



# *Psi Chi November GBM*

Opportunities in Psychology at UCF and Beyond

# *November Events*

**PotLuck**

*16th*

**Point System Closes**

*18th*

**Project Cheer Drive Ends**

*28th*

**Fall 2022 Induction**

*29th*

# *PotLuck \*busy college student version\**

We're hosting a Thanksgiving picnic this Wednesday **November 16th** at **5pm** at the **Reflection Pond!**

As we are approaching \*suspense sound\*... **finals week**, we do not want to make things complicated for any of you, so we encourage you to bring any kind of dish, either bought or homemade, and not-necessarily-Thanksgiving-related! Some examples are:

- Chick-Fil-A's sandwiches.
- Sushi.
- Pizza.
- Cookies.



# *Psi Chi Meetings/Events You Can Earn Points For*

- Coffee Social (2 points)
- September GBM (5 points)
- October GBM (5 points)
- Halloween Social (2 points)
- Psi Chi Tailgate (4 points)
- Project Cheer (Up to 5 points for more than three items donated, send picture proof to our email)
- November GBM (5 points)
- Psi Chi Potluck (4 points)

	A	B	C	D	E	F	G	H
1	Date	Event Type (Meeting, Event, Social)	Points Awarded	Attendance Form Filled (Y or N)				
2								
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Form is on our website

# Project Cheer

Mental Health Association of Central Florida is aiming to deliver 450 care packages to local behavioral hospital patients over this holiday season. To help them reach this goal, we have located a donation box on the first floor of the Psychology Building.

We are offering you guys **five additional attendance points** for bringing more than 3 items. If you want to receive credit for this please attach a photo of your items to the email you send us with your attendance points.

Below is a list of the most needed items:

- Men's socks
- Deodorant
- Sugar-free, individually wrapped candy
- Composition and activity books (make sure to only purchase notebooks without a wire binding)

Collection ends on **November 28th!!!**

Check out MHACE website for more details <https://mhacf.org/projectcheer/>

# *Most Involved Student Recognition*

- The top three students with the post attendance points will be recognized at our fall semester induction ceremony.
- Students need to send their completed attendance record document to our email [ucfpsichi@gmail.com](mailto:ucfpsichi@gmail.com) by November 23rd.
- Please make sure to add all of your attendance points to this document
- We will be checking our records to see if you actually attended the event
- If you are one of our winners you will be notified before induction so you can attend if you choose to
- The student with the most attendance points will receive a \$15 giftcard to their place of choice

# Fall 2022 Induction

As part of Psi Chi's tradition, all **new** members get formally inducted every semester.

This year, our induction ceremony will take place on **November 29th** at **6:30pm** in **The Health Sciences Building 1 room 112**. During the ceremony, we will have a guest speaker who is a professor of UCF Department of Psychology and who will deliver a speech directed towards our newest members! This a special time to celebrate their acceptance into our organization. They will receive an official Certification of Membership and a Psi Chi lapel pin.

Invited members: please fill out the attached RSVP for induction by **November 21st at 11:59PM**.

*We encourage each student to only bring one guest. Check your emails for payment information.*

# SEPA

## Southeastern Psychological Association

SEPA is a regional psychological association affiliated with the American Psychological Association (APA).

69th Annual Meeting - New Orleans, Louisiana

Location: The Sheraton New Orleans

Dates: April 5th – April 8th, 2023

### Programming:

- Distinguished Guest Speakers
- Workshops
- Symposia
- Poster Sessions
- Exhibits

### Pricing:

\$ 160 - Registration

Estimated Cost without  
funding: \$500 or less  
(not including food and  
misc. cost.

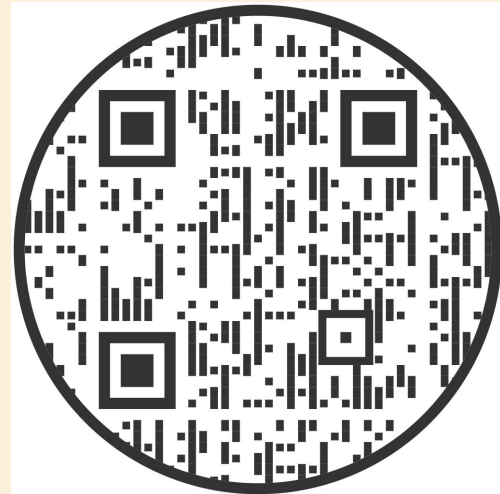
### SEPA RSVP Form





# *Knight-Thon Interest*

- Knight-Thon is a national Miracle Network Dance Marathon movement that raises funds all year-round for Orlando Health Arnold Palmer Hospital for Children.
- The year culminates at the annual 20 hour Dance Marathon event at the end of each spring
- In 2022, \$811,589 was raised
- Scan the QR Code if interested



# *Psychology Opportunities at UCF*

- Psychology Research Labs
- Honors Undergraduate Thesis
- Volunteering/Internships
- Peer Mentor Psych Advising
- Teaching Assistant
- Minor/Certificate

# *Research Roadmaps*

Research Roadmaps was developed to help undergraduate students understand what research is and how to get involved at UCF. This non-credit, online course can be started at any time and is ideal for students with busy schedules, students who are not able to attend our events on the main campus, and students who have attended a workshop and need a refresher.

After submitting the form, students will be added to the Webcourse and have access within 3 business days. The modules are completely self-paced and does not count for course credit. If you have any questions contact us at our@ucf.edu.

