



A Guide to the Canadian  
Psychological Association's

# **ANNUAL CONVENTION**

June 17–19, 2022

Pre-Convention Professional Development

## **WORKSHOPS**

June 16, 2022, Hyatt Regency (Calgary, AB)

# CONTENTS

<b>Introduction</b>	<b>3</b>	Other Pre-Convention Events Registration Pick-Up	16
<b>Why Attend the CPA's Annual National Convention?</b>	<b>4</b>	CPA Convention Registration Hours – Hyatt Regency Calgary	16
<b>Convention City – Calgary, Alberta</b>	<b>6</b>	CPA Speaker Ready Room:	16
<b>Getting to Calgary</b>	<b>7</b>	CPA Exhibitor Area	17
Flight Information and Transportation to Downtown Calgary	7	CPA's Commitment to Accessibility	17
Airport Shuttle	7	<b>Attending Convention Sessions</b>	<b>18</b>
Public Transportation	7	Types of Sessions at the Convention	18
Taxi	7	Workshops	18
C-Train	7	Spoken Individual Presentations	18
Transportation Centres	8	Spoken Group Presentations	19
<b>Rental Cars</b>	<b>8</b>	Poster Presentations	19
Hotel Parking	8	Skills Development Sessions	19
Street Parking	8	Section Organized Programming	19
<b>Where to Stay in Calgary: Convention Hotel 9</b>	<b>9</b>	Plenary Sessions	19
Attractions	10	Social Events	19
Travelling	10	Students Section Program	20
Taxi	10	Internship Fair	21
Cycling	10	Presenting at the Convention	21
Walking	10	Convention Etiquette	21
Places to Eat	10	What Do I Wear?	22
<b>Convention Preparation</b>	<b>11</b>	Convention Evaluation	22
Register Early!	11	<b>Staying Healthy during the Convention</b>	<b>23</b>
Where to Start?	11	Keeping Calm: Things to Think About Before the Conference	23
Students and Convention Programming	12	Eating at the Convention	23
What Do I Bring?	13	Overall Health	24
Things to Know for International Student Affiliates	13	Exercise	24
Volunteer!	13	<b>There's an App for That</b>	<b>25</b>
Networking	14	CPA Convention Mobile App	25
<b>Cost-Saving Tips For Students</b>	<b>15</b>	Social Media	25
Become a CPA Student Affiliate	15	<b>CPA's Section for Students</b>	<b>26</b>
Travel Awards	15	Meet Your 20 2021-2022 Student Executive	26
Book Early	15	<b>About the Section for Students</b>	<b>29</b>
Find a Roommate	15	Join the Section for Students and Get Involved!	30
Find Free Food!	15	Mind Pad	30
<b>Navigating the Convention</b>	<b>16</b>	CPA Student Mentorship Program	30
Convention Registration Desk	16	CPA Section for Students Newsletter	31
Pre-Convention Professional Development	16	Campus & Student Representatives Program	31
Workshop Registration Pick-Up	16	<b>Final Thoughts!</b>	<b>32</b>



Photo: Roth and Ramberg



## INTRODUCTION

Dear Delegate,

Welcome to CPA2022, the Canadian Psychological Association's 83rd Annual National Convention in Calgary, Alberta! Taking place at the Hyatt Regency Calgary from June 17th–19th, 2022, with pre-convention professional development workshops on June 16th, 2022, the 2022 CPA Annual National Convention will offer all delegates (full members and students alike) an exceptional Convention experience. Both the CPA and the CPA Students Section promise to offer high quality programming and social events that meet your needs.

In addition to the CPA's Pre-Conference Professional Development Workshops, this year, the CPA's Annual Convention will also be preceded by:

- Development 2022, a Canadian Developmental Psychology Conference, hosted by the Pickering Centre for Research in Human Development at Carleton University, being held on June 15th–16th
- A Social and Personality Pre-Conference Event being organized by the CPA's Social and Personality Section on June 16th
- Workshop and Annual General Meeting of the Canadian Council for Professional Psychology Programs (CCPPP) on June 16th

The CPA's 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

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
- ☑ Informs you of local sights and attractions not to be missed during your stay in Calgary.

Malgré que ce document soit rédigé en anglais, n'hésitez pas à communiquer avec la Société canadienne de psychologie ou la Section des étudiants en français et à consulter notre site web au: <https://cpa.ca/fr/>, <https://cpa.ca/fr/etudiants/etudiantsenpsychologie/>; ou <https://convention.cpa.ca/?lang=fr>.

out of your experience. With this in mind, the CPA's Convention Staff and Committee have created this 2022 edition of the CPA Convention Handbook.<sup>1</sup>

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

Safe Travels!

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

# WHY ATTEND THE CPA'S ANNUAL NATIONAL CONVENTION?

After two years of physical distancing, virtual learning and virtual conferencing, the CPA's Annual National Convention will provide numerous opportunities for personal and professional growth, all while re-connecting with peers, colleagues, and mentors, both in person and virtually.

For students in particular, the Convention is a unique opportunity to get connected with and learn about diverse aspects within the field of psychology, meet presenters, network, and gain presentation experience.

Here are just a few of the ways that attending the CPA's 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 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.** By now we all know that we can make strong, positive, professional connections using digital technology. 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.

## DID YOU KNOW?

The very first CPA Convention was held in Montreal, Quebec in 1940<sup>2</sup>. The CPA's 2006 Annual National Convention took place in Calgary.

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



Photo: Shane Kuhn

4. **Access to emerging scholars and well-established experts in the field.** You get the chance to meet new people, hear about new research being done, 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-recognition.
6. **Share your research findings.** Our convention gives all delegates – students and professionals alike – the chance to share information about their work and research as a presenter. The CPA's convention features a multitude of presentation types to fit both your presentation style preferences and the content you wish to share. Presenting, which you can then list on your CV, also gives you the opportunity to obtain feedback on your research.
7. **A remarkably varied program.** Covering over 30 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 and discipline in Canada.** You will hear how your membership dollars are being used to advance the science, practice, and education of psychology through several 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 Calgary.** Beautiful Calgary, in Alberta, provides the setting for the CPA's 2022 Annual National Convention. Social events during the Convention will provide opportunities to see Calgary in the company of peers from across the country.

At any time, visit the CPA's official convention website for detailed information regarding the convention

<https://convention.cpa.ca/>

# CONVENTION CITY – CALGARY, ALBERTA

Calgary is situated at the confluence of the Bow River and the Elbow River in the south of the province, in the transitional area between the foothills and the prairies, about 80 km (50 mi) east of the front ranges of the Canadian Rockies, roughly 299 km (186 mi) south of the provincial capital of Edmonton and approximately 240 km (150 mi) north of the Canada–United States border. The city anchors the south end of the Statistics Canada-defined urban area, the Calgary–Edmonton Corridor. The Calgary Metropolitan Area had a population of roughly 1,581,000 in the beginning of 2021,[13] making it Alberta’s most-populous city and the second most-populous in western Canada.

The Calgary area was inhabited by pre-Clovis people whose presence has been traced back at least 11,000 years.[34] The area has been inhabited by the Niitsitapi (Blackfoot Confederacy; Siksika, Kainai, Piikani), îyârhe Nakoda, the Tsuut’ina First Nations peoples and Métis Nation, Region 3. Calgary is located in Treaty 7, the traditional territory of the Blackfoot people. Cultural and traditional customs and practices remain strong and a part of everyday living. The communities in Calgary include First Nations, Metis and Inuit.

