

2022  
Volume 10

# WASHBURN<sup>®</sup> UNIVERSITY

COLLEGE OF ARTS AND SCIENCES

## Psychology Department Newsletter

FROM THE CHAIR— BY CINDY TURK

The most important and exciting development in the department in 2022 was that we were able to hire two tenure-track faculty, Dr. Julie Boydston and Dr. Tucker Jones. They are no strangers to Washburn University. Dr. Boydston previously served as a lecturer in the department from August 2013 to May 2016. Dr. Jones served as a lecturer in the department during the last academic year.



Dr. Julie Boydston is a licensed clinical child psychologist. She has worked at the Bert Nash Community Mental Health Center and taught and performed administrative duties in the Clinical Child Psychology Program at the University of Kansas. Her research focuses on disruptive disorders in children.

Dr. Tucker Jones is a social psychologist with expertise in human development. He has a diverse research program that addresses topics including perception of and responses to ambiguous rejection, how honor ideologies influence responses to insults and threats, the scholarship of teaching and learning, and how being a first-generation college student influences how students perceive various instructor behaviors.

We are so glad to add Dr. Boydston and Dr. Jones to our Psychology family.

**I wish all of you a healthy and happy 2023.**



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## **2022 PSYCHOLOGY UNDERGRADUATE HONORS LISTS**

### **Dean's List (3.5 GPA)**

### **President's List (4.0 GPA)**

Rakan Alghamdi	Madelyn Hutley
Emmaly Allan	Otto Jones
Tiffany Almanza	Chloe Jones
Nell Altena	Kameron Lake
Chelsea Armstrong	Hailey Ledford
Skylar Blaser	Grace Loya
Brooklyn Bloom	Qi Pan
Katelyn Bloom	Lauren Phillips
Emma Bluml	Amanda Pope
Desiree Cain	Nevaeh Robinson
Brittany Campos	Gracie Rodriguez
Emma Chapman	Natalie Santa
Emilio Chavez	Kylar Slapar
Isabell Chronister	Lily Thompson
Chelsea Cole	Maria Torres Zamora
Alexander Crane	Tyller Torrez
Shaeley Day	Ashley Totten
Summer Fangman	Anya Uram
Margaret Fornelli	Lorena Venegas-
Parker Gower	Flores
Justin Heberlein	Jacob Weaver
Kailey Hill	Aleksander Westjord
Alyssa Hutcherson	Madison Whitham
	Chloe Wyatt

Luiz Alcantara	Qi Pan
Charles Ashley	Saige Peebler
Kian Beemer	Kelsie Quaney
Kayla Beyer	Payton Rice
Alicia Boyden	Lilly Riddell
Brittany Campos	Mohammad Sabba-
Bailey Clopton	rini
Sheyenne Cheek	Jessica Siebenaler
Benjamin Dubois-	Kendyl Simnitt
Lavoie	Samantha Starkey
Katelyn Farley	Chloe Taylor
Kaylee Freeman	Chamiel Thompson
McKayla Galliard	Ashley Totten
Alexis Griffiths	Bianca Tucker
Emma Hamilton	Chloe Wyatt
Dawson Heymans	
Minami Isobe	
Sadie Keller	
Michelle Lavin	
Quinn Leffingwell	
Rajwi Manandhar	
Lauren Mehnert	
Mayah Mumpower	

## 2022 Departmental and CAS Dean's Undergraduate Scholarships:



- ◆ The Yelen Award was granted three Psychology Majors this year: Minami Isobe, Alexander Crane, & Luiz Alcantara
- ◆ The Margaret Salustro Scholarship went to Katrina Escobar
- ◆ The Joseph & Marjorie Harshbarger-Latas Scholarship was bestowed upon Brooklyn Bloom
- ◆ Psi Chi President, Chloe Taylor was awarded the John T. & Carolyn B. Bird Scholarship
- ◆ The Wallace F. "Rusty" Davis Scholarship went to Kelsie Quaney
- ◆ Dawson Heymans was granted the Helen Green Memorial Scholarship
- ◆ The Outstanding Senior Psychology Major Award for 2021-22 went to Ethan Nelson & Kara Love - and both are now enrolled in our Master's program, continuing their dedication to the field.

**Stop by the department to see the Senior plaque !**

## 2022 Graduate Awards and Scholarships

- ◆ The First Year Student awards went to Jordan Jennings & Kylie Kimrey
- ◆ The Second Year awards went to Jordan DeHerrera & Jameson Brehm
- ◆ The Graduates for Graduates Scholarship was awarded to Lydia Shontz-Hochstedler

# MEET OUR NEW CLINICAL PSYCHOLOGY GRADUATE STUDENTS!

The new incoming graduate student cohort, or the class of 2025, took a few First-Day class photos to memorialize the day.

One with all smiles...



Back row: Jeff Downes, Christopher Grisafont, Brittney Stanley, Isabella Hubbell, Katrina Escobar, & Josie Powell.

Front row: Ethan Nelson, Kara Love, Teal Tobin, & Sam Hubbell



And one picture imagining all the stress the next 16 weeks will be.



But they all survived until December and celebrated the end of the semester together, grabbing another group photo together in the clinic.





# Psi Chi Update 2022

By: Chloe Taylor, Club President

Psi-Chi and Psychology club have had combined meetings for the last year or two due to low membership after the COVID-19 outbreak. However, leaders of the club are continually working hard to boost morale, keep members interested, and provide important information for undergraduate students, especially those a part of the Psychology Department. We think this year was a success!

