

Newsletter of the CPA Section for Students

Issue #18, Spring 2023

CANADIAN
PSYCHOLOGICAL
ASSOCIATION



SOCIÉTÉ
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Message from the Chair

Dear Student Section members,

It was a pleasure and honour to have served as Chair of the CPA's Section for Students in Psychology for the 2022- 2023 year. I am so grateful to have worked with the outstanding members of the Student Section's Executive Team. It was also a pleasure to connect with students across the country and to help organize our section's many initiatives. In this issue of the Section's newsletter, you will find information about the upcoming 2023 CPA Convention in Toronto as well as an update on the activities of our section, and some exciting opportunities for students.

We are excited that this year we are able to gather together again for this year's 2023 CPA Convention in Toronto. It feels like an extra special year for me personally, as I am from Toronto, and can't wait to experience the excitement of our convention in my hometown. We have planned several engaging and informative events for students attending this year's 2023 CPA Convention, designed to address the needs of students at various levels of training.



We will present workshops and discussion forums on several topics, including graduate school applications, navigating the challenges of academia as a psychology student, and publishing skills for students. Our Section's Social Justice, Equity, Diversity, and Inclusion committee has also organized a workshop focused on Justice, Equity, Diversity, and Inclusion in Psychology. We are

also thrilled to welcome Dr. Trevor Hart of Toronto Metropolitan University as our Section's Keynote Speaker. Dr. Hart's presentation is titled: The Effects of Minority Stress on the Sexual and Mental Health Among LGBTQ2+ People. This presentation will focus on the topic of minority stress against LGBTQ+ people and the ways in which this affects their mental and sexual health. He'll also be focusing his talk on themes of equity, diversity, inclusion, and justice and connecting this work to practice and awareness for future psychologists (students).

New this year, I will be hosting a Section Chair Address, scheduled for June 23rd from 10:00am – 11:00am EST. This presentation is titled: *In Their Words: Student Leadership, Advocacy, Diversity, and the Future of Psychology in Canada*. I am thrilled to share that I will be joined by eleven incredible students from across the country who will speak on the future of psychology in Canada, with an emphasis on diversity, equity, visibility, and inclusion in research, practice, and training. Join us to explore how students are leading the way to a more inclusive, diverse and representative future in Canadian psychology.

I hope to have the chance to connect with all of you who will be attending this year's convention throughout the weekend of June 23rd - 25th, as well as at our Section Annual Business Meeting which will be happening on June 23rd from 4:00pm – 5:00pm EST. We will be raffling off registration at next year's convention. We also hope to see you at our Annual Student Section Social Event, taking place on June 23rd immediately after the AGM from 5:00-6:00 pm EST. This is a great opportunity to meet other students and enjoy some refreshments while learning more about our Section activities. The Student Section Executive team is here for you and we will do our best to respond to any questions or concerns you might have.

I hope to meet many of you in Toronto throughout the 84th Annual CPA Convention!

Linnea Kalchos

The University of British Columbia

Chair of the Section for Students in Psychology

chair.cpastudentsection@gmail.com

JEDI Committee Update – Winter 2023

Written by Emily Winters

Twitter Project:

In 2022, the JEDI Committee worked to create a list of resources (linked [here](#)) related to JEDI to help support students in psychology in their learning and reflective process. We wanted to make this list of resources more accessible and digestible, which led to our Twitter Project! We have created a list of dates of significance that align with justice, equity, diversity, and inclusion. On these dates, we have been tweeting out resources that can help us in learning more about that particular community, their experiences, and how we can best support them as future psychologists. Follow along throughout the year as we continue to curate our favourite books, podcasts, movies, TV shows, websites, and social media accounts! You can find us on Twitter @CPAStudentsJEDI





JEDI Committee Update – Winter 2023

Written by Emily Winters



Workshop:

In other news, be sure to check out the JEDI Workshop at the CPA 2023 Convention, titled *Identifying and Addressing Justice, Equity, Diversity, and Inclusion (JEDI) Needs in Our Institutions: A Workshop for Students*. We are really looking forward to delivering this workshop and exploring ways of taking initiative in our own training together! You can find the abstract for the workshop in this newsletter. 😊

New JEDI Executive:

Finally, I am sad to say that my term as JEDI Executive will be coming to an end in August of 2023! I have truly loved being able to serve the student community in this position. I have met and learned from so many incredible individuals and had the opportunity to work with such a fantastic team. I know that I leave this position in good hands, and wish Etinosa Oliogu, the new JEDI Executive, all the best!



