# Newsletter of the CPA Section for Students

Issue #15, Fall 2021





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# Message from the Chair

It is my pleasure to be serving as your 2021-2022 Chair of the Section for Students in Psychology. I would like to sincerely thank outgoing members of our team: Alexandra Richard (Past Chair) and Andréanne Angehrn (Francophone Executive). Their contributions to our team were innumerable and their leadership will be greatly missed.

As we say goodbye to these students, I'm pleased to welcome four new members to our executive team: Linnea Kalchos (Chair-Elect), Emily Winter (Justice, Equity, Diversity, and Inclusion Executive), Sophie Barriault (Francophone Affairs Executive), and Laura de la Roche (Graduate Student Affairs Executive). All of our new members have enthusiastically started their roles. They have all been developing new initiatives and contributing ideas to enhance our section's programming. I am excited to work with these new members, along with our returning executive team members: Alanna Chu (Communications Executive), Jolie Ho (Administration and Finance Executive), and Nicole Boles (Undergraduate Student Affairs Executive).

Our Past Chair, Joanna Collaton, did an exemplary job as our 2020-2021 Chair. She demonstrated outstanding leadership planning our Section's Programming for the 2021 virtual Convention. She also led our Student Section with openness, unwavering commitment, enthusiasm, and creativity through the changes and modifications implemented to our section's programming due to the COVID-19 pandemic. Joanna also did an incredible job of challenging our executive team to improve our practices of justice, equity, diversity, and inclusion. During the 2021 virtual convention we were able to host our Annual Business Meeting and award the annual Best Poster Awards to four outstanding students. We also had a wonderful talk by Dr. Jude Mary Cénat, our 2021 Keynote Speaker, who presented on "Addressing the mental health ramifications of racism in research and clinical practice". Our executive team also organized and facilitated four workshops for students during the Convention: a self-care workshop, a research translation workshop, and equity, diversity, and inclusion workshop, and an advocacy workshop.

In my tenure as Chair, I hope to continue the great work of my predecessors by offering a broad range of programming and initiatives, both new and old, for our student members. The Student Section executive team is committed to continuously reflecting and challenging ourselves to enhance our programming through a social justice lens that is aligned with the values of equity, diversity, and inclusion. As the Student Section's executive team, we condemn police brutality, systemic racism, and discrimination and understand that these are public and mental health crises. Psychology, as a field, has not made enough strides in this domain. As the future of the field, the student section executive commits to doing better to listen and act in solidarity with students and activists whose work has long-been ignored. We will continue to evaluate our roles so that we can act in ways that are consistent with anti-oppressive practices. This year, we have introduced a new position to our team, a Justice, Equity, Diversity, and Inclusion Executive filled by Emily Winters who, with the support of the entire executive team and her own team of five volunteers, will focus on inclusion and diversity-related initiatives.

In this edition of our newsletter, you can meet your Section Executive (p. 5), read about the upcoming 2022 convention in Calgary (please note that abstract submissions are due December 3rd, 2021!) (p. 13), hear about student grant opportunities (p. 11-12), as well as read about some of the different initiatives we offer (e.g., learn about our Justice, equity, Diversity, and Inclusion Executive (p. 8), Campus Representative Program (p. 15), publishing in Mindpad (p. 18), and the Mentorship Program, (p. 14)).

We are always committed to improving our Section. Please do not hesitate to contact me and let me know what you would like to see from our Section this year. I welcome any feedback, comments, or suggestions for new initiatives or projects.

I wish you all a wonderful and safe 2021-2022 academic year.

### Alejandra Botia, MA

Doctoral Student, Counselling Psychology, University of British Columbia Chair, Section for Students in Psychology

