During the past year, we said goodbye to two former faculty, Dr. Alice Bartlett and Dr. Barbara Bowman (see p. 19). Both of them were kind people who inspired many of our students with their teaching. We offer our condolences to their families.

A major happening in the Psychology Department was the renovation of Henderson 111 during the fall semester. The 111 suite has been divided into a research side and a clinic side. The research side (top left) consists of shared space that may be reserved by faculty and students as needed. The clinic side (middle left) includes a reception window, waiting room (bottom left), and a new family/child therapy room. We are so grateful to the WU administration for funding this capital improvement request, as it will benefit the Psychology Department for years to come.
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Congratulations everyone!!!!
2019: The Outstanding Senior Psychology Major Award Goes to.......  
**Holly Johnston & Morgan Lawrence**  
Please feel free to stop by the department to see the plaque!

2019-20 Departmental and Dean’s Scholarships:

Bryce Strickland, Taylor Barnard, and Macy Howell were presented with the Yelen Award  
Baylee Wolf and Kaitlyn Schrock both won the Williams Award  
Aubrey Miller was given the Psychology Department Award  
Holly Johnston and Stephanie Jones were granted the Margaret Salustro Scholarship  
Claire Leffingwell was awarded the Helen Green Scholarship  
Lydia Shontz and Kyle Hinton both won the A. Roy Myers Endowed Scholarship  
Jaltheaus Palmer was presented the Ritchie, Wright, and Maxwell Award
On Thursday, May 2nd, we celebrated the graduating class of 2019 at Lake Shawnee’s Garden House with food, entertainment, and friends.
MAPY CLASS OF 2019

Our graduates in alphabetic order included Lugeine Alshurafa, Delanie Atteberry, Jessica Barron, Rebecca Griffith, Haley Hanson, Jacie Harris, Murray Heikes, Simone Jones, Ana Lima, Allie Maffei, Mikayla McHenry, Sarah Nelson, and Miranda Wilson.
Claire Leffingwell has been highlighted a few times this year for her role in the Leadership Institute. The Leadership Institute offers benefits for students with lifelong skills and knowledge. Students who become leaders through the Leadership Institute experience benefits including scholarships, leadership support systems, and trips to conferences across the country. In October, Claire and three other WU students traveled to Ottawa Canada to represent Washburn University in the International Leadership Association’s Student Case Competition. The four students researched, prepared the brief, and presented on their chosen topic entitled “Mountain of Misfortune: Understanding irresponsible Consumption and Disposal in India through the Lens of Leadership Theory” where they used the context of the Ghazipur landfill in Dehli, India, to “bring attention to the global issue of irresponsible consumption and waste management.” The Washburn University team was awarded first place!!

Claire was also initiated into the 2019-20 Mortar Board Senior Honor Society, Ichabod Chapter. It is a national honor society that recognizes college seniors for their achievements in scholarship, leadership and service. Out of 1000+ eligible students, 54 students have been selected for membership.
“Overwhelming and worth it: Students share their experiences studying in U.S.”

By Morgan Chilson, Originally published @ cjonline.com, February 24, 2019

“Ana Lima left her home country of Brazil nine years ago to attend Washburn University. She graduates in May with her master’s degree in clinical psychology. But even all these years later, she remembers clearly what the first months in a new country are like. “Everything is just so much. You can’t keep up with the information,” she said. “Most students have never even left their home country before. So new country, new language, new culture. Everything is so much. It’s like everything is hyperstimulating, that’s the sensation you get.” Today, as one of seven jobs that she works on the Washburn campus, Lima is a presidential ambassador for international students. As someone who had lived in two countries and spoken three languages before coming to the U.S., her personal experience wasn’t as difficult as some of those she has met. But it is always an adjustment. Take a syllabus, for instance. Lima had no idea what it was, and she has found that to be true of many international students she helps. “I honestly didn’t know there was a syllabus until I was like two-and-a-half months, three months in. Don’t get me wrong, they said the word ‘syllabus’ many times,” she said. “The thing is that it’s so much that when I was in class and the professor said something like syllabus, I had no idea what was happening. The word didn’t register. It was so unfamiliar that it just goes over your head.” Lima can tick off a nearly endless list of what international students struggle with, including everything from email etiquette to dining differences to not having a car or being able to work off campus. She can laugh about it now, though, and Lima works hard with other international students to make their transitions as easy as possible... Lima dived deep into work at the Washburn campus, where she is clinic director at the Washburn Psychological Services Clinic and an intern at counseling services, among other roles. She said she fell in love with Topeka. “I fell in love with people here. I felt like everyone here has been more of a family than anything,” Lima said. “I love the culture. I love the people. I love everything. I love rules and recycling.””
Former Office Assistant and PSY Major Garrett Rogers (far right in photo on the right) is now serving as Governor Laura Kelly’s Director of Constituent Services. He is photographed with two Political Science Dept. interns and the Governor in the statehouse.

