

Adult Development & Aging News

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20 DIVISION

Inside:

- 1 **President's Message**
- 3 **News from APA**
- 4 **Awards**
- 5 **Cruise News**
- 6 **Feature Article**
- 8 **Candidate Statements**
- 14 **Executive Board Listing**
- 16 **Teaching Tips**
- 20 **Call for Papers**

President's Message

As I begin my term as President of Division 20, I have a vivid memory of attending a business meeting for the division as a new Ph.D. Sitting on the floor in the back of the room (Was attendance higher then, or the rooms smaller?), I recall thinking that being president of Division 20 was not something that would be part of my future career. To graduate student members and new Ph.D.s who read this, I encourage you to get involved in the activities of the Division, and to be more optimistic than I was.

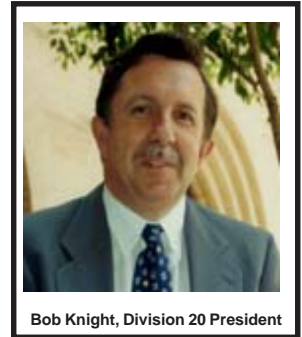
Ten for Twenty or Double Your Vote

The apportionment ballots will be coming out in the next month or so. This appears as yet another piece of mail that is easy to recycle without giving it much thought, but please take the time to complete it and mail it in. We currently have two Council reps. The

response to the apportionment ballot can determine whether we go back to one rep, keep two, or go up to three! As in recent years, our first request is that you give all ten of your apportionment votes for 20. If you have other divisional loyalties and cannot give us all ten votes, please consider doubling what you gave last year.

Improving the Status of Geropsychology

Many of you have likely heard that a longterm effort by a joint task force of Division 20 and of Section II/ Division 12 has paid off. The practice guidelines for geropsychology passed at the August Council meeting, on the consent agenda. The guidelines are a follow up action from the 1992 Older Boulder II meeting, and the Task Force has worked on them since 1994. The work



Bob Knight, Division 20 President

involved several revisions in response to input from other divisions and from various committees, boards, and council representatives as it moved through the governance structure.

Congratulations and deep appreciation to George Niederehe who led the task force through the process and coordinated and edited the many revisions. And a heartfelt thanks to the other members of the task force as well. The final draft is available on the Division 20 web page.

The proficiency status for geropsychology is timed to expire in 2005 and would require a

Continued on p. 2

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*President's Message
continued from p. 1*

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Deadlines for submissions are:
September 1
February 15
June 1

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Note From Co-Editors:
We thank those who contributed to this issue. We encourage division members to send us announcements of general interest and short provocative pieces. If you have an idea for a feature article, please contact one of us.

renewal application in 2004. The Division 20 and Section II executive committees have voted to form a joint committee to pursue applying for specialty status rather than proficiency status, another sign of continued development of the field.

Science Issues and Geropsychology

Another key issue for the Division this year is to continue to monitor the effects of recent and proposed changes at NIH on funding for research in geropsychology. The reorganization of study sections a few years ago appears to have resulted in changes in the review climate for grants focused on aging. Without grant panels focused on aging issues, grant proposals are reviewed by groups who have less comprehension and appreciation for the methodological and conceptual issues that are crucial to the ongoing development of life span developmental psychology and other themes of aging research in psychology.

The proposal to privatize grant review and administration functions in the NIH and elsewhere appears to be on hold at this time, but we must

continue to be alert to threats to the peer review process in federal agencies. The Division will continue to work with the APA Science Directorate and other science advocacy groups to assure the best possible reception for the science of geropsychology in a fair and rigorous review system.

Hawaii

Our plans for the coming year include APA's annual meeting in Hawaii. We look forward to seeing many of you there. Ron Spiro (03-04 Program Chair) is working on the meeting program. The Division has been requested by 2004 President Halpern to work on a special CE event, at present planned for a cruise ship before or after the convention. Greg Smith (CE chair) and Susan Whitbourne (Council Rep and all-purpose activist) are working on the plans for this novel and exciting new program venture.

APA Elections and Activism

Speaking of APA Presidents, statements concerning involvement

with aging issues and with our Division from the current slate of potential president-elects appear elsewhere in this issue. Read these over and please vote in the presidential election this year. In general, the more active each of us are in APA politics and governance, the stronger the voice of the Division and the more attention aging issues will have within APA.

If you would like to become more involved in the Division's governance, or if you've had some experience in division activities and would like to move on to committees and boards of APA, let people on the executive committee know and we'll be happy to facilitate your involvement. Overcoming your natural shyness, or other barriers to stepping forward, and volunteering is the key to becoming more active in the Division and within APA.

News from APA

Submitted by Susan Krauss Whitbourne & Paul Costa, Division 20 Council Representatives

The highlight of the August 2003 APA Council Meeting was the passage of the Guidelines for Psychological Practice with Older Adults (<http://aging.ufl.edu/apadiv20/qualt10f.htm>). An earlier draft of the Guidelines was sent back to the Guidelines Task Force in 2001, and primarily through the sustained efforts of George Niederehe along with members of the Task Force, the Guidelines were revised and circulated among the relevant boards and committees, preparing them for successful passage. The final approved Guidelines may be found on the Division 20 web site. A second item of interest was the Council's approval of the Report of the Task Force on Governance. As we reported in the spring newsletter, the Task Force proposed a series of improvements in the Council's methods of doing business. Specifically, Council members will spend a significant proportion of their meeting time in learning about and influencing APA policies in the major areas of concern in the organization (science, education, practice, and public policy).

APA CEO Dr. Norman Anderson highlighted recent developments within APA since February, many of which involved detailed considerations about whether the Toronto convention should be cancelled based on member and APA staff concerns in response to CDC and WHO SARS advisories. A survey of

members conducted in late May revealed that the majority of APA members believed that the convention should be held as planned, barring any additional advisories. However, the concerns about SARS resulted in a decline of almost 3,000 pre-convention registrants (about 7300). On-site registrations typically have amounted to about 3000, but updates were not available at the time of Council meeting for the 2003 Toronto meeting. As we have reported previously, budget concerns continue to plague APA. Three actions helped CEO Anderson and APA staff to turn the situation around: through voluntary staff reductions, a slight dues increase (\$11), refinancing of the APA building, and the cutting of contingency funds, there is a projected surplus of \$600,000 for 2004. In response to the news of the budget surplus, Council later voted to reinstate for 2004 the fall Consolidated meetings of the Boards and Committees. This is an expense of about \$250,000 but because the burdens on APA staff without the second meeting have been so intensive, the additional costs of the Consolidated Meeting was considered a worthwhile use of funds. More importantly, without at least two meetings a year, many Boards and Committees stated they could not get their work done. In order to complete their mandates of developing and implementing policies that will best serve the organization, Paul and Sue voted to support

the reinstatement of the fall 2004 meeting.

