



Psychology Department Newsletter

Spring 2018

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Congratulations, Class of 2018!



Delaware Valley University's 119th Commencement was held at the main campus on May 19. Michael A. Smerconish, who currently hosts shows on SiriusXM and CNN, served as the guest Commencement speaker. Smerconish also writes weekly columns for the *Philadelphia Inquirer* and has authored several *New York Times* bestselling books. Smerconish has interviewed many former Presidents, including Jimmy Carter, George H.W. Bush, Bill Clinton, George Bush and Barack Obama. DelVal awarded Smerconish with an honorary Doctor of Letters at the ceremony.

Undergraduate Class of 2018

- Aisha Bosket **
- Kristyn Caban ***
- Victoria Carradice
- Erica Culler ***
- Uzo Oyibo Ebo-Mgbeohere
- Caleigh Marie Eleftherion
- Samantha Margaret Foy
- Brett Glassman *
- Cori Maurice Grobes ◇
- Alexandria Harrison
- Chelsea Marie Jamison **
- Tre Jones
- Jessye K. Kurtz ***
- Maegan A. Lowery

- Zachary A. Miller *
- Ashley Miskowski
- Rebecca Lynn Norcross
- Keisha M. Oliver
- Aria Renée Plants *◇
- Karen Pucillo **
- Hailey A. Ruegsegger ^
- Nicole E. Schultz *
- Krista A. Shafer
- Ingrid Standen
- Alison M. Teter *+
- Amelia R. Vanden Berghe
- Bridgett E. Vina **
- Anthony Woods

Graduate Class of 2018

- Raphael Allaro
- Cristina Carosiello
- Marc Juliano
- Rebecca Kornberg
- Brian Mullan
- Lynsey Reiss

* cum laude; ** magna cum laude; *** summa cum laude

◇ W. W. Smith Scholarship Recipient; + Honors Program; ^ Student completed all requirements for a dual degree

Doylestown Public Library Trip



On May 2, DelVal's PY-3750 Child Development class, taught by new assistant professor **Dr. Kathy Wu**, visited the Doylestown Public Library to interact with children and families in the community. This event was part of an assignment that required students to create either an original children's storybook or an original board game for children. The purpose of this assignment was for students to understand the developmental influence of expression in childhood activities such as story-telling, reading and playing. Student **Kelsey Allen** made a board game called Jungle Racers and said it allowed her to gain a better understanding of how a child thinks, while **Caitlin O'Brien** chose to write a book because growing up, she was always fond of reading, writing and drawing. **Dena Cleary**, who also wrote a book and read aloud to her audience, said it was an enjoyable way to learn and apply the material learned in class.

Day of Scholarship Capstone Presentations



On May 3, the graduate students of Cohort 3 presented their capstone posters, which described their personal theoretical orientation, how they conceptualize clients, a real case example of a client they counseled in their internship, and what their future goals are for their careers. Students shared news regarding accepted job offers and excitement about beginning the process of accruing hours towards licensure to become Licensed Professional Counselors (LPCs). **Dr. Audrey Ervin**, Graduate Counseling Psychology Academic Program Director, said, "It was so inspiring to see our graduate students synthesize their academic and clinical development, and begin the transition to working as counselors in the community."

Cohort 4 Practicum



As part of the Graduate Counseling Psychology clinical requirements, master's students complete a minimum 100-hour practicum experience during their second-year spring semester, and a minimum 600-hour internship during their third and final year. Our clinical coordinator, **Mr. Chris Walter**, M.A., LPC, mentors students through their field placements experiences, providing guidance, support, problem-solving and clinical supervision. New graduate **Lynsey Reiss** completed her practicum at Bucks County Correctional Facility in the mental health department and her internship at Penn Foundation Recovery Center Outpatient. Lynsey said, "Through this experience, I gained significant understanding of addiction, empathy and nonjudgement towards clients, and a passion for the challenge of working with this specific population."

