

UC San Diego

PSYCHOLOGY *News*

Volume 5, Issue 1
Fall Quarter 2017

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. For more information about our majors, classes, and opportunities to get involved, visit our [website](#); we encourage you to keep an eye on our [calendar](#)!

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

FALL ADVISING WORKSHOPS

Register [online](#) for our upcoming workshops!

- **Psychology Department Orientations**
Tuesday, September 26, 9-10:30 am, CSB 001
Friday, September 29, 9-10:30 am, McGill 1350

- **Study Abroad:**
University of Sussex School of Psychology
Tuesday, October 10, 10-11:00 am, Mandler 1507

- **How to Study Less and Remember More**
Thursday, October 12, 2-3:00 pm, Mandler 3545

- **Pathways to PhDs**
Thursday, October 19, 6:30-8:00 pm,
Cross Cultural Center Comunidad Room

- **Honors Program Information Sessions**
Tuesday, October 24, 1-1:45 pm, Mandler 1539
Wednesday, November 8, 9-9:45 am, Mandler 3545

- **Study Abroad for Psychology Students**
Thursday, November 16, 10-11:00 am, Mandler 3545

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 November 16th!



Psychology
Honors Program
Class of 2017



HOT FALL CLASSES

PSYC 105: Cognitive Psychology (Geller)
W 5:00-7:50 pm CENTR 115
Upper Division Standing required

PSYC 134: Eating Disorders (Kaye)
W 5:00-7:50 pm SOLIS 107
Upper Division Standing required

**PSYC 168: Psychological Disorders of
Childhood** (Lacefield)
T/Th 5:00-6:20 pm CENTR 101
Upper Division Standing required

PSYC 188: Impulse Control Disorders
(George)
T/Th 6:30-7:50 pm WLH 2005
Upper Division Standing required

PSYC 193: Psychology of Prejudice (Willis)
MWF 3:00-3:50 pm MNDLR 1539
Upper Division Standing required

Contact Psychology Advising through the
[Pre-Authorization Tool](#) 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!



RESEARCH SPOTLIGHT

You Seem Happy...

Psychologists have demonstrated over and over that our brains like familiar things. The “mere exposure” phenomenon, as it is called, shows that we find things we’re familiar with more attractive than things we have never seen before.

Dr. Evan Carr, recent graduate of UC San Diego’s graduate program in Psychology, took it a step further in his recent paper, co-authored with Dr. Tim Brady and Dr. Piotr Winkielman, faculty members in our department. He demonstrates through his research that familiarity with a person’s face affects our perception of positive emotions shown on the face later.

Study participants were first asked to track the color and number of squares appearing randomly on a computer screen; below those squares were a series of images of faces with neutral expressions. This gave participants exposure to the faces in a less explicit way.

Later in the experiment, participants were shown a series of paired faces (one made familiar to them through the previous task and one brand new), and asked to identify the happier of the two. The faces in the experiment were digitally manipulated to display traits that were more angry or happy. Participants were more likely to rate familiar faces with neutral or happy expressions as happy. Unfamiliar faces with similar expressions were less likely to be rated as happy. The results were replicated in a similar experiment where participants viewed faces one by one.

The conclusion the researchers drew was that familiar faces actually seemed happier to participants, influencing the perception of the emotion they portrayed. So if you think that person is smiling at you from across the room, it could be that you’ve just seen them somewhere before.

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 provide resources and education to people regarding mental health and to advocate 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](#).

Active Minds meetings are select Thursdays at 5 pm in Mandler 1539. Their first General Body Meeting will be October 5.

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. Membership is an earned honor which is for life. It may be used for reference purposes for graduate school and job applications. Members have the opportunity to present research at scientific meetings and 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 5. Visit the [UCSD Psi Chi website](#) for more details!

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 participants.

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.

HEALTH BEAT PRE-HEALTH ADVISING

Are you considering a career in Medicine, Nursing, Dentistry, Optometry, or another Healthcare field? UC San Diego now has a dedicated pre-health advising team! Explore health professions, prepare for your future career, and apply to graduate school with the help of the HealthBeat Advisors! Earn a Pre-Health Certification for your Co-Curricular Record.

Join the Pre-Health Advising team at their Open House on Tuesday, September 26th. Explore the Health Professions and learn more at their upcoming workshops. Sign up for the Health Beat newsletter, add their calendar to your phone, and find out more information at healthbeat.ucsd.edu.



