

# PSYCHO? LOGICAL? BULLETIN

December 20, 2002

Volume 1, No. 12

## CONGRATULATIONS JOY!

### Joy Geng has won an APA Dissertation Award!

Join us in congratulating Joy in this recognition of her research.

## HOLIDAY CALENDAR NOTES

### MONDAY DECEMBER 23<sup>rd</sup>

Reduced psychology administrative staff, normal hours

### TUESDAY DECEMBER 24<sup>th</sup>

UNIVERSITY HOLIDAY

All campus offices closed

### WEDNESDAY DECEMBER 25<sup>th</sup>

UNIVERSITY HOLIDAY

All campus offices closed

### THURSDAY DECEMBER 26<sup>th</sup>

Reduced psychology administrative staff, limited hours 9:00am - 2:00pm

### FRIDAY DECEMBER 27<sup>th</sup>

Reduced psychology administrative staff, normal hours

### MONDAY DECEMBER 30<sup>th</sup>

Reduced psychology administrative staff, limited hours 9:00am - 2:00pm

### TUESDAY DECEMBER 31<sup>st</sup>

UNIVERSITY HOLIDAY

All campus offices closed

### WEDNESDAY JANUARY 1<sup>st</sup>

UNIVERSITY HOLIDAY

All campus offices closed

### FRIDAY JANUARY 2<sup>nd</sup>

Most administrative staff return and resume normal hours

## FACULTY CANDIDATE SEARCH BEGINS

The cognitive and developmental groups are searching for faculty candidates this winter. This means plenty of talks to attend!

Below is the preliminary schedule of cognitive search candidates. Please mark your calendars.

### January 16, 4:30 p.m. A51,

James Brockmole

### January 17, 12 noon, 336B,

James Brockmole, brown bag

### January 23, 4:30 p.m., A51,

Sian Beilock

### January 24, 12 noon, 336B,

Sian Beilock, brown bag

### February 3, 4 p.m. A51,

Sarah Creem-Regehr

### February 4, 12 noon, 336B,

Sarah Creem-Regehr, brown bag

**Mr. Brockmole** is completing his studies at University of Illinois. He studies how, in the face of cognitive limitations, perceivers construct and use meaningful mental representations of visual environments.

**Ms. Beilock** is finishing her PhD at Michigan State University. She investigates the acquisition and maintenance of complex skills. Her recent work has examined how high skill level is supported by procedural knowledge.

**Dr. Creem-Regehr** is an Assistant Professor at University of Utah. Her research focuses on the role of motor representations in visual perception of objects and space.

## SHELDON COHEN AWARDED PRESTIGIOUS AWARD FROM THE APS

### 2002 James McKeen Cattell Fellow Award

#### SHELDON COHEN

Carnegie Mellon University

Sheldon Cohen is recognized for his groundbreaking scientific contributions toward understanding the behavioral, cognitive, and physiological effects of social and environmental stress on human behavior and health. The depth and breadth of his empirical work and analytic reviews, and his masterful talent for blending laboratory and field approaches, have had lasting influences on the fields of health, social, and clinical psychology and on the field of behavioral medicine.

Early in his career, Dr. Cohen established his reputation as one of the major figures in environmental psychology, conducting groundbreaking field and laboratory studies of the effects of traffic noise on reading ability and the effects of noise on cognitive function and health in children. His theoretical work on stress and environmental attention helped bridge the gap between environmental and cognitive psychology. Dr. Cohen's early work also established his signature research style—combining masterful field studies to assess relationships among key variables and then using lab research to study mechanisms and establish causal relationships.

Dr. Cohen has also made major contributions toward understanding and conceptualizing relationships between social support and health. His theoretical analyses and reviews have had a major impact on applied social and clinical psychology and behavioral medicine fields, since they helped conceptualize the conditions necessary for social support and social interaction to be beneficial in helping relationships and support groups. Here, he also developed important research instruments to assess and characterize levels of social support and perceived stress, and made important contributions to knowledge regarding the role of social support and social networks in smoking cessation and relapse, and among patients coping with cancer.

Sheldon Cohen's seminal studies of social interaction, stress, and the common cold convincingly demonstrated that stress and social interaction can not only result in immune changes— which may or may not have health effects—but also to important infectious disease outcomes, such as susceptibility to common cold viruses. His work on stress, social support, and susceptibility to infectious disease again displays his signature trademark of masterfully employing both laboratory (experimental) and field studies, and are among the most convincing demonstrations of the interplay of behavior and the immune system in behavioral medicine.

