

# Newsletter of CPA Section for Students

## Message from the Chair

Kyrsten Grimes, University of Toronto Scarborough

It is hard to believe that my term as Chair is already coming to an end. One of the tasks we tried to accomplish this year was to create programming and opportunities that targeted a broader range of students, from undergraduate students and postdoctoral fellows to clinical psychology and experimental psychology students. This is, of course, a work in progress, and we will continue to keep this issue at the forefront of our planning in years to come. We are working out the kinks in some new initiatives, and as such, we were unable to role them out before Convention. Rest-assured I will be working closely with the incoming Chair, Jean-Philippe Gagné, to ensure that these opportunities can be established during my tenure as Past-Chair.

It is with great sadness that we say goodbye to our current Past-Chair, Zarina Giannone. Her hard work and dedication to the Section and its members is undeniable. During her time on the Executive, she founded several new initiatives, including the Student Mentorship Program. It had such great success in its inaugural year that the program was implemented again this past year with similar success.

I would like to welcome all students attending this year's convention in Toronto! I hope that you can take advantage of the fantastic programming and networking opportunities. Everyone on the Executive will be wearing a badge indicating that we are part of the Executive. Please do not hesitate to approach us and say hi. If this is your first convention or you are hesitant about networking, connecting with us is a great place to start! (I swear we don't bite!) I also hope to see all of you at our Section's programming, which we hope will be relevant for all students in psychology, regardless of your year or subspecialty.

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Our Annual Student Social will be held at the Loose Moose on Friday, June 9 from 7-9PM. Please come check it out!

It was an honour to serve as Chair for the Section for Students, and I enjoyed every moment. I look forward to being part of the unfolding of next year's initiatives. Wishing you the very best in the future!



## Catch the Student Section at the 2017 Annual Convention!

Join the Section for Students at the 78<sup>th</sup> Annual Convention in Toronto, Ontario this year from **June 8<sup>th</sup> to 10<sup>th</sup>** at the Fairmont Royal York Hotel.

This newsletter will feature the various workshops and activities we will be taking part in and hosting at the annual convention. We hope to see you there!



## Join the Conversation!



**Facebook: CPA Section for Students/Section des étudiants de la SCP**

<https://www.facebook.com/CPASectionForStudents/>



**Twitter: @CPA\_Students**

Don't forget to use the hashtag **#CPA2017** at Convention!



**CPA Section News Page**

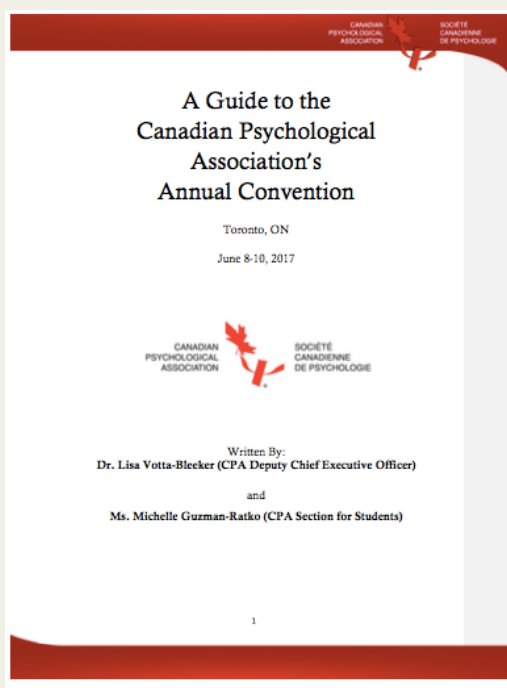
Be sure to check <http://www.cpa.ca/students/news/> and your emails for news from our Section.



# So You Want to Attend Convention...

If this is your first time attending convention as an attendee, presenter, or both, you may have several questions. The CPA Section for Students in collaboration with Head Office have created *A Student's Guide to the CPA's Annual Convention* which helps answer questions you may have such as:

- What do I wear?
- What should I bring?
- Where can I meet people?
- Will there be free food?
- What workshops and events are the Student Section hosting this year?



Stay tuned for a link to the guide coming soon!

