

PSCHOLASTIC

Official Newsletter of the U of R Psychology Students Association



IN THIS ISSUE

A YEAR ONLINE

WHY I SWITCHED INTO
PSYCHOLOGY

FRESHMEN IN A
PANDEMIC

BA OR BSC: WHICH IS
RIGHT FOR ME?

UPCOMING EVENTS

MOTIVATION

MESSAGE FROM OUR VP



Hey Everyone,

I hope everything is going well for you this semester and that the weather and online classes haven't been treating you too poorly. We are just over half way through so keep your heads up and good luck with the rest of the term. Please remember that if you ever feel a little isolated and want to hang out with

someone or meet some new people, you are more than welcome to come and join our lounge nights that are alternating Tuesdays and Thursdays (see our calendar or the upcoming events section below for more details). If you are struggling and just want to reach out and talk to someone, you are more than welcome to reach out to the PSA group. We are very friendly and easy-going and are really looking forward to hopefully meeting you soon during one of our upcoming events!

All the best,

Shelby Leis

Vice-President

University of Regina Psychology Students Association

A YEAR ONLINE

by Katie MacDonald, Arts Student Outreach Coordinator

On March 14th, 2020, the University of Regina suspended all in-person classes and switched to the online format to help prevent the spread of COVID-19. We are now coming up on one year since the pandemic halted in-person courses. Being online throughout this past year has had numerous ups and downs for many of us. From unreliable Wi-Fi to disruptive pets and roommates, the challenges of online university seem never-ending. For myself, writing essays has been an immense challenge since the switch to online. With what was once something that came almost naturally to me, I now spend nearly double the time working on papers because of my constant writer's block. During this past year, I have come to respect how essential the community aspect of university is to me. I didn't appreciate how much I would miss standing in the hall with the rest of my classmates as we desperately try to get as much information in our heads before a big midterm. Or sharing looks of confusion with a classmate when the material goes right above our heads. In all honesty, all those little things help make university such a valuable experience for me. Despite missing a lot of this because of the pandemic, I am grateful for the support I receive from my fellow PSA members. The PSA has helped me stay active in our community and has also helped me cope with this year's isolation. Furthermore, attending the weekly Psych Lounges has made the year a little bit less lonely. There is so much more to university than taking courses, and this year has made that clear. All in all, I can't wait until I can see my classmates and professors in person again. And also delete Zoom off my computer.

EDITOR/DESIGNER

Jose Argerami

CONTRIBUTORS

Jade Chow

Lee Lim

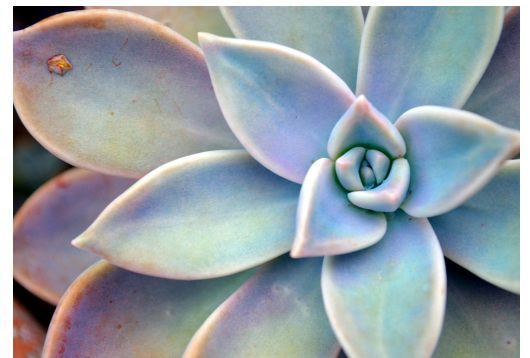
Katie MacDonald

Holden Norrie

WANT TO CONTRIBUTE?

We accept all submissions, however, we reserve the right to edit for clarity and length.

Send submissions to:
internal@ureginapsa.org



WHY I SWITCHED INTO PSYCHOLOGY

by Holden Norrie, PSA Member

Kinesiology primed my interest for studying physiology and psychology, but I only studied what the “wall of exercise” allowed. I found myself looking for ways to incorporate more psych classes into my degree, yet I did not know what I was going to do with a kin degree. By second semester of my second year, I made the decision that I would be happier studying a subject that brings me joy, stimulates my intellectual curiosity, and provides me with a future to aim for: clinical psychology.

What interests me most about the study of psychology is the ability to rationalize behaviour. I am a firm believer that behaviour is rooted in a sense of rationality within the individual and studying at the University of Regina has helped facilitate and guide my curiosities. Through discussions with professors on (cont'd next page)

(cont'd from previous page) course content and on external interests of study, I have been able to expand my interests and find additional resources on personal topics of curiosity. I believe the psychology program offers opportunities to help with research, connect with like-minded individuals, and promote scientific curiosity. By attending the PSA's psychology month series, various faculty members are invited to discuss their research and answer questions. As well, there are weekly "open lounge" events that allow psychology students to interact online and discuss various topics like classes, research, pets, or just daily living.

