

STUDENT NEWS

Newsletter of CPA Section for Students

Message from the Chair

Michelle Gagnon, University of Regina

It is hard to believe that my term as chair is already coming to a close. When, I began volunteering for this executive four years ago, I knew little about the CPA and the Section for Students. One of the first things that struck me was what a unique and enjoyable group students in psychology form. Year after year, I have been amazed at the motivation and enthusiasm that students across Canada show for their programs, their peers, and their chosen discipline. This past year has been no exception.

This issue of the newsletter will capture some of the exciting activities spearheaded by our executive and by students across Canada. In this issue, you can learn about our new mentorship program (p.6) and new funding opportunities for students (p.8), find out the results of our

election (p.4), and start planning your activities for the annual convention in Ottawa (p.3). We are also pleased to share two exciting profiles highlighting students and professionals in psychology (p. 9 and p.11).

It is with sadness this year that we will be saying goodbye to one of our longest standing executive members. Missy Teatero will be completing her term as past-chair in June. Missy began as an executive member in the position as Campus Representative Coordinator in 2010 and then moved into the position of chair. She has demonstrated a high level of professionalism and commitment throughout her work with the section and served as a role model for me throughout my work with the section. Thank you for all your hard work, Missy. We wish you all the best in your career!

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We hope that you enjoy this issue of our newsletter. As always, we would love to hear your thoughts on section activities and your suggestions for future initiatives. Don't hesitate to contact any member of our executive team with your feedback. Happy reading!



Catch the Student Section at the 2015 Annual Convention!

Meet Our Keynote Speaker: Dr. Julie Gosselin

Dr. Julie Gosselin is currently an Associate Professor of Clinical Psychology at the University of Ottawa. She is a registered clinical psychologist in Ontario and in Quebec. Her main research aims to identify factors associated with psychosocial adjustment of individuals who have experienced multiple family transitions and/or who live in marginalized family settings. She also conducts research and training in the area of professional competency development in mental health professions. In addition to these scholarly activities, she provided mentorship to undergraduate and graduate students in Clinical Psychology, as well as early career professionals. Dr. Gosselin has also been a clinical supervisor within the Ph.D Program in Clinical Psychology for the last six years, and she was the Internship coordinator at the Centre for psychological services and Research (CPSR) at the University of Ottawa. She also offers professional training workshops on clinical supervision to other mental health professionals and colleagues across Canada.



Synergy in Supervision: Evidence-based Professional Practice

Supervision is a professional activity that is central to graduate training in both experimental and clinical programs. Most graduate students will spend at least a third of their time in graduate school engaging in supervision, as it is deemed the most effective way to train future researchers and professionals. While some progress has been made in the development of clinical supervision training within graduate clinical training programs, most graduate students do not receive training on how to best use supervision for their professional development, nor how to manage challenging issues that can occur in supervision. Drawing from the literature relating to the development of evidence-based supervision practices, this presentation will focus on offering concrete information and strategies to increase the effectiveness of supervision in meeting graduate students' training needs, as well as developing and maintaining healthy and productive supervision relationships. Borrowing from both competency frameworks for supervision, as well as principles of positive psychology, attendees will learn about their role in the supervision process and how to manage supervision process issues effectively during their graduate training experience.

Other Workshops to Check Out

Securing Funding for Graduate Studies in Psychology

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

Graduate School + Networking = Your Future Career - How to Prepare for it All

This workshop discusses the most important points to consider when applying to graduate programs in psychology and the best strategies for networking before you graduate to prepare for your future career.

Doing Research Without Funding

This workshop, offered to students, post-docs, and new faculty in collaboration by the Section for Students and CPA Head Office, aims to provide students with practical tips and tools for conducting high quality research without breaking the bank.

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

This workshop will provide information on the different models of therapy, treatment methods, areas of research, boundaries of each practice and career paths for each field.



