

GETTING INVOLVED: UNIQUE LEARNING OPPORTUNITIES

For Psychology and Behavioural Neuroscience
Students

KATHERINE MOORE, DEPARTMENT OF PSYCHOLOGY



THE UNIVERSITY OF BRITISH COLUMBIA

Department of Psychology



Workshop Overview

- High level content
- Unique courses
- Work experience
- Community-based experiential learning
- International experience
- Q&A

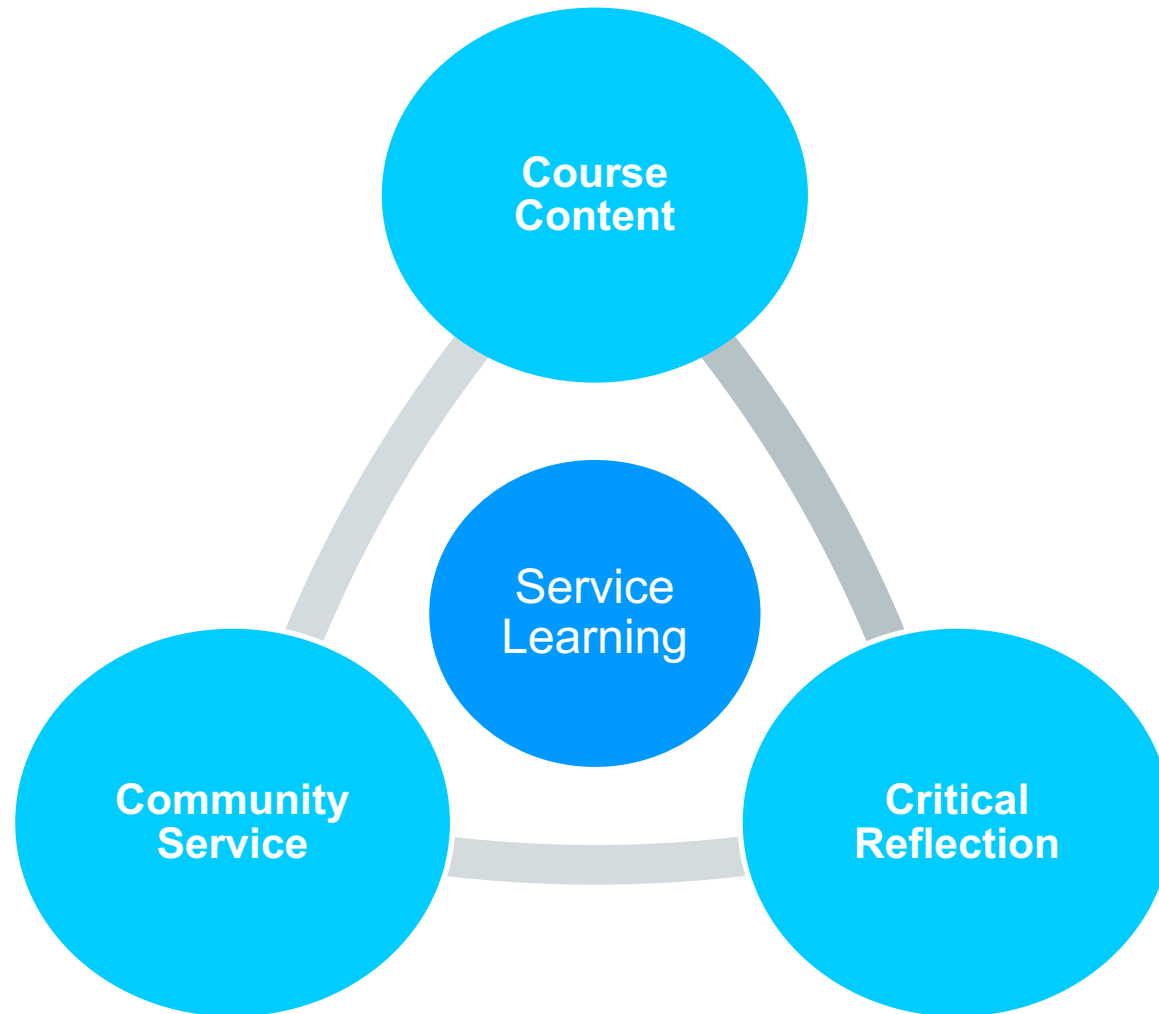
Psych 417: Psychology and Developing Communities

Dr. Sunaina Assanand

Associate Dean, Student Success, Faculty of Arts
Senior Instructor and Area Coordinator

Psychology 417: Psychology and Developing Societies

- Objective: To examine the application of Psychology to international development.
- International service learning course.