This guide aims to help everyone with basic navigation around city 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, even on a budget.

## DID YOU KNOW?

There are about 260,000 Indigenous peoples living in Alberta, comprising 6.5% of the provincial population.

Photo: Roth and Ramberg





# GETTING TO CALGARY

The following transportation service providers are pleased to offer their services (most at a discount) to delegates travelling to the CPA's 2022 Annual Convention (June 16–19, 2022) in Calgary, AB.

The CPA has negotiated special rates/discounts with Air Canada, WestJet, Porter, Woods Limousine Inc., Avis and Budget, for our convention delegates.

Relevant travel code/discount information can be found in your confirmation of convention registration which you would have received by email; if your confirmation does not contain this information or you have any questions about the travel codes/discounts, please contact us at [convention@cpa.ca](mailto:convention@cpa.ca).

## Flight Information and Transportation to Downtown Calgary

The YYC Calgary International Airport is just 18km away from the Hyatt Regency Calgary hotel. The fourth busiest airport in Canada, it has daily flights, direct and non-stop, that serve North and Central America, Europe and Asia. YYC is approximately 20 minutes away from Calgary's city centre.

### Airport Shuttle

Transfers to and from the Calgary International Airport are provided by Allied Airport Shuttle. The rate is \$15 per person from airport to the hotel and \$15 per person from hotel to the airport, tip not included. Service is offered from 5:00 AM–12 Midnight daily. **SUSPENDED DUE TO COVID RESTRICTIONS**

### Public Transportation

Route 300 provides service to Calgary downtown via Centre Street. From the Domestic terminal, access via bus bays 7 and 8; from the International terminal, access via bus bay 32. Bus tickets can be purchased at the YYC Airport for a cost of \$36.00 for a book of 10 tickets. Cash fares for one time use are \$3.60 for adults 18 years of age and older.

### Taxi

Should you wish to explore the city, taxis are available 24 hours a day in front of the hotel. Estimated one-way taxi fare is CAD \$40 from the Calgary airport to downtown.

### C-Train

The C-TRAIN (Light Rapid Transit) platform is ideally situated adjacent to the hotel and you can travel for only \$3.50 per trip. The Downtown C-TRAIN transportation is a free fare zone. Rush hour service has a five-minute frequency and off-peak service is reduced to every 15 minutes. The C-TRAIN at 7th Ave SE and 1st St SE gives you access to Christie Park or Saddle Ridge.

## Transportation Centres

**Rocky Mountain rail station:** 0.3 km from hotel

**Greyhound bus depot:** 3 km from hotel

**Calgary International Airport:** 18 km from hotel

### 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: Check your registration confirmation for discount code

### **WESTJET**

WestJet Promotion Code: Check your registration confirmation for discount code

### porter

Porter Promotion Code: Check your registration confirmation for discount code

## Rental Cars

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

### **AVIS**®

AVIS Worldwide Discount (AWD): Log in to the CPA's Members Only Area for the discount code

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](http://www.avis.ca).

### **Budget**®

BUDGET Customer Discount (BCD): Log in to the CPA's Members Only Area for the discount code

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](http://www.budget.ca).

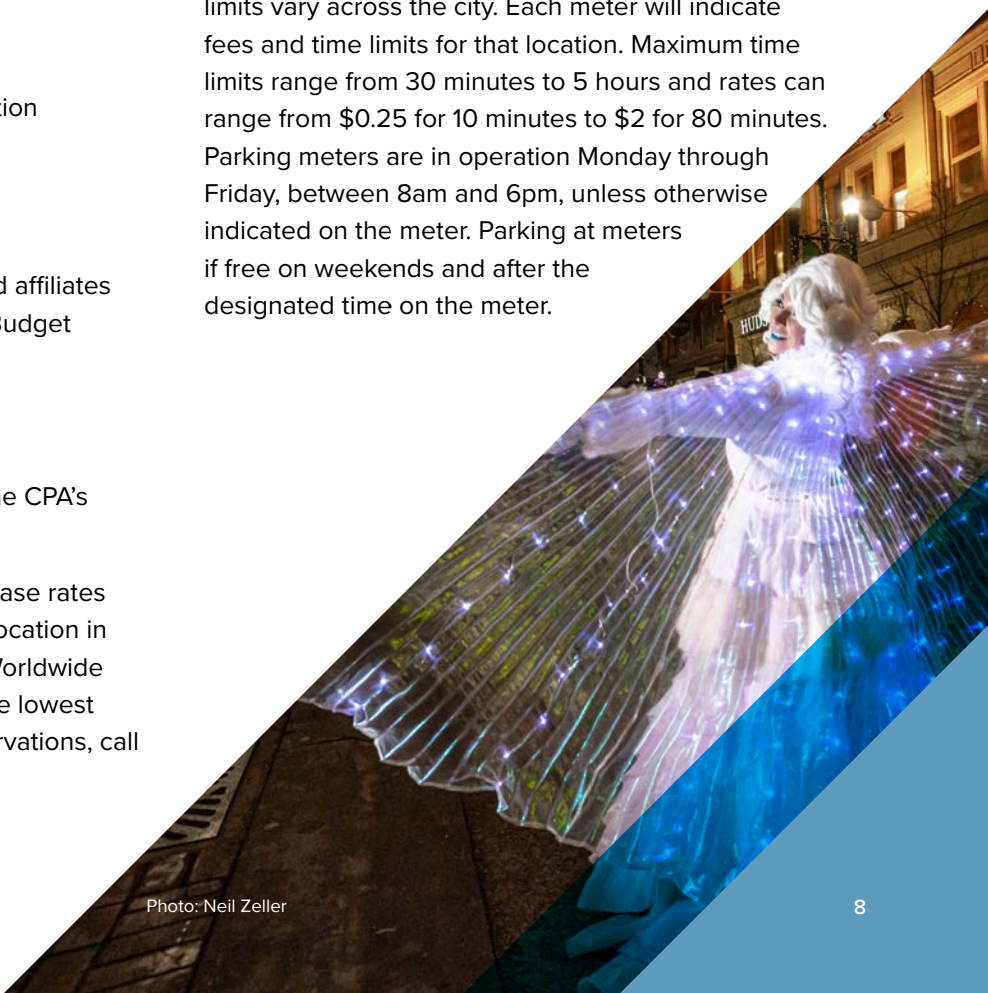
### Hotel Parking

Hyatt Regency Calgary offers underground parking with in and out privileges for registered guests. The covered facility can accommodate vehicles up to 6 feet, 6 inches high. If you are bringing a vehicle with a higher clearance, please contact the Concierge at 403 717 1234 for additional parking options.

Self-Parking: \$32 / Day

### Street Parking

There is available street parking within walking distance of the Convention hotel. Parking meter rates and time limits vary across the city. Each meter will indicate fees and time limits for that location. Maximum time limits range from 30 minutes to 5 hours and rates can range from \$0.25 for 10 minutes to \$2 for 80 minutes. Parking meters are in operation Monday through Friday, between 8am and 6pm, unless otherwise indicated on the meter. Parking at meters if free on weekends and after the designated time on the meter.





