



CPA SCP

**OTTAWA**  
**2024**

A GUIDE TO THE CANADIAN  
PSYCHOLOGICAL ASSOCIATION'S

# ANNUAL NATIONAL CONVENTION

---

**JUNE 21-23, 2024:** WESTIN OTTAWA HOTEL (OTTAWA, ON)

---

**JUNE 20, 2024:** PRE-CONVENTION PROFESSIONAL DEVELOPMENT  
WORKSHOPS AND OTHER PRE-CONVENTION EVENTS

PREPARED BY CPA'S CONVENTION DEPARTMENT IN  
COLLABORATION WITH THE CPA'S STUDENT SECTION

# Contents

<b>Introduction</b>	<b>3</b>	CPA Exhibitor Area	19
<b>Why Attend the CPA’s Annual National Convention?</b>	<b>4</b>	Information for Students with Disabilities	19
<b>Convention City: Ottawa, ON</b>	<b>6</b>	<b>Attending Convention Sessions</b>	<b>20</b>
<b>Getting to Ottawa</b>	<b>6</b>	Types of Presentations at the Convention	20
<b>Flight Information and Transportation to Downtown Ottawa</b>	<b>7</b>	<i>Workshops</i>	20
Ottawa International Airport	7	<i>Spoken Individual Presentations</i>	21
YOW Airport Shuttle	7	<i>Spoken Group Presentations</i>	22
Public Transportation	7	<i>Poster Presentations</i>	22
Taxis and Limos	7	<i>Section Organized Programming</i>	22
Rental Cars	8	<i>Plenary Sessions</i>	22
Hotel Parking	9	<i>Social Events</i>	22
Street Parking	9	<i>Virtual Poster</i>	22
Train Travel	9	<b>Student Section Social</b>	<b>23</b>
<b>Where to Stay in Ottawa: Convention Hotel</b>	<b>10</b>	<b>Student Section Program</b>	<b>23</b>
Attractions	10	<b>Residency Fair</b>	<b>24</b>
<b>Convention Preparation</b>	<b>11</b>	<b>Presenting at the Convention</b>	<b>24</b>
Register Early!	11	Asking Questions	24
Where to Start?	11	Convention Etiquette	25
Students and Convention Programming	12	What Do I Wear?	25
What Do I Bring?	14	Convention Evaluation	25
Things to Know for International Student Affiliates	14	<b>Staying Healthy During the Convention</b>	<b>26</b>
Volunteer!	14	Keeping Calm: Things to Think About Before the Convention	26
Networking	15	Eating at the Convention	26
<b>Cost-Saving Tips for Students</b>	<b>16</b>	Overall Health	27
Become a CPA Student Affiliate	16	Exercise	27
Travel Awards	16	<b>There’s an App for That</b>	<b>28</b>
Book Early	17	CPA Convention Mobile App	28
Find a Roommate	17	Social Media	28
Find Free Food!	17	<b>CPA’s Student Section</b>	<b>29</b>
<b>Navigating the Convention</b>	<b>18</b>	Meet Your 2023-2024 Student Executive	29
<b>Convention Registration Desk</b>	<b>18</b>	<b>About the Student Section</b>	<b>33</b>
<i>Pre-Convention Professional Development Workshop Registration Pick-Up</i>	18	Join the Student Section and Get Involved!	35
<i>Other Pre-Convention Events Registration Pick-Up</i>	18	<i>Mind Pad</i>	35
		<i>CPA Student Mentorship Program</i>	35
		<i>CPA Student Section Newsletter</i>	35
		<i>Campus &amp; Student Representatives Program</i>	36
		<b>Final Thoughts</b>	<b>37</b>

# Introduction

Dear Delegate,

Welcome to CPA2024, the Canadian Psychological Association's 85th Annual National Convention in Ottawa, ON! CPA2024 is taking place at the Westin Ottawa Hotel from June 21st–23rd, 2024, with pre-convention professional development workshops on June 20th, 2024.

The 2024 CPA Annual National Convention will offer all delegates (full members, associates, affiliates, and students alike) an exceptional Convention experience. Both the CPA and the CPA Student 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 National Convention will also be preceded by:

- Social and Personality Pre-Conference Event organized by the CPA's Social and Personality Section (June 20, 2024)
- Workshop and Annual General Meeting of the Canadian Council for Professional Psychology Programs (CCPPP) (June 20, 2024)

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. With this in mind, the CPA's Convention Staff and the CPA Section for Students have created this 2024 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 Ottawa!

## Safe Travels!

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



## 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 Ottawa.

*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>.*





# 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 a part of celebrating the accomplishments of psychologists and peers through our Awards Ceremony and various Section-recognitions.
6. **Share your research findings.** Our convention gives 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 Ottawa.** This vibrant city provides the setting for the CPA's 2024 Annual National Convention. The capital of Canada, Ottawa is the perfect place to soak up national and regional cultures. Stop by Parliament Hill, the seat of Canada's federal government, visit one of Seven of Canada's nine national museums, around every corner on both the Ontario and Québec sides of the Ottawa River, you'll find unique, safe and walkable neighbourhoods to explore. Try craft beverages and fresh cuisine, shop for big brands or local designers, and admire colourful urban art. For instance, the historic ByWard Market area is always bustling, with its year-round farmers' market, restaurants, cafés and nightlife, as well as unique spots such as the original kiosk of the world-renowned BeaverTails pastry treat.

## Did you know?

The very first CPA convention was held in Montreal, Quebec in 1940<sup>2</sup>. The CPA's Annual National Convention last took place in Toronto in 2023.