In March, the club held a Writing Workshop where students were able to receive one-to-one mentoring on CVs/resumes, cover letters, research manuscripts, and graduate program application essays. The event was followed up by a pizza party in April. Besides enjoying some delicious pizza and snacks, leadership openings were discussed and explained before elections were held at the Scholarship Awards picnic later that month.

During the Fall semester, Psi Chi/Psychology club was led by Chloe Taylor (president) Brooklyn Bloom (vice-president), Grace Loya (treasurer), and Shea Freeman (secretary). We worked hard to boost membership. We met the first week of classes and built a schedule for club meetings for the rest of the semester. Then the club met bi-monthly, with the first meeting of every month being informational and the last meeting of every month being a movie night followed with a discussion on the mental health disorder displayed in the film.

The first informational meeting was a club introduction to welcome new members and explain club plans. The next informational meeting was about studying/interning abroad which was presented by myself. We discussed how one begins to look into studying abroad, whom to contact, some of the steps needed to study abroad, what scholarships are available, and how to look into internships abroad in. The last informational meeting discussed Kansas University's School-Psychology program and two KU graduate students came to Topeka and presented on their program. It was very informational.

All of the psychologically themed movies shown on our movie nights were chosen with care to entertain an audience and enlighten them on various diagnoses. They included *A Beautiful Mind*, *The Black Swan*, and *Mr. Jones*. After each movie a lively discussion ensued. To celebrate the end of the semester we held a pizza party after the last movie.

Our bi-annual fundraiser was held the week of Thanksgiving. Baked goods were donated by various members of the club and Psychology Department and sold very well. We raised around \$75 for the club, and for the first time, we accepted electronic payments via Venmo & CashApp, helping us sell out quickly. This year was full of many fun events for the Psi Chi/Psychology Club, and we cannot wait to see what next year will bring!

If you are interested in more information on Psi Chi or the Psychology Club please email Dr. Tucker Jones, [tucker.jones@washburn.edu](mailto:tucker.jones@washburn.edu), one of our faculty sponsors. Thank you.

# 2022 WASHBURN HOMECOMING ACTIVITIES

The 2022 Washburn University Homecoming theme was "Out of This World" and took place in late October. The previous two years Psi Chi/ Psychology Club participated in the Office decorations, but this year the club took on the Top Hat decorating challenge.

Shea Freeman, club secretary, designed and decorated the hat and titled it, "Out of This World... and Into the Human Psyche." (see the four photos along the right side of this page).

The Winning Top Hats were—  
Homecoming Theme  
 – Financial Aid Office (pictured lower left)  
Most Creative – The Biology Club (pictured middle left)  
WU Spirit – Leadership Institute



# RESEARCH NIGHT—OCTOBER 2022

By: Jordan De Herrera

Each semester Washburn University's Psychology Department hosts Research Night, an event to get undergraduate psychology students involved in psychological research studies. October 5th, 2022 was the first time the event had been held in two years due to the COVID-19 pandemic. This semester the event was organized by professor Dr. Michael McGuire and clinical graduate student and research coordinator, Jordan De Herrera. In addition, Research Night was sponsored by the combined honors society, Psi Chi & Psychology Club.



Nearly 80 students enrolled in Psychology 100 courses participated in various campus based research studies during the event. Papa John's pizza was donated by the Psychology Club & Psi Chi.

Student volunteers included: Psi Chi Club secretary, Shea Freeman; first-year clinical graduate students Jeffrey Downes, Isabella Hubbell, Samantha Hubbell, Kara Love, and Ethan Nelson; second-year clinical graduate students Holly Lathan and Haley Richards; and third-year clinical graduate student Jameson Brehm.

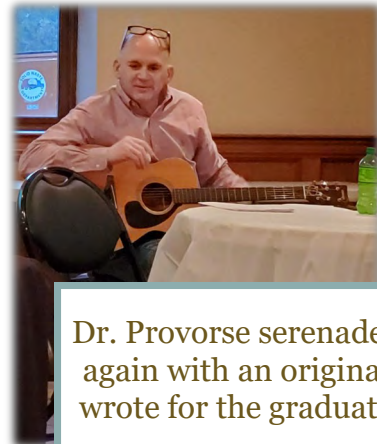
With the help of Psi Chi, the student volunteers, psychology faculty members and department Admin, Theresa Young, the event was a success.

We want to express our deepest gratitude to everyone involved for the opportunity to host Research Night and to get our students involved in important psychological research once again.

# MAPY CLASS OF 2022

On Thursday May 5th we all gathered at the Lake Shawnee Garden House to celebrate the graduating third-years with gifts, food, & fun!

Photo'd below left (L-R) are Shelby Schone, Sophia Sabala, Avery Mielke, Katy Chase, Michaela Dervin, Shannon Toalson, Brooke Nelson, & Kimberly Day.



Dr. Provorse serenaded us once again with an original song he wrote for the graduating eight.





# THE CELEBRATIONS CONTINUE

Second year, Anna-Marie Lauppe (below R) presented the third years with new personalized pad-folios to use while in their new colleges or careers.



Here they are in their caps and gowns (on the right), ready to walk at Spring Commencement which was held on campus May 14th, 2022. This event was one of Dr. Farley's last to officiate before he retired in 2022. (Farley photo TOP RIGHT credit Jeremy Wangler, wualumni.org)



Here are their Thesis &/or Case Study titles & where they presented their research off campus.  
Shelby Schone — Treatment of Social Anxiety Disorder: A Case Study of a 14-Year-Old, presented at Beyond the Individual in Lenexa Kansas.

