When I talk with students about their enrollment plans, I get some interesting comments about online courses. The students who seek out online courses like their convenience and the control that it provides over their time. Those who don’t like online courses may note that they don’t get as much out of the courses as they do with face to face courses. With online courses becoming more and more common, I thought it might help to provide some ideas about how to get the most out of them.

Learn About Yourself

One of the keys to success is to know yourself. What are your strengths and weaknesses? What do you enjoy or dislike? What really gets you going? Being able to answer these questions puts you in a better position to be successful.

Students who do well in online courses tend to be organized, conscientious, and able to structure their time without a lot of external guidance. People who procrastinate a lot tend to struggle. Likewise, people who are not detail-oriented can miss important things about an online class, resulting in missed opportunities, frustration, and low grades.

Develop Your Skills

If you have a choice about whether to take a course online or face-to-face, consider which is the better fit for you. But also think about your potential for growth. For example, if you are a “big-picture” person and tend to miss the details, consciously focus on how you can improve your attention to detail while taking an online course. After all, being more detail-oriented can not only help you do better in all of your courses, it is also a characteristic that employers value highly.

Online courses typically require a greater degree of independence on the part of the student. You are likely to get fewer reminders, for example, about when things are due. Without the face to face interaction with the instructor, you may need to develop your ability to learn from various resources, like textbooks, videos, and activities that your instructor makes available. In many employment settings, you will be expected to learn things by reading a manual, watching an online tutorial, or simply by figuring it out on your own. Think of it as a challenge and then accept that challenge!

Learn About Your Instructor

Another thing I hear sometimes about online courses is that students miss getting to know the instructor. I’ll be honest: some instructors are better than others at letting their students know that they are involved in the course. Instructors might do that with regular announcements, personalized emails, or detailed feedback on assignments. If you feel like your instructor isn’t “present” in a course, take some initiative. Most faculty love to talk about the areas they teach and about their teaching styles. If the first thing they hear from you is, “This course sucks and you are doing a terrible job,” of course they are likely to react in a defensive manner. But if instead they hear from you, “I’m finding the course material really interesting and I’m wondering how you got into this area,” that is much more likely to lead to a good conversation.

Finally, a brief comment about technology. Take the time to learn the specific technology that is being used in an online course, whether that is submitting assignments in Blackboard or completing activities on a publisher’s website. Learning those functions early in the semester can lead to a much better course experience.
Senior Information

**Seniors:**

**Graduation:** Apply for graduation once you have completed 90 credit hours.

The following are REQUIRED to graduate:

**Capstone Course:** PSY 4110, History of Psychology

**ACAT:** Area Concentration Achievement Tests

Where do I register?
Log on: MyCentral
Select tab: “Students Services”
Scroll: “Testing Services Registration Calendar”
Admissions: Bring a valid photo ID

**Graduation Exit Interviews:** Information will be provided in your capstone course.

**Mark Your Calendars**

**Graduate Commencement:**
Friday, May 4th, 2018 at 2:30 p.m. Multipurpose Building Arena

**Undergraduate Commencement:**
Friday, May 4th, 2018 at 6:00 p.m. Multipurpose Building Arena

**APS Annual Convention:**
May 24-27, 2018 in San Francisco

**APA 126th Annual Convention:**
August 9-12, 2018 in San Francisco

**Thursday Afternoon Research Talks**

The Thursday Afternoon Research Talks (T.A.R.T.s) 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 Lovinger 1290 from 3:30-4:30 p.m.

Thank you to all of our presenters!

Check out the website below to see the topics and access videos to previous presentations!

Web site: http://www.ucmo.edu/psychology/news/talks.cfm

<table>
<thead>
<tr>
<th>DATE</th>
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<th>TITLE</th>
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<tbody>
<tr>
<td>Jan. 25</td>
<td>Bernardo Carducci <em>MOVED TO WOOD 19</em></td>
<td>Everything You Ever Wanted to Know About Shyness But Were Too Shy to Ask</td>
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<tr>
<td>Feb. 8</td>
<td>Vicki Gier and David Kreiner</td>
<td>Incorporating Active Learning with PowerPoint Lectures</td>
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<tr>
<td>Feb. 22</td>
<td>Angel Munoz</td>
<td>Performing Intended Actions Under Divided Attention Might Lead to Performance Errors and Commission Errors</td>
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<td>Mar. 8</td>
<td>Sawyer Harmon</td>
<td>Behavioral Assessment of Test Anxiety in Undergraduate Nursing Students</td>
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<td>Mar. 28</td>
<td>Steven Schwenke</td>
<td>Behavior Analysis Across I-70</td>
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<td>Apr. 12</td>
<td>Blake Lancaster</td>
<td>Why Behavior Analysts Are Particularly Well Suited to Provide Behavioral Health Services in the Pediatric Primary Care Environment</td>
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Alumni Update: Jess Fear

