

A STUDENT GUIDE TO THE CANADIAN PSYCHOLOGICAL ASSOCIATION'S

# ANNUAL NATIONAL CONVENTION

**JUNE 12-14, 2025**

ST. JOHN'S CONVENTION CENTRE  
(St. John's, NL)

**JUNE 11, 2025**

PRE-CONVENTION PROFESSIONAL DEVELOPMENT  
WORKSHOPS AND OTHER PRE-CONVENTION EVENTS



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



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# INTRODUCTION

Dear Delegate,

Welcome to CPA2025, the Canadian Psychological Association's 86th Annual National Convention in St. John's, NL! CPA2025 is taking place at the St. John's Convention Centre from June 12th–14th, 2025, with pre-convention professional development workshops on June 11th, 2025.

The 2025 CPA Annual National Convention promises to provide an exceptional experience for all delegates, including full members, affiliates, associates, and students. The event will feature high-quality programming and social events designed to meet the diverse needs of attendees, organized by both the CPA and the CPA Student Section. Whether you're attending for professional development or networking, the convention aims to offer valuable opportunities for growth and connection.

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

- Karen Blair, *We Are Family: A Parenting Workshop* (June 11, 2025)
- Workshop and Annual General Meeting of the Canadian Council for Professional Psychology Programs (CCPPP) (June 11, 2025)

The CPA's Convention offers a wealth of opportunities to broaden your knowledge, expand your professional network, and develop skills that will continue to benefit you long after completing your studies. Given the variety of programs and events at the Convention, having a clear strategy can help you maximize your experience. To assist with this, the CPA Convention Staff and the CPA Section for Students have collaborated to create the 2025 edition of the CPA Convention Handbook. This guide will help you navigate the event, ensuring you make the most of all the valuable resources available.<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 St. John's! **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 St. John's.

*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 offers a wealth of opportunities for personal and professional growth, all while providing a chance to reconnect with peers, colleagues, and mentors.

For students, in particular, the Convention is a unique opportunity to explore various aspects of the field of psychology, meet presenters, network with professionals, and gain valuable 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.

## Did you know?

The very first CPA Convention was held in Montréal, Québec in 1940<sup>2</sup>. The CPA's Annual National Convention last took place in Ottawa in 2024.

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

6. **Share your research findings.** Our convention gives all delegates – students and 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 the various activities undertaken, by CPA's Executive Officers and other Head Office staff, throughout the year. Everything from

meeting with MPs and various employers, conversing with Chairs of Psychology Departments, and liaising with the funders – to name just a few.

11. **See the City of St. John's.** St. John's is a vibrant and historic city that offers a unique mix of natural beauty, rich culture, and warm hospitality. As the capital of Newfoundland and Labrador, it is one of the oldest cities in North America, known for its colourful row houses, historic landmarks, and stunning coastal views.

**Here are a few highlights of what St. John's has to offer:**

**Signal Hill:** A must-see landmark offering panoramic views of the city and harbor.

It's also home to the **Cabot Tower**, where Marconi received the first transatlantic wireless signal.

**East Coast Trail:** A series of hiking trails offering dramatic coastal views, rugged cliffs, and serene beaches. St. John's is known for its vibrant food scene, offering fresh seafood, traditional Newfoundland dishes (like saltfish and bakeapple), and modern Canadian cuisine. St. John's is renowned for its friendly locals, making it a welcoming destination for visitors. The city has a small-town feel with big-city amenities, creating a charming and relaxed environment.

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

[convention.cpa.ca](http://convention.cpa.ca)



# CONVENTION CITY

## ST. JOHN'S, NL

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 for everyone to enjoy and this guide will give you an idea of what to expect – even on a budget.



## GETTING TO ST. JOHN'S

The following transportation service providers are pleased to offer their services (most at a discount) to delegates travelling to the Convention (June 12 – 14, 2025) in St. John's, NL.

The CPA has special rates/discounts with Air Canada, Porter, WestJet, Via Rail, Avis, and Budget, for our Convention delegates.

