



General Meeting Minutes

2016 February 16 conducted from 8:30-9:30 p.m. EST in the WCPC Adobe room

Meeting called by Paulina Erices, President
Type of meeting Monthly General Meeting
Facilitator Paulina Erices, President
Note taker Caitlin Moore, Secretary

Attendees: Paulina Erices, Beth Fahey, Annah Jensen, Dr. Judith Withrow, Caitlin Moore, Darryl Aiken, Fitzroy Lewis, Holly Reed, James Olson, John Casiello, Sherri Childs, Thomas Peters

Advisors: Dr. Judith Withrow

Officers: Paulina Erices, Beth Fahey, Caitlin Moore

Agenda topic *Dr. Withrow's Presentation on Positive Psychology* | Presenter *Dr. Judith Withrow*

Discussion Positive psychology was started in the 1990s. Psychology had been based on the weakness model until that point, but positive psychology focused on strengths instead and is similar to humanistic psychology. Some people refer to positive psychology as the "study of the good life", but it is more than the study of happiness. It also has an active learning approach with principles that can be applied to your own life. Dr. Withrow has revised the course, and it is entirely different than what students experienced a year ago. Positive psychology career options are very diverse. You don't necessarily go to graduate school for positive psychology, but instead go for one of the other options (I/O, clinical, school, etc). From there, you would find a positive psychology niche within that. It can be applied to therapeutic interventions with the psychologist working to enrich the patient's life and help them find fulfillment. A positive psychologist can also teach or apply the principles to the workplace with I/O psychology. Studies have found that things such as gratitude, optimism, and self-esteem have strong correlation with happiness; number of friends, religion, and marital status have a medium correlation; having children, education, social status, and physical attractiveness have a weak correlation with happiness. Writing down three good things that happen each day is a good way of increasing gratitude. Being mindful of the moment and enjoying the journey rather than just the destination leads to a greater appreciation of life. If anyone has an interest within this field, there are master's programs in positive psychology. UPenn has a good program for this and paid research positions. There are a few positive psychology PhDs, but it is more common to obtain a PhD within another subfield and find a niche for positive psychology. Beth asked if there is a correlation between emotional intelligence and positive psychology. Dr. Withrow explained that it is more important to have a well-adjusted child rather than have one that is achievement oriented, like a child that is a valedictorian.

Agenda topic *Website Updates* | Presenter *Paulina Erices, President*

Discussion & Conclusion Shana could not be with us tonight, so Paulina presented on her behalf. Shana has added several new updates to the club page (<http://sites.psu.edu/wcpc/>), including an about page, a section on current U.S. mental health legislation, and current events within the club. A virtual 5K marathon has also been organized for April, and more information will soon be posted on the Facebook page, website and e-mail. Everyone is welcome to join in.

Agenda topic *Social Media Updates* | Presenter *Beth Fahey, Vice President*

Discussion Our new social media coordinator, Jillian, also could not be here today, but has provided us with an update in her stead. We now have a twitter page for our club (<https://twitter.com/psuwpc>) and our own hashtag, #PSUWCPC. Jillian is also working on a club Facebook page and an Instagram account. She is running a #meetyourofficers and #meetyourmembers initiative over the next few weeks so we can all get to know each other a little better.

Conclusion Anyone wanting to participate in #meetyourmembers can e-mail Jillian at jep5505@psu.edu with a picture of themselves taken against a solid background. Please also let her know what has been your favorite course so far, strongest area of interest in psychology, what is your current location, and what you do for fun.

Agenda topic *Mind Over Matters Newsletter* | Presenter *Paulina Erices, President*

Discussion Anushri is our new Mind Over Matters editor. The deadline for the next edition is February 26 for anyone interested in writing an article for it.

Conclusion Anyone interested in writing can e-mail Anushri at MindOverMatters@gmail.com.

