Welcome back, students, staff, and faculty!

PGSA is excited about the year ahead!

Members of the Psychology Graduate Student Association (PGSA) are pleased to serve their students this year. We have already kicked off the year in style with Field Day and the Homecoming Tailgate. The rest of the year holds much to come, including the GAPS Conference! If you have questions, concerns, or ideas, please track down your representative! They’d love to hear from you.

PGSA Members
President: Blake Nielsen
Clinical VP: Meghann Sallee
Experimental VP: Eric Greenlee
Child Rep: Emily MacDougall
Cognitive Rep: Sara Steele
Developmental Rep: Melissa McInnis
Health Rep: Julie Woosley
Gero Rep: Morgan Eichorst
Psych-Law Rep: Becca Kastner
Social Rep: Gabrielle Smith

If you have something to share with the Department, such as a publication, award, major life event, or an idea for a new column or feature in the newsletter, don’t leave us hanging!

Email Morgan Eichorst (mkkiamy@ua.edu), Allyson Phillips (bashelton1@crimson.ua.edu), Kim Sokolowski (kmprice@crimson.ua.edu), or Michelle Jones (majones20@crimson.ua.edu) your good news and great ideas!
Faculty Spotlight:

Dr. Jessica Allen

Describe your research interests in 10 words or less.

Caregiving and bereavement difficulties and interventions; Pedagogy.

If you could give your graduate-school-age-self one piece of advice (knowing what you know now), what piece of advice would you give yourself?

Academically-speaking, I would tell myself to apply for NIH sponsored grants, even if it were just for the practice. Personally, I would tell myself not to eat so much Chick-fil-a while writing up my dissertation. Still paying for that one!

On a scale of 1 (not at all) to 10 (very much), how optimistic are you?

Probably a 7. Wait, is this for someone's study? If so, how do you define optimistic?

What excites you most about your job?

Mentoring and getting to be around creative thinkers, problem-solvers, and world-changers on a daily basis.

Unrealistic, owning a fleet of dump trucks. My grandfather had a "Rent-a-Tool" company and I always loved the dump trucks. Weird? A close second would be to dance and sing on broadway. Again, unrealistic.

What is one fun thing you did this summer?

I got to have my first visit to the "Jersey Shore". It was not like TV....

Where were you before you came to UA?

I was on postdoc at the Institute of Health, Health Care Policy, & Aging Research at Rutgers University in New Brunswick, NJ.

Do you have any pets? If so, tell us about them!

Yes! I have a weenie dog mixed (with what, I’m unsure). Her name is Lucy and she is a Tuscaloosa native!
Faculty Spotlight:

Dr. Erica White

Describe your research interests in 10 words or less.
Multicultural Psychology, Cultural Competence

If you could give your graduate-school-age-self one piece of advice (knowing what you know now), what piece of advice would you give yourself?
Learn about ways to utilize your skills in a variety of settings. Appreciate the vast skill set that you are learning. Network with professionals outside of academia.

On a scale of 1 (not at all) to 10 (very much), how optimistic are you?
7.5

What excites you most about your job?
The opportunity to help students recognize the value of psychology in their lives and in the world.

If you weren’t doing what you do now, what other career would you have (realistic or unrealistic)?
I would own a Bed and Breakfast. Not sure where; either near Niagara Falls or Barbados.

What is one fun thing you did this summer?
It’s been fairly mundane this summer. Moving to Tuscaloosa seems pretty pathetic, but that about sums it up.

Where were you before you came to UA?
My family and I lived in Cleveland, Ohio. I was an Associate Professor at a very small Liberal arts institution, Notre Dame College.

Do you have any pets? If so, tell us about them!
No pets, 2 young children keep me busy enough!
Beginning of the year party at Manderson Landing!

Houndstooth team at Field Day

Colorful fun at the Color Run!

Cheering on the Crimson Tide at PGSA Tailgate!

Emily prepares to present at APLSI!
Pay it forward

We all want to know: what can I do to get ahead? How can I avoid the common mistakes? What’s the secret to success and am I the only one who drinks so much coffee?