Despite the wide breadth of his research efforts on stress and human health and on other applied human problems, Dr. Cohen's contributions have left a lasting and sustained impact on each of the research domains he has touched. Equally important, he is a beacon of integrity and high standards in our field, who is a generous contributor to the overall well-being of psychology and behavioral medicine. He is also a consummate graduate and postdoctoral mentor and educator, and a generous friend to his many colleagues and collaborators in the field. His many contributions to knowledge regarding important societal and health problems have helped build enduring bridges between the behavioral sciences and medicine.

## NEWS FLASH

### Pittsburgh: It's nicer than you think

Friday, December 20, 2002 Posted: 10:56 AM EST (1556 GMT)

Headline from CNN.com

<http://www.cnn.com/2002/TRAVEL/DESTINATIONS/12/20/pittsburgh.essence.ap/index.html>

"We have found through our research that there is not a clear image of what this region represents," said Laura Gongos, managing director of Burson-Marsteller, the Pittsburgh marketing firm leading the \$200,000 campaign. According to polls by research firm Wirthlin Worldwide, out-of-towners considered Pittsburgh neither "young" nor "hip" and said the city lacked the qualities that make a city "progressive."

DEPARTMENT STEPS UP TO THE MIKE AT ANNUAL HOLIDAY KAROKE PARTY!



# WHERE HAVE ALL THE SYMBOLS GONE?

***Where have all the flowers gone?***  
**Words and music by Pete Seeger**

Where have all the flowers gone?  
 Long time passing  
 Where have all the flowers gone?  
 Long time ago  
 Where have all the flowers gone?  
 Girls have picked them every one  
 When will they ever learn?  
 When will they ever learn?

Where have all the young girls gone?  
 Long time passing  
 Where have all the young girls gone?  
 Long time ago  
 Where have all the young girls gone?  
 Taken husbands every one  
 When will they ever learn?  
 When will they ever learn?

Where have all the young men gone?  
 Long time passing  
 Where have all the young men gone?  
 Long time ago  
 Where have all the young men gone?  
 Gone for soldiers every one  
 When will they ever learn?  
 When will they ever learn?

Where have all the soldiers gone?  
 Long time passing  
 Where have all the soldiers gone?  
 Long time ago  
 Where have all the soldiers gone?  
 Gone to graveyards every one  
 When will they ever learn?  
 When will they ever learn?

Where have all the graveyards gone?  
 Long time passing  
 Where have all the graveyards gone?  
 Long time ago  
 Where have all the graveyards gone?  
 Covered with flowers every one  
 When will we ever learn?  
 When will we ever learn?

***Where have all the Symbols gone?***  
**Words by David Klahr**  
**(with apologies to Pete Seeger)**

Where have all the symbols gone?  
 Long time passing  
 Where have all the symbols gone?  
 Long time ago  
 Where have all the symbols gone?  
 Gone to networks ever one, but:  
 When will they ever learn?  
 When will they ever learn?

Where have all the goal stacks gone?  
 Long time passing  
 Where have all the goal stacks gone?  
 Long time ago  
 Where have all the goal stacks gone?  
 Hidden units every one, but:  
 What will they ever solve?  
 What will they ever solve?

What productions can you find,  
 In the brain or in the mind?  
 What productions can you find  
 Inside your head?  
 Such productions you will find,  
 In knowledge structures, well defined  
 These things can do the job.  
 These things can do the job.

Where have knowledge structures gone?  
 Too soon passing.  
 Where have knowledge structures gone?  
 They made us smart.  
 Where have knowledge structures gone?  
 We can't let them be undone, 'cause  
 What would we ever know?  
 What would we ever know?

Where have all the symbols gone?  
 Long time passing  
 Where have all the symbols gone?  
 Long time ago  
 Where have all the symbols gone?  
 Gone to networks ever one, but:  
 When will they ever learn?  
 When will they ever learn?

# CARNEGIE MELLON OR A CONNECTIONIST'S LAMENT

(to the tune of  
The House of the Rising Sun)

Jay McClelland  
December 19, 2002

There is a school in Pittsburgh  
They call Carnegie Mellon.  
It's been the ruin of many a poor man,  
perhaps you'll think I'm one.

My students all are brilliant,  
My colleagues number #1.  
And yet I live in pain and strife  
here at Carnegie Mellon.

One camp uses symbols,  
The other uses none.  
My students record protocols  
here at Carnegie Mellon.

Oh tell my west-coast colleagues  
not to do what I have done!  
Don't sell your California Real Estate  
and move to Carnegie Mellon.

