Department of Psychology Newsletter |

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Summer 2022

### CHAIR CHAT

By: Dr. Joanna Pozzulo, Department of Psychology Chair



Chair Dr. Joanna Pozzulo

It was July 1<sup>st</sup>, 2014, and I Chair, Department of Psychology. I remember how excited I was about the possibilities! It has been a phenomenal 8 years (many thanks to Dr. Lise Paquet who took over for a year sabbatical). I have given quite a bit of thought to what I want to say in my final column as Chair.....

First, I would like to share how proud I am of all the

amazing changes we made to our department and program. I'm delighted to say that I welcomed 13 new faculty members to the department including Carleton's President, Dr. Benoit-Antoine Bacon. I also want to recognize the many long-standing colleagues who retired. Many offered words of wisdom throughout my tenure. Thank you greatly for the gentle guidance.

Perhaps, the change closest to my heart, was reconnecting mental health and well-being to our department, both in terms of academic programming, and also in the form of the Mental Health and Well-Being Research and Training Hub (MeWeRTH). Thank you to everyone who has been part of the journey. It has been a lot of fun and hopefully, we can continue having a positive impact, however small, on our community.

Over the years, I had the pleasure of meeting many of our students. The Psychology Undergraduate Research Event (PURE) and the graduate conference were two of my favourite events. These are great opportunities for our students to showcase their research projects and share their hard work with fellow students, friends, and family. Thank you to everyone who presented their work and everyone who showed up to support our students. We have stellar students!

I would like to acknowledge and thank Dr. Johanna was starting my first term as Peetz on her proseminar series focused on professional development for our graduate students but with presentations that were open to all. We have had some fantastic speakers share their cutting-edge research. I have enjoyed these talks immensely. Such a great way to build community and inspire the researcher in all of us. Keep up the great work Johanna!!

while I caught my breath on I also want to thank all the students who raised issues and shared their thoughts with me. Although these conversations were at times challenging, these exchanges were incredibly rewarding. If I did more listening than talking, often the way forward became clear. Thank you to all the students who raise their voices so that we can improve the student experience.

> Most importantly though, none of our successes could have been possible without the best department a Chair could wish for. To every member of the Department, THANK YOU! I greatly appreciate everyone's patience with me as I found my footing. I have learned a lot and am indebted to each of you. A huge thank you to my executive team, Drs. Tina Daniels, Michael Wohl, Guy Lacroix, and Cheryl Harasymchuk. When I talk about my administrative team, saying thank you doesn't feel sufficient to express my gratitude. I have had the honour and pleasure of working alongside a team of the most professional, thoughtful, and kind individuals imaginable. They are the heart of the Department and I am fortunate to call them friends. They have stood beside me, in front of me, and behind me. THANK YOU, June Callender, Etelle Bourassa, Lea Hamilton, Kaitlin Barkley, and Maya Ruparelia. I will miss you all dearly! (I promise no more emails at midnight!)

Finally, I want to wish Dr. Guy Lacroix every success as he leads us into new times. Good luck Guy!

It has been a privilege and joy serving the Department of Psychology. Thank you Everyone.

Signing off.... Joanna

### **About Us**

### Department of Psychology @ Carleton University

- 1. The Department of Psychology has 43 faculty members.
- 2. There are 6 research areas represented by our faculty members—cognitive, developmental, forensic, health, personality/social and organizational psychology.
- 3. Granting agencies and funders:

**SSHRC** 

**NSERC** 

CIHR

Ontario Ministry of Community Safety and

**Correctional Services** 

National Institutes of Health/National Institute on

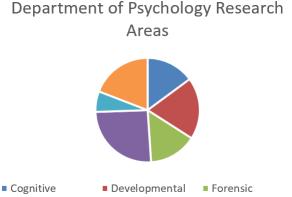
Drug Abuse

Ontario Ministry of Health and

Long-Term Care

Centre for Research and Education on Women and Work (CREWW) Health Heart and Stroke Foundation of Canada Ontario Centers of Excellence (OCE) Canadian Foundation for Innovation (CFI) Department of National Defence **MITACS General Dynamics Mission Systems** Carleton Multidisciplinary Research Catalyst Fund (MRCF) Mauril Bélanger Memorial Youth Addictions Research Grant Carleton University Experiential Learning Fund (CUELF) The Royal Institute of Mental Health Research Spencer Foundation Gambling Research Exchange Ontario Alberta Gambling Research Institute

