



The Freudian Slip

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Stressed Out about Finals?

By Andrea Wise

Stressed about this last week with all the finals, papers, projects and presentations due? Well, a new study has revealed some pretty interesting information. Stress may actually cause you to forget! I suppose everyone here was already aware of that, but at least now we have some scientific evidence to back it up!

People have known for a long time now that stress can make you forgetful. Finally there's an explanation for this inconvenient phenomenon. Researchers at Yale medical school have discovered an enzyme that is released when an individual is feeling extremely stressed. "It's called protein kinase C, which impairs the short term memory as well as the other functions of the prefrontal cortex, the "executive decision" area of the brain", says Dr. Amy F. T. Arnsten. This recent discovery could help find a way for better treatment for illnesses like manic depressive disorder and schizophrenia.

According to Dr. Arnsten, these diseases' first onset of psychotic

episodes can be precipitated by a stressful situation, such as leaving home for college or joining the military. The PKC enzyme is active in manic depressives and schizophrenics, and is most likely a large factor in the disease. The researchers believe it could be what causes distractibility, impulsiveness and impaired judgment. "These new findings may also help us understand the impulsivity and distractibility observed in children with lead poisoning", says Arnsten, "Very low levels of lead can activate PKC, and this may lead to impaired regulation of behavior."

The researchers also worked with rats and monkeys, by injecting them with chemicals that could help them control the stress levels and help with their research. The chemical's effects are similar to a human's reaction to loud noises or panicking before an exam. Arnsten notes that PKC affects the part of the brain that allows for abstract reasoning and uses working memory that is regularly updated. "This kind of memory- the ability to concentrate- seems to

be impaired when exposed to mild stresses", says Arnsten. "Some scientists believe the effect evolved as a protective mechanism in the event of danger. If you're in dangerous conditions it helps to be distractible, to hear every sound in the woods and be able to rapidly react." However, this hypothesis needs more testing before it can be strongly supported.

Now that we know why stress can make us forgetful, perhaps we can find ways to relax before exams, presentations, etc. Some healthy ways to relax are: meditation, exercise, a walk outside, controlled breathing techniques and maybe even a nice hot bubble bath. Good luck with all the finals, and remember, try to relax- it'll help you remember!



Contact us at the psychology student worker account OR

Andrea Kaiser Johnson (Xena) Editor and Staff Writer OR

Amy Nordstrand, Staff Writer OR

Dylan Thomson Staff Writer OR

Andrea Wise, Staff Writer OR

Tyler Wolff Staff Writer OR

Michelle Flicker Staff Writer OR

Kori Fitschen Dept. Coordinator

Weird Laws of New York: (Seriously these law makers needed psychological help) It is illegal to talk to strangers in an elevator.

It is illegal for a man to ogle a women, the accused are to wear horse blinders.

It is illegal for women to wear body hugging clothing.

All weird laws supplied by: <http://www.geocities.com/Area51/Corridor/2413/law.html>

**DISCIPLINE IN THE SPOTLIGHT:
ABNORMAL PSYCHOLOGY**

By: Amy Nordstrand

Abnormal Psychology is the study of individuals who display behaviors uncharacteristic in their culture and cause personal psychological distress or impairment of functioning. The patient's behavior can be dysfunctional behaviorally, emotionally or cognitively in a way that interferes with their daily lives. Psychologists in this area use the DSM-IV-TR to diagnose patients with certain psychological disorders. This helps to categorize the specific symptoms the patient is experiencing. They also use a multi-axial format to organize the information being given to the psychologist so that he/she is more easily able to diagnose the patient. This field of psychology involves many different disorders, ranging from alcoholism to Schizophrenia and from depression to mental retardation. Psychologists use Psychopathology as their main area of research for the study of these different psychological disorders. If you are interested in this area of study it is recommended that you enroll in the Abnormal Psychology course here at CSB/SJU, taught by Dr. Jan Holtz, Dr. Scott Palmer and Sister Renee Rau.

