



# PSYCHOBABBLE

## UPCOMING EVENTS AND IMPORTANT DATES

**Wednesday, September 5th**

**Back to School Bake Sale**

**Thursday, September 6th**

**Game Room Social**

**Saturday, September 8th**

**Arc Volunteer Event**

**Tuesday, September 11th**

**Chair Ballot Deadline**

**Thursday, September 13th**

**2nd General Meeting & Academic Event**

**9/5- Back to School Bake Sale at PGH Breezeway**

Free Scantron with \$2 purchase!  
9:00 AM-4:00 PM

**9/6- Game Room Social at UC South**

Free bowling and pool, open to all members and prospective members.  
6:00-8:30 PM

**9/8- Volunteer Event at the Arc of Greater Houston**

Arc provides services for people with intellectual and developmental disabilities including monthly dances, this month's theme is Houston! Earn 50 points for attending.  
5:30-9:30 PM

**9/11- Chair Ballot Deadline**

Deadline to email your name and desired chair position to run for chair.

**9/13- Second General Meeting & Academic Event in Heyne 135**

Chair elections and must-know tips and tricks for being a successful psychology student at UH.  
5:45-7:15 PM

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UNIVERSITY of  
**& HOUSTON**  
Psychology Club



### Who We Are: An Introduction to Psi Chi and Psychology Club

**W**elcome to UH Psi Chi Honor Society and Psychology Club! Our mission is to produce a well-educated, ethical, and socially responsible member committed to contributing to the science and profession of psychology and to society in general. We encourage our members to strive for excellence in scholarship to advance the science of psychology. We aim to foster a welcoming, inclusive community in which we all share a passion for learning, leadership, and philanthropy. Psi Chi International Honor Society is recognized internationally as a member of the Association of College Honor Societies and is affiliated with the American Psychological Association. Our chapter at UH is one of about 1,100 chapters around the world.

Psi Chi is open to all graduates and undergraduates who make psychology a major part of their studies and meet the honor society requirements. Psychology club, however, is open to all students with an interest in psychology who wish to participate. Students are welcome to be part of one or both clubs as long as they meet the requirements. The two organizations effectively act as one, simply with different applications and requirements. Though they are separate organizations, they share meetings, socials, fundraising events, and more.

## Membership Requirements

### Psi Chi International Honor Society Requirements

- 3.0 Overall GPA
- 3.5 Psychology GPA
- Enrolled at UH as a Psychology major or minor
- Completed at least 3 semesters, or 1 semester if transfer student
- Completed at least 9 hours of psychology credit hours

#### Psi Chi Application Process:

1. Go to the International Psi Chi website and apply for membership. After your application is submitted, the international office will send you a confirmation email.
2. Forward your confirmation email to [uh.psichi@gmail.com](mailto:uh.psichi@gmail.com) (include your name and UH Student ID number).
3. Complete the UH chapter application at [uhpsych.org](http://uhpsych.org)

#### Psychology Club Requirements:

- Current Student at UH with an interest in Psychology

#### Psychology Club Application Process:

Complete the UH chapter application at [uhpsych.org](http://uhpsych.org)



# Meet the 2018-2019 Officers

## D ARBY GIBBINS

### President

Hello fellow Psi Chi and Psychology Club members! I am very excited to serve as Psi Chi's President for the 2018-2019 school year. I am a senior majoring in Psychology with a minor in Quantitative Social Sciences. When not working on Psi Chi or school work I enjoy spending time with my rescue dog, Rue. I have been a Psi Chi member since the Spring of 2017 and served as Psi Chi Secretary for the 2017-2018 school year. As a "non-traditional" commuter student, Psi Chi has been a wonderful experience for me, because I have been introduced to a network of peers who are helpful, kind, and goal-oriented. I am here to make sure every member has a rich and rewarding experience as a part of this organization and that they have access to the resources they need, so I encourage you to contact me if there is anything I can do to help accomplish that for you! Welcome to the family!

