There's Snow Place Like State College

You step outside and find yourself surrounded by snow, Cold, white, and glittery, everywhere you go.

You ask yourself, where am I? How did I get…HERE?
Alas, fellow grad student, lend me your ear,
And I'll tell you a tale you'll find ever so dear.

The place is State College, and it is a magical town,
Filled with life-long scholars (and their coffee), when you take a look around.
If you long for rigor, books, and the academic way,
Look no farther than Central PA.

And if you are worried that spring will never come,
And you find yourself holed up in your office saying, “ho-hum,”
Fear not, for just around the bend,
Comes April, and with it, winter's long-lost end.

And always remember, when you're looking for reprieve,
Penn State is filled with friends who want to help you achieve,
And that there's no creature on earth that has us more miffed
Than that groundhog Phil, the rodent meteorologist.
What’s Good to Eat in State College?

**India Pavilion**

*Type of food:* Indian food! Vegetarian and non.

*Recommended by:* Ali D., Briana S., Jon R., Rachel K., and everyone who loves Indian food.

*Located at:* 222 E Calder Way

---

**Faccia Luna**

*Type of food:* Brick Oven Pizza and various Italian dishes. Also, CANNOLIS.

*Recommended by:* Ali D., Briana S., Brian C., Lauren P., Kameron M., Kristine B.

*Located at:* 1229 S Atherton St

---

**Big Bowl**

*Type of food:* NOODLES, stir fry, fried rice

*Recommended by:* Cindy W., Rachel K., Kristine B.

*Located at:* 418 E College Ave

---

**Saints Cafe**

*Type of food:* Mostly amazing coffee, cappuccinos, and chai lattes, but also muffins, quiche, and sandwiches.

*Recommended by:* Amanda G.

*Located at:* 123 W Beaver Ave

---

**The Original Waffle Shop**

*Type of food:* AMAZING breakfasts! (They also serve lunch)

*Recommended by:* Jinshil, Rachel K., Kristine B.

*Located at:* 1229 N Atherton St., 1610 W. College Ave.

*Extra Info:* Only open until 3pm, VERY crowded on football weekends, but the line moves fast!

---

**Happy Valley Brewing Company — NEW!**

*Type of food:* Pub food, salads, sandwiches, great appetizers, locally brewed beers

*Recommended by:* Katie B.

*Located at:* 137 Elmwood St, State College

---

**Further recommendations:** Fraser St. Deli (109 S Fraser St); American Ale House (821 Cricklewood Dr); Fuji Jade and Garden (418 Westerly Pkwy); Maria’s Pizza (202 N Water St., Bellefonte); Kimchi Korean Restaurant (1100 N Atherton St); Farmer’s Markets (Locust Lane, Tuesdays and Fridays May through November); Chopstick Express — authentic Chinese (134 E College Ave)
Why did we choose Penn State HDFS?

Most importantly, I knew I would get an excellent education with plenty of research experience and methodology training. I felt comfortable here and knew that I would have many options for my career, whether I decided to go to a research university, teaching college, or non-academic position.

~Rebecca Madill

Penn State HDFS has an incredibly deep pool of rigorous research projects and interdisciplinary training opportunities. I came here to learn from the brightest faculty and my brilliant and driven peers.

~Ali Doub

Penn State has a large HDFS program with better than average funding and lots of opportunities for research. They seem to encourage collaboration with multiple faculty members and interdisciplinary research, which I found appealing.

~Brian Calhoun

The amazing program, faculty, and opportunities.

~Jon Reader

The people, the supportive community, students, and my advisers. I don’t think you’re going to find a nicer academic crowd. And the METHODS.

~Rachel Koffer

The reputation of the program is outstanding

~Lauren Bangerter

The professors care about teaching their students.

Also, the prevention work that is done here is innovative and forward-thinking.

~Kristine Bova

I chose Penn State because of the collaborative atmosphere and the strong training you are given here, especially in methods.

~Brandon McDaniel

There are so many opportunities and the department culture is very welcoming and friendly.

~Emily Waterman

A big part of my decision was the fact that the HDFS program at Penn State had such a tight knit community of graduate students. I could really see myself as part of the group when I was here for admissions weekend.

