PSYC WEEKLY UPDATE
Undergraduate Psychology
Humphrey Hall, Room 224 and 225

November 27, 2017

APPOINTMENT BOOKING INSTRUCTIONS
Please email ug psy@queensu.ca to book an advising appointment.

In the email we ask that you provide: name, student number, and question/reason. We will respond to your email with either a response to your question(s) or an appointment time. If you would like to make an appointment with the Undergraduate Chair, Dr. Meghan Norris, please email ug psyc@queensu.ca for an appointment. We are always available in the Undergraduate Office for drop-in appointments.

OFFICE HOURS/CLOSURES:
Hours: Monday through Friday 8:30 am to 12:00 pm and 1 pm to 4:30 pm.
Closures: Closed for lunch usually from 12 pm to 1 pm

UPCOMING EVENTS & KEY DATES

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>EVENT</th>
<th>TARGET YEAR</th>
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<tbody>
<tr>
<td>Nov. 27</td>
<td>5:30 to 7:30 pm</td>
<td>DSC Career Night – in McLaughlin Hall JDUC</td>
<td>All</td>
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<tr>
<td>Dec. 1st</td>
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<td>Fall Term Classes End. First date to apply in SOLUS to graduate in Spring 2018</td>
<td>All</td>
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<td>Dec. 6th</td>
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<td>Commemoration Day (exams not held)</td>
<td>All</td>
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<td>Dec. 7 to</td>
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<td>December Exam Period</td>
<td>All</td>
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<td>Dec. 21st</td>
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REMINDER
When emailing the Psychology Undergraduate Office, please remember to use your Queen’s email address as Queen’s ITS filters non-Queen’s emails. All emails should include: name, student number and your plan (MAJ, MED, GEN or MIN). This helps us tailor our answer to your specific plan and year! Thank you!

KEY WEBSITES
It is important that you use the website with the most up-to-date information. It is best if you bookmark these websites and use them when you are researching information. Sometimes by just using google you end up with out-of-date information.
Psychology Undergraduate Office: http://www.queensu.ca/psychology/undergraduate/current-students/course-information
Faculty of Arts and Sciences: http://www.queensu.ca/artsci/
Faculty of Arts and Science Academic Calendar: http://www.queensu.ca/artsci/students-at-queens/academic-calendar#section-degree-plans-course-lists-and-certificates
As we approach our final week of this semester, remember to take some time for yourself. It is important to study and prepare for your exams but more importantly to make time to take care of yourselves.

- sleep enough to maintain regular body rhythms and enable you to feel rested and alert
- eat regularly to maintain adequate levels of glucose in your brain
- exercise to reduce restlessness, manage stress and feel good
- get some fresh air before class or a study period to help you wake up and increase alertness

For more tips to improve focus and concentration visit SASS
One of the oldest psychology departments in Scotland and the UK, combining world leading research and award-winning teaching.

Guaranteed to get your choice of classes
We do not over-recruit in our degree programs. This means that once you are accepted to our degree program, you will never be denied entry to any psychology class for which you have the pre-requisites. In addition, classes are designed and taught by permanent members of our faculty, and our staff-student ratio of better than 1:20 ensures an enhanced learning experience in a supportive environment.

Hands-on research experience
We provide many opportunities to enrich your studies with hands-on research experience from both a voluntary and curricular perspective. Classes at all levels have a laboratory component, and there are also opportunities for voluntary contributions to active research projects with individual faculty members.

Teaching and Research excellence
The Department of Psychology is one of the oldest in the UK and continues to combine world leading research and award-winning teaching, which has allowed us to attract permanent faculty members from other highly regarded universities, including Harvard, Dartmouth, UCLA and Oxford. We take great pride in our teaching and the success of our students and our degrees provide an excellent first step towards numerous careers in professional psychology. Many of our graduates go on to careers in Clinical, Educational, and Forensic Psychology.

Who will teach me at the University of Aberdeen?
At Aberdeen you will be taught by international level researchers. All tenured faculty members contribute to the undergraduate degree teaching and so you will be exposed to world class expertise in all areas of psychology.

