LETTER FROM THE EDITOR

Greetings Psychology Faculty, Staff and Students, My name is Megan Clark and I am a third year HBSc Psychology student. I am currently the acting editor for the psychology departmental newsletter. I hope to encompass all of the happenings in the psychology department for the fall term. This fall/winter issue will include some research that has been conducted by undergraduate and graduate students, publications, happenings in PALS, PsiChi and NeuRIG and awards undergraduate and graduate students have received. Exam season is almost underway, however, you can take a quick study break to review all that has taken place in the department this term. If any of you have any questions, comments or criticisms I would be happy to hear them. Please email me at mjclark@lakeheadu.ca. I wish you all the best of luck on exams and a safe and relaxing holiday!

Submitted by Megan Clark, Third Year HBSc Student

IN THIS ISSUE

Publications and Emerging Findings Page 2
News from the SNAPL Lab Page 7
PhD Student is CPA Member on MAiD and EOL Issues Page 8
The Northern Ontario Gambling Research Hub Page 10
Undergraduate and Graduate Awards Page 11
A Word from NeuRIG Page 13
A Word from PsiChi Page 15
A Word from PALS Page 20
Celebrating Mary Lysenchuk’s 50 Years at Lakehead Page 21
Not ‘Goodbye’ but ‘See You Later’ - Dr.Stones Page 24
Psychology Jokes Page 25
NOURISHING COMMUNITIES

Three Lakehead University professors and an alum helped create a new textbook

Dr. Charles Levkoe, Canada Research Chair in Food Systems and Assistant Professor in Health Sciences, helped edit the book.

A chapter about Northern Ontario was written by Dr. Mirella Stroink, Chair and Associate Professor in Psychology, Dr. Connie Nelson, Director of the Food Security Research Network and Professor in Social Work, and Adam Davis, recent graduate of Lakehead University (MSc) and current PhD student at the University of Ottawa.

This edited volume builds on existing alternative initiatives and research movements to explore how a systems approach can bring about health and well-being through enhanced collaboration.

Drawing on case studies, interviews and research projects, the editors share the stories behind community-driven efforts to develop sustainable food systems, and present a critical assessment of both the tensions and the achievements of these initiatives.

Insights into the potential for market restructuring, knowledge sharing, planning and bridging civic-political divides come from across Canada, the United States and Mexico, making this a key resource for policy-makers, students, citizens, and practitioners. For more info about the book, please contact Dr. Levkoe at clevkoe@lakeheadu.ca.

INTERNATIONALIZING THE TEACHING OF PSYCHOLOGY

Wesner, M. F. & Dupuis, D. M. Published 2017, pp. 213-229

The chapters in the book include both core areas of psychology and subdisciplines that represent rapidly expanding and internationally important areas such as cross-cultural psychology and the psychology of gender. The chapters cover key topics and areas included in the course offerings of psychology departments both in the United States and in other countries. In addition to a discussion of international perspectives relevant to a given area, all chapters include an annotated bibliography of pertinent books, articles, web-related materials, films, videos, and so on.

Based on this information, both highly experienced and less experienced psychology instructors can add globally and culturally oriented dimensions
to their respective courses. This is important because universities, departments, and accrediting agencies increasingly put pressure on instructors to broaden and internationalize their courses.

Michael F. Wesner, Associate Professor in psychology and behavioural neuroscience researcher, and Ms. Dana Dupuis, a PhD Clinical Psychology student wrote the section on Understanding the Cultural Impact on Perceptual Processing in this book, Internationalizing the Teaching of Psychology.


SYSTEMS THINKERS EXPRESS AN ELEVATED CAPACITY FOR THE ALLOCENTRIC COMPONENTS OF COGNITIVE AND AFFECTIVE EMPATHY

Davis, A. C., Leppanen, W., Mularczyk, K. P., Bedard, T., & Stroink, M. L.

Published May 2017 in Systems Research and Behavioural Science, doi: 10.1002/sres.2475

Systems thinking is a cognitive style involving an implicit tendency to perceive the socialecological world as a multitude of interconnected complex adaptive systems. Previous research has shown that systems thinkers value and care for entities that transcend the self, such as other human beings and nature, signalling a more expansive self-concept. Similarly, individuals high in empathy have an inclusive self-concept, a stronger proenvironmental identity and value entities beyond themselves. The present study examined the hypothesis that systems thinking would share a positive relation with components of cognitive and affective empathy. Results from an online survey of 135 undergraduate students demonstrated that systems thinking shared significant positive correlations with perspective taking, empathic concern and fantasy. However, only perspective taking and empathic concern emerged as unique significant positive predictors of systems thinking. Results suggest that systems thinkers express an elevated capacity for the allocentric components of cognitive and affective empathy.

DO COGNITIVE PROCESSES EXPLAIN THE RELATIONSHIP BETWEEN SOCIAL ANXIETY AND NEGATIVE DRINKING MOTIVES AMONG UNDERGRADUATES?

