



ISSUE 3
SEPTEMBER 2011



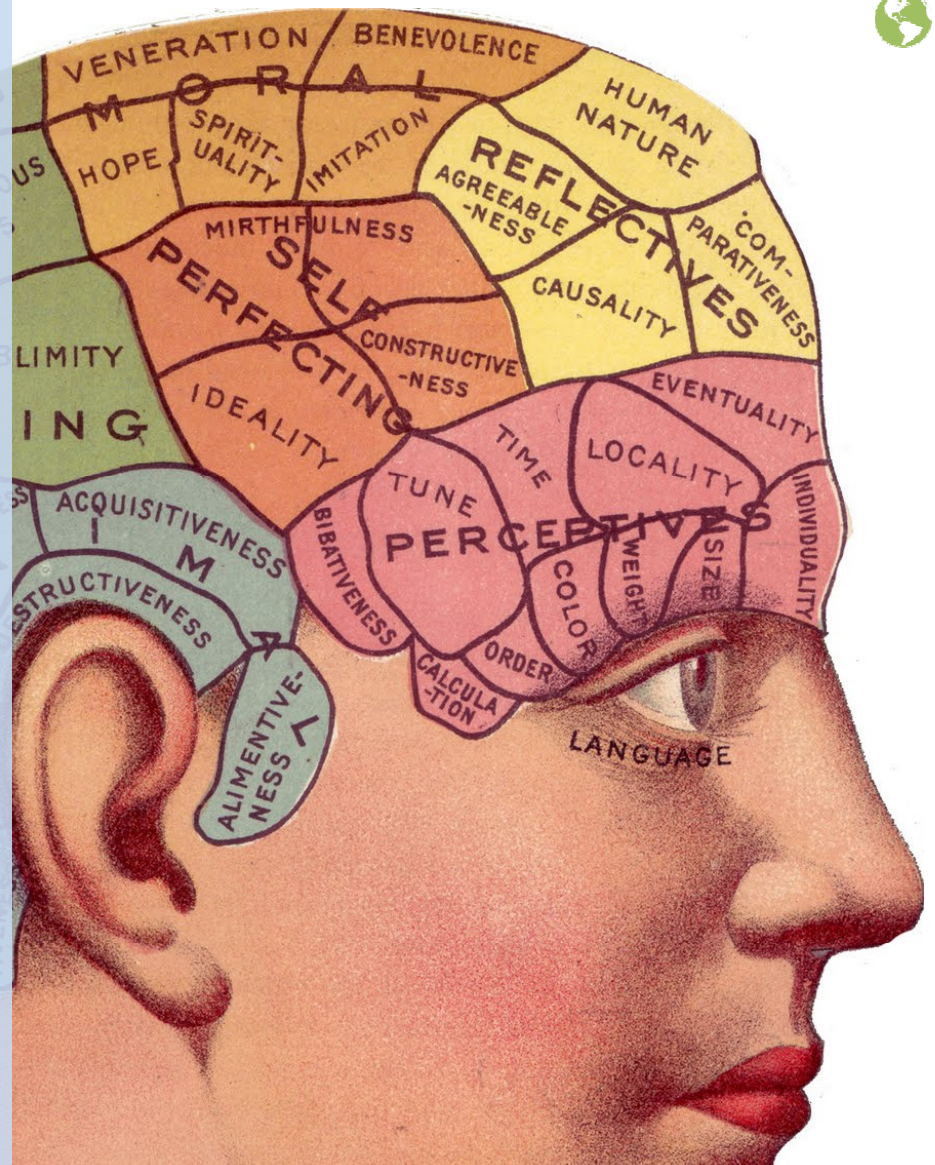
BEING ACTIVE AT UBC:
STUDENT INITIATIVES,
TIPS TO PROMOTE
STUDENT SUCCESS AND
CLUB PROFILES

SEND US FEEDBACK:

PSA.EDITOR@PSYCH.UBC.CA

VISIT US ON THE WEB:

[HTTP://PSA.PSYCH.UBC.CA](http://PSA.PSYCH.UBC.CA)



WELCOME TO UBC'S PSYCHOLOGY NEWSLETTER!

