



A Guide to the Canadian Psychological Association's

# ANNUAL NATIONAL CONVENTION

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June 23-25, 2023 | Sheraton Centre Hotel (Toronto, ON)

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Pre-Convention

## PROFESSIONAL DEVELOPMENT WORKSHOPS

June 22, 2023

Other

## PRE-CONVENTION EVENTS

June 21-22, 2023

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### PREPARED BY

CPA's Convention Department in collaboration with the CPA's Students Section



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# INTRODUCTION

Dear Delegate,

Welcome to CPA2023, the Canadian Psychological Association's 84th Annual Convention in Toronto, ON! CPA2023 is being held in conjunction with the 5th North American Correctional and Criminal Justice Psychology Conference (NAACJPC – N5), taking place at the Sheraton Centre Hotel from June 23rd–25th, 2023, with pre-convention professional development workshops on June 22nd, 2023.

The 2023 CPA Annual Convention and N5 will offer all delegates (full members, associates, affiliates, 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-Convention Professional Development Workshops, this year CPA Annual Convention will also be preceded by:

- Preaching to the Choir 2023: An International LGBTQ+ Psychology & Related Social Sciences Pre-Conference (June 21-22, 2023)
- Social and Personality Pre-Conference Event organized by the CPA's Social and Personality Section (June 22, 2023)
- Workshop and Annual General Meeting of the Canadian Council for Professional Psychology Programs (CCPPP) (June 22, 2023)
- Meeting of the Association of Canadian Psychology Regulatory Organizations (ACPRO) (June 23-24, 2023)

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 out of your experience.



## 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 Toronto.

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>.

With this in mind, the CPA's Convention Staff and the CPA Section for Students have created this 2023 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 Toronto!

### Safe Travels!

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

# WHY ATTEND THE CPA'S ANNUAL NATIONAL CONVENTION?



The CPA's Annual National Convention will provide numerous opportunities for personal and professional growth, all while re-connecting with peers, colleagues and mentors.

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.

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-recognitions.

## DID YOU KNOW?

The very first CPA Convention was held in Montreal, Quebec in **1940**<sup>2</sup>. The CPA's Annual Convention last took place in Toronto in 2017.

<sup>2</sup> <http://www.cpa.ca/aboutcpa/committees/past-presidents/pastcpaofficers>



6. **Share your research findings.** Our convention gives all delegates – students and full members 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.

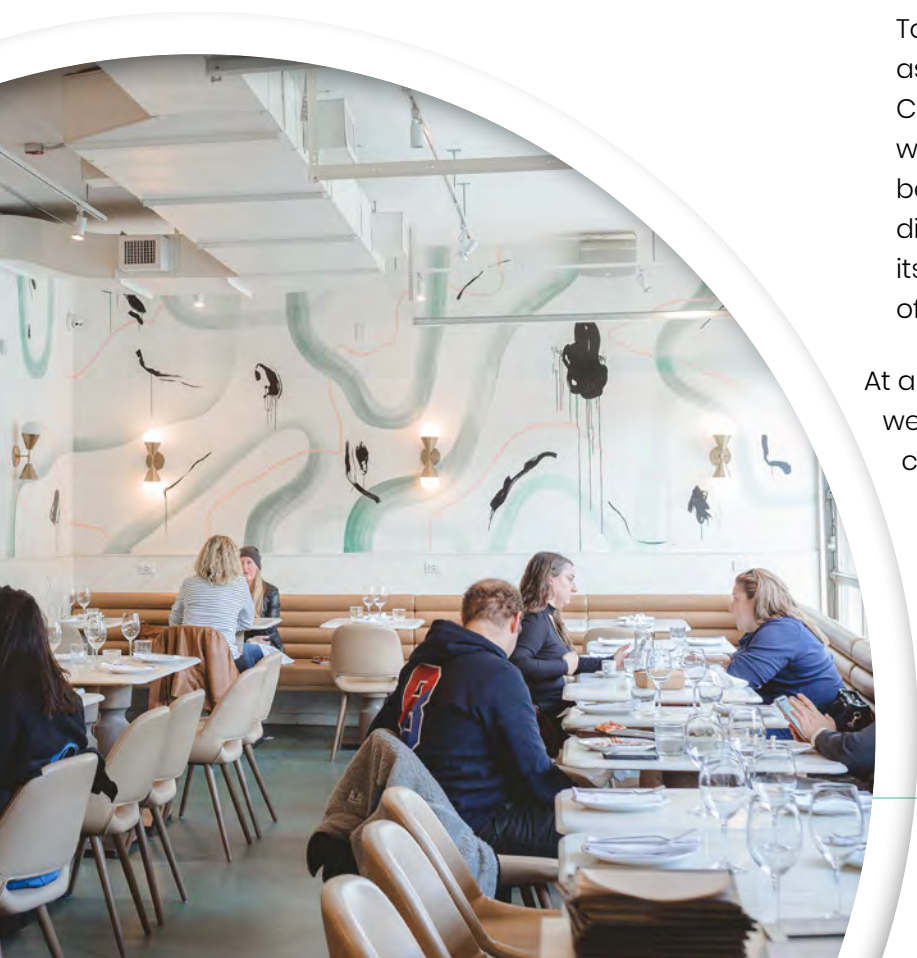
8. **We make networking easy!** Whether specific to a specialized area of psychology or from a more general perspective, you will be able to connect with psychologists and students from across the country via various planned sessions and social activities.

