



# Freudian Slip

CSB/SJU

St. Patrick's Day Issue

## The Origin of St. Patrick's Day

St. Patrick's Day – Is it a day to celebrate your heritage or is it a day to celebrate drinking? Despite the fact that today people are well aware that St. Patrick's Day is a day of celebration, few really know why St. Patrick is being celebrated and really why this whole holiday was created.

Born in 385 AD, St. Patrick, whose real name was Maewyn Succat, was not actually even Irish himself, but was raised in Wales. At age sixteen he was kidnapped and then sold into slavery. During his captivity it is said that St. Patrick became closer to God and converted from being pagan to Christian. After six years as a slave St. Patrick escaped to France where he attended seminary to become a priest. Despite the fact that St. Patrick did not have much education, he was appointed to the Second Bishop of Ireland.

St. Patrick served Ireland for thirty years which in time he established school and monasteries and converted many people from paganism to the Christian faith. It was these teachings of St. Patrick which made the shamrock an important part of Ireland. It is believed that the Irish people were having a difficult time understanding how the Father, Son, and Holy Ghost could be one. In order to illustrate this in a manner people could understand St. Patrick showed that each leaf of the shamrock represented one being, but put together these three separate elements made up the whole clover or Holy Trinity. Following this explanation the people of Ireland began to wear shamrocks.

One of the most significant miracles attributed to St. Patrick, is while giving a sermon on a hilltop he drove all the snakes out of Ireland. Though there are some steadfast believers in the story, others think it was a metaphor showing that St. Patrick converted the nation from Paganism to Christianity. Following his death in 461 AD, the Irish people began to celebrate his life every year on the day of his death, March 17.

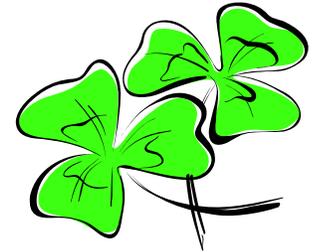
In Ireland St. Patrick's Day is really considered not only a day to celebrate their heritage, but also a religious holiday, in fact most people attend mass before the festivities begin. St. Patrick's Day has remained a very important holiday in Ireland with people wearing green to mark not only the holiday, but the coming of spring. In Ireland almost all businesses are closed except for restaurants and bars of course! People will be found filling the streets and the bars drinking green colored beer.

In 1773, the first St. Patrick's Day was celebrated in the United States, with a parade down the streets of Boston. Today there are over 100 cities, which have large celebrations, with the New York parade and turning the Chicago River green being the most noted. So now knowing why St. Patrick's Day is celebrated, this March 17, lift a pint to St. Patrick himself (if you are old enough of course)!

St. Patrick's Day Trivia:

- St. Patrick did not drive the snakes out of Ireland. They probably never had snakes on the Emerald Isle in the first place.

By Emily Trapp



- "When Irish Eyes are Smiling" isn't a popular Irish ballad; it was composed by an American.
- The shamrock isn't a real plant. Rather, the plant is a type of clover that grows in Ireland.
- Leprechauns aren't cute little sprites. They're evil, mean-spirited little creatures that perform treacherous deceptions to keep you away from that pot of gold.
- The national symbol of Ireland is the Celtic harp, not the shamrock.
- Since 1820, almost 5 million Irish citizens have immigrated to the U.S. legally.
- Almost 34 million current U.S. residents claim some Irish ancestry.
- The largest concentrations of Americans with Irish ancestry are in Massachusetts (Middlesex and Norfolk counties).
- A total of nine American towns are called Dublin, with the largest in California.
- U.S. Presidents with Irish ancestry include John Kennedy, Richard Nixon and Ronald Reagan.
- About 30% of Australians claim Irish ancestry.
- During the Irish Potato Famine in the 1840s, 75% of Irish immigrants landed in New York.

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# Dancing on the Edge, of what?

By Amy Vannurden

Believe it or not, a lot of research goes on at CSB/SJU. Unfortunately, many students never hear about it. For that reason, the administration has decided to include several research presentations at this year's Benedictine Education day, titled "Dancing on the Edge." This title appropriately represents the attempt of this institution to push the boundaries of our knowledge and encourage students to do the same through challenging classes, research, and extracurricular activities throughout the last 150 years!

