

A Student's Guide to the Canadian Psychological Association's Annual Convention

Victoria, BC
June 9-11, 2016



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Introduction

Dear Student,

Welcome to the Canadian Psychological Association's 77th Annual Convention in Victoria, B.C.! The 2016 CPA Convention will offer undergraduate and graduate students an exceptional Convention experience and both the CPA and the CPA Students Section promise to offer high quality programming and social events that meet the needs of students.

The CPA Convention provides many outstanding opportunities to expand your knowledge, increase your network, and gain skills that will benefit you long after you have completed your studies. However, with the many programs and events happening at the Convention, having a strategy will help you get the most out of your experience. With this in mind, the CPA Convention Staff and CPA Section for Students have created this 2016 edition of the CPA Convention Survival Guide for Students.¹

This guide:

- ✓ Provides helpful tips on preparing for your Convention experience;
- ✓ Highlights student-specific programs, events, and resources available at the Convention;
- ✓ Offers a tool to help you plan your Convention schedule; and
- ✓ Informs you of local sights and attractions not to be missed during your stay in Victoria.

Malgré que ce document soit rédigé en anglais, n'hésitez pas à communiquer avec la Section des étudiants en français et à consulter notre site web au: <http://www.cpa.ca/etudiants/etudiantsenpsychologie/>

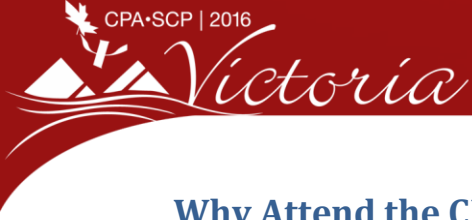
We hope that you will find this guide useful in contributing to a memorable Convention experience. We look forward to seeing you in Victoria!

Safe Travels!

Sincerely,

The Section for Students Executives and CPA Head Office

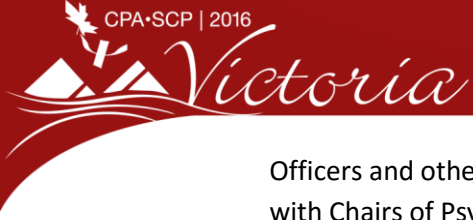
¹ Adapted from [American Psychological Association of Graduate Students](#) (APAGS).



Why Attend the CPA's Annual Convention?

The CPA Convention provides many opportunities for personal and professional growth. For students, the Convention is a unique opportunity to get connected with diverse aspects within the field of psychology. Here are just a few of the ways that attending Convention can be beneficial:

1. **Renew your excitement about the work you do!** Although there's a wealth of information available to you online and numerous ways to create and consume content, getting out and hearing from other psychologists and colleagues in your particular area – or even a different area – will reignite your enthusiasm.
2. **Have your voice heard.** By attending the CPA's Annual General Meeting and relevant Section Business Meetings, you will have the opportunity to make your voice heard in the electoral process of the CPA's Board of Directors and Section Executives, respectively.
3. **Meet colleagues face to face.** We all have the ability to make strong, positive, professional connections using digital technology today. We're able to connect, collaborate and share information easily and quickly – there's no denying that. Yet, there's something powerful about meeting your online contacts face to face, something that will serve you well in future dealings and collaborations.
4. **Access to experts in the field.** You get the chance to meet new people and even rub shoulders with the scholars and professionals who inspire you.
5. **Celebrate excellence and achievements.** Be part of celebrating the accomplishments of psychologists and peers through our Awards Ceremony and various Section-recognitions.
6. **Share your research findings.** Our convention gives you the chance to shine as a student/scholar, especially if you're presenting. Presenting, which you can then list on your CV, gives you the opportunity to obtain feedback on your research.
7. **A remarkably varied program.** Covering over 34 different areas of psychology, our convention will provide you with an opportunity to hear from both established experts in the field and from our next and emerging generation of psychologists.
8. **We make networking easy!** Whether specific to a specialized area of psychology or from a more general perspective, you will be able to connect with psychologists and students from across the country via various planned sessions and social activities.
9. **Learn how your field fits into the landscape of Canadian psychology.** Our convention will provide you with an opportunity to see how your particular area of psychological interest cross-cuts other areas that you may have not previously considered.
10. **Discover what activities the CPA undertakes on behalf of the profession in Canada.** You will hear how your membership dollars are being used to advance the science, practice and education of psychology through a number of activities undertaken throughout the year by CPA's Executive



Officers and other Head Office staff including meeting with MPs and various employers, conversing with Chairs of Psychology Departments, and liaising with the funders – to name a few...

11. **See the City of Victoria.** Beautiful Victoria, in B.C., provides the setting for this year's CPA Convention. The city boasts diverse neighborhoods, an exemplary public transit system, and a rich history, with numerous cultural, historical and recreational attractions and events. Several social events during the Convention will provide opportunities to see Victoria in the company of students from across the country.

AT ANY TIME, VISIT THE CPA'S WEBSITE FOR

FREQUENTLY ASKED QUESTIONS REGARDING THE CONVENTION

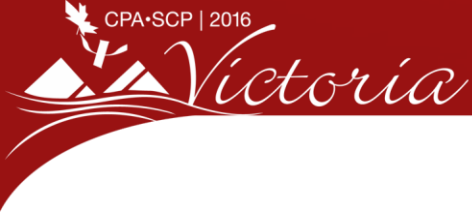
<http://www.cpa.ca/Convention/frequentlyaskedquestions>



Did you know?

The very first CPA convention was held in Montreal, Quebec in 1940.²

² <http://www.cpa.ca/aboutcpa/committees/pastpresidents/pastcpaofficers>



Funding

Become a CPA Student Affiliate

Registration fees for Student Affiliates are significantly reduced. Visit the Convention website for further information. For additional cost-saving advice, you can also check out the CPA Section webpages.

Travel awards

Many funding opportunities, including scholarships and other travel awards, are posted on listservs prior to the Convention. Consider checking with your Department or internship site to see if they have funds for professional development. You may also want to check with your Supervisor or other university offices (e.g., Research Office, Graduate School, Vice President, or President) regarding possible funding. Many universities will reimburse some travel expenses for presenting at professional conferences, provided that you apply in advance and adhere to their guidelines.

Many of the CPA's Sections offer travel awards including the Section for Students, which this year has 20 awards available valued at \$250.00 each. We encourage students to attend the annual conference of the CPA and present their research. This award recognizes high quality students with strong submissions (to any section of the CPA), primarily based on financial need, as determined by the executive of the Section for Students. The applicant's distance from the location of the annual convention is also taken into consideration. For more information, check out our student awards page:

<http://www.cpa.ca/students/resources/studentawards/>.

Other Cost-Saving Tips

Book Early

Booking early is a great way to keep travel costs down and to ensure that you get a hotel room at a reasonable rate. Many airlines and hotels offer lower rates if you book your travel well in advance, and deals on flights, hotels, etc., can be found online on several travel websites (e.g. Expedia, Travelocity, or Kayak). Your CPA membership also makes you eligible for certain discounts on things like rental cars.

Find a Roommate

Share the cost of a hotel room with someone else attending the Convention. Check the Students Section Facebook page: <https://www.facebook.com/CPASectionForStudents/> to find a roommate and/or coordinate plans with other students.

Find Free Food!

Many programs and social events provide food and beverages (e.g. President's Reception, First Time Attendees Breakfast, Student Social Event). However, please remember that "dine-and-dash" is never appropriate. Enjoy the food, but be sure to participate in the program or social event as well. Also note that for some events, such as Committee meetings, food is only available prior to the start of the discussion so as not to disturb the speakers.



Did you know?

There are 33 Sections within the CPA. For more information about the different sections and how to join them, check out <http://www.cpa.ca/aboutcpa/cpasections/>

Getting to Victoria



The following transportation service providers are pleased to offer their services (most at a discount) to delegates travelling to the CPA's 2016 Annual Convention (June 9-11, 2016) in Victoria, BC. See below for special rates/discounts that the CPA has negotiated with Air Canada, Westjet, YYJ Airport Shuttle, and AVIS - Budget for our convention delegates.

