



Out of Our Minds...

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Department of Psychology
<http://www.psyc.uvic.ca>



Out of my mind ...

E. Brimacombe, Department Chair

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Happy Back to School! Welcome to the 2nd volume of our Department newsletter! Here's my wish for you for the year ahead

One summer I worked as a short order cook in mosquito-ridden northern Ontario. Customers were often VERY precise in specifying how they'd like their eggs cooked. I tried my best to get those orders just right but inevitably I'd get feedback – “the yolks were too runny”, “the yolks were too hard”, “the eggs touched the toast” ... There was, however, one regular breakfast customer who gave these instructions on preparing his eggs: “Break the yolks and flip ‘em”. In the midst of “lightly poached”, “over easy”, “over medium”, “soft boiled” “fan the toast around the eggs”, I had this one lovely customer for whom the eggs I made with crack, splat, carefree abandon were always “just right”.

So where am I going with this? Well, I know we all have occasions where the “eggs” have to be just-so. But I hope that whether you're cookin' the eggs or eating them, you've got some opportunity this year to find or create at least a few “break the yolks and flip ‘em” situations in your life. ☺

Welcome to our new Graduate Students!

This fall our Department welcomes 9 new graduate students. Pictured here: Andreas, Chris, Verena, Tracy, James, Josie, Meghan, Stacey. Absent from photo: Jessica.

The photo at right was taken at our Welcome Reception for our new students. (R Skelton photo)



Flashback to February 2006... In the news: UVIC Clinical Psychology Graduate Students achieve the top average in the country for their performance on the examination required for registration as a psychologist.

Learn more at <http://communications.uvic.ca/releases/tip.php?date=14022006>

PsychOS: What's in Store for 2006-07?

My name is Tom Johnson, the current President of the Psychology Organization of Students (PsychOS – we're so clever), and would like to take a few words to introduce myself and outline some of the goals we at PsychOS have set out this year. Currently in my fourth year of studies at UVic, I am majoring in Biology/Psychology with a Minor in Mathematics and am hoping to enter the Honours program next year to finish out my degree. When I am not busy studying, I can generally be found zipping around campus on my longboard, going to and from the many extra curricular activities I have involved myself in this year, the main one being PsychOS.

"A strong line of communication between the students and department can greatly enhance the educational experience, and PsychOS hopes to be the bridge between the two"

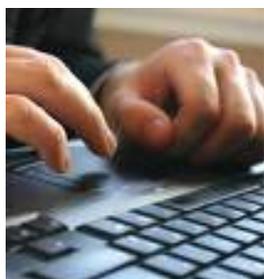
In years past, PsychOS was, in general, better known to the student body than the departmental faculty and staff. Considering we are a Course Union, this makes sense, but is not necessarily a balanced situation. Therefore, this year we are trying to have both sides of the equation satisfied. A strong line of communication between the students and department can greatly enhance the educational experience, and PsychOS hopes to be the bridge between the two, or at least the signs pointing to the bridge. Our first ever student newsletter as well as increased number of inclusive events for students should also help to serve this purpose. I am particularly excited about our planned Winter Social to be taking place (hopefully) in Vertigo in the SUB in collaboration with the UVic Ballroom Dancing Club sometime in late November. This will be an alcohol-free event designed to offer both first-year students and departmental staff a chance to learn ballroom dancing steps and to contribute to charity through ticket sales.

Looking ahead to October, we have a couple things planned. The first PsychOS newsletter will be released within the first week of October, a clothing design contest will be taking place to determine the design of the t-shirts we will be selling this semester, and our bake sale (all proceeds go to charity!) will be happening on Oct. 30th.

As we have just begun to work details out for this year (i.e. the particular charity we will be donating to this year, dates of events, etc.) more information will be on its way! I'm hoping both the student newsletter and the departmental newsletter will serve as effective means to communicate our planned events and services to as many people on campus as possible.

I look forward to meeting with as many of you as possible this year.

Sincerely,
Tom Johnson



visit PsychOS
on-line at
<http://web.uvic.ca/~psychos/>

Dr. Michael Masson was recently awarded the status of Fellow by the American Psychological Society! Fellow status is awarded to APS Members who have made sustained outstanding contributions to the science of psychology.

Bravo!!



UVIC Peer Helping

By Sarah Atkinson, 4th year Honours Psychology student

For Psychology students interested in trying out their counselling skills, I would highly recommend UVic's Peer Helping program! Volunteering as a Peer Helper is a wonderful way to experience the application of the many psychology classes that undergraduates are required to take. As well as providing an opportunity to practice my counselling skills, my time as a Peer Helper has reaffirmed my desire to go to graduate school in Clinical Psychology.

