

**October**

**Thursday, 30th**  
**Doughnut Day!**  
North Campus by LRT  
11-3

**Friday, 31st**  
**Halloween**

**November**

**Thursday, 6th**  
**UPA Study Session**  
Smitty 6-9pm

**Thursday, 21**  
**Come Hang With The UPA**  
Smitty 5:30-7:00

**Friday, 28<sup>th</sup>**  
**Student Union Holiday**  
**Party**  
Details TBA



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Psychology  
Association**

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# THE INK BLOT

Happy Halloween



**OCTOBER-NOVEMBER 2008:**

- Ψ Editor's Note
- Ψ Healthy Eating Made Easy
- Ψ UPA Month of Madness Recap
- Ψ Halloween Fun Facts
- Ψ Upcoming Events
- Ψ Join UPA!
- Ψ Psychology Crossword
- Ψ UPA Office Hours

## Editor's note

This is my first year writing the inkblots so thank you in advance for hanging in there with me while I get the hang of things. If you have any complaints, suggestions or any type of feedback; I would greatly appreciate it!

I don't know about everyone else but lately I have found that there just aren't enough hours in the day. I can't seem to accomplish everything I want to in the short days, even when I am only getting 5 hours of sleep each night. I am really looking forward to the long weekend coming up, hopefully I will get a chance to finally catch up on everything.

It has been a really busy month for all of us executives. Organizing psyc week and planning events while also staying on top of our studies has been quite the challenge but we all made it through! Thanks to all of the hard work, psyc week was an absolute success!

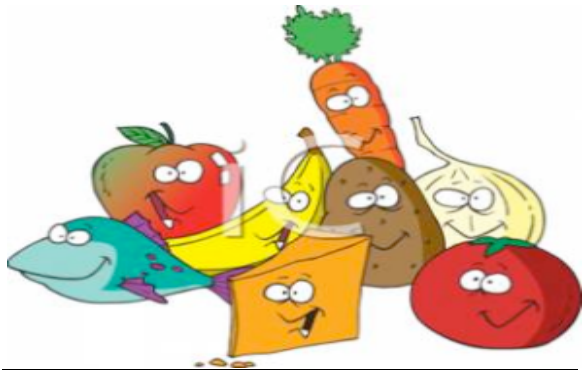
I wish all of you the best of luck on your midterms and try not to get too stressed out. Try to tough it out for the next couple weeks and then we all get a break in November.

Lauren Kotylak  
VP Comm

### *Quote of the month:*

*"We have a choice every day regarding the attitude we will embrace for the day. Life is 10% what happens to us and 90% how we react to it. Our attitude is everything."*

*-Charles Swindoll*



## **Healthy Eating Made Easy**

**Eating healthy is not always easy to do, especially when we are all students with not a whole lot of money or time. I have listed a few foods we can all add to our diets to make meals a little more nutritious. In doing this, we can all feel a little more healthy and have more energy for studying!**

### **Almonds**

**Almonds are truly an amazing snack, especially for studying! They are full of protein and healthy fats that are crucial for a healthy diet and also give you lots of energy. So next time you hit the grocery store, stock up on almonds so you always have the perfect healthy snack!**

### **Blueberries**

**Blueberries are an antioxidant powerhouse! A recent study analyzed the antioxidant capabilities of 60 fruits and vegetables and blueberries came out on top, rating highest in their capacity to destroy free radicals. The best part is these berries are delicious and make the perfect addition to any breakfast or snack!**

### **Broccoli**

**Your mother was not lying when she said this green stuff was good for you. Broccoli may not taste the best but broccoli is full of cancer fighting agents. It is especially effective against bladder and prostate cancer. Broccoli is also packed with vitamin c and dietary fiber that is important for today's healthy diet.**

### **Whole Wheat**

**It seems like every bread, cracker, and cereal brand is turning "whole grain". This is because researchers are now realizing how important whole grains are to our diets. Most Canadian diets are severely limited in their intake of fiber and whole grain. Brown bread, flax seed, and bran muffins (along with vegetables) are the perfect way to restore the deficit. So next time you buy a loaf of bread, go for the "100% whole wheat" rather than white or partly whole wheat; just this small change will make a huge difference can drastically health!**