Agenda topic *Updates to Constitution* | Presenter *Paulina Erices, President*

Discussion Our membership has grown to over 600 members, and our Constitution was in need of some changes to define membership and quorum. Shana, Andrew, Mary Kay, and Darryl have been working on updates to the Constitution and have drafted a document that will be sent out to all members for review. Four major changes have been made to the original Constitution. Firstly, quorum has been redefined from 1/3 of members to a majority of the officers and regular members present. Secondly, a section has been added for appointed officers and the section for elected officers has been made more specific. A clause has been added that allows for appointed officers to become elected officials, but not vice versa. Thirdly, active membership is now defined as either a full or part-time student who attends at least one meeting every three months and one activity every three activities. Inactive members will be considered associate members. Fourthly, the power to create new elected officials has been added. There is also discussion to add the website and membership coordinator as elected officials.

Fitzroy thinks that an incentive to communicate will encourage membership and participation. Simple questions about interests would be a good start at fostering communication.

Conclusion The new Constitution will be e-mailed out to all members and a vote will be held at the next meeting to approve it. The club is hoping to file the final document for approval with Penn State's Student Affairs in April.

Agenda topic *Psi Chi's Research Conference* | Presenter *Paulina Erices, President*

Discussion Psi Chi will be holding a research conference on April 11th from 2:30 to 5pm EST. The conference will be online and open for anyone to join. It is free of charge, and students can submit their own research projects and proposals.

Conclusion More information can be found at <https://sites.psu.edu/wcpsichi/2016-psi-chi-research-conference-information/>. Applications for research submissions will be due on Tuesday, March 15th. If anyone is submitting a project for the conference, let the club know!

Agenda topic *Brain Awareness Week* | Presenter *Annah Jensen, Member*

Discussion The Dana Foundation will be having a brain awareness week in March. It raises awareness for neuroscience and brain research, and the goal is to potentially plan something so the club can get involved. Paulina suggested organizing a small group similar to the one drafting the new Constitution to plan something out.

Conclusion Annah and John will have more information to give to members in the coming weeks. You can also visit <http://dana.org/baw/> for more details and contact Annah (aqj5247psu.edu) if you are interested in participating.

Agenda topic *Open Floor* | Presenter *All Members*

Discussion Jim Olson was the winner of the door prize.

Thomas suggested having an orientation packet available for new members of the clubs to help them get a better idea of the layout and encourage greater participation. Dr. Withrow said we are hoping for the membership coordinator to organize something like this. As I have taken over the secretary position, there is now a vacancy for the membership coordinator position. Fitzroy and Sherri expressed interest and had questions regarding the specifics of the position. There isn't any specific job description, and the coordinator will be able to create some of their own job duties. The original plan after the Constitution has been revised and accepted would be to create a Google Doc survey to send out to members in order to take a tally of membership.

Thomas suggested brainstorming for some participation projects that could be joined through remote interactions. Fitzroy and Thomas were interested in more information on writing for our newsletter. Annah explained that there is not a specific word limit or topic to write about, and the primary interest is just getting more writers to participate in the newsletter. The deadline is the last Monday of the month.

Paulina mentioned that our most active hub is the Facebook page. There have been 900 people who have visited in the last two months, so our goal is to keep it active and updated.

Helpful links

Research Information: <http://sites.psu.edu/psylec/research-information-for-undergraduate-world-campus-students/>

WCPC Blog: <http://sites.psu.edu/wcpc/>

WCPC Meeting: <https://meeting.psu.edu/wcpcmeet>

WCPC FB Group: <https://www.facebook.com/groups/772607952791626/>

Psi Chi: www.psichi.org

Psi Chi FB page: <https://www.facebook.com/WorldCampusPsiChi?fref=ts>

Psi Chi blog: <https://sites.psu.edu/wcpsichi/>

Graphic Restrictions: http://ur.psu.edu/stylemanual/graphic_identity/graphic_identity.html

Next general meeting will be on 15 March 2016 from 8:30–9:30 p.m. EST in our usual meeting space.