

## September

25<sup>th</sup>

The first **Ink Blot** issue of the year: kicking off 06-07 with a healthy dose of psych.

25<sup>th</sup>

**Monthly general meeting:** come and see what the UPA is up to! Open to and welcome for any prospective member to attend. Smitty Library, BS P210

## October

6<sup>th</sup>

Mingle mingle: UPA's **first social night** at Earls' on Campus.

13<sup>th</sup>

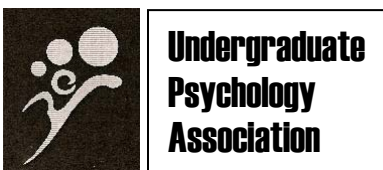
**HSSA Banquet**  
Faculty Club, \$35

30<sup>th</sup>

**Monthly general meeting:**  
Open to and welcome for any prospective member to attend. Smitty Library, BS P210

31<sup>st</sup>

**Halloween event joint with UASUS:** details to come.



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# THE INK BLOT

Psychin' it up since forever.

## off the mark

by Mark Parisi

[www.offthemark.com](http://www.offthemark.com)



## SEPTEMBER – OCTOBER 2006:

- Ψ I ♥ psychology: why it's so great
- Ψ In good company: UPA Executives 2006-2007
- Ψ UPA's new look: not only HOT, but meaningful as well
- Ψ Join the UPA: the why, the how, the overall awesomeness of it
- Ψ Volunteer opportunities: golden resume liners

## I ♥ Psychology

Who doesn't? What's not to love? Sure, it's years of back-breaking work in hopes for slim chances at higher-level grad studies and vicious competitions for post-doc positions that are apparently like gold dust. Not to mention the endless writing and re-writing of papers while waiting months to get them published. Or the near-decade of work you'll have to complete to practice as a psychiatrist. Or the tons of volunteer hours you'd have to put in to increase your chances of becoming a clinical psychologist.

Um, right. So wait, why are there fifteen hundred people in this university - myself included - pursuing a Bachelor's in psychology? Closet masochism, much?

Granted, most of us will eventually settle on a different field (law, social work, business, gas attendant, etc): but most of us start out in psych envisioning ourselves in the white coat behind a shiny desk, making a steeple with our fingers and saying something like, "tell me more about your childhood" to a reclining figure on a couch. Or making rats run mazes while writing things on clipboards, nodding gravely and making comments like "We're noticing a marked improvement. Let's proceed to the human subjects lab and check the progress on the hyper sexuality pills."

Because most of us think of psychology as such a cool, glamorous profession (ex. the sexy psychologist from *Batman*), it's easy to forget the dedication, the grit, the hard work and sleepless nights that go into being a psychologist. A direct quote from the University psych department website: "*When you complete a degree in an area such as Engineering, Education, or Nursing you have the credentials to be hired in that field. An undergraduate degree in Psychology does not allow you to enter the work force as a psychologist - that requires further training beyond an undergraduate degree. About 90% of the people who graduate with a Bachelor's degree in Psychology do not go on to graduate school (Master's and Doctorate level studies)*" Succeeding in psychology is tough: fifteen hundred psych undergrads, fifty grad students. It's that simple. You're looking at a one-in-thirty chance of becoming a psychologist one day. Encouraging, huh?

I don't mean to dampen anyone's aspirations, but I think it's important that we know what we're facing. Psychology is a tough field, and becoming a psychologist is going to be a crazy stressful process. And that's why the UPA is here: in a huge, competitive discipline like psychology, we need all the help we can get to succeed. The UPA is here to make it just a little bit easier for all psych undergrads. And since the UPA is so set on helping people succeed - why not take advantage of it? ☺

### Back to the question: so why do we do it?

Simply put, it's a pretty awesome discipline. Everyone is an amateur psychologist at heart: we all want to know why people act the way they do. Why not learn to do it better and earn credits while you're at it? It's fun to go through the list of personality disorders and point out the ones you potentially qualify for. Look at all the stuff we get to learn take in psych: Human Sexuality? Psychology of Aesthetics? Human Factors? Abnormal psychology? Perception? Behavior and Learning? Get right out of town, I get credits for studying this stuff?! It's exciting, and there's no greater motivator than to be excited about what you're studying. Some of the most useful things I have ever learned come from psych classes, like how to cheat a lie detector, the criteria for premature ejaculation, and how to form a cult.

