Letter from the Editor

Hello to all Psychology Students, Faculty, and Staff!

I hope that all is going well during the transition from the end of classes to the beginning of the exam schedule. I appreciate that this can be a stressful time of year for everyone. Although delightful distractions are no substitute for strategic exam preparation and a lot of rest, it is my aspiration that this spring issue of the psychology department newsletter may help in abating any aversive exam-related thoughts and emotions.

There is a little bit for everyone in this issue of the newsletter, from highlights of Lakehead’s annual Research and Innovation Week to exciting new peer-reviewed research published by our fellow student and faculty colleagues. Sadly this will be the last issue of the newsletter for the 2015–2016 academic year and thus the end of my stint as editor. I want to thank everyone who contributed to, read, or offered suggestions on how to improve the newsletter. Although infrequently disseminated, I believe that the newsletter provides an important means of building community through connecting staff, students, and faculty within our department.

A hearty cheer for those who have finished for the year and good luck to those students with upcoming exams.

Submitted by Adam Davis, H.BA., M.Sc. Psychological Science Student
There were four students representing the discipline of psychology during Lakehead’s annual Research and Innovation Week for the Undergraduate and Graduate Research Days. Meghan Cahill (see picture above) working under the supervision of Dr. Mirella Stroink, presented a poster on the theoretical perspective of and expected results for her honours thesis research concerning resilience and the transition from secondary to post-secondary education. Two second year M.Sc. Psychological Science students Adam Davis and Wendy Leppanen, both working under the supervision of Dr. Stroink, gave oral presentations on their current projects. Adam was presenting some analyses of a current research project examining resource sharing tendencies within the context of a commons dilemma scenario and pro-environmental behaviour. Wendy presented some preliminary findings for her Master’s thesis on the psychometric validation of the Systems Thinking Scale Revised, initially developed by Dr. Stroink. Lastly, clinical Ph.D. student Karin Almuhtadi, also working under the supervision of Dr. Stroink, presented on the theoretical perspective of Complex Adaptive Systems Theory for her Doctoral thesis, which she is using to examine relationship attachment injury.
NeuRIG AT THE INTERCITY SHOPPING CENTRE

During Lakehead’s annual Research and Innovation Week, the Neuroscience Research Interest Group (NeuRIG) coordinated the largest display in the history of the event, with over a dozen exhibits and 30 volunteers, many of whom are from the discipline of psychology. On display was a veritable smorgasbord of activities reflecting the numerous sub-specialities of neuroscience; from the anatomical structure of the eye to neuroimaging techniques used to examine brain activity such as electroencephalography (EEG) and magnetoencephalography (MEG), there was something for everyone. This event could not have been possible without the tireless efforts of students and faculty within and outside of the Department of Psychology, particularly the members of the Cognitive Acquisition Lab (CAL) and the Sensation and Perception Lab (SNAPL). Having this kind of continued representation for psychology in a public space is tremendously important. It provides students and faculty with the ability to liaise with the general community of Thunder Bay and to share information about our exciting and expansive discipline of study.
At the beginning of March, we had the opportunity to attend the Picturing Wellness: From Adversity to Resilience Art Exhibition and Conference held in Hamilton, Ontario. This conference focused on the concept of resilience in diverse settings, specifically adverse contexts, social determinants of health, child maltreatment, sexual exploitation, sexual victimization of male youth, and male mental health. We heard from speakers specializing in a wide range of areas: resilience and alcohol consumption in emerging adulthood, the health outcomes of sexually exploited males, and resilience in Indigenous youth, just to name a few.

The conference chair, Dr. Christine Wekerle, began the 3-day event by explaining how viewing and speculating about art can assist both researchers and clinicians in formulating narratives of experience and considering unique explanations for phenomena or presentation. An innovative visit to the McMaster Museum of Art served as an opportunity to practice these skills and challenged attendee’s abilities to analyze and explore the messages inherent in the creations such as a sandbag covered in pale-pink chiffon ruffles or a teddy bear made of tensor bandages. It was an excellent mix of art and science and a unique way to further promote the discussion around resiliency.