Supported by the Psychology Students' Association and the Department of Psychology, the goal of this newsletter is to keep our psychology community and alumni "in the know" about one of UBC's most diverse and populated departments. We hope to provide insight about opportunities for student involvement, career possibilities after graduation, and information about the new and exciting research being explored at UBC Psychology. We also hope to provide a platform for students, faculty and staff to speak about their interests, to contribute articles to the newsletter and to express their opinions on a monthly basis. **Please read on to find out more!**

"The good life is a process, not a state of being. It is a direction, not a destination."

Carl Rogers (1902-87),
American psychologist

A LETTER FROM THE EDITOR: HERE'S TO MAKING THE MOST OF THE 2011-12 SCHOOL YEAR!



Can you believe it - September is here! After what I am sure was a great summer of fun, sun (and work), it's time to hit the books and to start planning out your academic year. Whether it's your first year at UBC or even your last, September is the perfect time to start thinking about what kind of future you wish to see for yourself.

Amidst the business of the first month – with lineups at the bookstore, free handouts and numerous UBC events to serve as distractions, it is important to take a second to ask yourself: Where do I want to be a year from now? Would you like to have earned research experience, learned how to be more successful at school, or have been more involved within the department? If you have answered “yes” to any of the above, you've come to the right place. Here at *Psyched!* we have decided to publish this year's first issue to help showcase all of the ways that you can become involved in the department. We're also featuring with some initial tips about how to reach your academic goals for the upcoming year.

Just like you, we are taking time in September to set goals for ourselves. Now in our second year of publication, we are hoping to expand with social media, a blog and monthly online newsletters delivered to all undergraduate psychology students. We are also hoping to engage those of you interested in the publication process as writers, designers and/or photographers, and as critical thinkers who comment on our articles. We're also keen for students to suggest new ways that we can help UBC students explore our large, diverse and exciting department.

Together, let's dream big and create a fabulous year for ourselves as writers, students and as future leaders in psychology and beyond. I look forward to sharing an exceptional year with all of you! - *Ashley Whillans*

EDITORIAL TEAM



Founding Editor

Ashley Whillans

I am a 4th-year Honours student interested in well-being, happiness and health. I am working in Dr. Chen's lab studying SES and health in families with adolescents.



Associate Editor

Kino Zhao

I am a 4th-year double major in psychology and philosophy. I have a keen interest in clinical psychology, religion, and travel.

STAFF WRITERS AND CONTRIBUTORS



Meghan Buckley

I am a 5th-year and I am currently working with Dr. Elizabeth Dunn studying health and happiness and with Dr. Jessica Tracy studying existential anxiety.



Jade McGregor

I am a 3rd-year here and I am an associate editor for the new Undergrad Journal of Psychology and I am part of the volunteer editing collective of Room Magazine.



Bella Margolles

I am a 3rd-year who is interested in infant and child psychology. I love reading dystopian novels and watching cheesy horror flicks.



Leena Wu

I am a recent psychology graduate who is intent on pursuing a career in the field of cognitive neuroscience. Currently I am working on campus as a research assistant.



Kaitlyn Goldsmith

I am a 4th-year Honours student working with Dr Boris Gorzalka and Dr. Lori Brotto. I am also the President of Psi Chi - UBC Chapter.

PSA logo art: Mitra Yektapour

Faculty advisor: Dr. Michael Souza

NEW STUDENT-GEARED INITIATIVES IN PSYCHOLOGY

For the new year, the Psychology Department is pleased to announce two new initiatives for undergraduate students: an Undergraduate Journal Club and “Learning Smackdowns.” These initiatives will be led by two of our faculty members: Dr. Sunaina Assanand and Dr. Michael Souza.

THE UNDERGRADUATE JOURNAL CLUB

The Undergraduate Journal Club will consist of approximately 30 students who will meet every three weeks to discuss a research article published by a UBC Psychology Department faculty member.

During these discussions, the premise, methods, and implications of the research will be considered. In addition, students will be asked to work in teams to lead the discussions, providing them with the opportunity to develop their public speaking skills.