Psychology department takes on new professor
By Leah Jamison WASHBURN REVIEW, Nov 12, 2019

“Valerie Peckham is a newly hired professor of psychology at Washburn University, but she has been involved with Washburn long before becoming a professor here... In 2007, she started taking undergraduate classes at Washburn, and graduated with a Masters of Arts in psychology after her bachelor's degree. Even before being hired as a full-time faculty member, Peckham served as a guest lecturer several times for the psychology department, as well as on the Master’s Program Advisory Board. She also worked as an adjunct faculty member prior to starting her full-time faculty position... Outside of teaching at Washburn, Peckham also owns her own private practice called Acme Counseling and Consulting Services in Lawrence, Kansas. Her website sums up the practice by focusing on her as a “solution-focused therapist,” according to acmeccs.com.”

For the full story see the following link: http://www.washburnreview.org/features/psychology-department-takes-on-new-professor/article_83c6ee9e-

On November 5th, 2019 Royal Valley High School hosted a district wide parent, educator, student, and family Mental Health Matters Night where a wide variety of mental health topics were discussed. Pictured on the left are MAPY students Craig Lawless and Aubrey Dauber who led a “Mindfulness” module and taught the group different mindfulness exercises. The event had talks on Suicide, Grief, Why Mental Health is Important, Trauma, Health Relationships, Anger & Adolescents, Effective Communication, and the Harmful Effects of Juuling and Social Media.
Third-Year graduate student, Ana Paula Lima, was initiated into Who’s Who Among Students in American Universities and Colleges in 2019. She was also declared the Student Organization Achievement Recognition (SOAR) Awards Grad Student Employee of the Year award. The Who’s Who Among Students exists as one of the most highly regarded and long-standing honors programs in the nation, having earned the overwhelming respect of college faculties and administrations. For the students that are outstanding leaders on campus, becoming nationally recognized by the Who’s Who program marks a pinnacle of scholastic and leadership achievement.

Selections to Who’s Who Among Students are made each year by individual schools. Nominations are accepted from University faculty and staff, and are screened by a selection committee. In addition to the minimum requirements of 88 hours and a 3.0 GPA, our screening committee looks for outstanding service to the campus and the community.

Three of our undergraduate majors, Lydia Shontz, Katy Chase, and Tomohiro Ichikawa, won the Natural and Social Sciences category for their submission to The Angle. Their paper *The Effects of Conspiracy Exposure on Politically Cooperative Behavior* was written for Dr. Jericho Hockett’s PY386 course. They won a cash prize, and their work was featured in the inaugural edition of The Angle this fall. Another of our majors, Jaime Weible, had her poem, entitled *The Train*, accepted for publication in the journal as well. You may find the entire publication here, https://washburn.edu/angle/.
WASHBURN WELCOMES ITS NEWEST FAULTY MEMBER

By Aubrey Dauber

The psychology department is very excited to have Valarie Peckham join the faculty this year. Professor Peckham teaches several undergraduate courses, such as basic concepts of psychology, research methods in psychology, and correctional psychology.

Initially, Professor Peckham was interested in pursuing a bachelor’s degree in psychology. However, she felt she would have a more successful career as a teacher. While obtaining a bachelor’s degree in education at the University of Kansas, Professor Peckham worked for a company that heavily involved her in business and sales. As she progressed in her sales career, Professor Peckham found herself selling real estate. Professor Peckham soon identified that her role as a real estate agent was often providing guidance and counsel to couples looking for a new home. Professor Peckham realized the same theme is very similar to the role of a therapist. Returning to her passion in psychology, Professor Peckham enrolled in classes at Washburn University. Professor Peckham completed a bachelor’s degree in psychology and then immediately began working towards a master’s degree in clinical psychology.