Pitura, V. A. & Maranzan, K. A.


Despite an established relationship between social anxiety (SA) and negative reinforcement drinking motives (NRDMs), relatively little is known about the factors that explain this relationship. This study explored whether three processes implicated in cognitive models of SA (anticipatory processing, self-focused attention, and post-event processing) mediated the relationship between SA and NRDMs in undergraduates. Participants (N = 180) completed self-report measures of social interaction and evaluation anxiety, anticipatory and post-event processing, self-focused attention, drinking motives, and depression. Analyses were conducted using parallel multiple-mediation analyses, which employed bootstrapping tests of significance. Most notably, results showed that the relationships between interaction/evaluation anxiety and drinking to cope with anxiety were explained by trait tendency to experience anticipatory processing and self-focused attention. The relationship between interaction anxiety and drinking to cope with depression was also explained by a tendency to engage in self-focused attention. Conversely, evaluation anxiety directly predicted drinking to cope with depression, while both interaction and evaluation anxiety directly predicted drinking to conform to peers. Overall, these findings further elucidate these relationships by suggesting that anticipatory processing and self-focused attention, but not post-event processing, explain the relationship between SA and drinking to cope with negative affect. Alternatively, these cognitive processes do not appear relevant to SA and conformity-motivated drinking.


PERSONALITY CHARACTERISTICS OF ADULT SURVIVORS OF PRETERM BIRTH AND CHILDHOOD SEXUAL ABUSE

Lund J. I., Schmidt L. A., Saigal S., & Van Lieshout, R. J.


Early life experiences may alter personality outcomes across the lifespan. Extremely low birth weight (ELBW) survivors appear to have a particular personality ‘type’ marked by increased levels of cautiousness and social conformity. It is, however, unclear if the experience of child sexual abuse (CSA) can alter this outcome. We utilized data from a prospective, longitudinal, birth cohort of ELBW survivors to examine the personality characteristics in the third and fourth decades of life of those exposed to CSA versus those who were not. At age 22–26 years, ELBW survivors who had experienced CSA were less likely to display social conformity (p b 0.01) and were less cautious (p b 0.01) than ELBW survivors who had not. At age 30–35, ELBW survivors who had experienced CSA
were less likely to socially conform (p = 0.03), were less cautious (p = 0.03), and displayed higher levels of neuroticism (p < .01). ELBW survivors who have experienced CSA appear less likely to socially conform, are less cautious, and may experience higher levels of neuroticism in their 20s and 30s than those who were not exposed. These findings support the possibility that significant childhood experiences may lead to stable alterations in personality through the fourth decade of life.


---

SOCIAL MODELING OF EATING MEDIATED BY MIRROR NEURON ACTIVITY: A CAUSAL MODEL MODERATED BY FRONTAL ASYMMETRY AND BMI

McGeown, L. & Davis, R.

Published October 12, 2017 in Behavioural Brain Research, Issue 338, pp. 66-75

The social modeling of eating effect refers to the consistently demonstrated phenomenon that individuals tend to match their quantity of food intake to their eating companion. The current study sought to explore whether activity within the mirror neuron system (MNS) mediates the social modeling of eating effect as a function of EEG frontal asymmetry and body mass index (BMI). Under the guise of rating empathy, 93 female undergraduates viewed a female video confederate “incidentally” consume either a low or high intake of chips while electroencephalogram (EEG) activity was recorded. Subsequent ad libitum chip consumption was quantified. A first- and second-stage dual moderation model revealed that frontal asymmetry and BMI moderated an indirect effect of model consumption on participants’ food consumption as mediated by MNS activity at electrode site C3, a3b3 = −0.718, SE = 0.365, 95% CI [−1.632, −0.161]. Left frontal asymmetry was associated with greater mu activity and a positive association between model and participant chip consumption, while right frontal asymmetry was associated with less mu activity and a negative association between model and participant consumption. Across all levels of frontal asymmetry, the effect was only significant among those with a BMI at the 50th percentile or lower. Thus, among leaner individuals, the MNS was demonstrated to mediate social modeling of eating, as moderated by frontal asymmetry. These findings are integrated within the normative account of social modeling of eating. It is proposed that the normative framework may benefit from consideration of both conscious and unconscious operation of intake norms.