The Club will meet on Wednesday evenings, at 500p. At the end of the academic year, students who have successfully participated will receive a certificate of completion. If you are interested in participating in the Club, please check out the application form (available on the Department’s home page: <http://www.psych.ubc.ca>).

The deadline for applications is Friday, September 23rd.

“LEARNING SMACKDOWNS”

The Learning Smackdowns will be open to all students and will be held once a month. Speakers from across campus will be invited to present on topics relevant to undergraduate students in Psychology.

Among the topics that are currently planned for Learning Smackdowns are: Enriched Learning Opportunities on Campus (e.g., Arts Co-op, Arts Internship, Community Service Learning), a Writing Workshop, a Public Speaking Workshop, Graduate School Preparation, and Careers in Psychology. Students will be informed of the Learning Smackdowns via e-mail and classroom announcements. The Psychology Students’ Association will also advertise these presentations (<http://psa.psych.ubc.ca/events/>) so please do keep a keen eye out for what’s coming next!

UNDERGRADUATE ADVISING

BA ADVISING

Drop in hours are Tues/Fri from 1000a-1200p and 200p-400p in Kenny 2502.

Students majoring in Psychology are not required to seek Departmental advice. You are, however, strongly encouraged to review your program with a Faculty of Arts advisor well before you plan to graduate.

Make an appointment with advising by on Weds/Thurs via telephone (822-2755) or e-mail (ugadvisor@psych.ubc.ca)

BSc ADVISING

E-mail Dr. Kiran Soma (ksoma@psych.ubc.ca), Dr. Boris Gorzalka (bgorzalka@psych.ubc.ca), or Dr. Michael Souza (souza@psych.ubc.ca) to ask a quick question or to book an appointment.

HONORS PROGRAM

Please carefully read the detailed guidelines here: <http://www.psych.ubc.ca/ug-pgm/honours.psy>. More questions? E-mail: ugadvisor@psych.ubc.ca

CAREERS ADVISING

E-mail Undergraduate Advising (ugadvisor@psych.ubc.ca) to book an appointment to meet with Dr. Sunaina Assanand.

STUDENT EVENTS

Why should a Psychology major apply for Arts Co-op, Arts Internship, or Community Service Learning?

22 Sept 2011 | 500p – 600p | Swing 122

Are you looking for work, internship, or volunteer opportunities that relate to your major?

This information session will help you learn more about each of these programs – how they work, the types of work and employers/organization you can expect, and more! Learn more about how these options can enrich your Arts degree, while building your skills and discovering your interests.

This event is **FREE** and is open to all students. Sponsored by Psychology “Learning Smackdowns” and the Psychology Students’ Association (PSA)

GRADUATE STUDIES WORKSHOP SERIES

**must be a PSA member - join at the door for only \$10/year!*

Graduate admissions at UBC Psychology: A chat with Dr. Larry Walker

29 Sept 2011 | 500p – 630p | Swing 221



Dr. Walker (Director, UBC Psychology Graduate Program) will review important guidelines for admission to our program. This information session will give you a better sense of what you should be thinking about as you consider graduate studies in Psychology at UBC or at other highly-ranked universities.

Life in graduate school at UBC Psychology: A peek into the lives of some of our grad students

06 Oct 2011 | 500p – 630p | Swing 221

A graduate student panel representing multiple areas in our department will discuss their experiences in graduate school thus far. Hear it from students currently working through graduate school at one of the best programs in the world. Student questions will be encouraged.

Applying to graduate studies in Psychology: Wisdom from students currently applying

13 Oct 2011 | 500p – 630p | Scarfe 100

An undergraduate student panel representing multiple areas in our department will discuss their experience of applying to graduate school. Hear it from your fellow students working hard to pursue graduate studies! Student questions will be encouraged.

RESEARCH TALKS

Not "Just a Concussion" – a Research Day on Traumatic Brain Injury

24 Sept 2011 | 800a – 300p

Life Sciences Centre – Lecture Theatre #3

A series of exciting speakers will address various topics related to brain injury. *Registration for this event is required.* To learn more, please visit:

http://www.brain.ubc.ca/events/research_days.htm

Extra-adrenal Steroidogenesis in the Brain and the Protection of the Mineralocorticoid Receptor

30 Sept 2011 | 1100a | Brain Res Centre - Conf Centre

Dr. Celso Gomez-Sanchez
University of Mississippi Medical Center

Agency and Communion in the Live of Moral Exemplars: Antagonistic or Integrative?

