



A Guide to the Canadian Psychological Association's Annual Convention

Halifax, NS

May 31-June 2, 2019



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Introduction

Dear Delegate,

Welcome to the Canadian Psychological Association's 80th Annual Convention in Halifax, Nova Scotia! The 2019 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. This year, the CPA Annual Convention will be held concurrently with the 4th North American Correctional and Criminal Justice Psychology Conference.

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 2019 edition of the CPA Convention Survival 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 Halifax.

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: <https://cpa.ca/fr/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 Halifax!

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 Halifax.** Beautiful Halifax, in Nova Scotia, provides the setting for this year's CPA Convention. As a coastal city, it boasts nautical adventures, historic treasures and the attractions of city living. The Convention hotel sits on the water adjacent to Harbourwalk, a 3km waterfront boardwalk which features many wharfs and docked ships as well as countless stores and historic properties. Social events during the Convention will provide opportunities to see Halifax in the company of peers from across the country.

AT ANY TIME, VISIT THE CPA'S OFFICIAL CONVENTION WEBSITE FOR

DETAILED INFORMATION REGARDING THE CONVENTION

[HTTPS://CONVENTION.CPA.CA/](https://convention.cpa.ca/)



Did you know?

The very first CPA convention was held in Montreal, Quebec in 1940² and the last CPA convention in Halifax was in 2012.

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:

<https://cpa.ca/students/studentawards/>

Further, if you are a Student Affiliate who registered to attend the convention before April 30th, 2019 you were also automatically entered to win one of 70 Travel Grants valued at \$100, courtesy of the CPA.

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, CPA's Annual General Meeting, First Time Attendees Reception, 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 32 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 Halifax



The following transportation service providers are pleased to offer their services (most at a discount) to delegates travelling to the CPA's 2019 Annual Convention (May 31-June 2, 2019) in Halifax, NS.

The CPA has negotiated special rates/discounts with Air Canada, WestJet, Porter, and Via Rail, Woods Limousine Inc., Avis and Budget, for our convention delegates.

Relevant travel code/discount information can be found in your confirmation of convention registration which you would have received by email; if your confirmation does not contain this information or you have any questions about the travel codes/discounts, please contact us at convention@cpa.ca

Flight Information and Transportation to Downtown Halifax

Located in Enfield, Nova Scotia, is the Halifax Stanfield International Airport (YHZ) that has daily flights, direct and non-stop, from the rest of Canada and the United States.

YHZ is approximately 40 minutes away from the Halifax Marriott Harbourfront Hotel and Hotel Halifax. Estimated one-way taxi fare is CAD \$65-70. Halifax Transit MetroX bus service is also available from YHZ to downtown, through bus route 320. Fares are \$3.50 for adults/students per ride and total travel time is approximately 70 minutes, operating every 30 minutes during peak morning (6am to 9am) and afternoon (3pm and 6pm) times, and every 60 minutes during the rest of the day. Maritime Bus provides seasonal shuttle bus service to downtown via their Airport Express service, which is \$22 each way or \$40 round trip. More information about transit options are available on the YHZ website:

<https://halifaxstanfield.ca/transportation/bus-services/>



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 Promotion Code: Check your registration confirmation for discount code



WestJet Promotion Code: Check your registration confirmation for discount code



Porter Promotion Code: Check your registration confirmation for discount code



Via Rail Promotion Code: Check your registration confirmation for discount code

Travel from all stations throughout the VIA system. 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 (AWD): Check your registration confirmation for discount code

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 1-800-879-2847) or visit www.avis.ca.



BUDGET Customer Discount (BCD): Check your registration confirmation for discount code

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 1-800-268-8900 or visit www.budget.ca.

Parking

Marriot Harbourfront Hotel

- Self-parking: \$25 + tax daily
- Hourly rate: \$4 + tax

Hotel Halifax

- Valet parking: \$29.00 + tax daily
- Self-parking (Scotia Square): \$24.00 + tax daily

Street Parking

There is available street parking within walking distance of the Convention hotel. Parking meter rates and time limits vary across the city. Each meter will indicate fees and time limits for that location. Maximum time limits range from 30 minutes to 5 hours and rates can range from \$0.25 for 10 minutes to \$2 for 80 minutes. Parking meters are in operation Monday through Friday, between 8am and 6pm, unless otherwise indicated on the meter. Parking at meters is free on weekends and after the designated time on the meter. All parking meters accept coins, and mobile payment for parking is available using the HotSpot app.

Did you know?



