

THE SELF MONITOR

The Official Alumni Newsletter of the Psychology Department
of the State University of New York at New Paltz

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Edited by Dr. Glenn Geher (geherg@newpaltz.edu) &
Dr. Karla Vermeulen (vermeulk@newpaltz.edu)

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Message from the Department Chair, Dr. Jonathan Raskin

The last year and a half have been challenging, to say the least. The coronavirus pandemic has affected all of us. Now that we are returning to campus in the fall, the Department of Psychology is looking forward to teaching our students again in person. Everything may not be business-as-usual but hopefully we can approximate a “regular” semester and get back to interacting with one another as an academic community.

But the pandemic has not stopped the industriousness of our faculty and students. Allow me to share a small sample of their many accomplishments this past year. These are impressive in their own right, but deserve an extra “hurrah” given the circumstances under which they were achieved.

- MS Psychology Alum Melissa Greiser ('19u, '21g) was accepted to the University at Albany Social Psychology Doctoral Program
- Dr. Glenn Geher, Professor of Psychology, was recently recognized for his long-standing work in supporting SUNY New Paltz alumni by the SUNY New Paltz Alumni Association.
- Dr. Giordana Grossi gave an invited talk on at the annual Young European Scientists (YES) Meeting focused on challenging claims of “inherent” sex differences in scientific ability.
- Kirsten (Rowe) Pagan ('03 undergraduate, '08 graduate in Psychology), Student Engagement Analyst at Binghamton University, co-presented virtually at the 2020 Assessment Institute hosted by IUPUI (Indiana University-Perdue University).
- SUNY New Paltz Psychology faculty had two APA Division Presidents: Dr. Jonathan Raskin served as president of Division 32, the Society for Humanistic Psychology, and Dr. Amy Nitza served as president of Division 49, the Society for Group Psychology and Group Psychotherapy.
- Numerous undergraduate and graduate students were recognized for their academic performance as Students of Excellence and Outstanding Students, and 22 were inducted into the Psy Chi honor society for psychology students. See page 10 for the complete list of honorees.

Congratulations to our faculty and students for these accomplishments. For more stories about our faculty and students, check out our online news blog at <https://hawksites.newpaltz.edu/psychology>.

I look forward to the 2021-22 academic year. Although we return to campus with some understandable trepidation, I look forward to engaging with students and colleagues in person once again. I know we will support one another as we move back into the world together. If you are an alum, please keep in touch. Let us know what you are doing these days. We always are excited to hear from you.

Warmly,
Jonathan D. Raskin, Ph.D.
Chair, Department of Psychology

p.s. Would you like to support faculty and student teaching and research initiatives during these trying times? Check out the “Donate Now” button on the Department homepage:
<http://www.newpaltz.edu/psychology>

Faculty & Student Publications

Does triggering learners' interest with humor or other ploys make them overconfident? Yes, according to Melissa Greiser (MA, 2021), Andrew Perry (MA, 2018), and Dr. Corwin Senko, who provided the first evidence of this surprising drawback of interest in an article published in the *Journal of Educational Psychology*.



Prof. Senko



Prof. Geher

A team from the SUNY New Paltz Psychology Department that included an alumna, current students, and a faculty member recently published a paper titled **Personality Correlates of COVID-19: Extraversion Kills** in journal *Personality and Individual Differences*. This work was first-authored by Vania Rolon, an alumna of our Master's Program in Psychology (2017) and a current PhD candidate in psychology at Brunel University. Professor Glenn Geher along with recent Masters Students, Jennifer Link (2021) and Alex Mackiel (2021) served as equally contributing co-authors. This work is the first work to find evidence for a personality trait as predictive of acquiring COVID. Relatively sociable adults, in both UK and US samples, were more likely to have tested positive for COVID relative to others.

Read the article here:

<https://www.sciencedirect.com/science/article/pii/S019188692100369X?fbclid=IwAR1uzt-igkl3xw9XFFnZcdvffzzudUqXcl838KEFXW9UA0q386AHwKhClaY>

Recent undergraduate psychology alumna Annie Sung's honors thesis on the evolutionary psychology of social estrangements was recently published in the peer-reviewed *EvoS Journal*. Using a sample of more than 400 young adults, this work found that individuals with borderline personality tendencies were fully (and significantly) estranged from more individuals in life compared with others. Annie will start in the Masters of Social Work at Stony Brook University in Fall of 2021. The honors thesis committee for this work included psychology faculty members Glenn Geher and Matthew Wice, both named co-authors on the paper.

