

St. Francis College  
**PSYCHOLOGY**  
**STUDENT**  
**HANDBOOK**  
(4<sup>th</sup> Edition)



by

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### **Facts about the Psychology Department at St. Francis College**

- ***Each year, more than 230 students major in Psychology at SFC making it one of the most popular majors on campus.***
- ***The Psychology Club and the Psi-Chi Honor Society chapter are highly active and a great way to have fun and make new friends. In 2007-2008, the Club was presented with the Club of the Year Award at the annual SGA Student Awards Gala and an award for Outstanding Contributions to Campus Life and Student Development in 2011-2012. To become involved in Psychology Club or Psi-Chi activities contact Faith Carbonaro (President, Psi Chi) at fcarbonaro@sfc.edu., or Jeannette Raymond (President, Psychology Club) at jraymond@sfc.edu or Dr. Kristy Biolsi at kbiolsi@sfc.edu.***
- ***Numerous psychology majors have presented papers and posters at conferences.. They have won many awards for their research at local and regional psychology conferences. Recently, a group of psychology students won the award for Best Undergraduate Poster at the 16<sup>th</sup> Annual Psychology Conference at Pace University, and in 2009 Jonathan Palumbo received the Tony D. Guzewicz Award for outstanding cross-cultural research. Many SFC students have gone on to graduate school in Clinical, Counseling, School, Mental Health, and Industrial Organizational Psychology, Law School, and Education. Graduate schools include Teachers College Columbia University, New York University, Fordham University, St. Johns University, University of Reading, UK, Graduate Center CUNY, Hofstra University, Lehigh University, Nova University, Regent University, Brooklyn College, and many others. Our students report feeling very well-prepared, and are excelling in their classes.***
- ***A number of psychology students have graduated from the college as class valedictorians including, most recently, Jessica Verderame (2008) and Jonathan Palumbo (2010).***
- ***Full-time faculty members include Drs. Steven Anolik (Ph.D., Ohio State University), Kristy Biolsi (Ph.D., University of California-Santa Cruz), Marisa Cohen (Ph.D., City University of New York), Renée Goodstein (Ph.D., Fordham University), Jennifer Lancaster (Chair, Ph.D., Hofstra University), SungHun Kim (Ph.D., University of Texas at Austin), and Karen Wilson (Ph.D., St. Louis University). Chairpersons of the Department have included Drs. Louis Primavera (1971-1978), Uwe P. Gielen (1980-1990), Steven Anolik (1990-2010), Michele Hirsch (2010-2011), and Jennifer Lancaster (present).***
- ***The SFC Student Government has selected three psychology professors as “Faculty Member of the Year.” Four psychology faculty members and three students have received The Franciscan Spirit Award. Three faculty members have been inducted into the Duns Scotus Honor Society, and two faculty members have won the Club Moderator of the Year Award. Members of the Department have received numerous additional awards at the local, national, and international level. They have also served in leadership positions of national and international professional organizations.***

- *The Institute for International and Cross-Cultural Psychology (IICCP), whose Director is Dr. Gielen, is internationally known for its leadership in sponsoring international psychology literature, innovative curriculum development, and cross-culturally oriented events at SFC.*
- *You can download free of charge the “SFC Psychology Handbook” from [www.iccp.freeservers.com](http://www.iccp.freeservers.com) (see Ebooks). This is one of the best handbooks of its type in the country.*

# Part One – Psychology at St. Francis College

## 1. Introduction

The Department of Psychology welcomes you as a Psychology major! This handbook has been prepared for you, the student, to help you discover the fascinating field of Psychology and to guide you through your college career as a Psychology major at St. Francis College.



The purpose of this handbook is to introduce you to the programs, policies and procedures of the department. The handbook is also geared to familiarize you with the many and varied opportunities the department offers in its program. It will be to your advantage to familiarize yourself with its contents since it is never too early to start preparing. Feel free to discuss any questions you might have with your advisor since this information will be important to your success as a psychology major.

We wish you well in your study of psychology. A major in psychology is excellent preparation for many jobs, further education in fields other than psychology, and graduate training in psychology itself. We hope in the coming years to share our excitement with you.

*Note*--If you haven't already declared yourself a Psychology major visit the Registrar's office located on the second floor and pick up a declaration of major form—bring it to Dr. Lancaster in Room 5202 to sign and then return it to the Registrar's office!

## 2. What is Psychology?

Psychology is defined as the scientific study of behavior and mental processes. The actual term “Psychology” has its roots in the Greek terms *psyche*, indicating life or self, and *logos*, indicating reasoning and logic. Consistent with the origins of its name Psychology is a profession that involves research that can be applied to many areas.

Psychology is a field that offers a great number and variety of career opportunities. For instance, psychologists conduct both basic and applied research, serve as consultants to communities and organizations, diagnose and treat people, and serve the academic community by teaching.

Psychologists are frequently innovating and evolving new approaches from established knowledge to meet the changing needs of people and societies. They are constantly bringing important knowledge and skills to understanding diverse cultures.

Psychology is fun-it helps people, and it advances scientific and clinical understanding. It is definitely a field that can open up a world of possibilities to any eager student!

### 3. Meet the Department Faculty

In the Psychology Department we have seven full-time professors, and professor-emeritus each with a wealth of information to offer you. They are there to give you assistance with any of your concerns and questions. Remember, they have had valuable experiences in the field of Psychology that can be helpful in guiding you onto a path of success. Get to know them. Visit them during office hours. Check out their bios!

