

# the inkblot

Here's to another year of being PSYCO!



"It's just a simple Rorschach ink-blot test, Mr. Bromwell, so just calm down and tell me what each one suggests to you."

## Inside this issue:

- Editor's note
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*How about that weather?*

Hey everyone! Welcome back to school and congratulations on making it to another year! This is just going to be a mini-issue to let you know what's going on. The Inkblot will be back in full force for February. Meanwhile, I will distract you from the relative short-ness of this issue with some of my top distracting websites. I'm sorry, and enjoy

- www.awkwardfamilyphotos.com
- www.lamebook.com
- www.damnyouautocorrect.com
- www.dearblankpleaseblank.com
- www.1000awesomethings.com
- www.things90skidsrealize.com

Kristin



**Dates to Remember**

- Jan. 10—First day of classes.
- Jan. 19—Psychology Internship Forum
- Jan. 21—Last day to add/drop classes.
- Jan. 25—CAPS Psychology Career Forum, 6-8pm, ETLC 1-017, Free to attend, Free pizza!**
- Jan. 31—Tuition due.
- Feb. 9—Last day to withdraw and receive 50% of withdrawn course(s) fee(s) back
- Feb. 19—UPA Bakesale, 9am-3pm, Business/Tory Atrium**
- Feb. 21-25—Reading Week!

**Still need textbooks? Here are list of obvious and not so obvious places you may want to check out:**

- U of A Bookstore (just in case you somehow managed to miss the massive lines)
- SUBtitles (selection of used books, located downstairs SUB, right beside the bookstore)
- Student Union's Used Text book registry:  
<https://services.su.ualberta.ca/usedbook/>
- Facebook Marketplace
- Amazon.ca (a personal fave of mine. Really decent prices and pretty quickly!)
- Friends of friends



**Some psychologists born in January:**

- January 9, 1878—John B. Watson
- January 11, 1867—Edward Titchener
- January 15, 1877—Lewis Terman



**Welcome to the Psychiatric Hotline.**

- If you are obsessive-compulsive, please press 1 repeatedly.
- If you are co-dependent, please ask someone to press 2.
- If you have multiple personalities, please press 3, 4, 5, and 6.
- If you are paranoid-delusional, we know who are and what you want. Just stay on the line so we can trace the call.
- If you are schizophrenic, listen carefully and a little voice will tell you which number to press.
- If you are depressed, it doesn't matter which number you press. No one will answer.
- If you are delusional and occasionally hallucinate, please be aware that the thing you are holding on the side of your head is alive and about to bite off your ear.

# Upcoming UPA Events



What can I do with a Psych degree besides becoming a psychologist??

**CAPS PSYCHOLOGY CAREER FORUM**

Tuesday, Jan 25, 2011  
6-8pm  
ETLC 1-017  
Free to attend, free pizza!

**UPA GENERAL MEETING!**

Meet the exec, find out ways to get involved, suggest ideas for the UPA, or just come and hang out!

Monday, Jan. 31, 2011  
11-11:50am  
Smitty Library, 2nd floor, Psychology wing, Bio Sci

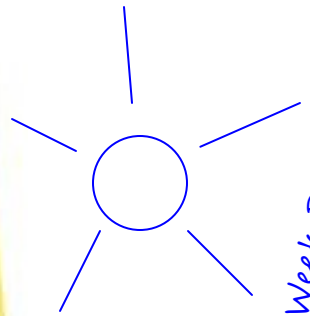
More info?  
→ [upa@ualberta.ca](mailto:upa@ualberta.ca)



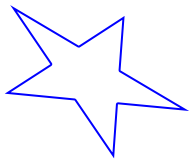
**Fooooo!!**

Bakesale  
Wednesday, Feb. 16, 2010  
Business/Tory Atrium

Because there probably won't be bakesales during Reading Week.



Also look out for . . .



**UPA social event! TBD**  
We'd love to hear what you guys would like to do! Send us an email, facebook message, or come let us know in person at our general meeting!

