

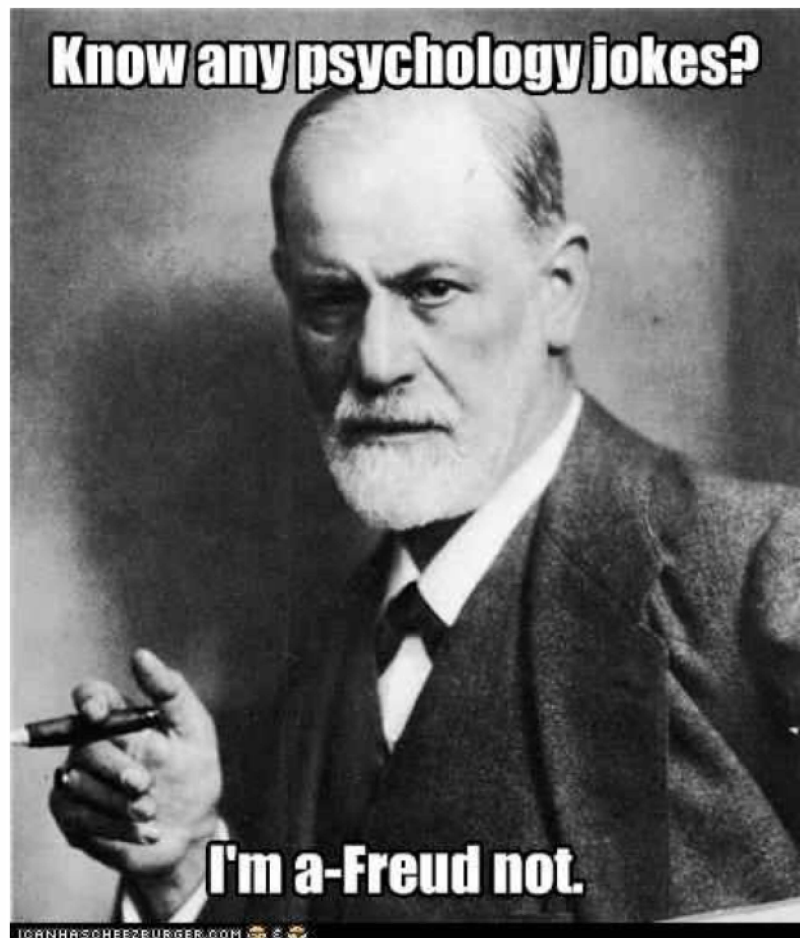


Psychology Newsletter

November Edition, 2017

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Co-Editors-in-Chief: Janet Garcia & Jenny Young
Authors: Melissa S, Melissa G, & Jennifer R

Effective Scholarly Article Reading

Melissa Salmeron

Reading an article can seem either boring, too much work, or even difficult to do. With these steps, one can begin to know how to read an article, and eventually be able to know how to write one.

First things first, it is best to break down the article into sections to be able to read it. Start reading from the abstract section of the article. It should include a small summary of information from the other article sections.

After reading the abstract, the introduction should come next. Look for the problem statement, the purpose of the study, and any operational definitions. This includes the general constructs, any methods or instruments that were used, and dependent variables. Introductions will also include any past research that was done and the significance for this research. Also ask yourself, "Is there a theory or hypotheses being addressed?"

In the methods section, participants, procedures, and the description of the analyses type should be highlighted. For the participants, what was the demographic, how many were there, what sample were they chosen from, etc. As for procedures, take note of the instruments that were used.

How were the participants scored, what were the psychometric properties - Validity? Reliability? Accuracy? Also, take notice of what happened in the study. How long did it take and when did it begin? Was it cross-sectional, longitudinal, etc.? Were participants tested in groups or individually? What type of analyses was used?



Finally, the last two sections should be the results and discussion sections. In the results section, look for the descriptive statistics and dependent variables should each be discussed within their own paragraph. What should also be included are the Independent variable(s), the type of analysis, the results of the statistical test (means/percentages where appropriate) should be included.

The discussion section should include a general statement of the results. There should also be a statement of what the hypotheses or prediction was, if the current findings match with past research, were there any limitations, and was there mention of future research?

Hopefully, this will help you be able to read an article a lot more better. Knowing what to look for and how to break it down can really become useful. Especially when having to write your own research paper (looking at you PSYC 202 students) for a class, and you have no idea where to start.

Study Skills Tips and Tricks!

Melissa Giraladin



Finals will soon be upon us! We all feel the pressure at the close of the semester and the following tips and tricks will help to ease some of the stress. It is never too late to develop good study habits and the sooner you get into the swing of a good study groove your chances of getting high scores will increase.

