

STUDENT NEWS

Newsletter of CPA Section for Students

Message from the Chair

Message de la présidente

Zarina Giannone, University of British Columbia

It is an absolute honour and privilege to serve as the Chair of the CPA Section for Students in Psychology throughout the 2015-2016 academic year. I could have never imagined how valuable and rewarding this experience would have been thus far. As your Chair, I try my hardest to represent the voice of psychology students in Canada and provide the most satisfying and fulfilling opportunities for CPA Student Affiliates. Together with my small team of student executives, we have worked hard to cultivate some new and exciting opportunities for psychology students this year. You will read about some of these initiatives in the next few pages of this newsletter, including the launch of the CPA Student Mentorship Program, two new student grants, and much more. We would also like to offer you some new networking and presentation opportunities at the next CPA Convention in Victoria, BC this coming June (2016). For example, our Section plans to introduce a new student networking zone, as well as a "Data Blitz Competition" which will be paneled by some of Canada's top researchers and psychologists. You are always welcome to make suggestions or connect with me if you feel the need. You will find that I am very receptive to this so I encourage you to reach out!

What I have enjoyed most about my role as Chair is the ongoing opportunity to connect with students from across the country. Over the past year, I founded and developed the CPA Student Mentorship Program as a means to connect psychology students from all over Canada. This program currently has over 200 program participants. I am a huge advocate of student leadership and I find that this program is an excellent venue for students to bond and engage in a

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I hope each and every one of you is able to get involved in at least one program, initiative, or funding opportunity this year as we are continually changing and improving the opportunities that we offer students and we need your help to make this our best year yet!

Congratulations on the start of another semester. Wishing you all the very best this academic year.



Meet the 2015-2016 Executive/ *Rencontrez l'exécutif étudiant de 2015-2016*

The Section Executive is comprised of eight different positions: Chair, Chair-Elect, Past-Chair, Administration & Finance Officer, Communications Officer, Graduate Student Affairs Officer, Undergraduate Student Affairs Officer and Francophone Affairs Officer. Each position plays an integral role in the functioning of the section and aims to connect psychology students across Canada. Please refer to our website for more details regarding the specific roles of each position.

L'exécutif de la section se compose de huit positions différentes: président, président élu, président sortant, agent de l'administration et des finances, agent des communications, agent des affaires de premier cycle, agent des affaires de deuxième et troisième cycle ainsi qu'un agent des affaires francophones. Chaque poste joue un rôle essentiel dans le fonctionnement de la section et vise à relier des étudiants en psychologie à travers le Canada. Veuillez consulter notre site web pour plus de détails concernant les rôles spécifiques de chaque poste.

Zarina Giannone, Chair & Student Representative on the CPA Board of Directors / Présidente et représentante étudiante au conseil d'administration de la SCP



Greetings! My name is Zarina Giannone and I am an M.A. Student in Counselling Psychology at the University of British Columbia. My research interests pertain to athlete identity, athletic transition, coping and mental health outcomes. I am drawn to this area of research as a result of my own personal experiences playing competitive sports on the Canadian National Soccer Team (Youth) and the UBC Varsity Women's Soccer Team. I currently hold two positions with the Canadian Psychological Association: Chair for the Section for Students in Psychology, and Student Representative on the CPA Board of Directors. In both positions, I am honoured to be a representative of psychology students in Canada and I feel fortunate to work alongside many incredible and inspirational people. I look forward to an exciting year with each and every one of you.

Michelle Gagnon, Past-Chair / Présidente sortante

I am a doctoral student in Clinical Psychology at the University of Regina and am currently completing my pre-doctoral internship at the Hospital for Sick Children in Toronto.

My research focuses on pain in the family context and knowledge translation in health. I have been on the Section for Students for the past four years, serving in the positions of francophone affairs officer, communications officer, and most recently as Chair. I am looking forward to another exciting and productive year.



Michelle Guzman-Ratko, Communications Officer/Agente des communications

My name is Michelle Guzman-Ratko and I am proud to be the Communications Officer of the CPA Section for Students. I am a recent graduate of McMaster University in their Honours Psychology, Neuroscience, & Behaviour program. As Communications Officer, it is my duty to be the main point of contact for students whether this be by email correspondence, sending the Section News to students, or answering any questions about psychology or the CPA Student Section. Feel free to contact me if you have any questions about the Section!