Sung, A., Geher, G., & Wice, M. (2021). Predictors of social estrangements. *The Journal of the Evolutionary Studies Consortium*, 9(1), 14-24.

Read the article here: <https://evostudies.org/wp-content/uploads/2021/05/Sung-et-al.-Vol9Iss1.pdf>

Faculty & Student Publications

Psychology Associate Professor and Institute for Disaster Mental Health Deputy Director Karla Vermeulen's (Psychology MA alum, 2005) third book will be published in August 2021 as part of the Oxford University Press Emerging Adulthood Series. *Generation Disaster: Coming of Age Post-9/11* is an in-depth examination of the multiple stressors that shaped the developmental environment for today's emerging adults in their youth, and as they now take on adult responsibilities in an unprecedentedly complex world. Those stressors include all of the societal changes that occurred in the United States after the attacks of September 11, 2001, as well as other threats like the increase in school shootings and other human-caused disasters, worsening natural disasters and concerns about the future due to climate change – and now the global pandemic. The omnipresence of social media amplifies these issues and heightens political divisiveness, while the difficult job market, growing wealth gap between rich and poor, and burden of student debt makes many emerging adults doubt they'll ever find a satisfying career, be able to start a family, or buy a home.



As a result, many are stressed out and pessimistic about their futures, yet others are flourishing despite all of the challenges they face. *Generation Disaster* provides a detailed look into the many forces that are shaping this cohort of emerging adults, drawing on quantitative and qualitative research – some conducted using the SUNY New Paltz student body as participants – and including extensive quotations that allow its members to speak for themselves to counter the negative stereotypes older people often perpetuate about them.

Dr. Vermeulen's undergraduate and graduate student research team members over the past few years provided instrumental insight as she developed surveys and analyzed the results, including Melinda Campo, Erin Einhart, Angie Estrella, Danielle Finer, Emily Kramek, Tristien Perez, Becky Shea, Kelsey Valencia, Jack Salend, and Melissa Blankstein.

Learn more about the book and share your own story at www.GenerationDisaster.com



THE END OF THE WORLD AS WE KNOW IT?

Inequality, Injustice & Trauma
During the COVID-19 Crisis

SPRING VIRTUAL EVENTS

In March 2021, Professors Jon Raskin and Karla Vermeulen participated in one of the College of Liberal Arts and Sciences yearlong panel discussions on the diverse impacts of the pandemic. Dr. Raskin addressed "The Coronavirus in Context: A Guide for Coping," while Dr. Vermeulen drew on her book research to present on "Welcome to Adulthood!: Coming of Age During a Pandemic." You can watch the complete discussion here:

<https://hawksites.newpaltz.edu/psychology/archives/1189>

Psychology Alumni Profiles

We always love to hear what our former students accomplish after they leave SUNY New Paltz! Here are updates from several – and next we want to hear from you. Please send your news to geherg@newpaltz.edu, vermeulk@newpaltz.edu, or raskinj@newpaltz.edu to be included in next year's newsletter and in our online news blog: <https://hawksites.newpaltz.edu/psychology/>, which is updated frequently.

Name: Delores Elliott

**New Paltz degree: BA in Psychology,
Minor Studio Art and Black Studies, 2004**

Email: Kiddel20@yahoo.com

**Current position: Senior Rehabilitation Therapist and
Certified Nursing Assistant**



I have been working at Johns Hopkins Bayview Hospital for the past 10 years. For the last five years, I have worked as a Senior Rehabilitation Therapist. I also work part-time as a Certified Nursing Assistant. Since getting my master's in School Counseling, I am hoping to transition into that field.

In August of 2000, I started my academic career at the State University of New York at New Paltz. Months before starting college, I never dreamed about going to college. My upbringing did not say college material. I was living in the city housing in Brooklyn NY. I was the third of seven children. My mother was just happy that we were making it through high school. I had experienced so much adversity because of my environment from, drugs, violence and other social issues.

When I first started at SUNY New Paltz, I was afraid that I didn't belong. Summer orientation and the Educational Opportunity Program (EOP) changed all that. That orientation made me feel comfortable. It put me around people who came from the same environment as me and people who genuinely supported my education.

I just wrapped up my Masters of Science in School Counseling from Capella University in June 2021. My experience at New Paltz provided me with possibilities. It provided me with a vision outside of where I came from. Once I finished my bachelor's at New Paltz, I felt confident in my ability to go further in my education. It also provided me with a support system that continues to stay in my life long after my New Paltz days, such as Rita Celeraiste, who was a beacon. I also am thankful that I made one of the best decisions during college in joining Sigma Gamma Rho Sorority.

