

Website:

<https://sdsupsichi.wixsite.com/sdsupsichi>

Email:

psych.sdsu@gmail.com

Instagram:

[@sdsupsichi](https://www.instagram.com/sdsupsichi)

Facebook:

[Psi Chi Psych Club](#)

Psychology Club & Psi Chi

September 28, 2022



← [Scan to sign in!](#)



[Join our GroupMe!](#) →

T-Shirt Design!



Service Opportunity: Walking for Alzheimer's

★ Walk to End Alzheimer's

- October 8th
- Starting at 8:30am
- 2455 Cushing Road (NTC Park at Liberty Station)

★ Walk4ALZ

- October 15th
- Starting at 8:00am
- Balboa Park

★ To get a **service point**:

- Register for one event and/or donate
- Send us a picture of you walking or your donation (psych.sdsu@gmail.com)!

Scan for Walk to End
Alzheimer's event
website →



← Scan for
Walk4ALZ's event
website

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”

Psi Chi Requirements for Membership

Undergraduate Applicants:

- ★ Be enrolled as a major or minor in a psychology program (or psychology related); pre-major status does not qualify
- ★ Have completed at least 3 semesters
- ★ Have completed at least 9 units (or equivalent) of psychology courses at SDSU; **transfer students** are not eligible in their first semester at SDSU
- ★ Have earned an overall GPA of minimum 3.0 on a 4-point scale
- ★ Have a minimum 3.0 GPA in psychology courses

If you have **any questions** or want to check on your eligibility, **please email us at psych.sdsu@gmail.com**!

How to Apply to Psi Chi



What to submit?

- ★ Filled out PDF application downloaded from our website
- ★ Copy of full Degree Evaluation (DARS) - unofficial transcripts are not accepted
- ★ Fill out the online Psi Chi International application (link is on our website)
- ★ Venmo \$80 non refundable* application fee/dues to **@Julie-Kersey**
 - **DO NOT mark payment as a “good or service”**

How to submit?

- ★ Email/Printed - PDF application and DARS
- ★ Venmo/Cash - \$80 application fee

You will receive a **confirmation email** once we receive everything above. We do not process or send out acceptance emails until after the deadline has passed (**deadline TBD—approx. November 4th**).

*Since our application fee is non refundable, we highly encourage applicants to meet with a Psi Chi officer before submitting their application.



Wellness Wednesday

- ★ Meditation
- ★ What is Gratitude?
- ★ Journal Activity

Gratitude


- Pausing to notice and appreciate the things we often take for granted
- The quality of being thankful; readiness to show appreciation for and to return kindness

Why is being grateful & showing gratitude important?

- ★ Allows us to:
 - Feel an overall sense of wellbeing
 - Invest in deeper, stronger relationships
 - Feel happy, content & confident
 - Develop a positive mindset
 - Think optimistically
 - Recognize strengths within ourselves and others




Feeling Grateful

- ★ Gratitude is an awareness of people's actions or specific events in your life that you appreciate
 - ★ Has anyone expressed gratitude towards you recently?
 - ★ Do you think they consciously did this act or was it unconscious?
- 




Expressing Gratitude

What are some ways of expressing gratitude?



Can you recall the most recent time you've expressed gratitude?



Wellness Wheel





Gratitude Journal!!!

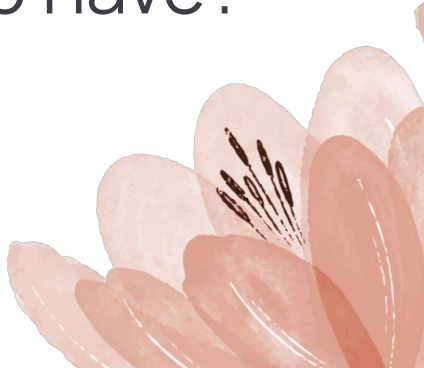

- ★ Implement this healthy activity into your daily/weekly routine:
 - In the morning right after you wake up/ before you get your day started
 - At night before you go to bed
 - After you finish your homework
 - Whenever you have spare time!!
 - Take 5 minutes out of your day
 - You deserve to take time for yourself because self care is SUPER DUPER important
 - Helps avoid burnout :)

Gratitude Game

- ★ Name a person you are thankful for
- ★ Name a place you are thankful for
- ★ Name a food you are thankful for
- ★ Name an object you are thankful for
- ★ Name anything of your choice that you are thankful for



Now, how would you feel without these things/places/people in your life?