Another advantage: psychology is highly applicable. A degree in psych can get you into a variety of different fields in society, so that you won't get pigeonholed into one profession after you graduate. The skills you will learn as an undergrad – analytical thinking, communication, scientific analysis, research methods, teamwork – will benefit you no matter which career you pursue. Another excerpt from the department website reads: "A degree in Psychology is a springboard for many career paths including:

*Behavioral analyst*

*Employment counsellor*

*Case worker*

*Academic advisor*

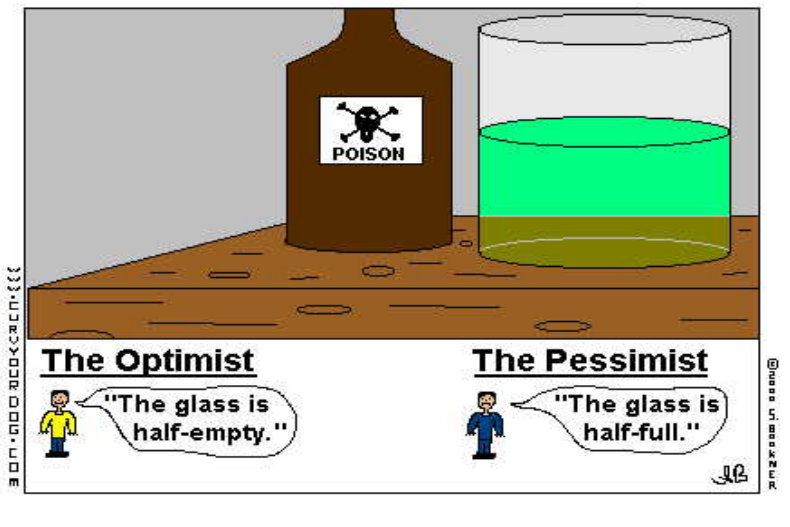
*Child protection worker*

*Advertising coordinator*

*Depending on how you decide to market and package your skills, the possibilities are endless."*

Quite true. Welcome to psychology.

Leigh Yang  
VP Communications



THADEUS & WEEZ

by Charles Pugsley Fincher



George W. Bush takes a Rorschach inkblot test.

## UPA EXECUTIVES

### President's Address: GUESS WHOSE BACK? BACK AGAIN!!!

Hello everyone, I am so glad to be back at the UPA this year! I learned a lot from being VP external last year and I am up for a new challenge! I am in my 4th year of my psychology degree and I would love to pursue a masters program in counseling psychology in the future.

**Now, you may ask, what does she want to accomplish this year?** There is so much that I can hardly say it in words. My first goal of the UPA is to join our 1500 members in a setting where together we will connect, grow and succeed in psychology! People are very surprised to learn that the field of psychology is the second largest student body on campus... IT'S ALMOST SCARY!!! We have a divided faculty where some of us are in the arts and others in sciences... I say why not **unite**? The UPA is a great way for us to get to know each other, make connections and learn more about our field. It is only as good as we make it. One of our biggest attractions is our forums. I am sure some of you have heard of our **Grad school, Honors and Internship forums**: if not, here is your chance to get to know us. We hope to help as many people as possible who have dreams of achieving their masters in psychology, to just have a better understanding of psychology or people that just have an interest in this field.

This year we hope to continue our strong academic front, but we hope to achieve an even **stronger social aspect** of the UPA. School is important, but so is developing other parts of your life. We will be doing this by joining forces with groups such as **UASUS** and **HSSA**. I am so excited I can hardly wait!! Stay tuned for our exciting social events! Now I know that we are all really busy on campus, but joining the UPA is a great way to get some time to relax as well as make those ever-popular connections with people. One of the things I learned in this field is the **more people you know the better your chances** of understanding and developing necessary skills used in psychology. Getting connections within this field could even land you a job!!!