Obtaining my Masters was not easy. I started in 2015 in hopes of being done in three years. I continued to work a full-time job and a part-time job to support myself. During my education, I ended up getting married and made the decision to have a baby. The baby was born at 23 weeks gestation, 17 weeks early with a less than 5 percent chance of life. Five days later my mother lost her battle with cancer. I took two years off to take care of my son who spent 172 days in the hospital before coming home; all while dealing with the death of my mother. Here was another shot at overcoming adversity. So I went back to finish my degree.

In so many ways, SUNY New Paltz provided me with the opportunities and skills needed to handle all of these life challenges that have come my way. In the future, I simply say this: Bring it.

Psychology Alumni Profiles

Name: Dalia Thaler
Degree: BA in Psychology, 2021
Email: daliathaler@gmail.com
Current Position: Donor Specialist and Birth Doula

My New Paltz education as a Psychology student was more than I could have imagined. I made friends through sharing values in helping others, conducted research, and had fun taking classes that gave me a better understanding of the human experience. Following graduation I began working as a Donor Specialist for the New York Blood Center. I will be working in the Hudson Valley/New York City region at Blood Drives collecting life saving blood donations. Hospitals have an Emergency need for blood donations to save lives, with the worst shortage in decades due to the pandemic. I am excited to be working for an organization that is so critical in saving lives every day. I also work as a Birth Doula and I will be attending my first birth in July. Doulas are experts in comfort measures for labor and the physiology of birth. After months of reading and trainings via Zoom I am anxious to support my first birth. Within five years I plan to attend graduate school for a Masters in Nursing in the Midwifery specialty. I'll miss New Paltz, but I'm not too far to visit for outdoor concerts on the weekends. I've had the most incredible professors and I'll never forget what I've learned in classes both on campus and online. I had so much fun as a Psychology major at and I'm excited to see how other Psychology graduates contribute to a more compassionate future.



Name: Emily Fox
Degree: BA in Psychology, 2021
Email: emillyfox99@gmail.com
Current Position: PsyD student at Adelphi University

After graduating from New Paltz in May of 2021, I will be attending Adelphi University in the fall to begin a five-year PsyD program for School Psychology. I am thrilled about this new experience! I know that all of the knowledge and skills I have amassed during my career at New Paltz will benefit me tremendously. I was a softball student-athlete at SUNY New Paltz and cherish the time I had representing the school while playing the sport that I love.

My educational experiences at New Paltz have provided me with a foundation of knowledge and confidence in my abilities to pursue a career as a school psychologist and earn my doctorate. Professors like Dr. Glenn Geher, Dr. Greta Winograd, Dr. Matthew Wice, and Dr. Corwin Senko taught psychology classes that further solidified my passion for the subject and inspired me to join the field in a profession that I know I will love. I learned a broad range of perspectives and theories in addition to building wonderful relationships with my professors and peers during my time as a psychology student at New Paltz. I cannot say enough great things about the psychology department at SUNY New Paltz and I know my future success will be a result of the knowledge and skills I acquired as an undergraduate student.

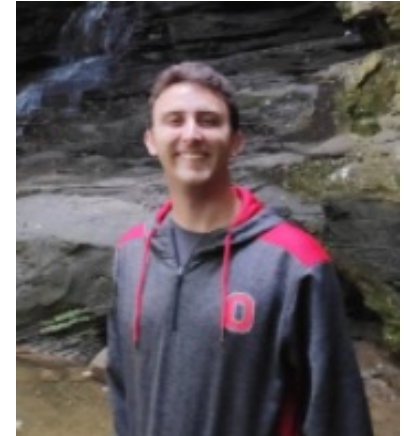
Psychology Alumni Profiles

Name: Andrew Perry

Degree: MA in Psychology, 2018

Email: perry.2221@buckeyemail.osu.edu

Current Position: Fourth-year doctoral student in educational psychology at The Ohio State University



Hello all! I honestly cannot believe that it has been three full years since I graduated from SUNY New Paltz. For those who do not know me, my name is Andrew Perry, and I am a proud graduate of the (at the time) MA program in psychology! The two years I spent in New Paltz are times I treasure endlessly, and I am thrilled to provide you all with an update about how I am doing. There certainly is a lot to tell, and for those that interacted with me during my time in the program, you already know I am rarely at a loss for words. 😊