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 crosscuts 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 Toronto.** Dynamic Toronto, in Ontario, provides the setting for the CPA’s 2023 Annual National Convention. The capital of Ontario, Toronto is the most populous city in Canada and the fourth most populous city in North America. The diverse population of Toronto reflects its current and historical role as an important destination for immigrants to Canada. More than half of Toronto’s residents were born outside of Canada, more than half belong to a visible minority group, and over 200 distinct ethnic origins are represented among its inhabitants. Toronto is an international centre of business, finance, arts, sports, and culture.

At any time, visit the cpa’s official convention website for detailed information regarding the convention: [convention.cpa.ca](https://convention.cpa.ca)



# CONVENTION CITY – TORONTO, ON

Toronto is the capital city of Ontario. With a recorded population of 2,794,356 in 2021, it is the most populous city in Canada and the fourth most populous city in North America. The city is the anchor of the Golden Horseshoe, an urban agglomeration of 9,765,188 people (as of 2021) surrounding the western end of Lake Ontario, while the Greater Toronto Area proper had a 2021 population of 6,712,341. Toronto is an international centre of business, finance, arts, sports, and culture, and is seen as one of the most multicultural and cosmopolitan cities in the world.

At approximately 70,000, Toronto – originally known as Tkaronto – has the largest Indigenous population in Ontario and the 4th largest in Canada. Toronto is the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples. Toronto is covered by Treaty 13 signed with the Mississaugas of the Credit, and the Williams Treaty signed with multiple Mississaugas and Chippewa bands.

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.



## GETTING TO TORONTO

The following transportation service providers are pleased to offer their services (most at a discount) to delegates travelling to the CPA's 2023 Annual Convention (June 23 – 25, 2023) in Toronto, ON.

The CPA has special rates/discounts with Air Canada, WestJet, VIA Rail, AVIS, and Budget, for our convention delegates.

Relevant travel code/discount information can be found in the Members Only Area on the CPA's website and/or 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 TORONTO

## TORONTO PEARSON INTERNATIONAL AIRPORT

The YYZ Toronto Pearson International Airport is 27.4km away from the Sheraton Centre Toronto Hotel. The busiest airport in Canada, it has daily flights, direct and non-stop, that serve North and Central America, Europe, and Asia.

### YYZ Airport Shuttle

Around Pearson Airport, you'll find several Toronto hotels with airport shuttle service. In the airport, a courtesy phone on the Arrivals Level of Terminals 1 and 3 allows you to connect with hotels directly to find shuttle times and other information.

### Train to City (UP Express)

Union Pearson Express runs from Pearson Airport to Union Station in downtown Toronto in just 25 minutes. Adult one-way fare from Pearson to Union is \$12.35. Youth and Post-Secondary students save 40% off standard adult fare when using PRESTO. Children under 12 years of age ride free. Trains run every 15-minutes during weekday peak and every 30-minutes on weekends and are available seven days a week.

### Public Transportation

From Terminals 1 and 3, Express TTC buses leave Pearson Airport, connecting to the subway that runs through downtown Toronto.

