

INPSYGHT

Department of Psychological Science
Newsletter for Students, Alumni, and Faculty



Emma Armbruster with grandfather Dan Flood

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A Senior Surprise

by Meg Fyan

Emma Armbruster, a Senior Psychology major, started off her Senior year in August unlike any other. Emma's first class of the semester, Italian I, was filled with peers her own age, and one very special person- her grandfather. Emma had helped her grandfather, Dan Flood, enroll in classes for the Fall 2022 semester at Creighton. What many don't know is the labor of love that Emma put into getting her Grandpa Dan enrolled in classes at Creighton.

Emma has an extremely close relationship with her Grandpa Dan, bonding at a young age over learning French together and having many of the same interests. In January of 2022, Emma's

grandmother, Ann Flood, passed away, survived by her husband (Emma's grandfather) Dan Flood. Dan Flood, a Creighton Law graduate, is a retired lawyer and lifelong learner, taking classes throughout his life and most recently post-retirement at the University of Nebraska- Omaha. After the passing of his wife, Dan took the spring off from taking classes. In the summer, however, Dan felt it was time to get back in the classroom. Grandpa Dan had asked Emma if she would assist him in enrolling at Creighton for the Fall 2022 semester to take Italian I and Art History.

Grandpa Dan would be a non-degree-seeking student at Creighton, and the process of becoming one was more difficult than anticipated. Dan had gone | continued on next page

Best of Both Worlds: The Enrichment of Interdisciplinary Studies

by Sofia Deatherage

in person to the admissions office during the summer to get assistance with this process only to be directed to Creighton's website and online application. Emma noted the difficulty with the whole process, from getting Grandpa Dan an account, signing up for tuition payments, and signing up for classes. Despite the challenges, Emma stayed positive and energized through the process knowing this was something that her grandfather really wanted and needed at the time. At the time that Emma was helping Grandpa Dan get enrolled in his classes, she was reflecting on her own academic schedule for the fall and noticed she had an opening in her schedule for the date and time of the Italian I course her grandfather was registering for. Secretly, Emma enrolled herself in the same Italian I course.

Leading up to the first day of class, Grandpa Dan was still missing transcripts and other important documentation the university needed to be able to admit him as a student. Emma spoke of the urgency in this situation, having 30-minute timers set on her phone- an acceptable amount of time to go in between calling various campus offices to complete the enrollment process. The day before classes started for the Fall semester, an individual from the university reached out to Emma and worked with her for the rest of that workday to make sure that Grandpa Dan was all set to attend class the following day. Emma talked about how emotional that moment was for her when all of her hard work had paid off, and Dan could officially attend his classes.

The next morning, Dan picked Emma up for their first day of school. Dan turned to Emma in the car and said "this is all I wanted. I wanted to come to Creighton and take classes and thank you." Emma was beaming and waiting in anticipation to surprise Grandpa Dan in their first class together. When they get to the class and Emma takes her seat, Grandpa Dan looks at her and says, "Wait, you're taking this class? You're in this class?" Emma spoke of the smile across his face and the joy they both felt being in that classroom together. She responded, "Yes, we are going to figure this out, just like French."

Dan is someone Emma has always looked up to, as dedicated as he is to academia and as dedicated as he is to life. Dan Flood has lived the most interesting and fruitful life Emma has ever heard stories about. Listening and respecting those older than you because they have so many great stories and beautiful experiences that we can all learn from, and Dan especially because he is the most kind-hearted, quick-witted individual who Emma has the utmost respect for, is something we can all learn from Grandpa Dan.



