Welcome to Visions, the Behavioral Sciences Department Newsletter

by Dr. Gordon MacKinnon

I would like to welcome you to the first issue of VISIONS, a newsletter for the Department of Behavioral Sciences at Rochester College. This newsletter is a way of keeping the RC Community informed about news and events in Psychology, Social Work, and Counseling Psychology. This first issue contains a Faculty Profile of Sarah Reddick, L.M.S.W., who has served in the Behavioral Sciences Department, teaching Social Work for the past 18 years. This first issue is dedicated to her long service and her ongoing work.

Faculty Profile Sarah Reddick, L.M.S.W.
Associate Professor of Social Work and Sociology
M.S.W., University of Hawaii
B. A., Southwest Missouri State University
by Emilie Vinson

Sarah Reddick, Rochester College’s first behavioral science professor, loves her job. At 69, most working women have retired, not Sarah. She’s in the midst of her 18th year of teaching at RC, and by her own admission, doesn’t plan on leaving anytime soon. It didn’t begin that way, though. It began in Southern California, when Sarah was hired to work in public welfare, the only requirement being a four-year-degree, which she had. For nearly two years, she worked in a program distributing aid to families with dependent children while her husband, Joe, worked in the Navy. When her husband was deployed

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to Hawaii, she enrolled in the University of Hawaii’s School of Social Work. The program was intense, but she finished in two years, landing an internship at a Hawaiian foster care/adoption agency after its completion. There, she earned her ACSW, internationally recognized social work credentials.

Twenty-six years of homemaking followed, with five children interspersed in that time period. When her husband was hired as the Vice President of Rochester College under President Ken Johnson, still Michigan Christian College at that point, the question of teaching was raised. The leadership of the College realized that RC’s accrediting association allowed the school to offer a social work program. They asked Sarah to step into the role of professor, since her credentials allowed her to serve in any area of social work, including teaching college level classes.

However, the summer of 1993, before Sarah and Joe moved to Michigan, she was trying to decide about teaching and was somewhat reluctant to do so. But the program was in place, with two students already enrolled. “I will be there two semesters,” she finally informed the school. “After that, you can find someone else or dismantle the program.” Eighteen years later, her response is a bit different. “They would have trouble getting me out of here now,” she laughs. “And the difference - the entire difference - is the students... I call the students my energizer bunnies.”

Sarah loves her work, attributing part of its appeal to her current boss, Dr. MacKinnon, and her previous boss, Dr. Stogner. “Excellent bosses,” she said. “They trust my judgement. They trust what I do. They don’t micromanage me. It’s tremendous.”

As an advisor of about 40 students, Sarah takes the role very seriously. “Students deserve accurate advising,” she said. “I consider advising perhaps the most significant single thing I do.” Advising has become one of her favorite aspects of teaching, one of the reasons she continues to work in this job she loves, pouring into the students around her.”

“It’s the concept that I can play a role in some degree of shaping these students’ futures,” she said simply. “That I can hopefully make a positive contribution to the kind of person and professional they are eight years from now.”

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**Distinguished Faculty Award**

The annual Academic Symposium, held in April 2010, became the occasion for the first award presented to a Distinguished Faculty member. Dr. Robyn Siegel-Hinson, Associate Professor of Psychology, was presented the award by Dr. John Barton, Vice President of Academic Affairs. Dr. Siegel-Hinson’s leadership in the Behavioral Sciences Program and specifically the Psychology Seminar has prepared students to present their research at the Midwestern Psychological Association’s Annual Meeting in Chicago. She is a significant member of the Behavioral Sciences Faculty and has influenced and mentored a number of students in their research projects. Dr. Siegel-Hinson is a valued member of the Behavioral Sciences Faculty.

Dr. Robyn Siegel-Hinson has been a member of the Psychology faculty since 2005. In addition she serves in the capacity as a Licensed Psychologist in the Rochester College Psychology and Counseling Clinic. Besides teaching, currently she is engaged in the practice of Psychology as a Licensed Psychologist in private practice. Dr. Siegel-Hinson obtained her Ph. D. and M.A. in Clinical Psychology from the University of Toledo. Her B.A. is from the U of M.

**Fall 2010 Statistics for the Behavioral Science Department**

The Behavioral Sciences Department currently has 70 traditional students who have declared Psychology and Behavioral Sciences-Social Work as their major. This includes 45 Psychology majors and 35 Behavioral Science-Social Work majors. Another 16 Interdisciplinary students have declared Psychology as a Minor in their curriculum. The Counseling Psychology program in the College of Extended Learning (CEL) has 36 students declared as Counseling Psychology majors.

