S
panning from kindergarten through
college age, members of this younger
generation are no strangers to the concept
of anytime, anywhere learning. This fact
motivated me to want to know what they know.
This past year, I became even intrigued with the
possibility of using social networking
technology in the courses I teach. By social
networking technology, I refer to internet-based
networks that are used primarily to meet others
such as MySpace.com and Facebook.com (or
even virtual worlds such as SecondLife.com
and There.com), not general new web tools
with a social component like blogs or wikis,
although these may be an integral part of these
sites.

I have been grappling with the idea of
how my teaching may be transformed using
social networking technology. In the process
of deciding whether or not to pursue this, I
generated a list of pros and cons to help me
decide. I still continue to add to this list, but I
thought for now, I’d share them with you.

My list of PROs...
1. It’s a great way of using Internet-based tools
with which most students are already familiar
with and using.
2. The tools for communicating and public
debate/thinking inherent in these social
networks may be an excellent supplement to
classroom discussions, and may even be useful
to those instructors already teaching online
courses.
3. The tools in a social network are all
standardized and viewable regardless of the
computer browser accessing them.
4. Students can continue the academic
conversation beyond the classroom as long as
they are able to access the Internet.
5. It’s free!

My list of CONs...
1. Not all students will be on social networks
and may be reluctant to join up. They can, of
course, create a profile just for the unit and
delete it afterwards.
2. Students may not necessarily understand
the distinction between the personal and what
is suitable for academic discourse, so there may
be an inappropriate blurring of lines.
3. The tools and data are not owned by the
institution, so there is no guarantee of reliable
service or confidentiality.
4. Perhaps students may view their own sites
and their network of “friends” as their virtual
“turf,” so they need to want you there.
5. What do you do if one or two students feel
like it’s an invasion of their space and the rest
of the class is OK with it? You would need to
have an alternative means of delivering
information.
6. An instructor will need to make sure that you
understand how the network works so that you
keep your credibility. Spam a group or
communicate too casually (or even too
formally) and the information may become
permanent on the web.

If I were to use something like Facebook
or MySpace for teaching, I may likely do the
following:
1. Create my own profile and determine
whether to use my personal one or set up a new
“work” (i.e., a teaching site) one.
2. Ask (or encourage) students if they wish to
add me as their friend on their site.
3. Create a “group” for the unit.
4. Use the group to send out notices of classes,
room changes, and other announcements via the
“message all members” function
5. Encourage the students to use the wall posts
or discussion board to communicate - ensuring
that they understand I was okay with social
chitchat that may likely be posted.
6. Pull into my profile a “feed” from the course
blog so that it appears in the students’ news
stream. An example of such feeds may relate to
news and articles from relevant sites that may
be of interest given topics covered in the
course. A social bookmarking site called
del.icio.us account to articles of useful reading.
7. If I was really, really enthusiastic, motivated,
and clever enough…I’d create a Facebook
application specific to the course that would
give students the option whether to install it or
not. I wonder if DoIT may be able to help me
with such a venture.

Recently found out a really neat website
www.ning.com - where one is able to create
customize, and share your own social
networking for practically anything and for
free. I have yet to discover what this site can
do or if it may be helpful to my teaching, but it
does look very promising. I get exciting when
interesting website like come to my attention.
Thanks to a number of my “tekky” friends who
seem to have much time in their hands
exploring the Internet.

Perhaps you too will develop a motivation
to explore what tools the Internet can provide
not only to make the teaching-learning
environment a more effective and efficient
using new tools, but also to make our
classrooms, virtual or not, more engaging for
you and your students.

Richard S. Velayo, Ph.D.
Co-editor, Psych Eye
In spite of the President’s (of Pace) resignation, you, the students, and we, the faculty, are still living in difficult times. Nothing in the mega-structure of the university seems to work smoothly, certainly not the major administrative offices of the university – SARS etc. They are understaffed as are we of the department. Rest assured that we, the staff and faculty, will continue to work hard on your behalf. Everyone we deal with assures us that there is indeed light at the end of the tunnel. In the meantime, we will necessarily have to light our candles and keep them lit.

Now for the best of times. We have been informed by the American Psychological Association that our doctoral program has been re-accredited for the maximum seven-year term. This is in itself an extraordinary accomplishment. In these resource strained times, it is more than extra-ordinary. Such an accomplishment brings honor to all and could not have been achieved without the hard work, skill, and good will of all in the department and all in the administration who contributed to the successful effort.

