Meet Dr. Meridith Selden, the Psychology Department’s new faculty member for the Fall, 2008 semester. Dr. Selden received her BA from Pacific Lutheran University, later continuing on to obtain her master’s degree in social psychology from Kansas State University. There, she also received a certificate in Occupational Health Psychology and a PhD in Industrial/Organizational Psychology, a specialty about which she will be educating Wilkes students in the new I/O class this fall.

Aside from her educational background, Dr. Selden has had much experience working in a variety of settings. At IBM, she held positions as a Global Workforce Research Intern and a Consultant. At Fields Consulting Group, she acted as an Industrial/Organizational Psychologist. In addition, Dr. Selden has practice teaching as an Assistant Professor at Gallaudet University.

As far as research is concerned, Dr. Selden is interested in hostility (for example, non-physical bullying) in the workplace. “Related to that, I have defined and developed a measure of persistent hostility in the workplace. I love my research area and have plans to continue researching in this area. I eventually hope to be able to contribute to the prevention of hostility in the workplace,” she says.

On a more personal level, Dr. Meredith Selden grew up in Spring, Texas (a suburb on the north side of Houston). When asked about her hobbies, Dr. Selden states, “I am a swimmer. I have swum my entire life and love it. I try to swim at least 4 times a week (about 3000 yards each time).” She also calls herself a baker and knitter. Finally, Dr. Selden says she “love[s] animals and spend[s] a lot of time caring for and hiking/walking with our (my husband and my) 3 dogs and 4 cats. (Of course we only hike/walk with the dogs -- The cats stay home :))”

So where can you find Dr. Selden in action? She’ll be teaching three classes this semester: Two sections of Intro to Psych, along with a section each of Stats and I/O Psych, the area in which she specializes.

Dr. Selden invites students to locate her in her office in Breiseth 309. Students are also welcome to email her at meridith.selden@wilkes.edu or IM her on AIM, under the screename DrSelden.

As a final note, Dr. Meridith Selden says she found herself attracted to Wilkes because of the hospitality of the faculty, students, and staff. She says, “The people are the main reason I am here now.” Let’s make it a great year and give a warm welcome to this department’s new professor, Dr. Meridith Selden.
Spring 2008 Capstone Day

Capstone presentation Day (April 26th) was filled with many interesting presentations, as 21 students discussed their capstone projects.

The students later enjoyed a meal at Katana to celebrate their day.

- Johanna Schechter, co-editor
Graduation Reception 2008

Approximately 25 psychology graduates gathered at a formal reception held prior to the commencement exercises on May 17th. Drs. Bohlander, Schicatano, Thomas, and Tindell were able to say goodbye, wish the students well, and meet their family and friends. The faculty would like to congratulate all of our 2007-2008 graduates.

Looking good in their academic regalia, Megan Cannon, Chris Borgna, Sarah Kresge and Tory Tomassetti pose with the faculty.

Right: Michelle Balberchak poses for a photo with her guests.

Left: Kristy Bogdany with her parents.

Right: Stacy Caprio and Jeanine Dreimann and guests also made the most of the festivities.

-Johanna Schechter, co-editor
PsySOP News

PsySOP stands for Psychology Student Orientation Program. It is a mentoring program for freshmen and transfer students to become involved in the department, make new friends and ease the transition into the Psychology Department as well as Wilkes University. Check out the newly designed PsySOP website http://course.wilkes.edu/PsySOP

- Scavenger Hunt: Tuesday, August 26 (11:00AM - 1:00PM)
  Mentors and students will participate in a scavenger hunt across campus. A pizza party will follow the scavenger hunt. All freshmen and transfer students are encouraged to attend! This is a great bonding experience and it is scheduled during club hours, so everyone should be able to make it. We hope to see you there!

- Annual Kirby Park Picnic: Sunday, September 14
  Students are encouraged to attend the Annual Kirby Park Picnic offered by the Psychology Department. Great food, friends and games will accompany a hopefully sunny day at Kirby Park. This is another great experience to meet people, have fun and relieve stress during the first few weeks of classes!

