



OLD DOMINION UNIVERSITY

Psychology Department Newsletter
Spring 2020

Looking Forward

*Michelle L. Kelley
Chair, Department of Psychology*

As many of you are aware, due to the COVID-19 outbreak, during spring break and the week after spring break, faculty were faced with quickly transitioning all courses online. ODU has long been a leader in distance learning, so we were extremely fortunate as many psychology faculty had extensive virtual teaching experience. In fact, we have long offered our major online as well as on campus. Nevertheless, there was still much to do in a short amount of time. We formed the Online Psychology Taskforce (i.e., OPTs) and many faculty and graduate students joined in and helped those new to virtual teaching. It was truly one of the most rewarding times I have been part of while at ODU. Not only did our department work together to make sure every faculty member was up and ready to deliver high-quality online teaching, but the larger ODU community came together to make sure every student had what they needed to continue their courses virtually. In fact, the university bought laptops to loan to students in some cases. Further, members of the ODU community donated laptops and many tech folks quickly upgraded these laptops for students and staff. In some cases, these iPads and laptops were dropped off to local students or mailed to students who were now back home.

While we were committed to making sure students continued to receive high-quality instruction, we also prioritized making sure students were doing okay emotionally. Faculty took time to check in with students, talk with them, and offer support and resources. In short, while this has been a difficult time for so many, Cicely Tyson said, “Challenges make you discover things about yourself that you never really knew.” I believe for many of us at ODU, this challenging time reaffirmed our strong commitment to innovative teaching, but it also reaffirmed that teaching isn’t our only priority. We were also there to support students in this difficult time. In short, I am proud to be part of a department and a university that supports its students, faculty, and staff as they have. Although this brief recap doesn’t sound much like the ‘Looking Forward’ title, I believe this experience will be with us for a long time. I believe we will continue to think more holistically about our students, the ODU community, and all of those impacted by COVID-19. While I don’t know how much longer we will zoom into homes in the future, I know we have the enterprising spirit and the resourcefulness to manage successfully.

On a truly moving forward note, this will be my last column as chair. I will be stepping down later this summer and resuming my normal teaching, research, and service duties. Dr. George Noell from Louisiana State University will be joining our faculty and serving as chair. As always, I enjoy hearing from our alumni and many friends. I have no doubt George will enjoy hearing from you as well.

Thank you all for your support these last few years,

Michelle

Here are some tips to help ODU's Monarchs **THRIVE** during this challenging time.

Talk about mental health. Physical distancing does not mean we are alone. Technologies such as Zoom, FaceTime, and messaging apps can help us stay connected. As you text, chat, or meet up online, [talk about mental health](#). Ask your friends and family how they are coping with stress, anxiety, depression, or isolation. Talk about how you are coping. Being open about our mental health is part of how we can support one another.

Hear others' needs. The significant changes in the world will affect all of us differently. We can help each other by hearing others' needs. Check in with people in your support system (e.g., online or over the phone) to see how they are doing. Ask them what they need during this challenging time. Simply listening shows that we care.

Recognize warning signs. As we talk about mental health and hear others' needs, we also want to recognize warning signs that a person may need professional help. Persistent negative mood most days could be a sign of depression. We should also look out for warning signs that someone may be at risk for suicide, which is the [second leading cause of death in college students and young adults](#). [Warning signs for suicide](#) include talking about killing oneself, feeling hopelessness or like a burden to others, and feeling trapped or having no reason to live. Also recognize behaviors that might indicate suicide risk, such as increased use of alcohol or drugs, withdrawing from activities and social supports (friends and family), and engaging in "goodbye" behaviors (such as giving away prized possessions). If you recognize any of these warning signs or are concerned that someone might be thinking about suicide, [ask them](#). Research shows that asking people if they are thinking about suicide [does not increase their risk](#). Quite the opposite, it lets them know that someone cares, and it allows a chance to find help for them. If you or someone else you know is thinking about suicide, it is time to enlist help from others [NOW](#) (see resources in #6. Enlist help from others below).

