HISTORICAL WOMEN IN PSYCHOLOGY

Dr. Mahzarin Banaji

Mahzarin Banaji is a contemporary psychologist hailing from Secunderbad, India and has made an illustrious career for herself in social psychology. Banaji is best known for work with colleagues on developing the concept of "implicit bias". More recently, Banaji has helped create the Outsmarting Human Mind project, which aims to address how implicit bias training can be implemented in organizations. She has received multiple awards throughout her career and has made a lasting impact in the field of social psychology and society broadly. Read more about her life and career [here](#).

Dr. Leta Stetter Hollingworth

Leta Stetter Hollingworth was an early psychologist whose work was vital in dispelling myths regarding women’s cognitive abilities. In the early 20th century, the popular belief in the field was that hereditary factors were most important in determining genetics, and that women were inherently less successful or intelligent than men because of this. Hollingworth did research to refute this citing the importance of environmental factors, as well as the incorrect belief that women were rendered unable to complete day-to-day life during menstruation. Read more about Hollingworth’s work [here](#).
Are Spatial Memories for Familiar Environments Orientation Dependent?
Alexia Galati, Ph.D.
This article presents an experiment, conducted by faculty member Dr. Alexia Galati and colleagues, comparing spatial judgements in familiar versus unfamiliar environments. Previous research has focused on spatial reasoning in unfamiliar environments, while this experiment explores whether memories of familiar environments exhibit similar properties. This work is also innovative in its use of Virtual Reality technology to immerse participants in the two types of environments. By analysing performance data from Judgments of Relative Direction tasks, Dr. Galati and her team are able to assess potential differences in how spatial memories of familiar and unfamiliar environments are organized.

Disentangling the relationship between gender and work-family conflict: An integration of theoretical perspectives using meta-analytic methods
Maryana Arvan, Ph.D.
It is commonly assumed that women will experience more work-family conflict than men. However, Dr. Arvan and colleagues have completed a thorough meta-analysis to assess if this assumption is accurate. Dr. Arvan and colleagues examined over thirty years of research, explored potential moderators (i.e. parental status, work characteristics), and compared findings utilizing work-family conflict and gender theory to test this assumption. These researchers came to an interesting conclusion--there are more similarities than differences in the degree of work-family conflict experienced by men and women.

Social modelling of health behaviors: Testing self-affirmation as a conformity-reduction strategy
Allecia Reid, Ph.D
We are all familiar with the idea that peers influence our behavior. For example, when we observe peers engaging in unhealthy behaviors like drinking and eating unhealthy foods, we are more likely to engage in these behaviors as well. Previous research suggests this is related to motives such as social affiliation and accurate decision making, both related to conformity. Dr. Reid and her team have designed two studies that assess if self-affirmation could be a potential strategy to weaken peer influence, specifically conformity, on drinking and eating behaviors.

A data-guided approach to supporting students’ social-emotional development in pre-k
Laura Armstrong, Ph. D
Research suggests that a high quality early childhood education (pre-k) is linked to benefits in a child’s development across multiple domains of health and well-being. Dr. Armstrong and colleagues discuss a data-guided intervention that has the potential to promote a young student’s socio-emotional development by making teachers aware of individual students’ strengths and needs. Teachers were also provided strategies for fostering such development.
VIDEOS

Feminist Boys are our Future Men: Changing Culture of Sexual Violence | Bobbi Wegner | TEDxDartmouth
Bobbi Wegner explains how our brain unconsciously gendertypes women and it’s role in the culture of inequity and sexual violence. She gives powerful advice on how to talk to children about this to change their perspectives from a young age.

Implicit Bias - How We Hold Women Back | Maureen Fitzgerald | TEDxSFU
Maureen Fitzgerald talks about her experiences facing discrimination in the professional world and discusses approaches to fix the problem.

Kay M. Tye - What investigating neural pathways can reveal about mental health
Dr. Tye is a neuroscientist who presents how brain research is being used to understand more about mental illness like depression and anxiety. Specifically Dr. Tye’s research has focused on using optogenetics as a potential treatment.

PODCASTS

Implicit Bias with Mahzarin Banaji
Mahzarin Banaji discusses what made her study implicit bias, as well as new research on implicit bias and what it means for social progress.

Speaking of Psychology: The challenges faced by women in leadership with Alice Eagly, PhD
Alice Eagly talks about the challenges women face in leadership, the psychology of gender, and how the public’s views have changed over time regarding women in leadership.

Speaking of Psychology: Feminism A to Z
Gayle Pitman discusses how feminist theory can be used to give teenage girls support, courage, and energy to adequately face challenges of adolescence.
ADDITIONAL READINGS

Psychology’s Hidden Figures: Undergraduate Psychology Majors’ (In)Ability to Recognize Our Diverse Pioneers
In this article, the impact of institutionalized sexism and racism on undergraduate students’ knowledge of psychology’s foremothers is explored. The authors find evidence that power and privilege manifest inside the classroom by a disproportionate focus on the White, male pioneers of the field. The piece concludes with a call to incorporate a more inclusive account of the actual history of psychology. To see the current diversity of the field, search #ThisIsWhatAPsychologistLooksLike on social media.

Feminism and Evolutionary Psychology: Moving Forward
Alice Eagly and Wendy Wood explore the tension between feminist and evolutionary psychology in their description of gender differences. The authors posit that evolutionary psychology has traditionally treated gender inequality as inevitable due to genetic adaptations. However, Eagly and Wood argue that this is incorrect and that human behavior is greatly influenced by social context, including gender inequality.

Incorporating intersectionality into psychology: An opportunity to promote social justice and equity
In this article, Lisa Rosenthal discusses how intersectionality (a term coined by Kimberlé Crenshaw) can be incorporated into the field of psychology. The utilization of intersectionality as a guiding theoretical framework allows for all sub-disciplines in the field to make social justice and equity central to our understanding of the structural and interpersonal mechanisms of oppression, inequality, and health.

RESOURCES

Overall health and well-being is vital for a society to flourish. Here are some resources and information for all women regarding physical and mental health:

Women’s Issues therapists
APA resource page for intimate partner violence
(note the purple quick escape button in top right area of webpage)

APA page with resources on women’s health

Planned Parenthood webpage regarding trans health
Our local PP 700 S Torrence St, Charlotte, NC 28204, (704) 536-7233

UNCC webpage for trans students from IEE office

Large list of resources for trans women from the Well Project
Atkins Book Club: I'm Not Dying With You Tonight

For this semester’s Atkins Book Club selection, the library will join the Charlotte Mecklenburg Library (CML) for their March 2021 Community Read which focuses on creating a community dialogue around the themes of racism and social justice. The selection is a YA book titled, I'm Not Dying With You Tonight by Kimberly Jones and Gilly Segal. Told from two viewpoints, Atlanta high school seniors Lena and Campbell, one black, one white, must rely on each other to survive after a football rivalry escalates into a riot.

Atkins Library has purchased an electronic version of I'm Not Dying With You Tonight for unlimited users to access through its catalog. Atkins will host its own book discussion on Zoom for the campus community on March 31 from 2 – 3:30 p.m.