Sofia Deatherage

I entered my undergraduate career as a Psychology major, unsure at first about how my academic career would develop throughout my time at Creighton, but aware that I had a passion for understanding the different ways in which people think. My mother was actually the one who first suggested I try out Communication Studies as a second major or minor, which I have discovered has supplemented my Psychology studies in very beneficial ways. I became intrigued by the more interpersonal and societal levels of Communication Studies, a discipline that studies human behavior from a less individualistic, more qualitative standpoint. This paired with the theories and more quantitative perspective of Psychology in a very balanced way. As I continued my courses for these two majors, I decided that rather than choosing one or the other, I would take on both as majors for a more holistic, fulfilling educational experience. Additionally, as if two majors were not enough, my passion and hobby for English studies began to flourish through my minor, which has allowed me to explore a number of topics and methods of writing that inspire me both creatively and intellectually.

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Midwestern Psychological Association Conference

by Ava Szatmary

One of the first Communication Studies class I took was Autoethnography, a method of study combining ethnography with autobiography in a way that combines personal and method-based elements of writing. This class was one of my first steps towards appreciating interdisciplinary research, as I had not thought much before about how autobiography could combine with research to present an experience in a more comprehensive way. When I took Communication Studies Research Methods after, I learned about the more quantitative research side of Communication Studies, which further influenced my desire to utilize mixed methods in future research projects. I began to see the ways in which the personal and empirical as well as the qualitative and quantitative could marry and complement each other in such fulfilling, fascinating ways. My research journey here at Creighton especially encapsulates my experiences with interdisciplinary studies and opportunities for fostering this passion.

Though English may pose an unlikely pairing with Psychology and Communication Studies, my classes and research through the English department have allowed me to engage my mind and soul both creatively and critically. Projects such as workshoping a poetry portfolio, analyzing cultural fears in Romantic literature, and observing speech patterns in a Discord community have provided me with the opportunity to apply the critical thinking skills and creative paradigms I have developed from Psychology and Communication Studies. Having the creative freedoms and outlets to articulate topics that genuinely interest and inspire me also encourages me to find ways to connect my passions to research and intellectual exploration.

I truly believe that having the opportunity to delve into all three of my disciplinary interests has made me a more open-minded, fulfilled, and curious student and researcher, driving me to find more ways to combine and extend my passions into academia. Particularly with Psychology and Communication Studies, learning about human thought and behavior from these related yet separate subjects has made me passionate about incorporating both fields into my current and future research endeavors. As I move on soon to graduate school and my future career in research and academia, I fully plan to cherish and apply all the methods, theories, and projects that have shaped my undergraduate experience. I highly recommend and encourage any student's pursuit of interdisciplinary studying, so long as this is a reasonable and realistic calling. People are multifaceted, curious, passionate beings who deserve to explore a breadth of interests that allow us to fully realize our potentials, and I believe that this can truly be achieved through the vast pursuit of information across topics and disciplines.

I got involved with research through Creighton at the end of my Freshman year. After taking the Motivation and Emotion course, I knew for sure that I wanted to pursue psychology. Soon after, I joined Dr. Guenther's lab, and it is through our lab that I was incredibly lucky to partake in the Midwestern Psychological Association (MPA) conference last spring (April 2022) in Chicago, Illinois. For the past couple of years our lab has been working on investigating the relationship between authenticity and self-enhancement. The year before I started, the lab had found that self-enhancement does in fact impact the degree to which individuals report feeling authentic. The research we presented at MPA was drawn from a subsequent study that started the year I joined, which looked at if the relationship between self-enhancement was bidirectional.

My hometown is Libertyville, a northern suburb of Chicago, so I had seen the Bean and walked the river walk countless times, but something about the specific purpose that had brought us to the city elevated the experience in a way I had never felt before. Not only was it fantastic getting to do all the things I love in Chicago with my friends who had never been there before, but the conference itself was incredible. I will never forget the feeling of walking into the conference on the first day and being instantly overwhelmed by the sheer volume of people and posters crowded into the Palmer House hotel. Between all the presentations and posters we saw, I was stunned by how much research had been produced over the last year or few years alone. I saw posters of topics I had never even thought about before (such as the psychology behind card tricks or cancer imaging), and there were students and faculty from institutions all over the country.

