



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

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

# Undergraduate Psychology Association

## Upcoming Events!

October 2005

**Oct 4** – Our Premier issue of **The Ink Blot** is released!

**Oct 4** – (and every Tuesday following...) UPA Study Group in Smitty Library (4-7pm, BS P-210)

**Oct 14** – Meet the Members of the UPA: Movie Night 4:30pm in Bio Sci P-226

**Oct 26** – Graduate School in Psychology Forum: Free admission with membership card!

**Oct 28** – Halloween Party! (Club / Bar / Venue TBA)

### Contact Us

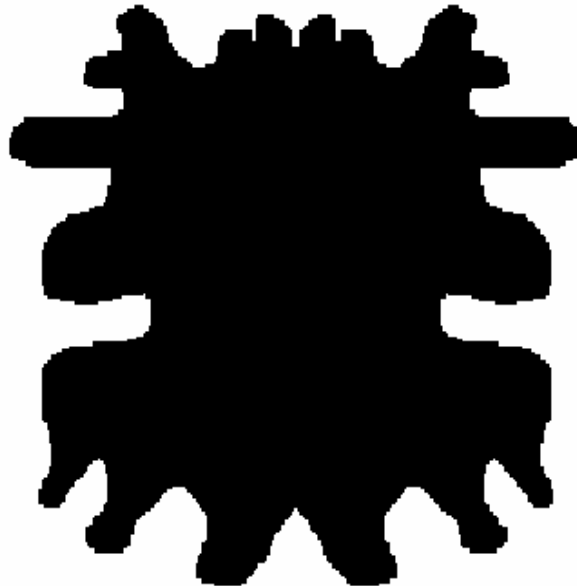
**E-mail:** [upa@ualberta.ca](mailto:upa@ualberta.ca)  
**Phone:** 492-6696  
**Office:** Biological Sciences Building, Psychology Wing (P 206 E/F)

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

### Check out our WEBSITE for...

- Ψ **Professor** of the month
- Ψ **Course** of the month
- Ψ **Volunteer agency** of the month: Canadian Mental Health Association
- Ψ **Research participation** opportunities

# The Ink Blot



## *Inside This Issue...*

- Ψ **Messages from the Executive**
- Ψ **Volunteer positions available**
- Ψ **Funny stuff! (Jokes, cartoons, etc...)**



### Greetings from the President

#### **Hello and Welcome to the Undergraduate Psychology Association!!**

I want to start off by saying I hope everyone had a gloriously enjoyable summer! As you've been coping with the horror that is returning to school, and settling back into the routine of assignments and studying, we've been busy gearing up for another great year in the UPA! :-)

Whether you are just joining us for the first time or you liked us enough to come back for another year - we are thrilled to have you on board! I'd like to personally welcome you to our association, and extend my sincere hope that you enjoy all we have to offer this year. The executive team has been hard at work coming up with new ideas and goals for 2005/2006 and we've got a lot of exciting things in store. With initiatives like increasing our academic resources, presenting volunteer opportunities, implementing this newsletter, and more social events - it is shaping up to be an action packed year. I can't wait.

I could go on forever about all the cool things the UPA hopes to do this year! I think we have an amazing organization full of a lot of truly wonderful people who I am honoured to work with. So please take some time to stop by our office or come out to events and say hi! We'd love to meet you and welcome you to the club! If you have any questions or ideas to make the UPA better, feel free to email me at [kristyw@ualberta.ca](mailto:kristyw@ualberta.ca) any time. Thanks for your interest in the UPA, and I wish you a fabulous year!

On behalf of the 2005-2006 UPA Executive,  
~Kristy Walters~  
UPA President 2005/06  
[kristyw@ualberta.ca](mailto:kristyw@ualberta.ca)

#### *A few good quotes...*

- Ψ "I don't know what apathy is and I don't care!"
- Ψ "Just because you're paranoid doesn't mean they aren't after you."
- Ψ "I'm definitely, positively, maybe indecisive."

### So, what is the UPA?

Ultimately our goal is to make the university experience more enjoyable and more successful for students in psychology. We want to foster a sense of community among our student population. How we hope to accomplish this takes several forms.

I'm sure everyone can relate to how great it is when you run into someone who can tell you "oh this is a great class" or "with this prof you really need to \_\_\_\_\_ if you want to do well". Having that knowledge and experience of someone who has been there before can be a great help. Unfortunately, not everyone has older siblings or friends in psychology to pass down this valuable information. The cool thing about the UPA is that we are all students too, so we've gone through the process just like you! We want the UPA to be an open forum where experiences and advice are freely exchanged. Therefore we invite you to participate in our web boards. We undergrads need to stick together, after all!

