

PSYCHOBABBLE

Psi Chi Honor Society and Psychology Club News Letter



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ANNOUNCEMENTS:

In response to the current conditions due to COVID-19, we are canceling all of our in-person events for the remainder of the semester. Our top priority is the safety and well being of our members. We still want to give you all the opportunities we can to learn, grow, and volunteer, so we will be transitioning online.

Officer Elections: Elections for the 2020-2021 Officers will now be held online via Google Form. Voting will be open on April 13-17th. Candidates will need to submit a photo, a short bio/description of why you should be elected, and a one minute video with your speech. The winners will be announced the following Monday in the weekly newsletter. You may sign up to run beginning Monday, March 30th. The deadline to add your name to the ballot is April 10th.

ANNOUNCEMENTS CONTINUED:

Dues: We know that this is a very challenging time since many have lost their jobs or are unable to work, so we have lowered our chapter dues for this semester. Dues will now range from \$15-30 instead of \$30-55 for our chapter dues. Psi Chi International Honor Society dues are still \$55 for a lifetime membership since that is paid directly to Psi Chi International. If you were accepted into Psi Chi Honor Society are unable to pay the Psi Chi membership fee at this time, you will still be eligible and we encourage you to join next semester. If you are unable to pay chapter dues this semester, please reach out to us via email at uh.psichi@gmail.com or DM an officer privately.

Points: To reward you for your continued participation and allow members to earn enough points to reduce their dues this semester, we have increased the number of points that can be earned for each event. We will now offer 50 points for attending meetings, 50 points per hour of tutoring, and 75 points for volunteering (all of which will be done remotely).

Inductions: Our Spring Induction Ceremony will be canceled for the well being of our members. We will mail inductees their certificates and pins that they would otherwise receive during the ceremony. Everyone will be invited to Fall 2020 Inductions to honor your achievement. Seniors that are graduating this semester are still welcome to come to Fall Inductions. If you are unable to attend inductions in the Fall, it will not affect your status as a Psi Chi Honor Society member. We greatly apologize for this inconvenience.

Tutoring: We will still be offering tutoring services through services such as Zoom, FaceTime, Skype, or anything else our tutors feel comfortable using! Members may volunteer to tutor or request tutoring at uhpsych.org/tutoring. We will try our best to connect you to a tutor; however, availability of tutors depends on the number of members willing to volunteer. Volunteer tutors will now receive 50 points per hour of tutoring!

Volunteering: We are dedicated to continuing our efforts to better our community through volunteering during these difficult times. Fortunately, we have found an alternative to in-person volunteering! Members can help others by writing a Letter of Hope to someone who has dealt with a difficult time. Members can visit neverevergiveupcle.com and scroll down the page to read anonymous stories people have shared about their hardships. Then, members must write out a handwritten letter in response to one of the stories and submit it to be shared. <https://tinyurl.com/wt33g29> gives more detailed instructions for writing the letters. <https://tinyurl.com/tn6o7od> is the google form to upload your Letter of Hope. Once you have submitted the form, please screenshot the "your response has been recorded" screen and email it to uh.psichi@gmail.com to receive points. This volunteer

ANNOUNCEMENTS CONTINUED:

opportunity will be worth 75 points. The details for writing your letter are also listed below:

- Write down your letter on one side of the paper, beginning with: "To the person who wrote about..."
- Make sure to be sincere and thoughtful.
- Check for spelling and make sure people can read your writing!
- Take a photo of your letter or scan it.
- Submit your letter through this google form at <https://tinyurl.com/tn6o7od>.
- Screenshot "your response has been recorded" page and email to uh.psichi@gmail.com.

Fundraising: All bake sales are cancelled and we are not selling anything in the Psi Chi Store.

Academic Events: Career Panel w/ Dr. Luis Medina (Assistant Professor Clinical Neuropsychology), Dr. Keller-Margulis (Associate Professor & Program Director for School Psychology), and the people Kat is inviting for a career panel webinar via Zoom on April 1st, 2020 @ 5:45pm. This event will be recorded. There will be a chat-room for questions, and attendees will receive 50 points. Journal Club Zoom meeting w/ Josh (Officer of Academic Affairs) on March 30th, 2020 @ 5:45pm. Attendees will receive 50 points. Please vote for article selection at this link: <https://forms.gle/Hb3jHRXFWEqdbKWC9> Josh is working on coordinating an additional online academic event with Adalia Espinosa from the University Career Services. Potential topics as of now include Personal Statements and Letters of Recommendation workshops. However, this is subject to change. If you have requests for this event, please send us a message to let us know. Updates coming soon.



