



DEPARTMENT OF PSYCHOLOGY

Psychology

2010
newsletter/2010

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UNC
COLLEGE OF
ARTS & SCIENCES

The University of North
Carolina at Chapel Hill

POSITIVITY PROFESSOR CHANGES LIVES

Psychologists have long pointed to the evolutionary need for negativity. But positive emotions? They chalked them up to the mechanics of mating and moved on.

"That could not be the whole story," said Barbara Fredrickson, UNC's Kenan Distinguished Professor of Psychology, who was then in post-doctorate training. "There had to be an adaptive function beyond reproduction."

Twenty years of emotions research later, her bestselling book, "Positivity," makes a solid claim: not only do we need positive emotions to survive — we need them to flourish, to survive well.

Fredrickson's research led her to develop a theory called Broaden and Build. Over time moments of positivity accumulate, inspire creativity and open us to new experiences and relationships. From this, we build lasting resources that remain once the

emotion has passed. We become better, more able versions of ourselves.

"Most scientists were looking for something to happen in the same moment, as with fear, when adrenaline pushes blood to the muscles so you can flee. For positive emotions, I expanded the range of time. I found that while each individual positive emotion won't change your life, a steady diet of them can. Just as eating one piece of broccoli won't make you healthier, adding more vegetables to your life will."

Fredrickson noticed a tipping point at which positive emotions begin to influence lives. Experiencing positive emotions in a 3-to-1 ratio with negative ones is the point at which one achieves the benefits of Broaden and Build. This discovery changed Fredrickson from "a stoic workaholic," she says, to "a recovering workaholic."

"It was when we discovered the positivity ratio that this became much more than a scientific finding. This is life and how to live it, much more than some gee whiz fact. A



prescription was emerging, on how to value the moments of your life. I realized my parenting style should be different, how I relate to my spouse and students should be different. I was on my own path, evolving."

Fredrickson is looking for the next Broaden and Build. She wants to connect ideas in positivity directly to what she calls an "upward spiral" that leads to sustainable behavioral change and fuels personal development. She is also searching to find out if a diet of positive emotions affects us at a cellular level by triggering changes in gene expressions, especially in immune systems. Discoveries in this realm could change the way we view and treat a broad spectrum of illnesses.

"Every once in a while I get an email telling me that someone read my book and it changed their life," she said. "I wrote this book because I thought it would matter, and it does. It's a dream come true."

Courtesy of www.unc.edu

<http://www.unc.edu/spotlight/positivity-professor-changes-lives>



Greetings

from DAVIE HALL and
THE DEPARTMENT of
PSYCHOLOGY!



As you peruse the pages of our annual newsletter, I hope you will share in my optimism for the future of the Department as we present just a few of the many exciting activities of our talented students and faculty. We have been very fortunate to recruit some new faculty members across all six programs. They have enhanced our interdisciplinary affiliations with units such as the Nutrition Research Institute (NRI) and the Lineberger Cancer Research Center, bringing important new research opportunities for their students and faculty colleagues. Additionally, our faculty have been extraordinarily successful at obtaining external grant funding to support their research programs from agencies including the National Institutes of Health (NIH). Many faculty have received awards for outstanding teaching, and six have been recognized for excellence with Distinguished Professorships.

Our outstanding students continue to flourish as evidenced by their numerous achievements and prestigious awards. Remarkably, seventeen graduate students are supported by grants and fellowships awarded by external agencies including the American Psychological Association, the National Institutes of Mental Health, Drug Abuse, Aging and others, and the National Science Foundation. Undergraduate research remains strong, and is highlighted in the annual honors poster session.

I am honored to report that the 2010 US News and World Report rated our Department among the Top 10 public institutions in psychology. Our Clinical Program currently holds a national

ranking at 6th place, and our Developmental Program holds 10th place. Additionally, in April, an external review of the Department was conducted with exceptional results. The review committee was impressed by the size, quality, and collegiality of the faculty. During their review, the committee received overwhelmingly positive responses from both undergraduate and graduate students in their appraisals of faculty, course offerings, and overall experiences at UNC. Overall, the review committee was impressed "by the consistent positive attitude and dedication of the staff."

On a somewhat less positive note, if you live in North Carolina you will have heard about the state budget cuts that hinder our ability to teach and mentor our students, support faculty and student research, and reward excellence in teaching and research. To meet those challenges, and to provide students with a broad exposure to contemporary psychological research, we depend upon the contributions and commitment of alumni and friends of the department. Thanks to the generosity of many of our alumni and friends over the years, the Department has been able to enhance graduate and undergraduate study, and further our faculty recruitment and retention efforts. We have been able to attract new faculty whose research shows the great innovations and advancements being made across our field, but we need your support to continue these efforts.

Of particular concern for the Department is the ability to provide up-to-date research space for our faculty. Although at one time there was talk of a new building for the Psychology Department, the economic downturn means that any move out of Davie Hall is many years away. Without the overhead money from our grants and contributions from loyal donors, our space in Davie Hall would continue to deteriorate, making it more difficult to attract qualified students and faculty in a very competitive environment.

I hope you'll share in my optimistic vision for the future of the Department. Please consider helping the Department capitalize on our many strengths by making a tax-deductible contribution.