Sophia Sabala—Treatment for Anxious Depression: A Case Study of a 20-Year-Old An Empirically Supported Treatment Case Study, presented at Washburn Counseling Services in Topeka Kansas.

Avery Mielke—A Transdiagnostic Approach to the Treatment of an Adolescent Male with Depressive and Anxious Symptomatology, presented at PACES a Wyandot Behavioral Health Center in Kansas City, Kansas.

Katy Chase—Treatment of Generalized Anxiety Disorder: A Case Study of a 17-Year-Old Female, presented at the Family Services and Guidance Center , Topeka Kansas.

Michaela Dervin—Treatment of Posttraumatic Stress Disorder: A Case Study of a 19-Year-Old Female, Presented at—Wyandot Behavioral Health Network, Kansas City, Kansas.

Shannon Toalson— Treatment of Borderline Personality Disorder: A Case Study of a 64-Year-Old, presented at DBT Center, in Lawrence, Kansas.

Brooke Nelson—Treatment of OCD: A Case Study of a Man with Checking Associated with Not Just Right Experiences, presented at the Kansas City Center for Anxiety Treatment.

Kimberly Day—Treatment of Social Anxiety Disorder: A Case study of a 31-Year-Old, presented at Kansas University—Counseling and Psychological Services in Lawrence, KS.

# KJCC TOUR—2022

By: Dr. Julie Boydston

Early in the Fall semester, an opportunity came up that I could not turn down. Just for a little background, I have experience working with youth in the criminal justice system. In the past, I was the team leader for the multi-systemic treatment of Juvenile Offenders program at Bert Nash CMHC in Lawrence. I visited juvenile detention centers many times but had never been where the state's worst offenders are housed.

So, this semester, we received an invitation from the Washburn Criminal Justice department to tour the Kansas Juvenile Correctional Complex (KJCC) here in Topeka. I was excited to go with several students from Psychology and other programs on campus. We received an overview of the facility before went through the process of entering the locked area and wow, it was a strange feeling when those heavy doors slam and lock behind you....

We toured the different sections and learned about the changes they have made to decrease their recidivism rate, or the chance of youth being readmitted to the facility. In fact, they changed it to their "success rate" (to focus on the positive strides they have made with youth) and it is about 67%. KJCC has implemented more evidence-based interventions for youth, from how they "consequence" inappropriate behaviors, to their increase of mental health and job training programs within the facility. The highlight of the tour for me was when I saw Soliel Wall, a 2016 graduate of our Master's Clinical Psychology program. She plays an important role at the detention center providing a wide range of mental health services for the youth offenders.

KJCC highlighted their staff who want to make positive impacts on justice-involved youth. For those students that are interested in juvenile justice as a career path, they have internships available and job opportunities available on their website. <https://www.doc.ks.gov/juvenile-services/kjcc>



# Sports Performance Enhancement Team

By Jordan Jennings

This past fall, the Director of Clinical Training, Dr. Dave Provorse, along with second year clinical graduate student Jordan Jennings, shared a continued interest in working with student athletes here at Washburn. Together, Dr. Provorse and Jordan managed the Sport Performance Enhancement Team (SPET). Second year clinical graduate students, Faith Burling, Holly Lathan, Kylie Kimrey, Haley Richards, and Laurel Huffman were happy to join the SPET team as well to learn about the mental skills training and team cohesion skills and aid in the continued partnership with the athletic department. Dr. Provorse and Jordan attended an athletic department coach's meeting early in the Fall to share the array of services the graduate program could provide. Afterwards, the tennis and track team both reached out and expressed an interest in working in a group setting with the program. Both of these teams received services from last Fall's SPET team and were a delight to work with for a second time.

Under the supervision of Dr. Provorse, the SPET team was able to develop and provide six 60 minute sessions of mental skills training for the track and field team and eight 60 minute sessions of both mental skills and team cohesion skills training for the men and women's tennis team.

The tennis groups met in the Petro Allied Health Center for psychoeducation and for the development of each skill, while the track and field group met in the Indoor Athletic Facility. To practice engaging in the skills during actual performance, each respective team was able to go out to the tennis courts, or into the new indoor athletic facility. Each session focused on a specific mental skill in which the athletes could identify and apply to their own personal pre-performance routine and adapt how they engage and communicate with team members. The mental skills discussed were developed through a cognitive-behavioral perspective and included techniques in goal setting, positive self-statements, emotion regulation, visualization, imagery, and mindfulness. Team cohesion skills focused on personality types and communication styles among members.

Overall, the general feedback from the teams were positive in their understanding of the utility and implementation of each skill. The SPET team is planning to offer the same services to the athletic department for the coming Spring semester.

Dr. Provorse and the graduate students had a really good experiences working with each team this semester and are looking forward to watching all of the athletes use their mental skills and team cohesion training in the Spring season.

Sko Bods!

# GREAT PLAINS STUDENTS' PSYCHOLOGY CONVENTION

By: Lydia Shontz & Holly Swearingen

This past March, GAPS (Graduate Association for Psychology Students) leaders traveled to the Great Plain's Psychology Conference in Emporia, KS. Lydia Shontz, Nicole Miller, and Holly Swearingen presented research examining the use of Zoom to conduct a group-based prevention program addressing body image and eating disorders.