**DISCIPLINE IN THE SPOTLIGHT:
BEHAVIORAL PSYCHOLOGY**

By: Amy Nordstrand

The discipline of Behavioral Psychology focuses mainly on how humans behave as a result to the stimuli from our environment and from within ourselves. Behavioral psychologists study the behaviors we project, (which would help us to learn how humans cope with their behaviors), whether or not we learn new behaviors and how we learn new behaviors, the motivations that we have to change or remain the same, and also how we react to our environment. The two famous figures in Psychology to help contribute to the formation of this discipline were John B. Watson and B.F. Skinner. John B. Watson formed the school of thought known as Behaviorism by studying how the process of learning affects our behavior. B.F. Skinner on the other hand believed that internal states are just as important as external stimuli when influencing behavior. With these two theories in mind, Behavioral Psychology was born. If you are interested in this area of Psychology, we recommend that you enroll in Behavioral Statistics taught by both Dr. Linda Tension and Professor Richard Wielkiewicz.

Coordinator's Corner

By Kori Fitschen

Happy holidays! As winter break is quickly approaching (to the delight of students and professors alike) I would like to alert you to a few things to look forward to next semester:

January 18th—Angie Hartman, U of M PhD candidate and AAASP Student Rep will be here to discuss the field of Sport Psychology. The event will be at 7pm in Quad 264.

January 25th—What Can I do With a Major in Psychology? Co-sponsored by Career Services and Psych Club.

Internships—some of you may have been toying with the idea of doing an internship for the spring or summer. It may be too late to arrange an internship for the spring; however, now is the perfect time to start planning ahead for summer. Take an afternoon or two during

break to write or revise your resume. Make a list of opportunities you would like to pursue and research them. Use these few weeks off to prepare yourself for getting some applied and professional experience through an internship.

Students who will be graduating next year (May 2006) should seriously consider applying to take the **Teaching Practicum** course (PSYC 399). In this course you will teach two sections of Introductory Psychology Laboratory, design laboratory agendas and assignments, and assist an Intro professor. Informational brochures (bright green) can be picked up at either Psychology Department, or you can email me (kfitschen@csbsju.edu) for more information.

Finally, I ask graduating seniors to strongly consider applying for the **Psychology Department Program Coordinator** position for next year. This is a one-year position (August-May) with a variety of duties, chal-

lenges, and opportunities for experiential growth. As Coordinator, some of my duties include co-facilitating the Teaching Practicum course (PSYC 399), supervising student workers, assisting the Department Chair, running the GRE Prep Course (coming this Spring), and more! I will be sending out more information early next semester or you can contact me for details.

Well, I think I've bombarded you with enough information. Good luck on finals and enjoy your break!

The trick is to combine your waking rational abilities with the infinite possibilities of your dreams. Because, if you can do that, you can do anything. ~Guy Forsyth, Waking Life



The Mind of a Mnemonist

By Tyler Wolff

Many of us wish we had a perfect memory so we could eliminate things such as studying for tests. Many of us would like to have the ability to recall any piece of information or anything we ever saw, from any point in our life, at will. Those with this ability are called mnemonists; their memory is practically perfect. While many people claim to have a photographic memory, a true photographic memory such as one of a mnemonist only comes along once in every 100 million births.

One of the most famous mnemonists is Solomon V. Shereshevskii. A Russian neurophysiologist by the name of Aleksandr R. Luria performed a case study on Shereshevskii over a period of 30 years and what he discovered in simply remarkable.

Shereshevskii could easily recall numbers more than 100 digits long and extremely long and complex formulas. He also remembered things such as what kind of flowers he had passed when walking through a park when he was only five years old.

At one point he was given a list of 50 words, he looked over them for a few minutes and then did not see the list again for 15 years. When the list was presented to him again 15 years later without warning, Shereshevskii recalled every word perfectly. He could even recollect them in reverse order or what word corresponded with number 34 on the list, for example. These are just a few of the phenomenal feats he was able to accomplish.

Most of us wish we had a perfect memory such as this to make our lives easier. But is being a mnemonist as wonderful as it seems to be? Shereshevskii failed at most professions. For

the reason he had the inability to forget, he was often distracted by irrelevant information. It was difficult for him to perform simple tasks such as reading because every word he read provoked such intense images and sensations. For example, he could not read and eat at the same time because the tastes in his mouth would be drowned out by the senses that were being called on by what he was reading. Everything he saw incited such powerful memories that his mind was constantly being bombarded. This just shows that our ability to forget is imperative for us to effectively function as human beings. Keep that in mind the next time a test doesn't go so well. For the complete study of Solomon V. Shereshevskii, check out *The Mind of a Mnemonist* by Aleksandr L. Luria, et al, (1968).