I graduated from the University of Central Missouri in 2011 and immediately went to pursue my Master’s in Counseling Psychology with an emphasis in community mental health. During my time at the University of Denver, I had the privilege of completing a practicum at the Salvation Army Adult Rehabilitation Center. This is where I found my passion for working with persons experiencing Severe Mental Illness and co-occurring substance abuse. I continued on to internship at the Gender Identity Center of Colorado and worked with individuals identifying as transgender. My experience at these two practice oriented settings lead me to my passion for working with this co-occurring disorder population. After my Graduation from DU in 2013, I began my career as a therapist focusing on dual diagnosis populations and was able to begin working at the Colorado Coalition for the Homeless. During this time, I was a member of an Assertive Community Treatment team providing services to individuals in the community and office setting. I quickly learned of my passion to help improve systems and programs for persons experiencing homelessness, and co-occurring disorders. I was eventually promoted to Program Manager and began to hire and train my own Assertive Community Treatment team focusing on assisting the highest utilizers of emergency and jail services in the City of Denver. The Social Impact Bond, Pay for Success model allowed my team to provide clients, most of whom had experienced homelessness for upwards of 20 years, permanent supportive housing and wrap around ACT services. I had the privilege of designing procedures and protocols for effective team management and communication, providing direct supervision to clinical and non-clinical staff, and continuing to see clients in an individual and group setting. Recently, I realized my potential to see big picture changes and wanted to explore my passion and skill with working on large scale system changes. I was offered a position at the Health District of Northern Larimer County as a Manager of Behavioral Health Strategy and Implementation and act as their current Substance Use/Mental Health Treatment Specialist. I am working on growing to understand the culture and systems in Larimer County and work on organizing community groups for the purpose of providing increased Evidence Based Best Practice substance use and mental health treatment to the residents of Larimer County. While I am currently licensed as a Professional Counselor in Colorado, I am also working on an addition License in Addiction Counseling. I am very thankful for the program, faculty and staff at the University of Central Missouri. When Dr. Schuetz, and Dr. Carter invited me to explore research and teaching assistant opportunities I was lost and had little direction or purpose. The faculty at UCM saw potential that I was unaware of and took a personalized approach with me. They were nothing but completely supportive and pushed me to realize my potential in the field of counseling and mental health while providing me with the confidence and research experience I needed to continue my education.

Alumni Update: Hope (Nordyke) McCoy

In May 2012, I graduated from the University of Central Missouri summa cum laude with a bachelor’s degree in psychology and a bachelor’s degree in political science. During my undergraduate career, I was a Teacher’s Assistant to Dr. Patricia Marsh and was a Research Assistant to Dr. Patrick Ament. Additionally, I was a co-investigator of a research project with Dr. Ament where we looked at whether there was a difference between right and left frontal lobe activity in regards to accuracy on eyewitness recall.

During my studies in psychology, I became increasingly interested in how certain psychological disorders can play a role in criminal behaviors. With that new spark of interest, I joined the Mock Trial team, which I found to be exciting and intellectually challenging. Based upon my experience in Mock Trial, I became cognizant that my interest and abilities coincided with those of a lawyer and I decided to pursue a career in law. After graduating from UCM, I began law school at the University of Missouri-Kansas City. During my law school career, I was also involved with Mock Trial and was a member of Law Review and the Urban Lawyer Journal. Additionally, I interned at the Jackson County Prosecutor’s Office, the Missouri Court of Appeals for the Western District, and worked at a plaintiff personal injury law firm.

I graduated from law school in May 2015 and am now licensed to practice law in Missouri and Kansas. Today, I work at the Nordyke Law Offices in Butler, Missouri along with my father, Stephen K. Nordyke. My practice areas are focused on personal injury and criminal defense. I am fortunate enough to have a job I love doing and to be a voice for those who need it the most.
Psi Chi is the international honor society in Psychology. The UCM chapter of Psi Chi provides many opportunities for development and involvement. We strive to engage the students in the field of Psychology and provide experiences that relate to the profession.

This year the Psi Chi officers have planned a variety of social, philanthropic, and educational events for members to participate in. Psi Chi kicked off the spring semester with a meet the professors event. Dr. Lundervold talked about the various ABA programs offered at UCM. Our meetings so far have focused on the importance of research and helped students prepare for Great Plains Students’ Psychology Convention. These were new Psi Chi members inducted during fall.

**Fall 2017 Inductees:**
- Taya Riediger
- Kaylynn Wolfe
- Malissa Finley
- Lindsey Hillhouse
- LeVon Crapse
- Madison Baird
- Madison Burtis

This semester, spring induction was held on Wednesday, March 14th in LOV 1290 at 5:00 p.m.

**Spring 2018 Inductees:**
- Raven Alade
- Jason Benson
- Katelyn Chaney
- Margureite Copling
- Jacob Cox
- Daelynn Dabney
- Kaylea Dennis
- Michael Harris
- Heather Jenkins
- Candra Johnson
- Samantha Perkins
- Sydney Piontek
- Hailey Politte
- Lucas Provine
- Darby Simon
- Jyllian Stewart
- Kelsi Whitaker

Psi Chi and Psychology Club hold their bi-weekly meetings together on Wednesdays at 3:00 p.m. in LOV 1160. All students are welcome, please join us to find out more about how to get involved in the Department of Psychological Science here at UCM!

