EDITOR'S NOTE

Introducing the new editor, Ruby Prinsen.

PSYCHOLOGY EVENTS THIS MONTH

Check out some great opportunities we have here at the UPA!

RUBY'S TOP TIPS FOR UNI

Need help knowing where to start? We’ve got you covered.

VOLUNTEERING

Want to help out the UPA? Here’s how.

MEET THE EXECS

Get to know those who help make your school year better.

CROSSWORD PUZZLE

Test your skills with our fun psychology crossword puzzle!
Hello and welcome to another exciting school year! I hope everyone is getting the last rays of sunshine before the Great Canadian Winter.

My name is Ruby Prinsen, and I am the newly minted Inkblot editor. This first issue is an introduction to what we do here at the Undergraduate Psychology Association and how you can become involved. If you are in a Psychology program at the University of Alberta then congratulations, you are already a member and can take advantage of the many upcoming events we have planned (see page 2). Otherwise you can volunteer at the UPA (see page 4).

As for the Inkblot, I aim for this newsletter to be a collaborative and democratic outlet for people to share their own unique university experiences. If you have something to write about, a class you wish to recommend, or a professor you want to feature, let me know. Previous issues have included psychology-themed comics, articles, and interviews with professors. No experience necessary! Just email me at: rsprinse@ualberta.ca.

No one wants to read about me for the entire school year!

Otherwise, have fun and good luck!

-Ruby Prinsen

(The only acceptable picture I have is also the nerdiest.)

I'm a fourth year Psychology student, with a minor in Sociology. I'll talk about theory until the cows come home and everyone stops listening. I also seem to gravitate back to different kinds of writing, so I thought I would combine my two passions by taking on the newsletter.

If you see me in the hallways feel free to say hi. Sometimes I look haggard, or unapproachable, but I promise I don't bite!
Psychology Events this Month

September 2015

1
Clubs Fair

Watch out for us in the upcoming weeks!

Meet n Greet in Quad the second week of September. (Date TBA)
Lab Mixer in the second week of October. (Date TBA)
Volunteer fair October 14
Below I have compiled (in no particular order) what I think are the most important things to consider when surviving university.

**Talk to your professor.**
Believe it or not they are there to help, and the topics being covered in class are ones they have dedicated their lives to researching. Not only can they help you with a confusing lecture, but most are willing to answer any questions you have on independent study, research experience, and graduate school.

**Ask!**
This is related to the previous point and for good reason. There is no harm in asking someone. University can be overwhelming, and no one on campus has all of the answers. However, by asking around and getting to know the services on campus, as well as a better understand of your own program, should give you a better foothold for the years to come.

**Get Involved.**
If you haven’t heard this statement you will in the next few years. Every time someone tells me to ‘get involved’ I think of the recruiters who come into classrooms at the beginning of the semester and shout at me about volunteering abroad. You don’t need to save the world as an ‘extracurricular’, just pursue something you’re passionate about and you’ll be surprised by what comes your way.

**Organize Yourself.**
Pick up an agenda, buy a planner, use Google calendar. Write down what you have to do, and colour code it if you want. You’ll be surprised by how less stressed you feel when you see everything you need to do written down step-by-step.

**Access Resources.**
Your best resource to find out where to go for something is InfoLink. Need help with figuring out your program or where you should register? Talk to an advisor! If you are stressed or unwell you can also head to the 2nd floor of SUB for the Peer Support Centre and the Wellness Centre.

And most importantly? **Good Luck!**
Iinkblot Member
Interested in getting your voice out there?
Looking for a great resume builder?
Tired of hearing what I have to say?
Email me at rsprinse@ualberta.ca to join the Inkblot committee!

Smitty Library
Like having a great place to study, with available outlets and a printer nearby? Need a reference? Like working with books?
Email Brittany at bprokop@ualberta.ca for more information on supervising at Smitty.

