

# STUDENT NEWS

## Newsletter of CPA Section for Students

### Message from the Chair

Michelle Gagnon, University of Regina

With what I hope was an enjoyable and relaxing summer now behind us, I would like to say a big “hello” to all our new student members and a “welcome back” to our existing members. A new academic school year is a time filled with energy and anticipation, as the possibilities and plans for the upcoming year lay ahead of us. This year we have four new executive members and we are eager to get started on what we hope will be another great year for the Section.

I’m thrilled to be this year’s Chair of the Section for Students. As Chair, I would first of all like to express my thanks to our outgoing Section members, Justin Feeney, Lara Hisler, Nicholas Bremner, and Helen Lee. Your contributions over the past few years are greatly appreciated and we will miss your energy, dedication, and wisdom. I would also like to recognize our continuing executive members, Missy Teatero, Lindsey Thomson, and Marie-Pier Vandette, for all their hard work this past

staying on for another year. I’m please to welcome our four new Section executive members, Zarina Giannone, Michelle Guzman-Ratko, Jennifer Bartlett, and Todd Chan. Welcome aboard!

This year we hope to present students in psychology with many new opportunities and initiatives. One of these initiatives includes the Student Section Newsletter – this is the inaugural issue! The goal of the Newsletter is to improve communication with our Section membership by having information and news for upcoming months all in one place. As well, the newsletter presents a forum where we can share the success of students in psychology with our membership. In this first issue, you can meet your Section Executive (p.2), learn about our successes at the CPA conference in Vancouver (pp. 8-9), and find all the important upcoming dates in deadlines (pp. 6-7). We also have two exciting profiles where we highlight students and professionals in in psychology (p.11 and pp.12-13). I hope that you enjoy this first issue!

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If you have any suggestions or comments for future issues, or any general questions regarding the Section, please do not hesitate to contact me. Happy Reading!



## Meet the 2014-2015 Executive/Votre Comité Exécutif 2014-2015

*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.*

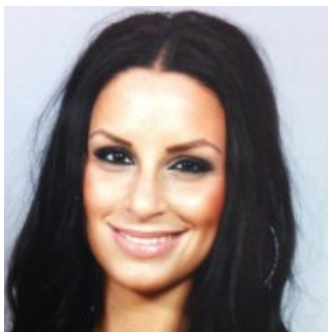
### Michelle Gagnon, Chair/Présidente

Greetings from the Section for Students! My name is Michelle Gagnon and I am a doctoral student in Clinical Psychology at the University of Regina. I am currently completing my dissertation research, which focuses on examining the ways in which couples communicate verbally and non-verbally about chronic pain. I have been on the Section for Students for the past three years and I am excited to take on the role of Chair for the 2014-2015 year. I am looking forward to working with the other executive members and the student membership to make this a great year for students in psychology! In my spare time, I remain true to my Saskatchewan roots as an active and avid Rider fan.



Salutations à tous les étudiants de la section de la SCP! Mon nom est Michelle Gagnon et je suis une étudiante au doctorat en psychologie clinique à l'Université de Régina. Je termine actuellement ma thèse de recherche qui se concentre sur l'étude de la façon dont les couples communiquent sur la douleur chronique, et ce, verbalement et non verbalement. J'ai été sur le comité de la section pour les étudiants depuis les trois dernières années et je suis heureuse d'assumer le rôle de présidente pour l'année 2014-2015. Je suis impatiente de travailler avec les autres membres de l'exécutif et les étudiants membres afin de faire une grande année pour tous! Dans mon temps libre, je reste fidèle à mes racines de la Saskatchewan en tant que fan passionnée de l'équipe de football des Roughriders.

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

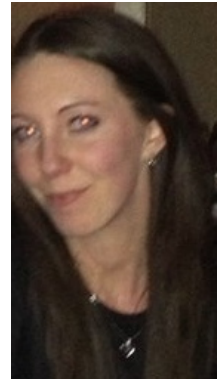


A big hello to all psychology students in Canada! My name is Zarina Giannone and I am an M.A. Student in Counselling Psychology at the University of British Columbia. My research interests pertain to athletic identity, athletic retirement, coping and mental health outcomes. I am drawn to this area of 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-Elect for the Section for Students, 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.

