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# Ψ Undergraduate Psychology Association

## Upcoming Events!

November 2005

**Every Tuesday** – UPA Study Group in Smitty Library (4-7pm, BS P-210)

**Nov 18** – UPA Movie Night ("Identity", 4:30-7:00, BS P-226)

**Nov 30** - Individual Study and Lab Volunteering Forum (Details TBA)

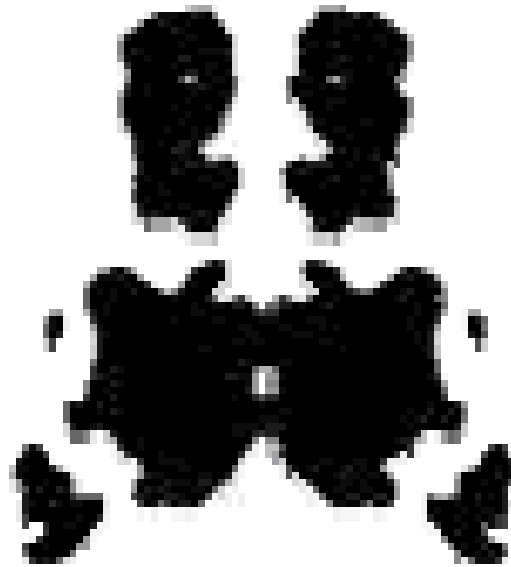
**Nov...** – Look out for an upcoming UPA fundraising event at the end of November! (Details TBA)

### Contact Us

**E-mail:** [upa@ualberta.ca](mailto:upa@ualberta.ca)  
**Phone:** 492-6696  
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[www.ualberta.ca/~upa](http://www.ualberta.ca/~upa)

# The Ink Blot



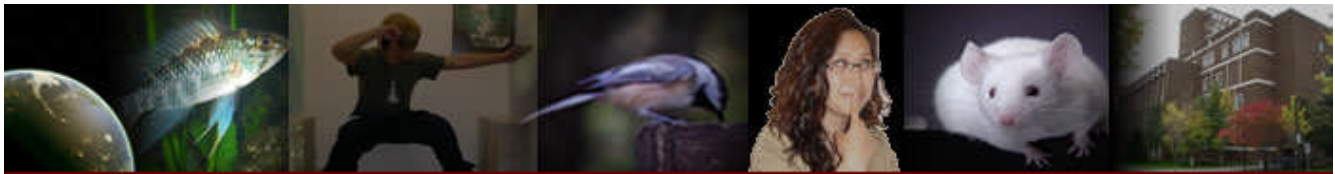
### Check out our WEBSITE for...

- Ψ **Member exclusive content!!!** (e-mail [sso@ualberta.ca](mailto:sso@ualberta.ca) for the password)
- Ψ **Prof of the month:** Dr. Don Kuiken
- Ψ **Course of the month**
- Ψ **Volunteer agency of the month:** A Safe Place
- Ψ **Research participation opportunities**

### *Inside This Issue...*

- Ψ **Updates on events from October, Descriptions of upcoming events in November**
- Ψ **More volunteer positions available**
- Ψ **Funny stuff! (Jokes, cartoons, etc...)**

**\*\*Note:** If you've recently signed up with the UPA, but have **not** received any e-mails, this means that we have your incorrect e-mail address. Please contact [upa@ualberta.ca](mailto:upa@ualberta.ca) to correct this so you can start receiving the benefits of your membership!



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## Last month there was the...

### Ψ **Meet the Members of UPA Movie Night**

On October 14th we had an awesome UPA movie night! We mixed, mingled, and indulged in popcorn and timbits! It was great to meet some new people, and have fun relaxing with some familiar faces. Thanks so much to all those who came out and enjoyed "Eternal Sunshine of the Spotless Mind".

### Ψ **Graduate School in Psychology Forum**

Over October, the Academic Committee was hard at work planning the Graduate School Forum! The forum featured information about the application process, tips to improve students' chance of getting in, paying for grad school, the experiences of a grad student as well as many other helpful things. This event was a huge success and was attended by over 100 students! Thanks to all our amazing speakers and the people that came out to the forum! -Keddy Adams, VP Academic, keddy@ualberta.ca

### Ψ **Professor & Course of the Month**

Last month, the VP Academic committee members were busy doing interviews for October's Professor of the Month and Class of the Month. Check out our website for highlights on October's prof, Dr. Connie Varnhagen, and the class of October, Psyc 423 - Parenting.

