Website:

https://sdsupsichi.wixs ite.com/sdsupsichi

#### **Email:**

psych.sdsu@gmail.com

Instagram:

@sdsupsichi

Facebook:

Psi Chi Psych Club

#### Psychology Club & Psi Chi

April 5, 2023



← Scan to sign in

Join our GroupMe  $\rightarrow$ 





# Eat to support Psi Chi / Psychology Club

Wednesday, April 12th | 11:00 AM - 9:00 PM Smashburger

6061 El Cajon Blvd.

RSVP: grouprai.se/f248060



#### Cords for Graduating Seniors!

- If you are graduating this semester and think you are eligible for a cord for either Psi Chi, Psych Club, or both
  - Please fill out the google form!
- You are eligible if you have been active for 2 semesters.
- If you are not eligible, you are still able to purchase a cord for 12 dollars.



#### **YMCA EMPLOYER WORKSHOP**

YMCA expanded learning program is hiring! Are you a fun and energetic leader who is passionate about working with youth and building your professional skills? Come sign up for this exciting workshop!





**CAREER SERVICES, SSE 1200** 



**HANDSHAKE:** 





Division of Student Affairs and Campus Diversity **Career Services** 



#### SDSU Psychology Department

and the Spatio-Temporal Brain Imaging Lab

are recruiting healthy adults 18-40 years of age for a

#### **Study on Relaxation Techniques**

The study uses electroencephalography (EEG) to examine neural indices associated with common relaxation practices including:

MINDFULNESS and ASMR (Autonomous Sensory Meridian Response)

We are seeking individuals WITH and WITHOUT experience with these techniques. Qualified participants will be requested to visit the lab three times (approximately 2 hrs per session) and engage in relaxation and simple tasks while their EEG signals are being recorded. They will fill out questionnaires (up to 20 min).

Participants will receive \$25/hr. Requirements: 18 - 40 years of age, healthy, right-handed

If interested, please contact Dr. Ksenija Marinkovic or her associates at psych.stbil@sdsu.edu

EEG Relaxation Study psych.stbil@sdsu.edu EEG Relaxation Study sych.stbil@sdsu.edu EEG Relaxation Study	rch.stbil@sdsu.edu EG Relaxation Stud rch.stbil@sdsu.edu EG Relaxation Stud rch.stbil@sdsu.edu
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#### Mental health is about community.

One of the ways you can help your community is by signing up to become a volunteer Crisis Counselor.

Learn more at crisistextline.org/volunteer

Free, 24/7 support for people in crisis.

CRISIS TEXT LINE

CRISIS TEXT LINE

## Whether it's your friends, family, or community, everyone needs someone to lean on.



If you don't know where to turn, you can text **HOME** to **741741**.

A volunteer Crisis Counselor with Crisis Text Line will be there for you. It's free and 24/7.



- Hours are flexible, remote, and look great on grad school applications!
- Email
   khelmke@crisistextline.org
   with any questions

#### Psychology Club Applications

- Anyone can join! You do not have to be a Psychology major or minor
- Applications can be downloaded off of our website (https://sdsupsichi.wixsite.com/sdsupsichi)
  - Email applications to psych.sdsu@gmail.com, or turn in a paper copy
- There is a one-time membership fee of \$20
  - Pay to our Venmo @Julie-Kersey, or pay cash in person
  - Must be paid at the time that you give us your application to process it
  - DO NOT mark payment as a "good or service"



#### General Officer Requirements

- Must attend weekly officer meetings
- Must attend weekly General Body Meetings
- Maintain active member status
- Attend and participate in any Psychology Club/ Psi Chi hosted events
- Play an active part of an awesome executive board! :)
- To run for board:
  - One semester active for Secretary, CSSC Representative, Lecture Coordinator, & Points Publicist
  - **Two semesters active** for President, Vice President, & Treasurer
  - Active member of Psi Chi for Psi Chi Vice President & President

#### Election Day

- Fill out the google form that will be sent out & posted at the end of these slides to indicate that you plan to run for an officer position. This form is due by April 16th.
- Elections will be held on April 19th from 4-5pm on Zoom!
- You will present a **two-minute speech** for your officer position
  - Everyone will direct message their vote to Kassidy & Nicolette
  - We will know who won in **live time**.
- If you don't get that officer position, you **can** run again for the next position.

