

Psychology & Counseling Department Newsletter

For any questions or comments about the newsletter, please feel free to contact the editor, Dr. Cynthia Spring (spring@nsuok.edu).

CACREP UPDATE:

The NSU Department of Psychology and Counseling is making progress towards national accreditation for our Master of Science in Counseling from the Council for Accreditation of Counseling and Related Educational Programs (CACREP). The CACREP site visit will be April 26-29th, 2015.

Chi Sigma Iota Community Outreach



*Upcoming
service trip to
Belize –*

see page 5.

Left: Terri Frazee and a representative from the Tulsa Day Center.

In December, Chi Sigma Iota (CSI) member Terri Frazee spearheaded a community outreach project. She developed a partnership with the Tulsa Day Center for the Homeless to benefit the Tulsa House Warming Project. The Tulsa House Warming Project helps formerly homeless individuals find safe affordable housing and provides them with basic necessities to live. Terri Frazee, Lynn Diaz, and fellow CSI members collected several baskets filled with basic necessities for starting over in a new home. They placed donation baskets around campus and shopped for various items using cash donations. Terri stated, "They are already looking forward to next year's donation and anticipate it being bigger than this year. Thank you to everyone who was involved in making this donation a reality!"

Learn, Grow, Read!

By Dr. Bea Keller-Dupree

Each semester, students (undergraduate and graduate alike!) inquire about books that I might recommend to help facilitate their learning and growing. Personally and professionally, I love this question! While I acknowledge that what I enjoy reading may not truly resonate with others, I do believe that the list of qualified book options for recommending could go on and on *and on*. As such, I treasure the opportunity to select my top favorites and share those with others. I also often hear, “I would love to read, but I just don’t have time!” I am firm believer that when you find a book that speaks to your heart and mind, you will make time for reading. I also am an advocate for self-care and wellbeing in many forms and fashions, which for some people, may involve picking up a new book and indulging in the gift of time and inquiry. Happy reading ☺

The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are, by Brene Brown.

“Authenticity is a collection of choices that we have to make every day. It’s about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen.” Author and social worker Brene Brown offers her insight (and qualitative research findings) into the struggles of authenticity. She notes that through vulnerable and authentic encounters with self and others, we reconnect with our real selves and live more wholeheartedly.

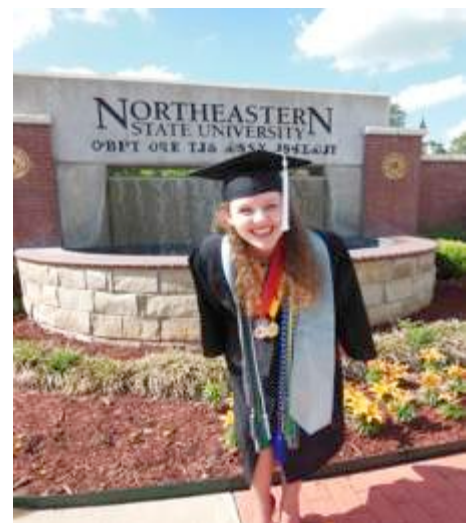
Lean In: Women, Work, and The Will to Lead, by Sheryl Sandberg. “There is no perfect fit when you’re looking for the next big thing to do. You have to take opportunities and make an opportunity fit for you, rather than the other way around. The ability to learn is the most important quality a leader can have.” Author and business leader Sheryl Sandberg discusses the opportunities available to an evolving global society when we endorse women leading in the workplace. She reflects on the specific changes needed within families, businesses, and the greater society(ies) to facilitate this much needed transition.

29 Gifts by Cami Walker. “No matter how much we have materially, we are often in a place of scarcity. We never think we have enough or that we’re good enough. Instead of getting lost in a sense of lack, once we realize we are part of something bigger, it becomes clear we have many gifts to offer the world.” Struck with a life changing illness, the author shares her journey to reconnecting with her life and with the greater world around her as she embarks on a giving journey for 29 days, following sage advice from a spiritual leader.

Final thoughts. I enjoy reading, but arguably, as much as I enjoy reading, I also enjoy *processing* my reading experience with myself and others. I enjoy sharing insight and learning with friends, colleagues, and family! I not only encourage you to pick up an extra book this semester, but I invite you to reach out to those around you and share your learning, growing, and reading experience. Enjoy!

Student award

Alexandra Simmons, Northeastern State University '14 psychology and political science, was awarded a full scholarship to the University of Tulsa Law School. She will begin her legal studies next August. While a student at NSU, Alexandra was active in the O.I.L. (Oklahoma Intercollegiate Legislation). Regarding her NSU experience, Alexandra writes “Through hard work and the dedication (and patience!) of my professors at NSU, I became a more understanding, compassionate and aware person: truly a life changing experience.”



Psi Chi Announcement



The NSU Chapter of Psi Chi is now accepting applications. Membership in Psi Chi is open to qualified candidates of any age, sex, sexual orientation, race, handicap or disability, color, religion, and national and ethnic origin.