~Kameron Moding

The rigor of the program will better prepare me to the job I desire upon graduation.

~Jenny Padilla

Interdisciplinary approach to my research interests, great faculty, and beautiful surroundings.

~Jinshil Hyun

Great prevention science program and interesting projects to get involved in.

~Deirdre Katz

Top program in HDFS, world-class researchers doing amazing, cutting-edge work, supportive, fun department atmosphere.

~Jacinda Li

My family lives here and I love this area for hiking. And of course, the methods training.

~Aaron Miller

Prevention focus, mindfulness interventions

~Kami Dvorakova

The faculty are world-class in their respective fields. The methods training can’t be beat. The atmosphere also is welcoming, collaborative, and non-competitive since we’re all guaranteed funding.

~Briana Sprague

I chose Penn State for the variety of research opportunities available, the strength of the methods courses, and the camaraderie of the students.

~Lauren Philbrook

The program offers great training in methodology and there are a lot of resources for people interested in prevention.

~Yunying (Annie) Le
Fun in State College

Who says you can’t have fun in grad school? Apparently we love costumes and pumpkins and animated movies as much as any 5-year old.
Favorite winter break activities!!!

I went home to Maui and got to spend lots of time hiking and surfing and relaxing on the beach. ~Lauren Bangerter

Climbed a mountain in California! ~Megan Maas

I saw my college friends a lot and met new kitties ~Katie Bamberger, 4th year

I went to Disneyland with all of my in-laws, which was awesome since I got to see my nieces’ and nephews’ faces when they saw the characters they love. This is quickly followed by leisure reading in my fat pants. ~Briana Sprague, 2nd year

An Urban Adventure Quest in Denver! It is like the TV show Amazing Race where you solve puzzles and answer questions with a team. The questions/clues are online and there are scavenger hunts in a lot of U.S. cities. Anyone want to do the one in Washington DC!? ~Kameron Moding, 4th year

Lot of skiing! ~Emily Waterman, 2nd year

Enjoyed Christmas with my brothers. Notice the angel is above my head, not theirs. ~Jon Reader

I went to Naples, Florida with my partner during the “arctic vortex.” We also met up with Julia (3rd year, HDFS) and her husband in Baltimore for a fun night out. ~Ali Doub, 2nd year

I tried pineapple moonshine at a wedding in Kentucky. ~Aaron Miller

Went to Florida to visit family ~Amanda Griffin, 2nd year

Sleep, eat, not work :) ~Kami Dvorakova, 1st year

Went on an overnight snowshoeing trip with my daughter, Clodagh (Mt. Ranier in the background!) ~Deirdre Katz, 3rd year

Snowboarding ~Jacinda Li

Went to Florida with my family. Saw manatees. Called Kristine from our balcony looking at the ocean. ~Rachel Koffer

Watch movies and NBA games with my boyfriend (we also went to LA during Christmas for the game against Miami Heat!!) ~Annie Le, 1st year

Relax ~Jenny Padilla, 2nd year

Enjoyed Christmas with my daughter...it was her first time at the movie theater! ~Brandon McDaniel, 4th year

Lot of skiing! ~Emily Waterman, 2nd year

Sleep, eat, not work :) ~Kami Dvorakova, 1st year

Went to Florida with my family. Saw manatees. Called Kristine from our balcony looking at the ocean. ~Rachel Koffer

Went to Florida to visit family ~Amanda Griffin, 2nd year

An Urban Adventure Quest in Denver! It is like the TV show Amazing Race where you solve puzzles and answer questions with a team. The questions/clues are online and there are scavenger hunts in a lot of U.S. cities. Anyone want to do the one in Washington DC!? ~Kameron Moding, 4th year

Enjoyed Christmas with my brothers. Notice the angel is above my head, not theirs. ~Jon Reader

I went to Naples, Florida with my partner during the “arctic vortex.” We also met up with Julia (3rd year, HDFS) and her husband in Baltimore for a fun night out. ~Ali Doub, 2nd year

