

## September

**Thursday, 13<sup>th</sup>**

First executive meeting of the year. Hello school, meet enthusiasm!

**Wednesday, 26<sup>th</sup>**

**General meeting:** Open to and welcome for any prospective member to attend. Smitty Library, BS P210, 4:30-5:30

## October

**Wednesday, 10<sup>th</sup>**

Let's be friends: **UPA BBQ** on the snow-free (!!!) Quad

**Friday, 12<sup>th</sup>**

**Save a Horse, Ride a Bus:  
Pre-Halloween Pub Crawl**

Next time don't leave your president at the bar! Sorry Tasha, the night train waits for no one.

## November

**Wednesday 7<sup>th</sup>**

**Graduate School Forum.** \$1 for non-members, \$0 for members.



**Undergraduate  
Psychology  
Association**

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# THE INK BLOT

Welcome back?



eat



sleep



psychology

## SEPTEMBER – OCTOBER 2007:

- Ψ President's address
- Ψ In good company: UPA Executives 2007-2008
- Ψ 2006-2007: the Year in Review
- Ψ Event Update/ Upcoming Events
- Ψ Join the UPA
- Ψ Volunteer opportunities: You're never too idealistic to start.

## Welcome from your President

Hello everyone, hope the first month of school has gone as smoothly as insane amounts of reading, late nights working on assignments, and studying for upcoming midterms can go. This is an interesting year for me as I'm back from internship to finish off my last year of my undergraduate career. I'm excited, sad, and scared to graduate so I'm planning on making this year count!

This will be my fourth year with the UPA and I think this may be one of the best years! I was with the UPA when it started with only a handful of members and it's grown to have over 100 members last year and hopefully more this year. We're going to be hosting our regular and popular academic and career events with a few twists to freshen up the forums. We'll be having regular social events which I hope you will all come out and enjoy. School is not all about studying (and this is coming from a person who usually studies on Saturday nights!) And I can't forget about our fundraisers, merchandise, cheap snacks, monthly newsletter and other monthly information like class/prof of the month. We're going to have a great year filled with tons of events which are all possible because of my amazing executive team and all the students who are volunteering their time with our committees and events.

The best part about being involved with this student group has been the people. I've met so many interesting and amazing people, made great friends and the network of people I now know will aid me in my career for years to come. I'm really looking forward to seeing familiar faces and meeting new people this year! I basically live in Bio Sci right now, so drop by the UPA office sometime if you have any questions about the UPA, classes, grad school, or if you just want to chat.

Tasha W.  
UPA – President 2007/08



**UPA EXECUTIVES**  
**2007-2008**

**Co-President**

Hi, my name is April and I'm your UPA Co-President for the 2007-2008 academic year, the "dent" so to speak. I'm currently in my last year of my BA here at the U of A as a double major in Psychology and Classics...yes, they are actually related! Afterwards I'd like to attend a Graduate program in either Counselling Psychology or Research Psychology, perhaps in the realm of Terror Management Theory. As for my work with the UPA - I intend to help both the UPA and my fellow U of A students continue to connect, grow and succeed through our various social, academic, career, fundraising and volunteer events/opportunities. I hope you'll all join me and this year's UPA executives in the realization of this goal and would like to extend an invitation to all of you to drop by the UPA office sometime; I'd love to hear any ideas/concerns/comments you may have.

April Gusnowski  
[aprilg@ualberta.ca](mailto:aprilg@ualberta.ca)

**VP Financial**

My name is Erin Karman and I'm a fourth year BA student majoring in psychology (who would have guessed), currently completing an internship at a forensic psychology clinic in Edmonton. My current research interests include young offenders and spousal violence offenders. One thing I love about the UPA is that the people are amazing! Psychology students rule our school ☺. (how's that for a tagline...anybody???) One thing I want for the UPA to improve on this year is to see the UPA increase its numbers. There's so many of us

"mind-readers" out there and I'd love to see more become involved with the UPA.

Side note: no matter how hard I try, I can't whistle...it just comes out as air or, in the worst cases, spit.

Erin Karman  
[karman@ualberta.ca](mailto:karman@ualberta.ca)

**VP Academic**

Hey all! My name is Kristin Bonot and I'm in my 2<sup>nd</sup> year in the Faculty of Arts, majoring in Psychology, minoring in who-knows-what . . . As your VP Academic, I'm here to provide info on everything psych mainly via forums (on Grad School, Independent Studies, Careers, Internship, and Honors), and Class and Prof of the Month interviews. I'll also try to set up a class registry (so you know what to expect from your courses) and possibly some study nights in Smitty Library with fellow psych students. If you have any ideas, feel free to contact me at [bonot@ualberta.ca](mailto:bonot@ualberta.ca), or even better, join my Academic Committee!

