

February

Saturday, 14th
Happy Valentines Day!

Monday, 16th
Reading Week Starts

Monday, 23rd
Classes begin again!

Thursday, 26th
General UPA Meeting
Come on down if you're
interested in executive
positions
Smitty Library, 5-6

March

Friday, 6th
Nomination Packages
Due

Friday, 13th
Campaigning Starts

Thursday, 19th
(Tentative Date)
Independent Study Forum
CAB 243, 5-620pm



**Undergraduate
Psychology
Association**

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

THE INK BLOT

Happy Valentine's Day Psych Lovers!



February-March 2009:

- Ψ Editors Note
- Ψ Psych Week Recap
- Ψ Lauren's Picks
- Ψ Valentines Day Fun
- Ψ Join UPA!

Editors Note

Hello Psych Lovers!

I bet you are all highly anticipating reading week, I know I sure am. I am really looking forward to heading home to Calgary and seeing friends and family that I haven't seen since Christmas. At this point in the year, many of you may be starting to get a little lazy and aren't as motivated as you were in September so I hopefully the break will get your brain back in shape!

We all know Valentine's Day is just around the corner and depending if you're single or not you will either be looking forward to it or dreading it. I can imagine some of you are really excited to spend it with someone special and I'll bet many of you will be heading to a local bar or pub for a singles party. Personally, I am fairly indifferent towards Valentine's Day. My boyfriend and I will more than likely be spending it in Banff this year, just walking around window-shopping and maybe a nice lunch. However you choose to spend the special day I have listed some fun activities and yummy recipes for you and your special someone to enjoy!

Don't forget that elections start after the break! If you're interested in running for an executive position come on down to the UPA general meeting on February 26 at 5pm and pick up your nomination packages!

Have a fabulous break everyone and hang in there a few more months! Summer break is only 2 months away!

Lauren Kotylak
VP Communications

RECAP OF LAST MONTH

Overall Psych Week was yet another success! We started off with a Bake Sale and ended the week off with a UPA social event. Along with the Social Event and Internship Forum we also put on a very successful Career Fair and Career Internship.

Here are a few words from our Executive Team:

Internship Forum 09

This year's internship forum was again presented by Dr. Sandra Ziolkowski, the Internship Program Coordinator and a Sessional Lecturer in the Dept. Of Psychology. The forum featured four psychology students who have recently completed their internship: Drew Gould at the Fort Saskatchewan Correctional Centre; Andrea Yu at the Alberta Hospital Edmonton; Jennifer St. Jean at the Edmonton Remand Centre; and Alvin Yapp at the Extension Learning Solutions with the University of Alberta.

The forum was helpful because it featured both the technical aspects of applying to the program as well as the first-hand experiences of the recent interns, but also was presented in a palatable form - balancing nicely between informal and formal. If you missed out on the

forum, you can still contact Dr. Ziolkowski at sandra.ziolkowski@ualberta.ca, or check out the Internship website at <http://web.psych.ualberta.ca/~ipp/index.htm> for more information.

Tristan D
VP Academic

UPA Social Event 09

A big thanks to those of you who came out and joined us for the Bears Volleyball game on January 23rd. The game was high intensity and the Bears came out victorious in three sets! Afterwards we headed up to RATT for some post-game food and mingling. Stay tuned for more social events to come later in the semester and feel free to pass along your suggestions!

Colleen Andringa
VP Social

UPCOMING EVENTS!

Independent Study Forum

Tentatively: March 19th in CAB 243 at 5pm.

Interested in doing an independent study but unsure about how to go about it? This forum is the perfect opportunity to get all your questions answered and find out exactly why students choose to do independent

studies in the psychology field.