<sup>2</sup> <https://cpa.ca/aboutcpa/committees/>

**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

## OTTAWA, ON

This guide aims to help everyone with basic navigation around the 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 Ottawa

The following transportation service providers are pleased to offer their services (most at a discount) to delegates travelling to the CPA's 2024 Annual National Convention (June 21–23, 2024) in Ottawa, 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 Ottawa

## Ottawa International Airport

The YOW Ottawa International Airport is 14km away from the Westin Ottawa Hotel. It has daily flights, direct non-stop and connecting flights, that serve North and Central America, Europe, and Asia.

### YOW Airport Shuttle

Around the Ottawa International Airport, you'll find several Ottawa hotels ([yow.ca/en/travel-planning/accommodations](http://yow.ca/en/travel-planning/accommodations)) with airport shuttle service. Access to shuttle bus on level 1, go to Pillars 13-15 (inner curb).

### Public Transportation

From level 1, you may connect with the 97 bus that leaves from the Ottawa International Airport for route info and times ([www.octranspo.com](http://www.octranspo.com))

### Taxis and Limos

From the Ottawa International Airport, you can hire a taxi, uber or limo as follows, at an approximate cost of \$30 +:

- **Level 1** – Arrivals Level: Taxis/Limo outside the main exit doors
- **Level 2** – Arrivals Level: Uber/Lyft Pillar 12

Ottawa 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>.



## AIR CANADA

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

## **WESTJET**

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

## PARK'N FLY

### **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**<sup>®</sup>

**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. 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**<sup>®</sup>

**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. 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

The Westin Ottawa offers on-site parking for registered guests. Parking cost is \$30/day or \$4.50 an hour.

## Street Parking

Located a short distance away in the Byward Market.

## Train Travel

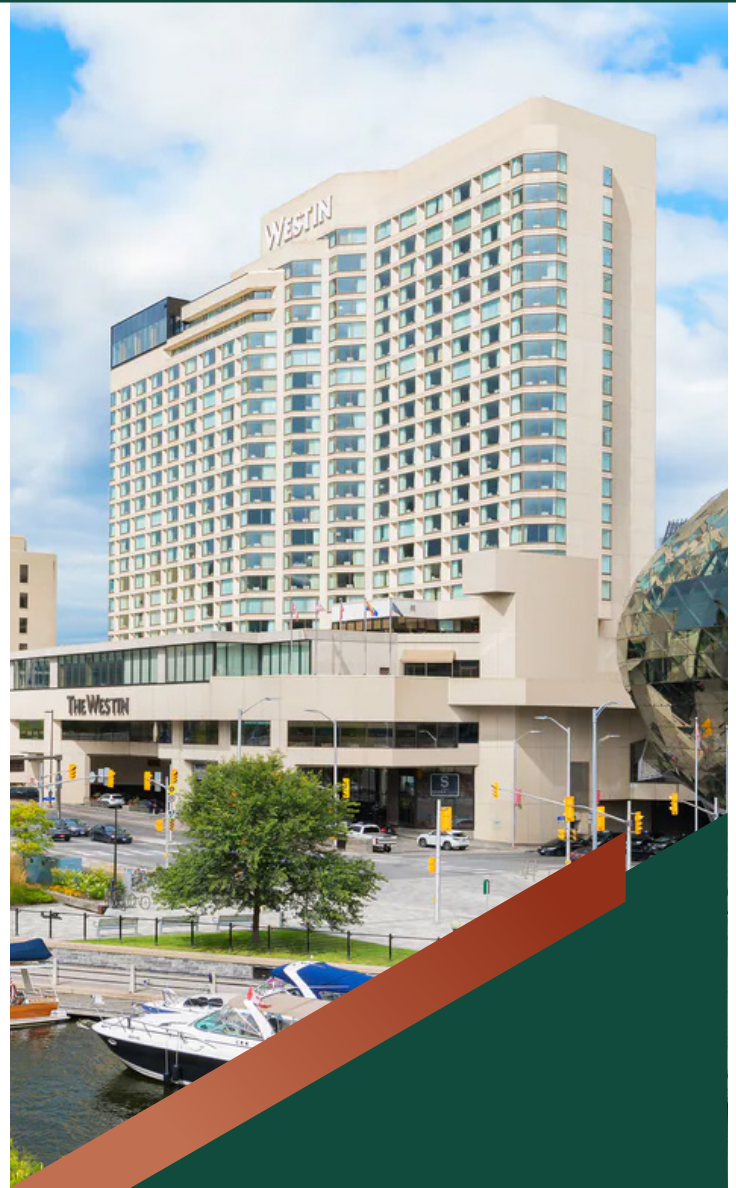


**VIA Rail Promotion Code:** Log into the CPA Members Only Area for the discount code.

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.



## Did you know?

There are 35 Sections within the CPA. For more information about the different sections and how to join them, check out <http://www.cpa.ca/aboutcpa/cpasections/>

# Where to Stay in Ottawa

## 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 Ottawa, a block was secured at the Westin Hotel.

### Westin Ottawa Hotel

11 Colonel By Drive, Ottawa, ON K1N 9H4  
(613) 560-7000

#### RESERVATIONS

[Click here to book](#)

The Westin Ottawa hotel, a modern downtown Ottawa hotel is located in the Ottawa business district across from the Rideau Canal, an UNESCO World Heritage Site. Our renowned Shore Club restaurant is a popular dining choice for hotel guests and Ottawa locals alike. Stay active during your visit to Canada with our hotel's fitness offerings, including our indoor saltwater pool, our modern fitness center and our private squash courts. Enjoy a restful night sleep in refined hotel rooms and suites with enriching amenities and stunning views of the Ottawa cityscape at our hotel on Colonel By Drive, Ottawa.

### Attractions

There is no end to the fun and adventure you can have in Ottawa! Plan your experience by visiting [www.ottawatourism.ca/en](http://www.ottawatourism.ca/en) to learn more about Ottawa's events, attractions, and restaurants. Get around Ottawa by walking, cycling, taxi, or take the LRT.

