

THE INKBLOT

Winter 2016 Issue 1



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Editor's Note

Hello, and welcome to another issue of the Inkblot!

I hope everyone's Winter semester is going well. By now you should be hard at work in the midst of midterms, or preparing (dreading) finals. With April fast-approaching we have our annual UPA elections. In this issue I have included an overview of what each position entails (page 5), as well as how you can run in elections (page 4).

This is my last year as a student at the University of Alberta, although I'm sure I'll be back in one capacity or another. At first I found this campus intimidating, lost in the sea of students who seemed to know much more than I, but over time I learned just how large of a community this campus is. I hope that these newsletters allow others to feel the same way, either through advice, or by making the Department of Psychology seem just slightly more approachable.

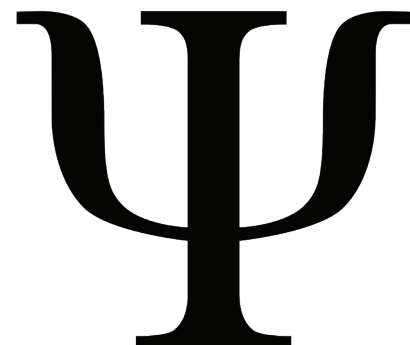
In addition to my ramblings I have included Anna's music recommendations (page 3). I want to thank her for contributing in the last two issues of the Inkblot, and to remind everything that opportunities will come up in future issues to do the same.

On page 5 I have included some information about the Discovering Autism Conference

Happy Reading!



I'm a fourth-year Arts Psychology major, Sociology minor, and editor of the Inkblot. My aim for this year is to provide Psychology students with an outlet to express themselves, as well as UPA information consolidated in one easy location. I spend most of my time on campus so if you see me around feel free to say hi!



Psychology Events this Month

March 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
13	14	15	16	17	18	19 Discovering Autism
20	21	22	23	24	25	26
27	28	29	30	31		
April 2016						
					1	2
3	4	5	6 Election Day	7	8	9

Watch out for us in the upcoming weeks!

April 6th: UPA Elections

Watch out for information on our pub nights, where some of our exec will be hanging out, and answering your questions.

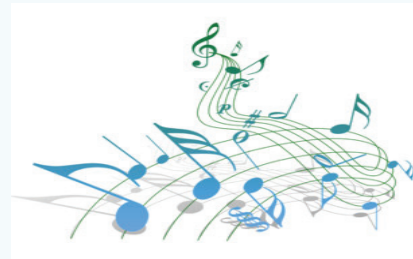
3 Anna's Music Recs

Hey there Psych students!

I'm back and this time I have brought with me my self-proclaimed musical expertise! Everyone likes music, right? Right. So I figured, why not give you all a taste of the kind of tunes I really dig, and hopefully you will too!

This one is for the days of blue. We have 'em, we all understand 'em, so check these songs out when you're feeling down:

- Pixels by Mimicking Birds
- Brothers in Arms by Dire Straits
- Whom Who've Been by Mimicking Birds
- Heart Full of Wine by Angus & Julia Stone
- Michigan by The Milk Carton Kids
- Local Hero/Wild Theme by Mark Knopfler



And if you're more into the happy tunes and would prefer to avoid the sad stuff, these songs are for you:



- Stumblin' In by Chris Norman & Suzi Quatro
- Dancing Queen by ABBA
- Finale by Polyphia
- Cliffs of Diver by Eric Johnson
- True Love Will Never Fade by Mark Knopfler
- Build Me Up Buttercup by The Foundations

Of course, we have to include a section for the music you can actually (try) to study to...because let's get real, that's what we're all here for anyway:

- Boundless (full album) by Pomegranate Tiger
- Planets by Gustav Holst
- Dive (full album) by Tycho
- Bloom (full album) by Beach House
- Lost in the Dream (full album) by The War on Drugs

Alright people, that's all I've got for you today. But remember, if you ever need someone to talk to, want to bounce ideas off of, or even just want to make a new friend, I am always somewhere nearby. Just contact me at gwozdz@ualberta.ca and we can chat :)

UPA Elections

April 6th at 3pm in the Smitty library.

Any members of the UPA (those in Psychology majors or minors) may run in the elections, all you have to do is sign up beforehand (information forthcoming) and prepare a brief speech. The election night is informal. Most people look for enthusiasm, and someone who has ideas they can get behind.

Who can run? Anyone interested!

There are many reasons someone might run as an executive in the UPA:

- If you would like to be involved on campus.
- If you have previous experience that might help with UPA's operations.
- If there is something you would like to improve or change.
- If you would like to get an inside look into a student association.
- If you would like to pad your resume (maybe don't mention that in your speech).

Don't worry! If elected you will be transitioned by the previous executive member, and briefed on the position. The UPA works as a team, so no member will be left behind.

Do you have something you would like to contribute to the Inkblot? Did something in a class peak your interest? Is there a professor you would like to interview? Or would you just like to write for a Psychology newsletter?

Email me at: rsprince@ualberta.ca

UPA Positions

Here is an overview of the executive positions at the Undergraduate Psychology Association. These descriptions are meant to give you an idea of the positions, but are by no means exhaustive.

President: Coordinates the UPA, organizes meetings, assists and supports executive members, drafts the yearly budget alongside VP Finance, drafts the Constitution, creates a general plan for the year, and anything else that can help the UPA run smoothly.

Co-Chair: compliments the roles of the President either in conjunction with or in the absence of the President.

VP Academic: chairs the academic committee, organizes academic events such as lab mixers, information sessions, and study groups.

VP Social: chairs the social committee, organizes social events such as pub nights, must take SIPS/AA training, creates and organizes the UPA VIP discount card.

VP External: organizes career and volunteer fairs, provides resources on employment and volunteering, and focuses on university-community relations

VP Finance: drafts the budget, acquires funding if required, procures scholarship deals and discounts for UPA events and members, and handles banking.

VP Internal: drafts UPA bylaws and rules, keeps meeting minutes, and keeps the UPA office clean and organized.

VP Campus Communications: promotes the UPA, maintains the UPA social media, and advertises UPA events. and updates

Smitty and Peer Mentorship Coordinator: maintains the Smitty library, advertises and coordinates volunteer positions for the Smitty Library and Peer Mentorship program.

Editor of the Departmental Newsletter: creates, edits, and distributes the Inkblot newsletter, promotes UPA events, encourages and edits contributions to the newsletter, and publishes on a

Discovering Autism

**Centre for Autism Services Students' Association invites you to
Discovering Autism, our 3rd Annual Interdisciplinary Conference!**

Saturday, March 19th, 2016 in Edmonton Clinic Health Academy Lecture Hall 2-490
from 9:00am to 4:00pm. Doors will open at 9:30am.

This is an educational conference for students, educators, parents, support staff, and all others affected by Autism Spectrum Disorder (ASD). The conference will consist of sessions in which experts in the field from various backgrounds will speak about their own unique experiences and perspectives on Autism Spectrum Disorder. There is a selection of sessions to attend, some topics include, autism across the life span, autism in the classroom, sibling perspective on ASD and much more.

The event will also include a fully catered lunch. A detailed description of the topics, speakers and ticket purchasing can be found on the following website:

<https://www.picatic.com/discoveringautism>



If you need more information or have any questions please contact us at
cfasa@ualberta.ca

Need advice?

Contact the INKBLOT!



Anything from ideas on how to improve your study habits, to wicked music you might want to check out, we are here for you!

How does it work? Just email Anna at gwozdz@ualberta.ca with your questions and she will answer them in the next issue of the Inkblot.

Stay Posted!