



Professional Development in Psychology

Fall 2018/ Winter 2019

Instructors:	Suzanne Curtin Andrea Protzner	Lecture Location:	AD 247
		Lecture Days/Time:	Tuesdays 12:00 – 13:20
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Course Description and Goals

This course is a professional development seminar series tailored to Psychology graduate students that prepares students for diverse careers in Psychology. The goals of the seminars are to build transferable skills relating to three pillars: academic topics (e.g., publishing, applying for ethics, creating a 3 minute thesis), mental health and wellness (e.g., dealing with stress and burnout, work-life balance, supporting students as teaching assistants), and career development (e.g., leadership skills, conflict management, career planning). These workshops will allow students to network with faculty, staff, and other students in Psychology, learn tangible skills, and develop tools that act as the building blocks for their personal and professional development.

Text

There will be no required textbook.

Evaluation

The grade for this course is pass/fail and will be evaluated on the basis of participation.

In general, participation entails contributing during class and will take into account general class discussion, as well as coming to class prepared (for dates in which you are required to bring material with you i.e., a scholarship proposal).

Description of Course Components:

Date and Time	Topic	Description
September 11 th , 2018	Introduction to Graduate School	<p>This workshop is for all new graduate students (i.e., MSc and PhD)</p> <p>It will cover general tips for graduate students who are commencing their degree. Information will be provided on how to use D2L, what the funding structure is within the department, the graduate handbook, resources on campus for grad students, and student/supervisor contracts.</p>
September 18 th , 2018	Leaderships Skills	<p>Learn why leadership skills are important not only for scholarship applications but for students' professional development.</p> <p>Hear from various award recipients from UCalgary and experts regarding developing leadership skills. Students will hear about leadership opportunities available at UCalgary.</p> <p>Students will reflect upon their own leadership abilities and discuss what skills they would like to develop during their graduate training.</p>
September 25 th , 2018	How to write a successful PhD scholarship Proposal	<p>Learn what to include in a scholarship proposal.</p> <p>Faculty members will discuss various scholarships (e.g., SSHRC, NSERC, CIHR) and how to strengthen student applications based on the award type. Students will be required to bring a draft of their scholarship proposal, and will receive one-on-one assistance from faculty members and graduate students who have been awarded scholarships.</p> <p>Students will have the opportunity to ask questions about the application process.</p> <p>*Note: This workshop is only for students applying for PhD scholarships and will take 90 minutes</p>
October 9 th , 2018	Supporting Graduate Students as Teaching Assistants	<p>Learn about the various types of TA positions available within the department. Hear about what your rights are as a TA and who you can talk to if you think those rights have been breached. Students will hear about their responsibilities as TAs and be able to discuss these.</p> <p>Students will learn about resources available on campus to help them in various TA positions.</p>
October 23 rd , 2018	Foundations for Conducting Research	<p>Panel members will discuss the following topics related to conducting research in Psychology:</p> <ul style="list-style-type: none"> • Research integrity • Intellectual property • Authorship

November 6 th , 2018	How to write a successful Master's scholarship Proposal	<p>Learn about what to include in a scholarship proposal.</p> <p>Faculty members will discuss various scholarships (e.g., SSHRC, NSERC) and how to strengthen applications based on the award type. Students will be required to bring a draft of their scholarship proposal, and will receive one-on-one assistance from faculty members and graduate students who have been awarded scholarships.</p> <p>Student will have the opportunity to ask any questions they have about the application process.</p> <p>*Note: This workshop is only for students applying for Masters level scholarships and will take 90 minutes</p>
November 20 th , 2018	The Balancing Act: Managing Life and Grad School	Balancing the demands of graduate school is very difficult. Discussions will center around tips and information for improving students' time managements skills, goal setting, and work-life balance.
December 4 th , 2018	3 Minute Thesis Part 1: What you Need to Know to Get Started	<p>Have family or friends ever asked you "what is your research about?" Do you wish you could provide an exciting and quick answer? Learn how to in this workshop dedicated to teaching students how to create a 3-minute thesis.</p> <p>Students will hear tips from experts at UCalgary and then begin creating their own 3MT.</p> <p>Feedback will be provided to students.</p>
** Please note that the Winter Semester Schedule will be posted on the Winter Course Outline **		

Acknowledgments and Respect for Diversity

Our classrooms view diversity of identity as a strength and resource. Your experiences and different perspectives are encouraged and add to a rich learning environment that fosters critical thought through respectful discussion and inclusion. The Department of Psychology would also like to acknowledge the traditional territories of the people of the Treaty 7 region in southern Alberta. The City of Calgary is also home to Métis Nation of Alberta, Region III.

Wellness and Mental Health Resources

The University of Calgary recognizes the pivotal role that student mental health plays in physical health, social connectedness and academic success, and aspires to create a caring and supportive campus community where individuals can freely talk about mental health and receive supports when needed. We encourage you to explore the excellent mental health resources available throughout the university community, such as counselling, self-help resources, peer support or skills-building available through the SU Wellness Centre (Room 370, MacEwan Student Centre, <https://www.ucalgary.ca/wellnesscentre/services/mental-health-services>) and the Campus Mental Health Strategy website (<http://www.ucalgary.ca/mentalhealth/>).

Evacuation Assembly Point

In case of an emergency evacuation during class, students must gather at the designated assembly point nearest to the classroom. The list of assembly points is found at

<http://www.ucalgary.ca/emergencyplan/assemblypoints>

Please check this website and note the nearest assembly point for this course.

Student Organizations

Psychology students may wish to join the Psychology Undergraduate Students' Association (PSYCHS). They are located in Administration 170 and may be contacted at 403-220-5567.

Student Union VP Academic: Phone: 403-220-3911 suvpaca@ucalgary.ca

Student Union Faculty Rep.: Phone: 403-220-3913 socialscirep@su.ucalgary.ca

Student Ombuds' Office

The Office of the Student Ombuds provides independent, impartial and confidential support for students who require assistance and advice in addressing issues and concerns related to their academic careers. The office can be reached at 403-220-6420 or ombuds@ucalgary.ca

Safewalk

The safewalk program provides volunteers to walk students safely to their destination anywhere on campus. This service is free and available 24 hrs/day, 365 days a year.

Call 403-220-5333.