

PSYCHOLASTIC

Official Newsletter of the U of R Psychology Students Association



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PRESIDENT'S WELCOME



Hi there! Welcome to the 2020-2021 academic year! I'm Shae Sackman and I'll be your Psychology Students Association president for the next little while. When I was elected, the university experience looked quite different than it does right now. The incredibly caring and creative members of the PSA have been working non-stop since May to try to ensure that students at the University of Regina still have a place to go to ask

questions, get involved in their community, and meet with other students. We hope that you will join us this year even at a distance. Our Psych Lounge student hours are a great way to see what we have to offer and you can drop in to ask any questions you may have. If you're feeling overwhelmed or need some support, the PSA [website](#), which is updated regularly, is a good place to start. Let's make the most of this unique opportunity together.

Aggressively Aspirational,

Shae Sackman
President, U of R Psychology Students Association
pres@uregnapsa.org

JOINING THE PSA

by Tess Edmonds, Student Outreach Coordinator (Arts)

I became a member of the Psychology Students Association a year ago because I wanted to get more involved in the university and with the psychology faculty in particular. I joined with the intention of meeting new people and participating in a club that would not only allow me to meet new people and try new things, but would also directly relate to my field of study. I was put on the events committee and have been able to help with events like our bake sale and paint night. They were extremely fun and such a good break from studying. In addition to being able to plan and participate in awesome events, the PSA has been a great opportunity for me to meet new people and learn about my field. As a university student, it can sometimes be difficult to know how to get involved with your program or meet people who are similar to you. Being able to surround yourself with knowledgeable and accepting people can allow you to learn and get more involved with your program and community. All of the PSA members I have met share similar interests and academic goals, and they have been able to provide me with advice and tips I never would have gotten elsewhere. I am very glad I joined the PSA and I look forward to learning more from fellow members as I also get to know them even better. I am excited to participate in the events that we get to put on and all of the other opportunities that this club has to offer.

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WANT TO CONTRIBUTE?

We accept all submissions, however, we reserve the right to edit for clarity and length. Send submissions to: internal@ureginapsa.org



UPCOMING EVENTS

Check out our [calendar](#) for more details!

MENTAL HEALTH HUB

Sep. 29
1:30 pm
Zoom

PSYCH LOUNGES

Tue. Oct. 6 & 20	Thu. Oct. 1, 15 & 29
Tue. Nov. 3 & 24	Thu Nov. 19
6 pm - 7:30 pm	5:30 pm - 7 pm
Zoom	Zoom

CPA GRAD STUDENT PANEL

Oct. 15
5:30 pm
Zoom

PSYCH STUDENT STORY

by Emily Camposano, Student Outreach Representative

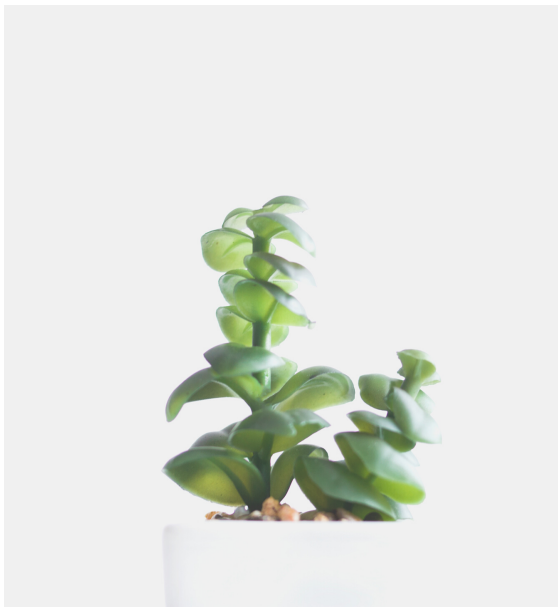
I am an undergraduate Psychology student in the Faculty of Arts. I am so proud of this statement because to me, it means I am on a path to many more opportunities. I am also a Level 3 Early Childhood Educator, and this achievement has taught me so much in caring for others and wanting my community to grow in a healthy nurturing environment. Studying ECE at Humber College in Toronto (where I am from) was an experience of self-growth, learning new skills, and growing my academic competence. People don't have to go to University right away, everyone's experience is different and sometimes people need a stepping-stone or two as we find our calling. I am considered a mature student as I started at the U of R at the age of 25. I am not alone; there are many people who begin working towards an undergraduate degree years after completing high school. I am a part-time student, taking a couple courses at a time since I am balancing my education with a licensed Family Child Care Home. Without my childcare facility, I could not afford to pursue my university education. I am able to have a daycare at home and go to university thanks to my supportive family who helps me with caring for the children.