Jennifer Bartlett, Graduate Student Affairs Officer/Agente des affaires de deuxième et troisième cycle

My name is Jennifer Bartlett and I'm entering the third year of my PhD in Counselling Psychology at the University of Alberta. My dissertation research will examine the efficacy of emotion-focused group therapy for individuals with eating disorders, specifically bulimia nervosa, with a particular focus on shame. My position on the student executive is the graduate student affairs officer. I am responsible for managing both graduate student and faculty representatives, which primarily involves the recruitment of new representatives, helping to transition them into their new position, and collecting bi-annual reports from each representative outlining their activities to date. If you are interested in becoming a graduate student representative for CPA at your university, please do not hesitate to contact me!

**Georden Jones, Francophone Affairs Officer/Agente des affaires francophones**

Georden Jones is a doctoral student in the MA.-Ph.D. program in clinical psychology at the University of Ottawa. She is a member of the Psychosocial Oncology lab lead by Dr. Sophie Lebel. Her research interests include: cancer-related fatigue, fear of cancer recurrence, multidisciplinary care and health psychology.

Mon rôle en tant que représentante des affaires francophones est d'entreprendre initiatives pour connecter avec les étudiants francophones et les programmes francophones de psychologie au Canada, de sensibiliser les membres de l'exécutif des problèmes et des situations auxquels font face

la communauté psychologique francophone et les membres francophones de la Section et de représenter les communautés francophones à travers le Canada. N'hésitez pas à communiquer avec moi pour toute question!



Left: Todd Chan, Administration and Finance Officer/Agent de l'administration et des finances

Not Pictured: Somayya Saleemi, Undergraduate Student Affairs Officer/Agente des affaires de premier cycle

Interested in Joining our Team?/Vous êtes intéressés à joindre notre équipe?

If you are interested in getting involved with the Section for Students' Executive, we will be holding elections this winter for the positions of Chair-Elect, Undergraduate Student Affairs Officer, Graduate Student Affairs Officer, Communications Officer and Administration and Finance Officer. Please refer to our website for further information regarding the application process.

Si vous êtes intéressé à vous impliquer au sein de la section de l'exécutif des étudiants, il y aura des élections cet hiver pour les postes de président désigné représentant des affaires de premier cycle, agent des affaires de deuxième et troisième cycle, agent des communications, et agent de l'administration et des finances. Veuillez consulter notre site web pour davantage d'informations concernant le processus de demande.



Above: The 2014-2015 Student Executive at the Annual CPA Convention

A Look at the 2015 CPA Convention

Un aperçu de la convention de 2015 de la SCP

We had another great year at the annual CPA convention in June in Ottawa! We are already looking forward to next year in Victoria, B.C. Here's a look at what you missed:



Workshop: Doing Research Without Funding

The Section offered this workshop in collaboration for Students and CPA Head Office. Students were provided with practical tips and tools for conducting high quality research without breaking the bank. Pictured above are student executive members during this workshop.



Keynote Address

This year's guest speaker was Dr. Julie Gosselin from the University of Ottawa. Her talk on Synergy in Supervision: Evidence-Based Professional Practice welcomed many students. We greatly appreciated having her share her knowledge and passion with us.



Above: Our past Undergraduate Student Affairs Officer practicing networking skills.

Workshop: Graduate School + Networking = Your Future Career: How to Prepare For It All

This year, our annual workshop on applying to graduate school was attended by many students hoping to learn more about the process of applying to graduate school. Additionally, this workshop featured an exclusive networking piece, which helped give resources to students on how to network, where to network, and other networking tips.

Other Workshops Offered This Year:

Securing Funding for Graduate Studies in Psychology

This workshop highlighted the various components of applying for funding, discussed selection criteria, and reviewed the adjudication process, in order to assist students in strengthening their applications and successfully obtaining funding.

Counselling vs. Clinical Psychology – What's the Difference?

This workshop provided information on the different models of therapies, treatment methods, areas of research, and boundaries of each practice to provide a clear understanding of the differences between counselling and clinical psychology.