## EMILY WATLINGTON

### Vice President

Hi everyone! My name is Emily Watlington and I am the Vice President of Psi Chi for the 2018-2019 academic year. I'm excited to be in such an amazing organization and in a position to continue making this

organization the best it can be. Currently, I am a 2nd year senior majoring in Psychology with minors in Quantitative Social Science and Anthropology and plan to pursue a Ph.D. in the field of social neuroscience researching social rejection, social connection, and loneliness. I have been in the Psychology Club and Psi Chi duo organization since the beginning of my time here at UH (Fall 2016) and have previously served as the Academic Affairs officer in the 2017-2018 academic year. While as Academic Affairs officer I was devoted to engaging students in the psychology academic arena, this year as VP my mission is to welcome our members to the field of psychology, hopefully inspiring the next generation of researchers and counsellors. Not only to welcome you, but to honor the achievements you've made thus far by giving you your first accolade in psychology, an induction in to a prestigious International Honor Society of Psychology. Side note: If you like the TV shows: The X-Files, Doctor Who, NCIS, or Psych, I will be your new best friend, no questions asked!

## TIFFANY TRAN

### Treasurer

Hi everyone! My name is Tiffany Tran and I am your Treasurer for the 2018-2019 school year. I am a senior Psychology major with a minor in Human Development and Family Studies and I hope to go to graduate school to get a PhD in Clinical Psychology with a focus in Family and Children. I currently work as a research assistant in the Sleep and Anxiety Center of Houston (SACH) lab. I am so excited to be your treasurer and cannot wait to work with all of you on upcoming bake sales and fundraising events! This is my first officer position, so I intend to work hard to be the best treasurer and officer member I can be.

Besides psychology, I also have a passion for animals and have a cat named Pepper, so if anyone wants to volunteer at the shelter some time, please let me know! I am also into a bunch of TV shows that would take too long to list out, so if you have suggestions for any new shows or would like to talk about any, don't be afraid to come up and chat with me.



### 2018-2019 Officers

Top (left to right): Darby Gibbins, Andrea Ochoa, Tiffany Tran  
Bottom (left to right): Katherine Kabel, Mia Banda, Emily Watlington

# Meet the 2018-2019 Officers (cont.)

Again, I am so excited to spend this year with you all and am always open to talk, so don't be afraid to come up to me during events or email me anytime!

### MIA BANDA

#### Secretary

Howdy everyone! My name is Mia Banda and I will be y'all's Secretary for the 2018 - 2019 school year. First of all I'm ECSTATIC to be a part of such an amazing organization. This is my first time as an officer and would love to better Psi Chi not only myself but for all of our members (new and old). This will also be my first year living on campus as a second semester junior so I will be here at UH often. I previously went to San Jacinto where I received my associates degree in General Studies for Liberal Arts. I am majoring in Psychology and minoring in Communication Science and Disorders. I am passionate about volunteering and bettering our community. I strongly believe in showing love to others. My email is open for new ideas, or anything you may need so do not be afraid to reach out! AAANND GO COOGS!

### ANDREA OCHOA-LOPEZ

#### Academic Affairs

Hello, everyone! I am honored to work as your Officer of Academic Affairs for 2018-2019. I am a rising senior at UH, majoring in Psychology and minoring in Biology to pursue a career as a neuropsychologist. I also work as a research assistant at the Developmental Neuropsychology Lab. I arrived to UH as a transfer student from Lone Star College - CyFair in Fall of 2017, and have since fallen in love not only with our school and everything it has to offer, but also with our organization and its people. I served as Academic Affairs chair during the past year which allowed me to contribute to the development of my fellow students while learning about what helps

and members of our professional world. Now being an officer, I am excited to promote that kind of growth by working with our amazing officer team and with each of our members. In my free time (aside from an unsurprising passion for Netflix) I enjoy fiction literature, exploring the Houston food scene, and spending time with my loved ones. I look forward to getting to know you!