# Meet the 2021-2022 Executive Team



Alejandra Botia Chair, 2021-2022

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



#### Linnea Kalchos

Chair Elect, 2021-2022

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



Joanna Collaton

Past Chair, 2021-2022

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



# Meet the 2021-2022 Executive Team



#### Sophie Barriault

Francophone Affairs Executive, 2020-2022

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



#### Alanna Chu

Communication Executive, 2020-2022

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



#### Jolie Ho

Administration and Finance Executive, 2020-2022

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



# Meet the 2021-2022 Executive Team







#### **Emily Winters**

Justice, Equity, Diversity and Inclusion (JEDI) Executive, 2021-2023
Emily Winters is a first-year Doctoral student in Clinical Psychology at the University of Regina. She is an Inuk-Settler woman from Newfoundland and Labrador. Emily completed a Master of Science in Experimental Psychology from Memorial University of Newfoundland in 2019. Her research interests include attitudes and perceptions towards substance use, particularly within the context of vulnerable and underserved populations. Her SSHRC-funded Master's research examined the stigma surrounding substance use disorders and how the intersections of Indigeneity and treatment-seeking intention amplify that stigma. Her doctoral research aims to better understand the circumstances, prevalence, and attitudes towards medical and recreational cannabis use in long-term care facilities in Saskatchewan. Outside of her studies, Emily enjoys music, reading, and spending quality time with friends.

#### **Nicole Boles**

Undergraduate Student Affairs Executive, 2020-2022

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

#### Laura de la Roche

Graduate Student Affairs Executive, 2021-2023

time with her family and friends.

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



# Introducing: Emily Winters, the Equity, Diversity and Inclusion Executive

Hello fellow CPA Student Affiliates! My name is Emily Winters and I am your newly elected Justice, Equity, Diversity, and Inclusion (JEDI) Executive member. I greatly appreciate having this space in the newsletter to introduce myself and briefly talk about what I would like to accomplish in my term as JEDI Exec.

I am a Clinical Psychology PhD student at the University of Regina. I am from Newfoundland and Labrador so although I am a long way from home, I am lucky to be living in a house filled to the brim with Newfoundlanders—my partner, Steve, our good friends Ashley (another Clinical Psychology PhD student) and Josh, and their cat, Capelin. In terms of my background, I am Inuk (Nunatsiavummiut) on my father's side, and my mother's side of the family is from rural Newfoundland. In my life outside of grad school, I really enjoy reading, watching mind-numbing reality TV, and enjoying food and drink with my friends.

My main goal for my two-year term is to ensure that psychology students from diverse backgrounds have their varied voices and perspectives heard. I aim to represent and advocate for psychology students from groups who have historically and/or presently been excluded or marginalized from the field of psychology, to the best of my ability. It is important to me as JEDI Executive that all trainees have access to resources and learning opportunities to conduct their research, clinical work, and teaching in a way that is consistent with the values of justice, equity, diversity, and inclusion. I just finished recruiting a stellar team of volunteers to form a JEDI Committee and I am really looking forward to working with them all to make these goals a reality. Additionally, I plan on fully taking advantage of the fact that we get to call ourselves "IEDIs."

I believe that this type of work can always benefit from a collaborative approach, so please reach out to me if you have any suggestions, concerns, questions, or would like to generally chat about how to make psychology more just, equitable, diverse, and inclusive. I would like to close by thanking you, the CPA Student Affiliates, for electing me into this brand new role. I am honoured to have been given this opportunity to make meaningful change and I look forward to connecting with many of you over the course of my term.

Take good care, Emily







# Thank you to our Missing and Murdered Indigenous Women and Girls panel speakers:

Iloradanon Efimoff
Dana Strauss
Christina Jeon
Jennifer Sedgewick
Aiden Mehak
Erin White
Noor Sharif
Karen Kumar

You can watch recordings of the 2021 CPA Virtual Convention until Dec 1, 2021: https://convention.cpa.ca/registration/



# 2021-2022 CPA Student Award Opportunities

# Student Research Grant

Amount: Six grants of \$500 each

**Information:** This award is intended to support students in undergraduate or graduate programs in any domain or discipline within psychology who are actively engaged in research.

*Eligibility:* To be eligible for this grant, students must meet the following criteria:

Note that only one of the following grants can be held at any given time: CPA Student Research Grant, CPA Student Section Research Grant, BMS-sponsored Research or Leadership Grant. Eligible students can apply for one or more of these grants but can only hold one grant.

The applicant must be a current member of the Section for Students of the Canadian Psychological Association at time of application and if successful, over the term of the grant The applicant must be the primary investigator and/or first author of the research project The research project for which support is being sought must be relevant to at least one domain or discipline within psychology

The research project for which support is being sought must not yet be completed (i.e., does not apply retroactively to completed research projects), and the research and/or data collection must begin within 12 months of the adjudication of this award.