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Ty Callahan, Ava Szatmary, Meg Fyan, Dr. Corey Guenther

Not only did many research assistants from Creighton get to present in poster presentations, but we got to see our professors present on the research they have been working on for years. As a lab, we were able to get closer by going to a Cubs game, eating at fun restaurants, and exploring the city together. Overall, the MPA conference was not just a chance for our lab to take pride in and share the data we had worked all year collecting, but a fantastic way to learn and gain a new appreciation for psychological research.



Mara Peppin, Meg Fyan, Ava Szatmary, Ty Callahan

American Psychology-Law Society Conference

by Sarah Noone

The American Psychology-Law Society (AP-LS) Conference took place from March 16-18, 2023. As APA Division 41, AP-LS works toward “enhancing well-being, justice, and human rights through the science and practice of psychology in legal contexts.” Eleven different Creighton students had presentations accepted, and seven traveled to Philadelphia, PA to give poster and paper presentations on topics related to the mission of AP-LS.

Anna Sadlo, who returned to the conference for the second year in a row, presented a poster about the impact of COVID-19 on prisons and how those impacts are relevant to sex offender treatment outcomes. In another poster presentation, senior Michaela Cordova evaluated the reliability of the LOOK Assessment for sex offenders. In a paper presentation co-authored by Sarah Noone, Honor Foutch, Madeline Altmann, and Elaina Polese, Noone discussed the validity of the TCU Drug Screen 5 based on their offender sample. These exciting projects are just a few that represented Creighton University this year. Being accepted into a major conference as an undergraduate student is an impressive feat, and the experience proved to be greatly beneficial to the Creighton researchers in attendance.

Presenting research is a valuable skill to develop, especially for students hoping to pursue graduate school in the future. Creighton senior Honor Foutch attended the conference for the second year in a row. She has been working in the lab of Dr. Matthew Huss since her sophomore year and hopes to continue her education in a psychology graduate program. She says the conference is “great exposure” to the “world of psychological research.” Altmann, who also plans to attend graduate school in psychology, adds, “going to the AP-LS conference this year is going to help me achieve my goals in the future by introducing me to new research. I am always trying to expand my knowledge in the field of psychology, and I think this is a great opportunity to help me do so!” The students were indeed able to attend several paper presentation sessions of interest. Further, each experience in communicating their own research is a learning opportunity that will contribute to the future successes of these students.

The conference also is a networking opportunity for the emerging researchers and professionals. Anna Sadlo says the conference is a place to “share my research with other students and professionals and meet others with similar research interests as myself.” Foutch adds that this “great opportunity to network” allows her to see research in areas that she is interested in but has not yet gotten the chance to further explore. By presenting at and attending the poster presentations, the Creighton students were able to connect and speak with people in similar research areas. Hearing from other researchers and professionals will certainly help the Bluejays formulate their own next steps in both research interests and career goals.

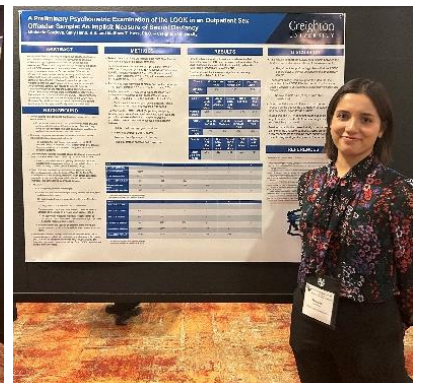
The conference was an all-around exciting event for these researchers. For some, it was a chance to explore a new city for the weekend. In between sessions, the researchers were able to do some sight-seeing in the historical city, and, of course, try an authentic Philly cheesesteak!



From left: Sarah Noone, Madeline Altmann, Elaina Polese, Anna Sadlo, Honor Foutch, Michaela Cordova.



Anna Sadlo



Michaela Cordova

Summer in Namibia

by Kate Cox

As the summer of 2022 began, I planned to stay in Omaha to work, until seeing a notification from the Psychology department looking for two research assistants to travel to Namibia with Dr. Jill Brown for a month. With just over a month until the trip, I took a leap of faith, applied, and was accepted! I had very little idea what I was getting myself into, but it turned out to be one of the most challenging yet rewarding experiences of my life.

