



the inkblot

Because analyzing others is less distressing than analyzing yourself.

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Octo-brrrrrr

October! The scariest month of all. Not only do you frighten yourself with the ability to stuff yourself like a turkey, there are those horrifying midterms and assignments that seem to sneak up on you, and don't forget the trauma of summer ending. Oh, and then there's Halloween¹.

I am truly amazed if you are one of those students who manages to remain unswamped by midterm season. However, if you are an unfortunate mere mortal like me, the UPA is here for you! Mini Psych Week (week of October 18) is here to help you refuel, prepare for grad school, and take a well-deserved break before the weekend!

Another piece of exciting news, the UPA now has student discount cards! The UPA discount card, complimentary with a \$5 membership, gets you great deals at Oil City Roadhouse, Lucky 13, Vinyl, The Bank Ultra Lounge, The Pint, The Hat, Oil City Pubcrawls, and more! For more information about this opportunity or any other concerns, email us at upa@ualberta.ca

(Psst. Kudos to you if you know where the inkblot on the cover page is from!)

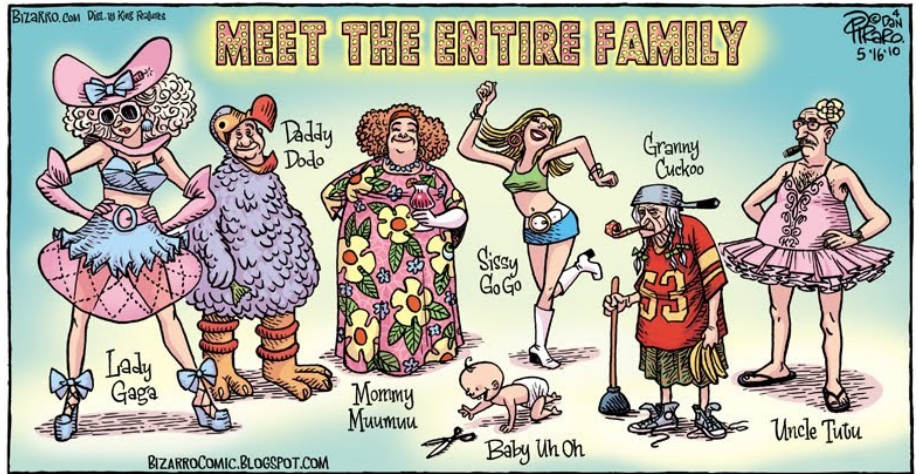
Talk to you soon, Beck-believers!

Kristin

¹=I miss the days when Halloween meant trick-or-treating and getting a costume that can fit over your winter coat. Not freezing in the October air because wearing a parka under your princess costume just isn't as acceptable anymore.

Dates to Remember

- Oct 8**—Fall Term Refund Deadline
- Oct 11**—Thanksgiving Day; University buildings closed
- Oct 19**—UPA Bakesale (Business/Tory Atrium, 9am-3pm); UPA Psychology Grad School Forum (ETLC 1-007, 4-6pm)
- Oct 20**—Grad School Expo 2010 (Dinwoodie Lounge, 10:30am-2:30pm)
- Oct 22**—UPA goes to The Rack
- Oct 23**—UofA Openhouse (Butterdome, 9:00am-4pm)



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F	L	O	I	E	R	E	Z	R	D	C	N	P	F	F	E	C	S	N	I	L	K	H	N	E

October Word Search

- AUTUMN
- CANDY
- CORNUCOPIA
- COSTUME
- CRANBERRIES
- FRANKENSTEIN
- GHOUL
- HALLOWEEN
- HAUNTED
- LEAVES
- MIDTERMS
- POTATOES
- PUMPKIN
- STUFFING
- THANKSGIVING
- TURKEY
- VAMPIRE
- WEREWOLF
- WITCH
- ZOMBIE

Upcoming UPA Events



Mini Psych Week

Bake sale

Support the UPA by eating your weight in delicious baked goods!

Tuesday, Oct. 19
9am—3pm
Business/Tory Atrium

Grad School Forum

Though more school probably seems like the last thing you want to be doing . . . Speakers from Psychology, Ed. Psychology, Psychiatry.