After her training at Washburn and the launch of her “second career,” Peckham provided psychotherapy services at a women’s correctional facility for a few months before obtaining a position for five years at Family Services and Guidance Center (FSGC) in Topeka. During this time, she taught face-to-face and online psychology courses as an adjunct instructor at Washburn University and Highland County Community College. After her time at FSGC, Professor Peckham, a licensed clinical psychotherapist, started her own private practice in Lawrence, Kansas. Professor Peckham mostly provides therapy services to adult clients with anxiety, depression, trauma, and relationship issues. When she is not teaching at Washburn, Professor Peckham sees clients at her private practice. She also practices at Johnson County Community jail when needed. The department is fortunate to have a professor with such diverse skills and enthusiastic energy!
The Washburn chapter of Psi Chi Honor Society and the Psychology Club was led by Hannah Dykes this year. The Vice President was Sammi Ford with Julia Kofoid as Secretary and Zoey Christiansen as treasurer.

Their fundraising efforts reaped beneficial rewards in 2019. The bi-annual bake sales brought in $70+ dollars at each, one on Valentine's Day and another around Halloween. We are very appreciative of all the club members and faculty who signed up to volunteer in baking and those who worked at the sale themselves.

Unlike last year, we decided to not sell t-shirts to raise additional funds; instead we participated in the Club’s first ever Chipotle Night. The restaurant helps local groups like clubs, schools, and non-profit organizations by hosting these nights. In turn, those groups get to keep 33% of all food sales proceeds if the buyer mentions your organization when ordering their dinner. The company created personalized flyers and posters that we hung around campus and emailed out to the student body as a whole; this greatly increased our ability to connect with Washburn students and raise money at the same time. All in all, it was an overwhelming success and the club brought home almost $400 in total.
CONFERENCES, PUBLICATIONS, AND TRAVEL IN THE DEPARTMENT


- Dr. Jericho Hockett, along with numerous graduate and undergraduate students, attended the annual meeting of the Society for Personality and Social Psychology in Portland, Oregon this past year. There she participated in three poster presentations and one talk entitled, “Caller race and class effects on rape crisis advocates’ responses: A replication,” which was presented at the Sexual Violence Preconference meeting with MAPY students Pamela Aguilar, Rebecca Livren, Daniel Whedon, and Katie Secrest.

- Dr. Hockett also published six poems this year. Her three with the Burning House Press can be found online https://burninghousepress.com/2019/12/14/3-poems-by- jericho-hockett/ and the three in Snakeroot: A Midwest Resistance ‘Zine are entitled, Cocoon spell, Protection, and Weeds for future gardens.

- Dr. Michael McGuire presented with Dr. Zach Franks at the Austin-Lilly Evidence-Based Teaching Conference Austin, TX last year on their paper entitled, “Are exam wrappers a silver bullet for improving metacognitive awareness?”

- Dr. McGuire is also working on research to look more closely at the relationship between metacognitive skills and academic success with his research-assistants Bryce Ragatz, Riley Kessler, and Hannah Dykes.

- Sarah Nelson, 2019 MAPY graduate and current adjunct for the department, participated in two conferences this year. At the Southwestern Psychological Association in Albuquerque, NM, she presented the “Use of distraction and reappraisal as emotion regulation strategies among socially anxious individuals.” At the Society for Personality and Social Psychology in Portland, OR, she presented on “Consent education’s effect on responses to reported violations of sexual consent.”


Dr. Angela Duncan attended both the Southwestern Psychological Association conference (Albuquerque, NM) and the Association for Behavioral and Cognitive Therapies (Atlanta, GA) this year. She was the faculty mentor for four student posters including, “College student’s evaluations of the severity of drinking-related behaviors” with Taylor Barnard, “College Students’ Attitudes Toward Generic Medication,” with S. Bailly, “Locus of control, text message reminders, and physical activity among college students,” with Reagan Braun and Megan Ward, and lastly, “Does posting about physical activity increase intention to exercise and activity levels? A pilot study,” completed with Macy Howell.

Adjunct Faculty member, Dr. Meredith McKee Attend two conferences this year. With P.A. Costello, Dr. McKee presented a poster on “Examination of an online introduction to the psychology major course designed to improve career and academic preparedness for nontraditional students” at the Society for the Teaching of Psychology Annual Conference on Teaching (ACT) in Denver, Colorado. They both also presented on “Academic Integrity” at the same conference. Dr. McKee attended the 41st Annual National Institute of the Teaching of Psychology (NITOP) Conference in St. Pete Beach, Florida where she participated in the Participant Idea Exchange (PIE) session on, “The use of academic integrity education in an early foundations course to assist psychology majors in becoming better scholars and to help prevent plagiarism.”