Invest in self-care. Self-care is essential to health. Just as we must brush our teeth regularly to avoid cavities, our thoughts and feelings will be healthier if we are proactive about our mental health. Self-care can include a range of activities that help us feel balanced and refreshed. Negative emotions thrive off of unused free time. Using our free time to do things that matter to us is part of self-care. Studying and working ahead on coursework, practicing a musical instrument, learning a new skill, playing video games, and cleaning and organizing are just a few options. Maintaining physical distancing during activities may require some creativity, such as forming an online group to play games or study, or [virtual volunteering](#). Listening to podcasts or audiobooks during cognitive downtime, such as when doing chores, can help push away worry. Social interaction with people who treat you well is also important. Sharing your feelings with others, journaling, or [reading books by experts](#) may improve your emotional well-being by improving [understanding of yourself and your emotions](#). Mindfulness meditation has been helpful for many people to learn to accept anxiety and to understand their thoughts and feelings. Learning and practicing mindfulness is easier if you use an app, such as [Headspace](#) or [Calm](#).

Value health and wellness. During times of stress, it is important that we don't forget to prioritize our [most basic needs](#). [Eating a nutritious diet](#) can improve mood and immune system function. [Getting enough sleep](#) is essential for physical health, mood regulation, and clear thinking. Taking medications as prescribed is important to stay healthy and safe. During times of stress, be careful about alcohol and drugs that have negative mood effects. [Exercise](#) is particularly beneficial because it releases endorphins, which have mood-boosting effects.

Enlist help from others. If you are feeling depressed, anxious, or are thinking about suicide, it is important to [reach out for help](#). You are not alone. There are science-based treatments that work. These include individual therapy, group therapy, and in some cases medication. Sometimes people think that asking for help is a sign of weakness. But seeing a therapist does not indicate weakness any more than seeing a doctor does. The [ODU Counseling Services](#) is open and available for telephone consultation and crisis counseling (Call 757-683-4401, press option #1 to schedule an appointment, press option #2 to speak with a counselor right away). In addition, many therapists, including ODU Counseling Services, are offering [teletherapy](#), which is therapy online using video conferencing software.

*If you are having thoughts about killing yourself, you should reach out for help [NOW](#). The [National Suicide Prevention Lifeline](#): Call 1-800-273-TALK (8255), Vets Press 1; 1-800-799-4889 (For Deaf & Hard of Hearing); 1-888-628-9454 (En Español). [Crisis Text Line](#): Free counseling via text messaging! Text "HOME" to 741741.

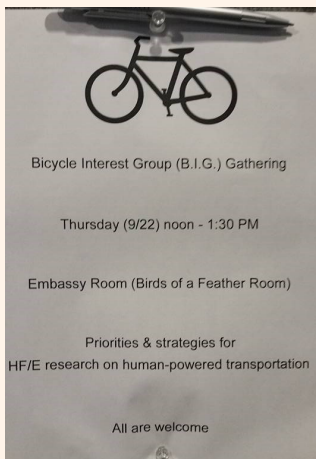
**If you are concerned about a member of the ODU community (student, faculty, or staff), you can make a referral to [Student Outreach and Support](#).

By engaging in these behaviors, we can support one another through this challenging time and ensure that Monarchs **THRIVE!**

*Monarchs **THRIVE** is an ODU Campus Suicide Prevention Campaign supported by a Garrett Lee Smith Campus Suicide Prevention Grant (Grant# H79SM080472) from the **Substance Abuse and Mental Health Services Administration (SAMHSA)**, U.S. Department of Health and Human Services (HHS). The view, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.*

MEET YOUR PROFESSOR — Mary Still, Ph.D.

Although I still think of myself as being new to the area, the end of the spring semester will mark five years at Old Dominion which means I'm no longer one of the new people. In the classroom (physical or virtual), you are likely to find me teaching courses in scientific reasoning, statistics, research methods, learning, and human cognition. In the lab, you are likely to find me working on a variety of projects related to the way people interpret information given their previous experiences and their current situations. Outside of work you are most likely to find me on a bicycle.



One unexpected result of coming to ODU has been the intersection of my academic work with my recreational “work”. I have spent many years studying how the attributes of memory, attention, and perception impact our interpretation of information. I’ve examined questions like what makes an interaction with a product feel “intuitive”? How can information be presented to people without distracting them? How do previous experiences shape our expectations? During the same time period I was spending more time on the bike, riding on the roads, and racing locally and even regionally.

