DEPARTMENT OF PSYCHOLOGY

Weekly eNewsletter
Monday, November 16 2020

Highlights

- Entrepreneurship Session
- SASS Writing Workshops
- Exchange Fair
- Funding & Awards
- QUIP Positions for hire
- Career Advising
- SWS Events and Resources
- Support Groups
- Beyond Queen’s

IMPORTANT DATES & DEADLINES

**NOV 18 @ 1PM**
Entrepreneurship Opportunities for PSYC students - virtual session - see page 2 for zoom link

**DEC 01**
Last date for Queen’s students to apply for admission to a Dual or Second Degree Program for Winter Term.

**DEC 01**
First date to apply in SOLUS to graduate in Spring 2021.

Click HERE to book an appointment with Anja!
For advising on careers and grad school, please email ug.psyc@queensu.ca so we can book you with Dr Norris.
Wednesday Nov 18 at 1PM (EST)

Entrepreneurship Opportunities for PSYC students

Join the Zoom Session HERE!

Join us for an interesting session with experts from the Queen’s Dunin-Deshpande Innovation Centre to talk about entrepreneurship opportunities for PSYC Students!
Instances and ongoing systems of social injustice on campus and elsewhere can and do disrupt students’ lives, including meeting class deadlines.

These events can also make it difficult to navigate Queen’s academic consideration and/or accommodations process. Accordingly, the Psychology Equity, Diversity, and Inclusion (EDI) committee has collated information about the process of requesting academic consideration from the Academic Consideration Portal and/or obtaining supporting documentation for accommodations of disability from Queen’s Student Accommodations Services.

Please see the attachment to our email for a comprehensive document containing links to resources available to support students’ academic success and psychological well-being.
Virtual International Exchange Fair

For the first time ever, the International Exchange Fair will be held virtually, which means things are a bit different, but just as exciting. There is a lot to learn at the fair, so it will be hosted over 4 days (Nov 16-19). To learn more and register, see HERE!

The faculties of Arts and Science and Engineering and Applied Science present the Virtual International Exchange Fair.

Join the world from the comfort of home.

There’s quite a lot to learn.
So we’re hosting exchange partners over four days.

Day One
Monday, November 16, 10:00 - 11:30 AM (EST)

Day Two
Tuesday, November 17, 9:00 - 10:30 AM (EST)

Day Three
Wednesday, November 18, 8:00 - 9:30 PM (EST)

Day Four
Thursday, November 19, 2:00 - 3:30 PM (EST)

International Exchange Fair (November 16-19)

You are invited to a VIRTUAL International Exchange Fair for Arts and Science and Engineering students! Join them and speak with exchange program student alumni and partner university representatives to get first-hand knowledge about studying abroad.

There is no better way to begin your research and heighten your excitement about studying abroad than attending the famous International Exchange Fair. Every year the faculties of Arts and Science and Engineering collaborate to host this fair so students can learn about our shared 100+ exchange universities in over 30 countries around the world.
'GET IT DONE' WEEK!

From November 23-27, we will be hosting our annual Get it Done events via Zoom. Get it Done is a full week of supported studying and fun to help students finish the term successfully. During this week, we will be hosting study group sessions and a Q&A session with Queen’s professors and learning experts, and giving away $300 worth of prizes for those who attend. These events are great opportunities for students to persist in their work, increase their accountability, and receive academic support.

LEARN MORE ABOUT EACH EVENT HERE!

GET IT DONE WEEK | November 23-27

- **Monday**
  - Group Study Session 1
    - 6-8pm EST
  - Study break game: Trivia

- **Tuesday**
  - Prof Q&A
    - 6-7pm EST
  - Study break game: Scattergories

- **Wednesday**
  - Group Study Session 2
    - 6-8pm EST
  - Study break game: Drawasaurus

Register for any of our events: We're giving away $300 worth of prizes!
Student Academic Success Services

Writing support at SASS

At Student Academic Success Services (SASS), we offer free and confidential professional writing and peer writing appointments that support all undergraduate and graduate students in any year and program. Our writing services are designed to guide you in your academics and help you develop your writing skills so you’re successful at Queen’s and beyond. Read on to see our appointments can support you!

Professional writing appointments

Our professional writing consultants support all undergraduate and graduate students at Queen’s. Appointments can be used to receive help with any writing project including essays, lab reports, literature reviews, case reports, and much more. Consultants can help you:

- Understand an assignment, brainstorm ideas, develop an argument, revise a draft, improve grammar and style, discuss and analyze sources, and more.

You can bring your writing at any stage; you don't have to wait to until your work is complete!

Peer writing appointments

Our Peer Writing Assistants (PWAs) are upper-year Queen’s undergrad and graduate students who specialize in assisting with various areas of writing for 1st & 2nd-year courses. We have 3 kinds of PWAs:

- General Peer Writing Assistants can help with any paper from any subject.
- Science Peer Writing Assistants can assist with written assignments from any science discipline, including lab reports, design projects, technical projects, and literature reviews.
- EAL Peer Writing Assistants can help with English writing skills to improve grammar, structure, style, and more.