We also want to take this one step further and get information "straight from the source", so to speak. Our academic team works tirelessly on the featured class and prof every month, information forums, and our new course database. We get the most beneficial and up-to-date information to help you succeed. Whether you want to know what the lecture notes are like for a 200-level class, or want to borrow prep-manuals for the GRE - we can help!

Studying is not everything, and you can only spend so much time with your books before loneliness inevitably creeps in. But it can be hard to meet new friends. We want to make that easier, so we plan to have social events like movie nights (complete with popcorn!), parties at bars/pubs, and hopefully a year end dinner or ball. Everyone is welcome and we hope you come out and meet your fellow psych students (cause we are pretty cool people)!

Another really important aspect of psychology, especially applied psychology, is real-life experience. Often times the only way to do that is to volunteer. Something new for this year is to present all kinds of awesome opportunities available. We also hope you volunteer within the UPA too! It is a great way to meet people and have something great to put on your resume. Who knows, next year you might even be writing this introduction! :-)

So for all this and SO MUCH more - we hope the UPA becomes your one-stop source for all things pertaining to life as an undergrad psych student!



**A Message from the VP Communications & Coordination**

Hey there fellow students,

As you can see, my title is a mouthful! Basically, my job is to be that pesky little e-mailer who sends out the UPA's e-mails to members. I also coordinate new UPA volunteers into different areas of the association, create and churn out this lovely little newsletter every month, and act as a liaison that ensures communication between the UPA executive and its members, and anyone else who is interested in the UPA including prospective U of A students, professors, or anyone of the like. My other main duty is to advertise all UPA events, social, academic, and anything in between. Because this is a huge undertaking, I will be looking for a trusty sidekick to be my Media Coordinator within the VP Communications Committee. More information on this will be available on the website.

Regarding this newsletter, I welcome any submissions for articles to voice your psychology-related opinions, to enlighten readers with a humorous story, or anything else you can think of. If you have suggestions on how to improve the look of the newsletter, think we should add sections that would be helpful, etc., I welcome all comments, questions, and suggestions! My e-mail is sso@ualberta.ca and if you would like to contact the UPA, send an e-mail over to upa@ualberta.ca and I'll be sure to get back to you with whatever information you're looking for!

In sum, welcome to our wonderful association... it really is awesome to be a part of because it gives you a chance to connect with other psychology students in such a hugely diverse field. With thousands of other psych students out there, this is a great way to get to know your fellow students with similar interests. There are tons of ways to benefit that you have yet to discover... ☺

Here's to a great year!  
-Sharon So  
sso@ualberta.ca

**Position Available within the VP Communications & Coordination Committee:**

Ψ Media Coordinator (1 position)

Look for this job description on the website within the week...

**New Answering Service Installed at Mental Health Institutes**

Hello, and welcome to the mental health hotline.

- Ψ If you are obsessive-compulsive, press 1 repeatedly.
- Ψ If you are codependent, please ask someone to press 2 for you.
- Ψ If you have multiple personalities, press 3,4,5, and 6.
- Ψ If you are paranoid, we know who you are and what you want. Stay on the line so we can trace your call.
- Ψ If you are delusional, press 7 and your call will be transferred to the mother ship.
- Ψ If you are schizophrenic, listen carefully and a small voice will tell you which number to press.
- Ψ If you are manic depressive, it doesn't matter which number you press, no one will answer.
- Ψ If you have a nervous disorder, please fidget with the hash key until someone comes on the line.
- Ψ If you are dyslexic, press 6969696969.
- Ψ If you have amnesia, press 8 and state your name, address, phone number, date of birth, social security number, and your mother's maiden name.
- Ψ If you have post-traumatic-stress disorder, slowly and carefully press 000.
- Ψ If you have bipolar disorder, please leave a message after the beep, or before the beep, or after the beep. Please wait for the beep.
- Ψ If you have short-term memory loss, press 9. If you have short term memory loss, press 9. If you have short term memory loss, press 9. If you have short term memory loss, press 9.
- Ψ If you have low self esteem, please hang up. All our operators are too busy to talk to you."