Tuesday, Oct. 19, 4-6pm
ETLC 1-007
Free! (Refreshments provided!)

UPA Social Event

Midterms getting kind of scary?
Take a break with the UPA!

Friday, Oct. 22

The Rack

(10544, Whyte Ave)

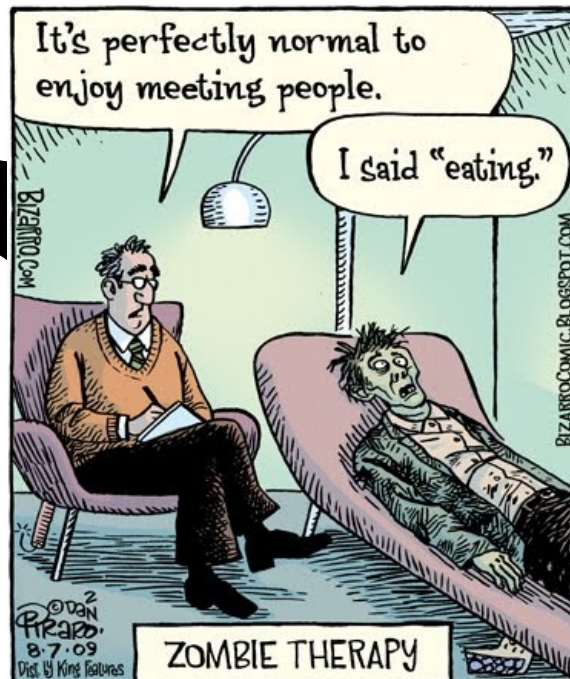
**Note: Change of location but now free food included with ticket!

\$6 non-members, \$5 members
Ticket = no line/cover, one free drink! And free food!

SHOULD YOU GO TO GRAD SCHOOL?
A WEE TEST

<input type="checkbox"/>	<input type="checkbox"/>	I AM A COMPULSIVE NEUROTIC.
<input type="checkbox"/>	<input type="checkbox"/>	I LIKE MY IMAGINATION CRUSHED INTO DUST.
<input type="checkbox"/>	<input type="checkbox"/>	I ENJOY BEING A PROFESSOR'S SLAVE.
<input type="checkbox"/>	<input type="checkbox"/>	MY IDEA OF A GOOD TIME IS USING JARGON AND CITING AUTHORITIES.
<input type="checkbox"/>	<input type="checkbox"/>	I FEEL A DEEP NEED TO CONTINUE THE PROCESS OF AVOIDING LIFE.

How true is this to the real grad school experience? Find out here!



More info?
upa@ualberta.ca

Professor of the Month

Dr. Sandra Ziolkowski

Interview by Matt Galas

To see the rest of the interview, head over to www.ualberta.ca/~upa

What classes do you currently teach?

I coordinate the internship program. Currently I teach psych 410 and 411, which are the internship courses.

What is the best part of your job?

Interacting with the students. Watching the growth of students as they begin the internship program and following their progress. It's wonderful to be an observer and an active participant in shaping their growth as an individual. Tremendous growth occurs between the time they apply for my program and when they are complete. The ultimate satisfaction is watching how this impacts their future career choices.

Worst part of your job?

Finding the time to clean up my desk.

When did you decide psych was for you?

It was during my undergraduate years when I took a neuroanatomy course. The ability to touch and feel sheep brains through dissection was the key determinant.

Cats or dogs?

Both. I have a big dog a German shepherd-husky.

Do you have any Hobbies?

Cooking (cabbage rolls and perogies), baking, travelling and reading are my top hobbies

Do you have any advice on study strategies?

Don't cram and take a break (take a break by going for a walk).

Where did you go to grad school?

UofA.

What is your most proud of accomplishment?

Completing my PhD while having a family to raise and working full time.

What is the biggest goal you have to accomplish?

Travel more often and experience more of Europe.

