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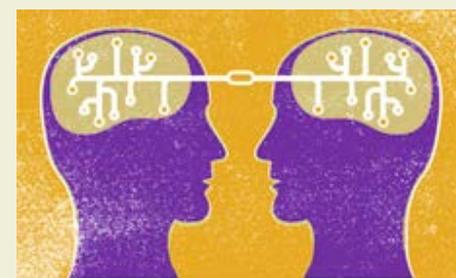
- ▶ **Support the Department**

Welcome from Department Head Keith Campbell

With the semester almost over, it is nice to have a moment to share with you our latest installment of the Psychology e-newsletter. The feedback and reviews we have received on previous issues have been wonderful. Thank you to Erin Colbert-White for all of her hard work to compile news and updates from a very large and diverse group. And thank you, reader, for taking time out to catch up on what is going on here in Athens. The UGA Psychology Department has nearly 12,000 alumni since its beginning. This is one of the largest alumni groups within UGA. We want to be able to reach out to as many of you as possible, and I hope you enjoy learning about the success and achievements of our faculty and students. Please know we'd love to have you visit us if you are ever back on campus.

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Research Spotlight: Philip Holmes

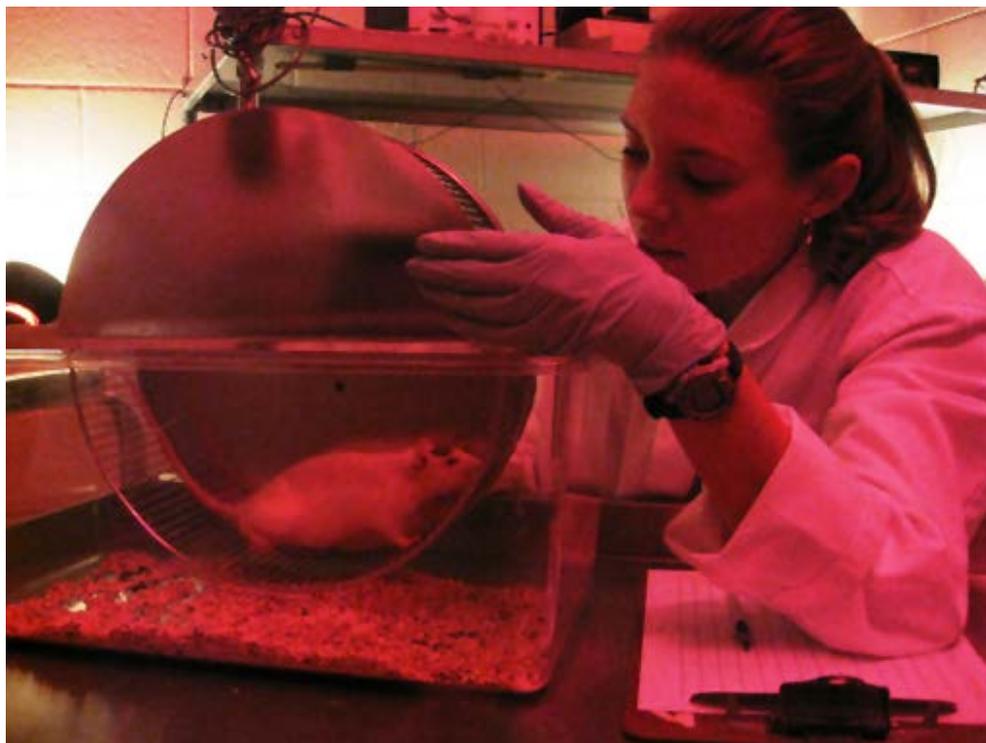


Departmental News

Follow the department on Twitter!
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In September, **Dr. Gary Spurduto** visited campus. Dr. Spurduto is an alumni and friend of the Clinical Ph.D. program, and has very generously endowed a named professorship for the department. Thanks for your support!