I tried pineapple moonshine at a wedding in Kentucky. ~Aaron Miller

Went to Florida to visit family ~Amanda Griffin, 2nd year

An Urban Adventure Quest in Denver! It is like the TV show Amazing Race where you solve puzzles and answer questions with a team. The questions/clues are online and there are scavenger hunts in a lot of U.S. cities. Anyone want to do the one in Washington DC!? ~Kameron Moding, 4th year

Enjoyed Christmas with my brothers. Notice the angel is above my head, not theirs. ~Jon Reader

I went to Naples, Florida with my partner during the “arctic vortex.” We also met up with Julia (3rd year, HDFS) and her husband in Baltimore for a fun night out. ~Ali Doub, 2nd year

I tried pineapple moonshine at a wedding in Kentucky. ~Aaron Miller

Went to Florida to visit family ~Amanda Griffin, 2nd year

An Urban Adventure Quest in Denver! It is like the TV show Amazing Race where you solve puzzles and answer questions with a team. The questions/clues are online and there are scavenger hunts in a lot of U.S. cities. Anyone want to do the one in Washington DC!? ~Kameron Moding, 4th year

Enjoyed Christmas with my brothers. Notice the angel is above my head, not theirs. ~Jon Reader

I went to Naples, Florida with my partner during the “arctic vortex.” We also met up with Julia (3rd year, HDFS) and her husband in Baltimore for a fun night out. ~Ali Doub, 2nd year

I tried pineapple moonshine at a wedding in Kentucky. ~Aaron Miller

Went to Florida to visit family ~Amanda Griffin, 2nd year

An Urban Adventure Quest in Denver! It is like the TV show Amazing Race where you solve puzzles and answer questions with a team. The questions/clues are online and there are scavenger hunts in a lot of U.S. cities. Anyone want to do the one in Washington DC!? ~Kameron Moding, 4th year

Enjoyed Christmas with my brothers. Notice the angel is above my head, not theirs. ~Jon Reader

I went to Naples, Florida with my partner during the “arctic vortex.” We also met up with Julia (3rd year, HDFS) and her husband in Baltimore for a fun night out. ~Ali Doub, 2nd year

I tried pineapple moonshine at a wedding in Kentucky. ~Aaron Miller

Went to Florida to visit family ~Amanda Griffin, 2nd year

An Urban Adventure Quest in Denver! It is like the TV show Amazing Race where you solve puzzles and answer questions with a team. The questions/clues are online and there are scavenger hunts in a lot of U.S. cities. Anyone want to do the one in Washington DC!? ~Kameron Moding, 4th year

Enjoyed Christmas with my brothers. Notice the angel is above my head, not theirs. ~Jon Reader

I went to Naples, Florida with my partner during the “arctic vortex.” We also met up with Julia (3rd year, HDFS) and her husband in Baltimore for a fun night out. ~Ali Doub, 2nd year

I tried pineapple moonshine at a wedding in Kentucky. ~Aaron Miller

Went to Florida to visit family ~Amanda Griffin, 2nd year

An Urban Adventure Quest in Denver! It is like the TV show Amazing Race where you solve puzzles and answer questions with a team. The questions/clues are online and there are scavenger hunts in a lot of U.S. cities. Anyone want to do the one in Washington DC!? ~Kameron Moding, 4th year

Enjoyed Christmas with my brothers. Notice the angel is above my head, not theirs. ~Jon Reader

I went to Naples, Florida with my partner during the “arctic vortex.” We also met up with Julia (3rd year, HDFS) and her husband in Baltimore for a fun night out. ~Ali Doub, 2nd year

I tried pineapple moonshine at a wedding in Kentucky. ~Aaron Miller

Went to Florida to visit family ~Amanda Griffin, 2nd year

An Urban Adventure Quest in Denver! It is like the TV show Amazing Race where you solve puzzles and answer questions with a team. The questions/clues are online and there are scavenger hunts in a lot of U.S. cities. Anyone want to do the one in Washington DC!? ~Kameron Moding, 4th year
The HDFS department is full of creative people. This is evident in their innovative research but also in their efforts outside of the laboratory. One event that showcased the creative talents of the HDFS department was the Studio|Lab Sci-Art Grad Collab. The Sci-Art Collab was a way to get graduate students from programs across the university together and to work on projects at the intersections of their discipline. Seven 3-person, sci-art teams consisting of scientists and artists worked throughout the fall semester, sharing their research and insights, eventually producing pieces that were exhibited in the Borland Gallery on campus. We were also lucky to have the support of faculty from HDFS and the College of Arts & Architecture, with faculty acting as mentors to the students.

