

Psychological Sciences Student Community Newsletter: March 20, 2008

Welcome Springtime!

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#### Dates & Deadlines

MARCH 21: \*\* Holiday\*\* University offices closed.

MARCH 28: Deadline to apply for May term 2008 graduation. Seniors planning to complete their degree in May term 2008 must apply online at: <http://onestop.umn.edu/onestop/graduating.html>

MARCH 31: Last day to register without instructor approval for second 7-week session courses (Note: The deadline to add or "Late Add" a regular Spring term 2008 course has passed.)

APRIL 8: May/Summer term registration begins for admitted students.

#### Strategies for SUCCESS

- Stay on top of your assigned readings and assignments for class. If you have not done well on papers or exams thus far, or if you wish to do better, discuss this with your instructor or TA. Find out if they can help you with suggestions regarding study practices that may be helpful. Go over assignments or exams with the instructor or TA. Utilize any necessary resources such as the writing center, SMART Learning Commons, UCCS, your academic advisor, instructors' office hours and help from your classmates.

- If you'd like to make an appointment with your adviser before you register, make it now! Appointment slots fill up rapidly in March and April-sometimes requiring you to wait up to two weeks for an appointment. Call 612-626-7707 to schedule.

#### NEW! Learning Abroad Minor

Are you planning to study abroad while at the U of M? If you would like to make the most of your study abroad experience by engaging in coursework that will enable you to prepare for, reflect on, and think critically about your experience, this opportunity may be for you. In addition to engaging in a study abroad program, the Learning Abroad minor requires you to complete COMM 3451W before you depart and COMM 3452W after you return. These courses focus on Intercultural Communications and the intercultural reentry process, respectively. Additionally, you must complete four semesters of a foreign language. For more details on the Learning Abroad minor, contact Thuy Doan at 612-626-8686 or [doanx@umn.edu](mailto:doanx@umn.edu). For an overview or Frequently Asked Questions about the minor, go to the Learning Abroad Minor website: <http://www.umabroad.umn.edu/academic/learningAbroadMinor/index.html> .

#### Featured TV Commercial: GIRLS CAN BE BULLIES, TOO\*

In this TV commercial, Professor Nikki Crick of the Institute of Child Development at the U of M discusses her research on aggression in young girls. Professor Crick hopes that by determining the source of aggression in

people, we can learn to eliminate the problem before it starts. Click here to watch the TV clip:  
<http://www.discover.umn.edu/viewCampaign/televisionCurbingAggression.php>

For more about Professor Crick's and other scholars' current research into aggression and bullying, click here:  
<http://www.discover.umn.edu/featuredDiscoveries/curbingAggression.php>

\*Ask Your Question: These video clips are part of the U of M's "Driven to Discover" campaign, in which students ask a "single greatest question" and get a response from U of M faculty or students. These responses can become featured articles or video clips on the U's homepage or "Driven to Discover" website. To ask your "single greatest question," click here: <http://discover.umn.edu/askAQuestion/index.php>

Spotlight On-- STAMP OUT STIGMA: Debunking Myths Surrounding Mental Health.

Did you know that 22% of U of M students have been diagnosed with some form of mental illness, and each one of us will experience an instance of mental illness at some point in our lives? Stamp Out Stigma (or "SOS") is a group of U of M students, faculty and staff working together to remove the stigma placed on people with mental health issues. University President Bruinicks comments that there is not only a "stigma" attached to people with mental illness, but also a "culture of silence" around these common health problems. SOS works to reverse this stigma, and seeks to educate the U of M community through decreasing myths about mental illness, increasing knowledge about how to address mental health concerns, and creating a more supportive environment for students with mental illness.

To become involved with SOS, visit their website at: <http://www.mentalhealth.umn.edu/sos/index.html> and click on "What You Can Do" or "Contact SOS".

For an April 4th event sponsored by SOS, see the "Events on Campus" section below.

#### Announcements

PEER ADVISERS Needed for the Upcoming School Year

CLA Student Services currently is hiring peer advisors to assist with orientation and registration over the summer and to provide academic advising support to CLA students during the fall and spring terms. This is a great way to earn money and to hone important interpersonal communication, organizational, time-management, and problem-solving skills that are valuable as preparation for employment after college and for graduate/professional programs. You can make a difference to your fellow students. For more information and to apply for this position, go to the Student Employment page: <http://www1.umn.edu/ohr/employment/student/> and enter the requisition number "154346" on the search page.