Relevant travel code/discount information can be found in the **Members Only Site** 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 ST. JOHN'S



## ST. JOHN'S INTERNATIONAL AIRPORT

Welcome to St. John's International Airport! Conveniently located in our province's capital city of St. John's, the airport is less than 10 km from the downtown core. Within 15 minutes of entering your taxi, you can be checking into your hotel.

### Car Rentals

Visiting our province and need a car? The Airport has seven on-site car rental companies to meet your transportation needs. We recommend that you contact the car rental companies directly in advance of your visit to ensure availability, especially if you are travelling during the peak tourism season (May through September). You may also consider TURO, a car sharing service.

### Public Transportation

The St. John's Metrobus provides a public transit service to and from the airport to popular destinations in the St. John's metro region, including Memorial University. Route 14 includes two drop-off and pick-up locations

at the airport – one near the arrivals area of the terminal building and another on World Parkway near the Holiday Inn Express Hotel. Click here for [Route 14 Map](#)

### Taxis

St. John's International Airport currently operates a Closed Taxi Stand. City Wide Taxi is the exclusive provider of ground transportation services for the public at St. John's International Airport.

Taxi cabs queue outside the Arrivals Area. A taxi dispatcher is available to assist you.

Taxi rates are set for hotels and B&Bs. Because taxis are waiting for you upon arrival, a premium rate is set so that customers can avail of immediate service.

All downtown hotels and B&B's,  
The Guv'nor Inn: **\$35.00**

### Alternate Options

GoBus Accessible Transit at (709) 368-1620 or Wheelway Transportation Limited at (709) 753-0605. Both companies can accommodate large, non-folding and non-collapsible mobility aids. It is recommended to give 24 hours notice.

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

## porter

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



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



### Canadian Psychological Association Members Save on Airport Parking

The 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. 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 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 Delta St. John's offers on-site parking for guests. Daily fees of \$15 or Valet for \$30 per day.

## Street Parking

Located in the surrounding area, street parking rules apply.



# WHERE TO STAY IN ST. JOHN'S

## 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.

A block was secured at the Delta St. John's Hotel.

### **Delta St. John's Hotel**

120 New Gower Street St. John's, NL A1C 6K4

Reservations can be made by calling the hotel directly (709) 570-1614 from Monday to Friday, 9:00-17:00 EST at which time making a reservation is possible.

Delta Hotels St. John's Conference Centre offers a welcome reprieve from everyday life. Our waterfront hotel is steps from some of St. John's hottest destinations, including Mary Browns Centre, George Street, and Cape Spear Lighthouse. Our rooms are recently renovated and furnished with pillowtop mattresses, mini-refrigerators, flat-panel TVs and free Wi-Fi. Upgrade to a Club Level room for a premium experience and gain access to our private lounge with complimentary breakfast and hors d'oeuvres. We sport cardio equipment and free weights in our fitness center so you can get in a workout before swimming a few laps in our indoor pool.

### **Attractions**

There is no end to the fun and adventure you can have in St. John's! Plan your experience by visiting <https://convention.cpa.ca/social-activities> to find amazing deals that have been provided to all CPA participants. Save on tours and activities. Make the most of your visit, book a tour today!

## ADDITIONAL ROOMS

Should the Delta St. John's be sold out, the CPA has arranged additional guestrooms at various rates at the following hotels:

### **Hilton Garden Inn**

150 New Gower Street  
St. John's, NL A1C 0C1

**Rates:** From \$239 a night

To reserve a room at the Hilton Garden Inn please click on this booking link: [Available Rooms – Hilton Garden Inn St. John's Newfoundland](#)

### **Courtyard Marriott**

131 Duckworth Street  
St. John's, NL A1C 1E9

**Rates:** \$229 – \$239 per night plus taxes

[Book your group rate for Canadian Psychological Association](#)

### **Murray Premises Hotel**

5 Becks Cove  
St. John's, NL A1C 6H1

**Rates:** Guestroom nights \$219 plus taxes

Guests may call the front desk at (709) 738-7773 or email [info@murraypremiseshotel.com](mailto:info@murraypremiseshotel.com) and reference the "Canadian Psychological Association" group to receive the group's rate.