The teams came up with some really interesting pieces. One team, which Lu and Mengya from our department were on, translated data from the Hamilton Adolescent Family Project into wind chimes (see the above image)! Working with a graduate student in creative media, variables such as parent-child closeness, adolescent age, and family conflict were translated into the type of metal used, the length of the strings, etc. As a result of the translation, families with different levels of conflict sounded differently, differences the gallerygoers could hear by running their hands along the rows of the wind chimes.

Another project involved the newsletter’s very own Kristine! Working with a sculptor and an art education student, Kristine collected data about different aspects of identity on social media sites. The team crafted an interactive, multi-media piece that explored the construction of one’s online identity. The project is still going. Check in with Kristine to find out how you can contribute data to this project!

Rachel’s group’s project connected numerical and graphical data to photographs all depicting emotional reactivity to various stressor types, including stress from work, finances, interpersonal tensions, and health. The project was projected onto 3 panels where strings tied around the subject’s fingers in the photos were animated to become the lines on the graphs.

Brandon’s group used a location-sensing device that tracked the amount of time that people spent at different locations in the gallery. Lauren’s group developed an app for use with Alzheimer’s patients and their caregivers to help them recall information more readily through visual stimulation of family photos.

**Art/Science/Fun/Creativity**

**Studio-huh?**

Studio|Lab is a trans-college/trans-institute initiative, co-directed by our department’s very own Prof. Nilam Ram, that facilitates the development of interdisciplinary teams and tools. While the activities of Studio|Lab have pervaded the campus (and beyond!), a lot of the magic happens at 16 Borland. It’s an open space that houses students from HDFS, computer science, art, engineering, and the list goes on. Out of this melting pot comes a variety of projects which you can check out on studiolab.psu.edu.

Check out more details and photos of the collaborations at sciartgradcollab.weeby.com.
As a result of our work during the Grad Collab, the wind chime team and I got to attend the a2ru Emerging Creatives conference at Stanford that took place at the end of January. Students from all disciplines, at universities across the country, with interests in crossing creative boundaries and actualizing collaborative projects attended the conference. The conference focused on providing us with the tools to develop, execute, and sustain interdisciplinary, collaborative projects which involved hearing from experts but also working throughout the conference in groups to work on projects ranging from re-envisioning the adolescent prison experience to creating an app that told you how many micromorts (risk units measuring a one-in-a-million probability of death) you had accumulated at the end of the day! We heard from people working in industry as well as academia and it was great to see that the skill set we learn during our studies here is appreciated in a whole other sector of industry.

While there, we met up with Mr. Interdisciplinary himself, Prof. Nilam Ram (see pic below!), who is currently working at the Center for Advanced Study in the Behavioral Sciences - which is basically camp for geniuses, and were given a grand tour of Stanford.

One of my favorite projects to date was when our department made a video about adolescent brain development and risk-taking entitled “Emily the risk-taking adolescent” in 3 hours. You can find this on youtube but if you find Emily, Jon, Kristine, Mengya, Rose, and Jenny, I’m sure they would be more than happy to re-enact their roles for you.

Another cool project coming from Studio|Lab, in collaboration with The Learning Factory, involved our very own Prof. Chuck Geier. Prof. Geier worked with a team of undergraduate students from the College of Engineering. The students were tasked with designing a head motion training device to be used in a mock scanner to train participants on how to keep still while in an MRI machine.

