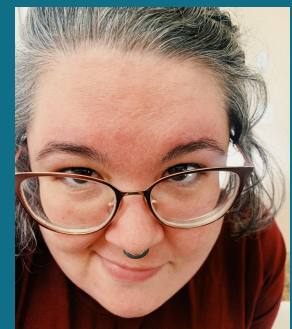




NICE TO SEE YOU AGAIN

SHAE SACKMAN, PRESIDENT



Your VP should be
extremely good at brows...

My first year running a student organization was a life-changing experience, due to all of the amazing PSA members who jumped in with both feet to change the way we think about this group.

Developing new ways of engaging students with our mission during a pandemic was no easy feat, but here we are today. Over 100 general members, a thriving student support system, and so many learning experiences it's rather overwhelming!

When I started University, my goal was a precision strike: get in, get the degree, get out. Don't get involved. This was absolutely the wrong approach, and did not work out for me. And I am so thankful. Getting through a pandemic, thriving in my psychology education, and a large part of the greatest parts of my day-to-day life have only been possible because of the connection and support the PSA has graced my life with. The most unflinching and sincere thank you to my fellow board members and their patience, support, brilliant ideas and good humour. Thank you to the general student members of the PSA for joining us in droves, and the PSA is always grateful to the psychology department for their support. To those I owe an awful lot for helping me do all the things that are important to me, kiitos.

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HOW TO GAIN VOLUNTEER AND WORK EXPERIENCE

HOLLY FUNK, PEER COORDINATOR

My experience getting into a lab isn't all that unique, but the work I do in the lab absolutely is. While my skill set and work ethic have contributed to my success, knowing others allowed me to have these opportunities in the first place. That's the not-so-fun thing about opportunities - finding them requires you to be in a network they're known in.



I volunteer in Dr. Bridget Klest's Social Context, Health, and Trauma (SCHT) lab as part of the Plain Language Summary squad. My job within the lab is to take results from the research conducted and condense it to down to a short segments. Afterwards, this section can be disseminated further so that those unfamiliar with psychological jargon can understand the implications and findings. I also write and edit other summaries within the lab as this is something I have much experience and skill in.

On top of volunteering for the SCHT lab, I am also a third year student journalist and Editor-in-Chief with the Carillon. My role in both the lab and our student newspaper cross over quite a bit. Writing at the Carillon, I research and interview experts to learn about an issue and then write an article that could be understood by someone not familiar with the topic. In both the lab and the Carillon, the goal is to write something that anyone from my Gen Z siblings to my grandma could understand. In the lab specifically though, it's essential that the audience understands the importance of the research and how useful the findings can be in the real world.

Most people who volunteer in a lab won't wind up writing summaries on the research done, but I think there's still a takeaway for most people here - find a way to hone your strengths. Psychology is a grossly broad field, so whether your skills involve people, writing, stats, empathy, tech, delegation, or quite literally anything else, find ways to hone them, apply them, and be mentored in them.



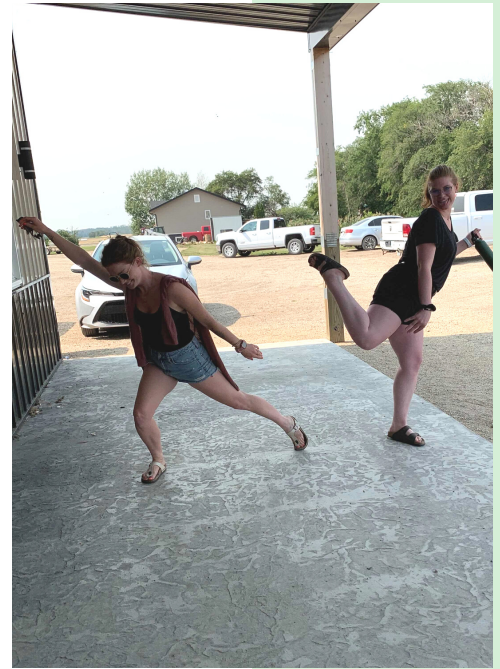
METHODS TO BALANCING LIFE AND SCHOOL

SIHAM HAGI, SCIENCE STUDENT

Finding a balance in life, whether it be balancing school and personal life, work and personal life, or all three is an ongoing battle, but it is attainable. Reflecting on my academic career, I really struggled to try to balance my school life, work life, and personal life in my first two years.

