

October

23rd

Meeting for all Smitty library volunteers, 4PM, Smitty (BSP 210)

27th

Halloween party @ The Union:

Get your psych on. Tickets go on sale right now. **Buy 2 get 1 FREE.** Wicked good times to be had.

November

4-5th

HSSA Alberta Interprofessional Conference
Chateau Lacombe,
10111 Bellamy Hill

8th

Grad School Forum:
Open to all students. UPA members get in for free.
5-7PM, ETLC 1-017

23 (subject to change)

Lab Volunteering Forum:
Open to all students. UPA members get in for free.
5-7PM, Location TBA



Undergraduate Psychology Association

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THE INK BLOT

Because anything serves as an excuse to procrastinate.



SEPTEMBER – OCTOBER 2006:

- Ψ Editor's note
- Ψ I know what we did last month...and so should you.
- Ψ What you should be doing right now for grad school
- Ψ Upcoming events (translation: come out with us this Friday!)
- Ψ Join the UPA: the why, the how, the overall awesomeness of it

Editor's note

Over the last month or so while I was putting together this issue, I got to wondering: why don't I just keep all this handy information to myself and just NOT PUBLISH IT? I can knock up a five-page newsletter with just cartoons and weblinks, no prob. And who says we need to host forums? Why not just talk to professors ourselves, form our own super-exclusive grad school information database, and keep it all hush-hush? The obvious advantage to that being that *we* will be that much more in the know and the rest of the student body that much less informed. Sounds good to me – less competition and a better chance of me making it in somewhere while others scramble to research grad schools without the help of an organization. Huttah!

But if I seriously wanted to do that, I'd be in the wrong place: the UPA is all about connecting people to the right info and helping them succeed – god knows why, I think it's time we smarten up and just hoard things for ourselves. Kidding! It's because we actually do want to make it easier for you and we really do want to see you succeed. So come out to our forums and glean valuable psych information, straight from the (figurative) horses' mouths. And come down to our office – we have a giant filing cabinet chock-full of grad school brochures from Canada and USA, completely open for you to browse through and photocopy.

Because we care. Really.

Leigh Yang
VP Communications



“So, how does your crippling depression make you feel?”

I know what we did last month September - October recap

The UPA's **Month of Madness** has been great so far, especially our first social night on Friday the 13th – huge thanks to everyone who came out. It was awesome meeting new members and chatting about psych and life and all that jazz. Thanks to Michelle Chudleigh, our VP social, for all the hard work and the excellent finger foods! ;)

Smitty is back: Dr. Dawson, who is newly in charge of the Smitty library this year, has really outdone himself in cleaning out the excess material and bringing in some pizzazz to the room! Check out the new room arrangement, new posters of psychologists on the walls, and the neatly catalogued psych journals available for your perusal. Our hardworking VP Academic, Aimee Grover, has also amassed an army of volunteers to man the library. Kudos to all the eager volunteers who signed up – you keepers, you! They knew a golden opportunity when they saw one. We look forward to making the most of the new and improved Smitty – intense studying is to be expected. Oh yeah.

Drop in whenever you're around – open to all students. Library hours are posted on the door.

The **Webboard** is up and ready for your procrastination needs.

<http://upa.g33ks.info/> - where your free time comes to die. Thanks, Chris, for the Herculean task of setting it up and then badgering us to start posting on it. See you on the web forums, all! Join – it's free and you get to choose a nifty user picture.



WWW:

<http://www.all-about-forensic-psychology.com>

No, it's NOT just like CSI! This comprehensive website on forensic psychology was created by psychology lecturer David Webb to correct misconceptions about forensic psychology rife in the media. "I would always begin my first lecture by asking students to write down what they thought forensic psychology was. After a couple of minutes, I would ask for their attention and apologize for forgetting to tell them that they weren't allowed to use the words serial killers, or Silence of the Lambs in their answer. It was usually at this point that most of the writing stopped." If this sounds like you, you should check it out.

Includes definition, theory and practice, careers, and degree options. Also available (for free!) is a monthly newsletter, which includes contributions from experts in the field.

Side note: Forensic psychology is offered here at the U of A as a Special Topics course, PSYCO 403, taught by Dr. Frenzel. Prerequisites are PSYCO 233 (Personality) and 339 (Abnormal).

What you should be doing this month:



"It's uter-US, Marge, not uter-YOU."

It's never too early to start planning for your future. As early as your second, or even first year in psychology, there's a bunch of things you can do to jump-start your career in psychology. This will be a regular feature that will explain in detail what you can do and how to go about doing it – unless I decide it's not informative enough or something else would be more worthy of this space. Email me with you take on it – correct it, add to it, call me an idiot, just give me some feedback.

October/November:

Time to get to know your professors: building a good student-instructor relationship

By now, a month into the semester, you might be feeling overwhelmed by the vague and lengthy textbook and could use some help getting things straight. Or you're really worried about that upcoming assignment that you're not sure you understand. Or maybe that fifteen-minute explanation of that important-looking graph just went woosh! over your head but you felt too embarrassed to raise your hand in the three-hundred-people lecture hall and ask him to repeat it. And now you're afraid of bothering him during his office hours. Well....