# WHERE TO STAY IN CALGARY: CONVENTION HOTEL

For each convention, the CPA makes a commitment to its host city and respective hotel community, to secure a block of hotel rooms at competitive prices. The CPA is bound to fill these rooms, and respectfully asks delegates requiring a hotel room to book their room through the CPA-arranged block.

For Calgary, a block was secured at the hotel below.

## Hyatt Regency Calgary

700 Centre St S  
Calgary, AB T2G 5P6  
(403) 717-1234

Book your room by May 23rd, 2022, to guarantee the low rate of \$212/night.

Located in the heart of downtown and along the historic Stephen Avenue Walk, Hyatt Regency Calgary is the ideal location to stay for urban staycations and leisure travelers. The hotel is near various:

- **Arts and Culture Attractions:** Alberta Theatre Project, Arts Commons, Theatre Calgary, Glenbow Museum, Central Library, Studio Bell, Prince's Island Park, Jubilee Auditorium
- **Popular Attractions:** Calgary Tower, Fort Calgary, Calgary Zoo, TELUS Spark Science Centre, Heritage Park Historical Village, Calaway Park
- **Parks and Recreation:** Olympic Plaza, WinSport Canada Olympic Park, Scotiabank Saddledome

A bit further away, but not to be missed are: Elk Island National Park, Banff National Park, and Jasper National Park.

Visit museums and parks, take in a movie or theatre performances, shop for the latest fashions and charming antiques, all while enjoying the hotel's welcoming amenities.

Visit the CPA's Convention website for more information:

<http://convention.cpa.ca/attend/accommodations/>



Photo: Kelly Hofer

## Attractions

There is no end to the fun and adventure you can have in Calgary! In addition to the few attractions noted below, visit <https://www.visitcalgary.com/> for more ideas!

Must-Sees:

- Prince's Island Park
- Fort Calgary
- Glenbow Museum
- Telus Spark
- Calgary Zoon
- Devonian Gardens
- Bowness Park

## Travelling

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

### Public Transit

If you are unable to walk to your destination, public transportation is the next best thing! Calgary Transit provides a reliable bus service throughout the Calgary Region. Visit Calgary Transit (<https://www.calgarytransit.com/home.html>) for fares, schedules, and route maps.

### Taxi

Cabs are readily available in downtown Calgary and most regions and communities throughout the entire region. Checker Yellow Cabs and Associated Cabs are amongst the largest taxi operators; other operators include Calgary City Cabs and Calgary United Cabs.

Calgary offers Uber and Lyft as well.

### Cycling

Biking is a great way to get around Calgary. Whether you have your own, or are renting, it's a great way to see the entire region.

### Walking

Downtown Calgary is a very walkable city, with many walking trails as well as guided and self-guided walking tours.

## Places to Eat

Visit [www.visitcalgary.com/things-to-do#/1666/eat--drink](http://www.visitcalgary.com/things-to-do#/1666/eat--drink) for a sampling of the many places to eat and drink in Calgary.

# DID YOU KNOW?

There are 34 Sections within the CPA. For more information about the different sections and how to join them, check out <http://www.cpa.ca/aboutcpa/cpasections/>



Photo: Neil Zeller

# CONVENTION PREPARATION

## Register Early!

We suggest that all delegates, particularly students, take advantage of the opportunity to register for the CPA's Annual National Convention in advance; and if you are not a member or affiliate of the CPA, we also suggest that you join the CPA to take advantage of the significantly decreased convention registration rates for members and student affiliates.

See the table below for student affiliate early bird / regular/ on-site full registration rates. For more information and all other rates, please visit: <https://convention.cpa.ca/registration/>

CPA2022 CONVENTION REGISTRATION RATES FOR CPA STUDENT AFFILIATES			
	RATE	GST 5%	TOTAL
<b>Early Bird Rate</b> (Until May 15th, 2022)	\$ 140.00	\$ 7.00	\$ 147.00
<b>Regular Rate</b> (May 16th–June 16th, 2022)	\$ 175.00	\$ 8.75	\$ 183.75
<b>On Site Full Rate</b> (June 17th–19th, 2022)	\$ 210.00	\$ 10.50	\$ 220.50
<b>Virtual Pass</b> Included with in-person convention registration OR available for purchase separately	\$ 150.00	\$ 7.50	\$ 157.50

Note that access to all pre-convention events, including but not limited to the Development 2022 Conference and the CPA's Pre-Convention Workshops, the CPA's Social and Personality Section Pre-Conference Event, require a separate/ additional registration.

## Where to Start?

You can begin preparing for the Convention by visiting the CPA's convention webpages (<https://convention.cpa.ca/>) and browsing the Convention program when available online. Do not be overwhelmed by the size of the 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 Calgary 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 <https://eventmobi.com/cpa2022/> on your mobile device for a link to download the CPA2022 Convention Mobile App.



Photo: Sergei Belski

EventMobi can be accessed from any device with a web browser – smartphone, tablet, laptop, or desktop. Our offline-capable app works smoothly on any device with a current operating system and mainstream browser: iOS 9 and later, Android 5.0 and later, Windows Phone 8.1 & 10. You can also use the web version at <https://eventmobi.com/cpa2022>.

## Students and Convention Programming

As a convention delegate, you are welcome to attend all sessions during the convention, including but not limited to the Opening Ceremony, the Awards 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, the CPA's Convention website, or in the CPA's Convention App. Please note that the CPA's Section for Students 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.

The following is a list of relevant Student events at this year's convention:

- **First-Time Attendees Reception:** Thursday June 16th, 5:00-6:00pm
- **Workshop – Effective Research Dissemination Skills for Students:** Friday June 17th, 9:45–11:15am
- **Conversation Session – Meet the CPA's Journal Editors / Publishing Your Research:** Friday June 17th, 11:15am–12:00pm
- **Section Featured Speaker, Dr. Elsa Lacerda-Vandenbom:** Saturday June 18th, 9:30–10:30am
- **Student Section Poster Session:** Saturday June 18th, 10:30–11:30am
- **Panel Discussion – Building and Maintaining Relationships:** Saturday June 18th, 10:45–11:45am
- **CCPPP Workshop (pre-internship fair):** Saturday June 18th, 1:00–2:00pm
- **CCPPP Internship Fair:** Saturday June 18th, 2:00–4:00pm
- **Annual Business Meeting:** Saturday June 18th, 4:00pm–5:00pm
- **Annual Student Social:** Saturday June 18th (Date/Time/Venue TBC)
- **Workshop – Applying to Graduate School in Psychology:** Sunday June 19th, 11:00am–12:30pm
- **Workshop – Justice, Equity, Diversity and Inclusion in Psychology:** Sunday June 19th, 13:30–15:00pm

Be sure to visit the CPA Convention's website (<https://convention.cpa.ca/>) regularly for new information and to access the CPA's online scheduler.

## What Do I Bring?

In June, in Calgary, the average high-temperature is 18.8°C (65.8°F), and the average low-temperature is 8°C (46.4°F). Temperatures may be a bit cooler in the evenings. Remember that Hotels and Conference centres are often highly air-conditioned, so bring a sweater! Business casual is the acceptable dress during Convention days. 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, cash etc.) and identification (including your Passport)
- Airline tickets
- Hotel reservation information/confirmation
- Your phone and charger
- Business cards with your contact information (for networking)
- Your presentation materials (posters, slides, etc.)
- Note-taking supplies (paper, pen, tablet, laptop, etc.)

