



December 2008

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MPAGS

NEWSLETTER

*Maryland Psychological
Association for Graduate Students*

WELCOME BACK STUDENTS!

The MPAGS Board is very exciting to start a new school year!
We have a lot of activities and events coming up and we look forward to getting the year started!

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MEET THE MPAGS BOARD

Chair: Kate Morris received her M.S. in Clinical Psychology, from Loyola College in Maryland, in January of 2008 and hopes to receive her PsyD in May of 2011. Kate is currently externing in a correctional setting and hopes to work in prisons.

Chair-Elect: Melinda Capalidi is in her 2nd year of the PsyD program at Loyola College. She enjoys working with children, adolescents, and young adults and looks forward to someday opening a private practice where she can specialize in working with young people who have experienced abuse. Melinda enjoys spending time with her husband, playing Mario Kart and Tennis on the Wii, and singing.

Advocacy: Linda Jones-Herbert is a 4th year clinical psychology graduate student in the Human Services Psychology Ph.D. program at UMBC. Linda currently works as a research assistant in the pediatric psychology lab at UMBC and is an extern at Children's National Medical Center. Linda's research interests include the impact of childhood chronic illness on child development, family functioning, and quality of life and the importance of perceptions of illness on psychological adjustment.

Advocacy: Preston Greene is a 3rd year doctoral student in the Clinical/Behavioral Medicine track of the Human Services Psychology Program at UMBC. He received his B.S. in Psychology from Virginia Commonwealth University in 2005. He is currently working as a resource center specialist at the Maryland Resource Center for Quitting Use & Initiation of Tobacco and is working on his master's thesis, which examines the relations between drinking, self-efficacy to abstain, and use of coping behaviors during alcoholism treatment.

Communications: Christina Hatt recently obtained her LGPC and obtained her M.S. in Clinical Psychology at Loyola College in Maryland in 2008 and is currently in the CAS Program. Christina hopes to obtain her LCPC in 2010 and open her own practice working with adults and families. She enjoys traveling and spending time with her friends and family.

Convention: Lauren Brierley is in her 3rd year of the PsyD program at Loyola College in Maryland and is currently an extern at the Towson University Counseling Center. Following graduate school, she hopes to work with children doing both therapy and testing, and eventually open her own practice. In her free time, she likes to cook, spend time with friends & family, and visit her hometown of Boston.

Convention: Lauren Chandler is a 3rd year Psy.D. student at Loyola College in Maryland. She obtained her M.S. in Clinical Psychology in 2008 and is currently a neuropsychology extern at the Baltimore VA.

Convention: Kate Della Porta is pursuing her doctorate in psychology at Loyola College in Maryland. She is currently in her 3rd year and works with children on the autism spectrum. Kate enjoys assessment and therapy and hopes to do both throughout her career. She always cheers for the Red Sox!

Diversity: Crystal Kannankeril is currently in her 3rd year in the PsyD program at Loyola College in Maryland. Her clinical interests include working with adolescents and adults in both therapy and assessment settings and her dissertation focuses on the use of music as a coping mechanism for adolescents. Crystal enjoys photography, traveling with her family, and dancing.

Membership: Dana Lau is a 4th year graduate student at Loyola College in Baltimore, Maryland and is looking to obtain her doctorate degree in Clinical Psychology in 2010. After school is completed, Dana would like to continue to work in the hospital setting and possibly open up her own private practice. She enjoys playing sports and spending time with her friends and family.

Membership: Kei Takahashi is a 3rd year student in the PsyD program at Loyola College in Maryland. As Membership Co-Chair he is working towards creating a diverse membership base that is representative of the Maryland and DC graduate student population. His externship for the year will be at the Loyola Counseling Center where he works with young adults, and his interests include advocating for self care and researching the negotiation of personal boundaries between one's work and non work domains.

"The curious paradox is that when I accept myself just as I am, then I can change,"
Carl Rogers

MEET THE FACES OF THE MPAGS BOARD



Back Row (from Left to Right): Lauren Chandler, Kate Della Porta, Linda Jones-Herbert, Crystal Kannankeril, Preston Greene, and Christina Hatt.

Sitting (from Left to Right): Dana Lau, Melina Capalidi, Kate Morris, Lauren Brierley, and Kei Takahashi.

How MPAGS got its start...

"When I was President of MPA in 1995 I saw a need to create a vehicle for graduate students to become involved in professional activities,"
Dr. Jeffrey Barnett

Maryland Psychological Association was founded in 1956. Beginning in 1957 until 1996, there were informal meetings involving graduate students in MPA. During the early 1990's, when Loyola College in Maryland professor, Dr. Jeffery Barnett was President of MPA, he saw an opportunity to allow graduate students to develop leadership and professional skills. In a recent correspondence, Dr. Barnett shared that he "saw a need to create a vehicle for graduate students to become involved in professional activities."

