

January
PSYCH WEEK!

Monday, 19th
UPA Bake Sale
Tory Atrium, 10-3pm

Tuesday, 20th
Psych Career Form
NRE 1-003, 5-7pm
FREE PIZZA!

Wednesday, 21st
**Psych Career &
Volunteer Fair**
Dinwoodie, 10-3pm

Thursday, 22nd
Psych Internship Forum
CAB 243, 5-6:30pm

Friday, 23rd
**Golden Bears Volleyball
Game and Hudson's
After Party!**
Main Gym @6:30pm

Friday, 30th
**Tuition Payment
Deadline**



**Undergraduate
Psychology
Association**

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THE INK BLOT

Welcome Back Psych Lovers!



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JANUARY 2009:

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Editors Note

Welcome Back Everyone!

I hope you all enjoyed the Christmas break and have come back rested and ready for another semester. I spent the holidays snowboarding, baking, hanging out with friends and family and the list goes on. I finally got to read all the books I wanted to read including: Scar Tissue, Eclipse and Deal Breakers. I HIGHLY recommend you all read Scar Tissue; it's probably one of the best memoirs I've read in a long time. You will especially enjoy it if you like the Red Hot Chili Peppers!

I made a few New Years resolutions this year; one resolution is to stay on top of all my homework and not leave everything to the last minute. I am sure many of you have acquired this awful procrastination habit in your post secondary experience. If you're anything like me, you seem to find a million other things to do rather than reading a textbook or finishing up a lab. I find myself doing everything BUT studying- eating, talking on the phone, cleaning and then maybe eating some more. I am really not sure how I've made it this far with my awful habits. So far this semester I've kept up with readings, mind you, it's hardly been two weeks.

All of us at the UPA are super busy preparing for Psych Week so I hope you all get a chance to come to at least one of the events. Perhaps a nice snack before class at our bake sale or come attend a forum, they are incredibly informative.

I hope you all have a fabulous semester and I hope to see you all at Psych Week!

Lauren Kotylak
VP Communications

UPCOMING EVENTS

JANUARY 19th-23rd IS PSYC WEEK!

It's the time again psych lovers! A full week of informative and fun UPA activities to start the second semester off right! Below is this years itinerary:

MONDAY 19th

On your way to class come grab a tasty treat from our **Bake Sale**. All of us at the UPA will be making a variety of baked goods and selling them to you for a good deal. Bakes Sale will be from 10am to 3pm and will be held in Business-Tory Atrium.

TUESDAY 20th

The **Psyc Career Forum** is a great chance for all of you psyc majors to come check out different job opportunities for the future. We are expecting guests from a variety of psyc related job field. You can also expect a representative from Edmonton's own Police Department. Did I mention there was free food? **PIZZA** will be provided to all of those who attend. So come on down and enjoy a slice of free pizza and get a head start on your future! Pre-register online at www.ualberta.ca/~caps Forum is in NRE 1-003 and goes from 5pm to 7pm

WEDNESDAY 21st

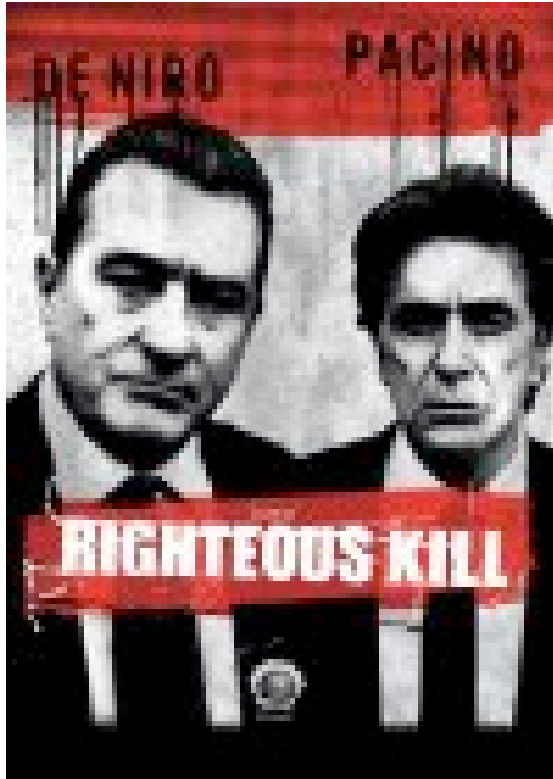
The **Career and Volunteer Fair** will be held in Dinwoodie from 10am to 3pm. You can expect a variety of booths with representatives from different psychology fields. You can also expect booths with representatives from non-psych related careers.

THURSDAY 22nd

The **Psych Internship Forum** is an excellent opportunity to get some information if you've ever thought about getting some work experience in the psychology field while getting university credits and a salary. You will have a chance to ask questions and get loads of information on the internship program here at the UofA. The forum will be held in CAB 243 from 5pm to 6:30pm. \$1 for non-members and free for members! RSVP tdrozdia@ualberta.ca

FRIDAY 23rd

Come down and support your **Golden Bears Volleyball** team. The game will be held in the main gym on campus starting at 6:30pm. Tickets are only \$3 if you come with your fellow UPA members. After the game, we plan on heading over to **Hudson's** for a few beverages! RSVP candring@ualberta.ca



