Events From Jan/
Coming up in Feb

January 26 –
Internship Program in
Psychology Forum

January 27 – UPA
Winter Kickoff Party,
"Psychoholics
Anonymous" at the
Globe

January 26 & 27 –
Bake Sale Fundraiser

February 17th – UPA
Psychology Pubcrawl!

Contact Us
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Check out our
WEBSITE for...

Member exclusive
content (e-mail
upa@ualberta.ca for
the password)

Prof of the month:
Dr. Doug Wardell

Course of the
month: Seminar in
Forensic Psychology

Volunteer agency
of the month: The
Centre for Family
Literacy

Inside This Issue...

Updates from 2005
An introduction to our brand new VP Social!
A Student Distress Centre Article

**Note:** If you are signed up with the UPA, but have not
received any e-mails, this means that we have your incorrect
e-mail address. Please contact upa@ualberta.ca to correct
this so you can start receiving the benefits of your
membership!
What UPA has been up to...

**Fundraisers**

Hi all! This is Tasha, your VP Finance. I thought I’d give a recap of last semester’s activities concerning the world of finance and fundraisers. First, as I hope most of you know, there was our Halloween Party. Although this is more of a social function, we did manage to raise over $200 with ticket sales. In addition to social event fundraising, our academics committee raised approx $300 with admission to their information forums. This means we can give a lot more to our members in the way of academics, social events and possibly scholarships.

The fundraising committee was quite busy in November. We decided to join the Psychology Department’s Turkey Drive, which annually raises money for the Edmonton Food Bank to buy turkeys for needed families during the holidays. An exciting bonus to this fundraiser included a competition to see which floor in the psychology wing would raise the most money. The winner receives bragging rights for the whole year about which is the best floor. The UPA’s contribution included a candy gram sale. We sold candy canes and chocolates with cards and then delivered them to classrooms and offices. With the candy gram fundraiser we were able to donate $75 to the Turkey drive. I am proud to announce, that with our donation, the 2nd floor surpassed the 5th floor’s total and brought us into first place. So we now know which floor is the best, at least when it comes to raising money.

At the end of January, there was a UPA fundraiser for a very, very, very important cause. For those of you who don’t know, the UPA has a microwave in our office. Legend has it that it magically appeared in the office many years ago as a gift from a mysterious stranger. The members of the UPA at that time rejoiced, as they could now eat hot lunches without having to walk all the way to SUB to warm up their meals. Although the timer did not work and many were exposed to radiation when they opened the door and the microwave did not shut off, UPA members over the years enjoyed having hot meals within the Psychology wing. No one really knows how old the microwave, it seems to be quite old, maybe even ancient. I’m sorry to say, but our microwave is dying. It could go any day now, as we have begun to notice that it takes over 10 minutes to warm only small dishes. This is not good. We can not go without hot meals for very long, especially with this extraordinarily harsh winter we seem to be having. This is why we have decided to buy a new microwave, hence the fundraiser. The bake sale was a great success and we made $75 towards our new microwave!

Keep your eyes and ears peeled for another bake sale fundraiser at the end of this month! Make sure to come out and support us and get some home baked goodies in return...

-Tasha Weber, VP Finance

**Canadian Mental Health Association Christmas Card Sales**

In December, the UPA joined forces with the Canadian Mental Health Association to raise money for the SALT program (Self Advocacy and Literacy Training program) by selling beautiful handmade Christmas cards. Our card sales were a huge success as we sold over $460 dollars worth. Thanks to everyone for all the support!

-Susie P., VP External

**Internship in Psychology Forum**

In January, the Academic Committee in conjunction with the Internship Program in Psychology held the Internship Program in Psychology Forum. If you missed this event, check out:

http://www.ualberta.ca/~upa/ippf012605.htm

for a recap of last year’s forum or

http://web.psych.ualberta.ca/%7Eipp/index.html

for info on the internship program.

-Keddy Adams, VP Academic

**Have you paid your membership fees yet?**

If you haven’t paid your $5 membership fee or picked up your membership card yet, please do so as soon as you can! As a member, you get many perks with the UPA – to name a few, you get free admission to our several forums, discounts on yummy snacks, and privileges to view password protected resources on our website! Just drop by our office (P 206 E/F) when you can. Our office hours are available on the website!

Dear Smitty

Got a question? Is there something you’ve always wondered about and never bothered asking anyone?

