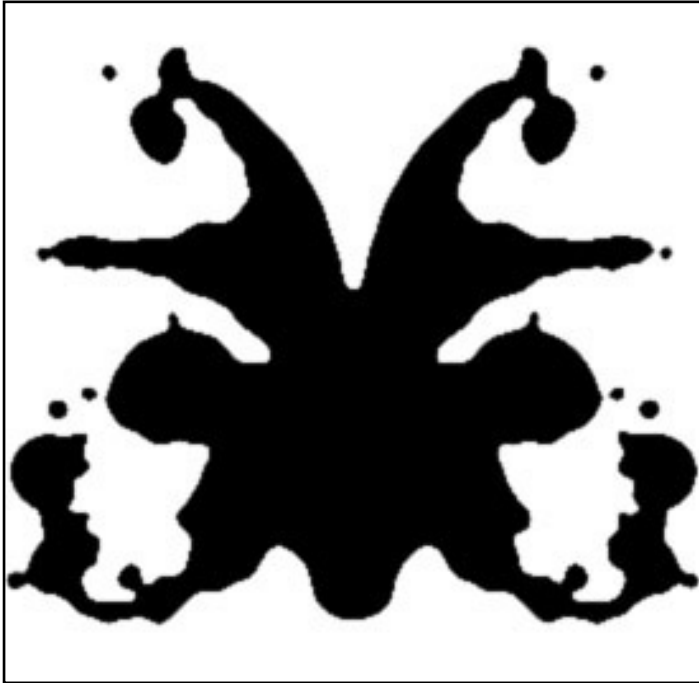


the inkblot.



Normally, I'm a dog person. I can't help but melt in the presence of those little balls of soft fur, especially when their brown eyes are locked onto mine. However, as I compiling the contributions for this month's InkBlot, I did some serious re-evaluating on my love for man's best friend. After draining my laptop battery, I plugged in my power adapter to continue working. Minutes later, I noticed that the power source had reverted back to battery. Strange. Noticing that the magnetic adapter had been pulled out, I

looked down to see the wagging tail of my friend's (once adorable) Chihuahua Cheeto and his razor sharp teeth through my cord. After some serious venting (@\$#%\$!!), I looked across the room and saw another laptop that had been plugged in the whole evening, cord untouched. FML. I sure hope that you can't relate to my sad story, but you can make me feel better by extra-enjoying this edition! Oh, and be extra protective of your adaptors.

Colleen Andringa
VP Communications

Events at a Glance

November 6

Last day to drop a class and receive a grade of W

November 10

Fall term class break!

November 11

Remembrance Day

November 13

ECOS: Free Hot Chocolate in Quad! (Bring your own mug)

December 1-3

Exam Survival Kits Distribution in SUB

December 3

LAST DAY OF CLASSES!

December 7- Jan 8

U-Pass Mass Distribution



LAST MONTH....