Convention Notes

Student Social

Join us on Thursday, June 4th at the Fox and Feather for our Annual Student Social. This year, the Section for Students will be hosting a trivia night. There will be free drinks (1 per student), appetizers, and prizes. Come show off your knowledge and network with other students!

Note: You will not be given a drink ticket without showing your CPA badge.

Registration

Registration for the convention is now open. Student affiliates who register by May 5th, 2015 will qualify for the early convention registration rate, which totals \$67.80. Students who register after this date will pay the regular convention registration rate, which is \$188.65, so make sure you register soon! To register, visit: <http://cpa.ca/Convention/registration>

Accommodation

This year's convention hotel is The Westin Ottawa. This hotel is located along the gorgeous Rideau Canal and is only a stone's throw from the Byward Market. A block of rooms is being held for CPA convention attendees, but space is limited. To reserve a room at The Westin Ottawa visit: <https://www.starwoodmeeting.com/events/start.action?id=1501070784&key=168A9762>

Looking for a cheaper option? Stay at the University of Ottawa Residences. The University of Ottawa Residence is only a 10 minute walk from the convention. Suites-style rooms and traditional residence rooms are available. For more information or to book a room, visit: <http://cpa.ca/Convention/accommodationsFunding>

Inscription au congrès

L'inscription au congrès est maintenant disponible. Les étudiants affiliés qui s'inscrivent avant le 5 mai 2015 seront admissibles au taux d'inscription qui est de 67,80\$. Les étudiants qui s'inscrivent après cette date devront payer le taux d'inscription qui est de 188,65\$. Assurez-vous de vous inscrire bientôt! Pour vous inscrire, visitez: <http://cpa.ca/Congres/Inscription/>

Logement

L'hôtel du congrès de cette année est Le Westin à Ottawa. Cet hôtel est situé le long du magnifique canal Rideau et est situé près du marché By. Un bloc de chambres a été réservé pour les étudiants participant au congrès de la SCP, mais l'espace est limité. Pour réserver une chambre au Westin d'Ottawa, visitez: https://www.starwoodmeeting.com/events/language!execute.action?request_locale=fr

Les étudiants peuvent aussi vouloir rester à la résidence de l'Université d'Ottawa. Cet endroit est à seulement 10 minutes de marche du congrès. Des suites ou des chambres traditionnelles sont disponibles. Pour plus d'informations ou pour réserver une chambre, visitez: <http://cpa.ca/Congres/hebergement/>



Convention Notes

Presentations

Are you presenting at the convention? Don't forget to check out the CPA website for tips and guidelines for presenters. <http://cpa.ca/Convention/presentingattheconvention>

Travel Awards & Other Convention Awards

The CPA Section for Student's in Psychology is offering 20 Travel Awards (\$250 per award). The purpose of these awards is to encourage Canadian students to attend the CPA Annual Convention and present their research. If you are first author on a presentation (poster or oral presentation submitted to any section) and can demonstrate financial need then you are eligible to submit a brief application. For more details visit: http://www.cpa.ca/docs/File/Students/Awards/Student_Travel_Award-Jan_2-2.pdf

Submit your application to the Chair-Elect of the Section for Students in Psychology, Zarina Giannone, at zarina.giannone@gmail.com. The deadline is April 30, 2015.

Several CPA Sections offer awards for students at the annual convention. Although some awards require the student to have submitted to the Section offering the award (e.g., Clinical Section, Health Section), other Sections offer awards that are open to all students (e.g., Environmental Section, Student Section). For more information on the different awards available to students, visit: <http://cpa.ca/students/resources/studentawards/>

Election Results

This year we had several great candidates put their name forward to join our executive. Thanks to all those who expressed interest in the positions as well as all those who voted during the election period. We are pleased to welcome the following individuals to our team starting in June 2015:

Chair-Elect – Kaitlyn Werner (University of Victoria)

Undergraduate affairs officer – Somayya Saleemi (York University)

Francophone affairs officer – Georden Jones (University of Ottawa)