One foot in psychology,  
and one foot in the brain;  
I'm going back to the Mellon Institute  
to wear that ball and chain.



## BRIDGET BORING GRADUATES WITH MASTERS DEGREE

Bridget Boring graduated from Duquesne University with a Master of Arts in Liberal Studies this week. Bridget entered Duquesne with a desire to learn more about "man's character from Greece B.C. to the present, including art, philosophy, literature, and the formulation of ideas to create or to conquer and rule a country and how the history affects us today." Her discipline was history with a focus on conflict resolution.



Bridget's thesis was titled *"The retention and migration of nationals to the Pittsburgh area during 1920 through 1960 and the diverse population of ethnic cultures made on the city"*

Bridget also holds a Bachelor of Arts in Legal Studies with a minor in Psychology from Point Park College.

**Congratulations Bridget!**

## CONGRATULATIONS MARGARET!

Margaret Kinsky recently completed all requirements for designation as *Certified Research Administrator* by the Research Administrators Certification Council, the national research administrator credentialing organization. She joins the ranks of approximately 350 professionals nationally who have achieved this distinction.

**Congratulations Margaret!**

## STUDENTS SAY THE DARNDDEST THINGS... (with apologies to Art Linkletter)

Dear Dr. \_\_\_\_\_,

I know you said that the final could not be postponed, but I was wondering if it would be at all possible for you to allow me to take it at a later time.

Anonymous CMU Undergraduate, Fall 2002

Dear Dr. Michael Bailey, Chair of Northwestern Department of Psychology,

I am writing to congratulate you on your selection of one of our outstanding post doctoral students, Eli Finkel, as a faculty member for your department. Eli has been a post-doc here for the past year and a half and has made a tremendous impression on everyone who has worked with or otherwise interacted with him. He is a very outgoing person and consequently there are many many people here who have strong opinions about him who share my happiness in seeing him go to your department. We all feel that you will be very lucky to get him to work for you.

Some of the ways in which Eli excels are that he is here long hours--often being the last person in the department at night. I realize that there is a certain ambiguity in that--is he staying late or are others leaving early?-- and I certainly wouldn't want you to conclude from that that his being here in the evening is the only reason that others leave earlier, there are numerous causes. Eli is very enthusiastic about the work that he does, an enthusiasm all the more remarkable because of its uniqueness. Those of us who have been interested enough to read his papers are both of the thought that his going to Northwestern is a great idea. Just to give you an idea of how we value him and the work he has done here, I will tell you quite honestly that I don't remember a single instance where having a post-doc get a job offer has created such joy in the department.

On the more personal side, Eli is equally active and energetic in play as he is in work, going to all of our department outings and social events and thus contributing a great deal to the work productivity of most others in our department. His energy and enthusiasm know no bounds, a fact that not only makes him endearing but one that also has extended the range of his intellectual contributions to our department. Not only has he impacted (quite hard) on our social psychology community, but he has also contributed to the research programs of our clinical faculty studying hyperactivity.

Eli is the kind of department citizen that everyone places a value on. Unlike a more standard hire who comes in to a department and generates an active program of research and publication, involves others in meaningful collaboration, energizes students in getting into research and does an outstanding job in teaching and supervising graduate students, Eli can be expected to be quite different. We very confidently predict that you will remember the day you made this hiring decision for the rest of your life. We certainly will. You have not only hired an unusually talented faculty member, but raised the esteem in which your department is held here inestimably. Thank you, thank you, thank you for what you have done.

A Carnegie Mellon University Faculty Member



## WE THREE DAVES

We Three Daves  
Lyrics by David Klahr (with apologies to John H. Hopkins, Jr.)

**TRIO:**

We three Daves, of Psychology are  
Bearing findings, some quite bizarre.  
Children's percepts, Backprop networks,  
Rakison, Plaut, and Klahr.

Oh, oh, Daves of wonder, Daves of light  
Daves so clever and so bright  
Writing, reading, still succeeding  
Proving that our theory's right.



**RAKISON:**

Babes are mine, I show them weird toys  
Some that fly, while I make a noise  
Cows with wheels, my purpose conceals  
Disguised by statistical ploys

**TRIO:**

Oh, oh, Daves of wonder, Daves of light  
Daves so clever and so bright  
Writing, reading, still succeeding  
Proving that our theory's right.

**PLAUT:**

Lexical decisions are mine  
If your brain is damaged that's fine  
First I'll prime it, then I'll time it,  
While building a model sublime.