Flight Information

Located 30 minutes from downtown Victoria and five minutes from Sidney, Victoria International Airport (YYJ) has daily flights from Vancouver International Airport and Seattle-Tacoma Airport, as well as direct and non-stop flights from the rest of Canada and the United States. Regular float plane and helicopter service to Victoria's downtown Inner Harbour is available from Vancouver and Seattle.

The Victoria International Airport (YYJ) is approximately 30 minutes away from the Fairmont Empress. Estimated one-way taxi fare is CAD \$55-60. YYJ Airport shuttle drops off and picks up at the hotel; round trip fare of \$40 (see below for discount code for CPA members).



IMPORTANT!!! Make airline travel easy and ensure you have a valid passport. Students who are citizens or permanent residents of other countries must have a valid passport and/or a valid visitor's visa. Information on admissibility into Canada is available at

<http://www.cic.gc.ca/english/visit/tourist.asp>.

AIR CANADA

Air Canada Promotion Code: # CAGBFQE1

Air Canada is offering a 10% discount for travel to and from the CPA's 2016 Annual Convention, June 9-11, 2016, in Victoria, B.C. Call your travel agent today and take advantage of special discounted airfares or book online at www.aircanada.com

- The booking is to be made to the following city: Victoria, YYJ (B.C.)



- The travel period begins Tuesday May 31, 2016 and ends Tuesday June 21, 2016
- Travel is valid Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday
- No discount will apply to Tango bookings for travel within Canada or between Canada and the U.S.



WestJet Promotion Code: # TURJLQ2

WestJet is offering a 10% discount off the base fare for travel to and from CPA's 2016 Annual Convention, June 9-11, 2016, in Victoria, B.C. Call your travel agent today and take advantage of special discounted airfares or book online at www.westjet.com

- For travel between Victoria (YYJ), B.C. and anywhere WestJet flies in North America (including its Delta code-share partner network)
- The travel period begins Wednesday June 1, 2016 and ends Sunday June 19, 2016
- Travel is valid Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday
- Discount will apply to Economy, Flex and Plus class fares.

Airport Shuttle



YYJ (Victoria) Airport Shuttle Promotion Code: # CPA20

Only \$40.00 Round-Trip for CPA Delegates

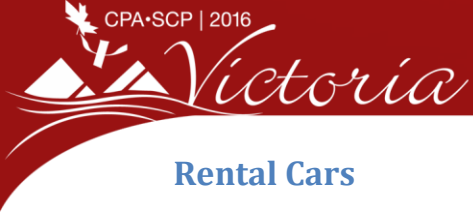
Compare to taxi service at approximately \$65 each way! Take the YYJ Shuttle to and from Victoria's International Airport (YYJ) and your downtown hotel. YYJ Airport Shuttle offers spacious and comfortable vehicles with ample room for luggage. YYJ Airport Shuttle drivers are professionally trained to provide safe and courteous service. Our convenient check-in desk at the Victoria International Airport is located near the Arrivals Level (www.yyjairportshuttle.com).

Bus



Scheduled motorcoach service is available for travel from Seattle, Vancouver including Vancouver International Airport to Victoria, as well as to and from other Vancouver Island destinations. Motorcoach travel off the island includes ferry service. Bus service is offered between Victoria and locations throughout

Vancouver Island with several stops along the way.



Rental Cars

Discounts are available to CPA members and affiliates through the following companies: **Avis** and **Budget Rent-A-Car**.



AVIS Worldwide Discount (AWD) # C717500

CPA Members can save up to 25% off Avis base rates when renting a vehicle from a participating location in the contiguous U.S. and Canada. Use Avis Worldwide Discount (AWD) number C717500 to shop the lowest rates for your next rental. For rates and reservations, call 1-800-879-2847) or visit www.avis.ca.



BUDGET Customer Discount (BCD) # A277100

CPA Members can save up to 25% off Budget base rates when renting a vehicle from a participating location in the contiguous U.S. and Canada. Use Budget Customer Discount (BCD) number A277100 to shop the lowest rates for your next rental. For rates and reservations, call 1-800-268-8900 or visit www.budget.ca.

Ferry from British Columbia's mainland and Vancouver to Victoria

Victoria is well-connected by sea to mainland British Columbia and Washington State by vehicle ferries, passenger ferries and high-speed catamarans. Each day, dozens of ferries cross the straits, granting breathtaking views of the rocky coastline, forested islands, inlets and marine wildlife.



Visit Victoria tourism (<http://www.tourismvictoria.com/plan/getting-here/ferries-boats/>) for information on the following Ferries: Black Ball Ferry Line, Prince of Whales Transportation, Victoria Clipper, British Columbia Ferry Services Inc.



BC Ferries connects Vancouver to Victoria by ferry. The large network of vehicle ferries connects Vancouver Island, British Columbia's mainland and smaller islands, like the Gulf Islands. The main route from Vancouver departs at Tsawwassen Terminal and arrives at Swartz Bay Ferry Terminal, located 30 minutes from downtown Victoria.

Relax in the comfort of a luxury coach and then enjoy the spectacular 1.5-hour cruise through the Gulf Island onboard BC Ferries. BC Ferries Connector Bus has daily departures between Downtown Victoria and Downtown Vancouver. Reservations are required. BC Ferries cannot guarantee that a seat will be available unless a prepaid reservation has been made (www.bcfconnector.com).

Parking

Fairmont Empress Hotel

The hotel's parking facility is owned by Robbins Parking and is located below the Victoria Conference Center and The Fairmont Empress. Overnight parking is in effect until 4:00 p.m. the next day.

- Valet parking \$30.00 CAD/night, including in-and-out privileges
- Self-parking \$30.00 CAD/night, including in-and-out-privileges

Contact the hotel for accommodation packages that include overnight parking; parking passes are available from the Front Desk.

Victoria Conference Center

The Conference Centre has a two-level underground parking garage for up to 310 vehicles, with access off Douglas Street. The parkade is open from 5:00 a.m. until midnight 365 days of the year. During these hours there is an attendant on duty. After hours, the parkade is secured.

- Rates are \$1.50/30 minutes up to a daily maximum of \$16 (height restriction of 6'2" (1.88 m)).

Other Parking

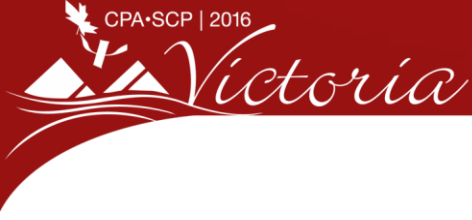
There is available street parking within walking distance of the Convention Center. There are also several parking garages and lots in the area that will allow you to park all day for a flat rate.



Did you know?

Almost 18% of the population in Victoria, B.C. is over 65 years of age.³

³ <http://www.hikebikettravel.com/21712/30-fun-weird-interesting-facts-victoria-bc/>



Where to Stay in Victoria

Convention Hotel

The CPA made a commitment to Victoria and to the hotel community, specifically the **Fairmont Empress**, to secure a block of hotel rooms at competitive prices. The CPA is bound to fill these rooms. If you require a hotel room, we would appreciate it if you would reserve your room through the CPA-arranged room block.



To take advantage of special room rates, please book your room online (<https://resweb.passkey.com/go/cpaann2016>), by phone (1-250-384-8111) or via Fairmont's Global Reservations Centre (1-800-441-1414) and **be sure to mention that you are attending "the CPA Convention" in June 2016** before Thursday May 5, 2016. After that date, the official CPA block will be released and hotels may charge higher rates.

- **Rates:** Single or double occupancy rooms starting at \$199 are available on a first come – first serve basis.
- **Distance to Victoria Conference Center:** The Fairmont Empress is moments away from the Victoria Conference Center, being connected by a walk-way.
- The Fairmont Empress is located at: 721 Government Street, Victoria BC, V8W 1W5. See previous section of this Guide for information on parking at the Fairmont Empress or Victoria Conference Centre.

Visit the CPA's Convention website for more information: <http://www.cpa.ca/Convention/>.