The final item on the council meeting brings us to a lighter note. On Sunday morning, extended discussion and requests for clarification of motions and amendments to motions to eliminate the Pro/Con statement accompanying proposed by-laws changes was experienced with amusement and considerable irony. Board of Directors member Bruce Overmeir, from the University of Minnesota, entertained a number of COR members with his exegesis of the implications surrounding the various interpretations of the motions and amendments. At the end, the motion to abandon Pro/Con statements carried. A statement of implications of any by-laws changes would replace the Pro/Con statement. APA members will be able to vote directly on this proposed change in making changes to the by-laws. It is unclear at this time whether a Pro/Con statement will be required for that by-laws change!

We end this report with the usual exhortation to exercise your voting privileges as an APA member. The only way you can directly influence APA policy and decision making is by casting your vote for President and by giving your apportionment ballots to Division 20. You will be receiving mailings and emails

Continued on p. 13

Faculty and Student Awards 2003

Division 20 is proud to announce the following recipients of its awards, which were presented at the 2003 Annual Meeting in Toronto this August.

Faculty Awards

Division Awards

Distinguished Research Achievement Award: **Margie Lachman**, Brandeis University

Developmental Health Award: **Richard Schulz**, University of Pittsburgh (award co-sponsored with Division 38, Health Psychology)

Retirement Research Foundation Awards

Master Mentor: **Susan Krauss Whitbourne**, University of Massachusetts, Amherst

Mentor: **Chandra Mehrotra**, College of St. Scholastica

M. Powell Lawton Distinguished Contribution Award for Applied Gerontology: **Michael (Mick) Smyer**, Boston College

Springer Early Career Achievement Award

Joseph Gaugler, University of Kentucky

Student Awards

Margret Baltes Doctoral Dissertation Award

Quinn Kennedy, Stanford University (Laura Carstensen, Mentor)

Best Student Presentation

Natalie Ebner, Max Planck Institute for Human Development and Education (Alexandra Freund, Mentor)

Retirement Research Foundation Awards, Completed Research

Doctoral or Postdoctoral: **Patrick Davidson**, University of Arizona (Elizabeth Glisky, Mentor)

Masters: **Elizabeth Hay**, Pennsylvania State University (Karen Fingerman, Mentor)

Undergraduate: **Sara Moorman**, Pennsylvania State University (Karen Fingerman, Mentor)

Retirement Research Foundation Awards, Proposed Research

Doctoral or Postdoctoral: **Jonathan Peelle**, Brandeis University (Art Wingfield, Mentor)

Masters: **Abby Heckman**, Georgia Tech (Fredda Blanchard-Fields, Mentor)

Undergraduate: **Marci Smith**, University of Richmond (Jane Berry, Mentor)

We received a total of 15 nominations for the faculty awards, and 36 for the student awards. Thanks to the timely work by our reviewers: Ron Abeles, Patricia Berretty, Kira Birditt, Mark Brennan, Adam Davey, Roger Dixon, Karen Fingerman, Joe Gaugler, Shannon Jarrott, Bob Knight, Scott Maitland, Joann Reinhardt, Silvia Sorensen, and Harvey Sterns.

For information on applying for **2004 awards**, or for reactivating previously submitted nominations, go to <http://aging.ufl.edu/apadiv20/awards.htm>. Deadlines for nominations for the Retirement Research Foundation Mentorship awards are March 1, with other materials due May 4; the deadline for all other awards is June 1.

APA 2003 Conference Report

Submitted by Peter Lichtenberg

Division 20 once again provided a strong contribution to the APA program. Our program hours included 2 poster sessions, 5 symposia, 2 distinguished research award lectures (Once again congratulations to both Richard Schulz and Denise Park), and a very thought provoking Presidential address by Harvey Sterns. Our joint social event with the Clinical Geropsychology section was also a huge success. It turns out that Sassafras is the place to be seen (The Rolling Stones opened the place). We had a great crowd and a great time. I was especially pleased to see colleagues still in graduate school to those who are retired, sharing such a wonderful occasion. I want to thank Harvey Sterns for bailing me out more than once, and Denise Park for her patience with our equipment snafus. Colleagues such as these are my biggest reason for being actively involved in Division 20.

Cruise News

Submitted by Susan Krauss Whitbourne

It is time to think about the 2004 APA Convention in Hawaii. As I have mentioned in previous newsletter articles, Division 20 will be hosting a CE cruise around the Hawaiian islands prior to the convention, from July 18 to 25. The Division 20 web site contains details on the ship, the NCL Pride of America, as well as the schedule and cruise fares. For continuing education, Division 20 (Adult Development and Aging) will be offering a program that will take place at times that will not interfere with beach going, surfing, flying over volcanoes, or trekking over lava fields, in other words, most likely in the late afternoon. Greg Smith, CE Chair, is working with his committee to develop an exciting CE program. We will add those details when they are finalized. Other important information for you to know is that because the ship is U.S. owned and operated, CE and associated costs are tax deductible. Also, there are special rates for any young children who may be traveling with you.



The travel agent for the cruise, Bobbye Haupt, is extremely knowledgeable and responds quickly to all concerns. She can be contacted directly at bobbye@ravenet.com. Cruises are her specialty and she should be able to address any and all of your questions. As a veteran cruiser, I can say that this is a great way to travel, a perfect way to see the islands, and an excellent prelude to what I am sure will be a great convention!

Feature Article: UC/APA Health Psychology and Aging Conference

Carolyn M. Aldwin, Crystal Park, & Avron Spiro III

Health psychology and gerontology should be natural partners. After all, health is a major issue for older adults, who are the major users of health services. Surprisingly, there has been relatively little interchange between the two disciplines, although some groups, like Division 38's Interest Group on Aging, have sought to bridge this gap.

