

POINTS OF INTEREST

- **Internship: Rare Opportunity Opens Doors and Minds Alike**
- **Battling the Mental Health Stigma: What Can YOU Do?**
- **Healthy Lifestyle Management: New Health Major Incorporates Core Psychology Classes**
- **Psi Chi Annual Update**
- **Phobia Central Crossword Puzzle: How Well Do You Know Your Phobias?**

The Dahl Fund

We have reached the time of year to consider donations for the Dahl Fund, which sponsors undergraduate research.

Please send your contributions to the Creighton University Office of Development, P.O. Box 30282, 68103-1382. Checks should be made payable to Creighton University, with the Dahl Fund noted in the memo line.

Any donation is acceptable and appreciated.

Research Opportunities Benefit Students And Professors

Rachel Heinen

Classes in Research Methods and Statistics are requirements for the psychology major, but for some students they are so much more. These classes have opened up doors for several students to further their research experience and gain recognition for their hard work.

"Doing research has probably been the most important part of my undergrad career," said Sal Leone, junior. "I was lucky enough to start working my sophomore year, and by the time I graduate I will hopefully be going into a graduate program with six semesters of experience from Creighton alone. That kind of preparation is huge, and I'm excited to see where a strong background in research will take me."

Not only do students have opportunities here at Creighton to conduct research, but they also have opportunities to present their research at professional conferences.

Michelle Baumann, a senior who will be presenting at the upcoming Society for Industrial and Organizational Psychology conference in April, is among several other students who will be attending and presenting at the American Psychological Association conference in May.

"Becoming involved in research has enriched my

undergraduate experience by allowing me to deeply explore industrial/organizational (I/O) psychology not only on a research team but also independently," said Baumann. "I could not be more proud of the research we have accomplished, and I am overjoyed to present our findings in Philadelphia and New York in the next few weeks."

Student research would not be possible without the abundance of support from the psychology department's faculty members.

"Working so closely with a professor through research has been one of the most meaningful and impactful experiences I've had as a Creighton student," said Marc Cubrich, junior.

Marc Cubrich, junior

professors, the faculty are just as appreciative of their students for the work they put in.

"Getting to do research with students is absolutely the best part of my job. I feel really fortunate to have such an active, talented group of students working with me, and the research I do wouldn't be possible without them," said

Joshua Fairchild, Ph.D., assistant professor. "I'm excited to get to join several of them at national conferences this year where they will have the opportunity to make their first presentations in I/O psychology. I'm so proud of my students."

Many of these research opportunities require travel, however, and do come with a cost. Fortunately, the Dahl Fund, which was established by Elizabeth Dahl, exists to aid students with the costs associated with traveling to and presenting at conferences.

If you would like to make a donation online, you can visit the Creighton Giving page, and select "Make a Gift." At the bottom of the page, you can indicate the donation is for the Elizabeth Dahl fund.

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InPsyght is Green!

To help eliminate paper waste and protect the environment, issues of InPsyght are primarily delivered electronically.

Please send your email address to Amy Badura Brack, Ph.D., at amybadurabrack@creighton.edu to receive future issues of InPsyght.

Internship: Rare Opportunity Opens Doors and Minds

Margaret McCarthy

It's no secret that Creighton University's psychology program provides its students with an array of astounding classes and experiences. One opportunity that psychology students may not know about is internship! Interested in internship? Here's how it works. Students who have taken five psychology courses, maintained solid grades and are of junior or senior standing have the opportunity to interview with Amy Badura Brack, Ph.D., for one of several coveted spots in the class. There are usually 15-20 spots given out each semester, but the number of spots available is

entirely dependent upon the number of spots offered at the different sites who agree to take on Creighton students as interns.

Participating sites, including the Munroe Meyer-Institute, Abraham Lincoln High School (AL), Woodrow Wilson Middle School and the Douglas County Victims Assistance Unit, are located throughout the greater Omaha and Council Bluffs areas and provide students with real world experiences in counseling, clinical, school, forensic, and/or child psychology that can prove invaluable to their future goals. Internship class also has the

potential to aid students in the difficult discernment process that every student of psychology must inevitably face. Senior Mackenzie Mills, for example, is unsure of what particular field in psychology she is most drawn to, but she has nevertheless confidently asserted that her experiences through her internship are preparing her for a successful career.

"I've really enjoyed my internship at AL," said Mills. "I've gotten to experience so much — everything from IEP meetings, student transition interviews, classroom observations, and a really neat opportunity to both organize and facilitate a girls group for students with autism with my fellow intern and classmate, Molly Meyer."