- Look for more events and information throughout the semester! We hope to see all of you at the events!

- Jessica Woolfolk, co-editor

PsiChi News

New officers have been elected for Psi Chi’s 2008-2009 year!
Please welcome President Jessica Woolfolk and Vice President Kelly Patchell. There is a possibility that the offices of Treasurer and Secretary may be filled at a later date.

In addition, be sure to attend Psi Chi meetings every other Thursday at 11am in Breiseth 305. The organization is looking to increase its’ attendance. Bring your ideas to the first meeting!

Keep an eye out for Psi Chi at this year’s Club Day – September 4th.

- Johanna Schechter, co-editor

Psych Club News

The Psychology Club is made up of a diverse group of Wilkes students who have an interest in the field of psychology. This includes students from many majors. These students seek out learning and service opportunities in order to better understand and share the field of psychology with others. Members regularly participate in community service and social activities.

The Club welcomes anyone who shares an interest in psychology to join them this school year. The first meeting of the year will be held on September 9th at 11:00 AM in Breiseth 316.

Look for the Psychology Club table at Club Day!

- Anna McFadden, co-editor
PsySOP Mentors: You’ve got a friend in me!

Freshmen and transfer students entering the major of Psychology no longer have to fear the transition into the department. Everyone now has the opportunity to participate in the Psychology Student Orientation Program, where Junior and Senior Psychology students mentor Freshmen and transfer students.

On May 1, newly chosen mentors met with past mentors to socialize and pass along advice about the program. While chatting, mentors enjoyed a breakfast of fresh fruit, waffles, juice and coffee. Advisor Dr. Tindell presented certificates to past mentors. After the breakfast, new mentors met with Drs. Tindell and Bohlander to participate in a variety of tasks which taught the mentors how to be effective while mentoring.

Mentors are paired together and assigned six students. Over the course of the year, mentors contact their students, help them with stressors, and accompany them to events. The purpose of the program is to help the new students feel a sense of belonging in the department as well as university.

Students are encouraged to participate in the program, so that the program will continue to prosper, as it is the third successful year. Both mentors and their students have commented that the program is beneficial to all. It creates new opportunities for friendship, further involvement and is a great learning experience.

Dr. Tindell has also created a new website for mentors and their students to learn more about the program and mentors. http://course.wilkes.edu/PsySOP

The mentors are looking forward to a new semester and the opportunity to meet their students. The year will hopefully prove to be successful as it has in the past.

- Jessica Woolfolk, co-editor

Cryptoquote

Discover the substituting letters for each character to reveal a thought-provoking quote by Jung.


- Created by Johanna Schechter, co-editor
Student of the Month: Michael Goshen

What does your life look like ten years from now?
Ten years from now I see myself as a Doctor of Psychology. I see myself as a world traveler and hopefully dabbling in cutting edge research in the psychological field.

How do you incorporate your knowledge of psychology into daily life?
I talk to my friends and family about new studies and findings in the field of psychology to better their lives in different ways.

What is your hope for future psychology students at Wilkes?
To learn and gain experience at Wilkes that will prepare them properly for graduate level work in master’s and doctoral programs, then deal in cutting edge research and teaching positions around the world and the country.

What is one thing that will always make you happy?
To look at the bright reds and orange colors of fall decorating the trees around me as I walk slowly along a wooded trail in a park. To take a deep breath of fresh mountain air and feel the cool breeze over my skin.

- Interview conducted by Johanna Schechter, co-editor

Intern of the Month: Angela Nicolosi

Where are you doing your internship and why did you choose this particular internship?
I am doing my internship at a place called Adolescent Transitions, which is a part of Lehigh Valley Hospital. I chose this internship because I really wanted to see what it was like working with adolescents who had mental illnesses.

What are your daily responsibilities at your internship?
My daily responsibilities at my internship consist of morning round meetings, community meetings, group therapy, individual therapy, and group tasks.

What do you enjoy most about your internship?
The thing I enjoy most about my internship is that I have so many responsibilities even though I am only an undergraduate. Everyone at my internship treats me as though I am an equal, which means a lot!