In closing, I would again like to offer special thanks to our alumni and friends. Your generous support and contributions to the Department have enabled many of the opportunities and accomplishments described within these pages. I hope you enjoy hearing news from the Department. When on campus, I invite you to visit us.

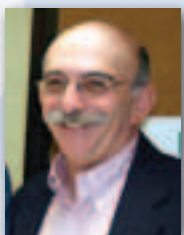
Donald T. Lopez

NEW DIRECTORS



PATRICK CURRAN – Professor in Quantitative Psychology, was appointed Director of the Quantitative Program in 2010. He joined the faculty in 1999 after spending two years as a postdoctoral fellow in Applied Statistics at the University of California at Los Angeles and three years as an Assistant Professor at Duke University. He received his Ph.D. in 1994 from Arizona State University in Clinical Psychology with an emphasis in Quantitative Methodology. His quantitative research focuses on the development, evaluation, and application of statistical models for analyzing longitudinal data. Patrick's substantive area of interest is in the study of risk and protective factors in adolescent alcohol and drug use.

BARBARA FREDRICKSON – Kenan Distinguished Professor, was appointed Director of the Social Program in July 2010. Barb joined the faculty in 2006. She received her Ph.D. in Psychology from Stanford University and conducted a two year postdoctoral training at the University of California at Berkeley in the Berkeley Psychophysiology Lab. Barb's areas of research include emotions, well being, and positive psychology.



PETER ORNSTEIN – F. Stuart Chapin Distinguished Professor, was appointed Director of the Developmental Psychology Program in July 2010. This is Peter's third stint in this role, as he served as Director twice before (from 1980-1987, and 1989-1998), prior to his appointment as Chair of the Department (from 1999- 2004). Peter received his Ph.D. in Experimental Psychology from the University of Wisconsin in 1968 and was an Assistant Professor at Princeton University before he joined the UNC faculty in 1973. His areas of research deal with the development of children's memory and cognition.

RETIREMENT

CHESTER A. INSKO

Professor of Social Psychology, entered phase retirement as of July 1, 2010. Chet earned his Ph.D. in psychology at the University of California at Berkeley in 1963. Chet joined the Department of Psychology at the University of North Carolina in 1965. During his career at UNC, he served the department and the university in many ways, most notably serving as the Director of Graduate Studies for three periods (1971-1974, 1990-1991, and 1993-1995) and serving on the Faculty Council for terms in the early 80's and the early 90's. Chet has 138 publications since 1962 and despite beginning to wind down his career, has yet another five articles in press. His area of research relates to the cause and reduction of intergroup conflict.



MEMORIAL



IN MEMORY OF EUGENE R. LONG

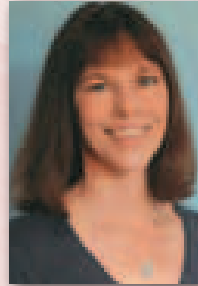
Eugene R. Long Jr., Professor Emeritus, died at age 89 on July 26, 2010, from natural causes. He attended the University of Virginia, earning a B.A. in 1946, a M.A. in 1947, and a Ph.D. in 1950, all of which were in psychology. Dr. Long joined the Department of Psychology at the University of North Carolina as an Assistant Professor in 1949, serving as Chair from 1966 until 1971. He was a committed scholar and educator for nearly five decades until his retirement in 1997.

Donations in memory of Dr. Long may be made to:
The Eugene W. Long Fund
Department of Psychology
The University of North Carolina at Chapel Hill
Chapel Hill, NC 27599-3270.

NEW FACULTY

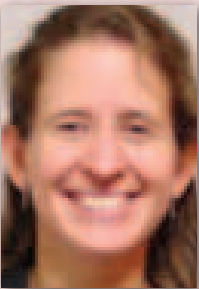


ERNEST K. AKPAKA joined the Department of Psychology as Clinical Assistant Professor on July 1, 2008. Ernest teaches courses in clinical psychology and is also a psychologist at Central Regional Hospital in Raleigh, NC. Prior to joining the Department, Ernest was a Senior Psychologist at John Umstead Hospital in Butner, North Carolina.



LINDA D. CAMERON joined the Department of Psychology as Professor in the Social Psychology Program on March 1, 2010. Prior to joining the Department, Linda was an Associate Professor of Psychology at the University of Auckland in New Zealand. Linda received her Ph.D. at the University of Wisconsin-Madison, and her research focuses on self-regulation

processes that influence health and illness behaviors, specifically those relating to the prevention and control of cancer. Dr. Cameron performs research in conjunction with the UNC Lineberger Cancer Center.



ANNA M. BARDONE-CONE joined the Department of Psychology as an Associate Professor in the Clinical Program on July 1, 2009. Prior to joining the Department, Anna was an Assistant Professor of Psychological Sciences at the University of Missouri. Anna received her Ph.D. in clinical psychology, and her research focuses

on eating disorders, specifically bulimia nervosa.



