

December

Wednesday, 5th

Last day of Classes

A happy snuggle and a contented “ahhhhh....”

Monday, 10th

Start of Exams

A standard freak-out
“ahhh!!!!”

January

Monday 21st – Friday 25th

Psych Week. A whole crock of psych-related fun. Watch out for updates. Ideas for any fun psych-related activities are welcome so please contact us!

February

Friday, 1st

Deadline for Exam

Reappraisal Requests

This is different from the Re-examination applications, which should be submitted within 10 days of results postings.



**Undergraduate
Psychology
Association**

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THE INK BLOT

“A Wii? Pish posh. SSRIs and cognitive-behavioral therapy for you this year!”



NOVEMBER - DECEMBER 2007:

- Ψ Editor’s note
- Ψ I know what we did last month: November/December update
- Ψ Upcoming Events
- Ψ The Freudian Corner: time-burning quiz included!
- Ψ With a psych degree, I can do....Occupational Therapy.
- Ψ Course of the month teaser: PSYCO 339 with Dr. Wardell
- Ψ Join the UPA

Editor's Note

It's a magical, lyrical, annual miracle!

I'm talking about Christmas, but it applies just as well to final exam time. It's downright miraculous how the majority of the university population can survive a week or more on very little sleep and monster loads of caffeine.

Has anyone noticed how everything is so much more appealing and interesting during exam cram times? Like twinkly Christmas lights on trees; normally, they're just *there* but during exam times you find yourself oohing and aahing over them in a way that a sober person wouldn't. "Look, if you tilt your head and squint it kind of looks like it's gyrating!" Exam-time delirium can be a blessing in disguise: it automatically renders the non-exam aspects of your life so colorful. For you lucky ducks who are already done exams, congrats and have a fantastic, well-deserved break. Have a hot chocolate waiting at Second Cup for me!

"I wish I were dead or that my exams were over!!"
If you live long enough, both wishes will come true.

Leigh Yang
VP Comm

Do these graphs make me look....?

Jorge Cham's "Impact Factor": my contribution to the advancement of human knowledge