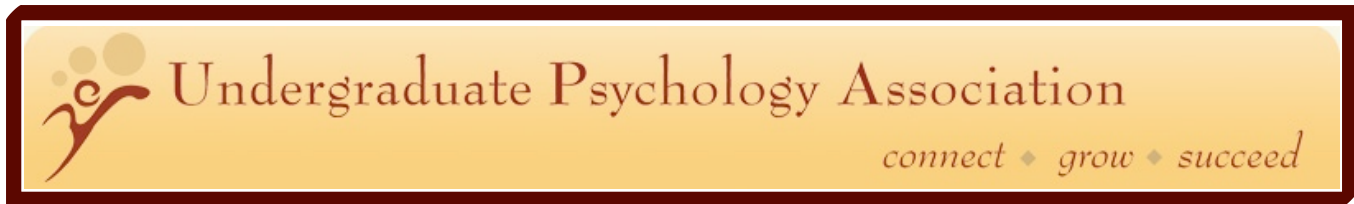
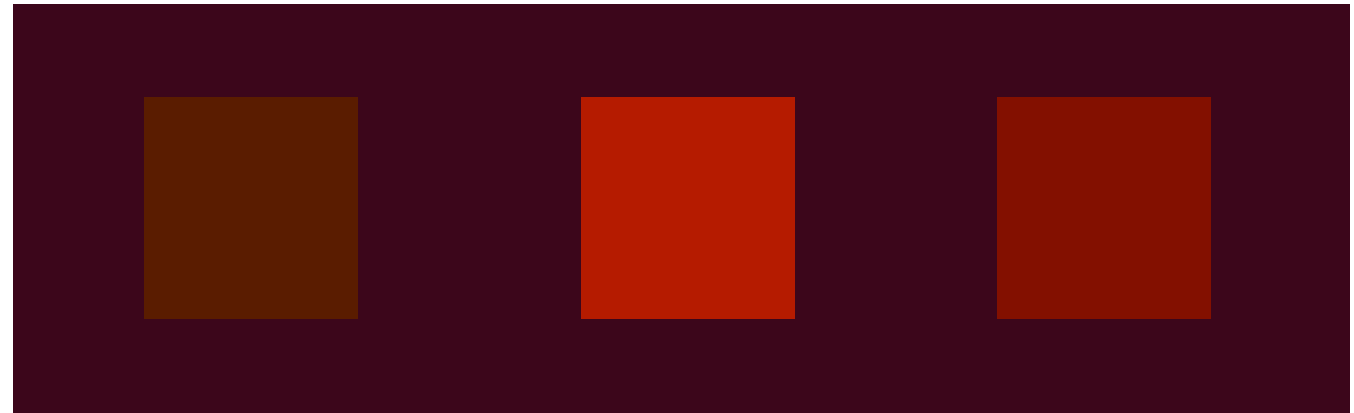
“Your Inner Monster: Pre-Halloween Bash

The night started out at Lucky 13 around 9 o'clock. We ordered way too much pizza so we grazed on that all evening, I know I ate around 4 pieces! The turn out was really good, with approximately 40 people showing up. Sadly, not many people from the executive team dressed up but most of our guests definitely took the opportunity to break out their Halloween best. Some people sat around the tables eating pizza and meeting new people while the rest of us broke it down on the dance floor. All in all, it was a very successful event- it seemed like everyone really enjoyed themselves and we raised around 300 dollars.

Thanks to everyone who came out and stay tuned for details on the next UPA social event!



Lauren, VP Social



UPA EVENTS:

GRADUATE STUDIES FORUM HIGHLIGHTS

Our Grad Studies Forum was a night full of valuable information. In case you were unable to attend, our wonderful VP Academic Kaylee took notes on some of the key points that were covered.

Psychiatry:
Dr. Anthony Joyce

There are many research areas that the graduate program in Psychiatry offers, including:

- Depression and Stress Disorder Research group
- Neurochemical Research
- Brain neurobiology Research
- *New: Alberta Cognitive Neuroscience
- Bebensee Schizophrenia Research Unit
- Edmonton Psychotherapy Research and Evaluation Unit
- Psychiatric Epidemiology Group
- Law and Health Systems

Educational Psychology:
Dr. Robin Overall

They have counselling, school, measurement and evaluations programs.

They offer a broad spectrum of research areas.

You can take the Counselling Psychology masters program to become a registered psychologist.

Application deadlines vary- check early!

Admission decisions are based on:

- previous academic record (last 60 credits of your undergrad degree)
- academic background should be in your area of interest
- research and practical experience is looked at
- letters of recommendation
- statement of intent (VERY important!)

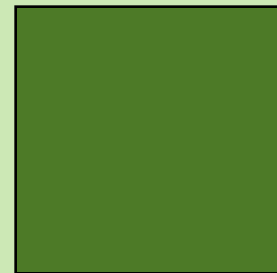
Entry requirements differ by program.

Helpful to enter into the program with a scholarship.

Apply now for scholarships, don't wait until you are accepted

There is no guaranteed funding in Educational Psychology but you receive help in finding it.

Great website: <http://www.uofaweb.ualberta.ca/edpsychology/>



Psychology: Dr. Nancy Galambos

5 different areas within the department:

- Behaviour, Systems, Cognitive Neuroscience
- Cognition
- Comparative Cognition and Behaviour
- Developmental Science
- Social and Cultural Psychology

It is a research-based program

There is NO clinical program offered at the U of A (it is at the U of C)

It takes approximately 2-3 years to complete an MSc or MA which ends in a thesis

It takes approximately 3+ years to complete a PhD

All graduate students are fully funded

45% of students have external awards which increases the chances of being accepted into the program

You need to complete the GRE general exam and a personal statement

Plan early! Get to know your professors, make it easier for those writing your letters of recommendation, learn about potential supervisors, make sure your desires match the program, cast a wide net when applying.

