DEPARTMENT OF PSYCHOLOGY
Weekly eNewsletter
Friday, October 16 2020

Highlights

- Academic Advising
- Student Resources
- Academics Week
- Funding & Awards
- Volunteering/Mentoring & Jobs
- Career Advising & QUIP
- Support Groups
- Beyond Queen’s

IMPORTANT DATES & DEADLINES

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<td>PSYC Careers Zoom Session - see link in this newsletter</td>
<td>Fall mid-term break</td>
<td>Last date to drop Fall term classes without financial or academic penalty &amp; to drop multi-term classes without financial penalty</td>
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Click HERE to book an appointment with Anja!
REMINDER

SOLUS Registration for Winter Term Suspended

Following the announcement of remote Winter term classes, access to your Winter Term course enrolments is suspended during the period of September 23 through November 8, 2020.

Access to SOLUS will re-open on Monday, November 9, 2020 to allow you to view time and room changes to Winter Term classes and make academic adjustments to your Winter Term class schedule.

Note that you can still drop Fall or multi-term classes until the deadline (Nov 2).

BEYOND YOUR UNDERGRADUATE STUDIES

We invite you to join us for “Careers with an Undergraduate Degree in a Psychology Plan” – an informative session exploring Psychology career pathways!

Carli Fink from Queen's Career Services and Dr Norris will answer your PSYC career questions!

This event is for you!

We have received many great questions already, keep them coming via this form!

We hope you will join us on Tuesday October 20th from 10:30-noon (Kingston time) on zoom. You can find the Zoom link HERE!
QUEEN'S DAY 2020

Join the celebration!

Date: Friday, October 16, 2020
Location: Kingston, ON

Queen's was granted its Royal Charter on Oct. 16, 1841 and established University Day to commemorate the occasion. It has been celebrated in different ways over Queen's 179-year history, including track and field events, concerts, and fireworks.

No matter where you are, YOU can be part of Queen's for a day by showing your tricolour pride!

Share a photo that represents your Queen's spirit or your best tricolour gear on social media. Use the #QueensUDay hashtag for a chance to win a great prize pack. Join the Facebook event to see who else is coming to Queen's Day.
We know the adjustment to the online learning environment can be challenging, but there are skills and strategies you can use to level up! Academics Week will help you get an edge on your study habits, managing your time, writing and learning strategies, academic planning, and staying healthy, active, and connected. Online events, webinars, and workshops will empower you to take charge and get ahead.

Join SEO and SASS for a week of daily online events and check out the recourses - click here
We are pleased to announce that, in response to user demand, we will be increasing the hours that our bookable seats are available, effective immediately.

Stauffer Library will be open 8 am-10 pm Monday to Friday and remain closed Saturdays, Sundays and holidays. Individual study seats will be available for advanced booking by students in three blocks per day: 8 am-12 pm, 1-5 pm and 6-10 pm. We will also be increasing the booking limit to 40 hours per month per person. Users are encouraged to use the check in feature prior to entering the library to help reduce wait times. Check in is accomplished through the confirmation email and is available 30 minutes prior to the start of your booking.

The Archives and W. D. Jordan Rare Books and Special Collections will be moving individual access by appointment to Wednesdays and Thursdays, effective immediately. Researchers can consult collections by appointment on Wednesdays and Thursdays between 9 am-noon, and 1-4 pm.

We are also pleased to offer a controlled reserve reading room service only for courses that have been approved for on-campus delivery. This service will be provided in the 1966 Reading Room in Douglas Library.
Leadership Workshop Series

Discuss leadership, develop new skills and connect with other students.

Attend four workshops to receive a Student Leadership Certificate from the SEO!

Find out more HERE

Student Academic Success Services Workshops

Learn more and register for any of our workshops HERE.

Student Academic Success Service's (SASS) popular peer workshops are back this academic year to help you be successful at Queen's and offer you strategies to navigate and thrive while you study online. Join our workshops and learn the basic skills needed to get started in your courses, how to write at the university level, and how to conquer the challenges of working from home.
Week of October 19 to October 22 2020

Our IPO Zoom Room schedule has been updated with new times (see below).

The IPO Zoom Room is a virtual space with sessions held from Monday to Thursday where you can ask questions about Arts and Science study abroad opportunities. We are admitting students to the Zoom Room individually for 1:1 advising. Once you join the waiting room, please note that there may be a short wait (5-10 minutes) as we answer other questions. We appreciate your patience and look forward to meeting with you.

