

February

Psychology Month

Why? I guess we really are
a biiiig deal. *jazz hands*

March

Friday, 18th

Add/drop deadline

Friday, 7th

Royce Conference

Keynote speaker: Dr.

Lonnie Zwaigenbaum

Wednesday, March 12th

Meet the Prof Night

Individual Studies/Lab

Volunteer forum

BioSci M 141

Wednesday, March 26th

HACUA/UPA BBQ

Quad! Food! Subtle

flirtation over condiments!

Mmmmm!!

Thursday, 31st

Fee payment deadline

Don't be late!



**Undergraduate
Psychology
Association**

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THE INK BLOT

Valentine's Day, Reading Week, Midterms, Short.



Reverse psychology

FEBRUARY - MARCH 2008:

- Ψ Editor's note
- Ψ Upcoming Events
- Ψ What we did last month
- Ψ The Freudian Corner
- Ψ With a Psych degree, you can: Human Ecology
- Ψ Join the UPA
- Ψ Volunteer opportunities: you're never too idealistic to start.

Editor's Note

Dear UPA, will you be my Valentine?

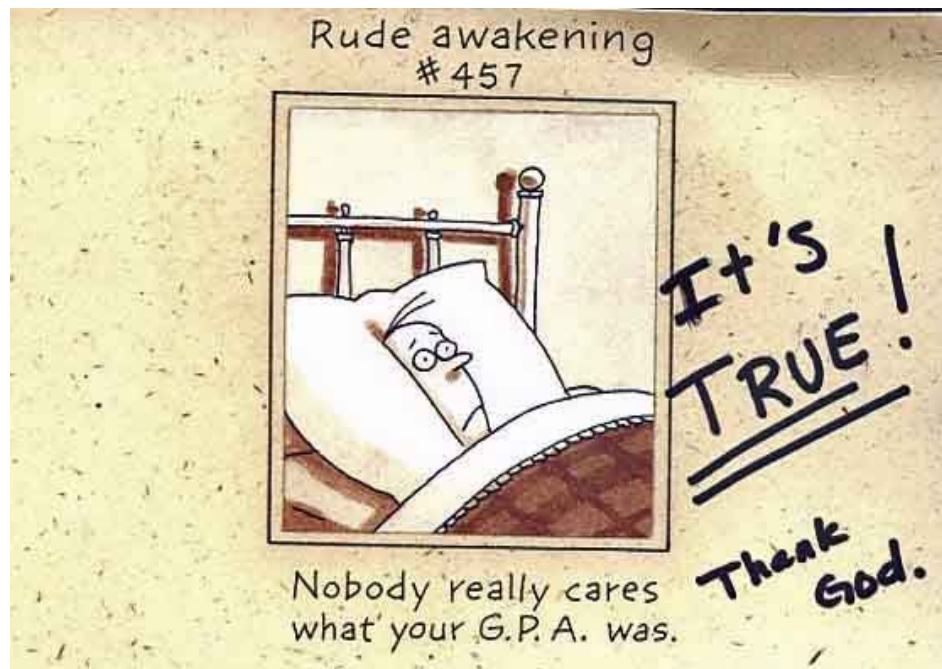
We haven't known each other very long, but ever since I saw your booth at Clubs Fair, I really wanted to be involved with you. But I was a shy and intimidated first-year so I brainstormed all the ways I can spend more time with you without feeling awkward, like volunteering in the Smitty library or on one of your committees. And as I got to know you more, I was so impressed by the quality of services you provide, like the academic forums and the career fair: boy, I walked out of that first (and second and third) Grad School Forum with a freshly depressing outlook on my future career! But your tough-love approach really helped me come to my senses and hit the books. And now every time I look at my improved GPA, it's like the crinkle of the transcript sweetly whispers your name.

And when I finally made a move and got serious with you, I realized how much fun you could be under all that academic usefulness. I will never forget all those great people you introduced me to and all those special times we shared during barbecues, bake sales, meetings and movie nights. I never thought I would be comfortable with so many people, but with you around, it's so much easier to bond with everyone else! And of course, your heart of gold: I know how hard you work to serve as many psych students as possible and to contribute to the Turkey Drive every winter. You are the org that dreams are made of, even if you are located in BioSci. Brr.

So will you be my Valentine, UPA? I know I'll never be bored or lost when you're around!

Leigh Yang
VP Comm

Not true if you're thinking of grad school



Upcoming Events

The 22nd **Joseph R. Royce Research Conference** falls on the **Friday the 7th**. Come out for a rare chance to check out research conducted by undergraduates! Admission is free, and speakers, presentations, and posters are for your attending pleasure. This year's keynote speaker is **Dr. Lonnie Zwaigenbaum**, who will be speaking about early development in autism. The UPA will be lending a hand in setup, so see you there!