How do you think you have changed since beginning your internship? What have you learned at your internship?
I think that I have a better understanding about mental illnesses since I started my internship. I have learned so much from my internship and I am so glad that I had a chance to have it!

- Interview conducted by Jessica Woolfolk, co-editor
Professor Question of the Month

‘Tell us about a childhood memory you look back upon with great humor.”

Dr. Tindell writes:

When I was 5 years old, my brother and I decided to run away from home to see what it was like. My brother was so much older and wiser (after all, he was 6!) and he thought it would be a great adventure. So, we packed up our coloring book and crayons and peanut butter sandwiches and set out to see the big world. When we got to the nearby shopping center, we were tired and decided to go into the laundromat to rest. We took out our coloring books and crayons and began to color. My mom was very relieved to find us there when she came looking for us. We weren’t sure why she was so upset! :-).

Dr. Bohlander writes:

For my 8th grade musical, we were performing "A Wonderful Town". In one scene, several of us sat on stage, singing a song. At the end of the song, we were to all stand, and slowly walk offstage as a group, chatting along the way. All went well until I attempted to stand. My left leg had "fallen asleep", and when I put weight on it, it simply collapsed, sending me sprawling across the stage. The audience seemed to find it amusing. I was less convinced. In retrospect, I can laugh about it now. Hundreds of hours of therapy have helped too.

Dr. Thomas writes:

I have memories of childhood that I look back upon fondly. In particular, I remember spending time with my family on the beach during the summers. We would swim, collect shells and sea creatures, and walk out on the flats during low tide. Those are some of my favorite childhood memories.

Dr. Schicatano writes:

When I was in grade school, pea-shooters were popular. We all had one. We used to shoot peas (little round beans) in the playground, and sometimes in the classroom. I was famous for putting a lot in my mouth and shooting like a machine gun around the classroom. In fact, whenever the teacher left the room, other kids would look at me to see if I was going to "spray the room" with peas. Obviously, this didn’t last long. Within a couple of days, we were forced to hand in our pea-shooters. I personally never got caught. Looking back I guess it’s sort of funny. And until this day I owe a nun an apology.

Dr. Selden writes:

When I was little (4 or 5) we used to fly from TX to see my grandparents in NY. While in NY my dad would take us all "rock hunting/collecting." (My dad is a Geologist so it is not quite as odd as it sounds.) At any rate, my brother, sister, and I would find tons and tons of rocks (quartz and other very nondescript rocks) that we absolutely had to keep. My poor dad would pack all of our rocks into a suitcase and we would fly home with a suitcase of rocks. So, there would be three kids and about five bags, one of which was literally a bag of rocks.

- Interviews conducted by Johanna Schechter, co-editor
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- Oct. 3-5 Homecoming Weekend
- Oct. 14 Secret Service visit (11-1pm)
De-Stress Day

On May 2, 2008, Psychology students lined up outside of Breiseth 305 anxiously awaiting the signal from the professors. When the doors opened, students piled inside to find several gallons of ice cream and more toppings than one can imagine.

Every semester, the Psychology Department treats their students to a De-Stress Day during finals week. In the Spring, the professors serve delicious ice cream sundaes to their students. Not only is De-stress Day an opportunity to eat comfort foods, but to also catch up with their fellow classmates as well as professors.

While enjoying their ice cream sundaes, students conversed as well as studied for finals that were scheduled for that afternoon. Although finals were scheduled not long after the ice cream social, the Psychology students were able to relieve their anxiety with a favorite food, and relax amongst friends. Student Kimberly Pham stated, “The ice cream and the laid back environment really helped to take some stress off of the grueling week of finals. I hope the tradition of De-Stress Day continues to help students take their minds off of the tests for a moment to enjoy themselves and some yummy treats.”

The Psychology Department was thanked for their greatly appreciated ice cream sundaes that were enjoyed by all. Overall, the social was a success and both the students and faculty left feeling less stressed and ready to conquer the final week of exams.

