

February

19th – 25th
Reading Week

March

5th
Honors Forum
CAB 235
5:30 – 7:00 PM
Yes, you want to be
there.

7th – 8th
SU Elections

7th – 9th
UASUS Science Week

23rd
BBQ with the HACUA
With the *who?* Details
inside.

April

2nd
SU Awards Night

May

7th
Liberal Arts Day
Wait, what? Don't worry,
it's brand-new.

THE INK BLOT

Insert vaguely witty tagline here.



February - March 2007:

- Ψ Editor's note
- Ψ I know what we did last month...and so should you.
- Ψ A special message from the Student Distress Centre
- Ψ What you *shouldn't* be doing right now for grad school
- Ψ Freudian Corner: cokehead, sexpot, and homophobe. That nut.
- Ψ Upcoming events
- Ψ Join the UPA: the why, the how, the overall awesomeness of it
- Ψ The UPA Facebook challenge



**Undergraduate
Psychology
Association**

Office: BS P 206D, 206 E
Email: upa@ualberta.ca
Phone: (780) 492 – 6696
<http://www.ualberta.ca/~upa>

Editor's note

Lesson of the month: when working on the computer, hit 'save' periodically to ensure that your hard work won't go flying out the window in one careless stroke of the keyboard. This kind of accounts for the delay of this month's Inkblot. I'm prostrated with grief.

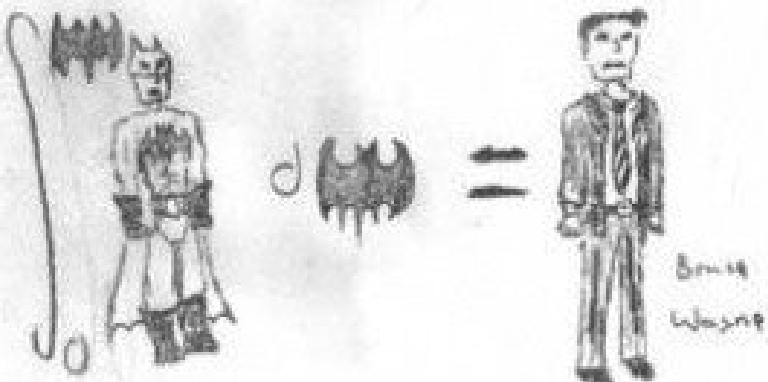
February is a crazy month, with all those midterms and papers and what have you. There are those problems unique to February, like thinking that huge test is forever away because it's in the beginning of March and it's only the twenty-something-eth of February. And only when you look at the calendar do you remember that February is only 28 days long and that test is actually the very next day. Gadzooks!

I hope everyone else is working hard, but don't forget to reward yourselves on a variable-ratio schedule. Don't fall victim to ratio run! And anytime you want to commiserate with your fellow psych students, you know where we are.

Leigh Yang
VP Comm

A proton approaches a long line of positive charge so that with it's initial trajectory it would intersect the line. The line has a uniform charge density of 5 nanoC/m. If the proton starts off with velocity 300 km/s a distance 1 km from the line charge, what is the distance of closest approach?
Mass of proton= $1.67E-27$ kg
 $K=8.99E9$ Nmm/CC
Hint: find the field and potential that affect the proton.

Problem
Use calculus to find the identity of Batman.



I know what we did last month January - February recap

It was good for us, was it good for you? **Psych Week** came and went, with nary a hiccup along the way. The Academic committee put together yet another successful forum for the Internship Program: much thanks to **Dr. Zilowski and her team of interns** for the great info! Also credits to **CAPS** for the resume workshop, and Michelle our VP social for the rockin' Pubcrawl that wrapped up the hectic week. Thanks, everyone! Also special thanks to the several volunteers for ticket sales and table sitting.

February was also a month inexplicably dedicated campus-wide to psychology. Yes, we're just that special. Who'd have thunk?

Likewise, the **Book Drive for Africa** by the **Golden Key society** was also a success: exact figures are unknown, but quite a lot of books were collected. Well done, you!