Student Housing

The CPA also secured additional student housing with the University of Victoria. Bookings can be made through an on-line booking portal on the University of Victoria website: <http://www.uvic.ca/residence/visitors/index.php>, by email (bookings@uvic.ca), or by phone (Front Desk: 250-721-8395; Bookings Line: 250-721-8657).

The University of Victoria is about a 15 to 20-minute drive or 25-minute direct bus ride to the Victoria Conference Centre. Although it would too far to walk downtown, many commute via bicycle or the bus, with buses leaving regularly.

Convention Preparation

Register!

We suggest that students take advantage of the opportunity to register for the CPA's Annual Convention in advance; and if you're not an affiliate of the CPA, we also suggest that you join the CPA to take advantage of the significantly decreased convention registration rates for student affiliates.

Early-Bird Convention Registration Fees (February 2016 – April 30, 2016 23:59 EST)			
Student Affiliates (Save 68% in 2016) *	\$80.00	\$4.00	\$84.00
Student Non-Affiliates (Save 60%) *	\$240.00	\$12.00	\$252.00
Regular Convention Registration Fees (May 1, 2016 – June 8, 2016 23:59 EST)			
Student Affiliates (Save 66% in 2016) *	\$100.00	\$5.00	\$105.00
Student Non-Affiliates (Save 60%)*	\$260.00	\$13.00	\$273.00
On Site FULL Convention Registration Fees (June 9 - 10, 2016 23:59 EST)			
Student Affiliates (Save 67% in 2016) *	\$115.00	\$5.75	\$120.75
Student Non-Affiliates (Save 60%) *	\$280.00	\$14.00	\$294.00

* Of the Canadian Psychological Association

For more details, please visit: <http://www.cpa.ca/Convention/registration>

Where to Start?

You can begin preparing for the Convention by visiting the CPA's convention webpages (www.cpa.ca/convention) and browsing the Convention program when available online. Do not be overwhelmed by the size of Convention! Although there are many sessions, activities and events taking place, with a little patience, you can tailor your Convention experiences to your specific interests. Waiting until you arrive in Victoria to decide your schedule may increase your stress level. It is often helpful to know where you want to be each day in advance. Having a specific schedule in mind will also allow you to plan transportation and logistics ahead of time – consider using the CPA's online scheduler to plan your days.

You will be able to access the CPA's Convention program through PDFs on the CPA's website, the CPA's online convention scheduler, or the CPA's Convention App. The free CPA Convention App is available for Convention registrants and provides a convenient way to navigate the CPA Convention. Visit the CPA's Convention website for details on how to download, install and use the Convention App.



Did you know?

The University of Victoria has its own asteroid! "150145 UVic" was discovered in 1996 by David Balam and named in UVic's honour in 2007. ⁴

⁴ <https://ring.uvic.ca/notices/fun-facts-about-uvic>

Students and Convention Programming

As a convention delegate, you are welcome to attend all sessions during the convention, including but not limited to the Welcoming Ceremony, all presentations, all poster sessions, any section business meeting of interest to you, and the Annual General Meeting as an affiliate with no voting privileges – in other words, you can attend almost anything beyond your scheduled session. You are also welcome to attend committee meetings of which you are a member, as well as pre-convention workshops for which you've registered and paid the fee.

Your Sections of interest will have their programs and socials listed either on their Section webpages or in the CPA's Convention App. Please note that the Students Section also offers a specific stream of programming specific to students in psychology; examples of sessions offered in the past include: conducting research without money, applying for internships, and applying for research grants. In addition, the CPA offers a general program stream with events of interest to all delegates regardless of subject matter expertise or interest area. Using the CPA's online scheduler, you can click on any given section or the general program to see the scheduled events.

What Do I Bring?



In June, the average high temperature in Victoria is 19°C. Business casual is the acceptable dress during Convention days. Remember, you will be networking during programming and social hours, so it is best to look professional.

Checklist of essential items to pack:

- ✓ Money (credit card, traveler's cheques, etc.) and identification (including your Passport)
- ✓ Convention Schedule
- ✓ Hotel reservation information/confirmation
- ✓ Airline tickets
- ✓ Note-taking supplies (paper, pen, tablet, laptop, etc.)
- ✓ Business cards with your contact information (for networking)

Other items to consider:

- ✓ Camera
- ✓ Comfortable shoes (there will be A LOT of walking)
- ✓ Professional/business casual attire (3 days of programming)
- ✓ Clothes for evening activities (3 nights)



- ✓ Athletic clothes and shoes (for use at the hotel gym)
- ✓ A light jacket and umbrella

Things to Know for International Student Affiliates

- Bring your passport. If you need to apply for or renew your passport, leave enough time.
- Your phone plan may not work internationally. Check with your provider to find out about international data plans or additional charges for using talk, text, and data outside of the country.
- Though some businesses may take American dollars, currency exchange is suggested. It is recommended that you exchange your money at a recognized bank or financial institution for the best exchange rates.
- Notify your bank and credit card lenders that you will be traveling internationally. Find out about any foreign transaction fees that your bank or credit card lenders may assess.
- Visit this website for specific Canadian customs:



<http://www.tripadvisor.com/Travel-g153339-s606/Canada:Tipping.And.Etiquette.html>

Volunteer!



There are several volunteer opportunities during the Convention. For more information, please contact the CPA Convention Office at convention@cpa.ca.

Networking

The CPA's Convention makes networking easy! Whether specific to a specialized area of psychology or from a more general perspective, you will be able to meet and re-connect with psychologists and students from across the country via various planned sessions and social activities. Whenever presented with the opportunity, whether at poster session or in a session, don't hesitate to introduce yourself and meet someone! Try to leave the convention having met at least five new students and at least three psychologists!

"Do you have a business card?" Chances are you will be asked this on more than one occasion during the Convention. If you don't receive business cards from your school/employer or are not yet working, you might not have any. Whether your goal is to get in as much networking as possible, to connect with other students or professionals who share a specific interest, or if you should just happen to make a new

professional contact, business cards are a must-have for the Convention! They are professional, convenient, and easy to get. Be sure to order them in time (usually at least 2 weeks in advance)!

Here are some links for business card printing:

- <http://www.staplescopyandprint.ca/PrintOnlineInfo/BusinessCardInfo.aspx?lng=en-CA>
- http://www.vistaprint.ca/category/business-cards.aspx?txi=15626&xnid=TopNav_Business+Cards&xnav=TopNav

Be sure to keep an eye out for the Section for Student's workshop on Networking and Applying to Grad School. This workshop will provide strategies for effective networking and give students the opportunity to practice these skills.

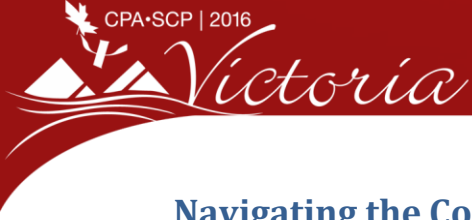
Also, the Section for Students hosts a social annually. This is a great opportunity to meet other student affiliates and practice these networking skills. This year the social will be held on **Friday, June 10th, 2016 at 7:00pm at the Bard & Banker Public House. Free food and drinks will be provided. Please remember to bring your CPA name badge in order to get your beverage ticket!**



Did you know?

80% of jobs are unadvertised. Networking is important in gaining access to these jobs, as employees prefer to hire from within.⁵

⁵ <http://students.ubc.ca/career/resources/networking>



Navigating the Convention

Convention Registration Desk

Once you arrive, your first stop should be the registration area, located in the Victoria Convention Centre.

Pre-Convention Workshop Registration Pick-Up

If you are attending a pre-convention workshop, you can pick up your pre-convention registration badge anytime during the hours listed below:

Tuesday June 7th (6:00 pm - 9:00 pm)

Wednesday June 8th (7:00 am - 9:30 am)

Convention Registration Hours

You can pick up your registration kit anytime during the hours listed below:

Wednesday June 8th (4:00 pm - 8:00 pm)

Thursday June 9th (7:00 am - 5:00 pm)

Friday June 10th (7:30 am - 5:00 pm)

Saturday June 11th (8:00 am - 10:00 am)

If you have registered for both the Convention and a Pre-Convention Workshop, you are entitled to a rebate; please click on the following link to complete the request form and return to the CPA's Convention office for approval ([Click here for Rebate Online Form](#)).