### **Matcha**

**It's not a fruit or a vegetable; it is green tea in its purest form. Matcha is my latest vice and I highly recommend it to everyone! It has triple the antioxidants of white or green tea; it substantially increases your metabolism and gives you energy for up to eight hours. I just recently switched to Matcha from coffee and I find that it has lasting energy rather than the peak and crash I used to get from coffee.**

## Re-cap of Last Month

### UPA PUB CRAWL

The UPA/UASUS Pub Crawl on October 17th was a fantastic way for people to release some stress after midterms. Starting out at Woolly Bully's, everyone had the chance to mingle and get to know each other. Next, we were off to Lucky13 and after the guys endured quite the rigorous pat down, the UPA and UASUS hit the dance floor to strut their stuff! Our evening finished at the Ranch, with many pub-crawlers joining in on the group dances and learning on the spot. It was really refreshing to make connections and get to know people outside of the Academic world. Thanks to those who came out, you made it a great evening!

### GRAD FORUM 08

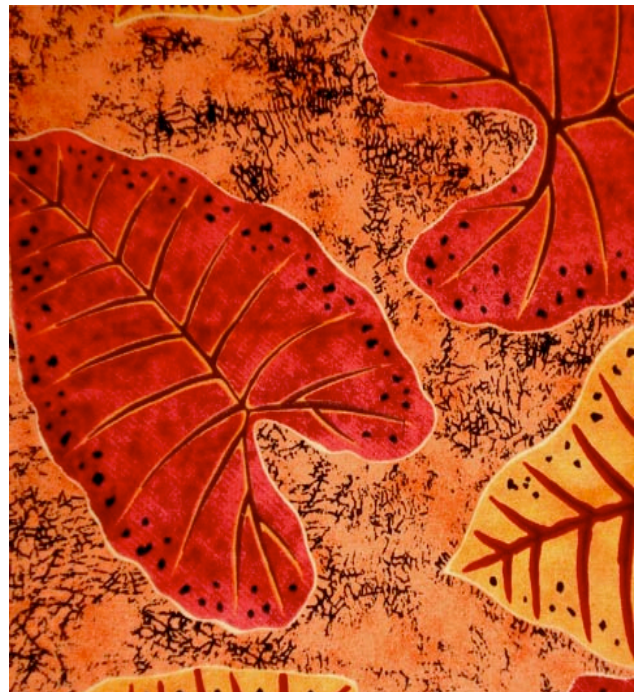
This year's grad forum went fairly well in its own regard - we had Nicole Kiffiak (the Undergrad Psych Advisor) present general information, Dr. Nancy Galambos represent research and U of A's Psychology Grad School, and Dr. Robin Everall represent counseling and U of A's counseling program - however there was a slight problem. We didn't have enough undergrads there!

To try to make it up to you, we're planning a Grad Panel for the end of November where we'll have a

few current Graduate students speak about their experiences both applying to and being in grad school. It promises to be a little more informal while still being beneficial... and yes, we'll give you more notice this time. Keep smiling 😊

### UPA BBQ

It was a rather chilly day but the UPA put on yet another successful barbecue. We made back everything we bought and more! Thanks to everyone who came out and helped - we couldn't have done it without you! Keep your eyes peeled for another UPA BBQ in the spring.







## Halloween Fun Facts

- Orange and black are Halloween colors because orange is associated with the fall harvest and black is associated with darkness and death.
- Jack o' lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.
- Pumpkins also come in white, blue and green. Great for unique monster carvings
- Tootsie Rolls were the first wrapped penny candy in America.
- Halloween candy sales average about 2 billion dollars annually in the United States.
- Chocolate candy bars top the list as the most popular candy for trick-or-treaters with Snickers #1.

## **UPCOMING EVENTS**

### **UPA Study Session**

This is something new that we thought we would try. If you're feeling stressed about exams or just want some company while you study- come down to Smitty library in bio-sci and study with your fabulous UPA members! I figured that because we're all psychology students we could help each other out and just get to know more people in your faculty.