Application Procedure: Visit <a href="https://cpa.ca/funding/">https://cpa.ca/funding/</a> for information on this funding envelope, application requirements, general rules, a list of eligible/ineligible expenses, and links to apply. Deadline to apply is December 3, 2021.

# 2021-2022 CPA Student Award Opportunities

# **Campus Initiative Grants**

Amount: Two grants of \$750 each

Information: The purpose of the Campus Initiative Grant is to support events or programs that serve to enhance the educational experience in psychology of students on campus. Common examples include holding training seminars, talks or colloquia with an invited speaker, networking events, and psychology-related workshops, lectures, or panel discussions. In addition to single-events, longer-term projects or programs that serve to enhance students' experience may also be eligible as initiatives. For example, groups may apply for funds to support the start of a department-wide mentorship program for students.

*Eligibility:* To be eligible to apply for this grant:

Applicants must be a current member of the Section for Students of the Canadian Psychological Association; for student-group applications, the individual applying for the award on behalf of the group must be a member of the Section for Students. Initiatives must be related to the purposes and requirements as detailed in Sections (1) and (2); that is, related to the educational objectives of the Section and relevant for its members. Proposed activities or initiatives must be held at the institution's campus. Initiatives must have received departmental approval prior to being submitted. A letter from

the Chair of the relevant department in support of this initiative or event must be submitted. **Application Procedure:** Contact the Section for Student Administrative and Finance Officer or Communications Officer for application instructions. Applications deadline: January 7, 2021



The CPA's 2022 Annual General Meeting and National Convention is scheduled to take place from June 17th – 19th, 2022, at the Hyatt Regency Calgary in Calgary, AB.

The format of the convention is still to be confirmed given ongoing pandemic-related challenges and pending guidelines from Alberta Public Health. In the interim, planning proceeds and the abstract submission system will open on October 1st, 2021, and close on December 3rd, 2021.

CPA2022 will feature the CPA's Annual General Meeting and Awards Ceremony, familiar presentation types, numerous professional development workshops, section annual meetings, an exciting line-up of plenary and section-featured speakers, and numerous opportunities for networking and engagement.

At this time, events scheduled to precede the CPA's Annual Convention at the Hyatt Regency Calgary include but are not limited to the CPA's Pre-Convention Workshops which will take place on June 16th and Developmental 2022, a Canadian Conference on Developmental Psychology hosted by the Pickering Centre for Research in Human Development on June 15th – 16th. Abstracts for these events can be submitted beginning October 1st, 2021.

In whatever format the convention is delivered, the CPA will always keep the safety and well-being of our members and affiliates, attendees, staff, public, and the various teams that support the annual convention top of mind, while simultaneously organizing a fabulous convention.

Check your email and visit the CPA's Convention website regularly for updates on the planning and status of the CPA's 2022 Convention.

Convention website: https://convention.cpa.ca/



# **CPA Student Mentorship Program**

## Background

The CPA Student Mentorship Program was founded in 2015 by Zarina Giannone, whose vision was to create an opportunity for connection, guidance, and support for students in psychology. Since its initiation, the Mentorship Program has continued to grow under the coordination of Jean-Philippe Gagné (2016-2017), Chelsea Moran (2017-2018), Alexandra Richard (2018-2019), Joanna Collaton (2019-2020) and Alejandra Botia (2020-2021). The goal of the program is to serve our community of CPA Student Affiliates by facilitating a space for connection and to share of experiences and information.

#### About the Program CPA Student Mentorship Program

The discipline of psychology attracts a wide array of students with vast interests, experiences, and professional goals. The CPA Student Mentorship Program aims to tap into the collective knowledge of our CPA Student Affiliates, who bring with them their individual experiences from studying within different domains of psychology such as clinical, developmental, neurobiological, counselling, forensic, and school psychology. By matching students based on their specific interests, skills, and experiences within the different domains of psychology, we hope to provide a unique opportunity for the transfer of knowledge between students who are at different stages in their training. The program is flexible in allowing each mentor and mentee dyad to take ownership of their experience depending on their goals and needs. This means that dyads decide how often to meet, what medium of communication to use (following COVID-19 safety regulations), and what topics to discuss. To participate in the program, visit our website here.

