

# BGSU DEPARTMENT OF PSYCHOLOGY

monthly newsletter

## in this issue...

- Updated Policy From Grants Accounting
- Black History Month
- Women's History Month
- Recent Awards
- Wellness Days During Spring Semester

## WELCOME!

I asked for good news and you answered! There were too many responses to include in one newsletter, so stay tuned next month!

Congratulations to Kaitlyn Balkcom, Emily Ferrell, Rachel Redondo, Sarah Russin, Abby Braden, Mo Wang, and Tiffany Poeppelman on their recent achievements! Thank you also to Dryw Dworsky, Bill O'Brien, Cathy Stein, and Paula Watson for their contributions.

*Read more about their accomplishments in **Good News!***

## A NOTE FROM SUE WAX

**Grants Accounting** has just issued an updated policy regarding the use of gift cards with grants. Please keep the following in mind when writing a grant and please reach out to me if this pertains to any currently awarded and active grant you have.

- Prepaid debit cards are no longer permitted
- The quantity of gift cards being purchased cannot exceed what will be distributed within 7 days of purchase.
- The value of a gift card cannot exceed \$100. Incentives greater than \$100 must be issued by check to the participant.
- A list of gift card recipients, date of distribution, value, and description of purpose is required. (I am awaiting a response from Grants Accounting regarding our studies that involve privacy laws).

**\*THIS ONLY PERTAINS TO GRANT FUNDED PROJECTS.** It does not pertain to any studies being funded with department funds (such as thesis, dissertation, independent research projects, IPRA, etc)



## UPCOMING BIRTHDAYS

M. Keith | 3/3

C. Tompsett | 3/7

S. Garrett-Ruffin | 3/11

M. Zicker | 3/12

C. Barratt | 3/23

C. Cromwell | 4/14

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# DIVERSITY, EQUITY, AND INCLUSION

In honor of February - **Black History Month** and March - **Women's History Month**, I would like to highlight a few psychologists you might like to learn about. Thanks to Sherona Garrett-Ruffin for introducing me to some of these!

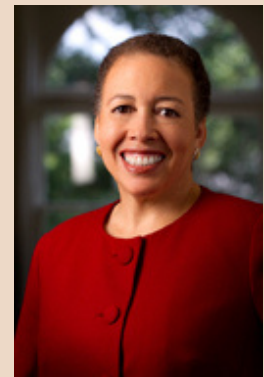
**Dr. Joseph White (1932-2017)** received Bachelor's and Master's degrees in psychology from San Francisco State University and his PhD in clinical psychology from Michigan State. Dr. White was one of the founders of the Association of Black Psychologists, a group formed in 1968 after confronting the APA about its lack of racial diversity. At that time, fewer than 1% of APA's 10,000 members were Black. In his research and writings, Dr. White argued that psychology developed by and for White psychologists did not generalize well to Black individuals, publishing "Toward a Black Psychology" in Ebony magazine in 1970 and the book "The Psychology of Blacks" in 1984; he is credited with helping develop the fields of ethnic studies and cross-cultural psychology. In 1967 Dr. White established the Educational Opportunity Program in California. 50 years later this program has supported over 250,000 minority, low-income, and first-generation California students (<https://web.csulb.edu/divisions/students/eop/history.html>).



**Dr. Margaret Floy Washburn (1871-1939)** was the first woman to earn a doctoral degree in American psychology, in 1894. Dr. Washburn was a professor at Vassar College for 36 years, and in 1921 was the second woman to serve as the President of APA. Her work focused on animal cognition, publishing the first book based on experimental work in animal cognition in 1908, "The Animal Mind". Dr. Washburn later developed a motor theory of consciousness. Dr. Washburn was the second woman to be named a Fellow of the National Academy of Sciences.



**Dr. Beverly Tatum (1954-present)** received her BA in psychology from Wesleyan University and her MA and PhD in clinical psychology from the University of Michigan. Dr. Tatum's research and writing focused on racial identity development across racial groups. She outlines the need for educators and the general public to learn to talk about race in her 1997 book, "Why Are All the Black Kids Sitting Together in the Cafeteria? And Other Conversations About Race", releasing an updated edition in 2017. She received the 2014 APA Award for Outstanding Lifetime Contributions to Psychology. Dr. Tatum served as the President of Spelman College, an historically Black women's college, from 2002-2015. Dr. Tatum is currently an author and speaker.



