



MIND MATTERS

ISSUE 1 • OCTOBER 2019



U OF R PSYCHOLOGY
STUDENTS ASSOCIATION
NEWSLETTER

WELCOME

FROM YOUR PSA

The University of Regina Psychology Students Association is a student-run organization focused on providing resources, information and opportunities to students in Psychology programs.

Our mission of "Growing a Student Community of Health Minds" has prompted us to reach out to all students and faculty in the form of a new monthly Newsletter. Let us know what you'd be interested in seeing in it by contacting us at our brand new website, ureginapsa.ca!

UPCOMING EVENTS

Halloween Bake Sale / Oct.
16th, 10-2pm Riddell Hallway

Annual Paint Nite / Oct. 23rd,
6-8pm at The Owl

Honours Program Panel / Oct.
29th, 12:30-1:30pm CW 113

WELCOME 2019-2020 STUDENTS!

DR. LAURIE SYKES-TOTTENHAM

It is my pleasure to welcome you to the 2019-2020 school year! May you have a year filled with rich learning experiences and many successes. To get the most out of your time here, I encourage you to be engaged and seize the opportunities that are all around you -- in class, ask the questions that you think you're too shy to ask; get involved in research as a participant or volunteer; and get to know your peers and pros by going to events or becoming a member of a student body (such as the PSA!).

As the Head of the Department, you'll likely see me busily buzzing around the main office -- feel free to say hi and introduce yourself! When I'm not in the office, teaching, or in meetings, I might be in one of the two research labs I have on campus. In the one lab, we test participants in studies that are typically examining laterality or the effects of stress or sex hormones on cognitive and emotional processing. The other lab is a wet lab where we run assays to measure hormone levels using saliva or urine samples that were collected from participants during our studies. It's all a lot of work, but also a lot of fun!

Hope you have a great year!



VOLUNTEER OPPORTUNITY

SASKATCHEWAN BRAIN INJURY ASSOCIATION:

This organization offers programs for people who have experienced brain injury and their loved ones. SBIA has a weekly recreation program which is a variety of activities that are located throughout Regina.

There is a fall retreat on October 19th and 20th. Volunteers will be needed for setup, cleanup, and helping out during the retreat. To get involved contact Tracey Monette, the Events and Volunteer Coordinator at (888) 373.1555 or email: sbia.events@sasktel.net

A NOTE FROM HONOURS REPRESENTATIVE

BETHANY SANDER

There will be an information session for the Psychology Honours Program held on Tuesday October 29th from 12:30 to 1:30 PM in CW 113. There will also be a panel of current honours students who will share their experiences with the program and answer any questions you may have. If you are considering applying to the Honours Program, or if you are simply curious about it, I highly recommend attending. Additionally, keep your eye out for us advertising for another information session, in which graduate programs in will also be discussed, presented by Dr. Kristi Wright and Dr. Kaila Bruer October 4th, 1-2:30pm at LI215.



VOLUNTEER OPPORTUNITY

SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN

Help with events, run support programs, and work to end the stigma surrounding schizophrenia and other mental illnesses!

Go to www.schizophrenia.sk.ca for more details and to register to volunteer.