Submit anything you’d like answered to The Ink Blot, and responses to select questions will be featured in next month’s newsletter! E-mail upa@ualberta.ca with your questions!
Your books won’t debate with you. We will.

Register on our online webboard and get in contact with other psych students!

The UPA Webboard is for:

- Debating with others any psych related issues on your mind
- Asking/answering any psych related questions
- Exchanging textbooks
- Giving us feedback on The Inkblot & the UPA
- Socializing with and getting to know others in the U of A psych community
- Doing more than getting lectured by profs and staring down your monotone textbooks!
- Anyone who’s interested! (profs, grad students, undergrads, psych staff, potential students, etc.)

Issues already under discussion on the board are:

1) What does it take to be successful in school? In life?
2) Romance: What on earth makes it so appealing?
3) Consumerism: What’s up with all these people buying stuff? Why?

Note: With every Inkblot, we’ll publish summaries (names excluded) of what’s been debated on the boards on the above mentioned topics. Other issues informally discussed are also welcome!

Have something to say?
Register on the webboard:

To register, go to our website at http://www.ualberta.ca/~upa and click on “Webboard” at the left side, then “register” at the top of the screen, then follow the directions.

The UPA exec are already lurking on the boards (we’re 3rd and 4th years).. watch it or we’ll give you an intellectual WHOOPIN’! ;)

Wonder what other people think of an issue? We can officially put it up for discussion on our board! (eg. topic & resulting discussion summary also posted in the Inkblot) Email sjan@ualberta.ca with “Webboard topic” in the subject heading, and your proposed issue in the body of the email.
**UPA Clothing**

UPA clothing is now ready to be ordered! We are selling sweatshirts with the following logo:

**PSYCHOLOGY**

**UPA**

UNIVERSITY OF ALBERTA

**Sizes:** Small, Medium, Large and Extra Large

**Colors:** Black, Green, with white lettering

Grey, Light Blue, Pink with black lettering

**Price:**

- Silk screening $40 members $45 non-members
- Embroidery $45 members $48 non members

* Print order form off website www.ualberta.ca/~upa/ and bring to the UPA office (P206 F) – the clothing order **DEADLINE is February 15th, 2006!**

If you have any questions about the clothing, feel free to e-mail me at mcmullan@ualberta.ca

-Suzanne McMullan

**Volunteer Agency of Jan and Feb**

Last month’s featured volunteer organization was The Student Distress Centre. For February, it’s The Centre for Family Literacy! *(More details on the website…)*

**UPA Psychology Pubcrawl (organized by our brand new VP Social)**

Hi There! I’d just like to begin by thanking the other UPA executives for welcoming me onto the committee with open arms and low expectations! Just kidding! In fact, expectations are high for some spectacular (am I stroking my own ego here?) social events for UPA members and Psych students alike this semester! *(Though certainly no event is ever limited to this demographic!)* I wanted to thank everyone who came out to our semester kick-off party last Friday, ‘Psychoholics Anonymous’, which was a blast! Anyone who missed it tsk tsk, you had better get on board early for our February social event! Looking for a way to celebrate the end of mid-terms? Well, come out and put the pub back in pubcrawl with a bunch of psych students! **Friday, Feb 17**, you can kick off reading week right! Tickets are just $12 for members (and $15 for non-members or non-UofA students) and can be purchased at the UPA office. So rally up all your friends and come out for an unbelievably radical time! Feel free to stop by the office for more info or drop me an e-mail at pochynok@ualberta.ca

-Lacey, VP Social

**Honors Program in Psychology Forum**

Happy 2006 and welcome back to classes everyone! During the week of **March 6th**, the UPA will be hosting the Honors Program in Psychology Forum. This event will feature information about what the honors program is, the prerequisites for the program as well as current honors students’ perspectives and experiences with the program. Watch the UPA’s website for date and location for this event. While you’re at it, be sure to check out February’s Prof the the Month, Dr. Wardell, and Class of the Month, Seminar in Forensic Psychology.

-Keddy Adams, VP Academic
U of A’s Student Distress Centre: An Article on Eating Disorders, Self-Harm, & Suicide Awareness

By Brad O

This week, February 6-10, the Student Distress Centre is raising awareness about eating disorders, self-harm, and suicide. Eating disorders include any condition that causes a person to engage in unhealthy eating patterns, the most well-known examples being anorexia and bulimia. Eating disorders are an illness and help is available.