- Jessica Woolfolk, co-editor

Psychology Department Hosts Roller Skating Party

On April 16, 2008, several Psychology students and professors laced up their skates and hit the hardwood floor at Roller King Skating Rink in Kingston for the roller skating party sponsored by the Psychology Department. Although the rink is just a few miles from campus, all who attended agreed it was nice to get away and have an enjoyable evening with their friends and fellow classmates.

The Psychology Department rented the entire rink just for the students and their friends. Great food was served while the students skated amongst each other. Everyone who attended had an enjoyable time. Several students had commented that the party was stress relieving and also allowed them to remember their pastimes as children.

Although some students could not make it to the party because of class or other commitments, they had also said that the party was a good idea because it was an unusual social event that students could enjoy. Overall, the party was successful and many students said that they would attend another skating party if any were to be held in the future.

- Jessica Woolfolk, co-editor

Career of the Month: Art Therapist

Art therapists have a career that combines the techniques of psychology and expressive art into a form of treatment. Clients express their emotions, desires, fantasies, trauma, and the past without using words. Instead, they create works of art and are actively engaged in interpretation. Additionally, this form of therapy allows clients to channel preexisting artistic talent or develop new strengths. It also helps clients gain self awareness, insight, and confidence.

**Education requirement**: Graduate degree recognized by the American Art Therapy Association

**Additional**: Registration by the Art Therapy Credentials Board (1,000 hours client hours)

**Personality**: artistic, creative, patient, understanding

**Future of Art Therapy**: Art therapy is still a developing career itself. There are less than 5,000 registered art therapists in America.

**Salary**: $30,000 to $55,000 (varies depending on education, specialization, location, and place of employment)

Crossword Puzzle: Psychology

Across:
6. An obvious false belief that is rigidly held in spite of its preposterous nature
7. The tendency to maintain a stable bodily state
12. The inability to experience even momentary pleasure
14. A perceptual experience in the absence of stimuli
15. The ability to “bounce back” from adversity despite life stress and emotional distress
16. (____ and befriend) an alternative to the fight or flight response that may be more common for women
17. The belief that observable behaviors are the appropriate focus of psychological study

Down:
1. A repetitive and ritualistic behavior aimed at the reduction of anxiety
2. The specialized functioning of each brain hemisphere
3. General cognitive pattern that guides the way a person perceives and interprets his/her environment
4. Reappearance of symptoms following a period of remission
5. (___ tests) Personality tests in which a person is asked to interpret a series of ambiguous stimuli
8. A type of contingency management program where awards or punishments are given according to the rules of the program
9. A vulnerability to a disorder
10. Nerve cells that form the basic building blocks of the brain
11. A scientific method that allows researchers to determine cause and effect
13. (___ identity) A person’s sense of him or herself as being either male or female
18. (abbreviation) Measure of intellectual ability with a mean of 100 and a standard deviation of 1.5
Alum of the Month: Lindsay Nanz

Lindsay graduated from Wilkes University in May of 2007 with a degree in Psychology as well as a minor in Sociology. She is currently a full time student at Kutztown University pursuing a Master’s degree in Counseling Psychology with a focus on Agency Counseling. Lindsay will be graduating from Kutztown University in May of 2010.

How has Wilkes helped you in your current endeavors?

Wilkes has helped me tremendously in more ways than I can count. First of all, the top notch education I received has been such an advantage to me as I entered graduate school. When talking with other students, I’ve realized exactly how much Wilkes has taught me- from how to write in APA style, to how to conduct research and understand journal articles, to all the theories and concepts that make up Psychology and counseling. Also, the professors at Wilkes in the Psychology department helped me to become aware of my strengths and weaknesses, as well as to push me to excel in my classes and research.

What advice can you give to current Wilkes Psychology students?