FRESHMEN IN A PANDEMIC

by Lee Lim

Where do I even begin to describe my experience? Being a first-year in a global pandemic is like being thrown naked and alone in a world where the residents themselves have no clue how to navigate it. I'm lucky enough to be welcomed by a community that provides a safe space for students that feels incredibly lost during this time of crisis.

Before finding out about UofR's Psychology Students Association (PSA), I was riddled with many questions: How do I study for midterms? How do I talk to professors? What are the things a first-year student should know? How do I get into honours? Fortunately, during the Fall semester, I discovered the P2P program while browsing around the PSA's Instagram. I headed straight to their website, filled out an application to join and excitedly waited to hear back from them. A few weeks later I received an email and met my mentor; she was absolutely wonderful and provided the best tips for someone like me- someone who had zero knowledge on how to function as a freshman.

Not only was I getting help from the P2P program but every time I visited the psych lounge I was always in awe by how much information I gained simply by showing up and listening to the various topics of the day. As months flew by, my mentor and many of the people that make up the PSA slowly went from strangers on the internet to friends that I can hang out with... on the internet. The PSA continues to establish a nook in our university that is dedicated to help students grow, open doors to opportunities and be a pillar of support.

BA OR BSc: WHICH IS RIGHT FOR ME?

by Jade Chow, Science Student Outreach Coordinator

The distinction between a BSc in Psychology and a BA in Psychology can be very confusing to navigate. Both have their strengths and weaknesses though, so don't be alarmed if you're having a hard time choosing! Personally, my BSc in Psychology has allowed me to experience both natural science and social science courses, and I've been able to integrate my love for science with my love for Psychology.

If you're stuck between a BA or a BSc in Psychology, I'd suggest looking at your strengths and what you enjoy. Do you enjoy a more reading and writing focused degree that is less hands on? A BA may be a better fit for you. In comparison, do you enjoy a mix of hands on learning via labs, in addition to math and writing-based courses? You may suit a BSc in Psychology if that is the case. At the end of the day, only you can make the choice on which path to pursue. However, I can confidently say that both will provide an educational experience that is challenging, yet rewarding. Focus on your strengths and learning styles when deciding, and consider dabbling in both arts and science-based courses to make an informed decision.



MOTIVATION

by Emily K. Camposano, Student Outreach Rep

Motivation begins with building habits.

1. **Self-Talk:** Stop yourself when you notice negative thoughts entering your mind. You'd never talk to someone else that way. Try thinking of two good qualities about yourself. It will feel weird at first, but in time it will become more natural.
2. **Healthy things grow, growing things change:** remember the brain is always changing with every experience and lesson learned (Neuroplasticity!). It would be strange if a person never changed. If you have an interest - explore it and see where it goes!
3. **Get out there:** The more involved you get and the more connections you make, the greater the scope of opportunities brought to your attention from like-minded individuals in your university community.
4. **Don't give up:** Don't give in to notions of failure! Learn from your shortcomings; it's the only way we would know where we can further develop ourselves and strengthen our abilities.
5. **Self Care:** Treat yourself! You deserve a break when you work so hard. It can be in any form that fits your creature comforts. For me this looks like a sushi dinner, a Netflix series, a day at the art gallery, visiting a bookstore, or something as simple as a hot shower to relax the muscles.

This article was inspired by the PSA's Peer-to-Peer mentorship program, a project I am proud to be a part of; making a difference in another student's academic experience!

UPCOMING EVENTS

Check out our calendar for details!

TEXTBOOK GRANT DEADLINE - APR. 9TH!

Psych major? Want to
recoup textbook costs?
Check out our website!

PSYCH LOUNGE 6:00 - 7:30 PM

Thu. Mar. 23
PSA Candidate Night

Tue. Apr. 6
Last lounge of the year!

FUN FACT

A Freudian slip is when you say one thing and mean your mother - I mean another!



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