

Greetings from the  
**Psychology Department**  
at Truman State University!

Psychology  
launches new  
website, psychology.truman.edu

Our students are well into their fall semester classes and their many extracurricular activities. This fall, we welcomed 97 new first-year students and 12 transfer students to the major. At the beginning of the semester,

we supported 547 psychology majors! With 12 full-time faculty and two part-time faculty members, our students keep us busy. This newsletter is a new initiative to keep you informed about what we are doing at

your alma mater. While our Alumni Office does an excellent job of keeping you informed about campus happenings, we want to share what is happening in the major. You may have noticed that the psychology department has launched a new departmental website at <http://psychology.truman.edu>. There is a special menu item just for our alumni

When you click on this item, you'll have the opportunity to provide your contact information and news so that your former classmates and professors can learn what you are doing these days. In addition, we hope that you will find this page useful, particularly as more of you share your information, for reconnecting with former classmates and friends.

Besides our new website, this school year, the psychology department is completing a program review for the state of Missouri. This is an opportunity for us to reflect upon our department and major to determine what we are doing well, what we are doing not so well, and what we could do even better. To help us in this process, we are asking you, our alumni, to reflect upon your time at Tru-

man/Northeast via a short survey. The survey can be found at <http://survey.truman.edu/Survey.aspx?surveyid=3313>. We hope to use this survey as a way to get to know our alumni better. As you leave our university and move into various life stages, it is not uncommon for your focus to be directed elsewhere, at graduate school, at your new job, and at your family. As a result, the faculty members often lose touch over time with our alumni. The survey will be a fairly quick way for you to reconnect with your old major, its faculty, and even our current students. We'd love to hear about your accomplishments since leaving our university in addition to your feedback about our program.

In this inaugural newsletter, you'll read about conferences that our students attended last spring, including a trip to Italy and another to Chicago. In addition, our Faculty Spotlight focuses on Dr. James Tichenor who has served our department for over four decades! We also profile one of Dr. Tichenor's former students, Michael Schwend ('83), President and CEO of Preferred Family Healthcare and a former member of Truman's Board of Governors.

Mike was instrumental in the creation of the Preferred Family Healthcare Scholarship, an endowed scholarship for Truman psychology majors. The psychology department, including our students, is very grateful for this support!

I hope that this newsletter allows you to reconnect with your former major and get a taste of what our amazing students are up to these days.

# Biofeedback Research Team

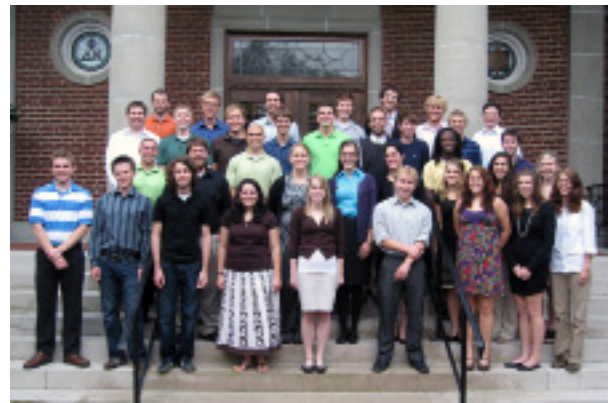
## goes to Italy to Present Research

Written by: Aaron "Bama" Truitt  
Senior Psychology major from the St. Louis area

In early April of 2010, Dr. Shaffer, Chris Wally, and I presented a poster at the 2010 Biofeedback Foundation of Europe (BFE) meeting in Rome, Italy. We met people from all over the world presenting research and giving talks about topics in psychophysiology. Some of the things that we learned were familiar to us while others were entirely new. Conference attendees were just as interested about life in America as they were about our research, and we found ourselves answering questions not only about our research but also about our culture in general.

When we weren't attending conference sessions and presenting our study, the three of us did some sightseeing. We were able to visit global landmarks such as the Vatican, the Colosseum, St. Peter's Square, the Pantheon, and many more. We had lunches and dinners with some of the top researchers and vendors in the field of biofeedback. The week went by quickly, and by the end of the trip our group was ready to head home to Truman. However, due to volcanic activity in Iceland, we ended up staying an extra six days in Rome filled with emails to professors (or classes in the case of Dr. Shaffer), calls home to girlfriends, studying, makeshift workouts in the hotel room, and eating pasta. We returned home on a Friday evening with plenty of stories, dirty laundry, and make up work.

