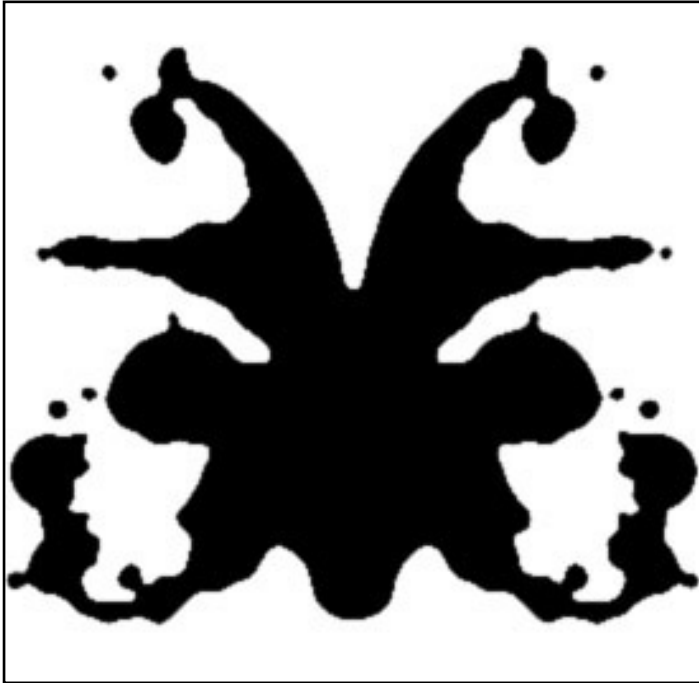


the inkblot.



Happy New Year UPA! I hope you all survived the mean temperatures and were able to ring in 2010 with style. I rarely make new year resolutions, but decided to make this year an exception. In 2010, I have resolved to learn how to navigate. I'm a landmarks person - not an address person, which makes finding unfamiliar places quite the challenge. Thank goodness for google maps! However, this year I have decided to resist the urge to let google guide me to places within Edmonton, and actually learn how to use the

address system. Those of you who were born and raised here no doubt have this down pat. In that case, perhaps your resolution could have an academic focus? I thought about that one, but decided against it because I actually want to *keep* my resolution this year (haha). In any case, welcome back to school. I hope you enjoyed the holiday season and best of luck with the resolutions!

Colleen Andringa
VP Communications

Events at a Glance

January 5

Welcome back

January 18

Last Day to Add/Drop
Winter Term Classes

January 18-22

Psych Week!

January 19

Psych Career Forum

January 20

Internship Forum

January 22

UPA Social Event. Bears
Volleyball + RATT

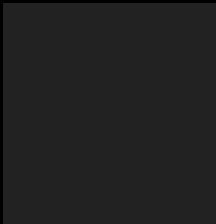
January 29

Last Day to Pay Fees
Without Late Penalty
Charges



LAST MONTH...

This Christmas season, the UPA was able to use some funds to donate to a family in need. The family, who are recent immigrants from Africa, have three small children and live together in a one bedroom apartment in Edmonton. Although the father of the family had obtained his PhD in Africa, he had recently been let go from his job as a caretaker and was struggling to find employment. The UPA was able to donate some gifts to the family to make their Christmas more enjoyable!



Undergraduate Psychology Association

connect ♦ grow ♦ succeed

THE INTERNSHIP PROGRAM

The U of A boasts an incredibly unique opportunity for Psych students. Psych majors have the chance to gain valuable psych related experience through a 12-16 month internship through the Psych department. Dr. Sandra Ziolkowski is in charge of the program. Applications are currently available and will be accepted starting this month. As always, earlier applicants have the greatest success in finding a placement. Dr. Ziolkowski and the UPA will be putting on a Forum with more information but if you can't wait until then, click on the following link to access the pertinent program information.

[http://
www.psych.ualberta.ca/
undergraduate/ipp/
index.php](http://www.psych.ualberta.ca/undergraduate/ipp/index.php)



PSYCH WEEK



Psych week is a week very near and dear to the UPA executive heart. Why you ask? Because Psych week is dedicated to all things Psychology - and provides a lot of practical information to students within the Faculty.