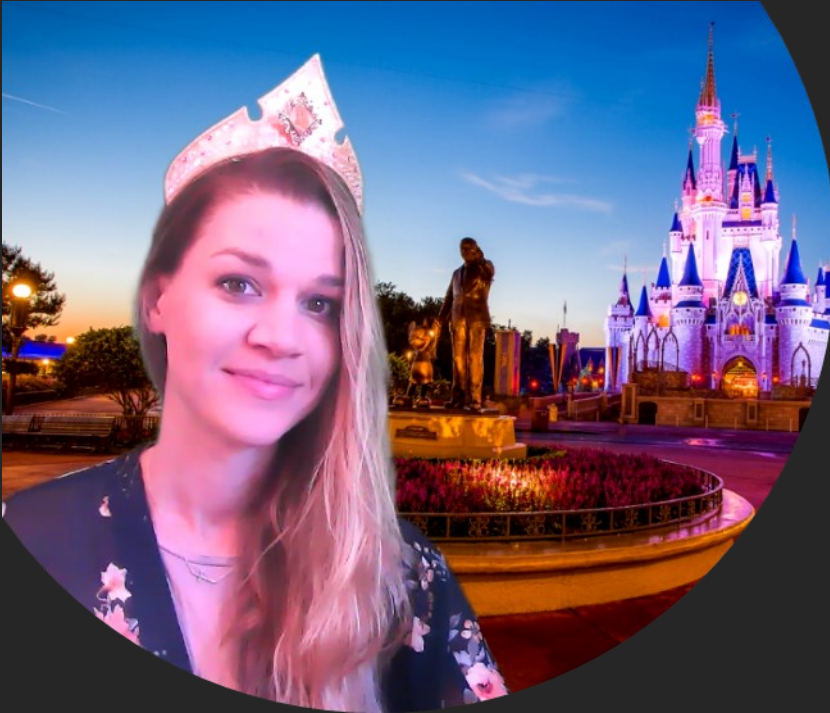
It wasn't until attending a specific bicycle meeting at the annual meeting of the Human Factors and Ergonomic Society (HFES) that I saw the - now obvious - connection between the research I was doing and the challenges I was seeing everyday on the road. Since that meeting a major focus in my lab has been studying what cyclists and motorists 1) already know about sharing the road, 2) think when they see signs and road markings related to bicycle use, and 3) do when they encounter potential hazards on the road. Some recent work in the BIKe (**B**uilding on **I**mplicit **K**nowledge) Lab looks at how simple road markings can naturally shape our understanding of how to safely share the road.

Five years ago, I would have never guessed that I would do research so well aligned with my non-work activities. If you are interested in learning more about this work, check out a recent publication from the lab – Sharing the Road: Experienced Cyclist and Motorist Knowledge and Perceptions (https://link.springer.com/chapter/10.1007/978-3-030-20503-4_27).



Photo courtesy of Raul Zevallos

Creative Instruction:



Since recent events have moved all classes on-line, Instructor **Elaine Murphy, Ph.D.** found a way to engage her students and make class a little more fun for the semester. She invested in a green screen to set up behind her webcam to create different virtual backgrounds for each lecture to make it interesting for her students!



Both she and the students have been having a lot of fun with the different lecture backgrounds.