Dates To Remember for December

By Amy Nordstrand

Wednesday December 1, 2004: Internships 101 7-8pm Quad 264

Friday, December 10, 2004: Last day of classes!!

Monday, December 13, 2004: Study Day

Monday-Friday, December 14-17: Finals Week

*Weird Laws from Minnesota:
It is illegal to tease skunks.*

Women who impersonate Santa Clause may face up to 30 days in jail for their crimes.

Every Brainerd man is required by law to grow a beard.

Double parkers can be legally put into a chain gang.

Psychology Christmas Song Joke Supplied by Dylan Thomson

<http://www.jokecenter.com/jokes/Christmas/4608.htm>

SCHIZOPHRENIA - Do You Hear What I Hear?	Office and Town . . . or Deck the Halls and Spare No Expense!	Jingle Bell, Jingle Bell, Jingle Bell Rock, Jingle Bell . . .
MULTIPLE PERSONALITY - We Three Kings Disoriented Are.	PARANOIA - Santa Claus is Coming To Get Me.	BORDERLINE PERSONALITY - Thoughts of Roasting in an Open Fire.
DEMENTIA - I Think I'll Be Home For Christmas.	PERSONALITY DISORDER - You Better Watch Out, I'm Gonna Cry, I'm Gonna Pout, then MAYBE I'll tell you why.	PASSIVE AGGRESSIVE - On the First Day of Christmas My True Love Gave to Me (and then took it all away).
MANIA - Deck the Halls and Walls and House and Lawn and Streets and Stores and	OBSESSIVE COMPULSIVE - Jingle Bell, Jingle Bell, Jingle Bell Rock, Jingle Bell, Jingle Bell, Jingle Bell Rock,	



Browsing recent periodicals at Clemens Library

By Norma Dickau

In **Psychological Reports** for October there is an article entitled *Sex Differences on a Measure of Conformity in Automated Teller Machine Lines*. If you haven't browsed **Psychological Reports**, its purpose is "to encourage scientific originality and creativity in the field of general psychology." This issue also includes *Locus of Control, Test Anxiety, Academic Procrastination, and Achievement Among College Students*. It's timely and a good read.

Media Psychology's most recent issue (v.6, #4) includes an article entitled, *Why People Watch Reality TV* by Steven Reiss and James Wiltz. "**Media Psychology** is an interdisciplinary journal devoted to publishing theoretically-oriented empirical research that is at the intersection of psychology and media com-

munication."

Factors Influencing the Development of Perfectionism in Gifted College Students is the lead article in the **Gifted Child Quarterly** for Fall of 2004. It is published by the National Association for Gifted Children.

The entire November issue of **Journal of Clinical Psychology** deals with the challenges of treating Obsessive-Compulsive Disorder. It includes articles on OCD and hoarding, OCD and cognitive-behavioral treatment, and pharmacotherapy for OCD.

A meta analysis of *Personality and Transformational and Transactional Leadership* by Joyce Bono at the U of M is in the October issue of the **Journal of Applied Psychology**, as is *Affect Networks: A Structural*

Analysis of the Relationship Between Work Ties and Job-Related Affect, another interesting study.

Even the **U.S. News & World Report** for 12/6 has as its lead story *Conquering Your Phobias; New Techniques and Treatments for Overcoming Fear*. There is an awesome tarantula pictured on the cover.



Weird Laws of Missouri
It is illegal for a firefighter to rescue a woman in nightgown, to be rescued the woman must be fully dressed.
It is illegal for women in Saco to wear hats that might frighten timid persons, animals, or children.



NEWLY RECEIVED INTERNSHIP INFORMATION:

By: Amy Nordstrand

The following is a list of recently received internship opportunities that you as psychology major/minors may show interest in. For more information about who to contact, a more detailed description and additional internship opportunities in other fields, please visit the Career Resources internship website at: <http://www.csbsju.edu/internship/opportun.htm> Also, feel free to visit the Career Resource Center located in the Academic Services Building connected to the Ardolf Science Center for more information regarding any of the internships.

Children's Heart Link – Minneapolis, MN

This internship is seeking someone to help with the coordination and planning for fundraising events. The intern will need to do the following: Develop letters

of solicitation requesting kind donations, explore potential donors and seek relationships with them, editing materials such as brochures and press releases, and facilitate the distribution of event evaluations. This unpaid internship is for the spring of 2005 and requires a commitment of 12-16 hours per week.

