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# Undergraduate Psychology Association

## Events From Jan/ Coming up in Feb

**January 26 –**  
Internship Program in  
Psychology Forum

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

**January 26 & 27 –**  
Bake Sale Fundraiser

**February 17<sup>th</sup> –** UPA  
Psychology Pubcrawl!

### Contact Us

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**Phone:** 492-6696  
**Office:** Biological Sciences  
Building, Psychology Wing  
(P 206 E/F)

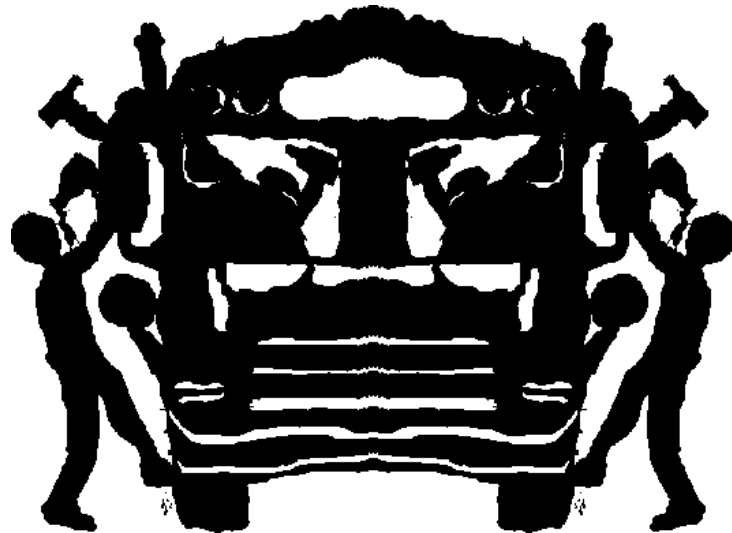
**Website:**  
[www.ualberta.ca/~upa](http://www.ualberta.ca/~upa)

### Check out our WEBSITE for...

- Ψ **Member exclusive content** (e-mail [upa@ualberta.ca](mailto:upa@ualberta.ca) for the password)
- Ψ **Prof** of the month: Dr. Doug Wardell
- Ψ **Course** of the month: Seminar in Forensic Psychology
- Ψ **Volunteer agency** of the month: The Centre for Family Literacy

January & February 2006

# The Ink Blot



## *Inside This Issue...*

- Ψ **Updates from 2005**
- Ψ **An introduction to our brand new VP Social!**
- Ψ **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](mailto:upa@ualberta.ca) to correct this so you can start receiving the benefits of your membership!



## What UPA has been up to...

### Ψ **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 ourselves 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 2<sup>nd</sup> floor surpassed the 5<sup>th</sup> 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

### Ψ **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

### Ψ **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 years forum or

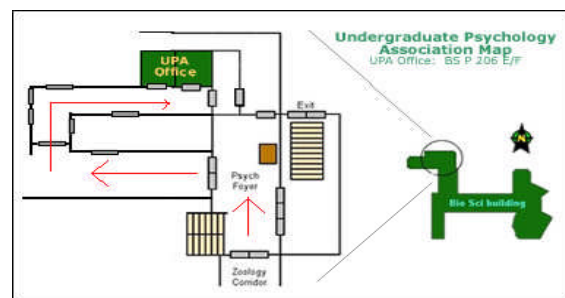
<http://web.psych.ualberta.ca/%7Eipp/index.html>

for info on the internship program.

-Keddy Adams, VP Academic

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

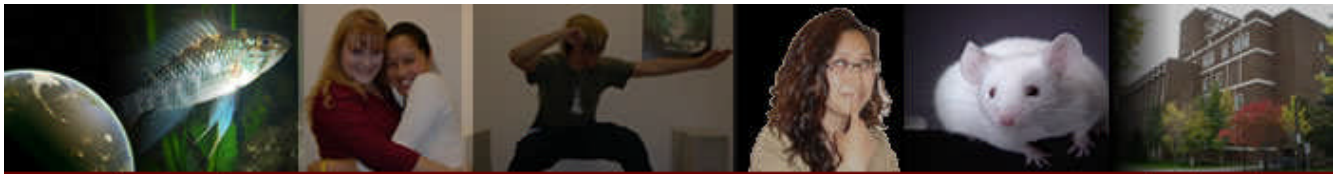
If you haven't paid your \$5 membership fee or picked up your membership card yet, please do so as soon as you can! As a member, you get many perks with the UPA - to name a few, you get free admission to our several forums, discounts on yummy snacks, and privileges to view password protected resources 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](mailto:upa@ualberta.ca) with your questions!**



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# Undergraduate Psychology Association

