

## The Changing Face of Psychology

There's a ripple effect that underscores the importance of recruiting – and retaining -- underrepresented students in psychology.

In 1990, Zenaida Aguirre was a UCSB psychology undergraduate wondering, as a first-generation college student, if a doctoral degree was for her. She found her answer through the Summer Academic Research Institute, a UCSB-developed program that matched minority undergraduates in each department with graduate student and faculty member teams eager to mentor them. Aguirre worked with then graduate student Arlene Asuncion and Professor Diane Mackie—both also the first in their families to get doctorate degrees – on a project about stereotypes.

Asuncion easily related to Aguirre. “I think that if these students see that if a person like me, who comes from a similar background, can do it, then they can do it too,” said Asuncion, who worked in the lab with Aguirre the summer of her junior year.

Aguirre went on to graduate with a Ph.D. in educational psychology from UCLA in 2000. Now Dr. Aguirre-Muñoz, she is an Associate Professor of Education at Texas Tech University. “I did not believe I was capable of that,” Aguirre-Muñoz recalled, crediting the program for strengthening her research, analytical, and technical writing skills. Through her mentors, she also learned about what applying to graduate school entailed and recognized the importance of lab coursework as preparation. That experience, Aguirre-Muñoz said, helped her get a research role in her native Mexico the next summer, and gave her the confidence to apply to the top-ranked UCLA program.

These days, the UCSB graduate encourages underrepresented



Psychology undergraduates wait in the Psychology East patio for a final in 1824.

and minority students of her own, wearing multiple hats as a mentor, advocate, and role model. “I advise a number of masters and graduate students, all of whom are students of color from a region in Texas that does not have a lot of Latina leaders,” she said. “So many are so afraid of failing they forego applying for programs of the caliber of UCSB.”

Aguirre-Munoz does whatever it takes to help her students overcome those barriers. “As a second language learner, I was never confident in my ability to articulate complex ideas,” she remembers. So in addition to her professorial duties, *continued p. 9*

## Psychology Celebrates Graduation Award Winners

Every Friday afternoon before Commencement Weekend, Psychology faculty gather in the Multicultural Theatre to celebrate with the families and friends of undergraduate and graduate recipients of Psychology Department awards. The ceremony honors all those seniors graduating with distinction in the major, as well as those recognized for exceptional academic performance and research promise. The department also confers awards on graduating seniors who have rendered significant service to the department or to the undergraduate-run psychology *continued p. 4*



Psychology graduates, families, friends, faculty, and staff celebrate at the Psychology Department's 2007 "Patio Party." The celebration immediately follows the conferring of BA and BS Psychology degrees on Saturday morning of Commencement Weekend.

### Inside This Issue

|                                      |   |
|--------------------------------------|---|
| Psychology Faculty Win Major Awards  | 2 |
| Alumni Spotlight                     | 3 |
| Research Briefs: Anger Aids Analysis | 4 |
| Graduation Awards                    | 4 |
| Making a Difference                  | 5 |
| Where Are They Now?                  | 6 |

|                              |    |
|------------------------------|----|
| Meet the People: New Faculty | 8  |
| Staff and faculty from 1986  | 8  |
| Highlights                   | 9  |
| Tribute to Bob Reynolds      | 10 |
| Psychology Donor List        | 11 |
| How You Can Help             | 11 |
| Contact Information          | 12 |

## Psychology Faculty Garner Major Awards

### Eckstein wins NAS Troland Award

Miguel Eckstein is the winner of the 2008 National Academy of Sciences Troland Award for work on visual attention that helps doctors more accurately detect tumors in medical images. Eckstein, Professor of Psychology and Director of UCSB's Vision and Image Understanding Laboratory, won the award for his sophisticated analysis and modeling of the multiple neural and cognitive processes that guide visual search in complex environments.

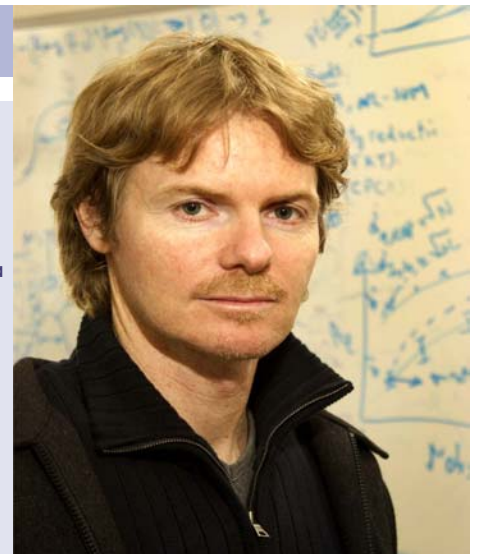
"Looking for Waldo on a page of a 'Where's Waldo?' book and looking for a tumor in a medical image of brain or lung tissue both involve the same processes," said Eckstein. "We have to move our eyes so the fovea can examine different parts of the scene as well as shift our attention to regions of interest. We have to use all the information we have about what the target looks like and where it might be, and still avoid decoys and distractions."

It's those processes that intrigue Eckstein – how does attention change the way our brain processes visual information? How does the brain decide where to direct our eyes to search? And what strategies do people develop to become search experts, whether detecting Waldo on a crowded beach or a tumor in a grainy x-ray image?

The \$50,000 prize that accompanies the award will help support Eckstein's new lines of work answering those questions. It will also allow Eckstein to start exploring the brain pathways underlying decisions made by groups of people, rather than just a single judge.

"Eckstein is an extraordinarily talented researcher and scholar, and this award is a well-deserved recognition of the contributions that Miguel continues to make both to science and to the good of society," said psychology department Chair Daphne Bugental, "We're proud to count Miguel as our colleague."

The Troland Research Awards were established by a bequest from Leonard T. Troland to recognize extraordinary contributions to the understanding of the relationship between consciousness and the physical world. Eckstein received his award on April 27 at a ceremony in Washington, D.C.