OUR SOCIETY

An Introduction to Our Organization

Welcome to the UH chapter of Psi Chi and the Psychology Club! For those of you returning, welcome back. For our new or prospective members, we're glad you've joined us! Here we strive to create a warm environment for those with an interest in psychology to mingle and make connections while preparing for the future. Our mission at Psi Chi International Honor Society is to produce a well-educated, ethical, and socially responsible member committed to contributing to the science and profession of psychology and to society in general. Psi Chi is a member of the Association of College Honor Societies and is also affiliated with APA and APS. There are about 1,100 chapters across the world, and the central office is located in Chattanooga, Tennessee. The board of Directors is filled with psychologists who are also Psi Chi members and are elected by the chapters.

Our organizations are open to both graduate and undergraduate students, and you are allowed to be in both. The two overlap with each other and share the same meetings and events, but they hold different requirements.



MEMBERSHIP

REQUIREMENTS

PSI CHI INTERNATIONAL HONOR SOCIETY:

- 3.0 Overall GPA
- 3.5 Psychology GPA
- Enrolled at UH as a Psychology major or minor
- Completed at least 3 semesters, or 1 semester if a transfer student
- Completed at least 9 credit hours in psychology

PSI CHI APPLICATION PROCESS:

1. Go to <https://www.psichi.org/> and apply for membership. After your application is submitted, the international office will send you a confirmation email.
2. Forward your confirmation email to uh.psichi@gmail.com (include your name and UH Student ID number).
3. Complete the UH chapter application at uhpsych.org

PSYCHOLOGY CLUB REQUIREMENTS:

- Current Student at UH with an interest in Psychology

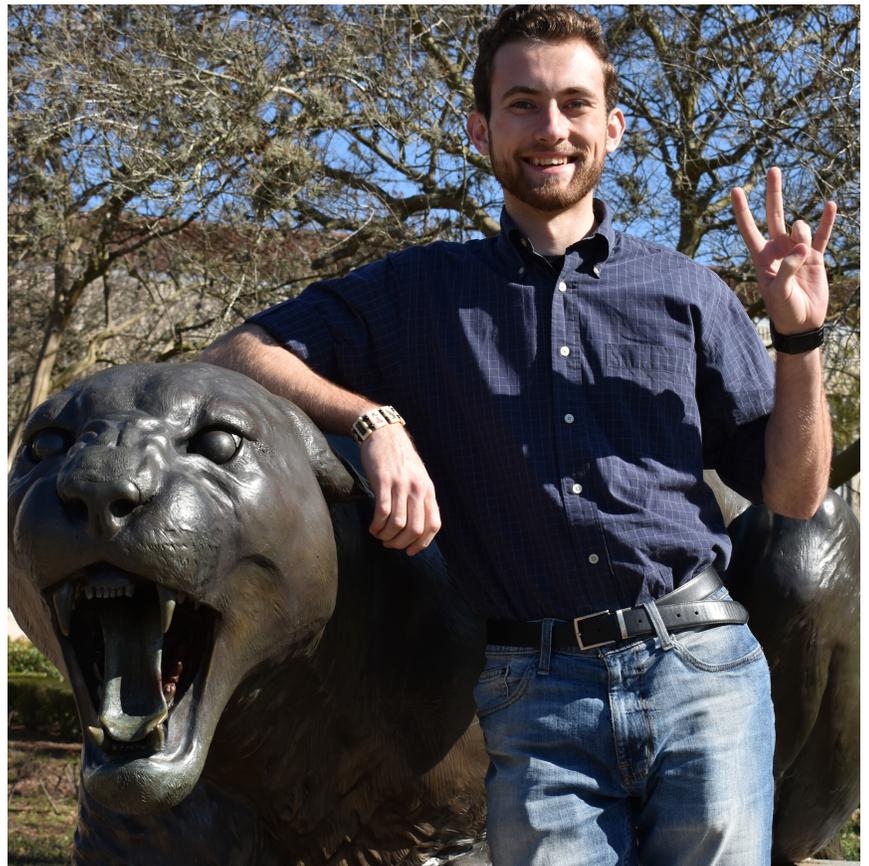
PSYCHOLOGY CLUB APPLICATION PROCESS:

1. Go to uhpsych.org/membership
2. Click "Membership" at the top center
3. Scroll down and click "Here" under application
4. Fill out the survey and submit.