Thus, when Division 38 approached Division 20 to jointly sponsor a conference on Health Psychology and Aging, we offered to take up this challenge. The University of California has sponsored several conferences on health psychology, and we had discussed the possibility that the next one should be on aging. It seemed like a good plan to join the two ventures, and we sought funding for a national conference. UC Davis's College of Agriculture and Environmental Sciences provided seed money for the conference, and the two divisions provided additional funding. The Retirement Research Foundation generously provided the remainder.

The organizing theme of the conference was whether older adults were more or less vulnerable to psychosocial risk factors. A recent book, *Health Behaviors and Aging*, edited by Manuck and his colleagues, provided an intriguing divergence of opinion. A frequent assumption in gerontology has been that older adults are more vulnerable to psychosocial factors, a view espoused by Solomon and Benton's (2000) chapter. However, Williams provided evidence that hostility has less effect on health after midlife, presumably due to survivor effects, suggesting that older adults are *less* vulnerable to psychosocial factors. The chapter by Elias and his colleagues (2000) found no age differences in how psychosocial factors affect cognition.

We identified prominent health psychologists who dealt with aging, and gerontologists with interests in health issues, and invited them to this conference, which was held May 30-June 1 at Lake Arrowhead, California. About 60 faculty and students attended, most from the UC

system, but there was a fair amount of representation from other universities and even a few international visitors. In his keynote address on Friday evening, Howard Leventhal addressed issues in the self-regulation of health threats in the elderly in a very entertaining talk. Saturday morning, Alex Zautra spoke on psychosocial factors and resilience among older adults, focusing on emotional regulation. He noted that emotional reactivity did not change with age, but older adults typically report more positive affect and fewer negative emotions. Crystal Park reviewed the literature on the positive and negative effects of religiousness on health. This engendered an interesting discussion on the just world hypothesis, and whether religious beliefs may promote feelings of abandonment during crises, leading to poorer health outcomes. Despite extensive searching and contact with key figures in the spirituality and health area, she found that there was very little work done on this topic in older populations.

The two speakers on physiological issues came to much the same conclusion. James Blascovich reviewed psychosocial factors affecting cardiovascular reactivity, and Margaret Kemeny performed a tour de force on psychoneuro-immunology and survival, but neither found much research on these topics in older adults. Using studies of HIV patients, Kemeny showed that pessimists and individuals who had negative expectations and used self-reproach had poorer immune functioning and decreased survival time.

Later that Saturday afternoon we had four breakout groups, opportunities for group discussion. Elaine Leventhal addressed interface issues between the public & private sectors providing services for the elderly, while Elissa Epel discussed neuroendocrinology and aging. Derek Isaacowitz led a discussion on cognition, emotion, and aging, and Rick Levenson led one on wisdom and aging.

The group reconvened for a fascinating but controversial address by Robert Kaplan on changing diagnoses and the definition of disease. He argued that the lowering of thresholds for

continued on p. 7

Feature Article continued from p. 6

disease has resulted in much “pseudo-disease” and costly over-treatment. Kaplan questioned the efficacy of invasive procedures. For example, the US is much more likely to treat myocardial infarction(MI)patients with angioplasty than is Canada, but mortality rates in MI patients between the two countries did not differ. He further questioned the validity of early screening for cancer. Although data from the Health Insurance Plan Study of New York are often cited as showing that cancer mortality was dramatically reduced among women who received regular mammograms, Kaplan showed that all cause mortality did not differ between groups. Given the new definitions of illness, Kaplan suggested that 75% of all adults can be diagnosed as having a chronic illness, and cautioned against runaway medical costs if drugs or invasive procedures are used too extensively.

A poster session ensued, paired with a wine and cheese reception. There were nearly 20 presentations by students and faculty, which engendered lively discussions.

Sunday morning began with a talk by Jutta Heckhausen, which focused on the ways in which life span theories of control can be used to study health and illness in late life. She argued that primary control gives way gradually to secondary control in later life; failure to make this developmental shift (or when contextually appropriate)can result in poorer health. Ron Spiro showed that the principles of lifespan developmental theory can be applied to the study of health across the lifespan. These principles include continuity/discontinuity, plurality, contextualism, a balance between gains and losses, and plasticity. A life span developmental perspective on health would examine trajectories across the lifespan, how these varied by individuals and in different contexts, examine multiple predictors and outcomes, and focus on mediators rather than covariates.

Finally, a talk by Carolyn Aldwin concluded the conference. She provided some basic demographic information on the projected rapid increase of older adults in the next few years.

Much of the talk focused on what we do not know, including surprising gaps like whether AIDS progresses faster or slower in older populations, and whether spirituality and/or religious beliefs and practices are protective of health in later life.

Informal reviews of the conference by participants were quite favorable. It is our hope that this conference will achieve its aim of stimulating new research in this area. An edited book on health psychology and aging stemming from this conference is planned.

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APA Presidential Candidates

Questions for the Candidates

Each year, information is published in the MONITOR ON PSYCHOLOGY regarding the background, interests, and views of the candidates for APA President. Important matters pertaining to APA governance, presidential platform, selected professional issues, and scientific policies are discussed in these pages.

Although certainly of interest to many members of Division 20, these published commentaries typically do not address specifically many topics in the psychology of adult development and aging. In fact, unless we in Division 20 have personal knowledge about individual candidates, we may not even know if their interests overlap at all with the mission of our division.

Accordingly, the executive committee decided to contact all APA presidential candidates and invite them to comment on simple questions regarding their background and interests in the psychology of aging. The current leadership of our Division has continued that tradition. The questions, posed via email, included:

(1) Briefly describe your interests and any previous involvement in Division 20. Our members would be interested in knowing if you are a member or fellow of the division and if you have been active in any way in Division 20. Are you involved in other professional organizations devoted to the psychology of adult development and aging?

(2) Briefly describe any professional or scholarly interest you have in issues related to the psychology of aging. Naturally, we are interested in a wide range of professional activities, including practice, consulting, supervising, research, and teaching.