4. Our faculty contribute over 200 publications to academic journals per year.



Organizational

Personality/Social

### A Message From the Associate Chair

By: Dr. Tina Daniels



I have been looking back at the articles I have written for the Psychology Newsletter over the last 6 years and wondering what I wanted to say to you as I finish my tenure as Associate Chair and look forward to my sabbatical starting in July. Last year, I optimistically wrote about the movement back to in-person classes that I expected to happen but COVID still had some surprises in store for us and the introduction of multiple variants kept most of us on-line for a second year but we adapted and persevered.

One of the challenges of remaining on-line has been issues related to Academic Integrity. I do want to highlight that the largest majority of our students are working hard to give their best effort in their courses but some are struggling. We have seen an increase in more sophisticated cheating. The majority of these infractions involve plagiarism or colluding with others during on-line exams. I find this worrying and I know faculty members are also finding it very challenging. Just a reminder to be cautious using materials provided that accompa-

ny your textbook as these easily available and students are accessing them. The most common reason given for having perpetrated an infraction is a lot of stress and a lack of time. These two pressures together lead students to resort to short cuts that can lead to serious repercussions. I encourage each of you to think about how you can structure your course in such a way as to foster behaviours that are incompatible with cheating. This may mean being more flexible about deadlines, providing smaller, more frequent assignments rather than a large end of the term project or paper, and recognizing that as professors we all structure our courses with the similar deadlines for midterms, finals and term work.

This year I had the absolute pleasure of presenting two of our faculty members for consideration for the designation of Chancellor's Professor. To be eligible for this designation the nominated individual must have at least ten years of service at the rank of full professor, and engage in scholarly activities of outstanding merit with substantial international impact. I am very pleased to be able to congratulate both Joanna Pozzulo and Robert Coplan on being awarded this distinction. It was quite remarkable to be able to put two candidates forward in the same year and they are both well deserving of this recognition. I want to thank Michael Wohl, Guy Lacroix, Kirk Luther, and Kira McCabe for all of their assistance and support during this process.

As usual, I have been assigning the TA's this year. This will be taken over by Adelle Forth for the fall. In looking back at the numbers over the last 6 years we have been holding fairly steady in the actual number of TA's we have received (about 275 a year), however, our ratio has increased to about 1:80 (TA/student). TA assignments are more equitably distributed than in the past, because they are now based predominately on enrolments. There is still room, however, for accommodation to individualized need. If you are thinking about developing your course in a way that will require additional TA support it will be important to let Adelle know early. I want to thank everyone in the department for being so adaptable and accommodating when issues have arisen and all the students who have TA'd, both graduate and undergraduate, who have worked tirelessly to support our students over the last two years.

We have been weathering the storm for much longer than I ever anticipated and I hope we are nearing the shore. I recently returned to my lab in the SSRB for the first time in over two years. Many of the office and labs had to be emptied due to a roof repair. I was prepared for the worst but I came back to a beautifully clean space with everything returned to its original place. My new graduate students who arrived at the height of the pandemic were thrilled to finally be able to come to campus to work.

Today I had the pleasure of attending Convocation for the first time in over 2 years and this time it was as a parent not a faculty member. It was a lovely event, well organized, well prepared for the challenges of COVID and it was so exciting and thrilling to see the students so excited to be back together and to be celebrating in-person.

Finally, there are a few people very important people I wish to thank for all their help and support over the last 6 years. Etelle and June, you truly do know everything there is to know about the Psychology Dept. Many thanks for always being there. To Lea, I cannot express what a wonderful support you have been. Finally, to Guy & Kaitlin for all the help this year. Joanna, thank-you for the opportunity to work together, it has been an amazing 6 years. I look forward to a coming year of rest, and rejuvenation. I wish you all a great start to Fall 2022.

