DEPARTMENT OF PSYCHOLOGY
Weekly eNewsletter
Monday, December 07 2020

Sending our best wishes during exam season!

- Winter Schedule
- Academic Considerations
- Support
- QUIP Positions for hire
- Final exam prep resources
- Career Advising
- SWS Events and Resources
- Support Groups

IMPORTANT DATES & DEADLINES

DEC 07
Fall term classes end

DEC 08-10
Fall Term pre-examination study period

DEC 10-23
Final assessments in Fall Term classes and mid-year tests in multi-term classes
PSYC DSC presents:

Hey Psych Students!
Are you missing the face-to-face interactions with your profs? On **December 9th at 10:15 am** the Psychology Department Student Council will be hosting a ‘Breakfast with the Profs’ event over zoom where you will be able to play trivia with some of your favourite psych profs! If this event sounds like something you would be interested in, be sure to email psyc.dsc@asus.queensu.ca to receive a zoom link for the event!

Be sure to **RSVP** by December 8th at 12:00pm. We hope to see you there!
This is a friendly reminder for you to check your **Winter time table** and familiarize yourself with which of your classes are SYNCHRONOUS (meaning they are being held at a specific time as outlined in SOLUS) or ASYNCHRONOUS (meaning they are not being held at a specific time).

An overview of synchronously run PSYC Winter courses can be found [HERE](#)!  

Please feel free to get in touch with us if you have any questions or concerns about this! We are always happy to help!

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As we approach a busy exam period, the Academic Consideration team has set-up office hours to support students.

Students can contact the Faculty of Arts & Sciences office at **613-533-2470** and select **option 4** to speak with a staff member about accessing the Academic Consideration Team.

**Office hours will occur at the following times:**
- Mondays from 2:30 - 3:30pm
- Wednesdays from 1:30 - 2:30pm
- Fridays from 9:00 - 10:00am

This service will begin on Monday, November 23rd, 2020. Our team can also be reached at [asc.consideration@queensu.ca](mailto:asc.consideration@queensu.ca)
Celestica
Closing Date: 31-Dec-20.

Celestica is looking to hire multiple Interns for the following May 2021 roles: Student Intern-HRIS, Student Intern- Planning, Student Intern- Commodity Sourcing, Student Intern- Green Energy, Organizational Change Management, Human Resources, Customer data Analyst, Financial planning and Analysis, Global Business Service, Corporate Strategy, Human resources (Global Compensation, and a Tax Analyst.

To hear more about the individual roles, please email quip@queensu.ca. For more information on how to register for QUIP click [HERE](#)

Queen's University
Closing Date: 09-Dec-20

Queen’s University is looking to hire a Marketing Intern for May 2021. In this role the intern would create and update strategic communications plans, including research, planning, recommending strategies and tactics, creative execution and campaign measurement. You will excel in this role if you have experience designing with Illustrator, Photoshop and InDesign - or similar programs.

For more information on how to apply click [HERE](#)
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.

QUIC Advising
Tuesday December 8th, from 1 PM - 2:30 PM
Career advising available for international students.

QUIP Advising
12 PM to 1 PM EST, Wednesday, December 8th
11 AM to 12PM EST, Thursday, December 9th,
To access, visit the Events Calendar in MyCareer.

Career Workshops:
Register HERE!

Monday Dec 07th
QUIP All Required Workshops in One 3-Hour Session: Resume and Cover Letter, 11:00am - 12:00pm
QUIP All Required Workshops in One 3-Hour Session: Interview, 12:15pm - 1:15pm
QUIP All Required Workshops in One 3-Hour Session: Designing Your Internship Search Strategy Workshop, 1:30pm - 2:30pm
It's that time of the year: final exam season.

The end of term can be a stressful time, so this month all of SASS's programming is geared toward helping you prep for your exams. Whether you're looking for some quick tips, hoping to make an effective study schedule, or seeking the most efficient ways to prepare for or sit anything from essay to multiple choice exams, our range of online resources, workshops, events, and one-on-one appointments is sure to help. Continue reading to see how we can help you out this month.

Ready to begin studying for your finals?

It's time to build a study plan, which allows you to consider how much time you may need for different courses, distribute your review time, and ensure that each course gets your attention. It also helps you to reduce stress, keeps you on track during the intense exam period, and prioritizes healthy activities. Download the SASS study plan template HERE to plan your studying. It's a fillable PDF with detailed instructions on how to build an effective plan.
Student Academic Success Services (SASS)

SASS EVENTS

How to study for exams

December 7 & 8, 6:00pm-7:00pm Zoom
Want insight on how to study for your first-year final exams? Join our SASS peers for the inside scoop and lots of valuable strategies so you’re confident and prepared for test day!

**December 7:** PSYC100, ECON110, HIST104, and ENGL100
REGISTER [HERE](#)

**December 8:** BIOL102, MATH121, and PHYS117
REGISTER [HERE](#)
Academic Skills Appointments

Want one-on-one exam prep help? Book an academic skills appointment HERE! Our academic skills specialists are here to answer any questions you have about preparing for exams and provide you the best strategies to excel this exam season. Our experts can help you: Build a study plan; Develop effective study strategies; Study for different types of exams; Manage test anxiety.... And more!

Appointments are only available until December 11
We have an extensive repository of self-guided exam prep resources available whenever you need them. If you’re unable to book an appointment with us or attend one of our workshops, our online resources are the next best thing.

Our exam prep resources include:

- The "Preparing for tests and exams" unit of Academics 101
- Test and exam preparation
- Reading
- Notetaking
- Test anxiety
- Maximizing your memory
- Making it work... at home
- Math problem solving
- Focus and concentration
- Motivation and procrastination
- Writing resources covering multiple choice and essay-style exams
- And more!

