



Out of Our Minds



Welcome to the first student-led issue of Out of Our Minds! Over the last year both the Psychology Undergraduate Course Union (PsychOS) and Psi Chi have been hard at work organizing social and academic events for the psychology department. We want to thank all of the students and faculty who have been involved and supported us over the last year, because we simply could not have done any of this without you!

This newsletter is a new venture for PsychOS, but starting in Fall 2012 we aim to publish an issue twice a semester. Please contact psychos@uvic.ca if you would like to become involved!

We wish everyone the best of luck with their final exams and papers, and we hope to see you at our weekly meetings next year!

Important Announcement: The annual PsychoSocial Banquet, to be held on April 5th, is currently SOLD OUT but a waiting list is being taken at psycho.social.banquet@gmail.com.

Cecilia Rose (2014)
Claire Taggesell (2012)

LIZZIE'S CORNER



Just a brief note from me to acknowledge and appreciate the amazing undergraduate PSYC students in our midst who each year step up with new activities, initiatives, and accomplishments, infusing our Department with thoughtful, creative, connective energy. Membership in our student societies is on the rise and so

too are the grand contributions our students bring to enriching life and learning within the Department. Kurt Vonnegut's view on the most daring contribution young people can make to the world today is that they work to "create stable communities in which the terrible disease of

loneliness can be cured." In our realm of UVic, we welcome first-year students to big classes where it's not necessarily easy to get to know others and the potential to feel lonely is certainly there. Thankfully, our undergrads are creating/supporting connections among students ... hosting social/educational events, giving support through peer-mentoring, offering a place for students to drop-in and chat one-on-one. We've got a great student energy fueling our department! I'm proud and grateful.

It was Marie Clipperton's idea to dub this section of the newsletter, "Lizzie's Corner". With huge appreciation for Marie and the playful, strong, and inspiring leadership she brings to us, I happily let that label frame my words.

*By Dr. Elizabeth Brimacombe
Chair to the Department of Psychology*



Upcoming Psychology Department Events

Although the end of the semester is quickly approaching, the psychology department has a number of exciting events taking place during the last few weeks of school. On Wednesday, March 21st PsychOS is hosting its **Annual General Meeting**. Between 12:30 and 1:30 pm members will elect the new executive committee for the 2012/2013 school year, and discuss upcoming events. One of these activities is **Capture the Freud: PsychOS vs BOSS** which is taking place on Friday, March 23rd at 7pm on the UVic Quad. During the first event of the new "Ology Olympics" the psychology course union is going head-to-head with the sociology course union in an epic battle of capture the flag.

On Thursday, April 5th the annual **Psychosocial Banquet** is taking place at the Wild Saffron Bistro between 7 and 9 pm. The event will include a keynote speech by the one and only Dr. Jeffrey Niehaus, and several student

choice awards. We invite all students to vote for their favorite professor, even if you cannot attend the banquet, at <http://app.fluidsurveys.com/s/psychstudentchoice/>! Additionally, prior to the banquet is the **PSOVIPS 2012**. The annual undergraduate poster session is taking place between 3 and 5 pm at 126 BED Residence.

Lastly, the **Victoria Autism Awareness Walk** is taking place on Sunday, April 15th between 9:30 and 1pm at the University of Victoria. PsychOS has put together a group of students called Team Niehaus who will be participating in the 4km portion of the walk! All funds raised through this event stay in the Victoria area, and are donated to both the Mosaic Learning Society and the Victoria Society for Children with Autism. Please go to www.victoriaautismwalk.com for more information.

Psychology Events from the Winter Semester

This past semester has been packed full of exciting events put on by PsychOS and Psi Chi. The New Year began with the **Mardi Gras Pub Crawl** on January 20th, which was hugely successful. Over 130 students purchased tickets, and a few faculty members attended to show



support for the course union! Another noteworthy event was Psi Chi's **Taught at UVic**, presented on Monday February

6th. Taught at UVic allows for professors in the psychology department to present their current research in a TED Talk style. This session included presentations by Dr. Lentz, Dr. Warren, and Dr. Mueller. For more information on this event, check out Psi Chi's website at <http://web.uvic.ca/~psichi/>.

