

Out of Our Minds



Thanks for reading the October 2012 edition of the University of Victoria's psychology department, student-run newsletter! It has been a great semester so far and we are all very excited to continue on with our many wonderful upcoming events. Be sure to check out page 5 for more info on what we have in store. I'm personally very excited for this newsletter as we have an almost entirely new team. Thanks everyone for all of your hard work and dedication - Oh, and have a happy Hallowe'en!

-Sophia Behenna, Editor-in-Chief

Please email psychos@uvic.ca for information on how you can get involved with us and to answer any questions you may have.

CO-PREZZIE CORNER

The theme of the year revolves around our very being as Psych students: obtaining an undergraduate degree. We realize that nobody knows what he or she wants to do as a career, whether they are fresh out of high school or taking that second victory lap right before graduation. For those in it for the long haul, snatching that undergrad diploma is only half the battle. The statistics for employment in Psychology are against us; this is where the help comes in. This year, PsychOS and Psi Chi have made it their mission in bringing events and workshops to make your grad application or resume

of the "crème de la crème" fashion. Our department program is considered one of the best in Canada, so why not take advantage and let you in on the secret on what classes or research labs work best for your goals. Keep an eye out for the events we have coming at you and if you have any questions, feel free to shoot us an email or come visit us at our office hours in Cor A171.

N.B. Stay tuned for our Psychology Chair's piece, "Lizzie's Corner" in next semester's newsletter!

-Hilary Arias-Carrasco &
Andrea Lima
(PsychOS co-presidents)



JOB POSITION: VALERIE GONZALES - "STATISTIC GENIUS", "SUPER LADY", & "IRON MAN TRIATHELTE"

Number of Positions

Available: There can only ever be one.

Job Description: It is with great dismay that the Department of Psychology at the University of Victoria wishes Dr. Valerie Gonzales a fantastic retirement this upcoming December. As UVic alumnus, Nicolas Kou, attests, "the university will be at a huge loss due to the retirement of Dr. Gonzales."

After only a few interactions with Dr. Gonzales, it became clear to me that it would be a challenge to overstate the commitment, passion, humour, and experience that Dr. Gonzales has brought our department of

academics. Dr. Gonzales not only inspires her students to learn, but she inspires her students to learn statistics. As a student who has taken statistics, this is not an easy task. As Dr. Steve Lindsay comments, "she puts her heart and soul into her courses, along with a great deal of training and skill, and does a superb job." Kiana Reyes, a current psychology major, claims that "she wouldn't have understood the course at all if it had not been for [Dr. Gonzales]".

When asked if she would be willing to take part in an interview for this article, Dr. Gonzales agreed because she claimed her

"greatest joy comes from [her] interactions with the 'consumers of university' technically known as students". Based on the testimonials I received from students, this declaration began to paint itself before my eyes. Time and time again I heard stories of how Dr. Gonzales "talked gangsta" in lecture and explained the "stud-muffin test" with pictures of Chris Hemsworth in her slides. She made examples memorable by making them extreme and



hilarious. I must admit that in my Psych 300A and 300B course, we never had examples of quite the same hilarity as "solving t-tests about gophers' sexual frequencies on Viagra" "running ANOVAs about which method of bribing children caused them to smoke more."

With Dr. Gonzales, it is not just about fun; her classes raise the calibre of student understanding. Dr. Steve Lindsay commends her approach as it "includes lots of hands-on work and practice, which is challenging but enhances learning and retention."

It is with no exaggeration that Terry Lin, another UVic alumnus, states, "you are a super lady Dr. G." Beyond teaching for the past 20 years, Dr. Gonzales has spent many hours ensuring that it is easier for students to understand and pilot their Psychology major. Through her position as an undergraduate advisor, she ensures

What's in this Edition

Page 2 - Farewell Gonzales

Page 3 - Psi Chi and Taught

Page 4 - The Perspective of a Twin

Page 5 - Upcoming and Past Events

Page 6 - Freud for Thought (AKA recipes!)

Page 7 - Crossword puzzle

that students comprehend what it takes to graduate, course options available to them and acceptable prerequisites to take. Further, as an academic, she co-authored a book with Dr. Michael Masson attempting to change the paradigm from which we analyze statistics. Beyond the classroom setting, Dr. Gonzales is infamous for her admirable athleticism as she is frequently racing in ironman triathlons. We all want to know how you do this so effortlessly Dr. Gonzales. I believe it is Dr. Daniel Bub's comment that best represents what Dr. Valerie Gonzales means to the University of Victoria: "she demonstrates what is possible if one is willing to treat life as if it were an adventure."

Unfortunately for UVic, Dr. Valerie Gonzales, you are irreplaceable and no job posting could ever find such an inspiring and athletic "statistics genius". It is with this, that we wish you the happiest retirement of gardening, friends, volunteer positions, many more ironman triathlons, no more 8:30am classes, and as you so eloquently phrased it, "the list goes on and is very long".

