

PSI BETA® NEWSLETTER

Member of the Association of College Honor Societies

Affiliate of the American Psychological Association & American Psychological Society

THE NATIONAL HONOR SOCIETY IN PSYCHOLOGY FOR COMMUNITY AND JUNIOR COLLEGES

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The President's Message—

Change Can be Good

Laura Bittner, MS, LCPC
National President of Psi Beta
Carroll Community College
Westminster, Maryland

Welcome! Psi Beta is the national honor society in psychology for students in two-year and community colleges and a member of the Association of College Honor Societies. Our mission is professional development of psychology students at two-year colleges through promotion and recognition of excellence in scholarship, leadership, research, and community service.

It is sometimes said that change can be good and this year Psi Beta is undergoing some exciting and positive changes that will make our honor society more productive, visible, and beneficial for our members both during their tenure as two-year college students and as they progress to the four-year, university level. Let me tell you more about these exciting developments and changes!

As your national president, my goal this year is to increase positive collaboration between Psi Beta and Psi Chi (The National Honor Society in Psychology at the four-year colleges and universities). I have been working closely with the Psi Beta and Psi Chi National Council and we are all committed to find ways to help our Psi Beta members make a smooth and quicker transition into Psi Chi membership once they leave the two-year college. We hope to accomplish this through ongoing collaboration with Psi Chi through increased communication and shared activities and events between the members of each society on every level – national, regional and most importantly, with local chapters.

With this goal in mind, one of our most exciting additions is the establishment of the *Johnson/Cousins Building Bonds Award*. This new award will be presented for the first time in spring, 2009. The award was developed specifically to recognize and honor a Psi Beta and Psi Chi chapter(s) who actively work together to establish a common goal through collaboration on activities and/or events that serve to meet the

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Laura Bittner
Psi Beta
National President

Ideas for Service for a Small Membership

Sheri Chejlyk, PhD, LCSW

Southeastern Vice-President of Psi Beta National Council
Advisor, Manatee Community College, Florida

A new semester begins, and there is excitement in the air. In our school, in particular, the first meetings of the year are planning meetings. We decide what our theme is for the year. For instance, it might be bringing mental health awareness to campus
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Plan NOW! Building Bonds Award

Now is the time for Psi Beta chapters to connect with a Psi Chi chapter to plan and implement a collaborative project for this year. The purpose of the Ruth Cousins *Building Bonds* Collaboration Award is to recognize and formally acknowledge the efforts and outcomes of a Psi Beta chapter which, in collaboration with Psi Chi members, have had a significant impact at the local, state, regional, or national level. The collaborative efforts may focus on scholarship, leadership, research, and/or community service.

Requirements for Selection:

- A letter of recommendation from the Psi Beta faculty advisor
- A letter of support from the Psi Chi faculty advisor
- A 200 – 400 word written paper which includes:

1. Categorization of the project's thrust in terms of scholarship, leadership, research, and/or community service
2. Description of the collaboration process

Please visit psibeta.org or the Spring 2008 newsletter for more details. 



Above are the Psi Chi and Psi Beta National Councils following an historic breakfast meeting on August 16, 2008. The two councils discussed ways in which both organizations could collaborate and provide a more seamless transition between membership in Psi Beta and Psi Chi.

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FOR COMMUNITY AND JUNIOR COLLEGES

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President's Message

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goals of honor society membership. Details for qualification and application for the Johnson/Cousins Building Bonds Award can be found on the "Awards" link on the Psi Beta website at www.psibeta.org. In addition, chapter advisors from both Psi Beta and Psi Chi are encouraged to communicate with local sister chapters to help increase collaboration between members and for Psi Beta advisors to assist recruitment of Psi Beta students into Psi Chi chapters.

On the regional level, we are encouraging more collaboration between Psi Beta and Psi Chi through joining together to create quality programming at regional conferences as well as increasing communication between faculty advisors and student members throughout the regions.

On the national level, we have firmly established the Annual National Psychology Synergy Conference, a Psi Beta and Psi Chi co-hosted conference that will provide students, faculty, professionals, and community members an opportunity to attend and experience an affordable, quality, scholarly event. The Psi Beta and Psi Chi chapters who host the conference each year will have a wonderful and unique experience to work closely together to establish a conference they can showcase nationally!

Another important and exciting change is that this year we will begin to institute the *Psi Beta Chapter Excellence Award*! This award will replace the *Wadsworth Chapter of the Year Award*. The new award is non-competitive and there are no limits to the number of chapters that can be honored with this award each year. Details about the criteria and application for this award will be available shortly on the Psi Beta website so please check the website frequently for updates about this new award.

And speaking of our website, soon we will have our newly revised site designed to be more comprehensive, informative, and fun, providing a more user friendly experience! At the current site you can still find information on awards, how students can participate in a national research project and get more details about this year's National Psychology Synergy Conference and opportunities for continued encouragement and support for our minority members through our ongoing Diversity Project 2000 and Beyond program.

