



A Guide to the Canadian Psychological Association's Annual Convention

Toronto, ON

June 8-10, 2017

CANADIAN
PSYCHOLOGICAL
ASSOCIATION



SOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE

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Introduction

Dear Delegate,

Welcome to the Canadian Psychological Association's 78th Annual Convention in Toronto, ON! The 2017 CPA Convention will offer all delegates (full and students alike) an exceptional Convention experience and both the CPA and the CPA Students Section promise to offer high quality programming and social events that meet your needs.

The CPA Convention provides many outstanding opportunities to expand your knowledge, increase your network, and gain skills that will benefit you long after you have completed your studies. However, with the many programs and events happening at the Convention, having a strategy will help you get the most out of your experience. With this in mind, the CPA's Convention Staff and the CPA Section for Students have created this 2017 edition of the CPA Convention Orientation Guide.¹

This guide:

- ✓ Provides helpful tips on preparing for your Convention experience;
- ✓ Highlights student-specific programs, events, and resources available at the Convention;
- ✓ Offers a tool to help you plan your Convention schedule; and
- ✓ Informs you of local sights and attractions not to be missed during your stay in Toronto.

Malgré que ce document soit rédigé en anglais, n'hésitez pas à communiquer avec la Section des étudiants en français et à consulter notre site web au: <http://www.cpa.ca/etudiants/etudiantsenpsychologie/>

We hope that you will find this guide useful in contributing to a memorable Convention experience. We look forward to seeing you in Toronto!

Safe Travels!

¹ Adapted from [American Psychological Association of Graduate Students](#) (APAGS).

Why Attend the CPA's Annual Convention?

The CPA Convention provides many opportunities for personal and professional growth. For students, the Convention is a unique opportunity to get connected with diverse aspects within the field of psychology. Here are just a few of the ways that attending Convention can be beneficial:

- 1. Renew your excitement about the work you do!** Although there's a wealth of information available to you online and numerous ways to create and consume content, getting out and hearing from other psychologists and colleagues in your particular area – or even a different area – will reignite your enthusiasm.
- 2. Have your voice heard.** By attending the CPA's Annual General Meeting and relevant Section Business Meetings, you will have the opportunity to make your voice heard in the electoral process of the CPA's Board of Directors and Section Executives, respectively.
- 3. Meet colleagues face to face.** We all have the ability to make strong, positive, professional connections using digital technology today. We're able to connect, collaborate and share information easily and quickly – there's no denying that. Yet, there's something powerful about meeting your online contacts face to face, something that will serve you well in future dealings and collaborations.
- 4. Access to experts in the field.** You get the chance to meet new people and even rub shoulders with the scholars and professionals who inspire you.
- 5. Celebrate excellence and achievements.** Be part of celebrating the accomplishments of psychologists and peers through our Awards Ceremony and various Section-recognitions.
- 6. Share your research findings.** Our convention gives you the chance to shine as a student/scholar, especially if you're presenting. Presenting, which you can then list on your CV, gives you the opportunity to obtain feedback on your research.
- 7. A remarkably varied program.** Covering over 34 different areas of psychology, our convention will provide you with an opportunity to hear from both established experts in the field and from our next and emerging generation of psychologists.
- 8. We make networking easy!** Whether specific to a specialized area of psychology or from a more general perspective, you will be able to connect with psychologists and students from across the country via various planned sessions and social activities.
- 9. Learn how your field fits into the landscape of Canadian psychology.** Our convention will provide you with an opportunity to see how your particular area of psychological interest cross-cuts other areas that you may have not previously considered.
- 10. Discover what activities the CPA undertakes on behalf of the profession in Canada.** You will hear how your membership dollars are being used to advance the science, practice and education of psychology through a number of activities undertaken throughout the year by CPA's Executive Officers and other

Head Office staff including meeting with MPs and various employers, conversing with Chairs of Psychology Departments, and liaising with the funders – to name a few...

- 11. See the City of Toronto.** Beautiful Toronto, in Ontario, provides the setting for this year's CPA Convention. The city boasts diverse neighborhoods, an exemplary public transit system, and a rich history, with numerous cultural, historical and recreational attractions and events. Several social events during the Convention will provide opportunities to see Toronto in the company of peers from across the country.

AT ANY TIME, VISIT THE CPA'S WEBSITE FOR FREQUENTLY ASKED QUESTIONS REGARDING THE CONVENTION

<http://www.cpa.ca/convention/frequentlyaskedquestions>



Did you know?

The very first CPA convention was held in Montreal, Quebec in 1940.²

² <http://www.cpa.ca/aboutcpa/committees/pastpresidents/pastcpaofficers>

Funding

Become a CPA Student Affiliate

Registration fees for Student Affiliates are significantly reduced. Visit the Convention website for further information. For additional cost-saving advice, you can also check out the CPA Section webpages.

Travel awards

Many funding opportunities, including scholarships and other travel awards, are posted on listservs prior to the Convention. Consider checking with your Department or internship site to see if they have funds for professional development. You may also want to check with your Supervisor or other university offices (e.g., Research Office, Graduate School, Vice President, or President) regarding possible funding. Many universities will reimburse some travel expenses for presenting at professional conferences, provided that you apply in advance and adhere to their guidelines.

Many of the CPA's Sections offer travel awards including the Section for Students, which this year has 20 awards available valued at \$250.00 each. We encourage students to attend the annual conference of the CPA and present their research. This award recognizes high quality students with strong submissions (to any section of the CPA), primarily based on financial need, as determined by the executive of the Section for Students. The applicant's distance from the location of the annual convention is also taken into consideration. For more information, check out our student awards page:

<http://www.cpa.ca/students/resources/studentawards/>.

Other Cost-Saving Tips

Book Early

Booking early is a great way to keep travel costs down and to ensure that you get a hotel room at a reasonable rate. Many airlines and hotels offer lower rates if you book your travel well in advance, and deals on flights, hotels, etc., can be found online on several travel websites (e.g. Expedia, Travelocity, or Kayak). Your CPA membership also makes you eligible for certain discounts on things like rental cars.

Find a Roommate

Share the cost of a hotel room with someone else attending the Convention. Check the Students Section Facebook page: <https://www.facebook.com/CPASectionForStudents/> to find a roommate and/or coordinate plans with other students.

Find Free Food!



Many programs and social events provide food and beverages (e.g. President’s Reception, First Time Attendees Breakfast, Student Social Event). However, please remember that “dine-and-dash” is never appropriate. Enjoy the food, but be sure to participate in the program or social event as well. Also note that for some events, such as Committee meetings, food is only available prior to the start of the discussion so as not to disturb the speakers.



Did you know?

There are 33 Sections within the CPA. For more information about the different sections and how to join them, check out <http://www.cpa.ca/aboutcpa/cpasections/>

Getting to Toronto



The following transportation service providers are pleased to offer their services (most at a discount) to delegates travelling to the CPA's 2017 Annual Convention (June 8-10, 2017) in Toronto, ON. See below for special rates/discounts that the CPA has negotiated with Air Canada, WestJet, UP Express, and AVIS - Budget for our convention delegates.

Flight Information

Located 40 minutes from downtown Toronto is the Toronto Pearson International Airport that has daily flights, direct and non-stop flights from the rest of Canada and the United States. Located and 10 minutes from the Royal York is the Billy Bishop Toronto City Airport that has international and domestic flights.

The Toronto Pearson International Airport is approximately 45 minutes away from the Fairmont Royal York Hotel. Estimated one-way taxi fare is CAD \$55-60. UP Express Train drops off and picks up close to the hotel; round trip fare of \$12 and \$9 when you present your CPA Convention registration (see below for discount code for CPA members).



IMPORTANT!!! Make airline travel easy and ensure you have a valid passport. Students who are citizens or permanent residents of other countries must have a valid passport and/or a valid visitor's visa. Information on admissibility into Canada is available at <http://www.cic.gc.ca/english/visit/tourist.asp>.

