

Analyze This

50th Anniversary Edition



PC Psychology Celebrates 50 Years Victoria McCutcheon

It has been nearly fifty years to the day since the first class of Providence College Psychology graduates walked across the stage and out into the world. Although the class was small, it signaled the beginning of an amazing journey for the Psychology Department at PC. Now consisting of eleven full-time faculty members, six faculty-led undergraduate research labs, an impressive chapter of the National Psychology Honor Society *Psi Chi*, a variety of opportunities for students to gain hands-on experience through internships, research assistant positions, and independent studies, and an extensive course catalog that covers topics such as abnormal psychology, personality psychology, research design, cognitive psychology—just to name a few—and even a neuroscience certificate program, it is clear that this department has seen incredible growth over the past fifty years. On April 7, 2018, psychology graduates, professors, and friends gathered together to celebrate this history. Throughout the celebratory luncheon, tour of the new science complex, poster session led by student researchers, powerful keynote presentation by PC Psychology graduate Melissa Janet Brymer Ph. D., Psy.D., and speeches from students past and present, the pride and excitement in this incredible department was palpable. I have been fortunate enough to be an active member of this department for the past four years and I will never forget the amazing relationships I have made and the priceless lessons I have learned. It truly is an exciting place to learn with amazing people who are there to help you along the way.

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Special Points of Interest

- On the cover: The PC Psychology Department Celebrates 50 years!
- Special letter from the editor

Senior Editor

Victoria McCutcheon



Psi Chi Spotlight: Executive Board

A few words from the newly-elected executive board members...

Jaylee Messier (President):

"The psychology department has always felt like a family to me and as a member of the new Psi Chi executive board I hope to spread this community feeling to incoming students and prospective psychology majors. I'm looking forward to making my last year here at PC a fun one with my fellow Psi Chi friends and I hope to see a lot of new faces!"

Kaitlyn Melino (Vice President):

"I am a rising senior and I just recently got elected as the Vice President for Psi Chi. I am looking forward to a great year of fundraising and running events with this group."

Josette Tugander (Treasurer):

"I am excited to have the opportunity to continue to expand the work of the society and to create an inclusive environment in which members can bond with one another. I can't wait to be able to give back to a department that has taught me so much. I hope that I can impact new psychology majors and share the strengths of this department with them."



Mackay Kanaley (Secretary):

"As the new secretary of Psi Chi, I want to welcome our newest members and wish the graduating seniors the best of luck in all their endeavors after Providence College. I hope the wisdom and knowledge from PC and the Psychology Department stays with you and guides you wherever you may go. To the new members, I hope you take in all that PC has to offer and that you may learn all that you can from your professors and classmates. I am so hopeful for my final year at PC and this year with Psi Chi!"

And a fond farewell to the Senior executive board members...

Marissa DiMaria (President):

"The past two years I have spent on the executive board of Psi Chi has allowed me to integrate myself further into the psychology department, building close relationships with faculty and students that I may not have met otherwise. I am grateful for and proud of everything we have accomplished while working as a team to bring the psychology department closer together."

Caroline McBride (Vice President):

"I've really enjoyed being vice president of Psi Chi because it has given me the chance to be more involved with other psych students and learn about their research."

Michelle DeLeo (Secretary):

"My time as the Psi Chi secretary has allowed me to see all that the Psi Chi organization has to offer and support my classmates beyond the classroom."

Tom Walker (Treasurer):

"Psi Chi has been a great opportunity to explore psychology with other passionate majors."