Hello! My name is Vincent Dang and I'm a sophomore majoring in psychology and minoring in sociology. Some fun facts about me is that I make tik toks, dance to both hip hop & k pop, and that I'm graduating a year and a semester early! I'm looking forward to being your president's chair this semester so please feel free to reach out to me for anything!

Howdy, everyone! My name is John Blake Emmons and I have the honor of being your Vice President Chair for Spring 2020. I am a Psychology major with two minors in Philosophy and Medicine & Society. I am also a research assistant in the Self, Motivation, and Relationship Theories Lab on campus. Currently, I plan on pursuing a Doctorate's in Social Psychology to study the development and maintenance of close interpersonal relationships. Apart from Psi Chi, I am also the Vice President of Active Minds and a Director in Club Theatre at the Honors College. I also love reading, writing, playing the guitar. If you ever want a pal to talk to, don't hesitate to come up and talk to me.



Hi friends! My name is Lauren Lyles, and I will be serving as your Spring 2020 secretary chair. This is my first semester with Psi Chi and I am so excited to be involved with this society! As a native Houstonian, I am proud to be a University of Houston Cougar and I am currently a freshman pursuing a dual degree in Psychology and Human Development & Family Studies. I am also a research assistant in the Trauma and Stress Studies Center, in the UH psych department. I have so many plans after my undergraduate studies, but the most concrete are to pursue a PhD in Counseling Psychology and to invest in the lives of children. I hope to help develop the academic, relational, and emotional skills of those who come from hard situations, and to provide them with a better chance for the future. I am thrilled to serve this organization in anyway you need: just reach out!



Hello everyone, my name is Amber Nguyen and I will be serving as the treasurer chair for this semester. I am currently a sophomore majoring in Psychology and with a minor in Early Childhood Education. I have been part of the Psychology club since my freshman year and I am truly honored to become a part of this great organization. I love to watch anime, listen to music, and to experiment with my cooking abilities. If you ever see me in the office or at a bakesale feel free to say hello. I do not bite, I promise.

Hey everyone! My name is Bryce Clausen and I am your academic affairs chair. I am a junior majoring in Psychology with a minor in Medicine and Society. I was born and raised in Texas and have been looking forward to going to UH my entire life. My experience here has been a blast and I don't want it to end! GO COOGS! I am currently a research assistant for The Sleep and Anxiety Center of Houston (SACH) and am also a research assistant for The Anxiety and Health Research Lab (AHRL). I hope to eventually go into clinical psychology with a focus on culture and how it can play an important role in our health and well-being. Feel free to strike up a conversation with me if you see me in person!



Hey y'all! My name is Antonella Gargurevich and I am your historian chair. I'm very excited to be working with Kristen Rollins this semester! Currently, I am a junior majoring in Biology with minors in Chemistry and Psychology. I work as a research assistant with the Social Processes Lab (SPL) and the Anxiety and Health Research Lab (AHRL). I am also a Peer Mentor for Student Leadership in the College of Natural Sciences and Mathematics. After graduating, I hope to attend medical school in Houston. I have loved being a part of Psi Chi and Psychology club and am looking forward to seeing everyone at our events and socials! Feel free to come chat with me about your day, your goals, or the meaning of life in general (if there even is one). GO COOGS!

Member Spotlight



This month's member spotlight is Aidan Coolidge. Aidan is a member of both Psi Chi and Psychology Club who makes our meetings and events a priority. We greatly appreciate his support and attendance. He is a senior with hopes to graduate this semester with a psychology major and philosophy minor. After graduation he plans on continuing his work as a behavior technician and go to graduate school in order to become a board certified behavior analyst. Aidan says that Psi Chi has allowed him to become more knowledgeable about the field of psychology and different graduate school programs. He has also met many other people with his similar interests. Most importantly, Aidan says Psi Chi has helped him decide that psychology is the correct career path for him.

Want to help with Psychobabble?

If there is a topic that you are passionate about or something that you have worked on and want to share your results about, this is the place. We would love to have your work in this year's issues of the Psychobabble! Each article will earn between 15-30 points depending on length and content. To submit your article, email it to uh.psichi@gmail.com.