Nonsuicidal self-injury (NSSI) is used to regulate emotions and communicate distress. Research has examined its prevalence, forms, and functions, but little is known about its severity and the personality and cognitive correlates. This study examined personality traits and early maladaptive schemas in a Canadian nonclinical sample (N = 156, age M = 25.23 years, SD = 8.14 years) consisting of 3 equal-sized groups (n = 52; 43 women, 9 men), matched on sex and age, and that varied on NSSI severity: high NSSI, low NSSI, and control. Participants completed the Deliberate Self-Harm Inventory, Big Five Inventory, and Early Maladaptive Schema Questionnaire - Short Form. Results showed that high and low NSSI groups scored significantly higher than the control on neuroticism, and significantly lower on extraversion, agreeableness, and conscientiousness (Cohen’s d ranges between .50 and 1.53; p ranges from < .01 to < .001). High NSSI group was significantly less agreeable than Low NSSI group (Cohen’s d = .37; p = .04). Both high and low NSSI groups scored significantly higher on all early maladaptive schemas (Cohen’s d ranges between .63 and 1.71; p ranges from < .01 to < .001), except for self-sacrifice beliefs. High NSSI group was significantly higher than Low NSSI (Cohen’s d = .60; p = .005) and control (Cohen’s d = .69; p < .001) groups on beliefs related to unrelenting standards. Given the link between perfectionism and suicide, the findings support the importance of focusing on specific maladaptive beliefs in NSSI with implications for interventions.

NEUROSCIENCE 2017


Also, earlier this fall, Dr. Michael F. Wesner, Associate Professor in psychology and behavioural neuroscience researcher gave an invited talk at the Ontario Association of Optometrists (OAO) Northwestern District Meeting. The title of the talk: The Visual Neuroscience of Short-Wavelength (“Blue”) Light: An Overview of the Clinical Neuroscience Projects Conducted at the CBTC Sensory Neuroscience & Perception Lab (SNAPL).
PhD Student is Member of CPA Task Force on MAiD and End of Life Issues

By: S. Kathleen Bailey, M.A., PhD (Candidate)

On June 17, 2016, the Government of Canada passed legislation (Bill C-14) allowing Medical Assistance in Dying (MAiD). To be eligible for MAiD, an individual must: (1) be at least 18 years of age; (2) be deemed mentally competent to make informed health care decisions; (3) have a grievous and irremediable medical condition; (4) be experiencing unbearable suffering; (5) be in an advanced state of decline in which death is reasonably foreseeable; (6) make the request free of pressure or external influence; and (7) be eligible to receive health services in Canada. Under the existing law, individuals with a mental disorder in the absence of a physical disorder cannot undergo MAiD, nor can MAiD be accessed by minors. Additionally, requests for MAiD cannot be made through advance directives, regardless of the presence or suspected presence of dementia or other neurocognitive conditions.

MAiD is controversial, ethically complex, and can be morally and professionally challenging for clinicians with direct and indirect involvement with MAiD. Canada’s law on MAiD has been challenged for excluding individuals with disabilities, those who are experiencing unbearable suffering but whose death is not “imminent,” and younger persons. It has been contended that an individual should have a right to have their request for MAiD through advance directives considered by their substitute decision maker (SDM). The Board of Directors of the Canadian Psychological Association (CPA) recognised these complexities and foresaw revision of the existing law as an eventuality, and commissioned a Task Force on MAiD and End of Life Issues. The Task Force was asked to consider these issues and put forth recommendations that could inform CPA policy on calls to revise the existing law governing the practice of MAiD.

CPA put out a call to all members inviting participation on the Task Force. Thirteen individuals expressed interest and three others (myself among them) were invited based on having relevant knowledge and expertise. I am a PhD Candidate in Lakehead University’s Clinical Psychology programme. I have academic and clinical interest in issues related to end of life care, biomedical ethics, dementia care, and advocacy related to Geropsychology. I have participated in and published research on end of life decision making, dementia, euthanasia, advance directives, and healthcare systems/organisation. I was honoured, excited, and intimidated when I received that unanticipated call in July 2016 inviting me to join CPA’s Task Force on MAiD, feelings that were amplified by being the only student involved.
As a member of the Task Force, I participated in numerous teleconferences with knowledgeable colleagues; literature review, background, and best practices research. I personally consulted and engaged with experts from other countries and jurisdictions; contributed to the development of a survey tool for a national audience of psychologists and psychological associates, and students; underwent ethical review procedures for both research purposes and in terms of our CPA Code of Ethics. Further, I contributed my views and time to the development of recommendations for a momentous health care milestone in my country that is important to me.

My position on the Task Force has been a provocative, thoughtful, challenging, and professionally satisfying experience to contribute to and exchange with accomplished and esteemed colleagues from the Canadian psychology community. It was notable for me that different perspectives on MAiD and issues related to MAiD were presented and respected by Task Force members. I learned a great deal about utilising the CPA’s Committee on Ethics, for example, something I previously knew nothing about. Using multiple methods that incorporated evidence, our “collective wisdom” (in the words of the Task Force Chair), and clinical experience, recommendations were developed and will soon be shared. Research findings will be disseminated. Creating those recommendations and interpreting our findings continues to be an iterative, collaborative process, which in no way means that support on every point is unanimous or easy to arrive at. My own views were frequently challenged, informed, and deepened through discussion and self-reflection. This opportunity to be acknowledged as an up-and-coming leader in my chosen area of psychology, and to work alongside respected and accomplished psychologists from across Canada, all while representing Lakehead’s Department of Psychology at a national level, continues to be formative.

