



Out of Our Minds...

October 2008
The Welcome Back
Edition



University
of Victoria

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



Out of my mind ...

E. Brimacombe, Department Chair

What's new with you?

I went to the dentist last week and was very pleased to confirm that there were no changes to my health or dental insurance. I experienced that same sense of delight when I renewed my license and confirmed that my address had not changed. Those interactions gave me comfort in feeling that holding steady was a good thing. They were refreshingly devoid of expectation or curiosity about new developments in my life.

Health psychology speaks to the stress of adapting to changes in life. But no mention is made of the stress associated with holding steady in the midst of a culture where admitting; 'nothing's new with me' can be interpreted as 'something's wrong with me'. My life of late can be summarized in three words: creature of habit. When I admit, 'nothing's new', of course I don't mean that each day of life unfolds for me exactly as the day before. However, I am not the jet-setting traveler, experimental diner, reinventing myself and regaling you with all the new experiences I've amassed since we last spoke. Heck, I'm still wearing clothes I bought 10 years ago. I drive the same route to work at the same time each day to be present at the same job I've worked for 18 years. The menu at my home features the same finite set of options.

On the 'what's new' front, I do have new ideas and insights. But those are not typically the details I think you want to hear when you ask me, 'what's new?' Just as we seek a meaningless "fine" when asking, 'How are you?' in passing, don't we often seek only to know the breezy and superficial in the domain of 'what's new with you?'

If we cast aside, 'how are you?' and 'what's new?' as our stock greetings, I wonder where conversations might go? That's my 'hmm' to lead us into the new school year.....

Welcome to our new Graduate Students!



The photo at right was taken at our Welcome Reception for our new students.

More photos from this swell back to school bash can be found inside!

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PsychOS: What's in Store for 2008-09?

PsychOS is your PSYCHology Organization of Students (yes, the name works on a couple levels), more accurately, however, we are your Psychology CourseUnion.

Our first and foremost goal is, as always, simply to bring together students who share an interest in psychology. We are here to help any student taking one or more psychology courses, helping them build networks while developing organizational skills, both which will help not only in their University years, but much farther in their lives.

PsychOS has decided to once again support the Vancouver Island Head Injury Society (whose name has recently been changes to the Brain Injury Society). In the past PsychOS has been able to donate well over \$1000, as well as a computer to this fine charity.

How do we do it? Simple: We have awesome events and a great department supporting us the whole way. We also have a tonne of fun along the way... really it's not a bad deal.

In the near future Psychos, with its largest member base ever, has already begun planning such fundraising events. The first on the agenda is a can-drive/bake sale. This event will be taking place in the ever-so-busy Clearihue building on Wednesday the 8th from 9:30-4:30, right in front of the vending machines where you're oh so used to seeing and smelling delicious baked goods. The plan is to have a lot of home-baked treats that will get the students drooling, and ready to spend a little of their hard earned cash, knowing that it will all be going to someone who needs it maybe just a little more. The best part being that us, your very own PsychOS, will also be accepting any and all canned food items in exchange for fresh baked goodies! In fact, we'd prefer it that way!

So please, visit the Clearihue building on Wednesday the 8th of October, and bring your canned goods!

Next on the agenda is one of those campus famous PsychOS pubcrawls. Although the pubcrawl may not be the most classy of events from an academic point of view... if you look at the money made on these events, and all the good causes the money supports, it's really a no-brainer. The pubcrawl is scheduled for Friday the 17th of October... keep your eyes peeled for those signs telling you tickets are on sale... we are expecting to sell out FAST.

Due mainly to our fantastic member base this year, PsychOS is also already planning the very first, of hopefully many, clothes orders this year. There will be long-sleeve shirts, and hopefully t-shirts as well in our first order. The front will identify the wearer as a UVic Psyc supporter, and on the back will be a little Psyc humour. Stay tuned.