## Additional Rooms

Should the Westin Ottawa be sold out the CPA has arranged additional guestrooms at various rates at the following hotels:

### Arc The Hotel Ottawa

140 Slater St, Ottawa ON, K1P 5H6  
613-238-2888

**Rates:** King Bed \$229 (plus taxes)

#### ARC THE HOTEL

[Click here to book](#)

### Delta Hotels Ottawa City Centre

101 Lyon Street N. Ottawa, Ontario K1R 5T9  
613-237-3600

**Rates:** \$229 – \$249 CAD per night

#### DELTA HOTEL

[Click here to book](#)

### Les Suites Hotel Ottawa

130 Besserer Street, Ottawa ON, K1N 9M9  
613-232-2000

#### **Rates:**

Classic One Bedroom Suite \$269 (plus taxes)  
Classic Two Bedroom Suite \$379 (plus taxes)  
Modern One Bedroom Suite \$299 (plus taxes)  
Modern Two Bedroom Suite \$389 (plus taxes)

#### LES SUITES HOTEL

[Click here to book](#)

### The Metcalfe Hotel

123 Metcalfe Street, Ottawa ON, K1P 5L9  
613-231-6555

**Dates:** 19 June – 23 June

**Rate:** Classic \$270 (plus taxes)

#### THE METCALFE

[Click here to book](#)

# 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 Professional Development Workshops and any other pre-convention events can be purchased, for an additional fee, as part of one's convention registration.

CPA2024 CONVENTION REGISTRATION RATES FOR CPA STUDENT AFFILIATES			
	RATE	HST 13%	TOTAL
<b>Early Bird Rate</b> <i>(February 5–April 5, 2024)</i>	\$155.00	\$20.15	<b>\$175.15</b>
<b>Regular Rate</b> <i>(April 6–June 20, 2024)</i>	\$200.00	\$26.00	<b>\$226.00</b>
<b>On Site Full Rate</b> <i>(June 21–23, 2024)</i>	\$250.00	\$32.50	<b>\$282.50</b>

CPA2024 CONVENTION REGULAR REGISTRATION FEES <i>(April 6, 2024–June 20, 2024 23:59 EST)</i>			
	RATE	HST 13%	TOTAL
<b>CPA Members*</b>	\$425.00	\$55.25	<b>\$480.25</b>
<b>CPA Honorary Life, Honorary Fellow, and Retired Member</b>	\$225.00	\$29.25	<b>\$254.25</b>
<b>CPA Student Affiliates**</b>	\$200.00	\$26.00	<b>\$226.00</b>
<b>CPA Section Associates</b>	\$450.00	\$58.50	<b>\$508.50</b>
<b>Non-Members</b>	\$850.00	\$110.50	<b>\$960.50</b>
<b>Student Non-Affiliates</b>	\$340.00	\$44.20	<b>\$384.20</b>

*For more information and all other delegate rates (e.g., full member, section associate, special affiliates) and dates, please visit [Convention 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 Ottawa 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 CPA2024 Convention Mobile App.

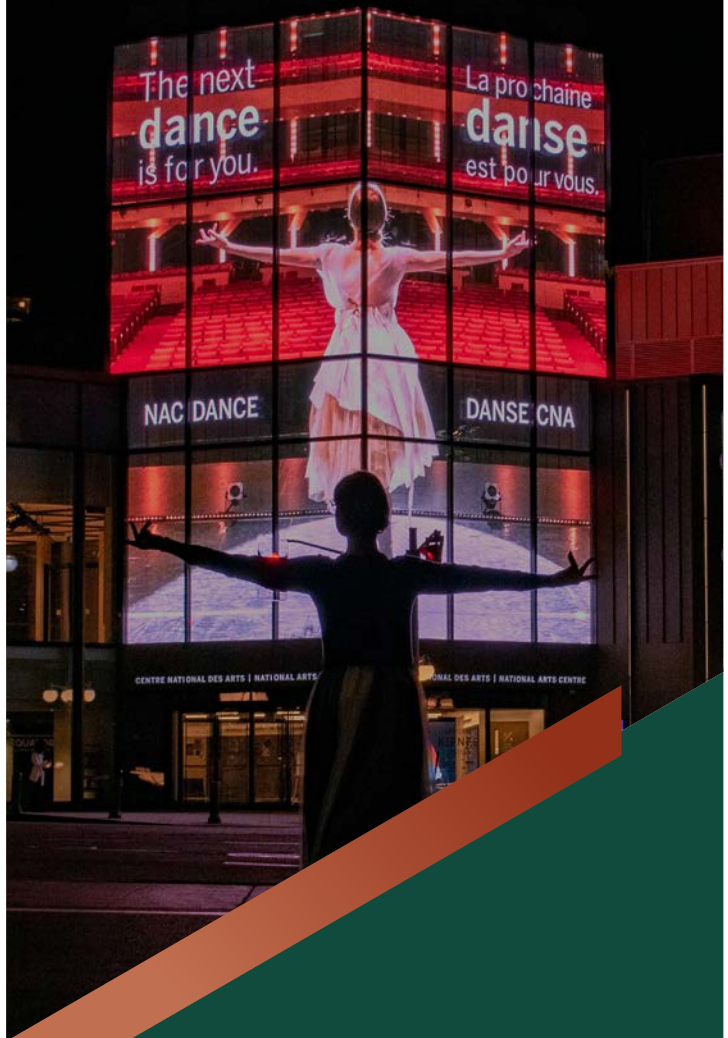
The CPA's Mobile App can be accessed from any device with a web browser – smartphone, tablet, laptop, or desktop. Our offline-capable app works smoothly on any device with a current operating system and mainstream browser: iOS 12.0 and later, Android 5.0 and later, Windows Phone 8.1 & 10.

## 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 professional developmental 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 Student Section also offers a specific stream of programming specific to students in psychology; examples of sessions offered in the past include conducting research without money, applying for internships, and applying for research grants.