### Taxis and Limos

From Pearson, you can hire a taxi or limo as follows, at an approximate cost of \$60:

- **Terminal 1** – Arrivals Level: Taxis (Door D), Limos (Door C)
- **Terminal 3** – Arrivals Level: Taxis (Doors D, E, and F), Limos (Door F)

Toronto taxis and limos are a fast and easy way to travel across the city, to the suburbs, or wherever you want to go. Should you wish to explore the city, taxis are available 24 hours a day in front of the hotel.



# BILLY BISHOP TORONTO CITY AIRPORT

Located on Toronto Island, Billy Bishop Toronto City Airport (YTZ) offers service to more than 20 cities in Canada and the U.S. The Billy Bishop Toronto City Airport is just 3km away from the Sheraton Centre Toronto Hotel.

## Pedestrian Tunnel

Billy Bishop Airport opened a pedestrian tunnel that connects Toronto's mainland to the island, providing quick, reliable, and easy access to the airport in less than 6 minutes.

## Ferry

The ferry ride to and from Billy Bishop Airport is one of the shortest in the world at just 121 metres. The 90-second trip will have you where you need to be in no time and if you're standing on the pedestrian deck you can enjoy a unique view of downtown Toronto. The ferry departs from the foot of Bathurst Street). The ferry is free for pedestrians and runs approximately every 15 minutes.

## Shuttle

Complimentary shuttle buses are available outside Billy Bishop Airport's mainland pavilion and downtown across from Union Station on the east side of York Street. Available on weekdays, weekends, and holidays, with enhanced non-stop shuttle service during peak hours, the trip to and from Billy Bishop Airport takes around 15 minutes depending on traffic. The shuttles are equipped with free on-board Wi-Fi and a live shuttle tracking app.

## Taxis and Limos

Toronto taxis and limos are a fast and easy way to travel across the city, to the suburbs, or wherever you want to go. Should you wish to explore the city, taxis are available 24 hours a day in front of the 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>.

## 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/>





Air Canada Promotion Code: Check your registration confirmation for discount code.



WestJet Promotion Code: Check your registration confirmation for discount code.



### Canadian Psychological Association Members Save on Airport Parking

Canadian Psychological Association has negotiated special rates with [Park'N Fly](#). Save on airport parking when you input the CPA discount code at time of reservation. Log into the CPA Members Only Area to get the discount code.

### Rental Cars

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



**AVIS Worldwide Discount (AWD):** Check your registration confirmation for 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. For rates and reservations, call 1-800-879-2847) or visit [www.avis.ca](http://www.avis.ca).



**BUDGET Customer Discount (BCD):** Check your registration confirmation for 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. For rates and reservations, call 1-800-268-8900 or visit [www.budget.ca](http://www.budget.ca).

### Hotel Parking

The Sheraton Centre Toronto offers on-site parking for registered guests. It can accommodate vehicles up to 6 feet, 5 inches high. Parking cost is \$60/day.

### Street Parking

Off-site parking is available 1km away at Nathan Phillips Square.

### Train Travel



VIA Rail Canada

**VIA Rail Promotion Code:** Log into the CPA Members Only Area for the discount code.

All CPA members and affiliates are entitled to a 7.5% discount every time they travel with VIA Rail Canada. This corporate discount applies for all destinations and all fare categories, except for the Escape fare (country wide) and the Prestige Class (on the Canadian).

Moreover, this discount applies to your leisure travels. You can have up to 3 people (friends, family, colleagues) travelling with you that can also benefit from the discount, if you are travelling with them from point A to point B.

To make sure you get the discount every time you travel, simply go online at [www.viarail.ca](http://www.viarail.ca) and create a profile. In your profile, you will be asked to select a discount type. Select "corporate rate" and enter our six-digit corporate number, which you can find in the CPA's Members Only Area. You can also book your tickets by phone at 1-888-842-7245 and mention the corporate discount.