The Peer Helping program is run by Counselling Services, headed up by counsellor June Saracuse. Each September, about 40-50 students, including both new and returning Peer Helpers, bring their sleeping bags and attend a training retreat at Camp Pringle on Shawnigan Lake. This weekend retreat is a great way for Peer Helpers to become acquainted, as well as learn and improve their counselling skills through seminars led by counsellors from UVic Counselling Services.

After the retreat, the program commences and the Peer Helpers begin to make their mark on the UVic community. Weekly micro-skills groups, led by Clinical and Counselling Psychology Graduate students, enhance skills training. In addition, each Peer Helper chooses to join one of six committees: the Drop-In Office, the International Peers Committee, the Learning Skills Committee, the Wellness Committee, and the Career Committee. Each committee focuses on a different part of campus life.

The Drop-In Office, located in SUB B005, offers a confidential space for students to talk to Peer Helpers about problems they are experiencing. It is more casual than Counselling Services, and is often utilized by students who are not comfortable seeking "professional" help. The other Committees are more action oriented, and function by reaching out to students rather than waiting for students to seek help. For example, the Wellness Committee runs a weekly coffeehouse in Clearihue every Tuesday from 4-6 pm, where students are offered free coffee and cookies, as well as a friendly environment to meet other students and talk. During my first year as a Peer Helper, I joined this Committee and helped organize a campus wide Disordered Eating Awareness Day and a Body Image art show.

In addition, Peer Helping employs two students each year to organize and manage the program along with the staff coordinator. Last year, I was one of these Student Coordinators, which allowed me to take on a different role in the program. I was given the responsibility to help train the new volunteers and coordinate the entire Peer Helping program, in addition to also participating as a Peer Helper. I found this job to be very challenging, yet extremely rewarding!

Finally, it is important to note that Peer Helping is not "all work and no play"! As well as sharing common goals and interests, Peer Helpers socialize throughout the year at various events. For these reasons and more, I would highly recommend that Psychology students, in their second year or beyond, consider joining UVic's Peer Helping program! For more information on the program, please visit the website at www.coun.uvic.ca/peer/ or stop by the Drop-In Office (SUB B005) and check us out!



"I was given the responsibility to help train the new volunteers and coordinate the entire Peer Helping program."

-S. Atkinson

A Fresh Face in PsychologyIntroducing Dr. Fred Grouzet

By Janet Stepaniuk



The University of Victoria Psychology Department welcomes a new professor, Dr. Frederick Grouzet, a social psychologist with an expertise on human motivation and positive psychology. Originally from France where he completed both undergraduate and his Masters studies, Dr. Grouzet then moved to Montreal to do a Ph.D. and further to that, complete a postdoc at the University of Ottawa. During this time, his love of Canada became apparent and Dr. Grouzet proceeded to get his permanent Canadian residency.

Future research includes continuing to explore the relationships between goals and values of three types of well-being: personal (e.g., happiness, eudaimonia, personal growth, and vitality), social (e.g., community involvement, volunteerism, generativity) and ecological well-being (e.g., eco-friendly behaviours, voluntary simplicity). In addition to this, Dr. Grouzet would also like to investigate the universality across cultures of these relationships. Other areas of interest include the examination of the development/change of personal goals and values through personally-relevant life experiences, such as post-secondary education and school transition, extra-curricular activities, volunteerism, immigration or cultural transition, trauma and health problems, near-death experiences, life transition (e.g., marriage and birth).

In the short time that he has been here Dr. Grouzet has been impressed by the dynamic environment of both the university campus and the downtown core while observing the closeness the west coast has to the natural environment. The experience of living in a place so representative of many cultures and the harmony of people and the environment have made his move to Victoria a wonderful experience. When not immersed in his work or teaching Dr. Grouzet loves to hike, horseback ride, bike, read, or enjoy a good meal with friends.

On a personal note he leaves us with this thought. "To live means to experience--through doing, feeling, thinking. Experience takes place in time, so time is the ultimate scarce resource we have. Over the years, the content of experience will determine the quality of life. Therefore one of the most essential decisions any of us can make is about how one's time is allocated or invested." (Mihaly Csikszentmihalyi in *Finding Flow: The Psychology of Engagement With Everyday Life*)
<http://web.uvic.ca/psyc/grouzet/>

Kudos to Postdoctoral Fellow Brandon Wagar!