CRC CATEGORIES: COMMUNICATION – Public Relations (CM) (11/04)

*Minnesota AIDS Project – Minneapolis, MN

The internship for the Minnesota AIDS Project in Minneapolis is requesting an intern what will help to recruit volunteers for the events that they put on, and to also help coordinate/supervise different projects, organize and maintain volunteer records, and get young adults involved in the AIDS walk through school visits and help to maintain their inventory. This intern is part-time (15-20 hours) and re-

quests someone to work some evenings and weekends.

CRC CATEGORIES: COMMUNICATION – Public Relations (CM) (11/04)

Fairview Ridges Hospital – Burnsville, MN

Fairview is looking for an individual to help with certain human resource and recruitment events. It is a good opportunity to gain knowledge in the area of recruitment and to participate with office functions and meetings in relation to human resources of the hospital. This is an unpaid internship.

CRC CATEGORIES: HUMAN RESOURCES (HR) (11/04)

The Haunted Experiment

By Michelle Flicker

How big of an effect does music have on you? Does it change your mood or even your behavior? On May 31, 2003 a highly unusual experiment was conducted in the Purcell Room in London involving two contemporary music concerts and infrasound. Infrasound is a very deep bass sound, below 20 Hz in frequency. Bass is an essential ingredient in much of the rock and pop music we listen to today.

So why was this study with a bass sound that is lower than we are used to so strange? "...[L]ow frequency sound can cause people to have unusual experiences, even though they cannot consciously detect infrasound," said Richard Wiseman, Psychologist, "Some scientists have suggested that this level of sound may be present at some allegedly haunted sites and so cause

people to have odd sensations that they attribute to a ghost." The findings of this study provide evidence in support of this idea.

Skeptic? Let me back up and explain the study... Two concerts were performed, one at 3pm and the other at 5pm. Two of the four pieces in each concert had infrasound. In concert one it was played in the 2nd and 4th piece and at concert two it was the 1st and 3rd. Additionally, the audiences were different for each concert to cancel out external factors. Each concert contained one hour of contemporary piano music and electronics. A page-long questionnaire was handed out to the audience at four points during the concert. The first was before the concert and was used as the control. The rest were given after particular songs. The

subjects were asked to rate their emotion on four scales: Happy-Sad, Aroused-Sleepy, Excited-Bored, and Angry-Calm. In addition, they were also to report any unusual experiences or feelings then rate the intensity, as well as to explain why or why not they thought the infrasound was present during the prior song.

The subjects reported feeling emotions similar to being in someplace haunted by ghosts. These emotions reported by the subjects themselves were an extreme sense of sorrow, sudden coldness, anxiety and even shivers down the spine. So now, with this evidence presented, are you still skeptic about infrasound?

Weird Laws of Louisiana:
It is illegal to gargle in public.
It is simple assault to bite someone in New Orleans, it is aggravated assault if the biter has false teeth.
In New Orleans fire trucks must stop for all red lights.
Weird Laws of Maryland:
It is illegal to kiss for more than one second.
It is illegal to mistreat oysters.
It is also illegal to play Randy Newman's "Short People" on the radio.
And in Baltimore it is illegal to wash or scrub sinks.

Weird Laws of Florida:
It is illegal to sing while wearing a bathing suit.
Unmarried women who parachute on Sundays can be arrested.
It is illegal for men to wear strapless gowns.

Weird Laws of Georgia:
It is illegal to change a store mannequins clothes unless the shades are down.
It is illegal to sit on one's porch in an indecent position.
In Quitman it is illegal for a chicken to cross the road.

Famous Psychologist of the Month

By Andrea Wise

Nancy Bayley is one of the most well known Psychologists in the field. She carried out a number of prominent, such as the Berkeley growth study. Bayley began her career in Psychology when she served as a research assistant at the University's Gatzert foundation for child welfare. Bayley's master's thesis involved constructing a performance test for preschool aged children. For her doctoral dissertation, she accomplished one of the first studies of children's fears by utilizing the Psycho-galvanic skin response. Bayley also invented the widely used Bayley scales of Mental and Motor Development for Infants. (Lipsitt & Eichorn 1990). In 1954, Bayley joined the National Institute of Mental Health. She has received numerous scientific awards from the Society for

Research in Child Development, where she was president for a period of time. In 1971, she received the G. Stanley Hall award for outstanding contributions to knowledge in the field of developmental psychology. She received this from APA's division of Developmental Psychology, where she also served as president. Bayley also became the first woman to receive the Distinguished Scientific Contribution award from the APA, as well as the Gold Medal Award of the American Psychological Foundation. Nancy Bayley's contributions to infancy development were revolutionary for her time, and her techniques are still used today. Nancy Bayley has become one of the most influential female Psychologists in the world today. Information from: Lipsitt, L. P. & Eichorn, D. H. (1990). Women in psychology: A bibliographic source. Westport, CT: Greenwood Press.



