To: Fall Mailing Eblast to Eastern Region
Date: October 11, 2021
Subject: Eastern Regional VP Fall Letter

Dear Eastern Psi Chi Chapters,

I would first like this opportunity to introduce myself as I am the Psi Chi Vice-President of the Eastern Region. My name is Jamie Bodenlos, and I am a professor of psychological science at Hobart and William Smith Colleges (HWS) in Geneva, NY. My training is in clinical and health psychology. After my work in establishing a new Psi Chi chapter at HWS in 2014, our chapter earned a model award in 2017. In 2019, I was named the recipient of the Florence L. Denmark Faculty Advisor Award. My work with Psi Chi over the last few years has been extremely rewarding and only fueled my dedication to this organization. I am excited to bring my experiences, knowledge, and enthusiasm to my work as Vice-President of our region. Please feel free to reach out to me at any time for support.

I would also like to thank Dr. Marianne Fallon for her work in this role of Vice-President for the last 4 years. She has been a tremendous asset to Psi Chi and to our region. We were very lucky to have her expertise and leadership.

To say it has been a challenging year and a half for us would be an understatement. Despite these challenges, many of our members and chapters have persevered and have shown incredible resilience. I’m particularly impressed by how many of our chapters have been dedicated to helping others during these difficult times. They are role models to all of us. To point out just a few amazing things happening in the Eastern region:

- Assumption University (MA) participated in a virtual Multiple Sclerosis Walk and raised at least $250 for the Multiple Sclerosis Society.
- Eastern University (PA) wrote letters to senior citizens in the midst of pandemic loneliness and hosted a self-care week for the campus.
- Fordham-Lincoln Center (NY) hosted virtual webinars on various topics and their connection to psychology.
Marywood University (PA) created an online resource for students titled, “Graduate School in Psychology and Counseling,” and also hosted a food drive to combat food insecurity on campus.

New Jersey City University (NJ) virtually hosted Dr. Rita Obeid to discuss autism spectrum disorder stigma, diagnosis, and treatment across American and Lebanese cultures.

Rochester Institute of Technology (NY) hosted Dr. A. Eleanor Chand-Matzke for a talk concerning gender, the media, and body image.

Quinnipiac University (CT) organized a panel of alumni discussing their post-graduate work and studies in the social sciences field.

The College of New Jersey (NJ) led a panel of distinguished psychologists who specialize in differing fields related to diversity and individuals of minority groups.

Towson University (MD) sent virtual Valentine’s Day cards to Gilchrist Hospice Center.

Continue your good works representing Psi Chi both within and beyond your campus communities!

Congratulations are in order:

- Ten chapters within our region received Model Chapter Awards! Here are the recipients: Assumption University, Eastern University, The College of New Jersey, Quinnipiac University, Marywood University, Trinity Washington University, Towson University, University of Buffalo, SUNY, Rochester Institute of Technology, and Wilkes University.

- Edwin B. Newman Graduate Research Award: James Dunlea (Columbia University)

- Psi Chi Undergraduate Scholarship: Lauren DiFatta (Loyola University Maryland) and Jennifer Xue (University of Pennsylvania)

- Psi Chi Graduate Scholarships: Julia Brau (Southern New Hampshire University) and Cassondra Lyman (SUNY University at Buffalo)

It’s always a good time for a membership drive! And it’s been made so much easier for advisors by the new individual membership processing options. Read more on that HERE.

- Start your membership drives now! By recruiting members early in their academic career, your chapter will have year-to-year continuity among officers and members and can plan more exciting activities. We want all
eligible students and faculty to know about Psi Chi and the lifetime benefits of membership. Further, we want to celebrate diversity and inclusion within our membership.

- Do you know how many eligible students for Psi Chi actually become members in your chapter? Set a goal of increasing your membership rate by reaching out to students who are eligible but have not yet joined Psi Chi. Learn what their obstacles are and brainstorm how you as a chapter can help remove barriers to membership.

Celebrate 92 Years of Excellence!
On September 4, 1929, the Psi Chi charter was officially signed at Yale University, thereby bringing together the first 11 chapters of our Society! Since then, Psi Chi has expanded tremendously, with 1,150+ chapters located around the globe! Take a few minutes to review the timeline of Psi Chi.

There are so many interesting facts. For instance, did you know that the very first research award was granted in 1950 for $150 to Walter Barbe of Baylor University? Check out the timeline for more information.

EPA in New York City
The annual Eastern Psychological Association (EPA) convention will be held at the at the Marriott Marquis in New York City, March 3–5, 2022. Proof of a COVID-19 vaccination will be required to enter the EPA convention and is also required in all NYC restaurants.

In addition to information about the convention, I would also like to draw your attention to the statement from EPA on systemic racism and information on how the Board of Directors at EPA is addressing issues of inequality in the organization.

- Poster/paper submissions are due November 15, 2021. Submissions for undergraduate sessions are due December 1, 2021. Let’s do that again! And if you want some tips on submitting a top-notch abstract, have a look at this article in Eye on Psi Chi.
- If you are a student, Psi Chi member, and first author, you are eligible to apply for a Regional Research Award (due at the same time as EPA submissions). The portal will close on December 1 at 11:59 p.m. EST. Be sure to review the criteria for Regional Research Awards. If you win an award, we will honor you (and your mentors!) at a special breakfast. In addition to presenting your research at your assigned EPA session,
the lead author on the award-winning submission will deliver a 2-minute “data blitz” describing their main purpose, methods, key findings, and implications.

- The Eastern Regional Steering Committee is hard at work planning sessions to enrich your professional development and help you network within and across chapters. There’s so much in store for you at EPA!

Grants and Awards Watch
Psi Chi offers more than $400,000 in annual awards and grants for undergraduates, graduate students, and faculty. A few relevant grants with deadlines coming are:

- Undergraduate Research Grant due October 15
- Graduate Research Grant due October 15
- Unrestricted Travel Grants due December 5

Are you planning a field research study in social psychology? Consider applying for a field research grant ($1,500 with a $500 stipend for a faculty sponsor).

- Robert Cialdini/Psi Chi Undergraduate Research Grant for Field Research in Social Psychology

Diversity Resources
Are you looking for ways to support and harness diversity on your campus, in your community, or within your Psi Chi chapter? Please visit the Psi Chi diversity resources. You will find diversity shorts on YouTube, special funding opportunities for grants and awards in work related to diversity, and opportunities to get involved in multicultural research or connecting with international chapters. In addition, there are several links to diversity content and a toolkit (from USC) on how to facilitate discussions on identity, power, and privilege within a group setting.

Looking for a Fund-Raiser?
Consider a T-shirt drive! It is a wonderful way to promote group cohesion and to “advertise” your Psi Chi chapter on campus and beyond. Imagine waves of chapter-centric Psi Chi T-shirts swelling throughout EPA! If you are thinking about a T-shirt drive, be sure to consult the Psi Chi Branding Guide.

Stay Connected and Keep Informed!
Follow us on Twitter @PsiChiEast! Like and follow the Eastern Regional Facebook page to keep up to date about happenings in the Eastern
Region. We would love to include pictures from your chapter’s induction ceremonies or other activities! Hosting an undergraduate conference? Send information to me via email and I will post it!

Please feel free to email me (easternvp@psichi.org) with any questions. I’m looking forward to another wonderful year with Psi Chi!

Jamie S. Bodenlos, PhD
Psi Chi Eastern Regional VP
Hobart and William Smith Colleges