

# Newsletter of CPA Section for Students

## Message from the Chair

Jean-Philippe Gagné, Concordia University

I am extremely honoured and grateful to have served as Chair of the CPA Section for Students in Psychology over the 2017-2018 year. Along with my wonderful team, it was a pleasure to help student communities from coast to coast and to organize new initiatives and convention programming for all of you. Although this year was unique and particularly challenging with CPA's annual convention being merged with the 29<sup>th</sup> International Congress of Applied Psychology (ICAP 2018), we managed to put together a greater number of events and talks than previous years and we cannot wait to share this information with you this June, in Montreal.

Some of our mandates this year included creating a broader range of activities for students at all levels of training and enhancing opportunities for francophone students. In this way, I invite all students to attend our programming at ICAP 2018. We will present workshops and discussion forums on a number of topics. These talks will address challenges in applying to graduate school and for scholarships, publishing and the process of peer-review, self-care, advice on networking, and the replication crisis in psychological research. I am also very happy to announce that we will present a discussion forum *in French* on graduate school applications. Further, Dr. Richard Koestner from McGill University will present his research on motivation and will provide students with concrete, evidence-based tools to pursue personal and professional goals. Of note, we are currently working toward adapting the CPA Student Mentorship Program for French-speaking students and we are very excited about this. I am convinced that our incoming Chair, Chelsea Moran, will continue working diligently toward these important goals.

It is with great sadness that we say goodbye to a number of very dedicated members of the Student Section executive. I would like to thank our current Past-Chair, Kyrsten Grimes, for her outstanding work throughout the past three years. I would also like to express my sincere thanks to Michelle Guzman-Ratko (our current Graduate Student Affairs Officer and former Communications Officer), Michael Ku (our current Undergraduate Student Affairs Officer), and Amanda O'Brien (our current Administration and Finance Officer).

## Issue # 8, Spring 2018



Convention 2018

2



Meet our Keynote

4



Workshops & Programs

5



Annual Student Social

8



Registration Information

9



Election Results

10



Get Involved!

11

If this is your first time at a CPA convention, please make sure to attend the orientation breakfast on June 26 at 7 AM. This is a good opportunity to hear some tips on how to navigate the congress and to meet the Student Section executive. Moreover, we will have a student lounge throughout ICAP 2018 where you can get more information about our Section, network with fellow students, and grab some food! This year, our Annual Student Social Event was organized in collaboration with the Student Section of the International Association of Applied Psychology and will be held at L'ASSOMMOIR on June 29 from 7 PM to 9 PM. Come check it out!

I look forward to meeting all of you in my hometown, Montreal, and to having thought-provoking discussions throughout ICAP 2018!



## Catch the Student Section at ICAP/CPA Convention 2018!

Join the Section for Students at the 79<sup>th</sup> Annual CPA General Meeting/the 29<sup>th</sup> Annual ICAP Convention in Montreal, Quebec this year from **June 26<sup>th</sup> to 30<sup>th</sup>** at the Palais de Congrès de Montréal.

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!



**JUNE 26-30**  
29<sup>th</sup> International Congress  
of Applied Psychology  
**MONTREAL**

## 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 **#ICAP2018** !



**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...

As a first time attendee or presenter at the CPA Convention, you may have several questions about what to wear, bring, or do at the conference. Here are a few tips to keep in mind before you join us at ICAP 2018.

## What to Wear

First impressions matter, so you want to look your best. Don't wear jeans but the dress code typically ranges from business-casual to professional attire. Also, wear comfortable shoes. You will likely be walking a lot from room to room or building to building. Appear professional, but be comfortable in what you are wearing.



## What to Bring

Pack some snacks and a reusable water bottle! Sometimes the talks you want to attend are back to back and you may not have time to stop and grab some food in between. Bring a notebook and pen to take notes. Also, have some business cards on hand for networking opportunities.



## What to Do

Connect with the CPA Student Section on social media (Facebook: <https://www.facebook.com/CPASectionForStudents/> or Twitter: @CPA\_Students) for additional resources such as finding a roommate for the conference, a travel buddy, or to get to know our executive. Many of us will be attending convention so do not be afraid to say hi and get to know us. We can help you navigate convention. Attend our discussion forums, workshops, business meeting, and of course the student social to meet other individuals in our section. Also, take time to explore the convention city! This year, it is in the beautiful city of Montreal. For more information, visit: <http://www.icap2018.com/> for additional conference information and stay tuned for an orientation guide with further information.