Upon graduation from SUNY New Paltz, I was admitted into the educational psychology doctoral program at The Ohio State University in Columbus, OH. I am now entering my fourth year in the program. My advisor is Dr. Shirley Yu, whose work consists of examining the academic motivation and self-regulated learning of underrepresented minority college students in STEM fields. We are currently involved in an interdisciplinary effort with the physics education program at OSU studying the achievement and retention of undergraduate physics students from an educational psychology perspective. I am also involved in projects with Dr. Eric Anderman and Dr. Christopher Wolters. My work with Dr. Anderman involves the study of academic integrity in higher education, with special emphasis on the motivational mechanisms behind why students decide to cheat in college courses. My work with Dr. Wolters revolves around students taking a learning to learn course designed to foster self-regulated learning strategies such as effective time management, metacognitive awareness, and adaptive help-seeking from peers and teachers.

All of these research efforts have been complimented by my appointment as a graduate teaching associate. I taught two sections of educational psychology 1259, the learning to learn course that Dr. Wolters bases his research on, from Fall 2018 to Spring 2020. For this past academic year, I taught two sections of educational psychology 2309, which is an introductory educational psychology course for pre-service K-12 teachers. I have gained invaluable experience as a college educator from these teaching appointments.

As I write this update to you all, I am less than a week away from starting my comprehensive exams, which will last the entire summer and will determine my eligibility for doctoral candidacy (wish me luck!). With the completion of these exams, I will be entering into the final phase of my program, the doctoral dissertation! Here is where my experiences at SUNY New Paltz have come full circle. My master's thesis was on the impact of academic motivation on the achievement of first-generation college students. I am proud to say that this is still my primary area of study! I have threaded my interest in first-gen students into all of the projects I discussed previously and intend to make it the central focus of my dissertation. Specifically, I intend to examine the role of community college enrollment and transfer on the academic motivation and self-regulated learning of first-generation students to see if attending a community college prior to enrolling in a four-year university acts as a buffer against systemic barriers to achievement and retention that first-gen students typically face. This work was inspired by my master's thesis, which makes the role of SUNY New Paltz in my current academic life nothing short of pivotal. I am also proud to report I have published two articles with faculty in the psychology department since my departure. The first was with Dr. Maynard using a computer simulation to invoke environmentally sustainable decision-making and was published in *Social Indicators Research*. The second and most recent was with Dr. Senko, my wonderful advisor, on how making college course material artificially interesting may hinder achievement by causing overconfidence. This paper will soon be published in the *Journal of Educational Psychology*, which is an APA tier 1 journal and is the flagship journal in the field of educational psychology! As can be clearly seen, SUNY New Paltz got me to where I am, and for that I am forever grateful. I miss you all and wish you the best going forward. As Dr. Senko would say, cheers!

Psychology Alumni Profiles



Name: Milena da Silva Guimarães

Degree: BA in Psychology and minor in Mediation and Conflict Resolution

Email: mileguimaraes10@gmail.com

Current Position: Research assistant and intern in the Applied Psychology Service, the clinical counselor from Pontifícia Universidade Católica do Rio de Janeiro

I usually say that Psychology has chosen me rather than I have chosen Psychology. I like saying this because I am not able to explain the feeling of belonging to this field. I was enrolled at the major in Education, but still in the first semester Psychology seemed to be the right way to go.

I study at Pontifícia Universidade Católica do Rio de Janeiro (PUC-Rio), Brazil. In my university, we study Psychology for 5 years, and I was in my second year when I decided to apply for a study abroad experience. After doing some research, SUNY New Paltz seemed to be a great option for me. I have been dreaming about studying abroad my entire life and the application process in Brazil is very demanding, so I was extraordinarily happy when I was approved.

When I first enrolled at SUNY New Paltz I had no idea how amazing that life experience would be. I had the opportunity to take incredible courses, such as Psychology of Women, Physiological Psychology, Psychology of Adjustment, and my favorite one, Evolutionary Psychology. These courses have shown me new contents and possibilities. Also, in SUNY I was able to work part-time as a conversation partner, taking part in the Romance Language Community and the International Students Union, doing volunteer work, and taking Karate classes. I have never imagined living all these experiences in one semester. I can say that SUNY has transformed me. It has exceeded all my expectations and allowed me to pursue big steps in my career.