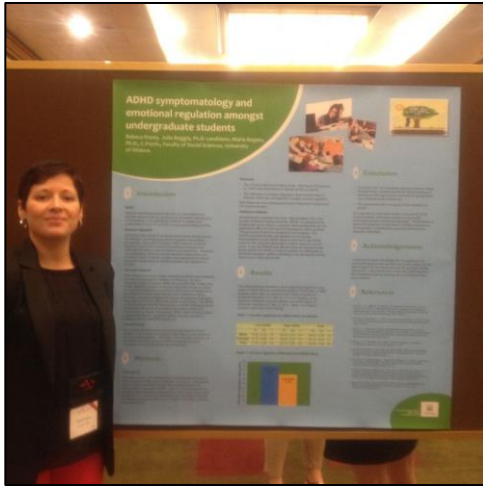
Have suggestions for workshops for next year's convention? Contact us:
<http://www.cpa.ca/students/about>



Student Social

This year for the student social, we had a trivia night at The Fox & Feather. We shared in great food, great drinks, & great company. We had an amazing turnout & we hope more of you come out next year!

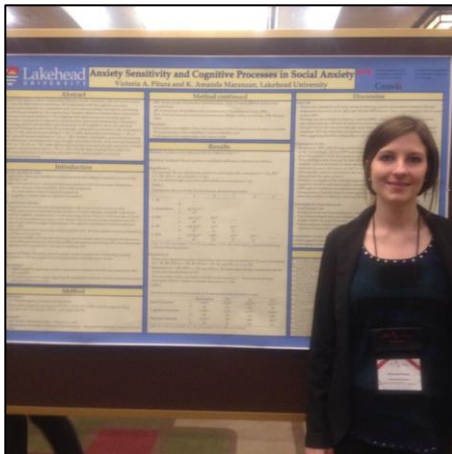
Student Award Recipients *Récipiendaires de prix étudiants*



Best Undergraduate Poster Award

Rebeca Reyes - University of Ottawa

Title: ADHD Symptoms and Emotional Regulation Amongst Undergraduate Students



Best Graduate Poster Award

Victoria Pitura - Lakehead University

Title: Anxiety Sensitivity and Cognitive Processes in Social Anxiety

The purpose of the Student Section's Best Student Poster Award is to encourage high quality submissions to the Section for Students division for the annual conference of the CPA. Each year we recognize the student with the best undergraduate and best graduate poster submission to the Section for students. Recipients receive \$150 from the Section.

Congratulations on your hard work!

Undergraduate Rep Award of Excellence

Rebekah Erickson is going into her final year of a BA in Psychology at the University of Victoria and is excited to be doing research for her honours thesis at the Centre for Addictions Research of BC. Throughout her years as a psych student, she has been particularly passionate about positive psychology, addictions and mental health, and counselling psychology. Rebekah currently works as a Student Engagement Coordinator in the Judicial Affairs and Student Life Office, where she helps to implement key initiatives of the UVic Student Mental Health Strategy: an institution-wide plan to promote positive mental health amongst students. Rebekah is passionate about getting involved both on campus and within her community. She supports her fellow students as a UVic Peer Helper in a program run by the university's Counselling Services; is a member on the board of directors of Woodwynn Farms, a therapeutic community for the homeless; and is co-president of the UVic Chapter of Golden Key International Honour Society. The highlight of Rebekah's time as a CPA Undergraduate Rep was co-facilitating an educational workshop series called "Psychology How To's" alongside the graduate rep at UVic. She is looking forward to continuing in this role for the 2015-2016 academic year, and is especially excited to have the next annual convention coming to her city.



Graduate Rep Award of Excellence

Originally from New York, **Kaitlyn M. Werner** received her Bachelor of Arts degree in Psychology with distinction in honours and research from the University of Rochester in May 2013. Later that year, she moved to Victoria, BC to pursue her graduate work under the supervision of Dr. Frederick Grouzet at the University of Victoria. In April 2015, she completed her Master's thesis entitled, *Parenting Style and the Promotion of Intrinsic and Extrinsic Goals*, and has since transitioned to being a first year Ph.D. student. Since her arrival in Victoria, Kaitlyn has served as UVic's graduate student representative in the Department of Psychology, where she helped launch a series of professional development workshops entitled "Psychology How To's." Most importantly, she would like to thank her mentor and supervisor, Dr. Grouzet, for his unconditional support and guidance in her development as a student leader. Finally, she looks forward to welcoming you to beautiful Victoria for the next CPA convention in June 2016!