# Meet Our Keynote Speaker

## Dr. Richard Koestner

The CPA Section for Students in Psychology is pleased to welcome Dr. Richard Koestner as our Keynote Speaker for the 29th International Congress of Applied Psychology. Dr. Koestner is a Professor in the Department of Psychology at McGill University, where he has conducted research on human motivation for over 30 years. Dr. Koestner received the 2007 CPA Award for Distinguished Contributions to Education and Training in Psychology. He also won the 2008 Principal's Prize for Excellence in Teaching from McGill University. He has published over 150 scientific articles and his recent work focuses on how to effectively select, pursue, and (sometimes) disengage from personal and professional goals.



## The Motivation Equation: How goals can be used to motivate ourselves (and sometimes others)

In this Keynote Address, Dr. Koestner will explore factors that interfere with our capacity to successfully attain personal and professional goals. After outlining common errors made in goal-setting, he will describe recent research that suggests that there are three little-known secrets to setting goals. This Keynote Address is designed to provide practical information for use in one's personal and professional life. In this way, we invite all students to capitalize on this opportunity and attend Dr. Koestner's talk!

*Thursday, June 28, 2018 from 3:00-4:00 PM, 511 C-F (Level 5)*





## Discussion Forum - Facing the “replication crisis” as a student in psychology: Where do we go from here?

## Professional Development Workshop - Graduate School Applications in Psychology: Positioning Yourself for Success

## Discussion Forum - Demandes d'admission aux cycles supérieurs en psychologie: des reponses à vos questions

## Discussion Forum – Self-Care While in Graduate School: A Discussion of Challenges and Techniques

## Discussion Forum – Canada Graduate Scholarships: Navigating the Application Process of the Tri-Council Agencies

## Discussion Forum - Discussing Strategies and Challenges of Networking for Psychology Students in a Connected Age

## Professional Development Workshop - Turning the Tables on Peer-Review: A Student's Guide to Writing and Responding to Reviews

## STUDENTS IN PSYCHOLOGY

# Other Programs to Check Out

## **Mentorship Breakfast: CPA Board with CPA Student Affiliates**

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.

*Tuesday, June 26, 2018 from 7:00-8:00 AM, 710 (Level 7)*

## **Students in Psychology Poster Session**

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

*Wednesday, June 27, 2018 from 2:00-3:00 PM, 517 A (Level 5)*

## **Gimme-5 Presentations**

Check out presentations by members of the CPA Student Section!

*Wednesday, June 27, 2018 from 2:00PM-3:00 PM, 517 A (Level 5)*

## **Student Lounge**

Make sure to check out our student lounge for some information on the several initiatives we have to offer and for free food and coffee.

*Palais des congrès, Level 5*

Please check out the convention program for the dates and times of these presentations: <https://events.decorporate.ca/ICAP2018/abstract/event-schedule.php>

# Annual Section Business Meeting

**When:** Thursday, June 28, 2018 from 4:00-5:00 PM

**Where:** Palais de Congrès de Montréal, 511 C-F (Level 5)

Chaired by Jean-Philippe Gagné.

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** and will be giving certificates to our **Student Lounge Volunteers** during the Annual Business Meeting.



## Division 15: Students in Psychology Annual Meeting (IAAP Student Section)

**When:** Thursday, June 28, 2018 from 5:00-6:00 PM

**Where:** Palais de Congrès de Montréal, 511 C-F (Level 5)

Chaired by Luminita Patras.