Psi Chi Spotlight: General Members

Class of 2018 Graduating Members

Rebecca Alois
Lauren Berube
Alexandra Bucci
Courtney Bumsch
Jade Dandurand
Michelle DeLeo
Gabrielle DeParis
Marissa DiMaria
Bailey Fielding
Kyle Fitzsimons
Marisa Gonzalez
Erin Hurley

Keith Lee
Kaitlyn LiPuma
Anne Loftus
Lauren Manginelli
Matthew Mannarino
Lauren Martone
Caroline McBride
Victoria McCutcheon
James Mullin
Paige Santos
Caitlin Shanley
Krysta Taylor

Honors Society Requirements

- ◆ Completion of at least 3 semesters of college coursework
- ◆ Completion of 9 credit hours of psychology coursework
- ◆ A major in psychology
- ◆ A 3.25 or better average in psychology courses
- ◆ A minimum cumulative GPA of 3.25
- ◆ A ranking in the top 35% of your class
- ◆ High standards of personal behavior
- ◆ An interview with Psi Chi officers
- ◆ Affirmative vote of $\frac{2}{3}$ of those present at a regular meeting of the chapter

Newly Inducted Members

Hannah Abrantes (2019)
Adriana Acerra (2019)
Caroline Alley (2019)
Anne Archard (2020)
Emily Borrello (2019)
Sydney Brigido (2019)
Angelina DeCapua (2020)
Gianluca DiUbaldo (2018)
Patrick Duryea (2019)
Kaitlin Feloney (2019)
Amy Geller (2019)
Rylee Gillen (2020)
Allyson Goldstein (2020)
Jamie Gregorek (2019)
Michael Hunt (2020)
Alison LeMoigne (2020)

Kaitlyn LiPuma (2018)
Anne Loftus (2018)
Mary Manganaro (2020)
Vanessa Maylor (2020)
James Mullin (2018)
Kaylie O'Connell (2019)
Elizabeth Perrone (2020)
Alexandria Powers (2020)
Jessica Rogers (2019)
Caroline Royal (2019)
Paige Santos (2018)
Soultana-Konstantina Skritakis (2019)
Christina Sloan (2020)
Julianne Szemko (2019)
Emily Tolbert (2020)
Robert Vera (2020)

Features of Newly Inducted Members

Overall:

- ◆ 32 new members
- ◆ Cumulative GPA: 3.70
 - ◆ Top 17%
- ◆ GPA in Psychology: 3.77



Inside Look: Psychology Abroad

Amy Geller

This semester I have had the opportunity to study abroad in Copenhagen, Denmark. In my program, Danish Institute of Study Abroad, I have had the unique experience of taking a “core course” called European Clinical Psychology, which has been my primary focus of study. During this class, I have gotten the chance to gain life changing field experience in the realm of clinical psychology from a Scandinavian perspective. Over the past few months, I have travelled around Copenhagen, Southwest Denmark, and Vienna, Austria, on various academic visits to different psychology sites. On one visit in Copenhagen we learned about “Snoezelhuset,” a sensory form of therapy for people with developmental disorders, such as autism. This revealed to me the importance of understanding the world from a point of view different than your own, as people with autism tend to experience sensory overload and this center aids them in coping.

“My experience abroad has taught me that the most crucial aspect of being a clinician is to value the wholeness of each individual ...”

Study Abroad

PC Psychology offers students a variety of exciting study abroad programs across the globe:

- ◆ Australia
- ◆ Denmark
- ◆ England
- ◆ Ireland
- ◆ Netherlands
- ◆ New Zealand
- ◆ Scotland
- ◆ South Africa
- ◆ Sweden

A visit that especially stood out to me was a talk by a man who was able to recover from severe schizophrenia, as it took immense courage for him to share his unfortunate experiences. One aspect I took notice of was how he never labeled himself as having schizophrenia, exposing how stigma has no place in conveying the unique experience of an individual. In Vienna, my class even got to see Sigmund Freud’s home! We also toured Mauthausen, the harshest concentration camp that was in operation during the Holocaust. Months later, I still cannot put into words the emotions I felt walking through the quarry and barracks. It has opened my eyes and made me realize not to take for granted the importance of fundamental human dignity and the moral obligation to stand up for others.