# WHERE TO STAY IN TORONTO: 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.

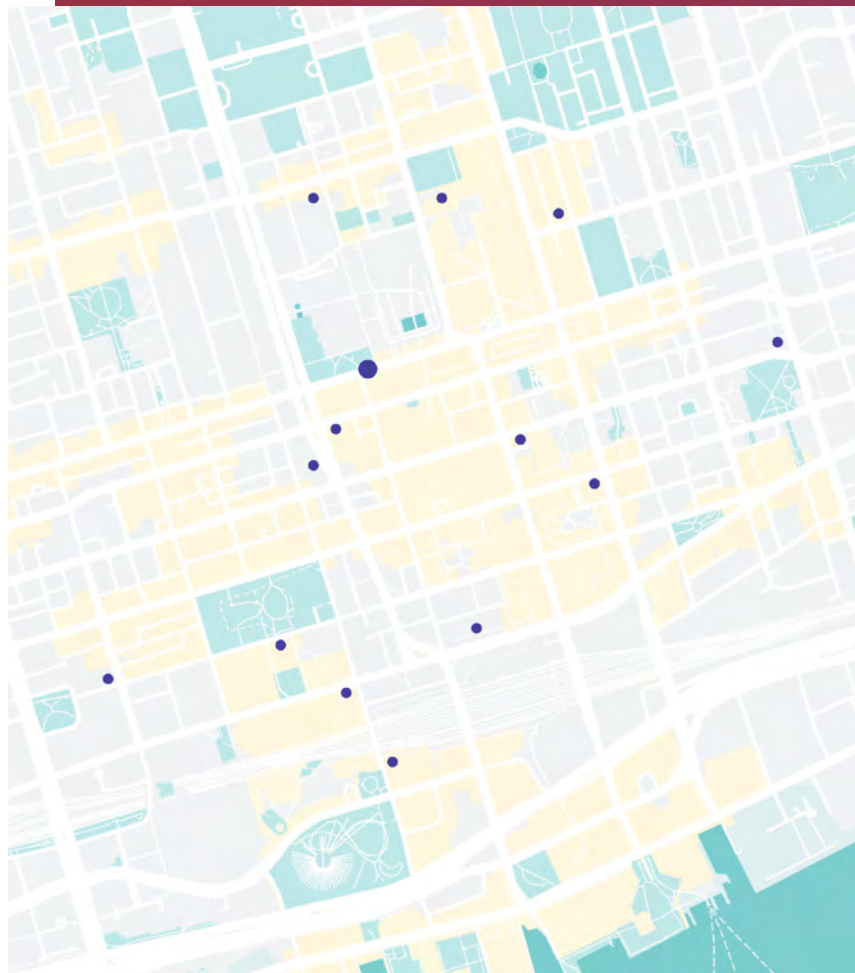
For Toronto, a block was secured at the hotel below.

## **Sheraton Centre**

123 Queen St W, Toronto, ON M5H 2M9  
(416) 361-1000

## **RESERVATIONS**

Accommodation bookings can be made by clicking here!



June in Toronto is a very busy time with numerous events happening in the city. Should the Sheraton Centre Toronto be sold out the CPA has arranged additional guestrooms at various rates at hotels close to the Convention venue.



## **ATTRACTIONS**

There is no end to the fun and adventure you can have in Toronto! Plan your experience by visiting <https://www.destinationtoronto.com/> to learn more about Toronto's events, attractions, and restaurants. Get around Toronto by walking, cycling, taxi, or the TTC.

# 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.

Note that access to the CPA's Pre-Convention Workshops and any other pre-convention events can be purchased, for an additional fee, as part of one's convention registration.

CPA2023 CONVENTION REGISTRATION RATES FOR CPA STUDENT AFFILIATES			
	RATE	HST 13%	TOTAL
<b>Early Bird Rate</b> (February 15 – April 26, 2023)	\$140.00	\$18.20	<b>\$158.20</b>
<b>Regular Rate</b> (April 27 – June 22, 2023)	\$175.00	\$22.75	<b>\$197.75</b>
<b>On Site Full Rate</b> (June 23 – 25, 2023)	\$210.00	\$27.30	<b>\$237.30</b>

CPA2023 CONVENTION EARLY BIRD REGISTRATION RATES FOR NON-STUDENT DELEGATES (February 15 – April 26, 2023)			
	RATE	HST 13%	TOTAL
<b>Student Non-Affiliates</b>	\$260.00	\$33.80	<b>\$293.80</b>
<b>CPA Member</b>	\$300.00	\$39.00	<b>\$339.00</b>
<b>CPA Honorary Life, Honorary Fellow, and Retired Member</b>	\$180.00	\$23.40	<b>\$203.40</b>
<b>CPA Section Associates and Special Affiliates</b>	\$395.00	\$51.35	<b>\$446.35</b>
<b>Non-Members</b>	\$650.00	\$84.50	<b>\$734.50</b>

For more information and all other delegate rates (e.g., full member, section associate, special affiliates) and dates, please visit: [Conference Registration](#).