The keynote speaker, Sheldon Kennedy, is an abuse victim and an inspiring spokesperson for the importance of working as a community to promote the mental health of sexually abused children and youth. Mr. Kennedy, a former NHL hockey player, disclosed long-term sexual abuse by a coach in the 1990’s and has served as a champion for the cause ever since. He shared his own story with genuine vulnerability and surprising composure. We all agreed that we were thoroughly impressed by Mr. Kennedy’s work in the field and the capacity of the Sheldon Kennedy Child Advocacy Centre to coordinate resources for child and youth victims of sexual abuse in Calgary, Alberta. The three of us had a chance to chat with him and he was very enthused about his work, his goals of creating better outcomes for children, and promoting better training of mental health service workers.

The conference also emphasized the need for treatment providers and researchers to maintain personal wellness and standard research dissemination was fused with yoga and mindfulness practices. Overall, the event was a great opportunity for us to network with like-minded individuals, learn about the cutting edge research in the area, and explore unique conceptualizations of resilience.

This 3-day conference was the outcome of a CIHR-funded research team grant: Understanding Health Risks and Promoting Resilience in Male Youth with Sexual Violence Experiences. For more information, please visit: http://picturingwellness.ca/
Executive Function and Self-Regulation Mediate Dispositional Mindfulness and Well-Being

Megan M. Short, Dwight Mazmanian, Kirsten Oinonen, and Christopher J. Mushquash

Published April 2016 in Personality and Individual Differences volume 93, pp. 97–103

Research indicates that mindfulness is linked to higher-order neurocognitive control processes, and the associated executive functions and self-regulation capacities needed in daily life. The current study examines the roles of executive function and self-regulation in the link between dispositional mindfulness and well-being using a multi-method, two-phase longitudinal design. Two multiple mediator models were tested in a sample of 77 undergraduate students. Self-regulation independently mediated the relationship between mindfulness and positive affect; however, both executive function and self-regulation independently mediated the relationship between mindfulness and negative affect. The mindfulness facets of acting with awareness and non-judgment were most strongly related to executive function and well-being outcomes, while describing and acting with awareness were most strongly related to self-regulation. Performance-based neurocognitive control was related to self-regulation and positive affect, and a test of inhibition/shifting was related to executive function in daily life. Thus, students who are more dispositionally mindful than their peers tend to be non-judgmental and act with awareness, rather than on automatic pilot, which may engage executive functions and self-regulation.

doi:10.1016/j.paid.2015.08.007

Gambling Attitudes and Beliefs Associated with Problem Gambling: The Cohort Effect of Baby Boomers

Jessica Tanner and Dwight Mazmanian

Published February 2016 in the International Gambling Studies volume 16, issue 1, pp. 98–115

Recreational and problem gamblers alike hold beliefs about gambling that are dysfunctional. These dysfunctional beliefs have been theorized to play a role in problem gambling behaviour. The current study sought to examine the effects of gambling attitudes and beliefs on problem gambling behaviour across three cohorts. A sample of 308 participants consisted of 101 individuals from Generation X, 139 from the Baby Boom
cohort and 68 from the Silent Generation. Hierarchical multiple regressions showed that for Baby Boomers, higher scores on scales measuring beliefs about luck and illusions of control were associated with higher scores on measures of problem gambling than for the Silent Generation. Generation X’s higher scores on luck scales were associated with higher scores in problem gambling than the Baby Boom cohort. Attitudes associated with problem gambling did not differ among cohorts. These results suggest that while cohorts may not differ in types or levels of distorted beliefs, they differ in how such distortions relate to problem gambling. Future research should focus on determining whether such cohort effects are indicative of differences within the development and maintenance of problem gambling itself.

doi:10.1080/14459795.2016.1147591

Within-Culture Differences in Self-Construal, Environmental Concern, and Proenvironmental Behaviour

Adam C. Davis and Mirella L. Stroink

Published March 2016 in Ecopsychology volume 8, issue 1, pp. 64–73

A substantial amount of research has employed the use of Stern and Dietz’s (1994) value-belief-norm theory in examining environmental concern. As useful as this model has been, it fails to take into account important personal and social factors, such as self-perception and culture, relevant to understanding environmental concern. The objective of the present research was to test a more comprehensive model of concern introduced by Arnocky, Stroink, and DeCicco (2007) that centers on self-construal, which is inclusive of values, the self, and culture. Specifically, these authors found that self-construal orientation predicted type of environmental concern expressed and further determined that biospheric concern explained why those with a metapersonal self-construal were more likely to engage in proenvironmental behaviour (PEB). In an attempt to replicate these findings, 115 undergraduate psychology students from a mid-sized university in northern Ontario completed an online questionnaire assessing self-construal, environmental concern, connectedness to nature, and PEB. Both the independent and interdependent self-construals were found to uniquely predict egoistic and altruistic environmental concern respectively. Further, the metapersonal self-construal was found to be the best predictor of biospheric concern in comparison to the other construal orientations, despite falling short of achieving statistical significance. In a dual mediation model, both biospheric concern and connectedness to nature were demonstrated to explain the relationship between the metapersonal self and PEB; however, connectedness to nature emerged as the stronger mediating variable.

doi:10.1089/eco.2015.0061

The Toronto and Philadelphia Mindfulness Scales: Associations with Satisfaction with Life and Health-Related Symptoms

Rupert Klein, Sacha Dubois, Carrie Gibbons, Lana Ozen, Shawn Marshall, Nora Cullen, and Michel Bédard

Published 2015 in the International Journal of Psychology and Psychological Therapy volume 15, issue 1, pp. 133–142
The treatment efficacy of mindfulness for improved quality of life and health-related symptoms has reliably been found in the literature. Questionnaires have been developed to assess both state mindfulness (Toronto Mindfulness Scale, TMS) and trait mindfulness (Philadelphia Mindfulness Scale, PHLMS). The objective of this study was to directly compare state and trait mindfulness measures to self-reported satisfaction with life and health outcomes. Healthy adults (n=28) completed self-report questionnaires assessing mindfulness, a Satisfaction with Life Scale and a health outcome measure (Symptom Checklist 90-revised) prior to and after undergoing a 10-week mindfulness meditation intervention program. Correlational analyses between the mindfulness measures and outcome measures clearly demonstrated the association between the PHLMS Acceptance subscale and reductions in symptom severity r(26)= -.46, p= .015. These results suggest that a trait mindfulness measure (i.e., PHLMS) can detect change in mindfulness that is associated with health outcome measures whereas the state-like mindfulness (i.e., TMS) did not.


The Association between Therapeutic Alliance and Treatment Outcomes in a Group Triple P Intervention

Fred Schmidt, Suzanne Chomycz, Carolyn Houlding, Alexandra Kruse, and Jessica Franks

Published November 2014 in the Journal of Child and Family Studies volume 23, issue 8, pp. 1337–1350

A growing literature has examined the association between therapeutic alliance and treatment outcomes in child therapy. Few studies, however, have specifically investigated the role of therapeutic alliance within evidence-based parenting programs for children with externalizing behavioural difficulties. The current study prospectively collected measures of therapeutic alliance for 117 families completing a Triple P parenting program in a community children’s mental health center. Higher levels of mother and father rated therapeutic alliance were associated with greater gains in parenting skills and parental sense of competence. Parental rated therapeutic alliance was also associated with greater improvements in child conduct problems for mothers, but not fathers. However, therapist ratings of therapeutic alliance had limited associations with treatment improvement. The implications of the findings for clinical practice are discussed.

On April 8, Dr. Beth Visser visited Lakehead University’s Thunder Bay campus to present her research on the “Dark Triad” of Machiavellianism, narcissism, and sub-clinical psychopathy. Dr. Visser is an Assistant Professor of Interdisciplinary Studies and Psychology at Lakehead University in Orillia. Her primary research interests relate to antisocial, risk-taking, and deceptive behavior, with secondary interests regarding gender, sexualisation, and objectification.

What makes a personality trait “dark?” What makes one trait “darker” than another and what makes it “dark” enough to be a member of the exclusive “Dark Triad?” These were the overarching questions Dr. Visser set out to discuss in her presentation on the “Dark Triad” of personality. As Dr. Visser explained “The “Dark Triad,” which embodies the three personality dimensions of Machiavellianism, narcissism, and sub-clinical psychopathy, has received a great deal of research attention since it was identified in 2002 as a group of overlapping but distinguishable socially aversive personalities.” More specifically, Machiavellianism is defined as a manipulative personality; cold and calculating (Paulhus & Williams, 2002). Whereas narcissism is primarily associated with grandiosity, self-entitlement, and an inflated sense of superiority. Lastly, subclinical psychopathy is characterized as a highly impulsive and thrill-seeking personality, coupled with low levels of empathy and anxiety. Dr. Visser further explicated that “More recently, some researchers have argued for a "Dark Tetrad" which would incorporate everyday sadism.” Everyday sadism refers to the enjoyment or satisfaction one may derive from general cruelty in everyday life (Book et al., 2016). Dr. Visser then presented her research regarding the content of sexual fantasies in those high and low in psychopathic traits. Statistically controlling for sex, she and her colleagues discovered that scoring high on this “dark” personality trait predicted fantasies involving, anonymous, uncommitted, and non-romantic sexual encounters with multiple partners (Visser, DeBow, Pozzebon, Bogaert, & Book, 2015).