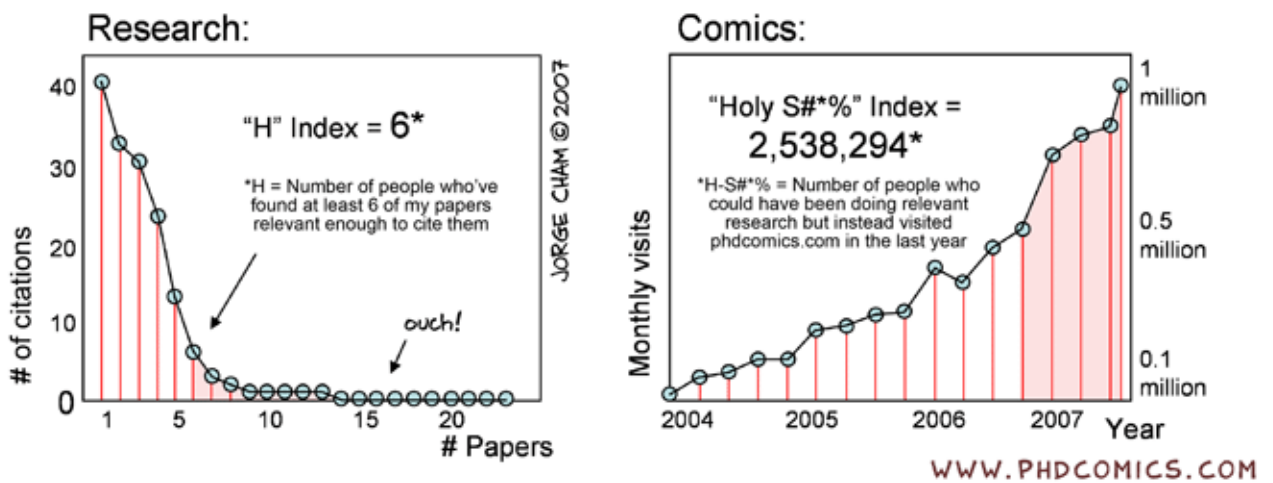


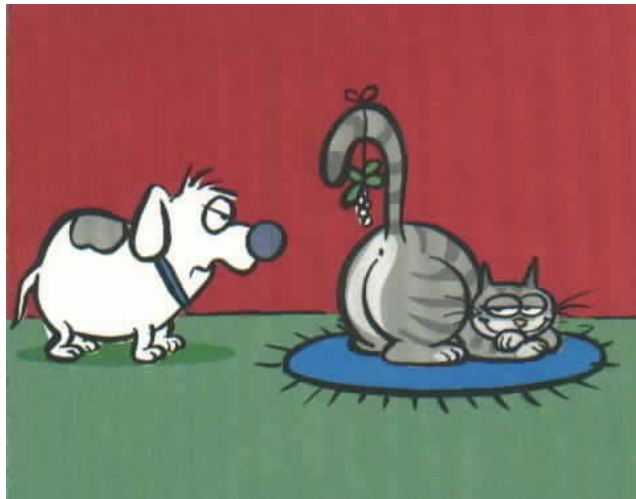
Figure 1.1. Scientific-looking charts with no evidentiary support or proper citation. According to research, it should! Obvious statements (ex. "Watching television brings pleasure") accompanied by seemingly scientific charts or graphs or brain scans have been demonstrated to increase credibility and plausibility. But why aspire to be credible when you can be *incredible*?! That's why the inkblot is, for the most part, chart-free. If you find yourself actually reading this fine print, you are procrastinating.

I know what we did last month:
November-December update

Even in inclement weather and the subsequent location change, the **Hot Chocolate Sale** was a success! Hope you enjoyed a cup! Heaps of thank-yous to the volunteers: it was all you and we hope to see you again! Special props go to Erin, our VP Finance, and her committee for their dedication and organization in this event. Profits go toward the **Gay Bisanz Memorial Turkey Drive**.

The Honors Forum was likewise successful. Thank you to all the first and second years in attendance. If you found it useful, we've done our job. Flawless execution as always, Academic Committee and Kristin the VP Academic! Very rock star of you.

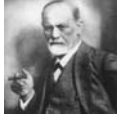
Were you there? All hard-working volunteers of the UPA gathered for a bread-breaking at Dewey's aka the PowerPlant, where much volunteer appreciation went on. Thanks to everyone who showed up and we hope to see you again!



Upcoming Events

Coming up is **Psych Week**, a solid week of psych-related activities in late January. Mark it in, people, or you'll wish you had. From the **21st to the 25th**, the UPA will host a fundraiser, an academic forum, a social event, a career event, and more! Necessary for any psychology student with a dedication to the subject in all its geeky manifestations! If you have great ideas for events, feel free to email and help out! As it always is with big events, we are sorely in need of volunteers: if you would like to pitch in, you are always appreciated.

Another **general meeting** will take place at the beginning of the term: date, time and place to be announced. Like last time, it will be open to and welcome for any members to attend. If you enjoyed or missed the last one, we'd love to see you there!