SOCIAL INNOVATION SPRINT

The Social Innovation Sprint is a new collaboration between the Jacobs School of Engineering and the Rady School of Management. Faculty will guide student teams to define, prototype and pitch solutions focused on addressing homelessness and human trafficking to a panel of CEOs, educators, and city officials. The program costs \$79 for UC San Diego students and scholarships are available based upon financial need. Participants will earn a UCSD certificate.

There will be two full-day sessions included:
October 14th 9am-4pm: Design Thinking
October 21st 9am-4pm: Entrepreneurship

For more information and to apply please visit: socialinnovationsprint.com

SKEPTICISM IN SCIENCE WORKSHOP

Skepticism and Open-mindedness in Science

Pseudoscience is very harmful to society, but is it sometimes a by-product of scientific creativity? How should we balance gullibility and cynicism?

These questions and others will be addressed by Michael Shermer, David Brin, V.S. Ramachandran, Jamy Ian Swiss, Asheley Landrum, Craig Callender, Sheldon Brown, and Ken Wharton. All are welcome at this free public workshop organized by UC San Diego faculty.

Friday, October 6, 2017, 9:30 am to 5:00 pm
The Village 15A, UC San Diego

For more information, visit the event website: <http://ccallender7.wixsite.com/mysite/skepticism>

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 the Academic Internship Program (AIP 197) and be approved by the Psychology Department in advance. Internship approval procedures can be found on our [website](#).

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

WI 2018 AIP Deadline: December 8, 2017

CAREER 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 Center](#) to sign up for an appointment or to look at upcoming events and workshops!

Fall Quarter Fairs:

- Science & Technology Career Fair
October 11 (9:30 am - 2:30 pm)
- Triton Fall Career Fair
October 12 (10:00 am - 2:30 pm)
- Graduate & Professional School Fair
October 18 (10:30 am - 2:30 pm)

COMMUNITY CENTERS

UC San Diego seeks to provide spaces to facilitate interactive learning, promote self-awareness, foster leadership development, encourage dialogue, and challenge traditional notions of diversity, in an effort to build and sustain a socially just campus climate. Undergraduates are encouraged to participate in events and workshops offered by all six community centers, regardless of their own backgrounds. Please visit: [the Black Resource Center](#), [the Cross-Cultural Center](#), [the Inter-Tribal Resource Center](#), [the Lesbian Gay Bisexual Transgender Resource Center](#), [the Raza Resource Centro](#), and [the Women's Center](#).

WANT TO STUDY ABROAD?

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

We'll be hosting the **Study Abroad for Psychology Students Workshop** on *Thursday, November 16 from 10-11:00 am in Mandler 3545*. We will also be hosting the **University of Sussex School of Psychology** on *Tuesday, October 10 from 10-11:00 am in Mandler 1507* for a discussion about their Summer 2018 programs.

Register on our [website](#); find out more from the [Study Abroad Office!](#)



BE A WINTER UGIA (UNDERGRAD INSTRUCTIONAL APPRENTICE)!

Participating in a Psychology 195 Undergraduate Instructional Apprentice (UGIA) position provides students an opportunity to learn the methodologies of teaching and obtain teaching skills that can be utilized for graduate schools or in other professions.

Eligible students must be Psychology majors or minors with Upper Division standing and a minimum GPA of at least 3.0. You must have completed the course in which you wish to be a UGIA and should have earned at least an A-.

Interested students should contact Winter professors individually to discuss. Required paperwork is on the [Psychology website](#); **the Winter quarter UGIA deadline is December 1st.**

RESEARCH ASSISTANTS NEEDED

Are you interested in a career in experimental or clinical psychology? Looking to get some experience outside the classroom? Curious about how psychological research is conducted?

Consider working as a PSYC 99/199 Research Assistant this year! Students enrolled in PSYC 99/199 learn how research programs are carried out through assisting in running subjects, collecting data, and evaluating data under the supervision of a faculty member or graduate student. Because students have a close working relationship with lab members, this experience can also contribute to stronger letters of recommendations from lab personnel. For more information, visit the [Psychology website](#). **Deadline: Friday of Week 2 of the quarter.**

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.