Former Washburn professor, Dr. Cindy Nebel, along with her co-authors published “Encouraging knowledge transfer in food science and nutrition education: Suggestions from cognitive research,” in the Journal of Food Science Education.

Former professor Dr. Joanne D. Altman, MAPY graduate Dr. Beth A. Prittie, and former Chair the Department and Emeritus professor, Dr. Gary B. Forbach published “Disparity in Expectations of Reward for Effort Expended Among Students, Professors, and Employers” in the Teaching of Psychology in May.

The Child and Family Clinic was awarded a thirteen-hundred dollar grant from Washburn Women's Venture Partners (WWVP) to assist in buying educational and therapeutic supplies for our Psychological Service Clinic with the help of our graduate students Bethany McKnight and Taylor Kirby.


Dr. Linzi Gibson, with the help of MAPY student Aubrey Dauber, obtained an internal Major Research Grant to purchase psychophysiological recording equipment. Data is currently being collecting data in the Psychology Department’s new Psychophysiological Laboratory for Aubrey Dauber’s masters thesis project. Aubrey is examining emotion regulation in eating disordered individuals using an Emotion Modulated Startle Paradigm (EMSP). Those with eating disorders often create unhealthy emotion regulation strategies, which effect their day-to-day functioning, interpersonal skills and their social relations. Eating disorders remain mysterious and fatal diseases, so research that promotes the understanding of eating disorders is critical to developing effective treatment options.
Dr. Angela Duncan, three graduate students (Bethany McKnight, Rachel Ledbetter, and Makenzie Dunn, all in the photo on the right), and two undergraduate students (Regan Braun and McKenna Ward, in the photo below R) attended the Association for Behavioral and Cognitive Therapies (ABCT) conference in Atlanta, Georgia this past November. ABCT is a national conference where esteemed Universities and notable figures in the psychological field congregate to disseminate and reciprocate knowledge across clinical domains. Bethany, Rachel, and Makenzie presented their poster entitled “The differential effects of cognitive reappraisal and mindfulness on improving mood” as part of the graduate poster session with an emphasis in cognitive behavioral techniques. Regan and McKenna presented their poster entitled “Locus of control and motivation to exercise with the help of technology” as part of the technology Special Interest Group poster session.

After reflecting on the experience, Regan said “Having the opportunity to not only present on a topic I’m passionate about but also make connections that will help me in my future career contributed to an invaluable experience and the perfect way to wrap up my senior capstone project!” McKenna added, “It really boosted my confidence in presenting psychological research.” Regan and McKenna were asked by an ABCT representative to describe their poster information for an Instagram live stream and were told that they would be featured in the ABCT newsletter. Bethany also had an exciting conference experience by attending one of the many workshops presented by notable names in psychology. Specifically, she attended the “Functional Analysis” workshop taught by Stefan Hoferman and Steve Hayes. She indicated, “Meeting Steven Hayes, the person who literally created the theory you spent an entire semester learning and applying in your practicum, was surreal and one of the highlights of my year. I would definitely recommend anyone who attends this conference in the future spend the time engaging in the various educational opportunities available.”

Dr. Duncan enjoyed seeing the aforementioned students represent Washburn with interesting and relevant research. She encouraged the students to attend student-specific events related to graduate school admittance as well as the free seminar about cognitive-behavioral therapy given by Dr. Judith Beck herself! “Attending a national, renowned conference such as ABCT is a unique experience that I wish all of our students could participate in. The excitement that attendees exude at this conference is contagious, and leaves one motivated to dive into some new research ideas upon returning home.” Dr. Duncan looks forward to supervising new research projects that she hopes will culminate into a national clinical psychology conference experience such as this one.

Overall, everyone involved in the conference left with an experience that will not soon be forgotten. If anyone has questions about attending and/or presenting at a national clinical psychology conference, please don’t hesitate to contact any of the students listed here as well as Dr. Duncan.
The 38th Annual Meeting of the Association for Psychological and Educational Research in Kansas (PERK) 2019 conference was held at Baker University November 1st & 2nd.