The **Individual study/lab volunteer forum/ Meet the prof night** is slated for **Wednesday, March the 12th**. "It will be less of a forum and more of a mingling night with profs and students. I'd like to advertise the hell out of this event to really show the department that we are reaching out to psych students and are contributing to student and prof interaction": you got it, Madam President! I'll take it to mean that it will be pretty fantastic. Also a good chance for Honors students to scope out potential supervisors. I'd get in there fast. Oh, exsqueeeze me, people groping for cash, my UPA membership card will let me through the door for free. \$1 otherwise. Time/location TBA.

March 26th the Wednesday marks the glorious reunion of HACUA (History and Classics Undergraduate Association) and UPA. An unlikely pair, but we can get along swimmingly.

Also coming up: **Elections for Executive Team 2008-2009!** Please refer to the website for each exec's position, profiles, and job details. Application forms and ballots (come election day) on the website! Date TBA, but second or third week of March: feel free to nominate yourself! That's what EVERY SINGLE ONE OF US did! And it's worth it.



What we did last month

Another psych week wrapped up successfully. Thank you to the hardworking volunteers and organizers who went sleepless to make it a success. Hope many of you came out for the fruit of their labors. A portion of the profit from Psych Week will go toward the Terry Fox foundation.

Hmm, I'm exhausted thinking about it and I didn't even do much. Thanks to everyone who manned the cash box at the bake sale, organized the social night, spun the trivia wheel at CAB, organized the forums, put the career fair together, and of course, our fearless leaders **Tasha** and **April**.



The Freudian Corner

A. Gusnowski

A nineteen-year-old woman enacts bedtime rituals that take hours and that make her and her parents miserable. She would give anything to give them up, yet she feels desperately compelled to perform them perfectly. The pillows must be arranged precisely so that they don't touch the headboard, for example. (Heller, 2005, p. 177)

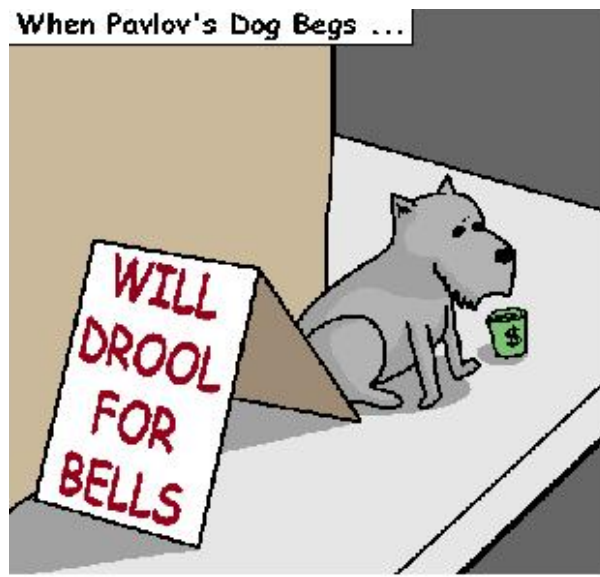
The above excerpt is in reference to one of Freud's patients presenting with Obsessive Compulsive Disorder (OCD). Freud's analysis: Electra complex. According to Freud, "the headboard represented man and the pillow woman. The ritual represented the command that mother and father must not touch each other." (Heller, 2005, p. 177) This young woman, who was in love with her father and jealous of her mother, had an Electra complex that manifested itself in the form of compulsions.

Over the years, Freud deduced that his patients who exhibited OCD were fixated in the anal stage of development and were "especially orderly, parsimonious, and obstinate." (Heller, 2005, p. 177) Three characteristics which are now often referred to as the three P's: pedantry, parsimony and persistence. (Heller, 2005, p. 177)

Admittedly, Freud's Oedipal/Electra and anal stage of development explanation of OCD finds itself to be a bit dated as OCD is now primarily believed to be rooted in the biochemical field. However, I'm sure if Freud were present today amongst all the clinical/therapeutic advances he'd have much more to offer as he believed both himself and his son Oliver possessed OCD. (Heller, 2005, p. 178)

All facts and ideas derived from...

Heller, Sharon. (2005). Obsession and Compulsion. In *Freud A to Z*. (pp.177-178)
Hoboken, NJ: John Wiley & Sons.



With a psych degree, I can.....