**Dr. Steven Anolik** (Ph.D. Ohio State University) is Professor of Psychology and former Chairperson of the Psychology Department. He is both an applied and research psychologist. His background spans several disciplines within Psychology - including behavior therapy, adolescent psychology, and biopsychology. He is licensed with a small private practice. At St. Francis he teaches most of the required courses - Psychology of Learning, Tests and Measurements, Applied Psychology, Brain and Behavior, and Group Dynamics. His research interests focus upon the treatment of behavior disorders of adolescents and young adults and he has published articles within this topic. Dr. Anolik coordinates field placements of students and is also the advisor to the Psychology Club. He enjoys traveling and has a deep interest in the advances of technology.

**Dr. Kristy Biolsi** (Ph.D., University of California—Santa Cruz) is an Assistant Professor of Psychology at St. Francis College. She received her B.S. in Psychobiology from Long Island University, Southampton College in 2001 where she focused her senior thesis on animal behavior. In 2007 she received her Ph.D. from the University of California, Santa Cruz (UCSC). Though enrolled in the Cognitive Psychology program, Dr. Biolsi's research was conducted through the Institute of Marine Sciences at Long Marine Laboratory at UCSC. Her research focus was on marine mammal cognition and while at Long Marine Lab she worked specifically with the Pinniped Cognition and Sensory Systems Lab (PCSL). She conducted research on various problem solving tasks with a sea lion subject and assisted with various studies on vocal learning and auditory processing in sea lions, seals, and walruses. Dr. Biolsi has continued her research with the PCSL and is currently a Research Associate with the Institute of Marine Sciences at Long Marine Lab. Her research interests are in comparative cognition, focusing on marine mammals, and in particular investigations of concept formation, categorization, and perception. She currently has an association with Atlantis Aquarium in Riverhead, NY.

**Dr. Marisa T. Cohen** (Ph. D., Graduate Center, City University of New York) grew up in Queens, New York and graduated from Cornell University with a B.S. in Biology and Society and a minor in Education. She then went on to study Educational Psychology at the Graduate Center of the City University of New York, with a concentration in Learning, Development, and Instruction. Her dissertation, "Improving the Acquisition and Retention of Science Material by Fifth Grade Students Through the Use of Imagery Interventions" focused on interventions which facilitate the acquisition and retention of science vocabulary. She has since replicated her findings with different populations.

While she continues to examine ways to instruct students in the science domain, her current research interests include the ability of students to assess their own knowledge, self-regulate, and

adequately prepare for exams. She is currently working with her students to prepare manuscripts on these topics.

Beyond her teaching commitments, Marisa has served on the Graduate Student Issues Committee for the Northeastern Educational Research Association, and is the co-chair of the National Graduate Student Committee for Kappa Delta Pi, an honor society in education. In this role, she works with graduate students from all over the country to help build a community in which research can be shared and students can work collaboratively.

Before coming to St. Francis, Dr. Cohen was an adjunct instructor at Hunter College, Hofstra University, Pace University, and Queens College. At St. Francis, she teaches general psychology, educational psychology, social psychology, and the research recitation class.

**Dr. Renée Goodstein** (Ph.D. Fordham University) grew up in Richmond, Virginia, and graduated from University of Richmond with her B.A. in Economics. She received her Ed.M. in Psychological Counseling from Teachers College, Columbia University, and her Ph.D. in Counseling Psychology from Fordham University. She is currently Professor of Psychology and the student advisor to the Psi Chi Chapter at St. Francis College. She is also Director of Student Affairs for the Institute for International and Cross-Cultural Psychology and advisor to the Psychology Club. Dr. Goodstein's publications focus on multicultural competence in therapy, and on facilitating cross-cultural understanding in academic and other organizational settings. Her latest works were published in the journal *American Psychologist*, and the book *Teaching Race and Ethnicity in Higher Education: Perspectives from North America*. She serves as trainer with the Anti-Defamation League's anti-bias program, and has presented at numerous conferences and institutions such as the Interfaith Council and New York Society for Ethical Culture. Dr. Goodstein also serves as supervisor in the Counseling Psychology doctoral program at Teachers College, Columbia University, and has a private psychotherapy practice in Manhattan.

**Dr. Sunghun Kim** (Ph.D., University of Texas at Austin) joined the St. Francis College Psychology Department as an Assistant Professor in the Fall of 2012. He received his B. A. degree from Seoul National University, Korea in Education and his M. A. degree in Educational Psychology from the University of Texas in Austin.

Dr. Kim's research interests have been formed in the juncture of culture, human development, education, and health and their influences on psychological behaviors. His current research pursuit is to understand how a specific culture may influence laypeople's conceptions of such topics as morality, education, etc. He is also interested in finding family factors and their roles in health related decision and behaviors of adolescents. Dr. Kim's expertise includes theories and applications of qualitative and quantitative research methods and his recent publications use one or both of these methods in one study. Dr. Kim received a postdoctoral training opportunity in quantitative psychology before joining in the faculty of Saint Francis College, where he teaches Statistical Methods in Psychology. Psychological courses in the areas of development, education, cross-cultures, social, and personality can be added to his teaching agenda.

**Dr. Jennifer M. Lancaster** (Ph.D. Hofstra University) received her B.A. degree in psychology from the University of South Florida and her Doctoral degree from Hofstra University. Trained in both clinical and school psychology, she presently serves as an associate professor and Chairperson of the Psychology Department at St. Francis College. Dr. Lancaster is a New York State licensed psychologist and the Clinical Director of the New York Cognitive Therapy and Wellness Center, a

private practice organization which provides psychological services to a wide range of clients and training to doctoral students from area colleges and universities.

Dr. Lancaster's primary research interests are in the area of the etiology and prevention of panic disorder, diversity training and the teaching of psychology. She has presented research at both regional and national conferences. She was editor of "Books by Members," *International Psychology Bulletin*, served as program chair of the 18<sup>th</sup> and 21<sup>st</sup> Annual SPSSI Conferences on Behavioral Research, respectively in 2006 and 2009, as co-organizer of the conference Internationalizing the Psychology Curriculum (2007), and Toward a Global Psychology Conference (2012), all at St. Francis College. Dr. Lancaster also serves as the Faculty Athletics Representative (FAR) for SFC and is the FAR representative on the NEC Student Athletic Advisory Committee.