### KATHERINE KABEL

#### Historian

Hi everyone! My name is Katherine Kabel and I'm so excited to be Psi Chi's Historian for the 2018-2019 school year. I am a sophomore majoring in psychology minoring in creative works. After graduation I hope to pursue a career in clinical psychology focusing on helping trauma victims and researching PTSD. I am currently a research assistant at the Anxiety and Health Research Lab/Substance Use Treatment Clinic (AHRL-SUTC). I joined Psi Chi my first semester at UH and I found my home at this club, I hope to offer the same welcoming environment to all of our members. If you'd like to get more involved with Psi Chi please reach out to me, I'd love to add your articles to Psychobabble!

## Become a Chair

Becoming a chair is one of the best ways to get involved in Psi Chi and Psychology Club. It's a one semester commitment and all members are welcome to run. Below are descriptions of each chair's responsibilities.

#### PRESIDENT'S CHAIR

Assists with social events, general meetings, and overall needs of the organization.

#### VICE PRESIDENT'S CHAIR

Assists with inductions, point tracking, and professional networking.

#### TREASURER'S CHAIR

Assists with fundraising efforts, bake sales, and maintaining Psi Chi store.

#### SECRETARY'S CHAIR

Assists with applications, volunteer events, and tutoring program.

#### ACADEMIC AFFAIRS' CHAIR

Assists with academic events and SWPA planning.

#### HISTORIAN'S CHAIR

Assists with Psychobabble, taking pictures at events, and creating promotional material.

**Elections will be held  
Thursday, 9/13**

**The deadline to apply is  
Tuesday, 9/11**

**To add your name to the  
ballot, visit  
[uhpsych.com/elections](http://uhpsych.com/elections)**





## Counselling and Psychological Services (CAPS)

Mia Banda, SECRETARY

As a psychology student and an active member of Psi Chi, one would assume that my passion would be helping others. Don't get me wrong, it is! However, there are times when we (myself included) struggle with our own issues. If you or anyone you know is struggling with any form of depression, anxiety, or mental illness, I strongly urge you to check out CAPS. CAPS is UH's Counseling and Psychology Services located here on campus. They have a talented group of licensed

therapists and psychologists who tend to student's mental health needs. Ranging from individual, group and even couples' therapy, the initial appointment is free and each session after that is only \$5. CAPS provides a safe and reassuring environment for any student. As someone who struggles with depression and anxiety, my last 5 months at CAPS has given me the resources to be the most mentally and emotionally stable I have ever been in the last 7 years of my life. If you have any questions, feel free to ask me or walk into the CAPS building.



**Mia Banda**  
**SECRETARY**

**For more information:**  
**713-743-2255**

**<http://www.uh.edu/caps/>**  
**Monday-Friday 8:00am-5:00pm (stop by**  
**for a same day consultation)**  
**226 Service Center 1**



## For UH Psychology Students: Three basic pointers to start your year strong

Andrea Ochoa, Officer of Academic Affairs

**W**elcome to the very first general meeting of our Psychology Club / Psi Chi International Honor Society chapter for the 2018-2019 academic year! We are excited to welcome you, whether you are a returning member or completely new here. If you are reading this, soon you will have met your officer team, including yours truly: the one in charge of everything nerdy or related to professional development. As a transfer student from community college, my time at UH has been defined by a constant race to become the best student and graduate school applicant that I can be; this is always an ongoing process, but I figured I would take this chance to share with you a few tips that were helpful for me as I have learned to make sense of being an undergraduate and growing little by little in the campus we call home.

### 1. Use Cougar Pathway

Welcome to the AccessUH application that Career Services wants you to know about. Cougar Pathway is many things at once: a comprehensive database of every employer connected to the UH system to help you find jobs, a platform that calendarizes professional development events at the university (from panels and workshops to career fairs),

and most importantly, a quick and easy connection to the career counselors that can help you make sense of it all. Do you need help editing your resume, or even creating it to begin with? Are you confused about how to write a cover letter or personal statement? Did you recently get a chance at an interview that you're not sure you are ready for? All of these and more are topics you can address on a one-on-one basis with a specialist who will dedicate their time and attention to your career goals if you make an appointment through the system. Moreover, you will need to use it if you intend to complete our Psy-COOG-ology plan and earn yourself sponsored attendance to the Houston Psychological Association luncheon this November (or, if you prefer, 50 points to reduce your membership dues). For details about how to use Cougar Pathway and access to other related resources, look at [https://ssl.uh.edu/ucs/students/make\\_an\\_appointment.html](https://ssl.uh.edu/ucs/students/make_an_appointment.html).