**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 2016-2017:**
- **President**
  - Taylor Rodieck (tsr75300@ucmo.edu)
- **Vice President**
  - Bailey Herigon (blh29910@ucmo.edu)
- **Treasurer**
  - Ashley Douglas (axd33990@ucmo.edu)
- **Secretary**
  - Megan Henry
  - Tiffany Hibbs
  - Alisha Butler
- **Historian**
  - Kymmalett Ross (kross@ucmo.edu)
- **Social Media**
  - Amy Biggerstaff (ambiggerstaff@ucmo.edu)

**Faculty Advisors:**
- Dr. David Kreiner (kreiner@ucmo.edu)
- Dr. Steve Schuetz (schuetz@ucmo.edu)
- Lovinger 1114
- Lovinger 1112

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**SPSP Conference**

**ABA International Convention**

**Fall 2017 Psi Chi Inductees:**
- Taya Riediger
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- Madison Baird
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- Samantha Perkins
- Sydney Piontek
- Hailey Politte
- Lucas Provine
- Darby Simon
- Jyllian Stewart
- Kelsi Whitaker

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**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

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- Lovinger 1114
- Lovinger 1112

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**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

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- Lovinger 1114
- Lovinger 1112
Psychology Club

Psychology Club is open to any student who is interested in psychology. The meetings are held every other Wednesday in conjunction with Psi Chi at 3:00 p.m. Meetings are located in Lovinger 1170. The dues are $5 a semester or $10 for the full academic year. Students can join at anytime during the semester. Dues can be given at the meetings (to the president or treasurer) or by dropping it off at the Department of Psychological Science in Lovinger 1111. Please attach your name and email to the money. Come check out a meeting to see if you are interested in our organization.

We stay active by holding bimonthly meetings and sending out minutes of each meeting to your student email. These minutes outline any upcoming events, programs, or fundraisers. In the past, we held one bake sale each semester and sold sunglasses. More than half of these profits are donated to the charity or cause of our choosing. We also held off-campus meetings to bring our members closer together. This year, we will be doing two fundraisers each semester. Additionally, we help host the Psychology Banquet as well as volunteering with Psi Chi, and much more!

Psychology Club Officers

President
-Lucas Provine (lep75130@ucmo.edu)
Vice President
-Jamie Weeda (@ucmo.edu)
Historian
-Kymmalett Ross (kross@ucmo.edu)
Secretary
-Megan Worner (mmw18420@ucmo.edu)
Treasurer
-Michelle Poynter (mrp80890@ucmo.edu)
Social Media
-Amy Biggerstaff (ambiggerstaff@ucmo.edu)

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

Behavior Analysis Club

You are invited to join the Behavior Analysis Club! Behavior Analysis is the science of behavior (learning) and the application of that science to socially significant problems. The purpose of the Behavior Analysis Club is to educate, support philanthropic activities, and provide leadership opportunities and a supportive environment for individuals with shared values. Meetings are every other Monday at 4:00 PM. If you are interested, please contact one of our officers.

Wendy Hayworth - President; wmh89960@ucmo.edu
Taya Riediger - Vice- President; tbr55450@ucmo.edu
Ashley Douglas - Secretary; axd33990@ucmo.edu
Taylor Rodieck-Social Media; tsr75300@ucmo.edu
Bailey Herigon - Treasurer; blh29910@ucmo.edu
Lindsey Hillhouse - Historian; lrh33450@ucmo.edu
Dr. Lundervold- Advisor; lundervold@ucmo.edu

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

For more information contact SMC Chair, Amy Biggerstaff (amb76280@ucmo.edu), you can also send us a message on Facebook @UCMPsychDept or visit https://www.facebook.com/UCMPsychDept/.
Spring 2018 Finals Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>8 a.m. -</td>
<td>MWF, MW, MF, M only</td>
<td>TR, T only 8 a.m.</td>
<td>MWF, MW, MF, M only 9 a.m.</td>
<td>TR, T only 9:30 a.m.</td>
<td>MWF, MW, MF, M only 12 p.m.</td>
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<tr>
<td>10:30 a.m.</td>
<td>F only or off schedule or reschedule</td>
<td>M or T off schedule or reschedule</td>
<td>W only or off schedule or reschedule</td>
<td>R only or off schedule or reschedule</td>
<td>MWF, MW, MF, M only 3 p.m.</td>
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<td>12:30 p.m.</td>
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<td>1 p.m. -</td>
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<td>MWF, MW, MF, M only 11 a.m.</td>
<td>TR, T only 12:30 p.m.</td>
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<td>3 p.m.</td>
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<td>TR, T only 2 p.m.</td>
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<tr>
<td>5:30 p.m.</td>
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Faculty and Student Presentations and Publications


