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**Winter 2010  
Volume 1, Issue 2**

## From the Editors

A big “thank you” for the encouragement we received after the first edition of PsychNews! We are pleased to bring you a second instalment featuring a tribute to Dr. Stephen Goldstein who retired in August 2009 after 40 years of service to the Department of Psychology, and several additional features of interest.

The last page contains information about how you can submit ideas for articles, and how to join our email distribution list.

Stay tuned for our Spring edition which will feature some of the exciting research and presentations from Psychology Research Day!

~ Dr. Amanda Maranzan & Dr. Rupert Klein

## PSYCHOLOGY RESEARCH DAY

Wednesday March 31, 1:00-3:00  
Lakehead University Agora

The annual Psychology Research Day will showcase student, faculty, and adjunct's research, ranging from basic to applied research. Join us for an afternoon of engaging poster presentations and an informal gathering afterwards at The Outpost!

**Lakehead**  
UNIVERSITY

955 Oliver Road,  
Thunder Bay, Ontario, Canada, P7B 5E1

## Dr. Josephine Tan Awarded APA Fellow Status

In August 2009 Dr. Josephine Tan, Associate Professor, was awarded Fellow status with the American Psychological Association. Election to Fellow status requires outstanding contributions or performance with a national impact on the field of psychology. Nominations are made by APA divisions, but it is the APA Council of Representatives that elects individuals after a comprehensive multi-level review. Please join us in congratulating Dr. Tan on her accomplishment.

# A Retirement Tribute to Dr. Stephen R. Goldstein

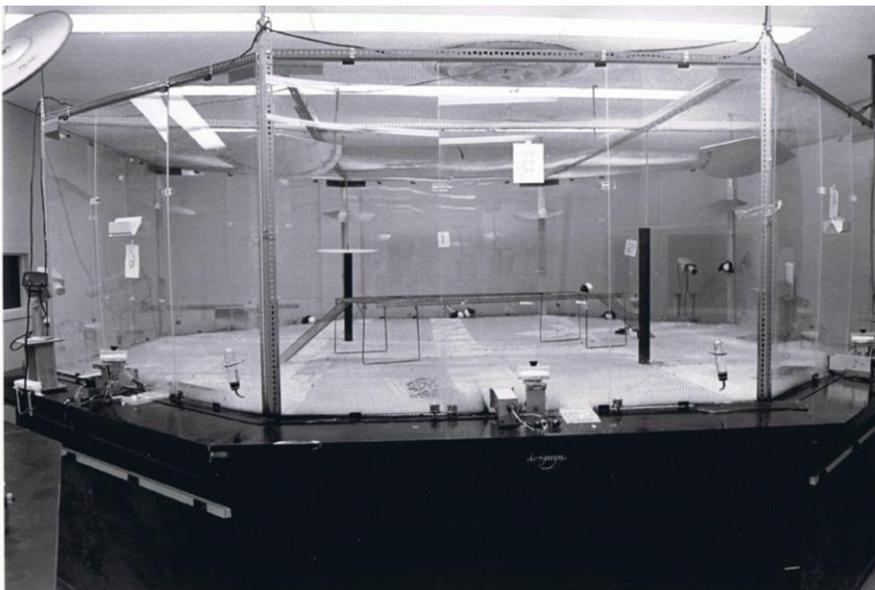
Dr. Stephen R. Goldstein retired in August 2009 after 40 years of service to the Department of Psychology. Born in the Bronx, he carried a piece of New York City within him all his life. It showed in his unmistakable accent, Seinfeld sense of humour, open personality, and NY way of being in the world. He received his undergraduate degree from Kansas Wesleyan University – Salina in 1960, MSc and PhD from the University of Alberta (1963-1968), was in Halifax on a Dalhousie University Killam Post-Doctoral Fellowship (1968-1969), and came to Lakehead University (1969) on a post-doctoral position. He joined our faculty complement in 1970. He served 2 terms as the Departmental Chair (1988-1991; 1997-1999), and was one of the key people involved in the development of the Ph.D. Clinical Psychology program, the first doctoral program at Lakehead University.