Miguel Eckstein



Michael Gazzaniga

### Gazzaniga Wins Two Top Awards

Michael Gazzaniga, Professor of Psychology and Director of UCSB's Sage Center for the Study of Mind, is the recipient of a 2008 Distinguished Scientific Contribution Award from the American Psychological Association. The award honors psychologists who have made distinguished theoretical or empirical contributions to basic research in psychology. Based in Washington, D.C., the APA is a scientific and professional organization that represents psychology in the United States. With 148,000 members, APA is the largest association of psychologists worldwide.

Gazzaniga has also been invited to present the prestigious Gifford Lectures at the University of Edinburgh in 2009. The Gifford Lectureships were established by Adam Lord Gifford (1820–1887), a senator of the College of Justice in Scotland. The purpose of Lord Gifford's bequest to the universities of Edinburgh, Glasgow, St. Andrews, and Aberdeen was to sponsor lectures to "promote and diffuse the study of natural theology in the widest sense of the term."

Since the first lecture in 1888, Gifford Lecturers have been recognized as pre-eminent thinkers in their respective fields. Among the many gifted lecturers are Hannah Arendt, Niels Bohr, Etienne Gilson, Werner Heisenberg, William James, Max Mueller, Iris Murdoch, Reinhold Niebuhr, Albert Schweitzer, and Alfred North Whitehead.

At UCSB, Gazzaniga oversees a broad research program investigating how the brain enables the mind. Over the course of several decades, a major focus of his research has been an extensive study of patients that have undergone split-brain surgery that have revealed lateralization of functions across the cerebral hemispheres.

Gazzaniga's long and distinguished teaching and mentoring career has included beginning and developing centers for cognitive neuroscience at UC Davis and at Dartmouth, supervising the work and encouraging the careers of many young scientists, and founding the Neuroscience Institute and the Journal of Cognitive Neuroscience, of which he is a former editor-in-chief. Gazzaniga is a fellow of the American Association for the Advancement of Science, the American Neurological Association, the American Psychological Association, the American Academy of Arts and Sciences, and the Institute of Medicine. He is a past president of the American Psychological Society and a much sought-after advisor to various institutes involved in brain research.

*By Gail Gallessich*

## Alumni Spotlight: Joyce Dudley, 1977

Meandering up the west coast as a care-free child of the '70s, Joyce Dudley fell in love with Santa Barbara. She was equally delighted to find that she could continue her undergraduate education at UCSB. Although her backpack and Birkenstocks are long retired, Dudley's adventurous spirit still shines through as she juggles multiples lives – as Santa Barbara's senior deputy district attorney, twice published novelist, fitness fanatic, dedicated philanthropist, and mom.



Photo by Megan Sorel  
Joyce Dudley, in her senior deputy DA's office

Dudley said she chose psychology as her major – she graduated with honors in 1977 -- because she “loved people and sought to gain a deeper understanding of them,” and now uses that knowledge everyday while practicing law.

“As a psychology student I learned what motivates people,” says Dudley, “I believe people need to be held accountable for their actions.” Her psychology background also helps Dudley deal with the highly complex and technical nature of some court testimony. “Believe it or not – the dreaded undergraduate statistics class ended up being my favorite,” she says, “And now when a defense attorney raises a psychological or research based defense, I understand what their expert witness is saying.”

Dudley finds her greatest satisfaction in making sure that the legal system delivers justice for all, especially those who cannot seek it for themselves. She attributes her professional success to many hours of hard work, not just boning up on the relevant case law, but learning everything she can about the types of crimes she prosecutes. She willingly admits aching for the victims and their loved ones, and views her empathy as a strength. “Once you stop being affected by the devastating effect crime can have on the community,” she feels, “you should move on.”

The UCSB graduate is also involved with the Santa Barbara Rape Crisis Center, Child Abuse Listening Mediation of Santa Barbara, and local Boys and Girls Clubs.

“The thread that runs through (those involvements) is giving a voice to those who are often rendered mute,” she said. “Working with these non-profit agencies has led me to support their heroic efforts, in terms of crime prevention and the effect they can have



Photo by Ted Rolle

In 2006 Dudley was chosen as a Celebrity Champion by the Alzheimer's Association of SB

on healing those affected by crime.”

To enlighten people about the criminal justice system while entertaining them, Dudley has turned to writing. She's the author of two crime novels, *Justice Served* and *Intoxicating Agent*, both of which are fictional creations distilled from varied life experiences. Dudley's inner author and psychologist get along very well: “The insight I gained by studying psychology helps me give my characters depth, which I believe makes them more diverse, vulnerable, complex, and interesting,” she said.

Those who knew the self-proclaimed feminist in college might be surprised to see Dudley surrounded by a husband and four sons she is “nuts” about, as well as two male dogs. One son is a teacher, another is a firefighter, a third is a college student, and the fourth is an aspiring pilot.

“As they were growing up, I found myself staring at them around the table while I put the finishing touches on dinner,” she said. “I'd start to laugh as I asked myself, ‘How exactly did I get here?’”

As a family, the group enjoys going up to their mountain house to hike, ski, laugh, eat, and “tell the same stories over and over again.”

Dudley makes sure to have free time and works out at least an hour and a half everyday. Her advice to current UCSB psychology students reflects her passions: “Seek greatness within yourself, remedy an injustice, find something that brings joy to you and to others, pay attention!” When she retires, she plans to continue to lecture, write, and bike or hike around beautiful places.

A future career as a school crossing guard is also part of the plan. “I think that job would be terrific for me,” she said. “I love getting up early in the morning. I like the challenge and joy of trying to come up with something new and sincere to say to each child, with my only goal being to remind each of them just how terrific they are.”

When that day comes, Dudley will be retiring her prosecutor's business suit for a bright orange vest and a red metal stop sign.

**“Seek greatness within yourself, remedy an injustice, find something that brings joy to you and to others, pay attention!”**



Dudley (second from left) at home with family, friends, and dogs!

## Research Brief: Anger Aids Analysis: Hot-headed can mean level-headed

When it comes to thinking, anger has a bad rap. Recent research, however, has shown that anger may not always lead to flawed reasoning and rash decision making. UCSB social psychologists Wesley Moons and Diane Mackie discovered that anger can sometimes help people think more logically and make better choices.