Click [HERE](#) to access the IPO Zoom Room

Link not working for you? Access the Zoom Room with the following information:

- **Meeting ID**: 979 0300 9222
- **Passcode**: ipo206zoom

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**IPO Zoom Room Schedule**

- **Monday, Oct 19**
  - 10:00 - 11:00 AM (EST)
- **Tuesday, Oct 20**
  - 11:00 AM - Noon (EST)
- **Wednesday, Oct 21**
  - 3:00 - 4:00 PM (EST)
- **Thursday, Oct 22**
  - 3:00 - 4:00 PM (EST)

Drop in for 1:1 advising and ask questions about study abroad opportunities in Arts and Science.
Remember to stay physically active!

As a member of the Queen’s community, you are familiar with the Queen’s ARC (Athletics & Recreation Center). But do you know that every week there are over a dozen virtual fitness classes offered for FREE?!

Peer Support Centre

The Peer Support Centre is NOW OPEN for our Fall Hours! From 10 am to 10 pm EST, 7 days a week, one of our volunteers will be available to talk with you about whatever is on your mind. By inputting one of these Zoom Meeting IDs, students can speak with one of our trained and kind volunteers and access confidential and non-judgmental support.

PSC X CARED, our dedicated service for self-identified BIPOC students, will also be available on Mondays, Wednesdays, and Fridays from 2 to 4 pm EST.

PSC Zoom sessions can also be accessed via these links:

PSC #1: https://zoom.us/j/2721240355
PSC #2: https://us02web.zoom.us/j/2297354331
PSC X CARED: https://zoom.us/j/8539970915
Mental health appointments are available remotely via Therapy Assistance Online (TAO) for students who need to speak to a counsellor. "TAO" is Therapy Assistance Online. This is an interactive tool for Queen's students. You can access it here: https://queensu.ca/studentwellness/TAO

For general counselling inquiries, email counselling.services@queensu.ca

Medical appointments are available remotely (phone and online) for some requests. For general health inquiries, email health.services@queensu.ca

Health lifestyle appointments are available remotely for students who want help changing a health behaviour. For general inquiries, email healthed@queensu.ca

Empower Me is a 24/7 phone service for crisis situations and scheduled sessions that allows students to connect with qualified counsellors, consultants, and life coaches for a variety of issues. 1-844-741-6389 You can also log in to the Empower Me website and use "Studentcare" as the password or download additional Empower Me student assistance tools on the iAspiria mobile app. Enter "Studentcare" as the Login ID and select "Student" in the drop-down menu.

- Good2Talk for post-secondary mental health support - call 1-866-925-5454, available 24/7 or text GOOD2TALKON/ALLOJECOUTEON to 686868

If you require academic accommodation, you can find information to how to register through Student Accessibility Services: https://www.queensu.ca/studentwellness/accessibility-services/

Health and Wellbeing:
Student Wellness Services are operating with remote and in-person appointments and workshops: https://www.queensu.ca/studentwellness/home

Four Directions Indigenous Student Centre:
https://www.queensu.ca/fourdirections/home
FUNDING & AWARD OPPORTUNITIES

TRI-AWARDS

NOMINATION FORM NOW OPEN!

It’s that time of year again! The nomination form for our annual Tri-awards is officially open. Each year, the Human Rights and Equity Office acknowledges the efforts and progress of faculty, staff and students who create a positive impact on the University community in the areas of Human Rights, Employment Equity and Accessibility. Any member of the Queen’s community including students, staff, faculty or alumni as well as members of the general Kingston community who have an interest in Queen's University may submit nominations.

We know great things are happening at Queen’s and here is your chance to have an individual, group or initiative recognized for their outstanding contributions to the University.

Please follow the link below to submit a nomination, learn more about the awards and to see our past winners:
https://www.queensu.ca/hreo/tri-awards

Deadline to nominate is January 11, 2021.

The UA 2021 Programme is now accepting submissions!

Click HERE for more information!

We are delighted to announce that The Global Undergraduate Awards 2021 Programme is now open and we are accepting submissions to our 25 categories.

We are inviting undergraduate students or recent graduates from Queen’s University to submit up to three pieces of undergraduate coursework to The Global Undergraduate Awards 2021 Programme.