The Canadian Code of Ethics for Psychologists (2017) states that, “psychologists, both in their work and as private citizens, have responsibilities to the societies in which they live or work and to the welfare of all human beings in those societies,” and that “the legitimate expectations of psychology as a science and a profession are that it will increase knowledge and that it will conduct its affairs in such ways that it will promote the welfare of all human beings.” I feel that I have been engaged in each of these roles in my work as part of the Task Force. I hope that you will embrace all of the principles in the CPA’s Code¹ and engage in community service at any level, in any capacity, throughout your lives and careers.

The Northern Ontario Gambling Research Hub is a new knowledge translation and exchange (KTE) lab located at Lakehead University’s Thunder Bay Campus. The Hub is part of Gambling Research Exchange Ontario’s (GREO) Hub Program to support researchers with an existing foundation in gambling research expand their knowledge translation activities and reduce the knowledge-to-action gap.

Hub membership is comprised of Psychology Department faculty (Dr. Dwight Mazmanian and Dr. Christopher Mushquash), graduate students (Jessica Tanner, Alexandra Drawson, and Kristy Kowatch), undergraduate students (Erika Puiras), and research assistants (Shayna Cummings). The Northern Ontario Gambling Research Hub is the fifth hub in the program, joining researchers and KTE experts at Carleton University, McMaster University, St. Michael’s Hospital, and the Centre for Addiction and Mental Health (CAMH).

On November 21st, the Hub co-hosted their first event, a Meet and Greet, with Youth Gambling Awareness Program (YGAP) through the YMCA Toronto. Local service providers, ranging from mental health clinicians to bankruptcy counselors, gathered at the Victoria Inn to learn about the Hub and what it is bringing to the community, as well as YGAP and their services.

For more information and periodic updates, please see the Northern Ontario Gambling Research Hub’s website www.northongamblingresearch.com or our Facebook, Twitter, and Instagram accounts (@NOGResearchHub).
Best Poster Presentation Award – 70th Annual Ontario Psychological Association Conference

Brittany Mascioli

New Scientist Awards for 2016-2017: Given to the MA/MSc and PhD level students who have produced the most published research in the past year. Through this award we aim to recognize and promote outstanding contributions to research in Psychology. This is an internal award from the Department of Psychology.

MA/MSc: Jessie Lund
PhD: Alexandra Drawson

CPA Thesis and Dissertation Awards for 2016-17 (June): Given to the students who have achieved the highest ratings on their thesis/dissertation defences or honours thesis grades. This is an award of the Canadian Psychological Association.

Honours: Dani Adduono and Gabriela Coccimiglio
MA: Samantha Chong and Elaine Toombs
PhD: Danielle Ransom and Taslim Alani

The National Indian Brotherhood (NIB) Trust Fund
Staci Person and Brandi Person
The National Indian Brotherhood (NIB) Trust Fund allocates funds to First Nation and Metis individuals through a competitive application process aimed at healing, reconciliation, and knowledge building. The NIB Trust Fund allocates funds in accordance with the Indian Residential Schools Settlement Agreement of 2007- the largest settlement agreement in Canadian history, which provided compensation to survivors for their experiences at residential schools. The scholarship is not a formal compensation package for former students of Indian residential schools, although preference is given to former students or students whose parents and/or grandparents were survivors. The NIB Trust fund provides resourcing to create meaningful opportunities that improve quality of life for First Nations.
The NIB Trust Fund received more than 1,700 applications during the 2017-2018 call for individual applications and my sister and I were both chosen as recipients of the scholarship based on First Nation status, academic merit, leadership skills, and community involvement.

**Persons with Lived Experience Involvement Award**

Lakehead alumnus, Cierra Garrow recently received the Persons with Lived Experience Involvement Award from The National Council of Persons with Lived Experience (NCPLE), and the Canadian Mental Health Association (CMHA). Cierra graduated with first class standing in both a BA in Psychology and BA in Indigenous Learning this April. The Persons with Lived Experience Involvement Award honours a person with lived experience of mental health issues who best exemplifies self-determination and a strong sense of advocacy. This award is given to a consumer/person with lived experience (pwle) who has made an outstanding contribution to the involvement of persons with lived experience within CMHA and in society in general. The award honours past, present and future consumer/pwle leaders, and celebrates the voice and participation of pwle in issues related to mental health in Canada. This award is one of very high honours and was awarded to Cierra for her contribution to mental health in Canada. She has worked with persons with lived experience who face challenges with FASD, depression, anxiety, and addiction issues. Cierra has also immersed herself in the Anishinaabe culture, namely in Kenora, Ontario. Cierra has demonstrated strong communication and presentation skills and have helped to ensure that the community is well-versed in mental health issues, and the availability of services. In addition, she has shared her story as a person with lived experience of mental health issues has helped to curtail the stigma of mental illness that is still experienced in Northwestern Ontario and beyond.
NeuRIG (Neuroscience Research Interest Group) at Lakehead University is dedicated to the promotion of neuroscience knowledge and its accessibility to all. We encourage an environment that is intellectually curious and open to diverse investigations and discourse related to the basic and translational aspects of neuroscience among interested individuals, regardless of their academic or research background.

