



UPCOMING EVENTS

- 1/17**  
First Day of Classes
- 1/21**  
MLK Day, No classes
- Week of 1/21**  
CPSO Meeting, TBA  
620 JRP
- 1/30**  
Deadline for CPSO shirts
- 2/3**  
Superbowl Sunday
- Week of 2/4**  
CPSO Meeting, TBA

DSM MOVIE REVIEW

This Weeks Case:  
*One Flew Over the Cuckoo's Nest* (1975)  
DSM-IV-TR Code:  
V65.2, Malingering  
This Movie's GAF:  
93, a true insight into managed care  
Prognosis: Must see, a good reminder not to sleep with a pillow over your face, electrodes on your temples, or an ice pick up your nose.

**CPSO T-Shirts!!!**  
Don't get left out – order your CPSO Tees online now at [www.kucpso.org](http://www.kucpso.org).

**GOOD LUCK !!!!**  
To those interviewing for PhD and Internship spots.

THIS YEAR, I WILL . . .

New Year's is the time for resolutions, but do they work?

Gallup and American Medical Association polls show that 40% to 50% of Americans make at least one resolution for the New Year. A study of elementary school students revealed that girls were significantly more likely to make a resolution than are boys and it is likely that this trend continues into adulthood.

Polls indicate that three resolutions usually vie for the most popular prospective changes: exercise more, lose weight, and smoking cessation. Recently, however, more than half of all resolvers vowed to spend more time with friends and family, making it the new reigning king of resolutions.

It seems, though, that Americans are much better at making resolutions than keeping them. Regardless of the type, a full 23% of resolvers have broken their resolution before the first week. After one month, only 55% have stuck to it, and that number drops to 19% after two years. It also seems that those with a weight loss resolution fare significantly worse than those with other resolutions. At least one study showed that resolutions did not result in any behavioral changes at all.

The research consistently supports that some factors increase the likelihood that a resolution will be maintained until after the confetti hits the floor.

First, for any lasting change to occur, you have to be psychologically committed to the endeavor. Those resolvers that have reached the action stage of Prochaska's transtheoretical change model are much more likely to succeed than those who have only reached the contemplation stage. Those who force changes at the end of December, without regard to what feels comfortable and natural, are more likely to fail than those who postpone the attempt until it feels right.

Secondly, domain specific self-efficacy greatly enhances the chances of making your resolution stick. In other words, those with previous success in a particular area, such as a former athlete, are likely to have a high sense of self-efficacy in that area. Therefore, they may keep a resolution in that domain, such as exercising regularly.

So, to ensure you're a good fit with your resolution, make sure it's something you can really see yourself accomplishing and that the change is congruent with your current self-concept. Remember, it's better to keep a mid-March resolution than break one from New Year's! - TCM

Joke of the Month

Welcome to the Psychiatric Hotline.  
If you are OCD, press 1 repeatedly.  
If you are co-dependent, please ask someone to press 2.  
If you have multiple personalities, please press 3, 4, 5, and 6.  
If you are paranoid, we know who you are and what you want, please stay on the line so we can trace the call.  
If you are schizophrenic, listen carefully and a little voice will tell you which number to press.  
If you are depressed, it doesn't matter what number you press, no one will answer.  
If you are hallucinating, please be aware that the thing you are holding on the side of you head is alive and about to bite off your ear.