In addition, the CPA offers a general program stream with events of interest to all delegates regardless of subject matter expertise or interest area. Using the CPA's online scheduler, you can click on any given section or the general program to see the scheduled events.



### Did you know?

The total cost for Student Affiliate Membership for one year AND Early Bird Student Convention Registration (\$230.00 + tax) is cheaper than registering solely for the convention as a student non-affiliate (\$280.00 + tax).

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

- **First-Time Attendees Reception**  
Thursday, June 20th, 5:00–6:00pm
- **CPA/CCPPP Residency Talk & Fair "What are Residency Programs Looking for?"**  
**Preparing for your Residency**  
Friday, June 21st, 10:00–12:55
- **Review Session (25 minutes) – Mental Illness Stigma Conceptualization: Where are we at?**  
Friday, June 21st, 10:00–10:25
- **Workshop (85 minutes) – Thesis Time-Management: Getting and Staying on Track**  
Friday, June 21st, 10:30–10:55
- **Panel Discussion (55 minutes) – Charting Future Paths: Crucial Areas for School and Child Psychology Graduate School Training**  
Friday, June 21st, 12:00–12:55
- **Panel Discussion (55 minutes) – Navigating Academia: "What I Wish I Knew"**  
Friday, June 21st, 15:00–15:55
- **Panel Discussion (55 minutes) – "Not just clinical": Introduction to the many possible career paths in psychology**  
Saturday, June 22nd, 8:00–8:55
- **Workshop (85 minutes) – Navigating Scholarships and Grants: A Workshop on Funding**  
Saturday, June 22nd, 10:30–11:55
- **Workshop (85 minutes) – Applying to graduate school: Steps to success**  
Saturday, June 22nd, 14:00–15:25
- **Section Featured Speaker Address (55 minutes) – (John Zelenski) Can people improve their well-being by helping the natural environment?**  
Saturday, June 22nd, 16:00–16:55



- **CPA Student Section in Psychology Annual Business Meeting**  
Saturday, June 22nd, 17:00–17:55
- **CPA Students in Psychology Section Reception and Networking Event**  
Saturday, June 22nd, 18:00–18:55
- **12-Minute Talk (12 minutes) – What is Key? Determining the Core Components of a Suicide Stigma Reduction Program for Postsecondary Students**  
Sunday, June 23rd, 9:00–9:12
- **12-Minute Talk (12 minutes) – Unveiling Bias in Pain Perception: Black ethnicity's Influence on Criteria in Facial Expression Recognition**  
Sunday, June 23rd, 9:15–9:27
- **Panel Discussion (55 minutes) – Advancing Justice, Equity, Diversity, and Inclusion: A starting point, not an afterthought**  
Sunday, June 23rd, 11:00–11:55
- **12-Minute Talk (12 minutes) – Exploring Biopsychosocial Correlates of Weight Bias in Psychology and Psychoeducation University Students**  
Sunday, June 23rd, 12:00–12:12
- **Workshop (85 minutes) – Planning and Implementing a JEDI Initiative in University Settings: An Interactive Workshop**  
Sunday, June 23rd, 12:00–13:25

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

## What Do I Bring?

In June, in Ottawa, 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 tickets
- 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 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 Ottawa 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.

