

# the inkblot.



Welcome back UPA, to the 2009-2010 school year! I hope the summer provided you with a much needed break and you all are ready to dive into what's sure to be a fantastic academic year. The UPA exec are looking forward to a fresh year as well - starting with

the inkblot! Let me know what you think of the new format and feel free to fire off suggestions as well as contributions. After all, we do it for you! Best of luck this term,

Colleen Andringa  
VP Communications

## Events at a Glance

### September 2

First Day of Classes

### September 16

Last day to opt out of Health and Dental Plan

### September 23

CAPS Career Day 09

Butterdome 10am-4pm

### September 24

UPA General Meeting

Smitty Library 5-6pm

### September 30

Last day to pay fees without penalty charges

### October 13-16

Psych Week!

### October 13

Grad Forum ETLE-1-013

### October 23rd

UPA Pre-Halloween Bash at

Lucky 13

Tickets \$5 member, \$6 non member

## PRESIDENT'S ADDRESS

Hello psych students!

My name is Melissa Daniels, and I am extremely excited to be this year's UPA President. I am in my fifth year of University, having completed the Internship Program in Psychology, and I am eagerly anticipating a great year for psych students!

Last year was a successful one for the UPA, as we saw our group increase its membership, and connect psychology students by holding some great social events and successful forums. This year, I am looking forward to doing much of the same, but hopefully on a larger scale! I would love to see the UPA increase its membership even more, and to see existing members participate more in our wonderful events.

While I'm on the topic of participation, I would like to encourage everyone to come out to the UPA General Meeting, which will be held in Smitty Library on **Thursday, September 24 @ 5:00 pm**. This is a PERFECT opportunity to find out about volunteer opportunities and ways to become involved with the UPA. If volunteer opportunities don't interest you, or if you simply can't pack any more commitments in to your schedule, come out to learn about upcoming events and have some free donuts!

Remembering back to my first and second year of University, I know that I missed out on forming some great friendships and gaining some valuable volunteer experiences because I was hesitant about coming out to events where I

wasn't sure if I would know anyone, so the General Meeting is a great way to make those connections before attending events! Our executives are all exceptionally friendly and welcoming, and would love to see some new faces at the General Meeting!

We would also love to meet fellow psych students at our fantastic social events throughout the year. Our VP Social is currently in the process of planning a themed social event for October...stay tuned for more details!

Also stay tuned for details about our upcoming "mini-psych" week, which takes place in October and features a BBQ and Graduate School Information Forum, among other things!

I would like to end by thanking everyone for subscribing to our mailing list, reading our newsletter, and showing interest in the UPA!

Please drop by our office during office hours or by appointment to sign up for membership, find out about volunteer opportunities, or to just sit around and chat for a while. (We're students too and love to take study breaks!) Thanks everyone,

Melissa Daniels  
[mkd@ualberta.ca](mailto:mkd@ualberta.ca)



Undergraduate Psychology Association

*connect ♦ grow ♦ succeed*

## YOUR EXECUTIVE TEAM 2009-2010

### VP SOCIAL

**Name:** Lauren Kotylak

**Two sentences on year of study, major/minor, research interests:** I am in my fourth year of Arts; majoring in Psychology and minoring is Sociology. I am currently interested in the study development, specifically the education system and its relation to adolescent development.

**One thing I like about the UPA:** It's full of psychology students who are full of knowledge. If I've ever had questions about classes or professors there is always someone there who can help!

**One thing I want to improve this year:** I would like to improve advertising and hopefully get more people involved in our events and fundraisers.

**An interesting fact about yourself:** I plan to go somewhere in Europe, either Prague or Barcelona, to complete a Masters in Counseling.

### VP ACADEMIC

**Name:** Kaylee Knox

**Two sentences on year of study, major/minor, research interests:** Surprise! I'm a 2nd year majoring in Psychology with a minor in Anthropology thus far. I'm interested in the influence different languages have on the world views of particular cultures and am looking forward to spending the academic year working in Dr. Noels' Intercultural Communication Lab.

**One thing you like about the UPA:** It has really given me a lot of the answers to questions I had about the Psych program. It's a great resource for anyone in Psychology-- with the added bonus of the fantastic people you meet!

**One thing you want to improve about the UPA this year:** Participation! Getting involved is such a great opportunity for everyone in Psychology. Come out and meet like-minded people at our social events, find out about grad school at our information forums-- the list goes on!

**An interesting/funny fact about yourself:** Whenever I'm in a really bad mood, watching *The Godfather* always cheers me up. I'm not sure why just yet.. Maybe the Corleone

family makes mine seem tame? Also, I have yet to see the best Godfather impression, so feel free to dazzle me with your skills next time we meet.

### VP COMMUNICATIONS

**Name:** Colleen Andringa

**Two sentences on year of study, major/minor, research interests:** I am in my third/fourth year of Arts; majoring in Psychology and minoring is Sociology. I plan on applying for the Internship Program this year, which will hopefully narrow down my interests!

**One thing I like about the UPA:** The UPA is a fantastic resource because we are all dedicated to successfully navigating our way through a psych degree. If you have questions, ask! If we don't know the answer, we're committed to finding it out.

**One thing I want to improve this year:** I am experimenting with a new (and hopefully) improved version of The Ink Blot. Let me know what you think!

**An interesting fact about yourself:** I'll take M&M's over smarties any day! Feel free to share and feed my chocolate addiction.

## VP FINANCIAL

**Name:** Isabel Lek

**Two sentences on year of study, major/minor,**

**research interests:** I am in my 4th year of BSc Specialization in Psychology. I am interested in the field of biopsychology.