Regards, Tina

## GRADUATE NEWS AND EVENTS

### A MESSAGE FROM THE GRADUATE CHAIR

By: Dr. Michael Wohl



"Did anyone think that we would spend the entire 2020-2021 academic year online?" The academic year noted is not a typo. That is how I started last year's annual report. We are now two years into this COVID existence. We have a bunch of MA graduates this year who have never walked the halls of the Loeb Building, never experienced the joys of the tunnels, and never had to fight off a goose on one of the river paths. Although that pains me to write, I am continually awestruck by our ability to adapt and flourish under these circumstances.

Indeed, we have seen a record number of publications coming from the graduate students in Psychology. We got a behind the scenes look at some of these publications by way of the <u>Graduate Student Showcase</u>, which continues to be a smashing success.

Speaking of success, our MA and PhD students are still knocking it out of the park when it comes to awards and scholarships. A total of 14 students received an OGS scholarship. Nine students received a SSHRC MA scholarship, and 1 received a CIHR. At the PhD level, 2 students received a SSHRC Doctoral scholarship, and an additional 2 students received a SSHRC-CGS. We also had 1 Vanier scholarship awarded this

year.

Our students were also very active in applying for Donor Funded Awards. We received 81 applications! From those applications, 4 received funding. An additional 14 graduate students received Psychology Endowment Awards.

WOW!!! We congratulate all recipients. Keep up the great work.

We also have a new crop of MA and PhD students joining our community. In total, we have 28 new MA and 10 new PhD students. All signs point to being able to see them (and everyone one else) in-person soon enough (hopefully I didn't just jinx the planet).

Of course, at the same time that we welcome new students we say goodbye to others. During the 2021-2022 academic year, 23 MA and 9 PhD degrees were granted in Psychology. I look forward to exchanging our secret handshake the next time I see each of them.

A few thanks are in order. First and foremost, a thank you to Etelle. She continues to be the rock on which our graduate programs stand. I could not do this Grad Chair thing without her. You may think you have an idea of how hard Etelle works but I assure you, you don't. Maya is also a life saver. She is always there to offer her assistance with a (virtual) smile. And a thank you to the graduate committee (Craig B, Rachel, Chad, Chris, Vivian, Yan, Kevin, Monique, & Nassim). It makes my job (and Etelle's job) so much easier knowing we had such a great group. They were willing to help at a moment's notice. Also, reviewing all those graduate fellowship applications was not an easy task, especially given that the graduate students in Psychology are of such high quality. Thank you!

Lastly, I want to thank each and every person in Psychology. We are a very large group. Nonetheless, because of you, I always feel like I am a member of a small, supportive family.

I wish you all a happy and healthy 2022-2023 academic year,

Michael

# UNDERGRADUATE NEWS AND EVENTS

### A MESSAGE FROM THE UNDERGRADUATE CHAIR

By: Dr. Guy Lacroix



The last year was again a challenging one with many ups and downs. Once more, we were forced to offer many courses at a distance, and those held on campus were subject to less-thanideal conditions... Nonetheless, everyone made it work and now that things are almost back to normal, it is a bit strange going to Carleton again, but it is a great feeling! I know that some of our students who

are starting the third year of their program still have not taken a single in person class yet. It will be great to finally meet and exchange with you without needing a Zoom link.

The next academic year will go back to our Department's pre-COVID model: We will offer the best possible on campus academic experience. Hence, expect to take most of your courses in person at Carleton. Our Department does have a long-standing tradition of excellence offering students courses that can be taken at a distance. We will do so again this year because we know that it gives our students additional scheduling flexibility. Remember, however, that Carleton is not a distance education university. We want you to learn in our classroom and laboratories, to talk with your professors and fellow students, and to experience campus life. So, plan on being in Ottawa next year and pay attention when you register for your courses. Their mode of delivery will be clearly indicated.