Each spring convocation the Governor General's Gold Medal is awarded to a single graduate student (chosen from among the six faculties at University of Waterloo) in recognition of their academic excellence. The Governor General's Gold Medal is awarded to the graduate student who has achieved the most outstanding academic record in the graduating class for the Doctoral degree. **This year's Gold Medal Winner is Psychology's own Brandon Wagar.**

Brandon was a student in the Behavioural Neuroscience Division of the Psychology Dept and his PhD program supervisor was Mike Dixon. Brandon is currently engaged in an NSERC-funded Post Doctoral Fellowship at UVIC (supervisor: Dr. Daniel Bub). He returned to Waterloo to formally receive his doctoral degree in June 2006. Brandon's doctoral thesis was entitled "The good and the bad of affective guidance: Insights from the influence of automatic racial prejudice on complex decisions under uncertainty".



PSI CHI News

September has sprung quickly with a bang within our chapter of Psi Chi. After a fairly quiet summer the time for acquiring new members has sprung into action for those of us still at UVIC. We want to thank all of the professors who so graciously allowed us into classes so that we were able to promote our chapter and encourage new membership.

We have also already had our first bake sale and we look forward to making this a monthly event. Our goal is to schedule our bake sale on the same day as faculty meetings in the event you find yourself needing a sweet treat on your way to discuss those scintillating issues.

Membership is forefront on our minds and we hope to expand our numbers. The deadline for membership is Friday, September 29, so if you know of an undergraduate or a graduate student who would like to apply (faculty are also welcome), please direct them to our website or email address for more information. The induction ceremony for new members will take place in October at the University Club.

We are really pleased to announce the revamping of our web site. Kyoko Urano, our web designer, has done a wonderful job. One new feature this year has been the addition of a “job opportunities” page. This allows for faculty, instructors, and graduate students to post jobs (paid and volunteer) when needed. In addition to this, students can post that they are looking for work so that those in need of help can quickly find out if there are eligible candidates. We hope that this service will be of value for the department.

Please feel free to contact us at any time or drop by our new room (Cornett A - 175) Mondays or Wednesdays (all day) or Friday mornings. If we can be of any assistance in a matter, please don’t hesitate to give us a shout.

psichi@uvic.ca
<http://web.uvic.ca/~psichi/>

“We are really pleased to announce the revamping of our web site. Kyoko Urano, our web designer, has done a wonderful job.”

What was the most memorable event of your summer?

Verena Willenbockel – Graduate Student, Cognitive Psychology
 Supervisor Dr. Jim Tanaka

“Traveling to Ireland and visiting a good friend”



Kristina Kowalski– Graduate Student, Clinical Neuropsychology
 Supervisor Dr. Holly Tuokko

“Playing Outdoor Volleyball”



Meg Caines, Graduate Student, Clinical Lifespan Development
 Supervisor: Dr. Holly Tuokko

“Camping on Prince Edward Island”



Katie Winters: Compassionate and Committed to Making a Difference!

Katie Winters, a graduate of last year's Psychology Honours class, spent the summer working at an Easter Seals camp. The camp, for children who have been affected by life threatening illness, was significant to Katie as she had lost a grandmother to cancer. During the course of the summer, the courage of the children affected her deeply and she decided to take action. At the end of the summer, Katie shaved her head, raising \$4500 which she donated to Kids Cancer Care Foundation. Katie gave her hair to Locks for Love. Katie's honours thesis research with Dr. Kim Kerns studied cognitive development in children with Down syndrome. Katie views her honours research experience as significant in igniting her passion for making a difference in the world.



Tempting and Delectable Chocolate Cheesecake *-from the recipe files of Janet Stepaniuk*

(yes, the rumors are true...I did receive a marriage proposal after a stranger tasted this delicacy – alas, I had to say that my supervisor kept me so busy that marriage was unfortunately out of the question)

Pre-heat oven to 350° F

Oreo or Honey Maid Graham Crumbs 1 ¼ cups
Melted Butter ¼ cup



Mix together and press into a pie plate or muffin cups

3 pkgs. (250 grams) Cream Cheese
¾ cup white sugar

Beat softened cream cheese and sugar with electric mixer until well blended.

3 eggs

Add eggs, one at a time, beating just until blended.

1 tsp. vanilla

Blend

3 Milk chocolate “thick” Cadbury chocolate bars (4 if you really want to experience decadence)

Melt the chocolate (in either the microwave or in a double boiler) and pour into the cream cheese mixture. Fold in with a spatula.

Empty Mixture into the prepared crusts

Put filled crusts on a baking sheet and bake in the oven for 45 – 50 minutes (just until the center is almost set).

Loosen from pan, cool, and refrigerate overnight. Serve on its own - or for added pleasure - add a dollop of whipped cream.