**Now, you may ask, what can the UPA do for you?** If you choose to become a member for only 5 BUCKS for the year ...not only do you get to meet people in your field, but you get access to all volunteer and work opportunities as well as our textbook registry posted on our website <http://www.ualberta.ca/~upa>. We also we keep you updated on all forums (which you will get in for free), our social events and upcoming UPA related items. If you are ever hungry we offer cheap snacks at our **Skinner's Lunchbox** and even a place to chill out (**P-206D and E**). We have information on grad schools and are quite friendly... so come and chat with us. We welcome anyone who is interested to stop by our office hours, email or call us!!! You give us the chance: we will give you the time!!! I am more than willing to meet with anyone who is interested in the UPA. When I became president of the UPA this year, I had a vision of how to get our message across. One of these ways is by **ADVERTISING!!!** So stay tuned for **our banner in CAB, classroom presentations** and our first **Welcome-back Bash!** ANY QUESTIONS CAN BE DIRECTED AT [upa@ualberta.ca](mailto:upa@ualberta.ca) OR TO ME (address below). I can't wait to meet all of you and I hope you give me the chance! **WISHING YOU AN AMAZING YEAR.**

Remember: psychology is not just another field, it is **everywhere and affects everybody**. The UPA is a way to make several **CONNECTIONS, GROW** and **SUCCEED** in an ever-popular field! THANKS FOR GIVING US A CHANCE !

Susan Packianayagam  
[ssp1@ualberta.ca](mailto:ssp1@ualberta.ca)

## VP Financial

Hello Everyone, I'm back! This is Tasha, your VP Finance for the 2<sup>nd</sup> year in a row now. This year is shaping up to be a really exciting one, with new members and new executives. I am actually in the internship program and completing my work experience placement this year, so most of you will unfortunately not see me on campus. Although if you are just dying to meet me, I will be coming to the meetings and hopefully most of the events.

So, Finance: it's a super exciting portfolio despite what you might have heard. I'm in charge of the finances, as well as fundraising and merchandise. I'm currently looking for volunteers, but I'll get to that at the end of my spiel. Last year was a lot of fun! We had a few bake sales with apparently the most amazing brownies ever, courtesy of last years Fundraising coordinator, Jamie! I say "apparently" because I never actually got to try her brownies as they always were sold out before I got there (usually within the first hour). So if anyone is really into baking, they need to speak to me so I can exploit you talent! I also organized Candy grams last year, which were a lot of fun to deliver as they usually awarded quite a deal of embarrassment to the recipient. However, they weren't as much fun to make or organize so I'm not sure if we'll be doing that again.... but if anyone is interested in tackling that project, be my guest!

This year I'm hoping to work with a great team on fundraising geniuses. If you are a genius (which I'm assuming all of our members are.... seeing as they are smart

enough to join our wonderful group!) then you should get in contact with me. I am looking to create a fundraising committee that will take on the task of raising money for both the UPA and other charities we're affiliated with. Also, I'll be needing a merchandise guru to take care of organizing merchandise orders, stuff like sweaters, t-shirts and pens. We need something to prove that we were part of the coolest student group on campus (for those who don't know.... the coolest group would be the UPA, not the Undergrad Sociology Association (I'm a Soc. minor I can make fun of them)).

Contact me if you are interested in volunteering with me. If not, you can contact the UPA e-mail with any questions or if you want to volunteer for something else. I'm the one checking the general e-mail most often so I'll answer questions or re-direct you to the appropriate VP.

One last thing: Welcome to all new members, welcome back to all old members, and I hope everyone has a great year!!!

Tasha Weber  
[nweber@ualberta.ca](mailto:nweber@ualberta.ca)

## VP Academic

Hi, my name is Aimée and I am this year's VP Academic. This means I get to organize all the forums: Grad School, Internship, Honours and Independent Research. I also organize the prof /class of the month interviews. Incidentally, I need a lot of volunteers to help me out, so if you're

interested in getting some experience, email me.

A little about me: I am a fourth year Arts Psychology major. I hope that after this year I will take a year off to work and then get into either Counseling Psychology or School Psychology. I do a lot of volunteer work, most recently with Canadian Mental Health Association (about which I learned through the UPA's website last year!) I worked with both kids and adults and it was a lot of fun.

