



# 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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**HELLO!**

**Fariba Ardestani**, our new Department Receptionist graces the window to our General Office with a welcoming smile!



For me, the sight of a box of instant potatoes stirs memories of my summer stint as a short-order cook in Northern Ontario. I worked the grill at a small restaurant adjacent to a motel and gas station, one hour's drive north of Thessalon (population 47). Fresh produce was a rarity at the restaurant. French fries were the "potato option" customers were encouraged to order. Requests for mashed potatoes were met with a glob of reconstituted potato flakes covered in frozen/re-heated gravy. I had been on the job about 3 days when the sequence of "fries", "fries", "fries" was broken by an order for mashed potatoes. I went to the pantry, retrieved a scoop of white flakes from a jar, boiled the kettle and saturated the flakes. The reconstituted flakes congealed to form a puddle on the plate. In pursuit of a more potato-like glob, I continued to add flakes to the puddle. When I hit the 'good as it's gonna get' point, I added gravy and sent the glob out alongside a clubhouse sandwich. I later learned that the mashed potato flakes had been misplaced in the pantry – in their position was a jar of skim milk powder.

My time spent grilling burgers and fashioning delicacies from skim milk powder is a distant memory.... but life continues to present me situations ripe with opportunity to grab the wrong thing from the shelf and bumble forward.

My motto: just do the best with what you've got.



**Fred Grouzet** was the guest speaker at the Psi Chi induction ceremony held October 25, 2007. See page 2 for Psi Chi news and photos from the induction ceremony.



**Fun fact!** The term "brownie points" has its origin in Scottish superstition where Brownie is the name of a family's house spirit. Brownie busies himself at night doing little jobs for the family. Although he was never seen, the Brownie's family often left him offerings as expressions of gratitude. And so we think of earning "brownie points" by helping others, hopeful that we will see the favor returned.

## Psi Chi News



*"We recently put on a Psyc Info Session for first and second year students interested in majoring in Psychology"*



visit Psi Chi's award-winning website:  
<http://web.uvic.ca/~psichi/>



The UVic chapter of Psi Chi is rolling full steam ahead this fall.

Our fall membership drive was a great success as we inducted over 20 new members this semester. Plus, Psi Chi was fortunate enough to have Dr. Grouzet enlighten us with his words of inspiration at the induction ceremony.

The membership drive was culminated by a bake sale which included coffee, yummy baked treats supplied by various members of the society, and, thanks to our VP, refreshing Italian soda. The event was a lot of fun, plus we managed to raise over \$130. Thanks to all who helped. Be on the look out for another bake sale in the coming months.

We recently put on a Psyc Info Session for first and second year students interested in majoring in Psychology. A panel of Psi Chi members were able to answer question about undergraduate psychology at UVic, and offer our perspectives on life as senior psych students. We were told by those who attended the event that the information was useful. We hope to do it again next year.

We have a few more fun events planned for the year. So, if you are a member, come out to the meetings to find out how you can get involved, or you can email us at [psichi@uvic.ca](mailto:psichi@uvic.ca)

Also, don't forget to check out our award winning website at: <http://web.uvic.ca/~psichi/>

That's all for now! - Mehul Gandhi Psi Chi UVic Chapter President 2007-08

### Psi Chi Photo Gallery – Scenes from the recent Bake Sale and Induction Ceremony



## A New Course Union on the Block!

Hi Everyone!

After much thought and preparation, I am very excited to announce the creation of a Biology/Psychology Course Union. This combined union was created to be a liaison between both the biology and psychology course unions as well as to establish a sense of community within the bio/psyc program.

The impetus for establishing a combined course union arose from the unique situations I experienced as a bio/psyc student. A function of our combined major is that we are apart of both faculties, yet not fully apart of either. It is the goal of the course union is to provide events where students and faculty can get to know each other.

- Educational events, such as research presentations are a great way to understand what questions are being asked in the field of bio/psychology.
- An informational session about what can be done with a bio/psyc degree would really benefit students.
- Social events such as movie nights, pub crawls and sports games will help to facilitate a cohesion among students.

Both Dr. Brimacombe and Dr. Hintz, chairs of the psychology and biology departments, as well as both Psychology and Biology course unions have been very helpful and positive about the bio/psyc course union. If there are any questions, suggestions or comments, please don't hesitate to contact Kyra or I. Thank you to everyone who has been a support, I am certain it will be a successful year!