In 1996, Dr. Jeffrey Barnett and other MPA members, created the MPA Graduate Student Committee as an ad hoc committee. Within this year, this committee had its first annual internship fair and students began to author/co-author brief articles in *The Maryland Psychologist*. Students also began attending MPA meetings and served as monitors for continuing education events.

In 2002 the MPA Board of Directors unanimously approved the creation of MPAGS and the first MPAGS board was elected.

In 2003 the first Chair assumed their position as a full voting member of MPA's Board of Directors and the first annual MPAGS Convention took place. In 2006 the MPAGS Undergraduate Mentoring Program began.

Most recently, in 2007, Dr. Barnett nominated MPAGS for the APAGS Award for Outstanding State, Provincial, or Territorial Psychological Association of the Year. In addition, in order to recognize the professors and other prominent figures that help mentor graduate students, the Annual Mentoring Award was created by MPA. Previous recipients include, Dr. Matthew Kirkhart and Dr. Jen Lowry.

Currently, MPAGS has over 130 psychology graduate students as members and MPAGS Board Members continue to serve on MPA and APA boards and committees. Our undergraduate mentoring program has also doubled and we have increased the amount of legislative and other psychology related activities and programs. Overall, MPAGS continues to grow as an opportunity for leadership and professional development.

"MPAGS has developed into the leadership organization that I had always envisioned,"
Dr. Jeffrey Barnett

ACTIVITIES & UPCOMING EVENTS

Ψ **MPAGS Convention**: This is a great event that provides useful internship information and insightful workshops. All students are encouraged to attend this event! This will be held in the spring and details will be provided in future newsletters...however...

SAVE THE DATE:

MPAGS CONVENTION:
Saturday March 28th at
Loyola in Columbia!!!

Ψ **Undergraduate Mentoring Program**: This is available to undergraduate psychology students who are looking for guidance and suggestions from graduate students. This is a great way to begin networking and to get all of your questions answered! Please contact: Crystal at: Crystal.Kannankeril@gmail.com if you have any questions OR you would like to be a mentor!

Ψ If you are interested in attending any **Legislative Meetings** contact Linda Jones-Herbert at Jones5@umbc.edu or Preston Greene at greenep1@umbc.edu

TOP TEN REASONS TO JOIN MPAGS!!

1. Discounts on MPA/MPAGS events including annual MPAGS Convention and Internship Fair.
2. Publication Opportunities.
3. Leadership Role Opportunities.
4. Networking with other professionals and students.
5. Involvement in legislative initiatives.
6. Membership on the MPAGS and MPA listserv
7. It is EASY and only costs \$25, which is a one time only fee!
8. Yearly email renewal
9. Benefits that last your entire graduate student career.
10. It is a great way to expand on your passion for psychology.

"Those who have a 'why' to live, can bear with almost any 'how,'"
Victor Frankl.

On a Last Note...

Ψ If you are a student member of MPA, then you are a member of MPAGS!!!

Ψ If you are not a member, you can find an online application at:

www.marylandpsychology.org/MPAGSmembership

Ψ To Learn more about MPAGS please visit:

www.maylandpsychology.org/MPAGS

Ψ If you have any general questions about MPAGS please email Kate Morris at Kemorris@loyola.edu

Ψ Please attend our TWO Diversity Presentations: These will be GREAT EVENTS!!!

*Take Advantage
of this
Opportunity!!*

*Get involved!!!
Your ideas and
input can make
a difference!!*

Maryland and DC Graduate Students!

We are now entering the 2nd phase of our membership drive. The numbers from the first wave have come in and things are looking great! BUT, we'd love to have more. We have ambitious goals for the year, and hope that we can get all the psychology graduate student in the Maryland and DC active!

As many of you know by now, the new member lottery has grown to a **\$40 gift certificate** due to the generous contribution of Dr. Barnett. This is a great selling point to discuss among your friends, but DON'T FORGET that you are also eligible to win just for talking to people. Here's what you do:

- STEP 1: Talk to your friends about signing up and tell them to go to <http://www.marylandpsychology.org/MPAGSMembership.htm>
- STEP 2: Send an e-mail to katakahashi@loyola.edu letting me know who you talked to. Give me the name of the person and the school they are attending.
- STEP 3: Wait around for the prizes. If any of the names you forward me end up signing up, you get another chance at winning!