Quote of the Month

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

--1 Corinthians 13:4-7

UPA OFFICE HOURS

Monday: 3-4 (Kristin)

**Tuesday: 2-3 (Shantelle),
3:30-4:30 (Lauren)**

Wednesday: 12-1 (Isabel)

Thursday: 4-5 (Colleen)

Friday: 11-12 (Tristan)



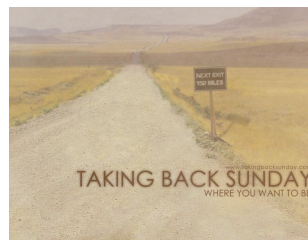
LAUREN'S PICKS

BEST BOOK: 'The Curious Incident of the Dog in the Night-Time' By Mark Haddon

BEST MOVIE: "My Best Friend's Girl" Starring Kate Hudson and Dane Cook

BEST PROF: Lahoucine Ouzgane

BEST BAND: Taking Back Sunday



“YOU WON’T BE SINGLE FOR LONG”

VODKA CREAM PASTA
RACHAEL RAY’S MOST
ROMANTIC DISH

INGREDIENTS: SERVES 4

1 TABLESPOON EXTRA-
VIRGIN OLIVE OIL

1 TABLESPOON BUTTER

2 CLOVES GARLIC, MINCED

2 SHALLOTS, MINCED

1 CUP VODKA

1 CUP CHICKEN STOCK

1 CAN CRUSHED TOMATOES

COARSE SALT AND PEPPER

16 OUNCES PASTA

1/2 CUP HEAVY CREAM

20 LEAVES FRESH BASIL

HEAT A LARGE SKILLET
OVER MODERATE HEAT. ADD
OIL, BUTTER, GARLIC AND
SHALLOTS. GENTLY SAUTÉ
SHALLOTS FOR 3 TO 5
MINUTES TO DEVELOP THEIR
SWEETNESS. ADD VODKA TO
THE PAN (3 TURNS AROUND
THE PAN IN A STEADY
STREAM WILL EQUAL ABOUT
1 CUP). REDUCE VODKA BY
HALF, THIS WILL TAKE 2 OR 3
MINUTES. ADD CHICKEN
STOCK, TOMATOES. BRING
SAUCE TO A BUBBLE AND

REDUCE HEAT TO SIMMER.
SEASON WITH SALT AND
PEPPER.



WHILE SAUCE SIMMERS,
COOK PASTA IN SALTED
BOILING WATER UNTIL
COOKED TO AL DENTE (WITH
A BITE TO IT). WHILE PASTA
COOKS, PREPARE YOUR
SALAD OR OTHER SIDE
DISHES.

STIR CREAM INTO SAUCE.
WHEN SAUCE RETURNS TO A
BUBBLE, REMOVE IT FROM
HEAT. DRAIN PASTA. TOSS
HOT PASTA WITH SAUCE AND
BASIL LEAVES. PASS PASTA
WITH CRUSTY BREAD

CHEAP THINGS TO DO ON VALENTINE'S DAY!

Cook dinner for your special someone or your girlfriends (I've already included a recipe so this one should be easy)

Go to Wendy's or Burger King and eat by candlelight (Take it from me, it's kind of romantic!)

Picnic in the living room (I know it sounds sort of cheesy but it could be cute!)

Reenact your first date (This is a fantastic way to re-create that magic)

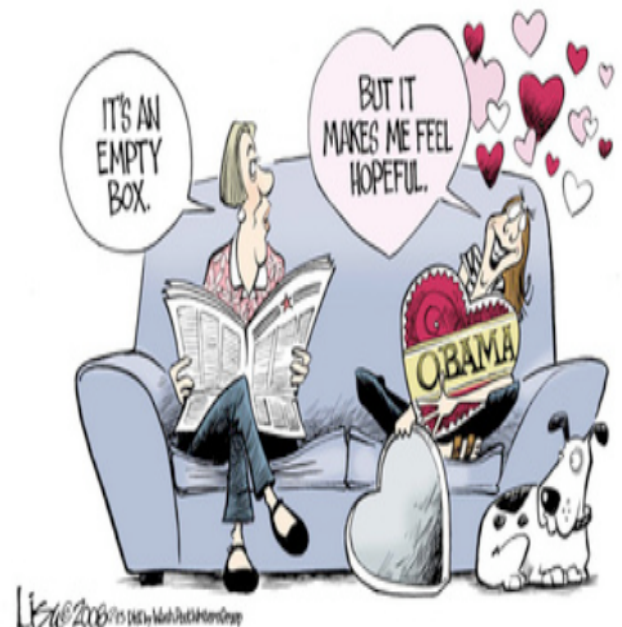
Bake heart shaped cookies and then decorate them together (You can purchase the Pillsbury dough at any local grocery store)

FLYING SOLO THIS YEAR? DON'T WORRY, I HAVEN'T FORGOTTEN ABOUT YOU.