Unfortunately, the Valentine's day **Sweets to the Sweet Hot chocolate** and **cookie sales** were cancelled due to heavy academic commitments. Singles Awareness Day was just that much sadder this year. Sniff.

WWW:

How to do a Literature Review:

<http://depts.washington.edu/psywc/handouts/pdf/litrev.pdf>

Painful, yes. Necessary? Heck yes. Like it or not, as undergrads, we have to write about psychology at some point. And if you'd like to continue studying psychology, you need to write not just decently, but *well*. This is just one of the many resources out there that discuss common problems in writing psych papers, so feel free to google for more if this is something you think is helpful. Or not helpful enough, for that matter.



Therapist: I see. Yes. You are depressed.
Patient: Nothing is going well.
Therapist: Nothing well.
Patient: I feel like killing myself.
T: You're thinking of killing yourself.
P: Yes, I'm going to do it NOW.
T: You want to do it now.
P: [Jumps out window.]
T: Woosh. Splat.

Story of my life



Domestic Violence Month: A special message from the Student Distress Centre

The SDC is a student-run service that provides peer counseling services for students in any kind of distress, in-person, online, or over-the-phone.

This article is meant to let you know about an information booth that we will be having in SUB during the week of Mar 12-16. The theme of this info booth is domestic violence. We do Information Booths because we find that a little knowledge can help prevent and fix some of the crises that we and other's face. Domestic violence is a tragically common issue for many people. Stats show that 1 in 4 women have experienced some form of relationship violence. At some point in our lives we will be exposed to Domestic Violence, either for ourselves or someone we care about. Knowing the signs of abuse may save a life!

Abuse can take many forms: emotional, physical, sexual or financial. Abusive relationships tend to follow a cycle. This cycle involves 3 stages: a Tension Building stage in which you can sense that something is wrong or about to happen and can often be described as walking on eggshells; an Explosion stage in which the abusive act actually occurs (this could be physical or emotional); followed by the Good Times or Honeymoon stage in which the abuser tries to make amends for their behavior with the promise of things getting better. But the pattern is cyclical and will repeat itself again and again, each time getting shorter with the violent stage becoming more severe and more frequent and the Good Times stage disappearing altogether. The cycle will not stop without

some sort of intervention.

This is the sort of information we're trying to provide at this info booth. If you have questions about domestic violence, you're concerned about someone in particular, or if you're just curious, come by the info booth to learn some more. It's important to know that everyone deserves to be respected in his or her relationships. The individual being abused is not responsible for his or her mistreatment and deserves much better. Being armed with a little knowledge may make a big difference in your life or the lives of those you care about.

And remember, if you ever find yourself in a time of crisis, the SDC is a resource that is available to you. We're located at 0-30N in the lower level of SUB. You can drop in between 9am – 8pm or give us a call at 492-HELP.



What you *shouldn't* be doing: (this month or any subsequent months)

It's never too early to start planning for your future. As early as your first year, there's a bunch of things you can do to jump-start your career in psychology. It's normally called "What you *should* be doing this month", but sometimes the should-not's are just as important as the should's.

The As-may-as-I-can-think-of Commandments: Thou shalt not.....

1. Procrastinate

"I'll pick it up right before finals, I cram well under pressure anyway."

(X) Look through your calendar: more likely than not, you'll have a slew of papers/assignments in the last two weeks of classes, especially if you're in your third or fourth year. Think of the having to cram six weeks' worth of readings: shudder, wince, and resign yourself to the desk for the future's sake.

2. Slack off because "this year doesn't count"

"First year doesn't count", "Second year doesn't count", and "They only look at your last 60 credits". And the bizarre reasoning behind your lackluster performance: *"They want to see an upward trend, so the worse I start off with, the more opportunity for improvement, yeah?"*

(X) What are the chances of your GPA jumping more than one full grade point between second and third year? Be realistic.

(X) Graduate school applications are usually due between December and February. Your application will therefore not include marks from the Winter term of your fourth year: the oh-so-crucial last 60 credits would then include your Fall term, your third year, and the Winter term of your *second* year as well. (Assuming you didn't take Spring or Summer courses)

(X) Your earlier marks won't go unnoticed. Be ready to explain the Cs and Ds from first year. "I thought it didn't count" just doesn't cut it.

