

RIOP

Richmond's Industrial Organizational Psychologists
Local Group for Central Virginia



ISSUE #4

NEWSLETTER
WINTER 2021

RIOP WEBSITE

Richmondio.wordpress.com

WELCOME

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



IN THIS ISSUE

- Music & Brain
- Book Spotlight
- Health Talk
- SIOP CONFERENCE 2022
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Next Meetings:

JANUARY 20, 2022

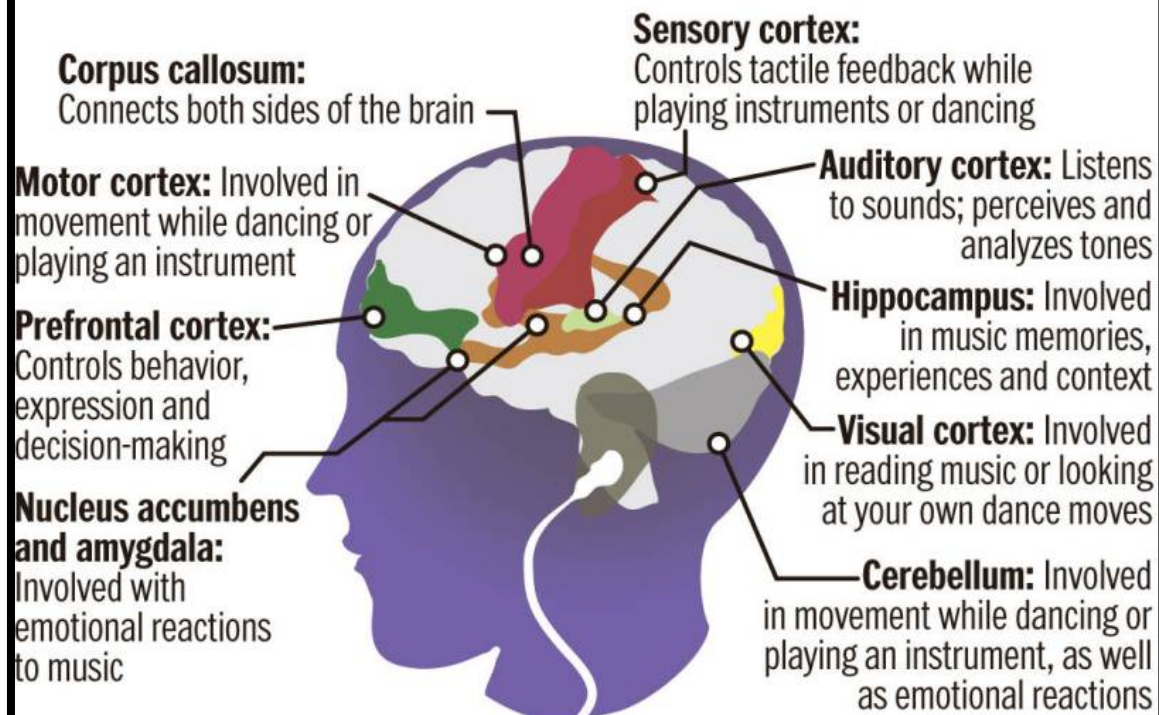
AUGUST 18, 2022

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 with updates.