Being a science student, my workload was remarkably intense, and on top of that, I was working part-time 30 hours a week, involved with countless extracurriculars, and spent another 30 hours a week volunteering. It wasn't until halfway through my second year that I began to realize I had spread myself out too thin. I found myself too exhausted to do my school work which consequently impacted the quality of my education, and I was also depriving myself of doing things that I genuinely enjoyed. My weeks seemed to be never-ending cycles of constant work and I began to lose joy in the things I once loved.

THIS IS WHEN I BEGAN TO NOTICE THAT MY CONSTANT WORK CYCLE WAS UNHEALTHY AND THAT I NEEDED TO RESERVE TIME OUT OF MY DAY TO DO THINGS THAT MAKE ME HAPPY.

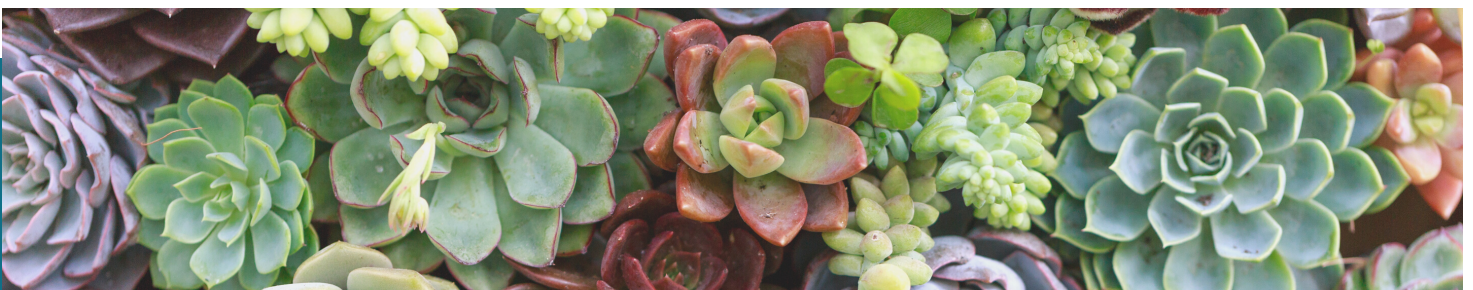


See, look. Balance.

To attain this balance, one of the most useful tools I found was to use an agenda and a calendar. I would definitely recommend planning your weeks day by day, and hour by hour if possible. This may sound ridiculous but planning my days hour by hour has allowed me to plan out study breaks, meal breaks, and self-care nights. Planning out my days to include these breaks has made me feel less guilty about taking breaks and helps me stay motivated to finish my school work because I know I'll be able to have a break once I'm done. I would also recommend planning to study for exams and writing term papers two weeks in advance and designating times in your agenda to do so. This way you are not studying or writing papers last minute and you are putting in a better quality of work.

I think the best way to find balance in your life is to figure out your limits. At the beginning of my academic career, I wanted to do everything and be a part of every club and work countless hours and it ended up hindering my academics. The best advice I could give my first-year self is to pick one extracurricular activity that I genuinely enjoy and put my best effort into that instead of being a part of five extracurriculars and putting in a mediocre effort.

You don't need to be the president of every club on campus and volunteer at every non-profit organization in the community, and it is okay to say no to others if they try to pressure you into committing to something that is beyond your limits. All in all, finding balance in life won't happen overnight, and it takes a lot of trial and error. However, it is something that you should aim for if you are feeling overwhelmed during the school year. Remember to put yourself first and everything else will follow!