After countless academic visits around Europe, one central lesson particularly emerges for me: the failure of mental health services. Denmark has a free public healthcare system, creating the impression that their healthcare is easily accessible and effective. However, after hearing a range of stories from those who have encountered mental health professionals, this is certainly not the case. There are huge waiting lists, denying treatment to individuals for months on end, leaving them with the option of receiving no treatment or turning to the expensive private sector. Further, doctors have thousands of patients, which decreases individual care and pigeon-holes doctors into misdiagnosing or solely prescribing drugs. My experience abroad has taught me that the most crucial aspect of being a clinician is to value the wholeness of each individual and that tailored care and a strong therapist-client relationship is the most effective form of treatment. My time abroad has secured my purpose in psychology, highlighting to me the ongoing need for professionals in the field.

The Science of Psychology Is Anything But Soft

Victoria McCutcheon

The scientific approach that is central to psychological research requires significant standardization and specification of the variables to be measured. However, there is a unique complication that arises in this research as the measured variables often take the form of abstract constructs, such as aggression or emotional reactivity. Because these constructs are often very broad and may have different meanings to different researchers, it is necessary to operationally define these constructs so that readers may understand how the researchers defined and measured a particular construct. Though they are a necessary component, the use of operational definitions for measuring constructs presents a potential threat to content validity in psychological research.

Operational definitions transform constructs into specific, measurable forms that define specifically how it will be measured. Operationally defining a construct allows researchers to detail how they are approaching the study of a particular construct and what specific behaviors they consider to be representative of the construct. For example, an operational definition of aggression may include specific behaviors that are considered representative like kicking, punching, screaming, etc. These definitions offer the significant benefit of creating a detailed description of the variables that the researchers are studying, which is vital for measuring the reliability and validity of the research. However, this narrowed, specified description of a construct presents its own set of complications.

Constructs like aggression and emotional reactivity are complex and extensive in their definitions; they may manifest in various ways and may be understood in significantly different ways given one's cultural or personal perspective. No single operational definition, no matter how comprehen-

sive, is able to encompass the entirety of any given construct to be measured; though it can provide a useful conceptualization of such constructs. Each particular operational definition is only the distinct, narrowly defined portion of a larger construct that the researcher has chosen to examine. This selectivity poses a threat to the content validity of the study because it limits the scope of assessment of a particular construct to a few specific aspects. Content validity indicates how accurately an assessment or measurement represents all facets of the given construct in question. Striving for greater content validity guides researchers toward observing and measuring a particular concept with as much totality and breadth as possible, while still maintaining the necessary specificity. However, due to the abstract nature of many of these constructs or topics, it is improbable that a given operational definition would be able to encompass the entirety of a specific construct. Therefore, the use of operational definitions presents an inherent threat to content validity in psychological research.

Because of this threat to content validity, researchers bear the burden of balancing the need for specificity in operationalizing their variables while still attempting to present a comprehensive view of a construct. The threat to content validity that is posed by the use of operational definitions should not be taken to indicate that they are in any way futile or impractical as they are a vital component of psychological research design. However, it does indicate the complexity of such research and the importance of weighing out the benefits and hindrances of different approaches to research. The value and usefulness of practical applications produced by psychological research emphasize the importance of having researchers who are willing to make these decisions, even though they are far from simple.

Interview: A Personal Story of Recovery

Maddie Bumpus

In today's society, addiction has become more than a problem, it has become an epidemic. According to recent statistics gathered by the National Survey on Drug Use and Health, more than 22 million American adults struggle with a substance use disorder involving alcohol or drugs. However, it is often too easy to become so focused on the statistics that we forget the impact addiction has on real people. Each person who is struggling with an addiction or striving to maintain recovery has a rich, complex story that gives deeper meaning to their struggle. It is important that we recognize these stories and preserve human dignity in the discussion of addiction.

For this interview with a person in recovery, I interviewed my cousin Josh who is one of the most intelligent, humorous, and caring people I have ever met. I thought he would be a great person to learn from because I believe he demonstrates that every strong person, every radiant smile, has a story and you never know what demons lie beyond that smiling face. I also believe that his story shows how you can fall down and feel like you will never get up again but with the right perseverance, anything is possible.