The UA Programme is a great opportunity for:

- Students to have their work recognised internationally and to win a free ticket to present their research at our Global Summit in Dublin, Ireland.
- It is also a great opportunity for Queen’s University to demonstrate the quality of its education.
The Pathy Foundation Fellowship

Now accepting applications for the 2021-22 cohort!

The Pathy Foundation Fellowship is an exciting opportunity for graduating students from Queen’s (one of only five universities in Canada eligible) to engage in an intensive 12-month leadership program designed to support them in implementing a community development project anywhere in the world. Successful candidates will receive up to $40,000 in funding and receive formal training in Community Change at the Coady International Institute.

The 12-month fellowship is for graduating undergraduate and masters students who have:

- The capacity and potential to develop as effective change-agents;
- A meaningful connection with a community of their choosing anywhere in the world; and
- An innovative idea of how this community could be strengthened.

Please visit www.pathyfellowship.com for more information and see our flyer below. We also provide 1-1 student advising: appointment requests can be sent to pathyfellowship@queensu.ca

The deadline for applications is NOVEMBER 12, 2020
Do you have an innovative solution to a global mental health challenge? We want to support you. The PsychSolutions Competition highlights innovative, science-based initiatives aiming to address the burden of suffering caused by mental health challenges around the world. For example, submissions could highlight interventions to decrease mental health stigma or evaluate or scale up a novel approach to mental health service delivery. The selected winner is to be awarded $10,000 USD and the opportunity to work with APA to create a promotional video highlighting their global health initiative. APA’s Office of International Affairs (OIA) invites you to submit a project proposal of your initiative with emphasis on impact and innovation. Current members and affiliates of APA and national psychological associations with which APA has a Memorandum of Understanding (MOU) will be eligible to participate in this competition as individuals or in small groups.
The Canadian Psychological Association (CPA), in collaboration with the Canadian Society for Brain, Behaviour and Cognitive Science (CSBBCS), is pleased to announce that it will be hosting a Career Fair on November 12th, 2020.

This Fair will mark the first in a series of Career Fairs the CPA will host in 2020 and 2021. Students participating in this event will have an opportunity to learn about various career paths and positions for psychology graduates outside of the clinical and academic settings directly from individuals in those positions; connect with the people in these positions about their experiences via virtual break out rooms; and have an opportunity to talk to the CPA about what they would find helpful in terms of career-related resources and information.

*Registration limited to CPA members/affiliates and CSBBCS members/students.*
Queen’s Centre for Teaching and Learning is hiring for the role of Educational Technology Support and Development Specialist!

In this role the intern would: assist the support of instructors in developing or making changes to their onQ courses including, but not limited to, adding files, course components, activities, content, videos, gradebooks, as well as any related technology integrations, or other enterprise educational technologies used at Queen’s university. The role would also have the intern implementing course revisions based on direction from instructor and/or members of the Education Technology Team. Closing Date: 23-Oct-20. For more information on how to apply click here.

Want to know more about QUIP and what we offer? Click HERE!
Drop-in Career Advising:
Monday, Tuesday, Wednesday, Thursday, 1:30 to 3:30 pm EST
To access visit the Events Calendar in MyCareer.

Obtain immediate help with a career or further education-related questions from a career advisor. No appointment required. Link available on MyCareer.

In addition to our regular drop-in advising, we offer QUIP Advising Tuesday, Wednesday, Thursday, from 11:00 am to 12:00 pm EST To access visit the Events Calendar in MyCareer.

Click HERE to learn more about QUIP, the Queen’s Undergraduate Internship Program.

Hiring Student Toolkit
We are thrilled to announce the fall dates for our supervisor and student onboarding workshops!

You can find them now listed on the Hiring Students Toolkit website, which supports anyone hiring students at Queen’s with tips, templates, and training sessions to successfully create, recruit, onboard, and supervise student roles.
CAREER SERVICES

Career Workshops:
Register HERE!

