Letter from the President
By: Jill DiPietro

Hello all! I’m happy to be back for another year as Psychology Club President. We have some very exciting events coming up for the 2013-2014 school year! In November, we will be featuring our first Human Animal Bond Lecture Speaker of a yearlong series of lectures. We are also coordinating our first annual Suicide Awareness Walk, which is a very exciting event for Psych Club! We are looking forward to unique presentations from our own Psychology Department faculty and collaborating with different clubs on campus to produce interesting events! I am graduating in May 2014, but my wish for the Psychology Club is to leave it with committed officers and a strong group of members! I hope you are all as excited for the upcoming year as I am.

Welcome, Class of 2017!

On behalf of the Psychology Club to the entire incoming freshman class, welcome to Millersville University! We hope you find great success while at Millersville. Incoming Psychology majors have a unique opportunity to gain an upper-class psychology major as a mentor. This program is entirely voluntary and gives both parties the opportunity to create a special lifetime bond. To learn more about becoming a mentor or mentee, please contact a Club Officer.

Again, on behalf of the Psychology Club, welcome to the next best years of your life freshman!

Save the Date!

Movie Night
November 4
Featuring *The Butterfly Effect* on Nov. 4 at 7pm in Meyers Auditorium

Lecture Series
November 6
Human Animal Bond Lecture
Nov. 6 at 7pm in Caputo 210

Food Drive Ends
November 22
Our annual food drive comes to an end; find donation boxes all over campus!
SAD is defined as, “a type of mood disorder that follows an annual pattern consistent with the seasons” (Flaskerud, 2012, p. 266). People who have winter seasonal affective disorder normally develop their depressive symptoms late in the fall (usually in November), which continue throughout the winter months and subside once spring occurs. However, summer seasonal affective disorder occurs during the warmer months of the year. Suicidal feelings are more common in the summer than in the winter (Flaskerud, 2012).

More women than men suffer from SAD, and only about 4-6% of people in the United States population have this disorder (Flaskerud, 2012). Psychologists believe that the cause of SAD corresponds to daylight savings time and the changes of sunlight patterns throughout the year. Lam (2000) suggested that SAD might be caused by phase-shifted circadian rhythms, serotonin dysfunction, and genetic vulnerability.

References:
What is Neurodiversity?

By: Tyler Bishop

A man with autism by the name of John Elder Robinson wrote an article about the concept of neurodiversity. It’s the idea that conditions such as autism and ADHD are natural occurrences in the population due to genetic and environmental factors; not the result of a disease or injury. Robinson distinguishes between psychological disorders and physical diseases like Smallpox, which attack healthy people. Autism, however, does not attack the body nor can it be cured in the same manner as a physical disease. We should accept individuals with certain disorders as part of the natural variation in human behavior. Those who are different from the majority are not broken, they are just different. Just because they are neurologically dissimilar, doesn’t mean they should be subjected to prejudice.
Keep a lookout for exciting upcoming events brought to you by Psych Club!

**Human Animal Bond Lecture Series**

On November 6, the Millersville University Psychology Club presents the human animal bond lecture series featuring Dr. Risë VanFleet. Dr. VanFleet will present on the incredible bond that humans have with their animals and the benefits of animal assisted therapy. This event will be held in room 210 of Caputo Hall at 7 p.m.

**About Dr. Risë VanFleet**

Dr. VanFleet is a licensed psychologist, registered play therapist-supervisor and certified dog behavioral consultant with combined experience of nearly 40 years. She is president of the Family Enhancement and Play Therapy Center, Inc. and the founder of its Playful Pooch Program in Boiling Springs, Pa. VanFleet has authored dozens of books, chapters, articles and DVDs. She has received numerous awards for her work in leadership, training and writing.

**Suicide Awareness Walk**

The Psychology Club is very excited to announce our first annual Suicide Awareness Walk. The walk is set to take place in April 2014, but we are hard at work now to set up the event! We will be collaborating with Aevidum, from Cocalico High School, a club dedicated to providing suicide awareness and support. Psych Club and Crista Snyder, the walk coordinator, will be holding an info session Friday, November 8th at 7pm in Byerly 117.

**Annual Food Drive**

Psych Club is at it again! Our annual food drive is currently taking place, and we hope to break an all-time record this year! There are boxes located in Byerly, SMC, Gordiner, and McComsey. We are also featuring individual donation times to receive a signature from an officer to verify your extra credit, and times for these donations are locating on page 6.
The Funnies

Take a break from all that studying and enjoy some of our psychological comics!

"GRANTZ IS CHARTING HIS LIFE BASED ON GENETIC VS. ENVIRONMENTAL FACTORS."

RORSCHACH MULTIPLE-CHOICE TEST

1. a. JEALOUSY
   b. ANGER
   c. ESPRESSO MACHINE

2. a. NOSTALGIA FOR THE SIXTIES
   b. TIGHT SHOES
   c. NOSTALGIA FOR THE SEVENTIES

3. PATRIOTISM
   a. b. c.
Meet the Officers

Jill DiPietro is Psychology Club's President. She is a senior psychology major and sociology minor, planning to graduate in May. Jill is very excited for the upcoming year and excited about our Human Animal Lecture Series. Justin Hentz is Psychology Club's Vice-President; he is a junior psychology major and criminology minor. Justin is head of our events and is most looking forward to our new Psych Club t-shirts. Jamila Fisher is our Secretary; she is a psychology major and occupational health and safety minor. She is an RA in Harbold Hall and very excited about the upcoming year with her residents! Jamila is heading our community service program and wants to start volunteering with our members. Sami Christmann is our Treasurer; she is a sophomore psychology major. She is looking forward to our upcoming speakers!

Thank you to our newsletter contributors!

Dr. Vredenburg-Rudy     Crista Snyder
Jill DiPietro            Tyler Bishop
Jamila Fisher            Leila Fisher

Upcoming Events:

October 16- November 22 Food Drive Donations: Find boxes in SMC, Byerly, Gordiner, and McComsey
November 4- Movie Night Featuring *The Butterfly Effect*, Meyers Auditorium at 7pm
November 5- Food Drive Donation, Kitchen in Byerly from 2-3pm
November 6- Human Animal Bond Lecture Series, Caputo 210 at 7pm
November 7- Food Drive Donation, Kitchen in Byerly from 2-3pm
November 8- Suicide Awareness Info Session, Byerly 117 at 7:30pm
November 11- General Psychology Club Meeting, Byerly 120 at 7pm
November 13- Food Drive Donation, Kitchen in Byerly from 2:15-3:15pm
November 18- Food Drive Donation, Kitchen in Byerly from 1:15-2pm
November 25- Psychology Club Committee Meeting- Byerly 120 at 7pm
November 28- Happy Thanksgiving!
December 2-6 Mental Health Awareness Week- In collaboration with Peer Educators
December 9- General Psychology Club Meeting

Keep a lookout for upcoming speaking events from Dr. Gallagher, Dr. Banna, Dr. Smith Wade-El and Dr. Cook!