Psychology Department Awards



Faculty Awards

Abby L. Braitman

Department of Psychology Research Award

Elaine Murphy

Department of Psychology Teaching Award

Department of Psychology Service Awards

Ivan Ash

Robin Lewis

Jennifer Muth

Mark Scerbo



Sidney Scott-Sharoni

Alan L. Chaikin Psychology Honors Thesis Award

Tori Murray

Elizabeth C. Guy Outstanding Psychology Service Award

Jennise Higgins

Elizabeth C. Guy Outstanding Psychology Academic Award



Undergraduate Awards



Graduate Student Awards



Graduate Student Awards

Sarah Ehlike

Graduate Instructor of Record Award

Sarah Powers

Graduate Teaching Assistant Award

Drake Terry

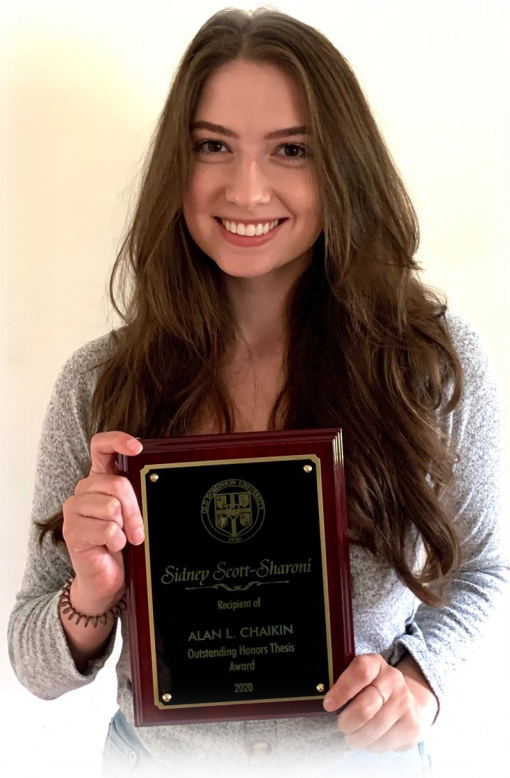
Psychology Department Service Award



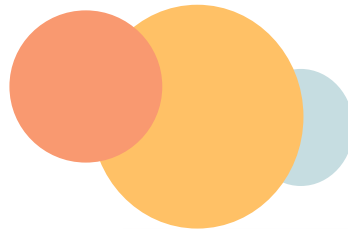


Undergraduate Award Winners

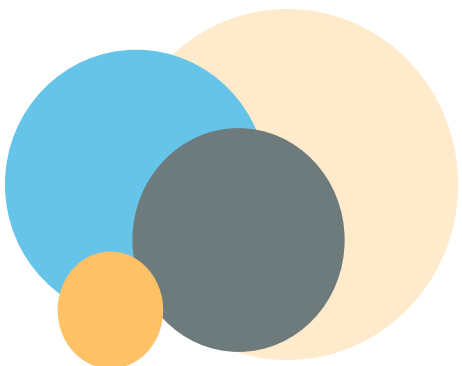
Sidney Scott-Sharoni



Jennise Higgins



Tori Murray





We congratulate **Dr. Jeremiah Still** for being selected as a Fellow in the Psychonomic Society. This honor is in recognition of his significant research publications at the intersection of cognition and interface design. The society recognizes members as fellows when they show clear evidence of independent scholarship, rigorous and theoretically interesting research, and an imminent national/international reputation.

The Psychonomic Society is an international community of experimental psychologist that focus on the study of cognition. Many of the scholars are interested in the application of psychology to health, technology, and education. But, at the core Psychonomics values the study of basic, fundamental properties of how the mind works by employing behavioral, neuroscience, and computational modeling methodologies.

Welcome to the Human Automation Collaboration (HAC) Lab

Jing Chen, Ph.D.

The Human-Automation Collaboration (HAC) Lab, directed by Dr. Jing Chen, focuses on how people interact with automated systems, ranging from semi-autonomous vehicles to cybersecurity systems. Specifically, the research focuses on human trust, decision making, and risk taking, as well as design considerations to better assist users in their goals. The current members of the HAC lab include Dr. Jing Chen, graduate students Scott Mishler and Cody Parker, and five undergraduate research assistants.

The HAC lab is always seeking highly motivated undergraduate students to assist on various research projects.



HAC

Human-Automation
Collaboration Laboratory

Contact:

HAClab@odu.edu



Photos courtesy of Janine Mator and Scott Mishler

The ODU HFES student organization went on a field trip to 757 Makerspace on February 28, 2020 to learn more about their design process!

Congratulations to the following graduate students in the Virginia Consortium Program in Clinical Psychology on receiving their first choice for internship match!

Safe travels as you go to your new internship assignments.