Before coming to St. Francis, Dr. Lancaster was an adjunct instructor at both St. John's University and Hofstra University. At St. Francis, Dr. Lancaster teaches courses in research methodology, experimental psychology, psychology of the exceptional child and a clinical and counseling seminar.

**Dr. Karen Wilson** (Ph. D. in Social Psychology, St. Louis University)

Additionally there are adjuncts that also instruct classes: Jason Alicea, M.S., Michelle Anger, M.A., Sharon Burgois, Ph.D., Andrea Bucciano, M.S., Jennifer Case, M.S., Tiffany Chumat, Ed.M., M.A., Jaclyn Conigliaro, M.A., Cristine DePalo, M.A., Evelyn Magdaleno, M.A., Shivonne McKay, MBA, Estelle Miller, Ph.D., Louis Mora, Ph.D., Julie Pellman Ph.D., Danielle Petrosino, M.A., Jeannette Robertson, M.A., Traci Spero, M.A., and Kimberly Watson, MSW.

### **Previous Faculty Members**

**Dr. Michele Hirsch** (Ph.D., SUNY Stony Brook) received her B.A. degree in 1987 from State University of New York at Stony Brook where she completed a double major in Psychology and French Language and Literature. In 1989 she received a Masters degree in Applied Psychology (Behavioral Technology Specialty) from Adelphi University. She returned to the State University of New York at Stony Brook to obtain a second Masters degree (1993) and Ph.D. (1997) in Clinical Psychology. Her dissertation focused on the effects of psychosocial variables on pain behaviors and pain tolerance. She completed her APA approved internship at the Northport VA Medical Center with rotations on the PTSD inpatient treatment unit, the psychiatric acute care locked unit, and in health psychology. Dr. Hirsch is a Professor of Psychology, the Director of Assessment, the Director of the SFC Women's Studies Center, a former Co-Director of the Minor in Women's Studies Program, a licensed clinical psychologist, and she served as Associate Dean of Academic Affairs during the 2005-2006 academic year.

Dr. Hirsch's research interests lie in the area of health psychology, specifically pain, trauma, the mind/body connection, psychoneuroimmunology, and healing. Her most recent chapter, on the biopsychosocial perspective on cross-cultural healing, appears in *Principles of Multicultural Counseling and Therapy* (Taylor & Francis, 2008). She has published in the journals *Pain* and *Clinical Infectious Diseases* and has presented at regional, national and international conferences. In addition to her own research interests, she enjoys mentoring and collaborating with students on their Honors, thesis and/or independent study research projects.

Dr. Hirsch also keeps very busy with her two children, Anya and Claudine. When she is not engaged as a Professor or Mom, she can probably be found in the ocean scuba diving with her underwater camera, preferably on a good shipwreck.

#### **4. Awards Bestowed Upon the Psychology Department's Faculty and Organizations**

*Steven Anolik*

- Student Government Association's Club Moderator of the Year, 2008

*Kristy Biolsi*

- Mini-Grant for Research Expenses, UCSC, Spring, 2007
- Dissertation sabbatical, UCSC, Spring 2007
- Graduate Student Researcher: Spring 2003, Winter 2005, Spring 2005, Summer 2005, Winter 2006
- Graduate Student Association Travel Grant, UCSC, Spring 2004, Fall 2005
- Fellowship Grant: UCSC, Fall 2002, Winter 2003

*Sharon Bourgeois*

- Franciscan Spirit Award, 2008

*Marisa T. Cohen*

- Executive Chancellors Fellowship, CUNY Graduate Center, 2006-2011
- Student Dissertation Grant, CUNY Graduate Center, 2010
- Kappa Delta Pi, International Honor Society in Education
- Faculty Development Grant 2012

*Renée Goodstein*

- Franciscan Spirit Award, St. Francis College, 1997
- Faculty Member of the Year, St. Francis College, 1997
- Faculty Recognition Day, St. Francis College, 2003
- Honorary Inductee of Dun Scotus Honor Society, St. Francis College, 2003
- Keynote Speaker, St. Francis College Graduation, January 2003

- Faculty Research Grant, 2004
- Faculty Development Grant, 2003, 2005, 2006, 2007
- Alumni Association's Distinguished Faculty Award, 2008
- Student Government Association's Club Moderator of the Year, 2008

*Jennifer Lancaster*

- Faculty Development Grants, 2002-2008, 2012
- Faculty Research Grant, 2002, 2012
- Faculty Member of the Year, 2005
- Franciscan Sprit Award 2011
- Administrator of the Year 2012

*Claudette Reid*

- K. Patricia Cross Future Leaders of America Award, American Association for Higher Education, 2001

*Psychology Club*

- Organization of the Year, St. Francis College, 1986, 1996-1997, 1999-2000
- Club of the Year, St. Francis College, 2007-2008

*Psi Chi*

- Model Chapter Award, St. Francis College, 2003-2004

## 5. PSYCHOLOGY COURSES

PSY 1000 General Psychology (3 credits)

*This course is a prerequisite for all other courses in Psychology.*

**Four course sequence in research psychology. These courses should be taken in the order they are listed, one semester at a time.**

PSY 1101 Introduction to Psychological Research (4 credits)

*Offered every Fall and Spring Semesters*

PSY 3300 Statistical Methods in Psychology (4 credits)