10 Questions to Consider Justice, Equity, Diversity, and Inclusion in Your Research

Written by: Emily Winters, Alanna Chu,
Sommer Knight, and Danielle Lefebvre

Unfortunately, psychology is one of many fields of study that has historically neglected to consider issues related to justice, equity, diversity, and inclusion (JEDI) in research practice and design. This has not only impacted the validity and generalizability of our research findings but also has led to irreparable harm to marginalized individuals and communities. Thanks to trailblazers in the field, progress has been made, and practices such as sex and gender-based analyses, patient-oriented research, and community-based research are more common than ever before. However, much work remains to be done in ensuring our research practices are grounded in JEDI, in an effort to best serve the individuals and communities who participate in it. Here are several questions we can ask ourselves to ensure that we are appropriately considering JEDI in our research.

Research Question Development:

- 1. What questions would the community like to have answered? How can I, with my research skills, help them answer those questions?*
- 2. What are our motivations for doing this research?*
- 3. Is the research team made up of individuals who can provide diverse perspectives? Is my research team an appropriate one to conduct this research?*
- 4. What populations have been studied on this construct already? Are there populations we already understand very well, and some we do not? Has this population been exploited for research in the past?*

Research Design and Methodology:

1. *What way of knowing are we grounded in? Is it a way of knowing that is grounded in Western science? Does this differ from the ways of knowing of the group we are hoping to work with?*
2. *How would I feel, as a research participant, if someone asked me our survey questions? Would I feel exploited if I were asked these questions?*
3. *How are we considering data sovereignty? Are we using this community's time, energy, and/or resources without giving them something valuable in return? How are we giving back to the community we collected this information from?*

Interpretation and Dissemination of Results:

1. *To whom are these results going to be generalizable? Have we collected data that is only generalizable to individuals who generally hold high amounts of privilege (e.g., university students)?*
2. *How have we considered our biases in interpreting our results? Have we talked about our results in the past tense to ensure conclusions are only being drawn about our specific sample?*
3. *How are we making the dissemination of our results accessible? Are we creating knowledge translation materials for a variety of audiences? What is the reading level of this material? Can it be made into an infographic or presented in audio or video format?*

There are various guides and resources that provide more detailed information on this very topic. More information on data sovereignty can be found at <https://fnigc.ca/ocap-training/>. The Social Sciences and Humanities Research Council (SSHRC) also provides helpful guides and information, which can be found below:

- https://www.sshrc-crsh.gc.ca/funding-financement/apply-demande/guides/doctoral_postdoctoral_edi_guide-doctorat_postdoctorales_guide_edi-eng.aspx
- https://www.sshrc-crsh.gc.ca/funding-financement/apply-demande/guides/partnership_edi_guide-partenariats_guide_edi-eng.aspx#3
- <https://www.sshrc-crsh.gc.ca/funding-financement/nfrf-fnfr/edi-eng.aspx>
- https://www.sshrc-crsh.gc.ca/about-au_sujet/edi/index-eng.aspx

Upcoming Convention Highlights



The 2023 annual convention will take place from **June 23rd-25th** at the **Sheraton Hotel** in **Toronto, Ontario.**

Register here:

<https://convention.cpa.ca/registration/>

Meet Our Keynote Speaker: Dr. Trevor Hart



Dr. Hart is a Professor in the Department of Psychology at Toronto Metropolitan University, the director of the HIV Prevention Lab at Toronto Metropolitan University, and a professor at the Dalla Lana School of Public Health at the University of Toronto. He holds a Research Chair in Gay and Bisexual Men's Health from the Ontario HIV Treatment Network. He has received several awards for his advancements to research and clinical work, including membership in the College of New Scholars, Arts, and Scientists of the Royal Society of Canada. Dr. Hart's research interests include the identification of factors associated with sexual health outcomes among sexual minority men, testing of behavioural interventions for sexual minority men at high risk to promote sexual health and mental health, and the impact of minority stress on these communities.