## 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?

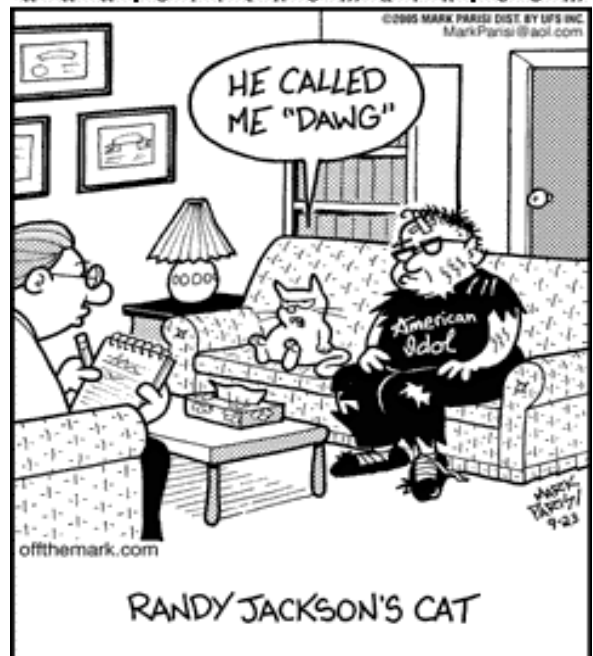
**Note:** With every Inkblot, we'll publish summaries (names excluded) of what's been debated on the boards on *the above mentioned topics*. Other issues informally discussed are also welcome!

### 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](mailto:sjan@ualberta.ca) with "Webboard topic" in the subject heading, and your proposed issue in the body of the email.*

**off the mark** by Mark Parisi  
[www.offthemark.com](http://www.offthemark.com)



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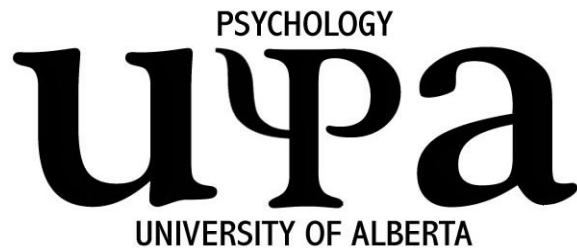




### Coming up this month...

#### Ψ **UPA Clothing**

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



**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/](http://www.ualberta.ca/~upa/) and bring to the UPA office (P206 F) – the clothing order **DEADLINE is February 15<sup>th</sup>, 2006!**

If you have any questions about the clothing, feel free to e-mail me at [mcmullan@ualberta.ca](mailto:mcmullan@ualberta.ca)  
-Suzanne McMullan

#### Ψ **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...)

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

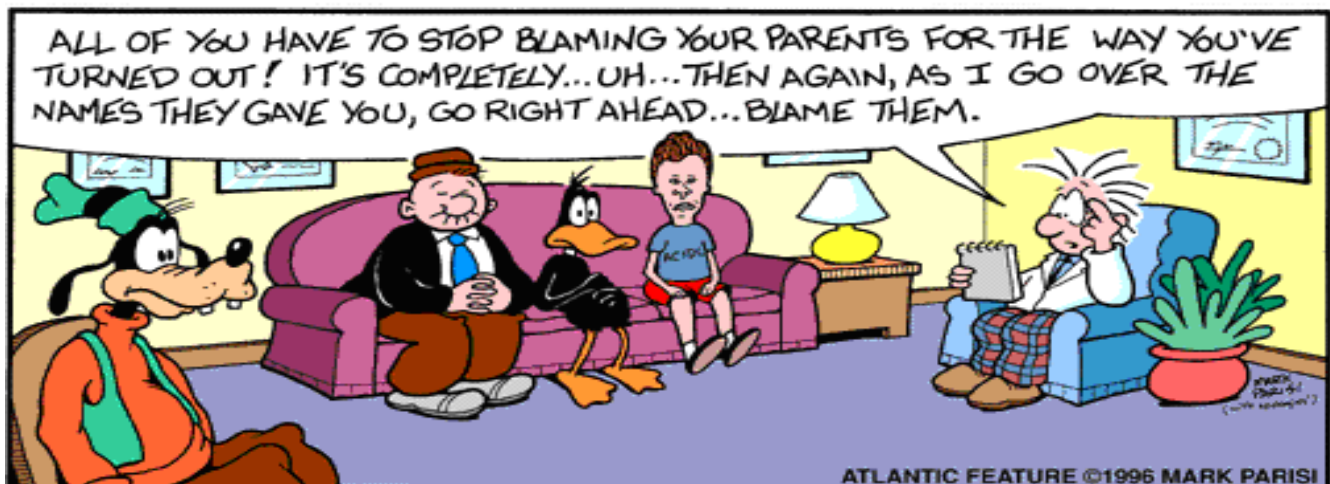
Hi There! I'd just like to begin by thanking the other UPA executives for welcoming me onto the committee with open arms and low expectations! Just kidding! In fact, expectations are high for some spectacular (am I stroking my own ego here?) social events for UPA members and Psych students alike this 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, 'Psycholics 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 psycho 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](mailto:pochynok@ualberta.ca) -Later!