This year, NeuRIG has transitioned to a student run organization, registered with LUSU. We have 8 student executive members. Maggie Prenger, an HBSc Psychology student, is the new acting President. Maggie has been involved with NeuRIG extensively since 2015. Sean Carter, an HBKin student is the new Events Coordinator for NeuRIG. Megan Clark, an HBSc Psychology student, is the new Secretary. Cameo Sameshima, an HBSc Biology with a Major Concentration in Neuroscience student, is the Community Outreach Coordinator. Dylan Chopp, an HBSc Biology with a Major Concentration in Neuroscience student, is our new High School Outreach Coordinator. Alexandrea Macey, an HBSc Biology with a Major Concentration in Neuroscience student, is the new Treasurer. Lastly, Katy Crnovik-Michon, an HBSc Psychology student, is the new Recruitment Director.

NeuRIG has been very active this term. We have hosted 4 lectures in our Talks on the Basics of Neuroscience series. This is a series of neuroscience lectures which are open to the public and do not require previous knowledge in the field. A talk on 'The Integrative Nature of the Neurosciences' was hosted by Dr. Michael Wesner, Associate Professor in Psychology and behavioural neuroscience researcher. In addition, Sean Carter, our Events Coordinator, hosted a Halloween-themed talk on ‘The Neuroscience of Zombies’. This talk was very successful, with many students from different areas in attendance. Cathy Alex of CBC interviewed Sean and Maggie before this lecture, and aided in promoting NeuRIG. A similar ‘Neuroscience of Zombies’ lecture was recently presented by Maggie to promote neuroscience to high school students at the Lakehead Preview Day. Sean also assisted Emily De Sommer-Dennis, HBFA, painter and Lakehead alumnus in hosting a talk – ‘Art at
the Intersection: Understanding Anxiety Through Science and Self Expression'. This lecture served as an introduction to the neural underpinnings of chronic anxiety, and talked about how an understanding of the science can impact someone's personal experience. Emilee De Sommer-Dennis shared her search for answers and demonstrated how grounding her work in the scientific literature allows her to communicate her experience to the world through art. Lastly, Dr. Eryk Przysucha from the School of Kinesiology gave a talk on the field of motor control. He has worked with individuals with atypical motor function for the majority of his career. He gave a retrospective of his 15 years in the field of motor control, highlighting the best and worst of the discipline.

NeuRIG has some exciting upcoming events planned! We will be participating in Research & Innovation Day at Intercity Shopping Centre on Saturday, March 3rd. Volunteers will be needed, so if interested, please contact NeuRIG by email (neurig.biology@lakeheadu.ca) or on Facebook. In addition, more lectures in the Talks on the Basics of Neuroscience series are planned for the new year. We hope to host a few on the topic of Artificial Intelligence. Dates for these lectures have not been confirmed yet, but will be updated on NeuRIG’s Facebook page and through our email (neurig.biology@lakeheadu.ca). Also, NeuRIG will be travelling to high schools to present a talk on neuroscience, and dates are to be arranged. Additionally, on January 16, high school students will be invited to come to Lakehead University and tour laboratories and stations related to neuroscience to promote the Biology with a Major Concentration in Neuroscience program. Lastly, NeuRIG will be hosting a Mid-2000’s Dance Party at Shooters Tavern on Saturday, January 27th at 10pm. This is a 19+ event, and a cover charge of $5 will apply.

If you would like to stay updated with NeuRIG’s events and initiatives, please follow us on Facebook (www.facebook.com/neurig), or email us at neurig.biology@lakeheadu.ca in order to be added to our mailing list. We look forward to another successful semester!
A Word from Psi Chi...

For those who are not familiar with Psi Chi, we are an international honour society organization that seeks to recognize and promote excellence in scholarship, leadership, and the science and application of psychology. Our Lakehead Chapter received charter status in April 2013 and we were the third chapter to be established in all of Canada.

Psi Chi is looking forward to another great year filled with rich opportunities for academic excellence, community involvement, leadership and networking in both professional and social settings. Every year since its inception, our Psi Chi chapter has become stronger and more present on campus. Psi Chi hopes to continue this trend building on the successes of previous years and influential past presidents, Dana Dupuis and Chad Keefe.

We would like to take this opportunity to thank Megan Clark for inviting us to write a piece for this newsletter, allowing us to connect with students and faculty as we share our past accomplishments and future goals. As a chapter, we are thankful for the support we have received from students and faculty members thus far. It is our pleasure to introduce the new Psi Chi executive committee.
Award Announcements

Since the publication of our department newsletter in May, our Psi Chi members have been fortunate enough to be recognized with prestigious awards and scholarships. Our incoming president, Stephanie Campbell, was chosen as one of eight graduate students from North America to receive a Psi Chi Graduate Scholarship. This award recognized her academic accomplishments, leadership and commitment to pursuing the Vision 2020 goals set by the Psi Chi organization.