(3) Is aging part of your platform or agenda for your presidential year? If so, please describe briefly.

We list each of the five candidates' responses. Candidates' views are presented alphabetically and with a minimum of editing. Our hope is that all Division 20 members will consider these responses as they formulate their voting decisions. Ballots will be distributed by APA this fall. **Whatever your decision, please vote in the upcoming election for APA President!**

Larry E. Beutler

Interests and involvement in Division 20 and other professional organizations devoted to adult development and aging.

(Beutler): I am not a member of Division 20. I have, however, been active as a consultant and as a reviewer at the National Council of Aging and other groups in support of aging issues. Clinical and research work on aging is a continuing interest of mine.

Professional or scholarly interest you have in issues related to the psychology of aging.

(Beutler): Since the early 1980's, I have made issues of depression among older adults a point of focus in my clinical work. This interest has also been present in my research and scholarly activity. I have published nearly a dozen articles on this topic, receiving both national and international recognition for this work. My research on aging began, as it should with a clinical effort to help a state-wide group of LPNs to develop skills in working with older adults. In 1983-84, I published the first results of this clinical work and subsequent research. This research indicated that LPNs and others could learn to work effectively with elder depression. In 1987, I published a book entitled, *Group Cognitive Therapy: A treatment approach for depressed older adults*. My research on this therapy approach earned the annual Research Award from the National Association for Specialists in Group Work. This and other of my clinical and research work has received recognition internationally. I served as a member of the Project REACH group for two years and developed and published clinical approaches to enhancing self-help activities among older adults. Currently I am a consultant on a large NIH grant on using remote interventions (telephone, bibliotherapy) in the treatment of elder depression and am conducting research on treatment options available for elders in California.

Is aging part of your platform or agenda for your presidential year?

(Beutler): Embracing our differences through discourse and knowledge is the theme that represents my candidacy for APA President. My platform centers on dealing with human diversity and enhancing human opportunities. I endorse extending the principle of cultural competence to all disenfranchised groups, including older adults. I also endorse the application of technologies to enhance learning, optimize treatment

Presidential Candidates continued on p. 9

Beutler continued:

selection, and to reduce the social problems associated with aging. We are faced with a large group of older adults who will need to have access to health and to psychological care. These services are critical and can be partially addressed by the application of technologies that enhance diagnosis, treatment, and prolong life quality.

Jerry H. Clark

Responses from this candidate were not available at press time.

Donald K. Freedheim

Interests and involvement in Division 20 and other professional organizations devoted to adult development and aging.

(Freedheim): I am not a member of Division 20.

Professional or scholarly interest you have in issues related to the psychology of aging.

(Freedheim): As a clinical child psychologist, I have not worked professionally in the field of aging. However, as editor of *History of Psychotherapy* (APA, 1992) I made it a priority to include a chapter on psychotherapy with the older adult.

Is aging part of your platform or agenda for your presidential year?

(Freedheim): No.

Ronald F. Levant

Interests and involvement in Division 20 and other professional organizations devoted to adult development and aging.

(Levant): I recently submitted my application for membership in APA's Division 20. I am also involved with other APA divisions that emphasize a life span human development perspective, particularly Division 17, Counseling Psychology, and Division 51, the Society for the Psychological Study of Men and Masculinity, which focuses on male development over the life cycle. I was the co-founder and first president of Division 51.

Professional or scholarly interest you have in issues related to the psychology of aging.

(Levant): I am an academic psychologist currently serving as Professor and Dean, Center for Psychological Studies, Nova Southeastern University. I earned my doctorate in Clinical Psychology and Public Practice from Harvard University 30 years ago. I served on the faculty of the APA-Accredited Counseling Psychology Program at Boston University for thirteen years. Following a brief stint at Rutgers University with a joint appointment in the Graduate Schools of Education and Applied and Professional Psychology, I served for seven years on the faculty of Harvard Medical School at The Cambridge Hospital. I have authored, co-authored, edited or co-edited 13 books and over 120 refereed journal articles and book chapters

As dean at NSU, I have worked to ensure that our students have opportunities to develop their interests in geropsychology. Two of our training clinics focus on the elderly. The Nova Community Clinic for Older Adults is an outpatient therapy program where students learn, under the supervision of our faculty, to assess and treat elderly community residents with mild to severe psychological problems; and, the NSU Geriatric Institute is a day treatment program where students learn, under the supervision of our faculty, to assess and treat older adults suffering from serious mental illness. I also raised funds to establish the Leonard Roth Memorial Endowed Scholarship for in Geropsychology, which annually awards funds to a promising student doing clinical or research work in geropsychology.

My major academic interest is the new psychology of men. I began in the late 1970's investigating the adult development of men as fathers. I directed the Boston University Fatherhood Project from 1983-1988, which resulted in a number of empirical journal articles and book chapters, and a book (Levant, R., & Kelly, J [1989]. *Between father and child*. New York: Viking). In the 1990's and beyond I have been developing the Gender Role Strain Paradigm as a framework for research and clinical practice. I have examined male emotional and relational development and masculinity ideology in multicultural perspective. Most recently I have looked at aging in men in collaboration with Professor William Kelleher, which has produced one dissertation and an article based on it (Berger, J.M., Levant, R.F., & Kelleher, W. [under consideration at a refereed journal]. *Impact of gender role conflict, traditional masculinity ideology, alexithymia, and age on men's attitudes toward psychological help seeking*).

Susan Whitbourne and I assembled a program for the APA

Continued on p. 10

Presidential Candidates continued from p. 9

(Levant, continued): convention, titled, "Toward the unification of psychology: The utility of the biopsychosocial model." This program grew out of APA President Robert J. Sternberg's Initiative on the Unification of Psychology. The speakers include two experts in the area of geropsychology.

Is aging part of your platform or agenda for your presidential year?

(Levant): As a candidate for APA President, I am committed to ensuring that APA develops and supports policies that promote the optimal development of older adults, facilitate psychological practice with older adults, expand scientific understanding of adult development and aging, and disseminate the best available information concerning older adults to psychologists, other professionals, policy makers and the public.