Otherwise, I encourage you to explore the many program options that we offer. They can allow you to tailor your degree to fit your interests and vocational aspirations. First, we offer six very popular concentrations in Cognitive Psychology, Developmental Psychology, Forensic Psychology, Health Psychology, Organizational Psychology, and Social and Personality Psychology. All

provide an in-depth survey of one of our Department's areas of research. Second, we have created a Stream in Mental Health and Well-being for our students who are considering graduate clinical psychology programs, counselling programs, or other mental-health related professions. We also have a Minor in Human Resources and Management for B.A. Honours Psychology for students who wish to apply their knowledge of psychology to the business world. Finally, all students get an opportunity to experience psychology as a science. Our unique third year Honours seminars provide students with an applied introduction to research and prepare them well for their fourth year capstone course: the Honours Project or the Honours Thesis. We are convinced that our students leave Carleton ready for the challenges ahead.

Finally, if you are one of our new students this year, welcome! You should know that you will be joining over 400 other students who will be starting their program with us in September. Psychology has one of the largest programs at Carleton! An orientation will take place a few days before the term starts. We will send out all the details about it later during the summer. Otherwise, all students should remember that we will continue to provide them with outstanding advising whenever they have questions about their program. Please reach us at <a href="mailto:psychology@carleton.ca">psychology@carleton.ca</a>.

I hope that you will enjoy the upcoming summer and the Department looks forward to welcoming you back to campus. Classes officially start September 7.
Guy Lacroix
Undergraduate Chair
Department of Psychology

# A MESSAGE FROM THE STUDENT EXPERIENCE CHAIR By: Dr. Cheryl Harasymchuk



Our research lab volunteering program allows students to earn cocurricular credits for assisting faculty with their research (e.g., data collection, analysis, coding, literature searches). This past year, there were 13 participating faculty members (similar number as previous years) and ~65 undergraduate students (an increase of 20 students from last year). I'd like to make a special acknowledgement of Dr. Chad Danyluck's and Dr. Shelley Brown's contributions; they provided volunteer opportunities for 25 students (10 and 15 students respectively). This is a very popular opportunity for our undergraduate students and there are more volunteers than positions available. As a faculty member, if you are thinking about involving undergraduate volunteers in your lab but are uncertain what it entails, let me know, and I can answer your ques-

tions. To facilitate the process, if you are looking for a research volunteer (and do not have students contacting you), let me know, and I can forward names of people that contact me. I created a FAQ sheet for students with a description of the process as well as some tips for seeking out a volunteer opportunity, <a href="https://carleton.ca/psychology/volunteering-psyc-lab/">https://carleton.ca/psychology/volunteering-psyc-lab/</a>.

The Co-op psychology program continues to grow; there were 16 psychology undergraduate students participating through the fall, winter, and summer terms (an increase from previous years). These students work at a variety of agencies/centres including *The Portia Learning Centre*, *Health Canada and Public Health Agency of Canada*, *Career Services at Carleton*, and the *Royal Canadian Mint*. If you have any contacts for additional agencies, please contact me or the co-op office.

Cheryl Harasymchuk Student Experience Chair

# Welcome!

### **New Faces in Psychology**

Please join us in welcoming the newly hired Faculty members in the Department of Psychology



### David **Sidhu**Assistant Professor

I was born in Toronto and completed my undergraduate degree at York University. I then moved to Calgary to do my graduate work at the University of Calgary. After that I held a SSHRC-funded postdoctoral position in London at University College London. I joined the Psychology Department at Carleton University in 2022.

Broadly speaking I am interested in language and cognition, in particular how we process words and represent meaning. I have always been fascinated by connections across modalities: how a sound can seem "bright", how an image can convey something abstract. This led me to my research focus on the multimodality of language. For example, some words "sound small", or "feel smooth" as you say them. How do these multimodal properties affect language processing? Relatedly, some words imitate the things that they refer to (e.g., onomatopoeia like "splash" or "meow"). Are these kinds of words processed differently? What does this mean for the development and evolution of language? I have also had a long interest in the fields of embodied cognition and conceptual metaphor theory.