3. Ask this question:

"Does spelling count?"

(X) When does spelling NOT count?

(X) It's a trifle embarrassing to ask this question after the age of, say, eight. Even if it doesn't 'count', you'd still want to hand in a decently spell-checked paper because you're in *university*, right?

4. Fire off last-minute questions

"I asked a very specific question about the paper a full 12 hours before the deadline! Why didn't my prof/TA/friend reply?"

(X) E-mailing a question at 3 AM for a paper due at 3 PM doesn't leave a lot of waking hours for someone to check and answer their emails. Ask questions a full business day ahead, just in case: we've all heard it before, but *still*.

(X) Check your WebCT/syllabus/handouts for detailed instructions for the assignment. How sad would it be if you spent three hours biting your nails in front of the computer for some info that was already on the syllabus?

5. Get certain courses "out of the way"

"Oh man, stats looks boring, but it's a prereq for a lot of courses so I'm going to take it in my first year and then I'll never look at it again."

(X) Courses like Stats are prereqs for so many courses for a reason: they're fundamental for research. And no matter what area of psychology you plan to pursue, research would inevitably configure a huge part of your school years. Stats are something you would need to consult throughout your whole career: it's just as important as a core psych course.

(X) Ditto for English: you might be a genius, but we'll never know it if you can't share your ideas effectively.

6. Panic because some of these things apply to you

"Omg, this list is completely me. I'm doomed and I'm never going to graduate school now, am I?"

(X) These aren't deadly sins: they're just small things to be corrected to make for a better academic performance. If you catch yourself doing one of these things habitually, it's just something to work on: and it's never too late.

Forgive us our trespasses. I'm breaking commandment #1 as we speak. If you have skimmed to the end of this list and find yourself smiling serenely because you're the perfect student and you have never, ever breached these have-nots, give yourself a pat on the back and allow yourself a smug smile. (Also, please tell God I'm sorry for having nicked plastic forks from Edo Japan last week.) If you're feeling a smidgeon of discomfort at certain bits, it just means you're perfectly human. Just keep these (and their consequences) in mind the next time you're tempted to sin and hopefully it'll jog your self-control. May the force be with you. ☺

SublimI'mAwesomeinal



The Freudian Corner

A. Gusnowski

As Freud snorted yet another line of cocaine he was able to clear his mind from both sex and homophobia long enough to invent the unconscious, or so some of the following “Freudian myths” would have you think...

Freud was a crack head! Freud admitted to using cocaine, introduced its use to friends and family and actually wrote several articles on its medicinal use. However there really isn't much evidence to support an actual cocaine addiction. (S. Wilson and O. Zarate, 2002, p. 26-27) Tobacco, on the other hand, was a dependence Freud fought with for years.

Freud was obsessed with sex! Though Freud was clearly interested in sex he didn't reduce *everything* to this single drive nor was he the only one theorizing about it. For example, Freud's *Death Instinct* was not rooted in sexual desire and he didn't invent sexual symbolism - it existed for years prior. (S. Wilson and O. Zarate, 2002, p. 32) Furthermore, there is evidence that Freud was reconsidering some of his theories (including sexual ones). Via correspondence with Wilhelm Fleiss (1897) Freud stated, “I no longer believe in my *neurotica*” (S. Wilson and O. Zarate, 2002, p. 118)

Freud was a homophobe! Surprising to most, Freud argued that homosexuality was *not* a mental illness. In a letter written with Otto Rank to Ernest Jones, Freud argued that homosexuals should be given an equal opportunity to train as Psychoanalysts and be judged by their qualifications and not sexuality. This notion is also illustrated by a letter he wrote to a concerned mother in which he maintains, “Homosexuality is assuredly no advantage, but it is nothing to be ashamed of, no vice, no degradation, it cannot be classified as an illness.” (S. Wilson and O. Zarate, 2002, p. 169)

Freud invented the unconscious! Actually, the unconscious was already a popular idea among poets and philosophers in the 19th century. Freud was just one of the first to apply this notion to Psychology (though I'm sure he would appreciate the credit!). (S. Wilson and O. Zarate, 2002, p. 14-15)

Regardless of the myths and truths about Freud, one thing is for certain: people are still talking about him years after his death...now *that* says something.