It's widely accepted that depression, anxiety, and eating disorders are prevalent among college students suffering from body image acceptance issues. Therefore, in an effort to reduce body image dissatisfaction among Washburn students, a research lab of undergraduate and graduate psychology students has begun offering a program known as The Body Project (sponsored by Dr. Duncan). This group-based psychoeducation prevention program teaches young-adult women how to challenge sociocultural pressures to pursuing a thin-ideal, while also emphasizing health, wellness, and social-and self-support. Successful completion of The Body Project has repeatedly been shown to improve body satisfaction and perception of body image, while reducing use of unhealthy weight-control behaviors, and increasing resiliency against future eating disorder psychopathology. While running groups throughout the semester, the students collected data using a battery of evidence-based self-report questionnaires assessing physical health, mood, body satisfaction, and unhealthy weight-control behaviors. Using this data, the researchers were able to provide statistical insight into the current state of body image dissatisfaction and related concerns among participants, as well as provide evidence of the ability of the Body Project to decrease some of these concerns and promote a healthier body image. Additionally, this research is the first to investigate administration of this Body Projects 2-session scrip using an online administration platform.

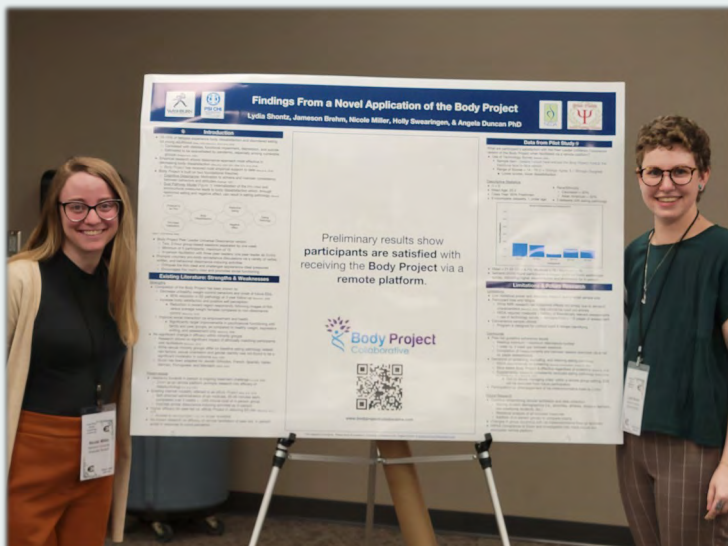


Photo on Left: GAPS leaders Nicole Miller and Lydia Shontz share research on the Body Project entitled Findings from a Novel Application of the Body Project

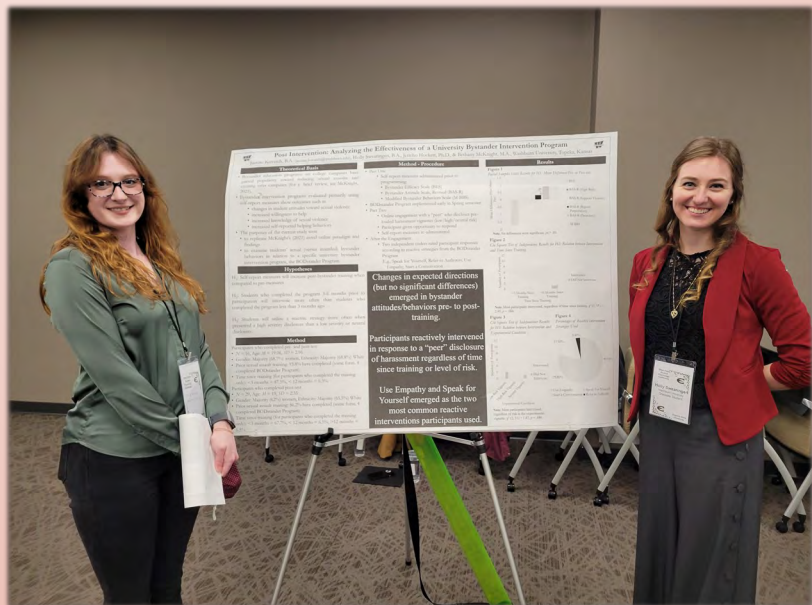
## GREAT PLAINS CONTINUED



Body Project students win an award!

Pictured on the left are GAPS Members Holly Swearingen, Lydia Shontz, and Nicole Miller who were awarded “Outstanding Graduate Poster” for their poster entitled, *Findings from a Novel Application of the Body Project* at Great Plains Students' Psychology Convention conference in Emporia, Kansas in March 2022.

Pictured on the right are third year graduate students, Justine Kovatch and Holly Swearingen who presented research for SAPE (Sexual Assault Prevention Education) with their poster entitled, *Post Intervention: Analyzing the Effectiveness of a University Bystander Intervention Program* at Great Plains. Please see an article on the next page covering this poster.



## Great Plains Presentation: Keeping Campus Safe

By: Holly Swearingen

Sexual assault education and bystander intervention programs are offered on college campuses in hope of reducing sexual assaults numbers and creating safer campuses. This study replicated a novel paradigm developed by former BA and MA student Bethany McKnight (McKnight, 2021) evaluating students' actual (versus intended) bystander behaviors in an online context representing the online pivot that occurred with COVID19's onset.

Participants self-reported bystander attitudes and behaviors before engaging in university-sponsored bystander training. After, participation was invited in a second study on student engagement: participants were randomly assigned to one of three conditions in which "another participant" disclosed a recent "interesting experience" (no risk, low risk, or high-risk sexual harassment). Participants responded to "the other participant," then again self-reported their bystander attitudes and behaviors. In contrast to H1, no pre/post training bystander attitude/behavior differences emerged, though some trends went in expected directions. Two independent coders used definitions of bystander strategies taught in the training to code participant responses. Preliminary analyses indicated some differences in reactive intervention strategies based on recency of training (H2) and severity of disclosure (H3). Additionally, variation in types of intervention strategies used was observed consistent with original findings, providing theoretically based direction for future research on the effectiveness of bystander intervention training.