Growing up, Josh watched his mother struggle with addiction. As he watched her tear apart her life from the inside out, he promised himself he would never be that person. However, as the years carried on, the impossible became very possible. He described it as "being on a highway and seeing signs every few miles that say 'Do Not Take Exit; Caution: Fatal' but then, after countless miles, taking the exit anyway." It was around the age of 21 when he began to use opioids. For most people who use opioids, they "nod out" and look like they are in zombie mode. However, due to a chemical imbalance in his brain, opioids did not have the same "mellowed out" effect on him. Instead, he became energized. It gave him a sense of normalcy which allowed him to go through life and maintain his bills, including his child support payments. However, it still gave him the numbness that hid the pain and suffering that he was experiencing inside.

Opioids were his constant. Since he believed that it was the only drug he would be interested in using, he decided to sell cocaine on the side. He never wanted to use drugs because he had witnessed time and time again the damage it created in his own family. However, as he began to hang around people who used and sold, the temptation overcame him. His opioids started to consume his every thought. Not only was he micromanaging his own thoughts, he was micromanaging his thoughts about opioids and how they were consuming his life. He said it came out of nowhere and, as fast as it came, it left just as quickly. He explained, "It snatches you and leaves you feeling empty so you seek to snatch it again and again." As he continued on his journey with opioids, he ended up overdosing three times. One of the times he woke up covered in blood because he had bit his tongue during a seizure. However, even the three overdoses which seriously impacted his health were not enough to make him stop. He emphasized that no one has more perseverance than a drug addict. They often do not recognize when they have hit rock bottom because they will do anything to climb those walls and get what they need. Nothing was going to stop him except time because, as Josh explained, with time there are only two options: death or jail. In 2014, he was incarcerated.



Continued...

In the three years and 9 months he spent in jail he was able to get clean, and he has stayed clean ever since. While in jail, he was able to stabilize his dopamine levels without using Methadone or Suboxone. Before being incarcerated he had been to rehab facilities and had tried to get clean. However, those times it was not fully his decision and he could never stay clean for long. Even though being incarcerated was also not his choice, it was a wakeup call that led to his decision to get clean. During his incarceration, he attended many classes that taught techniques and lessons on how not to be an addict. He even taught GED courses to the other inmates to help them progress.

Through his recovery he had to learn not to pick up where he left off, but to start where he should have been. It was a process of realizing the mistakes he could fix and change and letting go of the mistakes he could not. Through his classes he learned to make lists of the people he had hurt and how to apologize to them; they called it a “face it and erase it” method. It was a way to release the emotions and feelings they had been storing inside and cleanse their thoughts and minds.

His recovery had a lot of hardships, especially mentally. He was sad because he had become what he was most afraid of: his mother. On top of that, he was now trying to deal with the realization that his prison sentence would forever label him as an outcast in society. He could change himself for the better but he had to learn to deal with not being able to change people’s perceptions of him. He was left with the feeling that he was starting off worse than he was before. Especially now that he is living a sober life, he wants people to see him for who he really is. Although the incarceration process does not have a sufficient rehabilitation program for people in

“I believe he demonstrates that every strong person, every radiant smile has a story and you never know what demons lie beyond that smiling face.”

recovery, he had the time and the drive on his side to push him through. He had a drive to not only get sober but to be a person he could be proud of. He worked to have aspirations and goals that motivate him to be the best man he can be.

As an addict he betrayed his core values by hurting people he loved. However, in recovery, addiction is no longer his purpose. He is able to care about others again and, most importantly, to care about himself. Through recovery he has learned that when he was on drugs, the people he cared about and that he thought cared for him were not truly the friends he believed them to be. The drugs were the center of that affection. Now living a sober life, everything has changed. He is still trying to figure out who he wants to be but one thing he now knows for sure is that the people who love him, friends and family alike, deserve him in their lives.