Walking into Eppley airport with feelings of excitement and anxiety, I found my team consisting of fellow student Meg Fyan, Dr. Brown, and her daughter, Naala. We had over 24 hours of travel with 3 different flights. I had never known the full effects of jetlag until this day, but at last we had arrived to a beautiful African sunrise greeting us as we landed. It felt surreal to have left behind all things familiar to face this crazy adventure ahead.

Our first stop to get some rest and what become “home base” was a wonderful hostel in the capital city of Windhoek called Chameleon Backpackers. We were greeted by the most welcoming staff, making sure we felt comfortable and had everything we needed. One of my favorite parts of this journey was getting to know people at the Chameleon. I learned about why people from all over the country had come to the capital for a chance at a better life. I met other guests from every part of the world and had the opportunity to learn about where they came from and how they ended up here.

After getting settled and rested, we got to work. Dr. Brown took special care in the preparation of the study before we began. It was important to make sure we talked to Namibians ensuring to account for cultural differences. I learned that in Namibia, there are many different groups, with their own languages, called their “mother tongue.” Dr. Brown was collaborating with Ndumba Kamwanyah, professor at the University of Namibia in the Department of Psychology and Social Work, to study beliefs regarding the distribution of wealth based on cultural groups. Participants for the study were a variety of people from all over the country. Professor Kamwanyah led us through the capital city to meet people in their homes. We relied on connections and friends to find willing participants. As an overview, we showed the participants a picture of four children. With that picture, we told them a story that these four children had spent the day working for either their neighbor or their uncle who has eight dollars to pay them.



Kate Cox with local children

We then described the children: one is poor, one is the oldest, and one is hardworking and worked longer than the others. Then, the participant was asked how the children should be paid. The most important part of the study was asking why they believed that was fair.

Some people believed in equal distribution without question while others insisted those who work more should earn more and it is so important to ask “why.” One of the most popular answers was rooted in equity. People were often raised in families where hard work was emphasized. The harder and longer one works, the more they have earned. While this mentality is like the Western world, there were a few other answer patterns that stood out. Another common response was that all children should receive equal payments. As to why, the answer was simple. They were raised to see all people as equal, and we are called to share. These most common answers appeared to be rooted in cultural groups, influencing the way values are instilled, resources are shared, and history is preserved.

Learning Across the World:

My Time in Namibia

by Meg Fyan

Summer of 2022 was anything but planned, and the spontaneity from that summer would lead to one of the most fun and fulfilling experiences I could have ever predicted. In this article I will describe an overview of the research and some highlights of the trip. Our project explored how people distribute wealth and resources across Namibia. We looked at various cultural groups such as the Ovambo, Kavango, Damara>Nama, the San, Colored/Baster, and Afrikaaners/Germans to make up the lifestyles of agriculturalists (Ovambo and Kavango), pastoralists (Damara>Nama), foragers (San), and the post-industrialists (Colored/Baster and Afrikaaner/German). We presented all of our participants with a vignette as follows:

After spending the day doing chores around the house for [a neighbor/their uncle], he had 8 dollars and wanted to divide up the money to the ones who helped. He knew this about the children: Victor was the oldest and worked for 2 hours. Hafeni is poor and he worked for 2 hours. Petrus is hardworking and he worked for 4 hours and Teddy worked for 2 hours. How should the uncle/neighbor distribute the money to the children?

After the participant's distributed the money amongst the 4 children, we asked them to explain why they distributed the money the way they did as well as collected demographic information on things like their cultural group, age, gender, the highest level of education, what their native language is and how frequently they speak it, where they get their food and water from, whether they cook on fire or a stove, their source of income and how much their income is to attempt to better get at what factors are significantly contributing to the ways in which people in Namibia distribute resources.