The research team manipulated anger levels in participants by having peers harshly criticize the life goals of one of the two groups. Both angry and non-angry students then read either compelling or weak arguments designed to convince them, for example, that college seniors should take comprehensive exams before graduating. The angry readers did a significantly better job of discriminating between weak and strong arguments and were convinced by only the strong evidence.

A follow-up experiment with a new group included information about who had made the claims: an education expert or an irrelevant source. Angry students were again better at analyzing the strength of the arguments and at focusing on what mattered most: They included relevant, but not irrelevant, source information in their considerations.

To see if anger could also turn self-identified non-thinkers into more serious processors, a third experiment included only students who admitted being, by disposition, the least analytical. In line with the other studies, angry students were better able to discriminate weak from strong arguments than non-angry ones — suggesting that anger can make even habitually non-analytical thinkers more discriminating.

"Anger can motivate us to think carefully," says Moons, who is now a Chancellor's Post Doctoral Fellow at UCLA, "because humans need to respond to threats appropriately to survive. You might need to act fast, but you probably also want to act smart in order to avoid that hungry predator or that spear-wielding opponent." Moons acknowledges that anger can have harmful effects, including those caused by the arousal and other emotions that often accompany anger, such as jealousy, insecurity, or a desire for revenge. Nevertheless, a little anger apparently goes a long way in improving analysis when the situation warrants.



Wesley Moons

## Psychology East Officially Opened



Daphne Bugental, Psychology Department chair, speaks at the November 27, 2007 opening of Psychology East, Psychology's new administration, office, and research building.

## Psychology Celebrates Award Winners, continued

honors society, Psi Chi. Graduate student winners of internal and external fellowship support are also saluted. The award ceremony is followed by a reception for the winners and their families. Listed below are the 2008 winners of the major departmental awards.

### Undergraduate Awards

Philip S. Rethis Memorial Award  
Cindy Reyes

Morgan Award for Academic Excellence in Psychology  
Allison Hizy

Morgan Award for Research Promise in Psychology  
Bailey Bonura and Aaron Parrish

Distinguished Graduating Senior  
Daria Thompson

### Graduate Awards

Harry J. Carlisle Memorial Award  
Ami Cohen

The Charles G. McClintock Graduate Student Fellowship  
Wesley Moons

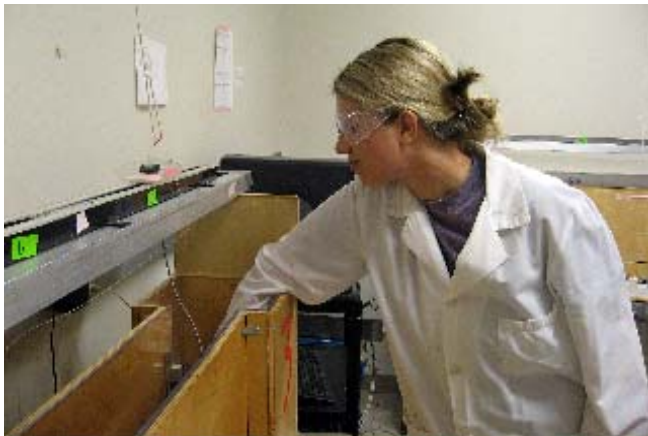
## Making a Difference: Modeling neural mechanisms of drug addiction

What did guitarist Hillel Slovak, comedian John Belushi, and actor River Phoenix have in common? Their early deaths were all due to “speedball” ingestion - overdoses of a combination of cocaine and heroin. When it comes to addiction, cocaine loves company. The vast majority of cocaine abusers report taking other drugs, typically heroin or alcohol, when they use cocaine. As in Slovak’s, Belushi’s, and Phoenix’s case, such simultaneous abuse of multiple drugs exponentially increases users’ risks. So, why do they do it?

Drug users often believe “more is better” – that a high produced by one drug can only be intensified by combining it with a high produced by another drug. But research in Aaron Ettenberg’s Behavioral Pharmacology Laboratory has revealed a more complicated picture.

“Cocaine has two effects, not just one,” notes Ettenberg, who uses animal models to study the brain mechanisms underlying psychoactive drug addictions. “There’s the initial really positive ‘high,’ but there’s also the aftermath, tiredness, depression, anxiety, when drug levels in the blood start to fall.”

Ettenberg found he was able to find separate evidence for each of these opposing effects when his research team let rats fitted with intravenous catheters run down a six-foot alleyway to reach a box where they automatically received a dose of



Graduate researcher Jennifer Wenzel observes behavior in the alleyway.

cocaine into their bloodstream. Although rats rewarded with water, food, or sex run the alley faster and faster every day, rats receiving cocaine don’t. Instead after a few days they show evidence of a classic approach-avoidance dilemma. They approach, racing down the runway toward the goal box. But they also avoid, stopping short outside the goal box, peeking in, and then turning tail to scamper back down the alley.

It’s not that rats don’t associate the goal box with the positive effects of cocaine – they do, as the approach behavior shows. But they also remember it as a place where bad things happen too, as reflected in their avoiding it. While the race down the runway to the goal box reflects the motivational effects of cocaine’s high, the rats’ retreat away from it reflects the “coming down” that is also associated with the drug.

So where does heroin come in? Given the properties of the drug, Ettenberg and his team suspected that users might add heroin to cocaine not to make the cocaine high higher but to make the consequent crash less aversive. They tested this idea by training animals to run for cocaine until the typical ap-

proach-avoidance behavior started. Some rats continued to receive cocaine alone, whereas some started to receive doses of heroin and cocaine together.

While the rats on cocaine alone continued to show approach-avoidance conflict, rats who received both drugs did not. The ‘speed-balling’ rats’ approached the goal box at the same speed as the cocaine rats, showing that taking heroin didn’t make the anticipated high higher. But it did cause a dose-dependent drop-off in retreat. The more heroin the rats received with their cocaine, the less likely they were to turn tail and run back down the runway. The fact that heroin influenced only the avoidance behavior suggested that it helped cushion cocaine’s negative aftermath.