Also if you take pictures during the meeting and would like to see them in the Psychobabble or on our social media, feel free to email them to me, Kristen Rollins, at knr726@gmail.com. Please also use the subject line "psi chi photos" so I can easily find them. Thank you!

Officer Descriptions

Here are some descriptions of the different officer positions as written by your current officers. More information about how to run and the voting process will come soon as we make adjustments with the university guidelines.

President- As president of this organization, I am responsible for planning general meetings, socials, event scheduling, club communication, track dues, manage the website, and various administrative tasks. The president position is a substantial time commitment, I spend approximately three hours per week outside of meeting times coordinating things for the club. I attend weekly officer meetings and all club events (approximately 2-4 per month) as well as three officer hours per week. The beginning of the semester is the busiest in which I re-register the organization and schedule all the events for the semester. Someone who is a good fit for this position should be very organized, good with time management, and detail-oriented. The president is also responsible for overseeing the activities of the other officers and assisting in their events to make sure everything is running smoothly. Effective communication is vital because the president is responsible for communication within the executive board, with our adviser, and the psychology department. Though it is a lot of responsibility, it is a very rewarding position because you get to build many valuable relationships with members and fellow officers as well as build strong leadership skills

Vice President- Being Vice President for Psi Chi means I am responsible for two main things. The first is updating members' points and the second is inductions. To plan for inductions you need to take into account the location, food, guest speaker, and all other supplies that are needed. It is best to try to do this as soon as possible so you can have a date saved for members. Also as Vice President I am responsible for helping other officers, especially the President. If the President is gone for a certain meeting, you must be willing to fill in. Someone must be flexible for this position and preferably familiar with setting up events.

Secretary- As secretary, the main responsibility is processing applications for new members joining Psi Chi and Psychology Club. Additionally, the secretary is responsible for scheduling volunteer events throughout the semester. The secretary also arranges tutoring services between members who have volunteered to tutor and members who have requested tutoring. The time commitment varies throughout the semester, as most applications come in right at the beginning of each semester. Someone who is detail oriented and has excellent time management skills would excel as secretary.

Treasurer- As treasurer chair, I am in charge of funding for this organization. I stock up the Psi Chi store weekly in order to ensure there's enough of everything for our members and the staff in the Heyne building. Additionally, I am in charge of running the bake sales. Bake sales are one of the most fun ways of bringing funds into this organization because we

get to raise money for meetings, academic events and scholarships, and inductions while getting to know each other and working together as a team! Lastly, it is important to make sure all of our members get the best experience they possibly can in Psi Chi by providing them with food, drinks, and answering any questions they may have.

Academic Affairs- Plan conference trip(s): includes applying for funding from the Activities Funding Board (AFB). This year we hosted two scholarship competitions to assist members in attending these trips, and this can be done again with money from AFB. Planning the trip also includes booking the Airbnb/hotel and coordinating travel (e.g., carpool groups). Conferences that are available and applicable to multiple disciplines in our area include the Texas Psychological Association (TPA) conference and the Southwestern Psychological Association (SWPA) conference. Only 1 conference trip is required for the whole year, but there is funding from AFB to go on a trip each semester if the funds are divided. We did that this year because both conventions were close (San Antonio and Frisco); however, in past years the events can be farther (e.g., New Mexico for SWPA), and therefore one conference trip to TPA would be acceptable. Decisions should be made based on interest expressed by members via polling (i.e., google forms). *Host three general academic events with guest speakers:* these are up to you! Typical events include graduate student panels, career panels, and inviting representatives from the University Career Services (UCS), as well as other potential organizations to discuss academic and professional topics. Academic events are focused on professional and academic development. *Host four small-group events:* These have typically been GRE study sessions to help members prepare for the test. This semester we also included journal clubs, and these events have been successful. Since these small groups require leading a didactic discussion and presenting, this is a good opportunity to develop the skills associated with being a teaching assistant (TA).

Historian- As historian, my main responsibilities are the social media pages and the Psychobabble. I create all of the promotional material for our meetings, socials, and other events. I also print out these flyers, hang them up on our board, and post them on our social media pages. Once a month I have to create a Psychobabble consisting of articles, blurbs, and pictures to distribute at our monthly meetings. At the end of the year, I create a scrapbook full of pictures I have taken at our different events.

CONTACT US

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SOCIAL MEDIA

@UHpsichi