Dr. Stephen Goldstein,  
Professor Emeritus

Dr. Goldstein is well-known for his unique operant conditioning rat arenas that he designed and built for research and student training. His first design was rectangular shaped, designed to study foraging behaviour in rats at bilateral feeding stations. The second, and more impressive, arena was octagonal, measuring 15 feet across with an automated flushing system. It had 8 feeding stations that delivered food pellets on pre-determined schedules of reinforcement and was designed to study optimal foraging behaviours in more dynamic, multi-individual social contexts (see inset photo). Dr. Goldstein and his octagonal arena were featured on *Wonderstruck*, a Discovery Channel TV show, and in an article in the journal *Resource* in which it was noted by the Canadian Council on

Animal Care as an interesting and humane method of animal observation. He also had fish labs and conducted ethological observations of animals in the wild. He was one of the few and rare professors who actually used teaching labs in his courses to give students the opportunity to gain hands-on experience with a research-based, academic area of study. Both the rat and fish labs are now gone, having been converted into university administrative and support staff offices several years ago.



Operant conditioning rat arena designed and built by Dr. Goldstein

Dr. Goldstein was also very well-known for his love of baseball and enjoyed planning catch and hitting fly balls with students and faculty at the end of a long work week. On account of his knowledge and research in baseball, he was interviewed many times by the CBC radio, featured in the *Thunder*

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# A Retirement Tribute to Dr. Stephen R. Goldstein

(Continued from page 2)

*Bay Chronicle Journal* and in the *Toronto Globe and Mail*, and was invited to be a keynote speaker at a scientific conference in Montreal. He conceived the game as a real life operant arena in which highly skilled individuals modify their behaviour under certain contingencies to achieve desired outcomes.

Throughout his career, Dr. Goldstein remained an extremely highly rated and beloved teacher. Several of his students would in later years look him up with stories of the positive impact he had on their lives and their work. Dr. Goldstein was more than just an academic and a researcher. He was and remains a scholar and thinker in the purest sense of the word. We are very fortunate to have had Dr. Goldstein with us for 40 years, and the department has been positively influenced by his vision and service.

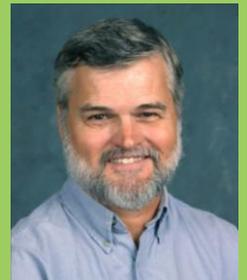
Thanks, slugger! You can come back and play ball with us anytime.

~ Dr. Josephine Tan

## Historical Notes: Psychology's Impact at Lakehead

Have you ever used, or known someone who has used the counselling services at Lakehead? For the last 30 years Lakehead's Student Health and Counselling Center (<http://healthservices.lakeheadu.ca/>) has been helping students not only in dealing with mental health problems but also with improving their overall health. Whether it is trouble dealing with stresses, a needed referral to a clinical psychologist, or information on how to quit smoking, health services has been instrumental in aiding LU's student community.

We have Dr. Jamieson to thank in part for these much needed and welcomed services. Prior to 1980 if a student was in distress or in need of mental health support their options were limited to the Dean of Students and a Chaplain. Dr. Jamieson, then Chair of the Psychology department, recognized a need for counselling and psychological services on campus. Dr. Jamieson recalls that he was both angry and determined to change things: "It was clear that these individuals did not have the expertise to deal with the range of student problems". He called a meeting with the Chair of Social Work and Director of Residence and "both supported my view that the students deserve better". The three met monthly to plan how to implement these services and they were eventually able to convince the administration at the time of the benefits to both the students and the institution.



Dr. John Jamieson,  
Professor

Students now benefit by having trained professionals available to assist them and Lakehead benefits by keeping students happy, healthy, and progressing through their programs.

~ Dr. Rupert Klein

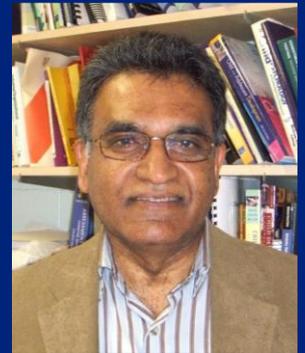
Psychology  
Research Day

Wednesday March 31, 2010  
1:00 – 3:00 p.m.  
Lakehead University Agora

## Congratulations to Dr. Edward Rawana

Psychology faculty member Dr. Edward Rawana was recently promoted to Associate Professor with tenure. Dr. Rawana has a longstanding connection to the Department of Psychology and Lakehead University. After completing his Ph.D. in Applied-Experimental Psychology at the University of Waterloo, Dr. Rawana began teaching part-time at Lakehead University in 1985. In addition to his Adjunct status, Dr. Rawana was very involved in clinical practice, working at Children's Centre Thunder Bay and consulting to the Lakehead Public Schools. In 2004 he became a full-time Assistant Professor in the Department of Psychology and maintains his clinical practice working with children, adolescents, and families.