How different would life be without some of these considerably “normal” things to have?

Journal Prompts



Daily Self Reflection

JOURNAL PROMPTS

- CURRENTLY, WHAT ARE YOUR THREE BIGGEST GOALS?
- WHAT DID YOU DO TODAY TO BE ONE STEP CLOSER TO ACHIEVING THEM?
- WHAT IS CURRENTLY NOT HELPING YOU AND NEEDS TO BE REMOVED FROM YOUR TO-DO LIST?
- ARE YOU LIVING IN A WAY THAT REFLECTS THE PERSON YOU WANT TO BE?
- IF YOU KEEP LIVING LIFE THIS WAY, WOULD YOU BECOME THE PERSON YOU WANT TO BE?
- HOW CAN YOU MAKE TOMORROW BETTER?

Self-reflection Questions

- What are my goals in life? _____
- What are my strengths? _____
- What do I love about myself? _____
- Who matters the most to me? _____
- What am I ashamed of? _____
- What do I like to do for fun? _____
- What am I worried about? _____
- Where do I feel safest? _____
- Who gives me comfort? _____
- What is my happiest memory? _____
- What keeps me grounded? _____
- What am I grateful for? _____
- What are my values? _____
- When am I at my best? _____
- What brings me joy? _____

Self-Care

DAILY CHECK-IN

How do I feel today?

What I am thankful for right now?

What negative attitude do I need to change?

What positive affirmation was I able to give myself today?

What ongoing support do I need?

What do I need to do to be a better version of myself?

Affirmations

NOTES TO SELF: AFFIRMATION STICKERS
BY KWOHTATIONS

MY VALUE IS NOT DETERMINED BY MY PRODUCTIVITY

I AM NOT A BURDEN

TODAY WILL BE AN OPEN DOOR

I HAVE THE POWER TO ACCOMPLISH SOME OF THE THINGS I SET OUT TO DO TODAY

I DON'T HAVE TO BE PERFECT TO BE ENOUGH

I AM GROWING A BIT AT A TIME

I WON'T QUIT

I DESERVE TO REST

I CAN DO THIS AND IF I CAN'T IT WILL PROBABLY BE OKAY ANYWAYS

MY FEELINGS ARE VALID

FOR ANY MISTAKES I MADE TODAY

I FORGIVE MYSELF

UNLESS IT IS TOO HARD OR IF I WANT TO

I AM LOVED

I AM GRATEFUL FOR TINY DELIGHTS

TODAY I WILL PROTECT MY JOY

I GREET THIS DAY WITH

CAUTIOUS OPTIMISM

IT COULD BE WORSE

WWW.KWOHTATIONS.COM
@KWOHTATIONS

daily affirmations

i enjoy learning

I CAN DO HARD THINGS

good things are going to come to me

I CAN DO ANYTHING I PUT MY MIND TO

I AM loved

my body is strong and healthy

I AM loved

i am + today is AWESOME

all MY PROBLEMS HAVE SOLUTIONS

i like myself and i love myself

I have happy thoughts

MY FRIENDS LIKE ME FOR WHO I AM

I shine BRIGHT

I will always do my BEST

I AM KIND TO MYSELF

I AM KIND TO OTHERS

@LAYLAO



Thank you for coming!

Next Meeting:
Wednesday, October 5th
Brandon Tam
I/O Psychology

**Any questions, comments, or
concerns?**

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

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