Monday Oct 19th
Grad 1 - Thinking of Further Education, 10:30am - 11:30am
Grad 2 - Writing Personal Statements, 11:30am - 12:30pm
QUIP Resume and Cover Letter Workshop, 12:00pm - 1:30pm

Tuesday Oct 20th
Winning Interviews 1: Fundamental Strategies, 1:30pm - 2:30pm
Winning Interviews 2: Advanced Practice, 2:30pm - 3:30pm

Wednesday Oct 21st
QUIP Interview Workshop, 11:30am - 1:30pm

Thursday Oct 22nd
Ramp Up Your Resume, 2:30pm - 3:30pm
Conquer the Cover Letter, 3:30pm - 4:30pm

Get to Know Employers:
Register HERE.

Tuesday Oct 20th
Explore and Odyssey Programs Information Session, 4:30pm - 6:00pm
Queen's Economics Case Conference Information Session, 5:00pm - 6:00pm

Wednesday Oct 21st
Amazon North America Software Development Engineer Diversity Panel, 5:00pm - 6:00pm
Virtually, art hive

ONLINE, Thursdays to 12 November, 4-5:30 pm

Learn more HERE!

Artmaking is innately therapeutic. Join us weekly to watch your worries fall away as you recharge and get creative.

Adults (18+) are invited to explore the artistic process through experimentation and play. This accessible program is free; no artistic experience is necessary. Virtual Art Hive projects are designed to use materials you already have on hand.

Art & Wellness Speaker Series

ONLINE, Fridays 9-23 October, 1-3 pm

Register for free HERE!

Presented virtually as part of Culture Days Canada, this speaker series welcomes those working in art and wellness, and those looking to learn more, to a supportive and safe environment for learning about the transformative potential of the arts within communities.

The talks in this series are free, and the events will take place on Zoom.

Deep Looking

ONLINE, Tuesday 17 November, 12:15-1 pm

Register HERE to save your spot!

Take time to slow down and deeply observe works of art in select Agnes exhibitions: Nocturne and Rembrandt and Company.

Through a contemplation practice, this facilitated experience will allow for relaxation and new insights to arise.
The Club Hub is a resource page developed in partnership between the AMS Clubs Office and the Student Experience Office! Despite the coming year presenting new challenges, student clubs are an essential part of the student experience, and our goal is to help your club adapt and thrive for 2020-21.

Click HERE to find upcoming events, training opportunities, a toolkit and more
CORRECTIONS TALKS DIVERSITY

CAREER INFORMATION SESSION

Corrections Talks Diversity – Career Information Session

We are seeking candidates from diverse backgrounds who are talented, innovative and enjoy working within an inclusive environment. Working in corrections can offer a rewarding career in the justice sector and is an opportunity to work with a team that values diversity and is committed to your development. We take pride in making a difference in the lives of those in our custody, as well as protecting the safety of Ontario’s communities.

Take this opportunity to learn about our organization, job opportunities and talk to recruiters directly to gain insight into the recruitment process. Ask your career questions, receive advice and get the tools and resources you’ll need to help in your job search.

Register HERE for our virtual information session on:

Monday, October 19, 2020
5 p.m. to 7 p.m.

Learn more about careers in corrections at:
ontario.ca/correctionsjobs

For more information, please contact us by emailing:
correctionsjobs@ontario.ca
Queen's Scientista Club

Join on Zoom by clicking HERE!

The Perfect Candidate:

Interviewing for Graduate & Professional Schools

Featuring Scientista's Graduate Representatives: Kassandra Coyle & Victoria Sa

October 22nd 2020
4:00-5:30 PM via Zoom
We Have a Newsletter!

Sign up for resources, education, and information about upcoming events!

Queen's Sexual Violence Prevention and Response Office

Subscribe to the newsletter HERE
A Supportive Group for People who have Experienced Sexual Violence

4:00—5:30 PM ONLINE format
Fall Term: Tuesdays, September 29—November 24 (excluding October 27)
Winter: Tuesdays, January 26—March 23 (excluding Feb 16)

This group offers:
- A supportive safe space for students who have experienced sexual violence
- An opportunity to connect with others through mutual support & education
- The chance to build strengths, skills, increased self-empowerment and resiliency

Session Topics include:
- Understanding the impact of sexual violence
- Developing effective coping skills to deal with the emotional aftermath
- Exploring issues such as trust, intimacy, setting boundaries, assertiveness and positive body image

How to Join
Send an email to pegasus.group@queensu.ca with your name and preference for fall or winter and you will be contacted by one of the group facilitators. A secure ZOOM link will be provided once registration is confirmed.