Dr. Rawana's current research focuses on the study of strengths and high risk behaviours in children, adolescents, and their families. He is the Research Director of the Centre of Excellence for Children and Adolescents with Special Needs, and teaches courses in child development and clinical assessment. He also coordinates practicum placements for graduate students in Clinical Psychology. Dr. Rawana models the value and importance of a close relationship between research and practice, and is a valued member of the Department of Psychology.



Dr. Edward Rawana,  
Associate Professor

Congratulations Dr. Rawana!

### Thinking About Completing an Undergraduate Thesis Next Year?

Psychology 4901 Honours Thesis provides an opportunity for students to gain research experience by working on their own project under the supervision of a faculty member. Students gain expertise in formulating empirical questions, research design, data collection and analysis, and develop skills in scientific writing and presentational skills.

Students are encouraged to approach potential thesis supervisors in the spring of their third year to discuss possible thesis topics. An excellent resource for navigating the thesis process has been written by Dr. John Jamieson and can be found at:

<http://flash.lakeheadu.ca/~jjjamies/guide.html>

### Thank You Dr. Netley

In the first edition of PsychNews we shared the Department's deep regret about the expiry of Dr. Charles Netley's contract with us.

Despite this, Dr. Netley agreed to teach Psych 6231 Psychopathology of Childhood and Adolescence in the winter semester, a specialized course which is essential for the graduate Clinical Psychology programs.

*On behalf of the faculty and graduate students, we wish to express our heartfelt gratitude to Dr. Netley.*

## Psychology Association of Lakehead Students ("PALS")

Check us out on Facebook!

# Spotlight on ... Psychology Honours Thesis Psych 4901

The word "thesis" was coined somewhere in the fourteenth or fifteenth century, and its original definition corresponded to the Greek meaning "to set something down". We traditionally recognize a thesis now to be a paper or dissertation on a particular subject, where original research has been conducted. For many, whether a thesis is completed at an undergraduate or graduate level, it can be a particularly trying and difficult experience.

Theses in the field of psychology tend to have an additional element of difficulty, given that research is completed with human participants. This introduces a number of other complications into the research process. From acquiring informed consent to gaining ethical approval as well as establishing appropriate provenance for research, a thesis in psychology compounds the level of difficulty.

Students who plan to pursue studies in psychology are encouraged to complete a thesis, as it is highly recommended for entrance into graduate schools. A total of eight students are completing their honours theses in psychology this academic year, covering wide ranging topics from the validity of depression inventories, the metapersonal self and even the value of phalangeal hair in psychology research.

To assist with the arduous task of completing an honours thesis, faculty members Dr. Rupert Klein and Dr. Mirella Stroink have spearheaded an effort to create a seminar course for thesis students. The 2009-2010 academic year has served as a litmus test to determine if a course for thesis students, which covers a wide range of topics, can provide additional assistance. The seminar course, Psychology 4901, is a required course that supplements the student's thesis work. The course covers a broad range of topics, focusing on enhancing the awareness of the psychology profession and giving guidance for whatever paths students may take.



2009-10 Honours Thesis class

Information on the Graduate Record Exam (GRE), career paths in psychology and effective tools for written and oral communication are a sample of the topics discussed. Students have also been required to give oral presentations on their research to both their peers and other members of the psychology department. This is not only practice for giving effective presentations, but gives some preparation for what to expect in graduate school. Next on the list for students to create are poster presentations. Students meet regularly every two weeks to cover new topics or give updates on the progress of their research.