Wilson, S. and Zarate, O. (2002). *Introducing The Freud Wars*. Cambridge, UK: Icon Books Ltd.

CHECKING IN (Answer on your own and hand in to your instructor)

The water of the earth's oceans stores lots of heat. An engineer designed an ocean liner that would extract heat from the ocean's waters at $T_h = 10^\circ\text{C}$ (283 K) and reject heat to the atmosphere at $T_l = 20^\circ\text{C}$ (293 K). He thought he had a good idea, but his boss fired him. Explain.

Because he slept with his boss' wife. -- Jathan...
oh dear!

Upcoming Events

February – March - May

Hey, first-and second-years: the **Honors forum** for the undergraduate Honors program will be held on the 5th of Monday in March. As per usual, RSVP to Aimee Grover, VP Academic, at grover@ualberta.ca if you plan on attending. The usual \$1 for non-members and free for members.

The UPA will be hosting a barbecue with the **HACUA**, or the **History and Classics Undergraduate Association**, on the 23rd of March. To be held in the quad, (weather permitting), the barbecue will provide a late-in-the-year chance to mingle with your fellow psych students and also a chance interaction with these exotic creatures called History majors, who are rumored to never venture outside their natural habitat within the Arts complex. Who knows? Maybe we'll have more in common than you'd think. ("You study from books? We read books too!") Let's cavort over hot dogs and hamburgers. See you there!

Have you applied yet? The **Internship Program in Psychology** is currently accepting applications for the 07-08 year. Details available on the Department website.

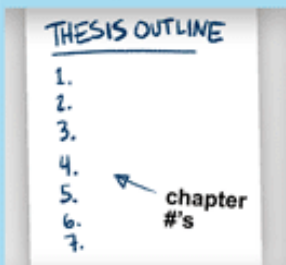
Likewise, the UPA is looking for a **new exec team** for the 07-08 school year. 6 of UPA's executive team will be graduating this term, leaving their positions up for grabs. No experience necessary, but enthusiasm, willingness to learn and a sense of adventure is an asset. Specific position openings will be available through the website in late March. To inquire after certain positions, contact upa or the exec of your choice. Elections will be held in late March-early April.

Oooh, ooh! UPA merchandise order forms will be available in late March as well. Merchandise may possibly include hoodies, tshirts, and sweatpants. (Please say 'psycho' on the back, please say 'psycho' on the back.)

WRITING YOUR THESIS OUTLINE

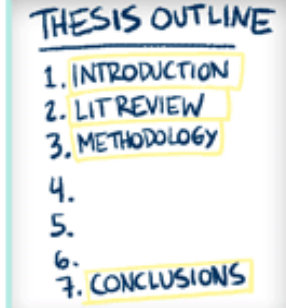
NOTHING SAYS "I'M ALMOST DONE" TO YOUR ADVISOR/SPOUSE/PARENTS LIKE PRETENDING YOU HAVE A PLAN

STEP 1 Aim for a respectable number of chapters:



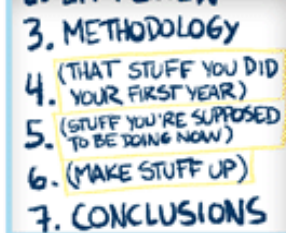
5 = "That's IT??"
6-7 = "Not bad"
8+ = "Are you crazy??"

STEP 2 Fill in the "freebies":



You're half way done!

STEP 3 Make up titles for the "meat" chapters:



(It'll be years before you actually have to work on that later chapter, and by then your thesis topic will have changed anyway)

STEP 4 Voilà! You just bought yourself another two years



JORGE CHAM © 2006

Join the UPA!

Why?

This is the conversation you are potentially missing out on:

"I'm taking PSYCO xxx next term."

"With Professor bleeeep? Oh yeah, I took that last year."

"Really? How was it?"