I'm particularly excited about this month's interview, as Human Ecology is as diverse as psychology and may be of interest to several psychology students looking for after-degree opportunities: it's just one of the many examples of people-related work out there that we might not be aware of. Two additional interviews with other Human Ecologists will be made available on the UPA website shortly, so please check for updates: sorry readership, I didn't get to the interviewees on time and it'll be an inconvenience for you but oh so worth it. Also, applause to the Department of Human Ecology for some of the most considerate, timely and kindly interview responses ever encountered!

Ψ In the Hotseat: Deanna Williamson, Human Ecologist, U of A Professor

So, what exactly is human ecology?

Human Ecology is an applied multidisciplinary field. It uses a holistic systems approach to examine the many contexts of people's lives. In particular, the focus in the Human Ecology undergraduate degrees at UofA is on the dynamic relationships people have with their near environments: clothing family, home and community. Our mission is to create healthy human environments for daily life. Within the Department of Human Ecology at UofA, students can do a major in either Family Ecology or Textiles and Clothing.

What is your area within human ecology?

I'm an Associate Professor in Family Ecology. My broad research interest is the well-being of families and their members within the context of social, economic, and political conditions. More specifically, my research focuses on the influence that policy has on the well-being of families in poverty. Some of my research has explored the impact of health care and social assistance policies on the health behaviours and health of people living in poor families; whether the relationship between health behaviours and health is dependent on income adequacy; low-income parents' capacity to enhance their children's health; the role of the health sector in addressing poverty; and the implications of welfare-to-work policies for the health and development of pre-school children in poverty. I teach undergraduate and graduate courses in program planning and evaluation, an undergraduate course in family policy, and a graduate course in family health and wellness.

What skills are useful to succeed in the field?

I'm answering this in relation to skills for success in careers that require an undergraduate human ecology degree. Some general skills include good written and oral communication skills, ability to work well in teams, creativity & flexibility, good interpersonal relationship skills, good organizational skills, leadership, and initiative. More specifically, it is important that graduates who engage in family ecology careers have knowledge about families in society, internal family dynamics and relationships, human sexuality, family development and lifecycle, family economics, and family policy and law. In addition, it is important that they have research, counselling, family

education, and program planning skills. For graduates who engage in textiles and clothing careers it is important that they have knowledge and skills associated with design and aesthetics, properties of textiles, product quality assessment, material culture, product development, dress and identity, fashion industries, public policy and global awareness, and research and critical analysis.

How might an undergraduate go about gaining those skills?

By completing a Human Ecology degree (or after-degree)! Through experiential, context-based learning, students in human ecology get an opportunity to integrate theory and practice across the knowledge areas that I noted above. Applied project work is key to learning in human ecology and students spend time in labs, study collections, design studios, and out in the community developing real solutions for real needs. Human ecology studies culminate with a practicum that allows students to apply their knowledge and prepare them directly for professional work in the field.

What kind of a person would be best suited to careers in human ecology?

This is difficult to answer because of the diverse array of possible careers across the two areas, family ecology and textiles and clothing. Of course, interest in the particular foci of Human Ecology is central. So, people with interests in creating sustainable clothing, owning a fashion boutique, designing comfortable home environments, or preserving cultural heritage would be well-suited to a human ecology career. And so would people who want to help children and families live well, develop more inclusive communities, counsel people on money management, educate people about healthy eating and living, or developing policies that encourage global social justice. In general, people who are interested in making a positive difference in the every day lives of others is important.

What is your typical day like?

As a professor, I do a variety of things in a typical day. I spend some of my time reading and preparing for classes, designing assignments, and evaluating students' work. Also, part of my time is spent engaging in research-related activities with colleagues and graduate students. This includes writing research grant proposals, designing studies, training research assistants to collect and analyze data, analyzing and interpreting data, preparing conference presentations, and writing manuscripts for possible publication. In addition, some of my time is spent on professional and university service. Some of this work includes reviewing manuscripts and grant applications, committee work (e.g., undergraduate program committee which oversees the curriculum and courses that undergraduate students take), and student advising. Some days I focus on one or two activities and other days I have to juggle lots of activities!

What is your favorite part of the job?

I like the variety of activities because I get to learn all of the time - regardless of what I'm doing. It is never boring! Even when I teach the same class year after year, it is different every time because it includes different students than the last time I taught the course - and I always learn something

new from the new group of students. I love engaging in discussions about research with my colleagues and figuring out how to answer certain questions or figuring out what some findings mean (i.e., how to interpret findings).

What is your least favorite part of the job?

Sometimes there are a few too many things going on at once and I don't feel like I can give anything adequate and necessary attention.