The creation of the course has three general goals. The first is to consolidate all of the undergraduate thesis students to provide a collegial atmosphere of research interests. Given that much of psychology research is completed in collaboration with others, the desire to instil a sense of passion for research is an ever-present goal. "We are very much trying to enhance the scholarly environment," remarks Dr. Stroink, "the ability to share different experiences is key to having a fulfilling thesis experience." The second goal is to give general information on a student's possible future in psychology. By providing information on the GREs, how to apply to graduate schools and the multitude of career options

*Continued on next page*

# Spotlight on ... Psychology Honours Thesis Psych 4901

(Continued from page 5)

available, it gives students the ability to explore new horizons and uncover previously unknown avenues. The final goal is to provide input for objectively evaluating a student's performance. Previously, a student's final thesis grade would be based upon the supervisor and second reader's evaluation of the thesis work. The seminar course provides a more complete representation of the student's abilities, including oral and poster presentation skills and participation in the critical and collaborative environment of the course.

Overall, student reaction has been very positive. Interacting with other thesis students and sharing information about research has been fulfilling, interesting as well as a great source of support. Nicole Westlund, one of the thesis students, comments, "It's been nice to have that support group, especially

*"The ability to share different experiences is key to having a fulfilling thesis experience"*

when going through the intense and stressful experience of writing your thesis." Additionally, Dr. Klein identifies his own satisfaction with his involvement, "It's great to see such an eclectic series of studies and the progression of students from the initial stages of an idea and completing research and being able to display a finished product."

Since this is the first year for this seminar course, there are some modifications that will likely be made for next year, and both Dr. Stroink and Dr. Klein have ideas percolating for what they would like to add. Future plans include short seminars for second and third year students to begin thinking about their future in psychology as well as involving other graduate students to share their own experiences. A thesis is typically the largest undertaking an undergraduate student will complete, and with that comes a great deal of hard work and stress to accompany it. Just as Atlas bears the weight of the world in Greek mythology, thesis students likely feel similar amounts of pressure. The chance to share the thesis experience with others may mean that you don't have to bear the full weight on your shoulders alone.

~ Adam Gerlach

## Psychology Association of Lakehead Students: PALS

'PALS' stands for the Psychology Association of Lakehead Students. Our mission? PALS intends to serve as a social networking group for undergraduate and graduate students as well as alumni. We want to raise awareness of the psychology profession as an exciting and rewarding career through numerous guest speaker series, presentations, and other social events.

Guest speaker series (coming up soon!) will consist of presentations by various professionals to show our psychology students the wide range of jobs out there for them. In terms of social events, we are currently planning a 'Mixer'-type gathering, where professors and fellow students will be able to meet and discuss shared interests while enjoying beverages and appetizers.



Current undergraduate and graduate students, as well as alumni, are welcome to join PALS, and we encourage you to check us out on Facebook! Our group is called "Psychological Association of Lakehead Students (PALS)". Feel free to visit our Facebook page to find out how you can get involved, make suggestions for the club, and help us get PALS up and running!

~ Christina Foresto (ciforest@lakeheadu.ca)

# Success at the 2009 Santa Shuffle!

Psychology students, professors, friends and family formed the 10 person "Team Psych" that took part in the Santa Shuffle on December 5th, 2009. The Shuffle is a 5km fun run to raise funds for the local chapter of the Salvation Army, with proceeds going towards feeding needy families during the holiday season. Thanks to the super-fundraising efforts of one team member in particular, Team Psych was awarded the plaque for most funds raised with a total of nearly 800 dollars! The son of one of the doctoral students was awarded a medal for being the fastest male youth, and the random prize draws meant nearly half the team went home with fun gifts! This was a fantastic winter activity to take part in, and a wonderful way to usher in the holiday season. We aspire to make this an annual event for the psychology department, and hope to see you on the team or sponsor list next year!

~ Liane Kandler



"Team Psych" at the 2009 Santa Shuffle

## Doctoral Program undergoes re-accreditation site visit

The Clinical Psychology Doctoral program is accredited by the Canadian Psychological Association, which requires a continual review of the philosophy of training, implementation of training, goals, and objectives of the program. On January 28 and 29 the Psychology Department hosted three site visitors, a required component of the re-accreditation process. Thank you to all of the faculty, adjuncts, students, and members of administration who participated in the site visit. We look forward to receiving feedback about accreditation in the spring.

### PsychNEWS

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