

PSCHOLASTIC

Official Newsletter of the U of R Psychology Students Association



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CREATING COMMUNITY

I am sure I am not the only one feeling overwhelmed with classes and my schedule. Having classes switch online has been a really tough transition. If you're having trouble connecting with other students because of the online format, feel free to reach out to the PSA. Join our lounge for a chat, come to our events, or send us a message on social media. We're missing our community too, so come join our new online one. Please remember you are not alone.

You got this!

Shelby Leis
Vice-President, U of R PSA



**FOR SOME FINALS
STUDY TIPS, SEE
PAGE 4!**

**DID YOU KNOW?
FUN PSYCH RELATED
FACT ON PAGE 4!**

FORMER PSA PRESIDENTS WIN TRI-COUNCIL AWARD, SHARE ADVICE FOR APPLICATION

by Caeleigh Landry, BA Hons Psychology '19
and Louise Castillo, BSc Hons Psychology '20

We hope you are enjoying the semester and looking forward to the Christmas season. As the deadline for this round of tri-council awards approaches, there is bound to be some stress and anxiety. For this reason, we would like to share our experiences of applying for and winning CIHR funding for the 2020-2021 school year.

Passion: Hopefully you have picked an idea that you are excited about! This will make your topic easier to write about. It may also be beneficial to speak with your prospective supervisors on the type of projects that they are pursuing.

Tailor it: While you need to like your topic, it is also important to keep your future schools and supervisors in mind. Do the goals of your proposal line up with their research goals?

Discipline & Organization: As with everything else, this requires organization to ensure you get everything in on time. Note key deadlines and break the application into smaller chunks! For example, plan the days to work on your CCV, proposal, and organizing references. This will make the entire application process more manageable.

Patience: Not just with your references, but with yourself! This has been a hard year and the grad school application process is hard. Be kind to yourself. You are allowed to be tired. You are allowed to take breaks. Whenever possible, connect with fellow students who are also applying for tri-council and/or graduate school.

Collaborate: For an individual project, this may seem weird; however, psychology is an incredibly collaborative and interdisciplinary field. While you need to come up with the proposal yourself, ask friends, senior students, or your supervisor to help you refine your proposal – most will be happy to and your application will benefit from it.

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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

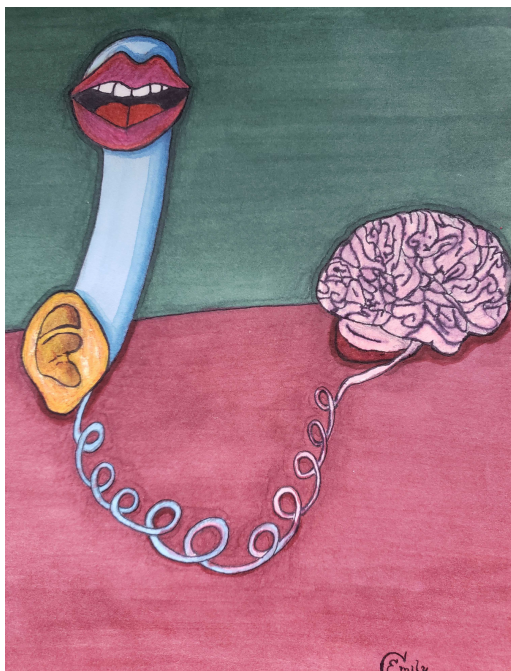


MY EXPERIENCE AS A LAB VOLUNTEER

by Minhal Mussawar, External Communications Representative

I have always been interested in research, so getting experience was a high priority on my list. I've been lucky enough to gain experience with some fantastic researchers over the course of my undergraduate degree. I began volunteering by helping a physician with data collection, but I didn't start at the university until January 2019, where I volunteered at the Social Context, Health and Trauma (SCHT) Lab, run by Dr. Bridget Klest. I worked with Dr. Klest's PhD Student, Emily Boughner, to help in data collection by searching provincial government directories and gathering contact information on people in different services. I continued to volunteer there until September 2019, when I started at the Women's Mental Health Research Unit, run by Dr. Jennifer Gordon. For around six months, I helped her then-honours student Bethany Sander with her project by conducting telephone interviews and enrolment sessions. I have learned how to interact with other participants in a research setting and how to do extensive searches to find the right information. My experiences have also taught me just where my interests lie, and how I would prefer to conduct research if I got the chance. If there is any advice I can impart from these experiences, it's that you are the one responsible for reaching out; you're the one who has to contact the researcher to secure your position – don't expect an opportunity to just come to you. That being said, it's not as difficult or as intimidating as it looks! Like most people, professors appreciate it when others offer their time to help with their own or their students' research. Sometimes just sending out an email or an application to volunteer in their lab is all that is needed to start you off on your journey. Also, don't limit yourself to specific opportunities; if you get the chance to work with people who have completely different interests as you, take it anyway. You never know where that experience might lead you!

PSYCHOLOGY IN ART - "CELL PHONE"



by Emily Camposano, Outreach Representative

I made this picture before I knew I'd want to go into the study of psychology, between 2014 and 2015. It was inspired when I contemplated how the brain registers the information we are provided, such as what we hear in our environment. After the brain thinks through the information, a fast response follows, speech being the symbol of the response. Heard information being input, processed at the brain, and response being the output. I had portrayed this understanding as the form of a telephone, having the ear placed on the phone at the end an individual using the phone would speak into, and the talking mouth was placed where the individual would have their own ear. I intended to have this art piece visualize an abstract understanding of communication and information processing at the same time as giving the viewer the sense the image could be interactive.

WE ASKED PSA MEMBERS WHAT STUDY TIPS THEY USE OR HAVE FOUND HELPFUL DURING FINALS SEASONS HERE'S WHAT THEY SAID:

**WRITE OUT YOUR NOTES. IT FORCES
YOU TO ACTIVELY ENGAGE WITH
THE CONTENT.**

**Use rewards! A small treat like a
YouTube or Netflix break, a self care
routine, or some good food can be
great motivators.**

**DEVELOPING A SCHEDULE AND
STICKING TO IT HELPS ME A LOT.**



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DID YOU KNOW?

Wes Craven, director of *A Nightmare on Elm Street* and the *Scream* movies, has a BA in Psychology from Wheaton College.

ADVICE FOR PSYCH STUDENTS

by Jonathan Tay, BSc Hons Psychology '16

Hi everyone! My name is Jonathan Tay. I recently finished a PhD in Clinical Neurosciences at the University of Cambridge. I have an undergrad degree in Psychology from U of T. I started straight after high school, so I wasn't too sure what to do in the future, but I thought psych could help me understand a question I was always curious about: why do people do what they do? I took many different courses across the field of psychology and found they all had different methods for answering that question. If I could offer one piece of advice during your undergrad degree, it would be to engage with the field widely, even if you think the subject material will be challenging. Psychology is a very rich and broad discipline which cuts across numerous fields; I think it would be hard to regret taking a variety of courses in psych, and you'll find the skills that you learn are transferrable to many different fields. If you want to pursue psych through a Master's or PhD, it would be very worth applying to be a research assistant in a lab at your university. Most graduate degrees are research-based, and having prior experience is definitely an asset. You might consider working in a lab over the summer, or part-time during fall and winter semesters. Even if labs aren't open for running in-person experiments, you may well get experience in doing a literature search, setting up virtual experiments, or analyzing data. The earlier you start gaining experience, the better. I would also like to stress that graduate school isn't the be-all, end-all for a psych student. Contrary to popular belief, it is possible to get a job with just a Psychology BA or BSc. So have a good think about how what you're learning can be applied to other fields.

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