The trip was planned for five weeks. We began our trip in the Capitol Windhoek, traveled to the west coast to Swakopmund, north through Etosha National Park up to Eenhana by the Angola border, east across the border to Rundu and Ngepi, and back down to Windhoek where we finished out our trip. Windhoek is where we met Dr. Ndumba Kamwanyah, a professor and our collaborator at the University of Namibia.

Windhoek is a very developed, industrial city with skyscrapers. To collect our data, however, we traveled out of the city center into the Township called Katatura. Katatura is Otjiherero for "the place people do not want to live". While this might not be a place that people want to live, Katatura is home to much of the native Namibian population in Windhoek. Much of the informal economy in Windhoek exists in Katatura and has a lively community where the city basically shuts down from Friday to Sunday and the community in Katatura thrives.

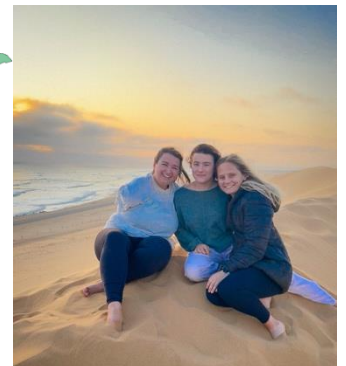
Swakopmund, a coastal town near the ocean is where we met Jay Sarro, an American Economist and tour guide living in Swakopmund, and Laidlaw Periganda, a member of the Herero tribe, who runs the Namibian Genocide Association and his own Namibian Genocide Museum.

It was eye-opening and heart wrenching to hear about and see the atrocities that the Herero tribe in Namibia faced and continues to face to this day.

After leaving Swakopmund and driving through Etosha to Eenhana, which was maybe my favorite place in Namibia, we stayed on a homestead and interviewed as many people as we could find. Traveling across the town, meeting and talking with new people, and eating traditional Namibian cuisine provided a new perspective and an appreciation for the friends I made along the way. Eenhana was where we learned to hand wash laundry and were honorably gifted a chicken by those who have so little. The chicken was then butchered and turned into a parting gift. Our last meal in Eenhana was a traditional dish called Oshithima, made from mohangu, pounded into flour and boiled in water, and served with a spinach and tomato stew. After we finished this meal, we left Eenhana and traveled east to Rundu and Ngepi.

In Rundu and Ngepi, we were able to collect data from the San population of participants, as well as the Kavango population. The San community makes up the first humans to be on earth, as we are all descendants of the San, however, are one of the most marginalized cultural groups in Namibia. With the Kavangos not much less behind them, these two cultural groups live very different and humble lives compared to the other groups. We finished our trip back to Windhoek, collecting data from students at the University of Namibia. We were able to train and interact with international students who helped us collect the last of our data before heading back to the US. The time spent at UNAM was really amazing to learn about another university system and interact with students like us from Namibia.

Dr. Brown and I presented our research findings in February in Puerto Rico at the 51st annual meeting of the Society for Cross-Cultural Research and are currently working on data analysis and preparing two manuscripts for submission to the *Journal of Cross-Cultural Research*. The impact this trip had on me was immense. I learned so much from Dr. Brown but also from all of the people and experiences we had in the process. The hands-on work we did in Namibia will forever influence the ways in which I look at other cultures and impact the research that I will hopefully do in the future. Dr. Brown and I are currently formulating a follow-up study relating to distributing things other than wealth and how communities in Namibia share resources.



Meg Fyan, Naala Sorrell, Kate Cox

The Matching Game: Faculty and Staff Quotes

by Carina Cook

Directions: match the person with their quote

| solution provided at bottom of page



1) Kaitlin Maloy



2) Dr. Badura-Brack



3) Dr. Brown



4) Dr. Budesheim



5) Dr. Fairchild



6) Dr. Finken



7) Dr. Guenther



8) Dr. Huss



9) Dr. Khanna



10) Dr. Earl



11) Dr. Minervini



12) Dr. Stairs



13) Dr. Witherby

A Stress is bad, right? Yes and no. Research has generally shown that the more stress people have, the poorer their health outcomes. But recent research reveals that this is only true for people who feel that stress is bad for them! Believing stress is bad for you is associated with poorer health outcomes but viewing stress as a normal and adaptive way to prepare for a challenging experience leads to healthier and productive outcomes! Cool, right?