# 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.

### CPA2025 CONVENTION REGISTRATION RATES FOR CPA STUDENT AFFILIATES

	RATE	HST 15%	TOTAL
<b>Early Bird Rate</b> (February 5–April 4, 2025)	\$155.00	\$23.75	<b>\$178.25</b>
<b>Regular Rate</b> (April 5–June 11, 2025)	\$200.00	\$30.00	<b>\$230.00</b>
<b>On Site Full Rate</b> (June 12–14, 2025)	\$250.00	\$37.50	<b>\$287.50</b>

### CPA2025 CONVENTION REGULAR REGISTRATION FEES

(April 5, 2025 – June 11, 2025 23:59 EST)

	RATE	HST 15%	TOTAL
<b>CPA Members*</b>	\$425.00	\$63.75	<b>\$488.75</b>
<b>CPA Honorary Life, Honorary Fellow, and Retired Member</b>	\$225.00	\$33.75	<b>\$258.75</b>
<b>CPA Student Affiliates**</b>	\$200.00	\$30.00	<b>\$230.00</b>
<b>CPA Section Associates</b>	\$450.00	\$67.50	<b>\$517.50</b>
<b>Non-Members</b>	\$850.00	\$127.50	<b>\$977.50</b>
<b>Student Non-Affiliates</b>	\$340.00	\$51.00	<b>\$391.20</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 St. John's 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 CPA2025 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 on their Section webpages, the CPA's Convention website, and/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 funding, 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:

- **CPA Student Networking Lounge**

Available from June 12 & June 13, 9:00–17:00, June 14, 9:00–13:00.

Take some time to meet with other likeminded students, connect with old friends and create new ones. **The student lounge will be located in the Delta St. John's Hotel, Salon C. Water will be available.**

- **First-Time Attendees Reception**

Wednesday, June 11th, 17:00–18:00

- **CPA/CCPPP Residency Fair: What are Residency Programs Looking For? Preparing for your Residency**

PROFESSIONAL AND TRAINING ISSUES

**Preparing for your Residency**

Thursday, June 12th, 10:00–11:25

**Residency Fair**

Thursday June 12th, 11:30–12:55

**Job Fair**

Thursday June 12th, 14:00–16:00

- **TRADITIONAL PRINTED POSTER (55-MINUTES)**

**Rewiring Perceptions: The Influence of Integrated Neurocognitive Therapy in Shaping Cognitive Biases in Schizophrenia**

Thursday, June 12, 10:00–10:55

- **TRADITIONAL PRINTED POSTER (55-MINUTES)**

**Perspectives of advisors with intellectual disabilities on their contribution to an inclusive project**

Thursday, June 12, 10:00–10:55

- **TRADITIONAL PRINTED POSTER (55-MINUTES)**

**Les facilitateurs et les barrières impliqués dans l'implémentation de la thérapie pour la peur de la récidive (FORT) en milieu hospitalier canadien**