The relationship between a mentor and a mentee can be one of the most valuable partnerships in an undergraduate or graduate student’s academic career. Post-secondary education is a time of tremendous personal and professional growth; a journey advisors may significantly guide the trajectory of. In general, mentors have been found to provide two kinds of assistance labelled *instrumental* and *psychosocial* help (Kram, 1985). Instrumental help refers to coaching, sponsorship, and the provision of opportunities; whereas, psychosocial help relates to role-modeling, empathizing, and counselling. Tenenbaum, Crosby, and Gliner (2001), in a sample of 189 graduate students attending the University of California–Santa Cruz, discovered that instrumental help increased graduate students’ productivity, as assessed through number of journal publications, as well as poster and oral presentations at professional conferences. On the other hand, psychosocial help increased students’ level of satisfaction with their advisors and their overall graduate experience.

The attributes a mentor possesses may also bear on how positive and fulfilling the mentorship experience is for students. Clark, Harden, and Johnson (2000) surveyed 800 doctoral students who rated supportive, intelligent, and knowledgeable as the most important qualities in a mentor among a range of possible characteristics (e.g., warm, honest, genuine). Importantly however, student perceptions of mentors have been found to vary across several demographic and circumstantial factors. For instance, Rose (2005) discovered that international, in comparison to domestic, graduate students, demonstrated a greater preference for an advisor who was interpersonally involved in the student’s life. These students valued a mentor who shared their personal concerns, values, social activities, and worldview. Interestingly, interpersonal involvement was rated as significantly less important for older students as compared to younger students. Rose (2005) also found that female graduate students rated guidance and the integrity of their supervisors as significant, qualities that were not as important for male students.

The abovementioned findings indicate that there is no “one size fits all” when it comes to mentor–mentee relationships. And although students in general appear satisfied with their advisor–advisee partnerships, at times students may feel as though they are poorly matched with their supervisors (Clark et al., 2000). Mentors and mentees are encouraged to remain open to the prospect of changing the dynamic of the relationship in order to find a mutually beneficial fit for both members of the dyad.

The Complexity, Culture, and Resilience Lab (CCR Lab), led by Dr. Mirella Stroink, hosts an emergent group of graduate and undergraduate psychology students with a diverse range of research interests. The mission of the CCR lab is to provide students and faculty in psychology (and beyond) with opportunities to experience connection and support, share information, and collaborate on research. Though small, its vision is to become an internationally recognized, visible, and vibrant research lab while promoting and mobilizing knowledge from the study of culture, complexity, and resilience.

Social network analysis skills have recently been cultivated among members, which allows for the visualization of network relationships in a dynamic, interactive display. Other statistical information can also be gained from SNA such as centrality (how important or influential a particular node is in a network) or density (the number of possible ties a node could have versus how many they do have). More commonly, SNA is used to visualize social media networks or networks of an individual’s family and friends. One topical application of SNA was done by mathematicians to determine who the ‘real’ main characters in Game of Thrones are. They did this by examining which characters interacted most frequently and established a relationship between characters when they were mentioned within 15 words of each other (see accompanied image; Beveridge & Shan, 2016).

Recent research from the lab has focused on two distinct yet interrelated psychological constructs called systems thinking and dynamic psychological resilience (DPR). Systems thinking is a cognitive paradigm that reflects an individual’s capacity to perceive the social-ecological world as an assemblage of interconnected complex adaptive systems (e.g., the climate, economy, brain, language,
culture). Dr. Stroink has recently developed a self-report attitudinal measure to tap into this construct, which will be psychometrically evaluated this year. The other, DPR, relates to an individual’s ability to not only ‘bounce back’ after a negative life event, but to breakdown, change, and grow over time as well as a result of both positive and negative experiences. Whereas ‘traditional resilience’ typically only relates to the ability to persevere, DPR is rooted in complex adaptive systems theory and acknowledges that individuals are complex systems unto themselves which need to change over time to adapt.

If you are interested in becoming a lab research assistant, have a research idea that you would like collaborators for, or would like to know about honours thesis opportunities, please contact Dr. Stroink (mstroink@lakeheadu.ca).

On April 1, 2016, the honours thesis students (PSYC 4901-YA) bravely presented their research to the public and students passing through the Agora at Lakehead University. The thirteen honours students did an incredible job creating engaging and visually appealing scientific posters on which to present their thesis projects. The diversity among the chosen research topics was inspiring, with study foci ranging from the associations between personality and organ donor decisions to the influence of narcissism on the relationship between social comparison and body image. Congratulations to all of the honours thesis students for producing such impressive work to display to the public, as well as our fellow faculty and students.
The Lakehead University Psi Chi chapter would like to sincerely thank the students and faculty in the Department of Psychology for their continued support throughout the 2015/2016 academic year. We have had a very busy and successful year, full of exciting events that would not have been possible without your assistance and participation. We are delighted to have the opportunity to share with you today our activities since the February issue of the Psychology Department Newsletter.

**Volunteer Opportunities with Psi Chi**

Since February, Psi Chi has continued to provide opportunities for students to get involved with volunteering in the community of Thunder Bay. To date, we have successfully organized and attended five volunteer sessions with The Shelter House, where psychology students gathered to help with various activities such as preparing and serving hot meals to community members in need, organizing and stocking donated items, and helping with clean up. At each session, we successfully served meals to roughly 200 people.

Psi Chi has been organizing these sessions since the summer of 2015, and we have plans to continue providing various volunteer opportunities for students. Our next session booked with the Shelter House will be Saturday, April 23rd, 2016 starting at 5:00pm. If you would like to volunteer or would like more information, please contact us at psichi@lakeheadu.ca.

In addition to volunteering at the Shelter House, Psi Chi is planning a community parks cleanup event at the Sleeping Giant Provincial Park during the spring/summer semester. Be sure to keep your eyes on your email and social media in the coming months for that announcement. If you have any questions about getting involved with volunteering, you can contact us at any time for more information.

**Induction Ceremony and Invited Speaker Series**

On April 6th, 2016, we were very pleased to host another successful installment of Psi Chi’s Invited Speaker Series, this time featuring a talk by Dr. Josephine Tan. Her talk, entitled “Challenges and Solutions for Suicide Prevention among Nunavut Inuit Youth: Perspectives of Crisis Responders” discussed the findings from a CIHR-funded project with Nunavut crisis responders, and looked into their experiences with suicide prevention efforts and their perspectives on contributing factors and solutions. We would like to sincerely thank Dr. Tan for her very informative presentation and for her continued support of Psi Chi.
Dr. Tan’s talk followed our annual Psi Chi Induction Ceremony where we inducted a total of 11 individuals as lifetime members of Psi Chi. We would once again like to extend a warm welcome to the newest student and faculty members of Psi Chi and we hope that you will take advantage of the many benefits Psi Chi has to offer. If you are interested in hearing more about the benefits of Psi Chi membership, you can contact us at psichi@lakeheadu.ca.

Finally, we would like to take this opportunity to announce our upcoming installment of the Psi Chi Invited Speaker Series, scheduled for **Tuesday, April 26th, 2016 at 2:00pm** (room TBA) and featuring a talk by Adam Davis. Adam is an MSc Psychological Science student at Lakehead University. His talk is entitled “Monogamy or Polygamy? The Evolution of Human Sexual Relationships” and will discuss the prehistoric origins of human mating systems; drawing on evidence from animal research, as well as findings from evolutionary and cross-cultural psychology to present the best evidence currently at our disposal to address this question. We are excited to host Adam as our very first student presenter in the Invited Speaker Series. His talk will be open to the public, so please do join us if you are available. Announcement posters will be distributed soon!