There are six degree granting universities in Halifax – Dalhousie University, Mount Saint Vincent University, Saint Mary’s University, Nova Scotia College of Art and Design, Nova Scotia Community College and The Atlantic School of Theology. There are 81 post-secondary students per 1,000 people, three times the national average.

Where to Stay in Halifax

Convention Hotels

For each convention, the CPA makes a commitment to its host city and respective hotel community, to secure a block of hotel rooms at competitive prices. The CPA is bound to fill these rooms, and respectfully asks delegates requiring a hotel room to book their room through the CPA-arranged block.

For Halifax, blocks were secured at the hotels below. While the block is full at the Hotel Halifax, there are rooms available for certain days at the Halifax Marriott Harbourfront.

Halifax Marriott Harbourfront

1919 Upper Water St
Halifax, NS B3J 3J5

Hotel Halifax

1990 Barrington Street
Halifax, NS, B3J 1P2

Visit the CPA's Convention website for more information:

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



Did you know?

Halifax is closer to Dublin, Ireland than it is to Victoria, B.C

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**. Registration for the CPA Convention also grant delegates access to the 4th North American Correctional & Criminal Justice Psychology Conference 2019, occurring concurrently at Hotel Halifax.

Early-Bird Convention Registration Fees (Until April 30th, 2019)	
Student Affiliates *	\$140.00+18.20 tax = \$158.20
Regular Convention Registration Fees (May 1st-30th, 2019)	
Student Affiliates *	\$175.00 + \$22.75 tax = 197.75
On Site FULL Convention Registration Fees (May 31st– June 2nd, 2019)	
Student Affiliates *	\$180.00 + \$23.40 tax = \$203.40

* Of the Canadian Psychological Association

For more details, please visit: <https://secure.cpa.ca/apps/Pages/event-details-45149/45149>

Where to Start?

You can begin preparing for the Convention by visiting the CPA's convention webpages (<https://convention.cpa.ca/>) 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 Halifax 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 <https://eventmobi.com/app/cpa2019/> on your mobile device for a link to download the CPA2019 Convention Mobile App.

EventMobi can be accessed from any device with a web browser -- smartphone, tablet, laptop, or desktop. Our offline-capable app works smoothly on any device with a current operating system and mainstream browser: iOS 9 and later, Android 5.0 and later, Windows Phone 8.1 & 10. You can also use the web version at <https://eventmobi.com/cpa2019>.

The CPA2019 Convention Mobile App contains the schedules for both the CPA Convention and NACCJPC 4.

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.

The following is a list of Student Section events at this year's convention:

First-Time Attendees Reception: Thursday May 30th, 5:00-6:00pm

Applying to Graduate School Workshop: Friday May 31st, 10:45am-12:30pm

Self-Care Workshop: Saturday June 1st, 10:30am-12:00pm

Networking Discussion Forum: Saturday June 1st, 12:00pm-12:30pm

Replication Crisis Discussion Forum: Saturday June 1st, 3:15-3:45pm

Section Guest Speaker, Dr. Sherry Stewart: Saturday June 1st, 3:45pm-4:30pm

Annual Business Meeting: Saturday June 1st, 4:45pm-5:45pm

Annual Student Social: Saturday June 1st, 7:00-9:00pm, Red Stag Tavern

Publication Workshop: Sunday June 2nd, 10:30am-12pm

Student Section Poster Session: Sunday June 2nd, 1:00-2:00pm

Be sure to visit the CPA Convention's website, the CPA's online scheduler, or the Students Section Booth for more information on these sessions and the rest of the Students Section Program.

What Do I Bring?



In late May/early June, the average high temperature in Halifax can range from 10-20(°C). Temperatures may be a bit cooler near the water. Remember that Conference centres are often highly air-conditioned, so bring a sweater! Business casual is the acceptable dress during Convention days. 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, cash 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)
- ✓ Your presentation materials (posters, slides, etc.)

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. The Convention hotel will also have free Wi-Fi access for delegates.
- 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. If you are interested, visit <https://convention.cpa.ca/attend/volunteer/>. The CPA Student Section is also looking for volunteers to help supervise the Student Booth Lounge, to distribute flyers and food to student members and explain our Section's initiatives to student members. You will receive training to provide such information. We need volunteers for May 31st, June 1st and June 2nd, from about 9am to 4pm. Contact Chelsea Moran, Section Chair, if you are interested in volunteering (chelsea.moran1@ucalgary.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>

CPA members have access to exclusive savings on print products from Staples Canada. Log into your CPA Member profile to access your discount code, or contact Troy Edgcumbe at Troy.Edgcumbe@staples.ca to discuss creating your business cards at a great price!