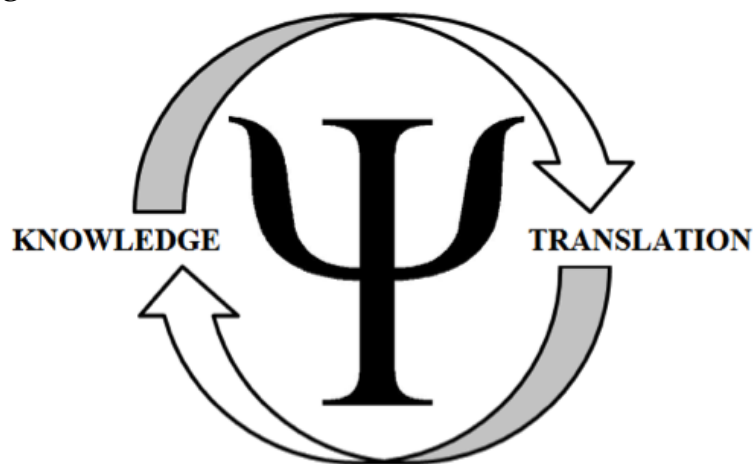


Knowledge Translation: An Opportunity for Students

Katherine Dueck, B.A.

Many students in psychology are looking to strengthen their resumes. From countless volunteer hours in the lab to presenting at national conventions, there are many opportunities if one knows where to look. One area in which students should seek opportunities is in the realm of 'knowledge translation'. Simply stated, this involves the interpretation and explanation of scientific findings to the general public in a way that is easily comprehensible and accessible to all. It literally involves translating knowledge so everyone has the opportunity to understand it.

Why is knowledge translation essential to psychology as a discipline? First, it is an excellent way for individuals in the field to gain publication experience and demonstrate their commitment to the growth of empirical knowledge beyond the scope of academia. Second, the dissemination of psychological knowledge and research to people who may not otherwise access it presents opportunities for both consumers and producers of knowledge translation pieces to inspire and generate ideas. Thus, knowledge translation can be conceptualized as more of a cycle of creativity, knowledge, and opportunity, rather than a single task.



What are some ways students can get involved in this process?

- First, come up with an idea. This can be as simple as something learned in a course at school, to an original idea for research.
- Next, look up what is already out there, both in academic journals and in the popular media. Find something original and inventive that is relevant to the public and has yet to be explored.
- Then, choose a target audience. A great way to do this is to pick a magazine, newspaper, or website and check out the kinds of articles they have previously published. See if your idea fits their scope or change your idea to fit their scope.
- Then... get writing!
- Once you have a draft, get someone in your field to review it and incorporate their feedback
- Then simply email it to the editor of your chosen media publication. They may not accept it, but chances are if it is a strong article that fits their scope, they will at least consider it. This is a great way to get your name out there and get some publications on your resume.

For formal information on knowledge translation, visit:

<http://www.cpa.ca/researchers/KT>. For information on how you can get involved, contact your academic supervisor or talk to someone in your field with experience in this area. The author of this article can also be contacted at kndueck@ualberta.ca.



CPA Student Mentorship Program

Programme de mentorat pour étudiants de la SCP

The Section for Student's in Psychology is proud to announce that has launched its very own **CPA Student Mentorship Program** in **June, 2015**. We ask that all students (both undergraduate and graduate!) contact the **Program Coordinator, Zarina Giannone**, with your interest in becoming involved in the program (zarina.giannone@gmail.com). We look forward to launching this exciting new initiative, but we need your help in making that possible! Please see below for more details and get involved today!

Undergraduate Students: Have you ever felt confused or unsure of where you would like your degree in psychology to take you? Do you have questions about applying to graduate school? Are you hoping to build your CV?

Then you should consider signing up as a **Mentee** with the CPA Student Mentorship Program!