Below is the list of presentations, posters, and talks given by Washburn students with the catalog descriptions.

1. The Effect of Fidget Spinners on Concentration and Anxiety, by Taylor Kirby, Washburn University

“Over the past 2 years, the most popular toy on the market has been the “fidget spinner” (Libassi, 2017). Advertisements for this toy claim that fidget spinners can help with hyperactivity and concentration (Libassi, 2017). This literature review examines research regarding the effect of fidgeting on concentration and anxiety. The findings to date suggest that fidgeting in general is detrimental to a typically developing child’s ability to concentrate but that it is helpful in reducing anxiety. However, only one study has been published to date examining fidget spinners specifically, and that study was restricted to children with ADHD who participated in a classroom evaluation (Graziano, Garcia & Landis, 2018). The results suggested that fidget spinners negatively influence young children with ADHD’s attentional functioning. Limitations of the literature and future directions for research will be discussed.”

2. How Individuals with Anorexia Nervosa Regulate Emotions, by Aubrey Dauber, Washburn University

“Anorexia nervosa (AN) is the restriction of caloric intake to achieve a less than normal weight due to fear of gaining weight (American Psychiatric Association, 2013). While research has shown that AN individuals prefer different types of food compared to healthy controls (HC) at an implicit level, the cause behind this pattern is speculated to be difficulties with emotion regulation in AN clients (Haynos, Roberto, & Attia, 2015; Racine et al., 2016). Research by Racine et al. (2016) has used an emotion-modulated startle paradigm (EMSP) to better understand voluntary emotion regulation in AN population when viewing negative, positive, and neutral images.”

3. How Agency, Identity, and Community Shape Safe Zone Allies’ Institutional Experiences, by Rebecca Livgren, Washburn University

“The purpose of the current multi-method research was to elaborate upon feminist philosopher María Lugones’ (2003) theories of agency and identity by qualitatively (through interviews) and quantitatively (through self-reports) assessing the Safe Zone program on two Midwest universities campuses. Research examined individuals’ interactions with/within academic institutional structures to contribute to each program’s strengths, weaknesses, and improvements. Qualitative analyses revealed six aggregate theoretical dimensions underlying relationships among Safe Zone administrators’ identity, agency, community, and institution. Quantitative analyses revealed affiliation feelings, average training uses, and humanitarianism-egalitarianism predicted Safe Zone Allies’ identity, agency, and community. Implications and future direction will be discussed.”

4. How to be a Rock Star in Psychology, Graduate Discussion Panel, Brittney Harmon, University of Missouri-Kansas City, Rebecca Livgren, Washburn University; Rebecca Randall, MidAmerica Nazarene University; Sydney Shoemaker, Missouri State University

“Wondering what graduate school is like? Baker University alums will share their experiences as graduate students and discuss issues such as 1) what life as a graduate student is like, 2) the undergraduate experiences that contributed to their success in graduate school, 3) how to afford graduate school, 4) conducting research, 5) teaching responsibilities, 6) internships and practicums, 7) next steps. After sharing brief introductions, the panelists are excited to answer your questions!”
5. **Prevalence of Mental Health Disorders in College Athletes**, by Regan Braun,

“Consistent with recent directives from the NCAA which encourage university athletics departments to become more proactively engaged in addressing mental health concerns among student athletes, this project analyzed data collected from varsity athletes at a Division II midwestern university. The DSM-5 Level 1 and Level 2 Cross-cut self-report questionnaires that function as broad screening tools were employed to identify the presence and severity of symptoms of common psychological disorders such as anxiety, depression, anger, and substance use. Using the data collected from over 300 student athletes over a two-year period, Chi-square, t-test and correlational analyses were used in comparisons of prevalence and severity of symptoms across gender, class year, and individual vs. team sports. The five-year collaborative effort between the athletics and psychology departments that made this project possible will also be discussed, including how this data will be used to develop programming designed to enhance mechanisms for addressing mental health concerns among student athletes.” (Photographed on page 17)

6. **Positive Writing Effects on Emotional Intelligence**, by Caitlyn Nation,

“Higher emotional intelligence (EQ) can enhance empathy, cooperation, and reduce stress. Positive writing and poetry have been linked to increased EQ. This study’s purpose is to determine if positive poetry will promote EQ more than non-poetry, positive writing and a control. Participants wrote three positive poems or positive journal entries or about their plans (the control condition) and answered EQ questionnaires over three days. It is expected that the positive poetry group will have the highest EQ scores and the control the lowest. Findings may expand on the benefits of positive poetry writing and emotional intelligence.”

