



MIND MATTERS

ISSUE 3 • FEBRUARY 2020

THE UNIVERSITY OF REGINA PSYCHOLOGY STUDENT'S ASSOCIATION NEWSLETTER



PSA PANCAKE BREAKFAST

A brief reflection

By Shae Sackman, Internal Communications

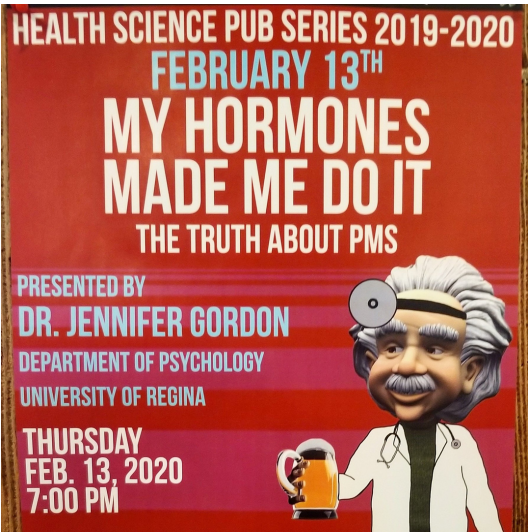
This past December the PSA hosted a pancake breakfast for students in the Research and Innovation Center. One of the great things about being in the PSA is being able to talk to students and let them know that we're available as a resource. Your major doesn't matter, you don't need to be a member, the PSA is here to answer your questions about Psychology at the University of Regina. This issue of the newsletter is working to highlight that we want YOU to reach out, ask questions, participate in our events with your friends and ultimately join the PSA!

UPCOMING PSA EVENTS

**HOBO DONUTS - FEBRUARY
12TH - 11AM - 1PM - LUTHER**

**PAINT NIGHT - MARCH 24TH
- 7PM - RIDDELL
MULTIPURPOSE ROOM**

**PSA ELECTIONS - MARCH /
APRIL - ONLINE APP AT
[JOIN.UREGINAPSA.CA](https://join.ureginapsa.ca)**



SCIENCE PUB TALK - FEBRUARY 13TH, 7PM

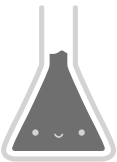
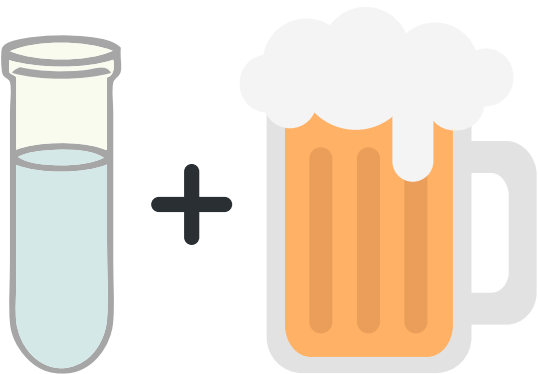
Bushwakker Brewing, 2206 Dewdney Ave

Dr. Jennifer Gordon, Clinical Psychologist and researcher at the University of Regina, will be doing a talk on February 13th at **Bushwakker Brewing** at 7:00 PM for their monthly Science Pub series.

There are only 50 seats available, so it is recommended to get there at least 1 hour earlier to get a spot!

"My hormones made me do it: the truth about PMS"

Popular opinion suggests that most, if not all, women suffer from moderate to severe premenstrual syndrome (a.k.a. PMS), becoming emotionally sensitive, irritable, and irrational for several days out of every month. To what extent is this view correct? How much do hormones like estrogen and progesterone really affect women's daily mood? Come to this talk to find out what science has to say on the matter!



UNIVERSITY OF REGINA PARTICIPANT POOL



Want to earn extra credit this semester? Visit the Participant Pool website to earn up to 3 bonus credits for each 100- or 200- level Psychology class you're currently registered in!

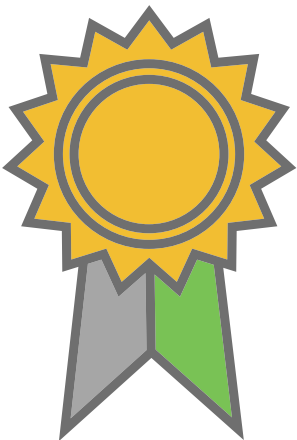


POOL.UREGINAPSA.CA

#SEEPAINMORECLEARLY UPDATE:



#UofRegina @URHealthPsysLab honours student @LouiseCastillo has won top prize in the @AGEWELL_NCE #epicHQP video competition for the #SeePainMoreClearly campaign!

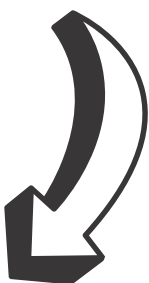


You can watch the award-winning video at: bit.ly/seepain

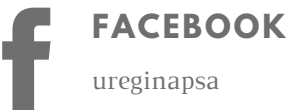
WANT TO GET INVOLVED?



