

September

Thursday, 25th

UPA General Meeting

Anyone interested in the UPA are welcome.

Smitty Library, BS P 210, 5-6 PM

Tuesday, 30th

Tuition Payment Deadline

Remember, no credit cards!

October (Month of Madness)

Friday, 3rd

50% Refund Drop Deadline

Last call for your money back.

Wednesday, 15th

UPA BBQ

Quad

Grad Forum@5-630pm

Location TBA

Friday, 17th

UPA Pub Crawl

Details TBA

Friday, 17th

Take Action Against Poverty

QUAD @11-1



**Undergraduate
Psychology
Association**

Office: BS P 206D, 206 E

Email: upa@ualberta.ca

Phone: (780) 482 - 6666

<http://www.ualberta.ca/~upa>

THE INK BLOT

Do you see fun times ahead?



SEPTEMBER-OCTOBER 2008:

- Ψ President's Address
- Ψ UPA Executive Team 2008-2009
- Ψ 2007-2008 Recap: what we did last year
- Ψ UPA Month of Madness Details
- Ψ Join UPA!
- Ψ Volunteer opportunities: you're never too idealistic to start
- Ψ UPA Office Hours

President's Address

Hello fellow psych lovers!

I love the first weeks of school. There's still a bit of warmth leftover from summer, students are still roaming about and not hiding in study carrels, and (this is probably my favorite part) there's loads of free stuff! From Clubs Fair, to the Open House, to just free food in general, oh man, I'm in heaven.

Who am I, exactly? Well, hello, I'm Kristin. This is my third year at the university, and my third year on the UPA. Having been on the UPA for two years on the Academic Committee and as VP Academic, I have a pretty good idea of the general workings of the group. Of course, I still send billions of questions to the past execs, but I feel that most jobs in life are a learn-as-you-go type of thing, n'est pas? Now I'm in charge of a cool bunch of people that I like to call the UPA exec.

Ah, the UPA exec. You'll get to meet them, electronically, in a couple of pages. Most of them are new to the UPA, but they are all working extremely hard to make sure things are running smoothly and are going to be a great help this year. I can honestly say that I have never met such a warm and enthusiastic group of people. I'm very lucky to have them! In fact, they are such wonderful people that it's a pity that there isn't a way for you to meet them. Oh . . . but wait, I think there IS a way that you can meet them . . .

The UPA has a ton of opportunities to get involved! (How was THAT for a segway!) Getting involved with a psych group teaches you a lot about, well, psychology. Even if you're just helping out with a barbeque or a pubcrawl, the people you are working with are psych students who may have researched grad schools or potential career-paths and would like to let you in on their new-found knowledge.

Our wide range of opportunities also allows you to learn the basic skills of any job you may have in the future: event-planning, communication with professionals, advertising, raising interest and awareness, etc. The UPA is also a way to get access to volunteer or job opportunities that aren't so obvious. Being in the inner circle, you get first dibs on these kinds of things. Need something? Just ask around. If we don't have the connections, we might know how to get them.

Meeting people from the UPA also builds a sort of support system. I noticed that 300level classes are still quite big, and knowing a couple of people really helps when you miss a lecture or when your prof talks faster than you can write. Oh 339, what an adventure. Even a friendly face to share a knowing-look with can be comfort enough.



Midterms can be soul-crushing. It's a fact of university life. Extra-curriculars are just one way to keep you sane between the cycles of procrastinating and cramming. "Why would I want to add another activity? Wouldn't that just make me busier?" Well yes, but I've noticed, at least for myself, that if I'm constantly studying, it eventually leads to excessively long breaks which aren't at all productive. If I keep myself busy with a variety of activities, I can focus on each one and feel a little less like a hermit.

I can think of tons of super-descriptive reasons but it all boils down to this: Honestly, WE need YOU! I love meeting new people, and I'm pretty sure the exec will get tired of my random babble sooner or later, so we'd love to see some fresh faces. It's with your participation and help that the UPA is still running. Even if you have too much on your plate to become part of a committee, or maybe this kind of volunteering is just not for you, come out to a couple events.

What can you expect this year?

