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Undergraduate Psychology Association

Upcoming Events!

Final Exam Period (Dec 12 - 20) - Smitty Library open!

December 7 – Last day of classes of 2005!

December 25 – Merry Christmas from the UPA!

December 31 – Last day of the year, Happy New Year's Eve!



December 2005



The Ink Blot



Contact Us

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Website:
www.ualberta.ca/~upa

Check out our WEBSITE for...

- Ψ **Member exclusive content!!!!** (e-mail sso@ualberta.ca for the password)
- Ψ **Prof** of the month: Dr. C. Don Heth
- Ψ **Course** of the month: TBA
- Ψ **Volunteer agency** of the month: Campus Food Bank

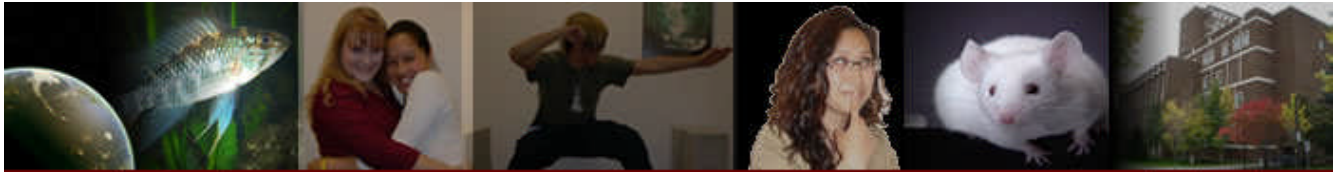


Inside This Christmas Issue...

Ψ **November Updates**

Ψ **Jokes for the holidays!** 

****Note:** If you are signed up with the UPA, but have **not** received any e-mails, this means that we have your incorrect e-mail address. Please contact **upa@ualberta.ca** to correct this so you can start receiving the benefits of your membership!



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Last month (November) there was...

Ψ **Individual Studies and Lab Volunteering Forum**

In November, the academic committee was planning the Individual Study and Lab Volunteering Forum. It featured information on what an individual study is, how to get involved in individual study and lab volunteering, the benefits of these opportunities and what Individual Study students and lab volunteers actually do in labs. This event was held on November 30th and was another success! Thank you to our speakers Dr. Colbourne and Dr. Varnhagen for coming out and sharing so much valuable information with us!

Ψ **UPA Movie Night**

This past month, on November 18th, a bunch of UPA members got together to watch "Identity", a psychological thriller! There were free snacks and popcorn and it was a great chance for students to meet and get to know each other. All in all, it was a fun time! Don't miss out on our next one in January – more info to come!

Santa's Gift to Mrs. Claus



Coming up...

Ψ **VP Academic Message:**

Since it's exam time there won't be any forums in December, but keep an eye out for this month's featured Professor of the Month (Dr. Don Heth) and Class of the Month both coming soon to our website. Our next major event, the Industrial Internship in Psychology Forum, will be in January. Merry Christmas from the Academic Committee and good luck on all your finals!

Ψ **Volunteer Agency of December**

A Safe Place had been a great volunteer agency of the month for November... But now we will have something a little closer to home ... (drum roll please) our very own Campus Food Bank! The Campus Food bank gives out hampers to undergrads, graduate students, alumni and anybody on campus who is need of food! Nobody should go hungry! Last year alone, they served over 2300 individuals and are now looking for some Awesome volunteers this coming semester. The Campus Food Bank- Confidential, Accessible and Ready to Serve you!

Ψ **UPA Clothing**

We haven't forgotten about UPA merchandise – we're aiming for the clothing to be coming in January, so keep your eyes peeled on the website!