## News from the Southwestern Psychological Association Conference

By: Lydia Shontz & Holly Swearingen

GAPS leaders presented their research on the Body Project at the 2022 Annual Southwestern Psychology Association (SWPA). The primary goal of this research was to make a positive impact on the Washburn University female-identifying student community through promoting healthy body image and preventing eating pathology. GAPS members modified a script from the original, two session, in-person Body Project facilitation to fit a telehealth platform. But, what does that look like?

Here's what one research assistant had to say: "Research shows that when women/girls talk about the "appearance ideal" shown in the mass media, and how to challenge pressures to conform to these ideals, it makes them feel better about their bodies. One of the ways we do this early on in the program is through an icebreaker where each participant and leader describe their biggest pet peeve with either the media or the fashion industry, both of which influence one's body image. This activity is a great way to open up conversations about a really tough subject."

The Body Project members plan to continue their work on campus by offering groups to female-identifying students beginning again in the fall. Students who facilitated this research are also planning on publishing their work over the summer.

# Photos from SWPA 2022— Baton Rouge, Louisiana April 8 - 10, 2022

The top photo was taken on the streets of Baton Rouge, L-R : Taylor Barnard, Katrina Escobar, Holly Swearingen, Lydia Shontz, Dr. Angela Duncan, & Jameson Brehm



Middle left photo was taken on the conference floor: Katrina Escobar presents on her poster with Dr. Duncan entitled, *Understanding Gender Differences Regarding Food Preferences and Attitudes Toward Plant-Based Diets*



Middle right photo, after the conference L-R: Jameson B., Katrina E., Lydia S., Dr. Duncan, Nicole Miller, Holly S.



Bottom photo L-R: Dr Michael McGuire, Nicole M., Lydia S., Dr. A. Duncan, Holly S., & Jameson B.

“This social event is important as it allows students and professors to share ideas, collaborate and create meaningful connections to the professional world through deserts.”



## A Summer of Research

By: Jameson Brehm

This past summer Dr. McGuire and two of his students, Chloe Taylor and Jameson Brehm, presented research investigating the impact of Open-book vs. Closed-book exams on academic performance at the Summer Institute on Distance Learning and Instructional Technology (SIDLIT). The conference itself was hosted online July 28-30th and their talk was entitled “Impact of Pivoting from Closed-Book Exams in the Classroom to Open-Book Exams Online on Course Performance.”

SIDLIT was different than any previous conference Jameson had attended previously as it was entirely online, through a video platform he had previously never heard of. Essentially, each presenter had their own digital meeting-space where they could set up interactive elements such as polls, or Q&A submission as they presented online. Dr. McGuire as well as Chloe and Jameson all wanted to emphasize the importance and usefulness of the collaboration leading up to the conference. This collaboration was informative for all three of them to work on this project because it provided insights and ideas each member couldn't have come up with on their own. All three of them working together not only when it comes to preparation, but also splitting the presentation slide-by-slide, also helped in terms of time and efficiency. Otherwise, it would have taken a lot longer to complete.

It was definitely a new experience, but Jameson did say he enjoyed the fact that he could wear a nice shirt with some sweatpants during the talk!





## CONFERENCE VOLUNTEERISM

Current graduate students, Kara Love & Nida Ali (see photo below) were graduate student volunteers at the APA annual conference in Minneapolis this past August.

Kara was also chosen to participate as a mentee in the 2022 pilot APA Disability Mentoring Program this past fall. Each graduate student mentee is paired with an early career psychologist mentor and meet at least once per month. The program is designed to promote inclusion and aid in the retention of people with disabilities in psychology's academic programs and careers.



## WU'S WHO OF WASHBURN

On March 7th, the Office of Student life announced the students named to the WU'S Who of Washburn Award and one of our very own was on the list—Second year student and GAPS member, Anna-Marie Lauppe. (See the photo on the right, Lauppe on the right, Dr. Jericho Hockett on the left)

The “WU's Who at Washburn” program honors students that are nominated by faculty or staff on campus. These students must perform well academically, be highly engaged in campus life, be actively involved in community service, and show leadership initiative.

Congratulations Anna-Marie!!!

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# CELEBRATION OF LIFE FOR DR. DEL YELEN AND DR. DON YELEN

**By: Dr. Cindy Turk**

Dr. Delphine Yelen was born October 22, 1936, in Detroit, Michigan. Dr. Del Yelen passed away on December 15, 2012 at the age of 76 after a struggle with cancer. She received a BA and MA from Wayne State University and her doctorate in Experimental Psychology from the University of Iowa in 1963. She served on the Psychology faculty at WU from 1963 to 2001. She often taught statistics and research methods, two of the most challenging courses in the curriculum. Her personal research investigated learning phenomena in both animals and humans and was published in a variety of professional journals. Dr. Del Yelen chaired the Psychology Department from 1972 to 1978. Dr. Yelen was also the first woman to lead the College of Arts and Sciences when she served as Interim Dean in 1988 and 1989.

Dr. Don Yelen was born on Sept. 15, 1936. He passed away on April 29, 2022 at the age of 84 after a struggle with cancer. Like Del, Don was a psychology major at Wayne State University. In fact, Del and Don met at Wayne State University and were married in 1959. He received his doctorate in Psychology from the University of Iowa in 1963. He served on the Psychology faculty at WU from 1963 to 2001 and made numerous teaching, research, and service contributions. Much of his scholarly work involved developing computer teaching approaches and writing software exercises for statistics and experimental design.

