

UC San Diego

PSYCHOLOGY *News*

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Winter Quarter 2016

IMPORTANT REMINDERS!

The Psychology Department wishes you a year of happiness and success. To make sure that you get the very most out of your experience here, we want to remind you of a few important details:

- Any advising/enrollment questions should be sent via the [Virtual Advising Center](#).
- Any SONA questions should be sent directly to: ucsdsonasubjectpool@gmail.com.
- Our [website](#) has resources for you 24 hours a day, including [major requirements](#) and [Frequently Asked Questions](#).
- Please check your Degree Audit regularly to ensure that you are on track.
- B.S. papers are due by 4pm on Friday of 10th week of the quarter you intend to graduate.
- Courteous and professional communication is a skill you can practice in your interaction with faculty and staff. They are here to help you!

WINTER ADVISING WORKSHOPS

The Psychology Advising Office is working hard to bring you information you can use. Every quarter during the 2015-16 academic 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!

- [Internships in Psychology](#)
Tuesday, January 26, 10:00-11:00 am
- [Education Abroad for Psychology Students](#)
Tuesday, February 2, 2:00-3:00 pm
- [Getting to Graduation](#)
Wednesday, February 10, 9:00-10:30 am
- [Writing Research Papers](#)
Thursday, February 18, 11:00 am-12:15 pm
- [Getting Involved in Research](#)
Monday, February 22, 2:00-3:30 pm

All Winter workshops will be held in Mandler 3545.

BRAND NEW NEUROSCIENCE MAJOR

Effective Winter 2016, the Psychology Department has added a ninth major choice to our offerings. In addition to the general Psychology B.A. and B.S. majors and the B.S. majors with Specializations, we are now offering a Cognitive and Behavioral Neuroscience major in partnership with the Cognitive Science Department!

This unique major will blend perspectives of neuroscience from both Cognitive Science and Psychology, and advising will be available in both departments. It requires a special set of courses from both departments, and students must earn grades of C- or better in all courses used toward major requirements.

Unlike our other Psychology majors, the Cognitive and Behavioral Neuroscience major requires both a full year of Calculus and a Research Methods course, as well as COGS 17 (Neurobiology of Cognition, a required Natural Science class). In addition, Cognitive and Behavioral Neuroscience requires that students take at least one Upper Division class outside of the Department of Psychology (COGS 107A, Neuroanatomy and Physiology, a required CBN Core class).

For more information about the Cognitive and Behavioral Neuroscience major, including specific course requirements, see the Psychology Department [website](#).



WINTER CLASSES

- PSYC 70: Research Methods** (Metusalem)
M/W/F 11:00-11:50 am PRICE THRE
Prerequisite: Approved Statistics
- PSYC 105: Cognitive Psychology** (Lowe)
M/W/F 4:00-4:50 pm CENTR 101
Upper Division Standing required
- PSYC 153: Psychology of Emotion** (Harris)
M/W/F 3:00-3:50 pm SOLIS 107
Upper Division Standing required
- PSYC 188: Impulse Control Disorders** (George)
T/Th 6:30-7:50 pm YORK 2722
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!



NEW WEBSITE COMING SOON!

The Psychology Department is working on a massive overhaul of our website. We hope to have more mobile-friendly features and easy navigation. In the mean time, you may experience hiccups as the site is ported to our new platform. We hope these are few, but please bear with us. Our new site should be available by the beginning of Spring quarter!

RESEARCH SPOTLIGHT

Mirror, Mirror on the Wall...

According to new research published in the journal *Basic and Applied Social Psychology*, envy is an emotion most of us feel fairly regularly. Around eighty percent of people younger than 30 in a study conducted by **Dr. Chris Harris** and Psychology graduate student Nicole Henniger had felt envious within the last year.

Interestingly, there appears to be a correlation between age and feelings of envy, as reports of envy in participants aged 50 and over declined significantly.

According to the study, envy is most often directed at individuals of the same gender, who are within about five years of the respondent's own age. In other words, a young female is likely to envy another young female, and much less likely to envy an older male, even regarding domains like financial or career success.

Young people most frequently envied each other's looks and perceived success in romance, while participants over the age of 30 most often envied monetary and occupational success. Interestingly, there were very few gender differences in the reported data, with the exception of envying occupational success (more often experienced by males) and looks (more often experienced by females).

