Synergy ‘13
October 4th and 5th

Cedar Crest College &
Lehigh Carbon Community College
SYNERGY ‘13
A NATIONAL PSYCHOLOGY CONFERENCE FOR STUDENTS

Schedule of Events

Friday, October 4 12:00 p.m. to 10:00 p.m.
All events held at Cedar Crest College

12:00 p.m. Greetings and Welcome
11:30 a.m. Registration
12:15 p.m. to 2:15 p.m. Presentation Session I
2:15 p.m. Break
2:30 p.m. to 5:30 p.m. Presentation Session II
5:30-7:00 p.m. Dinner
7:00 p.m. to 8:00 p.m. Paths in Psychology – Panel Presentation with Question and Answer Time
8:00 p.m. to 10 p.m. Movie and discussion

Saturday, October 5 9:00 a.m. to 4:00 p.m.
All events held at Lehigh Carbon Community College

8:30 a.m. Coffee and Registration
9:00 a.m. to 10:00 a.m. Concurrent Session I
10:00 a.m. to 11:00 a.m. Concurrent Session II
11:00 a.m. Keynote Address: Up From Stupid: Using Psychology to Educate and Elevate Americans
Dr. Joshua Aronson, New York University
12:00 p.m. to 1:00 p.m. Lunch
1:00 p.m. to 2:00 p.m. Concurrent Session III
2:00 p.m. to 3:00 p.m. Concurrent Session IV
3:00 p.m. Closing Session – Ice Cream Bash
Friday, October 4, 2013

All activities will take place at Cedar Crest College

11:30 a.m.  Registration

12:00 p.m.  Greetings and Welcome: President Carmen Ambar, Cedar Crest College

12:15 p.m.
In the Beginning: A Brief History of Psychology
Dr. Micah Sadigh, Cedar Crest College

This presentation is a focused, fast-paced exploration of the birth and development of the multifaceted discipline of scientific psychology through the centuries. Specific attention will be paid to the philosophical foundations of psychology and the contributions of various schools of thought to the formation of specific schools within the discipline.

1:00 p.m.
Careers in Psychology
Dr. Kerrie Baker and Dr. Sharon Himmanen, Cedar Crest College

This session will focus on the breadth of psychology, opportunities and career options for graduates, skill development, and strategies for success in the field. The session will also set the stage for the interactive panel, “Paths in Psychology,” that will take place later in the evening.

2:15 p.m. Break

2:30 p.m.
The Thrill of the (Virtual) Kill: The Psychophysiological Impact of Violent Video Game Experience
Dr. James Scepansky and Dr. Micah Sadigh, Cedar Crest College

Videogames can be exciting, and even engrossing, as countless teenagers thumb their controllers for hours, seemingly oblivious to the real world around them. But what are the potential costs associated with videogame play, especially the often violent games that are most popular? Our talk will explore the controversy of violent videogames and illustrate some of the techniques that are used to study videogame play.
3:30 p.m.  
**Forensic Psychology**  
Dr. Jane Tyler-Ward, Cedar Crest College

Forensic psychology is a field that deals with the intersection of psychology and the law in a number of court-related or criminal justice contexts. The field has experienced dramatic growth in recent years primarily due to television programs, movies and books that depict brilliant criminal profilers solving crimes or investigating grisly serial murders. However, forensic psychology is an area that draws on clinical psychology, assessment, neurology, social psychology, and other sub-disciplines of psychology.

4:30 p.m.  
**Positive Psychology: Exploring the Nature of Happiness**  
Dr. Diane Moyer, Cedar Crest College

Positive Psychology is the scientific study of topics such as positive emotions, optimism, mindfulness, happiness, and how to go about living a purposeful and meaningful life. The presentation will address some of the research findings about happiness, the role of genetics in experiencing a greater sense of happiness, and how we may experience more fulfilling lives.