Graduate Students: Are you interested in providing support to undergraduate students in psychology? Are you hoping to improve your CV? Do you wish to take on a leadership role with the Canadian Psychological Association?

Then you should consider signing up as a **Mentor** with the CPA Student Mentorship Program!

Program Information

The CPA Student Mentorship Program offers Student Affiliates the opportunity to engage in mentor-mentee relationships with fellow students. The primary purpose of this program is to facilitate the exchange of information and the sharing of personal experiences amongst CPA Student Affiliate Members with varying levels of education across Canada.



CPA Student Mentorship Program

Programme de mentorat pour étudiants de la SCP

Peer mentorship relationships are unique from other forms of mentoring in that the lived experience of student life is shared by both the mentor and the mentee. Given that the student mentor has walked in the shoes of the student mentee (and continues to do so at a different educational level), a common understanding and respect can be shared. The opportunity to contribute to the developmental trajectory of a mentee is valuable and rewarding. Mentorship is a role that is often necessary in research, academia, clinical practice and other professional positions within the field of psychology. Student mentors have the opportunity to develop and hone their supervision skills, which can be extended to various professional domains, whereas mentees have a unique experience to extend their knowledge of the profession, develop their communication skills, and receive guidance around their personal and professional decisions. Experiences gained by both mentors and mentees may have important life-long consequences, as the very path by which mentees travel can be influenced by the insights of their mentor. Thus, student mentorship is regarded as an integral part of a student's journey in psychology as it serves to enrich the collective experience for students in the Canadian educational system and the profession as a whole.

Benefits of Peer Mentorship

- The acquisition of area-specific information in psychology (e.g., Clinical vs. Counselling Psychology, etc.)
- Learning about the importance of research and knowledge dissemination
- Insights on graduate school admissions and application processes
- Guidance on funding and scholarship information
- Gaining professional and leadership experience
- Increased networking opportunities
- Perspectives on career opportunities outside of psychology
- Opportunities for emotional support, friendship and personal feedback

How Can I Get Involved?

Prospective mentees (undergraduate students) and mentors (graduate students) should e-mail the Program Coordinator to become paired up in a peer mentorship relationship. Students will be asked to fill out a brief form which will ask you to indicate your level of education (i.e., undergraduate, Master's, PhD, etc.) and areas of interests in psychology. Mentors will also receive a short training manual which will help guide the mentoring process and relationship.

Next, the Program Coordinator will review applications and match mentees with mentors through a connecting e-mail. The specifics of peer mentoring is then up to each pair to decide on what works best in that mentorship relationship. Mentoring interaction may occur in person, over the phone, by e-mail, on Skype, or through any other modes of communication that are mutually convenient for students. The design of this program is meant to be simple and easy, allowing the process to be individually tailored to the specific needs/concerns of the mentorship pair. Mentees and Mentors will also be asked to evaluate their progress in the program on occasion.

Please contact Zarina for more information (contact info below). We look forward to hearing from you soon!

*Zarina Giannone
Program Coordinator/Founder
CPA Student Mentorship Program
Chair, Section for Students in Psychology*

Email address: zarina.giannone@gmail.com

Student Grant Opportunities

Opportunit  s de bourses   tudiantes

Students, do you need help with funding? Whether it is for research or to hold an activity on campus, the CPA Section for Students has not one but **TWO** new grant opportunities to help you out.



CPA Student Research Grant

Subvention de recherche pour   tudiants de la SCP

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. Given the costs that are associated with conducting research, and the limited funding that is available to students, the Section for Students wishes to recognize and support student research efforts by awarding two research grants, valued at \$500 each, to help alleviate a small portion of the financial burden.

Deadline: OCTOBER 26, 2015

Ce prix est destin      soutenir les   tudiants dans les programmes de premier cycle ou de cycles sup  rieurs dans tout domaine ou discipline au sein de la psychologie qui sont activement engag  s dans la recherche.   tant donn   les co  ts qui sont associ  s    la recherche et le financement limit   qui est disponible pour les   tudiants, la Section pour les   tudiants souhaite reconn  tre et soutenir les efforts de recherche des   tudiants par l'octroi de deux subventions de recherche, d'une valeur de 500 \$ chacun, pour aider    soulager une petite partie de la charge financi  re associ  e    la recherche.