Functional magnetic resonance imaging (fMRI) is a prominent tool for examining the workings of the brain. In order to collect usable fMRI data, it is important for participants to remain still. Just like a photograph, head motion in the scanner can cause blurring to the images collected by fMRI. The device is expected to track motion and alert both the participant and the investigatory in real-time when motion exceeds a predetermined threshold. In this way, the device hopes to minimize the problem of in-scanner motion by training participants to know how much movement is too much movement. As you can seen in the image to the left, the device would be worn by participants on the head.
New Faculty: Introducing Lesley Ross and Steffany Fredman

1. Where did you complete your undergraduate and graduate training?
S: I completed my undergraduate work at Amherst College and earned my Ph.D. from the University of North Carolina-Chapel Hill.
L: I completed a BA and a Master of Education at a small public liberal arts school in Alabama, the University of Montevallo. I then continued at the University of Alabama at Birmingham and completed a MA and PhD in Lifespan Developmental Psychology.

2. Where are you moving to State College from?
S: We’re moving from the Boston area. We lived in the town of Milton, which is a suburb just south of Boston.
L: Birmingham, AL

3. What about Penn State’s HDFS program drew you to come work with us?
S: The myriad opportunities for interdisciplinary research collaborations in the areas of military-related trauma, child maltreatment, couple functioning across the lifespan, and military family health are very exciting for me, and I really resonated with HDFS’ lifespan perspective and viewing individuals as nested within interpersonal relationships and social structures (couples, families, extended families, communities).
L: The biggest draw to PSU’s HDFS program was the people. I was really impressed by the faculty and students and am thrilled to have as colleagues.

4. What has been your favorite aspect of your career thus far (from any of your previous positions)?
S: My favorite aspect of my career thus far has been to develop, with my colleague Candice Monson, a couple-based therapy to simultaneously treat PTSD and improve relationship functioning (cognitive-behavioral conjoint therapy for PTSD, CBCT for PTSD). It has been incredibly gratifying to see people who’ve suffered from the effects of trauma for decades (e.g., from child abuse or combat) get better so quickly and to move onto better lives individually and as a couple.
L: My two favorite things are designing new studies and working with people from a diverse background. I have been fortunate to live in and travel to several different countries, and I really enjoy the doors that academia opens in terms of travel and working with people from different backgrounds.

5. What areas of research will you be focusing on here at Penn State?
S: I’m currently working with colleagues at the University of Colorado-Denver and the University of Denver to develop a PTSD-informed couple-based psychoeducation program for combat-exposed active duty service members and their partners in an effort to preemt the development of PTSD and associated relationship problems (relationship distress, divorce, physical and psychological aggression, partner mental health problems and caregiver burden). It will be a hybrid of PREP, a well-established and empirically validated relationship enhancement program, and CBCT for PTSD. Given that I’ve spent the better part of the last decade working to treat the effects of chronic PTSD and relationship problems that go with it, the prospect of preventing these long-term problems is extremely exciting. I’m also very excited about the prospect of collaborating with others involved in the network on child protection and wellbeing to prevent and/or ameliorate the consequences of child maltreatment.
L: I am interested in modifiable factors (such as cognition and physical activity) that predict everyday functioning in older adults. My passion is investigating and designing interventions that help older adults stay independent with a high level of wellbeing. My research is very applied and focuses on everyday outcomes, such as driving, which tends to be of interest to the public and is easy to discuss.

6. What are you most excited about for this semester?
S: I’m thrilled to be back in front of the classroom teaching undergraduates and am very excited to capitalize on research synergies with colleagues in HDFS and outside the department in the area of military family wellbeing and child maltreatment.
L: I am looking forward to teaching Adult Development and Aging. I enjoy teaching and like the interaction with students. I am also looking forward to having time to disseminate research findings from several research projects that were nearing completion in Alabama before I left.

7. Do you have any hidden talents?
S: Ha, I wish!
L: I used to be pretty involved in art—painting and working with clay were among my favorite mediums.

8. What is the best movie you’ve seen in the last year?
S: I’m a little embarrassed to admit the only movies I’ve seen in the last year are Disney princess movies (we have a 4 ½ year daughter). That being said, I definitively enjoyed Frozen the most. We do have plans to see Saving Mr. Banks this upcoming weekend. Mary Poppins was my favorite movie as a child, and it’s going to be fun to see the behind-the-scenes story of how the movie came to be.
L: I really like bad cheesy horror movies. I’ve just recently seen Tucker & Dale vs Evil (2011) which was great. It is not going to win any academy awards, but I thought it was pretty funny.