AIR CANADA

Air Canada Promotion Code: # TBTF4TE1

Air Canada is offering a 10% discount for travel to and from the 2017 CPA National Convention, June 9-11, 2017 in Toronto, Ontario. Call your travel agent today and take advantage of special discounted airfares or book online at www.aircanada.com

- The booking is to be made to the following city: Toronto, YYZ (ON)

- The travel period begins Wednesday, May 31, 2017 and ends Wednesday, June 21, 2017.
- Travel is valid Mon, Tue, Wed, Thu, Fri, Sat, Sun.
- No discount will apply to Tango bookings for travel within Canada or between Canada and the U.S.



WestJet Promotion Code: # NLYPGGT

WestJet is offering a 10% discount off the base fare for travel to and from the 2017 CPA National Convention, June 8-10, 2017 in Toronto, Ontario. Call your travel agent today and take advantage of special discounted airfares or book online at www.westjet.com

- For travel between Victoria (YYJ), BC and anywhere WestJet flies in North America (including our Delta code-share partner network)
- The travel period begins Wed, Jun 1, 2017 and ends Sun, June 19, 2017.
- Travel is valid Mon, Tue, Wed, Thu, Fri, Sat, Sun.
- Discount will apply to Econo, Flex and Plus class fares.
- For travel agent web use only promo code YYZOI



Porter Promotion Code: # CPANC7

Porter Airlines is proud to offer a 10% discount on available base fares (with the exception of the lowest class fare during a public seat sale) for travel to and from the 2017 CPA National Convention. The discounted fares are available for booking from February 6, 2017 to June 13, 2017. Please book online using the following link: <https://flyporter.com/Flight?culture=en-CA&promocode=CPANC7>

- Porter offers complimentary in-flight snacks and beverages (including beer and wine), Gate Porter service for carry-on and access to the Porter Lounge in Toronto and Ottawa, where free Wi-Fi and comfortable, leather seating is available.
- The international travel period begins Mon, Jun 5, 2017 and ends Sat, June 10, 2017 and domestic period begins Thurs, Jun 8, 2017 and ends Wed, June 13, 2017
- Travel is valid Mon, Tue, Wed, Thu, Fri, Sat, Sun.

Airport Shuttle

UP Express (Train from Airport to Downtown Toronto):

Union Pearson Express (UP Express) connects Toronto Pearson International Airport and Union Station in downtown Toronto. UP Express trains depart every 15 minutes and the journey takes just 25 minutes. First train departs Pearson Station at 05:27 and last train at 00:57. The UP Pearson Station is located right beside the blue Link Train at Terminal 1, connecting travellers to Terminal 3. For more information, visit www.upexpress.com

Group Rate for 2017 CPA National Convention delegates:

Discounted UP Express tickets must be purchased from an UP Express Guest Services Representative, at UP Pearson Station, at time of travel for only \$9.00 CDN (credit card only) for a one-way adult fare when you show confirmation of conference registration (print or digital). Your ticket to return to Pearson Airport can

be purchased at UP Express Union Station at time of travel (registration confirmation required). Alternatively, you can purchase tickets in advance online or using the UP Mobile App, however the discounted group rate does not apply. Bookings made online or using the App will be charged the regular rates.

Train Travel



Via Rail Promotion Code: # 13510

Travel from all stations throughout the VIA system to Toronto and return. Fare applies to a maximum of two passengers per booking. One complimentary stopover is allowed at no additional charge. For travel on all fare plans in Business class, the first stopover is allowed at no additional charge, provided that this stopover takes place in Toronto, Montréal or Ottawa only. 10% off the best available fare in Economy, Business, Sleeper, or Sleeper Touring class. "Subject to the conditions and restrictions of the fare plan to which the additional discount is being applied." Discount does not apply to Escape fare and Prestige.

Rental Cars

Discounts are available to CPA members and affiliates through the following companies: **Avis** and **Budget Rent-A-Car**.



AVIS Worldwide Discount: # C717500

CPA Members can save up to 25% off Avis base rates when renting a vehicle from a participating location in the contiguous U.S. and Canada. Use Avis Worldwide Discount (AWD) number C717500 to shop the lowest rates for your next rental. For rates and reservations, call us at: 1-800-879-2847) or visit us at: www.avis.ca



BUDGET Customer Discount: # A277100

CPA Members can save up to 25% off Budget base rates when renting a vehicle from a participating location in the contiguous U.S. and Canada. Use Budget Customer Discount (BCD) number A277100 to shop the lowest rates for your next rental. For rates and reservations, call us at: 1-800-268-8900 or visit us at: www.budget.ca

Parking

Fairmont Royal York Hotel

Valet Parking

Valet Parking is available at the east doors of the hotel, off Front Street. In-and-out privileges are included. Valet parking will be charged to your room account unless otherwise specified. Please refer to below parking rates for more information.

- **Overnight rate for Registered Guests: \$53**
- 30 minutes or less: \$12
- One hour or less: \$18
- Two hours or less: \$28
- Daytime maximum (7:00 a.m. to 5:00 p.m.) or over two hours: \$34
- Evening function rate (5:00 p.m. to 1:00 a.m.): \$35

All of the above rates include tax

Other Parking

There is available street parking within walking distance of the Convention Center. There are also several parking garages and lots in the area that will allow you to park all day for a flat rate. For more information, please [click here](#).



Did you know?

The name Toronto is likely derived from the Iroquois word tkaronto, meaning "place where trees stand in the water."

Where to Stay in Toronto

Convention Hotel

The CPA made a commitment to Toronto and to the hotel community, specifically the **Fairmont Royal York**, to secure a block of hotel rooms at competitive prices. The CPA is bound to fill these rooms. If you require a hotel room, we would appreciate it if you would reserve your room through the CPA-arranged room block.

To take advantage of special room rates, please book your room online (<https://aws.passkey.com/event/49060067/owner/12204/landing/closed>), by calling the hotel directly 1-416-368-2511, or via Fairmont's Global Reservations Centre 1-800-441-1414. If booking by phone, please ensure to mention that you are attending "The CPA National Convention" in June 2017.

- **Rates:** Single or double occupancy rooms starting at \$235 are available on a first come – first serve basis.
- The Fairmont Royal York is located at: 100 Front St W, Toronto, ON M5J 1E3.

Visit the CPA's Convention website for more information:

<http://convention.cpa.ca/attend/accommodations/>

Student Housing

The CPA also secured additional student housing with the University of Victoria. Bookings can be made through an on-line booking portal on the University of Victoria website:

<http://www.uvic.ca/residence/visitors/index.php>, by email (bookings@uvic.ca), or by phone (Front Desk: 250-721-8395; Bookings Line: 250-721-8657).

The University of Victoria is about a 15 to 20-minute drive or 25-minute direct bus ride to the Victoria Conference Centre. Although it would too far to walk downtown, many commute via bicycle or the bus, with buses leaving regularly.



Did you know?

The city of Toronto has a humid continental climate, with warm, humid summers and cold winters.

Convention Preparation

Register!

We suggest that students take advantage of the opportunity to register for the CPA's Annual Convention in advance; and if you're not an affiliate of the CPA, we also suggest that you join the CPA to take advantage of the significantly decreased convention registration rates for student affiliates.

Early-Bird Convention Registration Fees (March 2017 – May 1, 2017 23:59 EST)			
Student Affiliates (Save 53% in 2017) *	\$140.00	\$18.20	\$158.20
Student Non-Affiliates (Save 60%) *	\$260.00	\$33.80	\$293.80
Regular Convention Registration Fees (May 2, 2017 – June 7, 2017 23:59 EST)			
Student Affiliates (Save 53% in 2017) *	\$175.00	\$22.75	\$197.75
Student Non-Affiliates (Save 60%)*	\$320.00	\$41.60	\$361.60
On Site FULL Convention Registration Fees (June 8 - 10, 2017 23:59 EST)			
Student Affiliates (Save 60% in 2017) *	\$180.00	\$23.40	\$203.40
Student Non-Affiliates (Save 60%) *	\$380.00	\$49.40	\$429.40

* Of the Canadian Psychological Association

For more details, please visit: <http://www.cpa.ca/Convention/registration>

Where to Start?