Be sure to keep an eye out for the Section for Student's Discussion Forum on Networking, Saturday June 1st at 1pm. This workshop will provide strategies for effective networking and generate discussion from students in attendance about networking strategies they find helpful.

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 **Saturday June 1st at 7pm at the Red Stag Tavern**, 1496 Lower Water St, Halifax. The venue is located 800 m away from the Convention hotel (approximately 10-minute walk), next to the historic Alexander Keith's brewery. One free drink ticket will be provided as well as free appetizers (while supplies last). **Please remember to bring your CPA Convention 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

Navigating the Convention

Convention Registration Desk

Once you arrive, your first stop should be the registration area, located in the Marriott Harbourfront 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:

Wednesday May 29th: 3:00pm – 8:00pm

Thursday May 30th: 7:00am – 7:00pm

CPA Convention Registration Hours – Marriott Harbourfront Hotel (see concierge desk)

Wednesday May 29th: 3:00pm – 8:00pm

Thursday May 30th: 7:00am – 7:00pm

Friday May 31st: 7:00am – 6:00pm

Saturday June 1st: 7:00am – 5:00pm

Sunday June 2nd: 7:00am – 2:00pm

CPA Speaker Ready Room: 2nd Floor, Coat Check Room, Marriott Harbourfront Hotel

Wednesday May 29th: 3:00pm – 8:00pm

Thursday May 30th: 7:00am – 7:00pm

Friday May 31st: 7:00am – 5:00pm

Saturday June 1st: 7:00am – 5:00pm

Sunday June 2nd: 7:00am – 2:00pm

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

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 Tradeshow

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 and other mental health related associations. Visit the CPA's website at <https://convention.cpa.ca/engage/trade-show/exhibitors/> to see this year's confirmed exhibitors.

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 May 1, 2019. 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.
- *Discussion Forums*: Conversation sessions (30 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.
- *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.
- *Poster Session*: 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 entire Students Section Program.

First-Time Attendees Reception: Thursday May 30th, 5:00-6:00pm

Applying to Graduate School Workshop: Friday May 31st, 10:45am-12:30pm

Self-Care Workshop: Saturday June 1st, 10:30am-12:00pm

Networking Discussion Forum: Saturday June 1st, 12:00pm-12:30pm

Replication Crisis Discussion Forum: Saturday June 1st, 3:15-3:45pm

Section Guest Speaker, Dr. Sherry Stewart: Saturday June 1st, 3:45pm-4:30pm

Annual Business Meeting: Saturday June 1st, 4:45pm-5:45pm

Annual Student Social: Saturday June 1st, 7:00-9:00pm, Red Stag Tavern

Publication Workshop: Sunday June 2nd, 10:30am-12pm

Student Section Poster Session: Sunday June 2nd, 1:00-2:00pm

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!

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?”

As noted elsewhere in this good, 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 Halifax
- There may also be events occurring in the evening such as the Student Social or the CPA Social. Perhaps you want to experience Halifax 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?

Alexander Keith, born in Scotland, immigrated to Halifax and founded the Alexander Keith's brewing company in 1820. Not only a brewmaster, Mr. Keith was a three-time mayor of Halifax.

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 Halifax. 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.
- Streeeeeetch!!! Being on your feet all day and walking all day can make your body tense and stressed.
- Go for a walk. Taking a few hours from the Convention to be outside (away from fluorescent lights!) and moving will get your blood pumping, help your legs to stretch after all that sitting, and will refresh your mind.



Did you know?

One in every five Canadians is related to someone who passed through Halifax's Pier 21.

There's an App for That

CPA Convention Mobile App

The CPA's Convention Mobile App is a convenient way to have all of the important Convention information right in your smartphone or tablet: <https://eventmobi.com/cpa2019/>. 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_SCP https://twitter.com/CPA_SCP You can follow and contribute to the conversation by searching Twitter for “#cpaconv2019 (English) and #congscp2019 (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 has almost 7000 members and affiliates, making it Canada's largest association for psychology.

Convention City – Halifax, Nova Scotia

Halifax is the provincial capital of Nova Scotia. With a population of 403,101, it was formerly known as the Halifax Regional Municipality consisting of Halifax, Dartmouth, Bedford, and Halifax County that amalgamated in 1996.

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.

Attractions

There’s no end to the fun and adventure you can have in Halifax! In addition to the few attractions noted below, visit <https://discoverhalifaxns.com/> for more ideas!