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

Présentations

Est-ce que vous présentez au congrès? N'oubliez pas de regarder le site Web de la SCP pour des conseils et les lignes directrices pour les présentateurs:

<http://cpa.ca/Congres/presentationaucongres/>

Bourse de déplacement et autres prix

La Section des étudiants de la SCP offre 20 bourses d'une valeur de 250\$. Cette bourse vise à encourager les étudiants à travers le Canada à assister et présenter leur recherche au congrès annuel de la SCP. Si vous êtes le premier auteur présentation (affiche, atelier, symposium, etc. soumis à n'importe quelle section) et que vous démontrez un besoin financier, vous êtes admissible à soumettre votre candidature. Pour plus d'information visitez:

http://www.cpa.ca/docs/File/Students/Awards/Student_Travel_Award-French_April_22.pdf

Vous pouvez soumettre votre demande à Zarina Giannone, présidente élue de la Section des étudiants, à zarina.giannone@gmail.com. La date limite est le 30 avril 2015.

Plusieurs sections de la SCP offrent des bourses pour les étudiants au congrès annuel. Bien que certains prix demandent à l'étudiant d'avoir soumis à la Section (par exemple, Section clinique, Section de la santé), les autres sections offrent des bourses qui sont ouverts à tous les étudiants (par exemple, la section de l'environnement, Section étudiante). Pour plus d'informations sur les différents prix offerts aux étudiants, visitez: <http://cpa.ca/students/resources/studentawards/>

Résultats de l'élection

Cette année, nous avons eu plusieurs excellents candidats voulant rejoindre notre exécutif. Merci à tous ceux et celles qui ont exprimé leur intérêt dans les positions ainsi que tous ceux et celles qui ont voté au cours de la période électorale. Nous sommes heureux d'accueillir les personnes suivantes dans notre équipe dès juin 2015:

Président élu – Kaitlyn Werner (Université de Victoria)

Agent des affaires pour les étudiants de premier cycle – Somayya Saleemi (Université de York)

Agent des affaires francophones – Georden Jones (Université d'Ottawa)

Nous avons hâte de travailler avec vous cette année!



Important Dates & Deadlines / Dates importantes et dates limites

April 30th - Travel award applications are due – for more information, visit:
http://www.cpa.ca/docs/File/Students/Awards/Student_Travel_Award-Jan_2-2.pdf

30 avril - les demandes de bourse de voyage– pour plus d'informations, visitez:
http://cpa.ca/docs/File/Students/Awards/Student_Travel_Award-French_April_22.pdf

May 5th - Early bird registration ends for convention – for more information, visit:
<http://www.cpa.ca/Convention/registration>

5 mai - la préinscription au congrès se termine– pour plus d'informations, visitez:
<http://www.cpa.ca/Congres/Inscription/>

May 30th – Campus Representative Award of Excellence applications are due. Awards are open to all those who are a campus representative. For more information visit: <http://www.cpa.ca/students/resources/studentawards/>

30 mai – les demandes pour le Prix d'Excellence du Représentant de Campus sont dues. Le prix est ouvert à tous ceux qui sont représentants de campus. Pour plus d'informations, visitez: <http://www.cpa.ca/etudiants/resources/studentawards/>

June 4th to 6th – 76th Annual CPA Convention – for more information, visit:
<http://www.cpa.ca/Convention/>

4 au 6 juin– 76e Congrès Annuel de la SCP – pour plus d'informations, visitez:
<http://www.cpa.ca/Congres/>

New Student Leadership Opportunity: Introducing the CPA Student Mentorship Program



The Section for Student's in Psychology is proud to announce that it will be launching 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.

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.

New Student Leadership Opportunity: Introducing the CPA Student Mentorship Program



Some examples of the benefits of peer mentorship can include, but are not limited to:

- 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

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.

How Can I Get Involved?

