

UC San Diego

PSYCHOLOGY *News*

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Fall Quarter 2015

WELCOME NEW STUDENTS!

We're pleased to welcome this year's new Freshmen and Transfer Students to the **UCSD Psychology Department!** Whether it's your first quarter here or your last year, you will find a host of resources to assist you with your career as a UCSD student. We have planned a year full of opportunities designed to broaden your educational experience and help you prepare for your future, and we look forward to sharing our knowledge with you. Our updated majors went into effect this Fall and we're thrilled about your new options. For more information, visit our [website!](#)

Our department is one of the best in the country for psychology research. The U.S. News & World Report 2013 America's Best Colleges guidebook **rank**s UC San Diego as the 9th best public university in the nation with our Behavioral Neuroscience Graduate research area ranked #1 in the country, and our Cognitive Psychology Graduate research area ranked #3.

Please don't hesitate to ask questions and look for answers; we look forward to helping you!

FALL ADVISING WORKSHOPS

The Psychology Advising Office is working hard to bring you information you can use. Every quarter during the 2015-16 school year, we'll schedule workshops answering some of your biggest questions and preparing you for your future during college and beyond. Join us at one or all of our sessions, bring your relevant questions, and learn about exciting opportunities!

Register online for our upcoming workshops!

- **Honors Program Information**
Tuesday, October 13, 2:00 - 3:00 pm, Mandler 3545
- **EAP First Steps for Psychology Students**
Thursday, October 22, 5:00-6:00pm,
Oceanids Pavillion, International Ctr

PSYCHOLOGY HONORS PROGRAM

*Are you considering graduate school or a professional program? Are you interested in conducting original research? **Apply for the Psychology Honors Program!***

Conduct your own research project, learn to manage a project from beginning to end, get to know advising faculty, and gain an advantage for admission into graduate schools.

For more information, come by the department and check out the [website!](#)

Applications are available online and are due on Halloween!



Honors Program Class of 2014



HOT FALL CLASSES

- PSYC 100: Clinical Psychology** (Rose)
T/Th 5:00-6:50 pm PETER 108
Upper Division Standing required
- PSYC 134: Eating Disorders** (Kaye)
T 5:00-7:50 pm SOLIS 107
Upper Division Standing required
- PSYC 179: Drugs, Addiction, and Mental Disorders** (George)
MWF 4:00-4:50 pm WLH 2001
Upper Division Standing required
- PSYC 180: Adolescence** (Hanes)
Th 6:00-8:50 pm LEDDEN AUD
Upper Division Standing required

Contact Psychology Advising through the [Virtual Advising Center](#) for enrollment authorization.

CONTACT US

Walk-in Advising:

Monday-Thursday 9-11am, 1-3pm
Mandler Hall, Room 1533

Virtual Advising:

<http://vac.ucsd.edu>
Please allow up to 2 business days for response.

Telephone Advising:

(858) 534-3001

Please have your Student ID number ready and be prepared to ask specific questions!

EXPLORING EXPERIMENTAL DESIGN

Have you ever thought about what it takes to design a successful experiment? How do you know that you're asking the right questions? Students from Gail Heyman's Topics in Learning Science class are here to help! Their [short film](#), linked on our [website](#), is designed to guide students new to the idea of experimental design through the basics of the scientific method.

MEET THE UNDERGRADUATE ADVISORS

Dina Amodeo

Dina Amodeo joined the department in 2012 and has been a wonderful addition to the Psychology family. She was born and raised in San Diego and after 10 years of working in Student Affairs at UCSB, she has finally come home to UC San Diego. Dina also earned her undergraduate degree from UCSB followed by a Master's Degree in Business Administration from Cal State San Marcos. Beyond her professional life, Dina enjoys the company of her two dogs, Hailey and Bruno.

Elisa Suter

A graduate of UCSD (Warren College, Communication) and UCSD Extension (Event Management & Copy-editing), Elisa worked off-campus for a while, but has been back as an advisor since 2011. A fan of board games, cooking, and gardening, Elisa can be found most weekends chasing after her toddler at the Zoo!



Nhi Nguyen, Peer Advisor

A local to San Diego, Nhi is currently a third year at UC San Diego Eleanor Roosevelt College majoring in Biochemistry. When she's not working in the lovely Psychology department, she spends her time at the beach surfing or road tripping to new destinations. Nhi also loves slacklining, playing music, and Joseph Gordon-Levitt. If she could choose one food to eat for the rest of her life, it would definitely be In-N-Out burgers.



PSI CHI: PSYCHOLOGY HONOR SOCIETY

Psi Chi (ΨΧ) is the International Honor Society in Psychology, founded in 1929 for the purposes of encouraging, stimulating, and maintaining excellence in scholarship, and advancing the science of psychology. With over 1,050 chapters, Psi Chi is one of the largest honor societies in the United States. Psi Chi has inducted over 500,000 members from chapters in the United States and Canada. Members include B.F. Skinner, Philip Zimbardo, Dr. Phil, and Hugh Hefner. Membership is an earned honor which is for life. It may be used for reference purposes such as for graduate school and job applications. Members have the opportunity to present research at scientific meetings, and to participate in competitions.

