



SWIFT THINKING

UNDERGRADUATE PSYCHOLOGY NEWSLETTER

Fall 2017

PLANNING FOR WINTER 2018

A table showing our course offerings for [Winter 2018](#) is available online. The table includes information on meeting days and times. In addition, it indicates which major and minor requirements each course can fulfill, whether a course is available for pre-registration, and whether you need permission to enroll.

Please check this table and the [Registrar's website](#) for updates.

IN THIS ISSUE

- Planning for Winter 2018
- Changes to the Psychology Major
- Reclassified Psychology Courses
- Advising Appointments
- Research Courses: Psych 397 -1, 397-2, 398-1 & 399
- Special Courses for Winter 2018
- New Courses
- Canvas Psych Undergrad Course Site
- Petitions to Graduate
- UPA News
- Statistics Tutorial Resource on Canvas
- Chicago Field Studies
- Undergraduate Awards

Pre-registering for Winter Courses

The Psychology Department will offer pre-registration through CAESAR for most of our Winter Quarter courses the week prior to regular registration. All students listed as psychology, cognitive science, or neuroscience majors or minors in the Registrar's system should be able to pre-register through CAESAR for these courses. The only courses not available for pre-registration for Winter Quarter are the PSYCH 110 and the PSYCH 397/398/399 research courses.

Pre-registration times are announced by the Registrar's Office. Students can pre-register for a maximum of two courses.

Wait Lists

Psychology courses are very popular and they often close during registration. If a course you want to take has closed, use the electronic wait list function on CAESAR. As students drop the course, we will check the electronic wait list and send permission numbers to students to enroll.

Wait lists will be monitored until the last business day before classes begin. Students will then need approval from the course instructor to be added to a course during the first week of classes.

Registering for PSYCH 205-Research Methods

Students listed in CAESAR as majoring or minoring in psychology, cognitive science, or music cognition may pre-register for PSYCH 205. Make sure you have the statistics prerequisite or an allowed [substitution](#) before you enroll. You **may not** take both PSYCH 205 and the statistics prerequisite during the same quarter. Your records will be evaluated for

UNDERGRADUATE ADVISING IN PSYCHOLOGY



Department advisers are available to talk with undergraduates about major and minor requirements, course selections, career choices, and how to plan an undergraduate program that will best prepare you for whatever you might do next. They are also good resources for learning about research opportunities in our department. You should see an adviser to complete your official Graduation Petition, which needs to be filed at the Registrar's Office one year before your expected graduation date (typically in Spring Quarter of your junior year).

The current department advisers for Psychology students are:

Sara Broaders (Substitutions, Study Abroad, Transfer credits, Non-standard ways of completing requirements)

Ben Gorvine (Substitutions, Study Abroad, Transfer credits, Non-standard ways of completing requirements, Clinical Psychology)

Ginger Pennington (Careers in Business)

David Smith (First-year students)

To make an appointment, call 847-491-5190, stop by the department office, Swift Hall Room 102, or send an email to psych-advising@u.northwestern.edu

this requirement and you will be asked to drop the course if you have not completed it. Once regular registration begins, any student with the statistics prerequisite may enroll.

CHANGES TO THE PSYCHOLOGY MAJOR

We have a new requirement for the Psychology Major, effective 9/1/2017. We have added a requirement for one Column C “Cross-cutting/Integrative” course in addition to the previous requirements for two courses from each of Column A “Social/Personality/Clinical” and Column B “Cognitive/Neuroscience.” Students who entered Northwestern University in Fall 2017 or later will have to complete this new requirement for the major. If you were already enrolled at NU before Fall of 2017, you can choose to use either the old requirements or the new ones.

RECLASSIFICATION OF SOME PSYCHOLOGY COURSES

To better reflect their content and course requirements, some courses have been reclassified. PSYCH 355-*Social, Cultural, and Affective Neuroscience*, PSYCH 381-*Children and the Law*, and PSYCH 387-*Consumer Psychology and Marketing Research* have all been moved to Column C (Cross-cutting/Integrative).

Psych 333-*Psychology of Thinking* and PSYCH 336-*Consciousness* were also both recently re-classified as Row 1 (foundation) courses instead of Row 2 (upper-level research) courses.

Courses count toward the major or minor according to how they were classified when you took them. For example, if you took PSYCH 381-*Children and the Law* in Winter 2017, it would count as a Column A (Social/Personality/Clinical) course. If you take it in the future, it will count as a Column C (Cross-cutting/Integrative) course.