# Meet Our Keynote Speaker

## Dr. Jessica Dere



Jessica Dere is an Assistant Professor, Teaching Stream, in the Department of Psychology at the University of Toronto Scarborough (UTSC). She is also a faculty member and the Practicum Coordinator in the Graduate Department of Psychological Clinical Science at UTSC. She obtained a master's degree in Cultural Psychiatry from McGill University, which laid the foundation for her work in the area of culture and mental health. She received her Ph.D. in Clinical Psychology from Concordia University in 2012, following the completion of her pre-doctoral internship in the Calgary Clinical Psychology Residency program. She then completed a post-doctoral fellowship in the Social Aetiology of Mental Illness (SAMI) training program at the Centre for Addiction and Mental Health. Her research work is driven by a fascination with the interplay between cultural factors and all aspects of mental health and illness. She is particularly interested in the role of cultural factors in emotional processes, and the clinical implications of the cultural shaping of emotional experiences. She is also interested in cultural variations in beliefs about mental illness, and the implications for such beliefs in the experience of distress and patterns of help seeking. She has published research on alexithymia, cultural variations in depressive and anxious symptom presentation, and acculturation. Her cultural focus also deeply informs her teaching, clinical supervision, and clinical practice. She is a licensed clinical psychologist, and is a part-time associate at the Cognitive and Interpersonal Therapy Centre in Toronto.

## Thinking Culturally about Mental Health

Dr. Dere is passionate about helping to promote and disseminate a culturally-informed approach to mental health through research, teaching, and clinical training and practice. Drawing on illustrative examples and recent empirical findings, Dr. Dere will demonstrate the fundamental role that cultural factors play in mental health and illness. Dr. Dere will also discuss findings from a recent project that she has been conducting with her students, involving an analysis of a national mental health anti-stigma campaign through a critical cultural lens. We invite all students to capitalize on this opportunity and attend Dr. Dere's talk!

*Friday, June 9, 2017 from 10:00-11:00, York-Main Mezzanine*



# Student Section Programs

The Section for Students has prepared several programs for you to attend during convention. Join in the discussion on many topics to further your knowledge and gain valuable skills!

## Round-table Discussion - Applying for Graduate School in Psychology: Mitigating the Process

Applying for graduate school in psychology is a multistep process that can be particularly demanding for undergraduate students and other prospective applicants. Graduate students from various sub-disciplines of psychology will discuss common concerns associated with graduate school admissions, including basic requirements, components of an application, and the selection of a graduate program and research supervisor. Attendees are encouraged to actively participate in the discussion by asking questions related to the application process and contributing their own thoughts.

*Thursday, June 8, 2017 from 10:45-11:45, Salon A-Main Mezzanine*

**Workshop - Leadership in Psychology: Harnessing Transferable Skills to Transform Your Career** The purpose of this conversation session is to discuss the foundational and functional competencies to support effective leadership, the various leadership roles taken on by psychology graduates (e.g., hospital administrator, program manager, executive director of NGO), and ways to build leadership skills prior to, during, and after graduate school, including a discussion of networking skills. The session will conclude with a discussion period, enabling attendees to ask questions to a panel of graduate students with a breadth of leadership experiences and to Dr. Andrea Piotrowski, who holds leadership positions in psychology both provincially and nationally.

*Thursday, June 8, 2017 from 16:15-17:15, Prince Edward Island-Main Mezzanine*

## Workshop - Self-Care for Clinicians, Researchers, and Students in Psychology

Regardless of whether you are a researcher, clinician, or student, self-care is critical for work-life balance. In this workshop, we will discuss the importance of self-care and the research behind its benefits. We will also discuss practical tips to incorporate self-care into our daily lives in an open and collaborative atmosphere. Next, burnout risk factors will be presented and identification of its signs will be discussed. Lastly, we will review and practice self-care strategies, such as relaxation techniques and exercise.

*Saturday, June 10, 2017 from 11:30-12:30, York-Main Mezzanine*

## Workshop - Publish or Perish: Championing the Inevitable Challenge of Publishing in Psychology

The purpose of this workshop is to orientate students to the publishing process. First, we will address the steps taken in preparing a manuscript for publication and the common barriers that are encountered throughout the peer-review process, while offering tips and tricks for navigating these hurdles. The topics that will be covered in this workshop include choosing an appropriate journal, preparing a successful submission, and responding to reviewers' comments and decisions. Finally, we will draw upon the expertise of an esteemed guest speaker with extensive reviewing experience to provide participants with a professional editorial perspective. The workshop will end with a discussion period affording students' the opportunity to ask questions to our expert guest speaker and graduate student panel.

*Saturday, June 10, 2017 from 13:30-15:30, Confederation 6-Main Mezzanine*



# Other Programs to Check Out

## Students in Psychology Poster Session

Check out the posters submitted by members of the Student Section!