### Ψ **Volunteer Agency of the Month**

Last month, the "Community Mental Health Association" was highlighted as our volunteer agency of the month. The coordinator, Rebecca Bernard, was very pleased with this honor! Check out a description of how to get involved with this agency on our website! -Susie P, VP External

### Ψ **UPA Halloween Party**

October 28th marked our FREAKY FREUDAY Halloween party. This party was held at the ONE on Whyte and was a great time of letting loose and having fun... We got dressed up and danced the night away!! We all enjoyed our free drinks, and gave away \$100 worth of prizes for the best costumes! It was a great success with over 40 people coming out for the UPA! Stay tuned for future UPA nights out -- you don't want to miss a chance to see Psychology students go Psycho!

## Coming up...

### Ψ **Individual Studies and Lab Volunteering Forum**

For November, the Academic Committee will be hard at work planning the Individual Studies and Lab Volunteering Forum. Taking an Individual Study class or volunteering in a lab is a great way to gain valuable research experience, study something you are really interested in, get to know faculty in the department and maybe even get an awesome reference letter for all those grad school applications. This forum will feature information on how to get involved in both of these opportunities, the kind of experience you can expect to gain, and students' perspectives on their experiences as Individual Study students and lab volunteers. This forum will be on Wednesday, November 30th in the early evening. Watch your inbox for more information on this forum mid-November! -Keddy Adams, VP Academic

### Ψ **UPA Movie Night**

If you missed last month's movie night, be sure to join us this month in BS P226 on November 18<sup>th</sup>, when we watch "Identity" up on the big screen! Hopefully you all will come out and give us a chance to get to know each other!

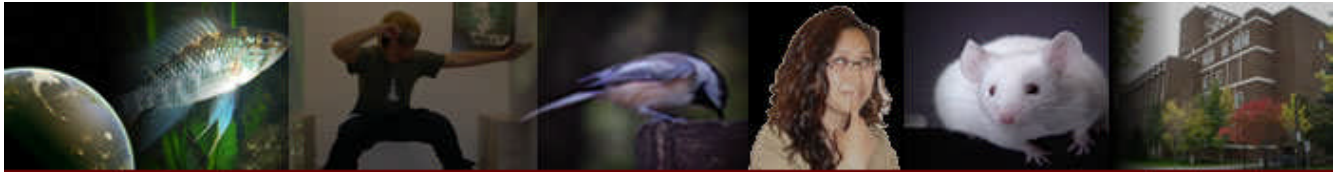
### Ψ **Brand Spankin' New UPA Merchandise!!**

Coming soon!!! Keep an eye out for our 2005/2006 UPA merchandise: pull-over hoodies in a variety of awesome colors!! If you'd like something different than the Psi-man logo we had on our clothing last year, we've got a *brand new logo* to put on our merchandise and it looks absolutely fabulous! More information about our merchandise will be available on the website and through the mailing list later in the month. -Suzanne McMullan

### Ψ **Volunteer Agency of November**

This month, the website will highlight the volunteer agency, "A Safe Place", which is a twenty-four hour women's shelter that offers a place to stay for women and their children. Be sure to check out the UPA website for more information about this great shelter!





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## Update from the President

Happy November everyone!

I'd like to officially welcome all our new UPA members who have joined us this past month - we are so glad to have you a part of things! Whether you're new to the UPA or have been a member all year, I hope things are going well for you this semester. The exec team has been hard at work trying to deliver the best quality of service we can offer for you guys. I hope you've been enjoying our regular features like class, professor, and volunteer agency of the month as well as are participating in our social and academic events. We sincerely enjoy every chance we get to meet our members and help you out in any way we can. Never hesitate to swing by our office hours or drop us an email - we love to hear from you! Along those lines, be sure to make the most of your UPA membership. We've got tons of yummy snacks in the office at super cheap prices for members, and you can always check out the psychology swag we've got in there too. :-) Stay tuned for the brand new stuff our Merchandise Coordinator is busy designing for this year - it's gonna be hot! Did you know there is super cool stuff like psychology job postings and more academic information hidden on the member's only section of our website? We are doing everything we can to provide you guys with the EXCLUSIVE hookup to valuable resources, so be sure to check it out from time to time - we add new stuff all the time! We have tons of ideas for future events, and are always looking for ways to get people more involved in our UPA activities. If you have any ideas for what you'd like to see us do, or want to volunteer with us, please drop us an email or stop by our office and we'll do everything we can to find you a place within the UPA. Thanks so much for your continued interest - enjoy this edition of the newsletter. I look forward to seeing you out at future UPA events! Until next month, good luck with midterms and other such fun stuff!