Un grand bonjour à tous les étudiants en psychologie au Canada! Mon nom est Zarina Giannone et je suis une étudiante à la maîtrise en psychologie de l'orientation (counselling) à l'Université de la Colombie-Britannique. Mes intérêts de recherche portent sur l'identité sportive, la retraite sportive, l'adaptation et les problèmes de santé mentale. J'ai été attirée par ce domaine de recherche à la suite de mes expériences personnelles en jouant des sports de compétition avec l'équipe nationale canadienne de soccer (jeunesse) et l'équipe féminine de soccer universitaire de la Colombie-Britannique. Je suis titulaire de deux postes au sein la Société canadienne de psychologie: présidente élue de la section pour les étudiants et représentante des étudiants au conseil d'administration de la SCP. Dans les deux positions, je suis honorée d'être une représentante des étudiants en psychologie au Canada et je me sens chanceuse de travailler avec beaucoup de gens incroyables et inspirants.

**Missy Teatero, *Past-Chair/Présidente sortante***

My name is Missy Teatero. I am completing my Ph.D. in Clinical Psychology at Lakehead University, where I was previously an active campus representative. My clinical interests lie in adult psychopathology and my research interests include the areas of psychoendocrinology, women's health, human sexuality, and evolutionary psychology. It was a pleasure to be a part of the Section Executive as Campus Representative Coordinator (2010 to 2012) and more recently, as Chair (2013-2014). I look forward to another exciting and productive year!



Mon nom est Missy Teatero. Je termine mon doctorat en psychologie clinique à l'Université Lakehead où j'étais aussi auparavant une représentante active de campus. Mes intérêts cliniques se trouvent dans la psychopathologie adulte et mes intérêts de recherche portent sur les domaines de la psychologie de l'endocrinologie, la santé des femmes, la sexualité humaine et la psychologie évolutionniste. Ce fut un plaisir de faire partie de l'exécutif de la section en tant que coordonnatrice des représentants de campus (2010 à 2012) et, plus récemment, en tant que présidente (2013-2014). Je suis impatiente d'avoir une autre année passionnante et productive!

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

Hi everyone, my name is Todd Chan. I am completing my M.A. in School and Clinical Psychology at the University of Toronto, where my research focuses on the accuracy of self-perceptions of youth with ADHD. As the Administration and Finance Officer, I am responsible for preparing the section's budget and financial reports, as well as maintaining records of expenses and meetings. Outside of school, I enjoy rock climbing and exploring the city by running.

Salut tout le monde, mon nom est Todd Chan. Je termine ma maîtrise à l'école de psychologie clinique à l'Université de Toronto où ma recherche se concentre sur l'exactitude de la perception de soi des jeunes atteints du trouble de déficit d'attention avec ou sans hyperactivité. Comme agent de l'administration et des finances, je suis responsable de la préparation du budget et les rapports financiers de la section ainsi que la tenue des dossiers de dépenses et des réunions. À l'extérieur de l'école, j'aime l'escalade et découvrir la ville par la course à pied.

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

My name is Jennifer Bartlett and I'm entering the second 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 Anorexia Nervosa and Bulimia Nervosa, with a particular focus on self-criticism. My position on the Student Executive is the Graduate Student Affairs Officer. I am responsible for managing both 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. One fun fact about me is that I love animals, both fuzzy and reptilian!



Mon nom est Jennifer Bartlett et je commence ma deuxième année de mon doctorat en psychologie de l'orientation (counselling) à l'Université de l'Alberta. Mon mémoire de recherche examinera l'efficacité de la thérapie de groupe axée sur les émotions pour les personnes souffrant de troubles alimentaires et en particulier l'anorexie mentale et la boulimie nerveuse, et ce, avec un accent particulier sur l'autocritique. Sur le conseil étudiant, je suis agente des affaires pour les étudiants diplômés. Je suis donc responsable de la gestion des étudiants et des représentants de faculté. Ce poste implique principalement le recrutement de nouveaux représentants, les aider à faire la transition dans leur nouvelle position et faire la collecte des rapports, deux fois par année, décrivant les activités de chacun. Un fait amusant sur moi est que j'aime les animaux à la fois poilu et reptilien!