# Benefits of Joining the Program Mentees

Mentees can have the opportunity to ask questions pertinent to which courses to take, professional opportunities, academic options, graduate school applications, self-care throughout the academic journey, how to ask for reference letters, and many more. Mentees also have a unique opportunity to learn from someone else who has an understanding of what is it like to go through these academic processes and the decision-making challenges that can sometimes arise. Knowing that you are not along during a time that can feel confusing and overwhelming can already make a significant difference.

#### Mentors

Many mentors have shared with us that they wish they had someone who could have provided guidance and support as they were considering applying to graduate school. Being a mentor allows senior students to offer this guidance and support they wish they had. This is also an opportunity for mentors to gain or enhance their communication and leadership skills. The program provides participants with mentoring manuals and suggested topics for discussion to facilitate the mentoring process.

Learn more at the CPA student mentorship website: <a href="https://cpa.ca/students/mentorship/">https://cpa.ca/students/mentorship/</a>



#### The 2021 - 2022 Cohort

We have 125 CPA Student Affiliates who are participating in the CPA Student Mentorship Program 2021 - 2022 cohort. This year's group of mentors consists of exceptional graduate students from Master's and Ph.D. programs in clinical psychology, counselling psychology, school and educational psychology, forensic psychology, developmental psychology, neuropsychology, and applied and experimental psychology, and industrial and organizational psychology programs and specializations. We are also excited to welcome back returning mentors and mentees. Our program continues to grow each year thanks to all of the mentors who generously give their time, and the mentees who bring their enthusiasm to the program.

#### Join the 2022-2023 Cohort!

If you are interested in participating in the CPA Student Mentorship Program next year, mark your calendars! The call for applications for the 2022 – 2023 academic year will be released in July 2022. We will announce this on our webpage, social media platforms, and will also be circulating emails to all our CPA Student Affiliates, so keep an eye out!

## A Note from the Chair Elect

It is an honour to continue the work of previous coordinators as we proudly launch the seventh edition of the CPA Student Mentorship Program. This program continues to be one of the most anticipated offerings of the CPA Student Section and provides our Student Affiliates with an important opportunity to connect with other students and share their experiences. This year we excitedly welcome 125 mentors and mentees from 10 provinces across the country. To kick off the program this year, we introduced Program Orientation which provided participants with an opportunity to meet one another and develop strategies for success in the program.

The CPA Student Mentorship Program provides mentors and mentees with opportunities to expand their networks, gain new perspectives on professional opportunities inside and outside of psychology, and build a unique relationship that supports academic and professional endeavours, and that can also become a source of peer support and friendship. Now more than ever we are seeing the need for connection and professional community. Student mental health and access to support services remains a continuing challenge. Important attention has also been given to issues of social justice and diversity in Canada and in the Canadian Psychological Association, but there is still much work to be done. I encourage all participants in the mentorship program to not only support one another, but to thoughtfully engage in conversation around these issues facing students and the profession of psychology. Finally, as we begin to collectively emerge from the challenges of Covid-19, mentorship is a timely opportunity for students to connect with one another and share their experiences.

As Program Coordinator, I am always available to offer support to mentor dyads throughout this year. I also encourage past and current program participants to write me (chairelect.cpastudentsection@gmail.com) with any feedback or suggestions so that we can continuously provide a program that best meets the needs of all CPA Student Affiliates. I wish you the best of success in your 2021 – 2022 academic year!

Linnea Kalchos, B.Ed, B.A University of British Columbia



# Student and Campus Representative Program

The Canadian Psychological Association (CPA) Campus and Student Representative Program is an initiative of the CPA Student Section. The main objective of the CPA Campus and Student Representative Program is to promote the many programs, services and benefits that the CPA has to offer for students in psychology.

The CPA Campus Representative (1) has a coordinating role as CPA ambassador and primary point of contact at the college/university. They are responsible for recruiting a designated CPA Graduate and Undergraduate Representative, in addition to collaborating with these individuals to provide psychology students at their university with information regarding CPA membership and relevant psychology related news.

The CPA Campus Representative is also responsible for organizing monthly meetings with CPA student representatives in addition to preparing emails to send to psychology students within the department. They are also responsible for organizing one event within the academic year relevant to psychology students and the CPA.

