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# EXTRACURRICULARS: WHAT ELSE SHOULD I BE DOING?

Presenter: Berkley Petersen (PhD  
Student)



# Why are extracurricular activities important?

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- Build professional skills
- Discover new interests
- Make professional connections
- Make personal connections
- Mental Health

# Are Extracurriculars really that important for Grad School or Careers?

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- Volunteering, sports and involvement in community groups demonstrates:
  - Organization
  - Time-management
  - Interpersonal skills (e.g., works well with others, responsibility, empathy)
  - Your interests
  - Motivation
- These are characteristics supervisors or employers are looking for



Clubs &  
Service  
Activities



Academic  
Interests

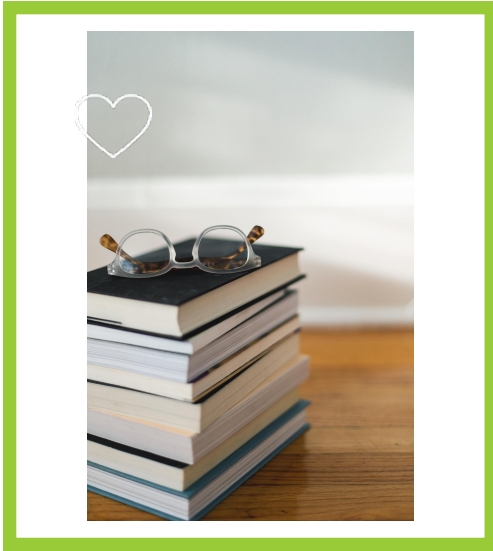


Research  
Experience



Balance

# How to get Started



# Clubs & Service Activities

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- What communities can I be involved in?
- Pick something you enjoy or that's relevant to you
- Interact and work with people who are passionate about the same things you are



# What groups can I be involved in?

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- Student Government Organizations
  - Art Societies
  - Cultural Groups
  - Recreational Groups
  - Mentorship Programs
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- Concordia Co-Curricular Catalogue
    - <https://synergy.concordia.ca/directory.htm>

# Co-Curricular Catalogue

Search for keyword in title...

Opportunities found.



**Students for Sensible Drug Policy Concordia Chapter**  
*Clubs and Associations*

Students for Sensible Drug Policy is a network dedicated to promoting education and reform. We are a group of students who are



**Concrete Toboggan Team**  
*Clubs and Associations*

CC

The Concrete Toboggan Team is responsible for representing Concordia in the Great Northern Concrete Toboggan Race (GNCTR), the largest and longest running Canadian



**ASFA Academic Committee**  
*Clubs and Associations*

CC

The Academic Committee examines relevant academic issues affecting the student body and to advocate in the best interest of Arts and Science students in the Faculty.



**Concordia Dance Club**  
*Clubs and Associations*

CC

The Concordia Dance Club is a community for students of various levels of dance experience to expand their knowledge of a vast array of dance styles. The club hosts



**Garnet Key Society**  
*Clubs and Associations*

CC

The Garnet Key is a voluntary organization sponsored by the President of Concordia and serves as one of the key elements in promoting a positive image of



**Greenhouse**



**Right to Move/La Voie Libre**



**MEDLIFE Concordia**



**WHMIS 1988**



**The A.C.T. Club**

# Volunteering

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- Environmental Causes
  - Animals
  - Education
  - Specific Populations
  - Virtual Volunteering
  - Fundraising
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- Volunteer Strategically---Exchange





# What can I gain from volunteering?

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Top 10 most-cited benefits of volunteering

1. **Explore** career options
2. **Develop** interpersonal skills
3. **Improve** career-related skills
4. **Gain experience** which enhances their resume
5. **Gain self-confidence** by tackling new challenges in a supportive environment
6. **Empower** themselves by taking action to improve the world they live in
7. **Contribute to a cause** they care about (environment, literacy, human rights, integration of new immigrants, a specific health-related issue, etc.)
8. **Enrich their lives** by balancing their activities and connecting to their community
9. **Network** and meet new friends
10. **Have fun!**



https://www.concordia.ca/students/life/sports-recreation-athletics.html

MY COURSES MY CU ACCOUNT SERVICES & RESOURCES STUDENT LIFE EVENTS ABOUT

Sports, recreation & athletics

### Recreational Activities

Participate in activities geared toward individuals looking for new and rewarding challenges in a non-competitive atmosphere.

[Learn more >](#)

Sports, recreation & athletics

### Concordia Esports Leagues

Discover the exciting world of Esports — join a league or tournament, have fun and meet new friends.

[Learn more >](#)

Sports, recreation & athletics

### Concordia Outdoors Club

Organizing trips such as hiking, rock climbing, competitive sailing, camping and more; with the goal of allowing students to lead active outdoor lives.

[Learn more >](#)

Sports, recreation & athletics

### Concordia Ski & Snowboard Club

A student-run organization that plans 15+ different ski trips and events each year.

[Learn more >](#)

https://www.concordia.ca/campus-life/recreation/intramurals.html

ABOUT ACADEMICS ADMISSIONS CAMPUS LIFE RESEARCH INTERNATIONAL

## Intramural sports

**Concordia Recreation is not offering any in-person intramural competitions at this time. We look forward to the day when we can get together for games and good times. As soon as it's safe, we'd love to have you Come Play With Us. Check back regularly for updates.**

Concordia Recreation traditionally welcomes more than 2,000 participants across approximately 200 teams in its intramural leagues. It's a great way to stay active and meet new people.