Our Vice President, Dani Adduono, has been awarded the 2017 President’s Award from Lakehead University and Honours Thesis Award from the Canadian Psychological Association. These awards are well deserved and a testament to Dani’s dedication to academic excellence, exemplary research and community engagement.

Another Psi Chi member, Brittany Mascioli, was chosen to receive the Best Poster Award at this year’s annual conference for the Ontario Psychological Association. Congratulations!

Given the level of professional development that Psi Chi encourages, I am certain other members have been recipients of scholarships and awards at an institutional and national level. Psi Chi would love to hear about (and share) your achievements so please be sure to send any award announcements to our email so we can congratulate you on your success!

Volunteer Opportunities with Psi Chi

Shelter House

Continuing with one of our most successful community service initiatives, Psi Chi will be volunteering monthly at the Shelter House. It is our intention to run the volunteer sessions on the first Sunday of every month. However, this is subject to change based on availability so please watch our Facebook page for the invitations to participate. Our first volunteer session on November 5, 2017 was a great success. Our next session is booked for December 3, 2017. Anyone interested in participating is encouraged to contact Psi Chi directly or Dylan Chopp, our events coordinator. These sessions are a great opportunity to give back to our community and all volunteers have found this to be a very rewarding experience.

At these events, our Psi Chi executive team gathers with Psi Chi members, psychology students, students from other disciplines at Lakehead University, and community members to engage in preparing and serving hot meals to community members in need. We have also aided in organizing and stocking items donated to The Shelter House and assisting in clean up following meals. On average we serve approximately 200 community members at each volunteer event. The volunteer sessions typically run from 4:30-8:00pm. We encourage anyone who is interested to join us for a trip to the Shelter House this year.
**Operation Red Nose**

This year Psi Chi will be entering as a team to volunteer with Operation Red Nose. This is a local program that operates over the holidays and offers a free, safe ride home for those who have been drinking. We are proud to collaborate with a local organization to ensure our Thunder Bay citizens have a safe and reliable ride home over the holiday season. The tentative volunteer date is December 16, 2017. If you would like to join us and volunteer to be a driver or a navigator, please contact Psi Chi at your earliest convenience.

**Random Acts of Kindness**

Lastly, we will be assembling care packages made up of winter essentials and basic needs such as gloves, toothbrushes, toothpaste, soap and coffee vouchers to distribute to local people in need. Random Acts of Kindness will take place around the holidays and will be one of our new community services initiatives.

---

**Invited Speaker Series**

Psi Chi’s Invited Speaker Series has been one of our most successful ongoing events. At our Invited Speaker Series, we organize and host invited talks on a variety of topics spanning different subfields in psychology. Our aim is to foster the sharing of scientific information and to generate excitement and interest in different psychology-related topics.

On November 22nd, 2017, Psi Chi paired its first Invited Speaker Series talk with the Annual General Meeting. At the meeting, Psi Chi introduced the new executive committee and informed members of Psi Chi’s goals for the year. Immediately following, Dr. Paul Johnston presented a talk entitled Forensic Psychology: Understanding the Career and Criminal Psychology. In his presentation, Dr. Johnston provided relevant information on forensic psychology including typical job responsibilities and unique challenges for psychologists employed in this field. Psi Chi greatly appreciated Dr. Johnston’s presentation and the opportunity to educate our members on this specialized branch of clinical psychology. Thank you again to Dr. Paul Johnston for volunteering his time to provide these valuable insights.
Second Annual Wine, Cheese, & Psychopathy Night a Success!

On November 24th, 2017, Psi Chi hosted its second annual Night of Wine, Cheese, and Psychopathy. This successful event brought students and colleagues together through a social engagement that provided opportunities for both networking and education. Complimentary wine, cheese and snacks were provided by Psi Chi for all attendees.

Together we learned about the events surrounding the life of Aileen Wuornos, the first female serial killer to be put to death in America. At the Study, attendees were shown the award-winning movie Monster and a complementary documentary including real life interviews with Aileen Wuornos. Following the screening, attendees participated in an educational game that required them to identify her psychological diagnoses using evidence from the films to win prizes. In addition to the enjoyable evening, $75 was fundraised through the raffle efforts and several people donated plastic bags which will be used by a local woman to make mats for the homeless.