Like every year, we'll have our very-informative **academic forums**. Learn about grad school, the honors program, internship, and lab volunteering/research through speakers from this university. We also recommend that you check out our **Career and Volunteer Fair** in January because we all have to grow up at some point. I hope you like people, because we've got a bunch of **social events** we'd like to put on, as well. Look for a pubcrawl in mid-October, as well as a few movie nights, and perhaps even an Oil King's game. Of course, being a student group, we need to raise some funds, so BBQs, hot chocolate drives, and bakesales it is! If you have other ideas for **fundraisers**, let us know! We're also in the process of getting together some **merchandise** with the Department of Psychology. Hoodies, bunnyhugs, kangaroo jackets- whatever you may call them, they are a necessity of Edmonton winters, so why not show some PSYCO pride? A couple of our execs know a few psychologists so we're hoping to have an **Ask a Psychologist** session. Sorry, no counseling here, but this is an opportunity to find out more the profession in a more casual setting. We're also excited to present the **Peer Mentorship** program. If you want to know more about psych, or have some knowledge to share, this is a great way to do it.

So with that, I'll end this address with saying THANK YOU for searching us out, for subscribing to our mailing list, and for sending us emails with your questions and concerns. Please continue to email us, and visit us during our office hours. We're your group, so tell us how we can make your university experience better! 'Til then, fellow psych lovers . . .

Stay sane,
Kristin Bonot
President 2008-2009
bonot@ualberta.ca

Quote of the month:

"You have an organ in your head. Part of that organ is called the cerebral cortex. This nifty gadget transforms matter into consciousness. With it we can do what no other organism on this Planet has ever been able to do. We can change ourselves. Think of the Possibilities."- Michael P. Black

Executive Committee 2008-2009

Co-Chair

Hi my name is Kelty Hawley and I am one of two UPA co-chairs this year (shout out to Erin, my CO-co-Chair). My job is basically to support all the executives and help out where needed. I am hoping to increase student involvement with the UPA and creating more of a community type feel for psychology students. A little about me... I am in my final year of my BA Psychology with a minor in Sociology. I just completed my 12 month psychology internship (like Melissa, Erin and Leigh). My placement was at the Centennial Center for Mental Health and Brain Injury (formerly Alberta Hospital Ponoka). For Winter semester this year I am participating in the Cortona Project and am off to Italy! I am a travel junkie and will be broke when I return, but will hopefully have a good time!

Kelty Hawley
khawley@ualberta.ca

Co-Chair

Hi there! I'm Erin and I'm your Co-Chair for this year. I'm currently in my 5th year of a BA (CO-OP) majoring in psychology with sociology as my minor. I just completed a year long internship at an outpatient clinic for offenders and am really excited to be back on campus! Apparently I feel I can't get enough of school since I'm planning to get my Master's degree in Clinical Psychology once I complete my BA. My duties with the UPA are basically to help out with whatever is going on event-wise and ensure that our president and executives don't go crazy with all the events that are being planned for this year – and there are a lot. I'm also around for anyone of you who have

questions or concerns about the UPA. I'd be happy to talk with you over email or grab a cup of coffee. As a 5th year student, I've really come to appreciate the positive forces behind caffeine. Hope to see you at our events throughout the year!

Erin Karman
karman@ualberta.ca

VP Finance

Hey guys my name is Isabel Lek and I'm your 2008/2009 VP Finance! I'm in 3rd Science Psychology. My job is to count the money that flows in and out of the money box. But more importantly I get to organize fundraisers and monitor budgets so that we have sufficient funds to keep this wicked awesome team in motion! Now that I think about it, my job is not nearly as physically or mentally demanding as the rest of the team members but I will try my best to contribute to the UPA!

Isabel Lek
ilek@ualberta.ca

VP Academic

Hello! My name is Tristan and I'm in my 2nd year. I just transferred from the Faculty of Science to the Faculty of Arts and so far I'm loving it! My responsibilities this year are largely around the various informational forums the UPA puts on, as well as Professor Interviews. With that being said, my biggest wish for the UPA is to live up to its slogan: connect, grow, succeed. In my mind the UPA is a scarcely used resource for psychology

students on campus, one with much untapped potential. I look forward to seeing how this year unfolds.