On Tuesday, February 21st PsychOS and Psi Chi organized the second annual **Volunteer Fair** in the Michele Pujol room of the Student Union Building. This event provided students with the opportunity to interact with around fifteen

different volunteer organizations and provided valuable networking opportunities. Shortly after PsychOS held a charity event at Upstairs Cabaret for the **Ride to Conquer Cancer**, and we were able to raise \$1000 for this cause. The second **Psychology vs. Philosophy Debate** was presented on Wednesday, February 29th, and this installment was entitled: Is Free Will an Illusion?

Throughout the semester, PsychOS organizes activities for club members which provide a time and space for the student to get to know each other. These activities include potlucks, Psychopoly board game nights, galaxy bowling, and late night swims at Oak Bay Recreation Centre. These activities make PsychOS the cohesive group that it is today. Another ongoing event was the **Psychology 100 Study Groups** (pictured, left), which were provided in the week prior to each exam that took place during the semester. PsychOS provided the room and study tips for students who benefitted from group style study tactics, and the very nutritious doughnuts!

Finally, in anticipation for the **Victoria Autism Awareness Walk**, PsychOS held a bake sale on March 13th to fundraise for PsychOS member's Team Niehaus, which raised \$150 for the walk that will take place on April 15th. This also served as a location for students to come and sign-up to participate in the walk.

By Meghan Fodor



Jeffrey Niehaus: “An Academic of the Rock Star Persona”



There are some people who come into your life that will never be forgotten. These people are so inspiring, captivating, entertaining, influential, and memorable that their impact on your community is remarkably and astoundingly positive. For the many students and professors in the Psychology department at the University of Victoria, this person is Jeffrey Niehaus. He is a professor that is loved by his students, appreciated and admired by his colleagues, and adored by the clubs he supervises. From students' perspectives, there are few professors we can claim are a blast to attend the pub crawls with, and also have the most stimulating lectures. In fact, they were once described to me as “a stand-up comedy routine where you learn.” With all that said, it is with many tears that we, the students and faculty members of the Psychology department, must say a farewell to Jeffrey Niehaus. He is moving back to the United States to teach at Christopher Newport in Newport News, Virginia.

When Jeffrey Niehaus first came to UVic, he instantly made an impression on its faculty members. Dr. Brimacombe described Jeff as “cool, composed, hip, happening, [and an] academic of the rock star persona.” While Dr. Brimacombe was instantly charmed, Dr.

Lindsay took a little longer to realize that not only could Jeff rock his long hair and outgoing personality, but he also was a superb academic, dedicated to teaching and inspiring students. When asked to describe his first impression, Dr. Lindsay claims, “Frankly, I was skeptical at first – I thought he might be all show and no substance. But it turned out that he has even more substance than show (including the hair), and that’s saying a lot. I have been terrifically impressed with the quality and rigour of his thinking, not to mention his great commitment, enthusiasm, and dedication.”

When asked to describe the moment at UVic he most wanted to relive, Jeffrey Niehaus unknowingly highlights how incredibly influential he has been on the undergraduate student population. Jeff expresses, “If I had to choose a *particular* moment, I'd say it was the morning when any reasonable school would have declared a snow day. I left the house early, but had to walk my bike most of the way through the

snow in order to make it to my 8:30 AM class. With my eyebrows full of ice and lips stiff with breathing hard, I burst into the back of David Lam and started yelling the first few lines of the lecture as I headed to the front to get started. The class applauded the simple fact that I was there. But the best part was that it was *full*. They'd all made it out when I figured the class would be empty.” The positive energy created by Jeff is not just exemplified by his full classes, even at the drowsy hour of 8:30 in the morning, but is also sensed by faculty members. Dr. Smith attests to this when he asserts, “I cannot recall another faculty member in our Department (or any other - I've taught at two other universities) who so quickly has a positive, even transformative influence on the learning, attitude and even the lives of undergraduate students.”

UVic will sorely miss Jeffrey Niehaus' energy, enthusiasm and dedication to teaching; he is the man we have all come to love. Everyone from the Psychology department wants to wish him the best of luck in his future endeavours and remind him that he will never be forgotten at the university. As final words from our very own Dr. Gonzales, “His new university better appreciate what they have gained, for we know what he have lost. If we hear that they are not treating him and the family well, then we will form a Psycho-Phi-Chi (PPC?) gang and steal them back.”