**One thing you like about the UPA:** Everybody is very willing to help!

**One thing you want to improve about the UPA:** I feel that many psychology students need guidance be it 1st year or 4th year. The UPA needs to reach out to more students and create a more interactive society and provide this guidance!

**An interesting/funny fact about yourself:** I've never been to Hawaii and i fear if i do i will like it so much i won't ever want to leave.



## PEER MENTORSHIP

COORDINATOR &  
SMITTY LIBRARY  
COORDINATOR

**Name:** Matt Galas

**Two sentences on year of study, major/minor,**

**research interests:** Currently my major is in Biological Sciences and Minor in Science Psychology, 3rd year. Medicine is my destination while I got still another 2 years to go; it never ends.

**One thing you like about the UPA:**

It is a great place to find all your answers, from the friendliest of peoples.

**One thing you want to improve about the UPA this year:**

The peer mentorship program is a great opportunity to create a more sociable network for students in the psychology department. Hopefully get as many people involved as possible and build psychology awareness and interest in 1st year students.

**An interesting/funny fact about yourself:**

Though I appear as the fullest book worm always studying, I love sports like fencing, equestrian, jogging, weightlifting, kayaking, tennis and even clubbing.

## VP INTERNAL

**Name:** <Insert Yours Here>

We are still looking for a dedicated individual to fill this position! The VP Internal is responsible for administrative duties, as well as coordinating membership and executive functioning.

- In charge of the UPA email, including sending out mass emails to members
- Taking minutes at UPA meetings
- Maintaining a list of members

Interested? Contact our President at [mkd@ualberta.ca](mailto:mkd@ualberta.ca) for more info.

PEER MENTORSHIP: BACK BY POPULAR DEMAND

The Peer Mentorship program started up last year, facilitating one-on-one interaction between a 3rd/4th-year student and a 1st/2nd-year student in psychology. How does this work you ask? An older psychology student who meets the criteria acts as a mentor (please see application) and will be assigned to a younger student who seeks peer guidance, advice, and support on academic or program-related issues. The assigned mentor will act as an information source for the school year.



*Quote of the Month*

If the human brain were so simple that we could understand it, we would be so simple that we couldn't.

- Emerson M. Pugh

Contact Matt at [galas@ualberta.ca](mailto:galas@ualberta.ca) for more info.



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**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!



GRAD FORUM



Thinking about Grad school but are uncertain of where to begin? Take advantage of the UPA organized grad forum! Profs from multiple areas of interest will be presenting and answering all of your questions on **October 13th, 2009 in ETL 1-013 from 5-7pm.**

Please RSVP to Kaylee at [kknox@ualberta.ca](mailto:kknox@ualberta.ca)

## A LOOK AT LAST YEAR...

A big thanks to all of you who made last year such a success! For those of who missed out, here's a quick recap of the 2008-2009 year.

**Academics:** We worked hard to put on numerous forums. Forum topics included Independent Studies, Grad School, Lab Volunteering and the Internship Program. This past year was the first to include a separate night for the grad panel, enabling students much more time to throw out questions to students currently in Masters or PhD programs. Other events included a Career and Volunteer Fair, as well as a Psychology specific career forum, which highlighted careers other than the usual grad school options.

**Social Events:** The year started off with a pub-crawl, making stops at Woolly Bully's, Lucky 13 and the Ranch. We partnered with the SU to put on showing of "A Beautiful Mind" and organized a board games night, complete with an abundance of chocolate. Yum! After the semester change we showed our school spirit by attending a Bear's

volleyball game, then heading up to RATT for some post-game socializing. Due to the overwhelming success of our first board games night, we introduced the 2.0 version and learned lots of interesting facts (and perhaps too much information?) about each other with the "Would you rather" game...



## FUNDRAISING FROM LAST YEAR...



Okay...so our baking didn't rival the expertise of "The Cake Boss", but we contributed our baked goods nonetheless to two delicious UPA bake sales. Both times we almost entirely sold out our delectable treats, with our 2nd

bake sale successfully raising over \$300 for the Gay Bisanz Memorial Fund. Way to go UPA!

Speaking of food, the UPA also hosted several BBQ's last year, complete with tasty Veggie burgers. Keep your eyes peeled for more BBQ's this year as well, with the first one scheduled to be held sometimes during Psych Week (October 13-16th). Email Isabel at [ilek@ualberta.ca](mailto:ilek@ualberta.ca) for volunteer opportunities, questions or suggestions!

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

**Office Hours:**

Wednesday 10am -12:30  
pm or by appointment

**Email:** [upa@ualberta.ca](mailto:upa@ualberta.ca)

**Phone:** (780) 492-6696

**Website:**

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



## IS YOUR HALLOWEEN COSTUME SO GOOD, YOU WANT TO WEAR IT TWICE??

The UPA thinks so! Join us on October 23rd at Lucky13 for "Your Inner Monster: Pre-Halloween Bash". Tickets are \$6 for non members or \$5 for members and include no line/no cover (before 10:30), a free drink, and a piece of pizza! Stay tuned for ticket sale dates and table locations. Questions? Email Lauren at [lkotylak@ualberta.ca](mailto:lkotylak@ualberta.ca)

**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.

**VP Internal**

We are still looking for a dedicated individual to fill this position! The VP Internal is responsible for administrative duties, as well as coordinating membership and executive functioning.

- In charge of the UPA email, including sending out mass emails to members
- Taking minutes at UPA meetings
- Maintaining a list of members

Interested? Contact our President at [mkd@ualberta.ca](mailto:mkd@ualberta.ca) for more info.

**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

**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](mailto: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](mailto: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](mailto:candring@ualberta.ca)