COUNSELING AND PSYCHOLOGICAL SERVICES

CAPS, or Counseling and Psychological Services, is the on-campus resource for student mental health services. Every quarter they run **weekly workshops** ranging in topics from relationships and sexuality to community and identity to self care and conflict management to careers. In addition, one-on-one appointments are available with counselors and psychiatrists.

CAPS Central Office is located in Galbraith Hall, room 190. To schedule an appointment, or in case of a psychological crisis, please call 24 hours a day: (858) 534-3755.

For drop-in group counseling, visit: <https://caps.ucsd.edu/dropin.html>

MINDFULNESS WORKSHOPS

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

*Wednesdays (3:00-4:30 pm), weeks 2-10
Murray's Place (2nd flr), Student Health Center*

FALL 2017 PSYCHOLOGY & COMMUNITY CALENDAR

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

September 2017

- 26 9:00 am Psychology Dept Orientation (CSB 001)**
26 10:00 am Q Camp (Price Ctr. Ballroom East)
registration required at lgbt.ucsd.edu
26 1-3:00 pm Career Center Open House
26 1:30 & 2:30 pm Health Beat Open House
(Career Center Horizon Room)
26 1:30 pm The Basement Open House
26 3:00 pm Cross Cultural Center Block Party
27 12:00 pm Raza Resource Centro Open House
27 1:00 pm UnOlympics (RIMAC Field)
27 4:00 pm Women's Center Welcome Fest/Resource Fair
28 First Day of Fall Classes (no PSYC 60/70 DI this week)
28 11:00 am Crafting Your Good Life (The Zone)
28 12:30 pm Studying Social Justice (Cross Cultural Ctr)
28 3:00 pm Las Cafeteras Workshop (Visual Arts Facility)
register at: <http://bit.ly/CafeterasWorkshop>
28 4:00 pm Learn by Doing: Internships, Research, and Leadership Opportunities
(ERC Room, Price Ctr West)
28 5:30 pm The Basement Info Session 1 (The Basement)
29 9:00 am Psychology Dept Orientation (McGill 1350)
29 11:00 am First Friday Triton Animation Studios
(Cross Cultural Ctr)
29 11:00 am Random Acts of KINDness (The Zone)
29 12:00 pm BRC Peer Guidance Program Meet & Greet
(Black Resource Ctr)

October 2017

- 2 Tritons in Motion Sign-Ups Begin (Student Health)
3 12:00 pm Find Your Health Beat: Exploring the Health Professions (Career Center Horizon Room)
3 4:00 pm UCDC Info Session (ERC Room, Price Ctr West)
4 2:00 pm The Basement Info Session 2 (The Basement)
4 5:00 pm QT Fest (LGBT Resource Ctr)
5 National Depression Screening Day (Library Walk)
5 5:00 pm First Active Minds Meeting (Mandler 1539)
5 6:30 pm First Psi Chi/Psychology Club Mtg (McGill 1350)
6 Fall Quarter Psychology Late Add UGIA Deadline
6 Fall Quarter PSYC 199 Deadline
6 Last Day to Add Fall classes on TritonLink
6 9:00 am Skepticism and Open Mindedness in Science
registration required at <http://bit.ly/2xkmQIT>
8 Winter Quarter UC/DC Deadline
7 Applications Due for the Social Innovation Sprint
more info at socialinnovationsprint.com
7 Friends of the International Center Dinner Social
more info at <http://go.ucsd.edu/2hr8a6R>
9 Women's Center VOICES Leadership Program applications due; *more information at <http://women.ucsd.edu/programs/voices.html>*

October 2017 (continued)