The study we presented at BFE was titled "The Effects of Kargyraa Throat Singing and Fundamental Note Singing on Heart Rate Variability." Kargyraa throat singing is a vocal technique that allows an individual to sing more than one note at the same time. We compared throat singing to silence and regular singing conditions and found that throat singing was no more likely to raise heart rate variability than regular traditional singing. Dr. Shaffer's team has focused on improving heart rate variability training. Heart rate variability is the phenomenon in which the time interval between heartbeats varies. Low heart rate variability is often associated with congestive heart failure, depression, and diabetic neuropathy. We have produced studies regarding the effects of inhalation to exhalation breathing ratios, breaths per minute, sitting position, and singing on heart rate variability.



"We found ourselves answering questions not only about our research but also about our culture in general."



## An Interview with Dr. Shawn Bergman

assistant professor of psychology at Appalachian State University, Boone, North Carolina

An Interview with : Jenny Schwend  
Senior Psychology major from Kirksville

**Q:** *How important is student research and travel in undergraduate education?*

**A:** Both are important. Having the opportunity to get involved in research as an undergraduate gives students the opportunity to see what doing research is really like. It gives them an idea of what all goes into taking a project from start to finish. Travel to present research is also important. It gets students excited about what they have been doing and what is going on in Psychology. Traveling also gives students a chance to present their research at conferences and allows them to interact with individuals who are not from their university.

**Q:** *What motivated you to create the Dr. Shawn Bergman Psychology Research Fund?*

**A:** I remember how much fun I had with, and how much I benefited from, my undergraduate research experience, and I wanted to help Dr. Shaffer's team. There is not a lot of funding available. My wife, Jacqui, and I realized we could help Dr. Shaffer by giving a little money each month and that little bit of money could go a long way.

*To see the full text of this interview, along with answers to other questions, such as those listed below, please go to <http://psychology.truman.edu/newsletter.asp>.*

*What have been some of your accomplishments since graduating?*

*What are your best memories of being a Psychology Student at Truman?*

## Foundation Funds Support Psychology Department

The opportunity for talented students to engage in undergraduate research is a hallmark of the Truman experience. As department budgets tighten due to decreasing state support, funds for this valuable experience have been dramatically diminished. Private gifts through the Truman State University Foundation to the Psychology Fund in the coming year will allow our department to continue to support student travel to professional research conferences. In the competitive graduate school application process, these experiences are often pivotal to acceptance and to future distinction of Truman psychology alumni within the field.

## Former Biofeedback Research Team Member Creates Fund

To honor the role that Dr. Fred Shaffer played in his own professional development, one of his former lab managers, Dr. Shawn Bergman ('98) and his wife, Dr. Jacqui Bergman created the Dr. Shawn Bergman Psychology Research Fund in September 2009. This fund is designed to provide financial support to Dr. Fred Shaffer to "advance research, professional development and student learning experiences in the Department of Psychology." Shawn and Jacqui set up the fund as an open fund so that others are welcome to contribute to this funding source to support the work of Dr. Shaffer and his research team. The psychology department is very grateful for this support and proud of Dr. Bergman's accomplishments since leaving our department!

## Make a Gift!

Gifts to the Dr. Shawn Bergman Psychology Research Fund and the Psychology Department Fund can be contributed through contacting Truman's Advancement staff at: 800-452-6678 or online at: [https://secure.truman.edu/alumni-s/contribution\\_new.asp](https://secure.truman.edu/alumni-s/contribution_new.asp).

# Faculty Spotlight: Dr. James Tichenor

An Interview with: **Katie Judd**

Senior Psychology major from the Kansas City Area

Dr. Tichenor has been at Truman since 1969. He holds a bachelor degree from the University of Wisconsin-LaCrosse, a master degree from Western Michigan University, and a doctorate from the University of Wisconsin-Madison.

He is a Missouri certified school psychological examiner, a certified psychological health service provider, and a Missouri licensed psychologist. (For his full biography, please go to [http://psychology.truman.edu/web/faculty\\_directory/](http://psychology.truman.edu/web/faculty_directory/))

**Q:** *What first attracted you to teaching at Truman?*

**A:** I had never heard of Kirksville. I didn't know where it was; in fact, we got lost coming down here and ended up in Iowa someplace. I told my wife when we came here that this would be a year maximum employment, and that's been 41 years ago, so I guess that changed a bit. At that time the emphasis was on teaching primarily, and that was what I was interested in.

**Q:** *What do you like best about teaching here?*

**A:** It's a great place. It really has been a great place. The administration has been supportive and the colleagues have been reasonable. The atmosphere has been one in which you really have a great deal of independence to do what you want to do, which is what I think Liberal Arts institution should be for a professor. I've found the interaction with students to be extraordinarily rewarding.