CPA MarketPlace Tradeshow

Convention attendees can find job opportunities in the CPA Marketplace (formerly known as the Exhibitor Area), by visiting the job posting board and connecting with potential employers. The CPA Marketplace Area will also feature various book publishers, CPA's insurance broker (BMS), and other mental health related associations.

Advice for Students with Disabilities



Persons with disabilities should contact the CPA's Convention Office concerning arrangements that may facilitate convention attendance by calling 1-888-472-0675 ext. 330 prior to May 27, 2016. The CPA can ensure there are vans with a lift to transport persons who use wheelchairs, scooters or who have limited mobility; interpreters for individuals with hearing impairment; and escorts or readers for persons with visual impairments.

During the convention, persons with disabilities who require assistance may visit the CPA's Registration Area with questions and/or for assistance.



Did you know?

The CPA awards approximately \$13,750 to student members each year? Find out if you're eligible for any of the various awards at

<http://www.cpa.ca/students/resources/studentawards/>

Attending Convention Sessions

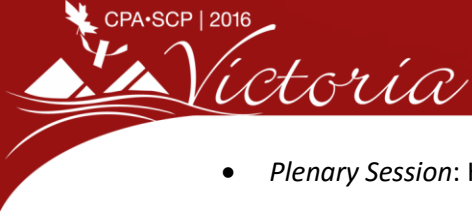
As noted elsewhere in this guide, your Sections of interest will most likely have their programs and socials listed on their section webpages; the Students Section will offer a specific stream of programming specific to students in psychology; and the CPA itself will offer a general program stream with events of interest to all delegates regardless of subject matter expertise or interest area.

To reiterate, as a convention delegate, you are welcome to attend all sessions during the convention, including but not limited to the Welcoming Ceremony, all presentations, all poster sessions, any section business meeting of interest to you, and the Annual General Meeting as an affiliate with no voting privileges – in other words, you can attend almost anything beyond your scheduled session. You are also welcome to attend committee meetings of which you are a member, as well as pre-convention workshops for which you've registered and paid the fee.

Types of Sessions at the Convention

The CPA's annual convention features a number of different types of sessions, that we are sure will have something to appeal to everyone!

- *Section-specific Program*: Sessions offered by the CPA's respective Sections, including the Students Section, that are held in the convention center. Each Section is required to hold its annual business meeting at the convention and has the option to invite a section-speaker and/or hold a reception.
- *Symposium*: Papers are grouped for oral presentation in a thematic session. A symposium is a submission that usually consists of a moderator, plus 3 or 4 spoken presentations on the same topic. A symposium may or may not include a discussant. Each symposium is scheduled for 1 hour and 25 minutes, and the moderator is responsible for keeping participants on schedule.
- *Round Table Conversation Session*: Conversation sessions (55 minutes, maximum) are relatively informal round-table events intended to stimulate discussion on a specific topic. They may involve several presenters with different points of view, may be supplemented with handouts (no power-points), and a moderator with an established reputation in the area. The moderator is responsible for directing the conversation and for keeping the session on schedule. Each submission will be assigned their own table within the conversation session.
- *Workshop*: Workshops, by an individual or a group, are submissions with a clearly defined practical, experiential, or demonstration component. Presenter expertise and experience in content area. They should be designed for participants to learn new skills or techniques. Workshops are scheduled for 1 hour and 55 min, and leaders are responsible for staying on schedule.
- *Poster Session (digital or print)*: Research presented via a poster, either paper or digital - presenter is available to answer questions. Posters are the most appropriate and efficient method for presenting empirical research. Poster sessions on Thursday, Friday and Saturday are generally 1.5 to 2 hours in length and are arranged by section.



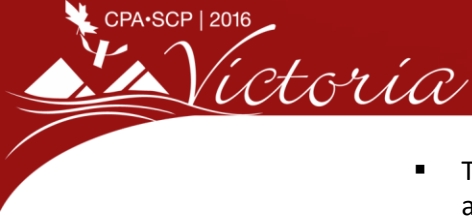
- *Plenary Session:* Highlight prominent speakers and current topics in psychology.
- *Presidential Address:* The CPA President and Honorary President give special talks related to important themes in psychology.
- *CPA-Section co-Sponsored Invited Address:* Highlight prominent speakers specific to a given subject matter area(s) and nominated by one or more Sections.
- *Section-Invited Address:* Highlight a prominent speaker specific to a given Section(s).
- *Pre-Convention Workshop:* Half- or full-day sessions offered on the Wednesday before the Convention that provide continuing education credits for psychologists to maintain their licensure requirements.
- *Social Event:* Hosted by various Sections and the CPA Convention Committee. Attending social events is a great opportunity to learn more about Sections you are interested in, meet people, and network.

Regardless of the type of session in which you are presenting, please respect the time allotted for your session so as not to infringe on the time of subsequent presenters. Note that most meeting rooms are supplied with a laptop, screen and an LCD projector.

Students Section Program

The Students Section program is focused on professional development from your graduate training to your professional career – see below for a list of some of the sessions offered as part of this stream. Be sure to visit the CPA Convention's website, the CPA's online scheduler, or the Students Section Booth for more information on the sessions below and the rest of the Students Section Program.

- **SECTION KEYNOTE SPEAKER: Dr. Frederick Grouzet, University of Victoria** *(Saturday June 11, 2016 from 14:00-15:00, Langford)*
 - The CPA Section for Students is pleased to welcome Dr. Frederick Grouzet as our Keynote Speaker for the Canadian Psychological Association's 77th Annual Convention. Dr. Grouzet is an Associate Professor of Social Psychology at the University of Victoria. Relevant to many students, his primary research focus is on personal goals and well-being. Over the last 10 years, he studied the structure and origins of goals and values, which led him to develop the Dual Valuing Process Model (Grouzet, 2013) that explain the interacting effect of social contexts and personal growth experiences on the development and changes of personal goals. More recently, Dr. Grouzet integrated mental time travel into valuing processes to better explain observed shift between intrinsic and extrinsic goals. Given that his research is highly applicable to psychology students, we invite all students to capitalize on this opportunity and attend Dr. Grouzet's talk.
- Workshops we are offering:
 - Strategies for Effective Networking & Surviving the Graduate School Application Process *(Friday June 10, 2016 from 09:45-10:45, Balmoral)*



- The first part of this workshop will help teach skills and strategies for networking and give students an opportunity to practice these skills. The second part of this workshop will address a number of pertinent topics related to the process and the experiences of applying to graduate school.
 - Presentation Skills and Data Blitz Competition (*Friday June 10, 2016 from 13:45-15:45, Ivy Ballroom*)
 - The first 30-minutes will focus on teaching tips to students about how to give excellent presentations. The last 60-minutes will be a “Data Blitz” competition that will enable students to present their research in only three minutes using the skills that they learned in the first part of the session.
 - How to Write Tri-Council Scholarship Applications: Staying Calm and Getting Ahead of the Competition (*Saturday June 11, 2016 from 10:30–12:30, Langford*)
 - This workshop provides students with information regarding the Canada Graduate Scholarship (CGS) funding process (i.e. CIHR, SSHRC, and NSERC) beginning with a talk about how to complete graduate studies without funding, the selection process for Tri-Council awards, along with advice regarding the do’s and don’ts of the writing process, the navigation of ResearchNet and the Canadian Common CV, and the assembly of a competitive application.
- Roundtable Discussion - Promoting multidisciplinary learning: student perspectives from across psychology (*Friday June 10, 2016 from 16:30-17:30, Crystal Ballroom*)
 - This roundtable will be composed of graduate students from various specializations within psychology to facilitate a discussion about the type of work involved in each area. This discussion will provide students with an opportunity to raise questions or concerns about these different specializations, challenge their perceptions, and expand their understanding of psychology education and training in Canada. Participation in this discussion will provide students with an outstanding opportunity to engage in multidisciplinary learning, yielding a greater awareness and appreciation of the diverse and extensive discipline that is psychology.
- Section Business Meeting: Saturday June 11, 2016 from 13:00 – 14:00 (Langford VCC_2)
 - Student Affiliates are welcome to join us for our Section’s annual general meeting. Come meet your executive team face-to-face and share your thoughts on the past year. Last year at the Section Business Meeting, many of you suggested a document like this one to help you navigate your first convention. We are pleased that we could make this document a reality and we would love to continue to receive your feedback in person to help us serve you better.
- Student Social
 - This year’s student social will be held at **the Bard & Banker Public House on Friday, June 10, 2016 at 7:00pm**. Free food and drink will be provided. Students **MUST** bring their CPA badge to receive their drink ticket at the Social.