Other items to consider:

- Camera (if not planning to use your phone)
- 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
- Convention schedule

## Things to Know for International Student Affiliates

- Ensure your passport is up-to-date and bring it with you to the airport. If you need to apply for or renew your passport, leave enough time.
- While the Convention hotel will have free WI-FI access for delegates in the meeting area, 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. You may also wish to contact Calgary Tourism for information on local service plans for short-term use.
- 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 information: <https://travel.gc.ca/returning/customs>

## Volunteer!

There are several volunteer opportunities during the Convention. If you are interested, visit <https://convention.cpa.ca/attend/volunteer/> for more information or complete this form: <https://cpa.ca/machform/view.php?id=76195>

Photo: Philippe Clairo

## 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 a 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! Consider planning how you will introduce yourself to ensure a great first impression. Keep it simple and start off by introducing your name and asking for theirs. Then offer some insight about yourself (such as what you are studying or why you decided to approach them) or follow up with a question about them.

*"Do you have a business card?" "Are you on LinkedIn?"* Chances are you will be asked these on more than one occasion during the Convention. 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, having a way for someone to follow up with you (or you with them) is a must have for the convention. Consider a physical business card, an electronic business card and creating a LinkedIn profile.

If you opt to go the physical business card route, be sure to order them in time (usually at least 2 weeks in advance)! Here is one link for business card printing: <http://www.staplescopyandprint.ca/PrintOnlineInfo/BusinessCardInfo.aspx?lng=en-CA>

CPA members have access to exclusive savings on print products from Staples Canada. Log into your CPA Member profile to access your discount code!

The Section for Students hosts a social annually. This is a great opportunity to meet other student affiliates, particularly if you're attending the convention on your own, and practice these networking skills. One free drink ticket is provided as well as free appetizers (while supplies last). Check the convention program for information on when and where this year's student social event is taking place. Please remember to bring your CPA Convention name badge to get your beverage ticket!

## DID YOU KNOW?

2022 marks the 25th anniversary of the Psychologists' Association of Alberta.

Its mission is to advance the science-based profession of psychology and to promote the well-being and potential of all Albertans.

Photo: Neil Zeller



Photo: Neil Zeller

# COST-SAVING TIPS FOR STUDENTS

## Become a CPA Student Affiliate

Registration fees for Student Affiliates are significantly reduced. Visit the Convention website, <https://convention.cpa.ca/registration/registration-fees/>, for further information.

## Travel Awards

Many of the CPA's Sections offer travel awards including the Section for Students, to their members. For more information on available section awards for students visit:

<https://cpa.ca/students/studentawards/>

Many external 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.

## 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. Login to the CPA's Members Only Area for information on the various travel discounts offered by the CPA's various preferred vendors and check your registration confirmation for specific air travel discount codes.

## 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, CPA's Annual General Meeting, First Time Attendees Reception, 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?

80% of jobs are unadvertised. Networking is important in gaining access to these jobs, as employees prefer to hire from within.<sup>3</sup>

<sup>3</sup> <http://students.ubc.ca/career/resources/networking>



Photo: Kelly Hofer

# NAVIGATING THE CONVENTION

## Convention Registration Desk<sup>4</sup>

Once you arrive, your first stop should be the registration area, located in the Hyatt Regency Calgary.

## Pre-Convention Professional Development Workshop Registration Pick-Up

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

Wednesday June 15th:	6:00pm–8:00pm
Thursday June 16th:	7:00am–1:00pm

## Other Pre-Convention Events Registration Pick-Up

If you are attending any of the pre-convention events listed below that are taking place between June 15th–16th, you can pick up your registration badge and/or relevant materials anytime during the hours listed below:

### CCPPP Workshop and AGM

Wednesday June 15th:	6:00pm–8:00pm
Thursday June 16th:	7:00am–7:00pm

### Social and Personality Pre-Convention Event

Wednesday June 15th:	6:00pm–8:00pm
Thursday June 16th:	7:00am–7:00pm

## Development 2022

Wednesday June 15th:	7:00am–8:00pm
Thursday June 16th:	7:00am–7:00pm

## CPA Convention Registration Hours – Hyatt Regency Calgary

(see concierge desk)

Wednesday June 15th:	6:00pm–8:00pm
Thursday June 16th:	7:00am–7:00pm
Friday June 17th:	7:00am–6:00pm
Saturday June 18th:	7:00am–5:00pm
Sunday June 19th:	7:00am–2:00pm

## CPA Speaker Ready Room: 2nd Floor, Coat Check Room, Hyatt Regency Calgary

Wednesday June 15th:	6:00pm–8:00pm
Thursday June 16th:	7:00am–7:00pm
Friday June 17th:	7:00am–5:00pm
Saturday June 18th:	7:00am–5:00pm
Sunday June 19th:	7:00am–2:00pm

If you registered separately for both the Convention and either a Pre-Convention Workshop or the Development 2022 Conference, you are entitled to apply for a convention registration rebate after the convention. PAA members who are not members of the CPA are also entitled to a rebate on their convention registration. Please visit here for more information on the rebate and to complete a form to request your rebate: <https://convention.cpa.ca/registration/registration-fees/>

<sup>4</sup> Note: The times listed above are subject to change. Check the program and on-site signage at the venue for any changes.



## CPA Exhibitor Area

Convention attendees can find job opportunities in the CPA Exhibitor Area by visiting the job posting board and connecting with potential employers. The CPA Exhibitor Area will also feature various book publishers and other mental health related associations.

Visit the CPA's website at <https://convention.cpa.ca/engage/> to see this year's confirmed exhibitors.

## CPA's Commitment to Accessibility

The CPA is committed to making the CPA's Annual Convention as accessible as possible for individuals with various disabilities. Floors on which the scientific program is being offered are all accessible, as are all the washrooms. Gender neutral washrooms will be available. Livestreamed sessions will have closed captioning. The hotel also has designated rooms that are fully accessible. Persons with disabilities are invited to contact the CPA's Convention Office concerning arrangements that may facilitate convention attendance by calling 1-888-472-0675 ext. 330 prior to May 9, 2022. The CPA can ensure there are vans with a lift to transport persons who use wheelchairs, scooters or who have limited mobility; closed captioning and/or interpreters for individuals with hearing impairments; 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, located in the Hyatt Regency, Calgary with questions and/or for assistance.

## DID YOU KNOW?

The CPA awards approximately \$25,000 to student affiliates.