Since I came back to Brazil, I have been working as a research assistant in a neuroscience lab. In 2020 I received a full scholarship for the course Leading Digital Transformation, from MIT Professional Education. Currently, I am in the last year of college and working on my final thesis about gifted students' behavior. In addition, I am working as a clinical psychologist in the Applied Psychology Service, the counseling center from PUC-Rio, and I keep working as a research assistant. I intend to apply for a master's abroad and pursue an academic career. I feel very grateful for what SUNY New Paltz and the major in Psychology have taught me. I do hope I can become a good professional and, why not, go back to SUNY someday.

Name: Abbey (Kurtz) Longyear

Degree: BA in Psychology, minor in Evolutionary Studies, 2011

Email: abbeylongyear@gmail.com

Current Position: Chief People & Culture Officer at New Women New Yorkers and Director of People Engagement & Experience at National Debt Relief

I am currently working in a full-time capacity as the Director of People Engagement & Experience at National Debt Relief (NDR). NDR is a great company staffed by an incredible team dedicated to our mission of helping people across the country facing overwhelming debt. While our team members take care of clients throughout their debt relief journeys,

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I work with the People Team (HR) to make sure that our employees are engaged, motivated and fulfilled by their day-to-day work. A particular focus for my team in the last 1.5 years throughout the pandemic has been to create engagement opportunities for a newly remote workforce that are rooted in increasing connections and communication for our team members.

Additionally, I also currently work part time as the Chief People & Culture Officer for [New Women New Yorkers](#) (NWNY). I became involved with NWNY just when it was starting out in 2014 after working abroad at a center for asylum seekers and refugees. NWNY has grown into a deeply impactful nonprofit organization that provides free workforce development programs, and other programming, to empower immigrant women seeking employment or higher education. We offer safe spaces for immigrant women to share their stories and build community. In my role at NWNY, I work with the CEO & Founder to build a team of employees and volunteers to ensure the smooth functioning of our organization, create processes and policies to support our growth, and partner with our employees and volunteers to action our mission and live our values internally and externally.

SUNY New Paltz introduced me to the Psychology Department and to the EvoS Program which both equally informed my desire to learn and discover truths about human behavior and motivation. I was able to participate in research labs and peer counseling opportunities which made a huge impact on how I understand the world today. Outside of academics, I worked as an RA for 3 years in Scudder Hall, known then as the international residence hall. It was living there with students from around the world that inspired me to move abroad after graduation and constantly seek diverse communities of support. I also worked as a Welcome Center Greeter and Evolutionary Studies Program Assistant where I had the honor to advise prospective and current students in student life and academics while sharing my love of New Paltz. SUNY New Paltz holds a very special place in my heart and I am grateful to have received such a stellar education, made incredible friends, and learned from inspiring mentors. This has all helped shape who I am today.



Name: Brianna Fitapelli

Degree: BA in Psychology, 2021

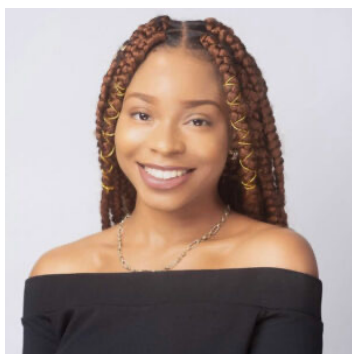
Email: briannafitapelli@gmail.com

Current Position: Clinical Research Coordinator at Manhattan Psychiatric Center and graduate student

I am currently on track to become a paid employee at Manhattan Psychiatric Center (MPC) where I have been coordinating an experimental research study for the past year. Also, I am starting a graduate program to obtain my Master's in General Psychology at Columbia University before applying for PhD's in clinical psychology in the fall of 2021. I am where I am today because of the guidance I received throughout the duration of my time at SUNY New Paltz. While

there, I was able to find my current position at MPC, join two faculty research labs, present at numerous academic conferences, and complete my first thesis. The mentorship and knowledge I received along the way prepared me for the rigorous yet rewarding journey of becoming a doctor of psychology. Thank you, SUNY New Paltz and faculty!

Current Student Activities



Psychology student **Toni-Ann Adrian** was selected to receive a Herman Memorial Scholarship for the Fall 2021 semester. Toni-Ann is a Brooklyn native and a rising senior at SUNY New Paltz, where she majors in Psychology with a double minor in Disaster Studies and Black Studies. Being passionate about mental health and social justice, Toni-Ann aspires to help bridge the gap between underrepresented communities and mental health education and services. She hopes to become a clinical psychologist with her own practice.