Presenting at the Convention

Students also have the opportunity to win the Best Poster Award for presenting a poster at the CPA's Convention. This award encourages high quality submissions to the Section for Students. Each year, one undergraduate and one graduate student is selected by the Section for Students Executive based on the following criteria:

- The student must be first author of the submission
- The student must be an affiliate at the time of submission and at the time of award
- The post must be submitted to the Section for Students and not to another division
- The student is not an executive of the Section for Students

For more information on the Best Poster Award, visit our awards page:

<http://www.cpa.ca/students/resources/studentawards/>

Want to improve your presentation skills?

Our workshop "Presentation Skills and Data Blitz Competition" will provide you with tips about how to give excellent presentations. The last 60 minutes of this workshop will be a "Data Blitz" competition, which will enable students to present their research in only three minutes using the skills that they learned in the first part of the workshop. With these tips and some practice, you may want to use these skills at the next CPA convention! In fact, we encourage it!

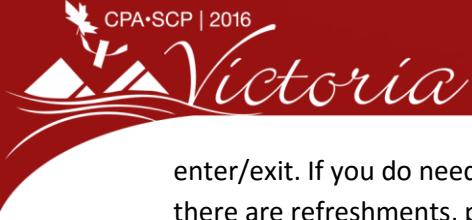


Asking Questions

- Best Practice for asking questions during a session
 - Unless directed otherwise by the presenter, wait until the presenter(s) asks for questions from the audience. Sessions are usually timed by presenters and questions may disrupt the timing of their presentation.
- Best practice for approaching presenters after sessions:
 - Exit the room so the next session can enter.
 - When others are waiting, ask one question and then allow others to speak.
 - If the presenter is busy, ask if they would be willing to speak with you at a later time and ask for appropriate contact information (i.e., phone number or email).

Convention Etiquette

With only 5-10 minutes between sessions, time may be tight to get from one session to another. Try to arrive on time and stay until the end so you do not distract presenters and/or participants as you



enter/exit. If you do need to leave early, try to sit close to the exit and depart with minimal disruption. If there are refreshments, please help yourself at the designated time, not during the actual presentation.

What Do I Wear?

A common question we get from new convention attendees is “What do I wear at convention?”

When attending programming at convention, the dress code typically ranges from business-casual to professional attire. Remember, some of the attendees at the convention are experts in the field of psychology. You may come face-to-face with a professional who inspires you. As such, you will want to appear professional. First impressions matter!

- No jeans. You may be able to get away with a nice pair of khakis but make sure they are pressed and wrinkle-free! Otherwise, dress-pants or knee-length skirts may be best received.
- Blazers/sports jackets are key to dressing up most outfits. It may get warm in the program session so you will want to wear appropriate attire underneath if you need to remove your blazer or sports jacket.
- Dress shirts/blouses
- Comfortable shoes – You may be walking around between programs or exploring Victoria
- There may also be events occurring in the evening such as the Student Social or the CPA Social. Perhaps you want to experience Victoria nightlife with your peers. As such you may want to bring clothes for these occasions.
- And finally, don’t forget to bring comfortable clothes for travelling.

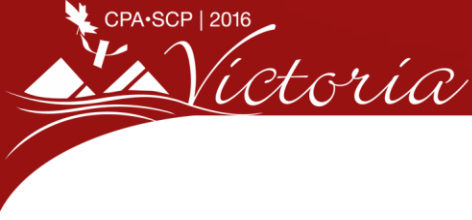
Convention Evaluation

The CPA Convention Committee values your feedback. Throughout the convention and in particular following the convention, please take a moment to complete the CPA’s Convention Evaluation Survey. It contains questions regarding the overall convention, as well as questions specific to students, regarding the current and next convention.



Did you know?

The CPA’s President-Elect, Dr. David Dozois, was once the Chair for the Section for Students!



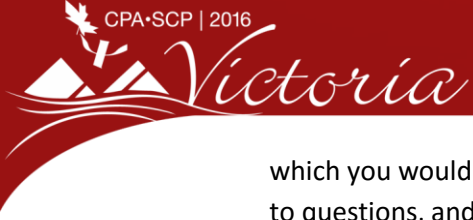
Internship and Graduate Fairs

Internship Fair

- This is an annual program (2 hours) with seasoned presenters offering information to help you prepare a strong internship application.
- There are opportunities for participants to ask presenters specific questions about the application process.
- Bring a notebook or laptop to take notes.
- Internship training directors from various internship programs come to provide information on their site and answer questions.
- Training directors are seated at round tables and students are encouraged to come and go to tables as they please.
- The exact training programs that will be present are not typically known until shortly before the Convention. Attend the event and see if there are training directors with which you would like to speak. If not, roam the room with an open mind, sit in on tables and listen to questions, and hear about different internship settings.
- Ask questions! Find out what sites offer and what they are looking for in applicants.
- Attend the fair even if you are not applying for internship this year! Learning about the process early is important, and you may discover some ways to strengthen your application. It will give you an idea of what to expect when you do apply, you have an opportunity to hear the types of questions other students are asking, and you might find a site you would not have looked at otherwise!

Graduate Fair

- This is an annual event (2 hours) with representatives from various university graduate departments prepared to answer specific questions about their respective universities and graduate programs.
- There are opportunities for participants to ask presenters specific questions about the graduate application process.
- Bring a notebook or laptop to take notes.
- The exact graduate departments that will be present are not typically known until shortly before the Convention. Attend the event and see if there are graduate department representatives with



which you would like to speak. If not, roam the room with an open mind, sit in on tables and listen to questions, and hear about different graduate programs.

- Ask questions! Find out what graduate departments offer and what they are looking for in applicants.
- Attend the fair even if you are not applying for graduate school this year! Learning about the process early is important, and you may discover some ways to strengthen your application. It will give you an idea of what to expect when you do apply, you have an opportunity to hear the types of questions other students are asking, and you might find a graduate department you would not have looked at otherwise!



Did you know?

The CPA currently accredits 26 programs in Clinical Psychology, 5 programs in Counselling Psychology, 2 programs in School Psychology, and 1 program in Clinical Neuropsychology.

Staying Healthy during the Convention

Attending the CPA's Convention is exciting! It provides students with 3 days of exposure to networking opportunities, personal and professional development activities, and exposure to the most recent research and ideas in psychology. Days are long and action-packed. Travel and busy days usually translate to eating fast food, forgoing your typical exercise and sleep routines, and sharing germs with hundreds of people.

Attending the Convention does not have to mean slacking on self-care, particularly if you are intentional about maintaining your routine health habits.

Keeping Calm: Things to Think About Before the Conference

- Mentally prepare! Go into the conference knowing that you're going to pull some long hours. Sometimes when you've taken the time to prepare your mind, your body follows a little easier.
- Before you leave for the convention, organize your school materials as best as possible. Make a list of what you need to do when you return from the Convention to get back into the swing of school, and make sure this plan gives you at least half a day of relaxation back at home before you dig back in.
- Give yourself some time the night before everything begins. If you are able to arrive to the Convention early, give yourself a few hours of quiet time, TV time, reading time, or whatever you do to prepare yourself
- Pack a small meal or snack for when you first arrive. There is nothing worse than arriving in a new place hungry with no idea where to go! Plus you may be tired and not up for the food hunt.
- Be sure to bring anything with you that will help you to decompress – books, music, or whatever you need to help calm you down at the end of a crazy day.
- Try to plan your convention schedule before you arrive – make sure it includes down time.