Find out if you're eligible for any of the various awards at <http://www.cpa.ca/students/resources/studentawards/>

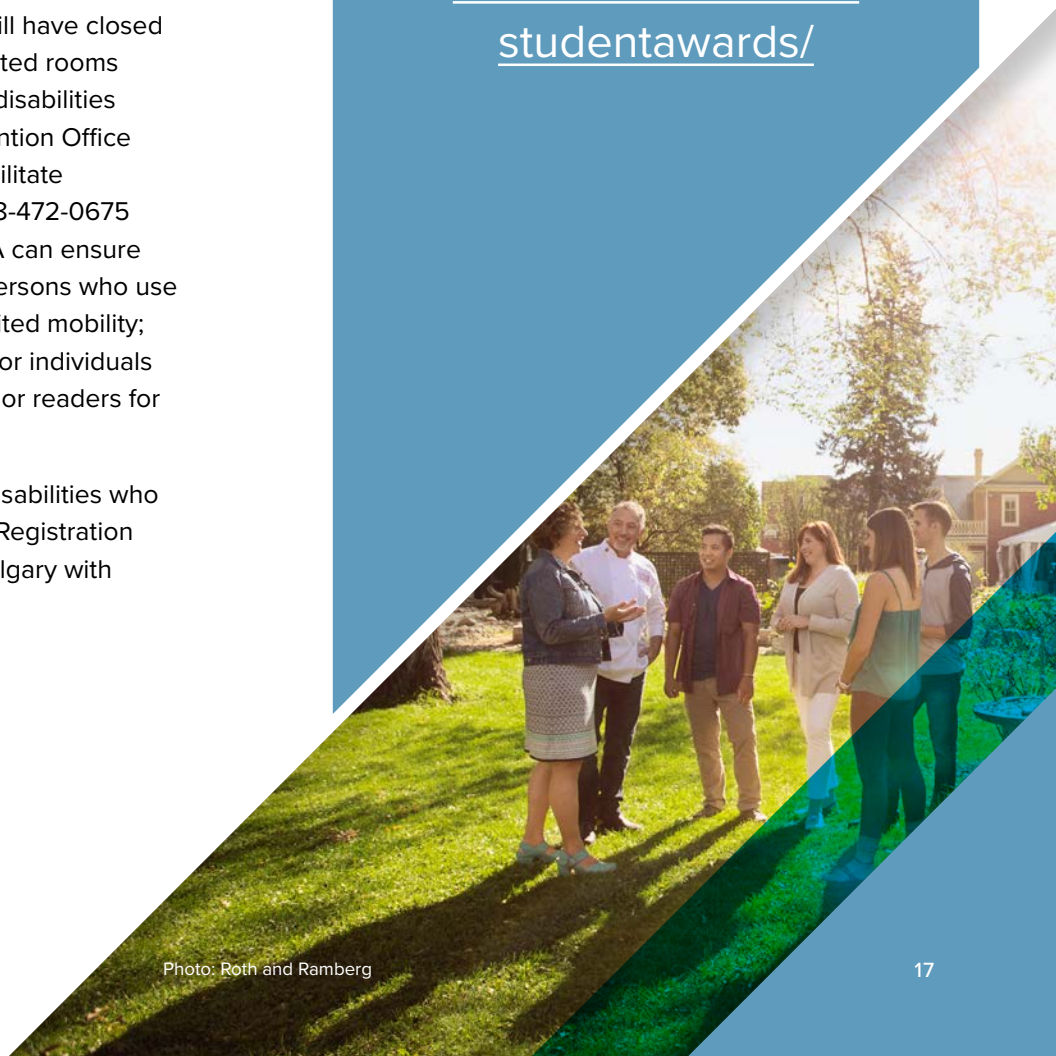




Photo: Christina Ryan / Tourism Calgary

## 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 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 Opening Ceremony, the Awards 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 professional development workshops for which you have registered and paid the fee.

### Types of Sessions at the Convention

The CPA's Annual National Convention features many different types of sessions, that we are sure will have something to appeal to everyone!

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.

### Workshops

- **Pre-Convention Professional Development Workshop:** Half- or full-day sessions offered on the day before the Convention that provide continuing education credits for psychologists (important for those needing to maintain their licensure requirements).<sup>5</sup>
- **In-Convention Workshop:** Workshops, by an individual or a group, are submissions with a clearly defined practical, experiential, or demonstration component presented during the convention and included with one's registration fee. Presenter expertise and experience in content area. They should be designed for participants to learn new skills or techniques.

### Spoken Individual Presentations

- **Snapshot:** A 5-minute individual presentation, consisting of three slides only, for sharing information in a spoken/visual format in a succinct manner, creating interest in a project/program, and promoting networking amongst delegates. Snapshots are presented in-person and as voice-over recordings available on the CPA's Virtual Platform.
- **12-Minute Talks:** Intended for delivering a detailed presentation about a series (more than 2) of empirical studies or a complex program or intervention. This format is reserved for sharing information about a complex issue, series of studies or an involved program or intervention.

<sup>5</sup> A separate registration is required for pre-convention professional development workshops.

- **Review Sessions:** Review Sessions are intended for the review of one or more theoretical perspective(s)/ methods/analyses or for the synthesis of different theoretical perspectives/methods/analyses. This type of submission is not for presenting new empirical research. The presenter is normally a senior expert in the area.
- **Conversation Sessions:** Conversation sessions (30 minutes, maximum) are intended for sharing, exploring and stimulating thoughts and ideas about an issue/topic/case, a program or intervention, or for brainstorming alternative approaches to research, practice, education, and/or policies.

## Spoken Group Presentations

- **Panel Discussion:** Intended for discussion of a specific topic amongst 3-4 panelists who share differing perspectives. It includes a brief introduction and then discussion amongst the panelists and the audience.
- **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.

## Poster Presentations

- **Poster Session:** Research presented via a poster – presenter is available to answer questions. Posters are the most appropriate and efficient method for presenting empirical research. Poster sessions are generally 1-1.5 hours in length and are arranged by section. Posters are presented in person and as voice-over recordings on the CPA's Virtual Platform.

## Skills Development Sessions

- **Knowledge Translation in Action:** Limited number of sessions intended to teach individuals how to succinctly present (i.e., think elevator pitch) their work and its relevance to different stakeholders such as Government Officials, Media, and Funders.

## Section Organized Programming

- **Section-specific Program:** Sessions offered by the CPA's respective Sections, including the Students Section, that are held in the convention venue. Each Section is required to hold an annual business meeting (this is typically done at the convention) and has the option to organize a section-invited address (see below) and/or hold a reception.
- **Section-Invited Address:** Highlight a prominent speaker specific to a given Section(s) via an address by one speaker or via a symposium.

## Plenary Sessions

- **Presidential Addresses:** The CPA President and Honorary President give special talks related to important themes in psychology. As two of the four CPA plenaries, no other scientific programming is scheduled at this time.
- **Plenary Session:** Highlight prominent speakers and current topics in psychology. No other scientific programming is scheduled at this time. The CPA's Convention typically features four plenary speakers.

## Social Events

- **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.<sup>6</sup>
- **Presidential Reception:** Hosted by the CPA's President, all delegates are invited to attend this reception to connect with peers and colleagues. Typically held the first night of the convention.
- **First Time Attendees Reception:** Reception for first time attendees that provides members of the CPA's Board and Section Chairs to meet first time attendees, welcome them to the convention, and answer any questions they may have about the convention or the CPA.

<sup>6</sup> Not all CPA Conventions feature a Social Event organized by the CPA's Convention Committee.



## 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 presently scheduled for presentation as part of this year’s scientific program organized by the Students Section, as well as other sessions of relevance to psychology students<sup>7</sup>. Be sure to visit the CPA Convention’s website, the CPA’s online scheduler, the Convention Program, and on-site signage for more information on the entire Students Section Program.