**Lindsey Thomson, Undergraduate Student Affairs Officer/Agente des affaires de premier cycle**

Hello all, my name is Lindsey Thomson and I recently completed my teaching degree. I am starting in a two year program in Educational Counselling at the University of Ottawa in September, 2014. It is a close-knit program in the Faculty of Education with a focus on theories of psychology. My primary interest is in family/youth and couples counselling, which I will pursue once I graduate. As the Undergraduate Student Affairs Officer, I am responsible for recruiting campus representatives at the Undergraduate level at universities across Canada. I work closely with interested students to familiarize them with the tasks and responsibilities of the position, and provide continuous support throughout the year. In my personal time, I enjoy working as the Webmaster for the Counselling Psychology Section of the CPA, event planning for the Alumnae chapter of Delta International Women's Fraternity and reading any book from Heather's Picks at Chapters.

Bonjour à tous, mon nom est Lindsey Thomson et j'ai récemment obtenu mon diplôme de l'enseignement. Je commence en septembre 2014 un programme de deux ans en counselling éducationnel. C'est un programme très lié à la Faculté de l'éducation qui met l'accent sur les théories de la psychologie. Mes intérêts principaux sont la famille, les jeunes et la thérapie de couple que je vais poursuivre une fois que j'aurai mon diplôme. En tant qu'agente des affaires étudiantes de premier cycle, je suis responsable du recrutement des représentants de campus au niveau du premier cycle dans les universités à travers le Canada. Je travaille en étroite collaboration avec les étudiants intéressés à se familiariser avec les tâches et responsabilités du poste et à leur fournir un soutien continu tout au long de l'année. Dans mon temps personnel, j'aime travailler en tant que Webmaster pour la section étudiante de la SCP, planifier des événements pour les anciennes de la fraternité internationale des femmes de Delta et faire de la lecture de n'importe quels livres de Heather's Picks chez Chapters.

**Michelle Guzman-Ratko, Communications Officer/Agente des communications**

Welcome to the new academic year! My name is Michelle Guzman-Ratko and I am proud to be the Communications Officer of the CPA Section for Students. 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. I am entering my fourth year as an undergraduate student at McMaster University in the Honours program: Psychology, Neuroscience, & Behaviour. Although all subtopics of this program have been very interesting to study, Developmental Psychology has a special spot in my heart. In the future, I hope to pursue this as a career in some way, shape, or form. In my spare time, I love to read, write, take pictures, draw, play the piano, volunteer, and watch Netflix. Fun fact: I was ambassador for my hometown fair (Paris Fair) in 2010 and was a CNE Top 7 Finalist for the CNE Ambassador of the Fairs Competition.



Bienvenue à la nouvelle année scolaire! Mon nom est Michelle Guzman-Ratko et je suis fière d'être agent des communications de la section pour les étudiants de la SCP. En tant qu'agente des communications, il est de mon devoir d'être la principale point de contact pour les étudiants que ce soit par correspondance électronique, l'envoi de nouvelles concernant la section pour les étudiants ou de répondre à des questions au sujet de la psychologie et/ou de la section des étudiants de la SCP. Je commence ma quatrième année comme étudiante de premier cycle à l'Université McMaster dans le programme de spécialisation en psychologie, neurosciences et comportement. Bien que tous les sous-thèmes de ce programme soient très intéressants à étudier, la psychologie du développement a une place spéciale dans mon cœur. À l'avenir, j'espère poursuivre cette carrière d'une certaine manière. Dans mon temps libre, j'aime lire, écrire, prendre des photos, dessiner, jouer du piano, faire du bénévolat et regarder Netflix. Anecdote: j'étais ambassadrice pour la foire de ma ville natale (Foire de Paris) en 2010 et j'ai été la 7<sup>e</sup> finaliste en tant qu'ambassadrice pour le *Canadian National Exhibition*.



**Marie-Pier Vandette, Francophone Affairs Officer/Agente des affaires francophones**

My name is Marie-Pier Vandette. I am currently a student in the M.A-PhD. Clinical Psychology program at University of Ottawa. My research focus is on clinical supervision and professional development. My position on the Student Executive is Francophone Affairs Officer so I'm in charge of the translation of documents mostly from English to French. One interesting fact about myself is that I have a twin sister.

Mon nom est Marie-Pier Vandette. Je suis actuellement étudiante au programme combiné de maîtrise-doctorat en psychologie clinique à l'Université d'Ottawa. Mon domaine de recherche est la supervision clinique et le développement professionnel. Au sein de l'exécutif, je suis agente des affaires francophones. Je suis donc responsable de la traduction des documents de l'anglais au français. Un fait intéressant à propos de moi est que j'ai une sœur jumelle.