Undergraduate student applicants must:

- have completed at least 45 credit hours of college study,
- have completed at least 9 credit hours of Psychology courses,
- be currently enrolled at NSU as a major or minor in the PSYC program,
- have established a GPA at NSU through completion of at least 12 NSU credit hours,
- have overall GPA (accumulated from all coursework at all colleges or universities attended) in the top 35% of their graduating class:
 - Sophomore (with 45-59 credit hours completed) minimum 3.09 GPA
 - Junior (with 60-89 credit hours completed) minimum 3.26 GPA
 - Senior (with at least 90 hours completed) minimum 3.30 GPA
 - and have Psychology GPA of at least 3.00.

Faculty applicants must be full-time faculty members at NSU and have a doctoral degree in psychology or a psychology-related field.

Graduate students of the NSU Counseling Masters Programs are encouraged to review the requirements to join the NSU chapter of Chi Sigma Iota. Student applicants to Psi Chi must be enrolled in Psychology programs.

For Spring 2015 induction:

To apply for membership – if you meet the eligibility requirements above – go to psichi.org to learn about the International Honor Society and complete the online application form. Be sure to record your NSU N Number as your Student ID.

Applications received by 11:59 pm, February 27 will be processed for eligibility for Spring 2015 induction.

Vote by current members on acceptance to membership must be conducted. Applicants will be notified by March 13, 2015. Accepted applicants must pay the Society lifetime membership fee of \$55 and NSU Chapter dues of \$5 by March 28 to be inducted this year (\$60 total). The induction ceremony will be scheduled in April.

For questions, contact any of the NSU Chapter Sponsors: Dr. Branham at branham@nsuok.edu, Dr. Yamaguchi at yamagu01@nsuok.edu, or Mrs. Bowin at bowinb@nsuok.edu

Attention PSYC Seniors:

Information about Psychology Program Assessment:

As part of our ongoing efforts to improve our undergraduate program, the department participates in a required program assessment. This assessment provides us with valuable information about our graduates' knowledge of psychological concepts and thus helps us evaluate our effectiveness as educators. In order to collect useful data, it is essential that every graduating senior complete the assessment, which means we need your help to make this process successful. Announcements regarding the dates and times for this assessment will be sent out to graduating seniors soon. We are asking that you respond to these announcements promptly and help us fulfill this important requirement. If we work together, we can meet our goal of 100% compliance!

Conference Presentations – Spring 2015

Hendrex, A. A., Releford, D., & Roberts, S. L. (2015, April). *Providing recommendations for students and supervisees: Experiences of SWPA Professional Members*. Oral research report accepted for presentation in Southwest Teaching of Psychology session at the annual meeting of Southwestern Psychological Association, Wichita, KS.

Phillips, A. (Feb, 2015). *Beauty is not always good: The effects of male offenders' attractiveness and apologies on forgiveness*. Poster accepted for presentation at the Society for Personality and Social Psychology's Annual Convention (SPSP), Long Beach, CA.

Releford, D., & Roberts, S. L. (2015, April). *Prevalence of psychology careers courses among SWPA-region public universities*. Poster accepted for presentation in Southwest Teaching of Psychology session at the annual meeting of Southwestern Psychological Association, Wichita, KS.

Spering, C. C., Baker-Oglesbee, A., Wigington, A., Isaacs, D., & Cheater, B. (2015, April). *Culturally-sensitive research with biracial and mixed populations: Ethical and practical issues*. Workshop accepted to be presented at the Southwestern Psychological Association's Annual Conference, Wichita, KS

Swope, A & Phillips, A. (Feb, 2015). *Wedded bliss: Dual incomes and shared finances*. Poster accepted for presentation at the Society for Personality and Social Psychology's Annual Convention (SPSP), Long Beach, CA.

Attention Master of Science in Counseling, **School Counseling** students:

Your portfolio is due to Dr. Keller-Dupree by April 1, 2015. For more information, please contact her at kellere@nsuok.edu.

White House Convening



On November 18th and 19th, a group from Oklahoma travelled to San Diego State University for an “invitation-only” White House convening on college readiness and counseling. Among those invited were Drs. Bea Keller-Dupree and Mary Waters, school-counseling educators at Northeastern State University. In addition, Elsie Urueta, Lead Founder of Tulsa Honor Charter Academy, Melissa White, Executive Director for School Counseling, and Lindsey Flatt, graduate student in school counseling at Northeastern State University attended the conference. The

team from Oklahoma had an opportunity to devise a plan to implement “best practices” in college counseling to pilot in two school districts, Stilwell and Norman Public Schools. This convening was part of the First Lady, Michelle Obama’s Reach Higher Initiative.

Trip to Belize



Northeastern State University's Department of Counseling is planning an upcoming partnership with Peacework in March 2016 for an international study abroad opportunity to Belize.

About this experience: In March 2013, 8 NSU Counseling graduate students and Dr. Keller-Dupree traveled to a rural community in Belize to provide psychoeducational lessons and parent education to schools within the community. Now, in 2016, we are planning a return trip to partner with this community again!

This opportunity is in the beginning phases of development for Spring 2016 and is currently open to graduate counseling students at NSU. If you are interested in learning more information about this exciting opportunity, please contact Dr. Bea Keller-Dupree at kellere@nsuok.edu.