

CSB/SJU

CONTACT  
US:

PSYCHSTUD  
@CSBSJU.  
EDU

*Kori Fitschen*

Psychology  
Dept. Coordinator

*Michelle Flicker*

Editor and  
Staff Writer

*Amy Nordstrand*

Staff Writer

*Alicia Reif*

Staff Writer

*Vanja Sinanovic*

Staff Writer

*Dylan Thomson*

Staff Writer

*Andrea Wise*

Staff Writer

"... when St.  
John's University  
hosted MUPC in  
1979, Stanley  
Milgram was the  
keynote speaker!"

# The Freudian Slip

ISSUE 6



MARCH 2005

## CSB/ SJU Celebrating Scholarship & Creativity Days and Minnesota Undergraduate Psychology Conference

By Professor Pam Bacon, Ph. D.

If you are looking for a way to become more involved in your major, consider attending an undergraduate conference in April. Undergraduate psychology conferences provide students with a chance to see the research being conducted by other psychology majors. They also give students a chance to share their research with a broader audience.

Undergraduate conferences tend to feature poster sessions and presentations. At a poster session, a large number of research projects are presented on poster boards. Each researcher stands by his or her poster as other conference attendees walk around the room and ask the researchers questions about their studies. At a presentation, a small number of researchers are each given 10 to 15 minutes to make an oral presentation to an audience. The presenters typically have a few minutes to answer questions from the audience as well.

The first conference opportunity is CSB/SJU Celebrating Scholarship and Creativity Days, a college-wide conference that highlights student research and creative projects. It takes place on Saturday, April 16. It is a wonderful chance to learn about student research in the psychology de-

partment. A number of senior psychology majors will be presenting their senior honors theses this year. There will also be a psychology poster session where student research will be displayed. Participating in or attending Scholarship and Creativity Days on April 16 is a great way to get to know the psychology department faculty members and also other psychology majors. **To present a poster at this event, you must submit an abstract by April 1** to Dr. Steve Stelzner, the Director of Undergraduate Research.

The second conference opportunity is the Minnesota Undergraduate Psychology Conference (MUPC). This is a state-wide undergraduate conference that will include psychology majors from many of the private and public colleges and universities in the region. In addition to presentations and poster sessions, MUPC also has a famous psychologist give a talk. In fact, when St. John's University hosted MUPC in 1979, Stanley Milgram was the keynote speaker! This year's speaker is Dr. Edward Donnerstein, an aggression researcher. His talk is entitled "Mass Media and Violence: Research, Context, and Policy Implications." MUPC

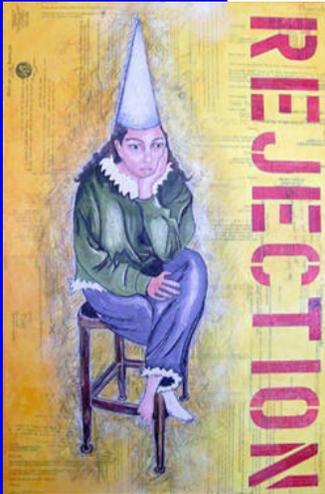
will be held at Bemidji State University on Saturday, April 23. **To present your research at MUPC, you must submit an abstract by Friday, March 25 at noon.**

If you conducted a study as part of a class project, you should consider presenting it at one (or both) of the above conferences. Even if your project failed to find any interesting differences, you can still present. You will not feel out of place—most of the researcher presenting at the conferences will not have amazing results to report. Additionally, all psychology majors should consider attending the conferences. If you would like more information about Celebrating Scholarship and Creativity Days, go to:

<http://www.csbsju.edu/undergraduateresearch/celebratingscholarship/> or contact Dr. Steve Stelzner at [stelzner@csbsju.edu](mailto:stelzner@csbsju.edu). Dr. Pam Bacon will be attending MUPC and is coordinating transportation to and from the event. If you would like more information about MUPC, go to <http://www.bemidjistate.edu/conferences/mupc/> or e-mail Dr. Bacon at [pbacon@csbsju.edu](mailto:pbacon@csbsju.edu).

# Dealing with Rejection

By Michelle Flicker



**“Rejection doesn't have to be the end of your journey unless you let it be.”**

For more advice on graduate schools →  
 Link to Laura Kuther's Website: [What Do Graduate Schools Want?](#)

<http://gradschool.about.com/cs/miscellaneous/a/want.htm>

At some point in all of our lives we will deal with some form of rejection. Be it a rejection letter for graduate school, studying abroad, or rejection of a peer or love interest, it happens. Often times, people (especially students), associate rejection with inadequacy and failure, and feel like we they are just not good enough. The important thing to remember is that you are not alone and that rejections should be dealt with in a positive manner, even if that seems impossible.