Must-Sees:

- Canadian Museum of Immigration at Pier 21
- Discovery Centre
- The Wave
- Ferry Terminal
- Halifax Marriott Harbourfront
- Maritime Museum of the Atlantic
- Fisherman’s Cove and McCormacks Beach
- Sir Sandford Fleming Park & The Dingle Tower
- Peggy’s Cove
- Halifax Public Gardens
- Alexander Keith’s Brewery
- Art Gallery of Nova Scotia

Information provided by: <https://discoverhalifaxns.com/plan/visitor-guide/>

Traveling

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

Public Transit

If you can’t walk to your destination, Halifax Transit is the next thing! Halifax Transit provides a reliable bus service throughout the Halifax Region. Visit [Halifax Transit](#) for fares, schedules and route maps.

Halifax Transit also operates the ferries that run between Halifax and Dartmouth with free transfers connecting to transit buses.

Taxi

Cabs are readily available in downtown Halifax, Dartmouth and most regions and communities throughout the entire region. [Casino Taxi](#) and Yellow Cab are the largest taxi operators, and [World Class](#) is the most established limo company.

Halifax does not offer Uber.

Cycling

Biking is a great way to get around Halifax. Whether you have your own, or are renting from [I Heart Bikes](#), it's a great way to see the entire region.

Walking

Downtown Halifax is a very walkable city, and while there are many hills, it's very compact, making it easy to get from one end of the city to the other without issue. We highly recommend to walk the entire Halifax waterfront boardwalk, which is one of the longest boardwalks in the world. The stunning view and wooden boardwalk make it extremely comfortable for walking.

Information provided by: <https://discoverhalifaxns.com/plan/getting-here-around/>

Places to Eat

The Exchange on Hollis Kitchen & Social (1579 Hollis Street, Downtown Halifax)

Offering a fine dining experience with a casual approach, including harbour views, an oyster bar, large outdoor patio, private dining, and more!

Phone: 902-421-8847

Website: <http://xoh.ca>

The Ostrich Club (5529 Young Street, North End Halifax)

Simple food with big flavours, natural wines, and thoughtful cocktails with a warm and inviting service.

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

Antojo Tacos & Tequila (1667 Argyle Street, Downtown Halifax)

Serving vibrant, Mexican-inspired dishes, plus a collection of tequila and mescal.

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

Café Good Luck (145 Portland Street)

This all-day brunch café is all the rage! Brunch to-stay, baked goods, coffee, and juices to-go.

Website: <http://www.manualfoodanddrinkco.com/goodluck>

Hopyard Halifax (2103 Gottingen Street, North End Halifax)

Rotating craft beer on tap and an \$8 menu that changes regularly!

Website: <http://www.hopyard.ca/halifax>

Information provided by: <https://discoverhalifaxns.com/plan/visitor-guide/>

CPA's Section for Students

Meet Your 2018-2019 Student Executive

The Section Executive is comprised of eight different positions: Chair, Chair-Elect, Past-Chair, Administration & Finance Officer, Communications Officer, Graduate Student Affairs Officer, Undergraduate Student Affairs Officer and Francophone Affairs Officer. Each position plays an integral role in the functioning of the Section and aims to connect psychology students across Canada.



CHELSEA MORAN
Chair

Chelsea Moran is completing a PhD in Clinical Psychology at the University of Calgary. She holds an MA in Counselling Psychology from McGill University. Her research interests involve discovering new ways to facilitate healthy behaviours in patients with chronic illnesses. She is also interested in learning about best-practice research methods and open science initiatives. Chelsea joined the CPA Student Executive as Chair-Elect in June 2017, and became Chair in June 2018. She has represented students on the CPA Board of Directors since 2017. In her spare time, she enjoys catching up with family and friends, discovering new music and planning her next sewing project.



JEAN-PHILIPPE GAGNÉ
Past Chair

Jean-Philippe Gagné is a doctoral student in clinical psychology at Concordia University (Montreal, QC) and a Vanier Scholar (Social Sciences and Humanities Research Council). His research interests centre upon the role that dysfunctional beliefs play in the development and maintenance of anxiety disorders, including obsessive-compulsive disorder. Jean-Philippe has completed clinical practica at world-renowned sites such as McLean Hospital, the largest psychiatric institute of Harvard Medical School. In graduate school, Jean-Philippe participates in several extracurricular activities. For instance, he is an active member of the Communications and Advocacy Committee of the Canadian Association of Cognitive and Behavioural Therapies.