To Prepare: Nicole Kiffiak

Making a graduate school checklist and timeline can be helpful!

Consider doing a Psych 299 course for research experience

Don't hesitate to ask your professors about tips to apply!

Be aware of application and admission deadlines, especially when considering multiple school applications

Know the requirements ahead of time

When choosing grad schools it might be helpful to consider the reputation and location

If you have funding you are more marketable (with scholarships)

Make sure the program is APA/CPA approved and check to see if your Masters is transferable

UPA BBQ

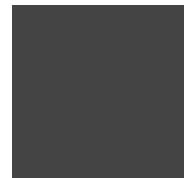
Our October BBQ was a chilly success! At the BBQ, we served yummy hot dogs, hamburgers, veggie burgers, drinks, and Halloween candy. Of course, our BBQ fell on the one day so far this season when it snowed heavily, but that didn't stop hungry passers-by from enjoying some of our food! We are especially grateful to Alan, Kaitlyn, Samuel, Vincent, Eleanor, Amy, and Vanessa for coming out to volunteer at the BBQ. We appreciate your hard work and willingness to get involved!



LEST WE FORGET..

Facts on Remembrance Day

- Remembrance Day commemorates Canadians who died in the First and Second World Wars, and the Korean War. It is held every November 11.
- The first Remembrance Day was conducted in 1919 throughout the Commonwealth. Originally called Armistice Day, it commemorated the end of the First World War on Monday, November 11, 1918, at 11 a.m.: the eleventh hour of the eleventh day of the eleventh month.
- In 1931, MP Allan Neill introduced a bill to hold Armistice Day on a fixed day - November 11. During the bill's introduction, it was decided the word "Remembrance" would be used instead of "Armistice." The bill passed and Remembrance Day was first conducted on November 11, 1931. Thanksgiving Day was moved to October 12 that year.
- The poppy is the symbol of Remembrance Day. Replica poppies are sold by the Royal Canadian Legion to raise money for Veterans.



http://www.vac-acc.gc.ca/general/sub.cfm?source=teach_resources/remdayfact

Remembrance Day + Psychology.

As the years pass by, and those with vivid memories fade, it can be difficult for current generations to relate to Remembrance Day.

However, George Santayana's famous words "those who do not learn from history are doomed to repeat it" still hold true. Dr. Jeff Schimel's Social Psych class just

finished discussing this very topic, focusing on the Milgram obedience experiments. Discussing the prime conditions that facilitate conformity was incredibly sobering, especially when taking that knowledge and applying it while analyzing the actions of the Nazi Regime.

The take home message was this: it's not necessarily that certain people are more susceptible to evil acts.

Unfortunately, if the conditions are right, as humans, we are all capable of participating in tasks we never dreamed of being involved in. Our responsibility now is to take the knowledge brought to us by both by War Veterans and Social Psychologists and use that information to try to counteract the negative effects of conformity and obedience.



Interested in finding out more? Psych 241 goes into great depth on these concepts. In addition, check out this website for all things Social Psych:

<http://www.socialpsychology.org/>

MEET THE PROF: JENNIFER PASSEY

Getting to know your prof can be next to impossible, especially since class sizes are often so large. Kaylee, our VP Academic, took some time out of her busy schedule to ask some burning questions of the U of A's very own Dr. Jennifer Passey.

Are there any projects you are working on right now, beyond teaching?

There are some projects I'm still working on that relate to my dissertation. I collected some studies for that that we're trying to expand.

What was the focus of your dissertation?

My dissertation looked at causal uncertainty and how this variable was related to self-regulation ability. Causal uncertainty refers to someone's doubt as to whether they understand cause and effect relationships in their social environment. Someone who has high causal uncertainty will have a lot of doubt as to whether they understand why people are friends etc..

The thing with causal uncertainty is that high causal uncertainty is associated with high social cognitive benefits

such as they stereotype less, are better at emotion recognition and also perform better on empathic accuracy tasks. However, this is also associated with interpersonal difficulties.

My dissertation was looking at how self-regulation may be a mechanism for social difficulties.

