



Out of Our Minds...

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Out of my mind ...

E. Brimacombe, Department Chair

Change is as good as a rest. Have you heard that one? The statement rings true for me as I admire the brilliant orange and yellow leaves drifting to the ground and feel the brisk, invigorating shift of season in the air. I anticipate and welcome the familiar transition to sensations and traditions of autumn. Raking leaves, carving pumpkins, seeing my breath in the morning air; I feel a sense of refreshment! These are the sorts of change that I can anticipate, look forward to, and welcome with a feeling of knowing what is in store.

But there are other changes. Unexpected things leaping out of nowhere, jarring familiar rhythms, setting off the 'fight or flight' system rather than fueling support for the 'restful change' adage. I've stockpiled many memories of adapting to the unexpected. Going back a few decades to the swinging seventies ... I recall arriving home from school one day. My mom was standing in the kitchen staring at the ceiling, a look of delight on her face. Following her gaze I noticed the previously solid white ceiling now had two big orange circles orbiting the light fixtures at either end of the room. I took in the smell of fresh orange paint and puzzled over the circles above. My mom explained that an impulsive desire for change prompted her to call a painter that morning. My brother trailed in, looked up and jumped into one of the purple swivel chairs in the room. He spun around, smiling, head flung back, his eyes fixed on the orange circles above him.

Reeling from the unexpectedness of the circles on the ceiling, wondering whether the new look was wonderful or ridiculous, concernedly trying to anticipate my friends' reactions; I noticed my mom's obvious delight and my brother's wild enthusiasm. I took stock of my own tentative confused appreciation of those fresh orange orbs above me.

Years later, here I am moving through life, repeatedly encountering unforeseen change, and puzzling over the reactions of others and the challenge of putting circumstances into perspective. In terms of any wisdom gained from my drifting through the tides of change: I've learned to not be surprised to find wildly complex circumstances carrying an emotional wallop hiding quietly within a situation that on the surface seems as simple as an orange circle on a white surface.

As you roll with the changes life deals you this semester, I offer this quote to buoy you along: *Change is not merely necessary to life - it is life* - Alvin Toffler.

New faculty member, **Dr. Andrea Piccinin** was guest speaker at the Psi Chi induction ceremony held October 25, 2009.

See page 2 for Psi Chi news and photos from the induction ceremony.



A recent Psi Chi Bake Sale raised more than \$110 for the United Way!

Paraskevidekatriaphobics

— people afflicted with a morbid, irrational fear of Friday the 13th —. hopefully the luck of many surrounding rabbits fortified you through this month's Friday the 13th!

The five most common phobias:

1. Fear of [snakes](#) (ophidiophobia)
2. Fear of giving a speech (glossophobia)
3. Fear of heights (acrophobia)
4. Fear of [rodents](#) (musophobia)
5. Fear of flying (aviophobia)

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/>

I would like to introduce the wonderful new executive committee for the 2009/2010 year. My name is Rachel Caulfield and I am the President of the University of Victoria Chapter of Psi Chi. Our charismatic Vice President is none other than John Chauhan. Jess Owen is our outstanding Secretary. Bringing forth experience from last year, Sherie Welsford is the Treasurer. Finally we have our wise and knowledgeable Webmaster, Ali Dohadwala. Our team is aiming high and plans to make this year the best yet! Our ties with PsychOS will be strengthened as John (President of PsychOS) and I have committed to working together to achieve our goals.

We started the semester with an orientation/info session for new psychology students. Our event was quite a success! The room we booked was meant to hold 60-70 students but more than 80 showed up. At our orientation we did our best to give new students useful information that we wish we had when we first started. In addition to a PowerPoint presentation, we gave a handout with tips and tricks for first year. Students had great questions and of course the pizza after the presentation was a hit. Our intent was to make new students feel more connected to Psychology and add some cohesion for first year psychology students. Hopefully it worked!

