

HURON PSYCHOLOGY ASSOCIATION NEWSLETTER



HPA
HURON
PSYCHOLOGY
ASSOCIATION

Issue 001

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FALL 2024

Welcome to the first 2024-2025 issue of **Huron Psychology Association** (HPA)'s monthly newsletters! We are an academic club at Huron University College, dedicated to helping psychology students flourish.

Throughout the academic year, you can expect a variety of programming from us, ranging from networking nights, study sessions to APA report clinics.

FROM US TO YOU

Happy Back-to-School!

KAIA Jovanoic, President:

Welcome (back), everyone! Happy start of school— prioritize sleep and get some fresh air. You've got this!

AUSTYN (SY) Hoh, VP Comms:

Hi! We're so excited to see you all :) Happy start-of year, and all the best!

IQRA Devlani, VP Finance:

Hi! We are so excited to see you and enjoy HPA events together :)

EDEN Brown, VP Events:

Happy fall! We have exciting events planned for this year and we hope to see you there! Stay tuned ;)

GETTING READY FOR THE YEAR - Dr. Stephen Van Hedger

Welcome back, y'all! (As someone born in Oklahoma, I feel like I can almost get away with saying that.) I have been given the ~~obligation~~ **privilege** of imparting some advice for the new academic year. My first piece of advice is to cite your sources! No, but, like, seriously. I will lead by example. I received help in coming up with pieces of advice from another faculty member in the department: Dr. Kasey Van Hedger (spoiler: we are married, in case the last name was not a giveaway). So, with my dwindling space, here are a couple of tips:

- 1) Build on social connections that will help buffer you as the term inevitably gets more stressful. Now is a good time to go catch up with friends you haven't seen all summer.
- 2) Don't neglect your physical health. There's no need to make drastic changes, but small things like remembering to hydrate and get adequate sleep are crucial. Turns out, sleep is important in memory consolidation, so please try not to pull an all-nighter before a big exam.
- 3) Get out in nature! Did you know that research suggests that experiences with nature can improve mood, lower stress, and even restore your attention? Well, now you do. London's nickname is the "Forest City," and there are plenty of amazing nature trails to explore.

I have more to say (Attend class! Take advantage of office hours!) but I can hear the proverbial music playing me off the stage. Space permitting, there might be a picture of Dr. Kasey Van Hedger and me from when we ran a 35K race last spring. If there's not space, you'll just have to stop by our shared office (V118) to see what we look like in person.



ACADEMICS 101

Worried about your courses? Fear not!



Reach out to our **Academic Advising** for help with course selection, program planning, academic considerations, and degree requirements, and more! (P.S. feeling anxious about your psych papers? Watch out for our APA writing clinics in November!)

Still worried? Reach out to the Wellness Centre for more resources!

HIRING OPPORTUNITIES

HURON PSYCHOLOGY ASSOCIATION

Interested in joining our team? HPA is hiring for two positions: an Events Director, and a Communications Director. Check out our Instagram for more information & we look forward to meeting you!

Deadline: September 18th (Wednesday), 10.59pm

– [APPLICATION HERE](#) and in [@huronpsychassociation](#) Linktree!

OTHER OPPORTUNITIES:

Wellness Commissioner & Equity Commissioner (HUCSC): more details [HERE](#) or [@myhuron!](#)

For more exciting opportunities, keep an eye out for our emails!

To join our mailing list, fill out this [GOOGLE FORMS](#) or email shoh2@uwo.ca



UPCOMING EVENTS:

- **Clubs Week, 9th - 12th Sept**
Frank Holmes, Student Commons

Missed us at the resource fair?
No worries! Come say hi @ Clubs Week & grab some free stickers!

- **Study Tips with Dr. Quinlan**
19th September, 6.30pm
Frank Holmes, H111

PAPER OF THE MONTH: TICK TOCK! IT'S TIME FOR BED!

Welcome to HPA's **PAPER OF THE MONTH** section, where we try to bring science to you in an accessible, easy-to-digest format. For September, we chose to feature one of our favourite open-source journals: The Frontiers for Young Minds! These publications are written by expert scientists and reviewed by elementary school children to ensure clarity.

The article suggests that your devices should "go to sleep" at least an hour before you do to achieve optimal cognitive performance and protect your mental and physical health. The blue light from screens tricks your brain into thinking it's daylight, disrupting the secretion of two hormones crucial for sleep: cortisol and melatonin. This disruption particularly affects mood regulation, which heavily depends on sleep, putting you at a higher risk of developing some mental illnesses, such as depression.

Constantinesco, N.J., Harkey, D.D., & Fowler, L.A. (2024). Tick tock! It is time for bed!. *Frontiers for Young Minds*, 12.
<https://doi.org/10.3389/frym.2024.1355260>

Written by Sum Yee Hoh & Kaia Jovanoic, with special thanks to Dr. Stephen Van Hedger