*Friday, June 9, 2017 from 14:15-15:45, Salon B and Ballroom-Convention Floor*

## First-timer's Orientation & Social Media Social

If you are a first time attendee of the CPA Convention, attend this session to learn more about convention and mingle with other first-timers. FREE breakfast included.

*Thursday, June 8, 2017 from 7:45-8:15, Imperial Room-Lobby Floor*

## Joint CPA/CCPPP Internship Fair: Preparing Your Predoctoral Internship and What Training Directions Really Look For

This workshop will be facilitated by Internship Training Directors, a university Director of Clinical Training, and a student who have navigated the process. They will collectively present practical suggestions, dispel myths, give placement facts and figures, and outline the findings of a recent survey completed by internship training directors as to how they choose applicants for interviews and how they make ranking decisions. This workshop will allow for sharing of perspectives, answering questions and informal discussion. Both students and training directors are encouraged to attend. This workshop is the didactic portion of the CPA Convention Internship Fair and is co-sponsored by the CPA and the Canadian Council of Professional Psychology Programs (CCPPP).

*Friday, June 9, 2017 from 10:00-12:00, Salon A-Main Mezzanine*

## Graduate Student Fair

*Saturday, June 10, 2017 from 11:45-12:45, Territories-Main Mezzanine (Registration Area)*

## Gimme-5 Presentations (sponsored by the Student Section)

- Ain't Misbehavin': Monogamy Maintenance in Heterosexual Adult Romantic Relationships (Brenda Lee & Lucia O'Sullivan)
- Supporting Individuals with Mental Health and/or Addictions Through Navigation Services (Jennifer Mullen)
- An investigation into the associations between burnout and psychological health outcomes in university students: Is mental toughness a moderator? (Emily Wolfe Phillips, Patrick Gaudreau, Jennifer Brunet)
- Why attachment matters: First-year students' experience of burnout and disengagement (Carly Bumbacco & Elaine Scharfe)

Please check out the convention program for the dates and times of these presentations: <https://events.decorporate.ca/CPA2017/callforsubmissions/event-schedule.php>.

# Annual Section Business Meeting

**When:** Saturday, June 10, 2017 from 10:15-11:15

**Where:** York-Main Mezzanine

Chaired by Kyrsten Grimes.

Please join us to reflect on the past year, as it allows us to provide new resources to the Section. All students are welcome to attend and we look forward to hearing your feedback!

We will be announcing the **Student Section's Travel Award Recipients** during the Section Business Meeting, too!



STUDENTS IN PSYCHOLOGY  
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DE PSYCHOLOGIE

ÉTUDIANTS EN PSYCHOLOGIE  
SECTION DE LA SCP

# Annual Student Social

The Loose Moose  
146 Front St. West  
Friday, June 9th  
7pm to 9pm



Come



check



it



Out!



*Free Food*



2-Minute walk from Fairmont Royal York



One  
free drink ticket  
per person (while supplies last)

with proof of  
Convention registration  
& student affiliate status  
Just bring your badge!

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# Registration Information



Have we convinced you to come to convention yet? If so, it is not too late to register. You can register today at:

<http://convention.cpa.ca/attend/registration-fees/>.

## REGULAR Registration Fees

(May 2, 2017 – June 7, 2017 23:59 EST)

Category	Rate	HST 13%	Total
CPA Members*	\$375.00	\$48.75	\$423.75
Honorary Life, Honorary Fellow and Retired Members	\$225.00	\$29.25	\$254.25
Student Affiliates	\$175.00	\$22.75	\$197.75
Non-Members	\$800.00	\$104.00	\$904.00
Student Non-Affiliates	\$320.00	\$41.60	\$361.60
Companion/Significant Other (Daily Rate) ***	\$100.00	\$13.00	\$113.00

# Here's What You've Missed

## Election Results

This year we had several great candidates put their name forward to join our executive. Thank you to all those who expressed interest in the positions and to all those who voted during the election period. We are pleased to welcome the following individuals to our team beginning in June 2017:

**Chair-Elect:** Chelsea Moran (*McGill University*)

**Francophone Student Affairs Officer:** Georden Jones (*University of Ottawa*)

We look forward to working with you over the upcoming year!

# Get Involved!

## 1. Join our Executive Team!

Each year, we hold elections for a variety of positions. For our next election period, we will be looking for people to fill the positions of:

- Chair-Elect
- Undergraduate Student Affairs Officer
- Graduate Student Affairs Officer
- Communications Officer
- Administration and Finance Officer

For a list of all executive positions, please visit:

<http://www.cpa.ca/students/about/executiveduties>.