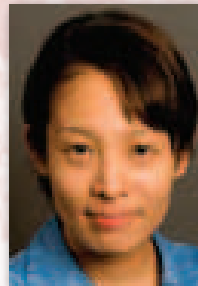
CAROL L. CHEATHAM joined the Department of Psychology as an Assistant Professor in the Developmental Program on July 1, 2008. Prior to joining the Department, Carol specialized in nutrition and pediatric brain development at the Kansas University Medical Center's department of dietetics and nutrition. Carol received her Ph.D. in child

psychology with an emphasis in neuroscience in 2004 at the Institute of Child Development, University of Minnesota—Twin Cities. She is a member of the Nutrition & Brain Development Team at the University of North Carolina Nutrition Research Institute, studying the effects of nutrients on the development and functioning of certain brain structures.



CHARLOTTE A. BOETTIGER joined the Department of Psychology as an Assistant Professor in the Behavioral Neuroscience Program on July 1, 2007. Prior to joining the Department, Charlotte was an Associate Investigator at the Ernest Gallo Clinic and Research Center at the University of California in San Francisco (UCSF). Charlotte received her

Ph.D. in neuroscience at UCSF. She is currently the Principal Investigator of the Cognition and Addiction Biopsychology Laboratory, and her research focuses on how certain cognitive processes are related to addictions. Charlotte is a core faculty member in the Behavioral Neuroscience Program, the Biomedical Research Imaging Center, and the Curriculum of Neurobiology of UNC's School of Medicine.



SY-MIIN CHOW joined the Department of Psychology as an Assistant Professor in the Quantitative Program on July 1, 2007. Prior to joining the Department, Sy-Miin was an Assistant Professor of Psychology at the University of Notre Dame. Sy-Miin received her Ph.D. in quantitative psychology from the University of Virginia in 2004. She is currently the

Principal Investigator of the Emotions and Dynamic Systems Lab at UNC, and her present research involves modeling the dynamics of emotion regulation. Sy-Miin has taught courses in statistical principles and methods relating to psychological research as well as advanced longitudinal data analysis.



RUTH M. HURST joined the Department of Psychology as Clinical Assistant Professor on August 1, 2010. Prior to joining the Department, Ruth was an Assistant Professor of Psychology at the University of North Carolina at Wilmington. Ruth received her Ph.D. in clinical psychology from The University of North Carolina at Greensboro. Her

areas of expertise are behavioral assessment and intervention for severe behavior disorders. Ruth is a psychologist at Central Regional Hospital in the Community Transition Unit.



ADRIANA ORTEGA joined the Department of Psychology as Clinical Assistant Professor on June 1, 2010. Adriana teaches courses in clinical psychology and is also a psychologist at Central Regional Hospital in Raleigh, NC. Prior to joining the Department, Adriana served as a Clinician to a private practice, providing psychotherapy for children, adolescents, and adults.

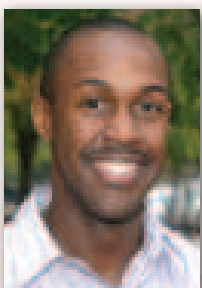


ANTONIO A. MORGAN-LOPEZ joined the Department of Psychology as an Associate Professor in the Quantitative Program on July 1, 2009. Prior to joining the Department, Antonio spent several years as a Senior Research Quantitative Psychologist in the Behavioral Health and Criminal Justice Division at Research Triangle Institute (RTI) International.

Antonio received his Ph.D. in quantitative psychology from Arizona State University in 2003. He also works with the L.L. Thurstone Psychometric Laboratory, and his overall research focuses on advances in measurement and analysis in behavioral drug and alcoholism treatment contexts.



VIJI SATHY joined the Department of Psychology as a Lecturer on July 1, 2008. Prior to joining the Department, Viji was an Associate Research Scientist for The College Board from 2003-2008. She received her Ph.D. in psychometrics from the University of North Carolina at Chapel Hill in 2003. Viji teaches statistical principles in psychology and oversees lab research.



ENRIQUE W. NEBLETT JR. joined the Department of Psychology as an Assistant Professor in the Clinical Program on July 1, 2008. Prior to joining the Department, Enrique completed a post-doctoral fellowship with the National Science Foundation (NSF) at Howard University in Washington, D.C. Enrique received his Ph.D. in clinical psychology from the

University of Michigan in 2006. His research interests examine African American youths' experiences with racial discrimination and the mental health consequences of these experiences. Enrique teaches courses in abnormal psychology and social psychology.



ELEANOR K. SEATON joined the Department of Psychology as an Assistant Professor in the Developmental Program on July 1, 2008. Prior to joining the Department, Eleanor completed post-doctorate work at the Program for Research on Black Americans at the Institute for Social Research at the University of Michigan. She received her

Ph.D. in developmental psychology from Temple University in Pennsylvania. Eleanor is currently the Principle Investigator of the Racial Experiences of Youth Laboratory, and her research includes examining racial discrimination and identity to understand why some Black youth overcome their environments while others do not. Eleanor teaches "Introduction to Child Development" and also "Adolescence in Global Perspective: From Biology to Culture."

GRADUATE STUDENT

HIGHLIGHTS

ELLEN FITZSIMMONS (Clinical, **Anna Bardone-Cone** advisor) received a Student/Early Career Investigator Travel Fellowship for the 2010 International Conference on Eating Disorders in Austria. This was a very competitive fellowship that allowed her to take part in a day-long workshop before the conference. She has also been selected to take part in the UNC Future Faculty Fellowship program in 2010.

