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ITS THAT TIME AGAIN

Hello everyone, your 2021-2022 PSA Vice President here! On behalf of this year's board, I want to thank you all for supporting us through the trials that this academic year has presented us. The team has worked tirelessly to provide you with workshops, social events, relevant media content, and a central hub for everything psychology related. I cannot express how proud I am of all the work they have accomplished and how thankful we all are for the support and motivation you have provided us. We are looking forward to the possibilities that will present themselves with the transition back to in person delivery and the opportunities to connect more naturally with those in the department. Soon enough, we will be experiencing a change in our board which will only continue to push us forward and allow us to provide new resources and programming for you to enjoy. If you have not had a chance to engage with us directly, it is never too late to reach out and get involved in our events or with the work that we're doing. Best of luck with the remainder of your term and we will see you soon!



SARAH NAKONECHNY, VICE PRESIDENT

TIPS ON HOW TO DEAL WITH ONLINE SCHOOL

KELSY DABEK, COMMUNICATIONS COMMITTEE

Organization? Online Schooling? I naively thought these two concepts went hand in hand. However, starting a university career on the cusp of the transition to online schooling completely flipped my strategies for balancing course loads and study time for multiple classes. Instead of being in class watching my professors lecture by writing on the board, I was watching pre-recorded videos while sitting at my overcrowded kitchen table.



After two years, I feel like I have a better grasp of online schooling and can confidently attribute it to these strategies:

- Find or create a dedicated workspace in your home; even if it means having a spot on the floor, it may help you get into the groove.
- Schedule coursework on a week-to-week calendar. Put all coursework like assignments, exams, forum posts, etc., for all classes into excel. Next, add due dates and grade weights for each. Then organize it by the due date as a way to provide a comprehensive checklist of your semesters' workload.
- Attend all live lectures; trust me, professors notice when you're engaging, and you'll get more out of it than just watching a recording.
- Take a productive break and get some fresh air; being outside for a few minutes helps provide mental clarity from the brain fog staring at a computer creates.
- Ask for an extension; it can be intimidating to talk to your professors about this, but it never hurts to ask as professors are a lot more understanding than you may think.

Online classes can become overwhelming; therefore, it is crucial to consider lending some compassion to yourself when things start to feel like too much. Remember to figure out what works best for you and reach out if you're struggling.

HONOURS EXPERIENCE

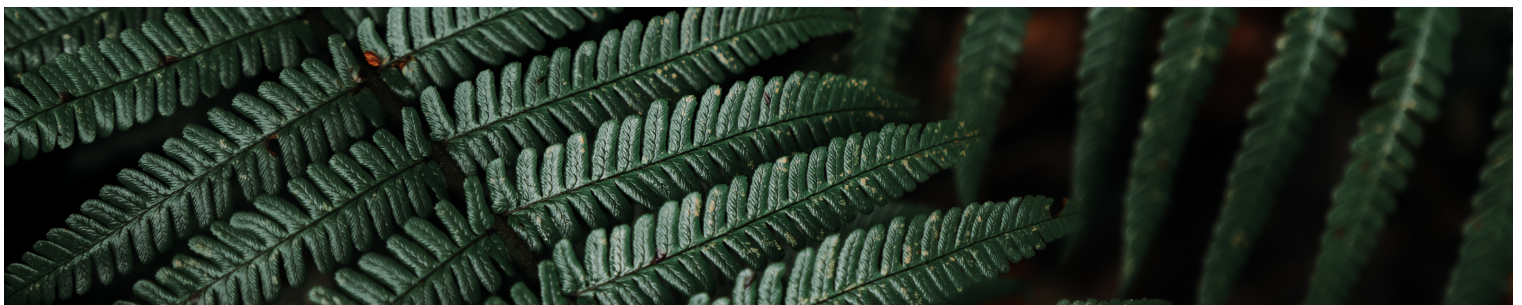
SONIA STANGER, GENERAL MEMBER

When I found out last spring that I made it into the honours program, I was overjoyed. I was so excited to take this step and get some of the experience needed for a career in psychology. Then, as the months went on, I got increasingly nervous. Did everyone else already have research experience? Did they actually know how to run statistical analyses? Were they able to think about publishing without getting nauseous? What if I just couldn't hack it?



I spent so much of last summer worrying about all the skills and knowledge I didn't yet possess, I almost completely lost sight of my excitement and pride in myself, and I regret missing out on that. Naturally, my anxieties were unfounded and my honours experience has been amazing; I already had what I needed to succeed. I can't get back all the time I spent worrying, but I hope to offer some advice to the incoming honours cohort so you can avoid getting trapped in the same unhelpful worry spiral. Firstly, and maybe most importantly, don't be scared to talk it out. It was only once I got to know some of my fellow honours students that I was able to really let go of the pressure I'd been putting on myself. By talking to them, I found that so many of us were quietly carrying the same fears and struggles, thinking we were alone. If you have a question or a concern, don't hesitate to bring it up to your supervisor, your classmates, your professors, or members of the PSA – there are people in your community who have your back.

