CHAIR’S CHAT: Finding a Way

“...People who have comparable levels of talent and opportunity often enjoy strikingly different levels of success.” (Duckworth & Gross, 2014, p. 391).

As I write this column, I am thinking about our recently graduated students. I am thinking about the life changes and adventures in their future. It’s interesting to consider how people can become successful even when things don’t come easily for them.

Imagine that you have worked hard as an undergraduate, did everything you could to prepare yourself for graduate school, but still didn’t get accepted. I know some students who have run into that wall. I also know students who ran into the wall but persisted and found a way to get accepted, maybe the next year, or maybe in a different type of graduate program. Similarly, you may have your heart set on a job, felt qualified for it, but still did not get it. Or you may have worked tirelessly on a research project only to encounter an obstacle such as malfunctioning equipment, lack of participants, or a confound that you hadn’t thought of earlier. What is the difference between someone who overcomes and someone who does not?

One relevant factor is grit. Duckworth and Gross (2014) note that both self-control and grit are predictive of future success. People with high levels of self-control are able to make good choices about what action to choose, like choosing to study for an exam instead of bingeing on Netflix. People with high levels of grit are able to maintain their focus on a high-level goal which in turn drives lower-level actions. For example, if your goal is to become a social psychologist, grit helps you choose the actions that enable you to earn your Ph.D. The first currently-enrolled UCM Psychology student who emails me about this sentence will receive a small prize. The literature indicates that self-control and grit are moderately correlated, so people who can choose the appropriate action are not al-

ways the same people who will persevere to achieve a long-term goal (Duckworth & Gross, 2014).

It is important to accurately self-assess what kind of goal is realistic for you. Winning an Olympic gold medal may be a goal that is out of reach no matter how much grit you have. (But if it is achievable for you, it probably won’t happen unless you have enough grit).

Think about a more general life goal. So instead of focusing on earning a Ph.D. in Social Psychology, maybe your real goal is to make a scholarly contribution that will help reduce prejudice. Once you identify your real goal, you may see that there are multiple ways to get there, so if one route is blocked (didn’t get in to a Social Psychology Ph.D. program), you can still find another way to be successful.

Consider how knowing about grit and self-control can help you achieve a life goal. You need a requisite level of ability, but that won’t be enough. How will you use your self-control to make wise choices? How will you use your grit to find your way around the obstacles in your path? Successful people find a way. That can be you!

Behavior Analysis is the science of behavior (learning) and the application of that science to socially significant problems. The purpose of the B.A. Club is to educate, support philanthropic activities, and provide leadership opportunities and a supportive environment for individuals with shared values. The B.A. Club hosts behavior analysis speakers as part of the Wednesday Afternoon Speakers series, Psychology Job Day, Fall Semester Welcome, and the End of Semester Brinner. Members of the B.A. Club travel to regional and national state conferences as well. B.A. Club participation is a good way to get involved with your peers, build community, and gain leadership experience. Membership is $10. T-shirts are available for purchase. Meetings dates will be posted on the B.A. Club board, they are usually held every two weeks on Wednesdays at 4 pm. If you are interested in joining, please contact one of our officers.

President: Cody Meehan
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Secretary: Lindsay Birke
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Treasurer: Bailey Herigon
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Historian: Lindsey Hillhouse
lrh33450@ucmo.edu
Adviser Faculty: Dr. Lundervold
lundervold@ucmo.edu
Psi Chi

Psi Chi is the International Honor Society in Psychology that encourages academic excellence and stimulates the advancement of psychological science. Meetings will be on assigned Wednesdays at 3:00 pm in Lovinger. August 23rd we will have a kick-off event on the front lawn of Lovinger at 3:00 pm, food and lawn games will be provided. Psi Chi will have social gatherings, CV and GRE workshops, volunteer opportunities for networking, scholarships, research funding, and advice for research, posters, and presentations. Attending our meetings is also a great way to get to know the professors, other students, and staff in the department.

This year, we are going to be participating in a few homecoming events like the spirit window and the Homecoming parade. Our first official meeting will be on August 30th and the topics will be meeting the professors and getting ready for homecoming. Overall, we love having fun, meeting new people, and talking about psychology at our meetings! Come see us at the Get the Red Out event (August 31st at 4-6 pm) and the Involvement Fair (August 16th 3-5 pm.)