5:30 p.m.  
**Dinner**

7:00 p.m.  
**Paths in Psychology – Panel Discussion with Question and Answer Time**

8:00 p.m.  
**Movie and Discussion**

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**Saturday, October 5, 2013**

All activities will take place at Lehigh Carbon Community College

8:30 a.m.  
**Coffee and Registration – Upper Level Community Services Center**

9:00 a.m.  
**Concurrent Session One**  
1.1. **Demystifying Graduate School in Psychology**  
Melanie Lantz, State University of New York at Albany

**NOTE:** This is a double session and will run from 9:00 a.m. through 10:50 a.m.

This presentation will address questions common to undergraduate students who are considering graduate school in psychology, such as: What are the subfields in psychology? What can you do with different graduate degrees in psychology? How do I choose a program? What do I need to do to apply? What can I do to be a strong candidate for admission? From this presentation, students will gain a basic understanding of the differences and similarities between major subfields in psychology, how the degrees relate to careers, and what they can do to best prepare for graduate school applications.
1.2. A Career in Health Psychology
Dr. Gina Turner, Northampton Community College

Every day, we hear news stories about health, that scare us with reports of new causes for diseases, or that raise our hopes about new cure-alls that will let us live to be 100. How do we make sense of all of this information? Health Psychology can help! Health Psychology is a booming field devoted to understanding how our thoughts and feelings influence our physical well-being. Careers in practice include: Psychologists, physicians, nurses and allied health professionals. Careers in research include work done in the fields of public health, psychology and medicine.

1.3. Preparing for Your Career with a Psychology Degree
Dr. Ronald Shapiro, Independent Consultant in Human Factors, Learning and Human Resources

How are you planning to apply your knowledge of psychology as you move from being a student to being a professional? If you aren’t sure, please come to our workshop to explore numerous career options focusing on working in business, government and industry. You will also receive numerous practical recommendations which should help you to secure a job in business or industry.

1.4. Research - It’s Not Just Numbers: A Brief Overview of Qualitative Research
Dr. Melissa LaBuda, Pennsylvania State University at Worthington Scranton

This session will explore the differences between quantitative and qualitative research. Different types of qualitative research will be discussed.

1.5. Why Do We Meet Anyway? Setting the Agenda for Meetings
Gene Eden, Lehigh Carbon Community College

Meetings should be a productive and responsible use of time – yours and those attending the meeting! Whether you are running the meeting or not, there are many strategies for creating an efficient agenda, keeping the group focused and enhancing the productivity of the group. Discussion about the use of Robert’s Rules of Order and other meeting management techniques will be included in this workshop.

1.6. Mate Selection: The Marriage of Social Psychology, Neuropsychology, and Evolutionary Psychology
Melanie Arpaio, Sussex Community College

Is romance a construct of the past given what we know about the workings of the human brain? By exploring how psychological science informs us about the selection of a partner, we explore the intricacies of intimate relationships using illustrations from the fields of social, neu- ro, and evolutionary psychology. Using anecdotes and humorous insight, this session on love and attraction takes us from caveman to cyberspace.
10:00 a.m. Concurrent Session Two

2.1. Anatomy of a Psychology Major’s Career Path: Dissecting Practice, Research, and Teaching Opportunities in Behavioral Sciences
Room 103
Steven Young, University of Maryland

There is no one direct path to establishing a fulfilling and rewarding career in the field of psychology. Many different parts or experiences are necessary for building one’s professional psychology career. This session will explore the question, “What can I do with a major and degree in Psychology?” Participants will learn how to develop marketable skills for a diverse range of functional job titles while acquiring knowledge about sub-field specific career options within the psychology field. Individuals will also have the opportunity to assess whether a practice, teaching, or research career is the best fit for their aptitudes, skills, and interests. Tips and strategies for an advanced degree in psychology will also be discussed.

2.2. Goodness of Fit: Tailoring a Grad Program that Suits You
Room 105
Dr. Jason Young, Hunter College, The City University of New York

This presentation will address key considerations for selecting those graduate psychology programs that both best reflect your research interests and provide the best opportunity for you to be accepted into the program.

2.3. The Psychology and Psychobiology of Nightmares
Room 106
Dr. Micah Sadigh, Cedar Crest College

In this lecture we will explore the nature of nightmares from psychological and psychobiological perspectives. We will play close attention to the historical and theoretical formulations of disturbing dream and the potential complications that can emerge from these types of dreams, especially if they are persistent and refractory. Finally, we will discuss the use of a variety of psychopharmacological and psychological interventions that may be helpful in reducing the frequency and intensity of posttraumatic nightmares.