SMART Learning Commons Now Accepting Appointments

Starting March 25th, the Peer Learning Consultants at the SMART Learning Commons will begin accepting appointments in addition to our walk-in hours. SMART Commons Learning Consultants offer one-on-one assistance for help in gateway courses and skills such as mathematics, sciences, statistics, economics, writing, and library research. If you wish to set up an appointment, send an e-mail to [smartlc@umn.edu](mailto:smartlc@umn.edu) with the following information: 1. Your name 2. The subject and/or course you seek assistance with 3. The time-range(s) you are available to meet with a SMART consultant WITHIN THE NEXT 72 HOURS, Monday-Friday 4. Your preferred SMART location (Magrath Library or Wilson Library).

Upcoming WORKSHOPS and INFO SESSIONS

TEST TAKING and TIME MANAGEMENT Workshops

Time Management and Creating an Effective Time Plan - tips and strategies for successful planning for the rest of the term

--March 27, 2008, 10-11am, 202 Eddy Hall

Effective Test-Taking Strategies -- tips for finishing the semester strong (even if you got off to a weak start)

--Wednesday, April 2, 2008, 1:30-2:30, 202 Eddy Hall

Call 612-624-3323 or see [www.uccs.umn.edu](http://www.uccs.umn.edu) to register (space is limited)

OUTSMART THE LSAT luncheon

--March 27, 2008, 11:30am-1:00pm, President's Room, Coffman Union

Aspiring Lawyers shouldn't miss this no cost luncheon sponsored by the U of M College of Continuing Education. Join Scott Baker, J.D. for a presentation focusing on: LSAT test-taking tips, including a demonstration of the common argument structures in the logical reasoning section of the LSAT exam. Free pizza will be served, and all participants will be entered in a drawing to win an LSAT Test Prep course (a \$580 value! Must be present to win). Register at [www.cce.umn.edu/LSAT](http://www.cce.umn.edu/LSAT) or call 612-624-4000 for this FREE lunch program today!

"WHAT ARE THE COLLABORATE ARTS?" Pizza Lunch

--Friday, March 28, 2008, 12:30-1:30, In-Flux (E-110) in the Regis Center for the Arts

This info session discusses the new CLA Interdisciplinary Program in Collaborative Arts, and the exciting new courses to be offered (under COLA). Come learn about the program, listen to IPCA faculty discuss their work, and enjoy some FREE PIZZA! Please RSVP for this event by noon on Wed, March 26 by emailing [ipca@umn.edu](mailto:ipca@umn.edu).

STUDY AWAY INFO SESSION-- FREE REFRESHMENTS!

-- Thursday, Apr 3, 2008, 3:00-4:30, B-33 Johnston Hall

Learn from a panel of students experienced in study abroad and a Learning Abroad Center adviser about the many possibilities to study away as an undergrad. Time for questions and discussion will be provided, as well as free food. Don't miss it!

IDEALIST.ORG NONPROFIT CAREER FAIR and WORKING FOR CHANGE CONFERENCE

-- Monday, March 31, Coffman Union, Great Hall

This free event is a career fair AND a career exploration conference. Stop by anytime between 10 and 4 to take part. More than 80 nonprofit organizations will be there with info about their jobs and internships. You can also attend workshops that explore careers in social change. For details, see [www.cclc.umn.edu/events](http://www.cclc.umn.edu/events)

SCHOLARSHIPS TO LEARN ABROAD!!

FULBRIGHT GRANTS FOR 2009-10: INFO SESSIONS FOR UNDERGRADUATES

--Tuesday April 1, 3:30-4:30, 110 Heller Hall

--Thursday April 3, 3:30-4:30 East Bank location TBD [tentative, pending room assignment]

Learn about the Fulbright Grants, which provide generous support for American citizens to teach, study, conduct research, or engage in creative work abroad for a year in one of approximately 100 foreign countries. At least 1000 Fulbright grants are awarded annually. Further information about this and other scholarship opportunities for outstanding undergraduates is available at

<http://www.honors.umn.edu/scholarships/>

LIVE & LEARN IN AN INTENTIONAL COMMUNITY THIS SUMMER

PHILOSOPHY CAMP INFO SESSION

-- Wednesday, March 26th, 3:30-4:30 pm, Career and Community Learning Center, 345 Fraser Hall

Learn how you can participate in a unique May-term residential course that explores topics including vocation, community, education, and sustainability. While living in an intentional community on the prairies of southwest Minnesota, we'll explore how we have been shaped by our pasts and how we will shape our futures as individuals, community members, and citizens. We create the syllabus democratically based on our interests. We share stories. We share meals together. We learn from each other. For more info and application materials, visit

<http://www.philosophycamp.org>

WRITING WORKSHOP FOR NON-NATIVE ENGLISH SPEAKERS

Tuesday, March 25, 2008b 2:00-3:30pm, Magrath Library Room 81 (Computer Lab) -- "Finding reliable sources"

This workshop will focus on writing that requires cited sources. How do you determine when you must cite a source of information? We will discuss proper citation formats (such as MLA and APA). We will also cover writing abstracts and creating bibliographies. Students will have the opportunity to "workshop" an individual writing assignment as well. Please bring a writing assignment to the workshop!