-Lacey, VP Social

#### Ψ **Honors Program in Psychology Forum**

Happy 2006 and welcome back to classes everyone! During the week of **March 6<sup>th</sup>**, 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 of 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).

### **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 to see all the super cool stuff she has in store for our social lives. Be sure to check out the pub crawl! :-)) I also want to thank everyone who expressed interest in the position. We love to have new people involved and could definitely use some more help. Elections will be coming up next month, so keep those in mind if you think you might want an exec position next year! The way to get the most out of your UPA membership is to GET INVOLVED! Did you know 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



## Psychology Word Search

Find the words that have been hidden in the grid, then read a quotation by Sigmund Freud!

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W H S C H I Z O P H R E N I A A T W N O I S U L L I
E F R E U D I S C S Y P F M S I T U A T L A T S E G
M E M O R Y C N I O I S R A L O V E M E A N I N G C
P C R A L R H O H S R S T O T N O I T A I C O S S A
S O O G L E H C N I O R O E J I D A L P D P I C N E
Y N I S E I S N A N B R E N R E G E I A N E O T D H
C D V E A N N E O H E I U L G I C U L S T N E T E R
H I A D C F O Y L I C C T E A A A T E U S N I N P C
O T H U Q O I T T E T S T I N T I T I C S E E S E I
L I E T U R T T Y I A A R I O S I D I O E I A M N N
O O B I I C P D S P L R N O O N A O Y E N S O T D C
G N O T R E E O M E E A N I R N U D N T S S E N E D
Y I F T E M C G R O E M N I M S I T D I E L H H N E
E N N A D E R M P X R E R O N I E S M I L I Y F C F
T G L T E N E A P R E A G E S G R I M I C P X S E I
H M O B E T P E L A M Y S A F R L C G T N T U N S N
I O B S U R R D G D I S E L U A E E S O P P I N A I
N T M S L I P G A T E C E I T G N P S I I E S O T T
K I Y F M E R R A C H S O I T C N I I D D O C A N I
I V S E N E E O E F Z E O D E N S A E E E D S N S O
N A N W S O H P I T L N M C E H H O L A V K E B O N
G T E S G A B S T R A C T P D E V E L O P M E N T C
E I I E P S Y C H I A T R Y A N D A G R A M M A R M
F O R G E T T I N G M E I D U T P T O A H R E G N A
N N D I S E A S E D N I M O I G H H L A M R O N B A
S U O I C S N O C N U D E G N R E Y N O I T O M E E
  
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Abnormal	Diagnosis	Meaning
Abstract	Discrimination	Memory
Acquired	Disease	Mental
Addiction	Dogma	
Alzheimer	Ego	Mind
Anger	Emotion	Motivation
Aggression	Empathy	Need
Anxiety	Experiment	Neurosis
Assimilation	Fatigue	Oedipus
Association	Forgetting	Perception
Attitude	Freud	Personality
Autism	Genotype	Projection
Behavior	Gestalt	Psychiatry
Code	Grammar	Psychology
Concept	Hypnosis	Reinforcement
Conditioning	Hysteria	Rorschach
Connectionism	Illusion	Schizophrenia
Consciousness	Inhibition	Self
Correlation	Intelligence	Sleep
Definition	Interpretation	Symbol
Delusion	Language	Task
Dependence	Learning	Thinking
Development	Love	Unconscious

## One-Liners

- ☺ Once I had multiple personalities, but now we are feeling well.
- ☺ I don't suffer from insanity, I enjoy every minute.
- ☺ I used to be indecisive. Now I'm not sure.
- ☺ The best thing about being schizophrenic is that I'm never alone.
- ☺ Just because you are paranoid doesn't mean people aren't out to get you!
- ☺ Hypochondria is the only illness that I don't have.
- ☺ Out of my mind. Back in five minutes.
- ☺ Once I asked Mom if I was a gifted child. She said they certainly wouldn't have paid for me.
- ☺ 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."
- ☺ I often dream about being carried away by a giant squirrel. Does that make me a nut?
- ☺ Everyone has a photographic memory. Some just don't have film.
- ☺ Men are from earth. Women are from earth. Deal with it.
- ☺ Schizophrenia beats being alone.
- ☺ If someone with multiple personalities threatens to kill himself, is it considered a hostage situation?