

Monday Memo

Department of Psychology
University of Calgary
December 5th 2022



Happy December!



The Administration Building on a snowy day on campus.

Upcoming Events

Spark After Dark: Greatest Hits

Host: Telus Spark

When: Friday, December 9th, 6pm to Midnight

Where: Infinity Dome, Telus Spark, Calgary

Who: Adults 18+

Dr. Kathleen Hughes has been invited back to give her lecture, "Friendships in Adulthood." This was originally presented in Spring 2022 at the Spark After Dark "Heart to Heart" themed night. This month, the adults-only evening will offer the best hits from 2022. Tickets are \$26, more information here:

<https://www.sparkscience.ca/for-adults/spark-after-dark/greatest-hits>

Treating Anxiety Among Children and Adolescents with Autism and ADHD: Updates from the Facing Your Fears Program

Host: Owerko Centre Neurodevelopmental Clinical Rounds

When: Dec 7th, 12-1 PM

Where: Online or in person: Child Development Centre, main floor boardroom

Who: All Students, Faculty members

Please join the Owerko Centre on Wednesday, December 7th, for the next Owerko Centre Neurodevelopmental Clinical Rounds. December's lecture features Dr. Carly McMorris, R. Psych, PhD, and Stephanie Howe, from the Owerko Centre, University of Calgary.

Talk Title: Treating Anxiety Among Children and Adolescents with Autism and ADHD: Updates from the Facing Your Fears Program

Facing Your Fears (FYF) is a cognitive behaviour therapy approach adapted specifically for children and adolescents with autism who also experience anxiety.

Presentation Objectives:

1. Describe what Facing Your Fears is, how we have adapted this approach for children and youth with ADHD as well as for virtual delivery during COVID, and present some preliminary findings
2. Describe the effectiveness of FYF in reducing youth's anxiety, parent's stress, and improving their overall quality of life
3. Discuss next steps/future directions and how to refer families to get involved

Join us:

Wednesday, December 7th from 12 – 1 pm MST

Attend online or in person - Child Development Centre, main floor boardroom (refreshments will be available)

Register here: bit.ly/OwerkoRounds

What is Open Science?

Host: Open Science Student Support Group (OSSSG)

When: Thursday December 15th from 3-5pm

Where: Admin 247 (with virtual attendance option)

Who: Graduate students, Undergraduate students

Chances are, you've heard the term open science come up in your classes or research work. But you may not be sure what open science is all about or how the concepts of open science can be applied to your research. In this session we will unpack what open science means and provide an overview of why it is important for advancing psychological science. This session will feature brief presentations on the basics of open science, with ample time for group discussions about different open science practices and how you can start implementing such practices into your research! Whether you are encountering open science for the first time, or have experience using open science practices, there will be something to gain for everyone!

There will also be snacks and drinks (accommodating gluten free, vegan, and most allergies)

Presenters: Emiko Muraki and Jenelle Morgan

Please register at: https://ucalgary.zoom.us/meeting/register/tJMpduutrjliHtRs1_xwPmslsolZY0-lm9kZ

The Social, Personality, and Social Development (SPSD) Psychology Research Group Weekly Meeting

When: Every Monday from 3-4:30 PM

Where: AD247

Who: Everyone is welcome!

The Social, Personality, and Social Development (SPSD) Psychology Research Group gathers every Monday from 3:00 pm – 4:30 pm in AD247. We discuss and learn about research being conducted by faculty, students, and affiliates of the University of Calgary.

For our last meeting this semester, this Monday (December 5th) we will be discussing this short article as a group:

<https://journals.biologists.com/jcs/article/121/11/1771/30038/The-importance-of-stupidity-in-scientific-research>.



DEPARTMENT OF PSYCHOLOGY
EQUITY, DIVERSITY, & INCLUSION
(EDI) COMMITTEE

Are you a member of an equity- or sovereignty-deserving group looking for mutual support?

Join the pilot offering of a new
affinity group model in the
Department of Psychology in the
Winter 2023 semester

WE RECOGNIZE THAT
IDENTITIES ARE
INTERSECTIONAL. IF YOU
ARE A MEMBER OF BOTH AN
EQUITY/SOVEREIGNTY-
DESERVING AND
DOMINANT/PRIVILEGED
GROUP, YOU ARE WELCOME
TO SIGN UP FOR BOTH OUR
AFFINITY AND ALLYSHIP
GROUP PILOTS.

What are affinity groups?

Affinity groups are spaces for members of equity- and sovereignty-deserving groups to gather, share experiences, build community, and identify common issues and solutions.

Equity- and/or sovereignty-deserving groups include (but are not limited to) racialized folks, Indigenous peoples, 2SLGBTQIA+ folks, women, disabled folks, newcomers & refugees, and neurodiverse folks (among others), and their intersections.

KEY INFORMATION

- Groups are open to current graduate students, staff, and faculty in the Department of Psychology, who self-identity as a member of an equity- and/or sovereignty-deserving group(s)
- A free 90-minute group will be held in-person once a week for 6 weeks in the Winter 2023 semester (exact day of week & time TBD)
- Groups will be facilitated by an experienced facilitator from outside the department

BENEFITS

- Opportunity to connect with folks across the department and across identities
- Chance to contribute to the refinement and future development of these new groups in the department



Please visit
<https://tinyurl.com/EDIAff>

or scan the QR code to apply by **January 10, 2023**.
We will try to accommodate as many applicants as we can, but space is limited! If you have any questions, please connect with us at edi.psychology@ucalgary.ca.

INTERESTED?



DEPARTMENT OF PSYCHOLOGY
EQUITY, DIVERSITY, & INCLUSION
(EDI) COMMITTEE

Do you want to improve your allyship knowledge and skills?

Join the pilot offering of a new
allyship group model in the
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TO SIGN UP FOR BOTH OUR
AFFINITY AND ALLYSHIP
GROUP PILOTS.

What are allyship groups?

Allyship groups are spaces for members of dominant/privileged groups to gather, share experiences, learn together, and build and practice key allyship skills.

Dominant/privileged groups include (but are not limited to) White settlers, cisgender men, heterosexual folks, able-bodied folks, Canadian citizens, and neurotypical folks (among others), and their intersections.

KEY INFORMATION

- Groups are open to current graduate students, staff, and faculty in the Department of Psychology, who self-identify as a member of a dominant/privileged group(s)
- A free 90-minute group will be held in-person once a week for 6 weeks in the Winter 2023 semester (exact day of week & time TBD)
- Groups will be facilitated by members of the Department's EDI Committee

BENEFITS

- Opportunity to connect with folks across the department and across identities
- Chance to contribute to the refinement and future development of these new groups in the department



Please visit

<https://tinyurl.com/EDIAI1>

or scan the QR code to apply by **January 10, 2023**.

We will try to accommodate as many applicants as we can, but space is limited! If you have any questions, please connect with us at edi.psychology@ucalgary.ca.

INTERESTED?

Submissions to the Monday Memo

Please submit your upcoming events, open positions, announcements, congratulations and more for the Monday Memo through this link: https://survey.ucalgary.ca/jfe/form/SV_77Cs2PySTolknwW

Please submit Fridays by 12pm noon to be included the following Monday.