After 29 years and one month of service to the Psychology Department, **Sarah Smith** retired from Building Services at the beginning of the academic year. We thank her for all that she has done, and congratulate her on her retirement. To read more about Sarah, navigate to the Fall 2010 archived edition of our



Research in the Holmes lab focuses on the neurobiological effects of exercise and how long term changes in neurotransmitter functions influence stress-related and addictive behaviors. Their experiments involve giving rats access to running wheels or no wheels for several weeks and measuring neurotransmitter levels, gene expression, and behavior. For Holmes and his research team, the interactions between three neurotransmitter systems in particular—dopamine, norepinephrine, and galanin—are of interest because of their roles in stress responses and addiction. Neuroscience Program graduate students Natale Sciolino and Jessica Groves-Chapman (pictured above) are currently testing the hypothesis that galanin regulates norepinephrine to dampen stress. Previous research in the Holmes lab has revealed that exercise dramatically increases galanin gene expression in the locus coeruleus, which is the brain's major norepinephrine system. This discovery suggests that galanin may serve as key regulator of norepinephrine in subjects that are physically active. Such a mechanism may explain not only the anxiety-reducing effects of exercise but also the ability of exercise to decrease the craving for addictive drugs which may be elicited by stress or the drug itself. The project involves a variety of techniques, including stereotactic surgery to implant probes into discrete brain regions, in vivo microdialysis to measure neurotransmitter release in freely behaving rats, and in situ hybridization to measure gene expression. Natale and Jessica are also conducting experiments to determine whether a galanin receptor agonist can alter cocaine-induced norepinephrine and dopamine release in the prefrontal cortex. This research is funded by five-year grant from the National Institute on Drug Abuse.

Another research project currently underway in the Holmes lab examines whether the synthetic ovarian steroids commonly used as oral contraceptives interfere with the effects of exercise on stress responses and neural plasticity. This project is headed-up by Jean Simone, M.D., a gynecologist and graduate student in the Neuroscience Program. Dr. Simone's interest in this topic derives from her clinical experience that oral contraceptives may profoundly alter emotion and cognition in women, which is supported by emerging research literature. Her study focuses on interactions between

newsletter.

Congratulations to psychology alumni **Bill Gentry**. He was recently recognized by the UGA Alumni Association as a Top 40 Under 40 honoree. Out of over 500 nominations, Bill was one of the few to be selected for this prestigious university honor.

Clinical faculty member **James MacKillop** received exciting news that the National Institute on Drug Abuse (NIDA) has accepted his nearly \$3 million grant proposal for his research, "The Genetic Basis of Impulsivity in Humans."

I-O Faculty member **Robert Mahan** received a grant to create a statistical model to help the U.S. Army assess military unit readiness. The research is being sponsored in part by the Army Research Institute in collaboration with Northrop Grumman and the U.S. Army.

Neuroscience Program graduate student **Jessica Groves-Chapman** was awarded the UGA Graduate School's Innovative and Interdisciplinary Research Grant. She used the \$1,000 award to attend a two-week intensive course titled "Biology of Memory" at Cold Springs Harbor Laboratory.

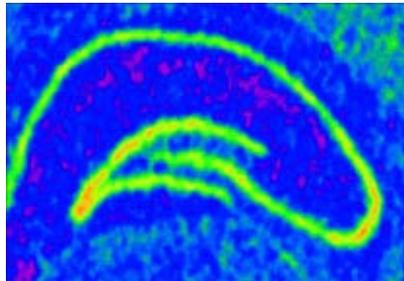
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Faculty Spotlight
Brian Hoffman

the effects of oral contraceptives and exercise on expression of genes encoding galanin in the locus coeruleus and brain-derived neurotrophic factor in the hippocampus.

To read more:

Groves-Chapman, J.L., Murray, P.S., Stevens, K.L., Monroe, D., Koch, L.G., Britton, S.L., Holmes, P.V., & Dishman, R.K. (24 November 2011). Changes in mRNA levels for brain-derived neurotrophic factor after wheel running in rats selectively bred for high- and low-aerobic capacity. *Brain Research*, 1425, 90-97.



Murray, P.S., Groves, J.L., Pettett, B.J., Britton, S.L., Koch, L.G., Dishman, R.K., & Holmes, P.V. (2010). Locus coeruleus galanin expression is enhanced after exercise in rats selectively bred for high capacity for aerobic activity. *Peptides*, 31, 2264-2268.