GET INVOLVED! Do as much as you can to become involved in the department. This is the way you’ll make friends, get to know your professors (which is important for those letters of recommendation!), and also learn about yourself. It makes for a much more pleasant 4 years. Also, take the initiative to learn things on your own. Don’t just simply exist in class- take what you learn and try to apply it to real life, such as through an internship or independent study. It’s really important to read about things that interest you on your own. In order to get the most out of your education (especially in graduate school) you really need to go beyond what your professors teach you. Finally, and perhaps most importantly, HAVE FUN! These truly are the best 4 years of your life. Take advantage of everything Wilkes has to offer. Life drastically changes after graduation. You definitely don’t want to feel like you missed out on anything.

Are you currently working / interning in the field of Psychology?

When I moved to the Reading area to go to school at Kutztown, I started out as a TSS worker. I was really unsatisfied with the agency I was working for, so I began searching for another job. I stumbled upon an ad for a job working with a young boy with high functioning Autism. I never had an interest in working with children (although I do love kids), but something told me to call the woman who placed the ad. To make a long story short, I’ve been working with this little boy, who is now 5 ½, since last September, and I couldn’t be happier with my job! I create lesson plans based on his own individual needs which I do during one to one sessions with him at home. I am also with him during his school day as well as during camps he has been involved in this summer. As I look back, I realize now why it’s so important to try different options within your field. You never really know whether you’ll enjoy a certain type of work unless you try it.

When you have free time, what do you like to do for fun?

Free time? Ha! I try to leave weekends open for relaxing. I love going to baseball games, running, and visiting my hometown, friends, and family. I’ve also been reading a lot about teaching children with Autism (since that’s my job) as well as politics. I recently got engaged to my best friend from high school at the end of May. We’re planning a wedding in July 2010, after I graduate. I’ll keep you posted!

- Interview conducted by Jessica Woolfolk, co-editor
Alumni News from 2007-2008 Graduates

Where are they now? When asked what they were planning to do after graduation, some of our recent grads responded with the following.

Graduate School:
- Michelle Arnold—Master’s in Community Counseling at University of Scranton
- Jessica Baer—Master’s in Rehabilitation Counseling at University of Scranton
- Megan Cannon—Ph.D. in Clinical Psychology at Nova Southeastern University
- Becca Duttry—Doctor of Physical Therapy at SUNY Upstate Medical University
- Erik Hansen—Ph.D. in General Psychology at Walden University
- Jason Kowalski—Master’s in Social Work at Marywood University
- Sarah Kresge—Master’s in Elementary School Counseling Program at Penn State University
- Jennifer Mayo—Master’s in Elementary Special Ed. At Marywood University
- Courtney Mullen—Doctor of Physical Therapy at Temple University
- Jayna Patel—Doctor of Physical Therapy at Temple University
- Heather Sedlock—Master’s in Agency Counseling at Kutztown University
- Laura Shedlock—Master’s in Nursing at Wilkes University
- Nick Testa—Mater’s in School Counseling at Syracuse University
- Victoria Tomassetti—Ph.D. in Counseling Psychology at University of Southern Mississippi

Work:
- Rachael Arndt—works at the Opportunity House shelter
- Chris Borgna—Vision Therapist at the NeuroSensory Center
- Ashley Fertig—Therapeutic Support Staff worker for Milestones
- Jennifer Mayo—Therapeutic Support Staff worker for Children’s Service Center
- Brad O’Donnell—Crisis Clinician at Community Counseling

Thank you to the alumni who have responded to our requests for news. This information will be posted in a future newsletter. There is still time to share your stories. Contact Dr. Tindell with any updates.

Alumni Poll Question

A group of Alumni from the Psychology Department were polled and this is what they had to say!

“Did you have a double major or a minor while you were at Wilkes?”

No, I did not have a double major or a minor: 24%

Yes, I had a double major: 38%

(Second majors included Sociology, Political Science, English, Nursing, Elementary Education, and Spanish)

Yes, I had a minor: 34%

(Minors included Sociology, Biology, Marketing, History, Anthropology, Philosophy, Spanish, and Women’s Studies.)

If you have any questions about contacting Alumni who answered the Poll Question, please contact Dr. Tindell.