Ariel Jones ([jones@uvic.ca](mailto:jones@uvic.ca)) Kyra Hemmerling ([khemmer@uvic.ca](mailto:khemmer@uvic.ca))

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## Welcome to our new Graduate Students!



## Behind the Scenes at FACE CAMP

The third installment of FACE CAMP ran Saturday October 27/07. Thirty children ranging in age from 9 – 12 enjoyed an action-packed day of hands-on activities designed to creatively showcase the art and science of face perception. FACE CAMPers learned about the scientific principles of face recognition and their applications in police work. The day concluded with an ‘Amazing Face Race’ scavenger-hunt around campus where campers followed a series of face-themed clues to solve the mystery posed to them. FACE CAMP is powered by the expertise and creative energies of faculty members, Jim Tanaka and Ulrich Mueller, students Kim Mavnard, Rebecca Phillips, Natalie Huxtable and a dedicated and dynamic crew of volunteers.



## You could be here!



**“Sometimes when I'm talking, my words can't keep up with my thoughts. I wonder why we think faster than we speak. Probably so we can think twice.”**

-Bill Watterson, author of Calvin & Hobbes

**The Brain and Cognition Seminar meets Friday afternoons, 3 – 4:30 pm in the Reading Room.**

The schedule of speakers is available at <http://web.uvic.ca/psyc/cognitive/seminar.html>

Everyone Welcome!

And more opportunity to enjoy great food for thought ....

**The Social Psychology Seminar gets underway soon with talks scheduled for some Tuesday afternoons, 3:30– 4:30 pm, Cornett A228 or 229.**

Check the schedule at <http://web.uvic.ca/psyc/social-seminars.html>

## PsychOS So Far ...

PsychOS is your Psychology Organization of Students or, more accurately, the Psychology Course Union. We endeavour to bring together students with similar interests (in psychology) so that they can network and develop organizational skills that will be useful in the future. And, we somehow manage to have quite a bit of fun along the way.

PsychOS has decided to once again support the Vancouver Island Head Injury Society with the profits from our many events. Among the highlights so far, we have had a successful Bake Sale and members of PsychOS were able to take a tour of the Vancouver Island Brewery and sample the fine beer produced by the Brewery. Events to look forward to in the near future include the return of the PsychOS clothing sales and a joint PsychOS / Psi Chi Event.

This year, PsychOS is trying to keep the communication lines between the department and the course union open and reciprocal. As such, a brief introduction to the presidents and the vice-president are in order. PsychOS has accomplished co-presidents in Scott Myslajek and Genevieve Roberts. Genevieve is completing her Honours degree in Psychology (supervised by Dr. Daniel Bub) and minoring in Political Science. Scott is completing his Major in Psychology and keeping himself busy with various outdoorsy pursuits. These two competent leaders help plan and execute the numerous schemes that PsychOS members come up with. The Vice-President of PsychOS this year is yours truly, Amanda Radil. I am completing my Honours degree in Psychology under the supervision of Dr. Fred Grouzet and am also majoring in English. My primary aims are to facilitate the jobs of the co-presidents and to get new members out to meetings! Other Executive Members include Joanna Stinson (Secretary), Chris Dammeyer (Treasurer), Tom Johnson (Past-President), Alex Chang (Public Relations), Natalie Dykes (Clothing) and MC Decker (Communication).

We are looking forward to a great year, with many interesting events in store. Meetings are held on Mondays, from 3:30-4:20 in Cor B107 and we can be contacted at psychos@uvic.ca. If you have students who have psychology related questions, you can get them to email us or tell them to come by the PsychOS / Psi Chi office (Cor A175).

Have a great year!

Sincerely,

Amanda Radil  
Vice-President, PsychOS

### **PsychOS Executive Members**

L to R: Joanna Stinson, Amanda Radil, Scott Myslajek, Tom Johnson, Genevieve Roberts and Chris Dammeyer  
(Missing: Alex Chang, MC Decker and Natalie Dykes)



Looking back at our Fall Reception where we welcomed our new graduate students and enjoyed the social buzz .....



**Fall 07 Reception Party-Planners:**  
Janet Stepaniuk, Paul Taylor, Annette Barath, Cathrine Jansen, Ron Skelton,  
Liz Brimacombe

Thanks to all who attended and helped fuel the lively buzz!  
And special thanks to Annette for organizing door prizes; and  
to our UVic door prize donors:  
Food Services, the Bookstore, Cinecenta, Grad Studies,  
Office of the Dean of Social Sciences