## 2. Take part in the Student Mentorship Program!

The CPA Student Mentorship Program offers Student Affiliates the opportunity to engage in peer-mentorship relationships with fellow students. The primary purpose of this program is to facilitate the exchange of information and the sharing of personal and professional experiences amongst CPA Student Affiliate Members with varying levels of education across Canada. Student mentors (i.e., graduate students) have the opportunity to develop and hone their mentoring skills, which can be extended to various professional domains, whereas mentees (i.e., undergraduate students) have a unique experience to extend their knowledge of the various subject areas in psychology, develop their communication skills, and receive guidance around their decisions.

When the program was developed in 2015, the main goal was to allow as many students across Canada to join this mentorship experience, and almost 200 students participated. Last year, in 2016, the program took a different orientation. We wanted to recruit extremely motivated mentees who were ready to learn and experienced mentors who were excited to share their own achievements and past challenges. The application process became more competitive and included, for instance, a detailed personal statement. In the end, fourteen dyads of well-qualified and motivated undergraduate and graduate students from coast to coast were carefully formed by the program coordinator, Jean-Philippe Gagné.

In April 2017, the 2016-2017 edition of the revamped CPA Mentorship Program ended. Mentees *and* mentors reported that they had learned a lot from it, and that they would definitely recommend it to colleagues and friends or even apply again next year. Participants spent on average an hour per month working in collaboration with their mentor/mentee. Most students communicated through email or Skype, but some had the chance to live in the same city and were occasionally meeting in person. Some participants developed a strong friendship through the program, and were willing to continue helping each other over the summer. All participants meticulously completed a mentorship log to share with the program coordinator what they were covering during meetings. Discussion topics mainly revolved around graduate school applications, research and clinical experience, and relevant personal anecdotes.

Do you want to participate in the CPA Mentorship Program? Some examples of the **benefits** of peer mentorship can include, but are not limited to:

- Acquiring area-specific information in psychology (e.g., clinical vs. counselling psychology)
- Learning about the importance of research and knowledge dissemination
- Gaining insights on graduate school admissions and application processes
- Obtaining guidance on funding and scholarship information
- Gaining professional and leadership experience
- Increasing networking opportunities
- Gaining perspectives on career opportunities outside of psychology
- Receiving emotional support, friendship, and personal feedback

Please check out our website (<http://www.cpa.ca/students/mentorship>) or contact **Jean-Philippe Gagné** ([jean\\_ga@live.concordia.ca](mailto:jean_ga@live.concordia.ca)) for more information.

### 3. Become a Campus Representative!

As a campus rep, you are a liaison between students (CPA members and non-members) and the CPA, including the Student Section. Your primary responsibility is to promote the CPA and Section for Students initiatives, activities, deadlines and requests through effective communication (e.g., in person, through email, and bulletin board postings) with the students and staff in your department.

For information on becoming a campus representative for your institution, please visit: <http://www.cpa.ca/studentrepresentatives/howto>.



#### 4. Share your writing talents with us!

The CPA Section for Students has two great ways for you to share your writing with others.

##### Section Newsletter

This newsletter aims to improve the communication within our section and allows you to get to know your executive team, as well as stay up to date on current events. The newsletter is a great place for you to share events and new initiatives related to psychology being held at universities across Canada.

##### MindPad

Are you looking to boost your CV? Do you have an article, a paper from a class, or ongoing research that you'd like to share? Well, you could submit it for publication to Mind Pad, Canada's student written, edited, and published psychology journal.

Mind Pad publishes a range of submissions, 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.

Students who are not enrolled in psychology programs may also submit a manuscript to the journal, if its subject-matter falls within one of the subfields of psychology. Please contact us if you wish to check if your subject would be of interest for Mind Pad!

Specifics:

- Your submission should be 800 to 2000 words in length.
- The content of the submission should be of interest to all who are practicing and studying psychology and/or any of its subfields (e.g. neuropsychology, psycholinguistics, social psychology) but the primary audience of Mind Pad are students of psychology.
- For more information on submission procedures, visit:  
<http://www.cpa.ca/students/MindPad/EditorialPolicy>

Articles and questions should be submitted to [zarina.giannone@gmail.com](mailto:zarina.giannone@gmail.com). Submissions are accepted on an ongoing basis.

Sincerely,

Zarina Giannone  
Editor-in-Chief

Mariem Boukadi and Sarah Bourdeau  
Associate Editors



## 5. Be in the know!

Be sure to follow us on social media (as mentioned previously in this newsletter), and read those emails we sent you! We offer many resources for students including a variety of student awards throughout the year and we do not want you to miss out on a single one!