Location: Smitty

Date: Nov, Thursday, 6<sup>th</sup> @6-9pm

### **Grad Panel**

For all of you who couldn't make it to the Grad Forum (and even those who did), come attend our Grad Panel. You will have an opportunity to speak to current and previous grad students and ask them questions about requirements, challenges, obstacles, and the list goes on.

Location and Date TBA (Sometime in November)

### **UPA Bake Sale and Hot Chocolate Drive**

The name says it all! Stop by for delicious baked goods and a cup of hot chocolate! If you're interested in helping out with baking or want to bring something, let us know or stop by our office.

Location and Date TBA

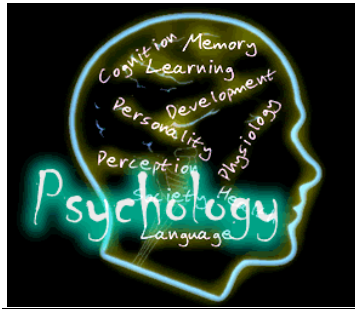
### **UPA Mingle**

Come join us for a mini social for a couple of hours. We plan on playing a few games and perhaps having a few snacks while getting to know one another. We will probably discuss bake sale details as well!

Location : TBA

Date: Nov, Thursday, 21<sup>st</sup> @5:30-7:00

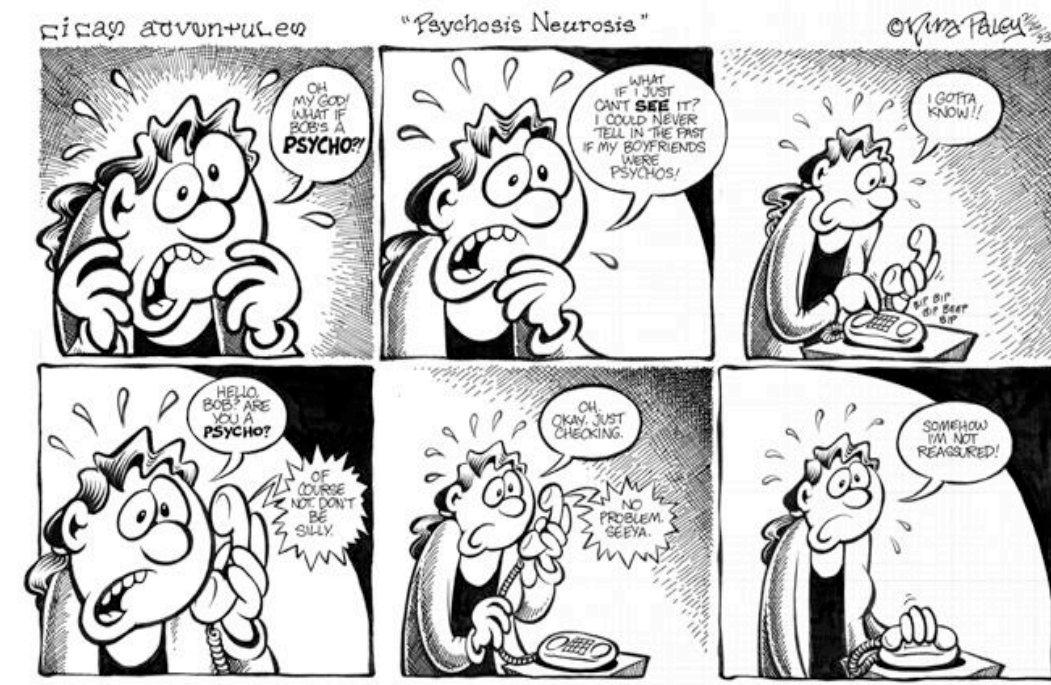
## The Psychology Funnies...



### Joke of the Month

"I see you were last employed by a psychiatrist," said the employer to the applicant. "Why did you leave?"

"Well," she replied, "I just couldn't win. If I was late to work, I was hostile. If I was early, I had an anxiety complex. If I was on time, I was compulsive."