Social science presenta-

tions will be from 2:15 to 3:00. Research featured during this time addresses such topics as the link between sexual intercourse and family, faith, and friends, as well as issues of suicide in Russia. If none of these topics are of interest, you can spend a little bit of time with the arts from 1-2 pm, or maybe take a little time out of your day for the humanities departments at CSB/SJU from 3:15-4. If you really are interested in something new, check out the Irish dance party from 7-10 pm. You can come even if you don't know anything about Irish dance.

Lessons are from 7-7:30. There will be plenty of activities to take part in and maybe a little bit to learn, so don't just sleep in and use the 14<sup>th</sup> of March as a day to do whatever you want. Instead take a few minutes and come to see the projects your tuition dollars are supporting!

You certainly don't have to attend the entire day of activities, starting at 9:30 am and ending at 10 pm, but stop by for a few minutes. You might be surprised and have some fun while learning a little bit about the educational edge here at CSB/SJU.

## Seasonal Variations in Suicide

By Natalie Thompson

Most people in the field of psychology have at least heard about the reports of seasonal variations in suicide rates. The most accurate research about seasonal variations usually involves looking at suicide rates in farmers. This is because they are exposed more to the variations in the seasons because of their occupation. Some studies have shown that spring peaks in suicide deaths are positively correlated with the proportion of the workforce engaged in agriculture. This is distressing since spring is looked at as a beautiful and refreshing season. However, recent studies have found that this variation in suicide deaths in different seasons has diminished. One such study was done by Simkin, Hawton, Yip, and Yam (2003) which examined the deaths in male farmers. Male farmers have a high risk of suicide because of the periods of high workload, which is very stressing on the mind and body.

The Office for National Statistics provided the researchers with the data of how many males in England and Wales aged 15 and over, whose deaths had received a verdict of suicide or death from undetermined cause (open verdict) between 1982 and 1999 (Simkin et al., 2003, p. 94). Most of these open

Source:

Simkin, S., Hawton, K., Yip, P. S., and Yam, C. H. (2003). Seasonality in Suicide: A study of Farming Suicides in England and Wales. *The Journal of Crisis Intervention and Suicide Prevention*, Vol 24(3), 93-97.

verdicts are determined to be most likely death by suicide, which is why they were also used in the data. The authors examined the seasonal distribution of suicides by farmers and non-farmers. There was some variation in the months of April and September for the farmers, but this was not enough to be statistically significant (Simkin et al., 2003, p. 95). The researchers repeated the analysis for farm workers and still found no significant variation in the seasons. Two different tests were used on the data from The Office of National Statistics. A t-test was done to test for an uneven distribution. A Harmonic Analysis examined the distribution of events for recurrent gradual elevations (rises) and depressions (declines) in the numbers which show a cyclical basis (Simkin et al, 2003, p. 96). A harmonic analysis is the study of the Fourier series and their generalization. The Fourier series is the expression of any periodic function as a sum of sin and cosine functions (APA, CMS, & MLA). The latter is better for examining seasonal variation since it directly examines the functions of the seasons.

The researchers have suggested some reasons why seasonal variations may be declining. One rea-

son is that less people are farming for an occupation. The urbanization of many cities has taken over the rural areas. Also, prescriptions such as antidepressants are used more often, which may account for the reduced number of suicides. They also suggest that seasonal variations may be more prominent in countries that have extreme weather. A recent study in Finland showed significant spring peaks in spring.

*"They also suggest that seasonal variations [in suicide] may be more prominent in countries that have extreme weather."*

However, there is not any concrete evidence that suicides happen more frequently in certain seasons more than others. There still needs to be more research done on this topic to ascertain any conclusions. Therefore, there is no reason to be upset about the upcoming season of spring. Spring still is the beautiful and sunny season that puts smiles on many people's faces.

# Not Going to Graduate School Right Away? Don't Sweat It!

By Michelle Flicker

As a senior Psychology major, you are most likely in one of four different situations:

- 1) You applied to a graduate program but unfortunately they declined your admittance,
- 2) You applied to a graduate program and were accepted. You are planning on attending this coming Fall,
- 3) You are *patiently* waiting for a response from graduate schools, or
- 4) You have no idea what you are doing and feel like you are a chicken running around with your head cut off.