For more Black psychologists you should know: <https://www.activeminds.org/blog/10-african-african-american-psychologists-you-should-know/>

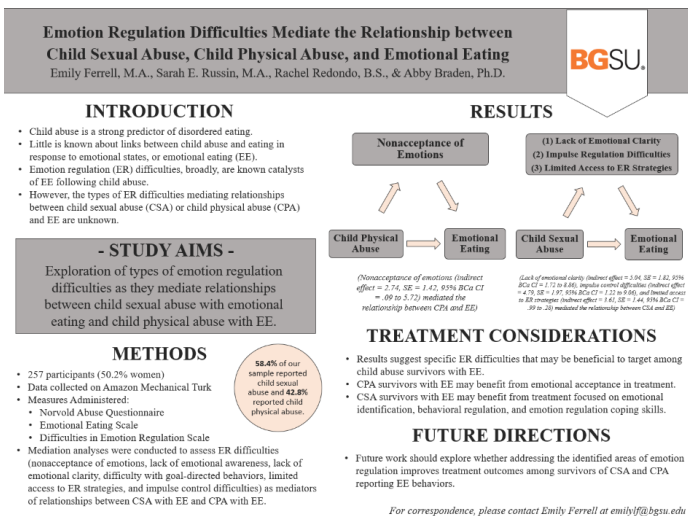
# GOOD NEWS!

Congratulations to **Kaitlyn Balkcom**, winner of the Ragusa Book Scholarship! This \$250 scholarship is awarded each year to one undergraduate psychology major based on their academic standing and performance on a quantitative exam. Great work, Kaitlyn!

Congrats to **Emily Ferrell, Rachel Redondo, Sarah Russin, and Abby Braden!** Their poster, "Emotion Regulation Difficulties Mediate Relationships between Child Sexual Abuse, Child Physical Abuse, and Emotional Eating" was chosen by the Society of Behavioral Medicine for two honors: the Meritorious Abstract designation for outstanding student-authored submission, and the Citation Abstract designation for overall excellence.

A special congratulations to **Mo Wang** on being elected President-Elect of the Society for Industrial and Organizational Psychology, <https://www.sio.org/Research-Publications/Items-of-Interest/ArtMID/19366/ArticleID/4858/Election-Results-for-the-2021-Fiscal-Year>. Dr. Wang received his Ph.D. in Industrial-Organizational and Developmental Psychology from BGSU! Congratulations also to **Tiffany Poeppelman**, also elected to the SIOP Board! Ms. Poeppelman received her BA in Psychology from BGSU.

Finally, I would like to share the good news that the Psychology Department in collaboration with the Counseling Center was awarded over \$150,000 from the Governor's Emergency Education Relief (GEER) fund. This fund is part of the larger CARES Act set aside by Congress to provide COVID-19 relief, and will be used to increase the availability of mental health services for BGSU students over the next year. Thank you to **Dryw Dworsky, Bill O'Brien, Cathy Stein, and Paula Watson** for your help gathering information for the application seemingly overnight!



"Emotional Regulation Difficulties Mediate Relationships"

Kaitlyn Balkcom

## CAROLYN'S CORNER

I hope you are all hanging in there, maybe a little heartened by the occasional hints of spring weather? I know that many of us are missing the usual week-long Spring Break. Please keep in mind that **Wellness Days** are the substitute for Spring Break and should be treated as such—please do not plan assignments to be due, and do not schedule class or other required meetings for the remaining Wellness Days on **March 22, March 23, and April 21**. Faculty and students on assistantships are not required to work on Wellness Days. You may want to check out the BGSU Wellness Connection page, which is periodically updated with wellness-related events: <https://www.bgsu.edu/recwell/wellness-connection.html>.



Please keep in mind that sometimes you may need more help to stay well, and you may want to consider the following resources for your mental health:

**Free counseling for BGSU students\*:** <https://www.bgsu.edu/counseling-center.html>

**Search for off-campus counseling for students or faculty:** <https://services.bgsu.edu/CounselingCenterSearch/welcome.htm>

**Free counseling for BGSU faculty and staff:** <https://www.bgsu.edu/human-resources/benefits/work-life-balance.html>

\*Note: clinical students receiving therapy at the Counseling Center will not be eligible to be placed there for practicum. Students interested in a future Counseling Center practicum may wish to check out the off-campus resources link or contact **Dryw Dworsky** at 2-3934 for help identifying resources.