## WHERE TO START?

You can begin preparing for the Convention by visiting the [CPA's convention webpages](#) 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 Toronto 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 convention website for information on how to download the CPA2023 Convention Mobile App.

The CPA's Mobile App 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.



# 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 Student Section events at this year's convention:

- **First-Time Attendees Reception:**  
Thursday June 22nd, 5:00-6:00pm
- **Section Chair Address – Student Leadership, Advocacy and Future Psychology:**  
Friday June 23rd, 10:00 – 10:55am
- **Conversation Session – Psychology students and completing surveys:** Friday June 23rd
- **Conversation Session – How to create an Anti-Racism Initiative:** Friday June 23rd
- **Section Featured Speaker, Trevor Hart – Minority Stress Among LGBTQ2+ People**  
Friday June 23rd, 15:00 – 16:00
- **CCPPP Workshop (pre-residency fair):**  
Friday June 23rd, 14:00 – 14:55
- **CCPPP Residency Fair:** Friday June 23rd, 15:00–16:30
- **Student Section Annual Business Meeting:**  
Friday June 23rd, 16:00 – 17:00
- **Annual Student Social:** Friday June 23rd, (Date/Time/Venue TBC)
- **Panel Discussion – Meet the CPA's Journal Editors:**  
Saturday June 24th
- **Panel Discussion – How to Navigate Academia as a Psychology Student:** Saturday June 24th
- **Conversation Session: Student mental health and the academic environment,** Saturday June 24th
- **12-Minute Talk – Relationship between meditation & personality,** Saturday June 24th
- **12-Minute Talk – Suicide stigma reduction program for students,** Saturday June 24th
- **Workshop – Publishing 101 for Students**  
Saturday June 24th
- **Conversation Session – Healing your family: A student perspective,** Sunday June 25th
- **Conversation Session – CCCPP Finances Survey of Predoctoral Residents,** Sunday June 25th
- **Workshop – Applying to Graduate School in Psychology,** Sunday June 25th
- **Workshop – Negotiating an Employment Offer:**  
Sunday June 25th
- **Workshop – Increasing social responsiveness in training programs,** Sunday June 25th

*Dates and times are subject to change so please check the convention schedule on site – or use text from page 22 footnote*

New at CPA2023!

# CPA WORKSHOP ON NEGOTIATING AN EMPLOYMENT OFFER AND JOB FAIR

On Sunday June 25th, Dr. Wendy Adair, will lead a workshop from 9:00AM – 12:00PM focused on negotiating an employment offer. This interactive workshop will provide delegates with a chance to role play as both employee and employer. Access to this workshop is included with convention registration.

Take what you learned in the morning, and plan to meet with employers from 12:45 – 14:45PM in the CPA's first ever in-person Job Fair. Come prepared with your CV as many employers will have vacancies for immediate filling.

**Access to the Job Fair is included with convention registration.**

Be sure to visit the [CPA Convention's website](#) regularly for new information on this year's convention schedule.

## DID YOU KNOW?

The total cost for Student Affiliate Membership for one year AND Early Bird Student Convention Registration (\$215.00 + tax) is cheaper than registering solely for the convention as a student non-affiliate (\$260.00 + tax).

## WHAT DO I BRING?

In June, in Toronto, the average high-temperature is 24°C (75.2°F), and the average low-temperature is 15°C (59°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 or other travel documents
- ☐ Hotel reservation information/confirmation
- ☐ Your phone and charger
- ☐ Physical or E-Business cards with your contact information (for networking)
- ☐ Your presentation materials (posters, slides, etc.)
- ☐ Convention Schedule
- ☐ Note-taking supplies (paper, pen, tablet, laptop, etc.)
- ☐ Other device chargers

### 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

## THINGS TO KNOW FOR INTERNATIONAL ATTENDEES

- 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 Toronto 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](#).

### VOLUNTEER!

There are several volunteer opportunities during the Convention. If you are interested, complete the [Volunteer form](#) and to learn more information on volunteer opportunities/times and to sign up.

## 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/or 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](#).

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



# COST-SAVING TIPS FOR STUDENTS

## **BECOME A CPA STUDENT AFFILIATE**

Registration fees for Student Affiliates are significantly reduced.