Here's a what the week entails:

January 19th: Psych Career Forum. An email from CAPS was sent out earlier this month giving some specific information on presenters. Registration is preferred so that CAPS can provide refreshments

(read, free food!!) This forum is a fantastic opportunity to assist those with Psych degrees think beyond “Clinical

Psychologist” when answering the question “what the heck am I gonna do with an Arts degree...”

January 20th: Internship Forum. Dr. Ziolkowski works spends countless hours making presentations in class about this valuable program. The location for this forum has not been finalized; however, an email confirming location and time will be sent out. Keep this evening open - it's well worth your time.

January 22nd: UPA Social Event. Last year the UPA cheered on the Golden Bears in a fast-paced volleyball game and we'd like to do it again! The guys play at 6:30pm (meet 15 min early so we can all grab seats together). After the game, we'll all head out to Hudsons on Campus for some post-game

mingling. This is a fantastic opportunity to support our athletes, meet other volunteers, and do something a little out of the ordinary on a Friday night. To give Lauren an idea of numbers, RSVP to lkotylak@ualberta.ca. See you there!



New Years Fun Facts

- The celebration of the new year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago
- The tradition of using a baby to signify the new year began in Greece around 600 BC. It was their tradition at that time to celebrate their god of wine, Dionysus, by parading a baby in a basket, representing the annual rebirth of that god as the spirit of fertility.
- Traditionally, it was thought that one could affect the luck they would have throughout the coming year by what they did or ate on the first day of the year. For that reason, it has become common for folks to celebrate the first few minutes of a brand new year in the company of family and friends. Parties often last into the middle of the night after the ringing in of a new year.
- 1907 - New York's famous ball drops for the first time from Times Square on New Year's Eve. It was a five foot ball made out of wood and iron, weighed 700 lbs, and included 100 25-watt bulbs.



<http://wilstar.com/holidays/newyear.htm>

<http://nutritionfitnesslife.com/new-years-fun-facts/>

- Today, the ball is a 6-foot globe made out of Waterford crystal and weighs 1,070 lbs. It contains 9,576 LEDs and uses relatively little energy (as much as about 10 toasters). Its decent starts at 11:59 PM and reaches the bottom at the stroke of midnight.



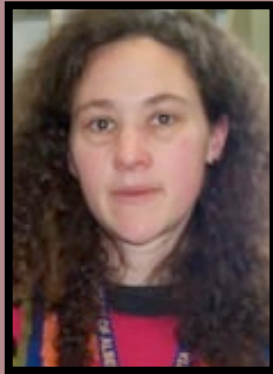
In one year and out the other...

Check out this interesting article on the success of resolutions...and more practical alternatives.

<http://www.webmd.com/balance/features/new-years-resolutions-in-one-year-out-other>

JUST FOR FUN!

Over the holidays, The UPA received a light-hearted email from Dr. Elena Nicoladis of the Department of Psychology to pass on to all of you wonderful UPA'ers. Enjoy!



Dr. Elena Nicoladis

(photo from <http://www.psych.ualberta.ca/people/showperson.php?id=64>)

It has come to my attention that many psychology instructors are teaching their students psychology and having some fun doing it. To recognize excellence in the domain of teaching and fun, I am hereby instituting the Tolman Undergraduate Teaching Awards (TUTA) for the Winter 2010 term.

Here are some of the categories that will be awarded:

1) The Best Good-idea-on-paper-that-flopped Award

I'm surely not the only one who had a really really great idea for teaching that went over like a lead balloon in actual practice?



2) The Best Embodied-Learning Award
This award will be given to an instructor with a teaching exercise that induces student to embody their knowledge of psychology in some way.

3) The I-was-on-fire-in-that-lecture Award
You've had one of these, right? That lecture that just worked? It all came together?



4) The Wackiest Assignment Award
This does not have to be a new assignment, just something that's really wacky.

5) The Best Fielded-from-waaaay-out-of-left-field-undergraduate-question Award. Is it true that African cockroaches have been observed making their own tools and teaching that tool-making skill to younger cockroaches?



6) The Most Challenging Assignment Again, this doesn't have to be something new, just very challenging.