2.4. Articulating Your Transferable Skills
Room 109
Christina Moyer and Julie Ambrose, Lehigh Carbon Community College

Break the frustrating cycle of needing experience to get experience! This session will teach you how to recognize and articulate your qualifications with confidence. We guarantee you have the skills, and you will leave this session with stories to prove it.

2.5. How Sexual Arousal Influences Judgment
Room 111
Ann Turoczy, Lehigh Carbon Community College

Why do people engage in risky sexual behavior? Are there preventative measures one can take to reduce the effects of sexual intoxication? This presentation will explore the side effects of sexual arousal and the behavior interventions that promote a healthy sexual life.
11:00 a.m. Room 203
Keynote Address – Sponsored by Worth Publishers
Up From Stupid: Using Psychology to Educate and Elevate Americans
Dr. Joshua Aronson, New York University

Noon Lunch

1:00 p.m. Concurrent Session Three

3.1. Heroic Imagination Project Room 100
Mako Sophie Tanaka, Irvine Valley Community College

Do you know about the national service project for Psi Beta? The Heroic Imagination Project has been sweeping the west coast and we are delighted to bring it east in this presentation. Sophie has been one of several student leaders on the Project since it began last year. Included is a video clip about the project that won the PT@CC annual media contest in Honolulu in August.

3.2. So, You Want to be a Sport Psychologist Room 103
Dr. Diane Finley, Prince George’s Community College

In this presentation, we will discuss what sport psychology is and what a sport psychologist does. Pathways to becoming a sport psychologist will be presented.

3.3. Become a Better Student Room 105
Dr. Bonnie Green, East Stroudsburg University

During this session, students will be presented with a review of contemporary research in development and how this knowledge can be applied to their day to day lives. Research in how students can use Self-Testing, Metacognition, and Deliberate Practice to improve academic performance will be covered. Students will also learn how being involved with undergraduate research can truly change them.

3.4. Research Presentations Room 106
   a. Using Color Preferences to Predict Personality Traits
      Alexander Updegrove, Marymount University
   b. Student Perceptions of Major Types: Personality, PsyCap, and Person-Major Fit
      Michael Foster, Shippensburg University
3.5. Recruiting Membership and Marketing Your Organization
Gene Eden, Lehigh Carbon Community College

Is your attendance lagging at club meetings? Are you running programs using the same three volunteers? How many times have you heard: “Oh I didn’t even know we had that group on campus”. Attend this interactive workshop and learn how to increase your membership and visibility on campus. Easy to implement strategies and quick promotional ideas to kick start your success!

3.6. Watching the Clock: The Role of Temporal Perception in Teams
Dr. David Livert, Pennsylvania University Lehigh Valley

The session explores the degree to which individual have differing perceptions of time and time-related work. The audience will take part in several interactive activities that demonstrate ways in which we see time differently. Dr. Livert will present findings from his research studies investigating the role of time in the professional kitchen.

2:00 p.m. Concurrent Session Four

4.1. The Career Game: Come Play With Us
Laura Bittner, Carroll Community College and Dr. Heather LaCost, Waubonsee Community College

Participants of this interactive session will get to play as they reflect on the possibilities for career choices in psychology. For students, the session will provide the opportunity to allow them to fine tune their career choice or contemplate career options and educational pathways they hadn’t previously considered. For faculty, the session will provide ideas for how to cover career information in their classes that is both engaging and informative.

4.2. Better than Human? The Ethics of Pharmacological Enhancement
Dr. Jeff Rudski, Muhlenberg College

Psychotropic medications have been used to treat various disabilities, but they are also being used by non-diagnosed people for purposes of enhancement. For example, some high school and college students without ADHD report using Ritalin to help them study, and some performers use propranolol to decrease stage fright, even if they do not have anxiety disorders. Are these performance enhancers effect? If they are, is their use fair? Do they threaten a person’s authenticity or identity, and do they decrease the value of hard work? This talk will discuss the ethical concerns (and benefits) associated with various kinds of enhancement, and will explore the ‘shades of grey’ in what is often presented as a black and white controversy.