Many of us are thinking about graduate school and you may have already applied, are waiting for responses back, or have already received some. Congratulations if you were accepted! But what happens when you get the rejection letters? You followed the application guidelines, took study courses for the GRE, made sure to get excellent letters of recommendation and wrote a great personal statement. Then you receive the rejection letter. How come?

Tara Kuther, Ph.D. explains, “It’s difficult to learn that you’re not among a graduate program’s top choices, but rejection is common among graduate school applicants.”

The main reason that one is rejected from graduate programs is because there simply aren't enough slots. Many school receive 10 to 50 times as many graduate applications than they can afford to take.

“As many as 75% of graduate applicants invited for interviews are not accepted to graduate school,” Kuther says.

Another potential reason for rejection can be linked to not “fitting.” Most graduate programs want a person with special interests in the program they are applying for. For example, if you are applying for a research-oriented clinical psychology program and you express interest in practicing counseling and therapy, your career interests may not “fit” the program.

Kuther offers some good advice in dealing with rejection, “ You might find it difficult to inform family, friends, and professors of the bad news, but it is essential that you seek social support. Allow yourself to feel upset and acknowledge your feelings, then move forward. If you are rejected to every program to which you apply, reassess your goals, but don't necessarily give up. Ask yourself some hard questions—and try your best to answer them honestly:

- Did you select schools carefully, paying attention

to fit?

- Did you apply to enough programs?
- Did you complete all parts of each application?
- Did you spend enough time on your essays?
- Did you tailor your essays to each program?
- Did you have research experience?
- Did you have field or applied experience?
- Did you know your referees well and did they have something to write about?
- Were most of your applications to highly competitive schools?”

After answering these questions, you may want to consider strengthening your weakest application areas before reapplying, or applying to a master’s program if you were applying for a Ph.D. A good tip is to apply to a wide range of schools, including those that may be lower on your list but are more realistic. That way, even if you don't get into your dream school, you may still have grad school options.



# The Three Faces of Eve

Movie Review By Vanja Sinanovic

“The Three Faces of Eve” directed by Johnson Nunnally (1950) is classical case study movie based on a true story that heightened public awareness of the multiple personality.



Joanne Woodward's portrayal of the remarkably distinct changes in Eve's character and appearance earned her the

Academy Award for Best Actress.

The movie is the true story of a Georgia housewife with three personalities; it is based on the book of the same title written by her doctors.

Narrator Alistair Cooke introduces "Eve White," a polite, dreary woman, and her unsophisticated husband, Ralph (David Wayne), who are seeking help from Dr. Luther (Lee J. Cobb). Dr. Luther, who has only read of multiple personality syndrome, struggles to treat the confused, scared Eve.

Meanwhile, Ralph cannot abide the racy playgirl “Eve Black” and threatens to take away their daughter. As Luther and Eve

desperately search for a cause and cure, a third personality emerges.

Overall, it is a fascinating story about mental disorder and a great performance by Joanne Woodward.

The interesting fact that may make this movie even more intriguing to you, is that in 1975, Chris Sizemore revealed in her autobiography that she had been the subject of the book and the film. She revealed that actually, all together, 22 sub-personalities had come forth during her life.

Today she has had a fully integrated personality for more than 25 years and is an accomplished author, artist and mental health spokesperson.

*“...I look forward to getting to know everyone, fine dining at the Refectory, and, of course, buying a 1-3-5/ 2-4-6 planner at the bookstore.”*

## New Faculty! Profile on Laura Helfritz

*Laura Helfritz*

BA: Southwest State University, Marshall, MN (Psychology)

MS: University of New Orleans, New Orleans, LA (Applied Biopsychology)

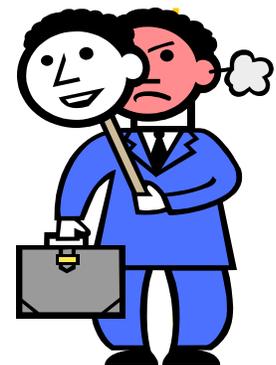
Graduate school: I went to the University of New Orleans because they had an Applied Biopsychology program that sounded very interesting—I really liked that biopsychology was applied to clinical settings, as

opposed to other biopsychology programs which focus more on basic research. After my 3rd year my major professor unexpectedly took a position at Baylor University and our whole lab decided to move along with him, so now my Ph.D. will be in Neuroscience.

Fall Courses: Two sections of Intro and a Psychology Senior Seminar entitled "Clinical Neuroscience." This course will focus on mental illness from the neuroscience perspective

Major Area of Research Interest: Human Aggression

Thoughts on coming to CSB/SJU: I'm very excited about joining the psychology family at CSB/SJU and I look forward to getting to know everyone, fine dining at the Refectory, and, of course, buying a 1-3-5/ 2-4-6 planner at the bookstore.