*Offered every Fall and Spring Semesters*

PSY 4998 Experimental Psychology (4 credits)  
*Only offered Fall Semester*

PSY 4999 Experimental Psychology (4 credits)  
*Only offered Spring Semester*

**These seven courses are required**

PSY 1100 General Psychology (3 credits)  
PSY 1103 Developmental Psychology I: Child & Adolescent (3 credits)  
PSY 2205 Psychology of Learning (3 credits) *Spring Semester Only*  
PSY 3360 Psychobiology (3 credits)  
PSY 3380 Cross-Cultural and Multicultural Psychology (3 credits)  
PSY 4411 History and Systems (3 credits)  
PSY 4420 Applied Psychology (4 credits)

**Select 3 of the following: One 3000L, One 4000L, ANY OTHER**

PSY 3307 Theories of Personality (3 credits)  
PSY 3312 Social Psychology (3 credits)  
PSY 3320 Cognition (3 credits)  
PSY 4000-4199 Seminar in Psychology (3 credits) *More than one can be taken*  
PSY 4409 Abnormal Psychology (3 credits)  
PSY 4461 Sensation & Perception (3 credits)

**Elective Psychology Courses**

PSY 1104 Developmental Psychology II: Adolescence and Maturity  
PSY 2207 Tests & Measurements  
PSY 2225 Coping with Stress  
PSY 1114 Human Sexuality  
PSY 2230 Educational Psychology  
PSY 2217 Industrial and Organizational Psychology  
PSY 2209 Introduction to Positive Psychology  
PSY 2229 Psychology of Women  
PSY 2213 Group Dynamics  
PSY 2130 Addictions I  
PSY 2131 Addictions II  
PSY 2233 The Psychology of the Exceptional Child  
PSY 3370 Gender Roles in Cross-Cultural Perspectives  
PSY 4990 Field Experience in Psychology I (1-3 credits)  
PSY 4991 Field Experience in Psychology II (1-3 credits)  
PSY 4995 Independent Research in Psychology I and II

## **SUGGESTED ACADEMIC COURSE SCHEDULE FOR PSYCHOLOGY MAJORS**

The schedule outlined below is a suggested course sequence. Students can choose when to take courses with a certain degree of flexibility. Every student should seek out academic advisement to work out the details of his or her course schedule for each new semester. This schedule does not include any core or required courses outside of the Psychology curriculum.

### **FRESHMAN YEAR**

**General Psychology (Psy 1100) should be taken either in the Fall or Spring Semesters.**

### **SOPHOMORE YEAR**

#### *Fall Semester*

**Research Methods in Psychology (Psy 1101)**

**Developmental Psychology I: Child and Adolescent Development (Psy 1103)**

#### *Spring Semester*

**Psychology of Learning\* (Psy 2205)**

**Statistical Methods in Psychology (Psy 3300)**

**Cross-Cultural and Multicultural Psychology (Psy 3380)**

### **JUNIOR YEAR**

#### *Fall Semester*

**Psychobiology (Psy 3360)**

**Abnormal Psychology\*\*\* (Psy 4409) or Social Psychology (Psy 3312)**

**Experimental Psychology I\*\* (Psy 4498)**

**Sensation & Perception\* (Psy 4461) or Cognitive Psychology\*\* (Psy 3320)**

#### *Spring Semester*

**Theories of Personality (Psy 3307) or Social Psychology\*\*\* (Psy 3312)**

**History and Systems of Psychology (Psy 4411)**

**Experimental Psychology II\* (Psy 4999)**

### **SENIOR YEAR**

#### *Fall Semester*

**Applied Psychology (Psy 4420) or Brain and Behavior (Psy 3360)**

**Seminar in Psychology\*\*\*\*(Psy 4470)**

**Psychology Elective (consider Independent Study (Psy 4995/4996) or Field Experience (Psy 4990/4991) if not taking Applied Psychology (Psy 4420) or any elective course.**

#### *Spring Semester*

**Psychobiology (Psy 3360) or Applied Psychology (Psy 4420)**

**Seminar in Psychology\*\*\*\* (Psy 40XX)**

**Psychology Electives (consider Independent Study or Field Experience if not taking Psy 4420) or any elective course.**

**\*Only offered Spring Semester \*\*Only offered Fall Semester \*\*\*Also offered Fall Semester  
\*\*\*\* Two separate seminars can be taken; also offered Summer Session I**

DEPARTMENT	COURSE NUMBER	COURSE TITLE	CREDITS	PREREQS
<b>CORE CURRICULUM</b>				
COMMUNICATIONS	1000	Fundamentals of Speech	3	
WRITING	1100	Writing in the Public Sphere	3	WRI 1000 or placement exam
ANY AML, BRI, LIT	2100-2199		3	WRI 1100
FINE ARTS	1401 or 1403	Music: Western World or Cultures	3	
FINE ARTS	1402 or 1420	Orientation in Art or American Art	3	
HISTORY	1201	US History: 1896 - Present	3	
LIBERAL ARTS		Any 1 Elective	3	
BIOLOGY	1101	Introduction to Human Biology	3	
NATURAL SCIENCE		any other BIO, CHE, PHY, SCI	3	
PHILOSOPHY	1101 or 1114	Basic Problems or Reas. & Argu.	3	
PHILOSOPHY	2201 or 2203	Theories of Human Nature or Knowledge	3	PHI 1101 or 1114
PHILOSOPHY	3000 +	Any 3000 level course or higher	3	PHI 2201 or 2203
RELIGIOUS STUDIES	1101 OR 2000L		3	
SOCIOLOGY	1000	Principles of Sociology	3	
HEALTH OR FIT		HS 1001 or any FIT course	2	
SFC 1001	1001	Freshmen Seminar	1	
		<b>CORE TOTAL</b>	<b>45</b>	
<b>MAJOR REQUIREMENTS</b>				
MATHEMATICS	1104	Discrete Mathematics	3	MAT 0500
<i>SELECT TWO FOREIGN LANG. COURSES IN SEQUENCE</i>			6	
PSYCHOLOGY	1100	General Psychology	3	
PSYCHOLOGY	1101	Introduction to Psychological Research	4	PSY 1100
PSYCHOLOGY	1103	Developmental Psych I - Child & Adol,	3	
PSYCHOLOGY	2205	Psychology of Learning (Spring)	3	PSY 1101
PSYCHOLOGY	3300	Statistical Methods in Psychology	4	MAT 1104, PSY 1101
PSYCHOLOGY	3360	Psychobiology	3	PSY 1101 & Two PSY electives
PSYCHOLOGY	3380	Cross-Cultural & Multicultural Psych	3	ICS 1241 or PSY 2203 or higher
PSYCHOLOGY	4411	History & Systems	3	PSY 1101, Two PSY electives
PSYCHOLOGY	4420	Applied Psychology	4	Junior or Senior Standing
PSYCHOLOGY	4998	Experimental Psychology I* (Fall)	4	PSY 3300
PSYCHOLOGY	4999	Experimental Psychology II* (Spring)	4	PSY 4998
<i>SELECT THREE OF THE FOLLOWING: ONE 3000L, ONE 4000L, ANY OTHER</i>			9	
PSYCHOLOGY	3307	Theories of Personality		Three PSY Courses
PSYCHOLOGY	3312	Social Psychology		PSY 1101