JOSEPH FRANKLIN (Clinical, **Mitch Prinstein** advisor) won the APA Early Graduate Student Researcher Award in November 2009. Three awards are given in the field of psychology and

only one in his area of research. Joseph was also the recipient of UNC's Summer Undergraduate Research Mentorship Award in 2009 and was chosen by the Psychology Club to receive the Graduate Student Research Mentor of the Year in April 2010.

MEGAN FREEMAN (Clinical, **Eric Youngstrom** advisor) received the Baughman Award for her research on gene-environment interaction in early onset bipolar disorder. Megan is interested in the relationships between early family environment, biased attention to emotional stimuli, and a serotonin gene with risk implications for mood disorders. The award

included a \$4,000 summer stipend.

JENNIE GRAMMER (Developmental, **Peter Ornstein** advisor) and **AKILAH SWINTON** (Developmental, **Beth Kurtz-Costes** advisor) were recipients of the Rheingold Fellowship awarded in 2009-10 and 2010-11, respectively. This merit-based fellowship honors the legacy of Harriet L. Rheingold, a pioneering scholar in the field of developmental psychology.

MEG HARNEY (Clinical, **Anna Bardone-Cone** advisor) received recognition at the May 2010 Commencement by Psi Chi, as their Teaching Assistant of the Year.

KRISTIN HEALY (Clinical, **David Penn** advisor) was named the first David and Maeda Galinsky Fellow for 2010-2011. The Galinsky Fellowship is awarded annually to a highly qualified incoming Clinical student.

STEVEN HOLOCHWOST (Developmental, **Martha Cox & Jean Louis-Gariepy**, advisors) was recently elected to full membership of the Sigma Xi Scientific Research Society and made an Associate Member of Behavioral and Brain Sciences.

DAVID JOHNSON (Clinical, **David Penn** advisor) and **EMMA STERRETT** (Clinical, **Deborah Jones** advisor) received the Wallach

2009-2010 GRADUATE STUDENT FELLOWSHIP AWARDS

STUDENT	FACULTY ADVISOR	AWARDING AGENCY
Christopher Cameron	Keith Payne	National Science Foundation
Jessica Cuellar	Deborah Jones	National Institute of Child Health and Human Development
Ilana Dew	Kelly Giovanello	National Institute on Aging
Melanie Fischer	Donald Baucom	Fulbright Fellowship for Non-U.S. Students
Joseph Franklin	Mitch Prinstein	National Science Foundation; Society for Psychophysiological Research; Traumatic Stress Studies
Nisha Gottfredson	Daniel Bauer	National Institute on Drug Abuse
Steven Holochwost	Martha Cox/Jean Louis Gariepy	American Psychological Association
Joshua Jones	Regina Carelli	National Institute on Drug Abuse
Bethany Kok	Barbara Fredrickson	UNC Graduate School Kenan Fellowship
Emily Lowery	Todd Thiele	National Institute on Alcohol Abuse and Alcoholism
Angela Lyons	Todd Thiele	National Institute on Alcohol Abuse and Alcoholism
Matthew McMurray	Josephine Johns	National Institute on Drug Abuse
Laurence Miller	Linda Dykstra	National Institute on Drug Abuse
Diana Rancourt	Mitch Prinstein	National Institute of Mental Health
Sonya Sterba	Daniel Bauer	National Institute of Mental Health
Emma Sterrett	Deborah Jones	American Psychological Association
Alison Wagner	Donald Lysle	National Institute on Drug Abuse

Award in 2010. Each year, the Wallach award is given to one or two graduate students who demonstrate superior competence, including excellence in research, clinical, teaching, or service endeavors.

JOSHUA JONES (Behavioral, **Regina Carelli** advisor) and **MATTHEW McMURRAY** (Behavioral, **Josephine Johns** advisor) received awards from the Richard King Excellence in Research Fund during 2009-2010.

DANIEL HARPER (Behavioral, **Mark Hollins** advisor) received the award for 2010-2011.

BRITTAIN MAHAFFEY (Clinical, **Jon Abramowitz** advisor) received a grant from the NC March of Dimes to study postpartum obsessive compulsive disorder. It was a community award for the development of materials for a postpartum OCD prevention study. Faculty member, **Jon Abramowitz** was also a Co-Principal Investigator on the study.

JULIA SHADUR (Clinical, **Andrea Hussong** advisor) won the Graduate Student Mentor Award from the Office of Undergraduate Research in May 2010.

JESSICA SOLIS (Clinical, **Andrea Hussong** advisor) was the recipient of the Samuel B. Guze Symposium on Alcoholism Competitive Travel Award in January 2010.

MICHAEL WHEATON (Clinical, **Jon Abramowitz** advisor) received a grant to study the neurophysiology of hoarding behavior from the International Obsessive Compulsive Foundation (2010-2012). Faculty member, **Jon Abramowitz** and **Joseph Franklin** (Clinical, **Mitch Prinstein** advisor) are Co-Investigators on the Grant. Michael is also the guest editor of a forthcoming issue on hoarding for the *International Journal of Cognitive Therapy*.

