This Week's Topics:

- Academic Advising
- Important Deadlines
- Student Resources
- Psychology Department Events/Opportunities
- Psychology Community Events/Opportunities
- Events and Opportunities of Interest

ACADEMIC ADVISING:

- Please email ug.psyc@queensu.ca to book an academic advising appointment with either Andrea Labelle or Dr. Norris.
- Please provide your name, student number, degree plan and questions in your email.
- Student may run their own academic advisement reports in their Student Service Centre in SOLUS, under: My Academics – Academic Requirements

IMPORTANT DEADLINES:

November 15 – Fall Convocation.
November 15 - Last date to apply for admission to the Upper-Year Program at the Bader International Study Centre for Winter term.
November 30 – Fall term classes end.
December 1 – First date to apply to graduate for Spring 2019 Convocation.
December 1-4 – Fall Term pre-examination study period.

Office hours/closures

Hours: Monday-Friday 8:30-12 and 1-4:30. Closed for lunch (12-1)
STUDENT RESOURCES:

In the event that you need help, here are some helpful services below that may be of assistance.

- Queen’s University Student Wellness: http://www.queensu.ca/studentwellness/home
- Good2Talk: https://good2talk.ca/
- Faculty of Arts and Science: https://www.queensu.ca/arts
- Queen’s University Academic Considerations Portal: https://www.queensu.ca/arts/academic-consideration-for-students
- Student Academic Success Services (SASS) https://sass.queensu.ca/

Important Tools from SASS:

Two of the most popular resources, which you may find helpful.

Our Study Skills & Habits Questionnaire is a tool used to reflect and self-assess student habits. It will help them understand healthy academic behaviours and thus in reaching their academic goals.

https://sass.queensu.ca/assignment-calculator/

Our newly designed Assignment Calculator breaks down big assignments into smaller, more manageable tasks. It shows students not only when to complete these tasks, but also directs them to embedded supports and tools so they understand what’s expected of them.

Study Skills & Habits Questionnaire

Career Services

Please visit the career services for upcoming events and workshops: http://careers.queensu.ca/

Drop-in Career Advising
Monday to Thursday 1:30 pm to 3:30 pm on the 3rd floor of Gordon Hall
Obtain immediate help with career or further education-related questions from a career advisor. No appointment required.

QUIP Advising
Want to learn more about QUIP, the Queen’s Undergraduate Internship program? https://careers.queensu.ca/students/looking-job/internships
Every Tuesday and Thursday, 11:00 am - 12:00 pm
Location: Please check in with reception (Gordon Hall, 3rd floor)
PSYCHOLOGY DEPARTMENT EVENTS/OPPORTUNITIES

PSYC Peer Mentorship Program

Are you an upper-year psychology or biopsychology student? Are you interested in guiding first years who are interested in psychology? Do you have lots of advice and tips that you wish you knew in first year? Well you should apply to be a mentor in the Psychology DSC’s Peer Mentoring Program!

Please fill out the attached application and email it to psyc.mentorship@gmail.com.

Applications are due November 15th, 2018 at 11:59pm. Interviews will be sometime during the week of November 19th, 2018!

We can’t wait to read all applications!

Link: https://docs.google.com/document/d/12JVJpF6_v1hC6OS4bnXBB0zNh0Oi05UGLn_V5GG3fzA/edit?usp=sharing
PSYCHOLOGY COMMUNITY EVENTS/OPPORTUNITIES

Canadian Psychological Association (CPA)

The Canadian Psychological Association (CPA) was founded in 1939 and is the governing body representing psychologists across Canada. The goals of the CPA are to help innovate and drive psychological research, as well as to help improve the health and welfare of Canadians.

October Updates:

• The CPA is now accepting abstracts for the national CPA conference taking place in Halifax, Nova Scotia from May 31st – June 2, 2019. Submissions are due by November 15th, 2018 (see https://convention.cpa.ca/ for more information).

• Interested in getting involved with the CPA on campus? The CPA is currently recruiting volunteers to join the on-campus promotion team at Queen’s University. The goals of the organization are to promote the CPA to students on campus, to encourage students to submit articles to PSYNOPSIS (Canada’s psychology magazine), to run workshops on topics related to abstract writing, job opportunities after graduation, applying to graduate school etc., as well as other various projects throughout the year. If you are interested in becoming a part of the CPA on campus, please contact Andrew Whiteman (14adw1@queensu.ca), the Campus & Undergraduate Student Representative for 2018-2019.

Chaudhri Lab: Learning & Addiction Neuroscience

Dr. Nadia Chaudhri is a neuroscientist and faculty member of the Department of Psychology at Concordia University in Montreal, Canada.