### **A Message from the VP Finance**

This year my goal is to get as much money for the group as possible through grants, fundraisers and other events. I'll be coordinating with VP Social to raise money at our major social events. However, with my schedule I cannot do all the planning and coordinating on my own, so I hope to recruit many volunteers. I'll be forming a Fundraising committee where I hope that we will have fun and accomplish a lot this year. Suzanne, the person you get most of your e-mails from, has kindly volunteered to be in charge of merchandise. I have a lot of fun ideas for fundraisers and I hope all the money we can raise will make everyone's experience at the UPA a more enjoyable one.

- Tasha Weber  
tashaweber1@hotmail.com

### **Positions Available within the VP Finance Committee:**

- Ψ Assistant Fundraising Coordinator (2 positions)
- Ψ Fundraising Facilitators (many positions)

Look for these job descriptions on the website within the week...

### **A Message from the VP Academic**

Hi everyone!

As VP Academic, I organize information sessions for important stuff like grad school, compile information for our Featured Professor and Featured Class of the Month, and host weekly study groups. Also, this year I would like to establish a scholarship for psychology students at the U of A. I chair and appoint members to the Academic Committee, a group of students that will help out to get all this stuff done this year. Right now, I'm looking for students to be part of the Academic Committee so if you are looking for leadership opportunities and a fun way to get involved in psychology at the U of A, look no further and email me at [keddy@ualberta.ca](mailto:keddy@ualberta.ca) for info! Here's some of the things you can expect to see this year:

- Ψ Leadership opportunities with the Academic Committee and Smitty Library
- Ψ Grad School Forum on Wednesday, October 26, 2005 (5:00 to 7:00 pm, location TBD)
- Ψ Industrial Internship in Psychology Information Forum
- Ψ Independent Study and Lab Volunteering Information Forum
- Ψ Honors Program in Psychology Information Forum
- Ψ Psychology Study Groups every Tuesday from 4:00-7:00 pm in Smitty Library (BioSci, P-210)
- Ψ Featured Class and Featured Professor of the Month postings on our website
- Ψ Meet the Prof Night
- Ψ ... and much much more!!

- Keddy Adams  
[keddy@ualberta.ca](mailto:keddy@ualberta.ca)

### **Positions Available within the VP Academic Committee:**

- Ψ Faculty Interviewer (1 position)
- Ψ Forum Coordination Assistant (2 positions)

Look for these job descriptions on the website within the week...



**A Message from the VP Internal**

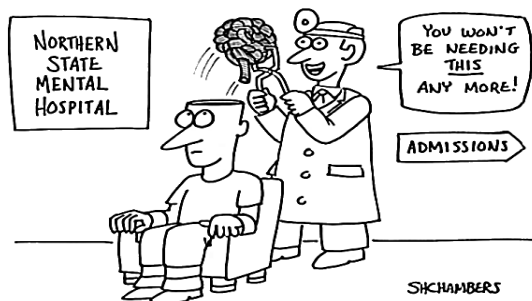
As VP Internal, I am in charge of keeping meeting minutes and ensuring that the UPA is internally sound. I will be developing a new menu for the foods and snacks sold in the UPA office, as well as ensuring that members are offered a competitive price for these snacks and food. My plans for the year are still tentative, but if you have any suggestions or ideas for food or how to keep the UPA running smoothly, please email me at [ksoco@ualberta.ca](mailto:ksoco@ualberta.ca). I am also the Webmaster for the UPA Website. If you have any ideas or suggestions to improve the website, please feel free to email me.

- Karyna Soco  
[ksoco@ualberta.ca](mailto:ksoco@ualberta.ca)

**A Message from the VP External**

Hi My name is Susan Packianayagam! I am VP external of the UPA! What can you all expect in my section? Well, you may just find what you are looking for in this section. My major role is to find as many volunteer and work opportunities (in the field of psychology), which will be exclusively for UPA members only! This is great, as I know it can be hard to find jobs/experience while in school. I can definitely find some great places and I hope to have a feature of the month on a particular volunteer organization in every newsletter. This section will give an in-depth description of who the organization is, what they stand for and how to become a part of it! I will also have at least a couple of job opportunity postings in the article as well. At one point during our year, I hope to organize some fun events that we as the "UPA" can volunteer for as a group. Some of my ideas include volunteering with the soup kitchen (during more hectic times like Christmas holidays) or even participating with a cancer run etc... I believe we can have a great year! I wish you all the best and STAY TUNED for more interesting postings!

- Susan Packianayagam  
[ssp1@ualberta.ca](mailto:ssp1@ualberta.ca)



**Tenjewberrymuds**

To get the full effect, this should be read aloud. You will understand what 'tenjewberrymuds' means by the end of the conversation.