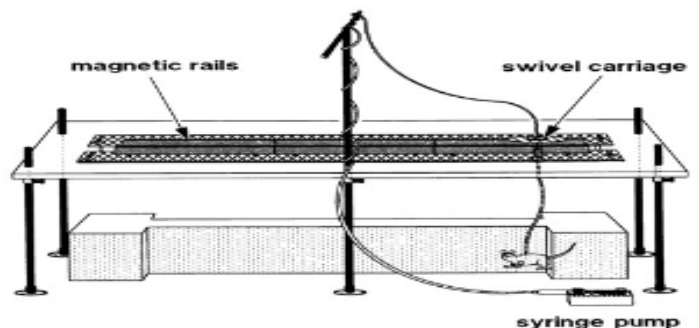
Other work in Ettenberg’s lab has shown that taking alcohol with cocaine works in much the same way. “These results suggest why addicts might mix their poisons,” according to Ettenberg. “Heroin and alcohol mediate against the aversive consequences of cocaine. Since over time the high associated with drug use tends to diminish while the negative consequences tend to increase, the motivation to re-administer cocaine and to combine it with other drugs gets stronger and stronger.”

Ettenberg’s development of the “rat runway,” with its separate measures of approach and avoidance, has been pivotal in investigating the opposing positive and negative motivations underlying cocaine and other drug addictions. Recognizing the value of animal models of addiction to our understanding of human drug use, the National Institute on Drug Abuse continues to fund Ettenberg’s team. While quite a bit is known about the brain mechanisms underlying the rewarding aspects of cocaine, research in the behavioral pharmacology lab is now focused on whether the same or different neural systems support the negative consequences of the drug.

The goal remains the same: to understand, and thus to undermine, the vicious cycle of reward seeking and punishment avoidance that underpins drug addiction.



Aaron Ettenberg



The “rat runway” and drug delivery apparatus.

## Where Are They Now? Psychology ClassNotes

### 1970s

**Ruth Wilson 1974** has been in private practice as an MFT since getting her MA in counseling psychology in 1976. For thirteen years she had the Christian Emotional Therapy Center next to San Francisco Hospital where she helped train several therapists. We had many dynamic relationship groups. For the past 15 years she has been actively practicing in her home. She is slowing down now but still counsels in the Christian community as well as a few clients and one group at home. She has written three books, *The Gift of Anger*, *The Gift of Hurt*, and *The Gift of Love*. She has been married to Jack for 55 years, has five married children and 14 grandchildren!

**Linda Kropp 1975** attended Santa Barbara College of Law from 1981-84, and has been practicing public interest law in the area since then. From 1986-1989, she was staff attorney with the Legal Aid Foundation, where she also earned a certificate in mediation from the State of California. Since 1989, she has been working at the Environmental Defense Center, representing environmental and community organizations throughout Santa Barbara, Ventura, and San Luis Obispo Counties. She currently teaches Environmental Law at UCSB, and occasionally at SB College of Law. She was named a Conservation Champion by U.S. Senator Boxer in 2005.

**Joel Moskowitz \*1976** has been Director of the Center for Family and Community Health, a CDC Center for Health Promotion and Disease Prevention Research, in the School of Public Health at UC Berkeley since 1993. He has conducted research on alcohol, tobacco and other drug use prevention, tobacco control policy, smoking cessation, breast and cervical cancer screening, HIV/AIDS and innovative behavioral surveillance methods.

**Neil Resnick 1976** is Executive Vice President / National Director / Transaction Services, in the West Los Angeles office of Grubb & Ellis. Neil started his career in commercial real estate in 1985. In 2004, he was promoted to Executive Vice President, Managing Director at Grubb & Ellis. In this role he was responsible for two consecutive years of unprecedented growth. In 2007 Neil re-joined the ranks of transaction professionals and now focuses on the representation of office users with their renewal and relocation needs. Neil is sought out by local and national media, including The Wall Street Journal, Los Angeles Times and Los Angeles Business Journal, to share his perspectives on the state of commercial real estate. [neil.resnick@grubb-ellis.com](mailto:neil.resnick@grubb-ellis.com)

**Michael Doughton 1976** Mike is happily employed as Senior Staff Counsel for the California Energy Commission in Sacramento. On a personal note, his 6th CD of original music was released in May 2008, entitled "Orange Morning".

**Mindy Grout Flanagan 1977** just relocated back home to La Jolla, CA from Danville, CA. She launched her career in real estate in the East Bay area and just recently joined Prudential California Realty in La Jolla. Prior to real estate, she was a career coach and corporate trainer. So now instead of helping people find their dream job, she helps them find their dream home!

### 1980s

**Carl Ilg 1986** is partner in a wealth management team at Merrill Lynch in Marin County, CA. He is a Certified Financial Manager responsible for financial planning, insurance and liabilities management. Married to Sandi Ilg, a Compliance Officer for State Farm Insurance Companies.

Two sons: Brooks Ilg, 17, a senior, excels at math, physics, playing in his bands, skateboarding, and running track and cross country. Matthew Ilg, 6, loves Kindergarten, playing baseball, riding his bike, and playing with Lego's. Carl enjoys coaching Matthew's baseball team, surfing, and playing softball. He is a Rotarian, a Tamalpa Club Runner, and on several boards of directors including the American Cancer Society. Contact Carl at (415) 289-8865 or [carl\\_ilg@ml.com](mailto:carl_ilg@ml.com).

**Andy Gould 1986** works for NYC Mayor Michael Bloomberg as the Deputy Commissioner of the NYC Sports Commission. During Andy's tenure he has created and fostered relationships with local, national and international government agencies, corporations, nonprofits, sports industry leaders, and media outlets to market and promote NYC as the city of choice to host sporting events. He has served as an adjunct professor at New York University and can often be found in Central Park with his wife Jennifer Schantz and their two young children, Alana and Jordan.

**Deborah Fleming 1986** double majored in sociology and earned a Master's in Public Health from UCLA in 1990. She returned to UCSB as the director of Orientation Programs from 1990-2001 and then became Associate Dean of Students at UCSB where, among other things, she is responsible for directing and shaping UCSB's approach to alcohol and drug prevention on campus and in the community of Isla Vista. Deborah is married to UCSB alum, Paul Chiment (1987 math and 1988 GSE) and together they have a ten year old son.

