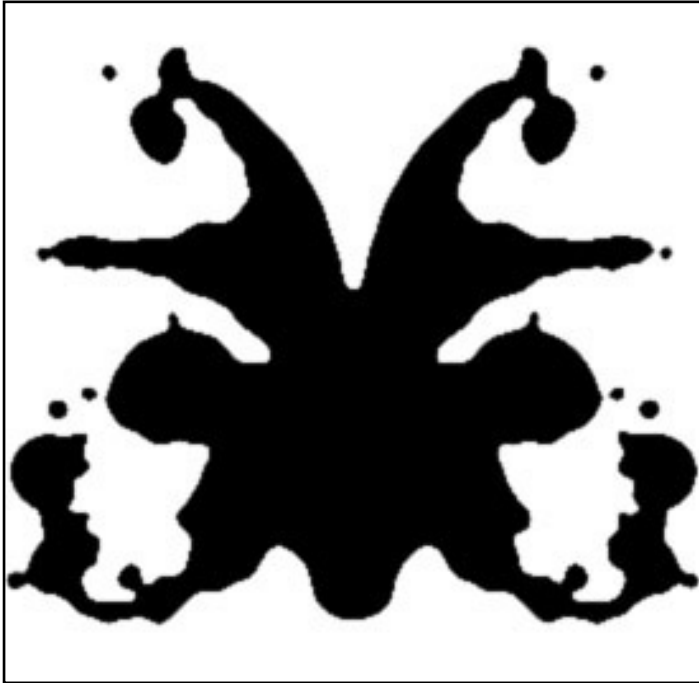


# the inkblot.



Well UPA, hard to believe that January has zipped on by, and midterm season is well underway! Hopefully you are all finding this semester manageable...and if not, there is a whole week dedicated to restoring your sanity just a week away. I know for myself, it's very easy to slip into the February blahs - grey landscape, grey sky. Thankfully, it's a short month. The UPA is scaling back our events in response to last month's busy Psych week, but keep we hope you join us for our Bake Sale on February 10th. If anyone is interested in contributing their baking talents, or an hour or two

of your time to at the bake sale booth, please contact Isabel at [ilek@ualberta.ca](mailto:ilek@ualberta.ca). Also, keep in mind that many UPA Exec positions will open up for the following year. If you're interested in a particular position, I'd encourage you to email the current Exec for more detailed info. Anyways, I hope you enjoy this month's Inkblot, and get some much needed R&R come February 15th!

Colleen Andringa  
VP Communications

## Events at a Glance

### February 10

UPA Bake Sale!

Location: Agriculture and Forestry, the Pit on the 2nd Floor

### February 14

Valentines Day

### February 15

Registration opens for Spring/Summer Courses

### February 15-19

Reading Week:  
University Buildings  
Closed





## Undergraduate Psychology Association

*connect ♦ grow ♦ succeed*

### PSYCH WEEK RECAP

The UPA's both at Club's Fair generated a lot of interest. Many first and second years signed up for the mentorship program, and still others signed up to become UPA members. Lots of your fellow Psych students have never heard of the UPA (aka have not had a chance to take advantage of the great benefits such as forums, fairs and social events), so make sure to spread the news! Especially since a lot of Exec positions will be up for grabs come April.

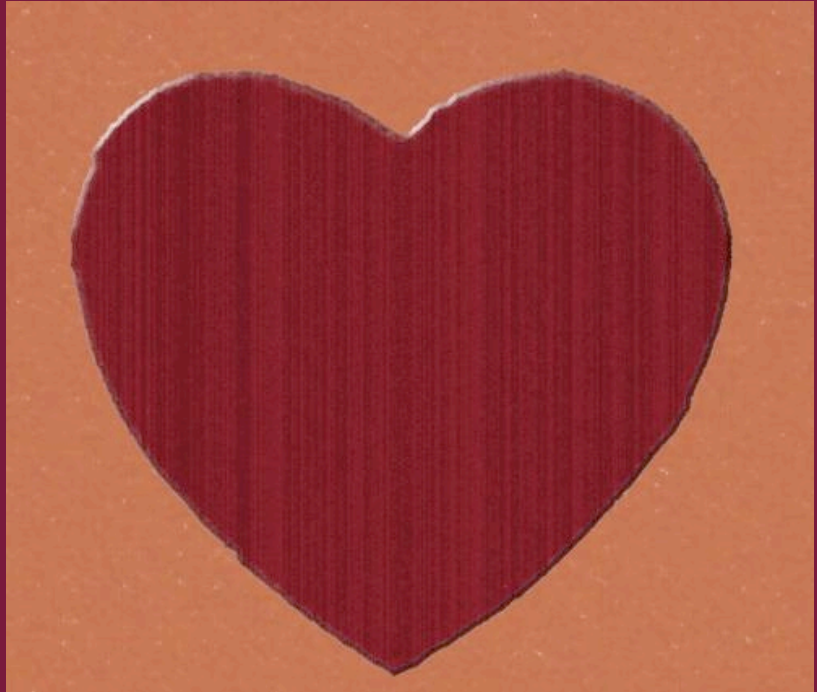
The Career Forum hosted by CAPS saw a great turnout. A variety of employers and agencies came out to give snapshots of their positions and discuss how they turned their degree into a career. Just a reminder, if you plan on attending CAPS forums in the future (for Psychology or otherwise) remember to RSVP as they do provide pizza and need to know numbers.