Self-harm is self-inflicted injury, typically viewed as a coping mechanism used to deal with intense emotions. Self-harm is especially common among sufferers of borderline personality disorder, but is also present in non-clinical populations. Regardless of the form that it takes, self-harm is a sign of internal distress and more adaptive alternatives of coping are available.

Suicide, the act of taking one's own life, can be seen as the final alternative one may turn to during a difficult and seemingly hopeless situation. People experiencing suicidal thoughts often describe a pull between wanting to end the pain and wanting to live. In the end, suicide may be a choice an individual makes if s/he perceives no other way out. Sometimes, talking to someone about your pain can help identify other alternatives.

If you, or someone you know, is suffering from an eating disorder, self-harming behaviour or suicidal ideation, we at the Student Distress Centre want you to know that there are options, and there are people to listen when life hurts. The Student Distress Center is featuring a booth all about these three issues in SUB all week, February 6-10, so please stop by for more information! The SDC can be accessed between the hours of 9am-8pm Monday to Friday in room 030-N SUB, or by phone between these hours at 492-HELP (4357). Additionally, the Support Network Distress line can be reached 24 hours a day at 482-HELP (4357).

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A Message from the President

So here we are - a brand new semester, a brand new year, and a brand new edition of the Ink Blot! I hope everyone had a wonderful relaxing break between terms and is now fully settled back into the routine of school life. Things sure are busy around the UPA! I’d like to take this moment to officially welcome our brand new VP Social! We are so glad to have Lacey on board and are very excited that a bunch of us hang out and study in Smitty library? Did you know that you too can study in a cozy little reading room and have a great way to meet other psych students? Did you know that we have an amazing assortment of delicious snack items for sale in our UPA office, which is really close to the library? Well it is!!! If you want to get more involved in what we do, feel free to pop by our office hours sometime. We love the company and can definitely talk about the projects we are currently working on. Thanks so much for your continued support. We want to make sure we are doing everything we can to enhance your university experience. If there is something you need help with or are curious about, send me an email and I’ll do my best. Take care for now everyone, good luck on midterms. I hope to see you all out at our events this month!

:-D

~Kristy Walters~
UPA President
on behalf of the exec
Find the words that have been hidden in the grid, then read a quotation by Sigmund Freud!

Abnormal
Abstract
Acquired
Addiction
Alzheimer
Anger
Aggression
Anxiety
Assimilation
Association
Attitude
Autism
Behavior
Code
Concept
Conditioning
Connectionism
Consciousness
Correlation
Definition
Delusion
Dependence
Development

Diagnosis
Discrimination
Disease
Dogma
Emotion
Empathy
Experiment
Fatigue
Forgetting
Freud
Genotype
Gestalt
Grammar
Hypnosis
Hysteria
Illusion
Inhibition
Intelligence
Interpretation
Language
Learning
Love

Meaning
Memory
Mental
Mind
Motivation
Need
Neurosis
Oedipus
Perception
Personality
Projection
Psychiatry
Psychology
Reinforcement
Rorschach
Schizophrenia
Self
Sleep
Symbol
Task
Thinking
Unconscious

One-Liners

Smiley
Once I had multiple personalities, but now we are feeling well.

Smiley
I don’t suffer from insanity, I enjoy every minute.

Smiley
I used to be indecisive. Now I’m not sure.

Smiley
The best thing about being schizophrenic is that I’m never alone.

Smiley
Just because you are paranoid doesn’t mean people aren’t out to get you!

Smiley
Hypochondria is the only illness that I don’t have.

Smiley
Out of my mind. Back in five minutes.

Smiley
Once I asked Mom if I was a gifted child. She said they certainly wouldn’t have paid for me.

Smiley
A man walks into a psychiatrist’s office wearing only underwear made of Saran Wrap. The psychiatrist says, "Well, I can clearly see you’re nuts."

Smiley
I often dream about being carried away by a giant squirrel. Does that make me a nut?

Smiley
Everyone has a photographic memory. Some just don’t have film.

Smiley
Men are from earth. Women are from earth. Deal with it.

Smiley
Schizophrenia beats being alone.

Smiley
If someone with multiple personalities threatens to kill himself, is it considered a hostage situation?