9. Have you read any great books lately?
S: The last book I read was The Emperor of All Maladies: A Biography of Cancer by Siddhartha Mukherjee. It was a fascinating look at cancer from biological, historical, cultural, and political perspectives and really highlights the way that different mental models can influence the course of medicine and public health.
L: There are books that aren’t related to research?
Community Outreach

We take great pride in the prevention and intervention work we do in the HDFS department. But did you know that our HDFS students take this will to change people’s lives for the better out into the local community in their spare time? Courtney, Alexis, and Jon and Jenny tell us about some of the ways they are making the world a better place!

“During Spring 2013, I became involved with an outreach program initiated by the Center for Healthy Aging at The Village at Penn State (VPS), a local continuing care retirement community. I worked with Dr. Amy Lorek and Amanda Gresh, an undergraduate student in health policy and administration, in providing individual instruction to VPS residents on the use of Skype to communicate with their families. Amanda and I also developed written materials to reinforce learning and to maintain independent use of Skype following our sessions. Informal feedback indicates that residents found their experiences with the program to be very positive and that they have been able to successfully continue using Skype.

As an HDFS graduate student studying adult development and aging, this program was not only personally rewarding but also helped me to understand the potential for Skype and related technology to assist in maintaining and enhancing family relationships for older adults. Additionally, the opportunity to work directly with older individuals in the community was highly beneficial in preparing me to design and implement my own research in community settings.” ~Courtney Polenick

“Jenny and I are the community outreach chairs for this year’s steering committee. We organize activities to get our department out into the community. Examples of recent events include helping with the local food bank, spending time with the elderly at local nursing homes, and putting teams together a 5k run/walk for Alzheimer’s disease. One of my favorite events so far was pumpkin carving at Shaver’s creek (see page) last Halloween. The pumpkins were used to decorate the Halloween trail where kids came to learn about birds and have a fun time.” ~Jon Reader

From Alexis Harris: CALM

Over the past two years, I’ve been coordinating the CALM Study of Educator Wellbeing (PIs: Greenberg and Jennings) in local middle schools. The CALM study involves two main goals: 1. to gain a better understanding of educators’ experiences of stress, social emotional competence, job-related functioning, health, and wellbeing; 2. to test a new yoga-based contemplative intervention designed to promote wellbeing and protect against the harmful effects of stress. I developed the CALM (Comprehensive Approach to Learning Mindfulness) intervention program, and it involves a brief (20-minute) daily (4 days per week) contemplative practice session before the start of the school day. One of the great things about this program is that it’s offered right in the school building to make it convenient for educators to build into their morning routines. The 16-week curriculum explores a new theme each week, and each session involves intention setting, breathing practices, a movement practice, and a relaxation and meditation practice focused on skills/experiences such as present-centered awareness, self-care, lovingkindness, and gratitude. Each session ends by setting a mindful intention for the work day. Our analyses have shown that at post-test, educators in the intervention group have improved relative to those in the control group in indicators of social-emotional functioning, teaching efficacy, health, and wellbeing. It’s been a wonderful experience to work with local educators to explore new ways to support them in their important work, and their response to the program has been quite positive. Rachel Abenavoli, Deirdre Katz, and Kamil Dvorkova are graduate students also working on this project, and our yoga instructors implementing the program are Karla Hudecek and Gaby Winqvist.
Conference Experience

One of my favorite times of the year is when I get to fly off, present the work we do in our lab to our peers, and meet new people. The department provides funding to help you make it to conferences. Last fall I made it to The Society for Neuroscience meeting that was held in San Diego (lucky, right?) and The International Congress for Integrative Developmental Cognitive Neuroscience (in Pittsburgh—otherwise known as the Paris of Appalachia). Below Briana, Emily, and Nicole tell you about recent conferences they attended. ~David

“This past November, I was fortunate enough to go to GSA (Gerontological Society of America) to give my first talk! Originally, I thought I signed up for a poster session. When I double-checked to make sure it was a poster and saw it was a talk instead, I almost choked on my PB&J. Normally, the idea of talking in front of professionals gives me cotton mouth or a bad case of rubbing my stomach during said talk, but thankfully the audience avoided the mad ramblings of a second-year graduate student and uncomfortable belly rubs with intense eye contact. Luckily, I got to practice a few times in front of my lab, SIG (special interest group—health and emotion), and in private. The feedback I got was helpful in constructing a clear, concise, polished talk at the conference.

