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PSYCH MATTERS

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The Quarterly Newsletter of Psychology at Oakland University

Experiment Sign-Up Board Now On-Line

by Michelle Pelker

Every Psychology major knows the dreaded task of participating in departmental experiments. After many years of paper and pencil sign-up sheets, modern technology has jumped in to improve and perfect the once tumultuous sign-up board.

Coming available at <http://www2.oakland.edu/psych/index.cfm> students can view, at any time of the day or night, available experiments. Students can go to the new website and click on 'Experiments'. The experiments currently being run are presented with the time and dates available, in a random order. Signing up requires you to fill a form with your name, student number and e-mail address. Once you fill in this information you are then taken to a screen which confirms that you did indeed successfully sign-up for your experiment. This screen can then be printed and kept by the student as a reminder of their commitment.



After this transaction occurs an e-mail is automatically sent to the student as a second reminder. Also available for students is the ability to cancel via email to psych@oakland.edu.

This new system may create a little more work for the experimenters to set up, but in the end both students and faculty will have an easier time. In the past students who have either very early classes or very late classes have had a hard time getting to

Pryale Hall between 8am and 5pm to sign-up. Professor Stewart commented, "Students would see that my car was parked in front of Pryale and would ring the door bell for me to let them in to sign-up at 7am. Some complained that they could not get to the sign-up boards because they had night classes and could not get here before 5pm when the building closed. And others would call the secretaries in the middle of the day to ask if experiments had been posted and if they would sign them up for something." Another problem resolved is the inevitability of double assigning times, either by accident or by students who intentionally scratched out other student's names in order to take the slot for themselves.

Although this will be an adjustment for the whole Psychology department to make, it should make things much easier for everyone in the long run. Unless, of course, you liked walking in the cold and snow to be a part of the crowd at the door cramming together to get to the old paper sign-up sheets. ♦

\$5K Donated by Alumni for Child Psychopathology Lecture

by Michelle Pelker

The Department of Psychology recently received a donation of \$5,000 from Dr. and Mrs. David Hodge. The Hodges requested that the donation be used to finance a lecture in child psychology, or more specifically, in some timely issue pertaining to child psychopathology or developmental disorders. Dr. Stewart is currently looking for a nationally or internationally recognized speaker in this field and hopes to have the speaker and title of the lecture identified in the near future. Future issues of PsychMatters or the departmental web site (<http://www2.oakland.edu/psych/>) will provide further information concerning this lecture as soon as plans are finalized. On the behalf of the students of Psychology at OU, I would like to thank the Hodges for their generosity and interest in enhancing our educational experiences.

INSIDE MATTERS

Letter from the Dept. Chair	p. 2
Psi Chi Matters	p. 3
Relationship Pain	p. 4
Advising Matters	p. 4
Guest Lecturer: Prof. Kirkland	p. 5
Final Matters: Calendar 2000	p. 6

The Department Matters

Things have certainly been busy over the past few weeks. In this edition of PsychMatters you will find an announcements that the Department has received a very generous gift from David and Michelle Hodge to sponsor a lecture in child psychopathology/developmental disorders, that Professor Schillace has published a book entitled "Relationship Pain", that Professor John Kirkland from Massey University in Palmerston North, New Zealand will be visiting us and offering a seminar during the Spring semester, and that the experiment sign up board just inside the front door of Pryale has been replaced with a electronic sign up system that is web-based.



Prof. Stewart

In addition to these activities the department has been quite involved in a number of things that will directly impact our students. We have had our web site (<http://www2.oakland.edu/psych>) redesigned so that it will be much easier to use and update. Here you can find copies of earlier issues of PsychMatters, the entire "Majoring in Psychology" booklet, summaries of news that breaks during the times between publications of Psychmatters, tentative teaching schedules for the next two or three semesters ahead of the current date, and faculty web pages providing supplemental materials for their classes, summaries of their research, links that should be helpful or useful to psychology majors, and glimpses into the non-academic side of their lives. I'd like to direct your attention to Professor Sifonis' pages (click on "Faculty & Staff" and then on "Cindy Sifonis" after the next page loads). I am impressed with the time and care she is taking in preparing supplemental materials for students enrolled in her classes. Even more impressive is the fact that she has volunteered to assist other faculty in doing the same.