Kristin Bonot  
[bonot@ualberta.ca](mailto:bonot@ualberta.ca)

**VP Social**

Hi! I am Jenna, and I am your VP Social. I am 5<sup>th</sup> year of my BA Psych, after having completed a year long internship, and am thrilled to be on campus! I am simultaneously completing a psych nursing degree in addition to my BA so decided my time for fun was sparse... thus the need to make official time for it. Enter your VP Social!!

First, a bit about me:  
Favorite colour: green

Favourite food: peanut butter/chocolate  
Favourite subject: abnormal psych  
Favourite place: Dominican Republic  
Favourite beverage: wine and/or diet pepsi!  
Hate: sweating, inconsiderate people, beer

I hope that you take an invested interest in me and VP Social this year. In my opinion, we can accomplish all and anything. I am open to suggestions as to what you would like to see done within the social component of the UPA. Thus far, we have a country pubcrawl to look forward to, so book off October 12<sup>th</sup>!

Feel free to contact me anytime!

Jenna Moore  
[moore\\_jenna@hotmail.com](mailto:moore_jenna@hotmail.com)

### **VP Communications**

Hi UPA! I missed you!

The Ink Blot is back, and hopefully it will only get better over the year. New members are always welcome to submit ideas or pieces. Old favorites like the Freudian Corner are still on, but instead of a monthly article on graduate admission, we will feature a different profession related to psychology. Some will be obvious and others less so (Occupational therapist, Nurse Psychologist): if you have any suggestions let me know!

My other duties include promoting events and sending out email updates, both which are shared responsibilities with other exec portfolios. I also interact with other student groups. As much as I love my post, I would love some help so please contact me if you would like to contribute. Like Kelty, I'm also an intern this year and away from campus, which makes your help doubly necessary. Yipes.

Leigh Yang  
[myang@ualberta.ca](mailto:myang@ualberta.ca)

### **VP Internal**

Hello all you fantastic UPA-ers, my name's Ashintha De Silva and I'm the new VP Internal. In my free time you might catch me eating chocolate peanut butter, watching Curb Your Enthusiasm, or filing stuff. I'm in charge of everything office related. I keep the office "clean", send out mass emails, manage membership fees, and a whole bunch of other hip office things. I'm a second year psych major going through the arts, with a minor in philosophy. I love the fact that in the UPA, we're all really passionate about what we're doing here in this relatively small but constantly growing association. I hope this continues to be an invaluable resource for people on campus to learn more about psychology while becoming actively involved in their interest for it. Here's to a productive and fun year!

Ashintha DaSilva  
[ashintha@ualberta.ca](mailto:ashintha@ualberta.ca)

### **VP External**

Hey, I'm Kelty Hawley and I'm the UPA VP External for this year. I am here to help students make connections with the world outside of the University. I am planning the Career Fair portion of Pysch week and doing interviews with volunteer agencies which will be posted on the website. I am currently in the internship program and my placement is with The Centennial Centre (formerly Alberta Hospital Ponoka). I love to travel and am always planning my next trip. Hope to see you all at some UPA events and I'm sure we'll all have a fun year!

Kelty Hawley  
[khawley@ualberta.ca](mailto:khawley@ualberta.ca)

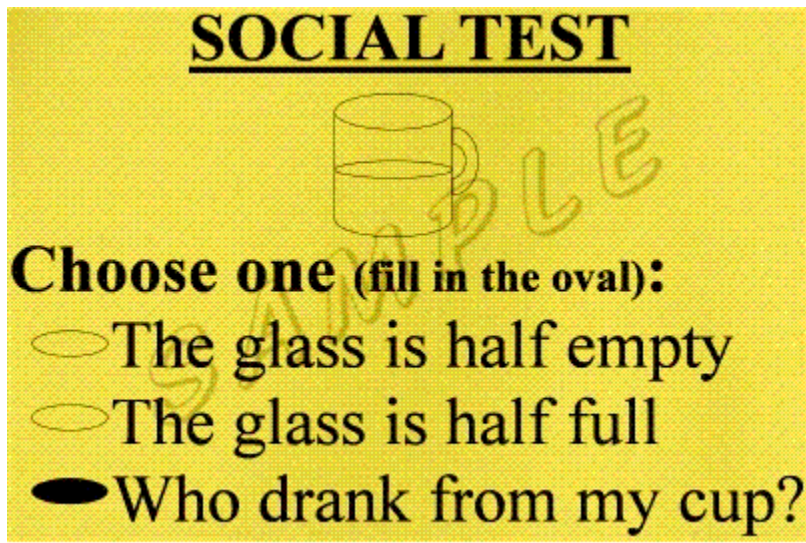
## Webmaster

My name is Chris Madan and I am starting my third year in the BSc Honours Neuroscience program. As General Operations Officer and Webmaster for the UPA, I'm in charge of all things web-related. Lots of people find out what's going with the UPA through website, so the website is a pretty important part of communicating with our members.

