



# Intuition: The BYU Undergraduate Journal of Psychology

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BYU Undergraduate Journal of Psychology

# INTUITION



Fall 2018  
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Fall 2018  
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# Notes From The Editor

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**Bradley Talbot**

*Editor-in-Chief*

## ***Intuition: Our Purpose***

The BYU Undergraduate Journal of Psychology is more than simply a means for BYU students to publish their work in a scholastic journal. It is a means of communication by allowing undergraduates to join the conversation in the world of psychology. As technology has advanced to allow for a more convenient, widespread network where information is exchanged, it has become more necessary and essential for individuals to discern which information is worth learning and which is not. *Intuition* provides insights and updates on current research and discoveries made in the world today; much closer to home than you may initially realize.

Our purpose as a journal is to inform our community of more than just the science behind psychology, but the efforts being made to make life more enjoyable, fulfilling, and worth living. Psychology affects us all, as it is the science behind our very thoughts, feelings, and behavior. *Intuition* brings to light the aspect of ourselves that might seem—dare I say—intuitive, but has not yet been fully acknowledged.

## **Acknowledgments and Contributions**

The publication of this journal would not have been made possible without the efforts and contributions of several individuals and parties. The editorial staff along with faculty

reviewers have worked tirelessly on each issue over the years and the current issue is no exception. Our editors volunteer their time to collect content for this journal and help the authors produce manuscripts that are engaging, enlightening, contribute to the conversation in psychology, and share meaningful progressions in science with others. I am thankful to them for their efforts.

I am also thankful to the faculty members within the Departments of Psychology and Sociology and the School of Family Life that have given of their time to help students prepare their manuscripts for publication in this issue. Their willingness to guide and instruct students' writing helps the students learn, grow, and produce their best work. I am also, of course, thankful to the authors that have been willing to submit their hard work to the journal, including the countless revisions, edits, and changes that have been asked of them to ensure the highest quality of manuscripts.

Finally, I am grateful for Hal Miller, *Intuition's* faculty advisor, and the guidance, counsel, support, and help he has provided in making this journal run as seamlessly as possible.

### **Joining the Intuition Community**

If you would like to become involved in the *Intuition* community by joining our editorial team, submitting manuscripts, or become involved in any other way, please contact us at [byupsychjournal@gmail.com](mailto:byupsychjournal@gmail.com). Though the journal is centered around undergraduate submissions, we welcome graduate students, faculty, and members of the community to become involved with *Intuition*. To find ways in which you can become involved in *Intuition*, visit our website at [intuition.byu.edu](http://intuition.byu.edu).

## This Issue

We all know the saying “There’s light at the end of the tunnel.” Most use the phrase in an effort to provide comfort for those experiencing difficulties, reminding them that soon the pain will subside and “light” will shine through. But what about light *within* the tunnel? Mental illness appears to be becoming more prevalent and complex to both deal with and understand. And while a light to disperse all darkness may be approaching at the end of this long tunnel, a more plausible solution suggests implementing light into the very problem, even attempting to attach it to its very core.

This issue of *Intuition* discusses topics relating to mental health, including the effects of childhood bullying, ADHD, PTSD, parental tactics and adolescent depression, and anxiety, while also looking at topics such as racial disparities, personality and coping, the concept of flow, social media’s impact on beauty, and the fragile X syndrome. Each provides valuable insight and information that I feel can greatly benefit our community and society and I hope you will as well.

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