B Children without a stable and responsive caregiver have abnormally accelerated amygdala development.

C The brain is not fully developed until a person reaches their mid-to-late twenties.

D As someone who is also a freelance artist, I am fascinated by the psychology of color. Many people think that color is solely a matter of what wavelength of light an object reflects back into your eyes, but it's actually much more complex than that. Color exists in context, this means the colors that surround the color you are looking at, the texture of the object itself, and even your mood can change your perception of a color. You are never objectively perceiving color – I find that fascinating.

E Cocaine users will actually choose money over hits of cocaine when given a choice between the two.

F The popular idea of learning styles – i.e., that different students learn better from different modalities (such as visual vs. auditory learners) – has no empirical support. People may have preferences for specific modalities (e.g., visual), but these preferences do not impact actual learning.

G We have over 6000 thoughts a day.

H My favorite psychological phenomenon is shaping (reinforcing successive approximations of a desired behavior). The process is fast, and it fascinates me to watch something described in a textbook come to life before my eyes.

I 95% of pet owners consider their pets to be members of their family. Having pets is correlated with lower blood pressure and heart disease risk, as well as lower rates of anxiety and depression.

J The human brain weighs 8 lbs. Boom.

K There are more intersex people in the world than red heads (which blows up the idea of the gender binary)

L During World War II, B.F. Skinner designed a guided missile that would be operated by pigeons trained via operant conditioning.

M If you can convince an acquaintance to lend you \$20, they'll probably like you more than they did previously as a result.

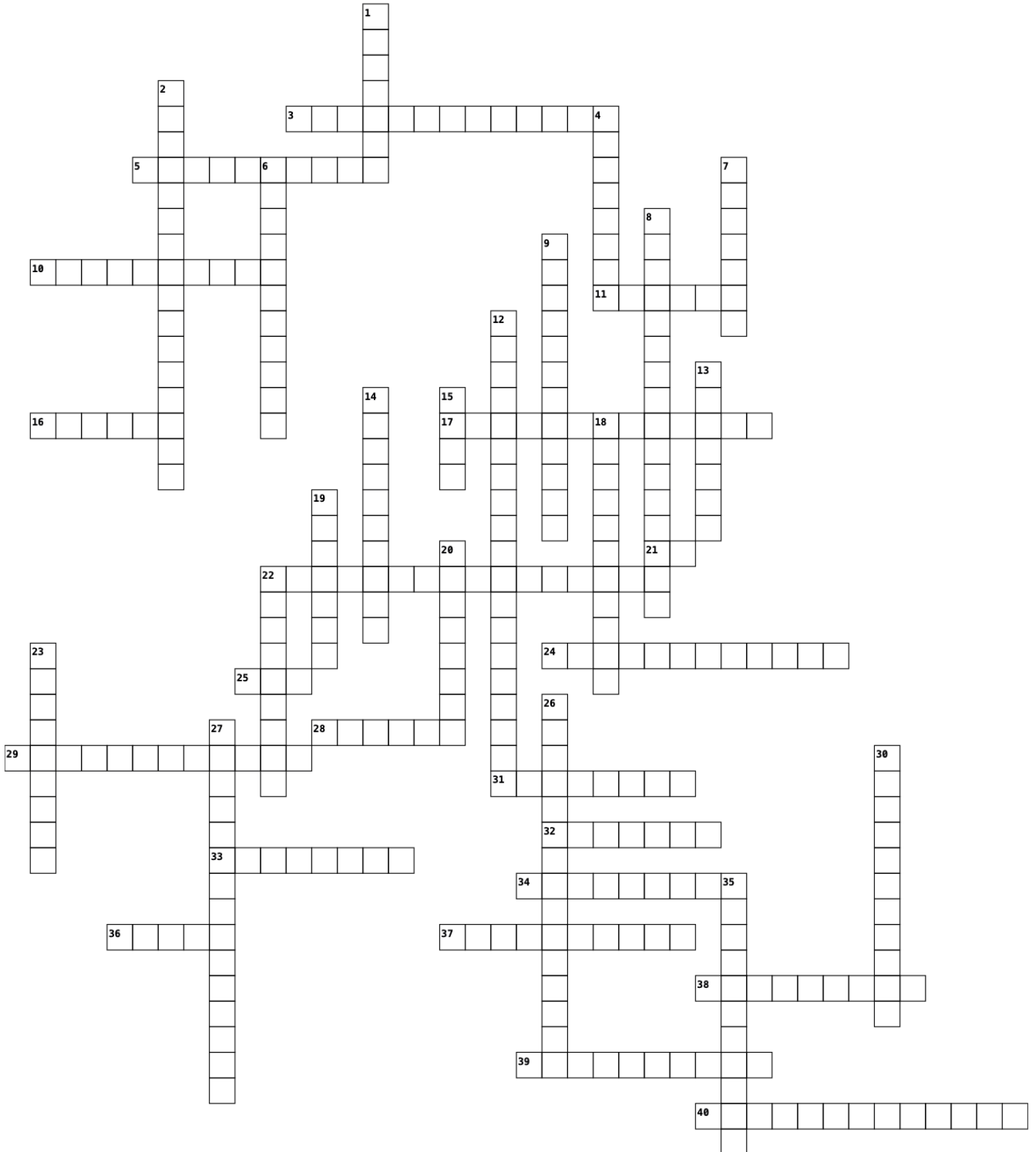
Solution: 1=D; 2=B; 3=K; 4=A; 5=L; 6=I; 7=M; 8=J; 9=C; 10=G; 11=H; 12=E; 13=F

