



# PSYCHOBABBLE

## UPCOMING EVENTS AND IMPORTANT DATES

**Saturday, November 3rd**  
**Alzheimer's Walk Volunteer Event**

**Wednesday, November 7th**  
**Thanksgiving Bake Sale**

**Thursday, November 8th**  
**Academic Event: Psych Career Panel**

**Thursday-Saturday, November 15th-17th**  
**TPA Conference in Dallas, TX**

**11/3- Alzheimer's Walk Volunteer Event, Lynn Eusan Park**  
Volunteer at UH's Alzheimer's awareness event and earn 50 points for attending.

**11/7- Thanksgiving Bake Sale, PGH**  
Earn 20 points for donating an item and 15 points per hour for volunteering.

**11/8- Academic Event: Psych Career Panel, Heyne 135**

The panel will feature professionals from a variety of psychology related fields and they will share insight into their profession, answer your questions, and help you gain a better understanding of the different career paths available to psychology

**11/15-17 TPA Conference, Frisco, TX**  
This year's theme will be "Resiliency: Building Individual, Professional and Organizational Strengths". Psi Chi will be sponsoring the hotel stay for 9 members for 2 nights! Fees can also be reduced by volunteering at the convention.  
[www.texaspsyc.org/events/EventDetails.aspx?id=864618](http://www.texaspsyc.org/events/EventDetails.aspx?id=864618)

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UNIVERSITY of  
**& HOUSTON**  
**Psychology Club**

# Member Spotlight: Priel Meir

Katherine Kabel, HISTORIAN

**P**riel Meir is a Senior graduating in December with a degree in Psychology and a minor in Sociology. Upon graduation, she plans to attend graduate school to pursue a Ph.D. in clinical psychology. Ultimately, she hopes to become a clinical psychologist providing services for patients with eating disorders in a hospital or outpatient setting.

Her primary research interest is eating disorders in young adults, particularly female college students. Eating disorders piqued her interest in middle school because as a competitive dancer, she saw many of her peers struggle with their body image and poor eating behaviors. Seeing how easy it is for teens to manipulate their eating behaviors and weight, she decided she wanted to be an advocate for people with unhealthy relationships with their body or food. Restrictive eating is often a coping mechanism to deal with stress or a traumatic event which gives people a sense of control. A common misconception about restrictive eating disorders is that they're just a diet gone wrong, however, she feels it's very important to recognize it as a true mental disorder.

This past summer, Priel completed a Summer Undergraduate Research Fellowship (SURF) project. SURF is a 10-week summer research experience available for sophomores, juniors, and seniors. Students must have a faculty mentor to sponsor them, then they are able to submit their research proposal. If accepted, students receive a \$4000 stipend for their research. At the end of the 10 weeks, students present their research at Undergraduate Research Day in the form of a poster. According to Priel, SURF allows undergraduates to be more directly involved in research and create part of the study. "As an RA you carry out what has already been done. With SURF, you get to design your own research."

Her current research, however, concerns sleep as she is part of the Sleep and Anxiety Lab here at UH. For her SURF project, Priel studied the moderating effects of blue wavelength light on the relationship between chronotype and certain sleep variables. Blue wavelength light (BWL) is emitted by any screen, such as a phone, computer, or tablet. Chronotype refers to a person's biological sleep patterns, like being a morning or evening person. The sleep variables she looked at were total sleep time, sleep onset time, sleep onset

latency, wake after sleep onset. Chronotype is also greatly affected by puberty, so she gathered data from 52 teens 13-17 years old. The teens wore an ActiGraph watch for 8 days which measured the sleep variables and exposure to blue wavelength light. She hypothesized that teens currently undergoing puberty and use their phones before sleep have a later sleep onset latency, thus it would take them longer to fall asleep and fall asleep later. Her hypothesis was supported by previous research that found that BWL inhibits melatonin release (a natural hormone that regulates sleep and wakefulness) causing later sleep onset time. Her results, however, contradicted her hypothesis, because she found that regardless of chronotype and BWL exposure, BWL does not moderate when you actually go to sleep.