...ONGOING WORKSHOPS...

FROM THE CAREER AND COMMUNITY LEARNING CENTER

Register for upcoming workshops on: Resume and Cover Letter Writing, Interviewing, Job Search Strategies, Personal Statement Writing. Also find workshops on Pre-Law Planning and Info Sessions on Service Learning and Community Engagement.

Workshops held both online (<http://www.cclc.umn.edu/workshops/index.html>) and in the CCLC at 135 Johnston Hall or 345 Fraser Hall. Click on the link at left for more info.

PLANNING FOR MEDICAL SCHOOL -- ONLINE WORKSHOP

Developed by the Health Careers Center and the University of Minnesota Medical School, this workshop gives useful information on the career of medicine and the experience of being in medical school. The workshop includes video interviews with Medical School faculty, clinical researchers, students, and other members of the health care team, who will provide insight on the qualities of successful physicians. They also offer advice for mastering all parts of the admissions process, such as personal statements, interviewing, the MCAT, gaining experience, academic planning, and the AMCAS. To Register: Visit <http://www.healthcareers.umn.edu/> and click on "Workshops & Info Sessions" in the left-hand navigation.

#### Opportunities to WORK, LEARN & TRAVEL!

##### BIG TEN NETWORK INTERNSHIP

The Big Ten Network On-Campus Internship Program is designed to provide practical experience in writing and production for a national television network allowing Big Ten students to gain insight into the field as a career option. BTN is currently seeking applications for Fall Semester 2008 interns in Beat Writer and Production positions. Application deadline is April 15. For more info, click here: <http://www.bigtennetwork.com/corporate/Internships.asp>

##### SUMMER RESEARCH ON LOW-INCOME ADOLESCENTS IN ALABAMA

The School of Public Health in the University of Alabama at Birmingham is offering a summer research internship for students interested in studying neighborhood poverty and its impact on adolescent behavior. Students who participate in the internship will conduct a survey of adolescents living in public housing and other very low-income neighborhoods in Mobile and Prichard, Alabama. Interns will be required to live in Mobile between May 19, 2008 and August 1, 2008. For more information, please contact John M. Bolland, Department of Health Behavior, School of Public Health, University of Alabama at Birmingham, RPHB 227, 1530 3rd Avenue South, Birmingham, AL 35294-0022, (205) 975-7149, [bollandj@uab.edu](mailto:bollandj@uab.edu). Interested students should send a note indicating their interest and a resume (with names of and contact information for three references). They will begin screening applicants on March 17, 2008, although they will continue accepting applications until all positions are filled (typically at least the middle of April).

##### HELP Hmong HIGH SCHOOL STUDENTS DEVELOP LIFE SKILLS

Needed: Bilingual (Hmong/English) college students to help Hmong Thai students (enrolled in Hopkins School District) attain skills for a successful life in the U.S.

Where: CURA- Center for Urban and Regional Affairs on the West Bank (enter via Carlson business school or library)

Time: Sunday nights from 6pm-8pm

For more information: contact Gaohnou Vang at 612-625-5584 or [vang0678@umn.edu](mailto:vang0678@umn.edu)

##### GAIN MEANINGFUL WORK EXPERIENCE TODAY!

FahrenHEIGHT360 matches students with organizations and positions in their chosen field to offer valuable work experience. Positions are available as in-home Personal Care Assistants and in the business world. It's never too early to get a leg-up on your job search. Contact them today to begin the simple application process at [www.fahrenheight360.com](http://www.fahrenheight360.com).

##### BECOME A CERTIFIED LEADER

Get your Leadership Certification by taking exciting Leadership Skills workshops like "Leadership (R)evolution," "Leadership: The Good, The Bad, and The Ugly," and "Mentoring for Career and Personal Development." See the full list of workshops and register online at: [http://www.lead.umn.edu/certification/workshops\\_by\\_theme.html](http://www.lead.umn.edu/certification/workshops_by_theme.html)

#### EVENTS On and Off Campus

##### PRESENTATIONS

Ross Szabo, author of "BEHIND HAPPY FACES: Taking Charge of Your Mental Health - A Guide for Young Adults." Tuesday, April 1, 2008; 7pm; Great Hall, Coffman Union

Ross Szabo, author and speaker, presents an engaging talk that has been called "poignant, funny and engaging" as he encourages college students to open a dialog about depression and suicide. Diagnosed bipolar at age 16, Ross has learned first hand about the intricacies of mental disorders. Szabo says, "I am someone who took a leave of absence from college due to a depressive episode, then recovered and returned to earn a degree. I am a success story just like many others who seek help."

