Hello students – you are in the midst of exams and final assignments and we wish you best success!
Check out this newsletter for resources to help you study and be exam ready! Remember to eat, sleep and exercise, ideally outside!
Our newsletter this week also includes calls for papers and invitations for research studies.
Be safe, be well and please reach out if we can help!

Important Dates

- **Wednesday April 14 to Friday April 30**: Final examinations in Winter Term and multi-term classes
- **Friday, April 30**: Last day to apply for Spring graduation in SOLUS
- **Monday, May 10**: Summer Term classes (May-June/6W1 and May-July/12W sessions) begin

SASS Final Exam Support - Be Exam Ready!

It's exam season and this month SASS programming is geared towards helping you become exam ready! At SASS, we can help you build the most effective exam study schedule, prepare for any final, manage test anxiety, and much more. Whatever kind of support you need, our one-on-one appointments, events, workshops, and online resources are sure to help you!

**Academic Skills Appointments: Exam Prep**
Preparing to study for final exams is tough to do on your own. Why not speak with one of SASS’ experts to help you get started? In one-on-one academic skills appointments, our friendly professionals will help you prepare for all of your exams and provide you the best strategies to excel. They’ll help you:
- Get organized
- Build a personalized study plan
- Develop effective study strategies

**Exam Study Schedule**
The SASS study template is an amazing tool to help you prioritize study time, plan breaks, stay on track, and reduce your stress. You can download the fillable PDF and instructions below.
- Study for all types of exams including essay exams, multiple choice exams, lab exams, and more
- Manage test anxiety

**Appointments fill up fast this time of year, so book soon here!**

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**Student Wellness during final exams**

Exam season can be stressful for many of us. This is a reminder that there are a variety of mental health resources available at Wellness Services if you or your friends are in need of support. Wellness Services offers one-on-one appointments with mental health professionals, groups, events and trainings, plus online self-directed tools.

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**Abstract Call - 51st Annual Ontario Psychology Undergraduate Thesis Conference**


This year McMaster University has the honour of hosting the 51st Annual Ontario Psychology Undergraduate Thesis Conference as a virtual meeting on **June 4th from 9 am to 5 pm**. We are inviting all psychology undergraduate thesis students in Ontario to attend this conference and showcase their research. Anyone interested, such as supervisors, family, friends, are welcome to attend the conference by registering on EventBrite.

This conference is hosted each year as a way for students to showcase their research, interact with the larger Psychology community in Ontario, and see the exciting new findings of other thesis students. We are thrilled to announce that Dr. Laurel Trainor will be the Keynote Speaker at this year’s conference! Also, new this year, we will be having a poster competition with prizes!

All abstracts can be submitted using this link: [https://forms.gle/k6bs1GLWpcT8hqMm7](https://forms.gle/k6bs1GLWpcT8hqMm7)

The deadline for abstract submissions is **May 3rd at 11:59 pm EST**.

REMINDER: APPLICATION FOR GRADUATION Spring 2021

Ready to Graduate? Applications for Graduation for Spring 2021 are open till April 30th, 2021 via SOLUS. Note that if you are taking your last course(s) in Spring (May - June session), your degree can be conferred mid July and you don't have to wait until Fall graduation. If you have any questions, please contact Anja at ug.psyc@queensu.ca. Not sure how to apply? Click HERE (scroll down to Apply for Graduation) for instructions.

LAST CALL: Call for Nominations - PSYC TEACHING AWARD

Would you like to recognize a psychology faculty member who went above and beyond? The Psychology DSC is now accepting nominations for the Undergraduate Teaching Award in Psychology until the end of April. To nominate a faculty member in psychology, please click on the link below and fill out the survey!

https://forms.gle/hBBCa5JeXQvHME7a7

LAST CALL: Call for Nominations - PSYC TA PRIZE 2020-2021

We invite you to submit your nomination for the best Teaching Assistant in Psychology for the 2020-2021 academic year! Did you have a Teaching Assistant in one of your courses who stood out in your mind this year?

- a TA who demonstrated an outstanding commitment to the education of students
- a TA who went that extra mile
- a TA who was approachable and interested
- a TA that made your learning experience feel welcoming and inclusive

If so, we encourage you to complete your online nomination by: May 1, 2021 at 4:30 pm EST

How to Submit Your Nomination:
Go the Queen's Qualtrics survey website at:

https://queensu.ca1.qualtrics.com/jfe/preview/SV_dmLkhxqVSKjkBQa?
Complete the survey and submit. Thank you for your participation!

Results:
Watch for results to be posted on the PSYC website and the Centre for Teaching and Learning (CTL) website in June 2021.

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**Call for papers - Building Better Financial Futures Challenge**

The **Building Better Financial Futures Challenge** is an undergraduate and graduate student paper competition launched by the **Financial Consumer Agency of Canada (FCAC)** — a Government of Canada agency.

We are inviting paper submissions from all disciplines and perspectives to provide actionable, evidence-based, solutions to current financial challenges faced by vulnerable communities. Please share this message and the attached posters with others and let them know about the potential opportunity to have their work published on the Government of Canada website!

All papers must be submitted by email to **Competition@fcac-acfc.gc.ca** by **April 30, 2021**.

Please see the **Competition page** for more details, and direct any inquiries to the FCAC at **Competition@fcac-acfc.gc.ca**.

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**GLOBAL UNDERGRADUATE AWARDS ACCEPTING ADMISSIONS**

The Global Undergraduate Awards is open and accepting admissions from **Psychology**!

**What is The Global Undergraduate Awards?**
The Global Undergraduate Awards (UA) is the world’s leading academic awards programme which recognises top undergraduate coursework, shares this work with a global audience, and connects students across cultures and disciplines. Students submit their work for free online and it is judged by a panel of international judges, consisting of leading academic experts and industry leaders.

**Why should you submit to The Global Undergraduate Awards?**
1. Earn international recognition for academic coursework that you have already completed.
2. Win a **FREE** trip to Dublin to attend the UA Global Summit.
3. Have your work published in The Undergraduate Library.
4. Network with undergraduates and academics from around the world.
5. Receive access to the exclusive UA Alumni Portal.

**How do I apply?**

Submitting is free, quick, and simple! Just follow these steps to #AwardYourWork. Don’t forget to check if your paper meets our submission criteria before submitting, otherwise your work may be disqualified!
The deadline for applications is **June 15, 2021**.

**Not ready to submit yet?**

No worries, you can still register to reserve your place in the competition.

If you have any queries relating to The Global Undergraduate Awards 2021 Programme, please contact the [Office of the Vice-Provost, International](#).

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### RESEARCH STUDY

PhD Student Sarah Smith is conducting research on the experiences of people who self-harm and the way we are treated by psychiatry. The overarching goals of this study are to generate an understanding of how psychiatric knowledge impacts the lives of people who self-harm and to amplify the voices of those with lived experience. Your involvement in this research will help contribute to critical mental health research and will inform mental health policies and practices.

I am currently looking to recruit research participants who engage in self-harm to help inform this project. To qualify for this study, you must be 18+, living in Canada, and must have received treatment for self-harm at some point in your life.

I am particularly interested in speaking with people who are typically left out of research and other discussions on self-harm, including Black, Indigenous, and People of Colour, men, and LGBTQ2S+ people. As a white, queer woman, it is my priority to centre people with different experiences than my own in this work.

If you are interested in being a part of this research, please contact me at 18seks1@queensu.ca.

Please note that participation in this study is voluntary.
For this study, I will be investigating the effects of a short-term yoga practice (8 weeks) on attention and five self-report measures. **This study is entirely online.**

Participants will:
1. Complete an attention task online.
2. Complete five self-report questionnaires online.
3. Attend 8 weeks of a yoga program or lecture series (see below).
   4. 8 sessions, 60 minutes each
4. All classes held over Zoom
5. Complete the same attention task and questionnaires online, after the series is complete.

The **yoga program** will consist of 8 weekly hatha yoga classes taught by a certified instructor. The **lecture series** will also consist of 8 classes where you will learn about the ancient, rich history of yoga.

After the study is complete, you will have the option to sign up for the group you were not assigned to. For example, if you completed the lecture series, you will have the opportunity to complete the yoga program.

We are offering financial compensation in the amount of $100 for participation in this study.

Please contact Tracie at parkintd@myumanitoba.ca if you are interested.

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**Book your academic advising appointment here**

For questions on careers/grad school, please email ug-psyc@queensu.ca to set up a meeting with Dr Norris.