how it affects the individual, and what CAN happen is when an individual finds that he or she may fit that category. Self-conscious issues have a tendency to generate and thus create more obstacles to seeking help.

I have experienced the treatment side of addiction and seen that by the time addiction sets in the drug use has become so engrained into the daily life and thinking of the individual that it can be difficult to address because it calls for a complete change in thinking, attitude, and behavior which for a lot of us is not easy. This is why PREVENTION is another approach, which means stopping it before it starts, and as I stated before starts at an early age. You may be surprised to find that a lot of individuals experiencing addiction engaged with their first mind altering substance around the ages from 10 to 13, and make no mistake, alcohol was at the top of the list. Legal or not, alcohol is a DANGEROUS substance when abused. I know I could get numerous arguments, a variance of opinions about drug use and getting high, but I'm here to tell you they are the SAME ARGUMENTS from the individuals who end up eventually seeking treatment, and I wasn't any different. I could come up with all kind of rationales, and try to validate why I used, but in the end, losing my JOB of 23 years, being EVICTED from where I lived for over 24 years, the breakup of my family, actually DIGGING IN GARBAGE CANS for beer bottles and cans to support my habit in my neighborhood where everyone knew me, eventually living in a homeless shelter for over 4 years, because in the end, the ADDICTION has taken control. Your MAIN FOCUS becomes to address the drug using by ANY MEANS NECESSARY and
this is not an exaggeration, because if you don't you WILL experience PAIN like never before, because it DOESN'T go away just by willpower or trying to think it away. IT WILL BE THERE UNTIL YOU FEED IT, SEEK TREATMENT, and/or because I know everyone here is an adult I can tell you, IT WILL KILL YOU! For myself, through my recovery I realized that's what I was doing the whole time, trying to kill myself without having to take the blame, because most times in the end the statement for the cause of death is "He overdosed", not "He killed himself", and so all of the issues, the feelings, the emotions that you didn't know how to or where to address just disappear.

I have been sober for close to 4 years now for the first time since I started getting high. Sure, I had those periods where I may have gone for a few days without getting high, RESEMBLING some sort of control, but realizing now that was a part of the "cunning" and "insidious" progression of the addiction, and trust me, for all of those years the people I associated with NEVER mentioned treatment or recovery. It wasn't part of the vocabulary. And so I went for all of those years without knowing about treatment or recovery, but also if I did it didn't automatically mean I would seek it. I DO know now that this has to be addressed whenever and wherever possible and so this article is just to let you know that again, the drug use usually becomes END RESULT of not addressing issues that may develop in one's life. Those issues may be uncomfortable to address, but the reality is in most cases they don't just go away. You get high to avoid them, to forget them, but when you come down they're still there. I know some of you may say you've heard this all before or you keep hearing the same thing over and over, but it's like that because this IS the process and progress of addiction.

It doesn't change because you think you're different, or your approach is different. As we say in NA (Narcotics Anonymous) and AA (Alcoholics Anonymous) the end result is still the same, "Jails, Institutions, or Death." If you ARE having issues that you can't address, or want to address, TALK TO SOMEONE about them, preferably a counselor, ANY counselor, because they are supposed to be able to direct you to some resources that can help. And if you can't get to a counselor, talk to a friend. If you don't have a friend, GO TO THE POLICE STATION and talk to someone there. You would be surprised at the help you can get, because if you are SERIOUS they will take you seriously and again, guide you to some resources. I have found for myself that one of the most damaging things to do is to continue to drag those issues around and not address them. It's EXTRA weight you really don't need. You may also come to realize that addressing those issues were not as bad as you pictured. If you have a friend, family member, or know someone who may be having drug issues sometimes you can help just by lending an ear and listening. That COULD be the start of their recovery because someone took the time to listen. I hope YOU hear me.