**Anne Bovenmeyer Lewis \*1988** ["anne.lewis@cox.net"](mailto:anne.lewis@cox.net)

**Lisa Boesky 1988** "Dr. Lisa" is a clinical psychologist, national speaker, and author of "When to Worry: How to Tell if Your Teen Needs Help-- and What to Do About It" and "The Secret Cut" a DVD on Self-Injury. Dr. Lisa has appeared on 20/20, CBS's *The Early Show*, *The O'Reilly Factor*, *CNN Headline News*, *Fox News Live* and in *Family Circle*, *USA Today* and others. She has worked in outpatient settings, psychiatric hospitals and correctional facilities. Dr. Lisa consults on mental health policy and is sought by legal professionals to serve as an expert witness regarding mental health and suicide. Each year she provides high-energy and content-filled Keynotes and Workshops to thousands of parents and professionals.

### 1990s

**Michael Wolfe 1990** received his Ph.D. in Cognitive Psychology in 1998 from the University of Colorado, Boulder. He is now an Associate Professor of Psychology at Grand Valley State Univ. in Allendale, MI. He lives in Grand Rapids with his wife Becca, and three sons, Alex, Sam, and Henry. [wolfem@gvsu.edu](mailto:wolfem@gvsu.edu).

**Candice Gottlieb 1990** is a Professional Mediator and Trainer, specializing in the areas of business and workplace conflict. With her Bachelor's in Psychology and Master's in Counseling, Candice is very effective in handling the emotional side of conflict, helping parties to reach both an understanding and an agreement with one another. Candice is a Certified Mediator of the LA County Bar Association, a professional member and certified trainer of the Association for Conflict Resolution, and has membership and affiliations including the Beverly Hills Bar Association and the Professionals in Human Resources Association. Candice is the President and owner of Mediating Solutions, offering conflict resolution services in the Los Angeles area. She can be contacted at [Candice@MediatingSolutions.com](mailto:Candice@MediatingSolutions.com)

**Juliette Mackin 1990** earned a Ph.D. in Ecological/Community Psychology and Urban Studies from Michigan State University in 1997 and for the past 9 years has worked as a Senior Research Associate at NPC Research in Portland, Oregon. She conducts research and program evaluations involving social service programs, particularly in the areas

of juvenile and criminal justice, behavioral health, and early childhood. She has developed and tested risk assessment and strength-based assessment tools for use with youth. She also provides technical assistance and training to community-based, governmental, and tribal organizations. She has a 7-year-old daughter, Maia.

**Elizabeth Laurie Garcia 1991** currently lives in Santa Barbara with her 7 year old son and husband. She obtained a Multiple Subject Teaching Credential from UCSB in 1992 and after teaching elementary school for a few years, returned to UCSB to get a Master's degree and Pupil Personnel Services Credential with the Counseling, Clinical and School Psychology Program in the Gevirtz GSE. She has been working as a Bilingual School Psychologist for the SB County Education Office for the past 10 years and also teaches the School Psychology First Year Practicum course series for the CCS Psychology program as an adjunct faculty member. [bethlaurie@cox.net](mailto:bethlaurie@cox.net)

**Gideon Bernstein 1992** While pursuing a Chartered Financial Analyst designation, Gideon chose a career in investment management. He is now the Director of Research and Partner at Leisure Capital Management in Costa Mesa, CA. Gideon now returns to UCSB every summer for the UCSB Family Vacation Center with his wife, children, and friends.

**Andrea (Scopp) Robbins 1992** moved to Washington, D.C. where she taught nursery school for 2 years until she moved to NYC to earn her Masters in Education from Bank Street College of Education. She taught in NYC for 10 years during which time she got married. She has been on a parental hiatus from working since the birth of their daughter, Cayla, in 2003 and son, Jesse, in 2005.

**Judith Misale \*1992** is now Professor of Psychology, Truman State University in Kirksville, MO. Please contact Judi at [jmisale@truman.edu](mailto:jmisale@truman.edu)

**Peter Rosen 1993** received his doctorate in Business Administration from Oklahoma State University and is currently employed as an Assistant Professor of Management Information Systems in the Schroeder Family School of Business at the University of Evansville in Evansville, IN. He and his wife had their third child, a girl, in July.

**Daniel Thomas (Tommy) Wellman III 1993** is an international educator after obtaining credentials from Cal Poly San Luis Obispo and a Masters from Azusa Pacific in Education. He's been head coach at Morro Bay High, taught at Ventura High, spent two years teaching in Salinas until going overseas. He lasted one term in Venezuela where he fell in love. They came back to California but only lasted a year teaching in Pismo Beach before moving to Taiwan, spending 4 years there and their summers in beautiful Bali. Now they are raising two young boys in Lahore, Pakistan and trying to send a note out to the world that this is not such a bad place and life. [twellman3@yahoo.com](mailto:twellman3@yahoo.com)

**Jessica (Anes) Kartzinel 1994** lives in Henderson, Nevada and is Vice President/Financial Advisor with Morgan Stanley. She recently earned the designation of Certified Investment Management Analyst from the Wharton School of Business. Jessica is married and has two children, one girl (7) and one boy (3).

**Anne Bingham 1999** is currently a Campus Recruiting Manager at Intel Corporation. In this role she recruits at business schools to build a pipeline of candidates for the corporation. She transitioned to recruiting after three years at Intel Finance. Anne received her MBA from the University of Notre Dame.

## 2000s

**Kami Leonard 2000** is currently in the Clinical Psychology Masters program at Phillips Graduate Institute in Encino, CA and is training at the

California Family Counseling Center (CalFam) which is part of Phillips. She's working towards a MFT, with an expected graduation date of May 2009. Immediately following graduation from UCSB, she did missionary work in Morocco for two years. Kami now lives in Woodland Hills, CA.

**Karrie Johnston 2000** graduated from CSU Fullerton in 2006 with a MS in Clinical Psychology. She is currently working as a Marriage and Family Therapist Intern with Aviva Family & Children's Services in downtown LA and providing both in-home and in-school outpatient psychotherapy to at-risk youth and their families.