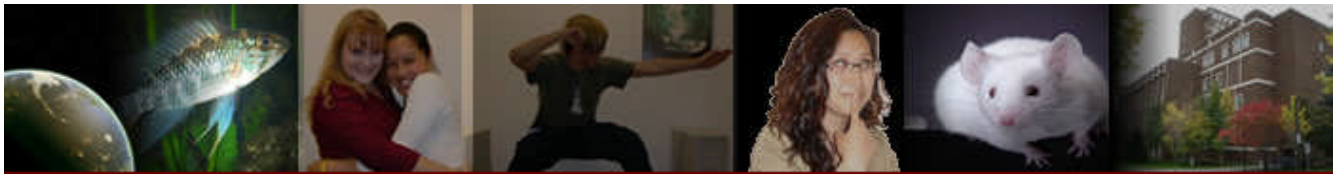
The Legend of Angels Atop Christmas Trees

Santa was very cross. It was Christmas Eve and NOTHING was going right. Mrs Claus had burned all the cookies. The elves were complaining about not getting paid for the overtime they had put in while making the toys. The reindeer had been drinking all afternoon and were dead drunk. To make matters worse, they had taken the sleigh out for a spin earlier in the day and had crashed it into a tree.

Santa was furious. "I can't believe it! I've got to deliver millions of presents all over the world in just a few hours- all of my reindeer are drunk, the elves are on strike and I don't even have a Christmas tree! I sent that stupid Little Angel out HOURS ago to find a tree and he isn't even back yet! What am I going to do?"

Just then, the Little Angel opened the front door and stepped in from the snowy night, dragging a Christmas tree. He says, "Yo, fat man! Where do you want me to stick the tree this year?"

And thus the tradition of angels atop the Christmas trees came to pass.....



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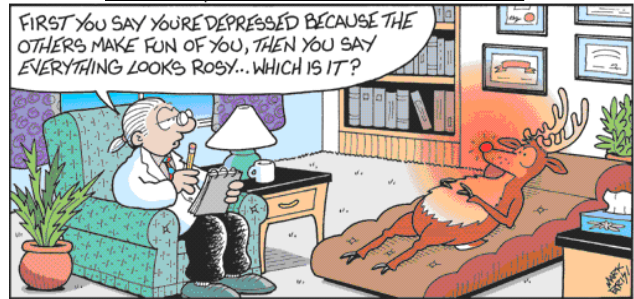
A Message from the President

Wow! December - Happy Holidays! I know it is a very busy time of year for everyone, so I'll try and keep this short. As usual, I'd like to start out by officially welcoming all our new UPA members who have joined us in the last month - we are so glad to have you a part of things! The UPA continues to grow and it is always exciting to have more people getting involved. I hope you've been making the most of your UPA membership such as enjoying our regular features like class, prof, and volunteer agency of the month as well as are participating in our social and academic events. It is great to start to recognize people at the forums - I hope we to get to know each other more as the year progresses. We sincerely enjoy every chance we get to meet our members and help you out in any way we can. Never hesitate to swing by our office hours or drop us an email!

Congratulations to everyone for making it through another semester! An extra special congrats goes out to all those who are finishing their degree. What an awesome accomplishment. Whether you are graduating or just looking forward to a well-deserved break from school, take some time to enjoy a really nice holiday. On behalf of the UPA Exec, I wish you all the best (and warmest) wishes this Christmas season. We can't wait to see you back here in January. We have a lot of really awesome stuff in store for next semester - the epitome of which will be the second annual PSYCH WEEK! Stay tuned for more details; you're not gonna wanna miss it! Good luck on finals everyone. See you in the new year!

~Kristy Walters~
UPA President

Even Rudolph Needs Therapy...