JOIN THE PSA FOR 2020-2021!



email us at ureginapsa@gmail.com



VOLUNTEER OPPORTUNITY



Student Energy in Action for Regina Community Health, SEARCH is where students can develop skills, network with health professionals and work and learn about community development and programming. SEARCH gives students the ability to get real-world experience within a medical and social settings.

Volunteers interact with clinicians as well as guided by professional mentors. Roles of the student volunteers can include: greeting clients and tracking statistics, working in the kitchen preparing food, observing counselling, participating in women and teen talking circles, supervising and participating children programs, and shadowing initial assessment in the medical clinic.

For more information: info@searchhealthclinic.com
Phone: 306-570-6208
Website: searchhealthclinic.com

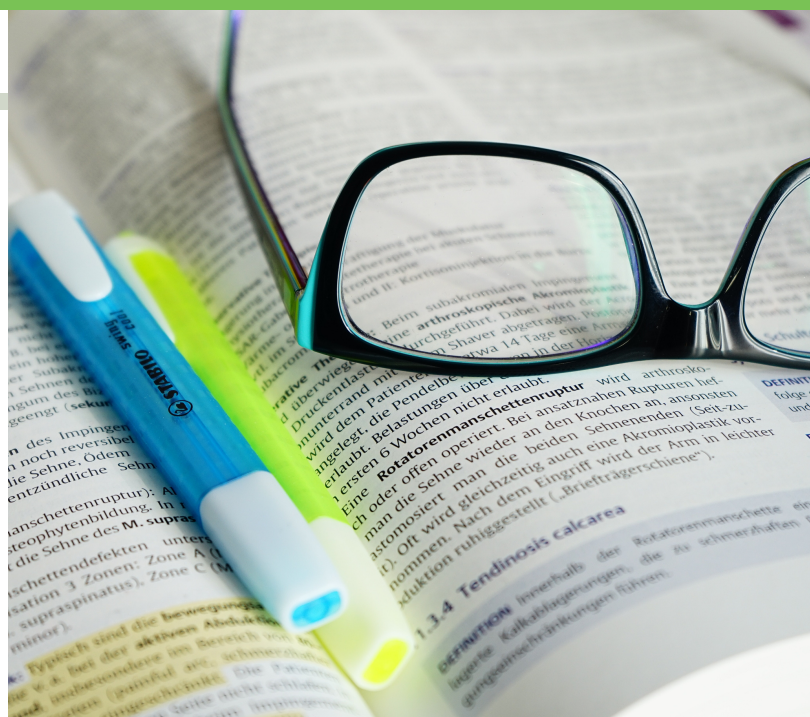
WHAT DO YOU DO WITH A PSYCH DEGREE?

BY MARY POLK

Many people used to ask me what I would do with my Psychology degree, and for the longest time I said, “you tell me!” I went into university directly out of high school with no idea of what I wanted to do, so I chose to complete a Bachelor of Arts with a major in Psychology in the hopes that I would figure out where I was headed by the time I convoked. Well, convocation came and went, and—surprise!—no revelations.

THE LIGHTBULB SWITCHED ON

I spent a year working several jobs, and one day the lightbulb switched on while I was working as an educational assistant: I knew I had to apply for Education. Fast forward about eighteen months and here I am in my final semester of the after-degree program in Secondary Education! I truly feel that my Psych degree laid the foundation for my understanding of students’ development and behaviour, and for that I’m so grateful. It’s also allowing me to finish my Bachelor of Education in just two years and will place me a step higher on the pay scale—a dream for a broke student! Without that degree I wouldn’t be where I am today, which is in a place of happiness, fulfillment, and self-awareness, so I have only good things to say about getting a degree in Psychology!





ARE YOU A PSYCHOLOGY STUDENT WITH SOMETHING TO SAY?

Would you like a chance to talk about your area of interest or research, your experience as a Psychology student at the University of Regina, or to show off some of your work? Contact the PSA about getting some space in our newsletter!

Reach us at ureginapsa@gmail.com

CPA CAREER FAIR - MAY 30TH, 2020

Are you a Psychology student or recent Psychology graduate who is interested in paths outside of academia or a clinical setting? At this year's CPA Annual Convention in Montreal, the first ever Career Fair will be held on May 30th. This event will be focusing on alternate career options in Psychology, working on CV creation and interview preparation. You will have the chance to learn how best to build relationships with mentors and gain insight on how to achieve financial wellness.

This special program is available during the annual CPA convention which begins May 28th 2020. This year's keynote speaker is Dr. Steven Pinker, an experimental psychologist who specializes in visual cognition, psycholinguistics and social relations. Register online: convention.cpa.ca/registration



FUN PSYCHOLOGY FACT OF THE NOW

You are more likely to remember something if you say it out loud. British researchers discovered that the "production effect," or saying things out loud while reading them, helps store those words in our long-term memories.



Source: University of Waterloo
<http://bit.ly/psapsychfact2>