Well, no, you’re not. And keep reading for more advice from the top-student to student, what you need to know.

"Impostor syndrome gets us all. Getting into grad school is a huge accomplishment and sometimes it’s hard to cope with the reality that you did it! Embrace the fact that you’re here and that you deserve to be here." - Nicole Mechín

"Be sure to spend time connecting with the people around you and supporting each other.” - Ben Van Dyke

"Early on invest in Time to Track, or a similar service, to keep track of your clinical hours.” - Cameron Powe

"Get an early start on figuring out your strengths and weaknesses in experimental methodology. Knowing you don’t know everything is the first step towards overcoming your deficits.” - Jerome Lewis

SECOND-YEARS, LISTEN UP!

ADVICE FROM THE THIRD-YEARS.

“Keep a few hobbies to maintain your sanity throughout grad school.” - Alex Burton

“Try to make new friends and set some time to be social!” - Meagan Wood

“Everyone stresses over new second year stuff- so it continues to be important to build stress-free time for yourself into your schedule!” - Ian Sherwood

“Your second year will be a whirlwind of clients, classes, and research projects. Resist the tendency to view these as mere obligations, as this will undermine their value. Use the rich experience of your second year to broaden your interests and fuel your passions.” - Mike LaRocca

“The walk to the clinic becomes almost enjoyable when you do it a) in the morning, b) with coffee in your hand, c) by cutting through Shelby Hall, and d) while listening to a good song on your phone/iPod. My advice is to try to organize your trips to the clinic like that as often as possible, then it seems more like a pleasant jaunt through a park than a sweaty hike in leather shoes." - Emily McDougall

“Try not to stress out or compare yourself to others. Work at your own rate and things will fall into place!” - Sara Steele
Leaving so soon?

Advice to students on their way out, to internship or the job market!

**MY ADVICE WOULD BE TO DO AS MUCH WORK ON YOUR INTERNSHIP APPLICATIONS AS POSSIBLE DURING THE SUMMER BEFORE YOU APPLY. IT WILL MAKE THINGS LESS HECTIC ONCE THE FALL SEMESTER STARTS. -JULIE WOOSLEY**

”Have grads from the program read your materials - they will have a great deal of insight that no one else will have” - Deb Chen

”During my first year orientation, former professor Dr. Mark Klinger told us to keep in mind throughout our journey that Graduate school is about delayed gratification. Keeping that piece of advice has truly helped keep things in perspective.” - Chris O'Brien

”Bring something to the table. Let the interview committee know what makes you stand out as a teacher or researcher. What do you bring to the table? Are you researching something that’s controversial or exciting? Do you have an interest in teaching-service integration? How will undergraduates be incorporated into your research? Again, let them know why you're the man or woman for the job.” - Bryan Poole

**AS YOU GO THROUGH THE PROGRAM, KEEP THINKING ABOUT WHAT YOUR LONG TERM GOALS WILL BE, WHERE YOU WANT TO END UP, ETC. IT HELPS IN PLANNING YOUR PLACEMENT, TEACHING, VOLUNTEER, AND RESEARCH EXPERIENCES. THOSE GOALS, OF COURSE, MAY CHANGE BUT YOU CAN CHANGE WITH YOUR GOALS AS NEEDED. - JENNIFER WILSON**

”Have faith. Take confidence in your areas of expertise and know that the Psych Grad program at UA prepares you well for academic and applied jobs.”

- Jillian Pierrucci, Former UA student and Professor at St. Mary’s College

”In the words of Dory, ‘Just keep swimming. Just keep swimming. Just keep swimming, swimming, swimming. What do we do? We swim, swim.’” - Blake Nielsen

Thank you to all those students who generously shared their wisdom with us. We had an overwhelming response and collected much more fantastic advice that we didn’t include. If you’re interested in the whole of it, email mkkiamy@ua.edu and we’ll happily pass it along to you!
**MEET THE FIRST-YEARS!**

**Stephen Ungvary**

Hometown: Buffalo, NY  
College: SUNY Buffalo  

**Research Interest:**  
adolescent peer relationships and adolescents’ socio-cognitive processes, specifically adolescents who are at risk for internalizing and externalizing difficulties  