You can begin preparing for the Convention by visiting the CPA's convention webpages (www.cpa.ca/convention) and browsing the Convention program when available online. Do not be overwhelmed by the size of Convention! Although there are many sessions, activities and events taking place, with a little patience, you can tailor your Convention experiences to your specific interests. Waiting until you arrive in Victoria to decide your schedule may increase your stress level. It is often helpful to know where you want to be each day in advance. Having a specific schedule in mind will also allow you to plan transportation and logistics ahead of time – consider using the CPA's online scheduler to plan your days.

You will be able to access the CPA's Convention program through PDFs on the CPA's website, the CPA's online convention scheduler, or the CPA's Convention App. The free CPA Convention App is available for Convention registrants and provides a convenient way to navigate the CPA Convention. Visit the CPA's Convention website for details on how to download, install and use the Convention App.

Students and Convention Programming

As a convention delegate, you are welcome to attend all sessions during the convention, including but not limited to the Opening Ceremony, the Awards ceremony, all presentations, all poster sessions, any section business meeting of interest to you, and the Annual General Meeting as an affiliate with no voting privileges – in other words, you can attend almost anything beyond your scheduled session. You are also

welcome to attend committee meetings of which you are a member, as well as pre-convention workshops for which you've registered and paid the fee.

Your Sections of interest will have their programs and socials listed either on their Section webpages or in the CPA's Convention App. Please note that the Students Section also offers a specific stream of programming specific to students in psychology; examples of sessions offered in the past include: conducting research without money, applying for internships, and applying for research grants. In addition, the CPA offers a general program stream with events of interest to all delegates regardless of subject matter expertise or interest area. Using the CPA's online scheduler, you can click on any given section or the general program to see the scheduled events.

What Do I Bring?



In June, the average high temperature in Toronto can reach the high 30s°C. Business casual is the acceptable dress during Convention days. Remember, you will be networking during programming and social hours, so it is best to look professional.

Checklist of essential items to pack:

- ✓ Money (credit card, traveler's cheques, etc.) and identification (including your Passport)
- ✓ Convention Schedule
- ✓ Hotel reservation information/confirmation
- ✓ Airline tickets
- ✓ Note-taking supplies (paper, pen, tablet, laptop, etc.)
- ✓ Business cards with your contact information (for networking)

Other items to consider:

- ✓ Camera
- ✓ Comfortable shoes (there will be A LOT of walking)
- ✓ Professional/business casual attire (3 days of programming)
- ✓ Clothes for evening activities (3 nights)
- ✓ Athletic clothes and shoes (for use at the hotel gym)
- ✓ A light jacket and umbrella

Things to Know for International Student Affiliates



- Bring your passport. If you need to apply for or renew your passport, leave enough time.
- Your phone plan may not work internationally. Check with your provider to find out about international data plans or additional charges for using talk, text, and data outside of the country.
- Though some businesses may take American dollars, currency exchange is suggested. It is recommended that you exchange your money at a recognized bank or financial institution for the best exchange rates.
- Notify your bank and credit card lenders that you will be traveling internationally. Find out about any foreign transaction fees that your bank or credit card lenders may assess.
- Visit this website for specific Canadian customs:

<http://www.tripadvisor.com/Travel-g153339-s606/Canada:Tipping.And.Etiquette.html>

Volunteer!



There are several volunteer opportunities during the Convention. For more information, please contact the CPA Convention Office at convention@cpa.ca.

Networking

The CPA's Convention makes networking easy! Whether specific to a specialized area of psychology or from a more general perspective, you will be able to meet and re-connect with psychologists and students from across the country via various planned sessions and social activities. Whenever presented with the opportunity, whether at poster session or in a session, don't hesitate to introduce yourself and meet someone! Try to leave the convention having met at least five new students and at least three psychologists!

"Do you have a business card?" Chances are you will be asked this on more than one occasion during the Convention. If you don't receive business cards from your school/employer or are not yet working, you might not have any. Whether your goal is to get in as much networking as possible, to connect with other students or professionals who share a specific interest, or if you should just happen to make a new professional contact, business cards are a must-have for the Convention! They are professional, convenient, and easy to get. Be sure to order them in time (usually at least 2 weeks in advance)!

Here are some links for business card printing:

- <http://www.staplescopyandprint.ca/PrintOnlineInfo/BusinessCardInfo.aspx?lng=en-CA>

- http://www.vistaprint.ca/category/business-cards.aspx?txi=15626&xnid=TopNav_Business+Cards&xnav=TopNav

Be sure to keep an eye out for the Section for Student's workshop on Networking and Applying to Grad School. This workshop will provide strategies for effective networking and give students the opportunity to practice these skills.

Also, the Section for Students hosts a social annually. This is a great opportunity to meet other student affiliates and practice these networking skills. This year the social will be held on **Friday, June 9th, 2017 at 7:00pm at the Loose Moose. Free appetizers and drinks will be provided. Please remember to bring your CPA name badge in order to get your beverage ticket!**



Did you know?

80% of jobs are unadvertised. Networking is important in gaining access to these jobs, as employees prefer to hire from within.³

³ <http://students.ubc.ca/career/resources/networking>

Navigating the Convention

Convention Registration Desk

Once you arrive, your first stop should be the registration area, located in the Royal York Hotel.

Pre-Convention Workshop Registration Pick-Up

If you are attending a pre-convention workshop, you can pick up your pre-convention registration badge anytime during the hours listed below:

Tuesday June 7th (2:00 pm - 7:00 pm)

Wednesday June 8th (8:00 am - 8:00 pm)

Convention Registration Hours

You can pick up your registration kit anytime during the hours listed below:

Wednesday June 8th (8:00 am - 8:00 pm)

Thursday June 9th (7:00 am - 5:00 pm)

Friday June 10th (7:00 am - 5:00 pm)

Saturday June 11th (7:00 am - 12:00 pm)

If you have registered for both the Convention and a Pre-Convention Workshop, you are entitled to a rebate; please click on the following link to complete the request form and return to the CPA's Convention office for approval ([Click here for Rebate Online Form](#)).

CPA Marketplace Trade Show

Convention attendees can find job opportunities in the CPA Marketplace (formerly known as the Exhibitor Area), by visiting the job posting board and connecting with potential employers. The CPA Marketplace Area will also feature various book publishers, CPA's insurance broker (BMS), and other mental health related associations.

Advice for Students with Disabilities



Persons with disabilities should contact the CPA's Convention Office concerning arrangements that may facilitate convention attendance by calling 1-888-472-0675 ext. 330 prior to June 1, 2017. The CPA can ensure there are vans with a lift to transport persons who use wheelchairs, scooters or who have limited mobility; interpreters for individuals with hearing impairment; and escorts or readers for persons with visual impairments.

During the convention, persons with disabilities who require assistance may visit the CPA's Registration Area with questions and/or for assistance.



Did you know?

The CPA awards approximately \$13,750 to student members each year? Find out if you're eligible for any of the various awards at

<http://www.cpa.ca/students/resources/studentawards/>

Attending Convention Sessions

As noted elsewhere in this guide, your Sections of interest will most likely have their programs and socials listed on their section webpages; the Students Section will offer a specific stream of programming specific to students in psychology; and the CPA itself will offer a general program stream with events of interest to all delegates regardless of subject matter expertise or interest area.

To reiterate, as a convention delegate, you are welcome to attend all sessions during the convention, including but not limited to the Opening Ceremony, the Awards ceremony, all presentations, all poster sessions, any section business meeting of interest to you, and the Annual General Meeting as an affiliate with no voting privileges – in other words, you can attend almost anything beyond your scheduled session. You are also welcome to attend committee meetings of which you are a member, as well as pre-convention workshops for which you've registered and paid the fee.