In contrast, other interns may benefit from internship class by simply solidifying their commitments to their future

plans. Senior Amber Foley, for example, was placed at Douglas County Victims Assistance Unit last fall and found that she was all the more committed to pursuing her love of the legal field and recently accepted the opportunity to become a Creighton law student.

"Working for the Douglas County Attorney's Office really helped me to understand the criminal justice system firsthand," said Foley. "I was intrigued and motivated each and every day by everything I did at internship — everything from assisting with protection orders to attending trials — and I am so thankful for the experience."

It is clear that internship has the power to strengthen passions by providing real world applications for those passions to manifest themselves into daily occupations.

"I was intrigued and motivated each and every day by everything I did at Internship ... and I am so thankful for the experience."

-Amber Foley, senior

Battling the Mental Health Stigma: What Can YOU Do?

Kaitlin Clancy

"He's psycho! Someone seriously needs to throw him in the loony bin!" We hear phrases like this all the time, phrases that perpetuate a stereotype many people hold against those who suffer from mental illness. Not only does this unfortunate stigmatization have a longstanding and far-reaching history, it remains a prominent issue in today's society.

According to the National Alliance on Mental Illness (NAMI), stigma is defined as "an attempt to label a particular group of people as less worthy of respect than others," and its presence has a profoundly negative impact upon those who suffer from mental illness — preventing many from seeking treatment, compromising the recovery processes of those in treatment, and contributing to widespread feelings of hopelessness and social isolation.

The stereotypes, the belittling of mental illness as a concern, the belief that mental

illness leads to violence, and the media's frequently inaccurate and misleading depictions of those who suffer all contribute to this stigma. So what can we do?

Fortunately, several organizations have put forth efforts to counter this stigma, and many of these organizations provide Creighton students with opportunities to get involved. One such opportunity was the discussion led in April by Alison Marlow, the founder of Active Minds. Marlow founded Active Minds as a national nonprofit organization that seeks to educate and spread awareness on college campuses about the prevalence of mental health issues, including depression and anxiety, by promoting an environment where mental health is discussed openly and honestly.

Creighton students Amanda Alvarado and Mikayla Palmer have gotten involved in other ways through the Hand in Hand event sponsored by Campus Ministry. It is through this event that Alvarado and others have

had the opportunity to interact with adults with disabilities by playing games, singing karaoke, eating snacks and making crafts.

"I often see people ignore those who suffer from different disabilities because they see them as different, but they're actually not," says Alvarado. For her, her involvement has been a truly rewarding experience, and she believes that the organization has done wonders to encourage equality and dignity among those who suffer from disabilities.

Best Buddies has a similar mission, and it is through its program that college students have the chance to take part in one-on-one friendships with individuals with intellectual disabilities. Mikayla Palmer, an active member, describes the

organization as "mind-opening" and "a great way to focus on similarities" with those who are disabled.

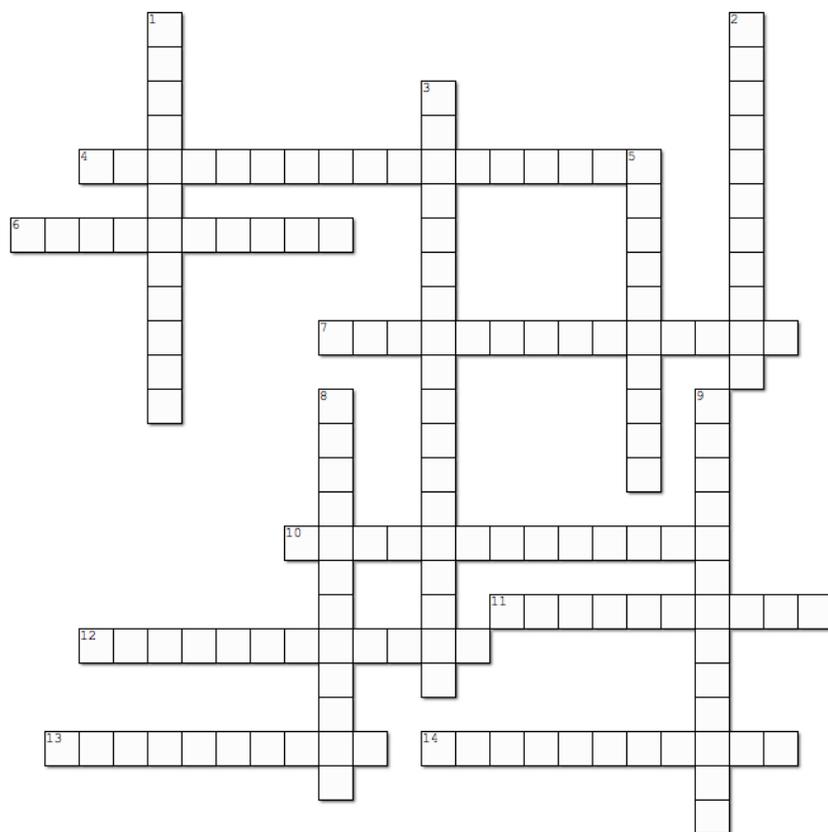
"Best Buddies is about befriending people who have faced challenges being discriminated against for something out of their control," says Palmer.