Tristan Drozdiak
tdrozdia@ualberta.ca

VP Social

Hi, my name is Colleen Andringa and I'll be working hard as your VP Social this year! I am a transfer student in my second year of Arts majoring in Psych and minoring Sociology and I am excited to be part of a student group that is dedicated to all things Psychology. My role on the UPA will mostly consist of planning spectacular events to break up those monotonous study nights so I hope you all will make some time to come out and join us at various outings this year. Our first event is shaping up to be a fantastic pubcrawl in mid-October so stay posted for more information! And as always, I welcome any suggestions and comments you might have!

Colleen Andringa
candringa@ualberta.ca

VP Internal

Hi UPA! My name is Melissa Daniels and I'm the UPA'S VP Internal for this year. My position involves all of the office-related duties, like keeping the office organized, managing the membership list, sending out mass e-mails, and maintaining the UPA e-mail in general! I'm currently in the fifth year of my psychology degree, and I'm hoping to get into med school so that I can pursue psychiatry. I've just finished my internship at a forensic psychiatric clinic, where I had the opportunity to work on the front lines with a variety of different offenders,

and I'm so excited to be back in school with a refreshed perspective! What I love about the UPA is that everyone involved seems to have diverse career and educational goals, but that we're all connected by a great sense of motivation and passion for psychology. I am excited about contributing to the UPA this year, and getting to know some more like-minded psych students!

Melissa Daniels
mdaniels@ualberta.ca

VP Campus Communications

Hello Everyone! My name is Lauren Kotylak and I will be your V.P. of Campus Communications this year. I am in my second year of psychology, working towards becoming a Clinical Psychologist. My position this year involves: creating Ink Blots every month, advertising and promoting events, promoting UPA around campus, and the list goes on! I will try my very best to make the Ink Blots as informative and interesting as possible. I am so excited for this year and look forward to meeting more people with the same passion for psychology that I have!

Lauren Kotylak
lkotylak@ualberta.ca

VP External

My name is Shantelle Bihis and I am the VP External. I'm in my 2nd year in the Faculty of Arts majoring in Psychology. Like a lot of 2nd year students, I'm still undecided on my minor. One thing I like about the UPA is that all the members are really nice and funny! It's great because we share a lot of the same interests. This year I hope to help

get the UPA more exposed around campus. The UPA is a great student group and definitely would help a lot of psych students out.

Shantelle Bihis
bihis@ualberta.ca

General Operations Officer & Webmaster

My name is Chris Madan and I am starting my fourth year in the BSc Psychology Specialization 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 as President of UASUS (University of Alberta Science Undergraduate Society). I also work in a neuropsychology lab in the department as a research assistant 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@ulberta.ca



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NEW THIS YEAR! - Peer Mentorship

The Peer Mentorship program facilitates one-on-one interaction between a 3rd/4th-year student and a 1st/2nd-year student in psychology. An older psychology student who meets the criteria to act as a mentor (please see application) 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.

Interested? Contact Peer Mentorship Coordinator, Leigh Yang, at myang@ualberta.ca

Just a few things we did last year...

Academic Forums

- Grad School Forum
- Honors Forum
- Internship Forum
- Individual Study/Lab Volunteering Forum

Psych Week

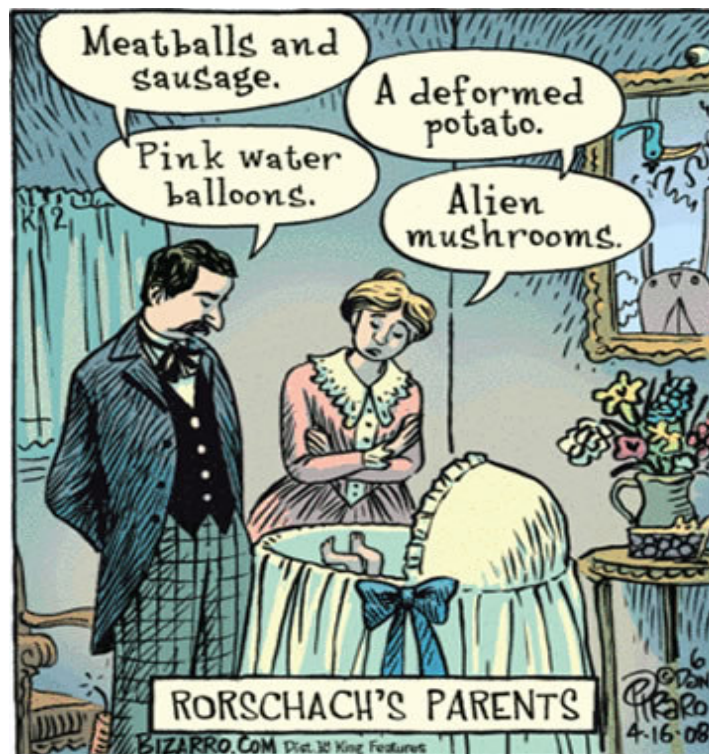
- Bakesale featuring the Psych Wheel
- Career and Volunteer Fair
- Psychology Career Forum with CAPs