03 Oct 2011 | 500p | The Green College Coach House

Dr. Larry Walker - UBC Psychology



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psa.membership@psych.ubc.ca
<http://psa.psych.ubc.ca>

MAKING A LIST AND CHECKING IT TWICE: HOW TO BE A SUCCESSFUL PSYCHOLOGY MAJOR

BY LEENA WU

Can you believe that the new school year is already in session? Before midterms and term papers start rolling around, and before you delve into those caffeine-infused study sessions, take a few minutes to familiarize yourself with some important tips and deadlines. Knowing these important details may save you valuable time in the future (not to mention save you from future headaches)!

Gain Financial Support

- There are a number of different types of financial support that you can look into, such as bursaries, awards, prizes, and scholarships. For more information: <http://www.students.ubc.ca/finance/types-of-financial-support/>

Volunteer at a Research Lab Early in Your Degree

- Hands-on experience in a research lab will be invaluable to your future career in Psychology. Look for postings on the bulletin board in the main entrance of the Kenny building; alternatively, you can also contact labs that are conducting research in areas that interest you.
- For a list of Psychology labs take a look at this website: <http://www.psych.ubc.ca/research/research.psy>

Apply to the Psychology Honors Program

- Getting into the Honours program is highly competitive (admission requires at least a 76% average in the second year and at least 80% in PSYC 217 and 218), but for interested students be sure to apply during the second half of your second year.
- For current UBC students the Deadline to apply is March 15th. For transfer students apply no later than June 1st.
- For more information, check out the website: <http://www.psych.ubc.ca/ug-pgm/honours.psy>

Get to Know Undergraduate Psychology Advisor – Jennifer Janicki (2502 Kenny)

- Jennifer will help you with any Psychology undergraduate-related questions.
- Drop in hours are Tuesdays and Fridays from 10-12p and 2-4p. If you would like to pre-book an appointment for Wednesdays and Thursdays, send her an email (undergrad@psych.ubc.ca).

Specialize, Diversify and Do Directed Studies

- In third year students will start to specialize in a number of topic areas such as: developmental psychology; social psychology; biopsychology; and personality.
- Talk to your TAs and Professors who teach in the area(s) that you are interested in to find out more
- Your TAs and Professors will be happy to help you. You can also inquire about taking a Directed Studies course with your Professor. For some advice on “how to talk with your Professors,” check out page 6 of this issue.

If You Are Graduating or Plan to Apply for Graduate School

- Apply for Graduate Awards and Bursaries.
- Check out the psychology website for a list of awards: <http://www.psych.ubc.ca/grad-pgm/awadsapps.psy>.
- Remember, it is never too early to start Grad school planning.
- If you have any questions, be sure to ask the Director of our Graduate Program: Dr. Larry Walker (lwalker@psych.ubc.ca).
- Look into becoming a student member of the American Psychological Association (<http://www.apa.org>) and the Canadian Psychological Association (<http://www.cpa.ca/>).

Now that you have familiarized yourself with some of these important things to do in your undergraduate years, it is time to start studying early and actually do your required readings on time!

When the professor suggests that you do the required readings prior to the lecture, it is probably a good idea to do so - this way, you will be able to digest more during class time, allowing you to focus more on what your Prof says.

Good luck and don't worry – a little preparation can go a long way in having a successful year!

JUST SAY “Hi:”

HOW TO SUCCESSFULLY COMMUNICATE WITH FACULTY MEMBERS

BY LEENA WU

It can be pretty intimidating to speak up in a class of 200 or more students. It can be even more intimidating to go up to your professor at the beginning or the end of lecture to ask questions, or to simply say “hi.”

I spoke with Dr. Catherine Rawn, a faculty member in the Learning Enhancement area in the Psychology Department, about how students can and should talk to their professors.