# Faculty Hwards



Please join us in sending a special congratulations to the following Faculty Members for their distinguished contributions:



Carleton University Research Achievement Award Dr. Rachel Burns

**Research Project:** Undercovering the links between spousal mental health and health behaviours among couples in which one partner has diabetes



International Research Seed Grant, OVPRI Dr. Shelley Brown

**Title:** Exploring Risks, Needs, Strengths, and Service Gaps for Women on Probation in Puniab. Pakistan

**Co-Investigator:** Mazhar Hussain Bhutta, Assistant Professor, Department of Sociology, PMAS-Arid Agriculture University, Rawalpindi, Punjab, Pakistan



**SSHRC** Insight Development Grant

Dr. Chad Danyluck

Collaborator: Dr. Andrea Howard

**Research Project:** Discrimination-related Stress Transmission and Well-being in Romantic Relationships



**CU SSHRC Explore Research Development Grant** 

**Dr. Chris Davis** 

Research Project: The effect of secret disclosure on relationship quality



# Faculty Hwards



Please join us in sending a special congratulations to the following Faculty Members for their distinguished contributions:



FASS Mid-Career Research Grant

**Research Project:** An Examination of the Emergence of Outcomes of Environmental Leadership



SSHRC Partnership Development Grant

Dr. Jo-Anne LeFevre

Dr. Kate Dupré

For: Assessment and Intervention for Mathematics (AIM)



CU NSERC Research Development Grant Dr. Craig Leth-Steensen



**SSHRC Insight Development Grant** 

Dr. Stefania Maggi

**Research Project:** Children's rights, climate change, and emotional well-being: equipping young Canadians to thrive in times of crisis



# Faculty Hwards



Please join us in sending a special congratulations to the following Faculty Members for their distinguished contributions:



SSHRC Insight Grant
Dr. Marina Milyavskaya

**Research Project**: Why Do We Spend Our Time The Way We Do? Basic Psychological Need Satisfaction and Time Use



SSHRC Insight Grant
Dr. Joanna Pozzulo

Research Project: Children's Identification Evidence Goes to Court

AND

**CU Multidisciplinary Research Catalyst Fund** 

**For**: Mental Health and Well-being Research and Training Hub (MeWeRTH)



Canada Research Chair in Child and Youth Mental Health and Well-Being and Canadian Institutes of Health Research Grant Dr. Maria Rogers



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**CONVOCATION MEDALS & AWARDS** 

The Department of Psychology would like to congratulate all of our wonderful students who have graduated during the 2021-2022 year! We hope that you will take positive memories of your time in the Department of Psychology at Carleton University with you wherever you may go. We wish you all of the best in your future endeavours!

### Please join us in sending a special congratulations to the following students:

#### **Undergraduate Students**

#### Chancellor's Medal

Madeline Wadlow - Bachelor of Arts Honours
- Bachelor of Arts Honours

#### University Medal Faculty of Arts and Social Science

Katherine Bobbitt - Bachelor of Arts Honours Mackenzie Mayled - Bachelor of Arts Honours Justin Shimizu - Bachelor of Arts Honours Shaelene Stack - Bachelor of Arts Honours

#### Senate Medal for Outstanding Academic Achievement

Elizabeth Charters Emma McFarlane
Trinity Choiniere-Hamilton Mckenna Mottahed
Christopher Holtum-Bennett Shannon Robinson
Jana Galley Madison Tomasini
Odessa Johnson Patty Zhou

# IcFarlane Mottahed Robinson

#### Provost Scholar Award

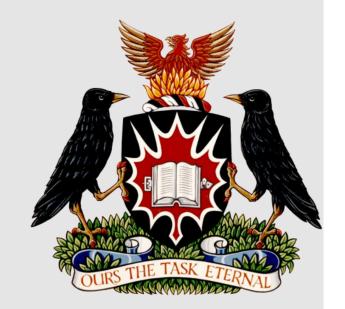
Justin Shimizu - Bachelor of Arts Honours

### Departmental TA Excellence Award

Kimia Fardfini - Doctor of Philosophy in Psychology James Vellan - Doctor of Philosophy in Psychology