Reiss, J.A., Dishman, R.K., Boyd, H., Robinson, J.K., & Holmes, P.V. (2009). Chronic activity wheel running reduces the severity of kainic acid-induced seizures in the rat: Possible role of galanin. *Brain Research*, 1266, 54-63.

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Profiles

Staff: Jennifer Messer

After nine years as Director of Development in the Art School, Jennifer recently made the move to Psychology in 2009. Her enthusiasm is contagious as she works with our 11,000+ alumni, traveling across the country to meet with current and potential donors and working to create new funding opportunities. Originally from the suburbs of New York City, Jennifer made her way to Athens for graduate school and has been involved with development at UGA since 2000. Jennifer loves reconnecting with our alumni and developing creative ideas to raise funds for the department. Though she claims to have no hidden talents, and says her funniest stories cannot be repeated in print, she did share that in her spare time she enjoys reading, exercising, and relaxing with her husband and two dogs, Daisy and Hugh. We thank Jennifer who, along with our gracious donors, continues to make the department a source of pride for all of us. If you are interested in supporting the Psychology Department and want to know how to do so, give her a call or email at jlmesser@uga.edu or (706) 542-0068.



Graduate Students: Sean Baldwin and Bonney Reed-Knight

Sean Baldwin (I-O) is one very busy graduate



1. Describe one of your favorite experiences since you moved to Athens.

Gameday Saturdays. Brunch at Mama's Boy.

2. What is the overarching theme of your research?

Quantifying and predicting the ways that employees contribute to organizational effectiveness, with a specific emphasis on evaluating the traits, skills, and behaviors of effective leaders. Practical implications center on identifying leadership potential and leader selection.

3. In one sentence, what makes an effective leader?

Influence.

4. What is something unique about you?

I don't have a cell phone.

5. What is your favorite movie and why?

The Big Lebowski. Because The Dude abides.

6. If you weren't a psychologist, what would you be?

Football coach.

7. What's one piece of advice you can give to undergraduate psychology majors?

Emphasize stats, methods, and measurement in undergrad. These three areas cut across all disciplines of the behavioral sciences and thus, will prepare

student! Currently he is involved with many different projects ranging from an interdisciplinary mentoring meta-analysis, to a longitudinal study examining the moderators of multisource feedback validity. Last year, Sean and faculty member Dr. Brian Hoffman received the Bray Howard Grant which allowed them to study the role that leaders' vision statements (and their followers' ability to restate them) play in explaining the effectiveness of workgroups. Sean has also served as a consultant for HRAnalyst, the United Parcel Service, and the Carl Vinson Institute of Government at UGA. In his free time, Sean enjoys long distance running and teaching. He has been the instructor of records for an Introduction to Psychology course and two semesters of Careers in Psychology, all of which earned great student reviews! Upon graduating, Sean plans to find an applied position as an internal consultant or psychometrician.



Bonney Reed-Knight (Clinical), a native of the northeast Georgia mountains, is a highly active clinical researcher in the Pediatric Psychology Research Lab. Her research investigates predictors of adherence to medication in youth with Inflammatory Bowel Disorder (IBD). She intends for her work to be used to develop treatment intervention plans for adolescents living with IBD. Bonney has been the recipient of many departmental and university awards, including the Georgia Health Sciences University/University of Georgia Student Exchange Award for Excellence in Biomedical Research, the Graduate School's Dissertation Completion Award, and the Achievement Reward for College Scientists. Upon earning her degree, Bonney plans to apply for postdoctoral positions in pediatric psychology, and in the future she hopes to pursue an independent research career, either at a research-focused university or a medical center.

Undergraduate Students: Robert Daniel and Chelsea Rowe

Robert Daniel ('13) is a highly involved psychology and political science double major. In the Psychology Department, Robert assists with research being conducted by Drs. Michelle VanDellen and Keith Campbell. The overarching topics of these studies are the natural development of "friends of convenience" to maintain social groups (VanDellen lab), and the ways by which narcissists navigate their social relationships (Campbell lab). Daniel is also editing two scholarly books with Dr. Morgan Marietta in the Political Science Department. Outside of academia, Robert is highly involved with volunteering. He serves as a Young Life mentor to students at Cedar Shoals High School and has volunteered for the Savannah Mediation Group. This past summer, as part of his on-going involvement with Manna Project International, Robert traveled to Ecuador to teach English and to help with small-business development. Upon graduating, Robert plans to pursue a joint law degree and psychology master's degree. He plans to continue his research on social groups.



you for graduate school regardless of your discipline.