Reaccreditation is good news for our doctoral students, to speak the obvious. It is also good news for our undergraduates and master’s students. Why? Because it attests in a most visible way to the quality of our faculty, our curriculum and our students. Whether reaccreditation ought to, to the degree it does, grant respectability to all within this department, and, by extension, to all within Pace, may be debatable. That it does is not. In that let us rejoice.

To be sure the department needs more faculty, more staff, more computers, more space, and more resources if we are to accomplish all that we wish and must. To be sure we can never be satisfied with what we have done when there is so much more to do. But, we can certainly take pride in a job very well done.

Herbert H. Krauss, Ph.D.
Professor and Chair Psychology Dept.

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**Faculty Happenings**

National Academies of Practice Inducts Florence L. Denmark, PhD

![Florence Denmark](image)

Professor Emeritus, Pace University

The National Academies of Practice is pleased to announce the election of Florence L. Denmark, PhD, from New York, NY as a distinguished scholar-member of the NAP. Dr. Denmark was installed at a gala membership banquet on November 3, 2007 in Arlington, Virginia at which the National Academies of Practice inducted new members from the ten healthcare professions.

The National Academies of Practice was founded in 1981 in recognition of the need for interdisciplinary collaboration in healthcare. It is comprised of distinguished practitioners and scholars from all of the primary health professions now including ten disciplines: Dentistry, Nursing, Optometry, Osteopathic Medicine, Medicine, Psychology, Podiatric Medicine, Social Work, Veterinary Medicine, and Pharmacy. Only 150 distinguished members can be elected to membership, so selection is indeed an honor. Each year, the NAP sponsors a Forum on public policy issues. This year’s meeting focused on healthcare workforce issues. The NAP will issue a public policy statement on this topic shortly.

**Dr. Florence Denmark Receives the Raymond Fowler Award**

![Florence Denmark](image)

Dr. Florence Denmark was presented her award by Dr. Ray Fowler (past CEO of APA) and Dr. Sharon Brehm (2007 APA President)

On August 19, 2007 at the 2007 APA Convention in San Francisco, Dr. Florence Denmark received the Raymond Fowler Award for Outstanding contributions to American Psychological Association.

**Dr. Barbara Mowder’s recent publications are as follows:**


**Dr. Yvonne Rafferty** has two articles currently in press. Both articles focus on her international work on child trafficking and commercial sexual exploitation.

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**Happenings**

**Faculty**

Dr. Florence Denmark Receives the Raymond Fowler Award

**Nonverbal Behavior,**

Dr. Yvonne Rafferty has two articles currently in press. Both articles focus on her international work on child trafficking and commercial sexual exploitation.

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**Meetings, in Toronto, Canada. The panel was titled: “Transmission of Trauma: Implications for Intervention in the Wake of Loss Derived from the World Trade Center Project,” and his presentation was titled: “Nonverbal Behavior, Play Processes and Themes in Mother-Child Interaction: Play in the Wake of Traumatic Loss.” Dr. Sossin continues to collaborate in this post 9/11 project, which is anchored in the Laboratory of Communication Sciences at New York Psychiatric Institute. Earlier in the year, Dr. Sossin presented “Parent-Child Movement Patterns and Interactions Styles: Considerations of Dyadic Stress-Sharing” at the Workshop “Child Analytic Perspectives on Helping Children Whose Mothers are in Treatment for Trauma and Depression,” at the Vulnerable Child Discussion Group at the Annual Meetings of the American Psychoanalytic Association. In July, 2007, Dr. Sossin was an invited keynote speaker, and closing-panel participant at an international congress on movement analysis in education, therapy and science. Titled “Moving from Within” the congress was held in Freising, Germany (near Munich), and was hosted by The Zentrum fuer Tanz & Therapie for its 20-year anniversary. Dr. Sossin’s presentation on the “History and Future of the Kestenberg Movement Profile” has since been published (see below). In September, 2007, Dr. Sossin presented a workshop with Professor Susan Loman of Antioch New England Graduate School at the 42nd Annual meetings of the American Dance Therapy Association: The presentation was titled: “KMP Contributions to Working with Children on the Autism Spectrum.” In addition to Dr. Sossin’s interest in clinical intervention with children with


