

The FORUM

The Newsletter of the SPSP Graduate Student Committee

Fall 2009

Welcome to the Fall 2009 issue of the FORUM! This edition contains articles that offer ways to get the semester off to a positive and productive start. Anxious about finding time for your teaching responsibilities? Check out our suggestions for balancing teaching and research. Feeling uninspired about beginning another academic year? Our tips for getting into a mindset of productivity will have you smiling in no time. Overwhelmed by your to-do list and looming deadlines? We have some guidelines for setting reachable goals. Interested in learning more about the Summer Institute for Social Psychology? Peruse our report on the activity that took place in Evanston, IL. Those interested in funding and job opportunities will want to browse our listings. We hope that you will find this issue of the FORUM useful. Here's to a great year!

Finding Time to Teach in the Land of Research

A revision is due to the editor, another manuscript needs to be written, data needs to be analyzed, and a grant deadline is approaching. Oh, by the way, classes have already begun and you need to prepare a lecture for tomorrow and design an exam for Friday. One major hurdle for most graduate students is balancing research and teaching, especially in an environment where research is the key to a successful future. As I prepare to teach for the fifth time, I still struggle with this balance. However, I have learned two main things along the way I hope you will find useful.

Organization is the key to success

If you teach, you are most likely a senior student. Therefore, you have already figured out some secrets to being a successful researcher. You now have to find time to teach, and organiza-

tion becomes vital to your success (and health!). Create a set of goals for each day. Write them down before you go to bed and get everything together you will need to accomplish those goals. Then, review these goals when you wake up. Before you leave the house, make sure you have all you need – don't forget anything at home. Then, work on one task at a time without distraction. Close the door, turn off the phone, disconnect the internet and focus on the task. Once you finish one thing, focus solely on the next.

Schedule everything

Scheduling your day will help tremendously, as this becomes essential as a teacher. Your class time is the least flexible, so you should schedule it first. Next, schedule office hours directly after class. Most instructors experience a "teaching

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How to Make 2009-2010 Your Best Year Yet

It's that time again. Instead of mourning the lazy days of summer, we should think of ways to start this year off on the right note. As cliché as this might seem, the most valuable piece of advice my advisor has given me is that graduate school is a marathon, not a sprint. Keeping that in mind, here are a few helpful tips on how to make this next leg of the race the most comfortable and productive yet.

Any good runner will tell you that you need the right equipment so Tip#1 is to make the most of whatever office or laboratory space you have. You spend the vast majority of your time in this space. Those of you with mini fridges and coffee makers in your offices clearly understand what I'm saying. As budding psychologists, you're also aware of the adverse effects of deprivation. Blank walls and limited access to natural light do not a productive student make. Start by getting rid of any clutter because a cluttered office is a cluttered mind. Post pictures of people or places that motivate you. Give in to temptation, enter

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Tips for Successful Goal Pursuit

A new semester is a great time to start thinking about what you plan to accomplish in the coming year and to set some goals for yourself. Goals can help you stay on track in both your personal and professional life, and goal progress has been shown to be positively related to well-being! Here are a few tips that can help you successfully set and pursue your goals.

- Set goals that are specific and measurable. ‘I would like to do more research’ is not precise enough – you need to specify what this implies, like ‘collecting online data from at least 100 participants this semester.’ This can help you see how far you have come, and how much more you have left to do to achieve your goal.

- Good goals are challenging yet attainable. There is no point in setting goals that are too easy or that you are doing anyways, but setting unrealistically high goals is a sure-fire way to ensure that they are not accomplished, and you are likely to become demotivated from lack of progress.

- Set a specific timeline for your goals. Setting a goal of ‘writing up a journal article’ is too vague, and makes it easy to procrastinate. By setting dates by which you plan to accomplish each stage, you can ensure that you will move along towards your goal. It also helps to break up your goals into smaller parts, as it is easier to work on small parts of a project rather than on everything at one time.