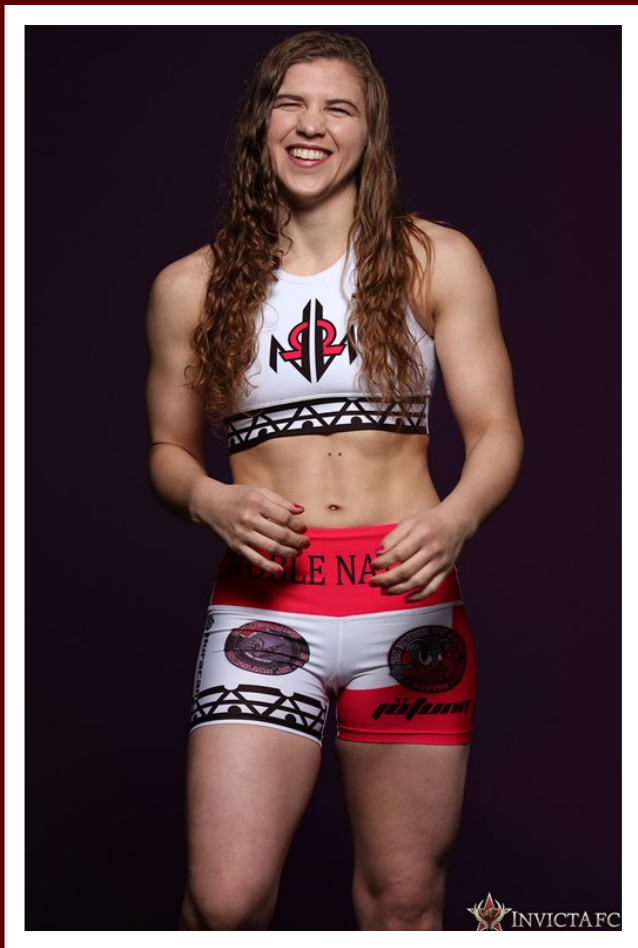
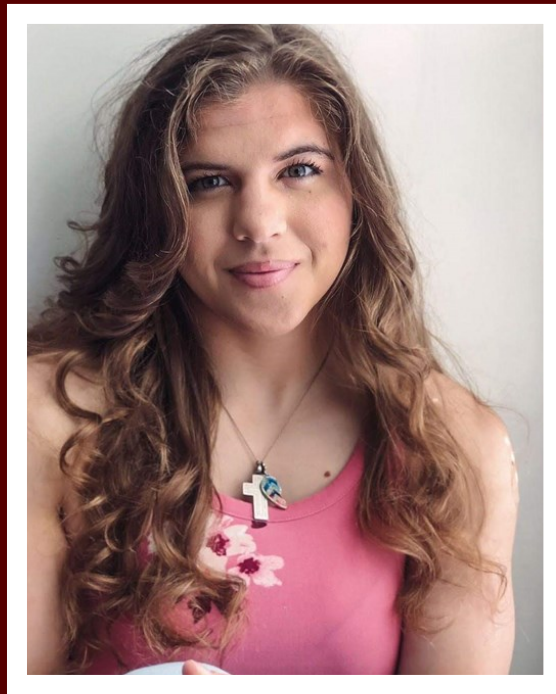
Rachel MacIntyre
Towson University
Towson, MD
Psychology Internship



Lindsay Howard
Canvas Health
Oakdale, MN
Adult Focus



John Schwartz
Womack Army Medical Center
Fort Bragg, NC
Psychology Internship



Photos courtesy of Miranda Maverick

Our very own graduate student Miranda Maverick (Industrial/Organizational Ph.D. program) has been featured on the ODU Homepage.

Check out her story at:
https://www.odu.edu/news/2020/1/fighting_for_her_fut#.XkwIi0F7mUk

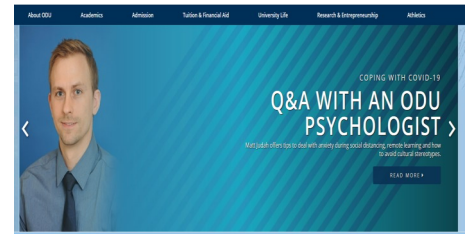
News, Awards, and Events:

FACULTY:

Dr Alan Meca, The 2020 College of Sciences Distinguished Teaching Award - Tenure Track Faculty.

Dr Alan Meca, Assistant Professor Department of Psychology; participated as a panelist in a virtual Diverse Conversations hosted in collaboration with The College of Sciences on March 24, 2020. The topic was **“Why is Diversity Important to Me?”** The event was hosted via zoom.

An interview with **Dr. Matt Judah** appeared on the ODU homepage, entitled, *Coping with COVID-19*.



Reference: ODU Homepage <https://www.odu.edu>, 4/6/2020

STUDENTS:

Amy L. Stamates, Ph.D. The 2020 College of Sciences Lee Ensminger Outstanding Ph.D. Dissertation Award.

Brandon Fluegel, Ph.D. '20 will be joining Amazon HQ on June 1st as the sole Human Factors Researcher on the Alexa Device Design Team!

Sean Cox is the Virginia Academy of Sciences Undergraduate James O'Brien Scholarship winner for 2020.

Taylor Webb won the Provost's Undergraduate Research Award.



Taylor Webb

ALUMNI:

Eduardo Salas, Ph.D. '84 took part in a recent interview, the title of the interview was **“From the Navy to SIOP President: An Interview with Dr. Eduardo Salas.”**



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EVEN A \$1.00 WILL HELP

Donate Now in MGB 246 or MGB 250
OR
The Psychology Department will be in the MGB Lobby on
Wednesday, March 4, 2020 and Thursday, March 5, 2020
from 9:00 AM to 3:00 PM collecting donations for
Old Dominion University's Day of Giving on March 17, 2020.