How did you test this?

We had participants engage in a moderately distressing conversation with a confederate.

We looked at how giving different goals for the conversation would influence the amount of self-regulation they had after the conversation.

We're still working towards getting that research published.

What classes do you teach?

I teach 105 (Intro. Psych) and 233 (Personality) and then next semester I'll also be teaching 405 which is a special topic. Mine is Self and Identity.

Did you teach back at Queen's University?

I did teach at Queen's University. At Queen's I taught Social Psychology as well as a third year course that was Advanced Statistics and Research Methodology. I also taught The Self.

Which do you prefer: Coke

or Pepsi?

Coke for sure. I was raised in a Coke household.

Best part of your job?

Having a student come to me who is confused about something and having them leave understanding it.

Worst?

I don't know. We'll see.

When did you know you were interested in psychology as a career?

When I took my first psych course at Queen's, Psych 100.

Which do you prefer, cats or dogs?

Cats. I had a dog growing up and initially thought I was a dog person. When I was a graduate student I got a cat and I switched over to the cat side of things.

Favorite classes when you were an undergrad?

Well one of my favorite classes was actually one of my electives called Modern Prose Fiction. Also, Social Psychology and Developmental Psychology. I took a couple of courses that involved doing independent study. One was on mood disorders and one was on infancy.

Worst classes?

Honestly, the worst class I took was Latin. It probably would've gone a lot better had it not been my one elective. I didn't devote the time to it that I really should have and that didn't turn out well.

Also 205 Learning. It covered things like classical and operant conditioning, but I couldn't do the Lab component because I had a rodent phobia. I went and I hyperventilated a little bit and then got sick. The instructor actually told me that it was probably not good for the rats to be that anxious around them.

What are some of your hobbies?

I'm into arts. I love the ballet and the opera and the symphony. I am glad to be living in Edmonton, Kingston is quite small.

See anything particularly good lately?

In Montreal last year I saw *The Pearl Fishers* and it was very good.

Any advice or study strategies you would offer to students?

Ask questions as they come up. If you don't understand something in lecture, don't wait until a couple of days before

the exam to inquire about it. The same thing would go for the textbook too.

What is one thing that really helped you through your undergrad?

I think coming to the realization that people won't look down on you for asking questions.

Where did you end up for grad school?

I actually did all of my degrees at Queen's. My family is about 2 and 1/2 hours away. The reason was because there was a new faculty member that came during the last year of my undergrad. I was lucky enough to find that my top 2 choices accepted me.

What was the hardest part of getting to the academic position you are in today?

Honestly there were many challenges but I think the hardest was that last year on the job market there were a lot of positions withdrawn because of the economic crisis and that was a little nerve-racking. Especially when you put in the time and effort to do the application, arrange for reference letters etc. and then get an e-mail saying the position was withdrawn.

With the U of A everything was really easy as everyone made it

very clear to me from the moment I got off the plane that this job wasn't going to disappear.

Where is your dream vacation getaway spot?

Bath, England for sure. It's beautiful. I have been and I would love to go again. It's beautiful and quiet and there's so much history there.

What is the one accomplishment in life you are most proud of?

Getting my PhD for sure and particularly defending my dissertation as part of that.

What is the biggest goal you have yet to accomplish?

Maybe finding more of a balance between my personal and professional life.

Do you find it hard because you are so busy now?

Yes, but I found that all through grad school. I felt accepting this position would allow me to achieve that balance more so than other possibilities.

I'm so happy to have that part of my life [previous academia at Queen's] sort of finished and to be here starting a new one.

Can I ask what your tattoo signifies?

I got the tattoo after I completed my comprehensive exams for my PhD.

It's the Reiki symbol for love and it doesn't just mean romantic love. It means the love of your family and friends and being passionate about your career.

Do you enjoy living in Edmonton?

So far yes. I'm still trying to explore Edmonton a little bit more and I'm looking forward to seeing more of it.

Describe your typical work day.

All lecture prep right now. Also answering student inquiries or meeting with them which is taking more time now that midterms are approaching. I am always trying to find resources to include in my lectures.

What makes you a good lecturer?

I assume all of my students can read the textbook and therefore it would be a complete waste of time for me to read it in lecture. I try to bring in more examples and use demonstrations and activities that can illustrate

points to students.