In 2001, Del and Don Yelen established an endowed scholarship for Psychology majors at WU. The first scholarship was awarded in 2012 and has been awarded annually since that time. On behalf of the Psychology Department, I want to thank Drs. Del and Don Yelen for their contributions to the department and the legacy that they have left for our students.

# YELEN MEMORIAL AND BENCH UNVEILING

PLEASE JOIN US MONDAY  
SEPTEMBER 19TH TO  
CELEBRATE THE LIVES OF  
DON AND DEL YELEN FROM  
11:30AM-1:30PM @ CAROLE  
CHAPEL, WASHBURN CAMPUS

11:30AM - Gather for crudités and drinks in the Carole Chapel

12:00PM - Memories of the Yelens shared by Dr. Laura Stephenson, Dr. Cindy Turk, Dr. Sara Tucker, and Holly Cobb, APRN/C

12:30PM - Yelen Memorial Bench Unveiled and New Scholarship Announcement



After Don's passing in April we began working with the estate to commemorate the Yelen legacy on campus and celebrate the both of them. We decided upon the installation of a memorial bench and unveiled it on September 19th with a small ceremony (the plaque is pictured lower left).

Dr. Sara Tucker and her husband, Dr. Ron Evans, (pictured middle left with Pinky, Don's German Sheppard) recounted stories from their long friendship with Don and Del over many decades. We also had Dr. Laura Stephenson and Dr. Cindy Turk share fond memories from their time working with the pair as well.

Pinky was adopted by Don's friend and personal Physician, Holly Cobb, who also spoke at the event and shared warm memories of Don in his final few years after the loss of Del.

Please stop by and see the bench on the NE corner of Henderson Learning Center and be on the look out for an update when the new FULL-RIDE Yelen scholarship is announced for CAS students.

## IN MEMORIA

Riley Creed McDougal 29, died Sunday, Jan. 9, 2022, in Cincinnati, Ohio. He earned his Bachelor's degree in Psychology in 2015 with magna cum laude accolades and was a member of Psi Chi & TWLOHA. After graduation he worked as a case worker for Family Service & Guidance Center of Topeka and then he moved to Ohio in August 2018. There he worked for Harbor, a mental health and substance use treatment provider until he became ill with a severe case of Guillain-Barré syndrome that required hospitalization in June 2020. Riley died Sunday, Jan. 9, 2022, at The Christ Hospital in Cincinnati, Ohio. He received many units of blood during his illness and his family encourages others to donate blood in his honor.



**WASHBURN**  
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Psychology Department

## PSY-ICHABODS GOOD NEWS



Three current PYMA graduate students, Anna-Marie, Justine, and Lydia were all nominated by Dr. Hockett for a Living Well at Washburn award and all three were recognized in the Spring Employee Wellness Newsletter (Spring 2022, Issue 2) for their compassion and caring.

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### Living Well at Washburn Award

#### Recognizing Anna-Marie Lauppe, Justine Kovatch, and Lydia Shontz-Hochstedler

**nominated by Dr. Jericho Hockett 12/14/21**

My father was recently diagnosed with an aggressive form of cancer, and I've spent the last few weeks supporting him in emergency treatment. After I shared the general situation with my students, Anna-Marie, Justine, and Lydia each reached out to me to express care and offer support. Without revealing their personal details, each of these student employees has had close experiences with cancer.

Other colleagues with whom I work have offered brief condolences, ranging from surface relating ("It was hard when I went through that with my dad last year") to platitudes ("If there's anything I can do to help, just let me know!") to questions I should probably chalk up to nervousness ("What's his prognosis?"). In contrast (though their nomination also stands on its own, as detailed below!), Anna-Marie, Justine, and Lydia truly connected with me from the very sources of their own pain, sharing insights from their experiences that have already been immensely helpful for coping in these early stages.

They have identified practical matters that are important to attend to with a loved one's cancer diagnosis, shared specifics about how they have coped with the confusion, grief, and loss associated with cancer, solicited extra insights from their loved ones to pass on to me, offered prayers on my family's behalf, offered other specific ways of helping (e.g., cooking meals for cancer-restrained diet plans), demonstrated vulnerability by crying with me, and checked in with me since our initial conversations to see how I'm doing and if there's anything else they can do.

Anna-Marie, Justine, and Lydia are graduate student employees: over-stressed, over-worked, and under-compensated...and yet they are the best representatives of what makes this University a great place to work: the senses of community, care, and belonging that are vital to employee well-being.

## MORE GOOD NEWS

2021 MA graduate Bethany McKnight and her husband welcomed their first child, Daisy Wren late last year. Bethany co-owns a private practice in Overland Park, Meadowlark Psychology and Development Center, and reports they are doing well and business is booming!



2022/23 current graduate student Nicole Miler and her husband also recently welcomed her first child, Naomi Alizabeth Miller who was born in September.

## WOMEN IN SCIENCE DAY

Women in Science day was a great success this year! The girls really enjoyed the Psychology lab where they completed three informal experiments exploring sensation and perception, attention, and memory. A special thanks to graduate students Sarina Russo and Haley Richards for helping out Dr. Gibson!