No worries.

Breathe. There are many options for you if you are in situation 1, 3 or 4. Congratulations for those of you that were accepted and are going on to pursue higher education! Now then, the rest of you. If you are in situation 1 and 4, you are most likely planning on taking a year off to work, volunteer, find yourself, etc. Those in situation 3 are either soon to be in situation 1 or 2 soon, so follow along as you wish.

Okay, let's begin. My advice to you would be to plan on going to graduate school. You have undoubtedly worked hard during college here at CSB/SJU and it seems that pursuing a higher degree is an essential step. You say, "But I have no idea what I want to do," "I have no money," "I have not even taken the GRE...." Relax. "So what is my game plan then?" you continue to ask. Look at it this way: you have all of next year to work somewhere where you may gain valuable experience in the psychology area that tickles your fancy.

You also have invaluable time to research graduate programs. Check

out [www.petersons.com](http://www.petersons.com). It is a remarkable website with oodles of information and assistance. The website states "When you apply [to graduate school], know *what* you want to study, because unlike college, this isn't the time to be feeling out what you want to do with your life. This is serious stuff, so give serious thought to what you want to study and why you think it will benefit you." Go to their web-



site and register (create username and password to save your file). Click on "Grad School" and then "College Students." You will enter a site titled: PETERSON'S Graduate Planner. It is separated into four different areas for your convenience:

- Get Started (advice to guide your search, a planning timeline, Master's vs. PhD, personal statement help)
- Find a School (thousands of programs, an interactive search tool...)
- Prepare for Tests (Prepare and practice for the GRE, MAT and others. Timed, full-length online

practice tests, strategies, test info, dates, deadlines...)

- Pay for School (more than \$1 billion in graduate awards, a complete guide to state and federal aid, loan options and information...)

In addition to Petersons.com, you can also come into the psychology department. Here you will find a hidden secret. We have the APA Graduate Study in Psychology handbook. This treasure contains schools that are APA approved throughout the United States. Feel free to come in and look through it and make copies if you wish.

Now that you have graduate school ideas and resources, you need a job in the mean time to make some money. "Where do I look for a job?" you ask. I am sure you have heard of [www.CareerBuilder.com](http://www.CareerBuilder.com), but have you ever tried it? There are a lot of jobs out there and many that would be perfect entry level positions to have for a year before you go to graduate school. CareerBuilder allows you to email your resume to the employer for faster turn-over time versus mailing in a resume.

This is a time in our lives when everything is changing. We are graduating and ultimately starting our lives. It is never going to be easier to get a Master's or a PhD than now. You are going to be married, have children, etc. Take this time as a chance to get yourself on the right track. Research jobs and graduate schools with the resources above and hopefully this will help you feel a little more relieved and less like a chicken running

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## MUPC: Minnesota Undergraduate Psychology Conference

The 42<sup>nd</sup> Annual MUPC is being held this year at St. Olaf College in Northfield, Minnesota on April 21, 2007. MUPC is a conference which aims to promote undergraduate research in the field of psychology. Students from all over the state present their findings at this one-day event, which includes poster displays, student presentations, and keynote speech by Dr. Christopher L. Cunningham, a professor of behavioral neuroscience and the Associate Dean for the graduate program at Oregon Health and Science University School of Medicine.

All are welcome to attend. The event is free and the topics range through all areas of psychology. MUPC is believed to be the oldest undergraduate research con-



ference in the country, dating back to 1966. There is still time to register if you are interested in presenting at the conference. The deadline to register for this event is **March 26<sup>th</sup>**. To see more information such as registration forms and past keynote speakers, go to the website <http://www.stolaf.edu/depts/psych/>

[mupc/index.html](#). Pam Bacon's and Linda Tennison's Research Method's class and Ethan Beilk-McCallum are presenting at this year's MUPC.

If you are looking to see a great deal of ideas and advancements in the field of psychology, MUPC is a great place to go. You can get ideas for a senior thesis or other future research endeavors that you may undertake, in graduate school or in the general population. You can also listen to a world famous psychologist, an opportunity that is not often available on these campuses. We really encourage you to find out for yourself what MUPC is all about, as well as supporting your major-mates with their research as well!