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**...Faculty Profile Continued**

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News from the Psychology Seminar 2010-2011

Dr. Robyn Siegel-Hinson taught the Psychology Seminar in the Fall 2010 semester. This course is the capstone course for Psychology majors in which they are to “pull it all together.” Students are to take their developed skills and apply them to designing and administering a research project under Dr. Siegel-Hinson’s supervision.

Three students Jackie Maiuri, Brian Potthast, and Wendy Phifer were recently selected to present their research at the 83rd Midwestern Psychological Association’s 2011 Annual Meeting being held in Chicago, May 5-7, 2011. The research projects for the Fall 2010 Psychology Seminar included:

**Vince Alvaro**
Examining the mid-twenties as a new stage in adult development

**Emily Berry**
Relationships between preferred learning styles and mode of presentation

**Nicole Bruce**
Under Pressure: A Study on the Correlation between Audience Anxiety and Self-Esteem

**Elizabeth Hansen**
Profile of a Behavioral Science Major

**Jacqueline Maiuri**
Autistic Children and their Effects on Siblings

**Wendy Phifer**
Efficacy of Art Therapy on the reduction of Stress Symptoms

**Brian Potthast**
Technology: friend or foe? A study of face-to-face and computer mediated communication

**David Ristich**
Effects of Stressors on Freshmen College Students

Psychology Seminar 2009-2010

During last year’s Midwestern Psychological Association’s 82nd Annual meeting, two of our students presented posters of their research, representing Rochester College for the first time. Meredith Ritschdorf presented “Cognitive Effects of Ambient Aroma Found in Aromatherapy.” Kate King shared “How the Knife Changed My Life: the Effects of Bariatric Surgery.” Meredith Ritschdorf’s research earned her the 2010 Rochester College Research Award in Psychology at the annual Academic Symposium in April 2010.

**Dr. Robyn Siegel-Hinson’s Psychology Seminar class (from left to right)**
Dr. Siegel-Hinson, Emily Berry, Wendy Phifer, David Ristich, Vince Alvaro, Brian Potthast, Nicole Bruce, Elizabeth Hansen and Jacqueline Maiuri.

**Dr. Robyn Siegel-Hinson and Katie King at the Midwestern Psychological Association’s 82nd Meeting in Chicago, IL.**

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**Dr. Robyn Siegel-Hinson and Meredith Ritschdorf at the Midwestern Psychological Association’s 82nd Meeting in Chicago, IL.**

Dr. Robyn Siegel-Hinson and Katie King at the Midwestern Psychological Association’s 82nd Meeting in Chicago, IL.
If you are beginning to apply for Graduate school next year you are beginning to experience the number of tasks required to enter and complete this process. It requires filling out a lot of paperwork, thinking ahead, and patience. Programs in Psychology, in particular, are generally very competitive, especially Ph.D. programs. You want to determine if you are a match for a particular program and a particular program is a match for you. Remember, you will be spending considerable time and money so you want to have a good fit into a program. Consider the following Checklist:

1. Work on your GPA – by the time you are ready to apply for graduate school the higher your GPA the better it is for you when applying.

2. Explore Programs in Psychology or Social Work - depending on where you plan to live or move to, select the top 3 programs you wish to apply for (consult the “Graduate Study in Psychology” by the APA, which is located in our library).

3. Graduate Record Exam (GRE) – most programs require taking the GRE as part of their admission process.

4. Research experience - consider conducting research either through the Psychology Seminar in your Senior year and possibly with a faculty member who may be conducting research.

5. Letters of Recommendation – when asking for letters of recommendation you should contact those professors you wish to have a letter from and meet with them personally (do not just send an e-mail). You should have all the paperwork filled out for your professors with self-addressed stamped envelopes for mailing.

6. Personal Statement – your personal statement is likely an important introduction about who you are and what you want to do. You should write each letter for each program that you apply to tailoring it to meet the needs of you and the program you are applying for. This letter should include factual and behavioral descriptions of your interest in Psychology and Social Work. Avoid statements such as “I really like Psychology” or “I’m interested in people.” Your letter should be typed and kept to 3-4 pages in length. You should put careful and considerable thought about what you write. Ask professors and friends to provide suggestions.

7. Visit and/or Interview – visit the university you’ve chosen and try to meet with a faculty member or the Chair of Psychology or Social Work. Get to know them and let them get to know you. Visit with students in the program. They likely will give you the best “feel” for the program.

Note: do not sell yourself short when it comes to applying to Graduate School. Just because you attend a small school doesn’t mean you cannot apply to a major school. We have had a number of our graduates who have gone on to attend and excel at major universities in graduate work such as the University of Michigan, New York University, Oakland University, Central Michigan University, and Michigan State University.