#### **Outstanding Teaching Assistant Award**

Tori Semple - Doctor of Philosophy in Psychology



### **PSYCHOLOGY STUDENT SUCCESS STORIES**

FASS Undergraduate Summer Research Internship, 2022

The <u>FASS Undergraduate Summer Research Internship</u> is an initiative that invites students to submit a research project that they propose to work on during the summer in collaboration with a faculty member. It is a great opportunity for students to gain research experience firsthand. Four of our own students were selected as recipients of the Research Internship after a very competitive selection process. You can read more about their internship experience below:

### Meghan Mitchell

### **Project Title: A Systematic Literature Review of Non-Police Response Models to Those in Crisis**

When there is a medical emergency in Canada, you call 911, and an ambulance comes. So, why is it different for a mental health emergency, where the police often respond? Although there are many coresponse teams in Canada where a mental health professional responds to such calls with a police officer, the mere presence of a police officer on scene can traumatize and criminalize innocent citizens. In addition, such co-responder programs are often not available and lack round-the-clock staffing. This means that a lot of the calls that Canadian police services receive every year about those in crisis are tended to by patrol officers with minimal mental health training. As made clear recently in the media, such encounters can result in tragedy.



The goal of my research is to start developing an evidence base around non-police response models to mental health crises by conducting a systematic literature review of program outcomes. By creating a document that encapsulates all available information on this topic, we will provide a resource that can be used by academic researchers, police services, community members, and policy makers to ensure that people in crisis receive the highest quality of care possible.



### Annie Steep

### Project Title: The Impact of Signing Bonuses on Young Workers' Entitlement

Since the beginning of the COVID-19 pandemic, employee turnover has skyrocketed in what is coming to be known as the "Great Resignation", resulting in a perceived labour shortage that has prompted many organizations to offer signing bonuses to facilitate recruitment. However, there is no conclusive research about the outcomes of this practice, and previously established theoretical models suggest that offering signing bonuses may skew employees' perceptions of their entitlement to future rewards, resulting in over-inflated expectations that ultimately go unmet.

My current research builds on this theory to examine the impact of signing bonuses on real work experiences as assessed by data collected before, at the start of, and at the end of participants' summer employment. The research will examine whether receipt of a signing bo-

nus increases one's sense of entitlement to and expectations for future reward, and whether these expectations going unmet results in lower job satisfaction and engagement, performance of more negative and fewer positive work behaviours, and higher turnover intentions.

This study has the potential to highlight the impact of organizational actions on attitudes like entitlement that were previously treated only as stable personality traits, and to provide insight into the long-term impact of common recruitment practices.

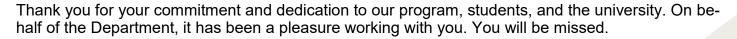
## FAREWELL AND ALL THE BEST!

The Department would like to announce that Dr. Timothy Pychyl will be retiring as of June 30th, 2022. Dr. Pychyl has been a member of the department for more than 27 years. After completing his doctoral work in the department, he accepted a position as a faculty member in 1995.

Dr. Pychyl's research in psychology is focused on the breakdown in volitional action commonly known as procrastination and its relation to personal well-being (recent publications are provided below). You can learn about his research at procrastination.ca.

Dr. Pychyl has garnered an international reputation for his research on procrastination. In addition to his journal publications and books such as *Solving the Procrastination Puzzle* (2013, Penguin) and *Procrastination, Health and Well-Being* (Elsevier, 2016; co-authored with Fuschia Sirois, University of Sheffield), Tim has produced the *iProcrastinate podcast* (iTunes) and the Don't Delay blog for *Psychology Today* (see <u>procrastination.ca</u>). Tim's research is complemented by his passion for teaching for which he has won numerous

awards including the 3M National Teaching Fellowship, the Ontario Faculty Associations Teaching Award, and the University Medal for Distinguished Teaching.



We wish you all the very best with your new adventures.



### **QUESTIONS & COMMENTS:**

For questions or comments regarding content or submissions for future editions, please feel free to contact us:

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