-Cecilia Rose & Alice Wilson

 UVIC PSI CHI - WHAT WE'RE ALL ABOUT

Psi Chi came to UVic 10 years ago thanks to the hard work of our very own Dr. Steve Lindsay who wanted students here to both have access to the resources available to Psi Chi members (information, contacts, grants, scholarships, etc.) and also to have an outlet for our creativity, passion, and intellectual curiosity.

This fall we inducted about 30 new members into our chapter and are quite excited to add their biological and intellectual distinctiveness to our own (10 nerd points to anyone who can name that paraphrased reference). For those of you who did not meet the requirements or who did not apply this semester, we will be having another membership drive in early January. If you are curious about whether you qualify, please visit

<http://web.uvic.ca/-psichi>, or send an e-mail to psichi@uvic.ca, and we'd be more than happy to answer your questions.

So that's who we are, now onto what we do. This year we are attempting to build upon the already impressive work done by the chapter in previous years by offering opportunities for students to think practically about, and plan for, their careers before they walk across the stage at convocation. From resume workshops, to honours and grad school information sessions, to our collaborative volunteer fair with PsychOS, we strive to make your psychology degree a practical one, rounded out with real-life experience and insider know-how.

Already this fall we've facilitated the placement of research assistants in various labs in the psychology department to gain skills and experience that will help them determine if they would like to continue on in academia as well as give them a leg up in their current classes and down the road.

-Kris Harder &
Meredith Hughes



 UVIC PSI CHI - TAUGHT

Upcoming events this semester include our third annual Taught talk series, TED style mini-lectures applicable to psychology students. This year's theme is "Pushing Boundaries" where we will be expanding the traditional views of psychology careers, both in what possible paths you can take within psychology, as well as the many endpoints you can reach. Mark your calendars; Nov. 20th 7pm, SCI B150.

Taught is designed to showcase the research and careers of people who have already 'made it', but we realize that there is a substantial amount of research being done at

UVic not only by professors and grad students, but also by undergraduate students. With this in mind we're excited to offer an opportunity for undergrad researchers to present and share their research in a Taught setting. Aptly named Taught Jr., this event is designed to showcase undergraduate students who are already actively contributing to our understanding of how humans work and why we do the things that we do. We are currently looking for presenters; if you are interested please e-mail psichi@uvic.ca

So that's who we are and what we do. We'd love to hear from you, your ideas and experiences, and how you'd like to improve your time here in the psychology department at UVic. Drop by our office (COR A171 – we share with PsychOs), email us or come out to our meetings, Tuesdays 12:30; COR A121.

-Kris Harder &
Meredith Hughes

A TWIN'S PERSPECTIVE

When people find out that I am a twin I get a lot of different responses. Two of the most common responses that I receive are "I wish I had a twin," and "What is it like to have a twin." Neither of these statements have simple responses, but in this article I will try to address both. What it is like to have an identical twin is not something that I can easily explain. I have been a twin since the day I was born, and being a twin is something that I am so used to, I do not consciously think about it. I recon, it is like trying to describe to someone what it is like to have an arm. What I can tell you is that there are many times when I am thankful to have him as a part of my life, and there are times when having him there makes my failures that much more painful.

One of the most difficult things about having a twin is the fact that you have someone so similar to yourself to compare to. In psych 100 we learned about the differences between nature and nurture, and how each played a different role in our development. Identical twins have the same DNA (nature), and grow up in the same house (nurture), so hypothetically they should have almost the same abilities. When your twin does better than you the only thing you can blame is yourself. This is not to say that people without an identical twin do not compare

themselves to others, but when the person that you are comparing yourself to looks almost exactly like you, it is a whole different story. It is like looking in a mirror and watching your reflection being more successful, and know that you just have to sit back and watch.

People always joke around about twins being able to read each other's minds. Usually I do not even respond because I have been asked this question so many times. The problem is that when you spend as much time together as twins do, you start to pick up on things that the other one does. If you asked my brother what I was thinking, he would not automatically realize that I'm thinking of Chris Tucker's fabulous performance in Rush Hour 2. What he can do is read my mood, and act accordingly. Twins have a way of making the happy times happier and the tough times more manageable. During childhood and adolescence we go through so many changes that when you have someone who makes the good better and the bad pass, you can confidently move into adulthood. Now that we are at two different schools in two different countries, being a twin has a totally different meaning. Before leaving for university there were only 8 days in our life where we had not seen each other. You would think that going from almost constant contact to limited contact

would be hard, but it has not been. When we are apart we both get to take a step back and watch each others success and failures, but when we are reunited it is like nothing has changed in our relationship since the day we left for university.