Specifically, if elected President, I will explore the development of an ABPP diplomate in geropsychology, as I know there is some interest in this. I will also urge that APA play a leadership role in developing a consortium on aging with other relevant organizations (e.g. the Gerontological Society of America, AARP, American Society in Aging, and the American Geropsychiatric Association), in order to provide a focused effort on dealing with issues and concerns related to aging.

As APA Recording Secretary for the past five years, I have strongly supported the development of what is now called "Guidelines for Psychological Practice with Older Adults." developed by the Interdivisional Task Force on Practice in Clinical Geropsychology of Division 20 and Section II of Division 12, and currently on the agenda for the APA Council of Representatives meeting in August. This document was originally titled "Training Guidelines for Practice in Clinical Geropsychology," when it was introduced in 1998. I plan to work to ensure that it is approved, and to help with any follow-up that is required after the August meeting.

Stephen A. Ragusea

Interests and involvement in Division 20 and other professional organizations devoted to adult development and aging.

(Ragusea): Although I have not had the opportunity to be directly involved in the affairs of Division 20, I have been actively involved in the work of the American Psychological Association for most of my career including two terms on the Council of Representatives where I was elected Chair of the State and Provincial Caucus.

With a diplomate in family psychology, my interests clearly include the issues associated with adult development and aging. As a practicing clinical psychologist with certifications in family psychology, forensic psychology, and neuropsychology, I work with all of the developmental problems with which families must contend and I have taught about family development at Penn State and Harvard Medical School.

Professional or scholarly interest you have in issues related to the psychology of aging.

(Ragusea): Recently, issues of adult development, as they relate to practicing psychologists, have become a particularly central part of my professional and personal activities. First, the issues of aging, ill health, and dementia have impacted my daily life as I have been forced to cope with aging in my immediate family. Secondly, after being appointed to the Pennsylvania Board of Psychology by Governor Tom Ridge, I have worked to address some of the problems elderly psychologists experience in the latter phases of their career. Third, I recently authored a chapter (Ragusea, Stephen, A. (2002). A Professional Living Will for Psychologists. In L. VandeCreek & T. L. Jackson (Eds.), *Innovations in Clinical Practice: A source Book* (pp. 301-305). Sarasota: Professional Resource Press.) which addresses end of career issues for one segment of the professional population, psychologists.

Is aging part of your platform or agenda for your presidential year?

(Ragusea): Aging must be an ongoing focus of the American Psychological Association. As human life spans extend, the importance of adult development becomes increasingly important in terms of both research and practice and this embraces a broad array of APA's organizational endeavors. One of my presidential year foci will include a major national examination of our prison system. The United States incarcerates a higher percentage of its population than any nation in the world. More than 1% of the entire U.S. population, a number equal to that of every person in the three states of N. Dakota, S. Dakota and Delaware is behind bars. Psychologists, the experts in human behavior, should be leading us toward new answers to the problem of crime and punishment. As APA President, I will convene a national conference at our headquarters to address this social crisis and one element of this project will examine the issue of the elderly in prison. As mandatory sentences have grown longer and "Three Strikes and You're Out" legislation has resulted in many more life sentences, the number of elderly incarcerated in our penal system continues to grow explosively.

**Minutes of Division 20 Executive Board Meeting
American Psychological Association
Toronto, Ontario 8/9/03
Respectfully Submitted by Jane Berry, Secretary Division 20**

Attending: Andy Smith, Leah Light, John Cavanaugh, Liz Stine-Morrow, Harvey Sterns, Bob Knight, Susan Whitbourne, Greg Smith, Jennifer Margrett, Monisha Pasupathi, Judith Sugar, Michael Marsiske, Joe Gaugler, Carolyn Aldwin, Gisela Labouvie-Vief, Sean Meegan, Ron Spiro, Jacqui Smith, T.J. McCallum, Jane Berry.

The Executive Board meeting was called to order on August 9, 2003, at 8:02a.m. by Harvey Sterns. The meeting was held during the APA convention in Toronto.

The minutes as published in the Division 20 Newsletter (Spring 2003) were approved.

Treasurer's Report: Liz Stine-Morrow reported that the balance stands at \$34,000 and that the surplus is decreasing each year, perhaps due to decreasing membership numbers (dues) which were down by 10% last year. Monisha Pasupathi noted that of 1500 members, 1100 are paying members (i.e., are current in their membership dues payments). At the end of June 2003, the balance was \$34,000. The 2004 budget was approved. The treasurer closed her report with a recommendation to the Board to assess our goals and projects, and target the budget accordingly.

Committee Reports

Elections: Harvey Sterns (for Chris Hertzog) presented the election results: President-Elect: Leah Light, Treasurer: George Rebok, Members-at-Large: Gisela Labouvie-Vief and Forrest Scogin. Voter turnout was relatively light this year. Discussion followed regarding how to increase voting participation. There was also a request to move to a mail-in nomination process, which might serve to both enlarge the candidate pool and increase voting participation. By-laws would need to be written if the nominating process is changed. This issue is entered as a concern in the minutes. Additional issues and questions raised included using the Division 20 listserv for nomination and voting procedures, such as the use of electronic ballots, which then led to concerns raised regarding security issues and validating the vote.

Newsletter: Jennifer Margrett reported that during the first year of the new staff, three issues were published, and urged committee members to submit material on time (by deadline). She is soliciting new articles for future issues.

Program Chair: Peter Lichtenberg reported that 80 posters, five symposia, and two invited addresses were given at the 2003 APA convention. There was one cancellation. Peter commented that Division 20 should mandate that all proposals be submitted electronically to facilitate program processing. Cluster programming has been discontinued. All sessions in Hawaii will be held from 8:00-2:00pm, and probably will be mostly posters with a few symposia. Discussion on value of non-clustered paper sessions was cited, and it was noted that the truncated hours for the 2004 convention will probably hurt programming.

Clustering: Harvey Sterns thanked George Rebok for his work on program clustering, which has been discontinued.

Awards: Ron Spiro thanked RRF (Retirement Research Foundation) for funding and John Santos in particular for his work on grant applications. Ron and Dan Mroczek have revised and updated the awards pages on the Division 20 website including the change that awards nominations and applications are all due at the same time. One change that was suggested was that people who are nominated once should be eligible for the next two years, for the Lawton, Springer, and lifetime Achievement Awards. For the Baltes and student awards, nominations should be made every year.