The Internship Forum hosted by coordinator Dr. Sandra Ziolkowski was also a huge success with 58 potential interns showing up. If you missed out on the forum, you can check out <http://www.psych.ualberta.ca/undergraduate/ipp/index.php>.

The UPA T-shirt Design contest is off to a great start! A big thanks to those of you who have already submitted designs, your enthusiasm is very encouraging. It's not too late to submit designs, the official deadline is March 1, prize TBA. There will be an advertisement in the Gateway in the coming weeks for the contest, so keep your eyes peeled for that as well. Submissions can be sent to [upa@ualberta.ca](mailto:upa@ualberta.ca)

## FEBRUARY IS HEART MONTH

It's an understatement to say that we are all quite aware of the heart's importance. However, since it's an 'out of sight out of mind' body part, it can become easy to forget that the daily choices that we make with regards to diet and activities can have longstanding consequences. That's why the Heart and Stroke Foundation has declared February "Heart Month". Check out the following website for more information.



[http://  
www.heartandstroke.com/  
site/c.ikIQLcMWJtE/b.  
2796497/k.BF8B/Home.htm](http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.2796497/k.BF8B/Home.htm)

## UPA Bake Sale

Mmmmm, cupcakes and cookies and squares and chocolate and icing. Who doesn't love a sugar fix every now and again??

Join us for the year's first bake sale on the 2nd Floor of Agriculture and Forestry in "The Pit" on February 10th for a wonderful selection of baked delights.

Come out and support the UPA - we'd love to chat!



### Valentines Day Fun Facts

- According to the Greeting Card Association, an estimated one billion valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.)
- Approximately 85 percent of all valentines are purchased by women (come on guys, step up!)
- Valentine greetings were popular as far back as the Middle Ages (written Valentine's didn't begin to appear until after 1400), and the oldest known Valentine card is on display at the British Museum.



For more facts and other really interesting information about Valentine's Day and its origins, check out the website below.

<http://www.history.com/content/valentine>

### Love + Psychology

Giving and receiving love is an integral part of human existence - whether between partners, family members, or friends. Like it or not, humans are social beings. What is love? Unfortunately, considering the vast number of poets, scholars, and musicians that have attempted to define love (and never quite done so completely), I'm not likely to provide the be all and end all definition (sorry). But, if you're curious about love from a Psychological perspective, love and