**April Garcia 2001** received an M.A. in Psychology in 2004 from Humboldt State University and then experimented with a few careers trying to find the perfect fit for her research training and personal interests. People thought she was crazy when she left her corporate job and started working as a Behavior Aide in a school setting. She now works one-on-one with a student who has autism. It is challenging yet rewarding, and the best part is that it doesn't even feel like work. April is currently studying for BCBA (Board Certified Behavior Analyst) certification and hopes to go into practice as a behavior consultant, working for families of children with behavioral challenges.

**Emilie Dauenhauer 2003** moved to Austin, TX on the advice of some family members who had made the city their home. She worked for Wells Fargo Bank for the first two and a half years and currently works for a custom home builder as their Controller. However, she recently decided to make a career change and this fall will begin attending Vanderbilt School of Nursing in Nashville, TN to pursue a Masters in Nursing specializing in the Nurse Midwifery & Family Nurse Practitioner programs.

**Amanda Wilson 2005** is currently closing out a 15 month tour to Afghanistan. As a Military Police Lieutenant and an Executive Officer she is responsible for tending the needs and issues of over 200 soldiers. Stationed out of Bamberg, Germany she hopes to continue the pursuit of a Masters in Counseling Psychology with a focus on combat stress, upon return from OEF 07-09.

**Miles Ashlock 2007** joined the staff of UCSB as Assistant Director of First-Year Programs and Leadership Education in the Office of Student Life. [miles.ashlock@sa.ucsb.edu](mailto:miles.ashlock@sa.ucsb.edu)

## Stay in Touch with UCSB Psychology

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## Meet the people: Jonathon Schooler Joins Psychology Faculty

Are you paying attention to this, or has your mind wandered off? If it has, Jonathon Schooler wants to know about it. Schooler, appointed Professor in the Cognition, Perception, and Cognitive Neuroscience graduate training area in 2007, studies fluctuations in people's awareness of their experience, or mind wandering, as he's termed it. That research reflects his larger interest in consciousness, memory, and the relationship between language and thought.

Growing up, Jonathon only wanted to be a psychologist. Actually, it's more accurate to say that he only ever considered being a psychologist, perhaps because he thought being a psychologist was the only thing that adults did do. After all, his mother, father, aunt, uncle, great grand uncle, brother, sister-in-law, and two cousins are all psychologists. (Check out the family expertise in psychology at <http://www.psychologicalscience.org/observer/getArticle.cfm?id=2269>). Jonathon has two children, Joel and Rachel, and just can't wait to see what they want to be when they grow up.

In the meantime the three of them enjoy hiking and biking around sunny southern California, when Jonathon's not whipping up some gourmet meal in the kitchen and spending far too much time choosing the right wine to complement it.

Schooler did briefly consider another career in college when he played the lead in Arthur Miller's *The Creation of the World and Other Business*. But no subsequent role held similar appeal, and he never acted again.

Schooler has covered a lot of territory in his career, both figuratively and literally. On the figurative side, Schooler's research spans emotion, creativity, social cognition, problem solving and decision, in addition to his work on mind wandering and suggestibility in memory. A fellow of the Association for

Psychological Science, he was also an Osher Fellow at the Exploratorium Science Museum in San Francisco. Reflecting the quality and reach of his work, Schooler's research has been supported by the National Institute of Mental Health, the Unilever Corporation, the Center for Consciousness Studies, the Office of Educational Research, the Canada Foundation for Innovation, Canada's Social Sciences and Humanities Research Council, the National Sciences and Engineering Research Council of Canada, and the Canadian Institute for Health Research.



Jonathon Schooler

On the literal side, Jonathon's career has also spanned great distances. Jonathan earned his BA at Hamilton College in northeastern New York state in 1987 and then travelled cross country to earn his Ph.D. at the University of Washington in 1987. Returning to the east coast he joined the psychology faculty of the University of Pittsburgh as an assistant professor and a research scientist at Pittsburgh's Learning Research and Development Center. In 2001, he decided on the West Coast again, and moved to the University of British Columbia (UBC), where he was named Canada Research Chair in Social Cognitive Science, and senior investigator at UBC's Brain Research Centre in 2004. When UCSB hired him in 2007, we broke that east coast west coast pattern for the first time.

We hope that means we have him for the long term.

## Remember them? Psychology faculty and staff, Fall 1986



Front row: Russ Revlin, Gerry Blum, George Skwrcow, Aaron Ettenberg, Jack Loomis, Larry Murdock, Susan Goldman. Middle row: Dave Messick, Greg Ashby, John Foley, Howard Kendler, Jerry Higgins, Daphne Bugental. Back row: Chick Hebert, unknown, Nancy Fraser, Dan McIntosh, Hsiu-Zu Ho, Bob Sherman, Susan Anderson, unknown, Bob Gottsdanker, Prentice Starkey, Tracey Kendler, Loy Lytle, Rich Mayer.



## The Changing Face of Psychology, continued

Aguirre-Muñoz has served as a bilingual instructional aide, coordinated programs to keep immigrant students from dropping out of school, and run workshops to counsel non-English speaking students in community college. She treasures every student who successfully completes a college degree.

Aguirre-Muñoz's research focuses on the effect of students' language backgrounds on teachers' attribution of failure, with the aim of improving the educational experiences of English language learners.

Her graduate mentor at UCSB, Asuncion, now a Professor of Psychology at San Jose State University, also stays involved in programs similar to the summer institute. She's been a faculty mentor to students in the NIH-funded Minority Access to Research Careers program, and she has supervised underrepresented students through the McNair Scholars program.

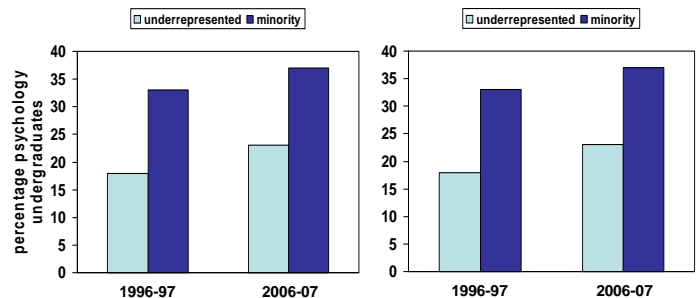
"I really believe that as someone who benefited from these types of programs myself, I should continue to give back what I have gained from this experience," Asuncion said.