Types of Sessions at the Convention

The CPA's annual convention features a number of different types of sessions, that we are sure will have something to appeal to everyone!

- *Section-specific Program*: Sessions offered by the CPA's respective Sections, including the Students Section, that are held in the convention center. Each Section is required to hold its annual business meeting at the convention and has the option to invite a section-speaker and/or hold a reception.
- *Symposium*: Papers are grouped for oral presentation in a thematic session. A symposium is a submission that usually consists of a moderator, plus 3 or 4 spoken presentations on the same topic. A symposium may or may not include a discussant. Each symposium is scheduled for 1 hour and 25 minutes, and the moderator is responsible for keeping participants on schedule.
- *Round Table Conversation Session*: Conversation sessions (55 minutes, maximum) are relatively informal round-table events intended to stimulate discussion on a specific topic. They may involve several presenters with different points of view, may be supplemented with handouts (no power-points), and a moderator with an established reputation in the area. The moderator is responsible for directing the conversation and for keeping the session on schedule. Each submission will be assigned their own table within the conversation session.
- *Workshop*: Workshops, by an individual or a group, are submissions with a clearly defined practical, experiential, or demonstration component. Presenter expertise and experience in content area. They should be designed for participants to learn new skills or techniques. Workshops are scheduled for 1 hour and 55 min, and leaders are responsible for staying on schedule.
- *Poster Session (digital or print)*: Research presented via a poster, either paper or digital - presenter is available to answer questions. Posters are the most appropriate and efficient method for presenting empirical research. Poster sessions on Thursday, Friday and Saturday are generally 1.5 to 2 hours in length and are arranged by section.

- *Plenary Session*: Highlight prominent speakers and current topics in psychology.
- *Presidential Address*: The CPA President and Honorary President give special talks related to important themes in psychology.
- *CPA-Section co-Sponsored Invited Address*: Highlight prominent speakers specific to a given subject matter area(s) and nominated by one or more Sections.
- *Section-Invited Address*: Highlight a prominent speaker specific to a given Section(s).
- *Pre-Convention Workshop*: Half- or full-day sessions offered on the Wednesday before the Convention that provide continuing education credits for psychologists to maintain their licensure requirements.
- *Social Event*: Hosted by various Sections and the CPA Convention Committee. Attending social events is a great opportunity to learn more about Sections you are interested in, meet people, and network.

Regardless of the type of session in which you are presenting, please respect the time allotted for your session so as not to infringe on the time of subsequent presenters. Note that most meeting rooms are supplied with a laptop, screen and an LCD projector.

Students Section Program

The Students Section program is focused on professional development from your graduate training to your professional career – see below for a list of some of the sessions offered as part of this stream. Be sure to visit the CPA Convention’s website, the CPA’s online scheduler, or the Students Section Booth for more information on the sessions below and the rest of the Students Section Program.

Workshop: Leadership in psychology: Harnessing transferable skills to transform your career

(Thursday, June 8, 2017, 4:15-5:15, Prince Edward Island)

Leadership experiences can positively impact students’ personal and professional growth, deepening their purpose and advancing their repertoire of skills. Graduates of psychology programs are well positioned to take on leadership roles in organizations that may or may not have a psychology focus. Most specialties in psychology cultivate competencies that are important within systems and management, such as developing, implementing, and evaluating programs, designing research studies, writing funding proposals, and collaborating with others, yet there are very few opportunities to develop specific administrative or leadership skills even though psychology graduates often find themselves engaged in these types of activities throughout their career. The purpose of this conversation session is to discuss the foundational and functional competencies to support effective leadership, the various leadership roles taken on by psychology graduates (e.g., hospital administrator, program manager, executive director of NGO), and ways to build leadership skills prior to, during, and after graduate school, including a discussion of networking skills. The session will conclude with a discussion period, enabling attendees to ask questions to a panel of graduate students with a breadth of leadership experiences and to Dr. Andrea Piotrowski, who holds leadership positions in psychology both provincially and nationally.

SECTION KEYNOTE SPEAKER: Dr. Frederick Grouzet, University of Victoria

(Friday, June 9, 2017, 10:00-11:00am)

Jessica Dere is an Assistant Professor, Teaching Stream, in the Department of Psychology at the University of Toronto Scarborough (UTSC). She is also a faculty member and the Practicum Coordinator in the Graduate Department of Psychological Clinical Science at UTSC. She obtained a master's degree in Cultural Psychiatry from McGill University, and completed her Ph.D. in Clinical Psychology at Concordia University. Her research work is driven by a fascination with the interplay between cultural factors and all aspects of mental health and illness. She is particularly interested in the clinical implications of the cultural shaping of emotional experiences. She is also interested in cultural variations in beliefs about mental illness, and the implications for such beliefs in the experience of distress and patterns of help seeking. She has published research on alexithymia, cultural variations in depressive and anxious symptom presentation, and acculturation. Her cultural focus also deeply informs her teaching, clinical supervision, and clinical practice.

The CPA Section for Students is pleased to welcome Dr. Jessica Dere as our Keynote Speaker for the 78th Annual Canadian Psychological Association Convention. Dr. Dere is an Assistant Professor, Teaching Stream, in the Department of Psychology and Graduate Department of Psychological Clinical Science at the University of Toronto Scarborough. Her research interests lie at the intersection of cultural and clinical psychology. She is passionate about helping to promote and disseminate a culturally-informed approach to mental health through research, teaching, and clinical training and practice. Drawing on illustrative examples and recent empirical findings, Dr. Dere will demonstrate the fundamental role that cultural factors play in mental health and illness. Dr. Dere will also discuss findings from a recent project that she has been conducting with her students, involving an analysis of a national mental health anti-stigma campaign through a critical cultural lens.

Roundtable: Applying for Graduate School in Psychology: Mitigating the Process

Applying for graduate school in psychology is a multi-step process that can be particularly stressful and demanding for undergraduate students and other prospective applicants. Opportunities to learn from graduate students who have been through this experience can ease and inform this application process. A roundtable provides the opportunity for all members in attendance to share their experiences, concerns, and questions. Graduate students from various sub-disciplines of psychology will discuss common concerns associated with graduate school admissions, including basic admission requirements, components of an application, and the selection of a graduate program and research supervisor. Attendees are encouraged to actively participate in the discussion by asking questions related to the application process and contributing their own thoughts during the discussion. Graduate students at various levels of training (i.e., Master's, Doctoral, and Post-Doctoral) will share their graduate training experiences and highlight the strengths and limitations of different programs, promoting a deeper understanding of the graduate student experience. A roundtable discussion is the most effective way of addressing this topic, given the range of graduate programs in psychology, and the differences (and similarities) amongst these programs. The diverse interests of attendees will ultimately shape the structure of this roundtable session.

Workshop: Self-Care for Clinicians, Researchers, and Students in Psychology

(Saturday, June 10, 2017, 11:30-12:30, York-Main Mezzanine)

Regardless of whether you are a researcher, clinician, or student, self-care is critical for work-life balance. Regardless of one's discipline within psychology, there are many responsibilities to manage, such as direct contact hours with clients, report writing, teaching, supervision, research, preparation and more. The high responsibility and the emotionally demanding nature of our work amplifies the importance of self-

care. As clinicians, we tell our clients about the importance of self-care, but we often do not practice what we preach. This is critically important, however, as poor self-care can result in compassion fatigue and burnout. Research indicates that self-care decreases psychological distress and increases self-compassion and life satisfaction. In this workshop, we will discuss the importance of self-care and the research behind its benefits. We will also discuss practical tips to incorporate self-care into our daily lives in an open and collaborative atmosphere. Next, burnout risk factors will be presented and identification of its signs will be discussed. Lastly, we will review and practice self-care strategies, such as relaxation techniques and exercise. The objective of this workshop is for each person to develop and come away with a personalized self-care plan they can integrate into their schedules and to increase awareness of compassion fatigue and burnout.