- 10 10:00 am Study Abroad: University of Sussex School of Psychology (Mandler 1507)**
10 1:00 pm Pre-Health Transfer Series Part 1: Making a Smooth Transition (Career Center Horizon Room)
11 9:30 am Science & Technology Career Fair (RIMAC Arena)
12 10:00 am Triton Fall Career Fair (Price Ctr Ballroom West)
12 2:00 pm How to Study Less and Remember More (Mandler 3545)
12 3:00 pm Volunteer Info Session (Cross Cultural Ctr)
12 6:00 pm Native American Welcome Dinner
(Cross Cultural Center Comunidad Room)
12 8:00 pm Women in Business (The Basement)
13 Inter-Tribal Resource Center Open House
13 1:00-3:00 pm Psychology Advising Open for Adds/Drops ONLY
14 Social Innovation Sprint Day 1: Design Thinking
16 12:00 pm Is Graduate School Right for You?
(Career Center Horizon Room)
16 1:00 pm Pre-Health Transfer Series Part 2: Keeping Up the Momentum (Career Center Horizon Room)
16 3:00 pm UC Law Schools Admissions Panel
(Career Center Horizon Room)
17 Know Your Rights (Undocumented Student Services Ctr)
17 2:00 pm UC San Diego Extension Post Bacc for Pre-Meds (Career Center Horizon Room)
18 10:30 am Graduate & Professional School Fair (Library Walk)
18 11:00 am Love Your Body Day (Price Ctr West Plaza)
19 1:00 pm Pre-Med Application Clinic Step 1: Are You Ready to Apply? (Career Center Horizon Room)
19 6:30 pm Pathways to PhDs (Cross Cultural Center Comunidad Room)
21 Social Innovation Sprint Day 2: Entrepreneurship
23 11:00 am Study Abroad Expo (Price Ctr. Ballroom West)
23 1:00 pm Pre-Health Transfer Series Part 3: Putting it All Together (Career Center Horizon Room)
24 1:00 pm Psychology Honors Information Session (Mandler 1539)
24 1:30 pm Pre-Med Application Clinic Step 1: Are You Ready to Apply? (Career Center Horizon Room)
26 2:00 pm Financial Aid and Scholarships for Study Abroad (Study Abroad Office)
26 5:00 pm Body Love: A Live Art Workshop with Gabrielle Civil (The Pub Stage)
27 Last Day to Drop a Class Without a "W"

November 2017

- 1 3:00 pm Pre-Med Application Clinic Step 1: Are You Ready to Apply? (Career Center Horizon Room)
2 1:00 pm Multi-Mini Interview: Peer-to-Peer Practice (Career Center Horizon Room)
registration required on [Port Triton](#)

November 2017 (continued)

- 6 Health Professions Week (Nov 6-10)
8 9:00 am Psychology Honors Information Session (Mandler 3545)
8 11:30 am UCSD Veterans' Recognition Ceremony (UCSD Supercomputer Center)
8 12:00 pm Is Graduate School Right for You? (Career Center Horizon Room)
13 12:00 pm Study Abroad and Career Development (Career Center Horizon Room)
16 3:00 pm Financial Aid and Scholarships for Study Abroad (Study Abroad Office)
16 Psychology Honors Program Application Deadline
16 10:00 am Study Abroad for Psychology Students (Mandler 3545)
17 12:00 pm Translating Study Abroad for the Job Search (Career Center Horizon Room)
20 Transgender Day of Remembrance (LGBT Resource Ctr)
27 4:00 pm Financial Aid and Scholarships for Study Abroad (Study Abroad Office)
28 5:00 pm CA Dream Act Workshop (Undocumented Student Services Ctr)

December 2017

- 1 Winter Quarter Psychology UGIA Deadline**
1 World AIDS Day (Price Ctr Ballroom & Library Walk)
1 Last Day to Drop a Class With a "W"
8 Winter Quarter AIP Deadline
12 10 am Therapy Fluffies Extravaganza (Price Ctr Ballroom West)
15 Deadline for FA17 Graduates to turn Psychology BS papers in to Psychology Advising

Ongoing Events

- Mondays: 10:00 am Yoga Zone (The Zone)
Tuesdays: 11:00 am Art & Soul (The Zone)
4:00 pm STEM Cafe (Women's Center)
Wednesdays: 1:00 pm R&R Squad (The Zone)
2:30 De-Stress With Biofeedback (The Zone)
3:00 pm Mindfulness Workshops (Health Ctr)
6:00 pm Veteran Ventures (The Basement)
Thursdays: 10:00 am Meditation (The Zone)
1:30 pm Therapy Fluffies (The Zone)
3:00 pm Flourish @ UC San Diego (CAPS)
5:00 pm Black Women's Collective (Women's Ctr)
5:00 pm Active Minds (Mandler 1539)
6:30 pm PsiChi Meetings (McGill 1350)
Fridays: 12:00 pm Gender Buffet (Women's Ctr)
12:00 pm Internationall Friday Cafe (Great Hall)

Look for additional workshops and ongoing events on websites throughout the year.

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. Students are encouraged to work toward a **CCR-certified Well-Being Award** for participating in Zone events.

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.