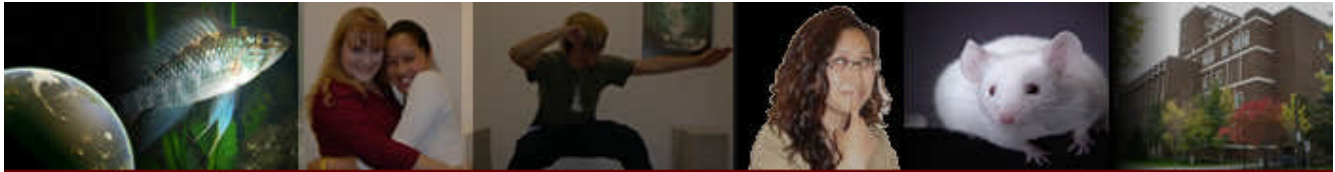
Update from VP Communications

Hello Everyone! If you're reading this, I'm glad to know that by the third installment of our monthly "Ink Blot", you're not sick of reading them yet! So I hope that you enjoy this lightweight Christmas version...

Here's a message to those out there who enjoy writing: I'm looking for everyone and anyone to submit opinion pieces, articles, or anything entertaining you'd like to offer (jokes, cartoons, fact-sheets, etc.) - I want to give you the opportunity to get involved with what goes into the UPA newsletters... so if you've got a topic that's always irked you that you'd like to rant about, I invite all submissions! Also coming in January, we'll be having an "advice" column - so if you've got a question, we'd be happy to answer it! And if you've got any other feedback, comments, or suggestions on improving the Ink Blot, I'd love to hear what you have to say... Okay, so that's my bit for now - please please please, send whatever you'd like to be entered in the newsletter to sso@ualberta.ca and I look forward to seeing what comes my way... Merry Christmas and enjoy the rest of the year!!

Sharon So
VP Communications





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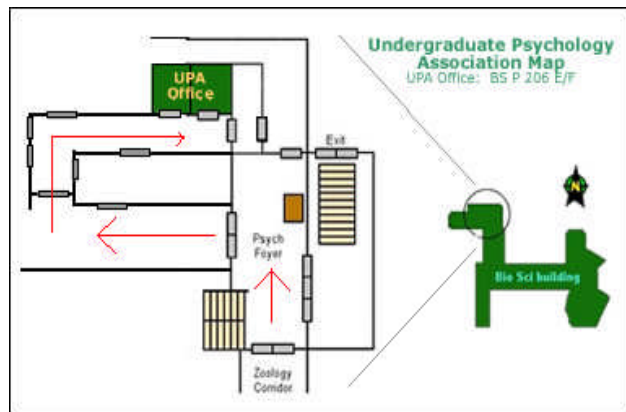
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Have you paid your membership fees yet?

If you haven't paid your \$5 membership fee or picked up your membership card yet, please do so as soon as you can! As a member, you get many perks with the UPA - to name a few, you get free admission to our several forums, discounts on yummy snacks, and privileges to view password protected resources on our website! Just drop by our UPA office (P 206 E/F) at your earliest convenience. Our office hours are:

Monday:	11:00 - 4:30
Tuesday:	11:00-1:30, 3:30-5
Wednesday:	10:00 - 5:00
Thursday:	11:00-12:30, 1:30-5
Friday:	12:00 - 5:00



Psychiatric Christmas



Remixed by those with...

Schizophrenia: Do You Hear What I Hear?

Multiple Personality Disorder: We Three Kings Disoriented Are...

Dementia: I'll Be Home For Christmas...Where Do I Live?

Narcissism: Hark! The Herald Angels Sing About Me!

Mania: Deck the Halls and Walls and House and Lawn and Streets and Stores and Office and Town and Cars and Buses and Trucks and Trees and Fire Hydrants and.... We Need More Holly!

Paranoia: Santa Claus is Coming to Get Me.

Personality Disorder (Severe Insecurity): You Better Watch Out, I'm Gonna Cry, I'm Gonna Pout, Maybe I'll Tell You Why (But If You Loved Me You Would Know Already).

Depression: Silent Anhedonia, Holy Anhedonia, All is Flat, All is Lonely.

Passive-Aggressive Personality: On The First Day of Christmas My True Love Gave To Me (and then took it all away).

Borderline Personality Disorder: Thoughts of Roasting on an Open Fire.

Obsessive-Compulsive Disorder: Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells, Jingle Bells... (better start again)