Dr. Richard Velayo received the Wilhelm Wundt Award from NYSPA.
There are many exciting happenings in the graduate psychology programs at Pace University-New York City. One of the main activities was the March 1st and 2nd, 2007 visit by the American Psychological Association’s (APA) site visit team. The team represents the “eyes and ears” of the APA’s Committee on Accreditation (CoA). Our site team was chaired by Dr. Sandra Harris, Acting Dean for the Graduate School of Applied and Professional Psychology at Rutgers University. The school psychology specialist was Dr. Thomas Huberty, the Director of the School Psychology Program at Indiana University-Bloomington. The generalist on the team was Dr. Maureen McHugh, a Professor in social psychology in the Psychology Department at Indiana University of Pennsylvania.

When the team was visiting, they met with individual faculty, as well as the Dean, Nira Herrman, the Associate Dean, Joseph Franco, the Interim Provost, Geoff Brackett, and the then-President, David Caputo. In addition, they met with many doctoral students, alumnae from the doctoral program, and field supervisors. They also toured our facilities, including the library as well as the renovated McShane Center for Psychological Services. The materials prepared for the visit were impressive and the site team was pleased with the program. Their final verbal report included many comments regarding the quality of the program, including the faculty and student; their one major concern was the lack of video equipment in the McShane Center for Psychological Services. This problem is in the process of being corrected. The visit was extremely successful and the Doctor of Psychology (Psy.D.) in School-Clinical Child Psychology was reaccredited for seven years (the highest level of accreditation offered by the APA).

Part of the APA Self-Study materials included a presentation of the publications and presentations of our students over the past seven years (since the last APA site visit). The listing is impressive and includes student presentations at meetings including the APA, American Orthopsychiatric Association, American Psychiatric Association, American Psychological Society, Eastern Psychological Association, International Council of Psychologists, National Association of School Psychologists, New York Academy of Sciences, and New York State Psychological Association. In addition, many students have published in a variety of professional outlets. For example, students have been published in the following outlets: Clinical Child Psychology and Psychiatry, Journal of Child and Family Studies, Journal of Early Childhood and Infant Psychology, Journal of Psychosomatic Research, Psychoanalytic Psychology, Professional Psychology: Research and Practice, Psychology in the Schools, and The School Psychologist. In addition, one of our graduates, Dr. Athena Drewes, has written a number of books, primarily related to play therapy and cultural issues.

In addition to the APA visit, many faculty and students continue conducting, presenting, and publishing their research. There were a number of presentations this year at the National Association of School Psychologists conference as well as APA. Faculty publish research on a range of topics such as assessment measures, bilingual issues, parenting, technology, and trauma and child development.

The Master of Arts (M.A.) in Psychology continues to attract a strong student body. Many of the master’s students are applying to doctoral programs in Clinical, Counseling, and/or School Psychology. There are also students interested in applying to other doctoral psychology programs, such as developmental psychology. The M.A. program is being coordinated by Dr. Weihua Niu. Dr. Niu is currently on leave and may return later this fall. In the meantime, master’s student may consult with Dr. Barbara Mowder regarding program offerings.

I wish the best for all of our graduate psychology students.

Dr. Barbara A. Mowder
Director, Graduate Psychology Programs
Pace University-New York City
Pace Is your University! Psychology is your focus! How do you develop your interest and skill in the field of psychology? The Psychology Department provides several ways in addition to academic courses for students to become involved in the field of psychology throughout the academic year. One special way is that the Psychology Department, under the leadership of Herb Krauss, Ph.D., Chairman, hosts the Annual Pace University Psychology Conference at the end of each spring semester.

On May 12, 2007, Pace Psychology Department held its 15th Annual Pace University Psychology Conference at 1 Pace Plaza in the Student Union Area under coordination of Mercedes A. McCormick, Ph.D. with the special media technology advisement of Richard Velayo, Ph.D., plus Dr. Niu and Dr. Ward’s assistance with the selection of appropriate research material for the conference. Most importantly the psychology staff led by Janette Cardona, Aqueda Portalain and Betsy Tomala enabled the Conference to be organized in a timely, efficient manner. A dedicated group of Psi Chi students led by Lilly Reilly and Charles Hallmark helped to set up the conference and to monitor registration throughout the day. Each person’s contribution fostered a HUGE Successful Conference.