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Coffee News



The Department of Psychology has partnered with Jittery Joe's Coffee to create a new blend we have affectionately named **Freudian Drip**. If you are in Athens, stop by the department to pick up a can. For a \$25 donation to Psychology, you will receive our delicious coffee as a gift. Your gift helps us with funding programs, lectures, scholarships, and travel for students and faculty. If you are out of town, do not fear! You can also order this delicious Viennese roast online at www.jitteryjoes.com. Just scroll through their different coffees until you see our Freudian Drip label. Now you can enjoy your coffee AND support the Psychology Department at the same time!

We hope to also have the coffee available at local Jittery Joe's retail stores early next year.

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History Note

Chelsea Rowe ('11) is a psychology major and child and family development minor who has tailored her college experience to her strong interest in I/O psychology. Currently, she is a member of the Project MERITS III team (headed by Dr. Lillian Eby), an intern for the Turknett Leadership Group, and a writer for *I/O at Work*. In the past, she served as a content analyst for the United Parcel Service and an intern for the United Way of Metropolitan Atlanta. Chelsea is also an active volunteer for the Cottage sexual assault center of Northeast Georgia and was nominated for Volunteer of the Year by that organization. Within the department, Chelsea presented a poster titled, "Multisource Feedback: Is Character a 'Constant'?" at the 2011 UGA Psi Chi Convention and is continuing to research the effectiveness of I-O interventions and the impact of top-level management teams on workplace culture. Upon graduating in December, Chelsea plans to attend graduate school for I-O psychology.

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Support the Department

There are many ways to support the department. Financial contributions are most welcome, but we also appreciate our alumni who give their time to speak to our current students and new graduates by providing advice about careers in specific areas. Thank you!

Make a Donation

The Department of Psychology appreciates your financial support. Every dollar contributed to the department has a direct impact on our students and faculty. Your gift is important to us and helps support critical opportunities for students and faculty alike, including lectures, travel support, and any number of educational events that augment the classroom experience.

For more information about this and other funds in the department, or additional ways you can help, please contact Jennifer Messer, Director of Development, at 706-542-0068 or email at jlmesser@uga.edu. To make a gift online please click [here](#).

Thank you 2010-2011 donors to the Psychology Fund!

(July 1, 2010 – June 14, 2011)

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By Roger K. Thomas



Austin S. Edwards was the only faculty member in the Psychology Department from 1921 until 1932 when **Florene Mary Young** (1901-1994; left) and **Margaret May Zeigler** (1882-1976; right) joined the department's faculty. The addition of Young and Zeigler occurred during the great economic depression when psychology departments were closed at the Georgia State Normal School in Athens ("Normal" referred to teacher's colleges) where Young was teaching and at the Georgia State College for Women in Milledgeville where Zeigler was teaching. Both had M.A. degrees and joined the UGA faculty as assistant (Young) and associate (Zeigler) professors. Young later (1938) earned a Ph.D. at George Peabody College. Zeigler is best remembered for her well researched article on the history of psychology at UGA (1949, *The Journal of Genetic Psychology*, 75, 51-59). Young may be best remembered as director of the Psychology Clinic from 1950-1969. She also served, agreeing to one year only, as department head from 1951-1952 while a search was made for Edwards' replacement. For more about Young, [click here](#).

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Contact Us

Keith Campbell, Department Head wkc@uga.edu
Jennifer Messer, Director of Development jlmesser@uga.edu
Erin Colbert-White, Newsletter Editor colbere@uga.edu
www.psychology.uga.edu



THE UNIVERSITY OF GEORGIA
Franklin College
of Arts and Sciences

Psychology Department, The University of Georgia
Athens, GA 30602 | 706-542-2174
www.psychology.uga.edu