**PSI CHI Minimum Qualifications:**
1. Complete at least 3 semesters
2. Completion of 9 semester hours of Psychology
3. Undergraduates must have an overall and Psychology GPA of 3.0 **and** rank in the top 35% of their class
4. Graduates must have an average grade of “B” or better in all graduate courses
5. Higher standards of personal behavior

**Current Psi Chi Officers 2017-2018:**
- **President**
  Taylor Rodieck (tsr75300@ucmo.edu)
- **Vice President**
  Bailey Herigon (blh29910@ucmo.edu)
- **Treasurer**
  Ashley Douglas (axd33990@ucmo.edu)
- **Secretary**
  Megan Worner (mmw18420@ucmo.edu)
- **Historian**
  Kymmalett Ross (kross@ucmo.edu)

Psychology Club

An important aspect of Psychology Club is to further student's skills needed to help promote a successful future. These skills include communication, research presentation skills, networking, managing a CV, and how to prepare for the GRE. Psychology Club provides opportunities for volunteering on and off campus, psychology tutors, research funding, and more. We have been very involved in service and frequently provide students with various service opportunities. This year we plan to volunteer at the Out of the Darkness Walk and Veteran’s Walk. One of our yearly highlighted goals is to help send members to regional (Great Plains) and national conferences (APA/APS). Typically students present their research in forms of posters or oral presentations.

This year dues are $5.00 for a semester or $10.00 for the year.

**Faculty Advisor**
Dr. Ellie Hwang
hhwang@ucmo.edu
LOV 1204

**Psychology Club Officers**
- **President**
  Lucas Provine (lep75130@ucmo.edu)
- **Vice President**
  Victoria Cole (vcc31450@ucmo.edu)
- **Treasurer**
  Michelle Poynter (mrp80890@ucmo.edu)
- **Secretary**
  Megan Worner (mmw18420@ucmo.edu)
- **Historian**
  Kymmalett Ross (kross@ucmo.edu)

For Psi Chi and Psych club meeting dates see their display boards on the first floor hallway of Lovinger.
Students wanting to present at any conference MUST have a faculty sponsor’s approval BEFORE submitting.

“The Association for Psychological Science’s Annual Convention brings together psychological researchers and academics for an exciting program that covers the entire spectrum of innovative research in psychological science.” - APS 2013 Program Guide

APS call for submission usually begins in October. Submission deadline for the 2018 conference is December 1, 2017.

For more information on the 2018 APS Convention being held in San Francisco visit: http://www.psychologicalscience.org/conventions/annual

Deadline for 2018 submissions is December 1, 2017.

Types of Submissions
• Symposia: Focused sessions in which multiple participants present their views about a common theme, issue or question.
• Skill-Building Session: Programs based on teaching direct skills and application to participants.
• Conversation Hours: Opportunities for informal discussion and exchange of ideas between the audience and usually one or two presenters.
• Posters: Sharing of research findings, new ideas, innovations and advances in the profession with as many individuals as possible.
• Papers: Papers submitted to a division will be grouped together by the division program chairperson within paper sessions scheduled for either 50 minutes or 1 hour and 50 minutes

Why a Master’s Degree In Psychology?

Why choose UCM for your master’s degree? Check out our bulletin board located on the 1st floor of Lovinger hallway, to see what these eight alumni did with their MS degree from UCM.

<table>
<thead>
<tr>
<th>Dr. Jeffrey Brown</th>
<th>Dr. Laura (Glass) Umfleet</th>
<th>Dr. Heather Tree</th>
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<tr>
<td>Dr. Jared Bartels</td>
<td>Dr. Jennifer (Seeley) McGee</td>
<td>Dr. Daniel Turpin</td>
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<td>Dr. Callie (Brockman) Cooper</td>
<td>Dr. Amanda (DeVaul) Fetters</td>
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• Collaborative Learning Experience Effort between Art and Psychology Students University of Central Missouri
  Gage Bunting, Maggie Schmiegelow, Melanie Johnson, Joyce Jablonski, Adam Runyan, and Michael Omerza

• EEG: Frontal Pole Asymmetry and Video Game Addiction University of Central Missouri
  Adam Runyan, Michael Omerza, Taylor Rodieck, Amanda Fuller, Darby Simon, and Isaac Flint

