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IMPT DATES

Cowan Lecture:
"Presence" by
Amy Cuddy, Ph.D.
September 22
3:30 PM @
Alumni Center

University Day
October 12

Gil Internship Deadline
October 13

Fall Break
October 19—22

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Psychology & Neuroscience Undergraduate Newsletter

Volume 6 | Issue 1

September 2017

Student Spotlight

Meet **Megan Balentine**, a senior Psychology major and Interdisciplinary Studies major, with a minor in both Neuroscience and Education. Megan works with her mentor, Meghan Jones, in Dr. Donald Lysle's laboratory.

Tell us about your research. The research that I am involved in surrounds the impact of opiates on the development of disorders, including Post-Traumatic Stress Disorder (PTSD). My research team explores the neural mechanisms by drugs (such as morphine) and how they influence the development of PTSD.

What do you like most about your research? My favorite part is knowing that what we are doing is incredibly meaningful. Millions of people worldwide suffer from PTSD, and current treatments for the disorder are not always effective. In the lab, we are working to expand knowledge on the neural basis of the development of PTSD, which carries significant implications for how the disorder is understood and treated in the future.

What is the most valuable lesson you've learned? The most valuable lesson I've learned from working in the Lysle Lab is to ask questions! The more I ask, the more I learn.

What encouraged you to get involved? For the past several years, I have been passionate about working with individuals who have PTSD. I volunteered at a VA hospital and gained a deeper understanding of the wide impacts of this disorder. My mentor, Meghan, encouraged me to explore the research happening her lab and I cannot think of a more amazing way to put my interests into practice.





Meet a Gil Intern



Meet **Lynde Wangler**, one of our Spring 2017 interns with the [Karen M. Gil Internship Program in Psychology and Neuroscience](#).

Lynde is a junior majoring in Psychology with a double-minor in Neuroscience and Biology. In Spring 2017, she interned with the Child Imaging Research on Cognition and Life Experiences (CIRCLE) Laboratory under the mentorship of Dr. Margaret Sheridan in the Department of Psychology and Neuroscience.

The CIRCLE Lab investigates the effects of different life experiences on behavior and the developing brain. Partnering with the UNC Biomedical Research Imaging Center, the lab produces functional magnetic resonance imaging (fMRI) scans from patients to analyze brain activity during task completion in the scanner. Lynde shares, “My responsibilities included attending lab meetings and participating in discussions on literature predominantly pertaining to forms of child maltreatment and its neurocognitive and developmental consequences. I have especially enjoyed getting to know the people in the lab and being a part of the welcoming intellectual environment that the lab supports. While working in the CIRCLE Lab, Lynde says, “I have improved my ability to discern useful and reliable research articles and I have also gained knowledge in the field of child cognition and development.”

The Gil Internship Program has been a valuable experience for Lynde. She says, “I have been able to gain hands-on experience working in a research setting and to meet and network with various faculty, undergraduates, and graduate students. As Gil Interns, we also focused on the development of professional skills through a series of workshops at UNC Career Services. The knowledge I have gained through attending these workshops will help me be the best candidate I can when applying to graduate programs in the future. I am grateful to have had this amazing opportunity and highly recommend to other driven students to pursue research and internship opportunities that are available at UNC.”

Want to be a Gil Intern? Applications for Spring 2018 internships are due by Friday, October 13, 2017. Learn more about the [application process](#) online. Questions can be directed to [Molly Corrigan](#).

How YOU Can Get Involved in Research!

Research opportunities as an undergraduate at Carolina abound! We hope you find a research experience that is rewarding to you and helps prepare you for your future goals.

First, decide the type of research you’d like to be involved in. Not sure? Check out past Undergraduate Research Posters and Presentation Abstracts by searching “Psychology” in this [database](#) provided by the Office of Undergraduate Research (OUR). OUR also provides a [database](#) for past summer research projects.

Next, find a research opportunity! You can check out the [laboratory websites](#) of our faculty members (see if they need a volunteer!). You can also review the [available research opportunities](#) as advertised by OUR. Dr. Marsha Penner is our Director of Undergraduate Research, and you can [contact her](#) to learn more about our research. Many of our PSYC majors participate in PSYC 395, an opportunity to work side-by-side with graduate students and faculty members on cutting-edge psychological research. Learn more about [PSYC 395](#) online. Once you find a research opportunity, you can even [receive funding](#) to support your research!

3rd Annual Ann Rankin Cowan Lecture



We hope you can join us for our 3rd Annual Ann Rankin Cowan Lecture, “Presence: Bringing Your Boldest Self to Your Biggest Challenges,” presented by Dr. Amy Cuddy.

Dr. Cuddy is a social psychologist and bestselling author. She earned her Ph.D. from Princeton University and has served on the faculties of Harvard Business School and Northwestern University. Her 2012 TED Talk, “Your Body Language May Shape Who You Are,” has been named by *The Guardian* as one of 20 online talks that could change your life, has been viewed more than 42 million times, and is the second-most-viewed TED Talk—ever! Focusing on the power of nonverbal behavior, prejudice and stereotyping, the delicate balance of trustworthiness and strength, and the ways in which people can affect their own thoughts, feelings, performance, and psychological and physical well-being, Dr. Cuddy writes and speaks about how we can become more present, influential, compassionate, and

satisfied in our personal and professional lives.