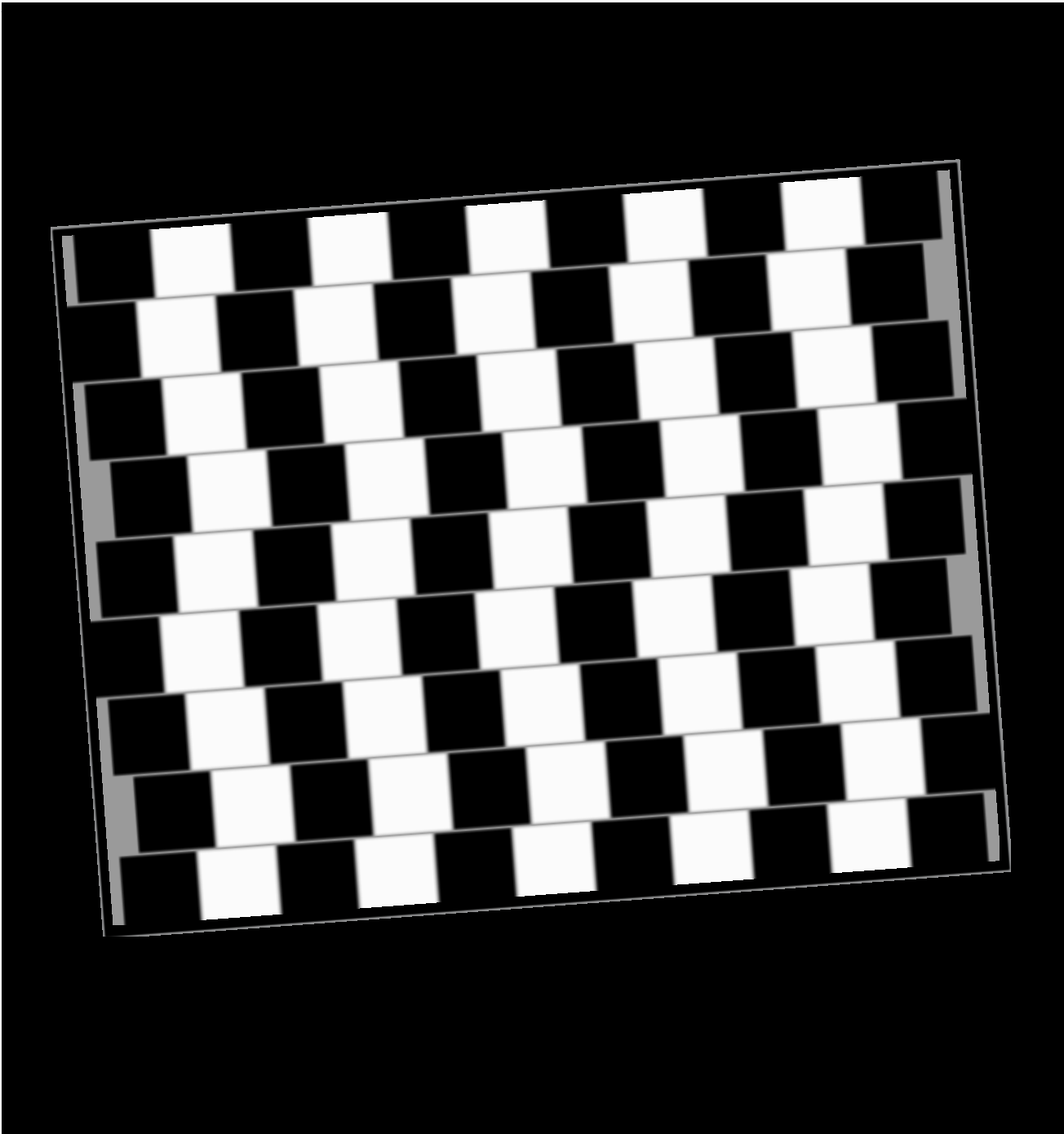
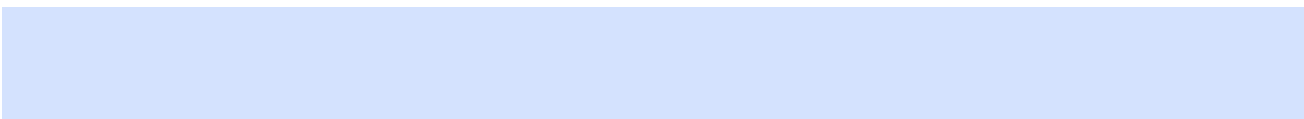
relationships are discussed in *Social Psychology* (241).

You can also check out this article from *Psychology Today*, which discusses some of the impacts of love.

<http://www.psychologytoday.com/articles/200212/the-power-love>

For a U of A Connection, check out doctoral student Andrea Dalton's study on new University students and sex.

[http://www.psych.ualberta.ca/newsevents/andrea\\_expressnews.php](http://www.psych.ualberta.ca/newsevents/andrea_expressnews.php)



*Quote of the Month*

“It’s not that I’m so smart, it’s just that I stay with problems longer.”

Albert Einstein



**Learning + Behavior**

Crows; nobody seems to like ‘em. However, your opinion of these clever birds might go up a notch if you watch this interesting documentary. The whole video was shown in PSYCO 381 and discusses theory of mind in crows. Fact of the day: Crows are one of the only animals that make tools. Neat!

<http://www.cbc.ca/documentaries/natureofthings/2009/murderofcrows/>

## 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](mailto:upa@ualberta.ca)

**Phone:** (780) 492-6696

**Website:**

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

RECIPE OF THE MONTH: 'CUZ IN FEBRUARY, RESOLUTIONS ARE OUT THE WINDOW...

This pie is SO tasty...and tends to impress.

## Peanut Butter-Brownie Pie

1 pkg. (450 g) brownie mix  
1 pkg. (4-serving size) Vanilla Instant Pudding  
1-1/2 cups cold milk  
1/2 cup Smooth Peanut Butter, divided  
1 cup thawed Cool Whip Whipped Topping



**HEAT** oven to 350°F.

**PREPARE** brownie batter as directed on package; pour into greased 9-inch pie plate. Bake 30 min. Cool completely. Scoop out centre, leaving 1/2-inch-thick rim around edge and thin layer of brownie on bottom. Reserve removed pieces.

**BEAT** pudding mix and milk with whisk 2 min. Add 1/3 cup peanut butter; mix well. Stir in *Cool Whip*. Spoon into crust; top with reserved brownie pieces.

**MICROWAVE** remaining peanut butter in microwaveable bowl on HIGH 1 min.; stir. Drizzle over pie. Refrigerate 2 hours or until pie is set.

Original recipe, how-to video and nutritional info available at  
<http://www.kraftcanada.com/en/recipes/peanut-butter-brownie-pie-111420.aspx>

## 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](mailto: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](mailto: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](mailto: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](mailto:candring@ualberta.ca)