Music and the brain

Playing and listening to music works several areas of the brain

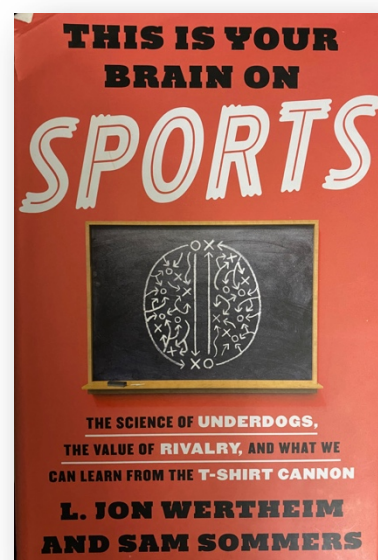


SOURCE: Music for Young Children

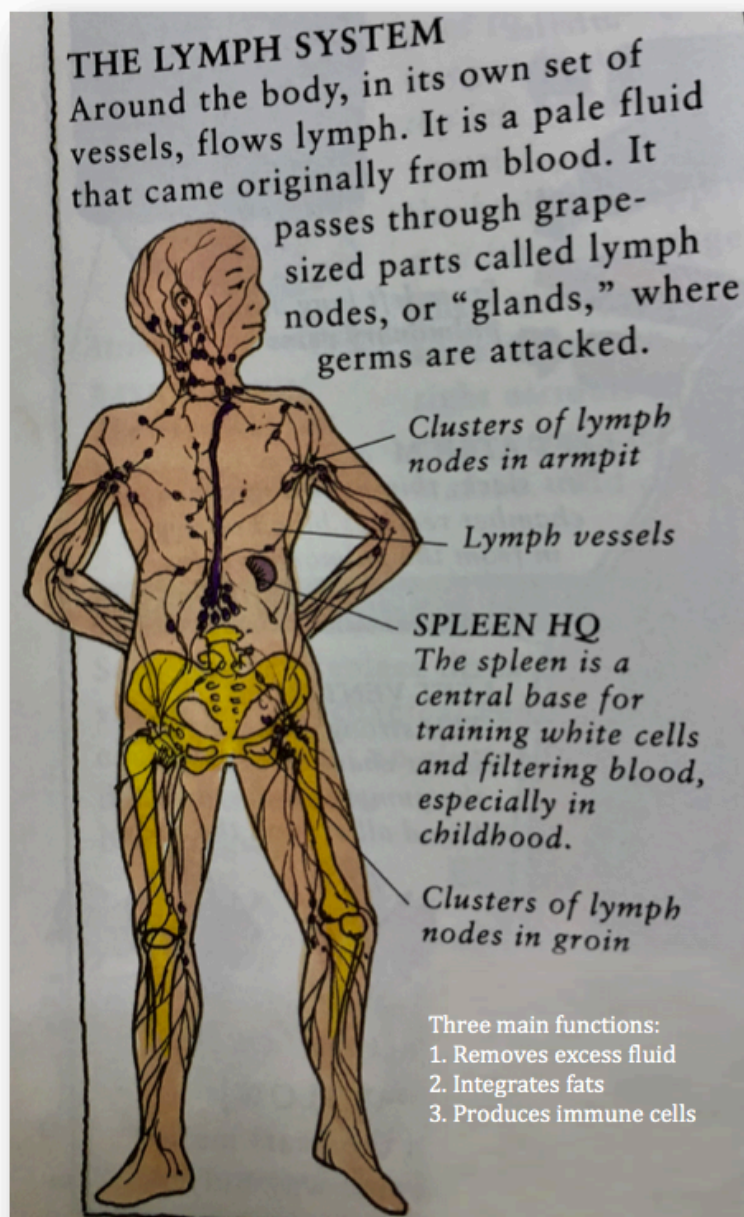
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BOOK SPOTLIGHT

“This is Your Brain on Sports” by Wertheim and Sommers (2016) provides rich insight about perception, expectations, and behaviors as it relates to the sporting culture we live in today. The authors explore culture change and dynamics at play when it comes to sports and individual reactions to teams, rules, etc. The causal tone and many personal jokes are a bit overdone, but they also provide nuggets to chew on later. For example, the IKEA effect is mentioned a few times, which means that “people inflate their valuations of self-made products” (p. 151). The authors continue ramble with opinion, and bias, in their comments. If you can make it through all that, the takeaways provide some fresh ideas about the behaviors and mindsets that continue to be shaped by a sports-crazy culture.



HEALTH TALK



- The lymphatic system is network (tissues and organs)
- Helps rid the body of toxins, waste and unwanted stuff.
- Lymph is a fluid that goes throughout the body
- Contains infection-fighting white blood cells.

Lymph system helps remove excess fluids from body tissues.

Helps with absorption of fatty acids and subsequent transport of fat, chyle, to the circulatory system.

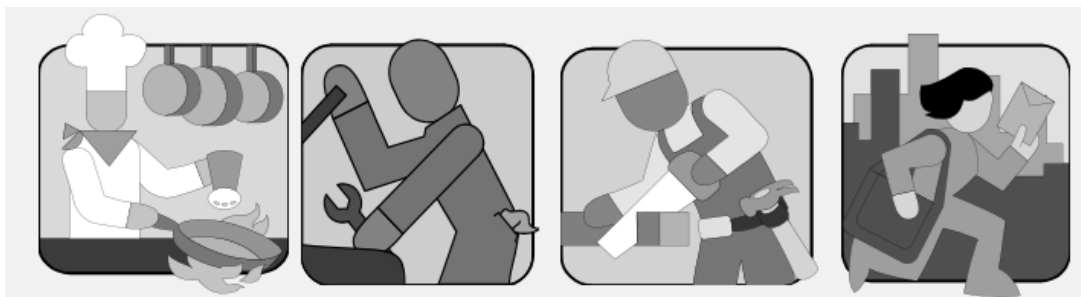
Helps with production of immune cells (lymphocytes, monocytes, and antibody producing cells called plasma cells).



SIOP NEWS

Mark your calendar for the Society for Industrial Organizational Psychology's (SIOP) 2022 conference, which will take place in Seattle, Washington April 28 – 30, 2022. There will also be plenty of virtual offerings for people who cannot travel. More information is available at siop.org.





RIOP MEMBERSHIP

If you want to join the 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

- Sohn, S. Y., & Jvmg, G. S. 2010. Effect of creativity on innovation: Do creativity initiatives have significant impact on innovative performance in Korean firms? *Creativity Research Journal*, 22: 320-328.
- Wertheim, L.J., & Sommers, S. (2016). *This is your brain on sports*. Crown.

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