CPA Section for Students Convention Events

Event	Date	Time
Friday June 23	Chair Address/Panel	10:00am – 11:00am
Friday June 23	Navigating Academia Panel	11:00am – 12:00pm
Friday June 23	Section Featured Speaker	3:00pm – 4:00pm
Friday June 23	Section AGM	4:00pm – 5:00pm
Friday June 23	Section Reception	5:00pm – 6:00pm
Saturday June 24	JEDI Workshop	9:00am – 10:30am
Saturday June 24	Publishing 101 Workshop	2:30pm – 4:00pm
Sunday June 25	Applying to Grad School Workshop	9:30am – 10:30am

*See the next pages for details on the panels
and workshops!*

Workshop: Identifying and Addressing Justice, Equity, Diversity, and Inclusion (JEDI) Needs in Our Institutions: A Workshop for Students

Many have long-recognized the importance of promoting and integrating the principles of Justice, Equity, Diversity, and Inclusion (JEDI) into psychology graduate training programs in Canada. Although informative research on integrating social justice into graduate training exists (Graplin, 2017), much of this research targets program and/or institutional leadership, despite students having valuable knowledge of what initiatives would be most impactful. Students may be unaware of the practical aspects of implementing JEDI in their institutions. This workshop aims to provide students with the tools and knowledge to take the initiative in identifying and addressing such gaps in social justice education in their training programs. This workshop will provide a brief didactic lesson for students, including what JEDI work is, allyship, barriers/facilitators to this work, and working with leadership. Group breakout sessions will promote knowledge sharing between institutions across Canada and allow students to explore the nuances of advocating for the advancement of JEDI principles at the institutional level, as well as within the clinical, research, and teaching spheres. A debrief session will follow, where each breakout group will share their conclusions with other attendees. The findings from this workshop will inform a list of action items that will be made available to students.

Applying to Graduate School in Psychology: Tips & Tricks to Success

In the following workshop, general information about how to prepare for applying to graduate school in a psychology-related program will be provided. The workshop will discuss different streams and programs of psychology that students can apply to, the application process, how to select a potential supervisor, and the types of experiences and opportunities that can help boost their CV and skills prior to applying to graduate school. Students will also have the opportunity to review and edit their statements of intent individually or in groups. This activity will allow for discussion, self-reflection, and networking among students. Last, a panel of psychology graduate students will share their personal experiences applying to graduate school and engage in a question-and-answer session with the public at the end of the workshop.

Publishing 101 Workshop

The publication process can be confusing and arduous for many students and early career researchers. It requires effort, patience, and perseverance in the face of potential rejection. This workshop will be facilitated by two graduate students and CPA Student Section executives who have experienced the stages of publishing a scientific paper and have participated in the formal reviewing process. It aims to demystify the publication process - from writing the manuscript to acceptance and publication by the journal - and provide guidance on ways that students may increase their chances of publishing their research. The workshop will review the main components of a scientific paper, outline the various steps of the submission and peer review process, as well as present common submission guidelines. Attendees will also receive tips on how to maximize their chances of publication and information on various non-peer-reviewed options. Following the didactic educational component, attendees will engage in guided group discussions about topics related to publishing research that are most meaningful to students. The group discussions will allow attendees to explore topics in greater detail and ask questions specific to their interests and needs. The workshop will conclude with a debrief, where each group will share what they discussed and learned with all attendees.

