

Professional Development in Psychology
Fall 2018/ Winter 2019

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| Instructors: | Suzanne Curtin Andrea Protzner | Lecture Location: | TBA |
| | | Lecture Days/Time: | Wednesdays 13:00 – 14:20 |
| Email: | scurtin@ucalgary.ca | Lab TA: | Chelsea Fitzpatrick Ivan Sedov |
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| Office Hours: | By request | | isedov@ucalgary.ca |

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.

Description of Course Components:

| Date and Time | Topic | Description |
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| January 16 th , 2019 | Managing Your Degree: A Graduate Student Perspective | <p>This workshop will involve discussions about graduate school life and expectations.</p> <p>There will be an interactive panel with current graduate students, covering the following topics:</p> <ul style="list-style-type: none"> • Opportunities • Challenges • Expectations • Resources • Support |

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| | | <p>This is an opportunity for students to ask each other about tips and tricks that can be helpful for being successful and overcoming challenges in grad school.</p> <p>*Note: NO faculty will be in attendance during this workshop</p> |
| January 30 th , 2019 | How to Publish | <p>A panel of faculty members from various areas in psychology will provide students with tips on how to publish. Tips will be both general to publishing in Psychology as well as some that are specific to various research area.</p> <p>The panel will be followed by a question period to allow students to ask the panel members any questions they might have.</p> |
| February 6 th , 2019 | Managing Conflict & Improving Communication Skills in Professional Relationships | <p>Students will hear about and have the chance to practice different strategies for dealing with conflict that might occur during graduate school.</p> <p>Students will learn about effective communication skills to help with handling and preventing conflict. Group discussion and resources will also be provided.</p> <p>*Note: NO faculty will be in attendance during this workshop</p> |
| February 27 th , 2019 | 3 Minute Thesis Part 2: Practice, Practice, Practice | <p>Students will bring their 3 minute thesis (3MT) draft.</p> <p>Students will present their draft and be provided with feedback from faculty and students.</p> <p>Students will be strongly encouraged to present their final 3MT at the UCalgary 3MT competition.</p> |
| March 6 th , 2019 | Getting Your Work "Out There" | <p>Hear from faculty members whose research is well known within the academic and lay communities. They will provide tips for how students can get their research "out there". This workshop will include tips on how to write for non-academic audiences as well as how to use social media to promote and disseminate your research.</p> <p>An interactive portion will follow the panel where students will practice translating their research into different formats for the lay public and stakeholders (e.g., a "tweet" of your research).</p> <p>*Note: This workshop will take 90 minutes</p> |

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| March 20 th , 2019 | Dealing with Stress and Burnout | <p>During this workshop, students will learn how to identify the difference between stress and burnout in themselves and others. There will also be discussion on how to talk to others, including your supervisor, about how you are feeling and when you need support.</p> <p>Information on available resources will be provided.</p> |
| April 3 rd , 2019 (4:00 pm to 6:00 pm) | Non-Academic Careers in Psychology | <p>Students will hear from a panel of non-academic professionals. Panel members will speak about their experiences preparing for and navigating the workplace environment.</p> <p>Following the panel, students and speakers will engage in “speed networking”.</p> <p>Please come prepared with a short pitch about your research and career goals as well as any questions you may have for panel members.</p> <p>*NOTE: This workshop will take 2 hours and will take place from 16:00 to 18:00 pm at the Senate Room of Hotel Alma.</p> |

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.