### First-Time Attendees Reception:

Thursday June 16th, 5:00-6:00pm

### Workshop – Effective Research Dissemination

#### Skills for Students:

Friday June 17th, 9:45–11:15am

### Conversation Session – Meet the CPA’s Journal

#### Editors / Publishing Your Research:

Friday June 17th, 11:15am–12:00pm

### Section Featured Speaker, Dr. Elisa Lacerda-Vandenborn:

Saturday June 18th, 9:30–10:30am

### Student Section Poster Session:

Saturday June 18th, 10:30–11:30am

### Panel Discussion – Building and Maintaining Relationships:

Saturday June 18th, 10:45–11:45am

### CCPPP Workshop (pre-internship fair):

Saturday June 18th, 1:00–2:00pm

### CCPPP Internship Fair:

Saturday June 18th, 2:00–4:00pm

### Annual Business Meeting:

Saturday June 18th, 4:00pm–5:00pm

### Annual Student Social:

Saturday June 18th (Date/Time/Venue TBC)

### Workshop – Applying to Graduate School in Psychology:

Sunday June 19th, 11:00am–12:30pm

Photo: Bill Marsh

<sup>7</sup> Times and dates are subject to change. Be sure to check your program or the on-site signage throughout the convention venue for dates and times.

## 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!

## Presenting at the Convention

Students also can 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](#).

## 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 later 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?”

As noted elsewhere in this guide, 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 Calgary
- There may also be events occurring in the evening such as the Student Social or the CPA Social. Perhaps you want to experience Calgary nightlife with your peers. As such you may want to bring clothes for these occasions.

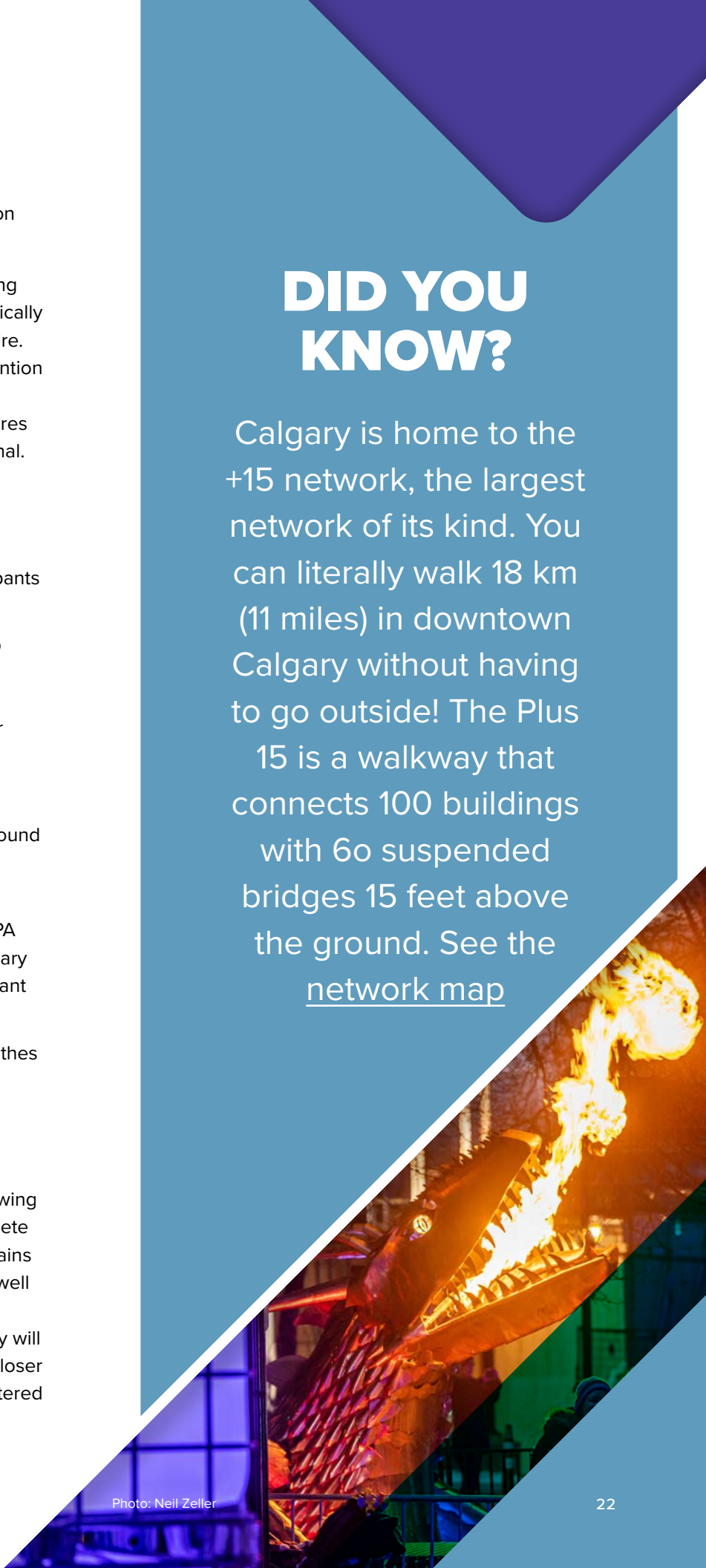
And finally, don't forget to bring comfortable clothes for travelling.

## Convention Evaluation

The CPA Convention Committee values your feedback. Throughout the convention and 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. A link to the survey will be available on the CPA's Convention website closer to the convention and sent via email to all registered delegates following the convention.

## DID YOU KNOW?

Calgary is home to the +15 network, the largest network of its kind. You can literally walk 18 km (11 miles) in downtown Calgary without having to go outside! The Plus 15 is a walkway that connects 100 buildings with 60 suspended bridges 15 feet above the ground. See the [network map](#)





# STAYING HEALTHY DURING THE CONVENTION

Attending the CPA's Annual National 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 are going to pull some long hours. Sometimes when you have 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.**

Photo: Neil Zeller



## DID YOU KNOW?

There are four major post-secondary institutions in Calgary – The University of Calgary, Mount Royal University, Southern Alberta Institute of Technology and the Alberta College of Art and Design.

Photo: Roth and Ramberg

- **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

- **Follow all public health guidelines that are in place by the CPA as host of the Convention, by the hotel as the Convention Venue, and by Calgary Public Health.** The CPA encourages all delegates attending the convention to be fully vaccinated. If you are feeling unwell, please do not attend the convention. Wear a mask if you'd like.
- **Wash or sanitize your hands frequently, especially before eating.** You will be sharing doorknobs with hundreds of other people. Consider fist bumping rather than shaking hands. Consider keeping some physical distance between you and other delegates to the extent you are able.
- **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 venue! 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](#) and [Twitter](#).

## Exercise

Your body will undoubtedly feel some level of fatigue from running around the convention and Calgary. 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 is 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!
- **Streeeeetch!!!** Being on your feet all day and walking all day can make your body tense and stressed.
- **Go for a walk.** 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.



# THERE'S AN APP FOR THAT

## CPA Convention Mobile App

The CPA's Convention Mobile App is a convenient way to have all the important Convention information right in your smartphone or tablet: <https://eventmobi.com/cpa2022/>. 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/CPA.SCP/>

Or follow us on Twitter @CPA\_SCP

[https://twitter.com/CPA\\_SCP](https://twitter.com/CPA_SCP) You can follow and contribute to the conversation by searching Twitter for “#cpaconv2022 (English) and #congscp2022 (French).”