UNDERGRADUATE ADVISING UPDATE

Our Undergraduate Advising staff has undergone a few changes recently, but don't worry. We still are here to provide you with support and answers during Walk-in Hours and via the Virtual Advising Center. We are also available for a limited number of appointments each quarter, that can be scheduled via the Virtual Advising Center or when students come in for Walk-in advising. Priority will go to students with confidential matters and those with complex academic situations.

Kristi MacKenzie

Kristi is from Michigan but has also lived in Chicago, Indianapolis, Mississippi and Las Vegas. She earned her B.A. in Psychology from Saginaw Valley State (MI) and M.Ed. from the University of Southern Mississippi. Kristi enjoys traveling (US and abroad), spending time with family & friends, hiking, being on the water, watching college football (Go Blue!), pro-football and hockey as well as visiting the dog beach with her sledding dog, Vixen.



Elisa Suter

A graduate of UCSD (Warren College, Communication) and UCSD Extension (Event Management and Copyediting), Elisa worked off-campus for a while, but has been part of the UCSD Psychology advising team since 2011. A fan of board games, cooking, and gardening, Elisa can be found most weekends chasing after her toddler!



Michelle Moreno, Peer Advisor

Michelle is currently a second year Applied Mathematics student from Sixth College. She enjoys playing volleyball, eating kale and doing math problems for fun. On weekends, you can probably find her at the beach playing her ukulele.



Elisa Suter, Michelle Moreno, Kristi MacKenzie

UPDATE YOUR MAJOR!

The Psychology Department went through a major curriculum overhaul during the past year, and started offering eight new majors during Fall 2015. A ninth has been added effective Winter 2016 (see page 1). If you are a continuing student who entered UC San Diego during Fall 2014 or before, you have the option to switch your major requirements to updated ones.

Students who wish to stay in the general Psychology B.S. major will need to have their degree audits manually updated by Psychology Advising (you can do this via VAC message), but most other students should be able to change their major on TritonLink. Double majors will need to fill out new Double Major Petition forms. Students will not be able to switch into either of the discontinued majors from an updated major.

Why should you consider this option? Quite simply, the updated major requirements are a benefit to almost every student. If you have any questions at all about whether the requirement change would benefit you, contact Psychology Advising via the [Virtual Advising Center](#).

New majors as of Fall 2015 should check their major requirements too, since any student who entered this fall and has not yet chosen a major for themselves was automatically made a General Psychology B.S. This may not be the major of your choice, so check your Degree Audit!

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. Visit the [UCSD Psi Chi website](#) for more details and keep your eyes peeled for a monthly Psi Chi newsletter too!

SONA: EXPERIMENTAL SUBJECT PARTICIPATION

Participants in **SONA** have the opportunity to make an important contribution to the research community in our department and/or the UCSD campus at large. Students enrolled in various Psychology, Cognitive Science, and Linguistics courses have the opportunity to serve as experimental subjects.

As a participant your time is as valuable as the researcher's. All participants are expected to behave in a professional manner, show up on time and provide notice to researchers if you need to cancel your appointment. You can expect all researchers and PI's to respect your time, describe the research you are contributing to and award your credit within 24 hours.

VERY IMPORTANT: Once you have accumulated **TWO** unexcused no-shows during one quarter, you will be limited in the studies available to you through SONA. Your account may remain active, but no studies will appear to be available. If this happens to you, you will need to ask your instructor if you have any other research participation options at that point. Instructors are not required to accommodate your request once two unexcused no-shows have been accumulated. For more information on SONA please check out the [SONA page](#) on UCSD's Psychology Department website.

RESEARCH METHODS

Psychology students have a new way to meet their Formal Skills requirement, while gaining experience critical to graduate school success. Consider enrolling in the brand new PSYC 70: Research Methods course this quarter!

PRE-MEDICAL WORKSHOPS

Are you interested in a career in healthcare? The [Career Services Center](#) has released this list of pre-med workshops for Winter 2016. Register for the workshops on [Port Triton](#).

Pre-Med at UCSD

Friday, January 8, 2:00-3:00 pm

Health School Interviews: Prep & Practice

Monday, January 11, 3:00-4:30 pm

Pre-Pharmacy at UCSD

Friday, January 15, 2:00-3:00 pm

Pathways Into Nursing

Thursday, January 21, 3:30-4:30 pm

Post-Bac Pre-Med Programs

Tuesday, January 26, 2:00-3:00 pm

International Medical Schools

Tuesday, February 9, 3:30-5:00 pm

Applying to Medical School for 2017

Thursday, February 25, 2:00-3:30 pm

All workshops will be held in the Career Services Center Horizon Room.