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-Elect, Section for Students in Psychology

Email address: zarina.giannone@gmail.com





New Initiatives & Funding for Students

Nouvelles initiatives et Financement pour les étudiants

Over the course of the next year we will be introducing several new funding opportunities for students and student groups. Keep your eyes peeled for the following opportunities:

- Student Travel Awards to attend the annual CPA convention (more awards at a higher value!)
- Student research awards to support student projects at the undergraduate and graduate level
- Campus Activity Grants to support student groups or psychology departments who want to host education or networking activities at their university

Au cours de la prochaine année, nous introduirons plusieurs nouvelles possibilités de financement pour les étudiants et les groupes d'étudiants. Gardez vos yeux ouverts pour les possibilités suivantes:

- Bourse de voyage pour les étudiants qui assistent au congrès annuel de la SCP (plus de prix à une valeur supérieure!).
- Bourses de recherche pour étudiants afin de soutenir les projets d'étudiants au niveau de premier cycle et des cycles supérieurs.
- Subventions pour les activités de campus afin de soutenir des groupes d'étudiants ou les départements de psychologie qui veulent accueillir des activités d'éducation ou de réseautage dans leur université.



Adding value to a psychology degree: how Concordia University students organized a Psychology Research Design Case Competition

I remember the day in last March 2014 so vividly, where Julia Carvalho and I, now VP External Affairs and President of Concordia University's Undergraduate Psychology Association (CUPA), first contemplated the idea of joining the Association. We realized that Psychology students had little opportunity to apply their psychology knowledge beyond the typical classroom, lab or volunteer settings. With a desire to offer students a unique chance to combine basic research skills taught in class with hands-on practice of essential skills required to build and defend a research thesis, the idea came to us to host Concordia Psychology Department's first Research Design Case Competition. The idea was brought up in our first CUPA meeting, and was received with positivity and excitement as our team diligently started brainstorming ideas for funding and for the format of the event. With the assistance of Christina Massaro, our VP Finance, we became sponsored by: CPA, Concordia Council of Student Life (CCSL), Small Grants Program (CUSGP) and from the ASFA Member Association's Special Project Fund (ASFA MA SPF).

Our VP Internal Sasha MacNeil, Julia Carvalho, and myself established the timeline of the day. Delegates would choose their preferred field in psychology from Behavioural Neuroscience, Health Psychology or Social/Developmental Psychology, and read three research articles we selected for each field during the preparatory stage of the competition. On the day of the event, our devoted delegates had a set time frame of merely 45 minutes to develop a research study that would answer a research question we formulated for them with the help of faculty members specializing in each field. After intense team work, they were asked to present their study methodology, including everything from the background literature to the conclusion/limitations of their study to a panel of faculty judges. Presentations were followed by an extensive question and answer period from the faculty judges, during which they were "put on the spot", and treated as if they were partaking in a thesis defense. With the intention of combining both pressure and research aspects throughout the competition, only one team in each category was declared a winner and awarded CPA merchandise as prizes and departmental recognition for their efforts.



Julia Carvalho Opening the Competition: photo by a student



Participants of two opposing teams facing the question period
Student Photographer: Chris McMahon

Adding value to a psychology degree: how Concordia University students organized a Psychology Research Design Case Competition

Through participation in this event, some students were then invited to become research assistants in the labs of the faculty judges or professors that were invited to watch the Competition. All delegates were grateful for the opportunity to compete and apply practical research skills, for it was unlike anything they had ever done, or thought they would get the chance to participate in. The competition was followed by a networking wine and cheese, allowing both students and faculty members to build ties. Thanks to our VP Social Danielle Berube, the once-conference area was transformed into a beautiful hall with catered food, flowers, and a Jazz band. The event thus had a beautiful networking atmosphere where judges, professors and delegates were able to engage in a conversation about the cases, research articles and potential academic opportunities. This full day event took months of brainstorming, diligent planning, gathering funds, and logistic managing. The end result was a huge success and was worth the hard work put in by each and every CUPA member. The delegates and judges were extremely appreciative, impressed by our efforts and encouraged us to keep it an ongoing event for years to come. As President, I could not be more proud of my team for their triumphs, and our ability to build a successful event from the ground up. We sincerely hope and encourage other universities in Montreal and elsewhere to adopt this event – and who knows? Maybe one day we can grow this idea into a national competition.