Apart from UPA, I am also involved with several other student groups, namely UASUS (University of Alberta Science Undergraduate Society) as President, the NSA (Neuroscience Students' Association) as VP Communications, , and the newly formed SI2C (Students Integrating Industries and Computers) as the group's President. In addition, I am the webmaster for a few other groups. I also work in a neuropsychology lab on campus as a research trainee and lab administrator.

My personal website can be found at <http://www.ualberta.ca/~cmadan/>. I'm also on Facebook, feel free to send me a message. Meeting new people is always fun!

Chris Madan  
[cmadan@ualberta.ca](mailto:cmadan@ualberta.ca)



# I Psychology

## Event Update

Judging by the lack of seats and the 6 large pizzas we devoured, our **General Meeting** was a great success. Madam President was so glad to see so many people attend and show interest in getting involved with the UPA: hope everyone had a great time! We covered this year's upcoming events, opportunities for involvement and then opened the floor to members. After that, there was pizza and pop for us starving student types; mingling and general good times were had. Another one of these meetings will have to be had at the end of the semester or in the winter semester: see you there.

We kept praying "Please say no snow, please say no snow" and it worked. The **UPA BBQ** was held out on the quad on Wednesday, October 10<sup>th</sup>. We sold out of hamburgers within the first hour and a half! We made a profit of \$250 which will be donated to the Terry Fox Foundation. Thanks to all our volunteers! (As well as global warming.)

Can your inner child come out and play? The "**Save a Horse, Ride a Bus**" **pub crawl**, held jointly with UASUS, fell on the second Friday of October. The theme being "country", us psych types and scientists donned our Stetsons and ponied up to Hudson's on Campus by 8PM. The bus left for Cowboys, The Ranch, and ended at Oil City. A low, low price of \$15 bought \$10 in drink tickets, a cushy bus ride from bar to bar, and the company of other psychology majors looking for fun. IF you missed this one, don't be afraid to join us next time: I guarantee that you'll always have someone to talk to, because UPA-ers are nothing if not friendly. Yee-haw!

## Upcoming Events

Always an anticipated event: the **Grad School Forum** is tentatively scheduled for the 7<sup>th</sup> of November. Our acclaimed Academic Committee is planning on representatives from counseling, research and clinical, both faculty members and graduate students. Pencil it in, comrades. As usual, the UPA membership card will wave you in for free. Check our website for details.

More Fundraisers! Since our BBQ was such a success we're planning on having another one sometime. Coming up is the **Annual Turkey Drive with the Psych Department**. Last year the 2<sup>nd</sup> floor of the Psych Department raised more money than any other floor in the Department and the UPA had a hand in it. We'd like to continue this tradition by hosting another fundraiser near the end of November. Ideas and volunteers are welcome!



## 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

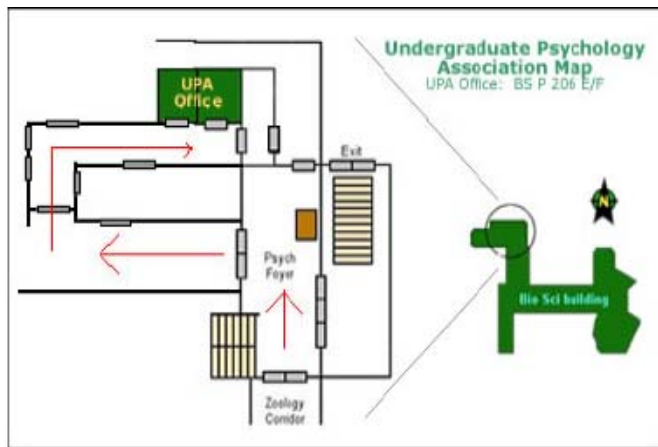
### The Perks:

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 Academic Committee

Volunteers with the academic committee assist the VP Academic with various activities such as: Academic Forums, Class/Professor of the month Interviews, and Office Hours.

- Aiding in the planning, organization and facilitation of academic forums (2 per semester)
- Attending Academic Committee meetings
- Interviewing professors for class/professor of the month
- Organizing Grad school information
- Taking on optional projects such as creating a student handbook, study groups, "Meet the Prof. Night", etc.

Contact VP Academic, Kristin at [bonot@ualberta.ca](mailto:bonot@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](mailto:moore_jenna@hotmail.com)

### **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](mailto: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](mailto:karman@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.

Please send your submissions to VP Communications at [myang@ualberta.ca](mailto:myang@ualberta.ca)

### **Ψ 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 very busy, you would be able to spend virtually all your volunteer time studying. Thus, volunteering here will not tax your time reserves. Plus, you get to choose the times you volunteer. Volunteering at Smitty is also a great way to meet other psych students. On top of that, at the end of the semester, you can request a letter of reference for your efforts. All we ask from you is to be reliable and show up for your shifts.

If you are interested in this opportunity, please email Natalie Dinsdale at [dinsdale@ualberta.ca](mailto:dinsdale@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				



"Aaaaahhh! The windscreenn! The windscreenn!"