Psi Chi is a part of the Association of College Honor Societies and is an affiliate of the American Psychological Association (APA) and the Association for Psychological Science (APS).

Psi Chi meetings are Thursdays at 6:30 pm in McGill 1350. The first General Body Meeting will be October 9th. Visit the [UCSD Psi Chi Facebook group](#) for more details!



RESEARCH SPOTLIGHT

Lying to Kids Leads to Lying Kids

New research by Dr. Leslie Carver and former honors student Chelsea Hays suggests that if children are told untrue statements, they are more likely to lie in the immediate future.

In the experiment, children aged 3-6 were told by an experimenter that there was a huge bowl of candy in the next room; the experimenter quickly confessed that the candy bowl was a lie to get kids to play a game. Other children were given no mention of candy.

Once the game started, children were played clips of popular character toys making noises; they were asked to identify which toy made which noise (for example, Cookie Monster said "I love cookies"). Then researchers played Beethoven's "Für Elise," not associated with any particular character, and left the room, supposedly to make a phone call.

Children were told not to peek at the "toy" playing the song while the researcher was out of the room. Once the researcher returned, children were asked whether they peeked. More than 90% of the older lied-to children lied about peeking, compared to 60% of children who were not lied to, suggesting that lies have a profound effect on subsequent truth-telling behavior.

WANT TO STUDY ABROAD?

Psychology majors and minors: earn credit in your major or minor for classes taken abroad!

Do you want to travel? To see new places? Experience new cultures? Earn academic credit? Well, you can! Students can use up to three four-unit Upper Division Psychology courses toward their major or minor requirements (please see our major and minor requirements for more details and always pre-approve your coursework with the Department before taking it). For more information about Study Abroad, attend any of the International Center's First Steps Sessions on Tuesdays and Wednesdays from 5-6pm in the International Center Lounge.

We'll be hosting a very special **First Steps Session for Psychology Students** on *Thursday, September 22nd, from 5-6pm* to find out how your Education Abroad experience can enhance your Psychology education! Register on our [website](#); find out more from the [Programs Abroad Office](#)!



SONA: EXPERIMENTAL SUBJECT PARTICIPATION

Participants in [SONA](#) have the opportunity to make an important contribution to the research community in our department and the UCSD campus. Students enrolled in various Psychology, Cognitive Science, and Linguistics courses have the opportunity to serve as experimental subjects. The requirement is intended to provide participants with a strong understanding of how research is conducted in the UCSD Psychology Department. Students always have the right to discontinue participation at any point in any study (for no participation credits). Those who are unable to participate or who choose not to participate are given alternate assignments that are designed to serve similar educational goals.

For more information on SONA please check out the [SONA page](#) on UCSD's Psychology Department website.

NATIONAL DEPRESSION SCREENING DAY

Come test your mood! Free Krispy Kreme donuts and other giveaways for all participants. Brought to you by the [CAPS](#) Wellness Peer Educators.

National Depression Screening Day

Thursday, October 15th (10am-2pm), Library Walk

CARE @ SARC

[CARE at SARC](#) is a free and confidential counseling and advocacy resource available to victims/survivors of sexual assault, relationship violence, and stalking. CARE at SARC is always a resource for any victim/survivor, whether or not they choose to make a report.

To schedule an appointment, please call (858) 534-5793. CARE at SARC is also on-call 24 hours a day and on weekends throughout the year. To reach staff after hours and on weekends, please call (858) 534-HELP.

ACADEMIC INTERNSHIPS

Did you know that you can use one Academic Internship toward your Psychology major or minor requirements?

Internships must be taken for credit through UC San Diego's Academic Internship Program (AIP 197) and be approved by the Psychology Department in advance. Procedures for approving an internship can be found on our [website](#).

To discuss opportunities to participate in an internship and earn academic credit, contact the [AIP Office](#).

Fall 2015 AIP Deadline: Sept 25, 2015

CAREER SERVICES CENTER

Are you considering graduate study in Psychology? Feeling confused or overwhelmed about your choices? Not sure what is the best fit for you?

Check the [Career Services Center](#) for upcoming events and workshops!

Fall Quarter Fairs on Library Walk:

Graduate School Fair

October 14 (10:30am-2:30pm)

Law School Info Fair

November 4 (11am-2pm)

FALL 2015 PSYCHOLOGY & COMMUNITY CALENDAR

For links to community resources, please check the [Psychology Department website](#).