Thursday, June 12, 10:00–10:55



- **TRADITIONAL PRINTED POSTER (55-MINUTES)**  
**Parcours délinquant de jeunes contrevenants québécois sous la loupe de la mentalisation : éviter de penser pour se protéger**  
Thursday, June 12, 10:00–10:55
- **TRADITIONAL PRINTED POSTER (55-MINUTES)**  
**Psychologists' Experiences of Finding Meaning in Professional Practice**  
Thursday June 12, 10:00–10:55
- **TRADITIONAL PRINTED POSTER (55-MINUTES)**  
**Effectiveness of Integrated Neurocognitive Therapy (INT) for Negative Symptoms and Cognitive Impairments and in the Recovery of Persons with Schizophrenia**  
Thursday, June 12, 10:00–10:55
- **PANEL DISCUSSION (55 MINUTES)**  
**Graduate School Applications and Funding: What You Need to Know**  
Thursday, June 12, 14:00–14:55
- **WORKSHOP (85 MINUTES)**  
**ALIGNing Together: Interactive Workshop to Create and Run Student-led Groups with JEDI Components**  
Friday, June 13, 9:00–10:25
- **PANEL DISCUSSION (55 MINUTES)**  
**Navigating Academia: Practical Stress Management for Students**  
Friday, June 13, 10:30–11:25
- **WORKSHOP (85 MINUTES)**  
**Bridging Research and Practice: Strategies for effective knowledge translation in psychology**  
Friday, June 13, 11:30–12:55
- **WORKSHOP (85 MINUTES)**  
**From Theory to Practice: Real-Time JEDI Integration for Researchers**  
Friday, June 13, 14:30–15:55
- **SECTION ANNUAL MEETING (55 MINUTES)**  
**Students in Psychology Section: Annual General Meeting**  
Friday, June 13, 17:00–17:55
- **SECTION RECEPTION NETWORKING (55 MINUTES)**  
**Students in Psychology Social and Networking Event**  
Friday, June 13, 18:00–18:55
- **REVIEW SESSION (25 MINUTES)**  
**Mental Illness Stigma and Intersectionality: Let's Continue the Conversation!**  
Saturday, June 14, 8:00–8:25
- **ROUND TABLE CONVERSATION SESSION (25 MINUTES)**  
**Meaningfully Engaging People with Lived Experience in Psychological Research**  
Saturday, June 14, 9:00–9:25
- **SECTION FEATURED SPEAKER ADDRESS (55 MINUTES)**  
**Making Wrong Turns and Learning to Navigate Academia**  
Saturday, June 14, 9:00–9:55
- **12-MINUTE TALK (12 MINUTES)**  
**Mixed-Method Approach to Evaluating a Suicide Stigma Reduction Program for Postsecondary Students**  
Saturday, June 14, 9:45–9:57
- **ROUND TABLE CONVERSATION SESSION (25 MINUTES)**  
**Naviguer entre les langues : Défis des personnes étudiantes francophones en psychologie au Canada**  
Saturday, June 14, 11:30–11:55
- **PANEL DISCUSSION (55 MINUTES)**  
**Charting Your Path to Academia: Insights and Strategies to Prepare for a Career in Academia**  
Saturday, June 14, 12:30–13:25

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, the average temperature in St. John's is 15 degrees and the average low temperature is around 6 degrees. 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. If you would like more information, including the times available for sign up, you can also find that on the form.

### VOLUNTEER DETAILS



## 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 providing 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.

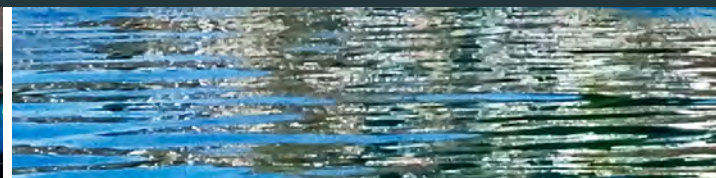
In fact, the combined total cost for Student Affiliate Membership for one year AND Early Bird Student Convention Registration (\$230.00 + tax) is cheaper than registering solely for the convention as a student non-affiliate (\$280.00 + tax)!

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 what is 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.

For each Convention, booking your stay at the conference hotel allows the CPA to keep overall Convention costs down, and pass these savings on to our participants. The CPA guarantees a minimum number of bedroom bookings to the hotel and rooms booked outside our block put us at risk of paying a penalty. We appreciate your help by booking in the official Convention room block.

Your CPA membership also makes you eligible for certain discounts on things like rental cars. Login to the CPA's **Members Only Site** 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.

## 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/>



# NAVIGATING THE CONVENTION



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

Once you arrive, your first stop should be the registration area, located on the main floor of the St. John's Convention Centre.

### 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>Tuesday, June 10th</b>	16:00–18:00
<b>Wednesday, June 11th</b>	8:00–18:00

### 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 11th, you can pick up your registration badge and/or relevant materials anytime during the hours listed below:

#### CCPPP WORKSHOP AND ANNUAL GENERAL MEETING

<b>Wednesday, June 11th</b>	8:00–18:00
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#### CPA CONVENTION REGISTRATION HOURS – ST. JOHN'S CONVENTION CENTRE

<b>Tuesday, June 10th</b>	16:00–18:00
<b>Wednesday, June 11th</b>	8:00–18:00
<b>Thursday, June 12th</b>	7:30–18:00
<b>Friday, June 13th</b>	7:30–15:00
<b>Saturday, June 14th</b>	8:00–13:00

<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 **Thursday, June 12th** in the Bannerman 4. 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 [CPA's Convention website](#) to see this year's sponsors, exhibitors, and Job Fair participants.