I encourage you to reach out; asking for help can do so much to further you on your path. I am working towards applying to Honours and I intend to go to Graduate school for Clinical Psychology. Being part of the PSA has been so helpful and I encourage other psych students and those interested in psych to seek our resources.



MY EXPERIENCE AS A RESEARCH ASSISTANT

by Sydney Sulymka, Director, Internal Communications



For the last 12 months, I have been working as a research assistant for Dr. Amber Fletcher who is publishing an open-access textbook on qualitative research methods in the social sciences. My role in this project is to come up with exemplary studies to contextualize the concepts in the textbook. I comb databases for examples of the various methods that are discussed, such as ethnographic research, phenomenological research, case studies, and more. Though this is a very different research experience than working in a lab, which is more typical for psychology students, I am learning many valuable skills: I can navigate journals and databases with ease, understand and summarize research quickly and succinctly, and I have gained a much more in-depth understanding of research methods, all of which is useful for any university program. (continued on next page)



(Continued from previous page) I have witnessed the process of writing, reviewing, and editing a book, and will soon see it's publishing as well. Having been a part of the entire life cycle of this project and seeing it all come together has been and will be so rewarding.

If I can offer one piece of advice based on my experience, it would be to not pass up opportunities just because they don't fit the typical expectations of your program. Psychology places a lot of emphasis on lab and research experience for those who want to move on to Honours and beyond. Don't let that give you tunnel vision; it might cause you to miss out on an interesting and unique experience that is just as valuable.

To learn more about [Research Labs](#) at the University of Regina and other opportunities for psych students check out the *opportunity* tab on our [website](#)!

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WHAT DO YOU DO WITH A PSYCH DEGREE?

by Michael Paul, BA Psychology '12

What do you do with a Psychology degree? The answer... whatever you are passionate about! My journey to completing my Psychology degree was a bit meandering. I'm a person with a lot of interests, and figuring out which degree was best for me took some time. I started university pursuing an education in Film, then Music, then Education, and finally Psychology because of the endless possibilities this degree offered. I remember taking Dr. Arbuthnott's Environmental Psychology class and thinking "What can't you do with a psych degree?" It's a degree that helps you understand people; how they make decisions, how to shape their behaviours, these are skills needed in just about every job. For me, the knowledge and skills gained from my Psychology degree led me into a few careers that I love. I am currently the Director of the Kenosee Boys & Girls Camp and Retreat Centres. Throughout the summer I run summer camps, and throughout the winter I manage the Retreat Centres located at the camp. I am also the Manager of Recruitment and Retention at Campion College. I help new and current students figure out what passions they want to pursue in life. For both of these jobs I am constantly pulling knowledge and skills from every Psychology class I completed. However, the value of a Psychology degree does not stop at the Psychology classes; I use skills that I learned in my elective and core requirements just as often. Skills like being a strong writer, being organized, knowing how to give effective presentations, and knowing how to program in HTML (thanks CS 100!) have all led me into my dream jobs. My advice to you is to let your Psychology degree help you follow your passions, and in time you will be in your dream job.

DID YOU KNOW?

Star Wars actress, Natalie Portman, has a BA in Psychology from Harvard University.