Education: Joe Gaugler is updating the graduate guide on the Web on a monthly basis as per submissions received. Sean Meegan reported that the syllabus project is going well. Articles on teaching tips and education (films, pedagogy, etc.) were solicited.

Continuing Education: The preconference workshop was held 8/6/03 on the topic of older drivers, and in conjunction with the Canadian Psychological Association. The workshop had 24 registrants, mostly neuropsychologists, and it received good evaluations. Diana Halpern has been approached regarding CE workshop on a Division 20 cruise at the 2004 APA conference in Hawaii. Harvey moved to have Division 20 approve CE workshop on cruise. Discussion followed regarding developing a program that would be attractive to members outside our division, which would be a service to APA membership. Motion to adopt responsibility for such a workshop was made and approved.

Minutes continued on p. 12

Minutes continued from p. 11

Council: Susan Whitbourne reported that the most significant achievement was that the geropsychology guidelines were passed in their entirety at last council meeting. Thanks to George Niederehe for spearheading that project. We need more people from aging on Council, need to vote, need to keep our second seat on Council. Discussion regarding candidates for president of council was extended, and the Board decided to seek a candidate who will be a good representative of the Division's aging and scientific interests.

Membership/Journal: Liz Stine-Morrow reported that APA approved request to give journal as membership benefit. Membership survey results were discussed. Representatives from APA communications answered questions. Other divisions have journals as benefit of membership and most divisions who do this have an increase in membership; having a journal is a tangible benefit. Liz made a motion to present the proposal to increase dues to \$40 and add journal as member benefit at the Business Meeting later in the day (4:00pm, 8/10/03). Motion was approved by voice vote.

New Business: Harvey reported that Barry Edelstein requested that we endorse his candidacy for membership on CONA. Harvey has been nominated, too. As incoming chair of CONA, John Cavanaugh recused himself from further discussion. Bob Knight took over. Discussion of other CONA nominees ensued. Bob asked Andy to work with him on CONA candidacies. A unanimous vote was obtained to support Harvey and Barry as candidates for CONA.

Bob Knight: A motion was made and approved to move forward with specialty status rather than proficiency status for geropsychology renewal.

Debby DiGilio: Debby reported on advocacy on aging beyond APA, providing examples of how she and her office advocate for and publicize aging issues, e.g., improvement of aging issues within APA, articles in Monitor, designating month of May as "aging month," etc. Her office works with Congress on policy issues and aging to bring these issues to fore. Two examples of pieces of legislation — the Positive Aging Act, and the Elder Justice Act — which will improve services for older adults in the community were given. Other current issues include elder abuse, ageism, long-term health care, and mental health and aging. It's important to bring psychologists' research contributions in these areas in lobbying efforts on Congress. Experts on aging and advocacy are needed to get psychology into public and political awareness. Psychology must be at table on these discussions and efforts.

Division 20 Website/listserv: Michael posed two questions, 1) Should we pursue a unique domain name?, and 2) Should we require Division 20 membership to access website? Discussion followed with consensus in the end to not make any changes.

Membership: Monisha Pasupathi reported moderate decline in membership, and has sent letters to join Division 20 to non-Div20 members through Division Services representative, Keith Cooke.

Other: Andy Smith reported that Kurt Salzinger is retiring as Director of Science Directorate and Division needs to consider replacement candidate there. Bob Knight gave new chair-holder and liaison names, and requested 2-3 volunteers for various jobs, e.g., liaison for Education Directorate.

Harvey made closing comments and the meeting was adjourned at 10:05.

WANTED

YOUR IDEAS

Do you have an idea for a feature article? Is there an issue that you want to bring to the attention of the Division 20 readership? If so, please contact your newsletter editors! See page 2 for submission information.

News from APA continued from p.3

with specific information about these elections, but unless you complete and *return* your ballots, you are wasting a precious opportunity. This issue of the newsletter contains candidate position statements. Please keep in mind several factors: (1) candidates who are Division 20 members are more likely to consider aging as a priority in their administrations; (2) APA uses a Hare system, so you should rank all candidates. Having been elected chair of the Coalition of Academic, Scientific and Applied Psychologists (CASAP), which is Division 20's major ally in the council caucuses, Sue is committed to recruiting and supporting candidates who will help us fulfill our joint mission.

As we have also stated in the past, it is important to nominate Division 20 members in order to get them into the "pipeline" of governance elections in the future. Please consider nominating yourself or others and although you may think your chances of being elected are small, Division 20's caucus will work to support your nomination and election. Finally, please consider sending us ideas and suggestions for new business items to come to the floor of Council. The main legislative work of Council takes place through the passage of new items. Following up on the passage of the Guidelines, we hope you will take seriously this request to keep aging in the forefront of APA's attention. Also start thinking about making plans to attend APA's Hawaii Convention in July 2004.

Aloha!

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APA Convention Dates

| | | |
|------|-------------------|------------------|
| 2004 | Honolulu, HI | July 28-August 1 |
| 2005 | Washington, D.C. | August 18-21 |
| 2006 | New Orleans, LA | August 10-13 |
| 2007 | San Francisco, CA | August 16-19 |
| 2008 | Boston, MA | August 14-17 |

Division 20 Web site

Are you interested in graduate or undergraduate syllabi, textbooks, or movies? Do you need an e-mail address for someone in the Division? Are you a clinician who needs a resource guide? Are you looking for an old issue of the Division Newsletter? All this and more can be found on the Division 20 web page!

Resources for students include the *Guide to Graduate and Postdoctoral Study* and the *Division 12 Section II Directory of Doctoral Internships with Clinical Geropsychology Training Opportunities and Postdoctoral Clinical Fellowships*. Resources for educators include undergraduate and graduate syllabi, educational video-tapes, cinematic films about aging, and curriculum suggestions. The web page also includes detailed information about awards for researchers, mentors, and students.