Graduate Speaker Series



On March 27, the Graduate Counseling Psychology Program held its Speaker Series event, featuring the film "Real Boy." The film describes the real-life story of a boy exploring gender transition. Throughout his journey, his mother also has to overcome her own obstacles associated with parenting and accepting her transgender son. After the screening, there was a panel discussion with DelVal professors **Dr. Audrey Ervin** and **Dr. Matthew Mutchler**, and members from DelVal's GLOW (Gay, Lesbian, or Whatever) club, **Max Segulin** and **Alexander Morrison**. Max, who identifies as male-presenting gender queer, described the event and the discussion afterwards as a "huge success." Max said that they believe DelVal has become more accepting to queer students on campus and has begun the work to accommodate them and educate others who are unaware of their privilege as cisgender and/or straight. Max believes that although there is still a long way to go in terms of acceptance and equality, the first step is to create awareness and for the privileged groups of people to have a desire to understand queer communities.

Association for Psychological Science Conference



From May 25-27, the 30th annual Association for Psychological Science (APS) conference was held in San Francisco, California. Six undergraduate students traveled with **Dr. Allison Buskirk-Cohen**, department chair, to California for the conference. APS' annual conventions bring together thousands of psychological scientists from various disciplines to share knowledge, network and present new research. Seven undergraduate students worked with Dr. Cohen to develop research poster presentations for the convention. These posters included "How Academic Organization Impacts Students' Sense of Belonging," by **Aria Plants, Amelia Vanden Berghe and Dr. Buskirk-Cohen**; "Considering Group Differences in Grit on Academic Performance and Commitment," by **Mackenzie Downing, Brett Glassman, Danielle Difeo and Dr. Buskirk-Cohen**; and "Exploring Ethnicity, Grit, and Academic Performance at a Small University," by **Alison Teter, Marissa Gleason and Dr. Buskirk-Cohen**. While presenting at a major research conference was exciting for everyone, it was especially meaningful for Glassman, Plants, Vanden Berghe and Teter (pictured above), who graduated in May.

Media Contributions by Our Faculty

Talking to Teens About Tragedy: 6 Important Guidelines

by Taylor Bennett | Mar 1, 2018 | Counseling Topics, Mental Health | 0 comments
Tagged with: [Counseling](#), [Mental Health](#), [Teens](#)



Our faculty regularly share their clinical and academic expertise with the public. Assistant professor **Dr. Kathy Wu** recently was featured in two online articles regarding child and adolescent reactions to trauma. Thriveworks, a counseling and life-coaching website, featured an article by Taylor Bennett on the topic of talking to teenagers about tragedy. Bennett quoted Dr. Wu's guidelines on how to talk to teenagers effectively about trauma based on her vast experience working with children and adolescents and treating posttraumatic stress in these populations. To read the full article click here: <http://thriveworks.com/blog/talking-teens-tragedy/>.

Amberlee L. Peterson also featured Dr. Wu in the article "How to talk to your children about North Korea." Dr. Wu wrote that the most important part of talking to your children about a scary topic is to first understand and feel comfortable with talking about the topic yourself. She stresses that children pick up on discomfort, uneasiness or avoidance easily and will consequently be less likely or less willing to have the conversation if they see their parents experiencing those types of feelings. To read the full article, click here: <https://www.famifi.com/29482/life-crunch-how-to-talk-to-your-children-about-north-korea>.

Academic program director **Dr. Audrey Ervin** also was recently quoted in an article regarding imposter syndrome and its effects. Kelly Anne Smith wrote for *The Penny Hoarder* about the development and effects of imposter syndrome in the workplace. Dr. Ervin explained that the phenomenon was first recognized by psychologists Suzanne Imes, Ph.D., and Pauline Rose Clance, Ph.D., in the 1970s, but has become very common in high-achieving individuals who feel like frauds or feel incompetent, despite the evidence that the person has a high-achieving and successful career. To read the full article, click here: <https://www.thepennyhoarder.com/make-money/imposter-syndrome/>.

Founders' Day Awards



Two of our undergraduate students, **Cori Grobes** and **Aria Plants**, along with department chair **Dr. Allison Buskirk-Cohen**, received top awards at the Founders' Day ceremony this year. Grobes received the Founders' Award, which is presented to one senior at the University who has demonstrated outstanding leadership ability and involvement with the campus and community. Plants received the Psychology Departmental Achievement Award for outstanding leadership and scholastic achievement. Dr. Buskirk-Cohen was honored with the Delaware Valley University Professorship Award, a two-year award in recognition of her teaching ability, research and overall contributions. Congratulations to all the students, faculty and staff who were recognized for excellence in education!