



# LMU

## Department of Psychology

### Psi Chi Newsletter

NOVEMBER/DECEMBER 2019

#### Fact of the Month

Although self-improvement seems to be a popular and positive objective in society, there is a downside to wanting to change! Examining how thoughts about one's future self in an initial survey predict life satisfaction 10 years later, a new study published in the journal of Social Psychological and Personality Science finds that there is also value in aiming to stay the same. According to the study, people who imagine staying fairly constant over the years may have higher well-being and more satisfying lives than those who think they'll grow to be different. Therefore, imagining a similar future to one's current life was more strongly correlated to well-being than any amount of predicted change. At the same time, however, one researcher notes that there is likely no harm in striving for self-improvement as long as people attempt to execute a realistic and specific plan for the change they desire to achieve.

Read more about it [here](#).

#### Announcements & Events

##### December 1-8

*Reading Days*

##### Wednesday, December 4

*Psychology Department Christmas Party*

##### Thursday, December 5

*Psi Chi | Guided Meditation; 12-2 pm - more information coming soon!*

##### December 9-13

*Finals*

#### Student Highlight



#### Demarko Flanagan

Born and raised in the San Fernando Valley, Demarko Flanagan is a Junior Psychology major with a Theology minor. As a McNair Scholar, he conducted research this past Summer with the Psychology Applied Research Center, with his focus being the emotional well-being of the African-American homeless community in Los Angeles. Currently, he's a research assistant for Dr. Richard Abrams in his Consciousness and Cognition Lab and recently presented work at the 2019 Psychonomics conference in Montreal, Quebec. In addition, he works under Dr. Phillip Reed-Butler in the Theology Department where they work on developing a distinctly Black artificial intelligence with the goal of providing accessible mental health services to the Black community. When he's not conducting research, you can find Demarko at the front desk of the Burns Recreation Center as a Facilities Manager. In his spare time, he hangs out at the Melrose Trading Post, thrifting for vintage

clothes and home decor. Also, he enjoys cheering on his Los Angeles Lakers on a nightly basis. In the future, Demarko plans to pursue a PhD in Clinical Psychology with an emphasis on Neuropsychology. He hopes to open a private practice and evaluate patients who suffer from epileptic seizures and addresses their impaired cognitive function.

#### Faculty Highlight

#### Dr. Alexandra Sturm

Dr. Alexandra Sturm is a new Assistant Professor of Psychology who arrived this fall. Dr. Sturm received her Ph.D. in Human Development and Psychology from the University of California, Los Angeles and completed her postdoctoral training in the Center for Autism Research and Treatment at UCLA. This semester, Dr. Sturm is teaching courses on autism spectrum disorders (ASD) and psychological statistics. Outside of the LMU classroom, Dr. Sturm is funded by the Health and Human Services Administration to examine disparities in access to special education services among youth with ASD in schools. Dr. Sturm is also engaged in research examining risk and resilience factors that are predictive of postsecondary outcomes among youth and young adults with neurodevelopmental disorders, including ADHD and ASD.



For more information about the Psi Chi newsletter or Psi Chi events please email Psi Chi Officers Nicole at [nmacasa@lion.lmu.edu](mailto:nmacasa@lion.lmu.edu) or Jai at [jtanaka2@lion.lmu.edu](mailto:jtanaka2@lion.lmu.edu). For questions about the Department of Psychology email [psychology@lmu.edu](mailto:psychology@lmu.edu).

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