7. **A Longitudinal Examination of Restricted Environmental Stimulation Therapy**, by Rachel Ledbetter, Sophia Sabala, & Linzi Gibson

“The purpose of the current study was to investigate the psychological benefits of Restricted Environmental Stimulation Therapy (REST). REST is a technique designed to minimize all sensory experiences and allow the participant to relax over the course of a 60 minute session. Participants completed stress and irritability scales over the course of four weekly experimental sessions to assess the effectiveness of REST.”
Our very own Dr. Cindy Turk served as the President for the 65th Annual SWPA Psychology Convention held in Albuquerque, New Mexico, in April. The theme of the convention was *Psychology: From the Lab to the Labyrinth.*

Talks, posters, and lectures were performed by the following faculty and students.

2. **Music and reading comprehension**, by Keely Brunner and Morgan Lawrence
3. **Distraction and reappraisal as emotion regulation strategies among socially anxious individuals**, by Sarah Nelson, Alexandria Maffei, Kari Wold, Brynne Schellenger, Dr. Linzi Gibson, and Dr. Cynthia Turk
4. **Mindfulness and cognitive emotion regulation strategies in those at-risk for depression**, by Alexandria Maffei and Mikayla McHenry
5. **How self-efficacy influences the relationship between coping styles and bullying involvement**, by Delanie Atteberry
6. **Effect of mindset primers on academic self-efficacy and risk-taking in college students, and Effect of mindfulness on the anxiety, stress, and self-efficacy in college students**, by Gabrielle Kentch
7. **Instructor characteristics of fluency and enthusiasm effect on learning and student perceptions**, by Kylie Christian, Shelby Schone, and Katelynn Spencer
8. **College students’ evaluations of the severity of drinking-related behaviors**, by Taylor Barnard
9. **Effects of caffeine on anxiety and test performance**, by Keely Brunner
10. **The effect of peppermint essential oil on learning and memory**, by Alexis Beckwith
11. **The effect of anxiety on visual perspective during memory recall**, by Aubrey Dauber, Jacie Harris, Sami Bailly, Dr. Cindy Nebel, and Dr. Cindy Turk
12. **The influence of emotions on false recall**, by Morgan Lawrence and Dr. RaLynn Schmalzried
13. **Effects of personal events on cognitive failures and DRM paradigm**, by Michaela Dervin and Dr. RaLynn Schmalzried
15. **Ideal body image effects on well-being and body dissatisfaction in female athletes**, by Alexandria Maffei and Dr. Cindy Nebel
16. **The effect of remembered affect on voluntary exercise and depressive symptoms**, by Jessica Barron and Dr. Dave Provorse
17. **Does posting about physical activity increase intention to exercise and activity levels?**, by Macy Howell and Dr. Angela Duncan
18. **College students’ perceptions of generic medications**, Samantha Bailly and Dr. Angela Duncan
19. **Components of sexual consent: Gender differences in recognition**, by Ana Lima and Dr Cindy Nebel
By Sarah Smith, Bethany McKnight Leyli Beims-Ukens, Pamela Aguilar, and Regan Braun

In a continued effort to support the students of Washburn University, the Psychology Department has partnered with the Washburn Athletic Department to provide mental health services and psychoeducation to our student athletes. In addition to conducting mental health screenings each fall for incoming athletes we want to expand psychological services available to our students to fit the needs of our athletes. The data collected from these screenings has been presented at the Great Plains student Psychology Conference, Apeiron, and PERK (Psychological and Educational Research in Kansas), and has helped us to better evaluate the specific needs of our athletic community.

With this information, we intend to work alongside athletes and coaches to help increase mental health awareness and provide easily accessible mental health services. As part of this initiative, we will provide psychoeducation on disorders such as anxiety and depression as well as offer training in mental skills such as emotion regulation, mindfulness, positive affirmations, and visualization techniques. In doing so, we hope to support our student athletes as they explore their academic, personal, and athletic identities in healthy and constructive ways while teaching and demonstrating empirically supported tools and techniques.