On behalf of the 2005-2006 UPA Executive,  
 ~Kristy Walters~  
 UPA President 2005/06  
 kristyw@ualberta.ca

## Sausages...

Patient: Doctor, my wife thinks I'm crazy because I like sausages.

Psychiatrist: Nonsense! I like sausages too.

Patient: Good, you should come and see my collection. I've got hundreds of them.

## The Preoperational Child"



"Cut it up into a LOT of slices, Mom. I'm really hungry!"

## VP Communications & Coordination Update

What's new in my neck of the woods? Well... as you can see, our first annual "The Ink Blot" came out early October, which hopefully makes you guys feel like you are more a part of this association and are aware of what we offer / do. Hopefully it also gives you a way to find out how to get involved too, if you would like to.

I'm still searching for a media coordinator to help me with advertising UPA events. So far the entire UPA Exec has been wonderful in taking care of the advertising aspect of things, but this would be an awesome volunteer opportunity for someone to take on - and it looks great on paper! The description of this position can be found on the website.

To wrap up, I still really encourage everyone and anyone to e-mail me with comments, suggestions, and feedback on the newsletter. Let me know if you like it, think it's too long, is missing a section you'd love to see, etc. etc. etc... the success of this newsletter thrives on your feedback.

Have a great November!  
 -Sharon So, sso@ualberta.ca



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## 201 Women

A woman was leaving a convenience store with her morning coffee when she noticed a most unusual funeral procession approaching the nearby cemetery.

A long black hearse was followed about 50 feet later by a second long black hearse. Behind the second hearse was a solitary woman walking a pit bull on a leash.

Behind her, a short distance back, were 200 women walking single file. The woman couldn't stand her curiosity.

She respectfully approached the woman walking the dog and said, "I am so sorry for your loss, and I know now is a bad time to disturb you, but I've never seen a funeral like this. Whose funeral is it?"

"My husband's."

"What happened to him?"

The woman replied, "My dog attacked and killed him."

She inquired further, "Well, who is in the second hearse?"

The woman answered, "My mother-in-law. She was trying to help my husband when the dog turned on her."

A poignant and thoughtful moment of silence passed between the two women.

"Can I borrow the dog?"

### **Executive Position Available – VP Social!**

Do the events listed earlier in the "last month..." section sound like fun? Think there is something else you'd like to do for a social event? Think you'd like to be in charge of organizing social events like these and SO MUCH MORE? If so, please consider becoming our UPA VP Social! We'd love to have you join our exec team! Why get involved? It is a lot of fun, you get to meet awesome new people, you gain valuable leadership experience and skills, plus a fancy title always looks good on a resume! You even get a reference letter at the end of the year, should you require one. If you are interested and want to learn more about the VP Social position, please email UPA president Kristy Walters at [kristyw@ualberta.ca](mailto:kristyw@ualberta.ca)! You know you waaaaaannnaaa!

### **New Snacks for sale at "Skinner's Lunchbox"!**

Do you ever find yourself studying and the growl of your stomach interrupts everyone around you? You wander over to the vending machines to find that the snack food just won't do it? Stop by the UPA Office, where we have snacks, meals and drinks to energize you! We are open at the same time as our office hours (on page 5).

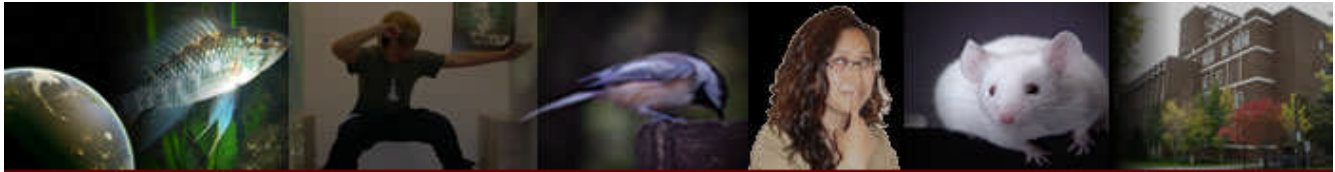
Food/Snack Item	Member price	Non-member \$
Jones Soda (bottle)	\$1.50	\$2.00
Dad's oatmeal chocolate chip cookies (2 per pack)	\$0.50	\$0.75
Rice Krispie Squares	\$0.50	\$0.75
Pizza Pops (pepperoni & bacon; 2 per pack)	\$2.00	\$2.50
Chimichangas (chicken & jack cheese)	\$2.00	\$2.50
Hershey's or Cadbury Chocolate Bars	\$0.75	\$1.00
Chips (various flavors)	\$0.75	\$1.00
Mr. Noodles (cup)	\$1.25	\$1.75
Instant oatmeal packs (5 flavors, price includes bowl and spoon)	\$0.75	\$1.00
Hot beverages: Tea, Hot chocolate, Apple Cider, Tim Horton's French Vanilla Coffee (12 oz.)	\$0.50	\$0.75

