



CONTENTS

1. Research Profile
2. Applying Psychology at UTC
3. Meet our Majors
4. Angelique's Advice
5. PsychTools for School
6. Great Things are Happening in the Department of Psychology

Research Profile: **Kristen Black, Ph.D.**

Kristen joined the UTC faculty in Fall 2017 after having earned her Ph.D. in industrial-organizational psychology from Clemson University. She loves every opportunity to cheer on the UTC Mocs, but she'll always be a Clemson Tiger fan since both her bachelor's degree in psychology and her master's degree in applied psychology were completed at Clemson. Her research area is occupational healthy psychology, and she is currently focusing on a research project examining how the perceived adequacy of income affects individuals' tendencies to engage in relaxation activities.



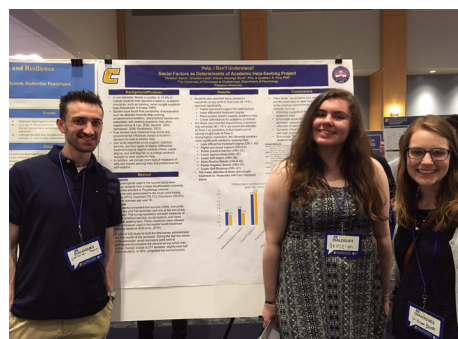
KRISTEN BLACK

Kristen has been involved with research since the beginning of her career. While completing her undergraduate degree, her research project focused on sleep deprivation. In graduate school, she helped to facilitate mental health treatment among members of the military. The large-scale, externally funded project eventually developed into an intervention that trained soldiers and their units on how to support a fellow unit member who might be experiencing a mental-health concern. The project was transformative for her; she was able to see applied research firsthand. Indeed, seeing individuals who were exposed to potentially traumatic events as part of their work responsibilities that she became interested in the consequences of high-stress jobs and high-risk occupations. She is interested in groups of workers who are vulnerable to health concerns because of their jobs, and she strives to help and find unique solutions to these problems.

For her doctoral dissertation, she focused on perceptions of stress and how we create the need for high stress in many organizational cultures. "We need to display that we are stressed and busy to feel important. Why do we treat stress as a badge of honor and what are the implications of that for your health and well-being?" she asked. She began

to wonder why this hasn't been a more frequent topic of research, leading her to pioneer her current research which focuses on stress as a "badge of honor." She has recently collected data with undergraduate and graduate students, asking participants to measure their stress during the day.

"WE NEED TO DISPLAY THAT WE ARE STRESSED AND BUSY TO FEEL IMPORTANT. WHY DO WE TREAT STRESS AS A BADGE OF HONOR?"



She also collects information about what causes their daily stress, if they share that information with their peers, and how sharing those feelings of stress makes the student feel. She wants to continue studying overall stress perceptions among high-stress jobs. She also wants to see how the "stress badge" applies to jobs that

are inherently high stress (e.g., nurses, firefighters, etc.) and how that affects these people's health and well-being.

She chose UTC because she wanted the opportunity to teach, mentor and work with graduate students. She loves research, but she also loves to teach so she was excited to join UTC, a place that would allow her to thrive in both areas. When she was a graduate student at Clemson, she felt naturally inclined to mentorship. "I caught myself teaching when teaching wasn't my job," she said. "The department really wants you [faculty] to do what [they] do best; if that's research it's research; if that's teaching it's teaching." She also found a work environment with people that share her interests, which led her to work with

"I CAUGHT MYSELF TEACHING WHEN TEACHING WASN'T MY JOB."

Chris Cunningham, graduate psychology graduate program coordinator in industrial-organization psychology, who is working on a new textbook that highlights the essentials of occupational health psychology. We will keep you posted when it is released.

Applying Psychology @ UTC

All psychology majors are required to complete at least 3 credit hours in the Applying Psychology category. You can choose from:

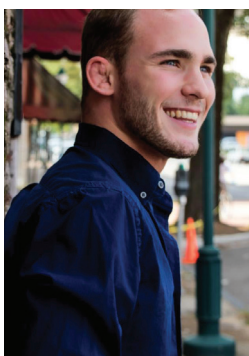
PSY 3560 – Practicum in Psychology
 PSY 3570 – Teaching Psychology
 PSY 4997/4998 – Research/Independent Study
 PSY 3580 – Modern Psychological Studies