The foci of the conference are: 1. To provide a forum for Pace Undergraduate students to share their research conducted in PSY 380 Experimental psychology during the 2006-2007 academic year; 2. To provide an opportunity for undergraduate and graduate students in the tri-state area to submit research proposals as a paper or poster presentation; and 3. To provide an opportunity for students, faculty, professionals, friends and family to network. Certificates are distributed at the end of the conference to conference participants and awards for posters are also issued by a panel of judges. The morning program consisted of team research presentations with time given for a period of Questions and Answers at the end of each presentation.

In addition to the undergraduates and graduates research presentations, the Conference Program offered many additional attractions that stimulated the audiences thinking and advanced their knowledge of psychology. The keynote speaker was Beatrice Krauss, Ph.D. (Professor of Urban Public Health and Executive Director, Hunter Center...
for Community and Urban Health). Dr. Krauss presented a thought-provoking program “Interacting with ease, Reducing the stigma of HIV through a theory-based, skill-building intervention”.

The conference concluded with an afternoon filled with special programs: International psychology Today (Panel of U.N. Psychologists) and Psychologists and health Care: Why We need a Medicare-for-All, Single payer health Care System presented by Dr. Marianne Jackson.

The next Annual Pace Conference (16th) is scheduled for May 10, 2008. We invited you to join us in making this conference special through your participation in submitting your research, volunteering to work on the conference planning committee, and/or joining all for a great day of expanding your view of the field of psychology. Information about the 16th Annual Conference will be posted at the start of 2008.

Any questions or comments please contact Mercedes A. McCormick, Ph.D. (mmccormick2@pace.edu) or visit the website http://webpage.pace.edu/rvelayo/paceconference2007 with last year’s conference information. Thank you. Mercedes A. McCormick, Ph.D. October 1, 2007.

Mercedes McCormick, Ph.D.
Pace Psychology Conference Coordinator
Co-editor, Psych Eye

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### Media Effects in the World around You—Violence

At the New York State Psychological Convention on May 6, 2008, Mercedes A. McCormick, Ph.D. joined other psychologists-Gwen Gerber, Ph.D. and Elaine Bow, Ph.D. on a panel—Violence in the World Around You that was moderated by Florence Denmark, Ph.D. The focus of Dr. McCormick’s presentation addressed the importance that Media Effects have the potential to increase aggression and violence in viewers. This discussion attempted to motivate psychologists to be proactive in developing solutions to better manage Media Violence Effects in their Personal and Professional lives. The following are key points from Dr. McCormick’s presentation.

Media Access and Use is pervasive. The Media is part of our culture and has been enhanced through access to computer and the Internet. The Internet is a Global Community, one in which it is very difficult to distinguish between children and adults.

Daily children and adults use media forms (Newspapers, TV programs, Movies, Journalist reports, the Internet, Video games and clips, iPod and music lyrics, U Tube). Each form has the potential to be powerful tools for learning and entertainment, and on the other hand, may carry violent messages that may be damaging to its audience.

The Media Diet of Today’s Children indicates that the Media has a more intense relationship with children than at any other time in the past. Interesting, Kids 8-18 spend at least 45.0 hours per week watching TV, playing video games, listening to music, etc. This is more time than they spend with their parents (17 hours) or at school (30 hrs.). Boys tend to be interested in violent video games and girls tend to be more involved in social networking.

Research suggests that Media Violence contributes to anxiety, desensitization, and increased aggression among children. Also when children are exposed to aggressive films, they behave more aggressively. And when no consequences are associated with the media aggression, children are even more likely to imitate the aggressive behavior.

Interventions for parents, educators, professionals stressed the importance to identify the potential influence violent media content has on a child’s development. A Healthy Media Diet based on a Child’s developmental, cognitive, emotional, social needs was suggested. See full discussion of the panel’s topics in NYSPA Notebook Summer 07. Contact Mercedes A. McCormick, Ph.D. mmccormick2@pace.edu with your comments or questions.