*Interviews: Jeremy Hunter
Article: Cecilia Rose*



The Centre for Autism Research, Technology and Education

The Centre for Autism Research, Technology and Education (CARTE) is composed of University of Victoria (UVic) faculty, students, community



professionals and families whose common goal is to enhance the social and emotional skills of individuals with autism spectrum disorder (ASD) using innovative technologies. Led by Dr. Jim Tanaka, professor of cognitive psychology at UVic,

our team of researchers, programmers and psychologists design breakthrough computer interventions using the latest advances in software and hardware technologies. The Centre's motto is **new tools for different minds** because we feel that working as a team, we can develop

we can develop and deliver engaging, creative and inexpensive technologies that will improve the everyday lives of children with ASD and their families.

CARTE is pleased to announce the launch of Saturday Face Lab, a 4 hour free, fun, and educational experience for children (aged 7-18) in the Victoria, British Columbia area diagnosed with autism spectrum disorder. During their time at Face Lab, children will be invited to participate in a variety of interactive activities, including testing some of our cutting-edge technologies.

Our goal is to provide a supportive atmosphere where fun and learning are a must!

CARTE's continued autism research depends on the dedicated support of persons who generously volunteer their time as research participants. If you are interested in becoming involved with CARTE research, please visit our website: <http://web.uvic.ca/~carte/>

By Jenna Hatter

Evidence-Based Addictions Treatment Speaker Coming to UVic

This March, UVic is happy to host the Executive Director of LifeRing Secular Recovery Canada in a talk open to the entire university. Social science students may be especially interested in this speaker as he is taking an applied science approach to a field that has traditionally been dominated by religion based groups.

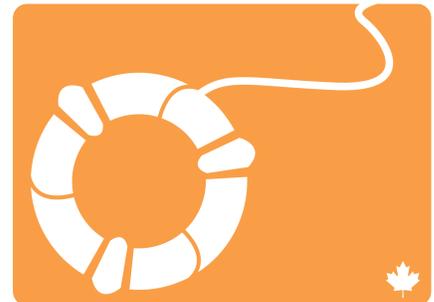
Michael Walsh runs seven self-help addiction treatment groups that helped serve over 5,000 people last year in the Greater Victoria area. His group are growing in popularity as the news of their effectiveness spreads and he gains more and more support from the medical community. He attributes the success of this program, rooted in the bio-psychosocial model, to the fact that it is NOT a 12-step program but rather something that is created by each member for themselves. He stresses the need for variety and plasticity in treatment options, focusing on the strengths of his members and helping them find positives to each day.

His talk will focus on how traditional addiction treatments may be improved by instead using evidence-based approach that gives power back to the client. He hopes to educate students about how

a positive scientific approach is a viable and effective treatment for addiction.

The talk is taking place on Thursday March 22nd at 3:30-4:20 in MAC110. If you are considering a career in addiction services, or just want to get some volunteer hours in the social science field, Michael has some volunteer positions available and can be contacted through the official website (www.liferingcanada.org) for more information.

By Alanna Bullock



LifeRing
Empower Your Sober Self



Authors with Autism

Authors with Autism is a peer-support writing group for adults diagnosed with ASD. Each month our group meets for 2 hours. First there is a short presentation about autism, writing, and our group rules. This presentation is followed by a "share & write," where each member shares her or his special interest for 3 minutes and, afterwards, all members write for 4 minutes. Everyone gets a turn in a round table format. Free pizza, including gluten free, is offered during a discussion time about our "Autism Voices Journal."

Autism Voices Journal is a professional academic journal focused on autism art, science, and culture, with 100% of its content written by persons with ASD. Authors with Autism is part of a larger educational and job support initiative for adults with ASD provided by the University of Victoria's Centre for Autism Research, Technology, and Education, and developed by Joseph Sheppard, an adult with ASD.

By Joseph Sheppard

The History of PsychOS

The Psychology Organization of Students (PsychOS) is one of the largest course unions on the UVic campus, with more than 20 students attending weekly meetings and over 700 students on their listserv. Along with its sister organization, Psi Chi, the PsychOS calendar year is filled with pub crawls,



A recent PsychOS event. Pictured: Dr. Jeffrey Niehaus and Kahlil Johl

bar nights, lectures, debates, fundraising bake sales, in-group activities, outdoor game events, and more. It's hard not to wonder where this all started.