Key Elements of Service Learning
(CCEL, 2012)

Course Content:

- ✓ Obstacles and opportunities.
- ✓ Indigenous psychologies.
- ✓ Research methods/participatory action research.
- ✓ HIV/AIDS transmission and prevention.
- ✓ Female empowerment and feminisms.
- ✓ Educational access and disability.
- ✓ Psychotherapy.

Accompanied by pre-departure training (facilitated by the Office of Regional and International Community Engagement, ORICE):

- ✓ History of development.
- ✓ Asset-based community development.
- ✓ Communicating across difference.
- ✓ Participatory practice.
- ✓ Leadership for social change.
- ✓ Power and privilege.
- ✓ Personal learning and development plan.
- ✓ Self analysis in relation to the placement.

Community partners:

- ✓ Carolina for Kibera (Kenya).
- ✓ Good Samaritan School for the Deaf (Uganda).
- ✓ Greater Hope Swaziland (Swaziland).
- ✓ Kakenya's Dream (Kenya).
- ✓ Little Rock Academy (Kenya).
- ✓ Salama Shield (Uganda).
- ✓ SOS Children's Villages (Swaziland).
- ✓ The AIDS Support Organization (TASO; Uganda).



Good Samaritan School for the Deaf
(Evan, Risa)



Little Rock Academy
(Simran)



Salama Shield
(Fiona, Marcus)



SOS Children's Villages
(Amanda, Eryn)



The AIDS Support Organization
(Justin, Kate)

Critical reflection through assignments and activities:

- ✓ Structured journal entries.
- ✓ In-session workshop.
- ✓ Program review and assessment.
- ✓ Participation in international service learning symposium.



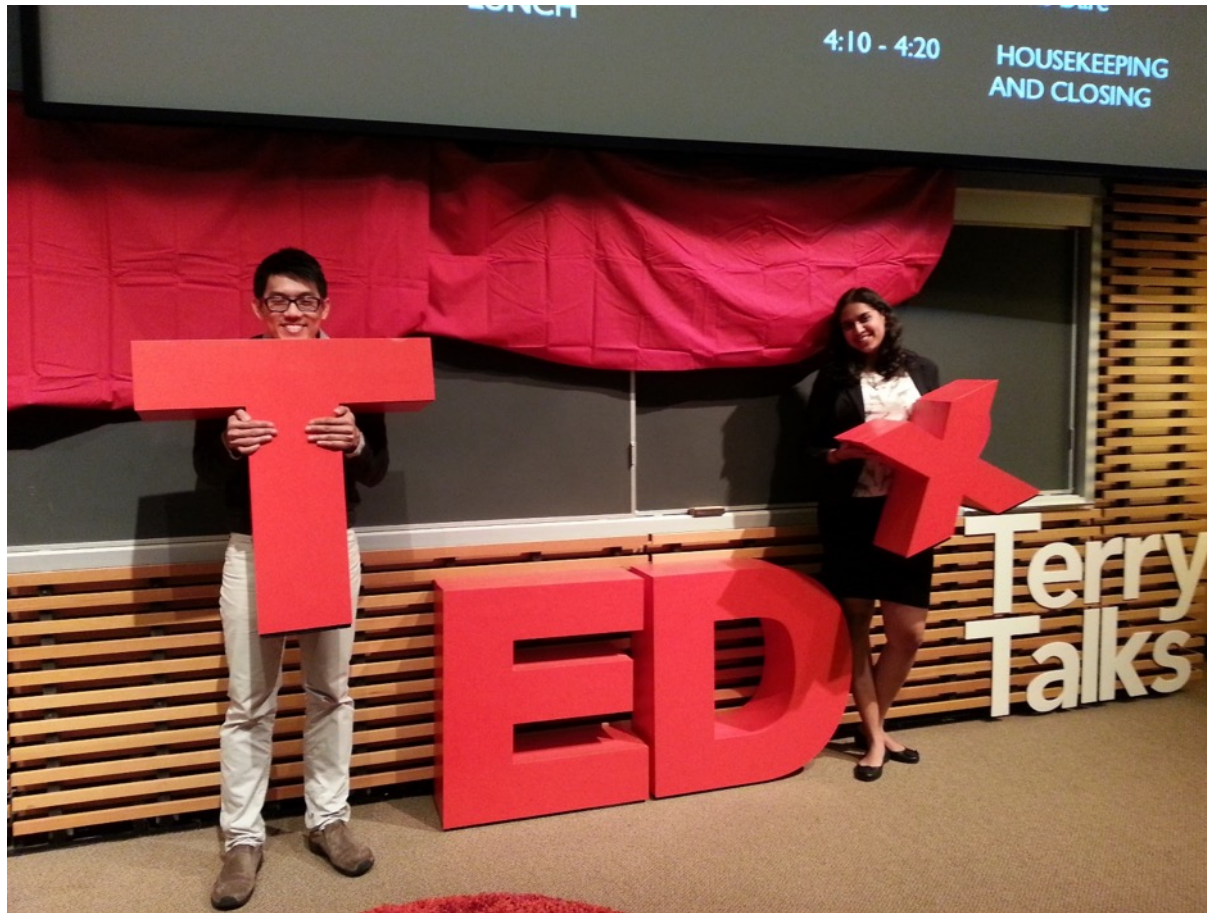
In-Session Group Reflection, Uganda



In-Session Presentations, Uganda
(Samantha)