## 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 emailing [convention@cpa.ca](mailto:convention@cpa.ca) prior to May 16, 2025. 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 main level of the St. John's Convention Centre, 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 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.

## 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).

<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 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 11th:** 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.
- **Welcoming Ceremony:** Hosted by the CPA's President, all delegates are invited to attend this reception on the evening of June 12th, 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.

- **CPA/CCPPP Residency Fair: What are Residency Programs Looking For? Preparing for your Residency**

## **Professional and training issues**

### **Preparing for you Residency:**

Thursday, June 12th, 10:00–11:25

**Residency Fair:** Thursday June 12th,  
11:30–12:55

**Job Fair:** Thursday June 12th, 14:00–16:00

<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.



- **TRADITIONAL PRINTED POSTER (55-MINUTES)**– Rewiring Perceptions: The Influence of Integrated Neurocognitive Therapy in Shaping Cognitive Biases in Schizophrenia: Thursday, June 12, 10:00–10:55
- **TRADITIONAL PRINTED POSTER (55-MINUTES)**– Perspectives of advisors with intellectual disabilities on their contribution to an inclusive project: Thursday, June 12, 10:00–10:55
- **TRADITIONAL PRINTED POSTER (55-MINUTES)**– Les facilitateurs et les barrières impliqués dans l'implémentation de la thérapie pour la peur de la récidive (FORT) en milieu hospitalier canadien: Thursday, June 12, 10:00–10:55
- **TRADITIONAL PRINTED POSTER (55-MINUTES)**– Parcours délinquant de jeunes contrevenants québécois sous la loupe de la mentalisation : éviter de penser pour se protéger: Thursday, June 12, 10:00–10:55
- **TRADITIONAL PRINTED POSTER (55-MINUTES)**– Psychologists' Experiences of Finding Meaning in Professional Practice: Thursday, June 12, 10:00–10:55
- **TRADITIONAL PRINTED POSTER (55-MINUTES)**– Effectiveness of Integrated Neurocognitive Therapy (INT) for Negative Symptoms and Cognitive Impairments and in the Recovery of Persons with Schizophrenia: Thursday, June 12, 10:00–10:55
- **PANEL DISCUSSION (55 MINUTES)**–Graduate School Applications and Funding: What You Need to Know: Thursday, June 12, 14:00–14:55
- **SNAPSHOT (5 MINUTES)**–Different Avenues for Working with Clients in a Psychological Setting: Thursday, June 12, 15:00–15:55
- **WORKSHOP (85 MINUTES)**–ALIGNing Together: Interactive Workshop to Create and Run Student-led Groups with JEDI Components: Friday, June 13, 9:00–10:25
- **PANEL DISCUSSION (55 MINUTES)**–Navigating Academia: Practical Stress Management for Students: Friday, June 13, 10:30–11:25
- **WORKSHOP (85 MINUTES)**–Bridging Research and Practice: Strategies for effective knowledge translation in psychology: Friday, June 13, 11:30–12:55
- **WORKSHOP (85 MINUTES)**–From Theory to Practice: Real-Time JEDI Integration for Researchers: Friday, June 13, 14:30–15:55
- **SECTION ANNUAL MEETING (55 MINUTES)**– Students in Psychology Section: Annual General Meeting: Friday, June 13, 17:00–17:55
- **SECTION RECEPTION NETWORKING (55 MINUTES)**–Students in Psychology Social and Networking Event: Friday, June 13, 18:00–18:55
- **REVIEW SESSION (25 MINUTES)**–Mental Illness Stigma and Intersectionality: Let's Continue the Conversation!: Saturday, June 14, 8:00–8:25
- **ROUND TABLE CONVERSATION SESSION (25 MINUTES)**–Meaningfully Engaging People with Lived Experience in Psychological Research: Saturday, June 14, 9:00–9:25
- **SECTION FEATURED SPEAKER ADDRESS (55 MINUTES)**–Making Wrong Turns and Learning to Navigate Academia: Saturday, June 14, 9:00–9:55
- **12-MINUTE TALK (12 MINUTES)**–Mixed-Method Approach to Evaluating a Suicide Stigma Reduction Program for Postsecondary Students: Saturday, June 14, 9:45–9:57
- **ROUND TABLE CONVERSATION SESSION (25 MINUTES)**–Naviguer entre les langues : Défis des personnes étudiantes francophones en psychologie au Canada: Saturday, June 14, 11:30–11:55
- **PANEL DISCUSSION (55 MINUTES)**–Charting Your Path to Academia: Insights and Strategies to Prepare for a Career in Academia: Saturday, June 14, 12:30–13:25