Eating at the Convention



- Be sure to stay hydrated. Carry a reusable water bottle. Choose water over sugary drinks as they can dehydrate you quickly.
- Pack healthy snacks in your carry-on or keep them with you in the car. You will be less likely to buy snacks high in calories if you already have snacks prepared.
- Citrus fruits stay fresh for a long time and have plenty of Vitamin C.
- Trail mix will satisfy your sweet tooth and provide you with a healthy portion of protein, fiber and antioxidants.
- Try to eat at least one serving of fresh fruits and vegetables at every meal. Eating healthy foods will make you feel better and give you more energy.

- Find a grocery store near your hotel and stock up on healthy snacks and meal items, or bring some with you. This will give you access to healthy meal alternatives and it will be cheaper than eating at a restaurant.

Overall Health

- Wash or sanitize your hands frequently, especially before eating. You will be sharing doorknobs and shaking hands with hundreds of other people.
- Stand up, stretch, or walk around between sessions. For every hour you sit still, you should move around for at least five minutes. No complaining about how your next talk is all the way across the convention center! Enjoy the walk and get your heart pumping.
- Drink alcohol in moderation. Alcohol dehydrates you, throws off your sleep patterns, and decreases normal liver function so all the food you are digesting isn't metabolized properly and is more likely to be turned into fat.
- Take five to ten minutes before you go to bed to turn off all your screens (computer, iPod, TV) and dim the lights. Practice some deep breathing exercises, or Progressive Muscle Relaxation. All the stimulation from the day can sometimes make it hard to get a good night's sleep, so a brief decompressing period can be beneficial.
- You do not have to be alone at the Convention! Stay connected to your peers with our social media pages: Facebook: <https://www.facebook.com/CPASectionForStudents/> and Twitter: https://twitter.com/cpa_students

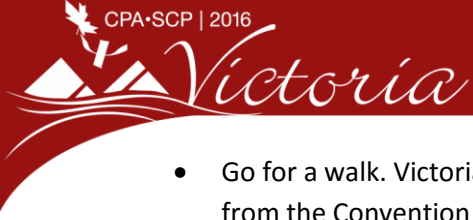
Exercise



Your body will undoubtedly feel some level of fatigue from running around the convention and Victoria. Despite this, your body may need some additional exercises to engage other muscle groups.



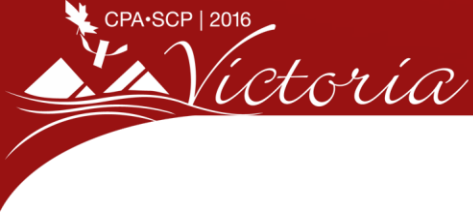
- Schedule a time to exercise. Odds are your hotel will have a gym located somewhere on the premises. Take some time out from your busy Convention schedule and use it!
- If changing and going down to the gym is too time-consuming or intimidating, exercise in your hotel room. It's easy to do a quick routine in the morning when you first get up, right before you go to sleep, or in between any of the sessions during the day! Below is an example of a simple routine you can do each day of the convention.
- Streeeeetch!!! Being on your feet all day and walking all day can make your body tense and stressed.



- Go for a walk. Victoria has beautiful areas and parks near the Convention Center. Taking a few hours from the Convention to be outside (away from fluorescent lights!) and moving will get your blood pumping, help your legs to stretch after all that sitting, and will refresh your mind.
- Take part in the CPA's Annual Fun Run. Scheduled for 7am on Friday June 10, 2016, the CPA's annual fun run is a great way to meet new people and start your day off with a dose of high energy exercise. Not a runner? No problem, walkers are always welcome! Proceeds from the Fun Run are donated to a local charity.

***Did you know?***

This year is the second time since 1940 that the convention is being held in Victoria, BC.



There's an App for That

CPA Convention Mobile App

The CPA's Convention Mobile App is a convenient way to have all of the important Convention information right in your smartphone or tablet: <http://cpa2016convention.sched.org/>. It allows you to search for programming by topic, keyword, or Section/Program Stream. Easily build your convention schedule using the App's calendar feature. You can even share your calendar with friends and colleagues! Locate your next session on the maps tab.

Social Media

During the CPA Convention, attendees will be using Facebook and Twitter to share news and information, discuss programming, and network.

Visit us at our Facebook page: <https://www.facebook.com/Canadian-Psychological-Association-Soci%C3%A9t%C3%A9-canadienne-de-psychologie-146082642130174/?fref=ts>

Or follow us on Twitter @CPA_SCP https://twitter.com/CPA_SCP You can follow and contribute to the conversation by searching Twitter for “#CPA2016.”

Additionally, you can read updates about the Convention by following the Facebook and Twitter accounts of the CPA Students Section.

Facebook: <https://www.facebook.com/CPASectionForStudents/>

Twitter: https://twitter.com/cpa_students



Did you know?

The CPA is hosting the 29th International Congress of Applied Psychology (ICAP) in Montreal from June 26-30, 2018. The CPA will hold its annual convention as part of ICAP 2018.

Convention City – Victoria, British Columbia

As an island destination, Victoria is a unique blend of old world charm and new world experiences. In Victoria, heritage architecture, colourful gardens and traditions like afternoon tea mix with a plethora of outdoor adventure, authentic culinary experiences and an enviable cocktail and craft beer scene.

Boasting the mildest climate in Canada, Victoria is green and beautiful year-round. Victoria was rated as the #1 destination to visit in Canada by the 2010 TripAdvisor Travelers' Choice Awards.

This guide aims to help everyone with basic navigation around town and other cultural considerations when exploring one of Canada's most popular tourist destinations. There are plenty of things that everyone can enjoy and this guide will give you an idea of what to expect on a budget.

<http://www.tourismvictoria.com/>

Attractions

Experience the wide array of natural and cultural delights that Victoria has to offer the curious visitor. Walk, pedal, ferry or ride around Victoria's charming downtown, or soak in the sun along classic West Coast shorelines. Tee off near waterfalls and mountain views, or zoom past Arbutus trees on the rocky seashore. Dip your paddle into still waters inhabited by rich marine life or take a Zodiac through the waves to see the whales. Hike cool ancient rainforests, or get to know the locals on the Gulf Islands. Get a feel for the island's history at sights like lighthouses and castles. Take a walk in Beacon Hill Park or visit any number of Museums. There's no end to the fun and adventure you can have in Victoria and the Southern Island! In addition to the few attractions noted below, visit <http://www.cpa.ca/Convention/traveltips> for more ideas!

Beacon Hill Park



Just a short walk from the Fairmont Empress, Beacon Hill Park offers plenty of sightseeing options. Stroll through the park with a picnic lunch or take a horse-drawn carriage ride through the park as you learn about the local history.

Royal British Columbia Museum (675 Belleville Street)

Just around the corner from the Fairmont Empress, the Royal British Columbia Museum is rated one of the best in North America. For the discounted rate of only \$17 CAD (with student ID), walk through British Columbia's past and get a glimpse at its natural and human history.



Craigdarroch Castle Historic House Museum (1050 Joan Crescent)



Just a 10-minute drive from the Fairmont Empress, you will have the best views in Victoria by climbing up the 87 steps of the grand oak staircase. They have a discounted student rate of just \$8.95 CAD with valid ID.

Whale Watching Tours (Fisherman's Wharf)

Pack your camera and catch a glimpse of the many species of whales in either a closed or open boat. Get as close as 200 meters to a killer whale and hear them through a boat's hydrophone! Tours are around 3.5 hours and range in price from \$55 - \$105.



Butchart Gardens



Butchart Gardens is a group of floral display gardens in Brentwood Bay, British Columbia, Canada, located near Victoria on Vancouver Island. These gardens have been designated a National Historic Site of Canada.