For Priel, the most interesting part of the research was the finding. She learned to keep in mind that despite your findings, it will further science and give people things to look to in the future. She said it was eye-opening to be part of a study where what she expected to find was completely wrong. It made her more open-minded to not getting what she expected and considers it growth rather than failure. Despite her hypothesis being wrong, being able to formulate her own research and measure what she was interested in made the experience worth it. Most importantly for her, she gained an immense self-esteem boost as a researcher. Previously, she thought she was limited as an RA and certain things would come with time as a graduate student, but she realized as an undergraduate it is completely possible to create a research idea and manage a large set of data on your own.

This year, Priel is looking forward to applying to graduate school. She is extremely excited to find researchers that share her interests and give her the mentorship and guidance she's seeking. Since psychology is such a broad field, she loves to explore what other people are researching in her search for graduate programs. We look forward to seeing all that Priel accomplishes and we are proud for her to be a member of UH Psi Chi!

# Meet the Fall 2018 Chairs

**R**

## EAGAN HYLTON President's Chair

Hi! My name is Reagan Hylton and I'm happy to be serving as President's Chair this semester. I am currently a Junior majoring in Psychology with a minor in Interpersonal Communication. I'm a transfer student and this is my first semester at UH, so I'm looking forward to meeting more of you and making friends interested in psychology! After graduation, I plan to go to grad school for counseling psychology.

## ANAKAREN ALONSO Vice President's Chair

Hi everyone! My name is Anakaren Alonso and I am the Vice President chair for Fall 2018. I have been part of this awesome organization for two semesters. I am so happy to be able to be part of such a great team, I have seen it grow and I am sure it will continue growing. As VP Chair I am excited to be able to work on the induction ceremony for all new Psi Chi Members. I am a Senior majoring in Psychology with a minor in Law, Values and Policy.

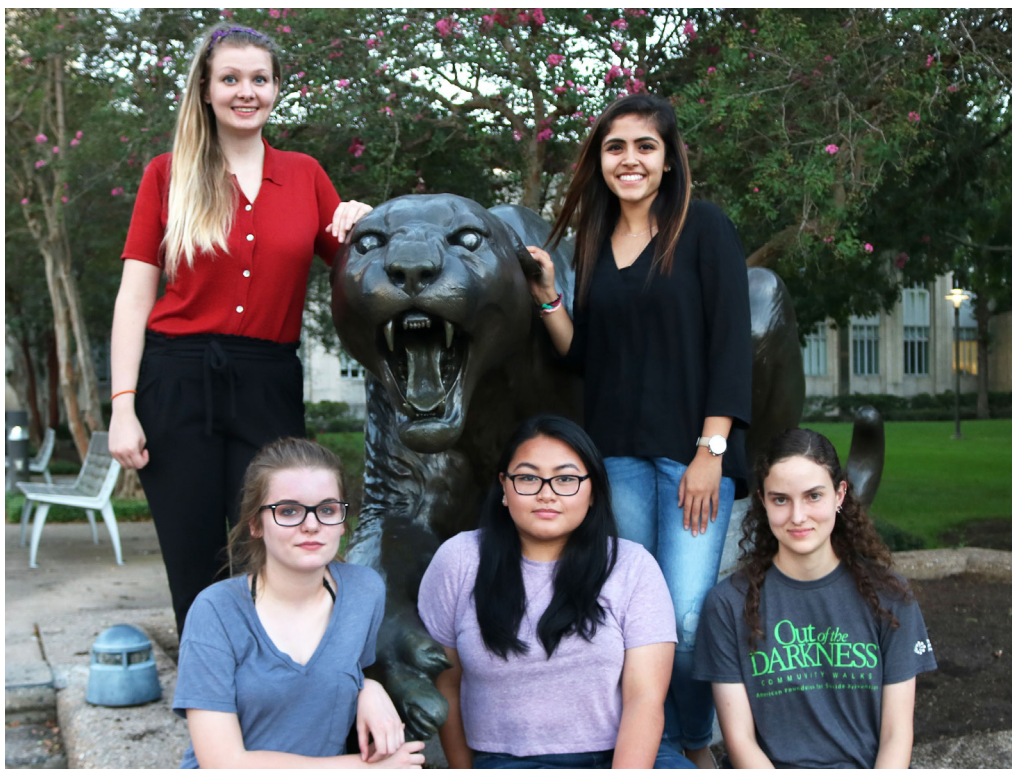
On my spare time I enjoy volunteering or spending the day outside. I enjoy a good cupcake and cup of coffee.