The CUNY Pipeline Program

The CUNY Pipeline Program is looking for lower juniors from underrepresented groups who are interested in going on to graduate school with a view to pursuing a career in college teaching and research. Students must be graduating in Spring of 2014 to qualify. Application deadline is Thursday, March 7, 2013. Here’s an overview of the program:

Eligibility requirements: (1) U.S. citizen or permanent resident; (2) Junior enrolled in
one of CUNY’s senior colleges who has earned at least 80 credits by the spring of the junior year; (3) Minimum GPA of 3.2; (4) an interest in acquiring a doctoral degree with a view to entering the Professoriate.

- Along with a summer stipend of $1,500, the students receive $750 for graduate school application fees, $750 for presenting at the annual conference, $850 for submitting the Pipeline senior thesis and reimbursement for the Graduate Record Exam (GRE) fee. The amount of financial support available to each Pipeline student is over $4,000 per student.

- Pipeline students attend courses at The Graduate Center over a six-week period (June–July) and are required to prepare a research project guided by CUNY faculty.

- During this period they also participate in mentoring workshops on applying to graduate school and attend classes in preparation for the Graduate Record Examination (GRE).

- During the fall and spring semesters, students attend monthly colloquia at the Graduate Center focused on the graduate school application process and preparing for life as a graduate student.

- Students report on their research project at the annual CUNY Pipeline Conference held at The Graduate Center in the Spring semester and submit a written senior thesis at the end of the academic year.

Students can apply on-line at: [http://web.gc.cuny.edu/oeodp](http://web.gc.cuny.edu/oeodp)

For more information please contact the Office of Educational Opportunity and Diversity Programs at [212.817.7540](tel:212.817.7540) or e-mail [oeodpmail@gc.cuny.edu](mailto:oeodpmail@gc.cuny.edu)

Thank you,

Donald Robotham,  
Professor of Anthropology  
Executive Officer,  
Educational Opportunity and Diversity Programs (OEODP)

**THE CUNY SUMMER UNDERGRADUATE RESEARCH PROGRAM**

The City University of New York's 2013 Summer Undergraduate Research Program (C-SURP) invites applications from talented undergraduates interested in research careers in the sciences or engineering.

The ten-week program runs from June 3 – August 9, 2013. All undergraduates completing their sophomore or junior year may apply. CUNY Community College students with at least 30 credits at the time of application are also encouraged to apply. The program offers a hands-on research experience and is open to students interested in key research areas in the biological, chemical and physical sciences and in engineering. These areas may include chemistry, energy technologies, environmental science, nanoscience, neuroscience, photonics, physics and structural biology among others. In accordance with their expressed scientific interests, successful applicants will be matched with a faculty mentor at one of CUNY's eleven senior colleges.

[http://www.cuny.edu/research/sr/csurbp.html](http://www.cuny.edu/research/sr/csurbp.html)
Rutgers’ Summer Research Program

CUTTING EDGE SCIENCE in over 30 programs in the sciences, math, engineering, and social & behavioral sciences, http://gsnb.rutgers.edu/. In the biomedical sciences, students can choose among > 200 labs at Rutgers, the Robert Wood Johnson Medical School and the Cancer Institute of New Jersey, http://lifesci.rutgers.edu/~molbiosci/. In addition, we offer exciting interdisciplinary opportunities through our NSF IGERTs, http://gradstudy.rutgers.edu/IGERT.shtml and REU partnerships -- Green Energy Technology (biofuels, synfuels, materials, nanotechnology, and engineering for clean energy), cellular bioengineering, pharmaceutical engineering, physics & astronomy, computational biology/bioinformatics, environmental sciences, and toxicology. By applying to RiSE, students are automatically considered for all these opportunities.

** PERSONALIZED MENTOR-MATCHING

** OUTSTANDING PROFESSIONAL DEVELOPMENT - rigorous training in scientific speaking & writing, GRE prep, grad school workshops, career exploration, field trips

** EXCELLENT FUNDING: Stipend + on-campus housing + travel allowance

** ALUMNI SUCCESS: awards for presentations at national meetings & placement at top graduate schools

** GREAT LOCATION with professional & recreational advantages.

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** EASY ON-LINE APPLICATION:
Rolling admissions starts at the end January and is highly selective. Apply now at http://rise.rutgers.edu!