Date Limite: le 26 octobre 2015

CPA Student Research Grant

Subvention de recherche pour étudiants de la SCP

Eligibility

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

1. The applicant must be a current member of the Section for Students of the Canadian Psychological Association
2. The applicant must be the primary investigator and/or first author of the research project
3. The research project for which support is being sought must be relevant to at least one domain or discipline within psychology
4. 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.

Admissibilité

Pour être admissible à cette subvention, les élèves doivent répondre aux critères suivants :

- 1. Le candidat doit être un membre actuel de la Section pour les étudiants de la Société Canadienne de Psychologie*
- 2. Le candidat doit être le chercheur principal et/ou le premier auteur du projet de recherche*
- 3. Le projet de recherche pour lequel le soutien est demandé doit être relié à moins un domaine ou une discipline au sein de la psychologie*
- 4. Le projet de recherche pour lequel le soutien est demandé ne doit pas encore être complété (à savoir, ne s'applique pas de façon rétroactive à des projets de recherche déjà réalisés), et la collecte de données et/ou le projet de recherche doit débuter pendant les 12 mois suivant l'adjudication de ce prix.*

Stay tuned for emails on beginning the application process!

Campus Initiative Grant

Subvention pour l'initiative de campus

The Section for Students supports the development of campus projects, programs, initiatives, and events that support the educational, networking, and training objectives of the Section and its members. The Section recognizes that student-run organizations (e.g., psychology student associations) or individual students often have ideas for initiatives or projects held at their college/university campus that would benefit from additional external funding. To that end, the Section has allocated two \$500 awards per year to outstanding project or activity initiatives from student-run groups or individual students.

Deadline: OCTOBER 26, 2015

La Section pour les étudiants soutient le développement de projets, de programmes, d'initiatives et d'événements de campus qui soutiennent les objectifs d'éducation, de réseautage et de formation de la Section et de ses membres. La section reconnaît que les organisations dirigées par des étudiants (par exemple, les associations d'étudiants en psychologie) ou les étudiants individuels ont souvent des idées pour des initiatives ou des projets qui se déroulent à leur campus collégiaux/universitaires qui peuvent bénéficier d'un financement externe supplémentaire. À cette fin, la Section a alloué deux prix de \$ 500 par an à des initiatives de projets ou activités organisés par des groupes gérés par les étudiants ou par des étudiants individuels.

Date Limite: le 26 octobre 2015

Requirements

To be eligible to apply for this grant:

1. 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.
2. 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.
3. Proposed activities or initiatives must be held at the institution's campus.
4. 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.

Campus Initiative Grant *Subvention pour l'initiative de campus*

Exigences

Pour être admissibles à cette subvention :

- 1) Les candidats doivent être un membre actuel de la Section pour les étudiants de la Société Canadienne de Psychologie; pour les applications de groupes étudiants, la personne qui fait demande au nom du groupe doit être un membre de la Section pour les étudiants.*
- 2) Les initiatives doivent être liées aux objectifs et aux exigences telles que détaillées dans les sections (1) et (2) ; qui est, en rapport avec les objectifs pédagogiques de la Section et pertinente pour ses membres.*
- 3) Les activités ou les initiatives proposées doivent être organisées sur le campus de l'institution.*
- 4) Les initiatives doivent avoir reçu l'approbation du département avant d'être soumises. Une lettre du président du département pertinent appuyant l'initiative ou l'événement doit être soumise.*

Have an idea for our next issue? We would love to hear from you. For any comments, questions, or suggestions, don't hesitate to contact a member of the Student Executive.

Don't forget to visit our website: <http://www.cpa.ca/students/about/>

Vous avez une idée pour le prochain numéro? Nous aimerions bien l'entendre! Pour des commentaires, des questions ou des suggestions, n'hésitez pas à contacter les membres de l'exécutif des étudiants.

N'oubliez pas de visiter notre site Internet:
<http://www.cpa.ca/etudiants/>

The opinions expressed in this newsletter are strictly those of the authors and do not necessarily reflect the opinion of the Canadian Psychological Association, its officers, directors, or employees.