You can book up to 2 peer writing appointments per week, so you can get as much help as you need!

Book today at sass.queensu.ca
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](#).

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**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.
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
Non-Academic Support

- 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 on 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
We are currently accepting TA and Professor nominations from students for the W.J. Barnes Award and the Teaching Excellence Award. This is a chance to recognize and honour the exceptional contributors to the academic life here at Queen's that shape student experience in the Faculty of Arts and Science.

The nomination forms can be found below:

For the WJ Barnes Award (for Professors), see HERE
For the Teaching Excellence Award (for TAs): see HERE

Students are encouraged to nominate teaching staff who have enhanced their learning experience during this unconventional remote semester.
**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.**

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**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
You want to explore entrepreneurship or social innovation as a career path, and the Dunin-Deshpande Queen’s Innovation Centre (DDQIC) wants to help. Every year, DDQIC selects around 50 ambitious candidates to be a part of the Queen’s Innovation Centre Summer Initiative (QICSI) program. QICSI is for pre-formed teams and individuals with a capacity for creativity, a tolerance for risk, and a desire to build a venture that creates an impact.

**Program Dates**
May 10 – August 27, 2021

**Deadline**
Team applications due **January 11th, 2021**

Click here for **How to Apply**

Please direct any inquiries to innovation.centre@queensu.ca
Mitacs and the German Academic Exchange Service (DAAD) have partnered to offer the RISE-Globalink Research Internship (RISE-GRI), which offers undergraduate students at Canadian universities the opportunity to undertake summer research internships at eligible German institutions.

RISE-GRI pairs Canadian students with three-month projects supervised by PhD students in Germany. Open to full-time undergraduates in biology, chemistry, computer science, physics, earth sciences, or engineering (or a closely related field) who have completed at least two years of a four- or five-year program. Students in Quebec enrolled in a three-year undergraduate degree must have completed at least one year of their university program.

Applications accepted until December 15, 2020.

Students must apply through the RISE application portal HERE

Competitive opportunity — only top-ranked students are matched with projects. Projects must start between May 15 and July 12, 2021. Approved recipients receive $6,000 toward travel and accommodations.

For questions about the application procedure, matching process, and internship placements, please contact rise-germany@daad.de. For any questions regarding the funding, please contact Mitacs International at international@mitacs.ca.
The CPA is now accepting applications for its annual student research grants competition. Deadline for applications is **Friday November 27th at 4pm EST**.

Funding up to $1,500.00 is available per project; a maximum of 10 awards will be dispersed. Please direct any questions about this competition to [science@cpa.ca](mailto:science@cpa.ca).

See [HERE](#) for more information on the call, eligibility criteria, general rules and the link to the application form.
CAREER SERVICES

Drop-in Career Advising:
Monday, Tuesday, Wednesday, Thursday, 1:30 to 3:30 pm EST
To access visit the Events Calendar in MyCareer.

Career Workshops:
Register HERE!

Monday Nov 16th
LinkedIn 1 - Building Your Profile, 11:30am - 12:30pm
LinkedIn 2 - Networking Strategies, 12:30pm - 1:30pm

Tuesday Nov 17th
Winning Interviews 1 - Fundamental Strategies (Remote Focus), 1:30pm - 2:30pm
Winning Interviews 2 - Advanced Practice (Remote Focus), 2:30pm - 3:30pm
QUIP Designing Your Internship Search Strategy Workshop, 12:00pm - 1:30pm

Wednesday Nov 18th
Ramp Up Your Resume, 12:30pm - 1:30pm
Conquer the Cover Letter, 1:30pm - 2:30pm

Get to Know Employers:
Register HERE.

Wednesday Nov 18th
QUIP Information Session All Faculties, 5:30pm - 6:30pm

Thursday Nov 19th
CRA Information Session, 10:00am - 11:30am
CPP Investments Information Session, 5:30pm - 7:30pm
Bombardier Aerospace
Job Posting Closes: 16-Nov-20. For more information on how to apply click HERE

Bombardier Aerospace is looking to hire a Human Resources Intern for January 2021. In this role the intern would own the process for contractors on site; hire, terminate, orientation, process human resources transactions via Salesforce, and participate and contribute in various human resources projects and initiatives.

Canada World Education
Job Posting Closes: 12- Nov-20. For more information on how to apply click HERE

Canada World Education is looking to hire a Marketing Intern for January 2021. In this role the intern would develop a marketing strategy, create a marketing plan, create and execute market segmentation campaigns using tools such as email blasts and social media marketing, video, search engine visibility, and would develop, posts, and manage blog/online content.

Fundscraper Capital Inc.
Job Posting Closes: 15-Nov-20. For more information on how to apply click HERE

Fundscraper Capital Inc. is hiring a Marketing Intern for January 2021. In this role the intern would help manage and build strategic relationships with marketing related suppliers and companies (content writers, influencers, designers, etc.) to assist with execution of marketing campaigns and promotions aimed at Fundscraper’s target audiences as well as help launch investment product campaigns and would help design and build processes for utilizing digital marketing systems and tools such as HubSpot, Drift, Google Analytics, MixPanel, etc. meanwhile incorporating the accurate tracking of data analytics.
Flu Vaccine Clinic

How to book: Call 613-533-2506 *please be patient, our phone lines are busy

Appointment Times: 9:30am-11:30am and 1:30-3:30pm
Location: Mitchell Hall room 126 & 130
What to wear/bring: Health card & mask, wear a short sleeve shirt, and be prepared for a short wait.