Members of the Department are very much involved in a detailed self-study that requires us to look back over the accomplishments of the past years and then formulate goals and objectives to guide the evolution of the program. Many hours have already been devoted to this task since September, and we have many more hours of discussion to go. We have already agreed that we would systematically

review and evaluate what we do in the three courses that are required for the major (PSY 100, 250 and 251). We are also considering the development of a number of "tracks of study" to assist students in creating a major that better suits their individual and collective needs. I have heard faculty (and chairs) in other departments grumble about doing this task and I understand part of the complaint because it is a great deal of work to do in addition to all the other teaching, research and committee work we all have to do. On the other hand, it is exciting and rewarding in itself to watch people work together to plan for the future. I have always been on the optimistic side of midrange, but I sincerely believe that this Department is making strides in a very positive direction. Details to follow.....

Robby

Winter Inductees 2000
of the OU
Psi Chi Chapter:

Christine Agar
Jennifer Anderson
Melissa L. Davis
Lisa M. Hawn
Marisa Kudyba
Kathryn Mayer
Stacey Lauren Nelkin
Don Nott
Michelle Pelker
Melissa A. Prante
Ashley D. Smorch

Congratulations All!!!

2000-2001 Officers
of the OU
Psi Chi Chapter/
Psychology Club:

Pres: Patrick Faircloth
Vice Pres: Cheryl
Stayer and Jacquelyn
Watters
Secretary: Tanya
Adman
Treasurer: Tamara
Jackson
Student Editors of
PSYCHMATTERS:
Michelle Pelker and
Jessica Sharp

PSI CHI MATTERS

by
Patrick Faircloth, Psi Chi President

Greetings to all! We have had a tremendous year in the Psychology Club and the Psi Chi Chapter. While our number of new Psi Chi inductees is down from previous years a little, our membership in the psychology club has exploded!

I want to mention a few highlights of the year. As a chapter/club we: participated in the Heart Walk on Campus, the AIDS walk in Royal Oak, prepared a meal for the homeless in Royal Oak, acted as a catalyst for a donation that gave the Psychology Department three new lap top computers, facilitated a book drive for WHRC that raised over 3000 books and over 3900 dollars, had record attendance at many of our events averaging between 35 to 50 people, facilitated several workshops, instituted the class liaison program and achieved over 70% coverage of psychology classes over all throughout the year. We have a complete line of club/chapter specific merchandise in stock that has been paid for and have provided an opportunity for faculty and students to come together to secure student research involvement. In conjunction with Associate Dean Mary Papazian, Dr. Stewart, Dr. Moudgil, and the student congress we facilitated preparing for Meeting Of Minds educational meetings, and we have produced this newsletter so that it is linked to our main WebPage thereby making it more accessible to everyone. There are so many more things that I could mention that we have accomplished and so many people to thank for them, that I will just say thank you all for all the things you have done.

For all the things I have mentioned as President of the Psychology Club and Psi Chi Chapter, I congratulate my officers and our members on an excellent year, and our advisor Dr. Stewart for his dedicated involvement and guidance throughout the year.

On a personal note I have enjoyed my term of office and I am grateful to have worked with all the officers, members, our advisor, our professors, other University faculty and personnel, and of course to have been privileged to have been of service to the Club/Chapter as a whole.

I invite you to the installation of our new officers on March 23, 2001 at 7:00 in the Oakland Room in the Oakland Center.

Again it has been my pleasure to serve you as your President and I wish you the very best in the future. ♦



Psi Chi/Psychology Club Members at work at the Warming Center, which is housed at First Baptist Church of Royal Oak. From left to Right: L.J., Jackie Watters, a Volunteer, and Pat Faircloth

Attention Alumni!!

Got something to say? Share your news or comments! Send any information you would like to share about experience in your career, graduate school, or psychology in general. This information is valuable and fun to read for current students! Also, please let us know about address changes.

Send any information to:

Att: Psi Chi
Oakland University
111 Pryale Hall
Rochester, MI
48309-4489

Please support Psi Chi/Psych. Club!

Donations make possible activities for students such as, club meetings and student research!

\$20 _____

\$50 _____

\$100 _____

Other _____

*Please make checks payable to Oakland University and write Department of Psychology on the memo line.