RESEARCH COURSES REQUIRING DEPARTMENT AND INSTRUCTOR PERMISSION:

PSYCH 397-1, 397-2, 398-1, and 399

A great way to learn more about psychological research is to become actively involved in research activities through PSYCH 399-Independent Study or the two-quarter PSYCH 397-Advanced Supervised Research series. This is especially valuable for students considering graduate study in psychology and it can be an educational and enjoyable experience for others as well.

PSYCH 397 and 399

You can count at most 1 quarter of 397-1 or 399 toward the major. You cannot count both courses toward the major requirements. PSYCH 205-Research Methods in Psychology is a prerequisite for PSYCH 397. The second quarter of the Advanced Supervised Research sequence, PSYCH 397-2, fulfills the upper-level research requirement for the psychology major. For more information on 397 and 399, including the differences between them, how they count toward requirements, and tips on finding a research adviser, see our webpage on "[Research for Course Credit](#)."

To enroll in PSYCH 397 or PSYCH 399, download the [application](#), fill it out, and have it signed by the professor with whom you will be working. Then, take the signed application to the psychology department office, Swift 102, and a student-specific permission number will be generated. Please note that you must turn in your application and register for the course through CAESAR **before the last day** to add a class for Winter Quarter, **which is Friday, January 12, 2018**.

We cannot guarantee that an application submitted on the final day of the add period can be reviewed in time to generate a permission number before the add deadline. Students will need to obtain permission for the late addition of a course from the Dean's Office in this situation.

PSYCH 398-Senior Honors Seminar

Students who will take PSYCH 398-Senior Honors Seminar next quarter will require permission to enroll. The course will be set up in CAESAR so that only those on the list provided by Dr. Sandra Waxman, the Honors Coordinator, will be able to register for the course.

SPECIAL COURSES FOR WINTER QUARTER 2018

In Winter 2017, the Psychology Department will offer one section of PSYCH 315-Special Topics, one section of PSYCH 357-Advanced Seminar in Personality, Clinical, or Social Psychology, and one section of PSYCH 358-Advanced Seminar in Cognitive Psychology or Neuroscience. The topics, course descriptions, and prerequisites for these courses are listed below:

Psych 315: Special Topics in Social, Personality, or Clinical Psychology: Identity and Motivation Professor Mesmin Destin

The discussion-based course focuses on the connection between conceptions of the self and goal-oriented motivation, with particular attention devoted to the influence of social, structural, and cultural forces. The first segment of the term will cover classic theoretical work concerning the self and identity. Next, we will consider the relevance of a variety of social influences on identity and motivation. Finally, the course will close with a survey of contemporary identity-based intervention research and practical applications relating to trends in social inequalities, including education and health. Prior completion of an introductory or higher level course in Psychology is required to enroll.

Prerequisite: Psychology 110

Psych 357: Adv. Seminar in Personality, Clinical, or Social Psychology: Psychoneuroimmunology

Professor Greg Miller

The goal of this course is to introduce students to the field of psychoneuroimmunology. We will:

1. Explore the conceptualization of major psychological constructs in the field, including stress, coping, social relationships, and sickness behavior
2. Explore the basic principles that govern the immune system, and the issues involved in accurately measuring its function
3. Identify behavioral and biological pathways that might link psychological processes with alterations in the immune system's functioning
4. Evaluate the empirical evidence linking psychological constructs to health outcomes in the domains of infectious disease, cancer, and inflammatory disease

Prerequisite: Psychology 205. Sophomore, junior or senior class standing. Prior completion of an introductory course in psychology or biology strongly recommended.

Psych 358: Adv. Seminar in Cognitive Psychology or Neuroscience: Hallucinations and the Perception of Reality

Professor Marcia Grabowecky

What do hallucinations reveal about our minds?

Most of us can reliably differentiate between externally driven (normal vision, hearing, etc.) and internally driven (imagination, dreams, etc.) perceptions. For some people, and in some circumstances, that line isn't quite so clear. In this class, we will examine a variety of conditions and experiences that blur the lines between external and internal perceptions, ranging from the synesthetic experience of hearing colors to out-of-body experiences. Through our exploration of neuropsychological disorders and altered states, we will broaden our understanding of an array of topics including sensation, perception, consciousness, and memory. We will examine research on these topics and write our own research proposals. The majority of class readings will be from Blom, Jan Dirk; Sommer, Iris E.C. (Eds.) (2012). *Hallucinations: Research and Practice*. Springer ISBN 978-1-4614-0959-5. This is an e-book available through the NU library.