1. Pick a Place and Time

Location - Find a study space and regular time that works best with your schedule, whether it is mornings at the library or evenings in your bedroom. Studies have shown that finding a location most similar to the environment in which you will be tested in, is ideal. Your study space should be quiet, distraction free and comfortable.

Time - Find a time that works best for you. Some people do their best work in the mornings and others work better at night. Try not to push yourself to study later than what your normal bedtime would be, this can be counter-productive.

2. Plan Your Time and Make the Most Of It!

Use a Planner - Either a paper or electronic calendar and have it with you whenever you're studying. Mark all your important dates on/in it and use it to block out a regular study timetable.

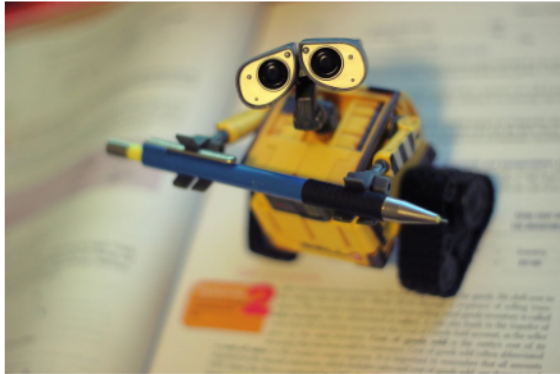
Set Alarms - These will help you to remember the study plans you have set aside. Reminders keep your plans on track.

Set Time Limits - For every 50-90 minutes of study time, you need 10-30 minutes of rest to destress.

Make To Do Lists - List or break down your tasks into manageable chunks. It helps you to clarify to yourself what you need to be doing with your time.

Study Skills Tips and Tricks!

Melissa Giraldin



3. Study Every Day

If you study just a little bit every day, you will constantly be reviewing the information in your mind.

-Early in the semester you might need to only spend 20-30 minutes per subject, but later in the semester and as you near finals, you will have to amp up the amount of time you spend studying.

-If you're finding you don't have the time to study, you might need to revamp your priorities, perhaps spend less time online.

4. Review, Review, and Revise

At the bare minimum, you should go over what you have covered in class at least once a week.

-*Make Your Own Study Materials* – Whether you want to use flash cards with index cards or use apps like Quizlet, make yourself sample test questions!

Quiz Yourself – Quizzes are a great way to gain confidence on the material and also let you know what areas you need to focus a little bit harder on.

5. Ask for Help!

If there is any material or information you feel stuck on don't hesitate to ask your professor, visit them during office hours or head on over to the Peer Mentors Office, we are here to help you succeed!

IT'S A GOOD DAY TO
TAKE CARE OF YOURSELF
(SO IS EVERY OTHER DAY).



6. Self Care!

You'll always study better and achieve higher success if you look after yourself. Make sure to get enough sleep, eat well, exercise and drink plenty of water.

The Best Shot

By: Brandon Mears & Jimmy Pulido Jr.

On 19 October 2017: The Psi Chi chapter of Cal State Fullerton hosted a moral dilemma debate composed of Douglas Navarick, Ryan Nichols, and Michael Shermer. Each of them armed with their notes at hand, they participated in a well-versed conversation about morality, the science behind morality, and the philosophy of morality.

Currently, Dr. Navarick is conducting research on morality under the Psychology Department of Cal State Fullerton, Dr. Shermer is the Editor in Chief of Skeptic magazine, and Dr. Nichols is on leave under the Philosophy Department of Cal State Fullerton, and a current student within the Psychology Department.

The moral research Dr. Navarick investigates is not focused on the source of morality but rather on moral ambivalent choices¹. In certain situations, moral choices are not clearly distinguished as right – wrong. There are specific experiences that elicit a choice that can be interpreted as right and wrong, which is characterized by a sense of moral ambivalence. Look for Dr. Navarick's upcoming entry in Skeptic magazine for a more detailed explanation of moral ambivalence.

Dr. Shermer was once a student under Dr. Navarick. He went into the M.A. program at CSUF as a devout religious man and came out a non-believer. He continued his academic pursuits at Claremont Graduate University and earned a PhD in the History of Science. He founded the Skeptics Society in 1992 and continually promotes the power of science and reason.

The Moral Arc would be the best place to view Dr. Shermer's work on morality, and Skeptic magazine is good place to work on your own skeptical abilities. However, one of the best resources is YouTube. Michael Shermer has performed multiple TED talks² and has been an outstanding guest on Joe Rogan's podcast³.