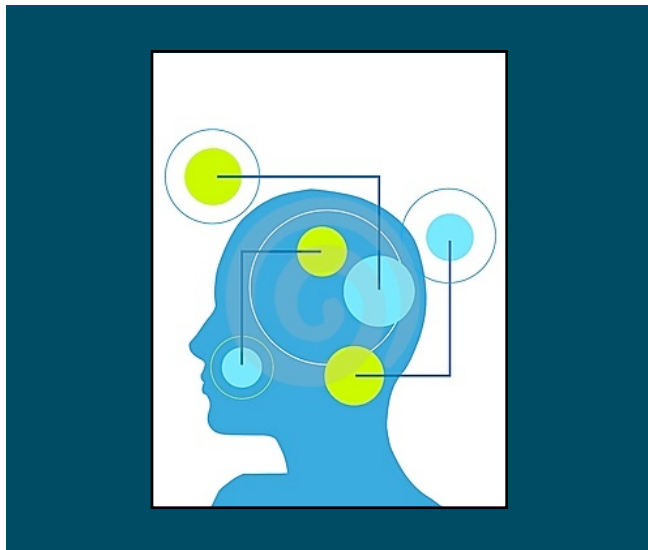
Best movie you've seen lately?

I honestly can't even remember the last movie I saw. I'm going to see *Cold Souls* on Saturday though. It's a comedy with Paul Giamatti.

Any last words of wisdom?

I think my last words of wisdom would be to encourage students to use the resources that are available to them. Especially their T.As and discussing things with their professors.





Quote of the Month

“There are three things extremely hard, steel, a diamond, and to know oneself.”

-Benjamin Franklin

Psychology + Film

Sometimes it’s beneficial to see the topics we learn about in class in a more tangible way. If you’re looking for suggestions for Sunday movie night, check out some of these picks.

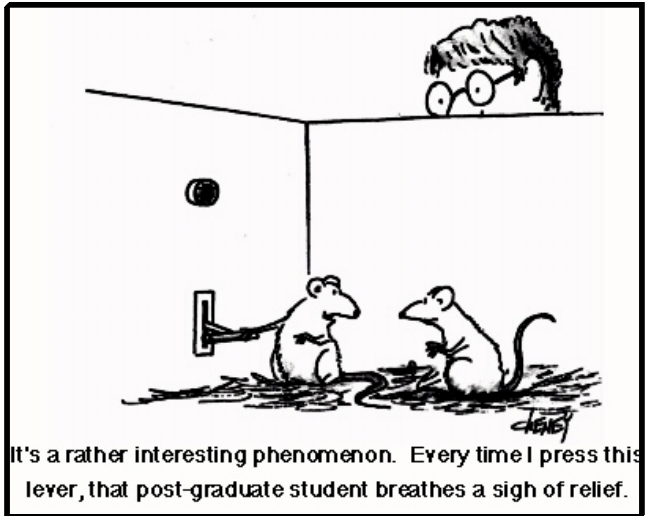
Reign on Me

Rainman

12 Angry Men

As Good As it Gets

Girl, Interrupted



This bizarre case of Dystonia has many professionals scratching their heads. Click on the link to watch the story of Desiree Jennings, a Redskins cheerleader who allegedly developed this devastating neurological disease after being immunized against the seasonal flu. Maybe you aspiring neuropsych students can provide some insight to why Desiree can’t walk without horrible spasms, but can run normally.

<http://www.youtube.com/watch?v=ja7lCIpo4YY>

Psychology Merchandise!

The UPA is selling black and grey Psychology hoodies with the Faculty symbol embroidered on them. The hoodies are available for \$30. We are also looking forward to coming up with new merchandise this year - suggestions are always welcome!



(New!) Office: BS P
206K, 206L

Office Hours:

Wednesday 10am -12:30
pm or by appointment

Email: upa@ualberta.ca

Phone: (780) 492-6696

Website:

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

RECIPE OF THE MONTH: 'CUZ WHO DOESN'T LOVE COOKIES??