Mercedes McCormick, Ph.D.
Co-editor, Psych Eye

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### Executive Board for 2007-2008

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<tr>
<th>Position</th>
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<tr>
<td>President</td>
<td>Andrew Lopez</td>
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<td>Vice President</td>
<td>Karis Fazio</td>
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<td>Secretary</td>
<td>Mabel Bonilla</td>
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<td>Treasurer</td>
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<td>Organizational Council</td>
<td>Natsaryk Louisant</td>
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### Contact Information

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Message from the PSI CHI

Psi Chi is the National Honor Society for Psychology and also a club on the Pace University campus that is open to all students of any major. Our focus is on promoting opportunities and activities specifically for psychology students. Our goals for this year include re-establishing the name and on-campus chapter of Psi Chi throughout Pace University, participating in various community service projects, and recruiting new members. We are currently trying to bring a few professionals in the field to Pace University to share their knowledge on various topics. One of these topics is career and graduate school opportunities for psychology students. We are also trying to have an official initiation ceremony for those students who have been accepted into Psi Chi but were never officially initiated. The e-board for this year is extremely enthusiastic about the organization and is in the process of planning events for the spring semester. Some ideas that we have come up with include various community service projects, mock-interview workshop for jobs and graduate programs, hosting a hypnotherapy night, holding a graduate school information session for psychology majors and having an initiation ceremony for new members.

Written by Andrew Lopez (psychology undergraduate student) who is presiding as a Co-President with Lilly Reilly of the Pace Psi Chi Chapter during the Fall 2007 semester.
Dr. Bertisch-Meir: To integrate many of the above mentioned techniques to achieve results in a short amount of time spending less money and accessible to audiences at different levels. When I graduated with a degree in Psychology and Public Health from the University of Hawaii, and Saybrook, I was very interested in how health affected behavior, and vice-versa, how behavior affects health. While many of the theories were interesting and helpful, I felt they did not cover the totality of what is involved in conflict. I felt compelled to produce deeper changes necessary for profound healing and prevention of future conflicts. My goals were to arrive at an approach that could bring about the most rapid and profound transformational changes for large population, in the shortest period of time, and for the least expenditure of money.

Dr. Bertisch-Meir: I came to the conclusion that two equal things cannot occupy the same space. I regarded (and continue to regard) illness as occupying a space left by an unresolved, repetitive problem, a thwarted intention, or miscommunication. As I helped people become aware of the void caused by their problems, they began to heal physically, emotionally and mentally. Even more remarkable was the way they began to connect spiritually at a deeper level and become aware of their natural psychic abilities or “inner knowing.”

Then, I created a new paradigm: Instead of being paralyzed through engaging in endless analysis of problems and their causes, people were encouraged to take action and change. It states: achieving their goals, people are able to forget the suffering and agony of the past and more important to forgive themselves and others as well.

My book, Self-transformation and Longevity, is a bestseller. I also co-authored another book, You Are Your Own Best Counselor, whose theory was recently published in the Dictionary of Psychology edited by Dr. Raymond Corsini.

David: Tell us a little about yourself and how you found yourself at Pace.

Soye: I was born in Newark New Jersey to 2 working class parents. We were raised in Harlem, New York, in a moderate-sized Christian family. I have 4 siblings consisting of 2 sisters and 2 brothers. I was the oldest son and second to oldest child. I am the father of a 4 year-old son named Judah.

Upon graduating from high school, I enlisted in the United States Marine Corps in 1990. I was discharged honorable at the rank of E-4 after 4 years. I even managed to earn 18 college credits at the National University in San Diego. With the marines behind me, I began attending college at the City College of the City University of New York. Growing up in Harlem has exposed me to interpersonal and community experiences that forced me to take heed of social, medical, and mental health factors affecting poor and lower class families from urban neighborhoods. As a result, psychology and human services became a natural interest for me. It wasn’t until I began working on a Master of Arts in General Psychology that I became aware and interested in school and child psychology. This interest...
was inspired by an epiphany that revealed to me the value of child interventions to prevent adult pathologies. After investigating different schools, I decided to attend Pace University where I could study and begin to practice school and child psychology.

**David:** What do you enjoy about Psychology and how did you originally become interested in the field?

**Soye:** I enjoy piecing together individual, interpersonal, intergenerational, and biological indicators of psychopathology. We as professionals in this field get a front row seat to the etiology of different mental disorders. This allows us to see the world through lenses that are unique to our profession.