While the issue of the mental health stigma continues to impact those who suffer from an illness or disability, advocacy and awareness are making huge strides to reverse the many different

misconceptions out there. Luckily, Creighton students and faculty alike can do their part by taking advantage of the opportunities available to them right on campus. Get involved today!

"It's about befriending people who have faced challenges being discriminated against for something out of their control."

Mikayla Palmer, senior



Phobia Central:

How well do you know your phobias?

ACROSS

- 04. Fear of the number 13.
- 06. Fear of blood.
- 07. Fear of confined spaces.
- 10. Fear of spiders.
- 11. Fear of fire.
- 12. Fear of falling ill.
- 13. Fear of dogs.
- 14. Fear of developing a phobia.

DOWN

- 01. Fear of books.
- 02. Fear of water.
- 03. Fear of peanut butter sticking to the roof of the mouth.
- 05. Fear of pain.
- 08. Fear of cats.
- 09. Fear of death.

Healthy Lifestyle Management: New Health Major Incorporates Core Psychology Classes

Ashley Jackson

The idea of developing and maintaining a healthy body can be an overwhelming, challenging obstacle for many people. It certainly takes a lot of commitment, but knowing how to manage the stress and anxiety that comes along with this challenge can help us to overcome it and develop a sustainably healthy lifestyle.

Luckily for Creighton students, a new major has arrived that tackles this challenge head-on.

This new Bachelor of Arts in Healthy Lifestyle Management is unique because it not only focuses upon physical fitness but also psychological fitness. Students who apply for this

major are required to take classes in nutrition, fitness, health care, and lifestyle medicine and also several psychology classes, including Introductory Psychology and Health Psychology.

Why psychology classes? The goal is for students to understand the human person as a unified whole: body and psyche. Both work together as a seamless unit. And because knowledge is power, a deeper understanding of how and why we think and behave as we do can help us to break unhealthy habits and lead happier, healthier, longer and stronger lives.

Psi Chi Annual Update

Rebecca Ahlers

Psi Chi, psychology's international honor society, has had a great 2014-2015 academic year. Much of the focus this year was on getting word out to the student body about Psi Chi and the many opportunities available for psychology majors.

Most recently, Psi Chi held its third annual Psychology Career Panel. Included on the panel were three psychology professionals in diverse fields: Hannah Grawe (a 2011 Creighton graduate who is currently in the counseling master's program at the University of Nebraska at Omaha), Karin L. Mussman, Ed.S. (a 2013 Creighton graduate now serving as a school psychologist for Westside Community Schools) and David VanDyke, an industrial/organizational psychologist who works as a statistical consultant in Omaha and at Creighton University.

With such different aspects of psychology presented at the panel, Psi Chi members, psychology majors and other interested students alike were

able to gain valuable information about what they could do with degrees in psychology following graduation. Students and panelists engaged in a discussion that lasted over an hour, making the event a great success.

Psi Chi has also participated in service projects and fundraising this year, and the annual Kaplan Course Auction continued to be one of the group's most successful fundraisers. Other events included last fall's induction ceremony. After the ceremony, new and old members celebrated at Old Chicago.

In order to receive an invitation to join Psi Chi, potential inductees must be enrolled as psychology majors, have completed at least three semesters of full-time college coursework, have had a certain number of psychology courses and also be of a certain class rank and GPA.

Psi Chi is a great educational opportunity for psychology majors, and the organization has made many advances this year. Members are excited about what the next year will bring.

Interested in supporting student research?

Promoting student research opportunities is a priority for the psychology department and for Creighton University. Please consider making a contribution to the Dahl Fund, which enables psychology students to apply for funds to present their research at other institutions. Contact Dr. Amy Badura Brack at amybadurabrack@creighton.edu about contributions.

Thank you!

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Answer Key:

