

ANNUAL NATIONAL CONVENTION 2027 STUDENT GUIDE

JUNE 3–5, 2027

VICTORIA CONFERENCE CENTRE &
FAIRMONT EMPRESS HOTEL | VICTORIA, BC

JUNE 2, 2027

PRE-CONVENTION PROFESSIONAL
DEVELOPMENT WORKSHOPS

VICTORIA 2027

CPA SCP

PREPARED BY CPA'S CONVENTION DEPARTMENT

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INTRODUCTION

Dear Delegate,

Welcome to CPA2027, the Canadian Psychological Association's 88th Annual National Convention in Victoria, BC! CPA2027 is taking place at the Victoria Conference Centre & Fairmont Empress Hotel from June 3–5, 2027, with pre-convention professional development workshops on June 2nd, 2027.

The 2027 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.

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 have created the 2027 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.

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

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 Victoria.**

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: cpa.ca/fr/ ; cpa.ca/fr/etudiants/etudiantsenpsychologie/ ; ou 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.

Participation in the CPA's Annual Convention offers numerous professional and scholarly advantages, including the following:

1. **Renewed professional engagement.** Engaging with peers and colleagues in person provides a valuable opportunity to revitalize one's commitment to the discipline. While online resources and virtual content are readily accessible, direct interaction with other psychologists fosters renewed enthusiasm for the field and its evolving practices.
2. **Active participation in governance.** Attendance at the CPA's Annual General Meeting and relevant Section Business Meetings enables members to contribute directly to the governance of the Association. This involvement ensures that participants have a meaningful voice in the electoral processes that shape the CPA's Board of Directors and Section Executives.
3. **Enhanced professional networking.** Although digital technologies have transformed the ways in which professionals connect and collaborate, in-person meetings remain essential for cultivating deeper, more enduring professional relationships. Such interactions often strengthen future collaborations and knowledge exchange.
4. **Exposure to current research and scholarship.** The Convention provides access to emerging and established scholars whose work represents the forefront of psychological research and practice. Attendees gain insights into recent developments, innovative methodologies, and evolving theoretical perspectives within the field.
5. **Disseminate your research findings.** The Convention provides delegates–including both student and full members–with the opportunity to present their scholarly work. A range of presentation formats accommodates diverse content areas and preferred styles of communication. Presenting at the Convention not only contributes to your professional development and curriculum vitae but also offers the valuable opportunity to receive constructive feedback from peers and senior scholars.
6. **Engage with a diverse and comprehensive program.** Encompassing more than thirty distinct areas of psychology, the Convention program reflects the breadth of the discipline. Attendees will benefit from presentations delivered by established experts as well as by emerging scholars who represent the next generation of psychological science and practice in Canada.
7. **Foster professional connections.** The Convention offers a variety of structured opportunities for

Did you know?

The CPA's Annual National Convention last took place in Victoria, BC in 2016.



networking and collegial exchange. Whether your interests lie in a specialized domain or span multiple subfields, you will have the chance to engage with psychologists, researchers, and students from across the country through both academic sessions and organized social events.

8. **Situate your work within the broader landscape of Canadian psychology.** Participation in the Convention allows attendees to explore the intersections between their own areas of specialization and other domains of psychological research and practice. This broader perspective encourages interdisciplinary understanding and highlights the interconnectivity of psychological subfields within the Canadian context.
9. **Gain insight into the CPA's advocacy and professional initiatives.** The Convention also provides members with an overview of the Association's ongoing efforts to advance the science, practice, and education of psychology in Canada. Attendees will learn how membership contributions support initiatives undertaken by the CPA's Executive Officers and Head Office staff—ranging from governmental and institutional liaison activities to collaboration with employers, department chairs, and funding agencies
10. **Experience the City of Victoria**. Victoria is a picturesque and vibrant coastal city that blends historic charm, natural beauty, and West Coast culture. As British Columbia's capital and a hub for arts, education, and innovation, Victoria is renowned for its heritage architecture, scenic waterfront, and lush gardens. The city's relaxed atmosphere, diverse culinary scene, and stunning Pacific coastline offer visitors an inviting and memorable experience—making it an ideal setting for this year's CPA Convention.

Here are a few highlights of what Victoria has to offer:

Inner Harbour and the Parliament Buildings: Take in Victoria's iconic waterfront, where the historic Parliament Buildings and the grand Fairmont Empress overlook the harbour. Enjoy scenic walking paths, watch boats pass through the marina, or explore the nearby shops and attractions in the heart of downtown.

Butchart Gardens: Discover one of British Columbia's most celebrated attractions, featuring beautifully landscaped gardens, vibrant seasonal blooms, and tranquil walking paths. Located just outside the city, this world-renowned garden offers a peaceful escape and a memorable experience for visitors.

World-class dining and local cafés: Victoria's culinary scene celebrates the best of the Pacific Northwest, with fresh seafood, farm-to-table cuisine, artisan bakeries, and independent cafés. Explore the city's charming streets, sample locally sourced ingredients, or enjoy waterfront dining with views of the harbour.

Historic architecture and cultural attractions: Explore Victoria's rich heritage through landmarks such as Craigdarroch Castle, a magnificent Victorian-era mansion, and the Royal BC Museum, which showcases the province's natural and cultural history. The city's blend of historic character and contemporary creativity offers plenty to discover.

Outdoor adventures and West Coast nature: Surrounded by the Pacific Ocean and lush landscapes, Victoria offers endless opportunities to experience the outdoors. Stroll along Dallas Road's scenic waterfront, cycle the Galloping Goose Regional Trail, or explore nearby coastal parks for breathtaking ocean views and opportunities to spot local wildlife.

Victoria combines historic elegance with the natural beauty of Canada's West Coast, offering a welcoming and inspiring setting for visitors to explore, connect, and experience the best of British Columbia.



CONVENTION CITY

VICTORIA, BC

This guide aims to help everyone with basic navigation around the city and other cultural considerations when exploring the coastal capital of British Columbia. 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 Victoria

The following transportation service providers are pleased to offer their services (most at a discount) to delegates travelling to the Convention (June 3–5, 2027) in Victoria, BC.

The CPA has special rates/discounts with Air Canada, Porter, WestJet, 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.

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

convention.cpa.ca



FLIGHT INFORMATION AND TRANSPORTATION TO VICTORIA

Victoria International Airport (YYJ)

The airport is located just off Highway 17 and is approximately 25km from downtown Victoria. Simply follow the signs for "Victoria" for a travel time of approximately 25 minutes to get to the heart of downtown. Within half an hour of arrival, you could be checking into your hotel and beginning your Victoria experience!

BC Ferries Swartz Bay Terminal

Driving off the ferry, you will automatically join Highway 17. The ferry terminal is approximately 33km from downtown Victoria with an approximate travel time of 30-40 minutes.

Car Rentals

For those wishing to explore Victoria and the surrounding region, several major car rental companies operate directly from the airport's ground level. It is advisable to book your vehicle in advance, particularly during peak travel periods (May through September). Victoria also offers car-sharing options, such as Evo, which provide flexible short-term rentals throughout the city.

Public Transportation

BC Transit offers efficient and affordable public transit between the airport and downtown. Take Route 87 (Tsawout/Sidney via Airport) or Route 88 (Airport/Sidney) from the airport to the McTavish Transit Exchange, then transfer to Route 72 (Swartz Bay/Downtown) for service straight into the downtown core. The fare is $6.00 CAD for one-way travel to/from the airport. Tickets can be purchased through the Umo app or you can use contactless payment or exact change.

Taxis and Ridesharing

Taxis are available outside the Arrivals terminal at the Victoria International Airport. The trip takes approximately 25-35 minutes, depending on traffic, and can cost approximately $55-$85 CAD.

Uber also operates from designated pick-up zones at the airport, providing a convenient alternative to traditional taxis.

ACCESSIBLE TRANSPORTATION

Accessible taxi services are available upon request at the airport. BC Transit service also accommodates travellers with mobility needs; it is recommended to arrange transportation at least 24 hours in advance.

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 receipt for discount code.

porter

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

WESTJET

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

PARK'N FLY

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®

AVIS Worldwide Discount (AWD): Check your registration confirmation for discount code.

CPA Members can save up to 25% off Avis base rates when renting a vehicle from a participating location in the contiguous U.S. and Canada. For rates and reservations, call 1-800-879-2847 or visit www.avis.ca.

Budget®

BUDGET Customer Discount (BCD):
Check your registration confirmation for discount code. CPA Members can save up to 25% off Budget base rates when renting a vehicle from a participating location in the contiguous U.S. and Canada. For rates and reservations, call 1-800-268-8900 or visit www.budget.ca.

Hotel & Conference Centre Parking

The Fairmont Empress offers on-site parking for hotel guests, with both self-parking and valet options available.

Self parking: $39 CAD per night, including in-and-out privileges until 4:00pm on your check out date.

Valet parking: $53 CAD per night. Electric car charging is also available.

The Victoria Conference Centre has a two-level, 305-vehicle underground parking garage with access from Douglas Street. The parkade is open daily from 6:00am until midnight with an attendant on duty. After hours, the parkade is secured. Rates are $2.50 CAD per 30 minutes up to a daily maximum of $22 CAD. There is a height restriction of 6'2" (1.88 metres).

NEARBY PARKING OPTIONS

Several public parking facilities are located within a short walking distance of the Victoria Conference Centre and the Fairmont Empress Hotel, including:

Broughton Street Parkade (745 Broughton St)

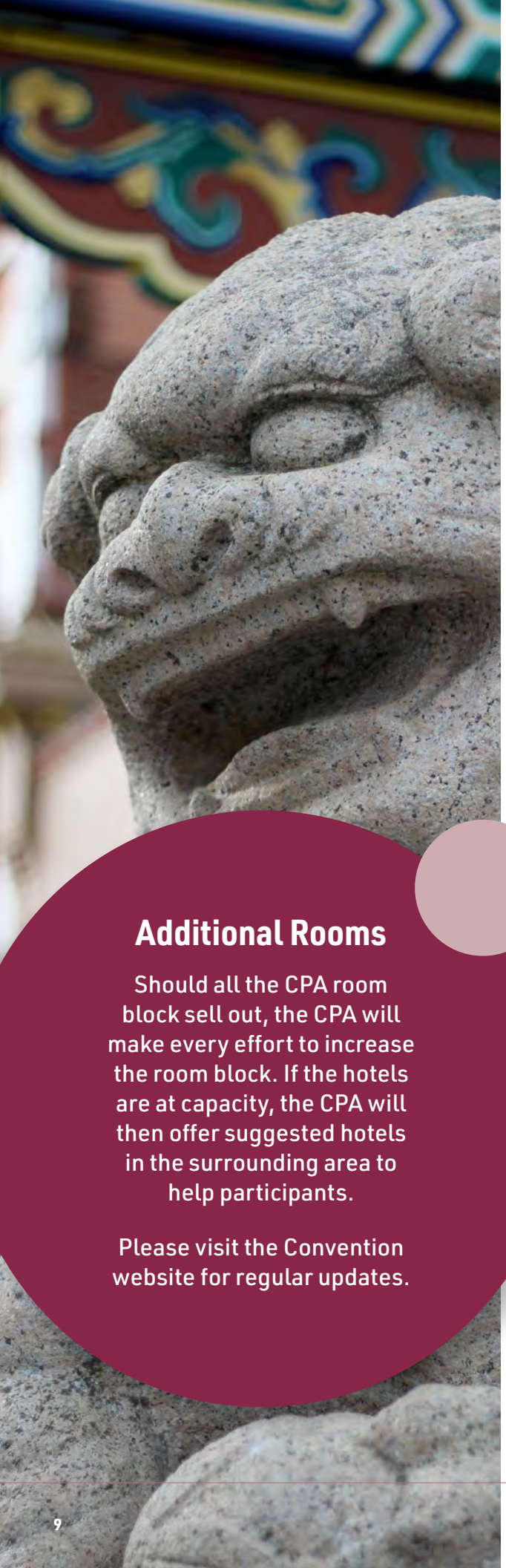
View Street Parkage (743 View St)

Johnson Street Parkade (750 Johnson St)

These parkades typically have standard city parkade pricing, approximately $2.50 CAD per hour.

Street Parking

Limited metered street parking is available around Douglas Street and surrounding blocks, priced around $4.00 CAD per hour during peak enforcement hours (free from 8:00pm to 8:00am). Payment can be made with coins, credit card, or the ParkVictoria app.



WHERE TO STAY IN VICTORIA

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 of rooms have been reserved at the Fairmont Empress Hotel, DoubleTree by Hilton Hotel & Suites Victoria, Hotel Grand Pacifife and the Marriott Inner Harbour Hotel.

Rooms book up fast, we urge you to secure your room today. Rooms are based on a first come first serve basis.

For more details on how to reserve your rooms, scan this QR code.

Additional Rooms

Should all the CPA room block sell out, the CPA will make every effort to increase the room block. If the hotels are at capacity, the CPA will then offer suggested hotels in the surrounding area to help participants.

Please visit the Convention website for regular updates.



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.

CPA2026 CONVENTION REGISTRATION RATES FOR CPA STUDENT AFFILIATES

	Rate	QST/GST	Total
Early Bird Rate (Ends on April 2, 2027)	$160.00	$23.96	**$183.96**
Regular Rate (April 3–June 2, 2027)	$200.00	$29.95	**$229.95**
On Site Full Rate (June 3–5, 2026)	$250.00	$37.44	**$287.44**

CPA2026 CONVENTION REGULAR REGISTRATION FEES
(April 3, 2027–June 5, 2027 23:59 EST)

	Rate	QST/GST	Total
CPA Student Affiiates**	$200.00	$29.96	**$229.95**
Student Non-Affiliates	$340.00	$50.92	**$390.92**

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 Victoria to decide your schedule may increase your stress level. It is often helpful to know where you want to be each day in advance. Having a specific schedule in mind will also allow you to plan transportation and logistics ahead of time – consider using the CPA's online scheduler to plan your days.

You will be able to access the CPA's Convention program through PDFs on the CPA's website, the CPA's online Convention scheduler, or the CPA's Convention App. The free CPA Convention App is available for Convention registrants and provides a convenient way to navigate the CPA Convention. Visit the Convention website for information on how to download the CPA2027 Convention Mobile App.

The CPA's Mobile App can be accessed from any smartphone with a browser.

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 ($285.00 + tax).



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 ($235.00 + tax) is cheaper than registering solely for the convention as a student non-affiliate ($285.00 + 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.



Did you know?

There are 36 Sections within the CPA. For more information about the different sections and how to join them, check out www.cpa.ca/aboutcpa/cpasections/

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.

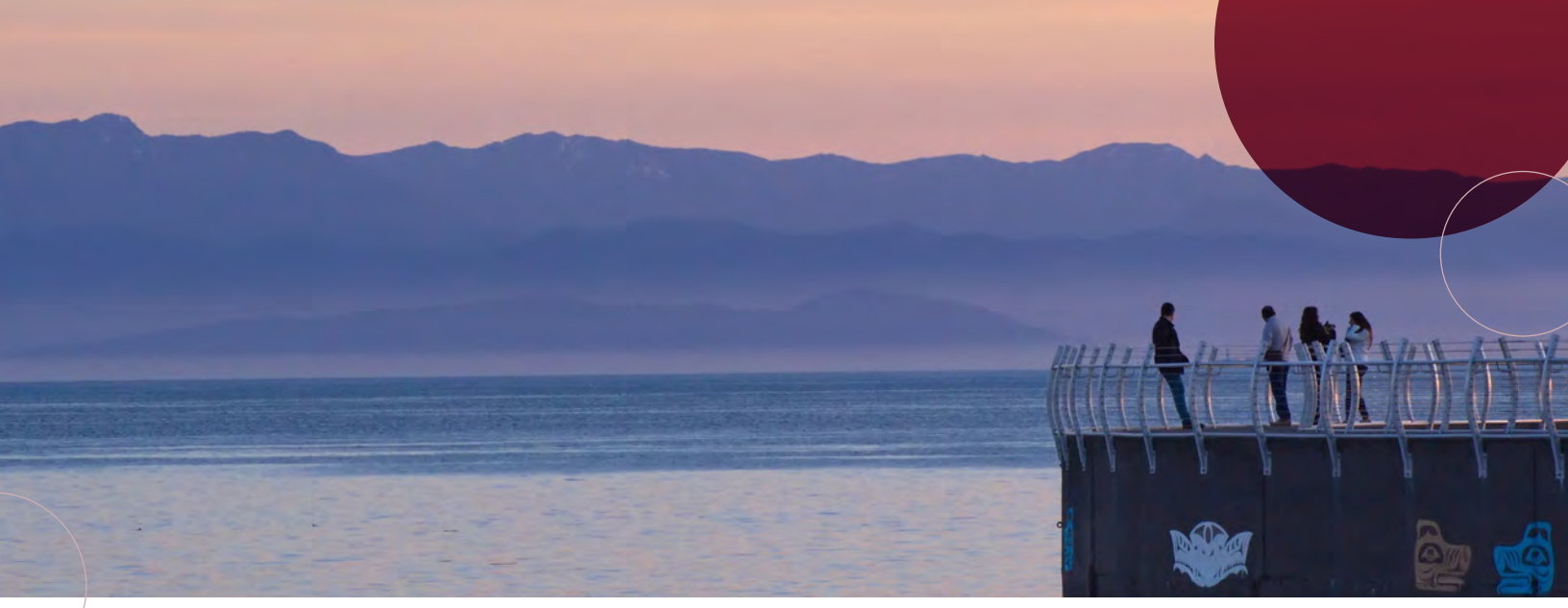
Your CPA membership also makes you eligible for certain discounts on things like rental cars. Login to the CPA's **Members Only Site** for information on the various travel discounts offered by the CPA's various preferred vendors and check your registration confirmation for specific air travel discount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



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!

Did you know?

80% of jobs are unadvertised. Networking is important in gaining access to these jobs, as employees prefer to hire from within.[1]

1 http://students.ubc.ca/career/resources/networking



What Do I Bring?

In June, the average daytime temperature in Victoria is around 17°C (62°F), with average lows of 10°C (50°F) in the evenings. Weather can be warm during the day but cooler at night, so it is advised to bring a light jacket or sweater.

Hotels and conference venues are often air-conditioned, so having a sweater or light layer on hand will help keep you comfortable indoors.

Business casual attire is recommended for Convention days. Since you will be networking during both programming sessions and social events, it is best to present a professional appearance while remaining comfortable for a full day of activities.

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

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 Tourism Victoria 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.



NAVIGATING THE CONVENTION

CONVENTION REGISTRATION DESK[1]

Once you arrive, your first stop should be the registration area, located in the main lobby of the Victoria Conference 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:

Tuesday, June 1	15:00–17:00
Wednesday, June 2	8:00–17:00

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

CPA Convention Registration Hours – Victoria Conference Centre

CPA CONVENTION

Thursday, June 3	7:30–18:00
Friday, June 4	7:30–17:00
Saturday, June 5	8:00–13:00

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

CPA Exhibitors and Job Fair

Convention attendees can find job opportunities by attending the **CPA's Job Fair** which will take place on **Thursday, June 3rd** in the Upper Pavilion (located just outside under the tent). Note that access to the Job Fair is included in one's convention registration.

The CPA Exhibitors will be located in the foyer of the Victoria Conference Centre. Visit the 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 prior to May 1, 2027. The CPA will do it's best to accommodate all requests.

During the Convention, persons with disabilities who require assistance may visit the CPA's Registration Area on the in the main lobby of the Victoria Conference 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 Poster Sessions, 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-hours) 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)[2]. 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:** 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, Posters).

  N6 presentations will have access to AV.
- **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).

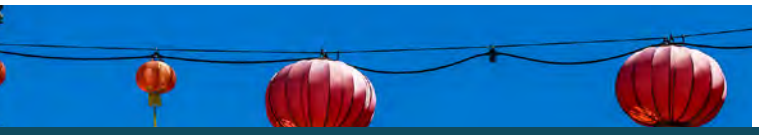
2 A separate registration is required for pre-convention professional development workshops.

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:** Attending social events is a great opportunity to learn more about Sections you are interested in, meet people, and network.
- **First Time Attendees Reception on Wednesday, June 2nd:** 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, all delegates are invited to attend this reception on the evening of Thursday, June 3rd, to connect with peers and colleagues.

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 students3. 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**

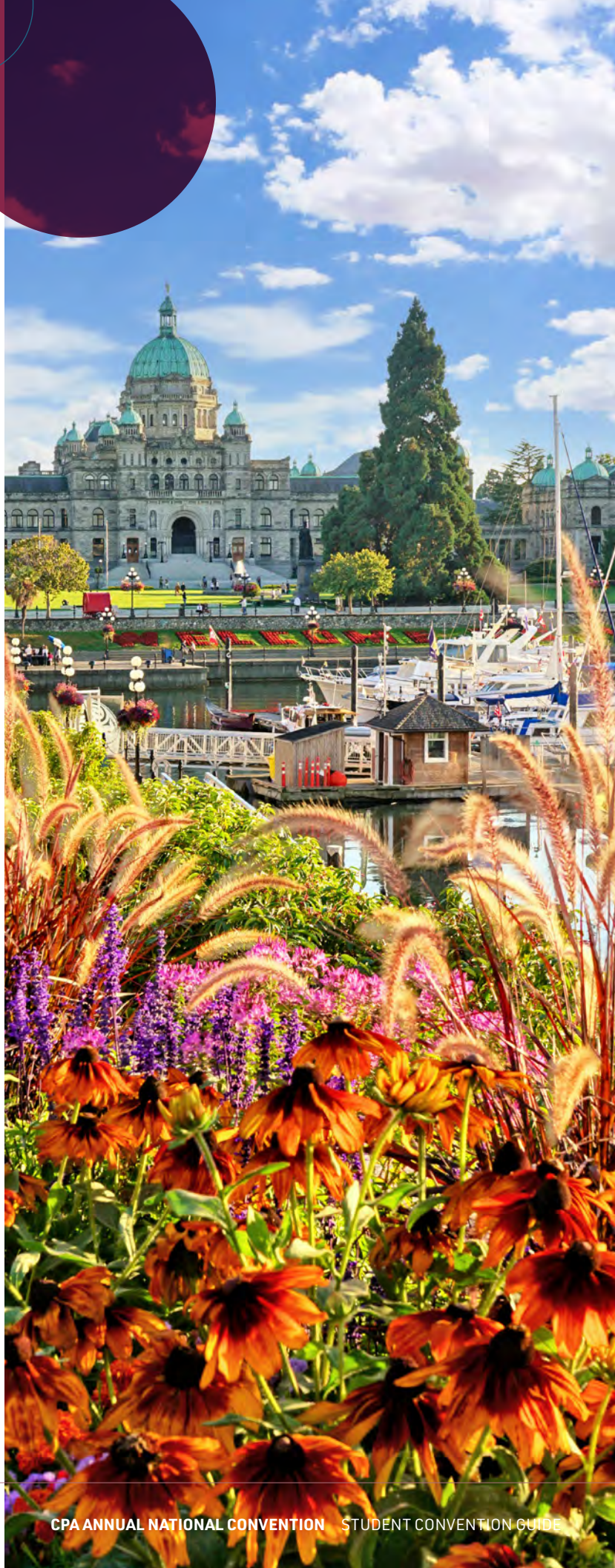
  Professional and training issues

  Preparing for you Residency: Thursday, June 3rd

  Residency Fair: Thursday June 3rd

  Job Fair: Thursday June 3rd

3 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.





Residency Fair – June 3rd

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.

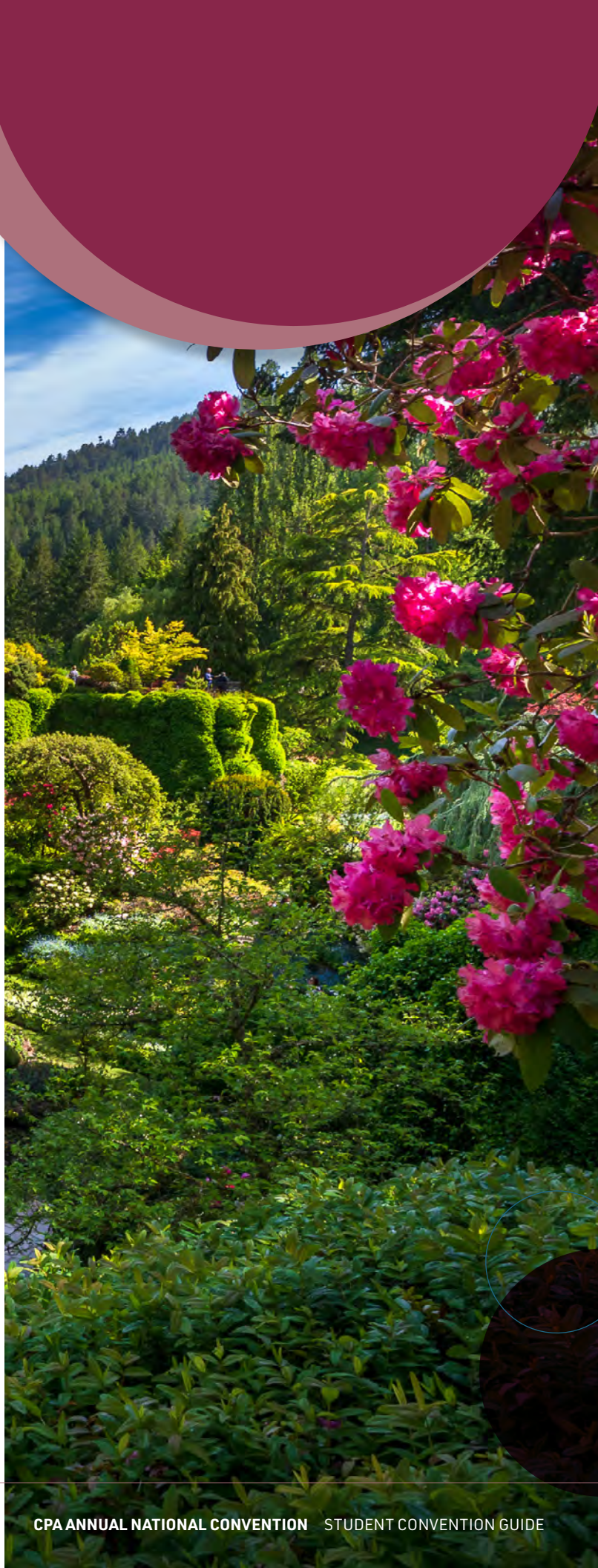
What Do I Wear?

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 Victoria. Despite this, your body may need some additional exercises to engage other muscle groups.

- Schedule a time to exercise. Odds are your hotel will have a gym located somewhere on the premises. Take some time out from your busy Convention schedule and use it!
- If changing and going down to the gym is too time-consuming or intimidating, exercise in your hotel room. It 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!
- 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 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 and in the convention newsletter. 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 #cpaconv2027 (English) and #congscp2027 (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 2026-2027 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.



Alzena Ilie

Chair (2026-2027)

Alzena Ilie is a fifth-year PhD candidate in the Clinical Psychology program at Dalhousie University in Halifax, NS. Her doctoral research focuses on developing and evaluating eLearning programs to train healthcare providers to assess and treat pediatric insomnia and other sleep disorders, with a broader emphasis on improving access to sleep care for marginalized and neurodevelopmental populations. Alzena is also deeply engaged in student advocacy. In addition to serving as Chair of the CPA Student Section, she is the Student Representative for the CPA Board of Directors, and the President of the psychology and neuroscience graduate student association at Dalhousie University. Clinically, she works with children and adolescents at IWK Health and the Dalhousie Centre for Psychological Health, providing assessment and treatment for neurodevelopmental conditions, and co-occurring emotional and behavioural difficulties. Outside of her academic and clinical roles, she enjoys playing and teaching piano, travelling, exercising and getting outside, and spending time with friends and family.

MEET YOUR 2026-2027 STUDENT EXECUTIVES



Patrick Fahim

Chair-Elect (2026-2027):

Patrick Fahim is a third-year PhD student at the University of Saskatchewan under the supervision of Dr. Megan O'Connell. His doctoral research investigates the efficacy of cardiovascular biomarkers as tools for detecting cognitive decline and neurodegeneration. In collaboration with Dr. Judith Andersen at the University of Toronto, he also studies first responder mental health, examining cardiovascular biomarkers within this population. Outside of academia, he enjoys playing soccer, video games, and board games.



Autumn Brambell

Graduate Student Affairs Executive (2026-2028):

Autumn Brambell is a second-year graduate student in the M.Sc. (Clinical Psychology) program at the University of Regina under the supervision of Dr. R. Nicholas Carleton. Her research focuses on the mental health and wellbeing of Royal Canadian Mounted Police (RCMP) cadets and other public safety personnel, with particular interests in trauma, resilience, social support, anxiety, and substance use. She is also involved in research examining chronic pain, mental health, and suicidality among Canadian Armed Forces veterans. More broadly, Autumn is interested in psychological assessment, evidence-based interventions, and improving mental health outcomes for trauma-exposed populations. Outside of her academic work, she enjoys reading, travelling, spending time outdoors, shopping, and exploring local cafés with friends

MEET YOUR 2026-2027 STUDENT EXECUTIVES



Sarah Gallant

Undergraduate Student Affairs Executive (2025-2027):

Sarah Gallant is a fifth-year Bachelor of Science student majoring in Psychology at Dalhousie University in Halifax, NS. She is currently completing her Honours thesis under the supervision of Dr. Natalie Rosen. Her research interests include couples and intimacy, sexual health, psychopathology, and eating disorders. Sarah has volunteered with several organizations, including Best Buddies and Play4All, reflecting her passion for inclusivity and community engagement. She also enjoys traveling, baking, spending time with family and friends, and reading!



Taylor Zieper

Administration and Finance Executive (2026-2028):

Taylor is a second-year PhD student in the Clinical Psychology program at the University of Saskatchewan, under the supervision of Dr. Valerie Thompson. His research focuses on what makes people accurate (or inaccurate) judges of their own performance and abilities, with a particular interest in how these self-perceptions play out for individuals with ADHD. He currently works in a rural and remote memory clinic, assessing older adults for dementia and Alzheimer's disease, and contributes as a research assistant on a review examining how brief cognitive screening tools have been adapted for use with culturally, linguistically, and educationally diverse populations. Outside of academia, Taylor enjoys playing video and card games, as well as spending time with friends.

MEET YOUR 2026-2027 STUDENT EXECUTIVES



Ashlinn Pennell

Communications Executive (2026-2028):

Ashlinn is a second-year Masters student in the Experimental Psychology program at Memorial University of Newfoundland and Labrador, working under the supervision of Dr. Ashley Balsom and Dr. Chris Quinn-Nilas. She holds a B.A. (Hons) in Psychology and Religious Studies. Her masters research centres on public perceptions of patients in larger bodies accessing infertility treatment. Her research interests additionally include reproductive mental health, relationships, adverse childhood experiences, and anxiety and related disorders. In addition to her role as Communications Executive, Ashlinn works for the Canadian Federation of Students Newfoundland and Labrador, and is a certified Jack Talks speaker. She volunteers with community organizations including Planned Parenthood, the Mental Health and Addictions Centre, Women in Science and Engineering NL, and MUN Minds. In her free time, Ashlinn spends time with her two black cats, reads a lot of fiction, and explores trails across Newfoundland