*** Check out next month's issue for more information about Modern Psychological Studies*

	COMMUNITY	TEACHING	RESEARCH / IND. STUDY
WHAT WOULD I DO	Practicum is the ability to gain experience in your field of study while earning credit hours. It is designed to enhance your learning and to guide you as you decide what to do with your degree once you have graduated.	This opportunity gives students the chance to gain teaching experience, enhance their knowledge of a particular area in psychology and acquire professional skills that makes them more competitive for graduate school and in the job market.	Research and independent study offer the opportunity for students to gain experience in the field of study they are interested in, all while earning credit hours towards your degree. Students will work alongside a faculty member planning and engaging in research.
WHAT SKILLS	To qualify, you must have 60 credit hours completed and an overall GPA of 2.5. You should also demonstrate leadership skills, organization, drive, dependability, critical thinking skills and active listening.	To qualify you must have 12 credit hours in psychology and completion of the course where you'll be serving as teaching assistant. You should have skills in active listening, public speaking, critical thinking and dependability.	To qualify you must demonstrate leadership skills, dependability, drive, organizational abilities, critical-thinking skills and social perceptiveness. You'll also need to complete CITI training so you know about the ethics of conducting research.
HOW TO GET STARTED	You'll need to attend a Practicum Organization session in order to register in PSY 3560. You'll receive updates and emails toward the end of the semester about when practicum sessions are happening.	Start developing relationships with your professors. If you've really loved a class and you think you have something to offer, ask your professor about becoming a TA. Learn more HERE .	Find a professor with whom you share similar interest. Check out their website, find some of their research articles and start reading about what they are doing. Ask them to meet and discuss opportunities for participating in research.
WHAT THEY ALL SAY	"Practicum is an excellent way for students to gain experience, network exposure and more confidence in their chosen field, all while earning credit hours toward their degree. It is a valuable resource and one of the best opportunities for success offered by UTC."	"The double advantage of being a TA is that helping others will also provide you with abundant opportunities to help yourself in many important educational, financial, professional, personal and social ways."	"Research has given me the opportunity to do what I love alongside a great professor who truly believes in me and wants me to succeed. Research helped me to figure out what I am truly passionate about and what I want to do with my life."



Meet Our Psychology Majors



Jake Adcock is from Marietta, Georgia. He became interested in pursuing a future in psychology because his little brother is on the autism spectrum. Along with being an undergraduate student majoring in psychology, Jake also works at the Chattanooga Autism Center and wants to contribute to research on autism in the future. He particularly loves what he is learning at UTC because he loves the

professors at UTC and how open and encouraging they are with students. Jake also loves that the field of psychology is relatively new and that we still know very little about psychology. Because of that “we are constantly learning through new things through research!”

Jake's Best Advice?

Take advantage of research and internship opportunities and to GET INVOLVED!

Grace Haugh took an AP Psychology course while she was in high school in Franklin, Tennessee and it piqued her interest in being a psychology major. Grace believes that even though she has not yet figured out what she wants to pursue as a career, psychology is a good base for her life. She says she enjoys reading about psychology in her free time, and she is especially interested in psychology and music. Because a degree in psychology prepares you to be a great communicator, critical thinker and consumer of information, she will be ready for whatever career she chooses.



Grace's Best Advice?

Give every profession within psychology a chance. Learn about the different areas and professions within psychology and try to look at the big picture. You shouldn't be afraid to change your mind about what you want to do.

Angelique's Advice

I can imagine everyone is counting down the days until Spring Break, but before you go, let's go over the Fall 2019 advising schedule.

Juniors and Seniors

(this includes sophomores who will have 60 credit hours and juniors who will have 90 credit hours by the end of this semester)

Monday, Feb. 18 – Friday, March 1: Senior Group Advising
Monday, March 4 – Friday, March 8: Junior Group Advising
Monday, March 11 – Friday, March 15: Spring Break
Monday, March 11: Fall 2019 schedule is available for viewing

Freshmen and sophomores

(students with 0 to 59 credit hours)

Monday, March 18 – Friday, March 22: Freshmen/Sophomore Individual Appointments
Monday, March 18: Last day to drop a class with a 'W'

Schedule checks (OPTIONAL)

You must bring a tentative schedule.

Monday, March 25 – Friday, March 29: Schedule checks

Fall 2019 Priority Registration

Monday, April 1 – Friday, April 12: Priority registration

Remember, advising is MANDATORY in order to get your registration hold lifted. Don't miss out.

