



HERD MENTALITY

Marshall University's Psychology Dept. Newsletter

Need to Know:

The Psych Dept is on social media! Find us on:

Facebook: Marshall University Psychology Department

Twitter: @Marshallpsych

Snapchat: marshallpsych

Make sure to regularly check your Marshall email for important updates and opportunities!

Applying to Grad School: What You Need to Know

Whether you are in the process of applying to graduate school, haven't even thought about it yet, or are pulling your hair trying to figure out where to start, graduate school applications are stressful. This is a process that defines the next chapter of your life, after all. But don't worry! This is just another challenge to get you moving in the right direction, and we have some helpful tips to guide you there.

1. Know what your desired university is asking of you.

While there is a common formula to the graduate school application process—typically involving letters of recommendation, GRE scores, research experience, and a personal statement—there are often nuanced requests from universities that are worth paying attention to. Some may request a specific topic for your statement of purpose, others may not request GRE scores. The desired range of GRE

scores and GPA varies between universities, as well, so be sure to watch out for that.

2. Have an idea of what you want to do with your degree. This can be a tough one, because the field of psychology has many interesting subjects, and you still may be trying to figure out which one speaks to you most. If you haven't started doing research, it's worth getting involved. Not only does it have a significant impact on your application, but it also can help to give you an idea of what interests you might have in psychology.

3. Know what programs and research are offered by your desired university. Your university of choice may not have your desired field. Ensure that they have what you're looking for, or at least a compromise, before applying. Further, the program you want may be available at your desired university, but you may not like your research options. Investigate the sites for your selected schools to determine how they match up with your goals.

The most important thing to do is to **give yourself time**. Try to get secondary opinions on your personal statement to ensure it is the best it can be. Be aware of application deadlines and be sure to ask for letters of recommendation in plenty of time to accommodate your deadlines and your professors' schedules. Give yourself time to ask questions and receive answers, and be patient with the process. The American Psychological Association has valuable resources for applying to grad school, including a centralized application service for those looking to further their education in the field of psychology. Check their website for more information, and be sure to ask your advisor about any concerns you have. Best of luck to you!

Event Calendar for October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5 MU Psych Free Depression Screening- 9a-6p HH Psych Clinic	6
9 <i>Unity Walk 4pm</i>	10 Job-a-Palooza at MSC 11a-2p	11 <i>National Coming Out Day—MSC 10a-2p</i>	12 Homecoming Bonfire and Parade	13 Psy.D. Program Fall Open House HH 342—3:30-5PM
16	17	18 Love Your Body Day Photoshoot—MSC Plaza 10-11a	19	20
23	24 COLA Career Workshop—MSC BE4, BE5 12p-3p	25	26	27 <i>Last Day to Drop Classes</i> MU Substance Use Recovery Coalition 1-2p Drinko Auditorium 402
30 Recommended date to apply for May graduation—See Advisor	31 Halloween!			

Advising:

To all freshmen and sophomore psychology majors: the advising office is available for your questions. You will find it in **Harris Hall Rm. 324**. Here, you can find out everything you need to know about classes, campus resources, degree requirements, and anything else you should need. Hours are posted on the door.

To all students:

Friday, October 27th is the last day to drop classes. If you need to drop a class, ensure you have done so prior to this date. See your advisor for any questions.

PSI CHI & THE PSYCHOLOGY CLUB

Sept. 13th @ 12pm - Club Meeting
Sept. 14th @ 7pm - Trivia Gino's
Sept. 30th @ 6pm - Corn Maze & S'mores
Oct. 11th @ 12pm - Club Meeting
Oct. 11th @ 7pm - Trivia at Roosters
Oct. 24th - "Concussion" Film Screening
Oct. 25th @ 12pm - Book Club "Concussion"
Nov. 8th @ 12pm - Club Meeting
Nov. 9th @ 7pm - Trivia at Gino's
Nov. 15th @ 11:30am - Thanksgiving Potluck

Additional details will be announced via social media.

Facebook: Marshall University Psychology Department

Twitter: @Marshallpsych

Snapchat: marshallpsych

FALL EVENTS

Psi Chi and the Psychology Club have many events scheduled for this semester to help keep students energized and motivated this fall. These events are open to all psychology students.

Be sure to keep up with the Psych Dept. on social media for more about these events as they come closer, and feel free to reach out with any and all questions you have.

Heroin(e): A Documentary and Q&A with the Heroines

On the night of Monday, October 2, at 7pm, a room in Harris Hall flooded with people interested in a screening of Netflix's Heroin(e) and a post-film Q&A with Jan Radar, Judge Patricia Keller, and Necia Freeman of the Brown Bag Ministry. Ashley Sansone, M.A., one of Marshall's Psy.D. students, stated that so many people showed up that they had to turn people away. In addition to the screening and Q&A, the Psychology Department held a drive for Backpacks and Brown Bags. This drive has ended, but more of its kind will occur in the future. Students and others interested in volunteering should be on the lookout for a future drive benefitting City Mission, an event which will further assist individuals dealing with substance abuse.