The campaign was underway in the department on March 4th and 5th for the ODU Day of Giving with signs and donation locations. Psi Chi/APS students and graduate students manned the table in the MGB lobby to collect donations. Both the doors of MGB 246 and 250 were dotted with the Psi symbols of those that donated to ODU's Day of Giving.

New and exciting paths are waiting for our most recent graduates.

Ph.D. and Master's Degrees Awarded - May 2020



Elaine Murphy, Ph.D.
Health Psychology
January 30, 2020



Peter Preonas, Ph.D.
Clinical Psychology
February 28, 2020

MASTER'S DEGREES

Chad Kenneally
Sarah Leibner
Heather Leon
Rochelle Rushlow
Lauren Tiller



Brandon Fluegel, Ph.D.
Human Factors Psychology
March 27, 2020

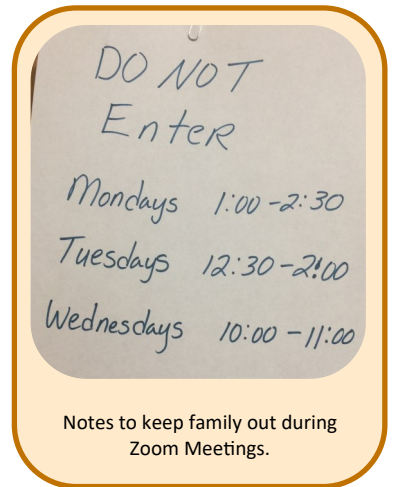
Just for Fun!



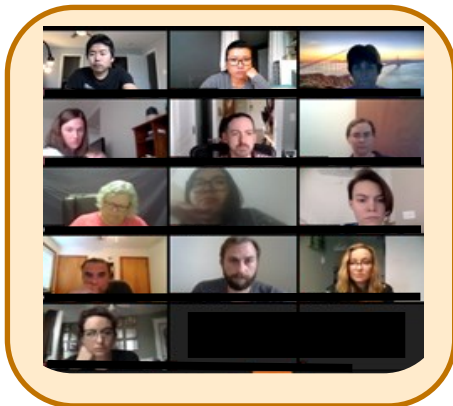
Sidewalk photos courtesy of Alex Proaps out on a walk around her neighborhood.



Meeting photos courtesy of Kristin Heron and Yusuke Yamani



Notes to keep family out during Zoom Meetings.



Students, faculty, staff, and neighborhoods making the best of things via Telework, Zoom, and chalk art. Children are loving the extra parent time too.



Abby Braitman and her son Benjamin.



In Memory of
Louis H. Janda, Ph.D.
March 24, 2020



Lou joined the Old Dominion University faculty in 1973. He retired as Emeritus in December 2015, after 42 years.

He will be greatly missed.

THANK YOU for your continuing interest in the Psychology Department. Your contributions to the Psychology Department go to support research and teaching activities. The Psychology Department has several funds for student awards, scholarships and general purposes. These include:

Alan L. Chaikin Psychology Honors Thesis Award is given to the undergraduate student with the most outstanding honors thesis.

Elizabeth C. Guy Outstanding Psychology Student Awards are given to the graduating senior with the most outstanding service to the department and the most outstanding academic accomplishments.

David L. Pancoast Memorial Dissertation Prize is given to the clinical Ph.D. student with the most outstanding dissertation.

Department of Psychology Outstanding Graduate Teaching Assistant Award recognizes a graduate teaching assistant in the Department of Psychology who has demonstrated exceptional instructional quality as evidenced by students and faculty.

Department of Psychology Outstanding Graduate Student Instructor of Record Award recognizes a graduate student instructor of record in the Department of Psychology who has demonstrated exceptional instructional quality as evidenced by students and faculty.

Your contribution can support any of these awards or the General Gift Fund that is used where the need is greatest: YOUR GIFT: \$25 _____ \$50 _____ \$100 _____ other \$ _____

GIFT DESIGNATION:

- _____ Psychology General Gift Fund
- _____ Chaikin Psychology Honors Thesis Award
- _____ Guy Outstanding Psychology Student Award
- _____ Pancoast Memorial Dissertation Prize
- _____ Department of Psychology Outstanding Graduate Teaching Assistant Award
- _____ Department of Psychology Outstanding Graduate Student Instructor of Record Award

Please make checks payable to ODU Education Foundation, and mail to:

**ODU Education Foundation
4417 Monarch Way, 4th Floor
Norfolk, VA 23529**

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