Traveling

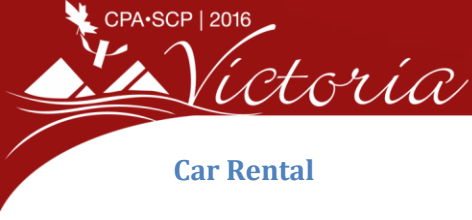
There are many ways to get around Victoria. Here are a few options:

YYJ Airport Shuttle (1640 Electra Boulevard)

This agency offers affordable shuttle service between the airport and downtown. See the Website for schedules, fares, and additional details: <http://www.yyjairportshuttle.com>, and earlier in this guide for a special round-trip rate for CPA members.

BC Transit

You can use BC Transit to get around Victoria and the surrounding area. See the Website for schedules, fares, and additional details: http://bctransit.com/*/choose-transit-system



Car Rental

There are several car rental agencies located steps from Fairmont Empress. See information earlier in the guide for discounted rates offered by AVIS and Budget for CPA members.

Taxi

BlueBird Cabs Ltd.

Accredited by the Better Business Bureau, BlueBird Cabs Ltd. is one taxi option in Victoria. Base fare is \$3.25 CAD and \$1.88 CAD per KM.

Phone: 250.382.2222

Website: <http://www.taxicab.com/>

Places to Eat

Downtown Victoria offers a range of food options, with many award winning restaurants. Check out some of these great options, all less than 1 KM from the Fairmont Empress and budget friendly:

Catalano Restaurant (619 Courtney Street)

Catalano Restaurant serves up Italian and Spanish dishes with a Mediterranean flare.

Phone: 250.480.1824

Website: <http://www.ferrisoysterbar.com/catalano-restaurant/>

Cora's (850 Douglas Street Unit 150)

This is a unique destination for breakfast or lunch that will be sure to fill you for the afternoon.

Phone: 250.381.2672

Website: <http://www.chezcora.com/en/restaurants/british-columbia/Cora-Victoria#> =

Bartholomew's English-Style Pub (777 Douglas Street at Humboldt Street)

Come here to enjoy traditional English-style pub fare with daily food and drink specials.

Phone: 250.940.3125

Website: <http://www.bartholomewspub.com/>

Milestones Grill and Bar (812 Wharf Street)

Milestones offers a wide selection of traditional Canadian cuisine.

Phone: 250.381.2244

Website: <http://www.milestonesrestaurants.com/#> =

Red Fish Blue Fish (1006 Wharf Street)

This is an outdoor eatery right along the waterfront, offering many delectable seafood dishes.

Phone: 250.298.6877

Website: <http://www.redfish-bluefish.com/>

Rebar Modern Food (50 Bastion Square)

This trendy, modern restaurant serves up a multitude of delicious, healthy meal choices, including vegetarian and vegan options.

Phone: 250.361.9223

Website: <http://rebarmodernfood.com/#> =

Vancouver Island Restaurants featured on FoodNetwork Canada's You Gotta Eat Here

Here are many other places to eat that are good and inexpensive:

The Old Crow Cafe

575 North Rd

Gabriola, BC V0R 1X3P

(250) 325-2769

<http://www.oldcrowcafe.ca/>

Rock Cod Cafe

1759 Cowichan Bay Rd

Cowichan Bay, BC V0R 1N0P

(250) 746-1550

<http://www.rockcodcafe.com/>

Bin 4 Burger Lounge

716 Goldstream Ave #102

Langford, BC V9B 2X3P

(778) 265-5464

<http://www.bin4burgerlounge.com/>

Mrs Riches

199 Fraser St

Nanaimo, BC V9R 5C1P

(250) 753-8311

<http://mrsriches.ca/>

Smokin' George's BBQ Restaurant & Take-Out

4131 Mostar Rd #5

Nanaimo, BC V9T 6A6P

(250) 585-2258

<http://smokinggeorgesbbq.com/>



Did you know?

Victoria has the second highest number of restaurants per capita in North America, second only to San Francisco.⁶

⁶ <http://www.hikebiketravel.com/21712/30-fun-weird-interesting-facts-victoria-bc/>

CPA's Section for Students

Meet Your 2015-2016 Student Executive

Zarina Giannone, *Chair & Student Representative on the CPA Board of Directors*



My name is Zarina Giannone and I am a PhD student in Counselling Psychology at the University of British Columbia. My Master's thesis project investigated the influence of athletic identity on mental health outcomes after interuniversity sport retirement. I am drawn to this area of research as a result of my personal experiences playing competitive sport on the Canadian National Soccer Team (Youth) and the UBC Varsity Women's Soccer Team. I am dedicated to advancing the mandate of the Canadian Psychological Association through my roles as the Chair for the Section for Students in Psychology and as a Board Member on the CPA Board of Directors. Although I have many fond memories regarding my work with CPA, founding the CPA Student Mentorship Program has definitely been a highlight so far.

Michelle Gagnon, *Past-Chair*



I am a doctoral student in Clinical Psychology at the University of Regina and am currently completing my pre-doctoral internship at the Hospital for Sick Children in Toronto. My research focuses on pain in the family context and knowledge translation in health. I have been on the Section for Students for the past four years, serving in the positions of francophone affairs officer, communications officer, and most recently as Chair. I am looking forward to another exciting and productive year.

Kyrsten Grimes, *Chair-Elect*



I am currently completing the combined MA/PhD program in Clinical Psychology at the University of Toronto. I completed my B.A. (Hons.) in Psychology at the University of Windsor. I have a strong interest in the study of psychopathology, treatment outcome, and the ecological validity of assessment measures. My program of research pertains to the development of positive symptoms in schizophrenia spectrum disorders. I am currently testing a cognitive model for the development of hallucinations in those with schizotypal traits. I will use these findings to refine and test the model in patients with schizophrenia. For my dissertation, I will be developing and testing a new therapeutic intervention, based on the model, which may aid in eliminating hallucinations in patients with schizophrenia and act as a preventative therapy for those at risk of experiencing an acute episode of psychosis.

Michelle Guzman-Ratko, Communications Officer



I am currently the Communications Officer for the CPA Section for Students. I just completed my undergraduate degree in Psychology, Neuroscience, & Behaviour at McMaster University and am currently a candidate for the Masters of Science in Psychology program at the University of Liverpool specializing in Mental Health. My undergraduate research and clinical work with clients with acquired brain injury (ABI) using applied behaviour analysis led me to wanting to pursue a career as a behaviour analyst. I currently work as a behaviour therapist assistant, mainly with individuals with developmental disabilities. If you have any questions before, during, or after convention, I would be happy to answer them!

Jennifer Bartlett, Graduate Student Affairs Officer



My name is Jennifer Bartlett and I'm entering the third year of my PhD in Counselling Psychology at the University of Alberta. My dissertation research will examine the efficacy of emotion-focused group therapy for individuals with eating disorders, specifically bulimia nervosa, with a particular focus on shame. My position on the student executive is the graduate student affairs officer. I am responsible for managing both graduate student and faculty representatives, which primarily involves the recruitment of new representatives, helping to transition them into their new position, and collecting bi-annual reports from each representative outlining their activities to date. If you are interested in becoming a graduate student representative for CPA at your university, please do not hesitate to contact me!

Georden Jones, Francophone Affairs Officer/Agente des affaires francophones



Georden Jones is a doctoral student in the MA.-Ph.D. program in clinical psychology at the University of Ottawa. She is a member of the Psychosocial Oncology lab lead by Dr. Sophie Lebel. Her research interests include: cancer-related fatigue, fear of cancer recurrence, multidisciplinary care and health psychology.

Mon rôle en tant que représentante des affaires francophones est d'entreprendre initiatives pour connecter avec les étudiants francophones et les programmes francophones de psychologie au Canada, de sensibiliser les membres de l'exécutif des problèmes et des situations auxquels font face la communauté psychologique francophone et les membres francophones de la Section et de représenter les communautés francophones à travers le Canada. N'hésitez pas à communiquer avec moi pour toute question!