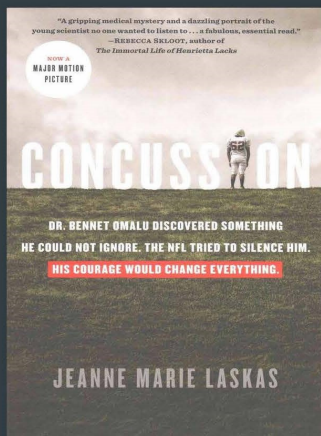
The goal of Heroin(e) was to defy the stigma of substance abuse and provide a much-needed human element to the problem. Those who have not seen the documentary may watch it at any time on Netflix. If you are living with substance abuse and need services, confidential help is available at the Campus Counseling Center at Prichard Hall, floor 1, or at the Psychology Clinic at Rm 448, Harris Hall.

Be on the lookout for future opportunities to assist with substance abuse assistance and prevention. In November, the Sociology Club will hold a naloxone training and hepatitis screening for those interested. Specific dates are forthcoming and will be in the next issue.

National Depression Screening Day

A group known as Screening for Mental Health has worked for many years to reinforce support for mental health in our society the way physical health is supported. On the first Thursday of the first full week of October of each year, National Depression Screening Day (NDSD) is held across the nation as a means of providing much-needed mental health services to individuals living with depression, anxiety, and other mental health issues. Students are met confidentially and referred to more specific services as needed. **If you feel you are suffering from depression, anxiety, or any other problems** and feel you need help, please **contact the Psychology Clinic at 304-696-2772, or the Counseling Center at 304-696-3111.** For more information, visit <https://mentalhealthscreening.org/programs/ndsd>.

Psychology Book Club



Fall 2017

This semester's Psychology Book Club reading will be *Concussion*, by Jeanne Marie Laskas. *Concussion* tells the story of a doctor's discovery of the impacts of concussion on the brain, which would lead to conflict with the NFL and drastic changes in our understanding of the impact of brain injury on physical and psychological health. Keep an eye on your Marshall email for meeting dates, and feel free to start reading ahead.

The Psychology Clinic at Marshall University

The pressures of college life can be stressful. Social, personal, and environmental pressures can compound this stress. **These feelings of isolation, confusion, demotivation, and frustration are normal.**

If you feel that you are overwhelmed in any way, be it from the stresses of your work, your assignments, your social or personal life, **you are not alone.**

Marshall offers exceptional services for students facing overwhelming stress. The Psychology Clinic, located on the fourth floor, **Rm 448, Harris Hall**, offers individual and group psychotherapy, psychological assessment, community outreach, and more. **Therapy for students is free**, and other services are available and affordable.

To make an appointment, call **304-696-2772**. Visit the Psychology Clinic at www.facebook.com/MUPsychClinic.

For additional counseling services, call or visit the Prichard Hall Counseling Center, 1st floor, **304-696-3111**.

What is Herd Mentality?

Fun Fact: Herd mentality is a kind of group intelligence that can be used to influence larger groups in positive ways and through non-verbal communication.

The Herd Mentality Newsletter is the Marshall Psych Dept.'s way of spreading awareness about psychology-related events happening on and around campus.

If you would like to contribute, if you have any questions, suggestions, or would like anything announced in the newsletter, please email:

humphrey60@marshall.edu



Credit: Marshall University

National Bullying Prevention Month

The American Psychological Association (APA) describes bullying as "a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort." Bullying may occur online or in person, and may take the form of emotional, psychological, or physical abuse, or a combination thereof.

Bullying occurs not only in schools with adolescents and children, but also in college settings, as well as in the workplace (APA, 2017), and at home through family members. Bullying may occur as aggression against loved ones, against individuals based on race, religion, gender, sexual orientation, physical appearance, physical or cognitive disabilities, or for reasons known only to the aggressor. As one can see, the various reasons one might bully another individual tend to target those facets of an individual that are valued, and the impact of aggressive behavior on these values can have longstanding consequences. The APA provides valuable resources for addressing bullying in school and online, but additional research is necessary to understand the lifelong consequences of bullying, not only on victims of bullying but on bullies themselves.

For more information on bullying, visit <http://www.apa.org/topics/bullying/>

Related Courses: PSY 302—Social Psychology, PSY 311—Child Development, PSY 312—Adult Development, PSY 360—Personality, PSY 408—Abnormal Psychology

Source: American Psychological Association (APA). 2017. "Bullying." *American Psychological Association*. Retrieved from: <http://www.apa.org/topics/bullying/>