I also enjoy the positive psychology approach, which focuses on resilience factors, capacity building, and the enhancement of individual strengths. It appears that most of the field is driven by the disease model. I am encouraging the professionals in the field to think outside of the abnormality box, by taking a closer look at human normality.

As mentioned before, my decision to attend pace was driven by my interested in the prevention of adult pathologies. I was specifically interested in the developmental trajectory of delinquency and sociopathy. This is what initially attracted me to the combined program at Pace. I have since expanded this interest since started the program at Pace. Nevertheless, I am still interested in externalizing behavior and juvenile delinquency at the core.

**David:** How are you enjoying your experience here at Pace? How has the doctoral experience been for you?

**Soye:** I enjoy the fact that Pace students are well trained. Pace has a micro-community of doctoral students who will forever be united by the standard training and customs they have undergone in the program. I enjoy the fact that student-teacher and student-advisor relationships eventually become collegial friendships. Finally, I enjoy the administrative flexibility at this institution. It is easier to resolve logistic issues (i.e. financial aid and course registration) in the absence of institutional rigidity.

**David:** Where are you for your externship and how has that experience been?

**Soye:** I am currently at St. Lukes Roosevelt Hospital center. The learning environment is wonderful. Psychology Externs not only have the benefit of learning from a multidisciplinary team of professionals, but there is also a candy store of didactic courses to choose from.

**David:** What are some future goals in Psychology or potential research areas that you have thought about?

**Soye:** One of my goals is to continue to close the gap between the religious and scientific community on issues affect the health and mental health of underserved communities.

Another goal is to find creative ways of disseminating research findings in the professional and scientific archives to the people who would most benefit from it, the general public.

**David:** What brought you to Pace University’s MA program in Psychology?

Since I work full-time and I want a strong MA program, Pace University is the best fit for me. The courses are scheduled after work hours and the resources are abundant. The class size and the location is also a key factor. Most importantly, one of my very close friends attended Pace University and she recommended it to me. I am very happy I took her advice.

**David:** How is your experience here going and what do you enjoy most about the program?

I am enjoying it very much. The professors are very encouraging and supportive. I love the engaging class discussions, challenging projects, and the innovative teaching styles. Most importantly, I enjoy being challenged to think outside the box and to not always accept the norm. In addition, the integration of existing technology into their lesson plans makes learning exciting and fun.

**David:** What are some of your future goals in Psychology (i.e. Career, Research, More Studies)?

**Smith:** I will be graduating in May 2008, and hopefully attending a doctoral program in the fall 2008. I would like to pursue a career in clinical psychology and school psychology to prepare myself as a school psychologist, clinician, and researcher.

**David:** What is it about Psychology that you find to be interesting?

**Smith:** I find psychology to be unrestricted and multidisciplinary. I can use my knowledge from sociology, anthropology, biology, and mathematics to explore the field of psychology. Each perspective provides a different approach and views on various topics. In addition, most of the concepts we learn in psychology can be applied in most situation, however, it still important to be cautious when doing so. We still have to consider various factors such as the social economical status and the cultural background of the individual when applying some of these psychology concepts. Overall, I find psychology to be very fascinating and the field to be infinite.

**David:** What do you like to do in your spare time (e.g., hobbies, interest, etc.)?

**Smith:** I have so many things I love to do on my spare time, but not enough time to do them. I love to paint, so after work or school, I take trips to central park and just paint for a few hours. Also, I like playing my alto saxophone. I find it very soothing and rewarding. However, most of all, I love spending time with my family and friends. We like to create mini vacations where we can all go hiking, mountain...
climbing, camping, biking, skiing just to mention a few. It is always great to be surrounded by warm and caring company.

Interviewed by David Blank
Associate Editor
Psy.D. student

Undergraduate Student Profile...
John Ellie

David: Tell us a little about yourself and your background?

John: I am a senior at Pace University in New York City. Coming from a small town outside of Rochester, I felt like I needed to leave for college and experience a big city. I came to New York to study Psychology and Pre-Medicine. My decision to come to New York, especially Pace University has proven to be both life changing and unforgettable.

David: How did you come to Pace?

My best friend's brother in-law attended to Pace University. He graduated about 3 years before I was applying for schools. He came here for Law School and recommended it to me because I was looking to be in the New York area. I was very excited and applied soon after talking with him.

David: How are you enjoying your undergraduate experience in Psychology?