4.3. Mixing It Up: Proactive Diversity Management
Alie Huxta, Center for Humanistic Change

Move beyond traditional diversity training and learn specific tools and tips to help resolve intercultural and inter group conflict. Practice hands-on activities that will prepare you to approach prejudice and misunderstandings as positive learning opportunities.
4.4. Keeping Your Chapter Alive and Kicking
Dr. Vincent Prohaska, Lehman College, The City University of New York

Psi Beta and Psi Chi chapters face some common difficulties: When the chapter is active, strategies are needed to keep that activity level high, or even raise it, as active officers and members graduate. When the chapter is not so active, strategies are needed to resuscitate it and get it back on track. As the advisor to a Psi Chi chapter that has won two Regional Chapter Awards (2000 and 2012), the Florence Denmark National Chapter Award (2001) and the inaugural Kay Wilson Officer Team Leadership Award (2011), I will discuss the strategies our chapter has successfully used to address these two difficulties.

4.5. Understanding Gender Identity Disorder
Dr. Tiffany Andrews, Bucks County Community College

Join in a discussion of the current research findings regarding gender identity disorder, including a case study currently being conducted on an individual who has gender identity disorder.

4.6. Using Psychology Games and Activities of Yesteryear to Prepare for Our Future
Dr. Ronald Shapiro, Independent Consultant in Human Factors, Learning and Human Resources

We will replay several psychology activities and games which you may or may not have participated in during your introductory psychology courses. After playing each of the games we will talk about ways in which lessons learned from that game might be useful to us as we continue our studies, enter the workforce and/or start families. The program will be loaded with prizes, surprises, and lots of ideas to apply as we enter “the real world.”

Closing Session
Second floor lobby

Thank you for joining us for Synergy 2013.

Safe travels!
building relationships that advance psychology

PSI CHI is…

- the largest psychological organization in the world with more than **600,000 members** inducted since its founding in 1929.
- comprised of a network of chapters that extends to **over 1,100 colleges and universities**.
- for undergraduates, **first-time membership for graduate students**, and full-time psychology faculty who have earned a doctorate.
- **committed to leadership** by offering programming at all regional conventions.
- an international organization broadening its mission to embrace faculty and students regardless of geography.
- developing relationships with minority leaders and organizations to reflect the **rich diversity of people and perspectives** in psychology.
- an advocate for research by **awarding over $300,000** in awards and grants to its members and offering **opportunities to publish** in the *Psi Chi Journal*.
- a **lifetime membership** with a onetime joining fee.

Stay connected with PSI CHI
Psi Beta Heroic Imagination Project

What this Project is About

Psi Beta, the national honor society in psychology, presents free workshops to students at high schools, colleges, and youth groups in the community. The purpose is to enlighten audience members about situational factors that can influence perception, thought and behavior. Grounded in classic and cutting-edge research, these presentations help students make informed choices in social situations. All workshops are highly interactive and engaging.

Interested?

Attend the presentation on Saturday, October 5 at Synergy – 1:00 p.m. in Room 100, Community Services Center, Lehigh Carbon Community College, or if you would like additional information, please contact:

Terri Lavery, Director of Outreach
Psi Beta Heroic Imagination
tlavery3@gmail.com
(949) 683-4736
Prepare For Your Future:
Career Workshop
9:00 AM on Saturday
&
Games Of Yesteryear Program
2:00 PM on Saturday
Help Others:
Schedule A Program
For Your
Business, College, Organization or Event

Ronald G. Shapiro, PhD
http://www.EducationByEntertainment.Com
Worth Publishers congratulates

Josh Aronson
Synergy 2013 keynote speaker

Up From Stupid:
Using Psychology to Educate and Elevate Americans

Saturday, October 4
11:00 am
Lehigh Carbon Community College

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Elliot Aronson with Josh Aronson

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Learn more about our available programs or register for an information session.

sage.cedarcrest.edu
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