Firstly, she explained that students should take care in how they interact with their professors. “In all communications with professors, act in a professional way,” she advised in an email interview. “This includes addressing them properly, being polite, and acting calmly and in a confident manner to effectively get your point across,” she added.

Furthermore, to aid in email communication, Rawn recommended that students

include their full name and student ID number as part of their email to help ease correspondence.

As for students who are contacting professors with an interest in volunteering in their lab or taking directed studies, Rawn had some advice based on personal experience: “I always looked for students who were interested in the research I was doing and who were dependable and trustworthy,” she said.

As Rawn mentioned, interest in the professor’s research is a very important factor, but beyond that, students also need to “be on time, [follow] through on tasks” and to show “high-level organizational skills” in order to obtain and keep coveted research positions.

Finally, Rawn wants students to remember that professors are people too. “Remember we are people who may also not be

feeling too comfortable with small talk,” she explained.

In other words, students should not be afraid to ask questions, both inside and outside of class to their professors, and if they are feeling a bit nervous or awkward at first, chances are their professors may be feeling the same way.

As a recent graduate, I regret not speaking with some of my profs as much as I would have liked to. So undergraduates, in the words of Catherine Rawn, “be brave” and “say hi” while of course remaining professional. Ψ

Check out Dr. Rawn’s website:
<http://blogs.ubc.ca/catherinerawn/>



PSI CHI

THE INTERNATIONAL HONOR SOCIETY IN PSYCHOLOGY



Kaitlyn Goldsmith
President



Ashley Whillans
Vice-President



Dr. Michael Souza
Faculty Advisor



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Join Psi Chi.

LOOKING FOR PROFESSIONAL CONTACTS AND SKILLS? THE PSYCHOLOGY TRI-MENTORING PROGRAM IS FOR YOU!

BY ASHLEY WHILLANS

Are you looking for an interactive way to find out more about jobs available to psychology majors upon graduation and to build employable skills? If so, look no further than UBC Psychology's Tri-mentoring program.

Modeled off of the Centre for Arts Student Service's Tri-Mentoring program, and run by a dedicated group of students, Psychology Tri-Mentoring brings together junior and senior psychology students as well as UBC psychology alumni to help undergraduates develop employable skills.

Specifically, Tri-Mentoring assists undergraduate students, who intend to enter the workplace upon graduation, in gaining work-related experience.

"I think it is a great opportunity for students to cultivate skills that are very difficult to foster through their undergraduate experiences in the classroom," said Sunaina Assanand, Faculty Advisor for the Psychology Tri-Mentoring program.

As part of the program, students attend networking events, learn interview etiquette, resume skills and have the opportunity to work one-on-one with their peers as either a junior mentee or senior peer mentor, as well as alongside a UBC psychology alumni.

Furthermore, for completing the requirements of the program, which includes attending certain social events throughout the year and building a portfolio, participating members receive a certificate of completion, not to mention valuable student and

employment-related contacts as a result of participation.

However, as Assanand explained, the committee selection is about much more than just matching students with an alumni who works in a profession that they are interested in.

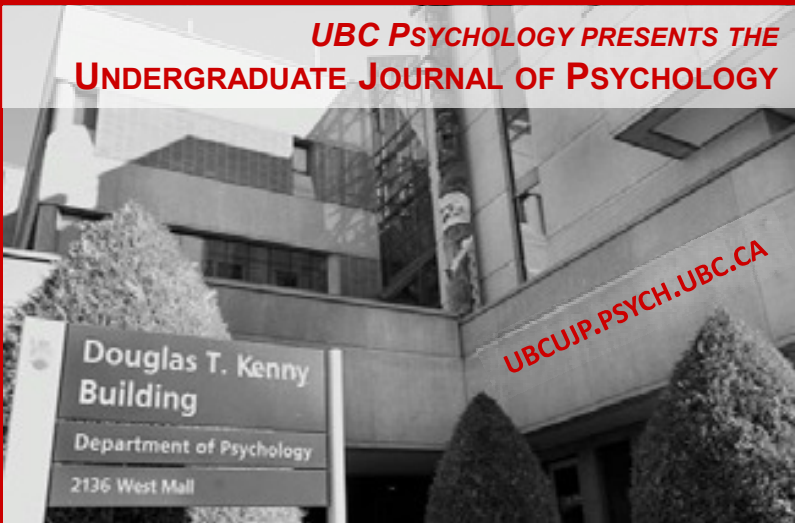
"Our goal is not simply to have a mentor who is in a student's field of interest," said Assanand. "The primary goal is to teach students transferrable skills through interactions with their mentor, that can be transferred to their efforts to seek employment," she added.