## SHIVANI BATHLA Treasurer's Chair

Hello guys! My name is Shivani Bathla and I am currently finishing up my senior year here at UH. I am majoring in Psychology and double minoring in Biology and Business Administration. I hope to attend a PhD program for Clinical Psychology after graduating and someday have my own practice (and maybe my own coffee shop too). After being Pre-Optometry for my first two years here, I realized my true passion was Psychology and joined Psi Chi last spring. I'm grateful to be a part of an organization that brings me closer to accomplishing my goal and even more appreciative that I get to help out as Treasurer's chair this semester!!

## FRANCES SAUBON Secretary's Chair

Hello everyone! My name is Frances Saubon and I'm excited to be the secretary chair for Fall 2018! I'm a junior majoring in Psychology and minoring in Health. I plan to go to graduate school and pursue a PhD in clinical psychology. I love music, animals, and watching shows/movies/youtube videos. I have a lot of favorite TV shows but here's my top 4: Game of Thrones, The Walking Dead, Sense 8, The Good Doctor. Don't hesitate to come say hi and chat with me about anything! I hope to have a great semester with everyone!



## Fall 2018 Chairs

Top (left to right):

Grace Peters,  
Shivani Bathla

Bottom (left to right):

Nicole Robarge,  
Frances Saubon,  
Reagan Hylton

(Not pictured: Anakaren Alonso)



# Meet the Fall 2018 Chairs (cont.)

### GRACE PETERS

#### Academic Affairs' Chair

Hello everyone! I am excited to be your 2018-2019 academic affairs chair! I am a junior here pursuing a degree in Psychology and Interpersonal Communications with a minor in Law, Values, and Policy. After graduation I hope to be attending Law School for Family Law, I would ultimately like to help people incarcerated and I believe mental health is a big piece to solving that puzzle. I'm also lucky to be working with Andrea in the Developmental Neuropsychology Lab. This is actually my first official year as a Psi Chi member and one of my biggest regrets of college is not joining it sooner! I hope to be able to provide guidance and help answer some of the questions I had in pursuing a psychology degree. I am so excited for this year and can't wait to get to know all of you better! Outside of school I enjoy attempting to learn to cook and home brewing mead. I cannot wait to get to know all of you better and I am so excited for the opportunities in store for us.

### NICOLE ROBARGE

#### Historian's Chair

Hey everyone! I am thrilled to be the Historian chair of the Psi Chi and Psychology Club for the 2018 fall semester. This is my first semester at the University of Houston and I am so happy to have the opportunity to be involved in this organization. I am a second year sophomore transferring in from San Jacinto Community College; I am majoring in Psychology with a Bachelors of Science and minoring in Sociology. Aside from school I enjoy volunteering, movies, video games, art, and spending time with my dog. Since I will be assisting with the Psychobabble feel free to chat with me about that or send me photos of the Psi Chi events!