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](https://twitter.com/cpa_students)

# DID YOU KNOW?

The CPA has over 7,000 members and affiliates, making it Canada's largest association for psychology.

# CPA'S SECTION FOR STUDENTS

## Meet Your 2021-2022 Student Executive

The Section Executive is comprised of nine different positions: Chair, Chair-Elect, Past-Chair, Administration & Finance Executive, Communications Officer, Graduate Student Affairs Executive, Undergraduate Student Affairs Executive, Francophone Affairs Executive, and Justice, Equity, Diversity and Inclusion Executive. Each position plays an integral role in the functioning of the Section and aims to connect psychology students across Canada.



### Alejandra Botia

#### Chair

Alejandra Botia is a second-year PhD student in the Counselling Psychology program at the University of British Columbia in Vancouver, BC. Her research interests include the role of positive psychology in eating disorders and body image. Her master's thesis investigated the role of self-compassion in the relationship between positive body image and personal growth initiative in varsity athletes. She is also interested in the career decision-making experiences of women in relation to their well-being. She is currently completing a practicum with the Vancouver Coastal Health Kelty's Key program, working with adults experiencing anxiety, depression, and other mental health challenges. Alejandra enjoys being by the ocean, dancing salsa, travelling, and spending time with family and friends.



### Joanna Collaton

#### Past Chair

Joanna is a second-year PhD student in the Clinical Psychology program at the University of Guelph. She completed a Master of Public Health from the University of Toronto in 2018 as well as a Master of Arts from the University of Guelph in 2020. She has received clinical training at the UofG Centre for Psychological Services, with a Toronto school board, as well as several community psychological practices. Her SSHRC-funded doctoral research aims to better understand how women conceptualize and enact justice after an experience of sexual assault. In her spare time, she enjoys volunteering in her community, listening to live music, and hanging out with her cats.

Photo: David Koisibie



## Linnea Kalchos

### Chair-Elect

Linnea Kalchos is a second year Master's student in the School and Applied Child Psychology program at the University of British Columbia in Vancouver, BC. Her research interests include multicultural counselling, school integration and school-based support services for newcomer youth. Her ongoing Master's thesis seeks to capture newcomer experiences of psychosocial support services in Canadian secondary schools. She is also a graduate student ambassador, program student representative, and international education recruitment specialist. She previously worked as a research assistant for the Promoting Relationships Eliminating Violence Network of Canada (PREVNet) at Queen's University. Prior to her graduate studies, Linnea was a full-time teacher in Melbourne, Australia. She enjoys travelling, baking, yoga, and is learning to play acoustic guitar.



## Nicole Boles

### Undergraduate Student Affairs Executive

Nicole Boles is a speech and language pathology master's student at the University of Toronto. During her undergrad, she completed an honours thesis which investigated the correlation between children's home literacy environments and their later language outcomes. Nicole is particularly interested in the effects of bilingualism on cognition. In her spare time, Nicole enjoys hiking in Alberta, traveling and spending time with her family and friends.



## Laura De La Roche

### Graduate Student Affairs Executive

Laura de la Roche is a second-year PhD student in the developmental psychology program at Queen's University in Kingston, Ontario. She completed her MSc at Trent University and BA Honors at Saint Francis Xavier University. Her research focuses on interventions for autism spectrum disorder (ASD). Specifically, she is interested in the efficacy of parent-mediated telehealth interventions and their influence on symptomatology trajectory in recently diagnosed children with autism. Outside of academics, Laura enjoys going for hikes with her bullmastiffs, working with her horses and road trips/travelling.



## Jolie Ho

### Administration and Finance Executive (2020-2022)

Jolie Ho is a PhD student in clinical psychology at the University of Waterloo. Her research focuses on potential ways for socially anxious individuals to seek close connections with others, and their experiences of social reward. Her MA research focused on social anxiety in the context of the COVID-19 pandemic. Jolie also holds an MS in Applied Health Behavior Research from Washington University in St. Louis, where she investigated racial health disparities in smoking cessation. Outside of psychology, she enjoys music, writing, and running. Jolie greatly values the opportunity to connect with students across Canada in her role as Administration & Finance Executive of the Student Section.



## Alanna Chu

### Communications Executive (2020-2022)

Alanna is a second-year doctoral student in the Clinical Psychology program at the University of Ottawa. She completed her Master of Public Health in Epidemiology at the University of Toronto in 2019. Her academic interests are in psychosocial oncology, and her PhD work will focus on fear of cancer progression and experience of uncertainty in patient with advanced and metastatic lung cancer. In her spare time, Alanna enjoys trying new recipes, exploring the city, and trail running.



## Sophie Barriault

### Francophone Affairs Executive (2021-2023)

Sophie Barriault holds an Honours BA in Psychology from the University of Ottawa and is currently pursuing a master's degree in Psychology at the Université de Moncton. Her master's thesis focuses on the link between relationship satisfaction and psychological disorders in men with heart disease. Sophie is a research assistant on a project involving right-wing extremists in Quebec, which aligns with her interests in radicalization. Sophie previously worked as a community advisor for university students and is currently a reviewer for Mind Pad, the CPA's student psychology newsletter. In her spare time, Sophie enjoys working out, trying new restaurants, and going for walks with her schnauzer.



## Emily Winter

### Justice, Equity, Diversity, and Inclusion Executive

Emily Winters is a first-year Doctoral student in Clinical Psychology at the University of Regina. She is an Inuk-Settler woman from Newfoundland and Labrador. Emily completed a Master of Science in Experimental Psychology from Memorial University of Newfoundland in 2019. Her research interests include attitudes and perceptions towards substance use, particularly within the context of vulnerable and under-served populations. Her SSHRC-funded Master's research examined the stigma surrounding substance use disorders and how the intersections of Indigeneity and treatment-seeking intention amplify that stigma. Her doctoral research aims to better understand the circumstances, prevalence, and attitudes towards medical and recreational cannabis use in long-term care facilities in Saskatchewan. Outside of her studies, Emily enjoys music, reading, and spending quality time with friends.