Sincere Thanks

Thank you to all who attended and showed their support for Psi Chi. As always, we encourage everyone to attend events on campus to encourage networking, knowledge dissemination and solidarity within the department. A very special thank you to Mary Lysenchuk and Heather Suslyk for their assistance in soliciting donations for our raffle basket. And last but not least, this incredible event would not have been possible without the hard work of our Vice President, Dani Adduono. We have already received feedback from students and guests who were all extremely impressed with the fun and educational event. Well done Dani!
Psychology Mentorship Program

We are thrilled to report that Psi Chi’s Psychology Mentorship Program has been very well received by students and faculty at Lakehead University. We developed this program for students who are seeking extra guidance and support in their academic careers. Psi Chi pairs up undergraduate mentees with graduate mentors based on their research interests, future goals, and what they are looking to gain from a mentorship experience. Students do not need to be Psi Chi members to get involved. If you are interested in participating in the mentorship program as either a mentor or mentee, please feel free to contact Psi Chi or Daniel Dooley (dwdooley@lakeheadu.ca) for a mentorship application. Daniel will be taking charge of the mentorship program this year so feel free to contact him with questions or to apply.

Additional Activities

Consistent with our goal to encourage students to conduct, apply and disseminate research, Psi Chi will be travelling to Chicago, Illinois to attend the Midwestern Psychological Association Conference from April 12-14. At this conference, Psi Chi members will network with other Psi Chi chapters and attend the regional meeting. Anyone interested in joining us for the trip is encouraged to contact Psi Chi. We are excited to meet our fellow Psi Chi members and show Psi Chi our gratitude for their ongoing support and recognition.

In addition to the upcoming activities already described, Psi Chi has some exciting events and fundraisers planned for next semester. We will be hosting at least one more Invited Speaker, holding our annual induction ceremony in March, and running a Paint Nite fundraiser at a local establishment. Keep your eye on the Facebook page for updates!

Dana M. Dupuis
Psi Chi Lakehead University Chapter President

Apply Now for Membership!

Psi Chi will be accepting applications for new members up until January 15, 2018. At your convenience, review eligibility criteria and apply directly on the website (www.psichi.org). All are encouraged to apply. You are not required to pay membership dues until accepted. There are many benefits to membership including exclusive scholarship and publication opportunities, networking and international recognition for academic excellence in psychology. We look forward to reviewing your application!
A Message from the President:

Thank you for the opportunity to serve as your chapter president this year. It is both an honour and a privilege to contribute to the professional development of our incredible Lakehead psychology students. From the bottom of my heart, I would like to thank past presidents Dana Dupuis and Chad Keefe for establishing such an important society on campus and for paving the way for my success through innovation and mentorship. The Psi Chi organization has released a set of goals that all chapters are encouraged to work towards from now until the year 2020. In relation to scholarly pursuits, they ask that we encourage members to conduct exemplary research, disseminate and apply research findings, and maintain a lifelong interest in exploring the field of psychology. In relation to member development, they ask that we provide information and opportunities to enhance members' professional and personal lives. Lastly, they ask that we foster a vibrant and meaningful environment for all members to contribute to and benefit from continued engagement. As the incoming president, it is my promise to you that these goals will remain in my mind as we plan and organize all of Psi Chi’s upcoming initiatives. I think it is essential to encourage academic excellence, but it is equally important to create a climate on campus that promotes cooperation and collaboration among students at all levels. In my time as president, I hope to bring students together so we can inspire and empower one another in the pursuit of common goals. Thank you again for this amazing opportunity and I am excited to see how much more we can achieve together.

Sincerely,

Stephanie Campbell
Psi Chi Lakehead University Chapter President
Contact: scampbe2@lakeheadu.ca or psichi@lakeheadu.ca

A WORD FROM PALS

The psychological association of Lakehead students would first like to thank everyone who came out to the Halloween movie night as well as all those who supported the bake sale. Pals is currently in the planning stages of the annual psych social which will be held in mid-January. We will be fundraising with a pictures with Santa in the study this week to raise money for the social. Pals is looking forward to seeing everyone at our upcoming events.
Lakehead’s Department of Psychology has recently celebrated that Mary Lysenchuk has worked at the University for 50 years.

She applied in person on Friday, Aug. 25, 1967, shortly after graduating from high school.

"I met with the HR officer," Mary said. "She took me to the Library and Mr. Belton, the Chief Librarian, dictated a letter that I had to type as a test. When I got home that day I received a call informing me I got the job."

Mary still remembers her first day as Library Assistant – Monday, Aug. 28, 1967 – typing catalogue files, which was how they kept track of where each book was located.

"That first day was pretty busy," Mary said. "In the past you sat at your desk for seven hours and your head was down, typing. Jobs have changed a lot since then."

In 1969 the administrative assistant position became available in Psychology. Mary thought it would be the perfect job so she applied and was selected for the position.

It was a smaller group of employees and students on campus back then.

"We had offices in the Braun building, which was one of the few buildings on campus. Everyone knew one another and there was a family-like atmosphere. Everyone was engaged in helping the university grow and prosper. Every Friday afternoon everyone socialized in the Faculty Lounge," she said.

Psychology has grown from offering a Master’s program in 1968 to now also having an accredited PhD program, which the department began offering in 1995.

Technology also changed a lot over the years. When she started working as a Departmental Assistant, Mary worked on a typewriter. Every memo and letter was dictated and then transcribed. Research papers were typed and retyped because if there was a change in the first page, then the whole paper had to be retyped.