## Fall 2018 Chairs



REAGAN HYLTON  
President's Chair



ANAKAREN ALONSO  
Vice President's Chair



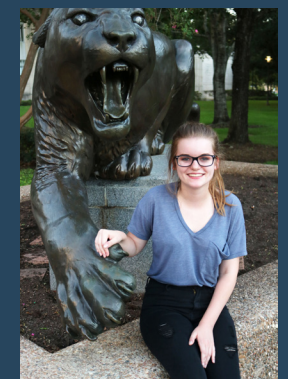
SHIVANI BATHLA  
Treasurer's Chair



FRANCES SAUBON  
Secretary's Chair



GRACE PETERS  
Academic Affairs' Chair



NICOLE ROBARGE  
Historian's Chair



**NICOLE ROBARGE**  
**Historian's Chair**

## The Benefits of Music Therapy

Nicole Robarge, HISTORIAN'S CHAIR

Playing and listening to music is not only a beautiful and fun way to pass time, but it is also found to be incredibly beneficial to our health. Huge advancements have been made in understanding this in the study of neuromusicology. Music has been found to be very therapeutic for many people, especially those with disabilities. Because music is one of the few sensory therapies that affects nearly all parts of a human's brain it has been shown to help a very wide range of people including those who have cerebral palsy, Parkinson's, autism, and learning disabilities, or even those who have ADHD, stress and depressive disorders. But it does not stop there- music therapy can help many other groups of people. It has been shown to be very rewarding for those who take part in it, not as a cure but for a huge relief for many symptoms. Starting music therapy at a young age with children who have disabilities can help them learn skills that are very valuable to their health. These skills can range from gaining control of their speech and memory improvement all the way to gross motor function and breathing. Dr. Wilbert Pronovost (1961) and Dr. Michael H. Thaut (1998) both found that children with autism who went through musical therapy actually responded and improved from it (Havlat, Jennifer J, 2006). In the research paper "Neurobiological Foundations of Neurologic Music Therapy: Rhythmic Entrainment and the Motor System," Drs. Thaut, Michael H., Gerald C. McIntosh, and Volker Hoemberg discovered that:

"A musical element such as rhythm can be a very effective driver of therapeutic learning and training, has led to a new look to consider the therapeutic potential of all musical elements..."

Through studies like these people all over are being helped and positive change is happening in their lives. Since music is so accessible, we as stressed out college students should take advantage of this and soak up all the benefits it has to offer us.





## Pursuing a Research Assistant Position: Do's and Don'ts from Lab Recruiters

Andrea Ochoa, Officer of Academic Affairs

**I**t is a truth universally acknowledged, that an undergraduate Psychology student pursuing a career in this field must be in want of a research assistant position. While Psychology as a major is comprised of a variety of people with different goals and aspirations, the drive to take part in the research process is a common factor of our undergraduate experience. This is no surprise, given that one of the first things we are told when we show interest in graduate school is that research is a crucial component to both prepare us and make us competitive for the programs we may want to apply for.

For this issue of the Psychobabble, our team of officers got in touch with former and current graduate students that are or were important staff members in research labs, often in charge of screening for, interviewing, and selecting undergraduate members of their teams. They were asked about do's and don'ts to keep in mind while contacting potential recruiters, as well as behaviors and characteristics that labs are looking for in applicants, that can make a select few stand out in their eyes. Here is what they told us.

### What are RA recruiters looking for in potential applicants?

"I look for someone who carries themselves in a professional manner, shows that they are hardworking, willing to go the extra mile and is intellectually curious. **Past research experience is always helpful but if a potential RA does not have past experience they can make up for that with being eager to learn and teachable.**"

—Natalie Peraza, lab coordinator of the Anxiety and Health Research Lab/Substance Use Treatment Center (AHLR-SUTC).

"As a minimum, anyone who is interested in a lab should **make sure they have looked at the lab webpages and have some idea of what sort of research is being done** – it makes you stand out at interview (and it always surprises me how many people don't do that)."

— Dr. Joanne Bower, Lecturer at De Montfort University Leicester and former lab staff member at the Sleep and Anxiety Center of Houston.

### What are RA recruiters looking for in potential applicants?

**"Being professional and interested is definitely more important than prior research experience** – and if you don't have much/any experience, you can always think about the different components of research (e.g., interacting with participants, entering data, setting up and organizing studies) and identify other times when you may have had that experience (through work/church/clubs/sports etc.). If you can incorporate some of these into an application/interview, it not only shows how great you are, but also that you have a good sense of what is involved in conducting research."

— Dr. Joanne Bower, Lecturer at De Montfort University Leicester and former lab staff member at the Sleep and Anxiety Center of Houston.