**VOLUNTEER FORM**



## 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>

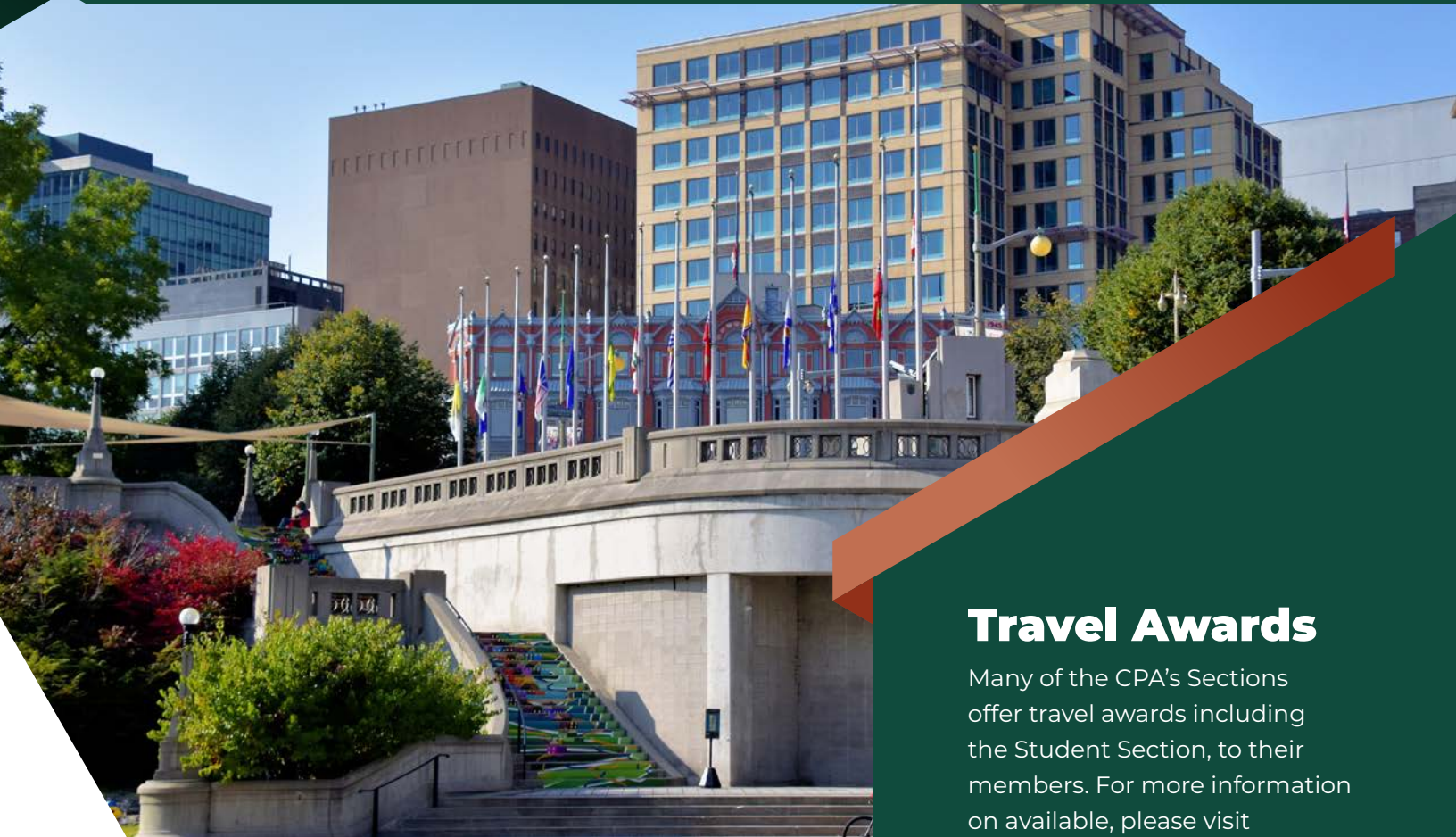
## Networking

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 (\$230.00 + tax) is cheaper than registering solely for the convention as a student non-affiliate (\$280.00 + tax)!

Visit the [Convention Registration Fees](#), for further information.

## Travel Awards

Many of the CPA's Sections offer travel awards including the Student Section, 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).

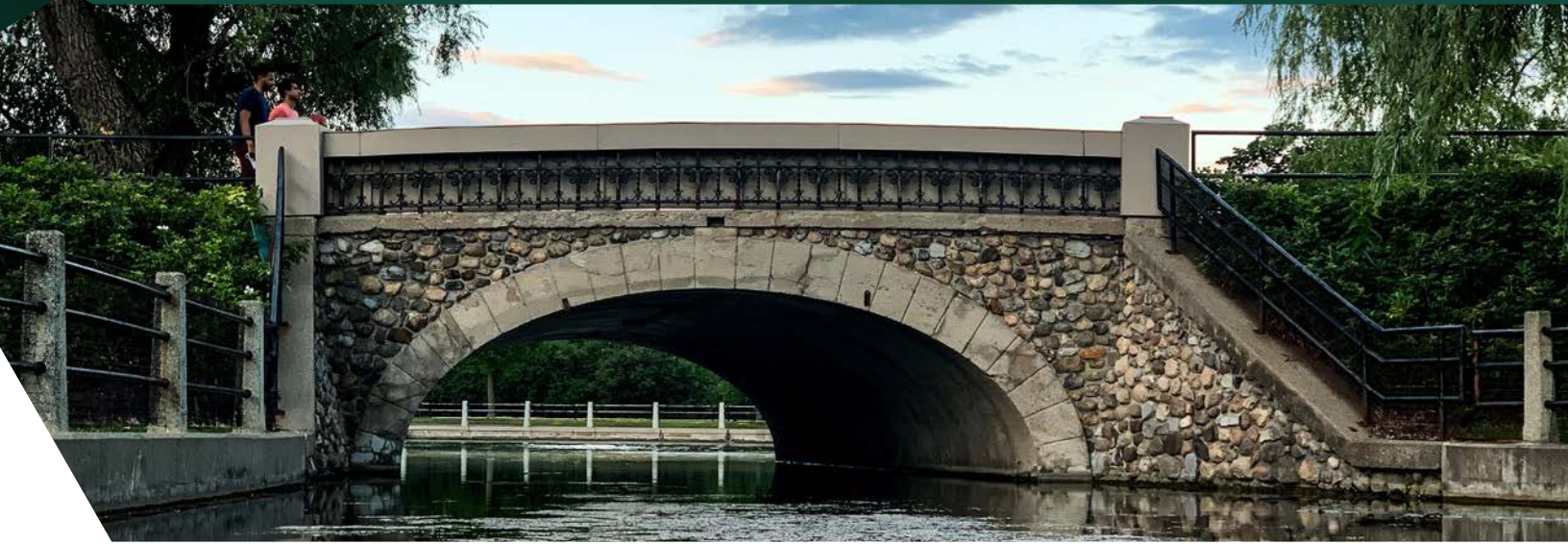
Your CPA membership also makes you eligible for certain discounts on things like rental cars. Login to the CPA's Members Only Area for information on the various travel discounts offered by the CPA's various preferred vendors and check your registration confirmation for specific air travel discount codes.

## Find a Roommate

Share the cost of a hotel room with someone else attending the Convention. Check the [Student 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.



# Navigating the Convention

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

Once you arrive, your first stop should be the registration area, located on the 4th floor of the Westin Ottawa 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:

<b>Wednesday, June 19th</b>	4:00pm–6:00pm
<b>Thursday, June 20th</b>	8:00am–6:00pm

### Other Pre-Convention Events Registration Pick-Up

If you are attending any of the pre-convention events listed below that are taking place on June 20th you can pick up your registration badge and/or relevant materials anytime during the hours listed below:

#### CCPPP Workshop and AGM

<b>Wednesday, June 19th</b>	4:00pm–6:00pm
<b>Thursday, June 20th</b>	8:00am–6:00pm

#### Social and Personality Pre-Convention Event

<b>Wednesday, June 19th</b>	4:00pm–6:00pm
<b>Thursday, June 20th</b>	8:00am–6:00pm

#### CPA Convention Registration Hours– Westin Ottawa Hotel

<b>Wednesday, June 19th</b>	4:00pm–6:00pm
<b>Thursday, June 20th</b>	8:00am–6:00pm
<b>Friday, June 21st</b>	7:30am–6:00pm
<b>Saturday, June 22nd</b>	7:30am–5:00pm
<b>Sunday, June 23rd</b>	8:00am–1:00pm

<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 **Friday, Friday, June 21st** in the Governor General Ballroom II. 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 website](#) to see this year's confirmed exhibitors.