When I asked him why he stopped using his reason was simple. He said it was time because he could not go any lower. Prison did have a huge impact on his decision but so did his family and his own self-perception. However, his main reason for stopping was his daughter. As his mind became clearer and the fog of drug abuse dissipated, his chest ached when he realized he had broken his promise to never to hurt his little girl

the way his mother hurt him. Now he has come to terms with his past and he realized he has paid his dues and then some. He has said his deepest apologies and realized that this is all he can do. Now, he braids his daughter’s hair and prepares himself for her fast-approaching teenage years. Even though step meetings have never worked for him in the past, he still attends meetings to remind himself that he is not cured and he still a ways to go. He also attends church every Sunday because he believes he has another purpose here on this Earth.

When I first asked Josh if he would be willing to do this interview with me, his first question to me was what I remembered about him. I told him that I remembered how unbelievably caring he is to anyone and everyone around him. I also remembered how funny and smart he is. And through this interview my memory remains the same. He has fought tooth and nail to get to where he is now and he still is looking after and caring for others. He is willing to share his story so that maybe one day this can help others as well. During our interview he was filled with great wisdom and pure honesty as to where he has been and how far he has come. I could not be any prouder to call him my big cousin.

Anxiety in College Students: What is “Normal”

Elizabeth Potenziani

College students commonly experience anxiety for several reasons. Time management can be more difficult for some students, so looming academic assignments can cause students to feel anxious. Important exams, presentations, and other evaluative assignments can cause students to feel anxious as well. As students enter college, they also enter an entirely new social scene which may also produce anxious feelings. These anxious feelings are normal. Typically, most college students are experiencing these same feelings, but they are temporary and do not have a detrimental effect on their daily lives. However, students who have more intense and prolonged feelings of anxiety may need further attention.

Here are some questions to consider when distinguishing between normal college student anxiety and anxiety that may be more detrimental to one’s health:

Can the stressor be identified? If a person can determine the reason they are feeling anxious, these feelings may be temporary and may only persist in accordance with the timeline of the stressor. If stressors cannot be identified, it is possible that this anxiety requires more attention as this may be an indication of a struggle with more generalized anxiety. If the stressor is an upcoming exam or a project, normal levels of anxiety may persist until after the assignment is done. Even so, if a stressor is identifiable but persists over time (for example, friendship or relationship issues), individuals may want to reach out and speak to somebody in order to address their concerns and find healthy ways of coping with this anxiety.

Is the anxiety intense or tolerable? If a person feels the anxiety is tolerable and perhaps even temporary leading up to a specific event or in a certain situation, this person may be able to handle it without seeking additional help. However, if a person feels the anxiety is overwhelming and it is negatively impacting daily functioning, this person may need to reach out in order to improve his or her quality of life. Incoming freshmen may feel anxious about new student orientation and the early days of college life. However, if the anxiety during this transition time seems intolerable and negatively affects one’s ability to enjoy life and perform daily responsibilities, it could be more than just a transitional period for this individual.

How long do the anxious feelings last? If a person is feeling constantly anxious, this may be an indication of a more serious struggle with anxiety. This is different than a person who feels situational anxiety leading up to a certain event, as this type of anxiety generally subsides once the event is over or the person has finally adapted to the situation. If the anxiety symptoms extend beyond anticipated stressors or for an extended period of time without alleviation, it may be beneficial to reach out to available resources and ask about potential strategies for addressing these symptoms.