**LAURA'S MAJOR AREA OF RESEARCH INTEREST IS HUMAN AGGRESSION**

## WE WANT TO HEAR FROM YOU!

We creating a new addition to the *Freudian Slip*. It is a column for you! Please feel free to send us any questions or concerns you may have about an article or life in general.

**You can contact us at:**



**psychstud@  
csbsju.edu**

# Thoughts From Our Readers...

I am writing in response to the joke column in the psychology news-letter. In the recent issue, there was the "psychiatric hotline" joke, and there have been several similar jokes in previous issues. While there is plenty of humor to be found in psychology, I do not think it is appropriate to make jokes about mental disorders. I am not just trying to be "politically correct," but I feel that anytime someone makes light of a mental disorder, it demonstrates an insensitivity to the

seriousness of their condition. People with mental disorders may already experience increased sensitivity, and do not deserve to be subject of such jokes.

I realize these kind of jokes are common, (and this particular joke was pretty clever) but I feel that psychology majors especially should be more sensitive to such issues. People should be able to view individuals with mental disorders as real people-not as the object of our jokes.

Furthermore, this joke

in particular just perpetuates the misperceptions about mental illness (such as schizophrenics hearing 'little voices').

I realize that probably more people laughed at the joke than those who were offended by it. However, I just ask that future joke columns include jokes that are not made at the expense of individuals with mental disorders.

Thank you,  
Jeris Sunneberg

## Apology from the Editor

Dear Readers,

In response to Jeris Sunneberg's e-mail and on behalf of the newsletter staff, I would like to apologize for the offensive joke that was printed in the last newsletter. As you all hopefully understand, we meant no harm by printing the joke in last month's newsletter or jokes printed in past issues. We will work to be much more conscientious in our writings.

As our reader, we believe that you should feel comfortable with what we are writing about. We want you to be interested and intrigued by the articles in the *Freudian Slip*, not offended. We also want to provide you with enjoyable and real life information that you can use.

As Psychology Majors and Minors we try to be more aware than the average person when it comes to potentially sensitive subjects. Our goal is to

supply you with important knowledge about psychology and a real life account of what psychology can do for you.

In the future we will try very hard to compile articles/jokes that are not of the same nature.

Thank you, Jeris, for setting us straight.

Michelle Flicker  
& the *Freudian Slip* Staff.

## Coordinator's Corner

By Kori Fitschen

Hello!

I think it is time for a quick update. Much has been happening in the Psychology Department recently. As announced elsewhere in this newsletter, Laura Helfritz will be joining us starting Fall 2005. Please be sure to welcome her!

We have just completed TI selection for the 2005-2006 academic year and are in the process

of hiring *office assistants, one animal caretaker, summer research fellows, and the 2005-2006 Department Coordinator*. Applications are still being accepted for Animal Caretaker and Summer Research Fellows. Contact Dr. Narloch for more information regarding the summer research fellowships.

In other news, if you are a junior and

considering doing a *senior thesis or senior honors thesis*, it is time to start talking to your advisor. The same can be said for those interested in assisting a professor with his/her research. Spaces are limited, so act now.

Well, this is all the space they've given me, so have fun and enjoy your Spring Break!



## Upcoming Events —> Keep Your Calendar Open

### College of Saint Benedict / St. John's University Scholarship and Creativity Days

April 16, 2005

**Deadline for submissions:** To present a poster at this event, you must submit an abstract by Monday, April 1, 2005 to Dr. Steve Stelzner, the Director of Undergraduate Research

**For more  
information refer to :**

[http://  
www.csbsju.edu/  
undergraduateresearch/  
celebratingscholarship/](http://www.csbsju.edu/undergraduateresearch/celebratingscholarship/)



### Minnesota Undergraduate Psychology Conference (MUPC)

April 23, 2005 at Bemidji State University

**Deadline for submissions:** To present your research at MUPC, you must submit an abstract by Friday, March 25 at noon.

**For more  
information  
refer to:**

[http://  
www.bemidjistate.ed  
u/conferences/mupc/](http://www.bemidjistate.edu/conferences/mupc/)



## Calling All Seniors!

What are you  
doing after  
graduation? Moving?  
Starting a career?  
Getting married?  
Taking a year off or  
jumping right into  
graduate school? We  
want to know!



Email us @  
psychstud@csbsju.edu  
and let us know what  
your post-graduation  
plans are, whatever  
they may be, and we  
will post them in the  
next newsletter!

We're on the Web!  
psychstud@  
csbsju.edu