Fundraisers

- Save a Horse, Ride a Bus Pubcrawl with UASUS
- Terry Fox BBQ
- BBQ with HACUA
- Hot Chocolate Drive for Gay Bisanz Memorial Turkey Drive

Other

- Royce Conference
- Volunteer Appreciation Nights



UPA Month of Madness!!!

General Meeting – Volunteer Recruitment and Peer Mentorship Info 5pm in Smitty Library (Psych wing of Bio Sci)

RSVP upa@ualberta.ca

Learn about volunteering opportunities within the group, and the peer mentorship program. Come to talk one-on-one with the UPA execs and sign up for committee! Ask us any questions, give us suggestions for the group, or just come and chat because we're cool people! Refreshments and light snacks provided.

UPA BBQ



Wednesday, Oct. 15, 2008

Quad

Mmmm food! Before you head off to class, or to the library to study (or “study”), grab a bite to eat from your fave psych group! If you have some spectacular grilling skills, contact ilek@ualberta.ca to volunteer!

UPA Presents: Psychology Grad School Forum

Wednesday, Oct. 15, 2008

5-6:30pm, Location TBA

RSVP tdrozdia@ualberta.ca

Find out how to apply to grad school, what you can expect from grad studies, and the difference between clinical, counselling, and research.

UPA Members – free

Non Members - \$1



UPA Pubcrawl

Friday, Oct. 17, 2008

Time and Location TBA

candring@ualberta.ca

Watch out for an awesome social event. Come and party before midterms drive you mad!

Non-UPA events you may be interested in . . .

Organisation of Botany – Science Group Kick Off Party

Saturday, September 27, 2008

7pm at RATT

obs@ualberta.ca for more info

Promoting all science groups at the UofA. Daphatur DJ Extravaganza, killer beats and dance party, sweet deals on booze-Bring all your friends!

STAND UP, TAKE ACTION AGAINST POVERTY AND INEQUALITY

When: October 17 @ 11am to 1pm

Where: QUAD, U of A

Oct. 17, 2008 is the International Day for the Eradication of Poverty.

Millions of people around the world “Stand Up” symbolically against poverty and get counted to break the previous year’s record for the most number of people that have stood up for a single cause. Last year 43.7 million people stood up on this day.

The University of Alberta STAND UP is being hosted by the Student Umbrella for Social Justice Coalition, consisting of 13 social justice groups working in unison to engage the university and community.

Come out to QUAD on October 17th and represent the Undergraduate Psychology Association.

For more information, search "Stand Against Poverty UofA 2008" on Facebook or visit

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

A Taste of Medicine - A Meet and Greet with Faculty and Students from the MD program

Friday, October 3rd, 2008 from 6-8p.m.

Bernard Snell Hall

Please RSVP to uofaMDambassadors@gmail.com

Join us for an evening of conversation, speakers and refreshments as faculty and students discuss a career in medicine and the MD program at the U of A. Bring your questions!

UASUS Department Fair

Watch out for in October! A clubs fair for all science groups!

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!