"Civic Leadership: Building a Vibrant Democracy"

Friday, April 4, 2008; 10am-3pm; Theatre, Fine Arts Bldg, Inver Hills Community College  
Join Minnesota Campus Compact for a powerful set of discussions about new ways for engaging students and our campuses and communities in the context of the 2008 election. Civic engagement leaders, including presidents, deans, students, faculty, civic engagement advocates and practitioners, will assemble to ask: \* What does it mean to build a vibrant democracy? \* What improvement in our systems would insure that all can participate in our democracy? \* What leadership and competencies will we develop on our campuses and in ourselves to support a truly vibrant democracy?  
Keynote Speaker: Mark Ritchie, Secretary of State; Response: Former Governor Al Quie  
Register today by clicking here! [http://rs6.net/tn.jsp?e=001RuSZW-\\_qqt5x4Md0cqQau\\_HjDqNj096F3SVY8L6MbaA\\_xhE5a0ekKsRByHdkl9ExvH9ieZvBXU0Kc2GI8ZD38JfBqG7nb9yPSisJvHVI98Aw\\_HCYZwxpafIFcaBM9HWTmBBRkQuYt5Po29Xa64Fvw==](http://rs6.net/tn.jsp?e=001RuSZW-_qqt5x4Md0cqQau_HjDqNj096F3SVY8L6MbaA_xhE5a0ekKsRByHdkl9ExvH9ieZvBXU0Kc2GI8ZD38JfBqG7nb9yPSisJvHVI98Aw_HCYZwxpafIFcaBM9HWTmBBRkQuYt5Po29Xa64Fvw==)]

"Graduating to What: Next Steps for Seniors"

March 26 & 27, 2-3pm, during Grad Fest

This program, for graduating seniors and their parents, will be a panel presentation / facilitated Q & A session. Panelists will include representatives from the career development network, financial aid, and the learning abroad center. For further information, please refer to the bookstore's website at:  
<http://www.bookstores.umn.edu/grad/gradfest.html>

#### EXHIBITS

"Seeing Climate Change," exhibit at the Bell Museum

Paintings, photography, pub gatherings and poetry mark a four-month exploration of the effects of global warming on northern ecosystems in "Seeing Climate Change" January through April 2008 at the University of Minnesota's Bell Museum of Natural History.

"The Exquisite Book: The International Library by Helmut Lohr, et al." Through Aug 8, 2008. For more information please visit <http://www.weisman.umn.edu/>

"Who is a Citizen, What is a Citizen?" Through Aug 3, 2008. For more information please visit <http://www.weisman.umn.edu/>

#### LECTURES

"Communication Before Language," Michael Tomasello, Co-Director, Max Planck Institute for Evolutionary Anthropology, Leipzig, Germany

Monday, March 31, 12:30 pm - 1:30 pm, with reception immediately following; Moos 2-690

Tomasello discusses his research on the use of gestures by human infants and apes--especially the gesture of "pointing"-- and how these non-vocal signals seem to be the immediate precursors to verbal language. Students interested in Child Psych, Psychology, Speech Language & Hearing Sciences and Anthropology may be especially interested.

"Our Habitual Lives: How the Brain Makes and Breaks Habits." Ann Graybiel, PhD., Massachusetts Institute of Technology. Walter A. Rosenblith Professor of Neuroscience in the Department of Brain and Cognitive Sciences at MIT.

Wed, May 14, 2008 4:00 - 5:00 pm; University of Minnesota Medical School, Mayo Memorial Auditorium; 425 Delaware Street SE, Minneapolis, MN 55455

Dr. Graybiel studies the neurophysiology of the basal ganglia, a brain region that is implicated in the control of movement and cognition, as well as in our ability to learn habits. Disorders in this region have been implicated in Parkinson's and Huntington's diseases, and in neuropsychiatric disorders such as Tourette's syndrome, obsessive-compulsive disorder, depression, and also addiction.

\*For more information on what is happening on campus please visit <http://events.tc.umn.edu/>

~~~~~Visit our website for the latest campus updates, strategies for success, advising resources, and more: <http://psysci.class.umn.edu/>

CLA Psychological Sciences Student Community  
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612-626-7707

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