CONGRATULATIONS TO OUR Ph.D. GRADUATES

STUDENT	PROGRAM	YEAR	FACULTY ADVISOR
Anna Agranovich	Clinical	2009	Marilyn Hartman
William Aldridge	Clinical	2009	Donald Baucom
Kimberly Coffey	Clinical	2009	Marilyn Hartman
Jeremy Day	Behavioral Neuroscience	2009	Regina Carelli
Ilana Dew	Cognitive	2010	Kelly Giovanello
Jennie Grammer	Developmental	2010	Peter Ornstein
Cecily Hardaway	Developmental	2009	Vonnie McLoyd
Dayna Hayes	Behavioral Neuroscience	2009	Todd Thiele
Marcus Johnson	Cognitive	2009	Peter Gordon
Joshua Jones	Behavioral Neuroscience	2010	Regina Carelli
Abigail Judge	Clinical	2009	David Penn
So-Yeon Kim	Cognitive	2010	Kelly Giovanello
Rebecca Klatzkin	Behavioral Neuroscience	2009	Susan Girdler
Taehun Lee	Quantitative	2010	Robert MacCallum
Michael McRae	Clinical	2009	Vonnie McLoyd
Mary Mechlin	Behavioral Neuroscience	2009	Susan Girdler
Monique Moore	Clinical	2009	Joseph Lowman
Ndidi Okeke	Developmental	2009	Beth Kurtz-Costes
Nicole Pukay-Martin	Clinical	2010	Donald Baucom
Kelly Purtell	Developmental	2010	Vonnie McLoyd
Andrew Rea	Social	2009	Chester Insko
Lauren Reba-Harrelson	Clinical	2010	Cynthia Bulik
Priscilla San Souci	Developmental	2009	Peter Ornstein
Daniel Serrano	Quantitative	2010	Patrick Curran
Sonya Sterba	Quantitative	2010	Daniel Bauer
Jennifer Thomas	Clinical	2010	Andrea Hussong
Alison Wagner	Behavioral Neuroscience	2010	Donald Lysle
Dana Wood	Developmental	2009	Beth Kurtz-Costes



HEALEY NAMED FIRST GALINSKY FELLOW IN PSYCHOLOGY

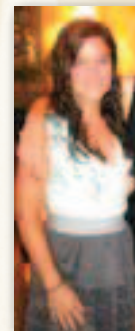
The psychology department has named Kristin Healey the first David and Maeda Galinsky Fellow.

Healey is a first-year graduate student with research interests in social anxiety and social cognition in schizophrenia.

The late David Galinsky was a professor in the department for more than 40 years, serving as chair from 1983-1993 and directing the clinical program. He and his wife, Maeda, a Kenan Distinguished Professor in the UNC School of Social Work, established the David and Maeda Galinsky Graduate Student Fellowship in 1996. Following David's death in January 2006, more than 170 family members, friends and colleagues contributed to the fund to honor him and help complete the fellowship in his memory.

Healey, who earned her undergraduate degree from The College of New Jersey, says she chose to attend Carolina because of the warmth of the clinical psychology faculty and students as well as her shared research interests with David L. Penn, professor and associate director of clinical psychology. Penn will serve as her mentor.

(story adapted from the fall '10 issue of Carolina Arts & Sciences magazine)



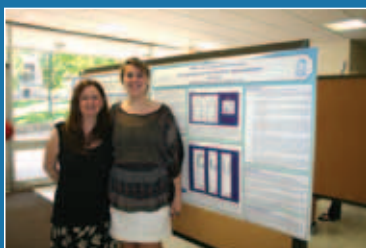
Undergraduate Honors Program



Shown above are the 2009-2010 Undergraduate Honors Students, pictured with MARK HOLLINS, Director of Graduate Studies.

Poster Session April 29, 2010

Faculty advisor, Rita Fuchs-Lokensgard (left) and honors student, Kate Cowhey, winner of the 2010 Dashiell Thurstone Prize, with her project "Area of the Brain Triggering Relapse in Drug-seeking Behavior."



Faculty advisor, Beth Kurtz-Costes and honors student, Nikul Patel with his project "Achievement Beliefs of Indian School Children."

Faculty advisor, Charlotte Boettiger and honors student, Ryan Wade, with his project "Attentional Biases in Alcohol-related Stimuli."



Faculty advisor, Deborah Jones (left) and honors student, Michelle Gonzalez with her project "The Role of Socioeconomic Status on the Psychosocial Functioning of African-American Single-mother Families."

Faculty advisor, Enrique Neblett and honors student, Sierra Carter, with her project "Psychological and Physiological Reactions to Stressful Situations and Race-based Discrimination."



Faculty advisor, Mitch Prinstein (left) and graduate student advisor, Joe Franklin with honors student, Rachel Aaron and her project "Non-suicidal Self-Injury; The Effects of Socially-induced Placebo Analgesia."

WELCOME NEW STAFF



CRYSTAL BALDWIN – Program Coordinator for Clinical Psychology and Behavioral Neuroscience, joined the Department of Psychology in February 2010. Prior to joining the Department, she was the lead secretary at Alexander Wilson Elementary and the treasurer for their daycare program. She is a graduate of the University of North Carolina at Chapel Hill, where she majored in Public Relations.



