



Brain Love

UCSD Psi Chi/Psychology Club
Monthly Newsletter

November 2014

Seasonal Key Word:

Gratitude in Psychology

with *PsychologyToday.com* and *Lauren Aaronson*

Gratitude is an emotion expressing appreciation for what one has—as opposed to a consumer-oriented emphasis on what one wants or needs. Gratitude is getting a great deal of attention as a facet of positive psychology: Studies show that we can deliberately cultivate gratitude, and can increase our well-being and happiness by doing so. In addition, grateful thinking—and especially expression of it to others—is associated with increased levels of energy, optimism, and empathy.

A psychology professor at the University of Michigan, Peterson regularly gave his students an unusual homework assignment. He asked them to write a "gratitude letter," a kind of belated thank-you note to someone in their lives. Studies show such letters provide long-lasting mood boosts to the writers. Indeed, after the exercise, Peterson says his students feel happier "100 percent of the time."

Gratitude is a sentiment we'd all do well to cultivate, according to positive psychologists, mental health clinicians and researchers who seek to help everyone create more joy in life. Feeling thankful and expressing that thanks makes you happier and heartier—not hokier.

The biggest bonuses come from experiencing gratitude habitually, but natural ingrates needn't despair. Simple exercises can give even skeptics a short-term mood boost, and "once you get started, you find more and more things to be grateful for," says Robert Emmons, a leading gratitude researcher at the University of California at Davis.

Sub-disciplines within Psychology

Featuring **Education Psychology**

Educational psychology is the branch of psychology concerned with the scientific study of human learning. The study of learning processes, from both cognitive and behavioral perspectives, allows researchers to understand individual differences in intelligence, cognitive development, affect, motivation, self-regulation, and self-concept, as well as their role in learning. The field of educational psychology relies heavily on quantitative methods, including testing and measurement, to enhance educational activities related to instructional design, classroom management, and assessment, which serve to facilitate learning processes in various educational settings across the lifespan.

Save the Date!

Every Thursday

Psi Chi GBM/Event

6:30PM @McGill 1350/TBA

Don't forget! Psi Chi/Psychology Club has something every Thursday! Whether or not it is a GBM featuring guest speaker, or a social event, we hope to see you there!

Nov 6

Daniel Oppenheimer Colloquium & Reception

4:00 PM @Mandler 3545

Nov 13

Clifford Saron Colloquium & Reception

4:00 PM @Mandler 3545

Colloquium is an academic seminar led by lecturers and on a different topics they are studying. It is a talk full of cool people and fascinating materials!

Nov 19

EAP First Steps for Psychology Students

5:00 PM @Int'l Center Lounge

EAP stands for Education Aboard Program, offering students opportunities to study aboard on their majors or area of interests!

Nov 21

Getting to Graduation Workshop

10:00 AM @Mandler 3545

Do you think you are on the right track to graduate? What do I have to do to make sure I will be graduating this year? Come to the workshop and you shall find out!



Cool Jobs in Psychology

Featuring *about.com* and *Kendra Cherry*

There are lots of career paths in psychology beyond some of the "typical" options like clinical or counseling psychology. Here are some of those interesting psychology jobs!

Art Therapist

Art therapists utilize the expressive and creative arts to help clients cope with psychological distress and to enhance emotional well-being. By using art, clients can communicate feelings, express creativity, explore different aspects, of personality and cope with stress.

Criminal Psychology

While the field of criminal psychology is not always exactly like the popular depictions in TV and movies, this field still offers plenty of excitement. Criminal psychologists perform a variety of duties such as developing psychological profiles of criminal suspects, assessing convicted criminals to determine their risk of re-offending, and helping law enforcement catch online predators.

Military Psychologist

Military psychology encompasses array of job duties including assessment, treatment, and research. Mental health care and counseling are an important part of this field, but some military psychologists also research different aspects of military life and combat. According to the APA's Monitor on Psychology, there is a growing demand for qualified military psychologists to provide psychological services to soldiers and their families.

Geropsychologist

As the population of older adults continues to grow, the demand for professionals to attend to their mental health needs also increases. "Geropsychologists do everything from keeping older adults mentally and physically healthy and vibrant, to working with those who are frail and have cognitive impairments," explains Deborah DiGilio, director of APA's Office on Aging.

Consumer psychologist

In a struggling economy where retailers and businesses are concerned with attracting new customers, the need for psychologists to research consumer behavior and to develop effective marketing campaigns has grown. Consumer psychologists not only study how and why people purchase goods and services, they also analyze how culture and media affect buying behavior.

A message from us

Psi Chi/Psychology Club aims to serve as a form of resources to all students involved/interested in Psychology. With that being said, we welcome any suggestions and requests you may have about our organization! So please let us know if there is anything you would like to be involved in or if there is a specific field you would like to explore more. Let us know what kind of social is the most fun and relaxing for you, so we can implement your idea in our future event as well! <3

This monthly newsletter is something we are trying out this year in order to build a better sense of community among Psi Chi/Psychology Club members. It is our hope that this newsletter can provide you with information regarding to department events and fun facts about psychology in general. Feel free to give us any feedbacks, we are open for improvements! 😊

Advices from the Experienced

How to conduct an informational interview.

An informational interview involves talking with people who are currently working in the field to gain a better understanding of an occupation or industry. It is often overlooked because most people are not sure what to say in an informational interview. The following questions are some of the typical questions you can ask to discover more about things you are interested in. More importantly, remember that the faculty and students here at UCSD are very helpful and would be more than happy to have a "coffee date" with you discussing things they enjoy doing. So feel free to shoot that person an email to see when is he/she available, and be excited and open-minded about learning new information through a chat! 😊

- What are the duties/responsibilities and activities of the job?
- What do you do on a typical day?
- How did you get into this field?
- What special skills are needed? /What kind of training/experience is necessary?
- What do you like best about your work? Least?
- What advice would you give a person planning to enter this type of work?