PSYCHOLOGY	3320	Cognitive Psychology (Fall)		PSY 1101
PSYCHOLOGY	4000-4199	Seminar in Psychology		Three 3000/4000L PSY Courses
PSYCHOLOGY	4409	Abnormal Psychology		PSY 1101 & 2203
PSYCHOLOGY	4461	Sensation & Perception (Spring)		PSY 1101 & PSY 3360
FREE ELECTIVES			27	
<b>TOTAL MAJOR REQUIREMENTS</b>			128	

\*Successful completion of Experimental I & II satisfies Comp/Thesis Req & **must** be taken in the same academic year.

### 6. The Institute for International and Cross-Cultural Psychology (Web: <http://www.iiccp.freesevers.com>)

*Think Globally,*

*Act Locally*

The Institute for International and Cross-Cultural Psychology (IICCP) was founded on March 6, 1998. Its mission, to foster the internationalization of the science of psychology, translates into objectives at international and local levels: to sponsor research and publications in international and cross-cultural psychology; to promote, develop, and implement workshops, symposia, courses, and conferences at St. Francis College; to involve students in cross-cultural research; to foster a sense of involvement in and appreciation of the cultural richness of the St. Francis College community; and to create a network of ties with other interested psychological institutions in the USA and abroad. IICCP is financially supported by St. Francis College.

In its 14-year existence, IICCP has played a central role in exposing members of the St. Francis College community to a broad variety of international and multicultural perspectives. The institute sponsors Community Day (see below) as well. At the same time, we have successfully sponsored a series of publications in cross-cultural and international psychology that have appeared in England, Egypt, Italy, Germany, Kuwait, and USA. The institute organized an exhibition on “All of Us Are Related, Each of Us is Unique” which revealed that “race,” when applied to human beings, is not a valid biological concept. With the Tibet Fund and the Office of Tibet in New York, a *Festival of Tibet* was organized to increase the awareness of Tibetan culture, history, and art. Future plans include broadening research activities by members of the Institute, expanding the editing of a series of books in cross-cultural and global psychology, continuing international research projects, and continuing ongoing local activities at the College.

**Dr. Uwe P. Gielen** (Ph.D., Harvard University) studied sociology at the Freie Universitaet Berlin, Germany from 1963-1965, and subsequently received his M.A. in psychology from Wake Forest University in 1968 and his Ph.D. in social psychology from Harvard University in 1976. He joined the faculty of St. Francis College as Chairman of the Psychology Department (1980-1990) and currently is Executive Director of the Institute for International and Cross-Cultural Psychology and Professor-emeritus of Psychology. He has also taught at Shanghai Normal University, China, Padua University,

Italy, Montfort College, India and Fordham University, New York City. Besides serving as president of the Society for Cross-Cultural Research, the International Council of Psychologists, and the International Division (52) of the American Psychological Association, he has served as chair, co-chair, and advisory board member of several international psychology conferences in the USA, Italy, Portugal, Russia, Taiwan, and Indonesia. He has lectured in 32 countries on more than 200 occasions.

Dr. Gielen's main areas of interest include the adaptation of Chinese American adolescents and young adults in New York City, moral development, international and cross-cultural psychology, and the Buddhist culture of Ladakh, India. His more than 170 publications include nine edited/co-edited special journal issues and 20 edited/co-edited/co-authored books in areas such as the moral psychology of Lawrence Kohlberg, international psychology, human development across cultures, death and bereavement, family therapy and family studies, psychology in the Arab countries, and international migration. In addition, he has served as editor of *World Psychology*, as well as editor-in-chief of the *International Journal of Group Tensions*. He has received numerous honors including both the Kurt Lewin and the Wilhelm Wundt Awards from the New York State Psychological Association, the Helmut E. Adler Distinguished Address Award from the New York Academy of Sciences, the Distinguished International Psychologist Award from the International Psychology Division of the American Psychological Association, and the Outstanding Psychologist Award for his lifetime contributions to Psychology from Pace University. He is a fellow of the American Psychological Association, the American Psychological Society, the New York Academy of Sciences, and the Eastern Psychological Association.

For his teaching, research, and administrative activities, he received five SFC Faculty Recognition Awards in 1984, 1987, 1999, 2003, and 2005, the Faculty Member of the Year Award from the Student Government in 2001, the Franciscan Spirit Award in 2002, 38 Faculty Development and Research Awards between 1980-2012, and the Distinguished Faculty Member Award from the Alumni Association in 2004. He was inducted into the Duns Scotus Society in 1989. A Dr. Uwe P. Gielen Scholarship Fund was begun in 2002 with the support of the Student Government.