**Many of us will be at the Convention in Calgary. 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!**

Photo: Neil Zeller

# 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 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	
<b>Student Affiliate Benefits</b>	<ul style="list-style-type: none"> <li>• Access to internship and career resources (e.g., Fairs and Webinars)</li> <li>• Informational resources created specifically for graduate students in psychology (e.g., Career Hub)</li> <li>• Access to student research grants</li> <li>• Free membership in the CPA's Student Section</li> <li>• Featured in Student Affiliate Spotlights</li> <li>• Eligible for Academic Certificates of Excellence</li> <li>• Access to the CPA's Recruit Research Participants Portal (R2P2)</li> </ul>
<b>Discounts</b>	<ul style="list-style-type: none"> <li>• Exclusive member discounts on hotels, travel, phone plans, computers, fitness centres, retail, book publishers</li> </ul>
<b>Insurance and Professional Products</b>	<ul style="list-style-type: none"> <li>• Access to BMS Professional Liability Insurance</li> <li>• Gowlings Pro Bono Legal Advice</li> <li>• Home and Auto Insurance</li> </ul>
<b>Grants and Awards</b>	<ul style="list-style-type: none"> <li>• Exclusive access to student research grants and student awards</li> </ul>
<b>Learning and Networking Opportunities</b>	<ul style="list-style-type: none"> <li>• Participation in the CPA's annual national convention</li> <li>• Exclusive access to CPA events such as Career Fairs, Job Fairs, Summits, Webinars</li> </ul>
<b>Publications</b>	<ul style="list-style-type: none"> <li>• Access to CPA's three journals (<i>Canadian Psychology</i>, <i>Canadian Journal of Behavioural Science</i>, <i>Canadian Journal of Experimental Psychology</i>)</li> <li>• Access to MindPad, Canada's student written, edited and published psychology publication</li> <li>• Access to CPANews, the Association's electronic newsletter</li> <li>• Online access to <i>Psynopsis</i>, Canada's Psychology magazine</li> <li>• CPA member rate for access to APA's PsycNET® GOLD package</li> <li>• Discounts on CPA Publications (e.g., Companion Manual to the Code of Ethics)</li> <li>• Free or low-cost resource guides</li> </ul>
<b>Events</b>	<ul style="list-style-type: none"> <li>• Reduced registration rate for the CPA's annual convention and pre-convention workshops</li> <li>• Eligibility for Section Convention Awards and Travel Grants</li> <li>• Access to other CPA arranged events</li> </ul>
<b>Leadership Development</b>	<ul style="list-style-type: none"> <li>• Exclusive access to leadership development grants</li> <li>• Ability to run for the CPA's Board, joining a CPA Section, Committee or Working Group, serving on the Executive of the Students Section</li> <li>• Serving as a Student Representative or Mentor</li> <li>• Attend the CPA's Annual General Meeting</li> </ul>
<b>Advocacy</b>	<ul style="list-style-type: none"> <li>• Advocacy to government and research funders on behalf of science and practice-related issues affecting students, researchers, and practitioners</li> </ul>
<b>Professional Development</b>	<ul style="list-style-type: none"> <li>• Continuing professional development courses on various topics</li> <li>• Accreditation</li> </ul>



Photo: Kelly Hofer

## 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

MindPad is our very own student-written psychology journal which 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 is 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, Joanna Collaton, University of Guelph ([pastchair.cpastudentsection@gmail.com](mailto:pastchair.cpastudentsection@gmail.com)).

### CPA Student Mentorship Program

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 can 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 Linnea Kalchos ([chairelect.cpastudentsection@gmail.com](mailto:chairelect.cpastudentsection@gmail.com)), Chair-Elect of the Section for Students.

## CPA Section for Students Newsletter

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 Alana Chu, [com.cpastudentsection@gmail.com](mailto:com.cpastudentsection@gmail.com), 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 & Student Representatives Program

Students also play an important role within the 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](mailto: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/>

## DID YOU KNOW?

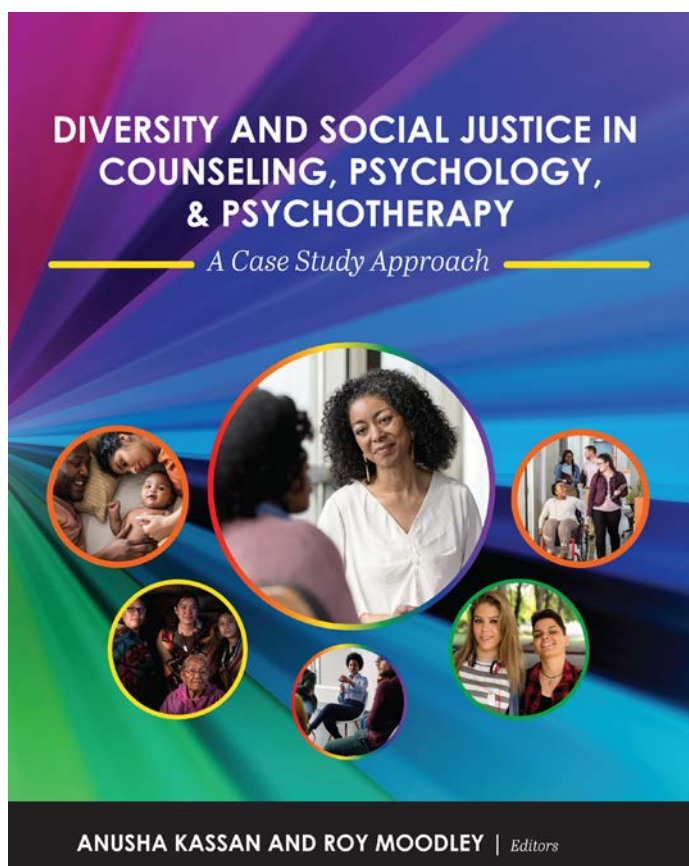
The CPA was founded in a University of Ottawa psychology lab in 1938, although it was not formally organized until 1939.

Photo: Neil Zeller

# DIVERSITY AND SOCIAL JUSTICE IN COUNSELING, PSYCHOLOGY, & PSYCHOTHERAPY

*A Case Study Approach*

**ANUSHA KASSAN AND ROY MOODLEY** | *Editors*



*Diversity and Social Justice in Counseling, Psychology, and Psychotherapy: A Case Study Approach* offers readers a critical perspective on the ways in which helping professions are practiced in the context of a multifaceted society.

The text is designed to advance readers' understanding that ethnic group and race categories are useful but limited without the inclusion of the intersectionality of the Group of Seven (Big 7) identities (and beyond): race/culture/ethnicity, gender, sexual orientations, class, disability, religion/spirituality, and age. Key concepts, such as multiple and intersecting cultural identities and social locations, power, privilege, stereotyping, discrimination, prejudice, and oppression, are explored through various points of entry. Individual chapters cover the integration of antiracism and critical race theory in practice, Indigeneity and coloniality as analytic tools, feminist therapy, ethical considerations, and more.

Part I – Pushing Multicultural Practice Forward: History, Philosophy, and Social Justice

Part II – Theoretical Approaches: Transforming Clinical Practice

Part III – Analyzing Diversity Through Contemporary Lenses

Part IV – The Group of Seven Identities and Beyond

Part V – Social Justice, Transnational, and Human Rights Perspectives

**Anusha Kassan, Ph.D., RPsych** is an associate professor in the School and Applied Child Psychology program at the University of British Columbia. She is the director of the Vividathà Research Group. She completed her graduate studies at McGill University, which included a pre-doctoral internship in professional psychology at the University of California, Irvine Counseling Centre.

**Roy Moodley, Ph.D.** is an associate professor in counseling and clinical psychology at the Ontario Institute for Studies in Education at the University of Toronto. He is the director of the Centre for Diversity in Counselling and Psychotherapy and the associate editor of the Routledge *International Journal of Health Promotion and Education*.

Cognella® Academic Publishing

**Print: \$88.95 eBook: \$75.95**

**Pages: 434 | ISBN: 978-1-5165-4859-0 | © 2022**

**Interested in considering this text for your course?**

**Visit [titles.cognella.com](https://titles.cognella.com) to request a FREE digital review copy today.**



## FINAL THOUGHTS!

Be sure to create an account in the CPA's Convention Mobile App, <https://eventmobi.com/cpa2022/>, 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 floor or 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!