The most important thing I want people to understand about being a twin is that it has shaped the person I am today. Whether it was for better or worse I will never know. If I was born without a twin I would be a totally different person. It is just as important to understand that you are who you are, and if you were born a twin you would have turned out completely different. I would never change the person that I am, and I am betting most people would not change who they are. So if you rub a magic lamp and a genie pops out and gives you a wish, remember that if you wish yourself to be a twin the person who you are and the person you will become will not be the same.

-Colin Featherston

UPCOMING AND PAST EVENTS

Last Spring semester ended well with Team Niehaus – a group of students gathered by PsychOS– participating in the **Victoria Autism Awareness Walk** on April 15th. This 4km walk has helped raise funds to support those with autism here in Victoria.

We started off this school year with our **90's Night Pub Crawl** on September 21st. This was an absolute sell-out having over 100 students participating. With bright colours and baggy jeans, students and friends travelled to three different locations and only paid \$20! Keep an ear out for another one of our infamous pub crawls next semester.

Having such an entertaining start, we continued our events the week after with a **Brain Science Expo** hosted along with the UVic birthday celebration on Saturday September 29th. The Expo featured Dr. Jim Tanaka's ERP

Technology Lab, Dr. Masson and Dr. Bub's 3D Kinematic Motion Capture System, Dr. Skelton's Virtual Maze, Integrative Lifespan Research Lab, Child Development Lab, "Find the Brain" scavenger hunt, and short films about neuroscience.

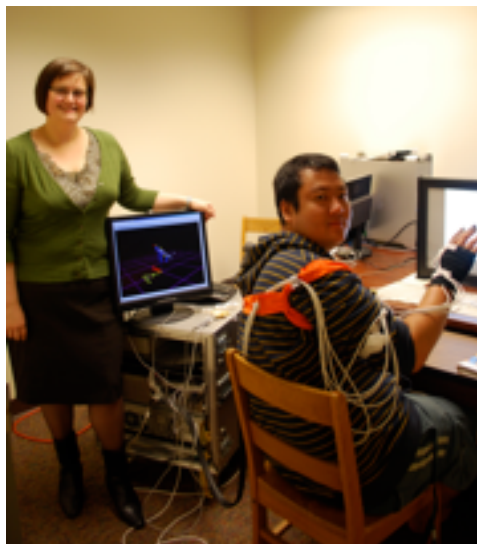
Our highlight event of the following month would be **Taught at UVic**. Taught is a series of talks by psychology professors taking place at UVic SCI B150. Come join us and participate November 20th from 7-9 pm! More information on Taught (and the new Taught Jr.) can be found in our Psi Chi section on page 3!

In keeping with this Hallowe'en season, PsychOS will be having a **pumpkin carving contest** in Cornett B145 from 2:30-5pm on October 26th. Stop by the Psychology main office on the 2nd floor of Cornett to vote



for your favorite pumpkin until November 1st, when the winner and prizes will be announced!

-Alice Luk



MANAGEMENT MUFFINS

This recipe comes to you compliments of one of Psi Chi's co-Presidents, Emily Cameron. She made a batch of these a few weeks ago and their existence in the PsychOS/Psi Chi office was brief and delicious. Thus we have decided to share their recipe with you. We apologize for not sharing the muffins themselves, but they're too tasty.

Ingredients

1 sprat(s) cooking spray
 1 2/3 cup(s) all purpose flour, (400 ml)
 3/4 Tbsp sugar, granulated
 1 tsp baking soda, (5 ml)
 1 tsp baking powder, (5 ml)
 1 tsp ground cinnamon, (5 ml)
 1/2 tsp table salt, (2 ml)
 1/4 tsp ground nutmeg, (1 ml)
 1 cup canned pumpkin, (240 ml)
 2 large egg white(s)
 3/4 cup(s) orange marmalade, divided, (175 ml)
 1/3 can(s) frozen orange juice concentrate, thawed, (80 ml)
 2 Tbsp canola oil, (30 ml)

Instructions

1. Preheat oven to 350°F (180° C). Coat a 12-cup muffin pan with cooking spray.
2. In a large bowl, combine flour, sugar, baking soda, baking powder, cinnamon, salt, and nutmeg. Mix with a fork to combine. Make a well in the centre and set aside.
3. In a medium bowl, whisk together pumpkin puree, egg whites, 1/2 cup (125 mL) of the orange marmalade, orange juice concentrate, and oil. Pour mixture into centre of flour mixture and stir just until blended. Spoon batter into prepared muffin pan, filling each cup 2/3 full.
4. Bake 25 minutes, until a wooden pick inserted in centre of a muffin comes out clean. Cool 5 minutes in pan. Transfer to wire racks to cool completely.
5. Heat remaining 1/4 cup of orange marmalade in a small saucepan over low heat. Spread over muffins just before serving.