RC students, faculty and staff had the opportunity to discuss future treatments for Alzheimer’s disease with Neuroscience researcher, Jessica Matchynski on October 11, 2010 in the RAC theater. Ms. Matchynski presented her dissertation, “Alternatives to Embryonic Stem Cells.” The presentation, complete with photos of her favorite lab rats, was a fascinating summary of some of the current neuro-research being conducted to aid our understanding of the effects and the migration patterns of various types of stem cells. It was well attended by students and RC faculty alike.

What made the presentation even more interesting is that the researcher is one of our ‘own.’ Jessica Matchynski graduated from Rochester College’s (RC) Psychology Department.
Students that are enrolled in the Traditional Psychology or Behavioral Sciences-Social Work programs and the CEL Counseling Psychology program may be invited to become a member of Psi Chi, the International Honor Society in Psychology. Invitations are sent each semester to graduating seniors who have met the selection criteria. Membership is voluntary and students are selected according to their GPA, good standing in the program, and are the top 35% of their class in Psychology, Behavioral Sciences-Social Work, and Counseling Psychology. Invitations typically are sent out sometime in late October or early November for Fall and Summer graduates, and sometime in early to middle March for Spring graduates. At the Graduate Brunch, held each semester for graduating Seniors, both students and a number of faculty came together one last time as an opportunity to bring honor to our graduates. At the Brunch, the newest members of Psi Chi, the International Honor Society in Psychology, were inducted. The CEL Counseling Psychology inductees for the Fall, 2010 graduation included Monica Crump, Angela Curtis, Andria Dulics, Wendy Dittrich, Anne May, Benjamin Meredith, Danyelle Nelson, Eric Rapske, Rachel Van Zutphen, Chivon Versace. Ben Nelson and Shalmar Hylton are previous traditional program recipients of Psi Chi who were also present at the Brunch. We are very proud of the accomplishments of these students.

One of the highlights of the 2010 Academic Symposium was the invitation to have Dr. Josephine Johnson as our Keynote Speaker. Dr. Johnson is a well known psychologist in our area and has considerable experience at the local and national levels of practice. She focused on practice issues and the future of Psychology for students.

Dr. Johnson is a licensed clinical psychologist with a private practice in Livonia, Michigan. She specializes in working with children, adolescents, couples and families, and she also supervises psychologists in training. Dr. Johnson also serves as a consultant to Methodist Children’s Village, a residential treatment facility for boys located in Redford, Michigan, and as a consultant to the Guidance Center, a community mental health agency in Southgate, Michigan. She was named the 2009 Distinguished Psychologist of the Year by the Michigan Psychological Association. Dr. Johnson also serves as a current Federal Advocacy Coordinator for the MPA, and she is a past president of the association. She is a fellow of the American Psychological Association, and serves as a member of the Council of Representatives and chair-elect of the Membership Board. Dr. Johnson earned her doctoral degree in clinical psychology from the University of Detroit, her master’s degree in school psychology from the University of Detroit, and her bachelor’s degree in psychology from Northwestern University.

Dr. Johnson lectures around the nation on numerous topics involving psycho-spiritual issues. A graduate of Leadership Detroit Class XXIX, Johnson is active in community and church organizations around Michigan. She and her husband, Wayne, are members of the Oakland Church of Christ in Southfield, Michigan. It was a privilege to have Dr. Johnson on our campus.
The role of the Psychology Clinic at Rochester College is to help meet the psychological and developmental needs of young adults who face major life transitions and adjustments. Psychological services can provide coping mechanisms to help students succeed both academically and personally. Professional psychological counseling services provided to Rochester College students at the clinic include individual psychotherapy, marriage and family psychotherapy, and psychological and neuropsychological assessments to identify learning challenges. The current professional staff includes three Fully Licensed Psychologists with the highest levels of professional training. All psychotherapists and counselors in the Rochester College Clinic hold the highest licensure in the state of Michigan in their respective professions.

The Psychology and Counseling Clinic is located in the Gatehouse on the far west end of campus. The Rochester College Psychology Department oversees the clinic.

**Clinic Staff:**

- **Gordon E. MacKinnon, Ph.D.**
  Licensed Clinical Psychologist
  Director, Psychology and Counseling Clinic

- **Brian Stogner, Ph.D.**
  Licensed Clinical Psychologist

- **Robyn Siegel-Hinson, Ph.D.**
  Licensed Clinical Psychologist

- **Melissa Schroeder, M.S.**
  Limited Licensed Psychologist

Appointments can be made by calling Dr. Gordon MacKinnon, Director of the Psychology and Counseling Clinic at 248.218.2122 or by e-mail at gmackinnon@rc.edu.