

RIOP

Richmond's Industrial Organizational Psychologists
Local Group for Central Virginia

ISSUE #3

NEWSLETTER
FALL 2021



WELCOME

Welcome to the newsletter for the Richmond Industrial Organizational Psychologists (RIOP) Central Virginia group.

RIOP WEBSITE

Richmondio.wordpress.com

RIOP MEETINGS

January 21, 2021

August 19, 2021

Where: Virginia Museum of Fine Arts
Lower Level @Best Cafe
Time: 6:30 to 8:30 p.m.

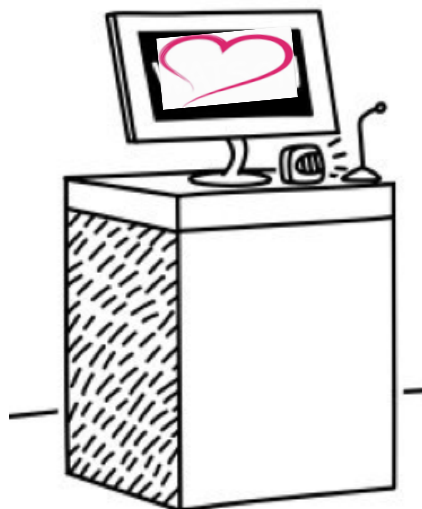
If COVID restrictions make us unable to meet in person, there will be a virtual meeting. We will email members.

IN THIS ISSUE

- Research Spotlight
- Book Spotlight
- Sleep Talk
- SIOP News
- RIOP Membership

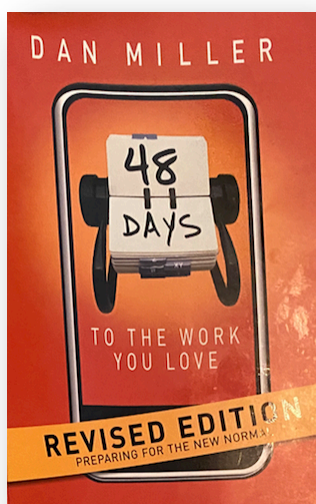


RESEARCH SPOTLIGHT



All humans need support from others in order to thrive. Social support can boost the immune system and help combat the negative impact of stress. The type of support we receive can vary and it does not always need to be in-person. Raney and Troop-Gordon (2012) found that college students lacking in-person social support were able to find helpful connections online. The students who communicated electronically with distant friends were less distressed than those who did not (Raney & Troop-Gordon, 2012). Let's keep this in mind when we see the many cons of the digital world – there are also many perks to be enjoyed. Virtual social support can be a robust resource at times.

BOOK SPOTLIGHT



- Are you getting ready to make a job change?
- Are you consulting as a career coach or working with people in work transition?

You might want to check out “48 Days to the Work You Love,” by Dan Miller (2010).

Miller provided strategies for securing employment and offered tips for navigating a job hunt in the digital market. Miller also provided key ideas for personal growth and development. For example, the three personal areas to consider are Skills and Abilities, Personality and Wiring, and Values, Dreams and Passions. The book is packed with stories about unusual business success, warnings about scams and cons, and reminders about the individualized journey each person takes as they discover the right fit for their employment and life work.

SLEEP TALK

Sleep Deprivation (SD) can lead to impairment of mental and physical functioning and it interferes with cognitive processing (Van Dongen, Belenky, & Krueger, 2011). The human mind can get overloaded and during task performance, different neuronal groups can fall asleep locally from too much sustained use and not enough sleep. This cognitive overload interrupts information processing and can lead to performance impairment. The findings provide another good reason to not ignore ongoing sleep debt. Workers cannot perform – and cannot attain flow or get into “the zone” - if cognitive functions are impeded from prolonged wakefulness (Alhola & Polo-Kantola, 2007).

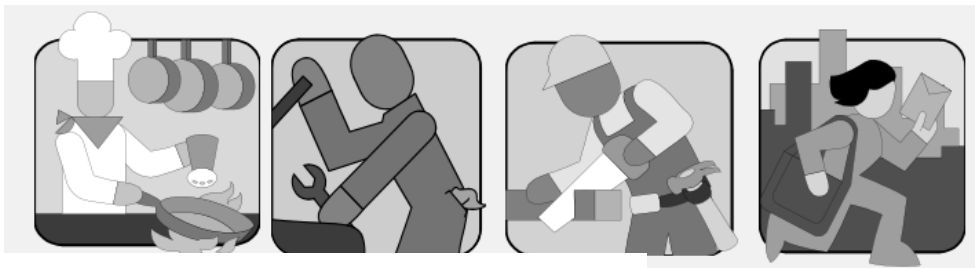


SIOP NEWS



- The Society for Industrial Organizational Psychology (SIOP) is inviting proposals for their 37th annual conference in 2022,
- Deadline for submission is October 13th, 2021.
- The 2022 conference will feature both in-person and virtual content.
- For more information, see the conference information at siop.org





RIOP MEMBERSHIP

If you want to join us in Richmond Industrial Organizational Psychologists (RIOP) Central Virginia group, please go to the website (richmondio.wordpress.com) and fill out the contact form. **This group is open to professionals and students who are dedicated to advancing the area of work psychology.** We meet twice a year and send out seasonal newsletters. We also have online video updates and workshops.

RIOP exists to help advance the area of work by providing networking, support, and resources for professionals interested in improving the fit between the worker and the workplace.

RIOP LEADERS

Yvette Prior, Director

Juanita Anderson, Community Coordinator

REFERENCES

- Alhola, P., & Polo-Kantola, P. (2007). Sleep deprivation: Impact on cognitive performance. *Neuropsychiatric disease and treatment*.
- Miller, D. (2010). *48 Days to the Work You Love*. B&H Publishing Group.
- Raney, J. D., & Troop-Gordon, W. (2012). Computer-mediated communication with distant friends: Relations with adjustment during students' first semester in college. *Journal of Educational Psychology, 104*, 848–861
- Van Dongen, H. P.A., Belenky, G., & Krueger, J.M. (2011). A local, bottom-up perspective on sleep deprivation and neurobehavioral performance. *Current topics in medicinal chemistry, 11*(19), 2414-2422.

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