## Information for Students with Disabilities

The CPA is committed to making the CPA's Annual National 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 or emailing [convention@cpa.ca](mailto:convention@cpa.ca) prior to May 15, 2024. The CPA will do its best to accommodate all requests.

During the convention, persons with disabilities who require assistance may visit the CPA's Registration Area on the fourth floor of the Westin Ottawa Hotel, with questions and/or for assistance.



## Did you know?

The CPA offers a Student Mentorship Program?

Find out more at [CPA Student Mentorship Program – Canadian Psychological Association](#)

# 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 Student 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.

*Note that most meeting rooms are supplied with a laptop, screen, and an LCD projector. MAC laptops will not be available and not supported. Please note that Audio Visual will not be available for the Round Table Conversation sessions or the Snapshot sessions.*

### 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.

## 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 Pre-Convention Professional Development Workshops (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. They should be designed for participants to learn new skills or techniques. Some in-convention workshops will count for up to 1 CE credit.

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

## Spoken Individual Presentations

- **Snapshot:** A Snapshot is a 5-minute individual presentation for sharing information in a spoken only format in a succinct manner, creating interest in a project/program, and promoting networking amongst delegates. This format is encouraged for attendees interested in presenting their research as a talk rather than a poster.
- **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.
- **Round Table 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.



Each Round Table Conversation Session is submitted by a leader who is expected to provide a clear but brief summary (12 minutes maximum) of the core issues, ideas or approaches, interventions, etc. to be shared and explored. In addition, the leader is expected to inspire participants into sharing and engaging with the forum topic (minimum 10 minutes).

A submission for a Round Table Conversation Session must include the following: a statement of the critical issues, ideas or approaches, interventions, etc. to be shared and explored; a statement of why these issues, ideas, etc. are of current interest and appropriate for brainstorming; and a description of methods to be used for encouraging participants to share and engage with the forum topic and with each other.

This type of presentation will be presented in a round table format along with other conversation sessions within the same room. Please note that no audio visual will be provided for this specific type of presentation. If you wish you can provide a display of your presentation on your own equipment (e.g., iPad/tablet, laptop).

## 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 pre-recorded voice-over narration for viewing from the CPA's Mobile App.

### Virtual Poster

A Virtual Poster is a 5-minute pre-recorded voice-over narration for viewing from the CPA's Mobile App. This is for presenters that only want to pre-record and upload to the virtual platform.

## Section Organized Programming

- **Section-specific Program:** Sessions offered by the CPA's respective Sections, including the Student 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 Featured Speaker (see below); and a reception.

- **Section-Featured Speaker (55-Minutes):** Highlight a prominent speaker specific to a given Section(s) via an address by one speaker.

## Plenary Sessions

- **Presidential Addresses (55-Minutes):** The CPA President and Honorary President give special talks related to important themes in psychology.
- **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>.
- **First Time Attendees Reception on June 20th:** 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.
- **Presidential Reception:** Hosted by the CPA's President, all delegates are invited to attend this reception on the evening of June 22nd, to connect with peers and colleagues.

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

## Student Section Social

The Student Section 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!

## Student Section Program

The Student 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 Student 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 Student 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 20th , 5:00–6:00pm
- **CPA/CCPPP Residency Talk & Fair "What are Residency Programs Looking for?"**  
**Preparing for your Residency:**  
Friday, June 21st, 10:00–12:55
- **Review Session (25 minutes) – Mental Illness Stigma Conceptualization: Where are we at?:** Friday, June 21st, 10:00–10:25
- **Workshop (85 minutes) – Thesis Time-Management: Getting and Staying on Track:** Friday, June 21st, 10:30–10:55
- **Panel Discussion (55 minutes) – Charting Future Paths: Crucial Areas for School and Child Psychology Graduate School Training:** Friday, June 21st, 12:00–12:55
- **Panel Discussion (55 minutes) – Navigating Academia: "What I Wish I Knew":** Friday, June 21st, 15:00–15:55
- **Panel Discussion (55 minutes) – "Not just clinical": Introduction to the many possible career paths in psychology:**  
Saturday, June 22nd, 8:00–8:55
- **Workshop (85 minutes) – Navigating Scholarships and Grants: A Workshop on Funding:** Saturday, June 22nd, 10:30–11:55
- **Workshop (85 minutes) – Applying to graduate school: Steps to success**  
Saturday, June 22nd, 14:00–15:25
- **Section Featured Speaker Address (55 minutes) – (John Zelenski) Can people improve their well-being by helping the natural environment?**  
Saturday, June 22nd, 16:00–16:55
- **CPA Student Section in Psychology Annual Business Meeting**  
Saturday, June 22nd, 17:00–17:55
- **CPA Students in Psychology Section Reception and Networking Event**  
Saturday, June 22nd, 18:00–18:55
- **12-Minute Talk (12 minutes) – What is Key? Determining the Core Components of a Suicide Stigma Reduction Program for Postsecondary Students**  
Sunday, June 23rd, 9:00–9:12
- **12-Minute Talk (12 minutes) – Unveiling Bias in Pain Perception: Black ethnicity's Influence on Criteria in Facial Expression Recognition:** Sunday, June 23rd, 9:15–9:27
- **Panel Discussion (55 minutes) – Advancing Justice, Equity, Diversity, and Inclusion: A starting point, not an afterthought:** Sunday, June 23rd, 11:00–11:55
- **12-Minute Talk (12 minutes) – Exploring Biopsychosocial Correlates of Weight Bias in Psychology and Psychoeducation University Students:** Sunday, June 23rd, 12:00–12:12
- **Workshop (85 minutes) – Planning and Implementing a JEDI Initiative in University Settings: An Interactive Workshop:** Sunday, June 23rd, 12:00–13:25

## Residency Fair (June 21) *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 Student Section. Each year, one undergraduate and one graduate student is selected by the Student Section 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 Student Section** and not to another division.
- The student is **not an executive** of the Student Section.