Workshop: Publish or Perish: Championing the Inevitable Challenge of Publishing in Psychology

(Saturday, June 10, 2017, 1:30-3:30, Confederation 6 – Main Mezzanine)

Students and academics in psychology are challenged to disseminate knowledge in esteemed peer-reviewed journals. This is not a new phenomenon. However, with the ever-increasing competition in the job market, scholars feel increased pressure to *publish* so they do not *perish* in academia. The purpose of this workshop is to orientate students to the publishing process. First, we will address preparing a manuscript for publication, common barriers that are encountered throughout the peer-review process, while providing tips and tricks for navigating these hurdles. Topics covered in this workshop will include choosing an appropriate journal (e.g., impact factor, top tiers), preparing a successful submission, and responding to reviewers' comments and decisions (e.g., rejection). Finally, we will draw upon the expertise of an esteemed guest speaker with extensive reviewing experience to provide the audience with a professional editorial perspective. Ms. Zarina Giannone, Editor-in-Chief of *MindPad*, Canada's Student Psychology Journal, will also speak to the essential factors that *MindPad's* editorial board considers when reviewing manuscripts. The workshop will end with a discussion period affording the opportunity to ask questions to our expert guest speaker and graduate student panel. All aspiring academics are encouraged to attend.

Section Business Meeting: Saturday, June 10, 2017, 10:15-11:15, York-Main Mezzanine

Student Affiliates are welcome to join us for our Section's annual general meeting. Come meet your executive team face-to-face and share your thoughts on the past year. We would love to receive your feedback in person to help us serve you better.

Student Social

This year's student social will be held at **the Bard & Banker Public House** on **Friday, June 10, 2016** at **7:00pm**. Free food and drink will be provided. Students **MUST** bring their CPA badge to receive their drink ticket at the Social.

Presenting at the Convention

Students also have the opportunity to win the Best Poster Award for presenting a poster at the CPA's Convention. This award encourages high quality submissions to the Section for Students. Each year, one undergraduate and one graduate student is selected by the Section for Students Executive based on the following criteria:

- The student must be first author of the submission
- The student must be an affiliate at the time of submission and at the time of award
- The post must be submitted to the Section for Students and not to another division
- The student is not an executive of the Section for Students

For more information on the Best Poster Award, visit our awards page:

<http://www.cpa.ca/students/resources/studentawards/>



Asking Questions

- Best Practice for asking questions during a session
 - Unless directed otherwise by the presenter, wait until the presenter(s) asks for questions from the audience. Sessions are usually timed by presenters and questions may disrupt the timing of their presentation.
- Best practice for approaching presenters after sessions:
 - Exit the room so the next session can enter.
 - When others are waiting, ask one question and then allow others to speak.
 - If the presenter is busy, ask if they would be willing to speak with you at a later time and ask for appropriate contact information (i.e., phone number or email).

Convention Etiquette

With only 5-10 minutes between sessions, time may be tight to get from one session to another. Try to arrive on time and stay until the end so you do not distract presenters and/or participants as you enter/exit. If you do need to leave early, try to sit close to the exit and depart with minimal disruption. If there are refreshments, please help yourself at the designated time, not during the actual presentation.

What Do I Wear?

A common question we get from new convention attendees is “What do I wear at convention?”

When attending programming at convention, the dress code typically ranges from business-casual to professional attire. Remember, some of the attendees at the convention are experts in the field of psychology. You may come face-to-face with a professional who inspires you. As such, you will want to appear professional. First impressions matter!

- No jeans. You may be able to get away with a nice pair of khakis but make sure they are pressed and wrinkle-free! Otherwise, dress-pants or knee-length skirts may be best received.
- Blazers/sports jackets are key to dressing up most outfits. It may get warm in the program session so you will want to wear appropriate attire underneath if you need to remove your blazer or sports jacket.
- Dress shirts/blouses
- Comfortable shoes – You may be walking around between programs or exploring Victoria
- There may also be events occurring in the evening such as the Student Social or the CPA Social. Perhaps you want to experience Victoria nightlife with your peers. As such you may want to bring clothes for these occasions.
- And finally, don’t forget to bring comfortable clothes for travelling.

Convention Evaluation

The CPA Convention Committee values your feedback. Throughout the convention and in particular following the convention, please take a moment to complete the CPA’s Convention Evaluation Survey. It contains questions regarding the overall convention, as well as questions specific to students, regarding the current and next convention.



Did you know?

The CPA’s President, Dr. David Dozois, was once the Chair for the Section for Students!

Internship and Graduate Fairs

Internship Fair

- This is an annual program (2 hours) with seasoned presenters offering information to help you prepare a strong internship application.
- There are opportunities for participants to ask presenters specific questions about the application process.
- Bring a notebook or laptop to take notes.
- Internship training directors from various internship programs come to provide information on their site and answer questions.
- Training directors are seated at round tables and students are encouraged to come and go to tables as they please.
- The exact training programs that will be present are not typically known until shortly before the Convention. Attend the event and see if there are training directors with which you would like to speak. If not, roam the room with an open mind, sit in on tables and listen to questions, and hear about different internship settings.
- Ask questions! Find out what sites offer and what they are looking for in applicants.
- Attend the fair even if you are not applying for internship this year! Learning about the process early is important, and you may discover some ways to strengthen your application. It will give you an idea of what to expect when you do apply, you have an opportunity to hear the types of questions other students are asking, and you might find a site you would not have looked at otherwise!

Graduate Fair

- This is an annual event (2 hours) with representatives from various university graduate departments prepared to answer specific questions about their respective universities and graduate programs.
- There are opportunities for participants to ask presenters specific questions about the graduate application process.
- Bring a notebook or laptop to take notes.
- The exact graduate departments that will be present are not typically known until shortly before the Convention. Attend the event and see if there are graduate department representatives with which you would like to speak. If not, roam the room with an open mind, sit in on tables and listen to questions, and hear about different graduate programs.

- Ask questions! Find out what graduate departments offer and what they are looking for in applicants.
- Attend the fair even if you are not applying for graduate school this year! Learning about the process early is important, and you may discover some ways to strengthen your application. It will give you an idea of what to expect when you do apply, you have an opportunity to hear the types of questions other students are asking, and you might find a graduate department you would not have looked at otherwise!



Did you know?

The CPA currently accredits 26 programs in Clinical Psychology, 5 programs in Counselling Psychology, 2 programs in School Psychology, and 1 program in Clinical Neuropsychology.

Staying Healthy during the Convention

Attending the CPA's Convention is exciting! It provides students with 3 days of exposure to networking opportunities, personal and professional development activities, and exposure to the most recent research and ideas in psychology. Days are long and action-packed. Travel and busy days usually translate to eating fast food, forgoing your typical exercise and sleep routines, and sharing germs with hundreds of people.

Attending the Convention does not have to mean slacking on self-care, particularly if you are intentional about maintaining your routine health habits.

Keeping Calm: Things to Think About Before the Conference

- Mentally prepare! Go into the conference knowing that you're going to pull some long hours. Sometimes when you've taken the time to prepare your mind, your body follows a little easier.
- Before you leave for the convention, organize your school materials as best as possible. Make a list of what you need to do when you return from the Convention to get back into the swing of school, and make sure this plan gives you at least half a day of relaxation back at home before you dig back in.
- Give yourself some time the night before everything begins. If you are able to arrive to the Convention early, give yourself a few hours of quiet time, TV time, reading time, or whatever you do to prepare yourself
- Pack a small meal or snack for when you first arrive. There is nothing worse than arriving in a new place hungry with no idea where to go! Plus you may be tired and not up for the food hunt.
- Be sure to bring anything with you that will help you to decompress – books, music, or whatever you need to help calm you down at the end of a crazy day.
- Try to plan your convention schedule before you arrive – make sure it includes down time.