If you are already a member of Psi Beta, I would like to thank you for your continued efforts and remind you to let the national office know about your activities so that you can receive recognition in the Psi Beta newsletter and so we can encourage you to apply for our many national awards. If you are not yet a part of Psi Beta, please seriously consider becoming an advisor, or a member, since both students and faculty benefit from participating in Psi Beta. Please contact any of the members on our national council <http://www.psibeta.org/contact.htm> who have all served and/or continue to serve as chapter advisors, or contact the advisor closest to you in your region <http://www.psibeta.org/chapters.htm>, who can tell you what it means personally to them to be a part of Psi Beta. My professional and personal life has truly been enriched by my experience as a Psi Beta advisor, and as an officer on the national council.

Psi Beta is truly a growing and vibrant organization and it is an exciting time to be a member! I am honored and excited to serve you this year as your National President. Please feel free to contact me, or our national office, if you have any questions or feedback for Psi Beta.

President Bittner may be reached at
410-386-8257 or lbittner@carrollcc.edu

The *PSI BETA NEWSLETTER* is published twice a year, fall and spring, by Psi Beta, Inc.

August 2008, the National Council appointed Valerie Smith, Collin Community College Psi Beta advisor, to complete the term of the Southwestern Regional Vice-President.

Contributions to Psi Beta

Psi Beta is a 501(c)(3) nonprofit corporation; all contributions are tax deductible to the extent allowed by law. Please make your contribution check payable to *Psi Beta, Inc.* and mail to Psi Beta, Executive Director Jerry Rudmann, 6025 Camino Correr, Anaheim, CA 92807.

Friends under \$25	Gold Circle \$250 to \$500
Advocates \$25 to \$100	Key Circle \$500 to \$1,000
Blue Circle \$100 to \$250	Honor Circle \$1,000 and over

Please include your name, address, email, and for whom to honor or remember, if you wish. All donations fund special awards and programs for Psi Beta students. A wonderful way to honor Psi Beta soldiers serving our country!

Service activities

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and community, psychology in the cinema, research in a community college, psychology in politics, or anything else that the student membership decides would be interesting to focus our activities around for the year.

Next we decide on our activities for the year. If your school is like ours, the earlier the paperwork can be completed the better. We can't do a thing without the VP of student activities written approval. We decide if we will go on day trips, attend conferences, have social gatherings, etc. We decide when our meetings will be held for the semester. And finally, we decide on the service activities we will participate in throughout the year. That's really what this article is about. We have put together a list of our favorite service activities that we have participated in throughout the last few years in hopes of generating ideas in other chapters. Let me preface this by saying our chapter tends to be fairly small. We usually have a membership of 15-20 at any given time, but our really active participants usually range from 3-7 people. I know many chapters face the same challenges. Where can we make a difference with so few people? What are some of the challenges we faced and how did our membership respond to the activity? Some of these activities are strictly campus based and others address community issues.

1. Volunteering with Habitat for Humanity - This was so fun. Habitat is such a great organization and you don't need any previous construction experience to volunteer. We painted one day and laid sod one day. The challenge we had with this activity was simply getting a person from Habitat to begin communicating with us to let us know what days were available for volunteering, and providing us with the release of liability paperwork so we could get started. Once you are in, they send you emails every week. The great thing that happened when we started volunteering for Habitat was that our Student Government Association began endorsing it, and now it is a college-wide activity, which has brought lots of students together. It is an especially nice activity to conduct in the fall.

2. Hosting National Depression Screening Day - The students really enjoyed this activity. We arranged to bring in volunteer mental health professionals from the community to provide assessments to anyone who was interested. We advertised in the community, so it really served both the community and the college. Students saw that a need existed. A surprising finding was that many males were identified as having significant symptoms of depression and anxiety, supporting the idea that the significance of these disorders in the male college population is underreported. National Depression Screening Day is in October.


3. Foster Angels - For the last three years, we have gotten together with the Department of Children and Families to "adopt" some of the children in foster care for Christmas. This is really a college-wide effort as we create Christmas tags that identify gift wishes of each child, then display them prominently on small Christmas trees distributed throughout the college. Faculty and students alike bring in gifts for the children, which we organize and deliver to the caseworker. We were going to cancel this activity last year, and there was such an outcry from the faculty and students, we decided to continue it.

4. Relay for Life - This is a well known service activity that generates fund raising and awareness for the American Cancer Society. Our Psi Beta chapter hosts a team, which all college students and faculty are invited to participate in. We conduct a few fundraisers, such as car washes, bake sales, and the like on campus, advertise on the marquee, and plan the activities for the evening of the Relay. We borrow tents from the environmental club and request donations from local business for sandwiches and sodas for our relay team for a midnight snack. There are ongoing events throughout the night as part of relay, so it is a very interactive event and a student favorite. This usually takes place in April/May.

5. CINA-psychology (yes, we made up the name) - Psi Beta offers movie showings throughout the semester that have psychological

themes and a discussion hour following the movie. If you can get a professional in the community to host the discussion, even better! Also, notify psychology instructors ahead of time about the event. They often give their students extra credit for attendance. This serves as both a fun venue for students, but also a great way to identify potential members who have a strong interest in psychology.