Destroy Your Distraction

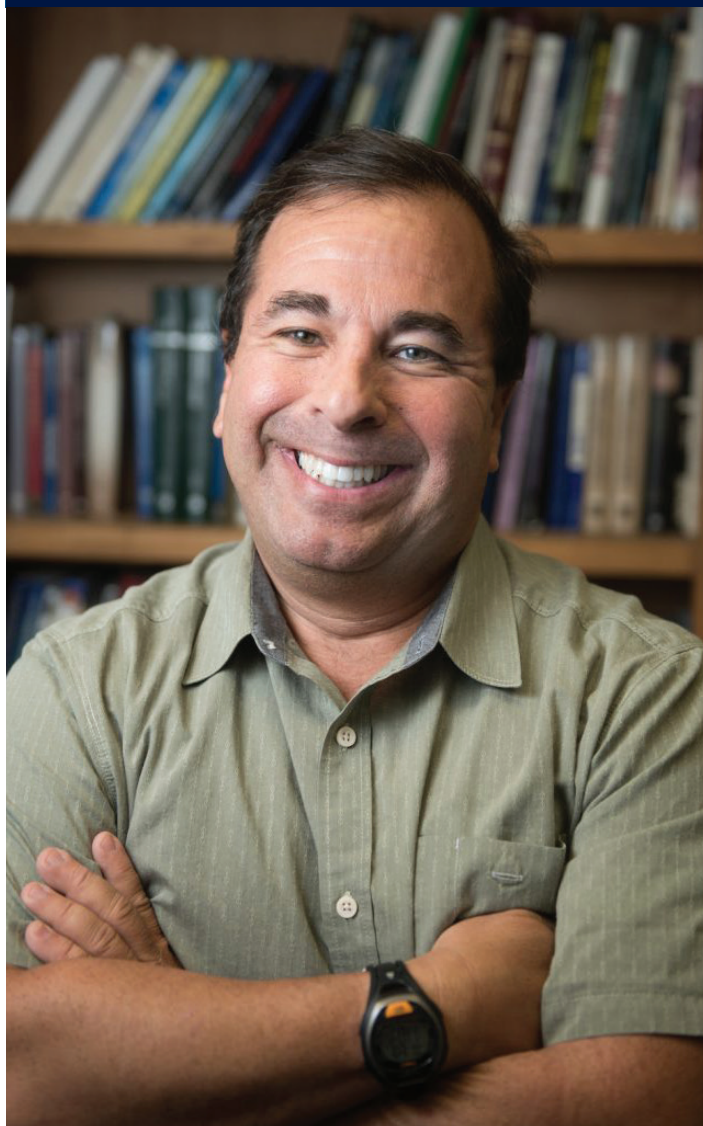


Distraction has become a normal part of our everyday lives. As students, administrators, and faculty, we have come to believe that we can master the “art of multitasking.” However, research consistently demonstrates that we actually cannot do more than one thing at a time. In fact, when we try to multitask, our brains shift attention between tasks, making it difficult to do either task well. This, in turn, decreases our ability to learn and remember.

As you prepare for midterms and deadlines, give yourself a work/study time limit (i.e., work for 50 minutes then take a break), put your phone/computer in another room while studying, avoid listening to music or watching TV while doing homework/studying and when you're done reward yourself with something fun.

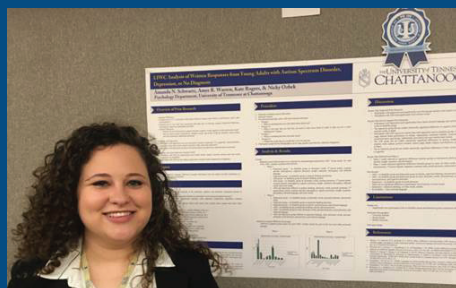


Great Things are Happening!



Congratulations to **David Ross** on receiving the THEC 2019 Harold Love Community Service Award. He was one of only five faculty members from across the state of Tennessee, and one of two from UTC, to receive this prestigious award.

UTC Psychology Undergraduates are shining. **Hannah Boulware**, **Braden Sanford**, **Yankarlos Taveras** and **Morgan Royer** have been selected to participate in the National Conference on Undergraduate Research in Atlanta, Georgia. Their studies were chosen from more than 4,000 submissions from all over the nation. **Adeola Ijiyode** was named one of 11 Research Fellows in the Honors College. This award also carries up to a \$1,000 stipend to support her research. **Mary Meyer** has been named to the Academic All-Southern Conference team.



2018 Psychology graduate **Amanda Schwartz** received first prize in the Psi Chi Undergraduate

Research competition at this year's meetings of the Southeastern Psychological Association. Congratulations Amanda, and her supervisors Amye Warren, Kate Rogers and Nicky Ozbek.



Two of our Research Masters graduate students recently accepted offers to study in doctoral programs. **Cameron Mackey** accepted an offer to study in the Ph.D. program at Ohio University and **Kevin Alton** will be joining UTC's Learning and Leadership program in the fall. Congratulations Cameron and Kevin!



Interested in an INDEPENDENT STUDY OPPORTUNITY to develop your science-writing skills?

Contact Amanda Clark about getting involved with the Psych Department newsletter. Amanda-Clark@utc.edu