I am enjoying my undergraduate experience in Psychology very much. To be honest I would not choose any other major. The professors are personable, make the classes interesting and are very attentive to the students needs. I have also made some very close friends in most of my psychology classes. I have definitely enjoyed the wide variety of interesting classes and many opportunities during my time here at Pace.

David: What are your plans for after graduation? Does it include Psychology?

John: I am planning to attend Podiatry school, which I feel does include Psychology. The medical profession was the main goal of my undergraduate studies. While being a doctor has a basis in biology, I feel with my advanced psychology background I can understand people that much better. Utilizing my knowledge in Psychology will help me to establish a close relationship with my patients.

David: What are your career goals for the future?

John: My career goals for the future are to become a physician. Once I get established I would like to open my own clinic.

David: What do you like to do in your spare time? Interests? Hobbies?

John: In my spare time I am involved in running, sports, and martial arts. I truly take advantage of running the East River and around the city areas. I have been a tutor since this September which has kept me busy. Usually, I enjoy being with my friends and doing activities in the city which I would not be able to do back in Rochester.

David: Thanks for your participation and good luck on your studies!

Interviewed by David Blank
Associate Editor
Psy.D. student

Upcoming Conferences

Below is a list of upcoming conferences that may be of interest to you...

National Institute on the Teaching of Psychology (NITOP)
30th Annual Conference, January 3-6, 2008
The TradeWinds Island Grand, St. Petersburg Beach, Florida
www.nitop.org/

Society for Cross-Cultural Research (SCCR)
37th Annual Meeting, February 20-23, 2008
Le Pavillon Hotel, New Orleans, LA
www.sccr.org

International Counseling Psychology Conference
2008 Annual Meeting, March 6-9, 2008
Chicago, IL
www.internationalcounselingpsychologyconference.org

New York State Psychological Association (NYSAPA)
2008 Annual Convention, May 4-6, 2008
The Otesaga Resort Cooperstown, New York
www.nyspa.org
Online Resources for Applying to Graduate School in Psychology

Below is a list of websites that may be useful to students who will be applying to graduate programs in psychology.

http://www.gradschools.com/psychologysearch.html
This website contains a comprehensive listing and information on various psychology and counseling graduate programs (Masters and Doctoral-level), related sites, and graduate school loans, within the U.S. and other parts of the world.

http://www.uni.edu/walsh/linda2.html
Here is a sampling of sites that provide information on preparing for and applying to graduate school. The number of universities with a presence on the Web grows steadily. Some even allow you to request their graduate information packet from their Web site.

http://www.socialpsychology.org/ranking.htm
This page contains links to 185 psychology Ph.D. programs rank-ordered in quality according to a 1995 study conducted by the National Research Council (with “quality scores” taken from a summary of the NRC report published by the APS Observer in January, 1996).

http://www.psychgrad.org/
A very useful website that contain a variety of information from graduate school program information, how to succeed in graduate school, doing well as an undergraduate student, and life after graduate school. There is also a discussion forum feature and valuable advice from a Chair of Graduate Admissions.

http://www.apa.org/students/student3.html
An APA website that helps you sort through the maze of resources from strategies for applying, to funding information, to which books to get.

Another APA webpage (from its Education Directorate) that show you the steps to finding and getting into a graduate program.


Dr. Richard Velayo
Co-editor, Psych Eye

Top Ten Things About THANKSGIVING

1. The number one thing about turkey day…The excitement/terror of watching the near death experiences of the runaway Kermit balloon.
2. “Pie for Breakfast” finally becomes embraced by the nation because “we must get rid of the leftovers”. This one is worth two spots!
3. The Thanksgiving Day parade and the excitement/tension watching the near death experiences of the runaway Kermit balloon.
4. Tryptophan = A Better Nap for all of Us
5. The Wednesday night prior to turkey day…is there a better night on the calendar…i think not.
6. The Friday lunch - Turkey, stuffing and cranberry sauce sandwich.
7. Gravy…nuff said.
8. The Friday lunch - Turkey, stuffing and cranberry sauce sandwich.
9. The Friday lunch - Turkey, stuffing and cranberry sauce sandwich.
10. Being a part of a Holiday that brings together pies from the various food groups: Pumpkin Pie of the gourd Sect, Pecan Pie of the nut sect and Apple Pie of the fruit sect. What a harmonious day!