Questions? rise@rci.rutgers.edu or 732.848.6584

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** Collaborative Incentive Research Grant (for faculty)

The Collaborative Incentive Research Grants Program (CIRG) funds faculty research projects in their preliminary stages. The program encourages an interdisciplinary approach with a focus on participation from two or more CUNY campuses. The primary goal is to seed research that will become the basis of new external grant proposals. The program is administered by a Faculty Evaluation Committee, comprised of senior faculty from the colleges, and chaired by the Associate University Dean for Research.

The program is open to research projects in all disciplines. Investigators who wish to focus on a problem within a single discipline must be from separate CUNY colleges, while those researchers developing a cross-disciplinary project may be on the same
campus if they are from different academic departments. Each proposal should be structured to reflect the engagement of all investigators. Deadline for submission: March 1, 2013 [Program Guidelines]

Melanie Close
Program Coordinator, Office of the Vice Chancellor for Research
melanie.close@mail.cuny.edu
212-794-5763

St. John's University Psychology Conference

We are pleased to announce that St. John's University will be hosting "The Changing Faces of Psychology" Conference at our Queens campus on Saturday, March 9th from 8am to 2pm.

Information about the conference may be found here:

http://www.stjohns.edu/academics/undergraduate/liberalarts/departments/psychology/psi_chi/chapter/events/psi_chi_research_conference_2013

Abstract submissions for poster presentations will be accepted through Friday, February 22nd.

This conference provides a forum for local undergraduate and graduate students to share their research with fellow students and faculty from local colleges and universities.

Experts in the fields of positive, sport, health, and forensic psychology will be speaking about the history, current practices, and future directions and opportunities within their specialty areas.

Invited speakers:

Dr. Emiliya Zhivotovskaya - positive psychology
Dr. Frank Gardner - sport psychology
Dr. Scyatta Wallace - health psychology
Dr. Robert Meyers - forensic psychology

For individuals who have participated in research, this would be a great opportunity to present your findings and be able to build up your application for graduate programs (if you are an undergraduate) and build up your CV (if you are a graduate student).

The registration fee is $10 which includes breakfast, snacks, certificate, and giveaway!

Thanks and hope to see you there!

St. John's University Queens Psi Chi Chapter

Eastern Psychological Association Conference

We have a great opportunity this year – the annual conference of the Eastern Psychological Association will be here in NYC on March 1-4. Many famous psychologists, such as Zimbardo, Bruner, Maier, Bartoshuk, Rozin, (and our alumni Christina, Dana and Leah) will be at the conference presenting their work. There also are several workshops on getting into grad programs in psych.

The total cost for students (for the whole conference) is $25 if you register before Feb 15. To register, go to the epa site and join as an Associate Member. The entire conference program is available at www.easternpsychological.org
UPCOMING EVENTS

- February 15, 2013: Applications for The CUNY Summer Undergraduate Research (2013) Program are due.
- February 15, 2013: Preregistration for Eastern Psychological Association Conference deadline to save $$$
- February 22, 2013: Submissions due for poster abstracts for St. John’s University Psychology Conference.
- March 1-4, 2013: Eastern Psychological Association will be in New York at the Marriott Marquis.
- March 1, 2013: Deadline for Collaborative Incentive Research Grant.
- March 6, 2013: Deadline for Psi Chi International Honor Society applications. Applications available in GI-113.
- March 7, 2013: Deadline for CUNY Pipeline Program application.
- March 9, 2013: St John’s University Psychology Conference, Queens Campus.

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□ The time and energy put into this newsletter by contributing authors, students just like you, makes this newsletter. We thank them deeply, and hope others follow their lead in contributing to our collective base of knowledge. Please contact me with any ideas you may have for upcoming articles.