This scholarship was created in honor of the memory of Dr. David Ovenden Herman, who was a statistical psychologist with a distinguished career in the development of well-known aptitude tests, among them the Stanford-Binet scales, the Miller Analogies Test, and the Wechsler Intelligence Scale. Dr. Herman was a 1950 graduate of Haverford College, received his master's in psychology from Columbia University in 1951, and his doctorate in industrial psychology from Ohio State University following his service as a U.S. marine during the Korean conflict. At the sunset of a career that spanned five decades in intelligence test research and development, he continued his work as a part-time consultant on intelligence testing for the New York City Board of Education until the summer of 2015. With his life partner of forty-seven years at his side, Dr. Herman passed away at the age of 86 in September 2015.

According to the scholarship committee, Toni-Ann was selected for this award on the basis of her application essay on the merits/contraindications of standardized testing, and her statement of interests, which indicate the kind of compassion and concern for society that characterized Dr. Herman himself. Congratulations, Toni-Ann!

Undergraduate Class Project Leads to Academic Publication on the Human Social-Emotional Experience

In Professor Glenn Geher's Advanced Research in Evolutionary Psychology class of Fall, 2019, students worked in collaboration to develop multiple research projects. One of those projects, primarily designed and written up by students in the class, has just been published in the peer reviewed *EvoS Journal*. Students in this class, who were all undergraduate students at the time, all have co-authorship on this article, titled **Betrayal,**

Outrage, Guilt, and Forgiveness: The Four Horsemen of the Human Social-Emotional Experience. Students on this project include (in order of authorship), Amelia De Jesus, Michele Cristo, Miriana Ruel, Danielle Kruchowy, Kelly Nolan, Aliza Santos, Cody Wojszynski, Ann Marie DeBonis, Nicole Elyukin, Sydney Huppert, Ed Maurer, Bailey Spackman, Adrianna Villegas, Keri Widrick, and Victoria Zezula.



Congratulations to Our Psychology Students on these 2021 Accomplishments!

Spring 2021 Psi Chi Inductees: Danielle Albetta, Alison Robert-Louche, Katherine Ogando Aquino, Brooke Birkel, Kamil Hankour, Teresa Kiernan, Joy Alfandre, Alyssa Caramanica, Elina Lopez, Alexis Smith, Adele Massaux, Ryan Quinn, Sophie Gross, Sky Wilson, Sarah Fisher, Courtney Mulkins, Jessica Rodriguez, Rebecca Pasternack, Audrey Heyen, Christian Jordan, Sera DuBois, Ching Yee Cherry Au

Spring & Summer 2021 Psychology Students of Excellence

Those marked with an asterisk were also nominated for the the President's Outstanding Student Award

Undergraduate:

Amber Aguilera
Rachel Barbato
Paige Blayne
Jasmine Carmelitano
Lindita Cela
Rebecca Costanza
Gianna Damato
Nicole Elyukin*
Sarah Fisher
Brianna Fitapelli*
Emily Fox
Nicole Gluckman
Anthony Gonzalez*
Kamil Hankour
Christian Jordan
Emily Llewellyn
Talia Munoz
Taylor O'Connor
Katherine Ogando Aquino
Lisette Palomo
Sophia Poznahovska
Dalia Thaler
Michael Viscovich
Madeline Zambri

Graduate:

Mental Health

Counseling
Taylor Heilman
Brooke Hines
Deirdre Malinske*
Emily Passik
Andrew O'Meara

School Counseling

Heather Karsenty
Ashlee Power*
Abigail Smith

MS Psychology

Melissa Greiser
Jennifer Link*
Alexander Mackiel



Like so much in 2021, our end of the year awards ceremonies had to be held remotely – but that didn't dim the faculty's pride in our graduating students. Organized by Awards Committee Chair Dr. Maryalice Citera, a lovely virtual ceremony recognized our Students of Excellence, including descriptions of each student's talents provided by the professors who worked with them most closely. You can watch the ceremony at: <https://hawksites.newpaltz.edu/psychology/archives/1222>



The 2021 Alumni Reunion will feature a combination of in-person, hybrid, and virtual events. Sign up here to receive details about the alumni reunion as soon as they are available:

<https://www.newpaltz.edu/reunion-2021>

What are YOU up to? Please send your news to geherg@newpaltz.edu, vermeulk@newpaltz.edu, or raskinj@newpaltz.edu to be included on the department website and in next year's newsletter.

And you can follow department news at any time in our online blog: <https://hawksites.newpaltz.edu/psychology/>