The Sections for Students of the **Canadian Psychological Association**  
and of the **International Association of Applied Psychology**

present

# **The Annual Student Social Event**

at

## **L'ASSOMMOIR**

211 Rue Notre-Dame Ouest, Montréal, QC H2Y 1T4



**Friday, June 29, 2018 from 7 PM to 9 PM**

One free drink ticket per student and free appetizers (while supplies last) with proof of registration to ICAP (congress badge)



# 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://www.icap2018.com/registration>

	<b>EARLY BIRD RATE</b> Until February 28th 2018	<b>STANDARD RATE</b> After February 28th 2018	<b>ON-SITE RATE</b> June 27th - 30th 2018
<b>IAAP Member (1)</b>			
Category A	\$595.00	\$765.00	\$895.00
Category B	\$550.00	\$675.00	\$805.00
Category C	\$450.00	\$560.00	\$675.00
<b>CPA Member* (2)</b>	\$595.00	\$765.00	\$895.00
<b>Non-Member (3)</b>			
Category A	\$825.00	\$925.00	\$995.00
Category B	\$725.00	\$825.00	\$950.00
Category C	\$605.00	\$750.00	\$895.00
<b>IAAP/CPA Student** (4)</b>	\$250.00	\$350.00	\$450.00
<b>Day Pass (5)</b>	\$240.00	\$325.00	\$405.00
<b>Companion Rate (6)</b>	\$100.00	\$100.00	\$100.00

## CONGRESS REGISTRATION FEES\*

Delegate categories will be as per the World Bank Economic Categories:

- **Category A** = Higher-income economies (GNI per capita: \$12,236 or more)
- **Category B** = Upper-middle-income economies (GNI per capita: \$3,956 to \$12,235)
- **Category C** = Lower-middle-income economies (GNI per capita: \$1,006 to \$3,955)  
& Low-income economies (GNI per capita: \$1,005 or less)



# Here's What You've Missed

## Election Results

This year we had several outstanding 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 July 2018:

**Chair-Elect:** Alexandra Richard (*McGill University*)

**Administrative and Finance Officer:** Kaitlin Wilson (*University of Calgary*)

**Communications Officer:** Alisia Palermo (*University of Ontario Institute of Technology*)

**Undergraduate Student Affairs Officer:** Baénie La Fleur (*University of Manitoba*)

**Graduate Student Affairs Officer:** Jérémie Richard (*McGill University*)

*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
- Francophone Student Affairs 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. For the second year of the program in 2016, we decided to change the application procedures to attempt 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.

This year, 2017-2018, marked the third edition of the program. Program coordinator Chelsea Moran built on the success of her predecessors to provide students with a mentorship experience that would meet the needs of both mentees and mentors. This was also the first year that the program was advertised directly to French-speaking universities, and we hope to continue to adapt the program materials in future editions to make the program completely accessible to both English and French CPA Student Affiliates.

At its peak, the program was composed of 25 mentor-mentee dyads who were mostly communicating through email and Skype as it is not always possible to match students based on geographical location, but some had the chance to live in the same city and were occasionally meeting in person. 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.

A feedback survey administered at the end of the program (n=25) revealed that for about 70% of participants, the program met most or all of their expectations for mentorship. Additionally, 70% of participants shared that they will re-apply to participate in the program next year and over 90% would recommend the program to a colleague or friend. The survey participants also provided us with valuable ideas to improve future iterations of the program. Thank you to all participants of the program for making this year a success!

If you are interested in participating in this initiative next year, mark your calendars – the call for applications for the 2018-2019 academic school year will be released at the end of June. In the meantime, check out our website for more info and feel free to the current Program Coordinator, Chelsea Moran ([chelsea.moran2@mail.mcgill.ca](mailto:chelsea.moran2@mail.mcgill.ca)) if you have any questions about the program. We also always welcome feedback from past and current participants to continue to adapt the program to the needs of CPA student affiliates.



### 3. Become a Campus or Student Representative!

The CPA Campus Representative program has expanded to include more leadership opportunities for students with the additional roles of Undergraduate Student Representative and Graduate Student Representative available.

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, with the help of the student representatives.

For information on becoming a campus or student 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.

Please contact our Communications Officer, Alisia Palermo ([alisia.palermo@uoit.net](mailto:alisia.palermo@uoit.net)), for more information on submissions!

##### 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!

- 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 [kyrsten.grimes@mail.utoronto.ca](mailto:kyrsten.grimes@mail.utoronto.ca). Submissions are accepted on an ongoing basis.

Sincerely,

Kyrsten Grimes  
Editor-in-Chief



## 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 2018!**



***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.