Building a good rapport with your instructor is important, and *not* just because you're trying to hit them up for references later on. For one thing, they can give some awesome tips on which area of the course to focus on, and how one concept relates to another. Or some related articles that might help with certain chapters. And if you're serious about psychology, they are your role models who can give great information about what it's really like to study psych for a living. Some of them also have really cool research that they don't mind discussing, which can show you what psych can be like outside of your textbook. We are pretty lucky in that this school houses one of the best psych departments in the nation, and lots of active, well-known researchers are right here on our campus – sometimes as our instructors. Isn't that cool?

But it can also be pretty intimidating: it's natural to be afraid of a one-on-one encounter when you've only seen your prof in a huge lecture setting before. But professors are people, too: people who worked insanely hard to get where they are and are busy teaching and doing research, but still people. And for the most part, they're great people: most professors sincerely want you to do well, and will be

patient with your questions. So no worries – as long as you go about asking in proper way.

What to do:

"Hi, my name is *so-and-so*. (optional) I'm from your *PSYCO whatever class*. (they usually teach more than one!) I had a question about a *specific chapter/lecture*. **.Is this a good time?" (ex. the material might take too long to explain right then, especially if you came in around the last ten minutes of his/her office hour, in which case you might have to come back at another time. Or, this might be something a lot of ppl had trouble with, so he might just go over it again next class.)**

What not to do:

"Hi, I'm *so-and-so*, I have a question? Like, about that stuff you said last class? Like, I don't get it."

Perplexed prof: "Get...what?"

"I don't know. I just don't get the whole thing."

Perplexed and now disgusted prof, rolling his eyes: "Goodbye."

Well, not exactly: some profs are dead nice and might try to work through "the whole thing" with you. But by not having a specific aim or question, you'll be wasting both his time and yours. Be prepared before you go see your prof: know exactly what you want to get out of your visit.

What not to do II:

"Hi, I got an A in your course three years ago. Can you write me a reference letter? By next week?"

This applies to the harried fourth-year desperately looking for references. Yes, references are important and you really want one; but ask professors who know you well enough to *want* to write you a letter, and ask *nice*ly. And ask in advance: around this time of year, professors are up to their eyeballs in work and are likely handling lots of requests for reference letters. He might not have time to write another one for someone he barely knows. Take some time to pay him a visit early in the year or even over the summer, politely requesting a reference and giving him some definite reasons for why he should give you one. (Ex. that outstanding semester-long project that got you an A+, your involvement with his/her lab) Make the letter-writing easier by providing him with a letter, detailing your involvement in psychology, your grades, and your area of interest.

You know what to do. May the force be with you. ☺



And, what do you think will happen if you do get on the couch?

Upcoming Events October-November

Our very first **academic forum** of the year is coming up – and I'm excited! By far one of our most popular events, the **Grad School forum**, slotted for the **3rd of November**, has previously attracted hundreds (hundreds, *plural*.) of eager psych students every year. The **Lab Volunteering forum** will shortly follow on **November the 23th**. Give Aimee Grover, VP Academic, a heads-up at grover@ualberta.ca if you plan on attending: the forum gets pretty crowded! UPA members get in for free, of course. IF, perchance, the room is crowded to maximum capacity in a rock-concert-mob-scene-esque situation, UPA members will be given precedence over non-members to enter, too. Flaunt that card, baby!

(This won't likely happen. But as it's such a monumental event, a little exaggeration seemed appropriate.)

The **Month of Madness is still on**: join us on **October 27th** for our Halloween Party at **The Union (6240 99st)**! We're still looking forward to meeting more members. Have I mentioned that we're crazy fun and willing to hang out with equally fun psych students? Don't feel awkward about being new or coming alone, I promise you won't a wallflower for long ☺
Rocking good times to be had! Tickets are **\$5**, includes one free drink. No charge, no cover before 11 PM, **buy 2 get 1 free!** Tickets go on sale this week: locations and times on the last page, or email any one of us.

The short version: Come out with us. Seriously. Because we really want to meet you.

Bonus: there's a **\$100 prize for best costume**. No joke.

Skinner's Lunchbox

BSP 226 D



Chips, pop, chocolate bars, oatmeal and cookies at a discounted rate for UPA members!** Drop in during our office hours and grab a cheap pick-me-up!
Equipped with microwave and kettle. Prices subject to minor change.

Cookies (2-pack): \$0.50

Chips: \$0.75

Chocolate bar: \$0.75

Mr. Noodle: \$1.25

Pizza pop: \$2.00

Oatmeal: \$0.75 (includes utensils)

** Purchase open to non-members as well, but at a non-discounted price.

Join the UPA!

Why?