Wine and Cheese with all your single friends (You supply the cheese and chocolate, everyone brings their favorite wine)

How about a Spa Day with all your single ladies? There is nothing better than a day spent with girlfriends and pampering. No cash? Set up a spa day at your house and paint each other's nails and maybe even a few facials.

Plan a singles party in advance! Have all your single girl and guy friends over for a Valentine's Day of your own. Who knows? Maybe you'll meet your Valentine there!



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

The Perks:

Free admission into all academic forums! (\$1+ for non-members) Discounts on fundraisers!

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

Seek advice from other UPA members on psych-related matters! Gain access to valuable info!

Opportunity to participate in the Undergraduate Mentorship program as a mentor or mentee!

How?

Come to BS P 206D during any of our office hours listed below, pay your \$5 membership fee and receive your Member Services username and password.

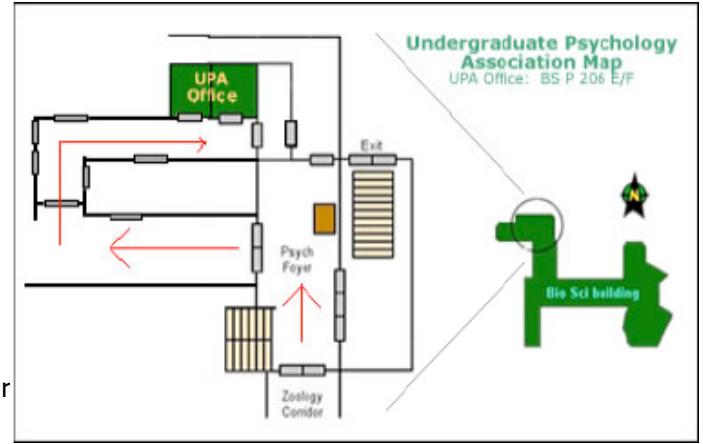
M: 11-12, 1-2

T: 8-9, 11-12:20

W: 1-3

Th: 11-12:20, 2-3

F: We like to start our weekends early!



Volunteer Opportunities



The UPA is looking for responsible, dedicated individuals for:

Ψ Academic Committee

The Academic Committee organizes forums to deliver invaluable information to fellow psych students.

Time Commitment: 2-4 hours per week

- 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

tdrozdia@ualberta.ca

Ψ 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

- Designing and distributing posters for UPA events
- Class presentations or writing on whiteboards in classrooms
- Thinking of creative ways to spread UPA news.

Contact VP Campus Communications at

Ψ **Fundraising Committee**

The fundraising committee helps organize and execute BBQs, bakesales, hot chocolate drives, etc.

- Plan small-scale fundraising events
- Coordinate volunteers for fundraising days
- Create eye-catching advertisements or gimmicks
- Committee members should be creative, friendly, and love food!

Contact VP Finance at ilek@ualberta.ca

Ψ **Social Committee**

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 Facilitators

- Assist VP Social with event planning
- 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 candring@ualberta.ca

Ψ **Career/Volunteer Fair Committee**

Volunteers will help VP External organize a Career and Volunteer Fair for Psych Week in January

- Search and contact various employment and volunteer opportunities available for psych students
- Correspond professionally with different agencies
- Coordinate volunteers for Fair day
- Work with CAPs to put on a Psychology Career Forum

Contact VP External at bihis@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

Contact VP Finance at ilek@ualberta.ca

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

Want to volunteer but unsure about which opportunity is best for you? Contact upa@ualberta.ca to set up an appointment to find out more about each position!