ALEXANDRA RICHARD
Chair-Elect

Alexandra Richard is a second-year PhD student in the Clinical Psychology program at McGill University. Her research focuses on investigating the links between individuals' personality and their well-being. Specifically, Alexandra's SSHRC-funded research explores the mechanisms by which perfectionism acts as a cognitive-personality vulnerability factor that places individuals at greater risk for developing certain forms of mental illnesses, such as depression and anxiety disorders, through longitudinal and daily diary studies. Beginning in September 2018, Alexandra is also completing her first clinical practicum at the McGill Counselling Centre where she will be working with McGill students. In her spare time, Alexandra enjoys reading books, listening to country music, and going on walks with her two dogs.



BAÉNIE LAFLEUR

Undergraduate Student Affairs Officer

Baénie is currently completing her Bachelors in Arts Honours in Psychology at the University of Manitoba. Her research interests include the operant conditioning of fish focusing on darkness as a reinforcer and participants confidence identifying a target using Earwitness testimonies. When she is not in the lab, she enjoys spending her time with friends exploring different areas of the city.

JÉRÉMIE RICHARD

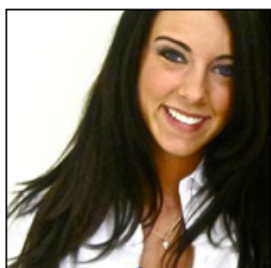
Graduate Student Affairs Officer



Jérémie Richard will begin a doctoral student in Counselling Psychology at McGill University in Fall 2018. He completed his B.A. (Specialization) in Psychology in 2016 at McGill University, completing his undergraduate project in the area of health psychology under the supervision of Dr. Phyllis Zelkowitz. His M.A. research focused on the factors influencing addiction and high-risk behaviours in adolescents and young adults, with a focus on gambling and mental health. Jérémie currently works as a research assistant in the International Centre For Youth Gambling Problems and High-Risk Behaviors at McGill University under the supervision of Dr. Jeffrey Derevensky and Dr. Caroline Temcheff. In his spare time, Jérémie enjoys reading, hiking, weight-lifting, and regularly practices Vipassana meditation.

KAITLIN WILSON

Administration & Finance Officer



Kate is completing a combined undergraduate degree program in Psychology and Social and Cultural Anthropology (Minor Workplace Learning) at the University of Calgary. She is currently in her third year and plans to pursue a Masters and Ph.D. program in clinical psychology. Kate has conducted research on health anxiety, and the relationship between weight-based stigmatization and disordered eating behaviors. Her future clinical and research interests include adult psychopathology and patterns of comorbidity and multimorbidity associated with substance use disorders. In addition to school, Kate also works as a research coordinator in the University of Calgary's Health and Wellness Lab. Apart from work and academics, Kate enjoys travelling, creative writing, yoga, and spending time with friends and family. She is also a strong advocate for animal rights and volunteers at a local animal rescue in Calgary.



ALISIA PALERMO

Communications Officer

Alisia Palermo is a MSc candidate in Forensic Psychology at the University of Ontario Institute of Technology (UOIT) under the supervision of Dr. Leigh Harkins. Her research interests include campus sexual violence and treatment of sex offenders. Following her Master's degree, she plans on pursuing a PhD in Clinical Psychology in order to eventually practice in a correctional facility. Apart from academics, Alisia enjoys reading anything and everything, volunteering, watching reality T.V., and spending time with family and friends. Alisia is excited for a second term as the Communications Officer of the CPA's Student Section!

GEORDEN JONES

Francophone Affairs Officer



Georden Jones is the Francophone Affairs Officer for CPA's Student Section for the 2017-2019 term. She grew up in rural Québec in the Outaouais region and completed her undergraduate degree at the University of Ottawa. In 2018-2019 she will be completing her 5th 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 term and looks forward to an amazing convention in Halifax! Georden est heureuse de représenter les étudiants en psychologie au Canada pour un autre mandat et au plaisir de vous voir à la conférence de 2019 à Halifax!

Many of us will be at the Convention in Halifax. 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
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
Travel Discounts	<ul style="list-style-type: none"> • IHG Hotels • Delta Hotels • VIA Rail • Flight Centre • Budget Rent-A-Car • AVIS

	<ul style="list-style-type: none"> • Trip Merchant
Retail	<ul style="list-style-type: none"> • Canadiana Flowers • Staples Print and Copy Centre
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 Jean-Philippe Gagné (jean_ga@live.concordia.ca).

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 Alexandra Richard (alexandra.richard@mail.mcgill.ca), the current Chair-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 (alisia.palermo@uoit.net), 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 & Student 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/>



Did you know?

The CPA was founded in a University of Ottawa psychology lab in 1938, although it was not formally organized until 1939. We are celebrating CPA's 80th anniversary this year!

Final Thoughts!

Be sure to create an account in the CPA's Convention Mobile App, <https://eventmobi.com/cpa2019/>, 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!***