- You want to *connect, grow* and *succeed* so that you can excel in psychology while gleaning maximum enjoyment from your undergraduate careers. ;)
- To have fun with other psych students!
- To get more 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 in the last page

The Perks:

Free admission into all forums and events!
(\$1+ for non-members)

Discounted snacks from Skinner's lunchbox!

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

Meet new friends! (Connect!)

Seek advice from other UPA members on psych-related matters

WWW....

Look for us on the web, at www.ualberta.ca/~upa, for:

- Ψ **The MEMBERS ONLY** section: extra, exclusive information on higher-level psych courses and more to come.
- Ψ **Professor** of the month
- Ψ **Course** of the month
- Ψ **Volunteer agency** of the month

Volunteer Opportunities



Too much time on your hands? Love psychology? Super-keen to meet people? Well, aren't you in luck!

The UPA is looking for responsible, dedicated individuals for:

Ψ **Inkblot contributors:**

Have you ever picked up a copy of the Inkblot and thought, hmm, this could be so much better? Well, so have I. I'm looking for random contributions and any graphic designer who can make this look more attractive.

Send emails to myang@ualberta.ca

Halloween Party tickets:

Mon/Tues/Friday:

Booth at Business Atrium during office hours

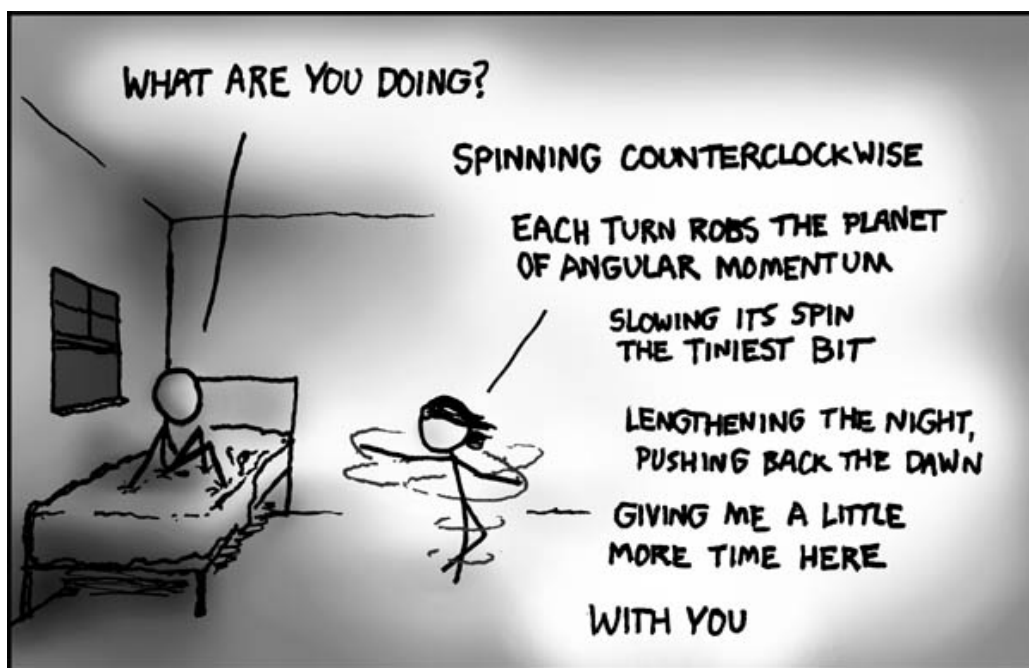
Thursday:

Booth at CAB, Ditto.



UPA Office hours: Fall term

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Michelle		Michelle		Michelle
9:00 AM					
10:00 AM					
11:00 AM					
12:00 PM			Vaidehi		
1:00PM	Aimee	Sonia		Sonia	Leigh
2:00PM			Susan		Chris
3:00Pm			Chris		
4:00PM					
5:00PM		Leigh	Wing	Leigh	Wing
6:00PM					
7:00PM					
8:00PM	Susan		Susan		





Exec's Message of the Week

Instructions for Life, by the Dalai Lama

Susan Packinayagam
President

1. *Take into account that great love and great achievements involve great risk.*
2. *When you lose, don't lose the lesson.*
3. *Follow the three R's:*

*Respect for self,
Respect for others and
Responsibility for all your actions.*

4. *Remember that not getting what you want is sometimes a wonderful stroke of luck.*
5. *Learn the rules so you know how to break them properly.*
6. *Don't let a little dispute injure a great relationship.*
7. *When you realize you've made a mistake, take immediate steps to correct it.*
8. *Spend some time alone every day.*
9. *Open your arms to change, but don't let go of your values.*
10. *Remember that silence is sometimes the best answer.*
11. *Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.*
12. *A loving atmosphere in your home is the foundation for your life.*
13. *In disagreements with loved ones, deal only with the current situation. Don't bring up the past.*
14. *Share your knowledge. It is a way to achieve immortality.*
15. *Be gentle with the earth.*
16. *Once a year, go someplace you've never been before.*

