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# The Synapse

*YOUR CONNECTION TO THE PSYCHOLOGY DEPARTMENT AT  
THE COLLEGE OF NEW JERSEY*

*Welcome to the sixth edition of the Psychology Department Student Newsletter. We hope this newsletter serves as a helpful resource in providing you with important information about Departmental events and topics of interest within Psychology.*

## Meet the Faculty

We welcome **Dr. Ashley Borders**, **Dr. Lisa Grimm** and **Dr. Shaun Wiley** who have joined our department this fall in full time faculty positions. Dr. Borders' research interests include The causes and consequences of rumination; anger, hostility, and aggressive behavior; mindfulness and meditation. Dr. Grimm's research interests include motivation, stereotypes, and individual differences, procedural learning, such as required in golf putting, standardized testing, and explicit and implicit learning systems. Dr. Wiley's research interests include how group members respond to disadvantage, immigration and cultural diversity, group identity and intergroup relations, and collective action. If you want to learn more about these new professors, feel free to contact them or visit our Psychology Department website.



## Interesting Psychology Fact...

We all know that a good night's sleep feels great, but most people don't realize that it also boosts your immune system, protects you from gaining weight, decreases your chances of depression, improves energy and productivity and may actually reverse some signs of aging. According to the NIH report, our body produces a compound called adenosine that accumulates in our blood when we're awake, and eventually triggers drowsiness. When we sleep, our body breaks the adenosine down. If you don't get enough sleep, your adenosine levels remain high, and you'll continue to feel drowsy (and be underproductive, and likely grumpy) the following day. Take naps to improve daytime functioning and reduce your sleep debt, but don't nap for more than an hour, or after 3 pm (that may make it harder to fall asleep at night).

<http://www.psychologytoday.com/>

## Frequently Asked Questions

**Q: My friend wants to be a Psychology Major as well, how do they go about changing their major?**

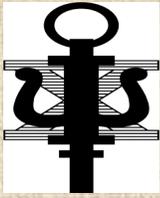
A: We have a new process where you must apply to the major. The application process for this fall is open from September 10th until September 21st. Check the Psychology homepage during that time for more information.

**Q: I am interested in finding an internship, can the department help me with that?**

A: Listed on the Psychology website under the Research Opportunities and Internships section is possible intern sites. Feel free to contact these organizations directly as they are all willing to take on TCNJ psychology interns!

**Q: I would like to declare a Psychology Specialization, how do I do that?**

A: You can find the form to declare a psychology specialization on the Psychology homepage. Just fill out the form and return it to the Psychology main office.



**Psi Chi** is the National Honor Society in Psychology. The officers this year are:

**President:** Courtney Leopold  
**Vice-President:** Rachel Posner  
**Secretary:** Stephanie Probert  
**Treasurer:** Kara Louis

Psi Chi meets on Wednesdays at 12 in Social Sciences 105. For more information visit:

<http://www.tcnj.edu/~psichi/>

**The Psychology Club** meets every Wednesday at 1:00pm in Social Sciences 130. Get involved in opportunities to enhance your understanding and appreciation of Psychology through social and educational activities.

For more information visit:

<http://www.tcnj.edu/~psychclub/>



This past summer, Hillary Devlin was accepted into the NIH summer research program spanning the course of 13 weeks at the Social & Behavioral Research Branch of the NHGRI at the NIH. She worked on a social and behavioral research project in Washington D.C., using data from one of the lab's current studies involving families with Lynch Syndrome, a genetic cancer susceptibility syndrome. For her project, her and her mentor explored the role of optimism in enhancing communication of genetic risk information within the family network. Hillary presented this research at two poster sessions on the NIH campus, and is currently continuing to work with her mentor over the phone and email, with the intention of turning the project into a paper to submit for publication.

## Mark Your Calendars

### —SEPTEMBER—

- 9/23 - Psychology Faculty Meet and Greet (12 PM in SCP 101)
- 9/30 - Psychology Club fundraiser for NEDO- anorexia awareness

### —OCTOBER—

- 10/8 - Psy'd kick social

### —NOVEMBER—

- 11/3 - Psychology Club Baked Good Sale
- 11/11 - Psychology Club Movie Night and Sundaes

## Volunteer Opportunities

The Kidsbridge Museum in Forcina is looking for volunteers to give tours of the museum and to help with the school groups that visit campus. People can learn about the program by visiting their website: <http://www.kidsbridgemuseum.org/main/>.

Psychology club has established a mentoring program called "Psy'dkick". These student mentors will help acclimate incoming freshman into the Psychology department as well as TCNJ. For more information on how to get involved email [psychclub@tcnj.edu](mailto:psychclub@tcnj.edu)



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