Recent graduates' careers

Human ecology training is interdisciplinary and broad in scope so graduates are prepared for a diverse range of careers. Here are some common careers. (Thank you, Professor Williamson!)

Textiles and Clothing Major:	Family Ecology Major:
Designer Product Developer Costume Designer Wardrobe Manager Quality Assurance Manager Production Manager Buyer Fashion Retailer Store Manager Merchandise Manager Public Relations Event Coordinator Sales Representative Stylist Fashion Writer Image & Wardrobe Consultant Visual Merchandiser Account Manager Marketing Manager Collections Manager Curator Textile Conservator Museum Education Program Manager Interior Decorator Design Consultant Professional Organizer Relocation Specialist	Child & Youth Worker Family Enhancement Worker Program Manager Client Services Coordinator Family School Liaison Officer Intake Worker Success Coach School Counsellor Career Counsellor Volunteer Coordinator Public Relations Debt Counsellor Money Mentor Consumer Services Coordinator Life Skills Educator Nutrition Consultant Food Safety Educator Continuing Education Instructor Lifestyle Management Coach Communications & Promotions Manager Community Services Manager Community Development Coordinator Fund Development Coordinator Human Resources Social Service Agency Manager Policy Analyst International Aid Worker

Join the UPA!

Why?

- To have fun with other psych students!
- To get information on careers in psychology!
- To have something to put on your resume

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 on the last page

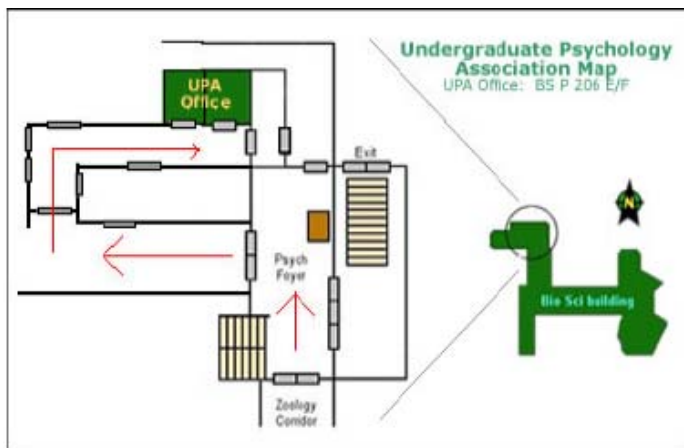
The Perks:

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

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

Meet new friends!

Seek advice from other UPA members on psych-related matters



Volunteer Opportunities



The UPA is looking for responsible, dedicated individuals for:

Ψ The Advertising Committee

The advertising committee is in charge of communicating UPA events to members and the U of A campus.

Time Commitment: 1-2 hours per week

- Creating/designing posters or flyers
- Posting signage
- Class presentations or writing on whiteboards in classrooms
- Sidewalk chalk advertisements
- Thinking or creative ways to spread UPA news.

Contact April at aprilg@ualberta.ca

Ψ Merchandise Coordinator

Our merchandise coordinator assist the VP Finance with the UPA Merchandise

- Researching and contacting different merchandise providers for clothing, pens, mugs, etc.
- Attending meetings with the VP Finance and merchandise providers
- Creating, collecting and processing merchandise order forms
- Distributing merchandise

Interested? Contact our VP Finance Erin at karman@ualberta.ca

Ψ The Social Committee

The social committee will be assisting the VP social with planning and facilitating UPA social events. Volunteers need to be enthusiastic about representing the UPA through fun and exciting social activities such as parties, pub crawls, and movies nights. We're specifically looking for the following:

Event Coordinator

Time Commitment:

3-5 hours a week (varies depending on event but can work around volunteers schedule)

- Assisting VP Social with social event planning
- Coordinating volunteers for events
- Advertise and facilitate social events
- Attending social committee meetings
- Possible office hours
- Committed to the U of A campus social life
- Experience organizing events (preferable but not necessary)
- Outgoing and friendly personality

Event Facilitators

Time Commitment: Varies depending on events

- Attending social committee meetings
- Aiding in organizing activities (making posters, selling tickets etc.)
- Committed to the U of A campus social life
- Outgoing and friendly personality

Contact VP Social at moore_jenna@hotmail.com

Ψ Ink Blot Contributors

We're always looking for enthusiastic psychology lovers to contribute interesting and entertaining articles for our newsletter. We accept all types of submissions such as opinion pieces, research updates, biographies, cartoons, etc.

Please send your submissions to VP Communications at myang@ualberta.ca

UPA Office hours for the Winter are undergoing revision.

