DEPARTMENT OF PSYCHOLOGY

Weekly eNewsletter
Tuesday, December 15 2020

Sending our best wishes during exam season!

- Application for Graduation
- Winter Schedule
- Academic Considerations
- Support
- QUIP
- Final exam prep resources
- Career Advising
- Beyond Queen's

IMPORTANT DATES & DEADLINES

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

DEC 31
Fall Term Ends

JAN 11
Winter term classes begin.

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.
APPLYING TO GRADUATE IN SPRING 2021?

Applications for Graduation for Spring 2021 opened December 01 and will stay open till April 30th, 2021.

Not sure how to apply? Click HERE (scroll down to Apply for Graduation) for instructions.

Not sure if you are eligible to graduate? You can fill out a Degree Quick Check Form HERE!
CHECK YOUR WINTER TIMETABLE!

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!

ACADEMIC CONSIDERATION: ADDITIONAL SUPPORTS FOR STUDENTS

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
QueensU Be Well represents the Health Promotion department within Student Wellness Services at Queen's University. Our professional staff & student volunteers aim to provide students with the information, skills, and environment necessary to make healthy lifestyle choices so that they're able to reach their full academic potential.
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
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!

Thursday Dec 17th
QUIP All Required Workshops in One 3-Hour Session: Resume and Cover Letter, 10:00am - 11:00am
QUIP All Required Workshops in One 3-Hour Session: Interview, 11:15am - 12:15pm
QUIP All Required Workshops in One 3-Hour Session: Designing Your Internship Search Strategy Workshop, 12:30pm - 1:30pm
Registration for the **Winter Engineering and Technology Fair** is now open!

Students may register in OnQ by clicking [HERE!](#).

Are you graduating this year? Learn how to [QYourFuture](#)! Celebrate your accomplishment and get prepared for your next steps after graduation with the QYourFuture: [Top 10 Things to Do Before you Graduate](#).
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.
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
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.
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 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
Join us for the 20th annual Queen’s Health and Human Rights Conference, which will be taking place virtually on January 16th-17th, 2021.

The topic of this year’s conference centers around “Navigating a Colonial Institution: Medicine & Systemic Racism”. We are orienting the conference to emphasize diverse perspectives on issues pertaining to systemic racism and its impact on the health of Black, Indigenous, immigrant and other ethnic minority populations in Canada. This year’s conference will include keynote speakers, panel discussions, workshops, displays of community-based artwork and more. We hope to challenge delegates to critically consider health topics from a human rights lens and integrate these diverse perspectives into their current and future work. This conference is interdisciplinary in focus; regardless of your field of study, we encourage you to attend and learn something new!

Please visit queens-hhrc.com for more information, or you can register for the conference here: Health & Human Rights Conference: Navigating a Colonial Institution – Medicine & Systemic Racism - Registration
Purchase tickets **HERE!**

Structured Therapy Training And Research (STAR) Centre, University of Ottawa, Department of Psychiatry Presents

**HELP TEENS AND YOUNG ADULTS SLEEP WELL: PRACTICAL, EVIDENCE-BASED STRATEGIES**

January 22, 2021 9:00 - 4:30 pm
ZOOM Video Conference

This workshop will use didactics, experiential exercises, & breakout room role-plays to teach the evidence-based Transdiagnostic Sleep and Circadian Rhythm (TranS-C) Intervention which addresses arousal, insomnia, hypersomnia and delayed phase problems.
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
Submissions open NOW!

WE WANT YOUR ARTISTIC AND ACADEMIC WORK!
Queen's Journal of Indigenous Studies is looking for submissions of Indigenous poetry, visual art, academic papers, and multimedia content!
Submissions OPEN on December 11th and CLOSE on December 24th
Submit to: qjis@asus.queensu.ca
The Journal’s theme this year is collective and constellated strength and resurgence.
The University of Toronto’s Master of Health Science (MHSc) in Translational Research is an interprofessional graduate degree program for healthcare professionals who want to learn about translating research to impact. The two-year competency focused degree employs collaborative and self-directed “learning by doing”. Students explore strategies, competencies and creative problem-solving approaches indispensable for innovating people-centered processes, procedures, products, and services. Through real-world challenges, mentorship, networking, and personal development plans, students gain experience, expertise, and practical insights into processes, regulatory frameworks, translational networks, and strategies applicable to a range of careers across medicine, health, and care.
Are you considering graduate school in Industrial/Organizational (I/O) Psychology, Social Psychology, Organizational Behavior, or Human Resource Management? If so, the MSc/PhD program in OB/HRM in the Lazaridis School of Business & Economics at Wilfrid Laurier University might be a great opportunity for you! Our research-intensive program provides you with an opportunity to conduct ground-breaking research that applies psychological theories to the workplace. Our faculty and graduate students conduct research on many topics relevant to today’s organizations and workplace such as fairness and justice, leadership, diversity management, emotions in the workplace, power and status, personality factors, work stress, ethics, to name a few. Our faculty members are leading scholars who are committed to mentoring, developing, and collaborating with students. Many of our faculty and the vast majority of our graduate students come from psychology backgrounds.

Check out the website HERE!