October 2015

- 2 The Basement: Applications Due
- 5 11:00 am Practice Career Fair
(Horizon Room, Career Svcs Ctr)
- 7 11:00 am Tritons In Motion sign ups (Library Walk)
- 8 11:00 am Tritons In Motion sign ups (Library Walk)
- 13 2:00 pm Psychology Honors Program Info Session (Mandler 3545)**
- 13 10 am, 12:30 pm, 2 pm Deciding if Grad School is Right for You (Horizon Room, Career Svcs Ctr)
- 13 12:00 pm Love Your Body Day Activities (Library Walk)
- 13 6:00 pm Love Your Body Day Film (Women's Center)
- 14 10:30 am Graduate & Professional School Fair (Library Walk)
- 15 10:00 am National Depression Screening Day (Library Walk)
- 15 4:00 pm Cross Cultural Center Volunteer Information Session (Comunidad Room, Cross Cultural Ctr)
- 20 12:00 pm GlobeTritons (Black Resource Center)
- 21 2:30 pm Map Out Your Future Career (The ZONE)
- 22 5:00 pm EAP First Steps for Psychology Students (Oceanids Pavillion, International Center)**
- 22 5:00 pm Cross Cultural Ctr Life Skills Series: Finances (Comunidad Room, Cross Cultural Ctr)
- 24 9:00 am VOICES Leadership Retreat
- 31 Psychology Honors Program Application Deadline**

November 2015

- 4 11:00 am Law School Information Fair (Library Walk)
- 4 3:00 pm Cross Cultural Ctr Real World Career Series: Networking (Comunidad Rm, Cross Cultural Ctr)
- 5 TBD Veteran of the Year Celebration (Student Veterans Center)
- 6 5:30 pm Women in Business Part One (Roth Auditorium, Sanford Consortium)
- 9 5:30 pm Pre-Health Student Org Fair (Price Ctr Ballroom West)
- 10 Veteran's Day Events (Student Veterans Center)
- 12 5 pm Tea & Paint Night (The ZONE)
- 12 Evening with Expert Featuring Don Norman (The Basement, Mandeville Center, B202)
- 18 Transgender Day of Remembrance (LGBT Ctr)

December 2015

- 1 World AIDS Day
- 3 12:00 pm Cross Cultural Center Breather Series: Arts & Crafts (ArtSpace, Cross Cultural Ctr)
- 8 10 am Therapy Fluffies Extravaganza (Price Ctr Ballroom West)
- 19 Deadline for FA15 Graduates to turn Psychology BS papers in to Psychology Advising**

Ongoing Events

- Mondays: 2:30 pm Career Conversations with Career Services (Student Veterans Center)
- Tuesdays: 5:00 pm EAP First Steps (Int'l Ctr Lounge)
TBD Black Women's Collective (Women's Ctr)
5:00 pm Trans Discussion Group (LGBT Ctr)
- Wednesdays: 1:30 pm Decolonizing Queerness (LGBT Ctr)
3:00 pm Mindfulness Workshops (Health Ctr)
5:00 pm Fluid Attraction (LGBT Ctr)
5:00 pm EAP First Steps (Int'l Ctr Lounge)
- Thursdays: **6:30 pm PsiChi Meetings (McGill 1350)**
5:00 pm Femmes of Colour (LGBT Ctr)
- Fridays: 12:00 pm Gender Buffet (Women's Ctr)
12:00 pm Viernes de Fiesta (Raza Ctr)

VOICES RETREAT

VOICES is a year-long leadership development opportunity for undergraduate women. Participants will attend the retreat in Fall quarter, and participate in activities throughout the academic year.

Register online at women.ucsd.edu.

MINDFULNESS WORKSHOPS

This weekly drop-in workshop, run by [CAPS](#), focuses on seven mindfulness practices to help you have more wellbeing and contentment in your life and less stress and anxiety. Each week will focus on a different mindfulness practice. Wear comfortable clothes!

Wednesdays from 3:00-4:30 pm in the Murray's Place Conference Room inside the Student Health Center.

COMMUNITY CENTERS

The five community centers at UC San Diego provide spaces to facilitate interactive learning, promote self-awareness, foster leadership development, encourage dialogue, and challenge traditional notions of diversity. They seek to build and sustain a socially just campus climate. Undergraduates are encouraged to participate in events and workshops (listed above) offered by all five community centers, regardless of their own backgrounds.

The five campus community centers include: [the Black Resource Center](#), [the Cross-Cultural Center](#), [the Lesbian Gay Bisexual Transgender Resource Center](#), [the Raza Resource Centro](#), and [the Women's Center](#). For more information about each of the community centers, please visit the [Community Centers website](#).

THE ZONE

The Zone is a lounge for student well-being that offers free programs for students designed to promote healthy, balanced living. All programs are free and most are offered on a drop-in basis. For more information about offerings, visit [The Zone](#).

ACTIVE MINDS @ UCSD

Active Minds is a non-profit, student-run mental health awareness, education and advocacy organization seeking to promote awareness about and alleviate the stigma associated with mental health issues. Their mission is to educate and provide resources to people regarding mental health and advocating for mental health causes through partnership and action. They are affiliated with the national [Active Minds](#) organization headquartered in Washington, DC.

Join Active Minds@UCSD by emailing activeminds@ucsd.edu or going to their [website](#).

THE BASEMENT

Are you an entrepreneur in the making? You may be interested in joining [The Basement](#). The Basement's student-centric mission is to stimulate, encourage and serve the entrepreneurial spirit of UC San Diego students by providing a co-work and incubation space. As a shared campus-wide enterprise managed by Alumni and Community Engagement, The Basement is part of a collective comprised of campus partners, alumni leaders, Alumni and Community Engagement and Career and Professional Development staff.