Also, as Assanand emphasized, what you take out of the experience as a student is completely up to you.

"It is really important for students to consider their goals and what they hope to achieve in Tri-Mentoring. The onus is on the student to contact the mentor and to maximize their relationship with their mentor. Being very clear on what they hope to achieve in Tri-Mentoring will facilitate initiative taking and help students make the most of it," she said.

So, if you are an interested second year psychology student looking for mentorship, or a third or fourth year looking to be a mentee and in turn work together with a UBC psychology alumni, you should consider applying for this worthwhile program.

Applications are due Sept 23 and are available through the psychology website:
www.psych.ubc.ca. Ψ



**UBC PSYCHOLOGY PRESENTS THE
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CLUB PROFILES: PSYCHOLOGY STUDENTS' ASSOCIATION (PSA)

BY KINO ZHAO

If psychology was a faculty as opposed to a department, it would be the 3rd largest on campus, following Arts and Science. With so many of us, it can be easy to miss out on things. But don't worry; PSA is here to keep you in the loop. Stephanie Susilo, the PSA president, shares with you some information about the Psychology Students' Association.

Who joins?

"Everyone who has an interest in psychology can join PSA; membership to PSA is not limited to only Psychology majors and minors," Susilo explained. "The only thing you need to have is the willingness to get involved with other psych students," she added.

What does PSA do?

"The PSA holds academic and social events throughout the

school year," revealed Susilo. We are planning a large number of events are hear is a taste of things coming soon:

Study Days and Honours & Directed Studies Info Sessions

Enjoy a snack-filled study environment with your fellow students or come and learn more about the program requirements for Honours or for Directed Studies

Career panels

Learn more from psychology alumni who are putting their degree to great use. This will also include graduate and professional students.

The 14th Annual Undergraduate Research Conference

Share your research with the UBC psychology community on March 31, 2012. Also, join us for our

distinguished keynote speaker: Dr. Helen Neville of the University of Oregon. Dr. Neville is an expert on brain plasticity and development.



Dr. Helen Neville

<http://bdl.purpled.com/>

How to get involved?

Find the PSA during Club Days (Sept. 21-23) at the SUB, e-mail psa.membership@psych.ubc.ca for a membership application or check out our website (<http://psa.psych.ubc.ca>). There is a \$10 annual fee which will cover admission to all PSA-hosted events. Ψ

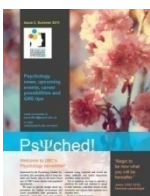
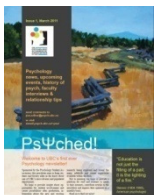
CLUB PROFILES: PSYCHED! NEWSLETTER

BY MEGHAN BUCKLEY

Psyched! is the Psychology Student Association's (PSA) departmental newsletter written by psychology students for psychology students.

Published once per month, *Psyched!* is designed to highlight exciting topics in the psychological community and to inform both students and staff about what's current in the department. Past topics have included career possibilities, relationships tips, faculty interviews, GRE advice, the history of psychology, and more. The process is simple: we write about what we find interesting and in doing so, develop our writing skills while learning about a variety of topics.

Psyched! is a great way to express your opinions by bringing your own perspective to the table, alongside other similarly-minded psychology students. If you think contributing to *Psyched!* is something you can see yourself doing, please let us know! Positions include graphic design, photography, and writing as either a staff writer or contributor.