TERRI GAULT – Department Manager, joined the Department of Psychology in April 2010. Terri was formerly the Manager for UNC's Department of City and Regional Planning, although immediately prior to joining the Department, Terri worked for Blue Cross and Blue Shield of North Carolina as a Financial Auditor. Terri earned her Master of Accounting degree in 2006 from UNC's Kenan Flagler Business School and is a licensed CPA in the state of North Carolina.



TRENT HOPPER – Assistant Department Manager, joined the Department of Psychology in July 2010. Prior to joining the Department, Trent was a service manager for Wachovia Bank and has a background in management and sales. Trent graduated from UNC in 2006.



NICOLE JAROSIEWICZ – Accounting Technician, joined the Department of Psychology in December 2009. Prior to joining the Department, Nikki was an Administrative Support Specialist in the UNC Kenan Flagler Business School for three years. Before joining the university, she filled various administrative roles for local companies.



JENNIFER WORKMAN – Executive Assistant, joined the Department of Psychology in September 2010. Prior to joining the Department, Jennifer was the Program Assistant in the School of Education at Elon University. She received her Bachelor of Arts degree from the University of North Carolina at Wilmington in 2005.



LAURA YURCO – Accounting Manager, joined the Department of Psychology in November 2009. Laura has been with the University since 2004. Prior to joining the Department, Laura was the Accounting Manager for the Department of Otolaryngology for over three years and an Accounting Technician for the School of Public Health Dean's Office for two years. Laura received her Bachelor's in Accounting in 2004 and her MBA in 2008.

UPCOMING RETIREMENT



DIANNE HILL – Administrative Assistant, will be retiring in December of 2010. She has been with the Department of Psychology since 2001 and a staff member at UNC since 1990. We appreciate her dedication and service to the Department and wish her well.

Carolina Psychology YOUR SUPPORT IS ESSENTIAL!

The Department of Psychology gratefully thanks the generous donors who have supported its students, faculty, and programs over the years. Now more than ever, your continued support is needed.

Gifts to the Psychology General Gift fund are used at the discretion of the chair and are directed to where the need is greatest. Such discretionary funds are used to support ongoing programs, activities, initiatives and special events that are not funded by state dollars or that require the use of non-University funds.

- ✦ Help us modernize our research space and equipment. Psychology still resides in Davie Hall, built in 1967 and not significantly updated since it was built. Budget cuts mean no new building is on the horizon. To maintain our cutting edge research programs and retain our top-notch faculty, we must invest resources into updating our research space and equipment.
- ✦ Help us provide graduate student funding as budget cuts reduce available funds for student support.

- ✦ Support our efforts to recruit the best students and faculty to the department. Student and faculty candidate travel as well as visiting day expenses are covered by these donations.

If you have questions about giving to Psychology or would like additional information, contact Kelleigh Smith, Associate Director of Capital Gifts, Arts and Sciences Foundation, at kelleigh.smith@unc.edu or 919/843-4454. Please help continue the tradition of distinguished teaching, learning and service in the Department of Psychology by making a gift to support faculty and students. We are grateful to all our friends and donors for their generosity. Private gifts play a critical role in the success of our department.

To make a tax deductible gift, please visit:
<https://college.unc.edu/foundation/makeagift?desig=1301>

FACULTY HONORS, AWARDS & HIGHLIGHTS

ANNA BARDONE-CONE, Associate Professor in the Clinical Program, was inducted as a Fellow of the Academy of Eating Disorders in 2010. There are currently 103 Fellows internationally.

DON BAUCOM, Richard Lee Simpson Distinguished Professor of Psychology, received an Endowed Chair appointment from the University in 2010, for his research contributions to the field of psychology. Don has also been elected to the Board of Directors of the Klaus-Grawe Foundations for the Advancement of Psychotherapy Research in Zurich, Switzerland. This is a non-profit foundation that seeks to translate findings from psychotherapy research and make them available to clinicians around the world, as well as to educate the public about efficacious mental health interventions.

CHARLOTTE BOETTIGER, Assistant Professor in the Behavioral Neuroscience Program, received a Junior Faculty Development Award from the University's Committee on Faculty Research and Study Leaves in 2009. This award will be used to finance her research into the neuromodulation of decision-making behavior.

REGINA CARELLI, Professor and Director of the Behavioral Neuroscience Program, was named the Edwin Averyt Poston Distinguished Professor in 2010.

LINDA DYKSTRA, William Rand Kenan Jr. Distinguished Professor of Psychology, was appointed to the Advisory Council of the North Carolina Governor's Institute on Alcohol and Substance abuse.

BARBARA FREDRICKSON, Kenan Distinguished Professor and Director of the Social Program, was named Templeton Research Fellow at Boston University in 2009. Barb was also named Senior Fellow of the Mind and Life Institute, and in May 2010 had the honor of presenting her latest research (conducted in collaboration with doctoral student, **Bethany Kok**) to His Holiness the Dalai Lama as part of a private scientific meeting at the University of Wisconsin at Madison.