\* <https://academicsuccess.ucf.edu/our/forms/research-roadmaps-form/>

# *Becoming a Research Assistant*

- Go to <https://our.ucf.edu/prospective/positions/> and browse different research assistant positions
  - ◆ Not just psychology labs
  - ◆ Meet with Undergraduate Office of Research (OUR) and get code that lets you apply to positions listed on the linked website
  
- RA Match
  - ◆ Can go to <https://psy-ramatch.cos.ucf.edu/> and fill out a questionnaire about preference in terms of research lab, and level of experience
  
- \* → **Reach out to a professor! Labs in the Psychology Department:** <https://sciences.ucf.edu/psychology/research/laboratories/> Find your lab of interest and email your resume to one of the grad students or the professor in charge! **Spreadsheet to track faculty options.**

# *Directed Independent Research*

Directed Independent Research is a course for students who are working closely with a faculty member on a research or creative project. It is available in most majors to document and formalize independent research activities for undergraduates. You enroll in 4912 with your research mentor.

<https://sciences.ucf.edu/psychology/people/>

Enrolling in 4912 credit ensures that your research experience shows up on your transcript: this is a very good thing for students applying to graduate and professional schools.

*The process is done through your academic advisors, not through MyUCF.*

<https://academicsuccess.ucf.edu/our/faculty/4912-2/>

# Honors Undergraduate Thesis

- **Honors in the Major vs. Interdisciplinary Thesis.**
- Two-to-four semester program for juniors and seniors.
- Students research, write, defend and publish an original research paper.
- Develop a strong mentoring relationship with faculty.
- Belong to the Burnett Honors College.
- Graduate with honors.

<https://honors.ucf.edu/hut/about/#faq>

*Note: Find a faculty member who is willing to serve as your thesis chair prior to enrolling.*

## Requirements

- 60 completed credits overall
- 12 completed upper-division credits
- Minimum 3.4 UCF GPA or overall GPA
- At least two semesters remaining prior to graduation

FILL IN THE ELIGIBILITY FORM <https://tinyurl.com/HUT-ELIGIBILITY> if you qualify, you'd receive the Admission Agreement and Registration Form.

# Volunteering/Internships

→ **Handshake:** using Handshake is one of the easiest ways to find internships and volunteering opportunities, as well as to sign up for events and career help sessions.

<https://csel.ucf.edu/>

◆ However, there are not a lot of psychology-related opportunities.

**What else can I do?** You can always go to any agency/organization's website– they often have a “Volunteer Opportunities” or a “How to Get Involved” tab.

→ **Guardian Advocacy** with MHACF.

<https://mhacf.org/guardian-advocate/>

→ **Orlando Psychology Associates**

◆ Clinical Psychology 9 month Internship

◆ Email them your resume!

[orlandopsychologyassociates@gmail.co](mailto:orlandopsychologyassociates@gmail.com)

[m](mailto:orlandopsychologyassociates@gmail.com)

→ **Counseling Corner**

◆ Clinical Psychology non-paid 10 month internship.

◆ Email them your resume!

[counselingcornerstaff@gmail.com](mailto:counselingcornerstaff@gmail.com)

→ **Mental Health Connections Specialist.**

<https://mhacf.org/connections-referral-program/>

◆ Email Elizabeth Cruz at [Ecruz@mhacf.org](mailto:Ecruz@mhacf.org) your resume/availability for the semester. The subject of the email should read “Mental Health Connections Applicant”.

→ **Crisis Counselor**

<https://www.crisistextline.org/>

→ **Orange County Public Schools (OCPS) Volunteer**

[https://www.ocps.net/departments/community\\_resources/conditions\\_school\\_volunteers](https://www.ocps.net/departments/community_resources/conditions_school_volunteers)

# *PsychAdvising Peer Advisor*

- Peer Advisors are advanced undergraduate psychology majors who assist other psychology majors/minors to understand and complete their psychology degree requirements.
  - ◆ assist in conducting orientation for incoming freshman and transfer students, and provide advisement on other psychology-related matters such as career options, grad school preparation, academic policies, and more.
- 3 Semester Commitment
- Earn 3 upper level psychology credits in the first semester of the unpaid internship by completing S/U graded course: PSY 3022 Academic Counseling
- Must have 3.0 GPA
- Must be at least 2nd semester Sophomore
- Applications are normally due in June and can be found on Pyschadvising's website
- Email: [Psychadvising@ucf.edu](mailto:Psychadvising@ucf.edu)



# *Becoming a Teaching Assistant*

- Usually at the end of a course, a professor will offer teaching assistant positions to students who received an A in the course
- Responsibilities as a TA can range from grading assignments to hosting review sessions
- If the professor does not offer positions at the end of the semester, try emailing them to see if they need any TAs
- If you haven't already been a TA, you will have to take PSY 4942 - Instructional Experiences in Undergraduate Psychology (3 credit hours)

# *Adding a Minor or Certificate*

Great minors and certificates for Psychology majors:

- Cognitive Sciences minor
- Statistics minor
- Biology minor
- Mathematics minor
- Marketing
- Foreign Language
- Health Sciences
- Behavioral Forensics certificate
- And many more...

The psychology degree has built-in room to add a minor or certificate! It also gives you a chance to specialize in a certain area and set yourself apart from others

# *Psychology Opportunities Beyond UCF*

Volunteer work at almost any type of helping/service program such as Big Brother/Big Sisters, guardian ad litem, shelters for homeless or domestic violence, programs for at risk teens, Easter Seals, Red Cross, March of Dimes, etc...

Volunteer at a therapeutic program such as an Early Intervention Center, Center of Autism, Local Mental Health Center, Drug Treatment Center, an inpatient or outpatient program that provides psychological services, or even volunteer in a public school.

# *Thank you for attending!*

FOLLOW US FOR MORE UPDATES!

**GroupMe**

[https://groupme.com/join\\_group/63986468/8ys78tOQ](https://groupme.com/join_group/63986468/8ys78tOQ)



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[@ucfpsichi](#)

**Instagram**

[@ucfpsichi](#)



**Email**

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