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

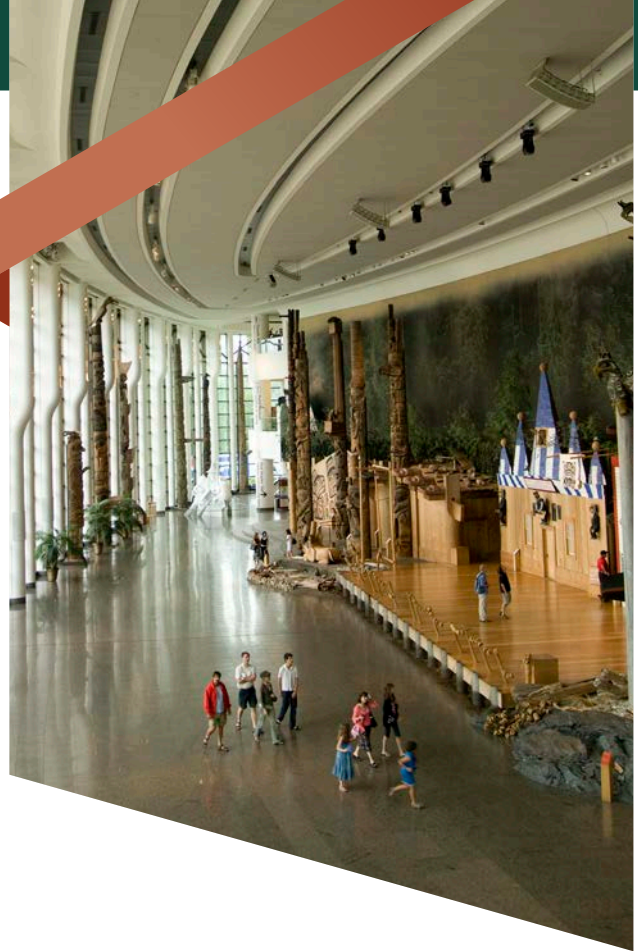
With only 5 or so minutes between sessions, time may be tight to get from one session to another. Try to arrive on time and stay until the end so you do not distract presenters and/or participants as you enter/exit. If you do need to leave early, try to sit close to the exit and depart with minimal disruption. 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.
- Upon arrival pick up badge and the convention program. Please note that you must wear your badge at all times during the convention hours.

## Eating at the Convention

- Be sure to stay hydrated. Carry a reusable water bottle. Choose water over sugary drinks as they can dehydrate you quickly.
- Pack healthy snacks in your carry-on or keep them with you in the car. You will be less likely to buy snacks high in calories if you already have snacks prepared.
- Citrus fruits stay fresh for a long time and have plenty of Vitamin C.

- Trail mix will satisfy your sweet tooth and provide you with a healthy portion of protein, fiber, and antioxidants.
- Try to eat at least one serving of fresh fruits and vegetables at every meal. Eating healthy foods will make you feel better and give you more energy.
- Find a grocery store near your hotel and stock up on healthy snacks and meal items or bring some with you. This will give you access to healthy meal alternatives, and it will be cheaper than eating at a restaurant.

## Overall Health

- 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](#).

## 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.

## Did you know?

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



# 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 "#cpaconv2024 (English) and #congscp2024 (French)."*

Additionally, you can read updates about the Convention by following the Facebook and Twitter accounts of the CPA Student Section. [Facebook](#) | [Twitter](#)

# CPA's Student Section

## Meet Your 2023–2024 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

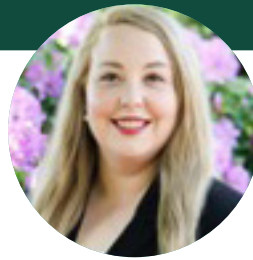
Affairs Executive, Francophone Affairs Executive, and Justice, Equity, Diversity, and Inclusion Executive. Each position plays an integral role in the functioning of the Section and aims to connect psychology students



### MELISSA LAZO

*Chair*

Melissa Lazo is a second-year PhD student in the School and Applied Child Psychology program at the University of British Columbia in Vancouver, BC. Her doctoral research looks at the factors associated with school success and well-being among students with autism spectrum disorder (ASD). Her Master's thesis investigated the relationship quality between elementary school teachers and female students with ASD, as well as the associated factors. Melissa is currently working as a student clinician conducting psychoeducational and neuropsychological assessments for children, adolescents, and adults with head trauma, learning disorders, intellectual disabilities and other social-emotional difficulties. She is also a practicum student at ABLE Clinic where she provides counselling services and conducts psychoeducational and autism assessments to children and adolescents. In her free time, Melissa enjoys travelling, hiking, dancing, and spending time with her friends and family.



### LINNEA KALCHOS

*Past Chair*

Linnea Kalchos is a second 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, transnational feminism, and arts-based approaches for research with newcomer young women, as well as critical social justice research in psychology. Her Master's thesis focused on newcomer experiences of psychosocial support services in Canadian secondary schools. She also works as a doctoral student clinician conducting psychoeducational assessments for children and adolescents with specific learning disorders, intellectual disabilities and other social-emotional concerns. She previously worked as a research assistant for the Promoting Relationships Eliminating Violence Network of Canada (PREVNet) at Queen's University where she completed her undergraduate degrees. 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.



