

***F*rom the Chair**

Well, here we are at the end of the fall semester already. By most accounts, this semester has seemed to go by quickly. I wanted to update you on some changes to the Psychology Major. Most of these changes will not affect our current majors, but I wanted to make you aware of the changes nonetheless.

We have renumbered PSYCH 110, Introductory Psychology, as PSYCH 210. The purpose for this change is twofold. First, we wanted to use the 100-level designation only for courses which do not count



**Congratulations and
Best Wishes**

to the following
December Graduates:

Elizabeth Childs
Jeff Golimowski
Kristin Solberg

There are many ways that individuals can be victimized. As a nation, we have recently experienced the shock, horror, and sense of powerlessness that can come with acts of violence. When an individual or a group of individuals are victimized (through violence, oppression, or discrimination), there are seemingly two possible reactions; one can remain a victim or one can become a survivor. To become a survivor means to reclaim the lost power that occurred when one was victimized; one needs to become empowered. There are many definitions for empowerment, but I prefer the feminist conceptualization.

From a feminist perspective, empowerment is defined not as **power over** someone, but as **power to** do something.

If we think of empowerment as power over another, we are setting the stage for continued victimization. One person takes power from another; one is more powerful, the other is less powerful. It is this very differential that creates opportunities for victimization. After all, how many victims of violence, oppression, or discrimination do you know who had more power than the person who victimized them? It is well documented that those with less power are at greater risk for victimization, and victimization is linked to many negative outcomes including increased rates of mental illnesses, criminal behavior, substance use, and health problems. Thus, defining empowerment as power over another is not acceptable and will only breed more victimization.

**Willamette University
Psychology Department
Quarterly Newsletter**

Meredy Goldberg Edelson
253 Smullin Hall
503.370.6133

Dogs working to become empowered

Department Chair, Associate Professor
253 Smullin Hall, 503/370.6133
medelson@willamette.edu

**ON STUDY LEAVE SPRING 2002,
Internship/ Thesis**

Professor
252 Smullin Hall, 503/370.6435

j

avior Analysis, Biopsychology

Dean of Student Development/ Director of Counseling

Baxter Hall, Bishop Wellness Center
503/370.6471

dloers@willamette.edu

Cross-Cultural Communication,
Techniques of Counseling

Associate Professor
254 Smullin Hall, 503/370-6425
(no email address)

Intro to Psychology, Developmental
Psychology: Adolescence, Health Psychology

Visiting Professor
(Will use Professor Edelson's Office)
253 Smullin Hall
Clinical/Abnormal Psychology