More than a decade later, both Aguirre-Muñoz and Asuncion see an even stronger need for recruitment and retention of underrepresented (Native American, African American, Chicano, and Latino) students in psychology, especially since ethnically targeted programs are no longer funded by the UC. In their place are a number of preparatory and bridge programs that provide knowledge and skills to underrepresented students from diverse backgrounds both before they enter college and during

their junior and senior year in preparation for graduate school.

Psychology Assistant Professor Tod Kippin has participated in two summer programs designed to help underrepresented students finish their degrees with the experience and skills that will give them an edge in graduate school applications. Although students come from across the country, UCSB psychology majors have also benefitted from such programs, and program graduates have been admitted to UCSB degree programs.

While institutional commitment is essential, most faculty and staff know that day-to-day one-on-one encouragement is what counts. The department works hard to get underrepresented students to enter and complete the major. Every summer UCSB hosts a fair for incoming low-income and first-generation undergraduates. Psychology advisors provide information *continued p.12*



Percentage of UCSB psychology majors (left) and percentage of UCSB psychology degree recipients (right) identified as from underrepresented and minority groups in 1996 and 2006.

## Highlights



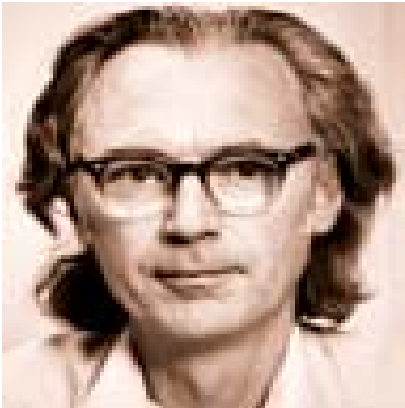
**Nancy Collins** received the 2007 Theoretical Innovation Prize from the Society for Personality and Social Psychology for stimulating "new ways of thinking" about risk regulation in relationships. Collins' paper, co-authored with Sandra Murray and John Holmes in the prestigious *Psychological Bulletin*, focuses on ways in which partners in romantic relationships balance the goals of maximizing closeness while minimizing the likelihood and pain of rejection. The SPSP Theoretical Innovation prize recognizes an article or book chapter judged to provide the most innovative theoretical contribution to social or personality psychology within a given year.

**Richard Mayer** has received the American Psychological Association's 2008 award for Distinguished Contributions of Applications of Psychology to Education and Training. This award recognizes a psychologist for evidence-based applications of psychology to education and training. Mayer is the author of more than 150 articles and chapters, many of which develop and test theories about the effectiveness of multimedia learning and problem solving. Mayer's lifelong achievements in this area were also recognized by receipt of the 2000 E. L. Thorndike Award for career achievement in educational psychology. Mayer will receive his latest award at the APA annual convention in Boston in August 2008.



**Jim Blascovich** has been awarded the 2007 Gordon Allport Intergroup Relations Prize from the Society for the Psychological Study of Social Issues. The award is given to the best paper in any given year that promotes understanding of the causes, consequences, and potential cures for conflict between groups. Blascovich's research showed that people experienced the most stress – as indexed by physiological markers – when interacting with out-group members who violated their expectations, even in a positive way. The paper, "Threatened by the Unexpected: Physiological Responses During Social Interactions with Expectancy-Violating Partners," (with Wendy Mendes, Sarah Hunter, Brian Lickel, and John Jost) was published in *Journal of Personality and Social Psychology*.

## Initiator of Bio-Psychology Degree: Robert Williams Reynolds (1927 – 2008)



Bob Reynolds

When Bob Reynolds was hired by a newly-fledged department of psychology at UC Santa Barbara in 1957, the four members of the department were housed in World War II barracks on the edge of campus. The 33 years that Bob served the department were years of complete transformation, and when Bob passed away in late February this year after 18 years as Professor Emeritus, he had made his mark on both department and discipline.

One of Bob's first responsibilities was to help design what is now known affectionately as "the old building." You know, the one with windows only to the north. Since researchers wanting to control their test environments just covered lab windows up, Bob saw no sense in putting windows in. Reynolds also claimed credit for the postage stamp sized offices faculty enjoyed in the old building. According to Bob, if the offices had been any bigger, the administration would have crammed two people in per office, and no one wanted that.

Reynolds was also responsible for creating the Bio-Psychology (now Neuroscience & Behavior) area, cutting through the red tape necessary to establish an undergraduate degree-granting major. UCSB's degree in Physiological Psychology was the first of its kind in the UC system, and its emphasis on lab courses reflected Bob's conviction that hands-on experience was crucial to undergraduate education.

Reynolds was born in Buffalo, NY, and soon distinguished himself academically, graduating top of his high school class and earning an academic scholarship to Cornell. After graduating with a degree in Chemistry, he earned Masters Degrees in Philosophy and Psychology and worked for the DuPont Company as a research chemist before receiving his Ph.D. in Psychology from the University of Buffalo in 1956.

In work that would have garnered considerable attention even today, Bob's early research focused on brain control mechanisms for food intake. One idea prominent at the time was that the ventromedial hypothalamus area of the brain controlled food intake, since its destruction caused overeating and subsequent obesity. Bob's work attracted considerable attention because he suggested that the overeating was a by-product of the electrolytic lesions used to destroy the region (his so-called irritative hypothesis).

His later research interests, also presciently modern, investigated hormonal response to stress. Bob and his students were able to demonstrate the pulsatile nature of the release of corticosterone by the adrenal gland by perfecting assays that measured its appearance in the bloodstream following a stressful event.

"Bob was one of the smartest people on the psychology faculty during my tour of duty," recalls colleague Jerry Jacobs, "and one of the most down-to-earth. Bob could be counted on to quote long passages from Monty Python as the occasion demanded, especially in the service of deflating academic pretense." A staunch supporter of UCSB basketball, Bob could be seen courtside at Gaucho games for many years.

Bob is survived by his children Blake, Kirk, and Tracy, daughters-in-law Karen and Teri, grandchildren Nathan, Sarah, Gracie, and Reese, as well as past and present members of the psychology department and generations of students who remember, appreciate, and admire his many contributions.