FACULTY BOOK PUBLICATION:
RELATIONSHIP PAIN BY DR. RALPH SCHILLACE, PH.D

by Michelle Pelker

What exactly do professors do while they aren't lecturing to Oakland University students? Many students may not realize that lecturing to classes is only a small part of what faculty do. Universities have a mission not only to teach students, but to discover the information and facts that need to be taught, and to develop and test the theories that guide future study of phenomenon. In what we hope will become a regular feature of this newsletter, we will highlight some of the research accomplishments of the Psychology Faculty. We will begin this series with a focus on Dr. Schillace's book entitled *Relationship Pain*, which was published last December by Writers Club Press. Future columns in this space will focus on the books and journal articles recently published by faculty members such as Ted Landau, Mary Eberly, Christine Hansen, Cynthia Schellenbach, and Robby Stewart, to name just a few.

In *Relationship Pain*, Dr. Schillace considers the importance of relationships in our lives. He discusses the multiple aspects concerning not only a significant other, but also family, friends and work place relationships. While the individual aspects of major relationships are evaluated, the interconnections are also a focus. While the work place and a spouse may not seem to have very much in common, they are both important relationships that require energy and



Dr. Schillace, Ph.D

have potential to bring injury or health to us. If we see how similar facets in one area of life can hurt us, we may also discover how this implicates our reactions in other parts of life. *Relationship Pain* also contains case histories of clients with whom Dr. Schillace has worked illustrating his hypotheses.

Every individual endures pain from interactions with others and Dr. Schillace's work will help us learn how to achieve control by being aware of and understanding the influences that relationships bring. Readers can not only learn about painful relationship experiences, but gain benefits by working through those problems. Dr. Schillace believes that emotional injury results from, "...our beliefs and expectations in a rela-

tionship." He also says that how we interact with others is a key element to personal fulfillment. So raising awareness on core issues involved in relationships can contribute to developing intimacy and finding relationship health in the major areas of one's life.

Dr. Schillace has been a professor in Psychology at Oakland University for thirty-five years. He is currently a full time associate professor, overseeing a field placement project at Whitmer Human Resource Center and continuing his private practice as a clinician. The experience that Dr. Schillace used to write *Relationship Pain* came from his involvement in traumatic loss cases in the mental health departments of two local hospitals and his private clinical work. Dr. Schillace also collected empirical data from his research on the perception of observers of survivors and noting the expected reactions of loss and trauma victims. This particular focus enables Dr. Schillace to examine what is called the second injury phenomenon. A second injury takes place after the primary trauma, and results from how others respond to the survivor.

Students can buy *Relationship Pain* at several web sites including; amazon.com, bn.com (Barnes and Noble) and iuniverse.com (Publisher). Another useful website is www.relationship-pain.com; it contains some additional information about Dr. Schillace and the book. Dr. Schillace may be contacted at schillac@oakland.edu. ♦

Advising Matters

by Prof. Mary Eberly, Ph.D

Hello from the advising office. "Getting into Graduate School." For those of you who attended the workshop on February 17th, thank you for coming. I hope you were able to learn something useful for your future goals and dreams. Although you all have hopes and expectations for getting into graduate school, I would like you to think about what you will do should you not get accepted. The application process is very competitive, and many are not accepted each year. I have found that many students "assume" that when they apply, they will go to the grad school of their choice. However, "getting in" doesn't always occur. It is very disappointing and sometimes it is difficult to cope with the rejection. Prepare yourself for the possibility of disappointment. Develop alternate plans. For example, if you want to reapply the following year, initiate plans to enhance your resume and application. Get a job in a related field. Continue working on research with a faculty member. Take courses that might enhance your GPA or knowledge base. Join the Peace corps or Vista. Come April 15th, the date when grad schools must inform applicants of acceptance, be prepared for all possibilities.--Dr. E

Spring Brings April Showers and Professor Kirkland

By Michelle Pelker

This coming Spring semester, Professor John Kirkland of Massey University in Palmerston North, New Zealand will be visiting our department. Professor Kirkland will be teaching a seminar (PSY 425: Seminar in Developmental Psychology, Section # 20949, MWTh 9:45 - 11:50) entitled Attachment and Personality. The seminar will focus on attachment theories by John Bowlby and Mary Ainsworth as well as the work of other researchers. Three aspects of toddler attachments in their families will be investigated: [1] theory, including parallels between attachment and later personality; [2] research, looking into different attachment measures as well as participating in simulated activities, and [3] application, providing a practical tool assessment, intervention planning and outcome evaluation.