## FACULTY AWARDS AND 2022 NEWS

- On May 3rd Dr. Cindy Turk was awarded the highly competitive *Ned Fleming Excellence in Teaching Award* at the Employee Recognition Program (see image on the right). This award is given in recognition of excellence in teaching to those who are dedicated to his or her teaching mission, and to those who have a depth of understanding of the subject area they teach. The winner must have enlarged the content or elevated the intellectual level of their courses and also must communicate well and work with students in the learning process. Above all the winner must show a consistency of excellence in teaching and we know Dr. Turk has met every one of these bench-marks. CONGRATULATIONS again Dr. Turk on your well earned award.
- Also in May, the Center for Teaching & Learning (CTEL) awarded The Psychology Department the yearly Assessment Achiever Award for 2022
- CTEL awarded Dr. Jericho Hockett, Dr. Michael McGuire, & Dr. Tucker Jones the Certificates of Inclusive Teaching & the Certificate of Teaching and Learning for 2022. Congratulations to all three of you!
- The two newest professors to join us last year were featured at the first CAS faculty meeting in the Fall (see image on the right).



### Tucker Jones



Dr. Tucker Jones is an Assistant Professor in the Department of Psychology and is currently teaching *Basic Concepts in Psychology*, *Research Methods*, and a graduate seminar on *Developmental Theory*. Prior to joining the Washburn University faculty as a Lecturer in August 2021, Tucker was a graduate student at Kansas State University. While at KSU, Tucker taught over 25 classes as a graduate student and conducted research with undergraduates on several topics. Tucker recently defended his dissertation that explored the extent to which being a first-generation college student and/or having a higher/lower overall sense of belonging is likely to influence how students perceive various instructor behaviors that occur in remote teaching environments. When Tucker is not teaching or doing research with students, he enjoys spending time with his wife and rescue animals (one dog and one cat). Tucker loves to cook, watch movies, and read. Tucker's wife, Carolyn, is a competitive powerlifter, so a lot of his free time is also spent in the gym training and trying to keep up with her.

### Julie Boydston



Julie Boydston is an Assistant Professor in the Department of Psychology. She earned her Ph.D. in Clinical Psychology at the University of North Carolina at Greensboro and did her internship work at the University of Chicago Medical Center. She was at Washburn several years ago in a Lecturer position and has also worked at the Bert Nash Community Mental Health Center and at KU in the Clinical Child Psychology Program. Her research focuses on child clinical psychology, including disruptive disorders in children and community mental health treatment of children and families. Julie lives in Lawrence with her husband and 2 adolescent children. One of her favorite things to do for self-care and exercise is Jazzercise, a great way to dance to good health!

## PSYCHOLOGY ALUMNI ACCOMPLISHMENTS AND PUBLICATIONS

- Stephanie Jones (BA 2019) - works as an Admissions Counselor at Washburn Institute of Technology
- Claire Leffingwell (BA 2020) - graduate student at Oklahoma State University, pursuing a degree in Educational Leadership Studies: College Student Development
- Patrick Barry (BA 2015) - International Recruitment Officer for Dublin City University
- Allison (Elsbernd) Pawlowski (BA 2018) - Wellness Program Coordinator at Texas A&M University School of Law
- Molly Walter (BA 2015) - LPC (IOP/DBT Therapist) at Bert Nash Community Mental Health Center
- Liz Muenks (MA 2008) - Assistant Professor / Psychologist (Onco-Psychology Program) at University of Kansas Medical Center
- Travis Freed (BA 2007, MA 2012) - Director, Crisis and Recovery Services at Family Service & Guidance Center
- Kelsey Rose (BA 2015) - Restorative Justice Coordinator at Kansas Department of Corrections, LMSW
- Chance Barrow (BA 2015) - Management Trainee with Enterprise Rent-A-Car
- Kaitlyn Schrock (BA 2019) - Speech Language Pathology Graduate Student at Wichita State University
- Ryan Yowell (BA 2019) - Data Quality Analyst at Wireless Evolutions Ltd. In the Baltimore/D.C. area
- Mathew Sankoorikal (BA 2013) Certified Physical Therapist Assistant with Aldersgate Village in Topeka
- Sophia Sabala (BA19, MA22) accepted a position with the DBT team at Bert Nash in Lawrence, she passed the EPPP and is waiting to receive her LMLP license, & she also got engaged in December and plan to get married within the year.
- Rebecca Griffith (MA 2019) won a University wide graduate student teaching award at KU and was nominated to compete at the Midwestern Association of Graduate Schools Excellence in Teaching Award as well!



## DEPARTMENT ACCOMPLISHMENTS AND PUBLICATIONS

- Adjunct Instructor, Dr. Thomas Stone recent co-authored the following article:  
Harrison, Jennifer & Budworth, Marie-Hélène & Stone, Thomas. (2022). Helping as an opportunity and risk: an alternative side to gratitude in co-worker dyads. *Personnel Review*. 10.1108/PR-10-2021-0774.
- Faculty member, Dr. Tucker Jones recent authored/co-authored the following:
  - Jones, T. L., & Barnett, M. A. (2022). Anticipated Emotional and Behavioral Responses to Ambiguous Rejection by a Significant Other, Friend, or Acquaintance. *Journal of General Psychology*, 149, 57-71. DOI: 10.1080/00221309.2020.1798864
  - Schiffer, A. A., Romo-Figueroa, J., Lawless, T. J., Jones, T. L., Martens, A. L., & Saucier, D. A. (2022). Group bonding or hazing? The effects of masculine honor beliefs on perceptions of Greek life hazing. *Personality and Individual Differences*, 186, 111331.
  - Saucier, D. A., Schiffer, A. A., & Jones, T. L. (2022). “Exams by you”: Having students write and complete their own exams during the COVID-19 pandemic. *Teaching of Psychology*, <https://doi.org/10.1177/00986283221097617>
  - Saucier, D. A., Miller, S. S, Jones, T. L., & Martens, A. L. (2022). Trickle down engagement: Effects of perceived teacher and student engagement on learning outcomes. *International Journal of Teaching and Learning in Higher Education*, 33 (2), 168-179.
  - Saucier, D. A., Jones, T. L., Lawless, T. J., Martens, A. L., O’Dea, C. J., Prokhorets, S., & Stratmoen, E. (2022). Teaching a seminar on how to teach seminars in psychology. *College Teaching*, doi: 10.1080/87567555.2022.2106470
  - Saucier, D. A., Jones, T. L., Renken, N. D., & Schiffer, A. A. (2021). Engage the sages: A model for offering professional development to faculty and graduate students in teaching. *Journal on Centers for Teaching and Learning*, 13, 3-16.
  - Hall, B. E., Jones, T. L., & Barnett, M. A. (2021). Adults’ attitudes toward children in two different phases of treatment for cancer and their knowledge about childhood cancer. *Journal of Psychological Inquiry*, 25(1), 24-34.
- Dr. Jones has also has two more articles accepted for publication and is working on two new manuscripts for 2023!