Submitted by:

Elizabeth Duong CUPA President

Julia Pinheiro Carvalho VP External – CPA Student Affiliate

Concordia University – Montreal, QC



Student photographer: Chris McMahon

Psychologist in a Non-Traditional Setting

A great article recently published in University Affairs reminded me I had my own article to submit for this column. Titled “PhD ‘overproduction’ is not new and faculty retirements won’t solve it,” it provided the exact context as to why this column is so important; that the academic job market is precarious, and completing your doctorate doesn’t (and, according to Melonie Fullick’s research, never has) necessarily lead to a tenure-track position in academia. There’s a wealth of opportunities outside the university industry and I’m glad to be a part of the conversation to widen our horizons.

My undergraduate degree was completed in Psychology at Carleton University. My honours thesis was about witness memory, an area I continued to work in at the University of Regina in their Experimental and Applied Psychology graduate program. Like many a memory researcher, my memory for the specifics are a bit vague. I definitely designed a lot of projects and sat on a lot of floors interviewing summer campers when my research focus turned towards children. I trained a mammoth amount of RAs to follow the exact procedures my experiments required (and tried very hard to stop hovering in abject anxiety once we started data collection). I created schedules, databases, scripts, images, advertising, and research materials both individually and in teams with my colleagues. And like many of you, I was also managing a full course load and held a TAsip every semester. Graduate programs make us masterful multitaskers and I can’t think of any other training that gives you the chance to learn such a varied stable of skills so quickly.

I think in many ways we take that for granted. We all work hard, and when it comes time to transition out of our roles of pupils and into the professional realm we forget how formidable our skillsets are. I think this is, in part, because we know that so few of us achieve secure, tenure-track faculty appointments. We assume that that is culmination, the validation of all our training. But as Fullick states, assuming there is only one path of success is the equivalent of “magical thinking.” That’s a fallacy, and we’re all smarter than that.

I jumped out the realm of academia following the completion of my Master of Arts, which was a strange move because all my training had taught me that I wasn’t finished until I had achieved the Doctorate. I was sabotaging my own success by not completing what many of us regard as the final basic step in our education. And in my attempts to enter the professional field, it often felt that way. Like academia, the work world isn’t entirely equipped to handle a highly educated candidate in their applicant pool whose interests aren’t in faculty appointments.



Submitted by:
Natalie Therrien Normand

Psychologist in a Non-Traditional Setting

So you spend a lot of time connecting the dots between the qualifications listed in any given job posting and your skillset. It requires a little elbow grease, some creativity, and confidence in your ability to meet- to surpass what employers are looking for. There is almost no position we can't at least attempt to apply for with confidence because the skills we gain in graduate school are varied, and they are valuable. Those skills I developed researching memory turned into experience in training staff, recruiting volunteers, in providing feedback and reference letters for staff and volunteers, designing and implementing projects, in managing deadlines, prioritizing my work, in scheduling teams and committees, in balancing the needs of conflicting stakeholders, in copy editing, in marketing, in research, in report writing. The challenge is to get recruiters to recognize those strengths. My best advice is to learn how to read a job posting and find the ways your training fits into what they're asking for. It will be frustrating. But MAs and PhDs with training in Psychology are able to do a lot more than anyone, including ourselves, gives us credit for.

I currently manage a project that helps local businesses be more accessible to consumers with disabilities. The skills I learned in my graduate training, that I later learned to match to job description jargon, and that I listed above all factored in that job interview. (My favourite question was, "What is your experience in handling committees, particularly in cases where committee members may have competing interests and are asking you to do complete conflicting tasks.") I use all those skills daily, and feel my education more than adequately prepared me for a career outside of academia. I just had to connect those dots.

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 opinions of the Canadian Psychological Association, its officers, directors, or employees.