Reading Week Reading Week Reading Week Reading Week

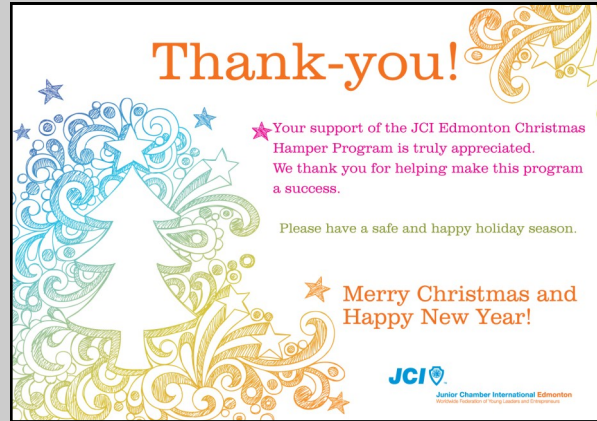


# In recent news . . .

Over the Christmas break, the UPA put together and delivered a hamper for an inner-city family of 6. It was definitely a rewarding experience, and received the following thank you, which we'd like to extend to all of you!

*"Did you know that your contribution to the 2010 JCI Christmas Hamper Program will lead to over 900*

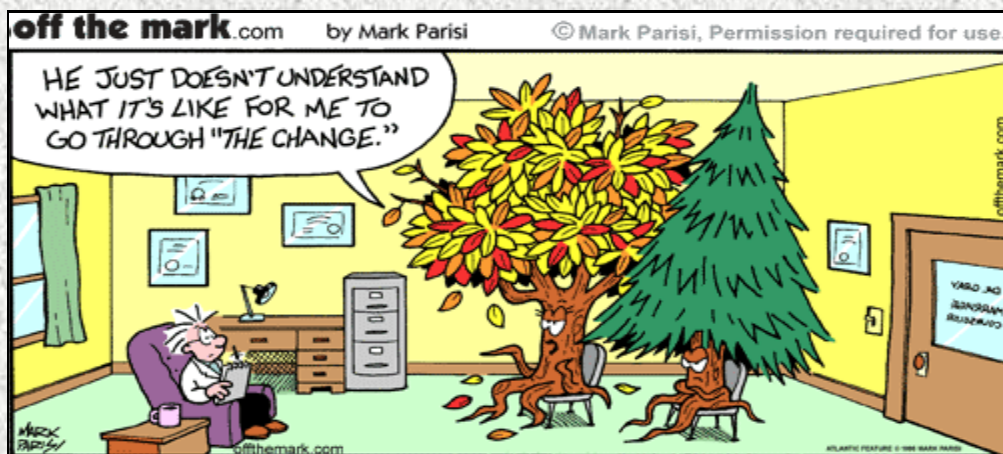
*Edmontonians eating 3162lbs of turkey over the holiday season, and over 550 children opening presents that they would not have received without your generosity... "*



The Psychology Internship Forum was held on Wednesday, January 19, 2011. Sandra Ziolkowski provided information on the program, and we had four returning interns share their personal experiences. Big thanks to Sandra for all her help with the forum, our panel of interns and to everyone who attended. There was a great turnout!

-Wendy

Missed the forum? Check <http://www.psych.ualberta.ca/undergraduate/ipp/index.php> for more information or contact Internship Coordinator, Dr. Sandra Ziolkowski at [sandra.ziolkowski@ualberta.ca](mailto:sandra.ziolkowski@ualberta.ca)



*The following message was sent to the UPA. If you should be studying, but are trying to do something else, filling out this survey would be helpful to some fellow psycho-lovers! If it's psych-related, it's kind of studying . . . right?*

I am a graduate student at the University of Florida, and my team is conducting a study on the comprehensiveness of psychology undergraduate training as it pertains to applying for graduate school. Currently there is very little literature on the training experiences of psychology undergraduates and we hope that our study will help to rectify this.