### 2. Make the most out of Get Involved

Get Involved is another AccessUH application, focused on helping you manage your participation in organizations at the university. However, because

not all organizations necessarily use Get Involved to coordinate all of their activities (we mainly use it to put our new members in our email list, but use our own website for event planning and other affairs), this platform often gets overlooked despite having crucial tools that can help you become a more competitive student. For example, Get Involved has a system you can use to register any volunteer service hours that you complete, whether they are done in collaboration with UH or not; all you need is to provide a contact that can validate you completed whatever volunteer time you report, and further on, you can print a full volunteer service transcript that works as a little extra document for graduate school applications. If you finish a certain amount of hours you can even win the President's Volunteer Service Award and be celebrated at the university's yearly Leaders Night! For starters, since we know you're planning to join our club's volunteering events this year, why not also report those hours on Get Involved and get an extra benefit, aside from your member points?



### 3. Get your leadership potential trained, courtesy of LeadUH programs

**D**id you know that our university has a series of free certification experiences in leadership? From one-day intensive trainings for UH employees to programs requiring you to attend three to four events in a semester, the Center for Student Involvement provides a great variety of opportunities to tap into the skills that make good student leaders (and yes, you have them in yourself too!). A few examples are RISE (diversity-focused), LeadWELL (wellness-focused), and Affirm LGBTQ Leadership Program. Students who complete these receive an official certificate that adds an advantageous line to their resume, and some are even awarded at Leaders Night every year. Graduate school admission boards appreciate students who have gone the extra mile through opportunities like these, so it is worth dedicating time and energy to them.

If you have any questions about something mentioned here, or about other ways to grow as a Psychology student, please feel free to reach out to your officer team! We are here to help you and we have a talented group of people with great experience. We will be covering even more tips and keys for academic and professional development in our upcoming meetings, so stay tuned!

## Helpful Links

Details about how to use Cougar Pathway and access to other related resources,:

[https://ssl.uh.edu/ucs/students/make\\_an\\_appointment.html](https://ssl.uh.edu/ucs/students/make_an_appointment.html)

Details about Get Involved options:

[https://www.uh.edu/csi/rso\\_resource\\_guide/get\\_involved\\_website.html](https://www.uh.edu/csi/rso_resource_guide/get_involved_website.html)

Find more information about leadership opportunities:

<https://www.uh.edu/csi/leadership/>

## Want your article featured in Psychobabble?

In this year's edition of Psychobabble, we want our members involved! If you're involved in research, presenting a poster, have an interesting study or topic to share, or anything psychology related topic, we'd love to feature your article in Psychobabble. For each article members may earn between 15-30 points depending on the length and content of the article which will ultimately subtract from your dues. To submit your article, email it to [uh.psichi@gmail.com](mailto:uh.psichi@gmail.com).

Additionally, we will include a member spotlight in each edition of Psychobabble. We wish to recognize members who are going above and beyond in their studies, in community service, and other notable achievements. If you wish to nominate someone for a spotlight, again please contact an officer or email us.



**Andrea Ochoa, Academic Affairs**



## Contact Us

uh.psichi@gmail.com  
Heyne Room 105  
www.uhpsych.org

## Social Media

@UHpsichi



## Dues and Points

Event	Points
Volunteer Event	50 Points
Social Event	25 Points
Volunteer Tutor	25 Points/Hr
Academic Event	25 Points
Fundraising Event	15 Points/Hr
Donating Items for Bake Sale	20 Points
Attending Member Meetings	20 Points
Running Psi Chi Store (office Hours)	10 Points/Hr (150 Limit)
Wearing Club Tshirt to Member Meetings	10 Points
Bringing a Friend to Member Meetings	10 Points
Psychobabble Article	10 Points

Points Earned	Dues Owed
0-79	\$55
80-119	\$45
120-199	\$40
200+	\$30



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