LAUREN'S PICKS

BEST BOOK: "Scar Tissue" By Anthony Kiedis

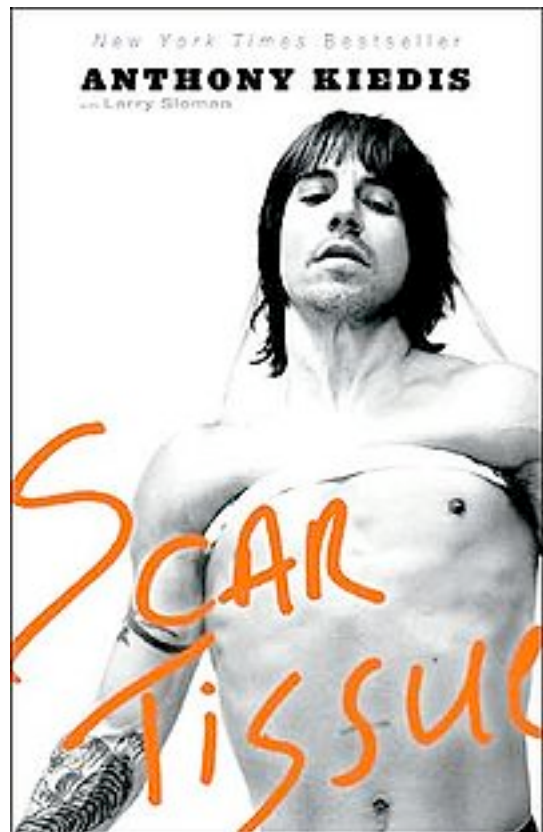
BEST MOVIE: "Righteous Kill"
Starring Al Pacino and Anthony Baldwin

BEST PROF: Craig Campbell

BEST BAND: Kings of Leon

Quote of the Month:

**If you don't know
where you are going,
you'll end up
someplace else.
-Yogi Berra**



Match the fact to the UPA Exec!

- | | |
|---|--|
| 1) Is currently in Holland | _____ a) Shantelle Bihis (VP External) |
| 2) Has a website design company | _____ b) Tristan Drozdiak (VP Academic) |
| 3) Member of the Kokopelli Choir | _____ c) Lauren Kotylak (VP Campus Communications) |
| 4) Runs for the Track team | _____ d) Isabel Lek (VP Finance) |
| 5) Has family in Australia and Singapore | _____ e) Erin Karman(Co-Chair) |
| 6) Works for the Robin Hood Association | _____ f) Melissa Daniels (VP Internal) |
| 7) Is currently in Cortona | _____ g) Chris Madan(Webmaster) |
| 8) Is majoring in Human Ecology | _____ h) Kristin Bonot (President) |
| 9) Did an internship** at Forensic Assessment and Community Services | _____ i) Leigh Yang (Peer Mentorship Coordinator) |
| 10) Is doing an independent study (496/498) in Dr. Norman Brown's lab | _____ j) Kelty Hawley (Co-Chair) |
| 11) Is a Theta | _____ k) Colleen Andringa (VP Social) |

** Interested in doing an internship? Check out the Psychology Internship Forum on Thursday, Jan 22 in CAB 243, 5-6:30pm. RSVP tdrozdia@ualberta.ca

Answers: a) 8 b) 4 c) 11 d) 5 e) 1 f) 9 g) 2 h) 10 i) 3 j) 7 k) 6

Psychology Funnies

Patient: Doctor, my wife thinks I'm crazy because I like sausages. Psychiatrist: Nonsense! I like sausages too. Patient: Good, you should come and see my collection. I've got hundreds of them.

Top 10 Signs a Therapist is Approaching Burn-out

By Storm A. King, 08/28/96

1. You think of the peaceful park you like as "your private therapeutic milieu."
2. You realize that your floridly psychotic patient, who is picking invisible flowers out of mid air, is probably having more fun in life than you are.
3. A grateful client, who thinks you walk on water, brings you a small gift and you end up having to debrief your feelings of unworthiness with a colleague.
4. You are watching a re-run of the Wizard of Oz and you start to categorize the types of delusions that Dorothy had.
5. Your best friend comes to you with severe relationship troubles, and you start trying to remember which cognitive behavioral technique has the most empirical validity for treating this problem.
6. You realize you actually have no friends, they have all become just one big case load.
7. A co-worker asks how you are doing and you reply that you are a bit "internally preoccupied" and "not able to interact with peers" today.
8. Your spouse asks you to set the table and you tell them that it would be "countertherapeutic to your current goals" to do that.
9. You tell your teenage daughter she is not going to start dating boys because she is "in denial," "lacks insight." and her "emotions are not congruent with her chronological age." And, the number one reason a therapist may be burning out....
10. You are packing for a trip to a large family holiday reunion and you take the DSM-IV with you just in case.

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.

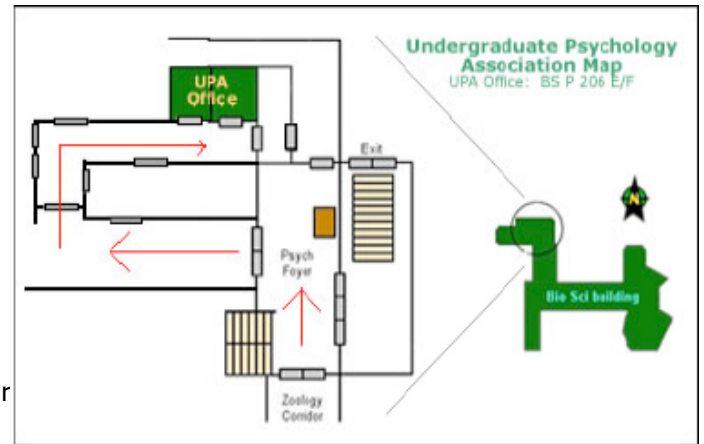
M: 11-12, 1-2

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!