**"Bob could be counted on to quote long passages from Monty Python... especially in the service of deflating academic pretense."**

## Thanks to those who gave to the Psychology Department July 2007—July 2008

The Department of Psychology is grateful to the following donors for their philanthropic support during the 2007-2008 fiscal year. These gifts have been instrumental in providing essential resources for student fellowships, faculty research, and departmental programs and priorities. Thank You!

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## Would You Like to Help? *Giving Opportunities in the Department of Psychology*

Would you like to be part of the future of teaching and scholarship in the Department of Psychology at UCSB? Your gift, no matter how large or small, can help us:

- create top-notch learning programs for undergraduates
- support and reward the research endeavors of our very best undergraduates
- facilitate cutting edge research efforts that move both science and society forward
- attract and hire the most competitively recruited scientists at every stage of their careers
- support the best and brightest graduate students in their pursuit of the Ph.D. degree
- bring distinguished lecturers to the department to the benefit of both faculty and students
- outfit and equip research and scholarship spaces in the new building where faculty and students of all levels can interact

The Department of Psychology greatly appreciates any support you can offer. We can provide information on dollar amounts associated with specific gift needs in the department.

The Department gratefully accepts gifts of any variety of types of assets, including appreciated securities, cash, real property, and personal property.

Gifts to the department can be made outright, pledged over a period of years, or made through planned giving vehicles such as charitable remainder trusts, charitable lead trusts, gift annuities, bequests, or other vehicles.

Many employers also match contributions to UCSB. Please check with your employer if you are unsure.

### Graduate Student Support Fund

Who inspired you to get a psychology degree? Who made the difference between finishing and not finishing that honors thesis? When you had a problem in class, whom did you seek out? For many graduates, the answers to all these questions is “My T.A.” or “The graduate student I worked with.” Graduate students make crucial and compelling contributions to the teaching and research missions of the Psychology Department at UCSB. In large lecture courses, they are the students’ lifeline to the instructor. In lab classes, they are the ones who can crack the statistics codes, and show you the technique over and over again. And most students working in individual labs work closely with and learn much about graduate school from the lab’s Graduate Student Researchers. As UC funding falls, the need for graduate student support grows ever more pressing. If you’d like to make a donation earmarked for graduate student support in thanks for all that help you might have received back then, please contact chair Daphne Bugental at [bugental@psych.ucsb.edu](mailto:bugental@psych.ucsb.edu).

### From the Psychology Department Wish List

**Non-restricted Fund:** non-restricted funds for the department to use to meet its highest priority needs

**Departmental Distinguished Colloquium Speaker Fund:** funds for costs associated with bringing nationally and internationally known speakers to the department to share their research with faculty, graduate students, and undergraduates

**Charles G. McClintock Fund:** funds established to support senior graduate students in the Social Psychology program who combine high standards of scholarship with service to the program

**Harry J. Carlisle Award:** funds established for the support of outstanding graduate students in the Neuroscience and Behavior program

**Undergraduate Awards Fund:** funds to support awards given to seniors in Psychology and Bio-psychology who graduate with distinction in the major, and to enhance and enrich the undergraduate program

**Psi Chi Fund:** funds for the support of professional activities and scholarship enrichment for psychology majors elected to the national psychology honors society.

**You Choose:** You can give to the department and specify how you would like your funds used, or allow us to use the funds where we need them most. You can give by check or credit card or by contacting the Department Chair Daphne Bugental at 805 893 2858 or [bugental@psych.ucsb.edu](mailto:bugental@psych.ucsb.edu)

## Department of Psychology, UCSB

Department of Psychology  
University of California  
Santa Barbara CA 93106-9660

Phone: 805 893 2857

Fax: 805 893 4303

E-mail: [InsidePsychology@psych.ucsb.edu](mailto:InsidePsychology@psych.ucsb.edu)

Editors: Diane Mackie and Cathy Tran '05

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## The Changing Face of Psychology, *continued*

and assistance to potential psychology majors. "We also push our honors program," says Undergraduate Advisor Catherine McConney. "Most of the students at the fair don't consider that option."

Welcoming students into the major is one thing, but ensuring their success is another. In fact, the year Aguirre-Muñoz graduated, 17% of psychology majors identified themselves as underrepresented, but underrepresented students made up only 10% of those actually receiving their psychology degree.

These days, McConney, her assistant, and two peer advisors try to keep track of all 1700 or so psychology majors, but it's an uphill task. No special departmental effort targets underrepresented students.

Perhaps that's why many individual faculty feel a special responsibility to encourage individually talented students into their labs. Research experience connects students to a scholarly community of success, and increases the probability of degree completion. Daphne Bugental, chair of the department and a former



Aguirre-Munoz, behind computer, works with graduate students and local teachers to change the educational experience for underrepresented students.

recipient of the UC Presidential Award for Excellence in Undergraduate Research Mentoring, recalls noticing the talent of then undergraduate Michael Zárate. "I encouraged him to work in the lab, he had a real talent for it, and went on to get a Ph.D. at Purdue," she notes. Zárate is now Professor of Psychology at the University of Texas at El Paso, specializing in issues of stereotyping and prejudice. Other faculty and graduate students offer similar success stories.

With a combination of programs, faculty and staff commitment, and the ripple effect generated by psychology graduates like Aguirre-Muñoz, Asuncion, and Zarate, the face of undergraduate psychology at UCSB is slowly changing. The latest figures available show that in 2006-07, 23% of psychology undergraduates were from underrepresented groups, inching up from 18% 10 years ago. When Asian, Indian, and Filipino students are included (those groups are not underrepresented in psychology) they constitute fully 37% of psychology majors. Perhaps the most encouraging numbers reflect that fact that more minority and more underrepresented students are not just starting but also completing their psychology degrees (see graphs, p. 9).

Maintaining let alone improving such progress won't be easy. "Take as many lab courses as you can," Aguirre-Munoz advises students. "Volunteer to help with someone's research. Most professors I know are always in need of additional help. And if support programs aren't available, insist that they be made available." The department is currently seeking funds to supplement increased peer mentoring and advising for underrepresented students.

It will take the sustained effort of everyone involved to turn the ripple effect into a tidal wave.