Eating at the Convention

- Be sure to stay hydrated. Carry a reusable water bottle. Choose water over sugary drinks as they can dehydrate you quickly.
- Pack healthy snacks in your carry-on or keep them with you in the car. You will be less likely to buy snacks high in calories if you already have snacks prepared.
- Citrus fruits stay fresh for a long time and have plenty of Vitamin C.
- Trail mix will satisfy your sweet tooth and provide you with a healthy portion of protein, fiber and antioxidants.
- Try to eat at least one serving of fresh fruits and vegetables at every meal. Eating healthy foods will make you feel better and give you more energy.

- Find a grocery store near your hotel and stock up on healthy snacks and meal items, or bring some with you. This will give you access to healthy meal alternatives and it will be cheaper than eating at a restaurant.

Overall Health

- Wash or sanitize your hands frequently, especially before eating. You will be sharing doorknobs and shaking hands with hundreds of other people.
- Stand up, stretch, or walk around between sessions. For every hour you sit still, you should move around for at least five minutes. No complaining about how your next talk is all the way across the convention center! Enjoy the walk and get your heart pumping.
- Drink alcohol in moderation. Alcohol dehydrates you, throws off your sleep patterns, and decreases normal liver function so all the food you are digesting isn't metabolized properly and is more likely to be turned into fat.
- Take five to ten minutes before you go to bed to turn off all your screens (computer, iPod, TV) and dim the lights. Practice some deep breathing exercises, or Progressive Muscle Relaxation. All the stimulation from the day can sometimes make it hard to get a good night's sleep, so a brief decompressing period can be beneficial.
- You do not have to be alone at the Convention! Stay connected to your peers with our social media pages: Facebook: <https://www.facebook.com/CPASectionForStudents/> and Twitter: https://twitter.com/cpa_students

Exercise



Your body will undoubtedly feel some level of fatigue from running around the convention and Victoria. Despite this, your body may need some additional exercises to engage other muscle groups.

- Schedule a time to exercise. Odds are your hotel will have a gym located somewhere on the premises. Take some time out from your busy Convention schedule and use it!
- If changing and going down to the gym is too time-consuming or intimidating, exercise in your hotel room. It's easy to do a quick routine in the morning when you first get up, right before you go to sleep, or in between any of the sessions during the day! Below is an example of a simple routine you can do each day of the convention.
- Streeeeetch!!! Being on your feet all day and walking all day can make your body tense and stressed.

- Go for a walk. Toronto has many sights to visit! Taking a few hours from the Convention to be outside and moving will get your blood pumping, help your legs to stretch after all that sitting, and will refresh your mind.



Did you know?

This year is the eleventh time since 1940 that the convention is being held in Toronto.

There's an App for That

CPA Convention Mobile App

The CPA's Convention Mobile App is a convenient way to have all the important Convention information right in your smartphone or tablet: <https://eventmobi.com/cpa2017/> It allows you to search for programming by topic, keyword, or Section/Program Stream. Easily build your convention schedule using the App's calendar feature. You can even share your calendar with friends and colleagues! Locate your next session on the maps tab.

Social Media

During the CPA Convention, attendees will be using Facebook and Twitter to share news and information, discuss programming, and network.

Visit us at our Facebook page: <https://www.facebook.com/Canadian-Psychological-Association-Soci%C3%A9t%C3%A9-canadienne-de-psychologie-146082642130174/?fref=ts>

Or follow us on Twitter @CPA_Events https://twitter.com/CPA_Events You can follow and contribute to the conversation by searching Twitter for “#cpaconv2017 (English) and #congscp2017 (French).”

Additionally, you can read updates about the Convention by following the Facebook and Twitter accounts of the CPA Students Section.

Facebook: <https://www.facebook.com/CPASectionForStudents/>

Twitter: https://twitter.com/cpa_students



Did you know?

The CPA is hosting the 29th International Congress of Applied Psychology (ICAP) in Montreal from June 26-30, 2018. The CPA will hold its annual convention as part of ICAP 2018.

Convention City – Toronto, Ontario

Toronto is the most populous city in Canada and the provincial capital of Ontario. With a population of 2,731,571, it is the fourth most populous city in North America after Mexico City, New York City, and Los Angeles. Toronto is the centre of the Greater Toronto Area (GTA), the most populous metropolitan area in Canada, and anchors the Golden Horseshoe, a heavily urbanized region that is home to 9.2 million people, or over 26% of the population of Canada. A global city, Toronto is an international centre of business, finance, arts, and culture, and is recognized as one of the most multicultural and cosmopolitan cities in the world.

This guide aims to help everyone with basic navigation around city and other cultural considerations when exploring one of Canada's most popular tourist destinations. There are plenty of things that everyone can enjoy and this guide will give you an idea of what to expect on a budget.

<http://www.seetorontonow.com/>

Attractions

Experience the wide array of natural and cultural delights that Victoria has to offer the curious visitor. Walk, pedal, ferry or ride around Victoria's charming downtown, or soak in the sun along classic West Coast shorelines. Tee off near waterfalls and mountain views, or zoom past Arbutus trees on the rocky seashore. Dip your paddle into still waters inhabited by rich marine life or take a Zodiac through the waves to see the whales. Hike cool ancient rainforests, or get to know the locals on the Gulf Islands. Get a feel for the island's history at sights like lighthouses and castles. Take a walk in Beacon Hill Park or visit any number of Museums. There's no end to the fun and adventure you can have in Victoria and the Southern Island! In addition to the few attractions noted below, visit <http://www.cpa.ca/Convention/traveltips> for more ideas!

Royal Ontario Museum

The Royal Ontario Museum is full of world culture and natural history. It is one of the largest museums in North American and largest in Canada. The museum is north of Queen's Park, in the University of Toronto district, with its main entrance on Bloor Street West.

Toronto Zoo

Founded by Hugh A. Crothers, an industrialist who became the first Chairman of the Metro Toronto Zoological Society in 1966, the zoo opened on August 15, 1974 as the *Metropolitan Toronto Zoo*, or simply *Metro Toronto Zoo*, and is owned by the City of Toronto. It is currently home to over 5,000 animals (including invertebrates and fish) representing over 500 species. The zoo is located near the Rouge River, along the western border of Rouge Park in the city's east end district of Scarborough.

Don Valley Brick Works

The Don Valley Brick Works operated for nearly 100 years and provided bricks used to construct many well-known Toronto landmarks, such as Casa Loma, Osgoode Hall, Massey Hall, and the Ontario Legislature. Since the closure of the original factory, the quarry has been converted into a city park which includes a series of naturalized ponds, while the buildings have been restored and opened as an environmentally

focused community and cultural centre by Evergreen, a national charity dedicated to restoring nature in urban environments.

Greektown

Also known as Greektown on the Danforth, or more simply, The Danforth – is a neighbourhood and Business Improvement Area (BIA) of the city of Toronto, Ontario, Canada. It is located on Danforth Avenue, between Chester Avenue and Dewhurst Blvd., in east Toronto. Named after Asa Danforth, an American contractor who designed Queen Street and Kingston Road — other streets in the city — the area is known for its architecture dating back to as early as 1910, and for its number of Greek restaurants and stores.

Shopping Areas

City shopping areas include the Yorkville neighbourhood, Queen West, Harbourfront, the Entertainment District, the Financial District, and the St. Lawrence Market neighbourhood. The Eaton Centre is Toronto's most popular tourist attraction with over 52 million visitors annually.

Information provided by: www.wikipedia.org

Traveling

There are many ways to get around Toronto. Here are a few options:

Public Transit

There are a number of transit agencies serving the communities around Toronto including GO Transit connecting the city with surrounding communities and the TTC (Toronto Transit Commission) serving Toronto proper. To change between the different modes of transportation or routes a transfer is sometimes required from either your driver or from a machine in a subway station. The TTC will accept cash (exact fare) but offers discounted tokens, day, week and monthly passes. The day passes being particularly popular for visitors.