***Interested in Joining our Team?/Vous êtes intéressés à joinder 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, and Francophone Affairs Officer. Please refer to our website for further information regarding the application process.

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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 élu, représentant des affaires de premier cycle et agent des affaires francophones. Veuillez consulter notre site web pour davantage informations concernant le processus de demande.



2013-2014 Student Executive at the  
Annual CPA convention

## Important Dates and Deadlines/ Dates importantes et échéances

### DECEMBER/DECEMBRE 2014

#### December 1<sup>st</sup>/1<sup>er</sup> décembre: Conference Abstract Submission Deadline/Soumissions des résumées pour la conférence

If you are planning on attending the conference, you should consider submitting an abstract to present at the Canadian Psychological Association's 76<sup>th</sup> Annual Convention in Ottawa in June, 2015.

- We encourage Student Affiliate Members to submit their posters to our section. Each year we recognize the best student poster submissions with the **Best Student Poster Award**. This \$150 award will recognize the most outstanding poster submission as determined by the Executive Committee for the Section for Students.

Si vous prévoyez assister au 76<sup>e</sup> congrès annuel de la Société canadienne de psychologie à Ottawa en juin 2015, vous devriez également envisager de soumettre un résumé de présentation.

- Nous encourageons les membres étudiants affiliés à soumettre leurs affiches à notre section. Nous reconnaissons les soumission d'affiche les plus remarquables avec **Prix de la meilleur affiche auprès des étudiants**. Le prix est déterminées par le comité exécutif de la section pour les étudiants et est au montant de 150\$.

#### December 1<sup>st</sup>/1<sup>er</sup> décembre: Psynopsis Submission Deadline/Date limite pour soumissions à Psynopsis

Psynopsis, Canada's Psychology Magazine, is vehicle by which the CPA, members of the CPA, and individuals outside of psychology communicate with the diverse psychology community in Canada. To participate in this conversation, please make a submission to Psynopsis.

Psynopsis, le magazine de psychologie au Canada, est le moyen par lequel la SCP, les membres de la SCP et les personnes dans un domaine autre que la psychologie communiquent avec la communauté diversifiée de la psychologie au Canada. Pour participer, veuillez faire une soumission à Psynopsis.

### JANUARY/JANVIER 2015

#### Section for Students' Executive Election, Call for Applicants/ Appel pour candidat pour l'exécutifs pour la section des étudiants

Applications will be accepted this coming winter for the positions of Chair-Elect, Undergraduate Student Affairs Officer, and Francophone Affairs Officer. Please refer to our website for more details on the application process.

Les demandes seront acceptées cet hiver pour les postes de président élu, agent des affaires de premier cycle et agent des affaires francophones. Veuillez consulter notre site web pour plus de détails sur le processus de demande.

## FEBRUARY/FÉVRIER 2015

### February 1<sup>st</sup> to 28<sup>th</sup>: Psychology Month/Le 1<sup>er</sup> au 28 février: Mois de la psychologie

Various events and initiatives take place throughout Psychology month. Keep your eyes peeled for Psychology Month: CPA Advocacy Campaign and other relevant opportunities in your community! Also, consider organizing an event at your university or in your community.

Diverses manifestations et initiatives ont lieu tout au long du mois de la psychologie: campagne de plaidoirie de la SCP et d'autres possibilités pertinentes dans votre communauté!

## SPRING 2015

### Various Award Deadlines/

#### Mindpad Award of Excellent

- *Amount: \$150.00 & Certificate*
- The purpose of this award is to encourage students to take the opportunity to publish their work in MindPad and to produce high quality submissions. The award will recognize the most outstanding MindPad submission as determined by the Executive Committee for the Section for Students.

#### Prix d'excellence MindPad

- *Montant : 150.00\$ et un certificat*
- Le but de ce prix est d'encourager les étudiants à profiter de l'opportunité de publier leurs travaux dans MindPad et de rédiger des soumissions de haute qualité. Le prix récompensera la soumission à MindPad la plus remarquable telle que déterminée par le comité exécutif de la section pour les étudiants.

#### Student Travel Bursaries

- *Amount: \$100*
- These bursaries recognize high quality students with strong submissions to any section of the CPA at the annual convention, primarily based on financial need, as determined by the executive of the Section for Students.