Tips for relieving stress

Tips for beating procrastination
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
Winter term EXPERIENTIAL LEARNING
ASCX 400
Interdisciplinary Client-based project

Interested in doing something different? Looking for a hands-on learning experience? We now have nearly 50 projects for you to choose from listed below for our new fourth-year interdisciplinary project experience course. Check them out and register for the course HERE to take on a project for a community partner and work with students from other faculties and programs.
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**.
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
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.
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
**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](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.
Contagion Cultures Lecture Series

This series is a Faculty of Arts and Science collaboration which helps to make sense of this pandemic through the expertise and insights of Arts and Science faculty members.

UPCOMING EVENT
December 8

No One Left Behind: Fixing the holes in CERB (Canada Emergency Response Benefit) for 21st century income security

Elaine Power, School of Kinesiology & Health Studies/Gender Studies
Craig Berggold, Cultural Studies doctoral student & documentary filmmaker

For more info on the series and to register please visit https://www.queensu.ca/sps/events/contagion-cultures
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!
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!
Kids 4 Kids, an ASUS community outreach committee, is hosting an event called Send a Message, Share a Smile in which we are encouraging people to send a short video of hope for the kids and their families on the pediatric in-patient unit at Kingston General Hospital.

We appreciate it if you could send in a small video (~15 seconds) to our Kids 4 Kids email (k4k@asus.queensu.ca) and encourage others to do so. The purpose of this video is to send your good wishes and messages of hope to children in KGH. Please ensure that these messages are nondenominational and that there is no reference to Christmas or other holiday seasons.

There will be a draw for a $25 gift card at the end of the event and sending a video will grant automatic entry into the draw. We hope you will be able to send in a short video. We are also accepting online donations that go to Almost Home which provides support to children and their families who are receiving medical treatment in Kingston. If you are interested, click HERE. If you have an OnQ or email list, we would also really appreciate it if you could share this description to encourage more participation or share this information with other colleagues.

This is not limited to just Queen's students but rather the wider Queen's community including professors, staff, and alumni.
The Queen’s Journal of Indigenous Studies has an opportunity for you!

This is an undergraduate research opportunity which seeks to promote healthy, inclusive values on campus by exploring and opening discussions on Indigenous and colonial experiences across Turtle Island. Submissions may be in any multimedia form such as academic papers, theses, artwork, poetry, etc. Our theme for the publication this year is collective and constellated strength and resistance. Any pieces relevant to topics such as settler colonialism, social, political, economic facets of Indigenous life, Indigenous identities, Indigenous issues etc. are acceptable.

Submission guidelines can be found [HERE](#)!
Submissions may be sent to [qjis@asus.queensu.ca](mailto:qjis@asus.queensu.ca)
Submissions open on December 11th!
Addressing the implications that the COVID-19 pandemic is having on children and youth mental health in Canada.

The world as they knew it had changed in a matter of days, with schools suddenly closed, celebrations cancelled, and many of their friends and loved ones only accessible online.

Fiona Haynes and Lucksini Raveendran from the Mental Health Commission of Canada (MHCC) share findings from the HEADSTRONG Youth Survey, highlighting thoughts and feelings in this extraordinary moment in time, the challenges and fears, as well as resilience and fortitude. Following this discussion, a youth panel will reflect on the survey findings and their own experiences of mental health challenges during the pandemic. The MHCC shares the Lockdown Life resource created directly from the voices of youth, and the full, newly released, report available from the Youth Survey. Finally, young people from across Canada will also share their thoughts about an approaching Holiday season like no other and their hopes for the future.

Please send questions you would like addressed to ces@ahs.ca

FREE Webinar
Tuesday December 8 2020
6:30 – 8 pm (MST)

Register here

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & the Mental Health Commission of Canada
Interested in overseas community development and animal conservation projects?

VESA’s humanitarian and conservation projects aim to provide direct action support to communities in parts of the world overlooked by traditional charities and aid organisations.

For more info, see HERE!

If you would like to be a part of something incredible when it is safe to travel again, or would simply like more information please check out our website www.vesabroad.org for videos explaining each country in detail, as well with videos on cost information, fundraising, how to get accepted onto a VESA program and details regarding VESA and Covid-19. We normally hold these information sessions at your university each year, but due to the pandemic this is the safest way to find out how you can make a difference next year! (And they are pretty awesome videos!)

We will be hosting Instagram live information sessions on our Instagram page for more info and to answer all your questions: Vesabroad
When: Every Wednesday & Thursday Until Dec 16th/17th 2020
Where: https://www.instagram.com/vesabroad/
Time: The ‘Question Sticker’ will appear on our story as of 10am PST on Wednesdays for 24 hours.

All replies will be uploaded to our story via video answers on the next day Thursday from 9am PST and will be uploaded to our Highlights afterwards 😊
Examining the School Experiences of Students with and without Learning Disabilities

We are looking to understand students’ experiences at postsecondary. In particular, the purpose of this research is to learn about students’ motivation, goals, perceptions of learning environments and satisfaction with their learning. The survey asks you to answer questions about your experiences at school, goals, motivation, and emotions. It should only take about 10-15 minutes to complete. At the end, as a thank you for participating, the research team will make a $1 donation to your choice of one of two charities, (up to $500). If you would like to share your experiences, or would like more information, please click the link: https://forms.gle/UwgSTkLSQaqUkf9B6

For more information, please contact Lauren at goegan@ualberta.ca