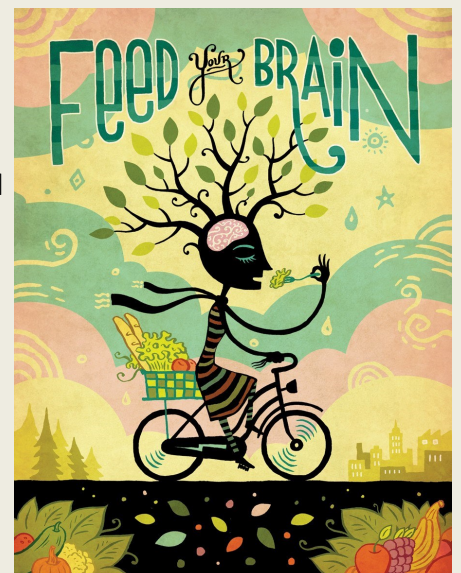
Please join us on **Friday, September 22 at 3:30 PM** (show up early to secure your seat!) in the George Watts Hill Alumni Center (106 Stadium Drive). This lecture and reception is free and open to the public, thanks to the generosity of the Cowan Family Foundation. See you there!

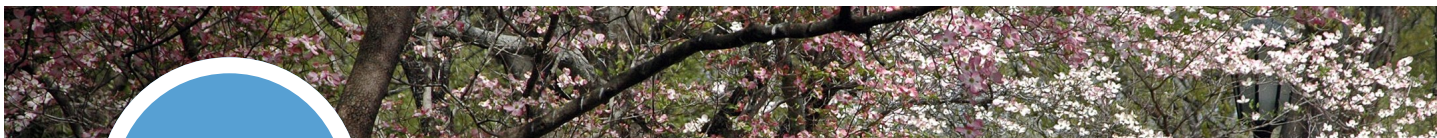
Nutrition and Brain Development

Have you ever considered how the food you put into your body is actually fuel for your brain? Now, think about how important that food would be if you were building a brain from scratch. Basically, the fetal and infant stages of life and, to some extent, the adolescent period, are about “building a brain.” The nutrition that a mother gets during pregnancy and that she feeds her infant are integral to the development of the brain.

In the Cheatham Nutrition and Cognition Laboratory, Dr. Cheatham studies how nutrition across the lifespan, starting pre-conception, affects brain development and function. On October 4th, Dr. Cheatham will speak about her research in which she explored the synergy of nutrients naturally occurring in human milk and its relation to infant cognitive development as measured by event-related potentials (an electrophysiology technique) at 6 months of age.

Undergraduate students are invited to our Developmental Psychology group on October 4th from 12:20—1:30 PM in Howell Hall, room 205, to learn more about this exciting research! We hope to see you there!





Undergraduate Research Grants

The Department of Psychology and Neuroscience Undergraduate Research Program, on behalf of the Lindquist Undergraduate Research Fund, would like to announce the availability of undergraduate research grants! Grants of up to \$300 are available to help fund undergraduate research projects (e.g. for equipment, software, participants) or to offset the costs related to presenting or publishing research.

To apply for Fall 2017 grants, undergraduates should submit a 1-page letter of application briefly explaining the research project, the proposed use of grant funds, and a projected budget. Letters of application should be in PDF format and contain the signature of the student's faculty mentor. Apps are due by September 27 to [Dr. Marsha Penner](#).

Center for Developmental Science

Each semester, the faculty and fellows of CDS gather for a weekly consortium series organized around a theme and guiding questions. The Fall 2017 series will be held on Mondays from 2—3:15 PM at the CDS.

Check out the [fall schedule](#) online!

Jobs & Other Opportunities

Looking for a post-baccalaureate position in psychology? Check out an [online database of active positions](#)! You can also subscribe by email to be notified of new postings. This is a great resource for new graduates!



Join Carolina Neuroscience Club, a club for students interested in the brain and nervous system. Meetings include research discussions, current topic debates, interactive activities, and even a brain dissection. Professors and graduate students also come throughout the year to talk about neuroscience research and opportunities to pursue neuroscience after college. CNC is a dedicated resource to assist members in finding research labs, deciding on classes, and getting involved in neuroscience opportunities. CNC meets every Monday at 7:30 PM in FPG Union Room 3408. [Email CNC](#) to get on the listserv.



The Road to Resilience is seeking a peer coach for the Fall semester. Peer coaches co-facilitate a group for students on academic probation, lead experiential exercises, and contribute to planning for groups. The groups meet an hour per week. Contact [Dave DeVito](#) if you are interested.



Interested in being a school psychologist? School psychologists create safe, healthy, supportive learning environments to strengthen connections between home, school, and the community. School psychologists provide a range of services, including assessment, intervention, consultation, training, and research. The University of Minnesota is looking for smart psychology majors to join their Ph.D. Program in School Psychology. [Learn more about UofM!](#)



The UNC SPHERE (Socioeconomic Policies and Health Responses) is hiring a Research Assistant. Candidates must be able to dedicate 4-8 hours of work per week and be current juniors, seniors, or graduate students at UNC. To apply, submit a resume PDF and a short paragraph about your interest to [Hanaleah Hoberman](#) by September 21.



Are you interested in clinical research experience? Motivated senior psychology majors can assist with a National Institute of Mental Health funded study that examines the effects of psychotherapy using brain imaging. This is a great opportunity for students interested in clinical psychology. [Learn more about the lab](#) & email [Dr. Dichter](#).