I am very excited about this upcoming year, and I hope to see you at some of the forums!

Aimée Grover

[grover@ualberta.ca](mailto:grover@ualberta.ca)

## VP Social

Hey, my name is Michelle Chudleigh and I will be the wild and crazy VP social this year for the UPA. I am a 5<sup>th</sup> year BA (hons) Psychology student who just finished a 14 month internship at Alberta Hospital Edmonton. My job as VP social basically involves organizing and coordinating a bunch of fun social events for psychology students (and anyone else who wants to come). These events will be a good place to mingle and network with other people in the department and, of course, relieve all of that pesky stress from school. Work hard party harder right? I'm planning on having a bunch of different events this year. Watch out for everything from bar nights and pub crawls to movie nights and pizza parties. If you have any suggestions for upcoming UPA events please send me an email and share your thoughts - I would love the chance to procrastinate from studying by writing you back.

Michelle Chudleigh

[mdc5@ualberta.ca](mailto:mdc5@ualberta.ca)

## VP Communications

*"But my dear man, reality is only a Rorschach ink-blot, you know."*

- Alan Watts

And *how*. Someone should write a song about that: "reality is only an ink-BLOT, ink-BLOT, ink-BLOT, a Rorschach INKBLOT, baby! na-na-na-na-na!" Any takers? You heard it here first.

As VP Comm, my main duty is to compile the monthly Ink Blot. I might also email members from time to time to recruit volunteers for special events (ex. bake sales) or remind them of upcoming events.

If you would like to contribute to the Ink Blot, don't hesitate to email me. Some ideas: the best psych course you ever took and why. Randomest, weirdest things a prof has done in class. How psychology changed your life. A day in the life of a psych student. And so on. Fun, huh? It practically writes itself.

Welcome, all! Here's to a great year in psych! \*clink \*

Leigh Yang

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

## VP Internal

Hi everyone, I am Vaidehi. As your VP Internal this year, I make sure that the UPA is running smoothly internally. This would mean taking meeting minutes, ensuring the office hours are running smoothly and keep the snacks in stock for all you Psychology and other students who are at the BioSci Building ☺...and lots more☺

My up-most goal is to expand the UPA so that more psychology students are aware of it and are able to use the resources we provide. I also want to increase the

number of resources currently provided by the UPA and increase their accessibility so that UPA members and other students can easily use them. This would mean increasing office hours and to make myself more available. I also want to continue having the snacks in the office and to improve its availability to students.

A little info on me – I am in my last year of B.Sc. Psychology with a biological science minor. If all goes well I would have taken three and a half years to complete my degree☺. I am hoping to apply in masters of counseling or clinical psychology. If not, to work for couple of years, save some bucks and then do a master's degree or in some health related degree!!

I was born in India, and then at the age of eight moved to Malawi, Africa. I enjoy watching movies, partying, playing sports and dancing of any kind. I have learnt many forms of dancing but I often do Indian Classical dance, known as Bharat Nattam for charities and other functions.

If you have questions or want to know about anything UPA related or not, contact me and I'll be glad to help you out.

Vaidehi Seth  
[vseth@ualberta.ca](mailto:vseth@ualberta.ca)

## **VP External**

Hello to everyone! I bet you guys, especially to students who are major in psychology, have heard about UPA before. If not, UPA is a very good place for you now.

I'm the VP external for this year. My partner Sonia and I will provide resources concerning employment; provide resources concerning volunteer opportunities, organize community service initiatives and university and community relations. So if you are interested in doing volunteer job and planning for the future

job, you should check out our website or come to our office to see what is suitable for you. Also, in our website, we will update the volunteer agency of the month. Hence, you are able to choose the volunteer job that works the best for you.

Wing Sze Yu  
[wsyu@ualberta.ca](mailto:wsyu@ualberta.ca)

## **Club Fair Coordinator**

Hi, my name is Sonia Mendoza and I'm the Coordinator of the Clubs Fair, which is one of our biggest events of the year. My job is to arrange a wonderful and fun meeting between students, faculty members and an exclusive network of companies from all over Edmonton, so that we can provide students any kind of assistance and a better understanding of how to attain success in their careers.