In fact, the combined total cost for Student Affiliate Membership for one year AND Early Bird Student Convention Registration (\$215.00 + tax) is cheaper than registering solely for the convention as a student non-affiliate (\$260.00 + tax)!

Visit the [Convention Registration Fees](#) page 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, please visit [section awards for students](#).

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](#) 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>



# NAVIGATING THE CONVENTION

## CONVENTION REGISTRATION DESK<sup>4</sup>

Once you arrive, your first stop should be the registration area, located in the lower concourse of the Sheraton Centre Toronto Hotel.

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

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

Wednesday June 21st	4:00pm–6:00pm
Thursday June 22nd	7:00am–3:00pm

### 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 21st–22nd, you can pick up your registration badge and/or relevant materials anytime during the hours listed below:

#### CCPPP Workshop and AGM

Wednesday June 21st	4:00pm–6:00pm
Thursday June 22nd	7:00am–3:00pm

#### Social and Personality Pre-Convention Event

Wednesday June 21st	4:00pm–6:00pm
Thursday June 22nd	7:00am–3:00pm

### CPA Convention Registration Hours – Sheraton Hotel

Wednesday June 21st	4:00pm–6:00pm
Thursday June 22nd	7:00am–6:00pm
Friday June 23rd	7:00am–6:00pm
Saturday June 24th	7:00am–5:00pm
Sunday June 25th	7:00am–2:00pm

<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 who are participating as exhibitors and or as participants in the CPA's Job Fair which will take place on Sunday June 25th (supported in part by KIDTHINK Children's Mental Health Centre Inc.). Note that access to the job fair is included in one's convention registration.

The CPA Exhibitor Area will also feature various book publishers and other mental health related associations. Visit the [CPA's Convention website](#) to see this year's confirmed exhibitors.



## INFORMATION FOR STUDENTS WITH DISABILITIES

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. 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 15, 2023. 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 Sheraton Hotel, with questions and/or for assistance.

## DID YOU KNOW?

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

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 PRESENTATIONS AT THE CONVENTION

The CPA's Annual National Convention features many different types of sessions/presentations, 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 presentation type so as not to infringe on the time of subsequent presenters and to allow delegates to transition from one room to another.

### RESPECT THE TIME ALLOTTED FOR YOUR PRESENTATION TYPE!

For example, a 12-minute talk starting at 10:00 must end by 10:12 to allow the subsequent presenter to begin on time at 10:15.

*Note that most meeting rooms are supplied with a laptop, screen, and an LCD projector.*

## Workshops

- *Pre-Convention Professional Development Workshop*: Half-day (3-hour) or full-day (6 hours) 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>. The costs of registration for a PCPDW are over and above one's convention registration.
- *In-Convention Workshop (85-Minutes)*: 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. Some in-convention workshops will count for up to 1 CE credit.

## 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.
- *Review Sessions (25-Minutes)*: 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 (25-Minutes)*: Conversation sessions 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.



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



## Spoken Group Presentations

- *Panel Discussion (55-Minutes)*: 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 (55-Minutes)*: Papers are grouped for oral presentation in a thematic session. A symposium is a submission that usually consists of a moderator, plus 3 spoken presentations on the same topic. A symposium may or may not include a discussant. 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 55-minutes in length and are arranged by section. Posters are presented in person and can also be submitted as voice-over recordings for viewing from the CPA's Mobile App.

## 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 entitled to 3 hours in the program that can be put towards the following: an annual business meeting (this is typically done at the convention); section-invited address (see below); and a reception.
- *Section-Invited Address (55-Minutes)*: Highlight a prominent speaker specific to a given Section(s) via an address by one speaker or via a symposium.

## Plenary Sessions

- *Presidential Addresses (55-Minutes)*: 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 against a Presidential Address.
- *Plenary Session (55-Minutes)*: Highlight prominent speakers and current topics in psychology. No other scientific programming is scheduled against a Plenary Session. The CPA's Convention typically features four plenary speakers. The Opening/Closing Ceremonies and the CPA's Annual General Meetings are also considered Plenary Sessions.

## 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.

# SECTION FOR STUDENTS SOCIAL

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!**

# 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.

<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.