**Fun Fact:** enjoys bicycling, board games, and longing for the day the Bills get to the playoffs.

**Kathryn Applegate**

Hometown: Orlando, FL  
College: Creighton University (undergrad); Eastern Kentucky (Master’s)  

**Research Interest:** malingering of ID population; jury decision-making process in Atkins cases  

**Fun Fact:** I have had two hole-in-ones. Both were over water, with my dad and grandpa, while wearing the same shirt.

**Rheanna Remmel**

Hometown: Neenam, WI  
College: Marquette University  

**Research Interest:** Psychopathy & antisocial behavior, adolescent behavior disorders.  

**Fun Fact:** I went skydiving the day before I took the GRE! Probably not my smartest idea.

**Caitlin Moran**

Hometown: Huntsville, AL  
College: Birmingham-Southern College  

**Research Interest:** Behavioral sleep medicine and parasomnias  

**Fun Fact:** I’ve hiked over 120 miles in the Grand Canyon.

**Rachel Thibodeau**

Hometown: Richardson, TX  
College: Southwestern University  

**Research Interest:** The development of executive functions throughout childhood and adolescence  

**Fun Fact:** I recently became an aunt for the first time!

**Andrew Tungate**

Hometown: Orlando, FL  
College: University of Central Florida  

**Research Interest:** how exercise affects cognition, specifically in intellectual disability  

**Fun Fact:** I have two different colored eyes. Some days it is more pronounced than others. Also, when I turned 18 I thought it was my destiny to win the lotto, I was disappointed when it did not happen.
Kristen Condeelis  
Hometown: Falls, PA  
College: University of South Florida  
Research Interest: intervention strategies for older adults with dementia; MCI, psychological distress, and Alzheimer’s disease

Calia Torres  
Research Interest: Disparities in pain among minority patients  
Fun Fact: I was born in Peru and love to travel. I backpacked in Europe this summer.

Ana Rondon  
Hometown: Weston, FL  
College: Florida International University  
Research Interest: differences in subtypes of ADHD  
Fun Fact: I was born in Caracas, Venezuela

En Fu  
Hometown: Capital city of Hanan Province in China P.R.C.  
Previous College: Rutgers University  
Research Interest: Broad filed of spatial cognition- right now I’m focusing on wayfinding research  
Fun Fact: I love cooking and my favorite sauce is ketchup. Its not unusual if you witness me eating garden salad with ketchup.

Kelsey Chappetta  
Hometown: New Orleans  
Previous College: University of Louisiana at Monroe (Masters), University of New Orleans (Undergraduate)  
Research Interest: online dating, relationships, and gender differences  
Fun fact: I like to play video games in my free time (which is rare)!

Hometown: Hammond, LA  
Previous College: Centenary College of Louisiana  
Research Interest: learning and memory  
Fun fact: I spent a month last summer in the mountains of northern India learning about Tibetan Buddhism from a Tibetan refugee.

Abby Clark  
Hometown: Heflin, AL  
College: University of Alabama  
Research Interest: intervention strategies for older adults with dementia; MCI, psychological distress, and Alzheimer’s disease

Research Interest: juvenile offender issues and psychopathy  
Fun Fact: I studied abroad twice in undergrad- once in New Zealand and then in Greece.
Field Day Fun!

1st Place White Team

3rd Place Houndstooth Team

2nd Place Crimson Team
**Student Publications & Presentations**


**Bryant, A.N. & Kim, G.** (2013). The relation between frequency of binge drinking and psychological distress among older adult drinkers. *Journal of Aging and Health,* Published online before print.


**Patrick Ewell,** presented at the International Self Determination Theory conference in Rochester.

**Other Highlights**

Former student **Dr. Jeffrey Phillips,** of the Naval Medical Research Unit Dayton, recently received the Assistant Secretary of the Navy (Research, Development and Acquisition) Dr. Delores M. Etter Top Scientists and Engineers of 2012 Award, in the category of Emergent Investigator.