## **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

### **The Perks:**

Free admission into all academic forums! (\$1+ for non-members) Discounts on fundraisers!

Chance to volunteer within the UPA and take on leadership roles!

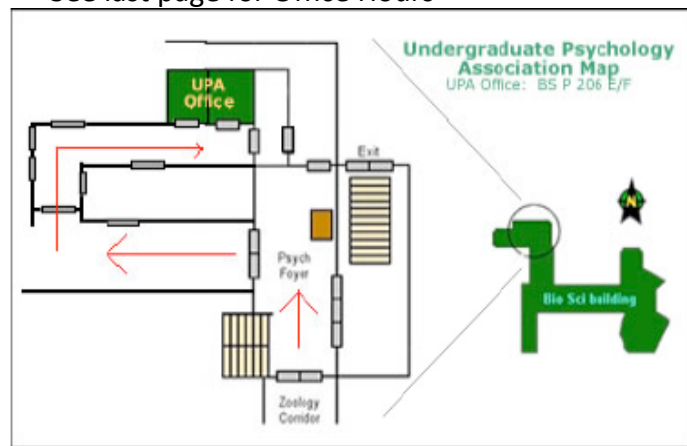
Seek advice from other UPA members on psych-related matters! Gain access to valuable info!

Opportunity to participate in the Undergraduate Mentorship program as a mentor or mentee!

### **How?**

Come to BS P 206D during any of our office hours listed below, pay your \$5 membership fee and receive your Member Services username and password.

See last page for Office Hours



## **Volunteer Opportunities**





The UPA is looking for responsible, dedicated individuals for:

### Ψ **Academic Committee**

The Academic Committee organizes forums to deliver invaluable information to fellow psych students.

**Time Commitment:** 2-4 hours per week

- 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 [tdrozdia@ualberta.ca](mailto:tdrozdia@ualberta.ca)

### Ψ **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

- 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 Campus Communications at [lkotylak@ualberta.ca](mailto:lkotylak@ualberta.ca)

### Ψ **Fundraising Committee**

The 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 or gimmicks
- Committee members should be creative, friendly, and love food!

Contact VP Finance at [ilek@ualberta.ca](mailto:ilek@ualberta.ca)

### Ψ **Social Committee**

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 Facilitators**

- Assist VP Social with event planning
- 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 [candring@ualberta.ca](mailto:candring@ualberta.ca)

### **Ψ Career/Volunteer Fair Committee**

Volunteers will help VP External organize a Career and Volunteer Fair for Psych Week in January

- Search and contact various employment and volunteer opportunities available for psych students
- Correspond professionally with different agencies
- Coordinate volunteers for Fair day
- Work with CAPs to put on a Psychology Career Forum

Contact VP External at [bihis@ualberta.ca](mailto:bihis@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

Contact VP Finance at [ilek@ualberta.ca](mailto:ilek@ualberta.ca)

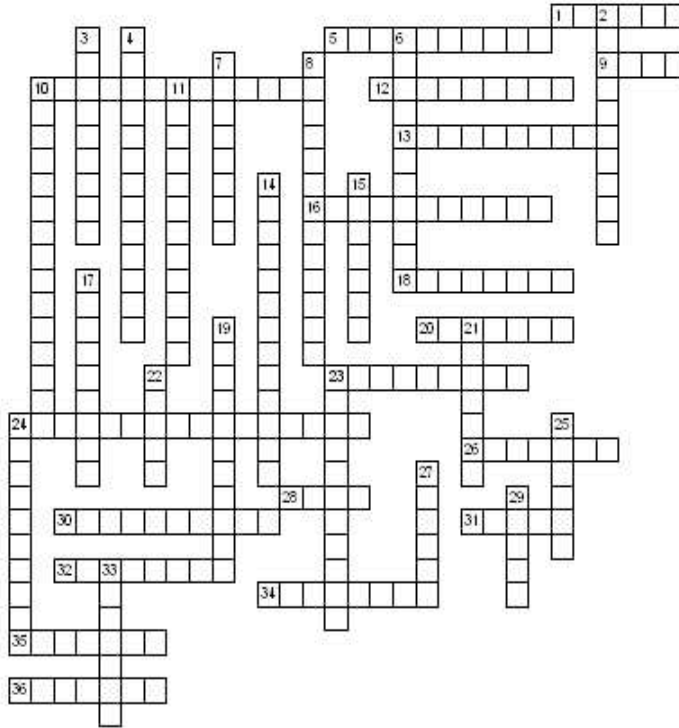
### **Ψ Ink Blot Contributors**

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.