I was pleased to see many students apply to join Psi Chi this fall. We had a fantastic turnout of 23 new members. Many of them came to our induction ceremony held in the Wild Rose room of the University Club. Dr. Andrea Piccinin was kind enough to prepare a wonderful speech to give at the ceremony. We'd like to give her a huge thank you for her time and energy in helping create a lovely evening.

I would like to share some of our upcoming events and plans. On November 19th we are going to host a psychology movie night with PsychOS to raise money for the Vancouver Island Brain Injury Society. We plan to show Memento as it is both a fantastic movie and relevant to psychology. Throughout the year we plan to have drop-in mentoring/help for students: students can come for advice, to discuss concepts in their courses, essay help, and have general questions answered. Soon we hope to firm up when we will offer this service through the Psi Chi/PsychOS office. As for the spring, we plan to hold an event in which two professors will debate some controversial topic in psychology, and we will also have a graduate school info session. Finally, we will wrap the year up with another PSOVIPS and PsychoSocial Banquet. There are many other plans and works in progress but unfortunately this will be a long newsletter if I mention everything!

I have high hopes and expectations for this year. I can't wait to see what we can accomplish!

Rachel Caulfield, University of Victoria Chapter of Psi Chi President 2009/10.



Prez Rachel welcomes a new Psi Chi member



New student orientation session draws a crowd

Welcome to our new Graduate Students!

This fall we welcomed 12 new students to our department: Alina, Julie, Esther, Hope, Paul, Anna, Naomi, Catharine, Paul, Amanda, Jenny, Tania. We celebrated their arrival at our fall party at the GSS. Special thanks to Paul Taylor, our resident songwriter and choir director!

Sadly, although the Welcome event afforded a great opportunity to snap a picture of this incoming group of students, the pics snapped at the event did not turn out. We shall quest for another photo opportunity and hopefully bring a picture to a future newsletter.

In the meantime, we can **Flashback to Fall 2008 ...**



Our New Graduate Students Happily Launching into Life at UVic in Sept 2008



An Olympic Torchbearer in our Midst!

Dr. Bonnie Leadbeater, member of the Olympic Relay Team, carries the flame on its monumental journey.

In recognition of her contributions to children's mental health, Olympic partner Royal Bank of Canada invited Bonnie to participate in the Olympic Torch Relay in Victoria on Oct. 30, 2009.

Mark your calendars!

PSOVIPS (Psychology Students of Vancouver Island Poster Session)

April 8 2010 UVic will once again host the Psychology Students of Vancouver Island Poster Session. Presenters will include UVic Honours students and students who have completed empirical projects as part of undergrad independent studies courses at UVic or at Vancouver Island University. PSOVIPS attracts a large audience of family and friends of presenters, students, faculty, and staff from UVic, VIU, and Camosun. Last year's attendees included UVic President Dr. David Turpin. Please mark the afternoon of 8 April on your calendar now. More detailed information will be provided closer to the event. Kudos and thanks to Dr. Steve Lindsay, founder of PSOVIPS.

Follow this link to view a PPT show of the PSOVIPS 2009: <http://web.uvic.ca/psyc/lindsay/PSOVIPS2009.pps>

Congratulations to Psychology's 2009 Undergraduate Research Scholars!

The *NEW* UVic Undergraduate Research Scholarship (URS) program was instituted this year by the Vice-President Academic and Provost to provide support for exceptional undergraduate students. The Psychology Department applauds URS Scholars and their supervisors **Tamara Meixner** (supervisor Dr. Jim Tanaka) and **Rachel Caulfield** (supervisor Dr. Mauricio Garcia-Barrera)!

For more detail on UVic's URS scholars: http://www.ltc.uvic.ca/scholarships/urs_scholars.php



The Brain and Cognition Seminar meets Friday afternoons, 3 –pm in the Reading Room (Cornett A228).

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

Everyone Welcome!

If a change truly is as good as a rest, we should all be very well-rested.

The sounds of construction surrounding the ongoing seismic upgrades in the building were recently joined by the chorus of equipment and workers in the basement, working hard to repair and restore after overflowing drains flooded a number of rooms. Thankfully the rooms are now dried; new carpet is in place, people and furniture have moved back in. ☺