**Visit the Division 20 web page at
<http://aging.ufl.edu/apadiv20>.**

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Teaching Tips: Psychology Boot Camp

Psychology Boot Camp: Undergraduate Training Opportunities in Developmental Psychology

Submitted by:

Robert C. Intrieri, Ph.D.
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Jurgis Karuza, Jr., Ph.D.
Buffalo State College

Research training in psychology can be an arduous experience for even the most academically gifted undergraduate student. While it is often a challenge for a faculty member to balance their research interests and objectives against the potential educational benefit of the student, training students and helping undergraduates develop and nurture a passion for research is an even greater challenge. Because, the research context of a traditional psychology department is not likely to address specific issues related to lifespan developmental psychology, research interests need to be cultivated through exposure to additional developmental coursework and in more unstructured ways through collaborative research projects. Informal instruction may occur through team research meetings which may allow time to further explore research questions, ideas, and issues. While research team meetings are a great way to introduce students to ideas they rarely allow individual students to fully develop an idea they may have. There are, of course, always exceptions but those are extraordinary cases. Intensive research training programs are needed to provide talented students with opportunities to develop their skills and abilities. Training and cultivating exceptional undergraduates is crucial to the continued development of our body of knowledge in Adult Development. The current article provides information about a model training program at Buffalo State College. The purpose of this article is threefold: (a) to provide a student perspective of this type of training, (b) to provide a description of the Buffalo State program in particular, and (c) to make readers aware of other programs that may be available to their students.

The Student's Perspective: My Experience at Psychology Boot Camp

In June, I made the long trek from my home in the Chicago suburbs, to the Buffalo State College Summer Research Program. While the program expectations communicated from a previous fellow had me worried, I believed I was prepared to the best of my ability. The first day was pretty typical of most first days of school; fellows and faculty participated in an icebreaker and enjoyed some lunch together. I quickly learned that this would be no ordinary semester. Because of the many nontraditional activities in which we participated, the program was designed to move at a very fast pace (so you really had to hit the ground running).

One word keeps popping into my mind as I write this piece, "intense!" The Buffalo State Program was an "intensive" seven-week course where students learn Developmental Research Methods, attend Research Rotations, and participate in an Ethics seminar. The program challenged the fellows at every turn, so that we would have a taste of what a doctoral training program is like. The workload seemed as though we had a decade's worth (oh, check that probably two decades!) of literature to read in seven weeks. Though the classes were interesting, the nontraditional activities were much more exciting and informational. One of our most exciting rotations was a visit we made to a renowned ADHD clinic at the University of Buffalo (Dr. William Pelham). At the clinic we saw applied research at its best. I was fascinated to see psychologists conducting research that helps with a major problem of childhood and adolescence (now sometimes seen in adults as well).

The Buffalo State College Summer Program is the most challenging educational experience that I have had at this point in my training. I am thankful that nine of my peers and the approximately seven or eight faculty were going through the same thing (I guess misery loves company!). The 2003 fellows' had a strong bond with each other which I attributed to team building; we were all in this together and we could help each other through the summer. The gains that I made were enormous. Besides learning a great deal about research, I have

Continued on p. 17

Teaching Tips Continued from p. 16

gained nine friends/networks for the future. While it is sometimes easier to focus on your own difficulties, I also observed that faculty were also stressed. Each faculty member was a mentor to one or more fellows. The mentors were there to not only help develop our proposals, but help us through the summer as well.

Overall, the Summer Research Program prepared me for my future in psychology. I met some great people and have stayed in contact with them. I now believe that I am better prepared for graduate training and a career in psychology. Personally I like to think of this adventure as "Psychology Boot Camp".

A View of Research Training in Experimental Developmental Psychology

Mental Health Issues in Applied Life Span Developmental Psychology Summer Institute is funded by the National Institute of Mental Health, Mental Health Education Project Grant (R25) program. It is designed for outstanding students completing their sophomore or junior year who have an interest in pursuing a career in behavioral sciences or mental health/health professions. The program theme centers on cultivating student research skills and interest in developmental and mental health issues. In its fourth year, we are happy to say that the program has been renewed until spring 2007. The program is housed in the Psychology Department at Buffalo State College. While students primarily are recruited from Western New York, students have come from as far as Western Illinois University and Mount Holyoke. The track record of the program's alumni is impressive, with nearly all the students going on graduate programs in psychology and in the health professions, including public health, epidemiology and social work.

Students participate as fellows in a formal Summer Institute where they take an advanced academic credit bearing (3 credit hours) course in experimental methods in life span developmental psychology, participate in research and ethics workshops, and are exposed to a

variety of applied and laboratory research projects on campus and in the community. Examples of the applied research rotations include the Roswell Park Cancer Institute, Research Institute for Addictions, Monroe Community Hospital at University of Rochester Medical Center, and the Summer Treatment Program for ADHD at the University at Buffalo. Finally, over the course of the Summer Institute students develop their own research proposal that is completed under the mentorship of their faculty advisor at their home institution over the next academic year. To support these activities, students receive a stipend, tuition waiver, dormitory accommodations on campus, and travel money to a professional conference to present their research. For further information contact Dr. Jurgis Karuza, Program Director and Professor and Chair of Psychology (716-878-6215, karuzaj@buffalostate.edu).

PostScript

Undergraduate summer research training programs provide an extraordinary opportunity for students to further develop and strengthen their research skills. While the Buffalo State College program is a model program it is certainly not the only one. There have been several programs that have been developed through the Research Experiences for Undergraduates (REU) program funded by the National Science Foundation. Interested readers may want to search the site at <http://www.nsf.gov/home/crssprgm/reu/start.htm>. The National Institutes of Health also offer research training experiences for undergraduates through the R25 granting mechanism: these programs are cross-cutting in nature. I have a list that I would be happy to share with interested readers. Please email at mfrci@wiu.edu.

Author Note. The authors gratefully acknowledge the help of Dr. Mark Chavez, Associate Director, Research Training, Division of Mental Disorders, Behavioral Research and AIDS, at the National Institute of Mental Health. We would also like to acknowledge the input of Drs. Dennis R. Papini and Paige E. Goodwin. Correspondence concerning this article should be addressed to Robert C. Intrieri, Ph.D., Department of Psychology, Western Illinois University, 1 University Circle, Macomb, Illinois 61455-1390, Office Phone: (309) 298-1336 Fax: (309) 298-2179. e-mail: mfrci@wiu.edu.

Psychology and Aging is now a benefit of Division 20 membership!

