

## ***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**

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*Dogs working to become empowered*

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

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Professor  
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avior Analysis, Biopsychology

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Cross-Cultural Communication,  
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Intro to Psychology, Developmental  
Psychology: Adolescence, Health Psychology

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Visiting Professor

(Will use Professor Edelson's Office)

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Clinical/Abnormal Psychology