6. Campus Awareness Project - Last year, our chapter did a campus awareness project. This consisted of brown bag presentations around the lunch hour on a psychological theme. The theme last year was our changing perception of time. We looked at time and culture, time and our relationships, time and work. We were really surprised with the interest! I think especially compelling was the idea about how technology was supposed to provide us with more time, but instead, most of us are working more than ever. Also, the skyrocketing rate of animal neglect and surrenders largely due to, you guessed it, lack of time!

These are just a few of the service activities our chapter has participated in. They were the most widely attended, and showed the most student interest. We wish you luck in your endeavors to provide meaningful and interesting opportunities for students to participate in service to their college and community and we welcome any feedback or questions you may have about our experiences. 

Virginia Mathie, PhD, who had just retired as executive director of Psi Chi, received a plaque and gift from the Psi Beta National Council during the annual Psi Beta / PT@CC awards and social hour at the 2008 American Psychological Association convention in Boston. Dr. Mathie has been a long-time supporter of Psi Beta and a special mentor to Psi Beta's councils and advisors throughout her professional career as a psychology professor, Psi Chi advisor and the Psi Chi Executive Director.




Psi Beta national research project— There's still time to participate

Jerry Rudmann, PhD

Executive Director of Psi Beta

The national research project gives community college students an opportunity to engage in a research study. Participating students are encouraged to use data produced from the study to prepare APA style research reports and present posters on their findings at local, regional, or national psychology conferences. Psi Beta's National Council is sponsoring this project because it helps Psi Beta chapters and students fulfill the research component of Psi Beta's mission statement. Students, especially those attending colleges that do not offer a lower division research methods course, now have a way to be involved in research! It's not too late to participate. In fact, Irvine Valley College's Institutional Review Board can approve your chapter's involvement in the study, but you'll need to submit an application for IRB approval to me, Jerry Rudmann, at jrudmann@ivc.edu. Examples of research questions include the following.

- Do personality factors predict social and academic integration with college?
- Are students having lower levels of social integration with college open to help in becoming better connected?
- Do shyness and factors measured on the Big-Five interact to predict level of college integration and openness to outside help in becoming better integrated?
- What can Psi Beta chapters do to assist poorly connected freshmen in becoming more involved and satisfied with college life, and therefore more likely to persist and succeed in college?
- How do shy students explain and cope with their shyness?
- Are shy students less likely to adjust to college life? 

Changes Effective Now!

- Membership fees, paid by credit card or check, must be received by the new Financial Officer before certificates, pins and cards will be shipped.
 - New mailing addresses
 - Newly constructed web site soon
 - Merchandise not available until web site with shopping cart is completed
 - New members, chapters, advisors and activities will be listed in the Spring 2009 newsletter.
- Thank you for your patience during this transition.*

Change is in the wind!

Here are some details regarding the many changes going on at Psi Beta. Effective on August 1st, Michael McEwen and Donna Stuber-McEwen, who have helped run Psi Beta for the past seven years, decided to end their contract with Psi Beta. As a result, the national office has been moved from Wichita, KS to Anaheim, CA. A new Psi Beta national website having several great new features will launch during October. Several new awards have been established. The Building Bonds award has been added to the list of Psi Beta's awards. Also, the Chapter of the Year award has been discontinued and replaced with the Chapter Excellence award. New Psi Beta merchandise is in the works. As soon as the new website appears, you'll be introduced to some exciting new merchandise options. Be watching! New office addresses and contact information for Psi Beta are effective immediately. Please see below.

Register online or Mail membership REGISTRATIONS to:

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National Psychology Synergy Conference co-sponsored by Psi Beta and Psi Chi October 17-18, 2008

Carroll Community College, Westminster, MD
For more information go to psibeta.org

2008 Psi Beta Award Winners



Dr. Sue Oliver received a Psi Beta plaque for her 2008 Virginia Staudt Sexton Faculty Advisor Award.

**Carol Tracy Chapter
Community Service Award**
Suffolk County Community College, Brentwood, NY
Advisor: Dr. Andrea M. Macari

Virginia Staudt Sexton Faculty Advisor Award
Dr. Sue Oliver
Glendale Community College
Glendale, AZ

Psi Beta/Ann Robinson College Life Award
Dr. August Hoffman
El Camino College / Compton Center, CA

Wadsworth Outstanding Chapter Award



First Place: Carroll Community College (MD), pictured above.
Special Recognition: Cerritos College (CA)

Allyn & Bacon / Psi Beta Research Paper Awards

First Place: Maria Varga, Glendale Community College (AZ)
Hoodia-Gordonii & green tea on weight and activity level in female Long-Evans rats.



Maria Varga, left, recently graduated with High Distinction. Her study was conducted under the supervision of her advisor, Dr. Sue Oliver. Maria presented this research at the 2008 WPA. She is interested in behavioral and life science and is attending Arizona State University in the Honors College.

Second Place:

Carrie Miller, Irvine Valley College (CA)
Happiness interventions: The

effects of kindness, gratitude, and locus of control on happiness.

Third Place: Jacqueline D. Brightman, Glendale Community College (AZ)
Regular and sugar free Red Bull on female Long-Evans rats' water maze performance.



Jacqueline Brightman