#### Bourse de voyage pour les étudiants

- *Montant : 100.00\$*
- Basé sur le besoin financier, tel que déterminé par l'exécutif de la section des étudiants, ces bourses reconnaissent les étudiants académiquement supérieurs avec une bonne soumission faite à n'importe quelle section de la Société canadienne de psychologie.

## JUNE/JUIN 2015

### June 4<sup>th</sup>-6<sup>th</sup> : CPA's 76<sup>th</sup> Annual Convention/4 au 6 juin: 76<sup>e</sup> congrès annuel de la SCP

The next CPA convention is going to be held at the Westin Hotel in Ottawa, Canada. Mark the dates on your calendar and experience a wide variety of workshops, seminars, plenary and keynote speakers, poster presentations, professional networking opportunities and other social events.

Le prochain congrès de la SCP sera à l'Hôtel Westin à Ottawa (Canada). Marquez les dates sur votre calendrier et vous vivrez l'expérience d'une grande variété d'ateliers, de séminaires, de séances plénières et de conférenciers, des présentations par affiches, des possibilités de réseautage professionnel et d'autres événements sociaux.



## 2014 CPA Convention Review

This year was another great year for the Section at the annual CPA convention. We had a wonderful keynote speaker, offered three workshops, and had a successful annual student social. We look forward to another great year next year in Ottawa!

### Workshops at the 2014 Convention

#### **Winning Tri-Council Funding**

This year our tri-council funding workshop was jam-packed with students eager to learn the ins and outs of applying for tri-council funding. Students brought their funding-related questions and asked them to senior graduate students with experiences with CIHR and SSHRC funding. This year's guest speaker was Dr. Peter Graf. His exceptional knowledge as a review of NSERC applications was well appreciated.



Dr. Peter Graf, guest speaker at 2014 Convention

#### **Applying for Graduate School**

Our annual workshop on applying to graduate school was attended by many students hoping to learn tips about the application process from successful graduate school applicants. Covering topics from the GRE, writing applications, finding a supervisor, and much much more, this workshop is always one of our most popular. This year's session was a great opportunity for future and current graduate students to network.

#### **Publishing in Psychology**

This year in our publishing workshop, we were fortunate to have the 2014 recipient of the CPA Donald O. Hebb Award for Distinguished Contributions to Psychology as a Science, Dr. Gordon Asmundson, as our guest speaker. Pulling from his experiences as a supervisor, editor, reviewer, and researcher, Dr. Asmundson spent the session offering general advice and answering the specific questions of students in attendance. Attendees at this session were fortunate to benefit from his vast experience with the publication process.

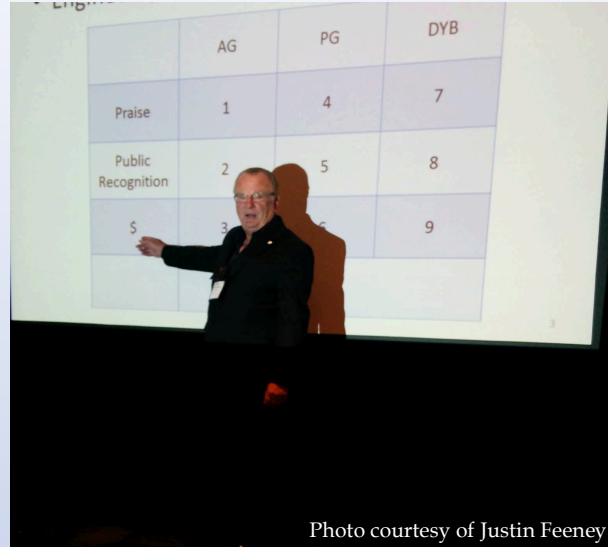


Student Executive Members during Funding Workshop at 2014 Convention

(Continued)

## Keynote Speaker

This year's keynote speaker was the dynamic Gary Latham. Dr. Latham, Secretary of State Professor of Organizational Effectiveness at the Rotman School of Management, shared his wisdom and experience regarding goal setting during his well-attended talk. He also peppered advice for students throughout his discussion. This was a wonderful talk that provided students with great help for their personal and career life.



## Student Social

This year's student social was held at The Pint in Vancouver. Through the use of social media and promotion of the event at the convention, the Student Executive hosted over 60 members at this fun-filled event. Attending guests were treated to free drinks and apps all around! The student executive worked hard to choose a location and allocate a sufficient budget to ensure that fellow students had a great time. Attendees had the opportunity to mingle in a pub-styled sports lounge and were encouraged to meet new students from across the Nation. In addition, students had the chance to have a meet and greet with the exec. The night was full of first encounters and lots of laughs. Be sure to join us for our next student social, which will be taking place in the Byward Market in Ottawa!