The following is a telephone exchange between a hotel guest and room-service, at a hotel, which was recorded and published in the Far East Economic Review: It happens here in too!

Room Service (RS): "Morrin. Roon sirbees."  
 Guest (G): "Sorry, I thought I dialed room-service."  
 RS: "Rye..Roon sirbees..morrin! Jewish to oddor sunteen?"  
 G: "Uh..yes..I'd like some bacon and eggs."  
 RS: "Ow July den?"  
 G: "What?"  
 RS: "Ow July den?...pyred, boyud, poochd?"  
 G: "Oh, the eggs! How do I like them? Sorry, scrambled please."  
 RS: "Ow July dee baykem? Crease?"  
 G: "Crisp will be fine."  
 RS: "Hokay. An Sahn toes?"  
 G: "What?"  
 RS: "An toes. July Sahn toes?"  
 G: "I don't think so."  
 RS: "No? Judo wan sahn toes?"  
 G: "I feel really bad about this, but I don't know what 'judo wan sahn toes' means."  
 RS: "Toes! toes!...Why jew don juan toes? Ow bow English moppin we bodder?"  
 G: "English muffin!! I've got it! You were saying 'Toast.' Fine. Yes, an English muffin will be fine."  
 RS: "We bodder?"  
 G: "No...just put the bodder on the side."  
 RS: "Wad?"  
 G: "I mean butter...just put it on the side."  
 RS: "Copy?"  
 G: "Excuse me?"  
 RS: "Copy...tea...meel?"  
 G: "Yes. Coffee, please, and that's all."  
 RS: "One Minnie. Scramah egg, crease baykem, English moppin we bodder on sigh and copy....rye?"  
 G: "Whatever you say."  
 RS: "Tenjewberrymuds."  
 G: "You're very welcome."



**New Executive Position Available – VP Social!**

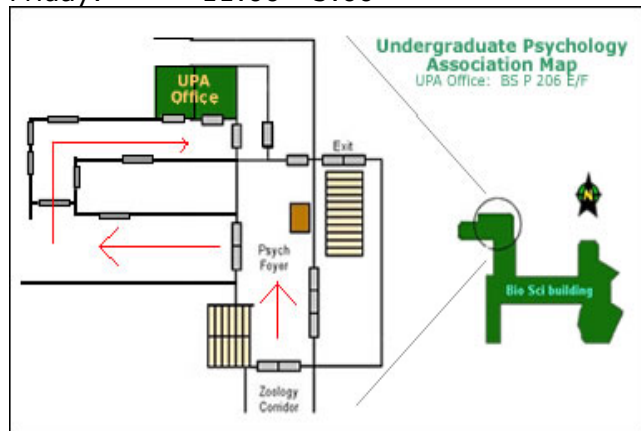
Do you love to socialize? Do you have an interest in having fun with and getting to know other university students? Want to get involved with and be an integral part of the UPA? Would you like an awesome opportunity to be involved, have some fun responsibilities, and hold an important title? If you said yes to any of these questions, the UPA urges you to think about applying to be our VP Social for the 2005-06 year! We will be posting the description and application for this position on the website within the week... E-mail the UPA at upa@ualberta.ca if you have any burning questions about this wonderful opportunity.

UPA 2005-06 Execs

**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 UPA office (P 206 E/F) at your earliest convenience. Our office hours are:

- Monday: 11:00 – 4:30
- Tuesday: 11:00 – 1:30, 3:30 – 5:00
- Wednesday: 10:00 – 5:00
- Thursday: 10:00 – 12:30, 1:30 – 5:00
- Friday: 11:00 – 5:00



*A funny Joke...*

**Psychology Experiment**

A very shy guy goes into a bar and sees a beautiful woman sitting at the bar. After an hour of gathering up his courage, he finally goes over to her and asks, tentatively, "Um, would you mind if I chatted with you for a while?"

She responds by yelling, at the top of her lungs, "NO! I won't sleep with you tonight!" Everyone in the bar is now staring at them. Naturally, the guy is hopelessly and completely embarrassed and he slinks back to his table.

After a few minutes, the woman walks over to him and apologizes. She smiles at him and says, "I'm sorry if I embarrassed you. You see, I'm a graduate student in psychology, and I'm studying how people respond to embarrassing situations."

To which he responds, at the top of his lungs, "What do you mean \$200?!"



"You must learn to be in touch with your inner tadpole."