"Wow, what an experience. The one thing you really should know before going into it is tha-----"

You could be listening to conversations like this all the time if you took the time to connect with other psych students: we can help you.

How?

Come to BS P 206D during any of our office hours listed below, pay your \$5 membership fee and receive your card!

Office hours listed in the last page

The Perks:

Free admission into all forums and events! (\$1+ for non-members)

Discounted snacks from Skinner's lunchbox!

Chance to volunteer within the UPA and take on leadership roles!

Seek advice from other UPA members on psych-related matters

WWW....

Look for us on the web, at www.ualberta.ca/~upa, for:

- Ψ **The MEMBERS ONLY section:** extra, exclusive information on higher-level psych courses and more to come.
- Ψ **Professor** of the month
- Ψ **Course** of the month
- Ψ **Volunteer agency** of the month

Volunteer Opportunities



Too much time on your hands? Love psychology? Super-keen to meet people? Well, aren't you in luck!

The UPA is looking for responsible, dedicated individuals for:

Ψ 07-08 Executives:

Do you love, love, love psychology? Do you enjoy meeting other psychology students? Would you be interested in joining the UPA exec team? If you would like to take a bigger part in contributing to the psych student body, step right up. First-timers and blatant megalomaniacs/resume padders needn't be shy. Come talk to us!

Send emails to upa@ualberta.ca



**"Every day of my life,
I am forced to add another
name to the list of people
who piss me off."**

UPA Office hours: Fall term

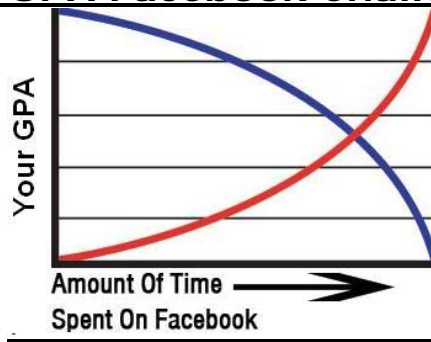
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Michelle		Michelle		Michelle
9:00 AM					
10:00 AM					
11:00 AM					
12:00 PM			Vaidehi		
1:00PM	Aimee	Sonia		Sonia	Leigh
2:00PM			Susan		Chris
3:00Pm			Chris		
4:00PM		Leigh		Leigh	
5:00PM			Wing		Wing
6:00PM					
7:00PM					
8:00PM	Susan		Susan		

$$\frac{1}{n} \sin x = ?$$

$$\frac{1}{n} \sin x =$$

$$six = 6$$

The UPA Facebook Challenge



The following are excerpts from facebook profiles of UPA execs (all except Michelle, who actually has a social life outside the world wide web). Match up the excerpts to its corresponding exec correctly for a prize: a bag of cookies from the UPA snackstore, "Skinner's Lunchbox"! Drop by our office with your answers and (possibly) claim your prize within the month!

- | | |
|--|--|
| 1. Tasha Weber, VP Finance | A. "Religious Views: Mostly agnostic with a twist of Taoism and a dash of Hinduism" |
| 2. Sonia Mendoza, Clubs Fair Coordinator | B. Note from Feb.8: "Ohhh....this is where you talk to yourself." |
| 3. Susan Packinayagam, President | C. "Interests: I LOVE CHOCOLATE, MAC MAKEUP, MOVIES, SHOPPING!!! The oilers ROCK! PEOPLE!!! THEY ARE SO DAMN FASCINATING!!!" (Hint: all capitalized) |
| 4. Vaidehi Seth, VP Internal | D. "Displaying 1 gift: "Love you boo boo!" |
| 5. Aimee Grover, VP Academic | E. "Activity feed March 2 nd : X has left the group Cricket World Cup 2007" |
| 6. Leigh Yang, VP Communication | F. "Activities: UPA, ISVUA, CMHA" |
| 7. Wing Yu, VP External | G. "Activities: trying to keep my fish alive, n attending UPA meeting.....damaging my friend's house n clothes when I play wii" |
| 8. Chris Madan, Webmaster | H. "Favorite Books: Eleanor Rigby, The Deptford Triolgy, The Westing Game" |