## PSYCHOLOGY ACCOMPLISHMENTS AND PUBLICATIONS

- Department Chair, Dr. Cindy Turk, recently authored/co-authored the following:
  - Meeks, B., Turk, C. L., & Russell, M. (2022, March). The effects of mindfulness on implicit attitudes towards race, age, and sexual orientation. Poster presented at *The Great Plains Student Psychology Convention*, Emporia, KS.
  - Turk, C. L. (2021, June). Triple vulnerability model of anxiety and depression. Talk given for *Integrated Behavioral Technologies*, Basehor, KS.
- Faculty member, Dr. Michael McGuire recently authored/co-authored the following:
  - McGuire, M. J. (In Press). Question format biases college students' metacognitive judgments for exam performance. *International Journal for the Scholarship of Teaching & Learning*. [Peer reviewed]
  - McGuire, M. J. & Burdick, M. (book chapter under review). Improving instruction through a tiered system of peer observation and coaching. Faculty peer coaching in higher education: Opportunities, explorations, and research from the field. [Peer reviewed]
  - McGuire, M. J., Taylor, C., & Brehm, J. (2022, July). Impact of pivoting from closed-book exams in the classroom to open-book exams online on course performance. PowerPoint presented via Zoom at the *SIDLIT Conference* (online).
  - Barnard, T. & McGuire, M. J. (2022, April). Condensing and improving the MAI as an academic screening tool. Poster presented at the annual Southwestern Psychological Association, Baton Rouge, LA.
- Faculty member, Dr. Angela Duncan recently authored/co-authored the following:
  - Escobar, K., & Duncan, A. B. (2022). Understanding gender differences regarding food preferences and attitudes toward plant-based diets. Presented at Southwestern Psychological Association, Baton Rouge.
  - Shontz, L., Brehm, J., Swearingen, H., Miller, N. & Duncan, A. B. (2022). Findings from a novel application of The Body Project. Presented at Southwestern Psychological Association, Baton Rouge.
  - Crohn, S. & Duncan, A. B. (2022). Consensual nonmonogomy (CNM): Stigma, motivation, and the willingness to engage in it. Presented at Apeiron, Washburn University
  - Gallagher, J. & Duncan, A. B. (2022). Impact of sleep hygiene on mental health. Presented at Apeiron, Washburn University.

## PSYCHOLOGY ACCOMPLISHMENTS AND PUBLICATIONS

-Whitlock, H., & Duncan, A. B. (2022). Helping kids through crisis: Family service and guidance center. Presented at *Apeiron*, Washburn University.

-Chapman, E., & Duncan, A. B. (2022). Washburn Psychological Services Center: Do You Have the Heart?, Presented at Day of Transformation.

-Clark, S., & Duncan, A. B. (2022). Family Service and Guidance Center: Crisis Center, Presented at Day of Transformation.

-Fornelli, M., & Duncan, A. B. (2022). Family Service and Guidance Center: Every Child Deserves a Happy Childhood, Presented at Day of Transformation.

-Rivera, I., & Duncan, A. B. (2022). Effectiveness and Consequences of Greenwashing Among Consumers, Presented at Day of Transformation.

-Schmeidtberger, L., & Duncan, A. B. (2022). Motivational Interviewing: The First Step in Therapy and the Positive Benefits of Using MI, Presented at Day of Transformation.

- Faculty member, Dr. Jericho Hockett recently authored/co-authored the following:

- Kovatch, J., Swearingen, H., Hockett, J. M., & McKnight, B. (2022, March). Post intervention: Analyzing the effectiveness of a university bystander intervention program. Poster presented at the annual meeting of the *Great Plains Students Psychology Convention*, Emporia, KS.

- Dr. Hockett also wrote 19 creative publications (if you would like all of the titles, please email the department—we ran out of room here), completed the equivalent to a Graduate Scholarly-Creative WTE by completing a reading and writing project centered on intersections of psychology, gender, mythology (especially the Trickster figure), tarot, and occasions (under supervision of Dennis Etzel, Jr.) to produce a 21-poem collection.

- She earned a Graduate Scholarly-Creative WTE by completing an empirical poetry-writing project centered on intersections of psychology, science fiction, tarot, and

occasions (under supervision of Izzy Wasserstein) to produce a 16-poem collection.

- She gave an invited interview on KTWU Inspire Season 2 episode 14 “Beauty Standards in America.



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