Graduate psychology students Sarah Smith, Pamela Aguilar, Bethany McKnight, and Leyli Beims-Ukens and undergraduate psychology student Regan Braun have worked in conjunction with Dr. Dave Provorse and the Athletic Department to develop specialized mental health services that meet the specific needs of our student athletes. Beginning this semester, student therapists will meet monthly with athletic teams to discuss topics of interest and present psychoeducational information and activities tailored to each teams’ requests. To further develop a range of services, student therapists will also provide weekly drop-in clinics for student athletes, offering individual therapy with no appointment required.

It is our hope that collaborating with the Athletic Department and bringing the services of the Washburn Psychological Services Clinic to Petro Allied Health Center will increase the comfort and accessibility of services for Washburn’s student athletes.
Current MAPY graduate student Bethany McKnight won the “Clinical Master’s Degree Scholarship” from Family Service and Guidance Center in 2019.

Recent graduate Ray Newins recently graduated from the Regional Police Academy and won special recognition and the Academic Achievement Award from Chief Donchez and the Overland Park Police Department. (Photo on the right)

PY major Jamie Weible accepted an offer from KU Med in the Department of Occupational Therapy Education program where she will earn her doctorate.

On Saturday July 13, 2019, Dr. Alice Bartlett passed away at the age of 68. In addition to serving the department as an adjunct professor, teaching evening and daytime classroom-based versions of Theories of Personality for several years, she also provided discounted personal therapy for several of our graduate students and alumni. A donation was made in her name to the “Col. Potter Cairn Terrier Rescue.”

On Saturday October 12, 2019, Dr. Barbara Jean Bowman passed away at the age of 74. She was a Washburn alum as well as a an associate professor emeritus faculty member and worked for the Psychology Department 1994-2011.

Former PY major William Qualls, who studies at the University of Kansas School of Law, worked at the Bioscience Technology & Business Center this past summer and fall, and the Kansas City University Venture Program as well.

Dr. Jericho Hockett, Associate Professor in Psychology, served as the interim director of C-TEL during the fall semester.

Vanessa Steinroetter, Michaela Saunders, Cindy Turk, and Bob Beatty represented the College of Arts and Sciences in the Quest for Accreditation quiz bowl night and were in the final four and all won $25 Bod Bucks each. (Photo on the left)

Friday, October 25th, we held the first ever Master of Arts in Clinical Psychology Informational Session and tour of our newly renovated clinic. We sent invitations to most universities in Kansas, Colorado, Missouri, Nebraska, and Oklahoma, and had quite a few respondents. We had 10-12 potential graduate students who heard from Dr. Cindy Turk, Dr. Dave Provorse, Valerie Peckham, and a panel of current graduate students.

On May 6th Dr. Cindy Nebel and family welcomed baby Annabelle Marie. She was born at 3:30am and she was 8lbs even and 20 inches long. (Photo on the right)

Dr. RaLynn Schmalzried and family welcomed Evan Dwain. He was born on October 10th and was 6lbs and 3oz., and was 19in long. (Photo on the left)

MAPY recent graduate Ryan Smalley is currently an Outpatient Therapist for Kanza Mental Health and Guidance Center and recently took and passed the Examination for Professional Practice in Psychology (EPPP) and plans on working towards becoming a Licensed Clinical Psychotherapist (LCP).

A big congratulations go to Dr. Linzi Gibson and Dr. Jericho Hockett who were both approved for tenure and promoted to Associate Professor in April of this year.

Kira Johnson and Charlie Blomstrom were both accepted into Florida Institute of Technology. Kira will study in their Forensic Clinical doctoral program (PsyD) and Charlie will be enrolled in their IO program.

Recent BA graduate Rachael Turner was accepted at both Oklahoma State and the University of Texas – El Paso.

Caleb Hallauer was accepted into the University of Toledo in their Clinical Psychology Doctoral Program.

Dr. Linzi Gibson participated in Women in Science day this past October and conducted a lab entitled Things aren’t always as they seem: Discovering reality with psychological science. They conducted three labs relating to Cognitive Psychology to better understand Sensation & Perception, Attention, and Memory.
Thank you for reading.

If you have any questions or comments please email us psychology@washburn.edu or call 785-670-1564.

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Please consider giving to the Psychology Department at Washburn University. It’s easy, just visit www.givetowashburn.org OR mail a check to: Washburn University Foundation 1729 SW MacVicar Avenue Topeka, KS 66604, but please note “Psychology Dept.” on the check.