#### Points Publicist

- Keep track of and log member points on a weekly basis
- Create google sign in forms weekly for the general body meetings
- Create google forms for other events as needed
- Email members when they achieve active status and are close to active status every semester
- Note active members and how many semesters they are active in the club's records

Contact Kelsey at **kkeuning2283@sdsu.edu** with any questions!



#### Lecture Coordinator

- In charge of seeking fundraising, social, academic, or service opportunities for Psi Chi and Psychology Club
- Schedule academic speakers and communicate information to them
- ☐ Minimum of 3 hour commitment during the school week (office meeting, general meeting, office hour)
- Help apply for Psi Chi awards if the group chooses to apply for any

Contact Megan at **mkorhummel2027@sdsu.edu** with any questions!

## Psi Chi/Psychology Club CSSC Representatives (2)

- Attend College of Sciences Student Council Meetings on Wednesday from 1:00pm-2:00pm
- Must attend respective meeting times to remain active in the Council
- Deliver financial presentations for reimbursements as needed for the organization
- Act as the liaison between members and the council

Contact Shelbie at snelson7289@sdsu.edu or Jane at jgriffin8552@sdsu.edu with any questions!

### Secretary

- ☐ In charge of all things communication!
- Send out weekly newsletters to members
- Update social media & website weekly
- Post journal posts every Sunday
- Create and promote flyers
- □ Collaborate + Communicate with officers
- Respond and communicate on social media (DM's, comments, etc.)
- Minimum 3 hour commitment during the school week (officer meeting, general meeting, office hours)

Contact Shirley at **shirleybuchheim516@gmail.com** with any questions!

#### Treasurer

- Oversee all financial affairs & budgeting
- ☐ Track incoming and outgoing expenses
- Maintain single US Bank business account for Psi Chi & Psych club
- Must possess & maintain Venmo account
- Buy and transport all supplies used during GBM events
- Microsoft Excel knowledge preferred, but not required
- Attend RSO3 & ILAT trainings (8 hours), attend RSO banking training (1.5 hours)
- Organize & promote fundraising events

Contact Julie at **jkersey8285@sdsu.edu** with any questions!



## Psychology Club Vice President

- Assist the Psychology Club president and other officers in tasks as needed
- Process Psychology Club applications
- Answer questions and emails about Psychology Club
- Act as a representative of Psychology Club at all events
- Create the meeting slides!

Contact Hailey at haileyadney@gmail.com with any questions!



### Psychology Club President

- Act as primary representative of Psychology Club at all events
- Create the weekly officer agenda with Psi Chi President
  - Overall, work hand-in-hand with Psi Chi President on everything & make decisions together
- Process Psychology Club applications Fall & Spring semesters
- Check email & respond to emails frequently
- Plan the Psychology Recognition Ceremony (PRC) with Dr. Sadler/Dr. Gilbert

Contact Kassidy at **ktolbert1432@sdsu.edu** with any questions!

#### Psi Chi Vice President

- Assist the president and other officers in tasks as needed
- Process Psi Chi applications
- Answer questions and emails about Psi Chi
- Work with the President and Advisor to plan the Psi Chi Initiation Ceremony each Fall semester & speak alongside the president at the Inductions
- Assist in applying for Psi Chi Awards
- Act as a representative of Psi Chi at all events

Contact Heather at **hmiller9970@sdsu.edu** with any questions!

#### Psi Chi President

- Serve as the primary representative of Psi Chi at all events
- ☐ Plan GBM outline schedule each semester
- Assist other officers in tasks as needed, while also making sure everyone is on track
- Process Psi Chi applications and order certificates
- Answer questions and emails about Psi Chi
- Plan Psi Chi Initiation Ceremony every Fall
- ☐ Attend RSO3 & ILAT trainings (8 hours)
- □ Set room reservations for the year through A.S.
- Complete RSO requirements (update bylaws/fill out online applications, etc & submit for eligibility)
- Run exec meetings with Psych Club President
- Collab with exec on merch and order it

Contact Nicolette at <u>nicolettemcgaugh@gmail.com</u> with any questions!



# QR Code for Election Sign-Ups!





Next Meeting: Wednesday, April 12th

Dr. Jaclyn Siegel Sex Therapy

Any questions, comments, or concerns?

Feel free to email us
psych.sdsu@gmail.com

**Credits**: This presentation template was created by **Slidesgo**, including icons by **Flaticon** and infographics & images by **Freepik** 