Crossword Challenge

by Carina Cook

Directions: complete the puzzle below

| clues and solution provided on following pages



Crossword puzzle clues:

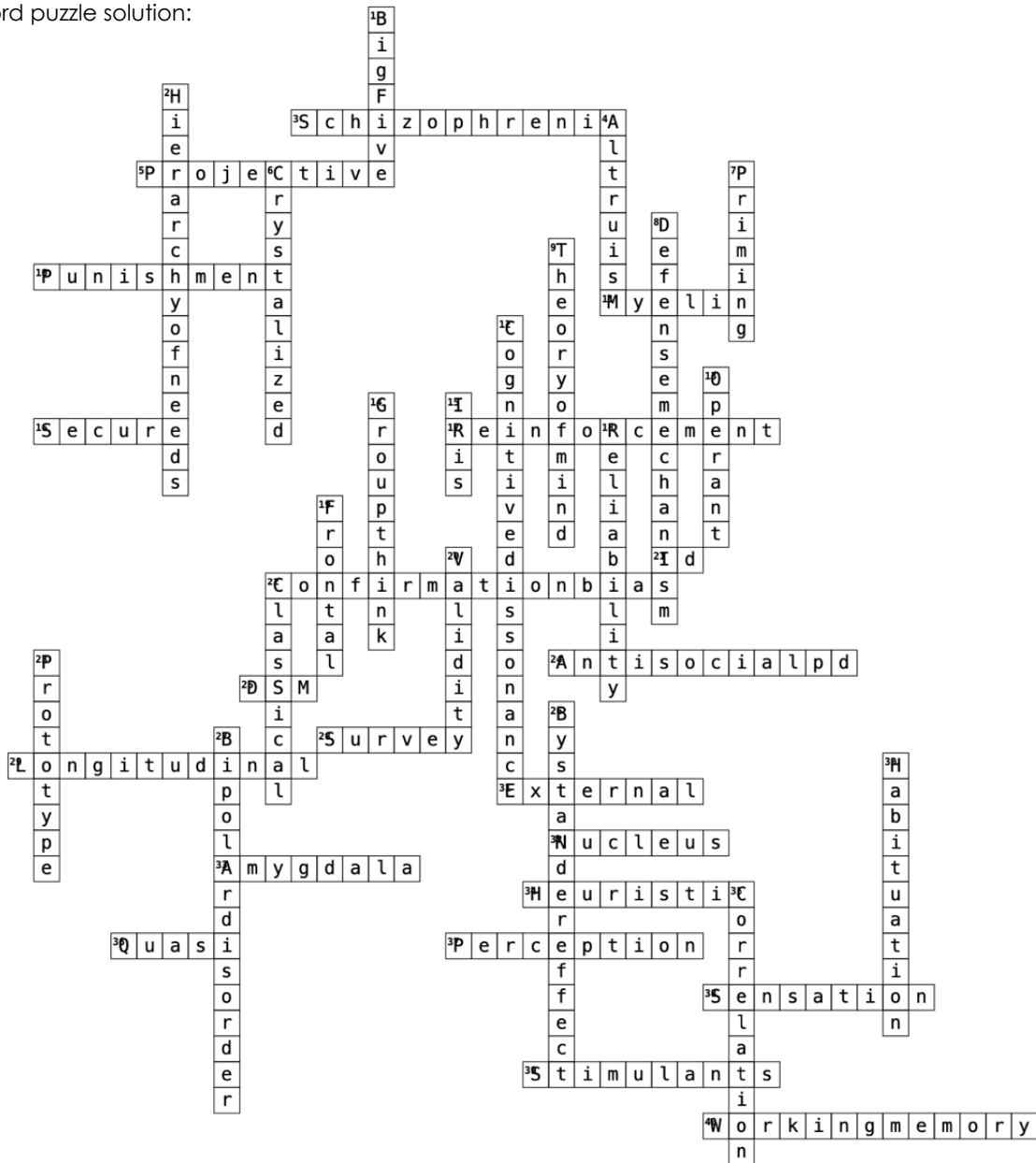
Across

- 3.** positives: delusions, hallucinations.
negatives: anhedonia, alogia
- 5.** personality tests with ambiguous stimuli
- 10.** decreases a behavior
- 11.** increases speed of signals in neuron
- 16.** children feel safe with consistent parents
- 17.** helps a behavior
- 21.** drives hunger and sex
- 22.** finding information that matches your beliefs
- 24.** PD characterized by lack of remorse, future planning, and lawlessness
- 25.** mental disorder handbook
- 28.** questionnaire
- 29.** one group, examined repeatedly over span of time
- 31.** type of locus where outside factors have more control over your life/outcomes than you do
- 32.** controls the neuron
- 33.** brain: emotions and memories
- 34.** rule-of-thumb
- 36.** not true, not random
- 37.** becoming aware of objects, relationships, or events
- 38.** simulation of a sense organ, brain area, or nerve
- 39.** includes amphetamines, cocaine, and caffeine
- 40.** how you keep track of a phone #

Down

- 1.** theory that looks at personality as made up of 5 dimensions; ocean
- 2.** physiological, safety, love, esteem, self-actualization
- 4.** selfless help for others
- 6.** general knowledge, vocabulary, facts, etc; type of intelligence
- 7.** exposure to something alters later behavior/beliefs
- 8.** what regression, reaction formation, and projection are
- 9.** others have their own beliefs and emotions??
- 12.** mental discomfort from inconsistent thoughts/beliefs/attitudes
- 13.** learning via punishments and reinforcements
- 14.** when a group's desire for harmony in decision making overrides looking at alternatives
- 15.** I-color area
- 18.** consistency
- 19.** brain lobe that doesn't develop till about 25
- 20.** accuracy
- 22.** the tale of a dog, a bell, and some meat
- 23.** exemplar. Ex. a bright red, round apple with a green leaf
- 26.** more people = less likely to help
- 27.** episodes of mania and depression
- 30.** used to something
- 35.** 2 things are related

Crossword puzzle solution:



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