- Wilhelm Wundt Award, New York State Psychological State Association, 1999
- Thirty-two St. Francis College Faculty Research and Development Grants, 1980-2008
- Faculty Recognition Day Awards, St. Francis College, 1984, 1987, 1999, 2003, 2005
- Fellow, American Psychological Society, 2000
- Distinguished Speaker Award, Pace University, 2001
- Fellow, American Psychological Association (Division 1, 52), 2000, 2003
- Faculty Member of the Year, St. Francis College, 2001
- Franciscan Spirit Award, St. Francis College, 2002
- Dr. Uwe P. Gielen Scholarship Fund, St. Francis College, 2002-
- Helmut E. Adler Distinguished Address Award, Psychology Section, New York Academy of Sciences, 2003
- Ambassador, International Council of Psychologists, 2003
- St. Francis College Alumni Association: Distinguished Faculty Award, 2004
- Distinguished International Psychologist Award, APA Division of International Psychology, 2005
- Fellow, New York Academy of Sciences, 2007
- Outstanding Psychologist Award for Lifetime Contributions to Psychology, Pace University, 2012

*St. Francis College*

*Institute for International and Cross-Cultural  
Psychology*

*Did You Know That...?*

- *The SFC Institute for International and Cross-Cultural Psychology (IICCP) is internationally known for its leadership in sponsoring international psychology literature, innovative curriculum development, and cross-culturally oriented events at SFC.*
- *Dr. Uwe P. Gielen serves as the Executive Director and Dr. Renée Goodstein as the Director of Student Affairs of the Institute.*
- *IICCP has an international advisory board with prominent psychologists from six countries.*
- *On April 12-14, 2012, IICCP hosted a major conference entitled "Toward a Global Psychology."*
- *Members of IICCP teach in the Psychology, Honors, International Cultural Studies, and Women's Studies Minor programs, and have taught courses cross-listed in the Sociology, Criminal Justice and Social Studies Department.*
- *IICCP has sponsored more than 75 events at St. Francis College since its inauguration on March 6<sup>th</sup>, 1998 such as conferences, exhibits, symposia, lectures, and movies.*
- *IICCP pioneered the college-wide Community Day, an international festival of prayer, music, dance, poetry, art, and cuisine.*
- *IICCP has sponsored preparation of the following edited volumes: The Family and Family Therapy in International Perspective (1998), Psychology in the Arab Countries (1998; an Arabic translation appeared in 2009), International Approaches to the Family and Family Therapy (1999), International Perspectives on Human Development (2000), It's All About Relationships (2002), Migration: Immigration and Emigration in International Perspective (2003), Handbook of Culture, Therapy, and Healing (2004), Childhood and Adolescence: Cross-Cultural Applications and Perspective (2004), Families in Global Perspective (2005), Toward a Global Psychology: Theory, Research, Intervention, and Pedagogy (2007), St. Francis College Psychology Student Handbook (2<sup>nd</sup> ed., 2007), Principles of Multicultural Counseling and Therapy (2008), Barack Obama in Hawai'i and Indonesia: The Making of a Global President (2011), Handbook of Counseling and Psychotherapy in an International Context (2012). Additional volumes are in preparation.*
- *IICCP is sponsoring an extensive research project entitled: From Adversity to Achievement: Chinese American Immigrant Youths in New York City.*

- *Members of IICCP have received numerous local, national, and international awards, publication grants, research grants, and other honors.*
- *IICCP supports the Uwe P. Gielen Scholarship Fund at St. Francis College.*
- *IICCP has served as host for the Armenian Fulbright scholar Dr. Samvel Jeshmaridian, the Japanese scholar Dr. Naoko Tomiyama, and the Kuwaiti scholar Dr. Jasem M. A. Al-Khawajah.*
- *IICCP coordinates with the SFC Psi-Chi International Honor Society chapter and the Psychology Club in the development and implementation of many events at the College.*
- *You can download IICCP's 80+ page Progress Report from <http://www.iiccp.freesevers.com>.*

### **7. Annual Events of the Psychology Department, Psychology Club, and the Psi Chi Chapter**

- Graduate School Workshop - Every semester Dr. Michele Hirsch offers her graduate school workshop where students can learn more about the graduate school application procedure, letters of recommendation, writing the personal statement, GRE exams and more. It is open to students of all majors and refreshments are served.
- Graduate School Day - Representatives from different universities and colleges visit the college to present psychology programs offered at their respective institutions. Attending students learn if a certain program is what they are looking for, what the requirements are for admission, and what opportunities exist in that field.
- Psychology Science Fair - Every spring students who have been working on their theses in Experimental Psychology and Psychology of Learning present a poster based on their study. Families, friends, and professors from other universities and colleges are invited. The session serves as a great experience, especially considering most students will be attending graduate school or entering the professional world.
- Psychology Career Day - The Psychology Department annually sponsors a Career Day where various speakers (some SFC alumni) come together to discuss their careers. Each speaker provides students with a wealth of information by relaying their own experiences not just giving textbook career advice. Afterwards, the speakers are available for individual questions. Attending Career Day can allow you to identify the level of education and additional skills necessary to attain your dream employment or other career goals.
- Community Day - Every spring this day brings all the cultures of the Saint Francis College community into splendid harmony. A mass, dances, music, poetry, and more occur displaying the mosaic of cultures that characterizes the college. After the entertainment a luncheon of international foods is served where students, faculty, family and anyone who wishes to attend may sit to eat and enjoy the day.