With a doctoral degree in the History of Science, one would be hard-pressed not to promote the wondrous aspects of science. Dr. Shermer notes how science has made the world a better place, such that society has grown toward justice and freedom.

I agree that science has real promise in moving society toward a more morally righteous world. The foundations of science – empiricism, rationality, reasoning – has pushed society to think more critically about topics like morality. Being more skeptical allows us to separate fact from fiction.

In a world where technology has increased the accessibility of information, the barrier to entry has never been lower. With more free time on our hands now more than ever before, we look to fill that void often with meaningless information. I believe a virtue many of us need to strive for in this day and age is scientific reasoning. That is, we must be skeptical, we must be rational, we must be logical, and we must be able to critically think about the supposed “truths” we hold so dear to our hearts even though they may have no real objective standing. Getting to the truth is hard, but science is our best and most reliable method of understanding this chaotic world.

The debate was a full house, all seats were taken, many sat on the floor or stood in the doorway. Many questions were asked during the Q&A sections, so much they had to reduce the amount of questions for the sake of time. Some were for ideas/opinions, while others sought out truth or an alternative explanation for an attribute in life.

If anyone missed this debate and would like to see it, they are able to! You can find the podcast: I Doubt It with Dollemore Podcast. You can find it where all podcasts are found. You are able to watch it on YouTube under the channel: Dollemore.

¹ Navarick, D. J. (2013). *Moral ambivalence: modeling and measuring bivariate evaluative processes in moral judgment*. *Review of General Psychology*, 17, 443–452. DOI: 10.1037/a0034527.

² (n.d.) https://www.youtube.com/results?search_query=tet+michael+shermer

³ (n.d.) https://www.youtube.com/results?search_query=michael+shermer+joe+rogan

Psychology Clubs and Upcoming Events



PDSA (Psychology Department Student Association)

Upcoming Events: 4 p.m.- 5 p.m.

Nov 8th: Movie Night, 3-5pm at
TSU Titan Theater

Nov 15th: Internship Panel,
4:00-5:30pm at TSU Titan Theater

Come to PDSA meetings to meet
requirements to earn a cord and/or
sash for graduation!



LSPA (Latinx Student Psychological Association)

Upcoming Events: Nov

Nov 14th: MSW program
discussion, 3-4pm at TSU

Nov 28th: Ontiveros AB. Research
panel 3-4pm at TSU Ontiveros

Dec 5th: Potluck/cord ceremony,
3-4pm location TBD.



Psi Chi (The International Honor Society in Psychology) Upcoming Events:

- Applications are still being accepted
- Application Deadline: November 10th 2017
- Applications located at the psychology department office H-830M



Aware (Adults Who Are Returning To Education)

- Aware is a student organization for non-tradition students (students who work full time, military veteran, parent/guardian, returning/transfer students, etc.)
- Network and be a part of the CSUF community! Meetings are every other Friday from 12-1pm at UH-205.
- Email: awarecsuf@gmail.com

Upcoming Events:

Nov 6-10th: Food drive, donate at the women's center!

Nov 14-15th: Bake Sale, 11am-2pm at the UH walkway.

Dec 1st: Bowling Social at TSU Billards.

Professor Spotlight:

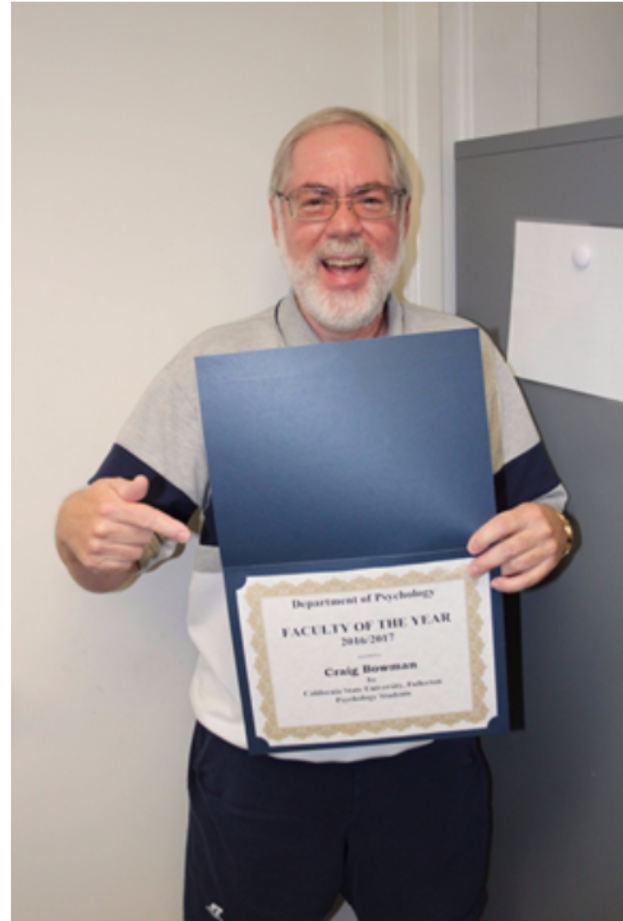
Professor Dr. Craig Bowman

Jennifer Rubalcaba

Professor Bowman is a fun individual who makes every class he instructs interesting. Dr. Bowman was awarded Student's Choice Faculty of the Year, 2017. He gives memorable examples for all his concepts in lectures. He has worked at Cal State Fullerton since 1985. His favorite class to teach is Theories of Personalities because he gets to channel different theorist and dish dirt on them.

BACKGROUND

He attended Pennsylvania State University for his B.S. in Psychology and then continued his studies at USC, where he received his Ph.D. with an emphasis in social psychology. Most of his research has been in social psychology, he created riots in a lab when observing the relationship between self-focus and helping behavior where if there is an increase in self-focus it would lead to increased responsibility for the welfare of the others, therefore, they would be more willing to help others. He has completed research on environmental psychology which involved looking at the space in a home and also has done research on job satisfaction among part-time students at Cal State Fullerton. You should stop by his office if you are interested in his past research and I highly encourage students to enroll in his classes.



FUN FACT

An interesting fact about Dr. Bowman is that his backyard resembles animal planet, from time to time he has a hawk and owl that regularly visit along with a number of cats and possums.

Courses Taught

Intro to Psychology, Social Psychology, Industrial/Organizational Psychology, Theories of Personalities

Peer Mentor Fall Office Hours

	Monday	Tuesday	Wednesday	Thursday
8:00-8:30 AM		Jenny		
8:30-9:00 AM		Jenny		Melissa G.
9:00-9:30 AM				Melissa G. / Ruben
9:30-10:00 AM	Yuliana			Ruben
10:00-10:30 AM	Yuliana	Jenny	John	Kelcey
10:30-11:00 AM	Yuliana	Jenny	John	Kelcey
11:00-11:30 AM	Yuliana	Jimmy	Brandon	Kelcey
11:30-12:00 PM	Mimi	Jimmy	Brandon	Kelcey
12:00-12:30 PM	Dillon/Janet	Frank/Jennifer	Brandon	Kelcey
12:30-1:00 PM	Dillon/Janet	Frank/Jennifer	Brandon	Kelcey
1:00-1:30 PM	Janet	Frank/Jennifer	Brandon	Frank/Melissa S.
1:30-2:00 PM	Janet	Frank/Jennifer	Mimi	Frank/Melissa S.
2:00-2:30 PM	Melissa S.	Mary	Mimi	Nancy
2:30-3:00 PM	Melissa S.	Mary	Mimi	Nancy
3:00-3:30 PM	Mary	Mary	Mary	
3:30-4:00 PM	Mary	Mary	Mary	
4:00-4:30 PM	Ruben			
4:30-5:00 PM	Ruben			

Need Help with a specific course? Here is who might assist you best:

Intro/Intermediate Stats & Research Methods: Frank, Jenny, Jennifer, Dillon, John, Melissa G., Mary, Brandon, Mimi, & Jimmy

Advanced Stats: Jenny & Jimmy

Bio-Psychology : Frank, Jenny, Jennifer, Mary, and Melissa S.

Cognitive Psychology: Jenny, Nancy, Melissa G., & Kelcey

Psychology Testing & Assessment: Frank & Jenny

Clinical Psychology: Yuliana

APA Formatting: Frank, Jenny, Jennifer, Dillon, & Yuliana

Graduate Programs: Jenny & Jimmy

Campus Resources

Academic Advisement Center	(657) 278-3606	UH-123B
C.A.P.S	(657) 278-3040	Between KHS&ECS Buildings
Career Center	(657) 278-3121	LH-210G
Health Center	(657) 278-2800	Between KHS&ECS Buildings
Internship Office	(657) 278-3746	LH-206
Peer Mentors Office	(657) 278-7538	H-525B
Psychology Advisement Office	(657) 278-3102	H-830J
Women's Center	(657) 278-3928	UH-205
Writing Center	(657) 278-3650	Pollack Library