Study Abroad
Undergraduate students enrolled at a North American college or university can spend a semester or year at the University of Aberdeen. The University of Aberdeen is fully semesterised, which means you can study at Aberdeen for the Fall Semester (September-December), Spring Semester (January-May) or a full academic year. All our courses within the undergraduate programme up to Level 3 are available to Study Abroad students, so if you want to come for a semester, or two, you can study in the same stimulating environment as our own undergraduate students.

Get in touch:  www.facebook.com/abdnpsych@abdnpsych
Telephone us on +44 (0) 1224 272227 or email psych@abdn.ac.uk
**3RD YEARS**

QUIP internships are all 12 or 16 months in length, paid, and full-time. Arts & Science students who complete an internship through QUIP would graduate with a “Bachelor of Science (Honours) with Professional Internship” or “Bachelor of Arts (Honours) with Professional Internship”. Students must first register in QUIP to apply to positions and can email quip@queensu.ca for more information.

**QUIP Information Sessions:** Want to spend a year getting paid professional experience? Would you like to “Test-Drive a Career?” Find out everything you need to know about doing a 12-16 month, professional, paid internship after your 2nd or 3rd year of undergraduate studies through the Queen’s Undergraduate Internship Program (QUIP). To learn more, and for location information of the info sessions, sign up on the Events Calendar in MyCareer.

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**4TH YEARS**

On behalf of the Social-Personality area at York University, we would like you to consider our program for graduate school. Currently, it is one of the largest Social-Personality groups in North America, with 14 full-time faculty members investigating a diverse range of topics. We are a productive, motivated, and friendly group. Around 75% of our Ph.D. graduates from the past 5 years have gone on to faculty positions. We invite you to visit our website to learn more about our research and how to apply: [http://www.psych.yorku.ca/sp](http://www.psych.yorku.ca/sp) If you have any questions shoot any faculty member an e-mail and we would be happy to answer any questions. We look forward to receiving your applications! Sincerely, Raymond A. Mar, PhD | Associate Professor, York University, Department of Psychology [yorku.ca/mar](http://yorku.ca/mar) | onfiction.ca

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**ALL YEARS**

**Paid Research Assistant Positions in Behavioural Study**

Dear Psychology Students,

We are looking for students to work as research confederates in a study on abusive supervision that is being conducted by Professor Matthias Spitzmuller and Undergraduate Honors Student Zoe Chan.

In this study, we will be using experimental methodology to examine third-party reactions to abusive supervision. Research assistants who are involved with this study will have the opportunity to learn about research methods and scientific study in behavioural research. As research assistants will be an integral part of the group experimental sessions, we are looking for students who are comfortable working in groups and are willing to take on the role of an abusive supervisor and/or victim for the study.

Research assistants will be expected to commit 10-12 hours a week for the remainder of the Fall semester until the end of February. All research assistants will be paid $18/hour for their work. If you are interested in this position, please email your cover letter, unofficial transcript, and resume to matthias.sptizmuller@queensu.ca. Applications will be accepted on a rolling basis until all positions are filled.
Study at the Castle this winter with a $5,000 Experiential Learning Grant

We are happy to let you know that you may be eligible for a non-repayable Experiential Learning grant of $5,000 to attend the Bader International Study Centre for the Winter Term, 2018.

If you would like to take advantage of this grant, reserve your space at the BISC as soon as possible. Please note, enrolment in the 2018 Winter term is limited to 35 students and requests to study at the BISC are being processed in order of the date/time received.

Create your Schedule

What will you study at the BISC? Students can choose five courses of instruction in the Winter Term. Choose from our wide range of Upper Year offerings that are applicable to a variety of majors. Each course is comprised of at least 36 learning hours, including course-specific field study excursions.

Reserve your Spot

Applying to the BISC as a Queen's student is easy!

Have Questions?

If you have questions about the learning grant, course selection process, or the castle, please contact castle@queensu.ca.
New Course Offerings from Gender Studies for the Winter Term

GNDS 125/3.0 Gender, Race and Popular Culture is Tuesdays 10:30-11:20am and Thursdays 9:30-10:30am plus 1 hour tutorials at various times on Thursdays or Fridays. This course explores popular culture from feminist and anti-racist perspectives, with attention to sexuality, gender, race, and nation in a variety of media. Topics include: fanvidding, Wonder Woman, 50 Shades, contemporary politics, news items, activisms, social media, surveillance culture, Queen’s cultures, alternative and mainstream comics, and much more. Gives students a strong critical tool set -- drawing on the arts, humanities, and social sciences -- with which to become cultural analysts. No prerequisite required.