Taxi

Taxi service in Toronto is easy to find and there are many taxi companies to choose from. Fares are standard, metered and non-negotiable. For more information on how to hail a taxi and other information you can visit Tourism Toronto's website: <http://www.seetorontonow.com/>

Cycling

Whether you arrived by bicycle, are renting one in Toronto or using their bike share system Bike Share Toronto.

Walking

Toronto is an accessible, walkable city that is easy to navigate. Toronto is laid out in a north-south, east-west grid with Lake Ontario at the south. For street maps look for an Info pillar on the street with an "I" and 15-minute walking map or vicinity maps in the subway stations.

There are several Toronto maps available including a Visitor map available in most hotels and Tourism Toronto Visitor Guide is available at sites such as the Toronto Information Desk located at 20 Dundas Street West inside the Ontario Travel Information Centre. There are also several Toronto apps rich in information on things to do and how to get around.

Information provided by: <http://www1.toronto.ca/wps/portal/>

Places to Eat

Toronto City offers a range of food options, with many award-winning restaurants. Check out some of these great options:

Distillery District (East of Downtown)

Home to six restaurants and a shopping area! Restaurants range from Italian to Japanese flavors.

Phone: 416-364-1177

Website: <http://www.thedistillerydistrict.com/>

Brothers Food & Wine (1240 Bay Street)

Petite spot for morning espresso plus simply prepared, Mediterranean-style plates at lunch and dinner.

Phone: 416-804-6066

Website: <http://www.brotherstoronto.com>

DOMA (50 Clinton Street)

Traditional Korean ingredients prepared with French-inspired techniques in a tranquil setting.

Phone: 416-551-1550

Website: <http://www.domatoronto.com>

La Banane (227 Ossington Avenue)

La Banane Restaurant, Toronto Contemporary French cuisine.

Phone: 416-551-3263

Website: <http://www.labanane.ca>

Canis Restaurant (746 Queen Street West)

Locally sourced, seasonal dishes prepared artfully & served in a sleek, minimalist dining room.

Phone: 416-203-3317

Website: <http://www.canisrestaurant.com>

Maple Leaf Tavern (955 Gerrard Street East)

Built in 1910, this wood-dominated space serves chops, steaks & fish, plus elevated comfort food.

Phone: 416-465-0955

Website: <http://www.mapleleaftavern.ca>



Did you know?

The city of Toronto is home to over 50 museums and galleries.

CPA's Section for Students

Meet Your 2017-2018 Student Executive

Kyrsten Grimes, Chair



Kyrsten is currently completing the combined MA/PhD program in Clinical Psychology at the University of Toronto Scarborough. She has a strong interest in the study of psychopathology, treatment outcome, and the ecological validity of assessment measures. Her program of research pertains to the development of positive symptoms in schizophrenia spectrum disorders. She is currently testing a cognitive model for the development of psychotic symptoms. She will develop a new therapeutic intervention, based on the model, which may aid in reducing positive symptoms in patients with schizophrenia and act as a preventative therapy for those at risk of experiencing an acute episode of psychosis.

Zarina Giannone, Past-Chair & Student Representative on the CPA Board of Directors



Zarina Giannone is a PhD student in the Counselling Psychology Program at the University of British Columbia (UBC), working under the co-supervision of Drs. Alanaise Goodwill and David Kealy. Her Master's thesis investigated the influence of athletic identity on mental health and well-being outcomes after interuniversity sport retirement. Zarina's competitive athletic history, playing on the Canadian National Soccer Team (youth) and the UBC Women's Soccer Team, has inspired her research and clinical work with athletes. Her doctoral dissertation will involve piloting a positive psychology group intervention with athletes, which focuses on identity development and well-being.

Zarina works as a Graduate Research Assistant at the Mental Health Institute in the Department of Psychiatry at UBC. She currently serves as the Past-Chair for the CPA Section for Students in Psychology and as a Board Member on the CPA Board of Directors. In her spare time, you can find Zarina at the gym or playing with her puppy, Piccolo, the miniature dachshund.

Jean-Philippe Gagné, Chair-Elect



Jean-Philippe Gagné completed his Bachelor of Science in Honours Psychology at McGill University in 2015 where he conducted research on interpersonal relationships and developmental psychopathology. During his journey at McGill, he also worked as a research assistant in social psychology laboratories on several projects examining self-control, affiliation, and prosociality. In September 2015, Jean-Philippe began his Master of Arts in Clinical Psychology at Concordia University under the supervision of Dr. Adam Radomsky in the Anxiety and Obsessive-Compulsive Disorders Laboratory. His research interests centre upon the role that dysfunctional beliefs play in the development and maintenance of obsessive-compulsive symptoms. Further, Jean-Philippe has been the recipient of several

prestigious academic awards such as a Joseph-Armand Bombardier Canada Graduate Scholarship. In June 2016, he joined the executive committee of the Canadian Psychological Association's Section for Students as Chair-Elect. Jean-Philippe is currently completing a clinical practicum at McLean Hospital/Harvard Medical School, and will be starting his PhD in Clinical Psychology at Concordia in September 2017.

Alisia Palermo, Listserv Moderator & Communications Officer



Alisia Palermo is in her fourth year of the B.Sc. Honours Psychology, Neuroscience, and Behaviour program with a minor in French at McMaster University. Her research interests include finding ways to improve mental health care in jails and prisons. She plans on pursuing a Master's and Ph.D. in Counselling Psychology, leading to a career in corrections as a jail psychologist, providing treatment to offenders. Alisia is excited to be the Communications Officer for the CPA's Student Section for the 2016-2018 term. Apart from academics, Alisia enjoys reading, writing, volunteering, watching reality T.V., and spending time with family and friends.

Michelle Guzman-Ratko, Graduate Student Affairs Officer



Michelle Guzman-Ratko is currently the Graduate Student Affairs Officer of the Canadian Psychological Association's Section for Students and is the Student Representative on the Convention Planning Committee. Michelle holds an Honours Bachelor of Science degree in Psychology, Neuroscience & Behaviour from McMaster University. She is currently working towards her Master of Science in Psychology through the University of Liverpool and completing coursework for becoming a Board Certified Behaviour Analyst (BCBA). Michelle has completed research on the use of IBI and ABA in adults with acquired brain injury (ABI) and the implementation of daily activity schedules in residential group homes with ABI clients. She currently assists in the implementation of behaviour treatment plans to individuals with developmental disabilities.

Michael Ku, Undergraduate Student Affairs Officer



Michael Ku is in his fourth year of studies at McMaster University, pursuing a B.Sc. in the Honours Psychology, Neuroscience & Behaviour—Mental Health Specialization program. His research interests are in social determinants of behaviour. He hopes to identify and explore the nature of experiences that shape personality and individual conduct, with a focus on how these experiences can lead to psychopathologies and extreme criminal conduct. Michael seeks to combine his passion for the law and for mental illness by pursuing a career in forensic psychiatry.



Georden Jones, *Francophone Affairs Officer/Agente des affaires francophones*

Georden Jones is the Francophone Affairs Officer for CPA's Student Section for the 2015-2017 term. She grew up in rural Québec in the Outaouais region and completed her undergraduate degree at the University of Ottawa. In 2016-2017 she will be completing her 3rd year in the MA.-PhD. in clinical psychology still at the University of Ottawa where she gets the opportunity to complete her training in English and in French. Georden's clinical and research interests focus on psychosocial oncology and health psychology. Her favorite activities include travelling, baking, jogging and enjoying delicious food. Georden is happy to represent Canadian psychology students for another year and looks forward to an amazing convention in Toronto! Georden est heureuse de représenter les étudiants en psychologie au Canada pour une autre année et au plaisir de vous voir à la conférence de 2017 à Toronto!