Dr. Chaudhri’s laboratory has open positions for graduate students at either the MA or PhD level for Fall 2019. We study the neural circuits and systems that are important for drug use and relapse, as well as fundamental brain systems that are involved in learning and memory. We are actively recruiting undergraduates with a strong interest in the neural underpinnings of behaviour and disease to apply for these positions.

Information about the graduate program in Psychology at Concordia can be found here. https://www.concordia.ca/artsci/psychology/programs/graduate.html

Information about my lab can be found here: www.chaudhrilab.com
And here's my google scholar profile: https://scholar.google.ca/citations?user=ybbC5IYAAAAJ&hl=en

All students interested in the Research Option of the graduate program at Concordia who might want to work in her lab are encouraged to contact her via email (nadia.chaudhri@concordia.ca).

Interdisciplinary Conference in Psychology

The 8th Annual Interdisciplinary Conference in Psychology (ICP) will take place on May 16th and 17th, 2019. They will be accepting abstract submissions from students and professors studying topics related to psychology between January 7th, 2019 and February 28th, 2019.

Further information can be found on the following link: www.icp-cip.com

EVENTS AND OPPORTUNITIES OF INTEREST

The City of Kingston is calling on all Queen’s students: THIS IS NOT YOUR REGULAR PITCH COMPETITION. WE WANT TO GIVE YOU A JOB!

The Mayor’s Innovation Challenge is a case competition whereby teams of up to three students from any of Kingston’s post-secondary institutions can pitch an innovative solution to a prescribed public sector challenge facing the City. This year, there will be two challenge streams, with four category options in total. Each challenge stream will have its own coveted prize, which will include an operating budget, as well as a four-month, paid internship with either the City of Kingston or the Dunin-Desphande Queen’s Innovation Centre Summer Internship program for winning teams to implement their idea.

The four challenge options are as follows. Due to your area of study, you may find the “Engaging Residents in Long-Term Care” challenge intriguing, as it offers multiple pathways to delivering high quality care to an aging population. Whether you wish to approach this challenge from a programming, psychological or more technical angle, there are multiple academic fields within health sciences that can serve to enhance the well-being of residents in our Rideaucrest public long-term care home.
Dunin-Desphande Smart Cities Stream

> 4-month paid internship with the Dunin-Desphande Queen’s Innovation Centre, $4,000 in seed capital, and access to the 2019 QICSI program to implement the winning idea.
  1. Smart Cities Challenge

Public Sector Innovation Challenge

> 4-month paid internship with the City of Kingston, along with a $10,000 operating budget to implement the winning idea.
  1. *Engaging Residents in Long-Term Care*
  2. Revitalizing Public Spaces
  3. Reducing Carbon Emissions

More information on these challenges can be found at www.cityofkingston.ca/mic or on the Categories page.

Queen’s Workshop – HIGHLY RECOMMENDED

We will be holding a workshop at Queen’s on **November 13, 2018 in Goodes Hall, Room 153, from 5:30pm-7:30pm**. The workshop will give interested students an opportunity to engage with City staff, practice design-thinking, and to form teams, if needed. Attendance in this workshop is highly recommended, as consultation with City staff will help to ensure that proposals are feasible and contextually-grounded.

Interested students can sign up for the Queen’s workshop [here](https://www.eventbrite.ca/e/mayors-innovation-challenge-workshop-1-dinner-included-tickets-51298171211):

Smith School of Business – Master of Science in Management and Doctoral Program in Management Information Session

Have you ever considered an Academic career in Business? Have you ever thought about pursuing a research-based graduate degree in Business? Or maybe you never even thought this would be right for you?

Smith School of Business Master of Science in Management and Doctoral Program in Management will be holding an in house information session on:

**Date:** Thursday, November 15, 2018  
**Time:** 5:45 p.m.  
**Location:** Goodes Hall Room 100  
**Host:** Associate Dean, Yolande Chan and current students who have graduated from our MSc and are now in our Doctoral Program in Management will be present to answer your questions.

This is a great opportunity to learn about our programs, talk to current students who have graduated from our MSc program and are now in our PhD Program.
I will also be present to answer any questions you might have on the application process. The School of Graduate Studies released our new online applications early September 2018 and our deadline to receive a complete application including all test scores is January 15, 2019. To register to attend click on appropriate website and select Information Session tab and register for information session on November 15th. https://smith.queensu.ca/grad_studies/MSC/ https://smith.queensu.ca/grad_studies/PHD/index.php

If anyone wishes a visit to be setup feel free to contact Teresa Touchette at tat@queensu.ca. Visits can consist of meeting with couple of faculty members in your area of interest, area students, Associate Director or Associate Dean and a tour of Smith School of Business.