"When they have done their research about our lab and comes to an interview with specific questions about studies we are running and an interest in participating in those studies. **Applicants who ask questions about poster, paper and further research opportunities show**

that they want to get as much out of the experience as possible.”

– Natalie Peraza, lab coordinator of the Anxiety and Health Research Lab/Substance Use Treatment Center (AHRL-SUTC).

“Don’t be afraid to be proactive– I would say only maybe half to 2/3rds of the RAs we had at [the Sleep and Anxiety Center of Houston] came from when we advertised – the others had all emailed us proactively, or approached us in lectures and asked about lab opportunities. Once you’re working in a lab, the same applies – if you want to work on a poster/apply for a research scholarship/submit to a conference don’t be afraid to discuss these options with your supervisors.”

– Dr. Joanne Bower, Lecturer at De Montfort University Leicester and former lab staff member at the Sleep and Anxiety Center of Houston.

## What other tips do you have for potential applicants?

“My biggest advice for interviews would be to be professional, ask questions, and be enthusiastic. These things were so much more important than GPA or previous research experience when we were interviewing potential candidates for [the Sleep and Anxiety Center of Houston].

“Professionalism starts before the interview as well. Every email counts, so definitely proofread! That sounds obvious, but you would be surprised. If the person you are in contact with has their Ph.D., refer to them as Dr. unless told otherwise (I personally don’t care about this, but others definitely do). The applicants who generally stood out were the ones who genuinely seemed interested in the research topic and questions - that being said, if someone doesn’t feel genuinely interested, they should reflect on that before applying to work in the lab.”

–Dr. Cara Palmer, Assistant Professor at Montana State University and former lab staff member at the Sleep and Anxiety Center of Houston.

We hope that this collection of quoted advice will be useful to you as you continue to prepare for your academic and professional future. Above all, we are excited to see our members put these to practice and find the position that best helps them move forward! To see an additional list of “Do’s” and “Don’ts”, look at our PowerPoint presentation at [uhpsych.org](http://uhpsych.org). Stay tuned for our next academic meeting, where we will host a panel of professionals from many different branches of Psychology and learn about what work is like in each of these fields.

Learn more about UH Psychology Labs at: [www.uh.edu/class/psychology/research/](http://www.uh.edu/class/psychology/research/)

## Want your article featured in Psychobabble?

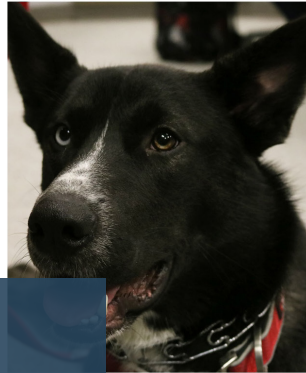
In this year’s edition of Psychobabble, we want our members involved! If you’re involved in research, presenting a poster, have an interesting study or topic to share, or anything psychology related topic, we’d love to feature your article in Psychobabble. For each article members may earn between 15-30 points depending on the length and content of the article which will ultimately subtract from your dues. To submit your article, email it to [uh.psichi@gmail.com](mailto:uh.psichi@gmail.com).

Additionally, we will include a member spotlight in each edition of Psychobabble. We wish to recognize members who are going above and beyond in their studies, in community service, and other notable achievements. If you wish to nominate someone for a spotlight, again please contact an officer or email us.



Andrea Ochoa, Academic Affairs





## Contact Us

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## Social Media

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## Dues and Points

Event	Points
Volunteer Event	50 Points
Social Event	25 Points
Volunteer Tutor	25 Points/Hr
Academic Event	25 Points
Fundraising Event	15 Points/Hr
Donating Items for Bake Sale	20 Points
Attending Member Meetings	20 Points
Running Psi Chi Store (office Hours)	10 Points/Hr (150 Limit)
Wearing Club Tshirt to Member Meetings	10 Points
Bringing a Friend to Member Meetings	10 Points
Psychobabble Article	10 Points

Points Earned	Dues Owed
0-79	\$55
80-119	\$45
120-199	\$40
200+	\$30



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