**TRIO:**

Oh, oh, Daves of wonder, Daves of light  
Daves so clever and so bright  
Writing, reading, still succeeding  
Proving that our theory's right.

**KLAHR:**

Children's thinking is my domain  
What do kids know, and what can I train?  
Can they reason, in this season,  
And expertise attain?

**TRIO:**

Oh, oh, Daves of wonder, Daves of light  
Daves so clever and so bright  
Writing, reading, still succeeding  
Proving that our theory's right.



**A recent quote from the New York Times notes that "Dr. Cohen of Carnegie Mellon has spent years inoculating intrepid volunteers with cold and influenza viruses." Here, Dr. Cohen shares his advice on preventing and treating the common cold.**

In the United States most colds occur in the fall and winter. Colds are not caused by cold weather or chilling. They are caused by viruses. In fact, studies done at Britain's Common Cold Unit have shown that people who are chilled (cold showers) before being exposed to a virus are not any more likely to develop a cold than their warmer counterparts. The increased incidence of colds in the fall and winter is probably because most cold viruses survive best when the humidity is low.

Over 200 different viruses cause common colds. About 35% of colds can be traced to strains of the rhinovirus, but there is also coronaviruses, respiratory syncytal virus, adenovirus, some influenza viruses, etc. The rhinovirus is so small that if you increased it to the size of a golf ball and increased the height of an average man by the same proportions, lying down, he would stretch the length of the continental United States. Colds are passed from person-to-person by both aerosol and touch. The best way of preventing a cold is avoid close contacts with others who are ill, and to wash your hands often. Hand washing is especially effective if you are at a conference or in another situation where you shake hands with many people. Children with colds are especially good at spreading them. (Avoid children at all cost? Or maybe wash you hands a lot when in contact with small children.) Taking megadoses of vitamin C does not help prevent colds. However, if you do not get minimum daily-recommended dose of vitamin C (you can get this in you diet by drinking some juice, eating a couple pieces of fruit a day, etc.), you are at increased risk. Our own work also suggests that poor sleep, lack of exercise (less than twice a week), and smoking all put you at greater risk. Moderate drinking (1-2 drinks per day) is associated with decreased risk. We also find that enduring stressful situations (especially conflicts with friends and family that last a month or longer) put you at greater risk. In contrast, a tendency to express positive affect like happiness and enthusiasm, and a tendency to be more sociable—seek out people and be amiable, are both associated with a better ability to fight off infections. However, sociability may also expose you to more viruses. By the way, these may both be fairly stable dispositions, and not readily subject to change.

How do you fight a cold? I have had the opportunity in the last 15 years to work the two most eminent experts on the cold in the world. They differ very slightly in their suggestions, but here's an overview. There are no drugs that directly attack cold viruses. We can only deal with the results they produce. You should only treat the symptoms that bother you. Do not take combination cold remedies! Each of the drugs they contain has their own side effects and may be especially dangerous for persons with high blood pressure (constrict blood vessels throughout the body). Drops or inhalants can be used to treat runny noses (constrict the blood vessels in the nose), but used frequently they may make the membranes swell rather than helping them shrink. For sore throat or headache, you can take aspirin (do not give children or teenagers aspirin) or ibuprofen, although a hot sweet drink can also do the job.

There is some disagreement about antihistamines. Histamine is a cause of allergic responses (particular hay fever) but has not been found to be very important in colds. Even so, the University of Virginia group suggests that clemastine fumarate (sold as a generic, but also as Day-Hist) helps reduce runny nose, itchy eyes, etc. associated with a cold. (This is the only type of antihistamine they suggest). Others view antihistamines as an aid for falling asleep when you have a cold, but not as an effective treatment.

Antibiotics are not helpful and are (in the bigger picture) harmful. Viruses cause colds. Antibiotics kill bacteria, but do not influence viral infections. Moreover, when you take antibiotics you help (through natural selection) breed bacteria that will not respond to antibiotics in the future. Furthermore, antibiotics are becoming less effective in treating serious infections because their frequent use for colds has increased the community of drug-resistant bacteria. The only time you should consider taking an antibiotic to treat a cold is if you develop signs of a secondary bacterial infections such as high fever, swollen glands, sever sinus pains, and a cough that produces mucus. If you do develop such symptoms, see your doctor and get a swab to test for a bacterial infection.

Strongly smelling substances, such as menthol, oil or eucalyptus may help the airways when inhaled with steam. However, the benefit could be due to the steam. In fact a study of the effects of menthol on the physiology of the nose showed it removed the blocked sensation, even though measurement demonstrated the airways were not opened. Steam does not kill the virus, but may provide some symptom relief.