ELIZABETH JORDAN, Lecturer and Associate Director of Undergraduate Studies, was awarded the National Academic Advising Association's 2010 Outstanding Advisor Award for Faculty Advising. The award recognizes individuals who have an established record of excellence in academic advising of students. Beth was honored at a ceremony at NACADA's annual conference in October. Beth was also awarded the prestigious Tanner Award for Excellence in Undergraduate Teaching in 2010. This University-wide award recognizes excellence in inspirational teaching of undergraduate students.

ROBERT MACCALLUM, Professor and Director of the Quantitative Psychology Program and L.L. Thurstone Psychometric Laboratory, was awarded the prestigious 2010 Distinguished Teaching Award for Post-Baccalaureate instruction. This campus-wide teaching award acknowledged his teaching of graduate level courses in quantitative methods for behavioral science research.

ANTONIO MORGAN-LOPEZ, Associate Professor of Quantitative Psychology and L.L. Thurstone Psychometric Laboratory, was elected into the Society of Multivariate Experimental Psychology in 2009. Antonio was nominated for permanent membership to NIAAA Treatment and Health Services Study Section, to begin in 2011.

ENRIQUE NEBLETT, Assistant Professor of Clinical Psychology, received the 2010 Psychology Club Faculty Research Mentor Award. This student-nominated award is given annually to recognize an exceptional research mentor.

ABIGAIL PANTER, (Bowman and Gordon Gray Distinguished Professor of the Quantitative Program and L. L. Thurstone Psychometric Laboratory) and graduate

student **Nisha Gottfredson** (Quantitative, **Dan Bauer** advisor) won the 2009 Jeffrey Tanaka Award from the Society of Multivariate Experimental Psychology for most outstanding paper published in the journal, *Multivariate Behavioral Research*. The award recognized their paper published in 2009 entitled: "The effects of educational diversity in a national sample of law students: Fitting multilevel latent variable models in national data with categorical indicators."

DAVID PENN, Professor of Clinical Psychology, received the 2009 Distinguished Teaching Award for Post-Baccalaureate instruction.

MITCH PRINSTEIN, Professor and Director of the Clinical Program, received the APA Raymond D. Fowler Award in 2009. This award is presented annually by the American Psychological Association of Graduate Students to a psychologist who has made an outstanding contribution to the professional development of students. Dr. Prinstein also received the 2009 Tanner Award for Excellence in Undergraduate Teaching.

2010 Recipient of Massey Distinguished Service Award



Steve Reznick is a leading research scientist in the field of infant cognitive development. At Carolina, he has collaborated with fellow scientists

and clinicians to develop a system for parents to watch for and record patterns of behavior in their babies that could be early warning signs for autism. He recently received a three-year grant of more than \$400,000 from the Autism Speaks Foundation to continue improving the system.

Even though Reznick has his hands full with research and teaching duties, whenever someone asks him to do

something, he has an unshakeable habit of saying yes. That's what happened in 1999, when psychology department chair Peter Ornstein asked him to serve as director of the Developmental Psychology Program. In addition, he serves as associate dean for first-year seminars and academic experiences. And Reznick took it upon himself to develop a 30-minute overview of the undergraduate curriculum during CTOPS orientation for new students and parents.

It is that enduring spirit of activism and sense of full-scale engagement with campus life that led Ornstein and others to nominate Reznick for a 2010 C. Knox Massey Distinguished Service Award. In his nomination letter, Ornstein wrote, "In my 35 years as a member of the Carolina faculty I have never met another colleague whose commitment to university service comes close to matching that of Dr. Reznick."

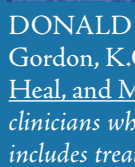
There is a danger in trying to do too much, Reznick knows, and he tries to limit his service to only things that he is passionate about. The problem is that there is very little that happens at Carolina that is he not passionate about – now more than ever. His nephew is starting his junior year here and Reznick helped his daughter move into her sorority house for the start of her sophomore year. He still remembers what it was like when he was in their shoes and thinks about what he needed to hear when he first came here 41 years ago as an undergraduate. "I think of myself as a meliorist," Reznick said. "I believe the world can be a better place, and with that belief comes an obligation to do what I can to make it better." The more he sees, the more he develops creative ideas to make something that is already good become even better.

(story adapted from the University Gazette)

FACULTY BOOKSHELF



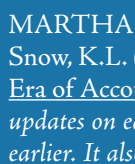
JONATHAN S. ABRAMOWITZ, (Clinical Program): Abramowitz, J.S. (2009). Getting Over OCD: A 10-Step Workbook for Taking Back Your Life. New York: Guilford Press. *This workbook provides ways of understanding Obsessive-Compulsive Disorder (OCD) in order to overcome it and find relief.*



DONALD S. BAUCOM, (Clinical Program): Snyder, D.K., Baucom, D.H., & Gordon, K.C. (2007). Getting Past the Affair: A Program to Help You Cope, Heal, and Move On – Together or Apart. New York: Guilford Press. *A guide for clinicians who work with couples who have experienced cases of infidelity. This book includes treatments and goals for clinicians in this subject.*



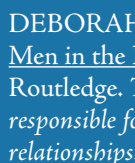
SY-MIIN CHOW, (Quantitative Program): Chow, S., Ferrer, E., & Fushing, H. (2009). Statistical Methods for Modeling Human Dynamics: An Interdisciplinary Dialogue. London: Routledge Academic. *In this book, research from the fields of psychology, neuroscience, statistics, computer science, and physics are analyzed and used to create modeling techniques in these respective field settings.*



