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## IMPT DATES

Classes Start	January 11
MLK Jr. Day—No Classes	January 16
Last Day to Late Register	January 18
Spring Break	March 11—March 19

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# Psychology & Neuroscience Undergraduate Newsletter

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## Student Spotlight

Meet **Sarah Jessup**, a senior majoring in Psychology with a Neuroscience minor. Sarah works in Dr. Jonathan Abramowitz's UNC Anxiety Laboratory.

**Tell us about your research.** I am currently involved in two research projects that focus on specific phobias and post-traumatic stress. I am a therapist for the Spider Study, which examines potential ways of improving the most effective treatment for arachnophobia. My second project is my honors thesis, which examines the psychological experiences of sexual assault survivors and predictors of post-traumatic stress.

**What encouraged you to get involved in research?** I wanted to determine whether I would be interested in a research-centered career. For me, undergraduate research is the first step in pursuing a career in clinical psychology. Since becoming involved in Dr. Abramowitz's lab, I am far more excited and passionate about research. Research provides professional development as well as a unique perspective on my community.

**What is the most valuable lesson you've learned?** Through research, I have learned to embrace the unexpected. I have learned how to address unforeseeable events during sessions, comfort suddenly anxious participants, and adjust timelines accordingly. My research experience has taught me to adapt and to make the most of what is in front of me.





## Meet a Gil Intern!



Meet **Rachael Kang**, one of our Fall 2016 interns with the [Karen M. Gil Internship Program in Psychology and Neuroscience](#).

Rachael is a junior majoring in Psychology. Her Gil Internship experience is with 3-C Family Services in Cary, NC. 3-C Family Services provides mental health care and support to the surrounding community. Services include family therapy, individual therapy, couples therapy, and group therapy. In addition to having licensed clinicians on staff, there are also two M.D.s at 3-C Family Services, including her mentor, Dr. Lori Schweickert.

As an intern, Rachael creates visual timelines of medication for patients, proofreads patient reports, is a social skills group co-leader, participates in a pharmaceutical research study, and maintains a database for non-verbal learning disabilities. “I could not be happier with what I’m doing,” says Rachael. “Not only am I getting hands-on clinical experiences as a co-leader for group therapy and getting to be part of a research study, but I am also catching a glimpse of the diagnostic and assessment processes by getting to proofread Dr. Schweickert’s reports.”

Rachael explains, “I think my entire experience at 3-C can be summed up in one experience. Dr. Schweickert had me look at a drawing that a child drew in session of the family’s weekend activities and to determine a diagnosis. This was nothing like I had ever learned in a classroom before. There was no prompt or word bank—just me, the picture, and the little information Dr. Schweickert had told me. Honestly, all I saw was a picture of the child and what looked like a mother in a sea of blue. To Dr. Schweickert, the picture told the story of a child so afraid of being alone that they neglected to draw their siblings, father, and the activity they had done over the weekend.”

“Everyday, I am pushing the boundaries of the classroom, applying textbook theory to real life situations. I watch clinicians as they interact with their patients, listen to them as they seek each other’s advice and feedback, and learn from them whenever I have questions about a practical application of more abstract concepts such as clinician-patient relationships and ethical violations. I am looking forward to completing this internship and continuing to expand my view of the world of clinical psychology.”

### Visit the Department of Psychology and Neuroscience online!

Our website has a lot of GREAT information for our undergraduates. Here are some pages you should visit in order to get the full major experience! [Visit our website](#), [like us on Facebook](#), or [follow us on Twitter](#)!

- \* Ever wondered what you can do with a major in Psychology? A B.A. or B.S. in Psych can provide useful in a variety of careers! Learn about your [potential career options](#) with entry level salaries!
- \* Studying Abroad is a learning experience unlike any other! College is the perfect time to discover different cultures, gain useful language skills, and explore! You can [study abroad](#) in over 70 countries, take PSYC courses internationally, and some of our Psychology faculty can even go along with you!
- \* Have you thought about joining a major-related club? What about volunteering in the community? Both are excellent additions to your resume, and can also provide you with new skills, experiences, and even friends! [Find a club or volunteer opportunity](#) perfect for you.
- \* [Undergraduate research](#) is a great way to get involved in a laboratory and prepare for graduate school. Find out how to find a research mentor, share your research, and seek funding as an undergrad!



## 6th Annual ICP May 2017

The 6th Annual Interdisciplinary Conference in Psychology (ICP) is to be held May 18–19, 2017 at the University of Ottawa.

ICP is an international peer-reviewed academic conference organized each year by graduate and undergraduate students to foster reflections and discussions on the different innovative approaches towards interdisciplinary research.

Submissions from students are welcome. All researchers are welcome to attend. [Learn more about ICP online!](#)

## Undergraduate Research Opp!

Interested in participating in undergraduate research and earning course credit in Spring 2017? [Sign-up for PSYC 395!](#)

This is an excellent opportunity to work with graduate students and faculty members! Conducting hands-on research helps undergraduates develop a deeper understanding of psychological research methods and to prepare for graduate school.

To sign up for PSYC 395, submit [an application](#) to Rachael Hall before January 12, 2017.

## 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!



The Developmental Social Neuroscience Lab at UNC Chapel Hill seeks a current UNC undergraduate student who is fluent in Spanish to work as a part-time research assistant. The position will require translation of all study materials into Spanish. Applicants must be available to work 8–10 hours each week and the position is temporary for 2-3 weeks, with the possibility of continued work in the laboratory. Applicants should send a resume and a brief cover letter describing translation experience and level of Spanish knowledge to [dsnl.unc@gmail.com](mailto:dsnl.unc@gmail.com).



Qualtrics, a software company, is searching for psychology students who are graduating in December to join the product specialist team. IN this role, one can interact with top minds from the world's most innovative companies, helping them solve complex problems every day. [Learn more about the position and apply online.](#)



The Yale Early Social Cognition Lab at the Yale Child Study Center is interested in recruiting highly qualified students for an exciting pre-doctoral fellowship for current graduates or graduating seniors. Positions are available for both a February 2017 and a July 2017 start date. Successful applicants will be involved in a two-year training program involving clinical research experience. Applications are due by January 15, 2017. [Learn more about the position online.](#)



The Carolina Research Scholar Program fosters and expands engagement in undergraduate research at UNC Chapel Hill. Students must complete IDST 194 or 184 and 1 research course for 3 credits. Students must also complete at least 2 research-intensive courses and present their research. Once the requirements are complete, apply online to earn the transcript designation. [Learn more online!](#)



There has been a push to repeal the Affordable Care Act and its achievements for the field of mental health. Join a grassroots advocacy project to save core components of the Affordable Care Act that benefit people with mental illness. [Learn more online & get involved.](#)