So make sure to come by our snack shop affectionately named "Skinner's Lunchbox" for some goodies!  
- Karyna Soco, VP Internal, [ksoco@ualberta.ca](mailto:ksoco@ualberta.ca)

## Parlor's Door...

What did the sign on Pavlov's lab door say?

"Please knock. **DON'T** ring the bell."



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## 3 Wishes

A grad student, a post-doc, and a professor are walking through a city park and they find an antique oil lamp. They rub it and a Genie comes out in a puff of smoke. The Genie says, "I usually only grant three wishes, so I'll give each of you just one."

"Me first! Me first!" says the grad student. "I want to be in the Bahamas, driving a speedboat with a gorgeous woman who sunbathes topless." Poof! He's gone.

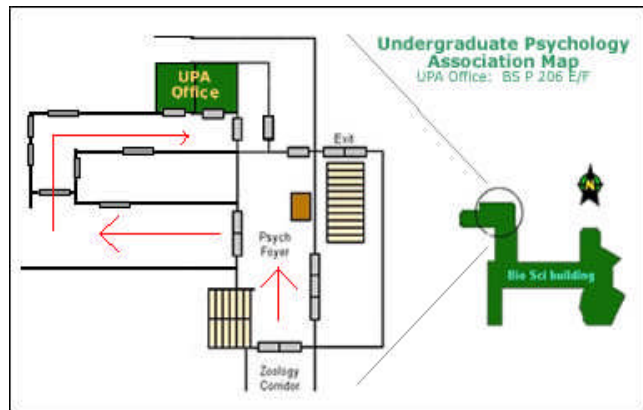
"Me next! Me next!" says the post-doc. "I want to be in Hawaii, relaxing on the beach with a professional hula dancer on one side and a Mai Tai on the other." Poof! He's gone.

"You're next," the Genie says to the professor. The professor says, "I want those guys back in the lab after lunch."

### Have you paid your membership fees yet?

If you haven't paid your \$5 membership fee or picked up your membership card yet, please do so as soon as you can! As a member, you get many perks with the UPA - to name a few, you get free admission to our several forums, discounts on yummy snacks, and privileges to view password protected resources on our website! Just drop by our UPA office (P 206 E/F) at your earliest convenience. Our office hours are:

Monday:	11:00 - 4:30
Tuesday:	11:00-1:30, 2:00-5
Wednesday:	10:00 - 5:00
Thursday:	11:00-12:30, 3:30-5
Friday:	12:00 - 5:00



## A Little Q & A

**Q: Why did the chicken cross the road?**

A:

### **DR. SEUSS**

Did the chicken cross the road?  
Did he cross it with a toad?  
Yes, the chicken crossed the road,  
But why it crossed, I've not been told!

### **ERNEST HEMINGWAY**

To die. In the rain. Alone.

### **MARTIN LUTHER KING, JR.**

I envision a world where all chickens will be free to cross roads without having their motives called into question.

### **JOHN LENNON**

Imagine, all the chickens crossing roads in peace.

### **ARISTOTLE**

It is the nature of chickens to cross the road.

### **KARL MARX**

It simply was a historical inevitability.

### **VOLTAIRE**

I may not agree with what the chicken did, but I will defend to the death its right to do it.

### **CAPTAIN KIRK**

To boldly go where no chicken has gone before.

### **TEACHER**

I don't know why. I have given up trying to know why. I just hope that the chicken stopped and looked both ways before crossing the road.

### **PRINCIPAL**

(Speaking to the chicken) The quicker you get to the truth about why you crossed the road, the more benevolent I'll be regarding any disciplinary action.

### **SUPERINTENDENT**

What chicken?

### **COLONEL SANDERS**

I missed one?