Other symptoms? If the person experiences other physical ailments associated with anxiety such as headaches, trouble breathing, heart pounding, sweating, upset stomach, muscle tension, etc., this is likely a more serious issue. Sometimes, a person experiencing these symptoms does not recognize that they are also feeling anxious. This may be because some individuals view emotion and physical ailments as completely separate rather than recognizing the biopsychosocial view which views social, psychological, and biological aspects as interconnected. However, it is important to discuss these physical symptoms with a medical professional regardless of their association with symptoms of anxiety, as they may be detrimental to one’s health. (cont’d on next page)

Resources

Personal Counseling Center

Located: Lower Bedford Hall (lower campus)
Phone: 401.865.1343
Office Hours: Monday-Friday 8:30 am to 4:30 pm

Student Health Center

Located: Lower Bedford Hall (lower campus)
Phone: 401.865.2422
Fax: 401.865.2809
Office Hours: Monday-Friday 8:30 am to 4:30 pm (by appointment only)

Continued...

Although anxiety can sometimes be detrimental to a person's health, normal levels of anxiety can, at times, be useful. Sometimes, anxiety can help people realize their strengths and weaknesses in different situations or can motivate people to complete tasks. Still, anyone who feels they are suffering due to their anxiety should seek help. There are several types of anxiety disorders which can inhibit daily functioning but can be treated if directed to the proper resources. These are only some general aspects of a more serious anxiety issue, so if anyone feels they still want to speak to somebody, even if it is about more "normalized" levels of anxiety, there are resources available here on campus and online.

If you or anyone you know is suffering from any levels of anxiety and want guidance, the Personal Counseling Center is located in Lower Bedford Hall. Their hours are Monday-Friday 8:30am to 4:30pm and their phone number is 401.865.2343. For emergencies or after hours, call Public Safety at 401.865.2222 or the National Suicide Prevention Lifeline at 1.800.273.8255.

Health Benefits of Yoga Practice

Victoria McCutcheon

- ◆ **Improved mood:** The focus placed on increased self-awareness and attentional focus allows you to become more aware of negative mental states and fosters the ability to recognize, accept, and alter these negative thoughts and emotions.
- ◆ **Stress reduction:** Self-soothing techniques, including breath control, alter the stress system and calm the nervous system. This contributes to decreased levels of cortisol and increased GABA levels which fosters a sense of relaxation.
- ◆ **Increased mindfulness:** Mindfulness, which involves having better awareness of the present moment without passing judgment, has been shown to have positive effects on self-esteem, interpersonal relationships, and concentration.
- ◆ **Better concentration:** The stimulation of brain and nervous system activity in yoga has been linked to improved concentration, focus, and information processing.
- ◆ **General health benefits:** These may include improved flexibility and muscle strength, decreased blood sugar, better circulation, weight loss, better posture, lower blood pressure, and more!

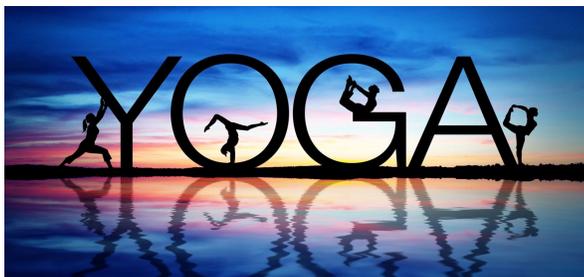


Interested in Learning More?

Check out the extensive list of classes offered through Concannon Fitness Center.

Yoga classes are offered several times a week by trained instructors.

Learn more on the PC Rec Sports app now!



Make Happy

Katie Ross

The documentary “Happy,” directed by Roko Belic, focuses on the various factors that play a role in what truly makes a person happy, whether it be environmental or genetic. The film spans a plethora of cultures and corners of the world to examine the marked differences across people and their overall happiness. There are some factors which are relatively standard and predictable in each person’s biology. The film noted that people can engage in aerobic exercise in order to raise their dopamine levels, and thus their overall happiness. Although some of our ability to feel happiness has a genetic basis, there are certain factors that are malleable and fluid when it comes to producing happiness; they change with culture and people’s individual motivations within the culture. There are differences in the ways that we perceive happiness and we are all capable of making personal adjustments to increase our happiness.