Peer Mentorship
Feeling lost on campus? Need some advice on volunteering, campus life, or jobs? Or, can you provide these things to a new student?
Email Brittany at bprokop@ualberta.ca.
Meet the Excs

**Brian Steele - President:** Brian is the supreme ruler of the UPA but spends most of his time helping to organize events and chair meetings. He is also responsible for creating the schedule, drafting the Constitution, and creating a budget alongside the appropriate VPs.

**Ashlesha Deshpande - Co-Chair:** Welcome to the UPA! I’m sure you will find anything and everything you’re looking for. My name is Ashlesha and I’m going into my 3rd year of Bsc. Specialization in Psychology. This is my second year with the UPA. In 2014-2015, I served as the VP Internal and loved it so much that I decided to run for Co-Chair this year. My job is to assist the President in his duties as well as help out other members. If you have any questions regarding UPA, or life in general, come stop by our office in Bio-Sci or email us at upa@ualberta.ca. I’m looking forward to this year with all of you.

**Isabel Light - VP Academic:** Isabel deals with all things academic; organizing lab mixers, study groups, and graduate program information.

**Stephanie Trucry - VP Social:** Stephanie organizes and plans social events for fellow students, as well as teaming up with businesses to provide discounts on our VIP cards (yay!).

**Julia Juco - VP External:** Hey everyone! My name is Julia, VP External, third-year Political Science/Psychology student, and useless facts enthusiast. If you have any questions related to volunteer/career opportunities in Psychology, or if you fancy talking about the upcoming Federal elections (go vote!) I'm your gal. You will probably find me at the Paw in whatever free time I have, or watching Netflix at a back corner in Rutherford South giving up on studying. If you do see me, feel free to say hi and drop me a useless fact. If it's one I haven't heard of before I'll buy you a cookie. Have a great year!
Meet the Exe\-cs (Cont’d)

Eden Redman - VP Finance: Money! Eden is responsible for drafting the budget, acquiring funding, and discounts.

Biruk Negash - VP Internal: Biruk deals with internal communication, and making sure the UPA runs smoothly.

Liuba Gonzalez de Armas - Campus Communications: Hey UPAers! My name is Liuba, but you can call me Lee. I’m a 3rd year student of Psychology and History of Art, Design & Visual Culture. As your VP Campus Communications, my goal is to give you the information you need to make the most of your undergraduate Psychology experience here at the University of Alberta. Be sure to subscribe to our mailing list and follow us on Facebook, Twitter, and Instagram to stay informed. Here’s to a great year!

Brittany Prokop - Smitty & Peer Mentorship Coordinator: I am a 4th year BSc Specialization Psychology student. My roles in the UPA include recruiting, training, scheduling, and general organization of the peer mentor program, as well as Smitty Library. I play campus recreation hockey with the ‘Hookers’, volunteer at the Cross Cancer Institute, and am also a Science Mentor.

A special thank you to Nora Salem who is my Inkblot Editor predecessor and helped me transition into this role, and to Bradley Poulette, the former president of the UPA, for putting up with all of my extraneous questions while I put this together.
CROSSWORD
Fame in Psychology
Use your psychology knowledge to complete the crossword.

1. The father of phrenology.
2. The researcher who conducted the 'Bobo doll experiments' (last name).
4. The idea that mental events are a by-product of physical events within the brain.
7. Factors which maintain the current difficulties are said to be _______ factors.
9. Schizophrenia is thought to be associated with the hyperactivity of this neurotransmitter.
10. The lobe associated with higher cognitive functioning.
12. The fourth stage of psychosexual development.

Down
3. _______ does not imply causation.
5. The visuo-spatial sketchpad, the _______ loop, and the central executive are the main parts of Baddeley's model of working memory.
6. The father of psychoanalysis (last name).
8. The title of Dr. Westbury's PSYCO 431 class.
11. A 'synonym' for Wernicke's area (2 words, separated by a '-').
13. The school of thought defined by the phrase 'The whole is other than the sum of the parts'.
14. This parenting style is characterized by parents who are warm, responsive, and demanding, while avoiding conflict and negativity.
15. The idea that the mind influences the body and the body influences the mind.