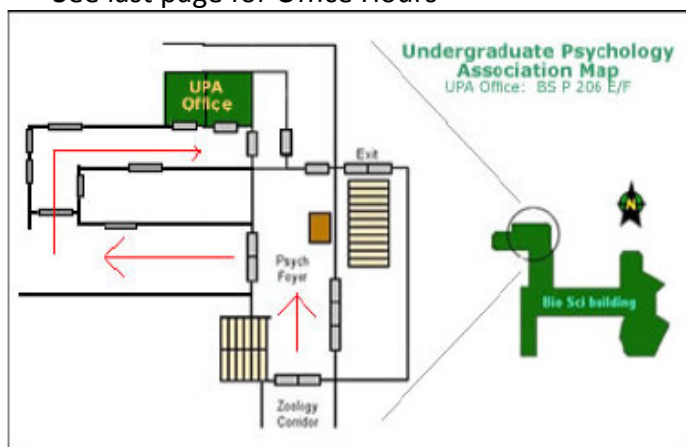
Seek advice from other UPA members on psych-related matters! Gain access to valuable info!

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

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

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

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

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

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

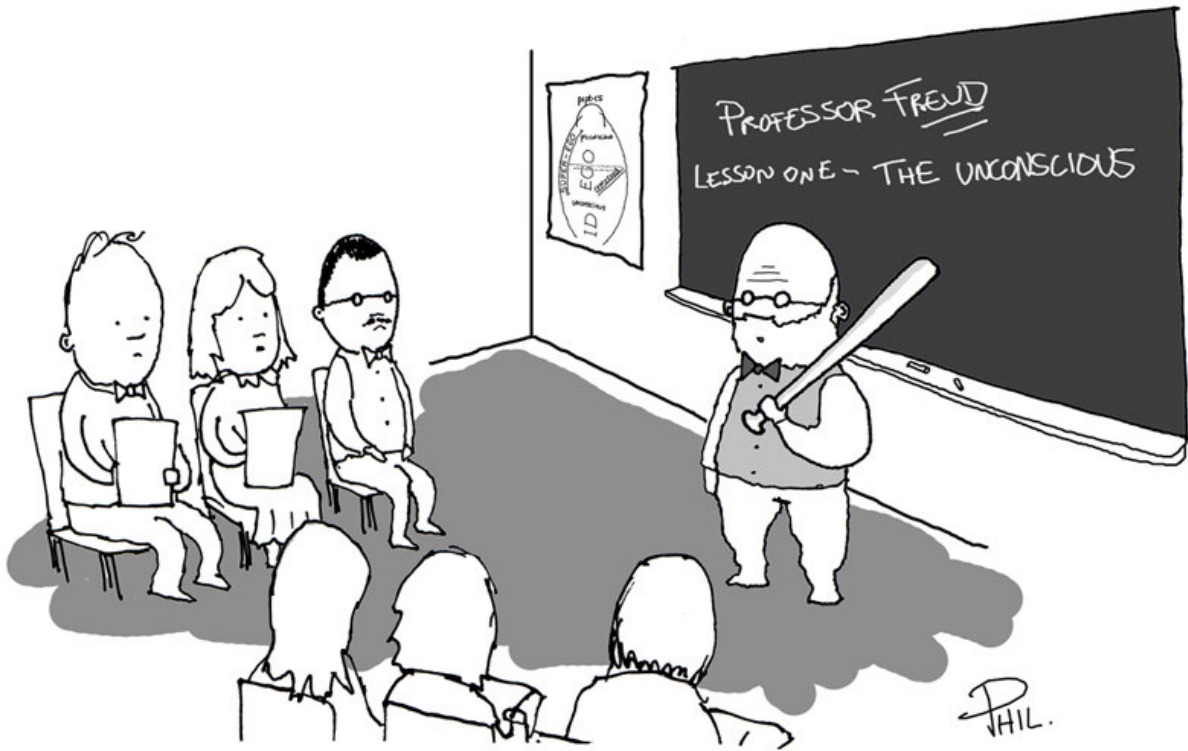
Ψ Ink Blot Contributors

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

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

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“Can I have a volunteer, please.”

UPA OFFICE HOURS

| | | | | |
|------------------|-----------------|-----------------|-------------------|--|
| Monday | 11-12 | 1-2 | | |
| Tuesday | 8-9 | 11-12:20 | 12:20-1:20 | |
| Wednesday | 11-12 | 1-2 | | |
| Thursday | 11-12:20 | 2-3 | 3:30-4:30 | |
| Friday | 11-12 | | | |

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