- Set goals which are approach- rather than avoidance-oriented. It is easier to see progress when you are moving towards a

goal rather than trying to avoid something, and avoidance-oriented goals make failure more salient. If your goal is ‘to avoid procrastination,’ every instance you procrastinate seems like a failure, whereas if your goal is ‘to get more work done,’ procrastination is just a minor obstacle.

- Make sure that the goals you set are autonomously motivated. Studies show that less effort is used for goals that are pursued because of guilt or external demands. Less effort results in lower success rates, so make sure to set goals that are personally important to you.

- Make implementation plans. Providing specific details of how, when, and where you plan to pursue your goals can help you achieve them. Getting into a routine can also make it easier to pursue your goals.

Finally, remember that goal pursuit requires self-control, and that very few people meet all the goals they set for themselves. So don’t worry too much if you are not able to meet every goal you set for yourself!

By Marina Milyavskaya

Teaching, cont.

high” that takes time to diminish, and productivity can be slim during this time. Last, block off an hour before class everyday to prepare (e.g., review lectures, look up new information or media). Try to get anything else class-related (i.e., grade papers, prepare exams) done during this time as well. Together, completing all of your teaching duties in a small timeframe will allow you to focus the rest of your day on research.

Conclusion

Whether you like it or not, many programs expect graduate students to teach. Therefore, incorporating time for teaching into an already busy research schedule is necessary to maintain productivity and guarantee success. Although this information is somewhat apparent, I hope it will allow you to conquer both teaching and research without sacrificing your future or your health, while still being successful at each.

By Austin Lee Nichols

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Best year, cont.

the office supply store and purchase some stylish office supplies. Whatever you do, make your office a place you feel comfortable in and you'll be a far more productive student.

Training for a big race involves planning and tracking, so Tip#2 is to set goals and devise a way to keep track of when you meet them and when you don't. Purchase a two month wall calendar that you can write on, and write in important deadlines ahead of time. This way you can see what you're working toward. When you can visualize deadlines they are far less likely to haunt your dreams or sneak up on you one Thursday afternoon.

One mistake that new runners make is going out too quickly, too early. Ambition and drive are phenomenal qualities but Tip #3 is to learn to pace yourself. It's hard not to get caught up in the frantic pace of papers and presentations, but this September set yourself up for success by being realistic. You will always have more study ideas than you have time to run them. Don't beat yourself up when things don't go perfectly. Don't measure your success by the accomplishments of those around you because there will always be someone who seems to be doing more than you. Reward yourself for productive days and forgive yourself for lazy ones. Breathe.

By Kathleen Fortune

Nicole Noll served as the Editor of this edition of The Forum.

Camille Johnson created the layout and format.

Job Opportunities

Assistant Professor Position Social Psychology
Boston College, U.S.A.

Deadline: Review of applications begins September 15, 2009

Open-rank position in Psychometrics and Quantitative Psychology
K. U. Leuven University, Belgium

Deadline: September 30th, 2009

Assistant Professor in Industrial-Organizational Psychology
Indiana University – Purdue University, Indianapolis, U.S.A.

Closing Date: Review of the applications will begin on October 1, 2009

Open-rank position for Psychologist to contribute to a departmental initiative on "context and culture."

Pennsylvania State University, University Park, PA

Deadline: Review of applications begins October 1, 2009

Tenure-track position in Social Psychology
Ohio University, Athens, OH

Deadline: Review of applications begins October 5, 2009

Two Tenure-track Assistant Professor Positions
Boise State University, Boise, ID

Deadline: Review of applications will begin October 5, 2009

Junior Faculty Position in Health Psychology
University of Michigan, U.S.A.