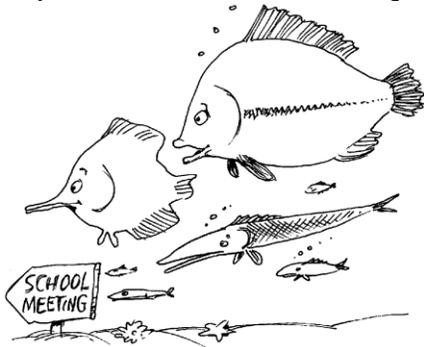
## 8. The Departmental Newsletter

The mission of the department's newsletter - *SFC Psych News* - is to enhance the communication between the psychology student body and the department. It is the aim of the newsletter committee to establish a forum that will develop students' knowledge and interest in relation to various subject matters in psychology. The vision is that the newsletter encourages psychology students to participate in the department's activities and organizations such as Psi Chi and the Psychology Club. Activities within the psychology department serve to further integrate students' learning as active participants in the study of behavior and additionally, provide a community for camaraderie.

## 9. Psychology Club

Joining a club is an excellent way to meet new people and learn new things. The Psychology Club is an academic organization whose members are mostly psychology majors or minors (however, membership is open to all students). Our advisors are Dr. Kristi Biolsi and Dr. Renée Goodstein.

The club prides itself on being very active. Each year the club holds many fundraising bake sales, food and clothing drives, raffles, and trips with foster children. Club members also play games such as Psych Trivia, which includes questions from the Psychology GRE practice tests.



Try to attend all meetings, be on time, bring your ideas, contribute & support your club and most of all...have fun and make friends

Furthermore, the Psychology Club sponsors many of the Psychology Department events. For example, club members help out at the Psychology Career Day, the Graduate School workshop, Psychology Science Fair, and Community Day.

Most importantly, the Psychology Club flourishes through the great ideas of dedicated members.

If you have interests in psychology and want to socialize with other students and faculty who share similar interests, then our organization is for you.

## **Part Two – Enhancing Your Psychology Career as an Undergraduate**

### **10. The Honors Program**

Membership in the college-wide Honors program at SFC offers a number of distinct advantages, not only in terms of recognition received at graduation, but also in terms of excellence. The Honors Program is a means by which activities, scholarship, and scholarly conversation can be furthered. The program at SFC offers the qualified student an opportunity for college work that is distinguished, interdisciplinary, and on a level with demands suitable for gifted students. You are offered the chance to take seminars of an advanced nature with others of equal ability, talent and motivation. Classes are small to ensure quality instruction and topics of study are approached from vantage points of several disciplines, e.g., Religion and Psychology, Biology and English, and Education and Children's Literature. The Psychology faculty has traditionally played an important role in the Honors Program and have offered many seminars in recent years.

For more information, you can contact the Chair of the program, Dr. Ian Maloney in Room 5012.

### **11. Psi Chi – The International Honor Society in Psychology**

Psi Chi is the National Honor Society in Psychology founded in 1929 at Yale University for the purposes of encouraging, stimulating, and maintaining excellence in scholarship, and advancing the science of psychology.

Membership is open to graduate and undergraduate men and women who are making the study of psychology one of their major interests and who meet the qualifications.

Psi Chi functions as a federation of chapters located at more than 950 senior colleges and universities in the USA. Our chapter, which is called the St. Francis College Chapter was chartered in 1976 and our advisors are Dr. Kristi Biolsi and Dr. Renée Goodstein.

Being a member of Psi Chi is quite a prestigious honor. Psi Chi provides a lifetime membership to all its members. Upon induction (held twice a year) you will receive a certificate, a membership card, and an issue of *Eye on Psi Chi*.

*Eye on Psi Chi* is a quarterly magazine published by the national office. It is designed to keep members up to date on all the latest information regarding Psi Chi's programs, awards, and chapter activities, as well as providing a list of new members, officers and advisors (our chapter has been featured in several issues of *Eye on Psi Chi*).

While you attend St. Francis you will receive issues at chapter meetings. Upon graduation you may subscribe to the magazine so that it can be sent directly to your home.

Being a Psi Chi member gives you the opportunity to participate in many Psi Chi service projects (e.g., our chapter held a fundraiser where all contributions went to UNICEF's, Children in War Relief Fund), and the opportunity to attend the Psi Chi National Conventions where you can acquire a wealth of information about topics on psychology that may interest you. Attending the conventions is also a good way to get to know the other Psi Chi members within your chapter. All of the events sponsored by the chapter are intended to stimulate academic and professional growth of Psi Chi members and nonmembers as well. Members can also hold office.

Furthermore, being inducted into Psi Chi looks terrific on your resume, provides great networking opportunities, but most importantly it allows you to be part of a very special organization.

In order to be inducted at either our Fall or Spring induction ceremonies the following requirements need to be met:

1. Completion of at least four courses in psychology
2. At least a 3.2 GPA in psychology
3. At least a 3.0 GPA overall

To contact our chapter: Website: [www.psichisfc.freeservers.com](http://www.psichisfc.freeservers.com); E-mail: [psichisfc@yahoo.com](mailto:psichisfc@yahoo.com)

There is a mailbox which is checked frequently in Room 7204A where you may leave notes along with your contact information.

## **12. APA Student Affiliation & Other Affiliations**

The American Psychological Association is a very prominent organization in psychology composed of many professional psychologists. The organization offers students an affiliate membership, which looks great on resumes and provides tons of benefits.

For a small annual fee, benefits include lower fees to APA conventions and a subscription to both the *American Psychologist* (APA's monthly journal) and *Monitor on Psychology* (APA's monthly magazine). Both of these publications contain interesting information on new developments in psychology, current research studies, positions in the field and much more!

Further benefits include access to career and educational information through lower rates on APA Journals and online databases. Some of the databases include PsycINFO (featuring psychological abstracts) and PsycARTICLES (featuring full-text articles from APA journals). Both of these electronic products (to which access can be purchased through the packages offered to student affiliates) can be very helpful in many of your psychology courses that require journal research and especially in writing your psychology thesis.