K-Tip: Many people use music as a way to focus on their work/block out other sounds. Unfortunately, if I am listening to a song that I like or that I know the words to, I instantly start singing the words in my head. If you run into the same problem (please let there be someone else!), then try these music selections instead:

- Classical music (Chopin's my personal favorite)*
- Foreign music (Can't sing along if I don't know the words . . . Or can I? . . .)*
- Movie scores (potential problem: imagining the movie play out in your head)*
- Music with minimal words (Ratatat, Justice, Bell Orchestre, Midnight Juggernauts)*

Undergrad 101



From my personality courses, I've figured out that I have some compulsive traits. Okay, a lot of compulsive traits—Sometimes my perfectionist tendencies actually hinder my progress. Maybe some of you psychology-lovers have also made this discovery about yourselves. Here are some lessons I've learned/try to keep in mind when I get a little too nit-picky.

- 1. Planning is great. It can also waste time.**
If you find that all you're doing is making multiple to-do list (must do this list before I do this list), or even if you just don't know where to start, the best thing to do is JUST START.
- 2. Check in on what's important.**
Set your priorities, but be accountable and responsible. If you can't take on an extra project at work or for your student group, politely decline when being offered, instead of convincing yourself that you'll magically find time amongst your other million activities.
- 3. Do NOT multitask.**
Again, we are supposed to be doing two things at once in order to be super effective. But studies show that you are actually more ineffective if you try to split your mental workload. Focus on one task at a time. Unfortunately, you cannot study effectively study while texting and checking your Facebook.
- 4. Just STOP.**
Sometimes, I would spend too long on a project, and would end up having to rushing through other projects. At some point, you just need to stop fixing that last sentence in your final paragraph, especially if you have other assignments or projects to do.
- 5. Take responsibility for only the things you are responsible for.**
As a perfectionist, I have a tendency to want to correct parts of projects that are not my own. I have to remind myself that I can't control what other people do, and that I shouldn't control what other people do. Just because I think I know the right way to do something, doesn't mean it IS the right way to do something!
- 6. Allow yourself to make mistakes.**
Don't beat yourself up for being less-than-perfect. Learn from your mistakes, and move on to the next task!

When you're an undergrad, you discover that every minute is precious studying time. I discovered over the years that the bus trip to school (about 40minutes for me) is also valuable studying time. Here are some ways tried-and-true ways you can use your daily commutes (please don't attempt if you drive to school!)

Works

- Read textbook
- Review notes from most recent class
- Brainstorm essay topics/main points
- Write introductory paragraphs/sentences for essays
- Draw out systems/charts I'm supposed to memorize
- Plan out the week, make to-do lists in my agenda (but avoid getting compulsive!)
- Listen to audio lectures

Doesn't quite work

- Assignments that need a calculator
- Trying to refer to two different sources at once
- Trying to read while I'm falling asleep (notes may or may not fall all over the place)
- Reading tiny print—headaches!!
- Reading textbooks while standing—other bus riders do not like it when you step on their toes



Halloween Frenzy

Need some Halloween make-up inspiration? YouTube has a plethora of Halloween how-to's. Check out these for starters!

<http://www.youtube.com/user/kandeejohnson>
<http://www.youtube.com/user/petrlude>

Why don't you . . . **Make candy apples!**

- Core apples and insert wooden craft stick (rounded or flat)
- Melt caramels over the stove or in the microwave
- Dip apple into caramel
- Add favourite candies to the outside (try marshmallows, chocolate chips, Reese's pieces, M&Ms, peanuts, Oreo cookie bits, etc.)
- Let cool and enjoy!

Tip: If you don't have a younger sibling around to "borrow" candy from, purchase Halloween candy AFTER Halloween. Tons of candy for half the price!

Samhainophobia is the intense and abnormal fear of Halloween.

How do people choose their costumes? Laura Lica from the Seattle Post-Intelligencer summarizes what psychologists, Sally Foster, and John Suler have to say:

Celebrities—Costume choices rooted in fame and popular culture tend to follow trends, and like trends, they may spread quickly then disappear, Suler said. People may simply wish to display a knowledge of current events or share their interests. Or they may use them to express personality traits or social issues that are associated with the celebrity's image (sensuality, intelligence, power, corruption, rebellion, etc.).

Scary characters—Zombies, vampires, skeletons and other monsters show our fascination with the macabre, the grotesque. Death has always been something we humans are scared of, yet drawn to, Foster said.