Perhaps most importantly, however, this year PsychOS is taking a no-holds-barred approach to establishing ourselves as an academic-focused group of individuals. Yes, we like to have fun, but we are University students interested in promoting the science of Psychology. Thanks to Dr. Liz Brimacombe we are hoping to pave the way to a long-lasting relationship with Reynolds high school, where UVic psychology students will be able to, in teams, make presentations to students at Reynolds who are interested in psychology. This way we can not only promote psychology and academia to high school students, we can also show that they don't have to leave Victoria to get a first-class education. This is only one of many of the tasks we have on our agenda this year. We are planning on bringing in speakers, and holding info-sessions as well as other Psychology-based events throughout the year.

We are expecting, and looking forward to, beginning a new chapter for your Psychology Course Union, gaining academic respect while building and strengthening departmental/student ties. We will be holding all meeting in Clearihue B020 Tuesdays from 2:30-3:30, and can be contacted at psychos@uvic.ca. If any staff, faculty, or students have questions regarding our group, or any general psychology questions, please feel free to email us, or come to our meetings.

We will also be available in Cornett A050 in the near future.

Thank you, and have an awesome year! Sincerely, John Chauhan
2008 PsychOS President

News from Psi Chi

I'd like to start off by welcoming everyone back to another exciting academic year. Here's a little update on the 2008/09 iteration of Psi Chi.

My name is Kyle Mueller, the current president of the University of Victoria Chapter of Psi Chi, the National Honour Society in Psychology. Along side my fantastic executive committee (Erin Grant -Vice President, Sherie Welsford – Treasurer, Jaclyn Casler – Secretary, and Ali Dohadwala – Webmaster) and many active members, I work at sustaining and improving the local Psi Chi chapter, and co-coordinating events and activities for both Psi Chi members and the UVic Psychology community as a whole.

This year we've been formalizing a chapter-specific constitution and set of bylaws, in order to smooth out transitions between years, and lay the groundwork for a system that will ease the operation of Psi Chi for future members and officers. We're also working on setting up a regular forum in order to increase student interaction and mutual education regarding both Psychology and life at UVic.

We recently held an information session for students with questions about the study of Psychology at UVic on Sept 30th. We're considering holding regular monthly information sessions in conjunction with PsychOS, and will be advertising those as soon as details are finalized.

Psi Chi's fall membership drive is drawing to a close with the membership application deadline on October 10th. I strongly encourage anyone interested in joining Psi Chi to stop by our website at <http://web.uvic.ca/~psichi/>. We'll be holding our new member induction ceremony on Thursday October 30th at 6:00 PM in the Fireside Lounge of the University Club.

This year promises to be a busy one, but when I look around and see what excellent colleagues and fellow students that I'm so lucky to be working and learning with, I'm excited and optimistic that this year will be one to remember.

Kyle Mueller, University of Victoria Psi Chi Chapter President 2008/09

Flashback to April 2008 ... The Psi Chi and PsychOS students hosted a banquet at the GSS.

Students, their families, Department staff and faculty enjoyed a wonderful evening! Thanks and Bravo and thanks to our undergraduate student societies!



***The Psi Chi/
PsychOS
Resource
Room has
moved to
Cornett A050.
News of
Resource
Room hours
and activities
is coming
soon to a Dept
bulletin board!***



New Grad Student Welcome Reception Memories

From the Party Planning Committee – Liz, Cathrine, Annette, Paul, Marsha, Janet:

Thanks to all who attended and contributed to the conviviality! Let's do it again next year!



A fond farewell to Dr. Bram Goldwater!

After 38 years with our Department,
Bram retired June 30, 2008.
We remember you fondly!



Welcome to Dr. Mauricio Garcia-Barrera!

Mauricio, a new faculty member in our Clinical Program
joined the Department July 2008.
We are delighted to have you with us!

Congratulations to Dr. David Hultsch!

David was awarded the prestigious Baltes Distinguished Research Achievements Award by the American Psychological Association. The ceremony took place at the APA Convention during the Division 20 business meeting on August 16. Bravo Dave!



Presenting the award to Dave is a familiar face ... Dr. Brent Small. Brent, a successful graduate of our PhD program in lifespan psychology, studied under Dave's supervision and is now a faculty member at the University of South Florida's School of Aging Studies.

Please remember the PsychOS Bake Sale!
Wednesday October 8, 2008. Clearihue Building lobby.
Cash proceeds to the Vancouver Island Head Injury Society.
Canned food donations to the local food bank.