To help us put together the pieces, Denise Clifford (nee Robertson)

was more than

happy to reminisce about her college years at UVic. Denise was the one of the first three members of PsychOS in the 1998/99 graduating year, alongside two psychology honours students: Reza* and Michelle*. These three individuals made up the entire executive of PsychOS, under the faculty supervision of Dr. Bub.

In the birth year of PsychOS, there was a need for a student body representative to support the large population of Psychology students. At the time, the

majority of the undergraduate society was at least working towards a Psychology minor. Denise, Reza, and Michelle took it upon themselves to create PsychOS, and since this was their very first year running a course union, the events schedule was a basic and manageable calendar; two successful debates and lots of bake sales to fundraise for club t-shirts and advertise the popular debates. Their first debate was between Dr. Bub and Dr. Martin, discussing the existence of free will. By the end of the year, PsychOS had accumulated over 100 student members.

Denise notes that she couldn't believe it when she heard that PsychOS was still up and running. As she humbly admits, she did create the name "PsychOS" and this credit is well-deserved. This course union is well-known by its quirky name.

Conversing with Denise was a great experience and helped us understand how the seeds of this gigantic organization were planted. It's amazing to see that today the Psychology Department is represented by two wonderful and strong student organizations that facilitate the majority of students to get involved within the psychology community by many means possible.

*Unfortunately, I was not able to track down their last names before publication day. During the 1995-1999 degree period, Reza became Dr. Masson's honours student and Michelle became Dr. Bub's honours student between the years of 1998 and 1999.

By Hilary Arias-Carrasco



Psi Chi

Psi Chi is a Psychology Honour Society at UVic which focuses on the academic excellence of students in the field of Psychology. Once a student has met the minimum standards for acceptance into the society they may attend weekly meetings where recent and future events are discussed and organized. Membership provides students with immediate and long-term benefits through intellectually stimulating events and an international, well-established reputation. Events presented by Psi Chi include PSOVIPS (Psychology Students of Vancouver Island Poster Session), where a select group of students present recent developments in psychological research to the Vancouver



Island Community, and Taught. The latter is an extremely popular series of guest lectures, presented in a TED talk format, that is open to the public.

By Sophie Behenna

Cognition and Brain Seminars

The Cognitive and Brain Sciences Program hosts a weekly seminar series called CABSSem. They are held most Friday afternoons during the Fall and Winter semesters, and include presentations by faculty, grad students, and visiting researchers; sessions are sponsored by Dr. Adam Krawitz. Anyone with an interest in cognitive science is welcome and encouraged to attend. The following are the last seminars of Winter 2012:

- March 30th – Colette Smart
- April 13th - Akina Umemoto
- April 20th – Azadeh HajiHosseini

Seminars are held in Cornett B228 from 3PM to 4:30PM. For more information, visit <http://web.uvic.ca/psyc/graduate/cabssem.php> or email Dr. Adam Krawitz at akrawitz@uvic.ca

By Hilary Arias-Carrasco

B.F. Skinny Muffins

Ingredients

- | | |
|--------------------------------------|----------------------------------|
| 1 1/2 cups all-purpose flour | 1 cup raisins |
| 1/2 cup whole wheat flour | 1 egg |
| 1 1/4 cups white sugar | 2 egg whites |
| 1 tablespoon ground cinnamon | 1/2 cup apple butter |
| 2 teaspoons baking powder | 1/4 cup vegetable oil |
| 1/2 teaspoon baking soda | 1 tablespoon vanilla extract |
| 1/2 teaspoon salt | 2 tablespoons chopped walnuts |
| 2 cups grated carrots | 2 tablespoons toasted wheat germ |
| 1 apple - peeled, cored, and chopped | |