- **First-Time Attendees Reception:**  
Thursday June 22nd, 5:00–6:00pm
- **Section Chair Address – Student Leadership, Advocacy and Future Psychology:**  
Friday June 23rd, 10:00 – 10:55am
- **Conversation Session – Psychology students and completing surveys:** Friday June 23rd
- **Conversation Session – How to create an Anti-Racism Initiative:** Friday June 23rd
- **Section Featured Speaker, Trevor Hart – Minority Stress Among LGBTQ2+ People,** Friday June 23rd
- **CCPPP Workshop (pre-residency fair):**  
Friday June 23rd, 14:00 – 14:55
- **CCPPP Residency Fair:** Friday June 23rd, 15:00–16:30
- **Student Section Annual Business Meeting:**  
Friday June 23rd, 16:00 – 17:00
- **Annual Student Social:** Friday June 23rd, (Date/Time/Venue TBC)
- **Panel Discussion – Meet the CPA's Journal Editors:** Saturday June 24th
- **Panel Discussion – How to Navigate Academia as a Psychology Student:** Saturday June 24th
- **Conversation Session: Student mental health and the academic environment,** Saturday June 24th
- **12-Minute Talk – Relationship between meditation & personality,** Saturday June 24th
- **12-Minute Talk – Suicide stigma reduction program for students,** Saturday June 24th
- **Workshop – Publishing 101 for Students,** Saturday June 24th
- **Conversation Session – Healing your family: A student perspective,** Sunday June 25th
- **Conversation Session – CCCPP Finances Survey of Predoctoral Residents,** Sunday June 25th
- **Workshop – Applying to Graduate School in Psychology,** Sunday June 25th
- **Workshop – Negotiating an Employment Offer:** Sunday June 25th
- **Workshop – Increasing social responsiveness in training programs,** Sunday June 25th

# RESIDENCY FAIR

(formerly known as the Internship Fair)

- This is an annual program (workshop followed by fair) 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.
- Training directors from various residency 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 can also 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 at a later time and ask for appropriate contact information (i.e., phone number or email).

## CONVENTION ETIQUETTE

With only 5 or so 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 the convention?”

As noted elsewhere in this good, 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 the host city.
- There may also be events occurring in the evening such as the Student Social or the CPA Social. Perhaps you want to experience the 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.





# 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 CONVENTION

- 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.
- Be sure to bring any prescription medications you will require while at the Convention.
- 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 can 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.

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 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](#) and [Twitter](#).

## 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 Toronto 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 and shaking hands with hundreds of other people. Consider fist bumping rather





## EXERCISE

Your body will undoubtedly feel some level of fatigue from running around the convention and the host city. 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! Below is an example of a simple routine you can do each day of the convention.
- Streeeeeetch!!! 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.

GoodLife will be on hand to lead two health & wellness breaks:

### **GoodLife Health Break**

Friday June 23rd, 12:00-12:20

*Grand East*

### **GoodLife Health Break**

Saturday June 24th, 12:15-12:35

*Grand East*



# THERE'S AN APP FOR THAT

## CPA CONVENTION MOBILE APP

The CPA's Convention Mobile App [Pheedloop](#) is a convenient way to have all the important Convention information right in your smartphone or tablet. Instructions on how to access/download the Mobile App will be posted to the CPA's Convention website. It allows you to search for programming by topic, presenter name, submission ID, 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 and participate in this year's scavenger hunt.

## 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](#)

Or follow us on [Twitter @CPA\\_SCP](#)

You can follow and contribute to the conversation by searching Twitter for “**#cpaconv2023 (English)** and **#congscp2023 (French)**.”

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



## 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 2022–2023 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.



### LINNEA KALCHOS

*Chair*

Linnea Kalchos is a first year PhD student in the School and Applied Child Psychology program at the University of British Columbia in Vancouver, BC. Her research interests include school integration, school-based support services for newcomer youth and critical social justice research in psychology. Her Master's thesis seeks to capture newcomer experiences of psychosocial support services in Canadian secondary schools. She also works as a student clinician conducting psychoeducational assessments for children and adolescents with specific learning disorders, intellectual disabilities, and other social-emotional concerns. She is also a graduate student ambassador, and an 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.



### ALEJANDRA BOTIA

*Past Chair*

Alejandra Botia is a third-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.