Another popular treatment is taking zinc. The evidence is mixed in regard to the effectiveness of zinc. Two trials have shown that a specific zinc mixture (in lozenge) –sold in the drug store as Cold-Ease was effective in reducing the duration of a cold. However, other studies were not supportive. At any rate, I take zinc when I am getting a cold.... It at least makes me think that I feel better (often known as the "placebo effect")...

**Don't forget to wash your hands as soon as you've finished reading this.  
Stay healthy!**

## TOP 45 OXYMORONS FROM A DEDICATED MAC USER...

45. Act naturally
44. Found missing
43. Resident alien
42. Advanced BASIC
41. Genuine imitation
40. Airline food
39. Good grief
38. Same difference
37. Almost exactly
36. Government organization
35. Sanitary landfill
34. Alone together
33. Legally drunk
32. Silent scream
31. Living dead
30. Small crowd
29. Business ethics
28. Soft rock
27. Butt Head
26. Military Intelligence
25. Software documentation
24. New classic
23. Sweet sorrow
22. Childproof
21. "Now, then ..."
20. Synthetic natural gas
19. Passive aggression
18. Taped live
17. Clearly misunderstood
16. Peace force
15. Extinct Life
14. Temporary tax increase
13. Computer jock
12. Plastic glasses
11. Terribly pleased
10. Computer security
9. Political science
8. Tight slacks
7. Definite maybe
6. Pretty ugly
5. Twelve-ounce pound cake
4. Diet ice cream
3. Working vacation
2. Exact estimate
1. Microsoft Works

## **This Spring, the Cog Bog is Half-Baked!**

In the interest of providing a forum for presentation of less-than-polished research, Cog Bog will assume a new format this spring...

You've heard of **BROWN BAGS** – those oh-so polished and professional Powerpoint research presentations from the 1<sup>st</sup> and 2<sup>nd</sup> year graduate students each spring.

This spring, we introduce **TAN BAGS** – meant to be not-even-close-to-well-done presentations of research, ideas, etc. No data required. Bring your ideas, pilot studies, perplexing findings or tricky experiments to the group. You present some background or some half-baked data and unleash the collective brain power of the group.

If you want feedback, this is your forum.



### **SEEKING:**

Intrepid volunteers with half-baked ideas.  
Email Tiago ([tmaia@andrew.cmu.edu](mailto:tmaia@andrew.cmu.edu))  
if you have an idea you would like to present as a Tan Bag.

All are welcome.  
Dates will be announced soon.

**FAVORITE THINGS (2002 REVISION)**  
**Adapted from “The Sound of Music”**  
**(with apologies to Richard Rogers, Oscar Hammerstein and Julie Andrews)**  
**By Davids Klahr & Rakison**

Microgenetics and gerbils in cages  
Back propagation in epochs and phases  
Implicit knowledge and strategy swings  
These are a few of our favorite things.

Prefrontal cortex and vision and reaching  
Faculty meetings and undergrad teaching  
Detailed modeling that makes us all kings  
These are a few of our favorite things.

When the funds go  
When there's wet snow,  
When we're feeling sad  
We simply remember our favorite things, and then we don't feel so bad.

Five Telsa magnets and fast laser printers  
Walks across campus in cold Pittsburgh winters  
Graduate students' emotional swings  
These are a few of our favorite things

Young married couples describing what pleases:  
Communal exchange of infectious diseases.  
Social support and the health that it brings  
These are a few of our favorite things

When there's confounds  
When there's flaws found,  
When we're feeling sad  
We simply remember our favorite things, and then we don't feel so bad.

Tenure decisions and grad core class grading  
Students get younger but faculty's aging  
Obsolete info that ORACLE brings  
These are a few of our favorite things

Stress makes immune systems weaken and fail  
Intelligent agents: the new holy grail  
Holiday parties where everyone sings  
These are a few of my favorite things

When the grads bite  
When the staff stings  
When we're feeling sad  
We simply remember we're at CMU and then we don't feel so bad.

This periodical is not peer reviewed and as such, the editorial board takes absolutely no responsibility for its contents! This is an invitation to you. Submit us your stunning artwork (or doodles), your embarrassing departmental photographs, your biting satire, and your humorous stories. We'll publish them here without the benefit of review!

Submit what you wish to Rochelle Croom at [rmcroom@andrew.cmu.edu](mailto:rmcroom@andrew.cmu.edu) or use the anonymous drop box in the 336B Lounge.