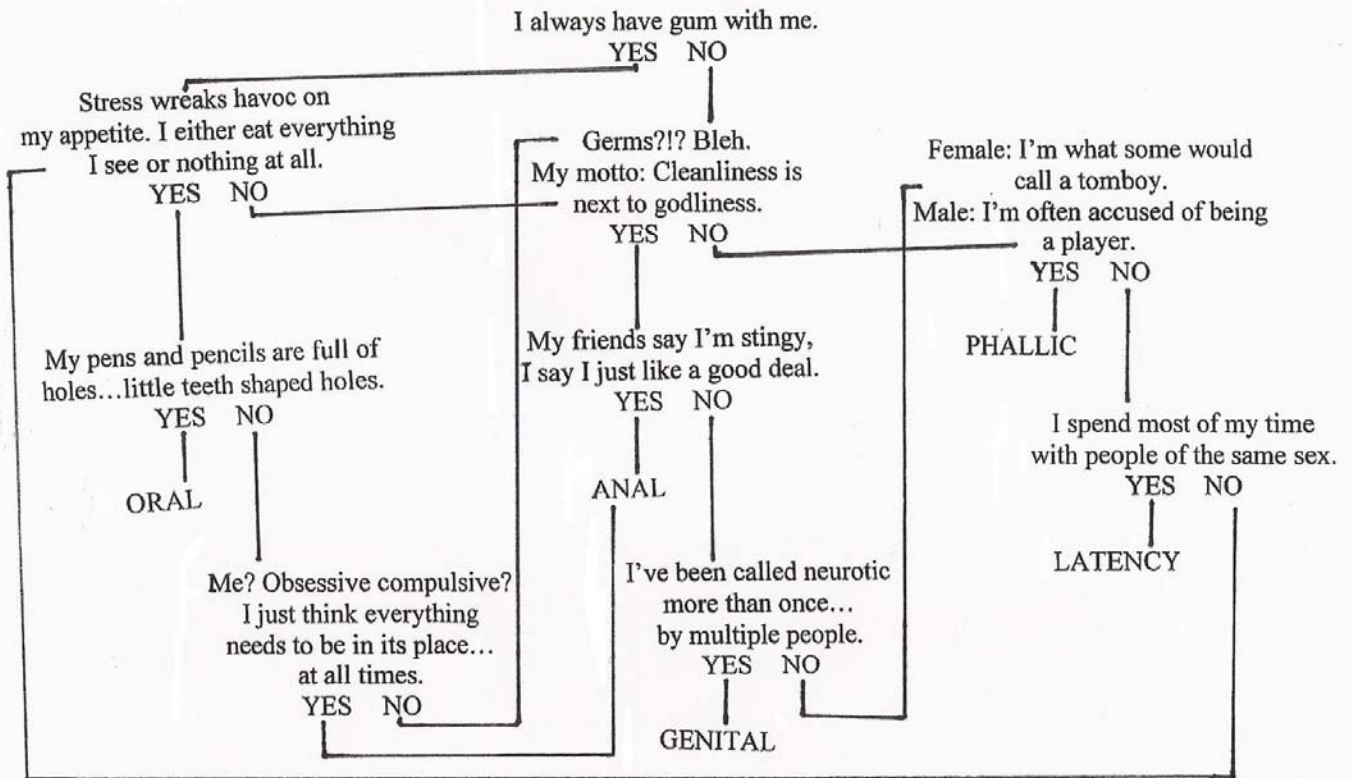
The Freudian Corner

A. Gusnowski

Which of Freud's Psychosexual stages are you fixated in?

Start at the top of the chart answering YES to the statements you identify with and NO to those you don't identify with until you work your way to one of Freud's stages.

Note: This is a procrastination tool...not a diagnostic one - we don't recommend citing this in that upcoming term paper!



ORAL

You tend to have a "biting" sense of humour. Saying you're a bit sarcastic would be an understatement.

ANAL

You take "neatness" to a whole new level... the "where's the hand sanitizer?!?" level.

PHALLIC

You are the poster child for Mama's boy or Daddy's girl. And you're proud of it.

LATENCY

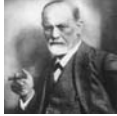
It's not that you don't like relationships; you just can't seem to find the right one.

GENITAL

You can be somewhat difficult to satisfy. And by "somewhat" I mean incredibly.

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.



The Freudian Corner

A. Gusnowski

Uncle Jonas meets his nephew who has heard of his engagement and congratulates him. “And what is your fiancée like, uncle?” he asks. “Well, that’s a matter of taste, but personally I don’t like her.” (Heller, 2005, p. 159)

This is an example of one of the many jokes Freud reportedly told his friends and colleagues. Curious about the meaning behind jokes, he developed his own theory surrounding their purpose so much so that he eventually published his own collection of jokes along with their analysis; he called his work *Jokes and Their Relation to the Unconscious*. (Heller, 2005, p. 159)

Freud believed that jokes revealed a variety of unconscious motivations: “sexual, need for power and grandeur, coming to terms with life’s absurdities.” (Heller, 2005, p. 159) Jokes then, are “socially acceptable ways to express repressed sexual and aggressive tendencies.” (Heller, 2005, p. 158)

Jokes are similar to dreams in their methods of expression: condensation, indirect representation and displacement. However, they don’t possess the same asocial mysterious qualities that dreams have; they are much more social and explicit in their meaning. Freud argues that jokes break “accepted modes of conscious expression” (Heller, 2005, p. 159) with their poignant blatancy and the energy that would normally be used to censor oneself or others is released via laughter. Thus, the reason jokes are so enjoyable is the “circumventing of the censor and expression of our inhibited thoughts.” (Heller, 2005, p. 159)

Moral of the story: the next time someone decides to tell a joke at your expense and says to you, “Relax, I was only joking,” you can tell them that according to Freud, jokes reveal unconscious motivations...so you know better!

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.



Teaser: Course/Prof of the Month

One of UPA's many beneficial academic services is the Academic Committee's monthly Prof/Course overview. A professor from the department is interviewed on one of his/her courses, and we students can sneak a peek at both the course and the wo/man behind the PhD, in much more detail than the U of A calendar would ever provide. This teaser is for any newbies unaware of this perk:

Professor/course of the month: Dr. Douglas Wardell, Abnormal Psychology, PSYCO 339
Interviewer: Michelle Burandt, Academic Committee

1. How would you describe what this course is about?

I'll quote from the syllabus:

"This course emphasizes the relevance of research and thought concerning psychopathology to personal understanding and professional concerns. Attention is directed more towards more recent cross-disciplinary research work, with the primary focus also on improving conceptualization."

2. Students with interests in what area of Psychology would enjoy this course the most?

Definitely students pursuing Clinical and Counseling Psychology, and also students looking to go into other areas of Applied Psychology.

3. What are some difficulties students typically have in this course?

There is a lot of material and it is covered in very short order. One criticism is that I talk too fast in class, but that is a reflection of the fact that there is a lot of material, and it really helps if students read ahead.