**Q:** *What have been some of your greatest accomplishments while teaching here?*

**A:** I think revising the curriculum in psychology has been one of them. When I came here, the curriculum ... wasn't mainstream psychology. We were able to change that to essentially the curriculum it is today. Another major factor was that years ago we instituted two masters programs in Psychology and I was the person who helped develop and coordinate the two degrees, one in community and one in school psychology. That was really quite rewarding.

**Q:** *What do you find most rewarding about working with students?*

**A:** You don't realize at the time that you're just doing what you do, and how students do actually appreciate some of the things that you do. For instance, a couple of months ago, a former student who had completed her PhD sent me an e-mail saying, "Thanks for the great model that you provided to me, all of your advice about school, and the passion you have for psychology. I hope your students know what a gem they have in you!" Those kinds of comments just make my day. Also, having a student see a relationship between concepts resulting in a sort of a mini-Eureka experience in which a connection is being made. Then later when the student demonstrates that understanding, perhaps in their questions, comments or papers, that's nice too.

**Q:** *When you're not teaching or practicing, what do you like to do with your free time?*

**A:** Golf. I enjoy golf. I'm not much of a golfer, but I enjoy it just the same. In fact my house is right on the golf course and I just jump out there as often as I can.

**Q:** *As you prepare for your retirement and begin your last few years at Truman, what do you think you will miss the most?*

**A:** Students! No doubt about it.



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*After more than 4 decades at Truman, how do you think the students have changed?*

*Any embarrassing teaching moments you'd like to share?*



# Psychology Students Present Research in the Windy City

Annual Meeting of the Midwestern Psychological Association



The psychology department had another banner year of conference presentations at the 2010 Annual Meeting of the Midwestern Psychological Association (MPA). The department sent seven faculty members and 29 students and former students to the conference. Together, our department was responsible for eleven separate presentations at MPA!

- Heckert, T. M., LaChapell, J. L., VanIttersum, K. W., Moody, V. R., Judd, K. A., Bobzien, A. Schmidt, J. D., Cash, T., & Mulderig, T. H. (2010). Number of response options, scale length, and score reliability.

**This research was presented during the Society for the Teaching of Psychology Program at MPA:**

Heckert, T. M., Bobzien, A. A., & Judd, K. A. (2010). Comparing service learning to traditional experiential learning: Is service to the community really necessary?

**The following were presented during the regular sessions of MPA:**

- Heckert, T. M., Mulderig, T. H., Schwend, J. M., & LaChapell, J. L. (2010). Job burnout among educators at various levels.

**The following were presented during the Psi Chi poster sessions of MPA:**

Research	Students	Mentor
Personality, Mood, and Life Events	Jordan Constance & Paul Witte	Jeffrey Vittengl
The Testing Effect and Transfer Appropriate Processing	Matthew Carlson & Sara Uhlenbrock	Karen Smith
The Humor Effect and Mood Congruence	Anh Nguyen, Leah Kern, Lathe Mayfield, Dwuana Bradley, & Lu Lu	Karen Smith
Odor as Mental Cues: Product Branding	Tracy Mulderig & Yajie Yu	Mark Hatala
Friends and Lovers – How Relationships Affect Subjective Wellbeing	Elizabeth Necka, Melinda Gross, Michaela Hoffman, & Kristine Kastenbaum	Michele Breault
Eliminating the Attentional Blink through Effective Cuing*	Elizabeth Necka, David Carrell, Frankie Bruning, & Joy Bulen	Robert Tigner
Ace your next test: The effect of post-hypnotic suggestion on academic performance	Nick Jacobson, Sam Kramer, & Amanda Tharp	Sal Costa
Personality's Relationship with Involvement Among Students and Faculty	Jennifer LaChapell	Teresa Heckert

*\*This project was awarded a Regional Research Award by Psi Chi*



Among our department's attendees were our 2009-2010 Outstanding Students in Psychology, Jenna LaChapell and Tracy Mulderig. Both are now attending the doctoral program in Industrial/Organizational Psychology at the University of Missouri-St. Louis. We wish them luck this year!!

In addition to Jenna and Tracy, a large number of our other graduates are now pursuing advanced degrees. These are the ones we know about (table on the right).

Some of our majors choose to immediately enter the workforce upon graduation. Here are the some of the exciting things that our May 2010 graduates are doing now.