Send your submissions to VP Campus Communications at [lkotylak@ualberta.ca](mailto:lkotylak@ualberta.ca)

**Want to volunteer but unsure about which opportunity is best for you? Contact [upa@ualberta.ca](mailto:upa@ualberta.ca) to set up an appointment to find out more about each position!**

## Psychological Disorders



### Across

- |  |  |
|--|--|
| <p>1. type of phobia in which we avoid other people because we are afraid of being evaluated, humiliated or embarrassed</p> <p>5. this type of disorders mimic disease or injury but has no physical cause</p> <p>9. this disorder features a disturbance involving depression or mania</p> <p>10. Freud's view of psychopathology</p> <p>12. means thinking</p> <p>13. type of personality disorder characterized by the lack of empathy, impulsive and selfish actions referred to as psychopaths</p> <p>16. these disorders are deeply ingrained, unhealthy and maladaptive</p> <p>18. most frequently occurring hallucinations are _____</p> <p>20. this type of mental disorder is caused by brain pathology</p> <p>23. _____- related disorders are disorders involving drug or alcohol abuse or dependence</p> <p>24. person is preoccupied with having a serious disease and no physical disorder can be found</p> | <p>26. feelings of apprehension, dread or uneasiness</p> <p>28. type of affect which has lack of emotional responsiveness</p> <p>30. type of disorder in which conflicts are transformed into physical symptoms or disability</p> <p>31. stress reaction that lasts less than one month is _____ stress disorder</p> <p>32. neurotransmitter implicated in schizophrenia</p> <p>34. common organic psychosis that occurs with old age</p> <p>35. the situational _____ refers to the behavioral setting or general circumstances in which an action / behavior takes place</p> <p>36. activity is low in this brain lobe in schizophrenics</p> |
|--|--|

### Down

2. irrational acts a person feels compelled to repeat against their will
3. type of disorder which is severe and is characterized by hallucination and delusions
4. anxiety and depression are learned according to this viewpoint
6. fear of the marketplace
7. not a psychological term but a legal term
8. the most severe mental illness
10. scientific study of mental, emotional, and behavioral disorders
11. amnesia is one type of this disorder
14. disobeying societal unwritten rules for normal conduct
15. mental disorders that are caused by brain pathology
17. false beliefs
19. type of behavior that makes it difficult to adapt to the environment and meet demands of daily life
21. \_\_\_\_\_ risk factors for becoming mentally ill include social conditions, family factors, psychological factors and biological factors
22. season of birth is a factor in schizophrenia and may be linked to a \_\_\_\_\_ infection
23. rejected and disgraced
24. our self image conflicts with our real self is what leads to mental disorders according to this viewpoint
25. if you feel you have been born into a body having the wrong sex you would be diagnosed as \_\_\_\_\_ identity disorder
27. irrational persistent fear out of proportion to the actual threat
29. if you travel away from home and have confusion about your personal identity you are in a \_\_\_\_\_ state
33. one of the social conditions that may lead to a higher level of mental disorders

**OFFICE HOURS**

<b>Monday</b>	<b>11-12</b>	<b>1-2</b>			
<b>Tuesday</b>	<b>8-9</b>	<b>11-12:20</b>	<b>12:20-1:20</b>		
<b>Wednesday</b>	<b>11-12</b>	<b>1-2</b>			
<b>Thursday</b>	<b>11-12:20</b>	<b>2-3</b>	<b>3:30-4:30</b>		
<b>Friday</b>	<b>11-12</b>				

Feel free to stop by our office at any of the above times if you have any questions or you can email us at the [upa@ualberta.ca](mailto:upa@ualberta.ca)