4. How much detail is in the notes you give to students?

There is very little detail in the notes. A power-point version of the course is in progress but currently the notes are all on overheads so class attendance is crucial.

Just one of the many, many ways in which the UPA can enhance your life.. Find the full interview on the UPA website: <http://www.ualberta.ca/~upa>

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

Look further and wider: psychology spans a staggering variety of professions. Although many of us start psychology hoping to enter the clinical psychology stream, there are literally dozens of different ways with which one can make a positive impact on society, on both individual and structural levels. Every month, the Ink Blot will feature different career options available within the field of psychology. Hope that some of these worthy fields catch your eye and inspire you! Feel free to email the UPA with suggestions for new professions to feature.

Ψ In the Hotseat: Sara Krekewich, Occupational Therapist Interviewer: Kelty Hawley, VP External

So, tell us about your job.

I am an Occupational Therapist currently working in Adult Psychiatry. I am fortunate to work in a Psychosocial Rehabilitation Program. The core principles of this program strongly overlap with Occupational Therapy (enhancing function and skills, being individualized and client-centered, engaging in meaningful activities and environmental consideration to name a few)

What made you choose this job?

I chose to enter Occupational Therapy initially due to the wide variety involved with this profession. OT encompasses several different areas of health care and spans several populations. The core principals are consistent though, which is something I really believe in.

How is your job different from recreational therapists, a counselor, or a clinical psychologist?

I see my position differing in the fact that a person's meaningful functioning in every day life is a priority. There is some overlap in professions in the area I currently work in, the multi-disciplinary team nicely compliments one another.

What's a typical workday like for you?

I have opportunities to interact with patients on a 1:1 basis re: their functional goals and their own personal recovery. I also help to facilitate a number of therapeutic groups such as: community - reentry (which focuses on functional skill development and enhancement), meal preparation, vocational rehabilitation, relaxation and exercise. I also meet regularly with a multi-disciplinary team re: patient care and program development.

Favorite/most challenging part of your job?

The favorite part of my job in any setting is interacting with clients/patients. I feel so rewarded being a part of seeing a client attain their goals. The current area I am working in has been especially rewarding to me, as it can be challenging at times to engage clients in working towards their goals. This requires encouraging clients to create their own solutions for any barriers/challenges they may be facing.

What kind of training/degree program do we need for this job?

The Occupational Therapy program at the University of Alberta has recently changed from a B.A. program to a Masters program. This is similar across Canada.

What kind of a person would be best suited for this job?

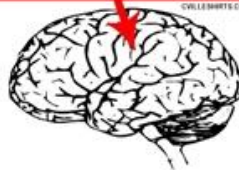
Someone who is compassionate, dedicated, creative and flexible.

Tips for students interested in this profession?

Take any opportunities possible to job shadow a variety of Occupational Therapist's in different areas to find out what may be of interest. Research the profession (www.caot.ca is a good resource)

Sara Krekewich is an Occupational Therapist working in Ponoka. She works closely with UPA's own VP External, Kely Hawley, who is completing an internship at Ponoka with several other undergraduates. (Go, Internship!) To find out more about the internship program, hold on tight 'til the upcoming January Internship Forum or pay a visit to the Department website. To find out more about Occupational Therapy at the University of Alberta, visit the Department of Occupational Therapy in the Faculty of Rehabilitation Medicine at <http://www.uofaweb.ualberta.ca/rehabmed/nav02.cfm?nav02=10647&nav01=10646>.

DONTGIVEACRABELLUM



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

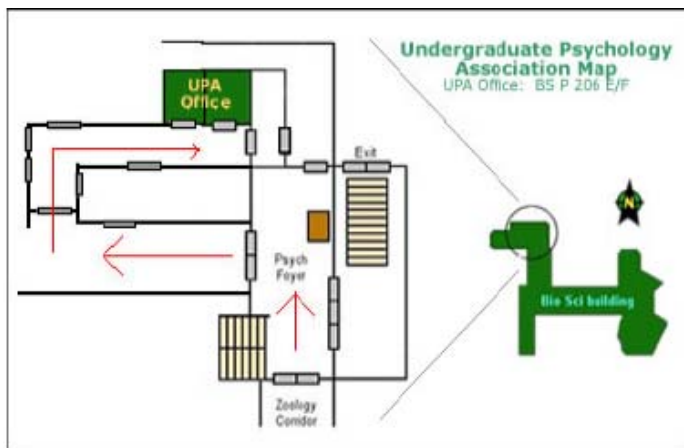
The Perks:

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 of 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: Fall term

	Monday	Tuesday	Wednesday	Thursday	Friday
9-10					
10-11					
11-12		Office Open		Office Open	
12-1		Office Open		Office Open	
1-2	Office Open		Office Open		
2-3	Office Open		Office Open		
3-4	Office Open				