Dr. Phil: The Man Behind the Mustache

By Tyler Wolff

Most people know or at least have heard of Dr. Phil. Ever since "Tell it like it is Phil" made his first appearance on Oprah in 1998, he has become a huge celebrity. Few people know much about him however, except for what is apparent from when he enters people's homes through their televisions. Who is this man and where did he come from? Here is the dirt on Dr. Phil: The man behind the mustache.

Phillip C. McGraw was born on September 1st, 1950 in a small town built on the oil industry of Vinita, Oklahoma. His father Joe, a salesman for an oil company, and his mother, a homemaker, raised him along with his three sisters not only in Oklahoma but also in Texas where they later moved. Dr. Phil grew into a 6-foot 4-inch, 174 pound frame which made him an outstanding linebacker for a Kansas City high school. His performance on the field ended up earning him a scholarship to the University of Tulsa. His playing career was short lived however after he suffered a severe head and neck injury during a game his sophomore year. Later, he continued his schooling at the University of North Texas where he earned his degree in psychology. How did he decide to go into psychology? He was influenced by his father who returned to college and earned his own degree in psychology at the age of 40. Dr. Phil moved through college very rapidly earning his masters and doctorate degrees in just four years. After he graduated from the University of North Texas, he and his father combined their knowledge of psychol-

ogy and went into practice in Wichita Falls, Texas. It wasn't long after however, he found that the one-on-one interaction just wasn't for him and he looked for other ways to use psychology. He soon discovered his ability to work in large groups and built a legal strategy business in 1989. Courtroom Sciences, Inc. helped high-profile lawyers build solid cases using psychology. What Dr. Phil liked about this change in professions was the orderliness and instant results of courtrooms as well as the competitiveness. At this time, he was financially stable, happily married to his current wife of 26 years, and had two boys. He then met Oprah Winfrey. A group of Texas cattlemen was suing the big time talk show host for millions of dollars after she swore off hamburgers in an April, 1996 show on Mad Cow disease. Oprah's attorney's contacted Dr. Phil for help with the case that looked almost impossible to win. However, Dr. Phil coached Oprah into winning the case and in turn Oprah made him a big time TV star. The rest is history.

Today, Dr. Phil has his own self-help empire as he has produced three New York Times best-sellers in as many years. The first was "Life Strategies" in 1999, then "Relationship Rescue" in 2000, and last, "Self Matters" in 1999 and has since released several other books. Dr. Phil has now moved from Dallas to Los Angeles to work on his new show "Dr. Phil" and is currently conducting motivational seminars across the country.

Christmas Quotes

Provided by Dylan Thomson

There is no ideal Christmas; only the one Christmas you decide to make as a reflection of your values, desires, affections, traditions.
--Bill McKibben Author, Hundred Dollar Holiday: The Case For a More Joyful Christmas

What do you call people who are afraid of Santa Claus? Claustrophobic.

--Unknown

Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.

--Norman Vincent Peale

Blessed is the season which engages the whole world in a conspiracy of [love](#).

--Hamilton Wright Mabi

It was always said of him, that he knew how to keep Christmas well, if any man alive possessed the knowledge. May that be truly said of us, and all of us! And so, as Tiny Tim observed, "God Bless Us, Every One!"

--Charles Dickens

Christmas is a time when everybody wants his past forgotten and his present remembered. What I don't like about office Christmas parties is looking for a job the next day.

--Phyllis Diller

The Supreme Court has ruled that they cannot have a nativity scene in Washington, D.C. This wasn't for any religious reasons. They couldn't find three wise

men and a virgin.

--Jay Leno

Heap on the wood!-the wind is chill; But let it whistle as it will, We'll keep our Christmas merry still.

--Sir Walter Scott