Somayya Saleemi, *Undergraduate Student Affairs Officer*



Somayya completed her Honours B.Sc. at York University in 2015. She is currently working as a Research Assistant, on a project that focuses on using various neuroimaging and neuropsychological tests to examine the influence of bilingualism on white matter integrity and neurodegeneration. Her research areas of interest include cognitive and clinical neuropsychology as well as social-personality.

Todd Chan, *Administration and Finance Officer*



Many of us will be at the Convention in Victoria. If you recognize us at any point during the convention, feel free to introduce yourselves and ask us questions. We would be happy to meet you and talk to you!

About the Section for Students

The principal objective of the Student Section is to represent and help students participate within the CPA, Canada's largest national association for the science, practice and education of psychology. If you are a psychology student, you should be a Student Affiliate within the CPA throughout your studies, regardless of whether or not you attend the CPA's convention in a given year.

The Section provides a forum in which students can learn from each other, more fully experience their postsecondary and postgraduate journeys, and begin to prepare for their careers in psychology. It recognizes the need to have a strong voice in the psychological community and thus sustains communication between students in psychology across the country.

Students and the Section for Students are an important part of the CPA. The CPA is more than just its convention! Affiliate status within the CPA entitles you to many benefits that will aid your training in psychology. Visit the CPA's Membership Benefits

(<http://www.cpa.ca/membership/membershipbenefitsandservices/>) page for information on the following benefits:

Benefits of CPA Membership	
Publications	<ul style="list-style-type: none"> • Access to CPA's three journals (Canadian Psychology, Canadian Journal of Behavioural Science, Canadian Journal of Experimental Psychology) • Access to MindPad, Canada's student written, edited and published psychology newsletter • Access to CPA News, the Association's electronic newsletter • Online access to Psynopsis, Canada's Psychology magazine • CPA member rate for access to APA's PsycNET® GOLD package • Discounts on CPA Publications • Free or low-cost resource guides on various issues specific to students
Convention	<ul style="list-style-type: none"> • Reduced registration rate for the CPA's annual convention • Eligibility for CPA Awards and Section Awards
Student Affiliate Benefits	<ul style="list-style-type: none"> • Listservs targeted to a variety of student interests and concerns • Access to internship and career resources • Informational resources created specifically for graduate students in psychology • CPA Student Price Card (SPC)
Continuing Education	<ul style="list-style-type: none"> • Continuing Education courses • Accreditation
Sections	<ul style="list-style-type: none"> • Membership in CPA Sections
Advocacy	<ul style="list-style-type: none"> • Advocacy to government and research funders on behalf of science and practice-related issues affecting students, researchers, and practitioners
Insurance and Professional Products	<ul style="list-style-type: none"> • BMS Liability Insurance • Gowlings Pro Bono Legal Advice • The Personal Home and Auto Insurance • Manulife Personal Insurance
Travel Discounts	<ul style="list-style-type: none"> • IHG Hotels • Delta Hotels • VIA Rail • Flight Centre

	<ul style="list-style-type: none"> • Budget Rent-A-Car • AVIS
Retail	<ul style="list-style-type: none"> • Lenovo Computers • Canadiana Flowers
Fitness	<ul style="list-style-type: none"> • GoodLife Fitness
Book Publishers	<ul style="list-style-type: none"> • Nelson Education • Wiley • Guildford Press

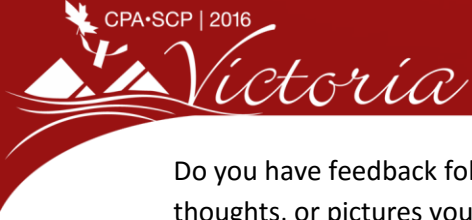
Join the Section for Students and Get Involved!

Be a part of organized psychology at the national level! There are many ways to get involved with the CPA and the Students Section. Visit our webpages at (<http://www.cpa.ca/students/>) for more information and to apply for various positions on the Section's Executive (<http://www.cpa.ca/students/about/executive>).

Mind Pad is our very own student-written psychology journal that aims to publish material that is of interest to all who are practicing and studying psychology, but with a primary emphasis on articles that are of interest to students of psychology. Content is encouraged that are unique, innovative, and may catalyze discussion and debate among members and affiliates of CPA, as well as within the psychological community. If you would like more information on Mind Pad, please see our website (<http://www.cpa.ca/students/MindPad/EditorialPolicy>) or contact the Editor-In-Chief Michelle Gagnon (michelle.gagnon20@gmail.com).

Another way you can get involved is through the **CPA Student Mentorship Program**. The CPA Student Mentorship Program offers Student Affiliates the opportunity to engage in peer-mentorship relationships with fellow students. This program facilitates the exchange of information and the sharing of personal and professional experiences amongst CPA Student Affiliate Members with varying levels of education across Canada. Student mentors have the opportunity to develop and hone their mentoring skills, which can be extended to various professional domains, whereas mentees have a unique experience to extend their knowledge of the various subject areas in psychology, develop their communication skills, and receive guidance around their personal and professional decisions. For more information on the Student Mentorship Program, visit our webpage: <http://www.cpa.ca/students/mentorship> or contact Zarina Giannone (zarina.giannone@gmail.com), the program's founder as well as the current President of the Section for Students.

The **CPA Section for Students Newsletter** aims to improve the communication within our section and allows you to get to know your executive team. It also helps keep Student Affiliates up to date on convention details, new initiatives, and highlights initiatives happening at your campuses. If you are interested in submitting a piece for our newsletter, please contact Michelle Guzman-Ratko (mguzmanratko@gmail.com), the section's Communications Officer and Newsletter Editor.



Do you have feedback following convention? We want to hear from YOU! If you have questions, comments, thoughts, or pictures you would like to share from your convention experience, please contact the student executive and we would be happy to use your feedback for making the next annual convention even better!

Campus Representatives Program

Students also play an important role within CPA as student representatives on CPA committees, CPA Section Executives, and as campus representatives. One of the projects of the Student Section Executive is to develop a way to showcase our Campus Representative Program, particularly to pay homage to the students who make this program possible. More specifically, we are hoping to bring CPA students from across the country closer by featuring a new Student Representative on our website every other month. These profiles allow the opportunity to learn more about our most active Student Section members and to share ideas about promoting the CPA. If you are interested in representing the CPA Section for Students at your university, learning more about campus representative duties, and how to become a campus representative, get in touch with one of the Student Section Executives (<http://www.cpa.ca/students/about/executive>) or the CPA's Membership Department (membership@cpa.ca).

The Section for Students offers the **Campus Representative Awards of Excellence** in recognition of outstanding undergraduate and graduate campus representatives as determined the Section for Students Executive.

All students who meet the following **two** eligibility requirements will be automatically considered for this award:

- The student must be a CPA student affiliate **and** a current undergraduate/graduate campus representative at the time of submission and at the time of award
- The student is not an executive of the Section for Students

For more information on these awards, please visit our Awards page:

<http://www.cpa.ca/students/resources/studentawards/>

Volunteers at the CPA's Convention

In addition to attending and presenting at the CPA's Convention, students play a key role in the Convention itself by serving as volunteers. Student volunteers work at the registration desk, stuff the delegate bags, and monitor convention sessions – just to name a few tasks.



Did you know?

The CPA was founded in a University of Ottawa psychology lab in 1938, although it was not formally organized until 1939.

Final Thoughts!

Be sure to create an account in SCHED: <http://cpa2016convention.sched.org/>, the CPA's Convention Mobile App, to help you better navigate the Convention and plot your schedule for programs and social events.

Be sure to schedule relaxation and rest into your schedule. One of the most important things to remember during the Convention is to pace yourself! There are so many things to see and do that it is easy to forget to eat and relax!

Make sure to include sufficient time between sessions. Sometimes you might end up having to walk to another building. Also, you may find you will unexpectedly need time to talk with people you meet or speak with presenters following a session.

Remember, it is important to make time for social events and networking activities, which are often in the evenings.

Enjoy yourself! Learn, network, and have fun!

***See you at the
Convention!***