Submitted by Elizabeth Stine-Morrow

Starting in 2004, members of Division 20 will receive the premier journal in the field of psychology and aging as a member benefit. To accommodate this increase in member benefits, dues will be raised to \$40 for members and \$25 for students. This was made possible through a bulk purchase agreement with APA, so that members will receive the journal at a much-reduced rate. Prior to this, the combined price for division dues and the journal was \$71.

Considerable effort was made by the executive committee (EC) to gauge member sentiment before instituting this change. As you may recall, members were surveyed last spring (via the listserv and the newsletter) about this issue. We had 178 respondents, 43 students, 100 members, and 33 fellows. Overall, 67.1% were in favor of raising dues so as to include a subscription to PaA. Interestingly, there was a “cohort effect” in the votes such that the proposal was supported by 81% of the student members and 70% of the members, but by only 38% of the fellows. Reasons cited by those in favor of the proposal included:

- the economic advantage for members
- the incentive it will give to current readers of PaA to join Division 20
- a stronger identity for Division 20 that could emerge as a function of sharing a core body of knowledge reflected in the journal
- a broader readership, and potentially a broader set of contributors, to PaA that would stimulate a broader range of topic coverage in the journal, particularly in the applied areas

The primary concern raised by those opposed to the proposal was that the dues increase might drive members away, particularly student affiliates. Of those not currently subscribing to PaA, 71% said they would retain their membership if dues were increased to include the journal. In discussing the issue, the EC considered the votes and the comments gathered in the survey, and discussed the plan with Susan Knapp from APA Publications office, who attended the session. Historically, divisions that have raised dues to include a journal have increased membership. While the concern about member flight was legitimate, the vote and the experience of other divisions who have tried this, to some extent, alleviated this concern. Based on this discussion, the proposal to raise dues so as to include a subscription to PaA was passed by the EC and brought to the membership at the business meeting, where it was also approved.

There are some important details you should know about:

- In order to purchase access to electronic packages, APA requires members to buy at least one paper journal. PaA received as part of Division 20 membership does count for that one journal.
- If you are a student affiliate, you have the option not to subscribe to PaA. In that case, your dues will remain at last year's rate of \$10 (so if you do get the journal, Division 20 will be subsidizing your journal fee). If you do not want to receive the journal, just write a note on your renewal notice “no journal” and pay \$10 (instead of the \$25 that is billed).
- If you are a “dues-exempt” or “life member” of APA (e.g., you are at least 65, have been a member of APA for at least 25 years, and have started a dues reduction process with APA), you have the option not to subscribe to PaA, and you still pay no dues to Division 20. If you do decide to get the journal, you pay just the journal fee (\$23 in 2004-5; \$24 in 2006).
- International members do not have to pay an extra fee to receive the journal (even though they ordinarily pay higher rates for journals).
- Every year APA will send Division 20 the names and addresses of PaA subscribers who are not members of the Division (there are many). The Division will send these people letters alerting them to the fact that they can join the division and get the journal for less money than they are currently spending on the journal alone.
- The contract for the bulk purchase agreement has a term of 3 years (the minimum allowed by APA). The journal cost is \$23 for the first two years and \$24 for the third year. At the end of this trial period, the plan will be evaluated.

The EC expresses thanks to all of those who voiced an opinion on this issue. Your vote and the very thoughtful commentary on both sides were invaluable resources in our discussions.

Student News: Meet the New Student Representative

Submitted by Steven David

Greetings Students!

I am honored to have the opportunity to serve you as Division 20 student representative for 2003-2004. I am a third year Ph.D. student in the clinical aging track of the clinical science area at the University of Southern California's psychology department. My research interests are two-fold. As a member of Dr. Bob Knight's lab, my interests include caregiving, emotion, and psychotherapy. In addition, I am developing my own program of research involving lesbian and gay older adults. My most recent (and most rewarding) service role has been as founder and co-chair of the Division 44 (Society for the Psychological Study of Lesbian, Gay and Bisexual Issues) Task Force on Aging.

My most important role as Division 20 student representative will be, as the title suggests, to represent you. This means that I am anxious to hear from you regarding your experiences with the division, as a student, and in the field of adult development and aging in general. The more I hear from you, the better prepared I will be to adequately represent your needs to the Division 20 executive committee. In addition, I will be planning a symposium for the APA 2004 convention that will most likely focus on diversity issues for careers in adult development and aging. These will include issues of gender, ethnicity, and sexual minority status. I welcome and encourage your feedback as these ideas are formulated. Finally, I will be planning the Division 20 student social events for the 2004 convention. This is very exciting, as I cannot think of a more enjoyable place to socialize than in the paradise that is Oahu! I am looking forward to your feedback and participation in the planning and execution of these events. I am particularly hopeful that I will hear from local students or students familiar with Honolulu who might have ideas on the best spots to socialize! Again, I am honored to be serving in this role and I look forward to hearing from all of you very soon.

Regards,
Steven David
stevenda@usc.edu

Attention Students!

Awards are available for proposed and completed research at the master's and doctoral level. Winners of 2003 awards are listed in this issue. More information about the 2004 awards can be found by following the links listed below.

Division 20 Retirement Research
Foundation Awards

<http://aging.ufl.edu/apadiv20/stuaward.htm>

Due Date: May 30, 2004

Division 35 Hyde Graduate Student
Research Grants

<http://www.apa.org/divisions/div35/hyde.html>

Due Date: March 15 and September 15

CALL FOR PAPERS APA 2004

The call for papers for the 2004 APA convention in Honolulu, Hawaii (July 28 - Aug 1) was printed in the September APA Monitor, and is on-line at <http://www.apa.org/convention>

We encourage all Division 20 members to submit proposals for the meeting. The proposals should either be poster or symposia submissions. Because APA will allow unlimited poster time for divisions, poster submissions are strongly encouraged. The deadline is November 14, 2003; all submissions must be received by this date.

There will be a competition for best student poster this year. To be considered for this award, the student's mentor should include a letter indicating that the paper presents the student's work. Papers can be multi-authored, but the student must be the first author. The winner will receive \$250, a certificate of recognition, and a ribbon on their poster.

Electronic submission is preferred (<http://apaoutside.apa.org/conventioncall>).
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Adult Development and Aging News

Division 20, American Psychological Association

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