MARTHA J. COX, (Developmental Program): Pianta, R.C., Cox, M.J., & Snow, K.L. (2007). School Readiness and the Transition to Kindergarten in the Era of Accountability. Baltimore: Paul H. Brookes Publishing. *This book provides updates on early childhood education from a previous book published eight years earlier. It also gives information concerning early childhood and elementary education that helps educators create programs and policies that will help students succeed in an era of high-pressure for success.*



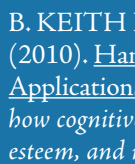
BARBARA L. FREDRICKSON, (Social Program): Fredrickson, B. (2009). Positivity: Top-Notch Research Reveals the 3 to 1 Ratio That Will Change Your Life. New York: Three Rivers Press. *This book provides research that shows the benefits of having a 3:1 ratio of positive emotions to negative emotions, which lets one reach a higher level of vibrancy in life.*



DEBORAH J. JONES, (Clinical Program): Jones, D.J., & Evans, R. (2009). Men in the Lives of Young Children: An International Perspective. London: Routledge. *This book provides research and debate on the role of men who are responsible for young children and how they can develop professional and familial relationships.*



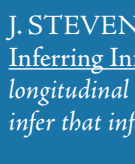
ROBERT C. MACCALLUM, (Quantitative Program): Cudeck, R., & MacCallum, R.C. (2007). Factor Analysis at 100: Historical Developments and Future Directions. Mahwah: Lawrence Erlbaum Associates. *This book provides views on developments in the area of factor analysis, especially in behavioral research, as well as future directions in the field.*



B. KEITH PAYNE, (Social Program): Gawronski, B., & Payne, B.K. (2010). Handbook of Implicit Social Cognition: Measurement, Theory, and Applications. New York: Guilford Press. *This book provides the latest research on how cognitive processes influence social behavior. Areas of topic include prejudice, self-esteem, and morality.*

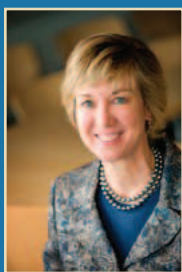


MITCHELL J. PRINSTEIN, (Clinical Program): Prinstein, M.J., & Dodge, K.A. (2010). Understanding Peer Influence in Children and Adolescents. New York: Guilford Press. *This book presents an understanding for the processes teens use to shape one another's attitudes and behavior. It also suggests ways of intervention and prevention in this subject.*



J. STEVEN REZNICK, (Developmental Program): Reznick, J.S. (2008). Inferring Infant Intentionality. Berlin: VDM Publishing. *This book describes a longitudinal study of mothers and infants which focuses on how willing parents are to infer that infants behave in an intentional way.*





NEW COLLEGE DEAN

KAREN M. GIL, the Lee G. Pedersen Distinguished Professor of Psychology and Professor of Psychiatry, was appointed Dean of UNC's College of Arts and Sciences, effective July 1, 2009. A UNC College faculty member since 1995, Gil previously served as the senior associate dean for social sciences and international

programs, the senior associate dean for undergraduate education, and chair of the department of psychology.

A fellow of the American Psychological Association and the Society of Behavioral Medicine, Gil is the author of numerous publications on health psychology, acute and chronic pain, stress and coping, and childhood medical illness. She received a doctorate in clinical psychology from West Virginia University in 1985 and a B.A. degree in psychology with highest honors from the State University of New York at Stony Brook in 1978.

Gil says, "I have always thought that the Dean of the College of Arts and Sciences was one of the most important jobs on our campus and in higher education today. It is such a great honor to have this opportunity to lead this college, to work with outstanding world-class faculty and students, and to have the chance to work with a really committed staff. I am amazed every day that I have this opportunity."

TRAINING GRANT NEWS

Funded by the National Institute on Drug Abuse, the Predoctoral Training Grant in Research on Drug Abuse was recently renewed for its fifth 5-year cycle. With this recent renewal, support is guaranteed through 2015, when the program can celebrate 25 years of continuous training support for graduate students in the Department of Psychology. **Linda Dykstra** has directed the training grant since its inception in 1990 and recently, **Regina Carelli** was named co-director. The objective of this program continues to be the preparation of individuals for careers in basic research on drug abuse. The majority of the students supported by the training grant have been in the Behavioral Neuroscience Program or in the Neurobiology Curriculum. The training program includes courses and seminars in areas related to drug abuse, intense research mentoring and active participation in professional meetings.

With over 50 students being supported during the entire 20 year period, 24 students have participated in the program within the last five years:

Rebecca Balter	Emily Freeman-Daniels	Angela Sparrow Lyons
Courtney Cameron	Jennifer Green	Matthew McMurray
Domenic Cerri	Dayna Hayes	Laurence Miller
Sierra Christensen	Lee Hutson	Chris Smith
Tyechia Culmer	Terra Irons	Gretchen Sprow
Dana Daugherty	Joshua Jones	Jon Sugam
Jeremy Day	Heather Lasseter	Alison Wagner
Brad Fischer	Emily Lowery	Audrey Wells



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