PSA SUMMER RETREAT

JOEL STEVE, COMMUNICATIONS COMMITTEE








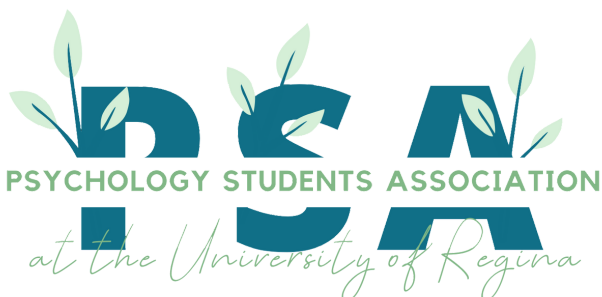
This summer, I was fortunate to attend a weekend retreat organized by the PSA's friendly and professional leadership. The retreat served multiple purposes to the mix of PSA board members, chairs, and general members in attendance. There were workshops, warm reflections on the past year's accomplishments, and brainstorming sessions to address hiccups and create plans for the organization's future approachability and success. Perhaps ironically, considering the year or so of internet-based relations, our remote Naloxone training session ran into technical difficulties and had to be rescheduled for a future date. We filled this time slot with some productive chats. However, the weekend was not only for work!

The various practical activities were slotted within a clever schedule of a "year in a day" to make up for missed socializing opportunities during the pandemic. We had mini-celebrations for Easter, Christmas, New Year's Eve, and more. For many of us, it was the first time seeing people IRL that we had taken online-only courses with, interacted with via the bustling PSA Slack channels, or met virtually in the friendly PSA lounge Zoom calls. Some of us were excited about meeting in person, while some were uncertain how the weekend would go. I was apprehensive, but all worries were washed away by the welcoming and motivated people present upon arrival. I can't speak for everyone, but it seems most of my peers were genuinely enthused about interacting with a diverse group of people united around the common goal of making an undergraduate degree in Psychology at the University of Regina a better experience for all.

If you're a psychology student, I highly recommend seeking out the PSA. It's a welcoming, accessible group of people putting together entertaining and valuable events specifically tailored to YOU. Get yourself involved.

WATCH OUR SOCIAL MEDIA FOR WAYS TO GET INVOLVED

-  [@ureginapsa](https://www.instagram.com/ureginapsa)
-  [@ureginapsa](https://twitter.com/ureginapsa)
-  [@ureginapsa](https://www.facebook.com/ureginapsa)
-  ureginapsa.org
-  hello@ureginapsa.org



A YEAR RECAP

RASHI RASHI, GENERAL MEMBER

It has been more than a year since the start of the coronavirus crisis. The Government of Saskatchewan initially made face coverings optional and some services reopened. Increasing cases of COVID-19 though, made the government step back and take strict actions in order to protect peoples health.

The University of Regina re-opened in the fall of 2021, but the atmosphere is different. In order to attend an on-campus lecture, students are required to provide a vaccination declaration for the safely of fellow peers and teachers. Walk in vaccination services are also provided. Even with these new rules though, some issues persists. There are few services offered on campus but the ones that are available are the library, book store, international services, to name a few.

In terms of academics, students and professors are also back to the university. Similar to services though, some facilities such as labs, writing services, academic advising, and tutoring sessions are not open yet.

Being able to take classes and volunteer on-campus is a great experience. It feels good to be on-campus after so long, but to be honest it is not the same as it used to be before the pandemic. Once people return to campus though, the lively nature of the university will return. Time will tell when this will be.



GET INVOLVED WITH THE PSA

Check ureginapsa.org to learn more about the many ways you can work with us!

BECOME A
GENERAL
MEMBER

SIGN UP FOR
OUR
PEER-TO-PEER
PROGRAM

JOIN A
COMMITTEE

JOIN THE
BOARD

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