Participation will require completion of a number of survey questionnaires and should take less than an hour. There are no anticipated risks to participation and we do not anticipate that students will benefit directly by participating in this study, though they may be encouraged to think and talk about their graduate school applications.

Individuals are eligible to participate in this research if they are undergraduates in their sophomore junior (3rd) or senior (4th) year or beyond in college, and intend on applying to graduate education in clinical or counseling psychology within the next 5 years.

The web site for the research is located at

[https://UFL.qualtrics.com/SE/?SID=SV\\_cwHFjP7FHBf5Z5O](https://UFL.qualtrics.com/SE/?SID=SV_cwHFjP7FHBf5Z5O)

If you have any questions about this research, please feel free to contact the investigators:

Mike C. Parent, M. S.,  
Principal Investigator  
Doctoral student, Counseling Psychology  
University of Florida  
[Michael.parent@ufl.edu](mailto:Michael.parent@ufl.edu)

Jason Oliver  
Investigator  
Doctoral Student, Clinical Psychology  
University of South Florida  
[joliver2@mail.usf.edu](mailto:joliver2@mail.usf.edu)

Bonnie Moradi, Ph. D.  
Assistant Professor, Counseling Psychology Program  
Research supervisor  
University of Florida

This project has been approved by the University of Florida IRB.



*Feeling a bit overwhelmed?*

“The Peer Support Centre is a Students' Union service that provides emotional support to anyone in the campus community who is experiencing distress or needs to talk to someone.”

Drop in: 0-30N SUB, University of Alberta  
Mon-Wed: 9am-8pm  
Thurs-Fri: 9am-6pm

Help Line: 780-492-4357(HELP)  
Admin Line: 780-492-4268  
Email: [psc@su.ualberta.ca](mailto:psc@su.ualberta.ca)

# Check these out!

*Opportunities with the UPA and the*

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

CANADIAN  
PSYCHOLOGICAL  
ASSOCIATION



SOCIÉTÉ  
CANADIENNE  
DE PSYCHOLOGIE

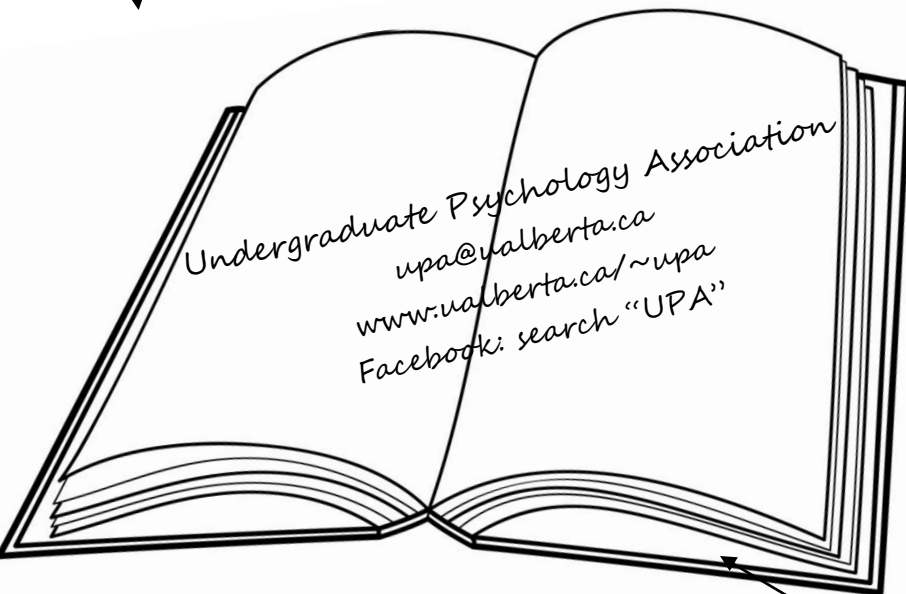
Are you applying for grad school? Are you looking to get involved with the psychological community? Do you want to get more experience for your resume? One way you can make the most of your undergraduate or graduate psychology experience is to become a member of the Canadian Psychological Association. 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](mailto: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!



## 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!

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