Innocents—Fairies or princesses represent one's lost innocence or beauty, or a return to a safer and simpler time, Foster said.

Animals—Because animals symbolize certain traits or attributes in myth as well as popular culture (such as strength, loyalty, grace, independence, cunning, transcendence), an animal costume may represent some real aspect of a person's identity, or some admired characteristic, Suler said.

Evil characters—Evil costumes allow people to safely -- and even creatively -- express their dark side without guilt, Suler said. He adds that some people may use evil or aggressive costumes as a way (consciously or unconsciously) to alienate others, which indicate anxiety about intimacy and being vulnerable.

Orange and black are Halloween colors because orange is associated with the Fall harvest and black is associated with darkness and death.

Read the rest here: http://www.seattlepi.com/lifestyle/146205_costumes.html

Check these out!

Opportunities with the UPA and the CPA!

Volunteer with the UPA!

- Take a (productive) break from studying!
- Get to know your fellow PSYCOs!
- Fill up that resume, gain a reference!

Academic Committee

- 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 salvisbe@ualberta.ca

Fundraising Committee

- Plan small-scale fundraising events (BBQs, bake sales, hot chocolate drives, etc.)
- Coordinate volunteers for fundraising days
- Create eye-catching advertisements

Contact upa@ualberta.ca

Peer Mentorship Program

The peer mentorship program offers psychology students the opportunity to interact with one another and share valuable experiences, information, and tips-and-tricks.

Mentors: We offer third and fourth year students an opportunity to impact a junior student's journey in psychology by sharing insight into course selection, career options, and/or general experience as a psych student.

Mentees: Are you a first or second-year student, who is confused about what to do in psychology? Talk to a peer who has been through it all before!

Contact Matthew Galas at galas@ualberta.ca

Smitty Library Volunteer

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.

Contact Matt at galas@ualberta.ca

CANADIAN
PSYCHOLOGICAL
ASSOCIATION



SOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE

Are you applying for grad school? Are you looking to get involved with the psychological community? Do you want to get more experience for your resume? One way you can make the most of your undergraduate or graduate psychology experience is to become a member of the Canadian Psychological Association. There are many opportunities for students in the CPA. Membership costs are extremely reduced for students, and it pays for itself quickly! If you have an article or idea that you would like to get published, the CPA journal Psynopsis has a student publication section. The annual CPA convention is extremely inexpensive for students, and you'll have the opportunity to network with psychologists from across the country. Once you're a member, you can list the CPA under "professional affiliations" on your resume (hint: you can do that if you're a member of the UPA, too!).

The CPA representative for our university is Samantha Horswill, a 4th year BA (Hon) Psychology student. She is also affiliated with the UPA and is very interested in speaking with students about your experiences and their educational needs. Samantha will be attending lots of psych events so please feel free to introduce yourself. You can also send her an email at horswill@ualberta.ca with any questions!

In the meantime, take a look at the CPA website and get familiar with all the options available for you. Here is a website with more information to get you started: <http://www.cpa.ca/students/benefitsofcpamembership>

Talk to us!

Undergraduate Psychology Association
upa@ualberta.ca
www.ualberta.ca/~upa
Facebook: search "UPA"

Are you a full UPA member?

There's an annual \$5 fee to become a recognized member of the UPA.

What does a membership get you?

- **NEW!** UPA discount card to bars such as Oil City Roadhouse, the Bank, Vinyl, Lucky 13, the Rack, the Pint, and much more!
- discounts to forums, social events
- ability to volunteer with a committee, for the peer mentorship program
- access to the Member's Only section on the UPA website
- e-mails with psych-related opportunities

What's the commitment?

You choose-your-own-adventure! The UPA does not require you to attend meetings or put in a certain amount of hours unless you sign up for a committee. As your undergrad group, we work to provide YOU with resources and events relevant to psychology, your degree, and your university experience. That being said, we adore all help and love meeting our PSYCO peers!

To renew/obtain a membership, or for more information, send us an email!

P.S. The inblot on the cover of this issued is from the graphic novel The Watchmen by Alan Moore.

Savage Chickens

by Doug Savage



Hey!! How'd I do? Send comments about this issue, and/or suggestions or contributions for future issues to bonot@ualberta.ca