**Have a suggestion for workshops or keynote speakers? We would love to hear from you! Share your ideas with the chair of the Section for Student – [michelle.gagnon20@gmail.com](mailto:michelle.gagnon20@gmail.com)**

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**Vous avez des suggestions pour des ateliers ou des conférenciers? Nous aimerions que vous partagez vos idées avec la présidente de la Section des étudiants: [michelle.gagnon20@gmail.com](mailto:michelle.gagnon20@gmail.com)**

## Student Award Recipients 2014

### Best Poster Award Recipients

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. This year, there were no undergraduate-level submissions, therefore we recognized to graduate students for their great work. Congratulations on your hard work!

Jennifer Prentice, 2<sup>nd</sup> year M.Sc  
student in Clinical Psychology at  
the University of Calgary

Project Title: Conceptualizing  
stigma and the role of culture

Ashley Whillans, 1<sup>st</sup> year Ph.D.  
student at the University of British  
Columbia

Project Title: Increasing student  
engagement at large research  
focused institutions: A  
randomized control trial

### MindPad Award of Excellence

The purpose of the Student Section's Mindpad award is to encourage high quality submissions to Mindpad, a student written and edited journal. Recipients are awarded \$100 by the Section for students.

Prospective Employers are Watching You: Social Networking  
and Your Next Job

Travis J. Schneider & Justin R. Feeney

Western University

You can read this year's winning submission here:  
[http://www.cpa.ca/docs/File/Students/MindPad/articles/v3.2-16\\_Schneider.pdf](http://www.cpa.ca/docs/File/Students/MindPad/articles/v3.2-16_Schneider.pdf)



# Update on Our Campus Representative Program

Our campus representative program continues to grow at the undergraduate and graduate level. Campus reps act as a liaison between students (CPA members and non-members) and the CPA, including the Section for Student. The primary responsibility of campus reps is to promote the CPA and the Section for Students' initiatives, activities, deadlines, and requests through communication with the student body.

Check out our website to see who might be the campus rep at your university:

<http://www.cpa.ca/students/studentrepresentatives/campusrepresentatives>

If there is no rep at your school, consider applying!

We also aim to have a Faculty Representative at each university. The Faculty rep acts as a mentor to CPA student affiliates and Student Campus Representatives at the Graduate and Undergraduate level. Know a professor who might make a great campus rep? If there is no Faculty Representative at your school, please help us out by encouraging faculty members at your university to fill this spot:

<http://www.cpa.ca/students/facultyrepresentatives/current>

If you have any questions about the Campus Representative Program, contact our Lindsey, our Undergraduate Student Affairs Officer at [lindseythomson03@live.com](mailto:lindseythomson03@live.com) or our Jennifer, our Graduate Student Affairs Officer at [jebartle@ualberta.ca](mailto:jebartle@ualberta.ca).

## Outstanding Student Representative Profile

The purpose of Student Section's Undergraduate Campus Representative Award of Excellence is to recognize the most outstanding campus representative at the undergraduate and graduate level. The Best Undergraduate Campus Representative Award is presented in the form of a certificate from the CPA's Section for Students after the annual CPA conference. The award is accompanied by a monetary prize of \$100. It is funded by the Section for Students and one award is presented each year.

The winner for the 2013-2014 year was Steve Cicione from Concordia University in Quebec. He used his role as CPA Undergraduate Campus Representative to initiate the INPSYCH Workshops, a series of workshops designed to complement in-class instruction by introducing undergraduate students to the tools that drive psychological research, exposing them to Concordia's research facilities, and teaching them valuable career building skills. The 10 workshops were led by graduate students, and attracted over 500 registrants. Each of the presentations began with a short introduction/promotional announcement where Steve said a few words about CPA.



## Psychologists in the Workforce

While the number of graduates from graduate psychology programs continues to grow, the number of academic and clinical positions available to graduates is not always encouraging. The goal of the Psychologists in the Workforce profile is to highlight an individual with graduate training in psychology who has followed what might be considered a non-traditional path and is using their training in a valuable, but unique way.