The conference itself was a who’s who of gerontologists (as the name suggests). I mean, Warner Schaie and I were in the same room! On a more serious note, it’s quite a humbling experience to see all of this new research, some of it in its infancy. There’s a lot of cool research out there, so it’s also a way to get new perspectives and may even help you reconsider the way you examine your own topic of interest. In my case, for instance, I got to see a few interesting talks on sedentary behavior in older adults, which is emerging as distinct from being physically inactive. I also had a bit of HDFS pride, as there were many of our fellow grad students and alumni in attendance, so much that we have an annual Penn State party at the conference.

It was also nice to explore New Orleans itself. The conference site was right near the Latin Quarter, so we got to explore the local cuisine and even some blues music one of the nights. Overall, I’d say it was a wonderful conference and look forward to GSA 2014!” ~Briana S.

“This past September I attended the International Congress for Integrative Developmental Cognitive Neuroscience (FLUX) conference in Pittsburgh, PA. As a first year student, I was so excited to have the opportunity to attend a conference centered on research that I work with in my research lab. My high expectations for the conference were completely surpassed and I was blown away with the research I learned about at the conference; it was amazing to hear about the cutting edge research currently being conducted in developmental cognitive neuroscience! I learned so much (like fetus neuroimaging – something I didn’t even know was possible!) and gained valuable insight in possible research avenues I want to explore. It’s an incredible experience to put a face to the researchers that you become so familiar with in your own research lab. I was motivated to come back to Penn State and hit the ground running with my own research and class work, in awe of the amazing research I had the opportunity to learn about while attending the FLUX conference!” ~Nicole R.

“Last October Rose and I attended the Conference on Emerging Adulthood. This was my first professional conference so I was very excited about it. Some of my highlights included Eva personally introducing us to Prof. Arnett—the founder of the Society for Emerging Adulthood. At the poster session, I spoke with a professor I was citing in my thesis a lot and he really impressed Eva’s lab and our HDFS program. It was great to put some faces to the names I was writing about! And it was great to visit Rose’s home—Chicago. I even got to meet her parents and have my first ever Chicago-style pizza. All in all a great first conference experience.”

~Emily W.
Gra(n)d designs

When it came time to move to State College to start grad school I had few reservations. I had met wonderful people at the admissions weekend and was excited about the research being done in the lab I would be joining. But I had spent the previous year working in a public relations firm, i.e. not living as a poor student! “Where would I live?” I asked myself. “What about my penchant for being surrounded by shiny things? Will I have to compromise my exquisite taste in furnishings and décor when I move to State College?” Upon delving into apartment hunting I was pleasantly surprised and my dreams of living in a color-coordinated living room were resurrected. It turns out that State College has a very reasonable cost of living—especially in terms of rent—so you get a little bit more bang for your grad school buck than you might anticipate. Here I invite you into my living room and tell you how to make your gra(n)d design a reality and where to look for its components. —David

Set the tone of your room with a piece of art. I found this Ludwig Gerstacker at the Goodwill on Westerly Parkway. You can usually find some hidden gems there. Find something with colors you like and pepper your room with those colors. Remember though, it’s not about matching, it’s about complementing.

This lamp is my favorite thing in the room. Dan and I found the base at Goodwill and spent some time looking for the perfect lampshade. Introduce texture into your design by finding a simple but textured lampshade. We found ours up at the local HomeGoods.

Nothing helps you claim your rental as your home as effectively as grabbing a paintbrush and getting rid of the pale colors that greet you when you open most newly rented spaces. Go bold and paint one wall a deep color. This is less work, less expensive, but uber effective. Then introduce some character into your home and break up the bold color by framing some personal artwork. Dan is an amateur photographer and took some shots of State College. We picked up some frames at Michael’s and boom—an interesting focal point is created that breaks up the blue of the wall.