International Service Learning Symposium, Vancouver
(Peter, Tobi)



TEDx Terry Talk
(Koon Peng, Nidhi)



Capacity Building in Individuals



Capacity Building in Communities



Office of Regional and International Community Engagement

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PSYC 417A – Psychology and Developing Societies

Program Overview

Applications are now closed.

Eligibility Criteria

This program is open to all Faculty of Arts Psychology majors and minors who have completed 2nd year (54 credits) by May 2018 as well as have completed 6 credits of 300-level psychology course work.

PSYC 417A has multiple components

- **Pre-departure learning program** from January – April 2018
- **Seminars** run on campus in May 2018
- 12 weeks of fieldwork in an **International Service Learning placement** from late May – August 2018

Registration Closed

Registration for this
course/program is now closed.

www.orice.ubc.ca

UBCPsychology

Other courses

- Student Directed Seminar
 - Upper year students
 - Propose, coordinate, lead 3 CR course
- Directed Studies
 - 72% average in last 30 credits
 - Ask a prof / fill out a form / submit!

Arts Co-op Program

Abby Delmacio, 5th year Psychology & Family Studies student

What is Arts Co-op?

- Unique opportunity for students to explore various employment fields all around the world
- Strong support system through the Arts Co-op Office to strengthen one's workplace skills
- Connecting students to people within their area of interest: Networking!
- Learning new skills in the workplace, while also earning a full-time wage

My Arts Co-op Experience

- International Events Assistant at the International Student Initiative: September 2016 - August 2017
- Summer Programs Coordinator/Drop-In Room Coordinator at the Marpole Oakridge Family Place: June 2018 – Present

Science Co-op



THE UNIVERSITY OF BRITISH COLUMBIA



Science Co-op

HOME

PROSPECTIVE STUDENTS

CURRENT STUDENTS

EMPLOYERS

COMMUNITY

CONTACT US

Explore your career.
Ignite your passion.

Why join?



How does it work?



Application Deadline



3rd year BNS students: Apply by Oct 1st

UBCPsychology

UBC Trek

Jasmine Abhroudi, Trek Student Leader

What is Trek?

- **A year-long community volunteering and learning program**
- **Work with a non-profit community organization**
- **Bridge classroom learning with hands-on experiential learning**



“CCEL Trek Dinner.” Trek, students.ubc.ca/career/community-experiences/trek

How does the program work?

There are two components to the Trek program:

- 1. Volunteering at a non-profit in the Lower Mainland area on weekly basis**
 - Gaining hands-on volunteer experience
- 2. Participating in learning opportunities at UBC in a non-classroom setting**
 - Workshops, projects, and dinners with special guests on campus

Benefits?

- Gain community service hours that may be required for future educational programs
- Learn about respectful and ethical engagement with your community
- Gain valuable hands-on experience that can be carried into your academic career
- Opens doors to new opportunities

My Trek Experience

- **Joined as a Trek Student in September 2015**
- **Became a Trek student leader in 2016**
- **Volunteered at Homework Club Society at Britannia Secondary since 2015**



How does Trek relate to my Psychology degree?

- Helping to enhance the wellbeing of individuals in a community
- Learning more about outreach positions and the education system in BC
- Becoming a mentor to younger students interested in Psychology
- Adding applied experience into my academic journey



Valuable Lessons

The Trek experience showed me that I value

- Working with youth
- Work that helps better the community

The Trek experience taught me that

- My Psychology degree has great value in community and outreach work
- Volunteer positions can lead to greater opportunities in the future

Questions?

Come say hi and chat with me at the end of this workshop 😊

Go Global International Learning Programs

Allison McVicar, 4th year Psychology Major

Who Am I?

- Allison McVicar
- 4th year student
- Psychology Major



Why Am I Here?