Sonia Mendoza  
[smendoza@extension.ualberta.ca](mailto:smendoza@extension.ualberta.ca)

## **Webmaster**

Hey everyone! My name is Chris Madan and I'm the new UPA webmaster. I'm currently in my 2nd year of neuroscience; yeah, I know what you're thinking, I'm not actually doing a psychology degree, so how did I get into the UPA? Well I am doing a psychology degree, just not yet. Needless to say, I'll be around for many years to come! Pretty soon I'll be doing a complete overhaul of the UPA website, but don't worry, it'll be re-done and better than ever before you know it. I'll do my best to keep the website updated and interesting, but I'd also love to hear any suggestions for improving it, just send me a quick email and I'll see about adding your idea to the website!

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

## The UPA's New look

For those of you who have noticed, we have a new look for the UPA. Last year we employed the services of Mike Kennedy, a Design Student, to create a new identity system/look for the UPA. This was a joint partnership, as Mike needed a final project for his design class and was happy to work with the UPA in designing a new logo and visual identity.

First, the logo. We wanted something to resemble the psi ( $\Psi$ ) symbol yet look unique. Our executive team were given many different sketches of possible logos and after many drafts we selected the finalized logo you now see on all of our documents, website, and poster boards (or should see soon once we update everything). The logo is an adaptation of the psi symbol and seems to embody the feeling a movement. Which goes along with our new vision statement.

That statement is "*Connect, Grow, Succeed!*" The UPA want our members, and all students for that matter to get the most out of their education: we're paying enough for it that we should! It's one of our primary goals, as a student group, to make sure that not only our members, but the entire student body of Psychology stay connected. Psychology is a large department, with upwards of 1500 students. I know from my own experience, that I'm lucky if I can pick out one or two psych students in any class I take. We're a very diverse group, and the UPA wants psychology students to connect more with each other. That's why we hold social and academic events, and why we encourage members to get involved. The people I have met have been an invaluable resource to my social, academic, and career experience. I just recently got a job for Susan, our President, at a counseling center which is going to look amazing on her grad school applications. I had the chance to talk a lot about grad school with last year's president who was going through the application process. She ended up going to Vancouver to start her Ph.D in Clinical Psychology. Networking is essential part of the University experience and the UPA wants to foster those connections.

Next, we want you to grow. Not like plants, or not "grow up and act your age", we want you to grow as a person. I think for a lot of students, university is the time where we find out who we are. It's a time where we're not kids anymore, but we're not quite adults yet (which means we can still go out and have some fun!), it can sometimes feel like limbo. Being part of a group can make you feel like you belong, and it can also foster growth. For myself, the skills and connections I've gain as an active member have made me into a different person. I had the intention of going to Law school after my undergrad degree, now I want to pursue a counseling career. Part of that shift in goals is because of my involvement with the UPA. The people I have met and the projects I've worked on for this group has changed me. It's also one of the main reasons I'm in the internship program now (which was not part of my academic plan at all), but I learned more about the program through the UPA. I hope that other members have had or will have similar experiences.



Finally, the UPA, as a student group, wants our students to succeed. Even though most classes are on the curve, the student volunteers still want to see other students succeed (although I'm sure some of them are hoping they will succeed just a little more than other students). Two of last year's executive team were accepted into clinical grad school, another moved to London, and others are either still in school or working. The UPA encourages success and tries to facilitate it through our academic forums, study groups, career fairs, volunteer position and many other services we offer. Active members have learned a lot of important skills that they've used on resumes and school applications. Almost all grad schools (psych, law, medicine, etc) demand applicants to have volunteer experience, and a lot of members gain that experience either through the UPA or affiliate organizations. All in all it's always good to see members or non-members go on to grad school, get a great job, good grades, or succeed in whatever it is they want to do.

I hope you enjoy our new look and find inspiration with our new slogan. Our goal with revamping our look was to unify the UPA and be recognizable as an important student group of the University of Alberta. And to all our members and psych students in general, I wish you good luck with this academic year.