Choosing a couch is one of the hardest things you’ll do in life. It’s usually a purchase that will stay with you for a while and you will spend a lot of time sitting on it. It may even have to double as a guest bed. There are lots of places in State College where you can get good deals on couches. Goodwill has good stuff if you keep a look out and there is a furniture store in the same area if you grow tired of waiting for the perfect couch to materialize. I went with a simple futon from Walmart. It does the job and it also comes in a box—meaning I could pop it into a car (Lauren’s car—thanks Lauren!) and get it into my apartment without fuss or muscles. Always be on the lookout for that throw that will dress your couch and draw color from your art into the room.

In Farming: A Handbook, Wendell Berry says the following about clutter: “Don’t own so much clutter that you will be relieved to see your house catch fire.” Berry is right on point. There are easy ways to keep the things you need on hand but out of sight. Michael’s always has deals on boxes that work perfectly as clutter clearers. Here I decided on a wicker box. It is both functional and aesthetically pleasing, adding some more texture into the room.

I am also a fan of keeping a catch-all bowl nearby so I know where my keys are. There’s nothing worse than being ready to run out to grab the bus and not being able to find your keys. So get into the habit of having a go-to key holder—your 7am self will thank you for it.
Out and about

State College is a beautiful place to live. I try to find time to be outside as much as I can. Here are some of my favorite outdoor places.

**Whipple Dam State Park**

Whipple Lake (bottom left) is a man-made lake about 10 miles from downtown State College. There’s a great sand beach there and a place to swim. It also looks like there are canoes available to take on the lake. A quick wikipedia search tells me that the Pennsylvania Fish and Boat Commission stock the lake with trout which I think is hilarious. I was very thankful for Whipple Lake during the summer. It’s a great way to spend a hot summer day.

**Shaver’s Creek Raptor Center**

There’s an environmental center in State College. They care for birds of prey who are non-releasable - having suffered a permanent injury. No longer able to survive in the wild, the Raptor Center takes care of them and there are programs on the weekend where they educate the public.

We saw Bald Eagles (right), a Golden Eagle, Great Horned Owls, an American Kestrel, a Turkey Vulture, a Red-Tailed Hawk, and more! It’s really worth a trip. The highlight for me was the American Kestrel. When we saw her, she hopped closer to us and then started eating an already half-devoured bird of some sort! She has an interesting background. All the other birds are at the center because of a physical injury. This bird though is here because she was raised by a falconer and imprinted on humans (didn’t realize this occurred in kestrels - super interesting!) and so is unlikely to survive in the wild.

**The Jackson Trail**

State College has a bunch of places to hike and walk. It’s a great way to get away from your computer and take in the sights and sounds of the town. Just a few weeks ago, Brian and I hiked the Jackson Trail. This trail is on top of Tussey Mountain. It’s a 5.6 mile trail, to the end and back, and takes about 3 hours. There are some beautiful sites of State College from above. There’s also a campfire set up towards the beginning of the trail which we hope to make use of once the warmer weather sets in.
Congratulations to Dr. Linda Collins!

Dr. Linda Collins has been awarded the title of Distinguished Professor for her outstanding work in the area of methodology and innovative approaches to optimizing behavioral interventions. We are so honored to have you as part of our department, Linda!

Academic GOALS!!!!

Aaron: Complete candidacy and prepare for comps over the summer
Ali: Line up a summer internship
Briana: Defend my thesis by the end of April
Brian: Make Eric Loken laugh as much as possible in Regression
Jon: Make progress on my Master’s
Kami: Stay healthy!
Amanda G.: My poster got accepted to SRA!
Kameron: Comps in April!
Brandon: Dissertation proposal
Emily: Keep writing that Master’s!
Deirdre: Create my comps list!
Rachel: Keep writing my Master’s
Kristine: Submit a proposal to the Society for Research in Psychopathology Conference; complete the draft of my Master’s by the end of this semester
Jacinda: Two grant submissions, make progress on my Master’s
Jinshil: To start my research and master regression through stats class!
Annie: Start some data analysis and come up with something to submit to a conference!
Megan: Master’s is complete, so this semester is dedicated to coursework and research!
Katie B.: Writing for comps
Jenny: Finish analyses for my Master’s
Chelom: Finish up an article on body image and get it published!