- Go Global
- My personal exchange experience
- How to involve psychology into an exchange



My International Experience

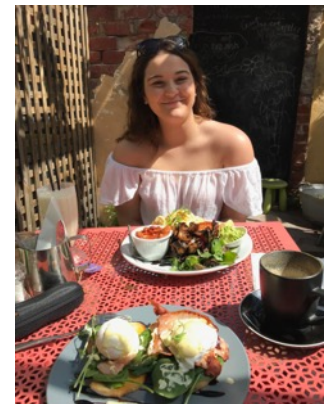
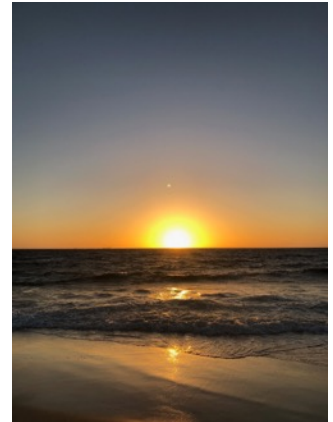
Go Global Exchange Program

- Full year exchange (two semesters)
- Perth, Australia
- The University of Western Australia



THINGS I DID ON EXCHANGE

- Spent a lot of time at the beach
 - Beach days happened at least twice a week
 - The beaches in WA give the best view of the sunset
 - “Study” days at the beach were the best way to de-stress
- Made a home/ life for myself in a new city
 - I became a local over the course of the year
 - I had a favourite bar, restaurant, grocery store, and beach
 - I learned the bus routes and explored the neighbouring towns regularly
- Found a volunteer research position
 - I worked alongside my professor and his PhD/Masters students
 - The research was related to psychology, and exercise and health
 - I did fieldwork, set-up/take-down for presentations, and analyzed data



FEARS I HAD BEFORE GOING ON EXCHANGE

- Language barriers
- Finances
- Healthcare
- Not making any friends
- Not doing well in my classes



HOW I GOT RID OF MY FEARS

- Chose a country where English was a primary language
- Applied for scholarships, got a job
- Made sure I was on my parents health insurance and had OSHC
- Joined Facebook communities for exchange students at my residential college and university
- Looked at the units syllabi before deciding what I was going to take

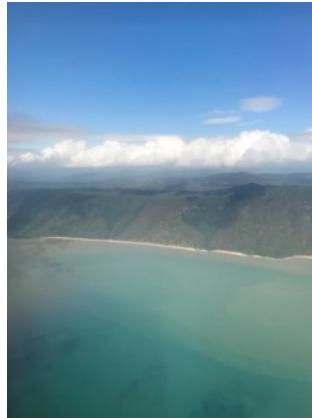
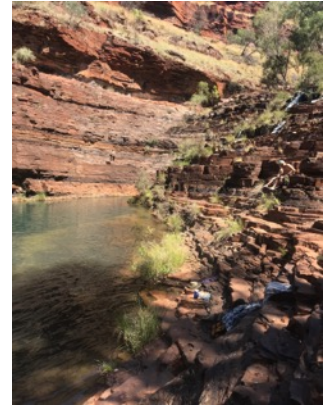
PSYCHOLOGY ABROAD

My exchange enhanced my degree and re-affirmed my passion for psychology in many ways including:

- Courses
 - I took four psychology classes while abroad
 - Adult psychopathology, Psychology of Sport, Cognitive Neuroscience, Social Psychology
 - Each was lecture style with a lab every two weeks
- Assignments
 - Every psychology course had written lab reports and a final exams
 - I found out that I prefer exams and tests over lab reports
- Volunteer Research
 - I worked for my Psychology of Sport professor and his colleague
 - He showed me that psychology research covers a vast amount of topics
 - I got to practice my field skills and analytic skills
 - At the end of the semester I got a reference letter from both supervisors

Memories and Moments

My year on exchange was the best year of my undergrad (so far)!



STUDYING ABROAD COMPLETELY ENHANCED MY UNDERGRADUATE EXPERIENCE

All the things that made my experience amazing:

- The campus
 - Beautiful old buildings
 - Cool wildlife
 - Easy access to the river, city, and residential colleges
- The city
 - Perth coffee, bars, and restaurants
 - City art
 - Neighbouring town of Fremantle
- My new friends
 - I made lasting friendships
 - Exchangers are always ready to explore and experience new places
 - Travel buddies
- Mini Vacations
 - Mid-semester road trip
 - Bali
 - Tour of the East Coast cities



Before Go Global I ...

- Was afraid to apply for research positions
- Didn't build substantial relationships with my psychology professors
- Had less opportunity to use my research skills and report writing skills

After Go Global I ...

- Actively seek out research opportunities and positions
- Build relationships with my professors
- Network
- Have gotten help developing my research and reporting skills



GO GLOBAL INTERNATIONAL LEARNING PROGRAMS

There are multiple programs to apply for:

- Exchange
- Research Abroad
- Global Seminars
- Summer Programs

If you are interested in going abroad during your degree:

- Go to the Go Global Fair (Wednesday October 3rd)
- Visit the website to see all the programs
(students.ubc.ca/goglobal)
- Talk to your academic advisor, a Go Global advisor, or other students who have gone on exchange
- Check out the student testimonies

Thank you!

Questions?

Ask me in the Q&A or come see me after the workshop.



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