To make copies, she used a Ditto machine, then a Gestetner, and then a Xerox machine.
In the 1980s, Mary got the first computer in her department, which may have been the first on campus. “It was a Macintosh. It looked like a small box,” she said. The screen was about six inches and there was no hard drive. The operating system was on a disk.

“A technician from the University’s computer department came to show me how to use it. All the faculty stood around the computer in awe. I was in the doorway and could not see a thing. That was OK because I asked the technician to come back the next day to give me the real training.”

Mary ended up teaching other employees how to use the computer. She has also been very helpful to the 10 very different Psychology Chairs that she worked with.

“One time when I was first Chair, she asked me if there was anything she could help me with,” said Dr. John Jamieson, a former Chair of Psychology.

“I was struggling with a difficult administrative decision and I described it to her. She gave me the solution! I learned from then on always to consult with Mary when faced with a complex issue, since she knew how similar issues had been resolved in the past,” he said. “She is a pillar of strength and wisdom, quietly doing her job.”

Even after 50 years, Mary hasn’t announced a retirement date. She said she will retire when she is ready. Throughout her career, there were days when she felt sick, but she usually went in anyway.

“I feel if I’m lucky enough to be healthy, I’m going to come to work. I don’t take much time off.”

Mary has worked with thousands of students, many of whom are now employed in Mental Health Services in Thunder Bay. She offered some advice for young people starting out in a new job.

“Stay if you enjoy it. It is rare that you find a job that you enjoy for 50 years. If you like where you are, stay there.”

When Mary retires, she will miss the wonderful people she worked with the most. Mary worked with Sheila Delin, the Test Librarian and Graduate Assistant in the Department of Psychology for 35 years, who recently retired.

“We were a great team. Not only did we have a good working relationship, we shared coffee breaks, lunches and many good and sad occasions for 35 years. It is a gift when you work with someone for so many years and you work so well together.

“You come to work and you’ve got people coming into your office; happy, friendly, young students, fresh minds, what more could you ask for? It’s a good working environment.”

But she won’t miss having to leave the house on the snowy, cold days early in the morning, and she won’t miss having to be on a schedule.
“The first Chairman that I worked for told me that it does not matter what position you hold, everyone is important to the team. After working at Lakehead University for 50 years I have received nothing but respect and friendship.

“It has been my pleasure to be a member of this institution’s community, surrounded by warm, kind and thoughtful people.”

On May 2, Dr. Brian Stevenson, Lakehead’s President and Vice-Chancellor, recognized Mary’s dedication by presenting her with a small gift at the Employee Service Recognition Reception.

The Psychology department held a reception to celebrate Mary’s 50th anniversary at Lakehead on Friday, Sept. 8 from 3 to 5 pm in the Study Coffeehouse.
By Mike Stones

It’s time for retirement after 44 years working at universities. The earliest port of call was the Open University in the UK as a sessional lecturer. Then followed a 20-year period at Memorial University of Newfoundland, where a group of us associated with the Gerontology Centre helped the university build a solid reputation for applied research. The many highlights from this time included the founding of a Seniors Resource Centre that continues to thrive after 28 years of community service. Next came the University of Waterloo, which generously allowed me weekly visits to Montreal as Director of Research at the University Institute of Social Gerontology of Quebec. We examined issues relevant to governmental policies of the time. The final destination was Lakehead University for nearly 20 years. In addition to teaching and research in psychology, early duties also included Director of what is now the Centre for Education and Research on Aging and Health (CERAH) and Coordinator of the Gerontology Program. The latter saw the introduction of major and joint-major degrees during my tenure.

Retirement for me means neither giving up nor dropping-out. Because Lakehead University has such great people as students, staff and faculty colleagues, why leave? Moreover, my wife, Lee, who’s my main collaborator and co-author, doesn’t like to stray too far from Thunder Bay. So, as emeritus professor, I won’t say ‘goodbye’ but ‘see you later’. You’ll see me hanging around, optimistically trying to show that an older psychologist’s best research can lie in the future, not the past.

Mike Stones is retiring. Come help him celebrate!

Date: Sunday, Dec. 10, 2017
Place: The Sleeping Giant Brewery
712 Macdonell Street
Time: 7 - 10 PM

After 19 great years at Lakehead, 4 years at Waterloo and 20 years at Memorial, Mike is retiring to continue his research - while discovering new ways of getting younger.
“It might help Skippy’s feelings if you said he needed improvement instead of calling him a bad dog.”

“Acknowledgements and...”

“Acknowledgments and...”

“...all day?? It took me all day to read one paper??”

“I was supposed to pay attention!”

“...and it only took...”

“...and it only took...”

“...there! I finished reading the paper!”

“...there! I finished reading the paper!”

“My ex-girlfriend thinks I’m mean and my current one thinks I’m average...”

“Maybe you’ve set your bar too high?”

“R.A. DITWELL, CHILD PSYCHOLOGIST”