Additional options to get your flu vaccine are outlined HERE!

November 16th-20th

Flu Vaccine Clinic

Location: Mitchell Hall rooms 126 and 130
Appointment Times: Monday to Friday
(9:30am-11:30am and 1:30-3:30pm)

Call 613-533-2506 to book now!
WALK WITH QUEEN'S

Mondays and Wednesdays from noon-1pm, Nov. 16th to Dec. 9th
Join a different campus special guest each walk who will share a little a bit about their work/selves and provide participants with a conversation starter.
A group facilitator will plan the route and guide the walk which will be done on an accessible route at a light to moderate pace (i.e., approximately 1.5-2km in 30 minutes). Find out more and register for Walk/Roll with Queen’s [HERE](#)

OUTDOOR DOGS ON CAMPUS

Tuesdays from noon-1pm, Nov. 17th to Dec. 8th
Join our St. John’s Ambulance (SJA) Therapy Dog Oscar and his handler John for a walk around campus. A group facilitator will plan the route and guide the walk which will be done on an accessible route at a light to moderate pace (i.e., approximately 1.5-2km in 30 minutes). Find out more and register for Outdoor Dogs on Campus [HERE](#)
RECREATIONAL RUN CLUB

Mondays and Thursdays at 5:30pm
Join our Peer Health Educator volunteers for weekly beginner/intermediate runs if you want to start running, increase your distance, improve your time, and/or simply find some running buddies. Students need to register for this club and sign-up for each run they want to attend.

Find out more and register for Recreational Run Club here!

HOW TO PREP HEALTHY SNACKS!

Thursdays from Noon-12:30pm, Nov. 19th to Dec. 10th

Join our Health Promotion Staff and/or Peer Health Educator (PHE) volunteers for an interactive sessions to learn how to prepare a healthy snack while connecting with other students. All students are welcome, regardless of your skill level in the kitchen! Each session will have a different recipe - students will receive the ingredient list and Zoom link upon registration.

Find out more and register for a How to Prep Healthy Snacks session here!

Live Sessions
Thursdays, 12-12:30pm
Register in advance to receive list of ingredients.
CREATING A CUSTOMIZED SELF-CARE PLAN

Dec 10th from 1-2:30pm

Changing healthy behaviors can be hard, especially during physical distancing, but engaging in positive coping strategies is one of the more effective ways to manage stress. This online session will give you a chance to look at what you are currently doing and allow you to create (or enhance) your own self-care plan.

Find out more and register for Creating a Customized Self-Care Plan HERE!

Online Mental Health Training:

Creating a Customized Self-Care Plan While Physical Distancing

Dec 10th 1-2:30 pm

Sign up at queensu.ca/studentwellness/calendar
Queen's Scientista, a club on the Queen's University campus that is devoted to promoting the advancement of women in STEMM programs, provides women with the support and encouragement necessary to help them succeed.

Come join Queen's Scientista for the first installation of our annual speaker series! The theme of this event is "Healthcare Perspectives: Branches of the Industry" and will feature professionals from different healthcare sectors. This event will shed some light on the career paths themselves, as well as any difficulties faced by or advice from the professionals!

We hope you'll join the Scientista team on **November 18th at 6pm** for what's sure to be an informative event!

**Link to event:**

Join Zoom Meeting: [https://queensu.zoom.us/j/98718982645...](https://queensu.zoom.us/j/98718982645)  
**Meeting ID:** 987 1898 2645  
**Passcode:** 663600
Accessibility Queen’s is hosting an online social event (for both allies and people with disabilities) on Zoom.

It will be held on **December 3rd at 7 pm**.

The link to the Facebook event can be found [HERE](https://forms.gle/5xsktp4DzdzkcB86)!
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.
COVID-19 Study
Seeking Participants

Our online study aims to look at the impact of COVID-19 infection on memory and cognition in the short and medium-term. The study will recruit participants who have/have not experienced COVID infection and conduct assessments of memory and executive functions to compare these groups, explore the significance of given symptoms for potential cognitive consequences, carry out follow-up assessments to investigate the time-course of potential impairment in those who have experienced infection, carry out follow-up assessments investigating both pre- and post-infection performance (in participants who develop COVID between follow-ups).

For more information and to sign up, click HERE
Are you interested in pursuing a degree in counseling after completing your Bachelor's degree in psychology?

Check out UNC Charlotte's Masters Counseling Program HERE!

UNC Charlotte's counseling program is 50 years old and has a particular focus on social justice in counseling. We recognize this focus is more important than ever, and we strive to integrate social justice topics, dialogue, and practice in our coursework and clinical experiences.

Our application deadline is December 1, 2020