## RESIDENCY FAIR (JUNE 12)

### 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 sessions 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 in good standing** at the time of submission and at the time of award.
- The poster must be **submitted to the Student Section** and not to another Section.
- 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 a single 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 guide, when attending programming at the 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 you want to impress. 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!
- 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.

# 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 your name 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 nutrient rich snacks in your carry-on or keep them with you in the car. You will be less likely to buy snacks with less nutrition 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 nutrient rich 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, iPad, 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 [X](#).

## 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.
- Streeeeetch!!! Being on your feet all day and walking all day can make your body tense and stressed.
- Go for a walk. Taking a few hours from the Convention to be outside (away from fluorescent lights!) and moving will get your blood pumping, help your legs to stretch after all that sitting, and will refresh your mind.

**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 *My Conference Suite* 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 Bluesky to share news and information, discuss programming, and network.

Visit us at our [Facebook page](#) or follow us on [Bluesky](#)

You can follow and contribute to the conversation by searching Bluesky for "[#cpaconv2025](#) (English) and [#congscp2025](#) (French)."

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

[Facebook](#) | [Bluesky](#)



# CPA'S STUDENT SECTION

## MEET YOUR 2024-2025 STUDENT EXECUTIVES

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.



### **ANISA NASSERI**

*Chair*

Anisa Nasseri is a first-year Ph.D. 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 reach their fullest potential. She has a specific focus on understanding the experiences of newcomer students and families in Canadian schools. For her master's thesis, Anisa investigated the experiences of immigrant parents when finding out their child's psychoeducational diagnosis. She currently works as a doctoral student clinician providing psychoeducational assessments and intervention in a school setting. Additionally, she works as a psychologist assistant, tutor, and research assistant. 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. In addition to her position as Chair of the Student Section, she serves as the student representative on the CPA Board of Directors. Apart from her academic and community service involvement, Anisa enjoys travelling, trying new restaurants, thrifting, reading, and spending time with family and friends.

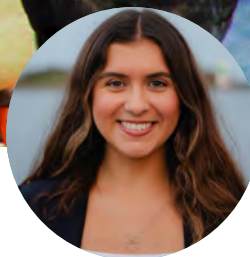




## MELISSA LAZO

*Past-Chair*

Melissa Lazo is a third-year Ph.D. 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 providing counselling services and conducting psychoeducational, autism, and ADHD assessments for children, adolescents, and youth. In her free time, Melissa enjoys exploring coffee shops in the city, hiking, dancing, and spending time with her friends and family.



## ALZENA ILIE

*Chair-Elect*

Alzena Ilie is a third-year Ph.D. student in the Clinical Psychology program at Dalhousie University in Halifax, NS. Her doctoral research is focused on creating and testing healthcare provider eLearning programs for training in pediatric insomnia and other sleep disorders. Her other research interests include pediatric sleep in marginalized populations, and sleep in children with neurodevelopmental disorders. Alzena is very involved in student advocacy – she is the graduate student representative for the Psychology and Neuroscience department at Dalhousie University, and is the co-student representative on the Executive Board of the Association of Psychologists of Nova Scotia (APNS). Clinically, Alzena works with children and adolescents, and does psychoeducational assessments, psychodiagnostic assessments, and provides therapy to clients for a variety of disorders. In her free time, Alzena enjoys playing and teaching piano, travelling, hiking, and spending time with friends and family.