Bobzien	Amelia	Kohl's Department Stores	Corporate office-buying
Conaway	Valerie	Crown Ridge Tiger Sanctuary	Care taker
Vandevort	Alyse	Wooden Nickel	Manager
White	Andrea	Heartland Presbyterian Center	Day Camp Director
Wright	Kelly	Edgewood Childrens Center	Youth Care Specialist

Elise	Bush	Truman	MAE-Elementary
Emily	Bushjost	Lincoln U	M. Ed. - Community Agency Counseling
Matt	Carlson	Truman	MAE
Samantha	Cassmeyer	Lincoln U	M.Ed. - Guidance & Counseling
Ashley	Crosby	Truman	MAE
Claire	Cummings	Truman	MAE
Kristen	Fishback	U of Missouri	MSW
Leah	Kern	University of Denver	MSW
Jenna	LaChapell	UMSL	PhD-I/O Psych
Patrick	Leonberger	KCOM	D.O.
Jeremy	Mapp	Truman	MAE-Elementary
Amanda	Meunks	Truman	MAE-Elementary
Catherine	Meyer	Alliant University	Psy.D. - Marriage & Family therapy
Valerie	Moody	Iowa	Masters- Educational Testing
Tracy	Mulderig	UMSL	PhD-I/O Psych
Jaime	O'Gara	U of Nebraska-Omaha	MSW
Margarita	Rogin	Truman	MAE-Secondary
Amy	Schnurbusch	Truman	MAE-Elementary
Tajanette	Sconyers	U of Missouri	M. Ed. - Counseling Psychology
Hillarey	Stone	KCOM	D.O.
April	Swagman	U of Missouri	PhD-Cognition and Neuroscience

# Alumni Profile: Michael “Mike” Schwend

An Interview with: Jenny Schwend

Senior Psychology major from Kirksville (and daughter of alumni Michael and Mary Jo Schwend)

Michael Schwend graduated from Truman (then Northeast Missouri) in 1983 with a Bachelor degree in psychology. He has since earned a Master degree in counseling from Truman and an MBA from William Woods. Mike is the CEO and President of Preferred Family Healthcare, a leader in mental health and substance abuse services in Missouri. Under his leadership, Preferred grew from 13 employees in one location with an annual budget of \$200,000 to 650 employees in sites across Missouri and now Kansas and Texas with an annual budget of over \$35 million. Mike has served on a number of state-wide boards including Truman’s own Board of Governors. (For his full biography, please go to [http://www.pfh.org/senior\\_leadership.asp](http://www.pfh.org/senior_leadership.asp))



**Q:** *What was your favorite part about being a Psychology major?*

**A:** The hands-on lab work allowed me to see first-hand use of the behavior modification techniques we read about in our textbook. I also enjoyed my involvement in the biofeedback research with Dr. Shaffer. I helped with a joint research study between Biology and Psychology. We studied the use of various drugs and memory retention in rats.

**Q:** *Are there any particular faculty members that gave you a pivotal experience in your educational journey as a psychology major?*

**A:** Sal Costa made things extremely entertaining and exciting. Dr. Jim Lyons challenged his students in thinking more deeply about issues in Psychology. Dr. Fred Shaffer and Dr. Jim Tichenor were both very instrumental in fueling my interest in biofeedback and psychology research.

**Q:** *What was your favorite Psychology class?*

**A:** My favorite class was Psych Research with Dr. Tichenor because of the hands-on experience. You get to exercise and use everything you’ve learned as a Psychology major in this class. “It pulled everything together.”

**Q:** *How do you think your experience at Truman prepared you for your future endeavors?*

**A:** Truman gave me a well rounded education that touched on numerous aspects of running a social service company. My education helped me understand the emotional journeys people go through. Furthermore, my experience at Truman has helped me focus on the business aspects that a corporate company goes through.

**Q:** *How important do you think the internship experience is for professional development?*

**A:** I think it is extremely important. My internship was done in a nursing home in St. Louis. From that, I concluded that it was a career path that I did not want to go into. Internships are important for this reason. They give students a taste of what is out there and they receive experience along the way.

**Q:** *Do you have any personal news that you would want alumni to know?*

**A:** It’s been very exciting raising ten children and having some of them choose Truman for their college education. I also proudly announce the birth of my first grandchild, Callyn Renae Schwend, born September 7th, 2010.

*To see the full text of this interview, along with answers to other questions, such as those listed below, please go to <http://psychology.truman.edu/newsletter.asp>*

*What was your favorite Psychology class?*

*Do you have a funny story or memory about the Psychology Department?*

*What do you do outside of work to avoid burnout and keep life in balance?*