Prerequisite: Psychology 205

NEW COURSES

We've added a number of courses to our official catalog listings in 2017- 2018. All of these are courses that have been taught in the past as Special Topics courses. We've also added two new Special Topics course numbers to allow us to count these types of courses more appropriately toward requirements of the major and minor. Our new courses are:

245 -- Presenting Ideas and Data

249 -- Buddhist Psychology

315 -- Special Topics in Social, Personality, or Clinical Psychology

316 -- Special Topics in Cognitive Psychology or Neuroscience

341 -- Positive Psychology

342 -- Evolutionary Psychology

NEW COURSES OFFERED WINTER 2017 QUARTER:

Psych 341: Positive Psychology

Professor Wendi Gardner

Psychology knows quite a bit about mental illness, but slightly less about the factors that lead to psychological thriving. This class focuses upon the burgeoning new science of positive psychology, a field focused on understanding what makes for meaningful and happy lives. We will discuss what is known about how to define human well-being –including philosophical bases, scientific measurement, and cultural differences. We will also discuss both empirically established obstacles to well-being and evidence based interventions designed to improve well-being. Thus, by the end of class I hope you will have learned quite a bit about the scientific study of positive psychology, and at least a little bit about how to boost your own well-being through exercises designed to assess and better understand your strengths, as well as to practice habits of thought and behavior that may increase your own personal happiness.

Prerequisite: Psychology 110. Should be comfortable with statistics and research methods for reading and interpreting scientific articles.

Psych 352: Psychology and Food

Professor Sara Broaders

This course will explore the psychology of food and eating. We'll look at evolutionary, social, cultural, cognitive, and biological perspectives on eating behavior and food choice. Among the issues that we'll explore are: why we eat, what we eat, how much we eat, what we won't eat, and why we sometimes eat too much. Since this is an upper-level research course, we will focus on psychological theories, methodological issues, and empirical research in this area. Students will also engage in designing, conducting, analyzing, and writing up an empirical research project during the quarter.

NOTE: We will NOT be covering eating disorders. This course is about normal processes and influences on eating behavior and food choice.

Prerequisite: Psychology 205

PETITION TO GRADUATE

All Northwestern undergraduates must complete and submit Graduation Petitions **one year prior to their intended graduation date**. The latest to submit the petition is two quarters before you anticipate graduating (e.g., before the end of Fall quarter if you expect to graduate in Spring quarter, and during Spring quarter if you plan to graduate in Fall quarter). To complete your Graduation Petition, set up an appointment with one of the department advisers by emailing psych-advising@u.northwestern.edu or see the Undergraduate Program Assistant in the department office (Swift 102,

CANVAS



All declared psychology major and minor students are added to our Canvas course site. Here, you can find job postings, research opportunities, and graduate school information. Announcements for on-campus or department-hosted events will be posted here as well. Please check back frequently to stay up-to-date on NU Psychology news.

If you are a declared Psychology major or minor student and have not been added to the Canvas site, please contact: psych-advising@u.northwestern.edu

847-491-5190). Be sure to bring a copy of your CAESAR Academic Requirements report to the meeting with the adviser.

Completing your Graduation Petition on time ensures you are on appropriate graduation lists and that you, your adviser, and the Registrar's Office agree on what requirements you have left to complete. It also provides an opportunity to talk about your experiences in the department thus far and your plans for the coming year and beyond.

STATISTICS TUTORIAL RESOURCE NOW AVAILABLE

We have created a new Canvas course with Statistics Tutorials for Psychology students. The site is open to any student at Northwestern who would like to be able to use the resource. It currently has video tutorials on most of the topics covered in Psych 201-Statistics, some more advanced topics, as well as some videos on using SPSS. Over time, we'll be adding to the site with videos on more advanced topics, self-assessment quizzes for students to test their knowledge, and other materials that may be useful.

All of our current majors and minors should have already been added to the Canvas site. If you have not been added but would like to access the resources, contact psych-advising@u.northwestern.edu. Provide your NetID and request to be added to the Statistics Tutorials Canvas site.

You can read more about the petition process, including submission deadlines and access petition forms, on the Registrar's website. A good place to start is the [Registrar's Graduation Page](#).

UNDERGRADUATE PSYCHOLOGY ASSOCIATION (UPA) NEWS

Consider joining the Undergraduate Psychology Association (UPA) at Northwestern, a group of students who share a passion in exploring Psychology! All majors are welcomed to join. UPA sponsors academic, career-oriented, and social events during the school year. The primary goals are to help undergraduates learn more about psychology in a non-classroom setting, foster student-faculty communications, and facilitate the awareness of professional opportunities related to psychology. Come out to one of our upcoming events to learn more and get involved--there will always be free food! If you are interested, please fill out the Google forms for the respective events:

GRE Practice Test/Strategy Session (Saturday, November 4, 9am-1:30pm at Kresge 2319): Take a free GRE practice test and get tips on how to approach various types of problems and improve your exam results with a tutor from The Princeton Review ([Link to register for GRE practice](#))

Lunch with a Professor (Monday, November 27, 12-1pm at Norris): Get the opportunity to chat personally with Professors Eli Finkel, Renee Engeln, and Ginger Pennington about anything--psychology related or otherwise--and have a free meal at Norris! ([Link to register for Lunch with a Professor](#))

Stay updated on all upcoming UPA events by signing up for our listserv through our website (<http://upanorthwestern.weebly.com/>), and feel free to reach out by emailing us at upa.northwestern@gmail.com! - **UPA Executive Board: Jamilah Silver and Kathy Tian (Co-Presidents), Lucy Kim (Treasurer), Jessie Li (Research Coordinator)**

PSYCHOLOGY STUDENTS AND CHICAGO FIELD STUDIES

Are you thinking about doing an internship in some area that interests you? Many psychology students do internships for academic credit through Northwestern's Chicago Field Studies program. Internships are available with a wide range of Chicago-area businesses and organizations—organizations focused on mental health, education, and other social services, legal and environmental organizations, financial services, health clinics, start-ups, and market research groups, among others. For more on options for psychology students, including a list of sites where psychology students have interned, see our webpage on [Psychology and Chicago Field Studies](#) and [Chicago Field Studies' website](#).

Getting practical, hands-on experience in fields you find intriguing can help you see links between your academic studies and real-world issues. It is a good way to learn more about which career paths might be best for you. In addition, it can become a valuable credential when you apply for a job or for graduate study. Keep in mind that many work experiences not labeled as "internships" provide similar opportunities and benefits. See our webpage on [Internships and Volunteering](#) for more information and ideas.

AWARDS FOR UNDERGRADUATES

The Psychology Department Undergraduate Travel Award

The Psychology Department is happy to announce an award to fund student travel to professional conferences. The Undergraduate Travel Award provides funds to students who are majoring in psychology to support them in presenting their work at conferences. The money can be used to pay for conference fees and travel expenses.

Preference will go to students who are first author on the presentation. Applications will be considered on a "rolling" basis. Please submit your applications via e-mail to Sara Broaders at s-broaders@northwestern.edu. Put "Undergraduate Travel Award" in the subject line of the email. In the email, please include the following information:

Name

Class (e.g., sophomore, junior, senior)

Name of conference

Conference location

Dates of conference
Title of presentation

Author/s on presentation (in order)

Abstract of conference presentation (250 words or less)

In addition to providing this information, please ask your faculty sponsor to write a brief letter of recommendation describing your role in the research. This letter can be emailed to Professor Broaders as well. Please ask your faculty sponsor to put "Undergraduate Travel Award" in the subject line.

Funds for Summer Research

It may not even be winter yet, but it is not too soon to start thinking about summer – and about the possibility of spending your summer doing research in our department. Each summer the Psychology Department offers two or more undergraduates a **Benton J. Underwood Summer Research Fellowship**. Professor Underwood was chair of the Psychology department and a distinguished researcher in the field of memory. He worked to establish the fund that makes these fellowships possible.

Acceptance of an Underwood Fellowship implies a commitment to spend most of your summer working on research here at Northwestern with a Psychology professor. Your exact schedule will be worked out with the professor who supervises your research. Both current juniors and current sophomores can apply for this award. However, priority will be given to current juniors. Work on an Underwood project often serves as the foundation for a senior honors project. (Receipt of an Underwood fellowship does not guarantee acceptance to our Honors program.)

If you are interested in doing research this coming summer, you should look into other funding sources, too. All Underwood applicants should also apply for a **Northwestern University Summer Research Grant** from the Provost's Office. Weinberg College also offers funds for summer research by students. Different funding sources have different selection criteria, and applying to more than one will enhance your chances of receiving an award.

To apply for an Underwood Fellowship, follow these steps:

- Choose a faculty member to supervise your research and talk with him or her about what you will be doing and what your time commitment will be. You should also talk with the faculty member about the need for Institutional Review Board approval for your planned project.
- Prepare an application in which you include (a) a statement describing your plans for this research – this can be the same proposal you submit to the university's grants committee; (b) a copy of your transcript (an unofficial transcript is fine); and (c) information about your general interests in psychology, your relevant course work, your previous research experience, and anything else that you think is relevant.
- Have the faculty member who will supervise your research write a confidential letter of support for your application.
- Get your application and letter of support to Sara Broaders at s-broaders@northwestern.edu by **Friday, March 16, 2018**. This is also the deadline for submitting summer grant applications to the University's Undergraduate Research Grants Committee.