Deadline: Review of applications begins October 10, 2009

Tenure-track position in the Department of Psychology
Gettysburg College, Gettysburg, PA

Deadline: Application materials due October 15, 2009

Tenure-track Assistant Professor position in Applied Psychology
Whittier College, Whittier, CA

Deadline: Review of applications begins October 15, 2009

Assistant Professor Psychology
Metropolitan State University, St Paul/Minneapolis, MN

Deadline: October 30, 2009

Tenure-track position in Industrial-Organizational Psychology
Central Michigan University, Mt Pleasant, MI

Deadline: Review of application begins October 31, 2009

Tenure-track faculty in Organizational Behavior
Stanford University, Stanford, CA

Deadline: November 1, 2009 but encouraged to apply as soon as possible

MORE AT <http://socialpsychology.org/forums/jobforum/>

More at www.spsp.org/student.

Funding Opportunities

Two Year Postdoctoral Fellowship

New York University Stern School of Business

Deadline: Review of applications begins immediately

Postdoctoral Fellowship

Univ of Michigan National Centre for Institutional Diversity

Closing Date: November 1, 2009 for September, 2010 start

Harvard Academy Scholars Program

Harvard University, Massachusetts, U.S.A.

Closing Date: October 1st, 2009

Society for the Psychological Study of Social Issues (SPSSI)

The Clara Mayo Grants

In Support of Masters' Theses and Pre-Dissertation Research on Sexism, Racism, or Prejudice

Deadline: October 9th

The Grants-In-Aid Program

Support scientific research in social problem areas related to the basic interests and goals of SPSSI and particularly those that are not likely to receive support from traditional sources.

Deadline: October 16th

Ford Foundation

Pre-doctoral Fellowships for Achieving Excellence in College and University Teaching

Deadline: November 2, 2009.

Dissertation Fellowships for Achieving Excellence in College and University Teaching

Deadline: November 9, 2009

Harry Frank Guggenheim Foundation

Dissertation Fellowships

Proposals from any of the natural and social sciences and the humanities that promise to increase understanding of the causes, manifestations, and control of violence, aggression, and dominance

Deadline: February 1st for the following September

American Psychological Association

Minority Fellowship Program Mental Health and Substance Abuse Services Fellowship

& Postdoctoral Fellowship in Mental Health and Substance Abuse Services (MHSAS)

The American Psychological Association MFP's mission is to increase the knowledge of, and research related to ethnic minority mental health and to improve the quality of mental health and substance abuse services delivered to ethnic minority populations.

Deadlines: Applications are accepted until January 15th of the

year in which support is being sought.

Dissertation Research Award Program

Assist science-oriented doctoral students of psychology with research costs. The current program includes 30-40 grants of \$1000 each; along with several larger grants of up to \$5000 to students whose dissertation research reflects excellence in scientific psychology.

Deadline: Sept 15, 2009

National Science Foundation

The Social Psychology Program at NSF supports basic research on human social behavior, including cultural differences and development over the life span. It supports a wide range of research topics ranging from attitude formation and change, to social cognition and personality processes, to interpersonal relations, and neuropsychological bases of social behaviour.

Full Proposal Target Date: January 15, 2010

SPSP Travel Awards

Graduate Student Travel Award

Each year the Society provides conference travel awards of \$500 per student to 80 graduate students who wish to attend the annual SPSP meeting.

Diversity Fund Travel Awards

Qualified graduate students from underrepresented groups are invited to apply for travel awards up to \$500 to attend the SPSP conference.

Eligible undergraduate students from underrepresented groups are invited to apply for an award that will cover the expense of registering for the SPSP 2009 conference

EAEESP Summer School Stipends

SPSP offers five stipends of up to \$400 in travel costs plus full board, lodging, and registration for eligible students to attend the Summer School of the European Association of Experimental Social Psychology.

LGBTQ Fellowships & Awards

The Joan Heller-Diane Bernard Fellowship in Lesbian and Gay Studies

Supports research by a junior scholar (graduate student, untenured university professor or independent researcher) and a senior scholar (tenured university professor or advanced independent scholar) into the impact of lesbians and/or gay men on U.S. society and culture.

Deadline: November 15, 2009

The Robert Giard Memorial Fellowship

This award will support a directed project, one that is new or continuing, that addresses issues of sexuality, gender, or LGBTQ identity.