A study conducted by the researcher Oishi looked at the differences between European-Americans and Asian-Americans. Each group was asked to report their satisfaction levels at the end of each day. When they reported their daily levels, they reported similar levels of satisfaction. However, when they were asked to retrospectively report on the week overall, the European-Americans were more likely to report the satisfaction ratings of their week as much higher than the Asian-Americans, even though they rated their satisfaction about the same in the daily reports. These results demonstrated that European-Americans don’t necessarily attempt to keep a balance of positive and negative feelings in the same way that Asian-Americans do; European-Americans tend to be “operating under an implicit theory that they should be happy.”

The film emphasized that those who reported higher feelings of happiness had a few things in common. Several significant commonalities were community ties, close family and friends, and intrinsic goals. Our culture does not focus on community feeling nor does it necessarily value close relationships in the same way that an East-Asian based culture would. However, the satisfaction levels of an East-Asian culture cannot be copied and pasted into a Western culture as easily as it would seem on the surface. One focus of the documentary was based in an area of Denmark where people of varying ages and family structures lived in communal housing. This community housing focused on helping one another with day-



to-day activities and chores. The kids noted at one point that the parents would help all the children if need be, not just their own. This kind of living would require an interdependent self-construal, in which the focus would be placed primarily on group harmony and cohesion rather than focusing on individual needs. In this kind of living space, I believe there would be secondary control, in which the people would want to adjust their wants and desires to conform more to the group rather than the individual. Although this seems to work for the families in Denmark, it does not necessarily mean that it will transfer well to every culture. Americans tend to enjoy having individuality and choice, regardless of what this may mean. In a setting like the community living space where agency and choice are taken away, Americans—and people who come from other individualistic cultures—may report lower rates of satisfaction in regards to their happiness.

I think there are aspects to other cultures’ ways of life that could be easily adopted by Western cultures to promote more happiness. Although community living might be a more extreme step, I think making strides to have more community oriented efforts may lead to increased happiness in Western cultures. There is a big emphasis on work and the value of time as money in Western cultures (although this exists in Japan as well), and I think if we were able to step back from such a capitalistic society where money means everything, we might be able to promote higher levels of happiness among Westerners. In some ways we already do this, attempting to foster areas of inclusion and making sure that we spend time with loved ones, as well as shifting money away from being our focal point, could have significant benefits on our overall group satisfaction.

The Power of Positive Thinking

“The key to human happiness lies within our own state of mind, and so too do the primary obstacles to that happiness.”

- 14th Dalai Lama

“The mind is everything: what you think, you become.”

- Buddha

“Happiness is a habit—cultivate it.”

- Elbert Hubbard



“Our greatest freedom is the freedom to choose our attitude.”

- Viktor Frankl

“You may not control all the events that happen to you, but you can decide not to be reduced by them.”

- Maya Angelou

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”

- Helen Keller

Faculty Announcements

Dr. Boucher

- ◆ I had a case study published in *Sage Research Methods Case Studies*. I presented a poster at the annual meeting for the Society for Personality and Social Psychology (in March in Atlanta) with student coauthors (Michelle DeLeo, Ethan Beirne, Krysta Taylor, and former student Aubrey Legasse). I am also a co-author on two posters at the APS conference in May in San Francisco, one with Michelle DeLeo, and the other with a group of Experimental Social students (Ethan Beirne, Mackenzie Barry, and Kevin O'Neill). I will also be giving a talk at the meeting for the International Association for Relationship Researchers in Colorado this July; two former students, Aubrey Legasse and Sadie Ahlquist, are co-authors on that presentation.

Fr. Guido

- ◆ Dr. Mendoza and I were members of a faculty panel at a Humanities Forum in January 2018 entitled *Creating Community: Making Martin Luther King's Dream a Reality at Providence College*. We each gave a presentation based on our research and experience as psychologists and were joined by faculty panelists from the Education, History, Public and Community Service, and Theology Departments.