Anna McFadden, co-editor
Trichotillomania is a disorder formally recognized only since the 1980s but it is estimated that 1-2% of the population suffers from it. While the name may look too long to pronounce (trik-o-til-o-MAY-ne-uh), the disorder is very real. It is an impulse control disorder that causes people to pull hair out of the skin. It is commonly called hair pulling disorder or trich for short. When talking about the hair pulling behavior it is difficult not to use the word “compulsion”, as in obsessive-compulsive disorder. However, the impulse to pull hair is defined as a totally different action. A compulsion is performed to reduce or stop anxiety while an impulse is performed to induce pleasure.

Trich may develop in childhood or (more usually) during early adolescence. Childhood trich is not usually as serious as trich that develops later in life. The Trichotillomania Learning Center estimates that up to 90% of trich sufferers are women, but then points out that it may be easier for men with the disorder to disguise their symptoms and deny the disorder.

Trichotillomania may be difficult to spot by just looking at another person. People go to great lengths to disguise their symptoms by wearing hats, wigs, extra makeup or not getting hair cuts. However, people with the disorder may engage in pulling hair (from the scalp, eyebrows, eyelashes, arms, etc.), playing with pulled hair (including rubbing the hair over their lips) and/or eating the pulled hair. The pulling can be done with tools, such as tweezers, but the hair is usually pulled out with the hands. Some people may not even be aware they are the ones responsible for their hair loss.

While there are no determinable causes for trichotillomania, certain thoughts and situations can trigger the behavior. Feelings of anxiety may prompt hair pulling while others might pull their hair as a distraction from other feelings.

In order to be diagnosed with trichotillomania, you must meet the criteria of the Diagnostic and Statistical Manual, published by the American Psychiatric Association. Some of these criteria include persistent hair pulling, pleasure or relief during pulling, no previous medical conditions (that would cause baldness), or significant distress caused by the pulling.

While trichotillomania is a serious condition (there may even be health conditions caused by the ingestion of hair!), there is help. No one treatment plan is guaranteed to work for all people with trich; however, there are some options. Cognitive behavioral therapy may work well for some people because it causes them to become more aware of the behavior pattern surrounding their pulling. Others may benefit from medications. Antidepressants and medications for obsessive-compulsive disorder have both been used successfully. Usually a combination of both is the most ideal form of treatment.

Most people with trich live with a great deal of shame and guilt brought on by their hair pulling behaviors. They fear being “found out” by those around them and being humiliated. Education about this disorder is important not only for those out there suffering with trichotillomania, but it may be even more important for those who don’t have it. Knowledge is power and with that power we all can help to foster an environment of understanding in the world around us.

- Anna McFadden, co-editor
**Optical Illusion**

Which center circle is larger?

![Optical Illusion Image]

Similar to the concept of perspective, what is seen is all relative to the environment. The center circle on the left appears bigger than the center circle on the right because the center circle on the left is immediately surrounded by smaller outer circles. The red, center circles are actually the same size.

- Sarah Wilde

**Hidden Image**

Did anyone notice a particular image was repeated throughout this issue of Psychles? If so, count how many of those images have been scattered in this issue and send your answer to sarah.wilde@wilkes.edu. The first student to find all of the hidden images will receive a prize from the Psychology Department on behalf of Psychles!!

**Cryptoquote: De-coded**

“Everything that irritates us about others can lead us to an understanding of ourselves.”

- Carl Jung

**Puzzle Solutions**

![Puzzle Solutions Image]
The Department of Psychology at Wilkes University

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GRE Practice Vocabulary

Banal (adj.) - commonplace or trite
Dearth (n.) - a lack, scarcity
Exculpate (v.) - to prove to be blameless
Insipid (adj.) - lacking zest or excitement; dull
Opaque (adj.) - not transparent; dense; difficult to comprehend

Pusillanimous (adj.) - cowardly or irresolute; petty
Taciturn (adj.) - habitually un-talkative or silent
Vacuous (adj.) - empty; without content; without ideas or intelligence
Voracious (adj.) - Devouring large quantities of food, drink, or other things

-Jessica Woolfolk, co-editor