How to Navigate Academia as a Psychology Student

For many current and future students, academia can be an intimidating, overwhelming, or anxiety-provoking environment. It imposes a set of expectations, rules, and norms to follow; however, these rules are often unstated, not obvious, or ambiguous. This can result in students feeling blindsided or disadvantaged and can also delay or alter academic plans. This reality is especially difficult for students facing additional hurdles, such as first-generation students or those with a non-traditional path. Discussing ways to successfully navigate academia is needed given that many of us go through similar experiences, and sharing our trials and errors can benefit other students. These insights can also help foster a more just, equitable, diverse, and inclusive culture. The panel discussion will feature four CPA Student Section executives from across Canada with diverse backgrounds and a wealth of experience and knowledge on how to navigate academia as a psychology student. Panelists will discuss common myths among students, toxic or harmful beliefs, and will also address the occurrence of imposter syndrome and perfectionism. They will also speak about effective self-care techniques and mentorship. Student attendees will leave the panel discussion with practical advice and hopefully, a clearer and more open mind and a greater sense of self-confidence in their academic journey ahead. 13

Chair Panel

In Their Words: Student Leadership, Advocacy, Diversity, and the Future of Psychology in Canada

This address from the Chair of the Student Section will focus on student leadership and will invite diverse student voices to sit on a panel. Alongside the experiences and research of the Chair, these students will be invited to speak to their experiences and explore the future direction of psychology in Canada. Students in psychology are doing important research, advocacy, and community-based work to make the field more inclusive and representative of diverse voices. The address will focus on the role of student leadership, advocacy, diversity, inclusivity, and representation in the future of psychology in Canada. The Chair will be joined by a panel of students from across Canada who will share their experiences conducting research focused on diverse groups and serving in leadership roles at their universities and in the community to promote equity, diversity, and inclusion in psychology.

Panelists:

Sarah Mangle, Concordia University, Honours Psychology

Petra Owusu, Western University, School and Applied Child Psychology

Kevin Prada, University of Manitoba, Honours Psychology

Amanda Nkeramihigo, York University, Honours Psychology

Jean-Marc Moke, York University, Honours Psychology

Eric Samtleben, Trent University, Health Psychology

Allison Yang, Trinity Western University, Counselling Psychology

Tosa Oliogu, University of Toronto Scarborough, Clinical Psychology

John Malyk, University of Saskatchewan, Applied Social Psychology

Sommer Knight, University of Ottawa, Clinical Psychology

Tips and Tricks for Conference Newbies

by

Jennifer McWilliams, BSc

PhD Student in Experimental Psychology,
University of New Brunswick

Having presented at multiple virtual and in-person conferences, I have many tips and tricks that I would like to share for conference newbies! However, as we are starting to present in person again, I will stick with sharing more relevant pieces of advice:

- 1) **If possible, ensure that you have created your presentation/poster with plenty of time for feedback from others.** This will help curb the before-presentation jitters and free your mind to be able to enjoy the conference a bit more. The last thing that you want to do is be updating your presentation the night before or even the day of your presentation (unless absolutely necessary)! Take it from someone who has been in this situation a few times, it makes the entire experience more stressful. Furthermore, if you have completed your presentation/poster ahead of time, make sure to go back through it a few times and practice your speech, pay attention to your body language, and try to anticipate questions that the audience may ask. Doing so will contribute to feeling more comfortable throughout the duration of your presentation/poster session.
- 2) **Try your best to schedule everything (e.g., accommodations, travel) far in advance!** This will diminish any sort of ambiguity regarding traveling to and from the conference, and enable you to focus on your presentation and the actual conference. If you are nervous traveling alone or would like to cut down on the cost, try reaching out to others in your Department to see if they are also attending the conference (they may be willing to split costs for accommodations and/or spend time with you) or bring along a family member or friend for the trip.

- 3) Although students like to dress up for the conference, be sure that you pack some comfortable clothes and prepare for the weather! As you will most certainly be exploring different sessions during the conference, as well as navigating the surrounding area, I can almost guarantee that you will come to regret wearing uncomfortable clothing/shoes or clothes that are too warm/cold. Also, make sure that you pack the necessities other than clothes/shoes (e.g., driver's license, Medicare card, debit/credit card, cash in case debit/credit does/do not work, poster, laptop or jump drive with presentation already loaded).
- 4) If you are looking to network and meet new people within your area of expertise or who share similar interests, make sure to take advantage of the various sessions and dinners that are scheduled! If you have the money, you could always order or print a business card – this will make things a bit easier when exchanging personal information with others.
- 5) Finally, try your best to have fun! While it is important to present your research to the best of your abilities, it is also important that you get to enjoy being in a new location (if you are from out of town/province/country, that is!).