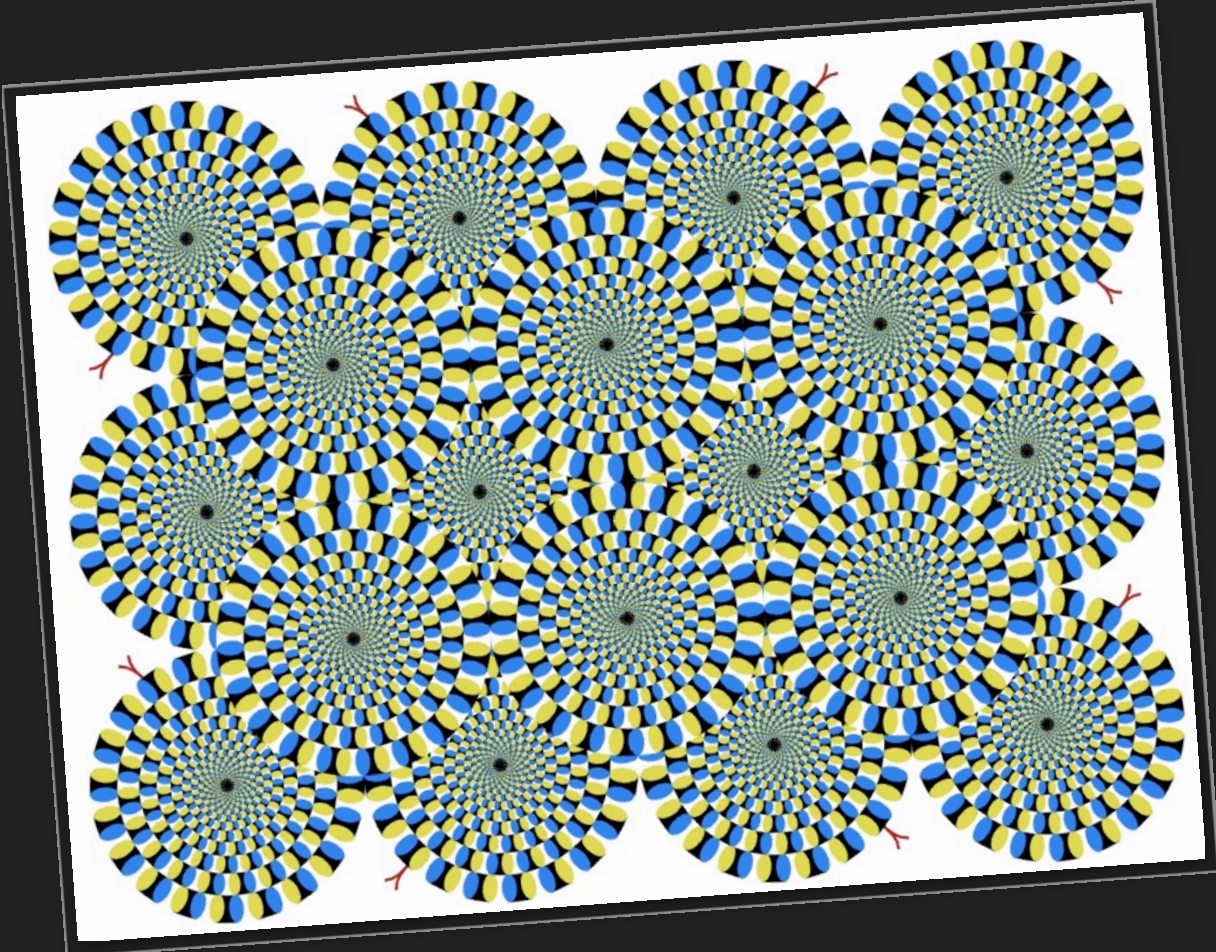
These categories are entirely malleable. The name of the awards and the number of awards is somewhat based on the number of applicants

received but largely on my whim. Feel free to invent your own category and nominate yourself for it.

The application process: Anybody associated with the psychology department (support staff, undergraduate students, graduate students, sessional instructors, faculty lecturers, faculty members) has to communicate with me by April 30, 2010 about instructors' attempts to have fun while teaching during the Winter 2010 term. Preferably in a language I understand.

The judging: The adjudication of these awards is biased and completely unfair. The criteria to operationalize the superlatives mentioned in the above categories will be idiosyncratically invented around about May 1, 2010 by me (hereafter known as The Judge). The Judge freely accepts bribery, ideally in the form of coffee (milk, no sugar) or homemade cookies. The Judge's decisions are final and binding.