## **ANISA NASSERI**

*Chair Elect*

Anisa Nasserri 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 broadly revolve around facilitating the growth and development of children and youth to help them reach their fullest potential. She has a specific focus on understanding the experiences of newcomer students and families in Canadian schools. Additionally, Anisa is intrigued by the application of positive psychology in educational settings. For her master's thesis, Anisa is investigating the experiences of immigrant parents during their child's psychoeducational assessment. In terms of practical experience, she has worked as a tutor providing one-on-one instruction for children with learning differences. She has also worked as a behavioural interventionist and a preschool English teacher in China. Anisa has engaged in various community service roles, such as mentoring through Big Brothers Big Sisters, facilitating youth groups, leading English classes for refugees and newcomers, and conducting peer-support sessions. Apart from her academic and community service involvement, Anisa enjoys trying new restaurants, thrifting, reading, and spending time with family and friends.



## **NICOLE LENTO**

*Undergraduate & Graduate Student Affairs Executive*

Nicole Lento is finishing up her second-year of master's in Clinical Psychology 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.



## **JOEY FRENETTE**

*Administration and Finance Executive*

Joey is a fourth-year undergraduate student at Université de Moncton, where he is pursuing a specialized degree in psychology. His academic journey has been marked by a strong focus on understanding and improving parent-adolescent relationships. Within this, Joey is passionate about identifying the most effective strategies for parents to employ when their children break rules, with a goal of promoting healthy child development. In addition to his research in parent-adolescent relationships, Joey's academic interests also extend to medical psychology. He investigates the most effective psychological approaches to prevent falls among seniors living in the community, recognizing the importance of maintaining their well-being. Joey is actively involved in personality psychology, exploring traits such as resilience, work ethic, and leadership. Outside of his academic pursuits, he has assumed various leadership roles, including serving as the president and vice-president of the psychology student association and the faculty student council for numerous years. Additionally, Joey has taken on the role of coordinator at the university's peer help center and has represented his campus for the Canadian Psychological Association (CPA). Beyond academics, Joey plays sports, runs, and values spending time with his friends.



## **JULIANA KHOURY**

*Communications Executive*

Juliana is a first year PhD student in Clinical Psychology at the University of Regina. Her research interests include mental health among public safety personnel, and sexual violence. With her master's thesis, Juliana examined the scope of sexual violence among RCMP officers and potential impacts on their mental health. She hopes to extend this research with her dissertation, by investigating and developing implementable solutions. Juliana completed a Bachelor of Humanities (Hons) at Carleton University and a Bachelor of Arts (Hons) in Psychology with a Special Concentration in Forensic Psychology at St. Francis Xavier University. In her free time, Juliana likes travelling, reading, going for long walks, and board games.



## **TOSA OLIOGU**

*Justice, Equity, Diversity, and Inclusion Executive*

Etinosa “Tosa” Oliogu is a second-year Master’s student in Clinical Psychology at the University of Toronto. Her research focuses on cognitive control and dimensional psychopathology risk factors for highly lethal self-injurious behaviour. She is also dedicated to applying her research knowledge and skills to work being done in the Black community. Outside of her studies, Etinosa enjoys music, learning new languages, and exploring new cultures, especially the food!

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 Student Section

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 Student Section 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 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 <i>Psygnature</i>, the Association's monthly electronic newsletter</li> <li>• Access to <i>Synopsis</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., <i>Companion Manual to the Code of Ethics</i>)</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 Student seat on the CPA Board, joining a CPA Section, Committee or Working Group, serving on the Executive of the Student Section</li> <li>• Serve 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> </ul>

# SO YOU'RE STUDYING PSYCHOLOGY?

Learn how the CPA and the Student Section can help you

We are a member-driven organization that is dedicated to supporting and championing our students, members and affiliates.

## WHY JOIN THE CPA?

As a CPA Student Affiliate you will have access to a wide range of personal and professional benefits including:



Conference, student research, and mobilization grants.

Discounts through our member benefit partners including—savings on phone plans, hotels, printing, and gym memberships.



Resume building opportunities available by serving as a Committee Member, an Executive of the Student's Section or as a Campus Rep, Student Rep or Mentor.

The opportunity to be published in our student publication, Mind Pad.



Your ability to purchase professional and personal insurance products at competitive group rates.

The opportunity to learn from over 900 presentations, connect with over 1200 delegates, and present your work at the CPA Annual National Convention—the premier psychology conference in Canada.



The ability to gain knowledge, develop skills and expand your network through our mentorship program.

Career ads for jobs available to psychology grads across the country.



**INFORMED. ENGAGED. CONNECTED.**

visit [cpa.ca/membership](http://cpa.ca/membership) to learn more and to join a membership 7,000 strong

## Join the Student Section 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 [Student Section](#). Visit our webpages for more information and to apply for various positions on the [Section's Executive](#).



## Did you know?

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

### **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 Student Section Newsletter**

The **CPA Student Section 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 [chair.cpastudentsection@gmail.com](mailto:chair.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 Student Section 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 Student Section offers the **Campus Representative Awards of Excellence** in recognition of outstanding undergraduate and graduate campus representatives as determined the Student Section 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 Student Section

For more information on these awards, please visit our [Awards page](#).



## Final Thoughts!

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!

### Psychology

M.Sc. and Ph.D.

- Explore the roots of human behaviour, mental processes, and brain function
- Research specializations include Behavioural and Cognitive Neuroscience, Developmental Psychology, and Health, Personality, and Social Psychology



SCHOOL OF GRADUATE STUDIES

[trentu.ca/psychologygrad](http://trentu.ca/psychologygrad)  
[trentu.ca/agingma](http://trentu.ca/agingma)

### Interdisciplinary Aging Studies

M.A.

- Investigate the challenges and opportunities of an aging population
- Gain experience in research-based knowledge mobilization in our professional practice course
- Conduct interdisciplinary aging research with Trent Centre for Aging & Society faculty