• Suicide Treatment on College Campuses: Establishing Online Programs University of Central Missouri
  Joshua Cockrell and Daniel Whittaker

• Development of the Video Game Preference (VGP) Instrument to Assess Types of Video Games Played by College
  Taylor Rodieck, Adam Runyan, Michael Omerza, Darby Simon, Amanda Fuller, Isaac Flint, and Teigan Hockman

• The Amount of Sleep Students Receive on Their Stress Levels/Daily Performances
  Taylor Rodieck

• Reporting of Climate Change Attitudes and its Relation to Social Desirability Bias
  Makia Alghamdi

• Internal Reliability of the Video Game Preference Questionnaire (VGPQ)
  Darby Simon, Michael Omerza, Adam Runyan, Taylor Rodieck, Amanda Fuller, and Isaac Flint

• Do Quality Websites Matter? Factor Affecting Online Treatment Acceptability
  Sara Hancock

• EEG: Frontal Cortical Asymmetry and Violent Video Game Preferences University of Central Missouri
  Michael Omerza, Adam Runyan, Taylor Rodieck, Amanda Fuller, Darby Simon, and Isaac Flint

• Dyscalculia: Leaving Behind Brilliant Minds University of Central Missouri
  Teigan Hockman
Wednesday Afternoon Research Talks (W.A.R.T’s)

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<tr>
<th>Date</th>
<th>Presenter</th>
<th>Title</th>
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<tr>
<td>Sep. 6</td>
<td>Vicki Gier and David Kreiner</td>
<td>Why You Should Do Research and How to Get Started</td>
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<tr>
<td>Sep. 20</td>
<td>Rodney Wilson</td>
<td>Memory and Brain Lateralization</td>
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<td>Oct. 4</td>
<td>Oriana Aragon</td>
<td>Dimorphous Expressions</td>
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<td>Oct. 25</td>
<td>Ethan Flurry</td>
<td>TBA</td>
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<td>Nov. 8</td>
<td>TBA</td>
<td>Behavior Analysis Month</td>
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<tr>
<td>Nov. 29</td>
<td>TBA</td>
<td>Behavior Analysis Month</td>
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The Wednesday Afternoon Research Talks are a good way for students who need research credit in General Psychology courses to earn credit. Oh yeah, they are also great way to learn about research!!

All presentations are in Lov. 1290 from 3:30 pm- 4:30 pm

www.ucmo.edu/psychology/news/talks.cfm
Thank you to all of our presenters!

Social Media Club

Do you use Facebook, Twitter, Instagram, or Snapchat? Do you want to get more active and gain valuable experience for your vitae? If so, consider joining us in the Social Media Committee (SMC)!

SMC is actively recruiting members who are interested in working with the department social media platforms.

Check out our board in the hallway across from the main office. Also be on the look out for flyers and announcements on the department social media sites.

For more information contact the President

Officers

President: Amy Biggerstaff-ambiggerstaff@ucmo.edu
Vice President: Makia Alghamdi-mxa16230@ucmo.edu
Secretary: Victoria Cole - vcc31450@ucmo.edu

Faculty Sponsor:
Dr. Aqualus Gordon agordon@ucmo.edu
The Annual Psychology Banquet was held on April 5, 2017 at the American Legion, here in Warrensburg. During the banquet, awards were presented to show accomplishments for the past year and to present scholarships for the upcoming year. There were over 100 students, faculty, staff, and alumni in attendance. Congratulations to all award winners.

Jerome Sattler Awards
- Best UG Poster/Paper Presentation
  Amy Biggerstaff
- Research as part of an UG course
  Makia Alghamdi
- Best GR Poster/Paper presentation
  Chase Tryon

Robert N. Higgins Scholarship
  R. Nikole Wright

Arthur John TerKeurst Scholarship
  Sydney Piontek

Joseph J. Ryan Graduate Scholarship
  Michael Omerza

Jeff Brown Leadership Awards
  Amy Biggerstaff
  Chase Tryon
  Cody Meehan

CHST Excellence in Performance - Staff Award
  Tina Walker

CHST Excellence in Service
  Katie Jacobs

Fall 2017 Finals Schedule
PUBLICATIONS


PRESENTATIONS


Present and former students are in bold.