### **MELISSA LAZO**

*Chair Elect (2022-2023)*

Melissa Lazo is a first-year PhD student in the School and Applied Child Psychology program at the University of British Columbia in Vancouver, BC. Her research interests include the factors associated with school success among students with autism spectrum disorder (ASD) and the sex-related differences in ASD. Her master's thesis investigated teachers' perspectives on the student-teacher relationship with female students with ASD. She is currently working as a psychometrist at the North Shore Stress & Anxiety Clinic. In the past, she has worked as a graduate student ambassador and school psychology program student representative, as well as a one-on-one instructor for students with specific learning disabilities. Prior to her graduate studies, Melissa worked as a full-time behavioural therapist for young children with ASD. In her free time, Melissa enjoys travelling, hiking, dancing, and spending time with her friends and family.



### **NICOLE LENTO**

*Undergraduate Student Affairs Executive (2022-2024)*

Nicole Lento is a second-year master's student in the Clinical Psychology program at the University of Regina in Regina, SK. She completed her BA Honours at Lakehead University. Nicole's research interests focus on the field of child psychology and parenting styles. Her current master's thesis seeks to evaluate an online therapy program for children with anxiety. Outside of academics, Nicole enjoys spending time with friends and family and walking her pup.



### **LAURA DE LA ROCHE**

*Graduate Student Affairs Executive (2021-2023)*

Laura de la Roche is a third-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.



### **SOMAYYA SALEEMI**

*Administration and Finance Executive (2022–2024)*

Somayya Saleemi (she/her) is a Doctoral student at the University of Ottawa in the Clinical Psychology program. Her research is focused on the effects of bilingualism on cognition and aging. Other areas of interest include child psychology, clinical neuropsychology, and research ethics. She completed her Hons. BSc. in Psychology from York University in Toronto, followed by an Ontario Post Graduate Certificate in Clinical Research from Humber College. Currently, she is serving as a clinical program representative on UOttawa's Graduate Association of Students in Psychology, and is passionate about advocacy related to diversity, equity, and inclusion. In her spare time, she enjoys hiking, swimming, and spending time with her three cats named Potter, Weasley, and Hermione.



### **JULIANA KHOURY**

*Communications Executive (2022–2024)*

Juliana completed a Bachelor of Humanities (Hons) at Carleton University in 2019, and a Bachelor of Arts (Hons) in Psychology with a Special Concentration in Forensic Psychology at St. Francis Xavier University in 2021. She is now in the second year of her master's in clinical psychology at the University of Regina. With her thesis, she is examining the prevalence and impacts of sexual victimization among RCMP officers. She is excited to have the opportunity to work on a project that focuses on her two primary areas of interest: mental health among public safety personnel, and sexual victimization. In her free time, Juliana likes travelling, going for long walks, board games, and politics.





### **SOPHIE BARRIAULT**

*Francophone Affairs Executive (2021-2023)*

Sophie Barriault is a second-year master's student in the Psychology program at the Université de Moncton. She completed her Honours BA in Psychology at the University of Ottawa in 2019. Her master's thesis investigates relationship satisfaction and psychological wellbeing in men having experienced an acute coronary syndrome. Sophie is also interested in research focusing on the prevention of radicalization and has been involved in a project involving right-wing extremists in the province of Quebec. She has previously worked as a community advisor for university students and was also a reviewer for Mind Pad, the CPA's student psychology newsletter. She also participated in the CPA's Student Mentorship Program, both as a mentee and as a mentor. 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 second-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. 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 you attend the CPA's convention.

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](#) 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 discounted BMS Professional Liability Insurance</li> <li>• Access to discounted Home and Auto Insurance through Johnson Insurance</li> <li>• Gowlings Pro Bono Legal Advice</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 (Canadian Psychology, Canadian Journal of Behavioural Science, Canadian Journal of Experimental Psychology)</li> <li>• Access to MindPad, Canada's student written, edited and published psychology publication</li> <li>• Access to Psynature, the Association's electronic newsletter</li> <li>• Online access to Psynopsis, 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>

# 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 for more information and to apply for various positions on the [Section's 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. Please visit MindPad if you would like more information.

## 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.

## 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 our Communications Executive at [com.cpastudentsection@gmail.com](mailto:com.cpastudentsection@gmail.com).

**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 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](#) or the [CPA's Membership Department](#).

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](#).

### 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!

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Be sure to create an account in 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!