Dr. Mendoza

- ◆ Marissa DiMaria ('18) and I published a paper examining gender bias in the 2016 presidential election in the journal *Sex Roles*. Lauren Martone and Maggie Branham will also be presenting their research with me at the Association for Psychological Science Convention in San Francisco this May. I have been on paternity leave during this semester spending time with my 6-month old son, Mason, and my 4-year old daughter, Vivi.

Dr. O'Keeffe

- ◆ I rang in the 2018 New Year in Haifa, Israel as part of the inaugural Winter Faculty Fellowship in Israel. I was selected for a fully-funded two week academic exchange exploring Israel's history, politics, culture, and economy. The trip was sponsored by Media Watch International and the Jewish National Fund. In March, I attended the annual meeting of the Eastern Psychological Association in Philadelphia, PA (where it was not sunny). With Eli Ruggiero and Bridget Kelly (graduate students working at PC's Personal Counseling Center) I presented a poster titled, *Cognito Bystander Training for College Students: A Preliminary Thematic Coding Analysis*. Also in March, I attended the Garrett Lee Smith Suicide Prevention Grantee Meeting in Washington, DC. As Evaluator for the college's *PC Lifelines: Promoting Human Flourishing at Providence College* project, I was part of a PC team attending the meeting to network and learn more about efforts to promote resilience and reduce suicide risk among college students.

Faculty Announcements

Dr. Spiegler

- ◆ I gave two presentations at the Southeastern Psychological Association meeting in Charleston, SC: *Teaching beyond psychology: Life lessons and rules that facilitate learning* and *Advances in interteaching: Active learning writ large*. While there, I was delighted to see former student, Rita Dwan ('05), who is now working for the APA. My exceptional student coaches (Ellen Griffin, Jaylee Messier, Matt Johnson, and Victoria McCutcheon) and I facilitated students' learning in our Personality course through interteaching that introduced several innovations that enhanced their learning.

Dr. Van Reet

- ◆ This semester I've had the pleasure of giving some fun presentations. As part of a team, I've talked about "Signature Work" and "Fostering Integration Across the Curriculum" at two meetings of the Association of American Colleges and Universities this semester. I also have been able to give two talks about the value of undergraduate research to two PC audiences, one at meetings in NYC associated with the Big East tournament and one at the CTE. Lastly, I gave a presentation about children's learning in play at the Providence Children's Museum.

Dr. Vargas

- ◆ I received a medical research award from the Rhode Island Foundation to study the symptom and treatment history of individuals with post-treatment (or chronic) Lyme disease. Also, my husband and I bought a house in January.

Dr. Warmuth

- ◆ With my colleagues E. Mark Cummings and Patrick T. Davies, I published a paper in the *Journal of Child and Family Studies* entitled *Child Behavioral Dysregulation as a Mediator Between Destructive Marital Conflict and Children's Symptoms of Psychopathology*. Along with some students from the Family & Development Lab (Hannah Abrantes, Mallari Bosque, Annie Loftus, and Zoe Pavoncello-Kelley), I presented two posters at the Eastern Psychological Association annual conference in Philadelphia in March. In addition, Rebecca Alois, Victoria McCutcheon, and I will present a poster at the Association for Psychological Science conference in San Francisco in May. And, in June, my husband and I are expecting our first child!



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Letter From The Editor

I would like to say an enormous thank you to everyone who has helped make these past two editions of *Analyze This* possible. Thank you to the student contributors who have taken the time to submit amazing pieces. You have each made this a great experience and I have learned a lot from your contributions. A very special thank you to Dr. Spiegler and Dr. Warmuth for always pushing me to be my best, and to Mrs. Mullen for always going above and beyond for our department. I will truly miss you all. Finally, I would like to thank my family and my PC friends—who have become my family—for always supporting me and cheering me on. It has been an honor and a pleasure serving as editor and I am proud that I will soon be joining the ranks of Providence College Alumni. Go Friars!

Sincerely,

Victoria McCutcheon