Note from the Executive: If you have any questions in the lead-up to the conference, please do not hesitate to reach out to the Communications Executive, Juliana Khoury, at com.cpastudentsection@gmail.com. We would be happy to help!



AWARD OPPORTUNITIES

The following grants will be available this fall

Student Research Grant

Six grants of \$500 each will be awarded. These grants are intended to support students in undergraduate or graduate programs in any domain or discipline within psychology who are actively engaged in research.

Campus Initiative Grants

Two grants of \$750 each will be awarded. These grants are intended 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.

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), Alejandra Botia (2020 – 2021), Linnea Kalchos (2021-2022), and Melissa Lazo (2022-2023). The goal of the program is to serve our community of CPA Student Affiliates by facilitating a space for connection and the sharing 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, and what topics to discuss. To participate in the program, visit our website here: <https://cpa.ca/students/mentorship/>

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 more. Mentees also have a unique opportunity to learn from someone else who has an understanding of what it is like to go through these academic processes and the decision-making challenges that can sometimes arise. Knowing that you are not alone during a time that can feel confusing and overwhelming can already make a significant difference.

Benefits of Joining the Program: 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 graduate students to offer the guidance and support they wish they had received. 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.

The 2022 – 2023 Cohort

We have 87 CPA Student Affiliates who participated in the CPA Student Mentorship Program 2022 - 2023 cohort. This year's group of mentors consisted of exceptional graduate students from Master's and Ph.D. programs in neuropsychology as well as clinical, counselling, school, educational, forensic, developmental, health, experimental, 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.

Joining the 2023-2024 Cohort

If you are interested in participating in the CPA Student Mentorship Program next year, mark your calendars! The call for applications for the 2023 – 2024 academic year will be released in July 2023. 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!

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

Mentorship program

A note from the Chair-Elect

I am truly honoured to continue the incredible work of previous coordinators as we approach the end of the 8th edition of the CPA Student Mentorship Program. This program continues to be one of the most anticipated offerings of the CPA Student Section, bringing together students from different disciplines and across Canada. The Mentorship Program provides our Student Affiliates with the opportunity to learn, connect, take on leadership roles, and more.

We would like to extend our congratulations to our annual Mentor and Mentee of the Year! These individuals were nominated for their outstanding contributions to the program. Congratulations to our Mentee of the Year, Paneet Gill of Kwantlen Polytechnic University, nominated by their mentor Amy Barron. We would also like to congratulate our Mentor of the Year, Elisabeth Dromer of the University of Ottawa, nominated by their mentee Hawra Al-Khaz'Aly.

Thank you to everyone who made the program a success this year and we look forward to welcoming many of you back as well as seeing new faces in the fall. As Program Coordinator, I am always available to offer my support to both mentors and mentees. I also encourage past and current program participants to email 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. It has been such a pleasure getting to know all the participants this year and to hear about your positive experiences in the program. Have a fantastic summer!

Melissa Lazo, M.A.

The University of British Columbia

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 peer-review process from the points of view of both the submitter and the reviewer/editor. Submissions are reviewed on a rolling basis! 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.

You can view the most recent editions of *Mind Pad* [here](#)

What Can I Submit to *Mind Pad*?

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 who engage in open science practices when submitting to *Mind Pad*!





Election Results

Congratulations to our new executives! Please join us in welcoming

Chair-Elect **Anisa Nasser**

Graduate Student Affairs Executive **Dorothy Chacinski**

Francophone Affairs Executive **Malika Desrosiers**

Justice, Equity, Diversity And Inclusion Executive
Etinosa Oliogu

We look forward to working with you!

Thank you to our outgoing executives **Alejandra**

Botia (Past-Chair), **Laura de la Roche** (Graduate

Student Affairs Executive), **Sophie Barriault**

(Francophone Affairs Executive), and **Emily Winters**

(Justice, Equity, Diversity, and Inclusion Executive) for

your incredible service throughout your terms! We will

miss you and wish you the best of luck in all your future endeavours!