The CPA Student Representatives (2) are ambassadors within their graduate or undergraduate student programs at their college/university. They are responsible for collaborating with the campus representative in providing psychology students with information regarding CPA membership and relevant psychology related news. Further, they are responsible for helping plan, organize and implement an event within the academic year relevant to psychology students and the CPA.

To learn more about the CPA Campus and Student Representative Program, visit our website: <a href="https://cpa.ca/students/studentrepresentatives/">https://cpa.ca/students/studentrepresentatives/</a>



# Congratulations to our 2020-2021 Campus Representative Award Winners:

Campus Representative Award: Christopher Lively
Undergraduate Representative: Andrew Vincent
Graduate Representative: Dalainey Drakes



# Undergraduate Representative Program

Hi everyone, my name is Nicole Boles! I am very excited to continue as your Undergraduate student affairs executive for CPA's student representative program in 2021-2022. Last year, I was extremely impressed by the student's efforts in promoting the CPA despite the hardships that arose due to the pandemic. Student representatives went above and beyond when planning unique events virtually. Some invited speakers from across the nation to present at their events. Others sent SWAG items to event attendees via courier. Many took the opportunity to build their respective CPA social media platforms to successfully reach students and act as online advocates for our field. I am also excited to announce that Laura De La Roche is the new Graduate Student Affairs Executive. Please email us if you have any questions about how to apply for a representative position, or if you have questions about the program in general.

# **Program Updates**

- 81 representatives total (49 more reps than in June 2020!)
- 22 Undergraduate Student Reps
- 14 Graduate Student Reps
- 28 Campus Reps
- 17 Faculty reps

# Student Representative Feature



Meet Alexandria Doody, a psychology student who has been dedicating her time to serving as the campus representative of Laurentian University since 2019!

Alex is an honors psychology student completing her major paper researching the psychoanalytic therapy technique of supportive therapy. Once her bachelor's degree is complete she aims to undertake a master's degree in counseling. Over the course of her time at Laurentian, she has also been involved in the Good2Talk program as the Campus Representative, which is a confidential service for post-secondary students in Ontario so that they can receive professional counselling and information and referrals for mental health, addictions and well-being. Alex is proud that she has been able to fill the rest of the student position vacancies at her institution and continues to introduce the CPA to many psychology students. Thank you, Alex, for your hard work towards promoting the CPA over the last few years!



# What is Mind Pad?

Mind Pad is Canada's student written, edited and published psychology newsletter that is managed by the Canadian Psychological Association's Section for Students in Psychology. The aim of Mind Pad is to provide a professional publication outlet written by and for students who are practicing and studying psychology in Canada. All Mind Pad submissions are peer reviewed by an editorial board composed of undergraduate and graduate students in psychology. As such, a second aim of Mind Pad is to offer psychology students an opportunity to experience the formal submission and publication process, including manuscript submission, the peer-review process, and resubmission from the points of view of both the submitter and the reviewer/editor.

You can view the most recent editions of Mind Pad <u>here</u>



# What Can I Submit to MindPad?

In line with these aims, Mind Pad publishes a wide range of submission, including but not limited to:

- Original research summaries (clinical or fundamental);
- Review summaries;
- Psychology career-related articles;
- Opinion articles on a psychology-related topic;
- Reflections on new trends in psychology or psychology research;
- Reflections on psychology in the media;
- Reports on conferences or workshops attended.

# Mind Pad Open Science Badges

As of May 30, 2020, articles accepted to Mind Pad are eligible to earn badges that recognize open scientific practices: publicly available data, material, or preregistered research plans. Open science badges (from the Open Science Framework, see

https://www.cos.io/initiatives/badges) are incentives to recognize the efforts of authors to engage in open science practices, namely providing open access to data, materials and preregistration of methods. The badges also serve to notify readers when supplementary materials are available and enhance their trust of the article presented. We are very excited that our past Editor-in-Chief, Chelsea Moran, put this system in place to encourage and recognize students whom engage in open science practices when submitting to Mind Pad!

For more information about Mind Pad, the process to publish in Mind Pad, and how to join our editorial board, please visit https://cpa.ca/students/mindpad/ for more information.



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https://cpa.ca/students/

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