## **NOÉMIE VIENS**

*Graduate Student Affairs Executive*

Noémie completed a Bachelor's degree with Honors from Bishop's University in applied psychology. Since September 2021, she is completing a graduate degree in clinical psychology (Ph.D.) at the Université du Québec à Trois-Rivières, under the supervision of Mr. Frédéric Langlois and Ms. Marie-Pier Vaillancourt-Morel. Her research interests focus on romantic relationships, sexuality and psychopathology. Her thesis work focuses on the associations between perfectionist tendencies and couples' sexual and relational difficulties.



## **KARLA HEISELA CUBILLA**

*Undergraduate Student Affairs Executive*

Karla is in her final year of a BA in Psychology at McGill University, specializing in Industrial-Organizational Psychology. Over the past five years, she has held numerous leadership roles, including Vice President of Student Life at the Student Society of McGill University. Karla has consistently advocated for students' rights and worked to make services accessible to all. She is passionate about creating equal opportunities for all students, promoting lifelong learning, and helping students gain critical skills to enter the workforce by encouraging educational engagement beyond the classroom.





## **MARIE-PIER MAZEROLLE**

*Administration and Finance Executive*

Marie-Pier is a first-year graduate student in the D.Psy. (Clinical Psychology) program at the Université de Moncton. Her research and thesis focus on the perception and production of emotional facial expressions, masking expressions, and the authenticity of expressions. Additionally, Marie-Pier is interested in educational psychology, sports psychology, and health psychology. Beyond her academic work, she has held several leadership positions, including vice-president of her psychology student association and co-chair of the National Youth Advisory Council of the Mood Disorders Society of Canada (MDSC). She is currently a member of the MDSC Board of Directors and serves as one of the campus representative for the Canadian Psychological Association (CPA). In her free time, Marie-Pier enjoys travelling, teaching dance, and spending time with friends.



## **ALEXANDRA BRILZ**

*Communications Executive*

Alexandra is a graduate student in the Clinical Psychology program at the University of Saskatchewan, holding a B.Sc. (Hons) in Psychology and a B.Sc. in Mathematics. Her doctoral research centres on physician-patient interactions and developing patient-centred medical training programs. For her honours thesis, she created and tested a conceptual model of physician-patient interactions among youth with dysmenorrhea. Alexandra currently serves as a program coordinator with the Saskatchewan Brain Injury Association and manages studies in the USask Family Health Lab. In her free time, she enjoys going on adventures with her Border Collie, Juniper, and her partner.





## CHLOÉ MCLAUGHLIN

*Francophone Affairs Executive*

Chloé holds an Honours B.A. in psychology and is beginning her doctorate in clinical psychology (D.Psy) at the Université de Moncton. Her research focuses mainly on parenting practices. Apart from her academic activities, Chloé is extremely involved in university and community life, among other things as coordinator of the peer-helper program for the mental health of students, coordinator of the psych colloque and animator with the Fédération des Jeunes Francophones du Nouveau-Brunswick (FJFNB). Outside of her studies and commitments, Chloé loves to travel, meet new people and spend time with family and friends.



## TOSA OLIOGU

*Justice, Equity, Diversity, and Inclusion Executive*

Etinosa “Tosa” Oliogu is a Ph.D. student in Clinical Psychology at the University of Toronto. Her research focuses on neuropsychological risk factors for suicidal 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 <i>Mind Pad</i>, 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>Psynopsis</i>, Canada's Psychology magazine</li> <li>• CPA member rate for access to APA's PsycNET® GOLD package</li> <li>• Discounts on CPA Publications (e.g., <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.





# 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](#).

## Mind Pad

**Mind Pad** 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 the CPA, as well as within the psychological community. Please visit *Mind Pad* 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.

## Did you know?

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

## 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



TRENT  
UNIVERSITY

SCHOOL OF GRADUATE STUDIES

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