*If you have any recommendations of individuals to profile, please contact the Section Chair, Michelle Gagnon, at [michelle.gagnon20@gmail.com](mailto:michelle.gagnon20@gmail.com)*

### **I have a PhD in Psychology. I'm not a practitioner, an academic or a researcher – what am I and where do I work?**

Some of you know me...I'm Dr. Lisa Votta-Bleeker and I am the CPA's Deputy CEO and Science Director. I am honoured to be the first profile in the Student Section's Newsletter highlighting someone who has completed graduate-level degrees in psychology but has chosen a non-traditional career path.

Both my Master's and PhD degrees are in Experimental Psychology; however, my research for both degrees had a clinical focus. I loved clinically-focussed research, but wasn't interested in pursuing a clinical degree. I enjoyed teaching, but it wasn't a passion. I wanted to do research that would influence programs and policies; that meant being creative in my studies and my employment choices.

I completed my Master's studies at Memorial in NF, but did my data collection at the children's hospital in London, ON. That work, which looked at parental decisions to withdraw children's life support, led to the development of new procedures underlying end-of-life decision-making.

I completed my PhD studies at Carleton, but did so without a teaching assistantship. Needing to work, I sought out research assistant positions. A psychologist at CHEO took me on, and when I was done with his research, he referred me on to many other psychologists within CHEO; one of them even supervised my oral comprehensives. Through these positions, I supplemented my PhD studies with hands-on training in program evaluation, qualitative analyses, focus group moderation, and systematic reviews – areas for which there weren't courses for me to take at the time.

My PhD thesis work started at the Ottawa Hospital where I was to look at bereavement in women who had suffered a miscarriage. A year into that research, my supervisor got ill and I had to find another supervisor. Quickly into working with my new supervisor, it became apparent that I needed to find another thesis project. At the time I was working at a youth homeless shelter so opted to do my research there; findings from that research led to different intake evaluations at the shelter.

I graduated in 2001 with my PhD and went on to hold some fantastic research positions. I worked as a Research Coordinator at CHEO's injury prevention centre. My understanding of behaviour change, and my skills in project management and program evaluation, allowed me to lead the evaluation of a safe driving program for youth. That job was grant funded and as such, time-limited. I was a focus group moderator for the City of Ottawa and a Research Associate at the Community Health Research Unit through Ottawa U; I supplemented these positions with a post-doc that allowed me to hone my skills in program evaluation and get involved with many research projects which I then turned into publications and grant application experience. I applied for and received a second post-doc through TUTOR-PHC/CIHR in primary health care research. I was encouraged to apply for, and was awarded, a third post-doc; however, at the same time, I had applied for a job as Program Lead at the Canadian Institute for



Health Information (CIHI). I declined the post-doc for the CIHI position where I was the Project Manager for 6 population-health based reports, three of which had a mental health focus; this position provided me with experience in talking to the media, writing for government, managing staff and budgets, and managing external advisory committees. I was later promoted to the position of Senior Researcher, where I provided methodological guidance on all research matters across the organization.

While presenting at a conference in 2008, I met CPA's CEO, Dr. Karen Cohen, and began working with the CPA in an executive/management capacity in March 2009. This position has allowed me to apply and enhance all of the skills I acquired since graduating – as well as pick up a few more. For example: I have applied for grants, and served as a reviewer for both internal and external grant applications; I have organized summits/forums and made many presentations; I supervise staff, oversee CPA's HR functions and manage various budgets; I create surveys, conduct data analyses and write-up reports for presentation to external stakeholders, CPA staff, and CPA's Board; I sit on or serve as Chair for many committees; I oversee CPA's journals and in this capacity work to highlight psychological research in Canada; and I have met with MPs, presented before the Senate, made submissions to the Government, and regularly meet with representatives from Canada's funding agencies.

Some of you will be successful in finding faculty positions and/or working as a practitioner; some of you, like me, will find research positions. However, some of you won't be able to find a faculty position, may not want one or will not pursue a clinical practice. Whatever your decision, my advice to you is to think outside of the box and supplement your studies as you are able by seeking out experience in program evaluation, public policy, project management, talking to the media and meeting with government officials. Psychology PhDs graduate with a skill set that has value in so many settings and for which there can be numerous job opportunities – seek out and apply for positions based on your skills rather than a position's title.

*Lisa Votta-Bleeker, Ph.D.  
Deputy CEO and Science Director  
Canadian Psychological Association*

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*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:*

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