**Fundraising and Raffle Winners**
The Psi Chi executive team has been fundraising in order to support future planned events, such as our Invited Speaker Series, on-campus workshops, and networking events for students and faculty in psychology. This semester, we raffled off a gift card tree with gift cards from businesses around Thunder Bay worth $145, as well as a gift basket full of handy kitchen tools. The winners were randomly drawn on April 6th following the Induction Ceremony and Invited Speaker Series event. We are happy to announce that Dr. Kirsten Oinonen was the winner of the gift card tree and Layne Pukalo was the winner of the gift basket. Congratulations to our raffle winners!

**Other Activities...**
Psi Chi’s Psychology Mentorship Program has been well received by students at Lakehead University, and we have plans to continue the program throughout the summer and into the 2016/2017 academic year. This program is available for students who are seeking extra guidance and support in their academic careers. Psi Chi pairs up undergraduate mentees with graduate mentors based on their research interests, future goals, and what they are looking to gain from a mentorship experience. Through this program we encourage mutual learning and facilitate personalized guidance for undergraduate students, as well as the development of mentorship and leadership skills in more senior students. We have paired up over 60 mentors and mentees thus far. We welcome new applicants to this program on a continuous basis. If you are interested in participating in the mentorship program as either a mentor or mentee, please email us at psichi@lakeheadu.ca.

As usual, we have also been heavily involved in promoting on- and off-campus events, information on funding opportunities, information on conferences, and current research relevant to psychology students. As a student-run organization, we carry with us a passion for fostering within the students and faculty a sense of community and enthusiasm about psychology and academia in general. We aim to continue providing and promoting...
events, invited speakers, workshops, volunteer opportunities, and much more in the years to come. Keep your eyes on your email and social media for more exciting news and event announcements from Psi Chi!

**A Message from the President: Special Thanks to a Hard-Working Executive Team!**

Our core executive Psi Chi team has been working very hard behind the scenes throughout this entire academic year to make events and activities, such as those mentioned above, come to fruition. As current President of the Lakehead University Psi Chi chapter, I Dana Dupuis would like to extend my sincere appreciation to Elsa Trovarello who took on a dual role this year as Vice President and Treasurer, to Stephanie Campbell as Secretary, to Angela Casey as Events coordinator, and to Chad Keefe who was very helpful in his advising role as Past President. None of Psi Chi’s events would have been possible this year without the hard work and dedication each of you put in. Your innovative ideas and countless hours are greatly appreciated.

Sincerely,

Dana M. Dupuis
Psi Chi Lakehead University Chapter President

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## Seminar Bingo

To play, simply print out this bingo sheet and attend a departmental seminar.

Mark over each square that occurs throughout the course of the lecture.

The first one to form a straight line (or all four corners) must yell out "Bingo!!"

### Bingo Card

<table>
<thead>
<tr>
<th>Speaker bashes previous work</th>
<th>Repeated use of &quot;um...&quot;</th>
<th>Speaker sucks up to host professor</th>
<th>Host Professor falls asleep</th>
<th>Speaker wastes 5 minutes explaining outline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laptop malfunction</td>
<td>Work ties in to Cancer/HIV or War on Terror</td>
<td>&quot;...et al.&quot;</td>
<td>You're the only one in your lab that bothered to show up</td>
<td>Blatant typo</td>
</tr>
<tr>
<td>Entire slide filled with equations</td>
<td>&quot;The data clearly shows...&quot;</td>
<td>FREE Speaker runs out of time</td>
<td>Use of Powerpoint template with blue background</td>
<td>References Advisor (past or present)</td>
</tr>
<tr>
<td>There's a Grad Student wearing the same clothes as yesterday</td>
<td>Bitter Post-doc asks question</td>
<td>&quot;That's an interesting question&quot;</td>
<td>&quot;Beyond the scope of this work&quot;</td>
<td>Master's student bobs head fighting sleep</td>
</tr>
<tr>
<td>Speaker forgets to thank collaborators</td>
<td>Cell phone goes off</td>
<td>You've no idea what's going on</td>
<td>&quot;Future work will...&quot;</td>
<td>Results conveniently show improvement</td>
</tr>
</tbody>
</table>

**Jorge Cham ©2007**

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Contact Us!

For more information about the Psychology Department at Lakehead University, please visit http://psychology.lakeheadu.ca/

If you have any ideas for a submission that you believe would be relevant to our department or have any questions about the newsletter, please get in touch with Adam Davis using the contact information below:

adavis1@lakeheadu.ca