

GET TO  
KNOW:

Meghan Orgeman,  
Psychology Department  
Coordinator

Nate Dick,  
Staff Writer

Lisa Egan,  
Staff Writer

Collette Fischer,  
Staff Writer

Jake Foster,  
Staff Writer

Nicole Fritz,  
Co-Editor and Staff  
Writer

Alicia Reif,  
Co-Editor and Staff  
Writer

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# Freudian Slip

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WELCOME BACK PSYCH STUDENTS!

## New Year's Resolutions

Every year millions of people around the world pledge that in the new year they will try to reinvent themselves and become someone different than who they were in the departing year. Despite the many variations of resolutions made from year to year, a few are mentioned more than once. Here are the most common resolutions people make when ringing in the new year:

1. Spend more time with family and friends.
2. Exercise regularly.
3. Lose weight.
4. Quit smoking/drinking.
5. Enjoy life more.
6. Get out of debt.
7. Learn something new.
8. Help others.
9. Get organized.

So now you have made your resolution, and completely intend to keep it, or at least hope to.

Our intentions are great! We are planning on getting up an hour earlier in the mornings to go

and work out (which is hard enough, even before you get there and find all the machines taken and you have to weave in and out of people using the track). And we will do this every day! Ok, maybe about every other day. Oh, but then there is that 8:00 class and who wants to be out of bed that early? We could go later, but then we would have to shower again!

And the cycle continues until, eventually, there we are, sitting on our couch thinking of reasons why we failed to accomplish our resolution.

One effective way of realizing a resolution is to write it down and put it somewhere you will see it on a regular basis. That way you will be reminded of your goal all the time.

Another way to achieve that elusive goal is to take baby steps. Each step brings you closer to your goal, and things are easier when they come in smaller doses rather than one big gulp! Just take one day at a time constantly working it into your routine and soon you will not have to consciously think about it again.

Finally, we need to surround ourselves with supportive people who will help you to achieve that goal. Whether it is a friend that you recruit to be your "work out buddy" or a family member who you arrange to see every now and then for coffee or a meal (maybe even get a free meal out of it if they are willing to pay), each person that is around you can help you accomplish your resolution. You just need to seek them out.

In addition to friends, there are many people on campus that are more than willing to help you on your quest for your resolution. Take advantage of the Walk-In Wednesdays or Stress Busters, the Fitness Center or Weight Rooms, or the Career Resource Center or Career Services, as well as many other programs available to help students be more successful.

There are many ways that you can help your resolution be a success and not a failure. Do not be afraid to go out and grab it! So get out and enjoy 2006, it is the only one we will have!

# Get Involved in the New Year!



A great way to get back into the swing of things on campus is to get involved in some of the many activities that are going on this semester. Check out some of these up-coming events:

**FINE ARTS EVENTS:**

**January:**

28th, 7:30 pm

Scott Novonty Comedy Show

28th, 10:00 pm

Asian New Year Post-Concert

**February:**

1st, 7:30 pm

Bingo

2nd, 8:00 pm

Faculty Recital, Robert Koopman, OSB, Piano

4th, 7:30 pm

Ririe-Woodbury Dance Co.

9th, 7:30 pm

Faculty Recital, Marcie Hagen, Soprano



**Johnnie Home Events:**

**Basketball:**

Jan. 30th, 7:30 pm vs. Bethel

Feb. 4th, 3:00 pm vs. St. Thomas

Feb. 6th, 7:30 pm vs. St. Mary's

**Hockey:**

Jan. 28th, 7:00 pm vs. Bethel

Feb. 2nd, 7:00 pm vs. St. Thomas

Feb. 11th, 2:00 pm vs. Augsburg

**Wrestling:**

Jan. 28th, 9:00 am North Country Tournament



**Blazer Home Events:**

**Basketball:**

Jan. 28th, 1:00 pm vs. Carleton

Feb. 1st, 7:30 vs. St. Catherine

Feb. 6th, 7:30 vs. St. Mary's

**Hockey:**

Jan. 27th, 7:30 vs. Bethel

Feb. 3rd, 7:30 vs. St. Thomas

Feb. 10th, 7:00 vs. Augsburg

**Track & Field:**

Jan. 28th, 11:00 am

CSB/SJU Alum Meet

Feb. 18th, 11:30 am

CSB/SJU Quad Meet



## Meghan's Corner By, Meghan Orgeman

Welcome back Psychology Majors! I'm sure many of you are refreshed from break and armed with New Years resolutions to study harder, get more involved on campus and get to know the psych department better, right?!? The department has resources that can help you at any stage in your college career right at your fingertips, so I encourage you to stop in and check things out!

Keeping with this theme, I want to alert you to some upcoming opportunities in the Psychology Dept. First of all, I strongly encourage you to check out the Student Employment webpage, which has job postings in the Psychology Dept. Cur-

rently, we have openings for office assistants for Fall 2006. Read through the job descriptions, and if they are of interest to you, get your applications to my office ASAP.

Secondly, there has been a huge demand for the GRE preparatory course, which is primarily intended for students who plan to continue education in graduate school (as most graduate school programs require GRE test scores). The course will begin March 8<sup>th</sup> and will be offered for six weeks every Wednesday afternoon from 4:30 to 6:30 (with a few exceptions). If you are interested in taking the course, please contact me to register (preference will be given to

junior and senior majors). Also, the text listed below will be used during the course – feel free to buy a copy at a bookstore and begin reading.

Finally, I wanted to wish you all good luck on your spring semester! For some of you, as this semester concludes it will mark the completion of your first year of college and for others it will be your last. Make sure you get involved with the opportunities around you! Your college careers will fly by way too fast!

*Meghan Orgeman*  
**GRE Book:** Cracking the GRE. (2006 Ed.). The Princeton Review.



### PSYCH- OGYTRIVIA

Test your psychology skills with these mind-bending questions.

1. Who was the researcher who studied the attachment of infant monkeys to artificial mothers?
2. What contribution to psychology is Alfred Binet famous for?
3. During which stage of sleep do vivid dreams occur?

Look for the answers in the next issue of the Freudian Slip!