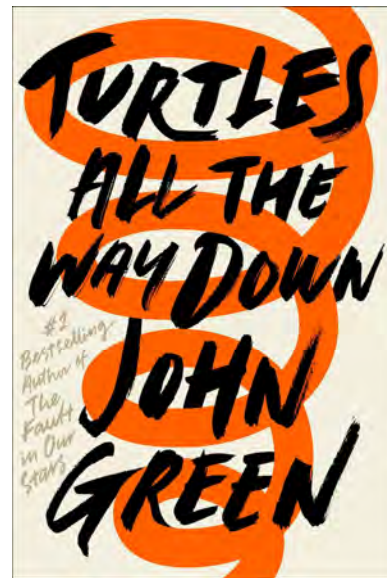
Books of the Month

Want to do some psychology reading that isn't schoolwork? Check out these psychological fiction recommendations from the Executive!



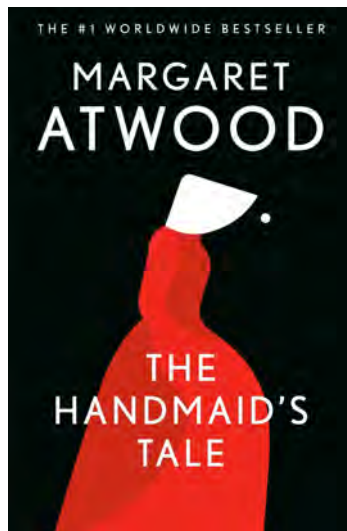
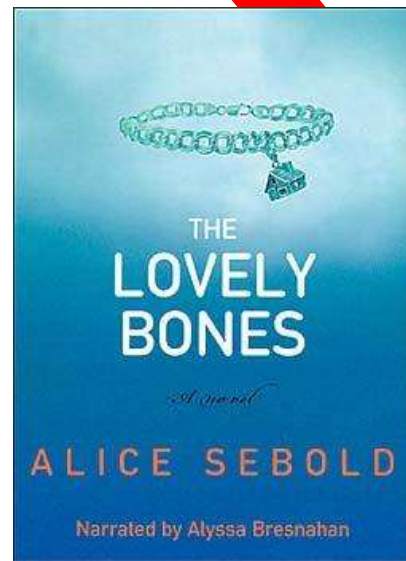
Nineteen Minutes by Jodi Picoult

Turtles All the Way Down
by John Green



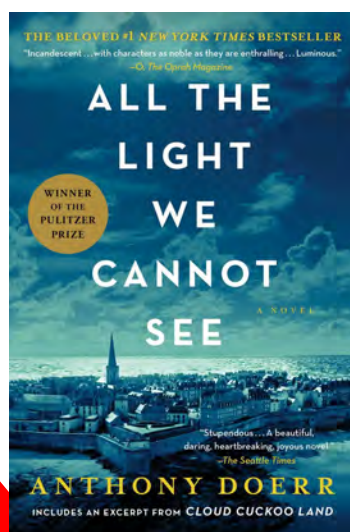
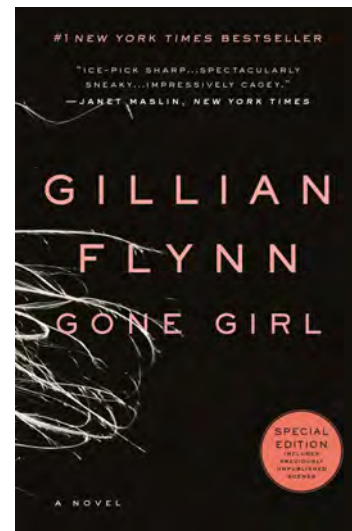
While We Were Dating
by Jasmine Guillory

The Lovely Bones
by Alice Sebold



The Handmaid's Tale
By Margaret Atwood

Gone Girl by Gillian Flynn

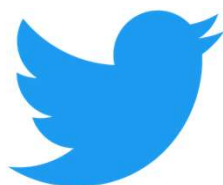


All the Light We Cannot See
by Anthony Doerr

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NEW!



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