ID, EGO, AND SUPER EGGO FRENCH TOAST

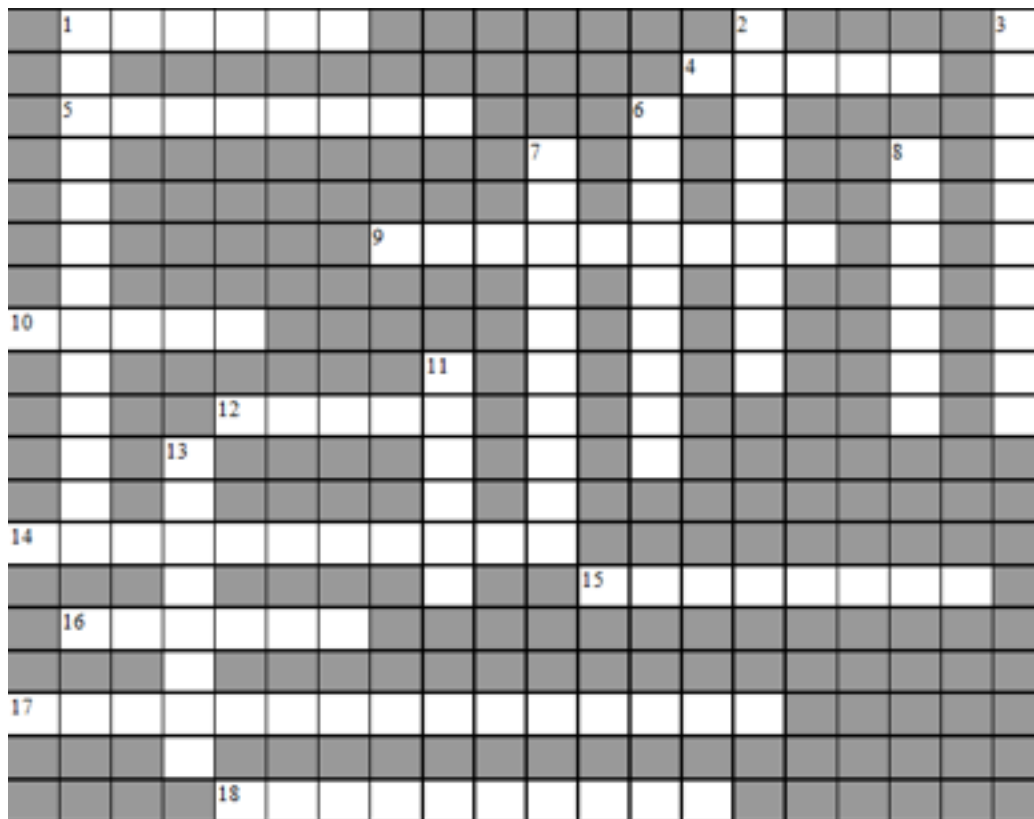
Thanks to PsychOS's very own Kiana Reyes for this deliciously simple recipe (and absolutely genius title).

Ingredients

4 Eggo waffle squares, thawed
 1 egg
 1/4 cup milk
 1/2 tsp vanilla
 2 dashes cinnamon

Instructions

1. Heat to medium, a griddle coated with a little oil
2. Whisk together the egg, milk, vanilla, and cinnamon.
3. Dip the thawed waffle squares one at a time into the egg mixture.
4. Place each square on the heated griddle. Let cook on one side for 1-2 minutes, flip and cook on the other until done.
5. Serve with butter and syrup or preserves.

**ACROSS**

1. An organized knowledge structure in long term memory
4. The brain is made primarily of neurons and what other kind of cell?
5. A conversion disorder was known in Freud's day by this name
9. A problem solving "rule of thumb" is also known as a _____
10. According to Kohlberg we had how many stages of moral development?
12. People with this sort of personality tend to have higher levels of stress
14. What emotional theory assumes we have a psychical response to emotional stimulus before a cognitive one?
15. According to Allport this was a ruling trait or passion that dominated a person's life
16. When looking at the effect of proximity on friendships we tend to make friends with people who are _____ to us geographically

17. The hypothesis that when we make certain facial expressions they help alter our internal emotional experience
18. The collection of beliefs and impressions held about a group and its members

DOWN

1. Catatonia is a symptom of this disorder
2. Using dogs as test subjects Ian Pavlov created what theory of conditioning?
3. Carl Rogers and Abraham Maslow helped to found what type of psychology?
6. Vivid, yet often incorrect memories of an emotionally significant or surprising event are called _____ memories
7. When an infant realizes an object still exists even though it can no longer be seen it has learned object _____

8. Executive functions are typically controlled in which part of the brain?
11. Freud believed dreams had manifest content and _____ content
13. People often use what kind of tricks or devices to help them remember things?

-Mark Pedersen