Elena Nicoladis
aka "The Judge"



Quote of the Month

“In study after study, most people agree that mass media influence attitudes - other people’s attitudes, but not their own.”

Duck et. al., 1995

Psychology + Film

Brothers: This movie is adapted from a Danish film and explores the effects of PTSD on an American family. There are some disturbing war scenes (I closed my eyes) but it does help paint a picture of how PTSD can affect a family unit.

Reactance...



Nonsequitur by Wiley, Washington Post 5/22/97

Learning and Behavior.

Rats... Alberta works pretty darn hard to claim that it is rat free (of course, rodents obey border signs). But despite their bad rap, rats are doing a world of good as land mine detectors in Africa! And their skills do not stop there. These rats are also trained to sniff out tuberculosis in a fraction of the time it take lab technicians - and are more accurate. Dr. Snyder brought this link up in Psych 281 last term...check it out. It’s quite amazing what a little operant conditioning can accomplish.

<http://www.herorat.org/>

Psychology Merchandise!

The UPA is selling black and grey Psychology hoodies with the Faculty symbol embroidered on them. The hoodies are available for \$30. We are also looking forward to coming up with new merchandise this year - suggestions are always welcome!



(New!) Office: BS P
206K, 206L

Office Hours:

Wednesday 10am -12:30
pm or by appointment

Email: upa@ualberta.ca

Phone: (780) 492-6696

Website:

[http://www.ualberta.ca/
~upa](http://www.ualberta.ca/~upa)

(HEALTHY) RECIPE OF THE MONTH: 'CUZ IT'S TIME TO KEEP NEW YEARS RESOLUTIONS...

Unfortunately, popcorn gets a bad rap (no doubt from the movie theatre's fat laden version). However, snackers everywhere can rejoice in the fact that popcorn is actually a whole grain! The health benefits are only negated with unhealthy toppings. Try this popcorn shaker recipe to add some flair to your air popped popcorn.