Ilana Singer

Francophone Affairs Executive (2026-2028):

Ilana Singer is a doctoral candidate in the combined Ph.D./Psy.D. Clinical Psychology program at the Université du Québec à Montréal. She previously earned a bachelor's degree in Psychology from McGill University and a master's degree in Health Psychology from King's College London. Her doctoral research focuses on coping strategies in children with Tourette syndrome, and her broader interests include child and adolescent mental health, neurodevelopmental disorders, and psychological interventions for youth. Clinically, Ilana is completing her doctoral internship in child psychiatry where she provides assessment and cognitive-behavioural interventions to children and adolescents with moderate to severe or complex psychiatric difficulties. Through both her clinical work and research, she hopes to support young people experiencing psychological difficulties. Outside of her academic and clinical roles, she enjoys traveling, exercising, cooking, and spending time with friends, family, and her two dogs.

MEET YOUR 2026-2027 STUDENT EXECUTIVES



Kethmi Egodage

Justice, Equity, Diversity, and Inclusion Executive (2025-2027):

Kethmi is a graduate student currently completing her M.A. in Clinical Psychology at the University of Waterloo under the supervision of Dr. Uzma Rehman. She holds an Honours B.Sc. from the University of Toronto, where she specialized in Psychology Research and majored in Criminology. Currently, Kethmi's research is grounded in a commitment to understanding how early life experiences shape adult relational functioning, particularly within historically marginalized communities. Her work explores the long-term impacts of childhood maltreatment and abuse on intimacy capacities in adult romantic relationships, examining both sexual and non-sexual forms of closeness. She is especially interested in how these patterns manifest in BIPOC and LGBTQ2IA+ populations, with the goal of informing trauma-informed, culturally responsive clinical practices. Outside of her studies and research, Kethmi enjoys reading, yoga, and cooking.

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!

CANADIAN PSYCHOLOGICAL ASSOCIATION
SOCIÉTÉ CANADIENNE DE PSYCHOLOGIE

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** to learn more and to join a membership 7,000 strong

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	
Student Affiliate Benefits	• Access to internship and career resources (e.g., Fairs and Webinars) • Informational resources created specifically for graduate students in psychology (e.g., Career Hub) • Access to student research grants • Free membership in the CPA's Student Section • Featured in Student Affiliate Spotlights • Eligible for Academic Certificates of Excellence • Access to the CPA's Recruit Research Participants Portal (R2P2)
Discounts	• Exclusive member discounts on hotels, travel, phone plans, computers, fitness centres, retail, book publishers
Insurance and Professional Products	• Access to BMS Professional Liability Insurance • Gowlings Pro Bono Legal Advice • Home and Auto Insurance
Grants and Awards	• Exclusive access to student research grants and student awards
Learning and Networking Opportunities	• Participation in the CPA's Annual National Convention • Exclusive access to CPA events such as Career Fairs, Job Fairs, Summits, Webinars
Publications	• Access to CPA's three journals (*Canadian Psychology, Canadian Journal of Behavioural Science, Canadian Journal of Experimental Psychology*) • Access to *Mind Pad*, Canada's student written, edited and published psychology publication • Access to *Psygnature*, the Association's monthly electronic newsletter • Access to *Psynopsis,* Canada's Psychology magazine • CPA member rate for access to APA's PsycNET® GOLD package • Discounts on CPA Publications (e.g., Companion Manual to the Code of Ethics) • Free or low-cost resource guides
Events	• Reduced registration rate for the CPA's Annual Convention and pre-convention workshops • Eligibility for Section Convention Awards and Travel Grants • Access to other CPA arranged events
Leadership Development	• Exclusive access to leadership development grants • 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 • Serve as a Student Representative or Mentor • Attend the CPA's Annual General Meeting
Advocacy	• Advocacy to government and research funders on behalf of science and practice-related issues affecting students, researchers, and practitioners
Professional Development	• Continuing professional development courses on various topics



Did you know?

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

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.



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.

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 Convention Mobile App—it will help you navigate the event more easily and build a personalized schedule for programs and social events.

Don't forget to schedule time for rest and relaxation. With so much to see and do, it's easy to get caught up in the excitement and forget to slow down. Pace yourself!

Allow for plenty of time between sessions. You may need to walk to another building, or you might want a few extra minutes to chat with people you meet or speak with presenters after a session.

Remember to make space in your schedule for social events and networking opportunities, which often take place in the evenings.

Most importantly, enjoy yourself—learn, connect, and have fun!

See you at the Convention!