Amanda O'Brien, *Administration and Finance Officer*



Amanda O'Brien is the Administration and Finance Officer. She is currently a PhD candidate in Clinical Neuropsychology at the University of Windsor under the supervision of Dr. Joseph Casey. She received her MA in 2015 from the University of Windsor and her BSc in Psychology and French Immersion from the University of Ottawa in 2013. Her research interests involve the clinical utility of neuropsychological measures used in the assessment of neurodevelopmental disorders and sport-related concussion. When she is not busy with her duties as a graduate student, Amanda enjoys spending time with her friends and family, walking her dog, playing softball, doing yoga, and catching up on good (or bad) TV.

Many of us will be at the Convention in Toronto. If you recognize us at any point during the convention, feel free to introduce yourselves and ask us questions. We would be happy to meet you and talk to you!

About the Section for Students

The principal objective of the Student Section is to represent and help students participate within the CPA, Canada's largest national association for the science, practice and education of psychology. If you are a psychology student, you should be a Student Affiliate within the CPA throughout your studies, regardless of whether or not you attend the CPA's convention in a given year.

The Section provides a forum in which students can learn from each other, more fully experience their postsecondary and postgraduate journeys, and begin to prepare for their careers in psychology. It recognizes the need to have a strong voice in the psychological community and thus sustains communication between students in psychology across the country.

Students and the Section for Students are an important part of the CPA. The CPA is more than just its convention! Affiliate status within the CPA entitles you to many benefits that will aid your training in psychology. Visit the CPA's Membership Benefits

(<http://www.cpa.ca/membership/membershipbenefitsandservices/>) page for information on the following benefits:

<i>Benefits of CPA Membership</i>	
Publications	<ul style="list-style-type: none"> • Access to CPA’s three journals (Canadian Psychology, Canadian Journal of Behavioural Science, Canadian Journal of Experimental Psychology) • Access to MindPad, Canada's student written, edited and published psychology newsletter • Access to CPA News, the Association’s electronic newsletter • Online access to Psynopsis, Canada’s Psychology magazine • CPA member rate for access to APA’s PsycNET® GOLD package • Discounts on CPA Publications • Free or low-cost resource guides on various issues specific to students
Convention	<ul style="list-style-type: none"> • Reduced registration rate for the CPA’s annual convention • Eligibility for CPA Awards and Section Awards
Student Affiliate Benefits	<ul style="list-style-type: none"> • Listservs targeted to a variety of student interests and concerns • Access to internship and career resources • Informational resources created specifically for graduate students in psychology • CPA Student Price Card (SPC)
Continuing Education	<ul style="list-style-type: none"> • Continuing Education courses • Accreditation
Sections	<ul style="list-style-type: none"> • Membership in CPA Sections
Advocacy	<ul style="list-style-type: none"> • Advocacy to government and research funders on behalf of science and practice-related issues affecting students, researchers, and practitioners
Insurance and Professional Products	<ul style="list-style-type: none"> • BMS Liability Insurance • Gowlings Pro Bono Legal Advice • The Personal Home and Auto Insurance • Manulife Personal Insurance
Travel Discounts	<ul style="list-style-type: none"> • IHG Hotels • Delta Hotels • VIA Rail • Flight Centre

	<ul style="list-style-type: none"> • Budget Rent-A-Car • AVIS
Retail	<ul style="list-style-type: none"> • Lenovo Computers • Canadiana Flowers
Fitness	<ul style="list-style-type: none"> • GoodLife Fitness
Book Publishers	<ul style="list-style-type: none"> • Nelson Education • Wiley • Guildford Press

Join the Section for Students and Get Involved!

Be a part of organized psychology at the national level! There are many ways to get involved with the CPA and the Students Section. Visit our webpages at (<http://www.cpa.ca/students/>) for more information and to apply for various positions on the Section’s Executive (<http://www.cpa.ca/students/about/executive>).

Mind Pad is our very own student-written psychology journal that aims to publish material that is of interest to all who are practicing and studying psychology, but with a primary emphasis on articles that are of interest to students of psychology. Content is encouraged that are unique, innovative, and may catalyze discussion and debate among members and affiliates of CPA, as well as within the psychological community. If you would like more information on Mind Pad, please see our website (<http://www.cpa.ca/students/MindPad/EditorialPolicy>) or contact the Editor-In-Chief Zarina Giannone (zarina.giannone@gmail.com).

Another way you can get involved is through the **CPA Student Mentorship Program**. The CPA Student Mentorship Program offers Student Affiliates the opportunity to engage in peer-mentorship relationships with fellow students. This program facilitates the exchange of information and the sharing of personal and professional experiences amongst CPA Student Affiliate Members with varying levels of education across Canada. Student mentors have the opportunity to develop and hone their mentoring skills, which can be extended to various professional domains, whereas mentees have a unique experience to extend their knowledge of the various subject areas in psychology, develop their communication skills, and receive guidance around their personal and professional decisions. For more information on the Student Mentorship Program, visit our webpage: <http://www.cpa.ca/students/mentorship> or contact Jean-Philippe Gagné (jean_ga@live.concordia.ca), the current President-Elect of the Section for Students.

The **CPA Section for Students Newsletter** aims to improve the communication within our section and allows you to get to know your executive team. It also helps keep Student Affiliates up to date on convention details, new initiatives, and highlights initiatives happening at your campuses. If you are interested in submitting a piece for our newsletter, please contact Alisia Palermo (palermam@mcmaster.ca), the section’s Communications Officer and Newsletter Editor.

Do you have feedback following convention? We want to hear from YOU! If you have questions, comments, thoughts, or pictures you would like to share from your convention experience, please contact the student executive and we would be happy to use your feedback for making the next annual convention even better!

Campus Representatives Program

Students also play an important role within CPA as student representatives on CPA committees, CPA Section Executives, and as campus representatives. One of the projects of the Student Section Executive is to develop a way to showcase our Campus Representative Program, particularly to pay homage to the students who make this program possible. More specifically, we are hoping to bring CPA students from across the country closer by featuring a new Student Representative on our website every other month. These profiles allow the opportunity to learn more about our most active Student Section members and to share ideas about promoting the CPA. If you are interested in representing the CPA Section for Students at your university, learning more about campus representative duties, and how to become a campus representative, get in touch with one of the Student Section Executives (<http://www.cpa.ca/students/about/executive>) or the CPA's Membership Department (membership@cpa.ca).

The Section for Students offers the **Campus Representative Awards of Excellence** in recognition of outstanding undergraduate and graduate campus representatives as determined the Section for Students Executive.

All students who meet the following **two** eligibility requirements will be automatically considered for this award:

- The student must be a CPA student affiliate **and** a current undergraduate/graduate campus representative at the time of submission and at the time of award
- The student is not an executive of the Section for Students

For more information on these awards, please visit our Awards page:

<http://www.cpa.ca/students/resources/studentawards/>

Volunteers at the CPA's Convention

In addition to attending and presenting at the CPA's Convention, students play a key role in the Convention itself by serving as volunteers. Student volunteers work at the registration desk, stuff the delegate bags, and monitor convention sessions – just to name a few tasks.



Did you know?

The CPA was founded in a University of Ottawa psychology lab in 1938, although it was not formally organized until 1939.

Final Thoughts!

Be sure to create an account in SCHED: <https://eventmobi.com/cpa2017/> the CPA's Convention Mobile App, to help you better navigate the Convention and plot your schedule for programs and social events.

Be sure to schedule relaxation and rest into your schedule. One of the most important things to remember during the Convention is to pace yourself! There are so many things to see and do that it is easy to forget to eat and relax!

Make sure to include sufficient time between sessions. Sometimes you might end up having to walk to another building. Also, you may find you will unexpectedly need time to talk with people you meet or speak with presenters following a session.

Remember, it is important to make time for social events and networking activities, which are often in the evenings.

Enjoy yourself! Learn, network, and have fun!

See you at the Convention!