Email Recruitment Coordinator and Staff Writer Meghan Buckley (psa.editor@psych.ubc.ca) today! Ψ

CLUB PROFILES:

PSI CHI – THE INTERNATIONAL HONOR SOCIETY IN PSYCHOLOGY

BY KAITLYN GOLDSMITH

If you are a hard-working undergraduate or graduate student, Psi Chi offers the prestige and recognition you deserve. Psi Chi is an International Honor Society in Psychology that was founded in 1929. A new chapter has been established at UBC this year and we hope to provide members with an unforgettable first year full of opportunities.

UBC's chapter of Psi Chi will offer eligible students the opportunity to apply for exclusive scholarships, to add a line of distinction to their CV, and to wear sleek additions to their graduate regalia when the that time comes. Joining Psi Chi also means joining the ranks of Albert Bandura, B.F. Skinner, and many of your favorite professors in UBC Psychology.

At the international level, Psi Chi offers scholarship and funding opportunities, as well as the possibility of publication in Psi Chi's peer-reviewed journal.



Psi Chi is an exclusive society that offers membership to the top 35% of Psychology students at UBC. Membership drives will be held once per term and you may find more information about Psi Chi and how to become a member on our website (link can be found below).

By becoming a part of Psi Chi, you join a prestigious academic society that has been around for over 75 years. In doing so, you put yourself in a great position to network and to build contacts within psychology as you continue your studies in this diverse and exciting field.

To learn more, visit our website at psichi.psych.ubc.ca or email us at psichi@psych.ubc.ca. Ψ

CLUB PROFILES:

UBC UNDERGRADUATE JOURNAL OF PSYCHOLOGY

BY JADE MACGREGOR

As a psychology student, chances are you are familiar with the “file-drawer” problem. Maybe you are even experiencing this yourself, with academic papers that you once invested sweat and tears into (hopefully not blood) now just laying in your closet never to be seen again, except by that dust bunny now claiming your work as its own. 4th-year UBC psychology major David Wu found himself in a similar situation last year.

“I began looking at undergraduate psychology journals to publish my papers in, but found very little locally and nationally,” said Wu. “Yet much smaller departments like art history and geography at UBC had student journals. Dedicated work undergraduates put into their research papers should result in more than a mark

for a class,” he explained.

Seeking to establish an undergraduate psychology journal at UBC, Wu connected with Dr. Michael Souza to found the UBC Undergraduate Research Journal of Psychology (UBC-UJP). UBC-UJP is a student-run, peer-reviewed academic journal publishing the best UBC psychology undergraduate research papers.

Wu, now Editor of the UBC-UJP, explains how the journal has something to offer many students and not just the writers themselves. Undergraduate authors have the chance to experience the publication process and have their work showcased, while readers receive a behind-the-scenes glance at projects underway right here at UBC.

Additionally, editors and reviewers have the opportunity to sharpen reviewing and critical thinking skills, and gain the wisdom that graduate student advisors passed down to them as peer review mentors.

“I hope students will take the opportunity to get involved, and faculty will encourage them to do so,” Wu added.

UBC-UJP accepts original research papers and literature reviews, and is also open to reviewing creditable studies that produce null results.

The deadline for submissions for the inaugural issue is January 9, 2012. Want to know more? ubcujp.psych.ubc.ca Ψ

UBC Ψ UJP

YOU could be a VOLUNTEER for

YOUR FACE
HERE

Psyched!



HOW? *Psyched!* is the Psychology Student Association's (PSA) intradepartmental newsletter written BY psychology students FOR psychology students. Areas you can get involved in include graphic design, photography, and writing (as either a staff writer or contributor). Email Ashley or Meghan at psa.editor@psych.ubc.ca or go to <http://psa.psych.ubc.ca/newsletter/> for more information.

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IN THE NEXT ISSUE OF *PSYCHED!*

An exclusive interview with Professor Alan Kingstone, Director of the BAR lab (<http://barlab.psych.ubc.ca/>) and the new Head of the Psychology Department!

The start of monthly biographies to give a glimpse into the 40+ faculty members here in our department!

...and so much more!

Please keep an eye out for the next issue to be released in both print and electronic edition in October 2011

Contact us:

Psychology Students' Association Newsletter
Department of Psychology (Kenny Bldg)

2007-2136 West Mall

Vancouver, BC V6T 1Z4

Office hours: Fridays 1-4p