Tasha Weber  
VP Financial

HSSA proudly presents.....

***The Health is Wealth Banquet***  
***In support of the Canadian Diabetes***  
***Association***

October 13, 2006  
Cocktails will be served at 6:30pm  
Dinner will commence at 7:00pm  
at the  
University of Alberta Faculty Club

Ticket cost: \$35

Please contact [jschole@ualberta.ca](mailto:jschole@ualberta.ca) for more  
details

Health Sciences Students' Association  
<http://www.ualberta.ca/~hssa>



"You must learn to be in touch with  
your inner tadpole."

## Join the UPA!

### Why?

- Tasha's soul-stirring soliloquy inspired you 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](http://www.ualberta.ca/~upa), for:

- Ψ **Professor** of the month
- Ψ **Course** of the month
- Ψ **Volunteer agency** of the month

### WWW toys:

<http://www-ai.ijs.si/eliza/eliza.html>

ELIZA the Rogerian therapist: an artificial-intelligence programmed to act as the friend you never had. Don't knock it 'till you've tried it. It's fun trying to catch her make mistakes.

## 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 **The Academic Committee:**

This committee will work closely with Aimee, the VP Academic, on:

- Compiling the Professor/Course of the Month article for the website
- Organizing various forums throughout the year

These duties will be shared among the other committee members. Newcomers to UPA are welcome to join. No experience necessary.

Send emails to [grover@ualberta.ca](mailto:grover@ualberta.ca)

### Ψ **The Smitty Library:**

This position will involve manning the cozy Smitty Library (BS P 210) at least once a week at any time of your convenience.

- Commitment may be as little as 2 hrs/week or as much as you would like.
- Light administrative duties may be involved, such as stacking and signing out books when necessary.

Position open to all members.

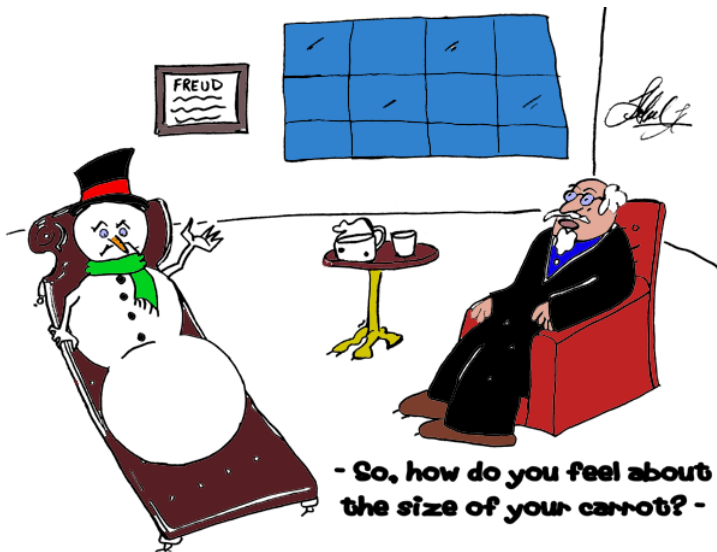
Send emails to [grover@ualberta.ca](mailto:grover@ualberta.ca)

Ψ **The Social Committee**

Volunteers on the Social Committee will help Michelle, our VP Social, organize various social events and outings. Duties may include:

- Posting advertisements and selling tickets for upcoming events
- Contacting venues and transportation services
- Brainstorming other wild and crazy things that we could do ☺

Send emails to [mdc5@ualberta.ca](mailto:mdc5@ualberta.ca)



**UPA Office hours: Fall term**

Time	Mon	Tues	Wed	Thurs	Fri
8:00	MICHELLE 8-11		MICHELLE 8-10		MICHELLE 8-11
9:00					
10:00					
11:00		SONIA		SONIA	
12:00		11-2	VAIDEHI 10-12	11-2	SUSAN 11-1
1:00	AIMEE 1-5		SUSAN12-2		LEIGH 1-2
2:00					
3:00			LEIGH 3-5	WING 3-5	LEIGH 3-5
4:00					
5:00					

**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.