GNDS 215/3.0 Introduction to Sexual and Gender Diversity is Tuesdays 8:30-10:30am with 1 hour tutorials either Monday at 1:30pm or 4:30pm. This course is an introduction to critical studies in sexuality and gender diversity and is designed to familiarize students with a myriad of theories and topics in the field. Students will learn about classical and contemporary theories of sex, gender, and sexuality and explore the spectrum of gender and sexual identities, including lesbian, gay, bisexual, queer, asexual, transgender and transsexual, and intersex. Students will furthermore examine how these diverse identities intersect with experiences of race, class, age, (dis)ability, and nationhood. No prerequisite required. Level 2 standing or above.

COMMUNITY NOTICES

Interested in Becoming a Peer with Career Services?
Career Services is searching for candidates for the Career Services Peer Program. Career Services Peers work one-to-one with undergraduate or graduate students, focusing primarily on strategies for improving resumes (or cover letters) rather than proofing or editing. We are seeking individuals who would be interested in developing or furthering their coaching skills and learning, in particular, how to guide interactions in appointments so as to lead to transformative learning (“Aha” moments) for clients. As a peer, you would provide 6 half-hour appointments at Career Services per week during office hours (at times suited to your schedule).
For More Information, visit: http://careers.queensu.ca/students/want-build-experience/volunteer/career-services-peer-program

Fall SASS appointments are now available!
Book early and get a jump on your academic success using our online appointment booking system. Book your own appointments with a Learning Strategist and Writing Consultant. If you have questions about the online booking system, please click here for answers to frequently asked questions. Remember that Student Academic Success Services (SASS) is here to help you with any and all aspects of academic writing and learning, whatever your year, discipline or proficiency level.
QFLIP (Queen’s Female Leadership in Politics) – Third-annual conference, UNITE 2018, is taking place on January 19-21st at the Marriott Hotel to promote female empowerment and gender relations among all industries. For $105 delegates will enjoy two days of speakers, networking, and workshops, ending in a gala and a Sunday brunch. Visit the QFLIP Facebook page at for information and to register!

In September 2017, the first cohort of Forensic Psychology M.Sc. students began their studies at Saint Mary's University in Halifax, NS. We are currently accepting applications for the second year of our Forensic Psychology stream in the M.Sc. in Applied Psychology program. The deadline is December 15, 2017. More information can be found on our website.
Queen’s Students for Literacy is hiring volunteers for the Winter 2018 semester for two of our programs: Read for Fun and Literacy Outreach! Applications will be accepted on a rolling basis through the month of November.

Literacy Outreach: Working with children and youth in local women's and family shelters, as well as shelters for youth experiencing homelessness. The goal of the LO program to help foster literacy and numeracy skills as well as provide support and mentorship to the children and youth we work with.

We are also excited to announce a new partnership with ISKA!

Immigrant Services Kingston and Area – Multicultural Youth Group is a culturally diverse group of individuals ranging in age from 13-24 years. The group is based on both a mentoring and settlement model where participants move through various levels of participation which include assistance in the planning, delivery, preparation and clean-up of each group, as well as informal peer mentoring.

We are also looking for volunteers for a Multicultural children's group which works with children aged 8-12. Planning stems heavily from responding to the identified needs of the group and is continually supported by current research. These programs provide safe and welcoming spaces where children and youth can access tutoring assistance, practice language skills, experience mentoring, make friends, and learn of services and recreational opportunities in Kingston.

Volunteers are expected to make a two-hour commitment, once a week with the ISKA program. We are hiring for volunteer positions, along with one ISKA Circle Leader position. The Circle leader would be responsible for organizing group activities and acting as a liaison between the group and the QSL executive team.

Literacy Outreach Application: https://docs.google.com/document/d/1RCvw7KnmTlv2FSVzapCW4pKXuKRX_Bodhjlp_a7ibjo/edit
ISKA Circle Leader Application: https://docs.google.com/document/d/1ClwSmWpm3-RRR0B0Nl3k2wcvTzpQDGV6UreG3bl8nrU/edit?usp=sharing

Read for Fun: Working one-on-one with children ages 6-12 to increase their literacy and numeracy skills in community Reading Circles located at various schools, libraries and non-profit organizations within the City of Kingston. The main goal of Read for Fun is to instil a love of reading. Read for Fun is a 1-2 hour commitment once a week! We are hiring volunteers for programs beginning January 2018.