Please note that due to the nature of the group, it is NOT a drop in program.

If you are self-referring after registration closes for a specific series, you will be provided with additional resources and options while waiting for the next session to begin.
This October, we are pleased to invite you to Black Students’ Wellness Month (BSWM), a series of events that aim to increase and support the wellbeing of Black students in the National Capital Region.

As part of our Public Health Agency of Canada funded project on The Mental Health for Black Youth, we are launching BSWM in the context of our two campaigns:

1. The ‘Knowing to Prevent’ campaign which aims to educate, raise awareness, de-stigmatize and mobilize Black communities on mental health.

2. The ‘Chatting in the City’ campaign, which aims to build the capacity of Black communities to support the resilience of youth who have already faced or are facing mental health issues.

Throughout the entire month of October, we will be hosting many exciting events for Black students, including: (1) our opening event: a dialogue on facilitating Black students’ success between Dr. Myrna Lashley and Dr. Cécile Rousseau from McGill University, (2) Conferences led by Black scholars on academic success, leadership, and applying for scholarships, (3) weekly mindfulness meditation sessions with Fimo Mitchell, (4) Mindfulness training for mental health professionals, (5) Weekly bilingual open mental health discussion groups (e.g., Black Students’ Mensroom, Black Students’ Womensroom), (6) Counselling services for Black students offered throughout the month by various community organizations, universities and colleges in Ottawa and Gatineau.

Join the Zoom meeting HERE!
Insight Global Education runs extensive semester abroad programs in Fiji, Thailand and Uganda.

- Gain career-relevant experience through a unique internship led by local change makers
- Earn transferable, upper-level credits to your home institution
- Explore a new country and engage with other like-minded individuals

*Now including comprehensive full-coverage insurance*
We would like to invite you to join us at a University of Toronto Psychology Graduate Program virtual open house!

**Friday, October 30 at 1pm EST!**

To register and receive the Zoom link, please use the QR code in the brochure below, or visit [https://tinyurl.com/yy89ehup](https://tinyurl.com/yy89ehup).

### Changes are coming to the University of Toronto Psychology Graduate Program!

Beginning in 2021, students entering with a BA or BSc will be considered for admission to our new 5-year, direct entry PhD program. Students entering with a MA or MSc will be considered for admission to our 4-year PhD program.

[https://tinyurl.com/yy89ehup](https://tinyurl.com/yy89ehup)

### Our new 5-year direct entry PhD Program features:

- A 2-year Foundational Research Project to build the skills you’ll need for your PhD project
- A 1-year Outside Research Project to work with another faculty member and expand your skills and knowledge
- Psychological science skills modules: half-term courses that focus on skills to further your research capacity (e.g., programming, advanced statistics, laboratory techniques). Students in the 4-year PhD can also take these modules.
SOCIAL-PERSONALITY PROGRAM

YORK UNIVERSITY

This fall, many of you may be considering various graduate schools to apply to. The Social-Personality area at York University invites you to consider their graduate program.

It is one of the largest Social-Personality groups in North America, with 12 full-time faculty members investigating a diverse range of topics. We are a productive, motivated, and friendly.

Our Ph.D. graduates have gone on to faculty positions and rewarding employment in the private and public sector. We are also located in Toronto, Canada, one of the most vibrant, multicultural, and livable cities in the world.

We invite you to visit our website to learn more about us and our research HERE.

You may also be interested in some tips we’ve gathered about applying to graduate school in general: http://www.psych.yorku.ca/sp/gradadvice.htm

If you have any questions on applying to graduate school, our program, our research interests, or what we’re like, shoot any faculty member an e-mail and we would be happy to answer any questions. We look forward to receiving your applications!

Are you interested in applying to Graduate School in Psychology?
Apply to the Social-Personality Program at York University!

One of the largest and most diverse Social-Personality Areas in Canada
Our graduates have gone on to academic positions, and public and private sector jobs
Located in Toronto, Canada, one of the most vibrant and multicultural cities in the world

Research interests for faculty accepting grad students include:

- Health, Stress & Coping
- Stereotyping & Prejudice
- Culture & Identity
- Sexuality & Relationships
- Social Hierarchies & Competition
- Media, Narrative & Empathy
- Psychology & Law
- Social Motivation & Evaluation
- Prejudice Development
- Immigration & Health