The ASUS Journal of Indigenous Studies is pleased to present: Giigido: A Speaker Series on Indigenous Topics.

"Giigido," the Anishinaabemowin word for "speaks," is an opportunity to reclaim and create space for our Indigenous leaders and scholars to speak on a diverse range of crucial topics in Indigenous studies. It is an opportunity for us to listen to these gifts of knowledge being shared with us. Lunch and refreshments will be provided. Speakers include Marcelo Saavedra-Vargas, Bonita Lawrence, Michael Doxtater, Wendy Agnew and David Newhouse.

If you would like to attend this event please register through this link: https://www.eventbrite.ca/e/giigido-a-speaker-series-on-indigenous-topics-tickets-52270108301
Queen's Science Undergraduate Research Journal

The Queen's Science Undergraduate Research Journal (QSURJ) will once again be hosting its annual wine and cheese event. As per past years, the aim of this event is to facilitate an opportunity for undergraduate science students to network with professors in order to gain knowledge regarding research at Queen's, and possibly receive invitations to participate in some of the most accomplished labs on campus. The event will take place on November 28th, 2018 from 6:30pm-9:00pm at the University Club. Although the event is quite long, faculty and students are welcome to attend at their convenience. If you are interested in and able to attend this event, please confirm by replying to this email. If you have any further questions, please feel free to reach out to Jessica Burnside, QSURJ academics liaison at 15jnb1@queensu.ca!

MA in Globalization Studies

THINKING ABOUT GRADUATE SCHOOL?

The interdisciplinary MA degree in Globalization Studies at McMaster University's Institute on Globalization and the Human Condition offers students the opportunity to examine the complex political, social, economic, cultural, discursive and theoretical developments related to processes of globalization and how these come to bear upon our lives, our communities, and the environment in which we live. Research areas include: contemporary culture; diasporic, transnational and multicultural communities; global governance; international trade and finance; and social, environmental and labour issues. It offers the benefit of a flexible and interdisciplinary set of courses while allowing for future study in a core discipline.

Program Requirements
- six 3-unit (single semester) courses or their equivalent, including two core courses, two globalization courses, and two electives
- 40-page Major Research Paper completed over the summer

Special Features
- guaranteed student funding (scholarship and/or teaching assistantship)
- carefully cultivated interdisciplinary focus
- small cohort of Canadian and International students
- Vibrant intellectual and collegial climate fostered by events during the year
- Flexibility of course selection: students may take some of their courses from other disciplines, should they wish to move on to a discipline-specific PhD

Application opens on November 12, 2018. We begin reviewing complete applications on
February 15, 2019. Places are limited. Applications should be submitted as early as possible. For more information, please click here or contact globalhc@mcmaster.ca.

Translational Research Program

The TRP strives to help students move scientific knowledge forward in order to improve health and medicine. Our course-based program is designed for interdisciplinary students who are strongly motivated to advance human-centric problem-solving in medical and health science contexts.

It All Adds Up!

It All Adds Up is a career campaign developed to help students reflect on their activities and interests in and outside the classroom and build understanding and confidence that what they were doing was “adding up”. Keep your eyes open for our campaign launch week happening November 20th-22nd. Stop by our booth on campus in the Queen’s Centre from 11:30am - 1:30pm and join the campaign! You can also join the campaign now by posting your photo of how it all adds up by using

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Mind & Methods
Workshops, Weekly Offerings & Groups
Fall 2018

Workshops
Tuesdays 10:30-11:30am
Stauffer Library room 121

- Goals, Grit and Good Times
- Emotional Skills to Fight Procrastination
- Achieving Goals Using Self-Care Strategies
- Embracing the F Word "Failure"
- Using Stress to Your Advantage
- 1 Minute Strategies to Reduce Stress
- Stress Reduction Through Self-Compassion
- Strategies to Combat Sleepiness
- Strategies to Tackle Overwhelming Exam Stress

Registration recommended, drop-ins welcome

Weekly Offerings
Mindfulness for a Better Student Life:
Wednesdays noon-1pm
Mac-Corry room C416

Mood Walks:
Tuesdays 12:30-1:30pm
Union St. & Division St.

40 Minute Focus:
Tuesdays 3:30-4:15pm
Ban Righ Centre

Ask the Expert
Thursdays 5-5:45pm
Mac-Corry room C416

Registration recommended, drop-ins welcome

Therapy Groups

- Managing Powerful Emotions
- Change Ways for Low Mood
- Stress & Anxiety Group
- Sleep Better, Live Better
- Building Healthy Relationships
- Manage Your Mind for Success

Registration required

For more information or to register visit:
http://www.queensu.ca/studentwellness/workshops/

Please view the list of weekly offering on the website:
www.queensu.ca/studentwellness/workshops/