Read for Fun Application: https://docs.google.com/document/d/1uDvkFDhrfzbuMtxG-PBVz6yfexL8ke6rWm1cKNwlw8/edit?usp=sharing

To learn more, you can visit our Facebook page at Queen’s Students for Literacy or our website at http://queensstudentsforliteracy.blogspot.ca/ Please do not hesitate to reach out if you have any questions. We look forward to hearing from you!

Ethan Leier, Director 2017/2018, Queen’s Students for Literacy, Frontier College
queensstudentsforliteracy@gmail.com www.frontiercollege.ca Funded partially by the Ontario Ministry of Education
Workshops This Week:
Signup in MyCareer. Please note which room your session is in.

Monday November 27th

- *Ramp Up Your Resume*, 11:30am-12:20pm (3rd Floor Gordon Hall, Room 324)
- *Conquer the Cover Letter*, 12:30pm-1:20pm (3rd Floor Gordon Hall, Room 324)
- *LinkedIn 1, Creating and Effective Profile*, 2:30pm-3:20pm (3rd Floor Gordon Hall, Room 324)
- *LinkedIn 2, Using LinkedIn Strategically*, 3:30pm-4:20pm (3rd Floor Gordon Hall, Room 324)
- *LinkedIn Profile and Strategy - Queen’s Football Team*, 6:00pm-7:30pm (3rd Floor Gordon Hall, Room 302 - Main Corridor)

Wednesday November 29th

- *From Panic to Power*, 11:30am-12:20pm (3rd Floor Gordon Hall, Room 324)

Thursday November 30th

- **QUIP EVENTS**: *Find Your Own Internship Workshop*, 5:30pm-7:00pm (3rd Floor Gordon Hall, Room 302 - Main Corridor)
STUDENT ACADEMIC SUCCESS SERVICES

Our workshops are in full swing, as are our free, drop-in scheduling events at various locations around campus. See our fall term’s workshop schedule for more details. Click on each of the images for more information.
What is Connecting Minds?

www.connectingminds.ca

....the exclusively undergraduate research conference in Psychology, hosted by Kwantlen Polytechnic University. Connecting Minds (CM) is the furthest reaching undergraduate conference of its kind, drawing student researchers from across Canada, the United States and even Europe. Since its inauguration in 2008, CM has hosted more than 300 high caliber research presentations representing over 30 institutions. With events aimed towards the interests of undergraduate students, CM presents graduate panels, grant application panels, and social opportunities. CM has also featured several world-renowned keynote speakers such as Drs. Elizabeth Loftus and Albert Bandura, both recognized among the top 100 most eminent psychologists of the 20th century.

Who? Dr. Adele Diamond

Adele Diamond, PhD, FRSC is the Canada Research Chair Professor of Developmental Cognitive Neuroscience at University of British Columbia (UBC), Vancouver, BC, Canada. Her discoveries have impacted education worldwide and improved treatment throughout the world for two medical disorders (PKU and ADHD). She’s been named one of the “2000 Outstanding Women of the 20th Century” and been recognized as one of the 15 most influential neuroscientists in the world today. Her specialty is “executive functions” (EFs), which depend on the brain’s prefrontal cortex. EFs enable us to resist temptations or automatic impulsive reactions, stay focused, mentally play with ideas, reason, problem solve, flexibly adjust to changed demands or priorities, and see things from new and different perspectives.

Dr. Diamond’s keynote address for Connecting Minds is 2018 is entitled, “Insights from Psychology and Neuroscience to help you Succeed in University and on the Job Market”.

Where & When? May 18 - 19, 2018

Kwantlen Polytechnic University – Richmond
8771 Lansdowne Road – Rotunda, 1st Floor Richmond, British Columbia, Canada

Several advertisement posters will be mailed to you in the New Year. We would greatly appreciate you posting these around your department and encouraging fellow students to attend as either presenters or observers. Also, please advise students that we will be offering limited travel subsidies for non-local student presenters in need of monetary support.