Enjoy your Holiday Season!

David Blank
Associate Editor, PsyEYE
Psy.D. student

Sleep

It is maintained by the so-called experts that eight to nine hours of sleep for adult humans is optimal. In addition, it has been found that an ample supply of sleep enhances alertness, memory and problem solving, as well as overall health. Not to mention it is the supernatural power of sleep that reduces the likelihood of leaving the house with two mismatched socks, stains on your tie or misaligning buttons on your shirt or blouse.

The point of this commentary is not to laud the findings of these researchers but to question the validity of their conclusions (I have no statistical support just a hunch…i apologize Dr. Ward). Sleep is almost as over-rated as a New York area 30 million dollar a year third baseman. I hear nine hours of sleep and I immediately begin to cringe, thinking of what a waste of valuable time that is. Cut that sleep
total in half and I have managed to find time to write a report, read a chapter and respond to multiple overdue e-mails. Nine hours…What is that? I mean you might as well pack on an extra thirty pounds retreat to a cave in the picturesque Adirondack region and sleep till March. Who has the time to waste to let your body “supposedly recuperate”? I feel pretty good on a steady diet of four hour naps each night. Just because I diapered my daughters ankle this morning has little bearing on cognitive sharpness. I am as sharp as a tack and my daughter has the driest ankle this side of the L.I.E. Anyway, I hear four hours a night is living the dream. With Comprehensive Exams on the frontal lobe and the Internship process looming like the threat of catching a cold in December I think we may have to tighten the sleep belt a bit. And that is fine by me! I firmly believe that the more haggard and depleted my resources become the closer I come to hitting the “zone”…that moment at 3:32am on a Tuesday morning when you are writing a report and you manufacture a collection of words that should be shelved up in some Hemmingway novel. So my reaction time may suffer a bit (people think I am contemplative) and I may struggle to complete a coherent sentence (people mistake this for baby-talk and think I am a devoted father) but again, communication is over-rated and I am getting things done while others are counting sheep.

Some may scream time management; I don’t hear them, another bonus of sleep deprivation that I have little ability to select my attention to topics of little interest. Instead I focus on reducing my “to do” list and taking full advantage of that third of my life that everyone else spends dozing off.

David Blank
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Taste Buds

Kiva Café
229 Hudson St.
New York, NY 10013
http://www.kivacafe.com/

Kiva is a tiny café accommodating fewer than a dozen guests to focus attention on the artworks that surround the inside walls. The café has a menu of a variety of fresh ingredients form New York farmers and vendors, creating a place for people with “passion” for fine food [and] object d’art to gather and take nourishment for the body and the senses. When visited in early fall, one wall at Kiva features spotlight, recessed cubicles for pottery; under-glass-covered tables with handmade jewelry, and original paintings hung on the walls. Oh by the way… the assortment of desserts and latte’s are quite a treat too. I highly recommend visiting during the weekends.

Dr. Richard Velayo
Co-editor

U.N. Psychologists Gathered in NYC

On 5-7 September 2007, about 20 psychologists were among the 2,000 delegates participating in the 60th U.N. Conference of NGOs, focused on “Climate change: How it impacts us all,” http://www.un.org/dpi/ngosection/conference/.

On September 7, about a dozen of these U.N. psychologists gathered again for the fourth consecutive year, at a reception hosted by Fordham University. Janet Sigal of the APA team at the UN (photo below) invited folks to “Psychology Day” at the UN this October 10-11. Dr. Harold Takoshian announced his Human Settlements Committee’s call for papers due on 31 December 2007, for a special issue of journals in 2008 on “Climate change: the human factor.” For details, contact soon: takoosh@aol.com.

Dr. Janet Sigal (middle of photo)

PSYCHOLOGY DAY at the United Nations
October 11-12, 2007

From left to right: Drs. Richard Velayo, Florence Denmark, and Norm Anderson (CE), APA

The latest issue of the PSYCH EYE newsletter may be accessed on the Internet at http://appserv.pace.edu/execute/page.cfm?doc_id=4147

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The next issue of the PSYCH EYE newsletter will be in April 2007.

World AIDS Day
December 1

Hanukkah
December 4 (Begins at sundown)

Kwanza
December 26-January 1

Day Without Art
December 1

CHRISTMAS
December 25

Happy New Year
January 1

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