Directions

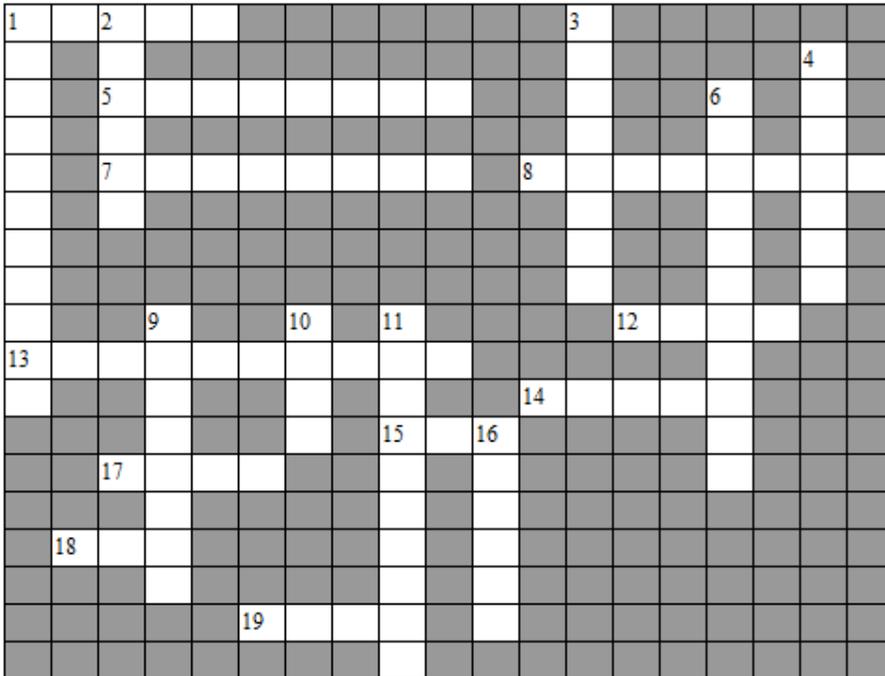
1. Preheat oven to 375 degrees F (190 degrees C). Lightly oil 18 muffin cups, or coat with nonstick cooking spray.
2. In a medium bowl, whisk together eggs, egg whites, apple butter, oil and vanilla.
3. In a large bowl, stir together flours, sugar, cinnamon, baking powder, baking soda and salt. Stir in carrots, apples and raisins. Stir in apple butter mixture until just moistened. Spoon the batter into the prepared muffin cups, filling them about 3/4 full.
4. In a small bowl, combine walnuts and wheat germ; sprinkle over the muffin tops.
5. Bake at 375 degrees F (190 degrees C) for 15 to 20 minutes, or until the tops are golden and spring back when lightly pressed.

By Brad Lissell (from allrecipes.com)



Are you Smarter than a Psych100 Student?

Shana's Pancakes:



Ingredients

- 3/4 cup oatmeal
- 1 cup milk
- 3 Tbsp oil
- 1 egg
- 1/3 cup flour
- Dash of salt
- 1 1/2 tsp baking powder
- 1 tbsp sugar.
- 1/2 apple, finely chopped.

Directions

1. Combine the oatmeal and milk and allow to sit for five minutes.
2. Beat the oil, egg, flour, salt, baking powder and sugar into the the oatmeal/milk.
3. Add the finely chopped apple.
4. In a well oiled pan over medium heat, cook the pancake until set.
5. Enjoy!

Test your introductory level psychology knowledge with our crossword. *Hint:* For those students that plan on attending the Psychosocial Banquet in April, this practice may prove very valuable!

DOWN

1. The measurement of consistency of a test.
2. The name of the author of "Hereditary Genius", who believed that intelligence was genetic.
3. _____ said "Cogito Ergo Sum".
4. Nature vs _____
6. The _____ variable is a type of variable manipulated by the experimenter.
9. Id, ego, and _____
10. _____ association. A clinical technique of psychoanalysis devised by Sigmund Freud.
11. The scientific study of mental processes and behavior.
16. What you are going to lose during final exams.

ACROSS

1. The hemisphere that controls the left side of the body.
5. _____ memory is the memory that is _____ stored effectively in the brain and may be accessed over an extended period of time. (2)
7. _____, conscientiousness, extroversion, agreeableness, neuroticism.
8. The ability of a test to measure what it was designed to measure.
12. The clever horse who learned math.
13. Locke - "The Blank Slate" (2)
14. The colour of the rat that Little Albert was conditioned to be afraid of
15. Consists of the brain and spinal cord (acronym).
17. According to Freud smokers and nail biters are suffering from this fixation.
18. This animal was used in the famous experiment that resulted in the discovery of classical conditioning.
19. The collective unconscious (name).

By Alanna Bullock