Ingredients

- 1 1 cup butter, softened
- 2 1 cup packed light brown sugar
- 3 1/2 cup white sugar
- 4 2 eggs
- 5 2 teaspoons vanilla extract
- 6 1 1/2 cups all-purpose flour
- 7 1 teaspoon baking soda
- 8 1/2 teaspoon salt
- 9 3 cups quick-cooking oats
- 10 1 cup chopped walnuts
- 11 1 cup semisweet chocolate chips



Directions

1. Preheat the oven to 325 degrees F (165 degrees C).
2. In a large bowl, cream together the butter, brown sugar, and white sugar until smooth. Beat in eggs one at a time, then stir in vanilla. Combine the flour, baking soda, and salt; stir into the creamed mixture until just blended. Mix in the quick oats, walnuts, and chocolate chips. Drop by heaping spoonfuls onto un-greased baking sheets.
3. Bake for 12 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.

JUST FOR FUN...

Which superhero ability would you choose? In case plan A doesn't pan out, use this handy-dandy guide to map out your next career option.

- * **The ability to fly.**
- * **Time-travel ability.**
- * **Invisibility.**
- * **X-ray vision.**
- * **The power to change forms.**
- * **The ability to read minds.**
- * **The ability to see into the future.**
- * **Super hearing.**



Flying - You like to see the "big picture" of life and how things fit together. Little details annoy you. You enjoy being free and taking risks.

Career clue: You would make a good pilot or astronaut. Consider a job that will let you affect policies, maybe in government or a public research group.



Time travel - You are interested in the causes of things and how past mistakes can be used to shape the future. You are very curious about how different people live. Career clue: You enjoy activities that enable you to affect change. A career in scientific research, history, or human behavior might be the place for you.

Invisibility - You tend to be shy, or a very keen observer. Or both. You like to know everything that is going on around you.

Career clue: A writer, artist, or private investigator.



X-ray vision - You like to "see through" problems and get to the heart of an issue. You enjoy challenges and solving problems that other people can't even see.

Career clue: Physics, politics, math, and medicine are all fields that need skilled problem-solvers.

Changing forms - You are a sociable person who likes to fit in. Perhaps you want to be admired by the group. Either way, you're a real crowd pleaser! Career clue: Entertainment might be the field for you.

Mind reading - You're good at guessing what other people think. You can read between the lines. Career clue: Counselor or psychologist.

Seeing into the future - You are very creative and love adventure. You would move right into the future if you could! You are always looking at what might be possible, and wondering how to make it happen sooner.

Career clue: A career on the cutting edge of things may be right for you. Think about becoming an explorer, research scientist, inventor, or science fiction writer.

Super hearing - You pay close attention to sounds and patterns. You like to be fully informed about the latest news. Some might even say that you are nosy! Career clue: You could make an excellent reporter or gossip columnist. Or you might decide to become a musician.

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

VOLUNTEER OPPORTUNITIES

Enthusiasm wanted! There are numerous ways to plug into the UPA this year. Take a look at the list below and contact the corresponding executive.

The Academic Committee

The academic committee organizes forums to deliver invaluable information to fellow psych students.

- 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 kknox@ualberta.ca

The Social Committee

Volunteers need to be enthusiastic about representing the UPA through fun and exciting social activities such as sports games, bar nights, or

games and movie nights. We're specifically looking for the following:

- Event Facilitators
- Assist VP Social with event planning
 - Aiding in organizing activities
 - Committed to the U of A campus social life
 - Outgoing and friendly personality!

The Advertising Committee

In charge of communicating UPA events to members and the U of A campus.

- 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 Communications at candring@ualberta.ca

Fundraising Committee

Helps organize and execute BBQs, bake sales, hot chocolate drives, etc.

- Plan small-scale fundraising events
- Coordinate volunteers for fundraising days
- Create eye-catching advertisements

The Smitty Library

We are now recruiting volunteers for Smitty library for the semester. As a volunteer, it would be your job to open and close the library, maintain a quiet study space and sign out books as needed. Because Smitty is rarely busy, you would be able to spend virtually all your volunteer time studying. Thus, volunteering here will not tax your time reserves. Plus, it's flexible! You get to choose when you want to volunteer, and to top it off, you can ask for a letter of reference at the end of the term. All we ask is that you are reliable and show up for your shift.

If you are interested in this opportunity, please email Matt at galas@ualberta.ca

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, including opinion pieces, research updates, biographies and cartoons.

Please send submissions to candring@ualberta.ca