Professor Kirkland visited OU during the Spring of 1997 when he taught a very creative version of PSY 225, Life-span Development. What made his course so creative? Well, Professor Eberly teaches this course in a chronological manner, starting with infancy and ending with old age. Professor Stewart teaches it topically and moves from infancy to old age each week as a single theme is followed. Professor Kirkland, knowing how Eberly and Stewart taught their sections, decided to start the class with a focus on late adolescence and early adulthood to match the life phase of the students enrolled and then went forward or backwards depending on the interest of the majority.

In addition, both Professor Kirkland and our own Professor Stewart will be presenting their collaborated research at the biannual meeting of the Society for Research in Child Development (SRCD) in Minneapolis. While their presentation takes place in late April, Professor Kirkland plans to stay through May and June and continue work on this and other projects with Professor Stewart. Professors Kirkland and Stewart have worked together for 8 years on methods to assess infant attachment styles and are anxious to continue their work together at Oakland University. ♦

Students, Alumni and Faculty

Show Your Spirit!!!

We have the following items for sale (most available with the Psi Chi or Psychology club emblem!):

- Baseball Cap: \$5.00
- Denim Long Sleeve Shirt: \$20.00
- Ladies Tee: \$10.00
- Long Sleeve Tee: \$10.00
- Sweatshirts: \$15.00
- Fleece Pullover \$35.00
- Lined Hooded Jacket: \$40.00
- Tech (Sailor's) Jacket: \$70.00

Stop by the Psi Chi office in Pryale Hall to see our merchandise, color and size selections. Remember that every item that is sold is a direct donation to the Chapter/Club!

Psi Chi/Psychology Club raised over 3000 Books and over \$3900 for WHRC!!!

This would not have been possible without the support that Psi Chi/Psychology Club received. Here is a list of contributors that Psi Chi/Psychology would like to thank!

Tanya Adman	Dr. Jerome Hill and Family	Elizabeth Saveski
African American Celebration Committee	Italian Club	Vesna Saveski
Christine Agar	Jackson Elementary School	The Sniders
Association of Black Students	Tamara Jackson	Cheryl Stayer
Kathleen August	Yvonne Kantz	Gail Stenbach
Credit Union ONE	Kathryn Mayer	Dr. Robert Stewart
Wanda Dill-Reese	The Pelkers	Student Congress
Sandra Dukhie	Psi Chi Chapter	Taft Elementary School
Hiram and Caitlin Faircloth	Psychology Club	Janette Trosell
Faircloth Manufacturing Co.	Qest Laboratories	Jackie Watters
Hickory Grove Elementary School	Andy Roscoe	Wilson Elementary School
	Roosevelt Elementary School	
	Dulijona Saveski	

Psi Chi/Psychology would also like to thank anyone else who does not appear on this list, but contributed to the book drive!!! Your efforts really made a difference to WHRC!!!

PSYCH MATTERS

Postage

The Quarterly Newsletter of Psychology at Oakland University

The Department of Psychology
Oakland University
111 Pryale Hall
Rochester, MI 48309-4489

To:

FINAL MATTERS: Calendar 2001

March:

03/06: Monthly Meeting
12:00-12:50pm
Lake Superior Room A
Speaker: TBA
All Students Welcome
Free Lunch Provided

03/20: Speaker Series

12:00-12:50pm
Lake Superior Room A
Speaker: Dr. Christine
Hansen

03/23: 2000 Psi Chi

Induction Ceremony
7:00-9:30pm
Room: Oakland Room

April:

04/03: Monthly Meeting
12:00-12:50pm
Lake Superior Room A
Speaker: TBA
All Students Welcome
Free Lunch Provided

Other Important Dates:

05/11: Meeting of the Minds
Conference
8:00am-5:00pm
UM-Flint Campus

REMINDER

The Psi Chi/Psychology
Club meets the first
Tuesday of every
month from 12-1pm
in the Oakland Center
Free lunch provided.
All students welcome.

Psi Chi/Psychology Club
[www.oakland.edu/psych/psi-chi/
pmatters@oakland.edu](http://www.oakland.edu/psych/psi-chi/pmatters@oakland.edu)

FALL OFFICE HOURS:
12-1pm, Mon.-Thur.

(lower lounge of Pryale Hall)