Nacho Shake

1/2 cup grated parmesan cheese

1 tsp paprika

1 tsp chili powder

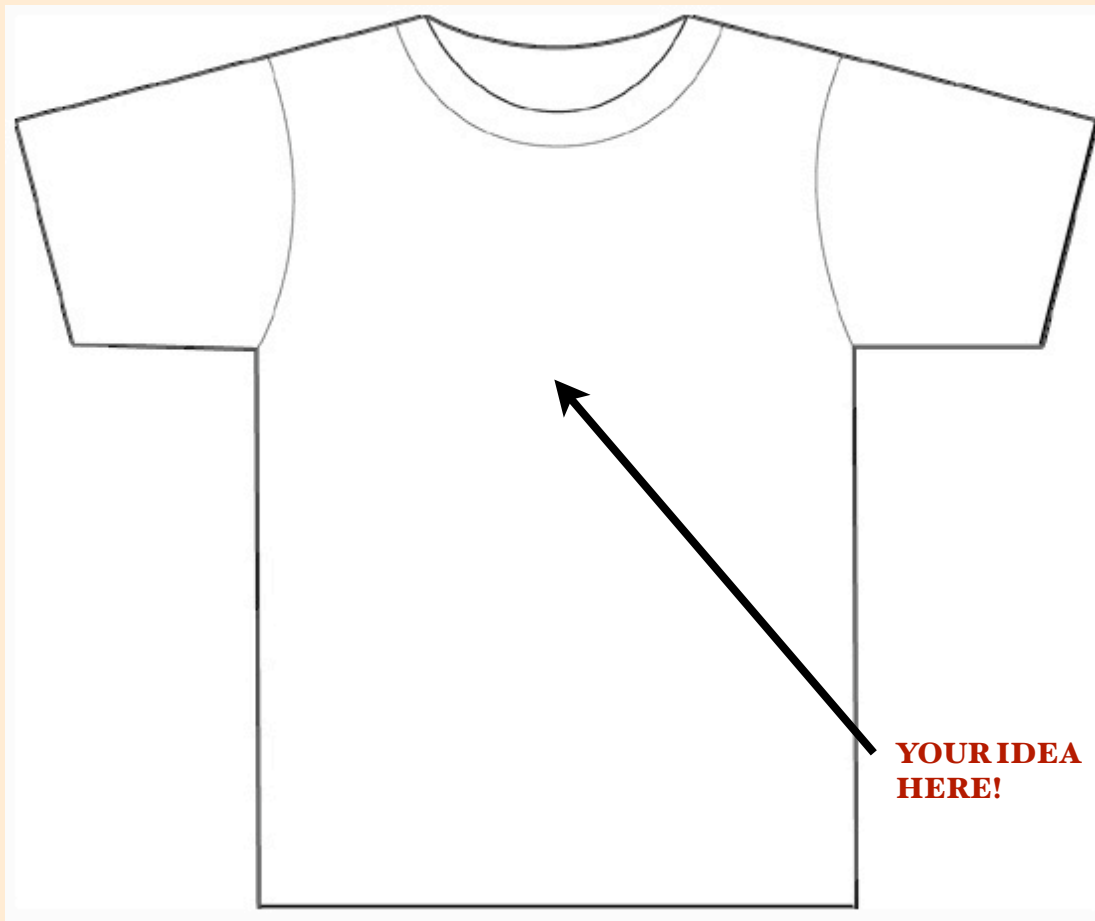
1/2 cumin

1/4 tsp cayenne pepper

1/4 tsp pepper

Measure into bowl and stir well. Spoon into jar with tight-fitting lid. Store in the fridge for up to 2 months. Makes about 1/2 cup.



DESIGN A T-SHIRT CONTEST**IT'S TIME FOR A MAKEOVER.**

Although the Psych Department and the UPA are selling some stellar hoodies, we'd like to appeal to your creativity to come up with a fresh design! The psych department needs some witty psychology shirts - think SAGA style with a psychology twist. As if seeing your design walking around campus wasn't reward enough, the selected design (or designs??) will earn its designer a sweet prize. The deadline for submissions has yet to be determined, but until you hear otherwise, submit your ideas to upa@ualberta.ca. Happy designing!

JOIN THE UPA!

Why?

- To have fun with other Psych students
- To get information on careers in psychology
- To have something to put on your resume

VOLUNTEER OPPORTUNITIES

Enthusiasm wanted! There are numerous ways to plug into the UPA this year. Take a look at the list below and contact the corresponding executive.

The Academic Committee

The academic committee organizes forums to deliver invaluable information to fellow psych students.

- Help organize and execute academic forums (2 per term)
- Conduct professor and class of the month interviews
- Keep in contact with psychology professors for forums and interviews
- Organize grad school information.

Contact VP Academic at kknox@ualberta.ca

The Social Committee

Volunteers need to be enthusiastic about representing the UPA through fun and exciting social activities such as sports games, bar nights, or

games and movie nights. We're specifically looking for the following:

- Event Facilitators
- Assist VP Social with event planning
 - Aiding in organizing activities
 - Committed to the U of A campus social life
 - Outgoing and friendly personality!

The Advertising Committee

In charge of communicating UPA events to members and the U of A campus.

- Designing and distributing posters for UPA events
- Class presentations or writing on whiteboards in classrooms
- Thinking of creative ways to spread UPA news.

Contact VP Communications at candring@ualberta.ca

Fundraising Committee

Helps organize and execute BBQs, bake sales, hot chocolate drives, etc.

- Plan small-scale fundraising events
- Coordinate volunteers for fundraising days
- Create eye-catching advertisements

The Smitty Library

We are now recruiting volunteers for Smitty library for the semester. As a volunteer, it would be your job to open and close the library, maintain a quiet study space and sign out books as needed. Because Smitty is rarely busy, you would be able to spend virtually all your volunteer time studying. Thus, volunteering here will not tax your time reserves. Plus, it's flexible! You get to choose when you want to volunteer, and to top it off, you can ask for a letter of reference at the end of the term. All we ask is that you are reliable and show up for your shift.

If you are interested in this opportunity, please email Matt at galas@ualberta.ca

Ink Blot Contributors

We're always looking for enthusiastic psychology lovers to contribute interesting and entertaining articles for our newsletter. We accept all types of submissions, including opinion pieces, research updates, biographies and cartoons.

Please send submissions to candring@ualberta.ca