Like us on [Facebook](#).

Follow us on [Twitter](#).

Read our emails.

Tell your friends to [become a student affiliate](#).

**Thank you again for your continued support as a Student Affiliate!**

**We hope to see you at Convention 2017!**



# From Undergrad to Private Practice before 26

**Lindsey Thomson,  
M.Ed., CCC**



Like every other aspiring young psychologist I did an undergrad in psychology. As soon as you start that program you realize that a simple undergrad gets you nowhere, especially in this field. Great, now to follow my dreams I would have to commit to at least another 5 years of schooling, I thought to myself. After doing a short stint in a volunteer role in a research lab, I quickly learned that I liked to read about research and learn from it, but I hated doing it. I couldn't manage the numbers. Who knew there would be so much math in the study of the human mind?

This is the point in which I went through a quarter-life crisis; a few years early. What was I supposed to do with my life now? As a university student with a lot of pressure to perform from back home, that is a very common and anxiety provoking question we ask ourselves. Using the resource and self-management skills that I taught myself, with no assistance from a university that claimed it would do so, I absorbed as much information as possible on the different career options that didn't involve research. After a few high-stress months I decided that I still wanted to help people and liked the idea of therapy, so I applied to masters programs in counselling, without a thesis.

At this point my levels of stress and anxiety peaked in my academic experience because I had to figure out how to apply to grad school without wasting time and money, I had to finish up my last year of finals, all while going through the physical and mental transition of getting through these two stages of my life. After my first round of applications I didn't get accepted to a single school with my B+ average and limited research experience. So instead I did a Bachelor in Education to become a teacher out of fear of losing my 'academic pace'. During my B.Ed I made sure to beef up my research experience by securing a placement through a friend, and found a graduate student to review and improve my application. Finally after two years of anticipation, I got early acceptance to the program of my choice.

Starting and completing a Masters degree in Counselling Psychology (and I say completing because that's an important part) was a useful experience from an academic standpoint as it provided me with the skills, confidence and ability to feel comfortable working in a therapeutic setting. The hard part wasn't the schooling. Once I figured out what degree I want and went after it, it wasn't work anymore, it became my passion and I didn't feel like I had to study the content, it just made sense.



The hardest part of my graduate experience was managing all the other aspects of my life. Once you become a grad student, it's like your perspective changes and everything you do needs to be perfect all the time. To make things worse, I felt like I needed to say yes to every opportunity that was offered to me because I convinced myself that everything I was doing would benefit my career and success in the long run. At one point during my masters degree I was doing a 30-hour a week internship, I was working two part-time jobs and had three volunteer commitments, oh and I got a puppy. So naturally I burn out, hard. At that point I realized that I needed to re-evaluate my work-life balance. Once the majority of my commitments came to an end I didn't take on new ventures and started to take more time for self-care.

To use a metaphor, there was one glimmer of light in the storm that was my life at that point; one of my part-time jobs turned into a full-time permanent position once I finished school. And so I started my journey in municipal politics as an assistant, which has nothing to do with the 7 years I spent in university. Surprise, surprise.

Over the past year I have enjoyed my time in the political sphere learning about all the systems, policies and processes that make a city tick. I have made incredible connections and even found a second passion in helping people on a bigger scale through politics. And no, for you millennials out there, that is not a joke. Seriously, I enjoy politics.

So how have I connected back to my roots? Over the past few months I have been searching for counselling opportunities in Ottawa but the number of postings are very limited and are either contract or with minimal pay. The more webinars I watch and conferences I attend, the more I come to realize that I need to be in my field. So, going against the advice of my program director, which I was given on the first day of class, I opened my own private practice.

In the span of two months I learned what it meant to start and run a business while starting and running a business. Throw me in the deep and I learn how to swim. On top of figuring out how to run a business, I had to apply for certification through the CRPO, and the application was worse than applying for grad school. I also had to find and secure a clinical psychologist to supervise my practice; with this I got lucky with a connection through a colleague. This all seems like a lot of work, and it is, but it hasn't been as painful as I anticipated as there are a surprising number of useful resources online. I've been also fortunate to have an amazing professional network of support to help me through the process. At this point I am still in the infantile stage of my practice but I am excited to see where it takes me and I'm excited to start fulfilling my passion of working with others.

If you would like to learn more about Lindsey's private practice please visit Resiliency Counselling and Psychotherapy at [www.rcpottawa.com](http://www.rcpottawa.com) or email Lindsey directly at [info@rpcottawa.com](mailto:info@rpcottawa.com).



***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/>***

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***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.