“At the end of the day, remember that no one is expecting you to already be an expert. You're not in this program because you already know what you're doing; you're here to learn.”



UNIVERSITY EXPERIENCES

SHAWNY GROFF, GENERAL MEMBER



PLEASE BE ADVISED: You can be whatever you want to be when you grow up, but space is extremely limited. Grades aren't everything, but you'll need an 85% UGPA to get into your program of choice. Don't worry about changing your degree; but the cost of one credit hour is \$247 domestic / \$740 international. So, take your time but manage it wisely!

For an anxious perfectionist such as myself, conflicting narratives and uncertain outcomes can stress me out. Sustained stress can lead to me feeling overwhelmed. Two years into my BSc PSYC degree, I've learned a few skills to help myself. They don't guarantee smooth-sailing, but they keep me afloat through the storm and help me know why I'm on the boat in the first place.

One skill is to take an active approach to my learning. Instead of asking a classmate when an assignment is due, I read it for myself on the syllabus. Rather than wondering if I need to read the textbook, I get curious about what I might learn from it. I don't look for someone else to give me the answers but I try to find them out for myself. One day I realized that almost all the content of my undergraduate degree is already written and cataloged in the library. Professors are simply curating the material and grading me on my ability to demonstrate what I've learned. This understanding made the knowledge more tangible and accessible to me: I don't have to reinvent the wheel, I just have to get active in my learning.





I also enlist the help of others. I pay for tutors, use trustworthy online resources like the Khan Academy, make appointments at the writing centre, visit professors during office hours, and ask librarians questions. I'm also available to others, and I feel rewarded when I can be useful in someone else's learning; I end up knowing the material even better myself. Instead of school being something I have to do, school is the method by which I am becoming skilled at something that I value. I care more about what is purposeful and meaningful to me, so I've considered this as I've selected my program and courses. During mid-semester, it's easy to forget why I've taken out tens of thousands of dollars in student loans and have to stay up late reading when I'd rather be in bed eating ice cream and watching Euphoria. Fortunately, when I remind myself of why I'm doing what I'm doing, I have more energy and drive.

Now, being clear about why I'm here and being clear about what exactly I'm doing are two different things. I don't know exactly what graduate studies I want to take, and I'm even waffling about my major. One semester I deferred a course and once I had to abruptly withdraw from two classes after the withdrawal deadline. But knowing why I'm here helps me adapt to the inevitable changes that disrupt my little plans. Most fortunately, adapting to change is something I haven't had to do alone. I have advisors, colleagues, peers, role models, and friends within the University and within the PSA.

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RETROSPECTIVE: PSYCHOLOGY CONFERENCE

SARAH GULASH, COMMUNICATIONS COMMITTEE

On March 12, 2022, the U of R Psychology Students Association (PSA) hosted the first Coming Together in Psychology conference. We heard from three presenters: ABK Wellness, Schizophrenia Society of Saskatchewan, and the University of Regina's Sexual Violence Prevention and Response Office, along with keynote speaker Dr. Bridget Klest. Beckie and Kristen from ABK Wellness shared the journey that led them to form ABK Wellness and discussed some of the training workshops they provide, including ASIST and the ASK workshop. ASIST (Applied Suicide Intervention Skills Training) is a workshop about suicide first-aid and provides participants with the necessary skills to help and support those at risk for suicide. The ASK workshop helps individuals assess and respond to suicide risk in children. We were also joined by Sean, Nora, and Mark from the Schizophrenia Society of Saskatchewan. Sean introduced some mental health concepts and an overview of schizophrenia and bipolar disorder. Nora discussed her experience living with bipolar disorder, the challenges that she has overcome during her journey, and the support system that has helped her. Mark talked about his personal experience with schizophrenia, including his diagnosis, family support, and some additional coping methods he utilizes. Lynn from the Sexual Violence Prevention and Response Office shared information and definitions surrounding sexual violence, consent, and methods to support individuals who are experiencing violence. Lynn also debunked some myths surrounding sexual assault, consent, and manipulation. Our wonderful keynote speaker, Dr. Bridget Klest, discussed her research on trauma-informed care and betrayal trauma within the medical system. She walked us through a few of her recent studies and enhanced our understanding of trauma, institutional betrayal, institutional courage, future consequences, and the relationships that exist between these concepts. We learned so much from all of the amazing presenters and are so grateful for the opportunity to hear from them! We are already excited for next year's conference, so stay tuned for 2023!

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WANT TO CONTRIBUTE?

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

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