



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

Psi Chi News



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.

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



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