If you would like to become a APA student affiliate or would just like to read more about membership you should visit APA's website at [www.apa.org](http://www.apa.org).

Furthermore, you can look into becoming a student affiliate in a specialized area of psychology by checking out the various APA divisions. For instance, if you are interested in Industrial/Organizational Psychology it may be a good idea to check out Division 14 - The Society for Industrial and Organizational Psychology at their website <http://www.siop.org>.

To find out more information on other APA divisions go to <http://www.apa.org/about/division.html>.

## **13. The Importance of Field Experience/Internships**

Taking a Field Experience course means that you are required to hold an internship position. It is very important to gain experience by interning while you are an undergraduate.

First if all, by interning you can decide whether a certain field is right for you by working in the actual setting. This way you get exposure to the people performing the type of work you imagine. Mere classroom experience cannot possibly give you the insight that an internship can.

Secondly, it is wise to do internships because both graduate school selection committees and potential employers favor students that have demonstrated career-related experience during their undergraduate years. In order to gain the competitive edge, you should be able to show previous exposure to your field in the form of internships, volunteer and paid positions. An internship experience may provide you with networks within your career that can prove valuable when trying to attain a full-time position.

Now to get started you should pick up the Field Experience handout provided by the Psychology Department. This handout will aid you in the process and will detail the course for you. The Psychology Department also provides a handout on possible internship sites. Other internship sites can be found through the college's Career Development Center in Room 2309. Any further questions about Field Experience can be directed to Dr. Anolik, who usually teaches the course. Another course that will give you internship experience will be the course in Applied Psychology where students are required to explore and work in psychology and psychology related fields

Just remember to begin interning as early as possible in order to gain as much career-related experience you can before graduation.

#### **14. The Importance of Presentations & Publications**

Each year many psychological organizations around the country hold conferences and some colleges and universities such as Hunter College, CUNY, Fordham University and Pace University, hold smaller-scale psychology conferences as well. One of the most important things any budding psychologist can do for their future in the field is to present a paper or poster at a conference and to have a paper published as well. Not only does your work get recognition from a wider audience, but it will help in graduate school consideration. A good place to start is the Eastern Psychological Association's (EPA) conference to present papers and posters, and try having a paper published in the *Psi Chi Journal of Undergraduate Research* (though you must be a Psi Chi member for this). Ask your professors, search around on the internet for journals to which you can submit your research, and look for more conferences. It is tedious work to find the right journal and to prepare for a presentation, but the reward is great!

#### **15. Independent Study in Psychology**

For students who are motivated and wish to gain some additional research experience registering for Independent Study is a great idea!

Within the St. Francis College Psychology Department, students have the unique opportunity to work closely with professors on research projects. Independent study is a great way for you to earn academic credit while pursuing a topic or project of particular interest.

You may also take independent study that is not psychology related. You can investigate options in different departments.

If you are considering taking an independent study course you should first contact a faculty member and ask if they agree to supervise you in this course. Once a faculty member has agreed to collaborate with you (this person is now your mentor), both of you need to come to an understanding about the nature and scope of the project.

The subject of an independent study may either arise from a student's own interest or from the supervisor's, and usually culminates into one or several papers. The resulting paper(s)

can even be presented at conferences, which is sure to impress graduate school admission committees.

After discussing the nature of the project with your Independent study supervisor you will need to officially sign-up. The first step in this process is to pick up a “Learning Contract” from the Academic Deans office. This is a form that asks you to detail your project title, project description, your Independent study supervisor, meeting times, etc. After you have filled it out provide copies for yourself, the Psychology Department chairperson, your Independent study supervisor, and the Academic Dean. Upon approval from all parties you may register for the course (Independent Research in Psychology) for the designated term (i.e. Fall semester). After the project is completed you will need to provide the Academic Dean with a copy of your final project.

Getting involved in Independent Study is another excellent way for your professors to get to know you in another capacity since you will be expressing your research abilities. This in turn can lead to a much stronger recommendation letter from that faculty member.

Finally, taking Independent study will allow you to gain valuable research experience that is sure to benefit you in the future!

## About the Authors

**Marisa T. Cohen** (Ph.D. in Educational Psychology, Graduate Center, City University of New York) has taught at St. Francis College since Fall 2011. Her research focuses on students' abilities to assess their own learning and adequately prepare for exams. She has published work in this domain as well research studies examining science content area learning and vocabulary instruction in the classroom.

**Uwe P. Gielen** (Ph.D in Social Psychology, Harvard University) taught from 1980-2012 in the Psychology Department at St. Francis College. His numerous publications include 20 edited/coedited/coauthored books and 9 special journal issues dealing with moral development, cross-cultural and global psychology, counseling and family therapy, and human development across cultures.

**Monica Michalski** graduated from St. Francis College in May 2001 with a B.A. in Psychology. During her time at St. Francis she has was involved in a number of student organizations and served as president of the Psychology Club and Psi Chi, the National Honor Society for Psychology students. She completed her graduate level studies at Teacher's College, Columbia University and received a Masters in Social-Organizational Psychology. She returned to her undergraduate alma mater to begin her professional career and currently works as an adjunct professor in the Psychology Department and as the Academic Advisor in the Office of Freshman Studies. Her interests include student leadership, motivational speaking, and the promotion of academic success.

**Oraine Ramoo** graduated from St. Francis College in August 2004 with a B.A. (Honors) in Psychology. In 2007, she received her M.Ed. in Counseling Psychology and Human Services from Lehigh University, PA. In her time here, she was student assistant to Dr. Gielen at the Institute for International and Cross-Cultural Psychology since her freshman year, Vice-President of the Psychology Club, President of Psi Chi and Creative Arts Editor of the departmental newsletter. She is now a counseling psychologist in her native country, Trinidad-Tobago.