All sports take place at the Loyola Campus in the fall, winter and summer. Typically offerings include: Badminton, Basketball, Ice Hockey, Skating, Indoor Soccer, Dome Soccer, Outdoor Soccer, Tennis, Ultimate Frisbee, Dome Ultimate Frisbee and Volleyball.

Recreation, sports & fitness

- Registration & membership
- Fitness & activities
- Intramural sports
- Basketball
- Ice Hockey
- Summer Hockey
- Outdoor soccer
- Dome soccer
- Futsal soccer
- Ultimate
- Dome Ultimate
- Volleyball
- Esports leagues
- Facilities

# SPORTS-Extracurricular

# Mentorship Among Psychology Students

[HTTPS://MAPSCOMMITTEE.WEEBLY.COM/](https://mapscommittee.weebly.com/)

EMAIL:  
[themacscommittee@gmail.com](mailto:themacscommittee@gmail.com)



# MAPS

MENTORSHIP AMONG PSYCHOLOGY STUDENTS



## **WANTED: Volunteer tutors for our GED & Literacy Program!**

**Who?** Tutors have Secondary School knowledge and teaching experience in Math, Science, English (reading & comprehension), or Social Studies

**What?** Support young adults in obtaining their High School equivalence

**Where?** L'Annexe: The Ometz Centre for Young Adults

**When?** GED & Literacy is hosted on Tuesday & Thursday evenings from 5:30 - 8:00 pm (dinner included) from now until the end of the school year

**For more info:**

**[maia.mintzberg@ometz.ca](mailto:maia.mintzberg@ometz.ca)**





# Academics & Research

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# EXPLORE ACADEMIC INTERESTS

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- What am I interested in?

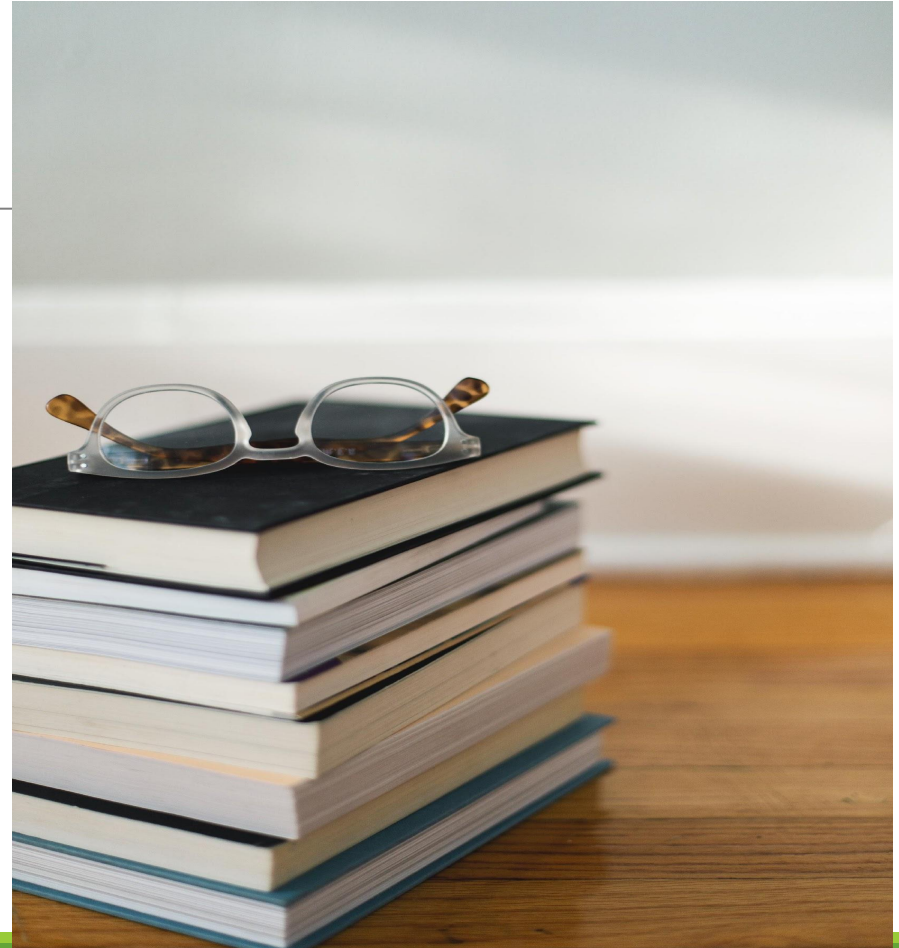
## **Personal Interests:**

What topics would you like to know more about?

Is this an area of research I want to be a part of?

## **Coursework:**

What topics did I really enjoy in class?



# Benefits of Partaking in Research as a Volunteer or Paid Position

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## Learn New Skills

- Run participants
- Data science
- Lit Review

## Broaden Your Horizons

- New domains
- New topics
- Explore interests

## Professional Connections

- Grad Students
- Professors
- Post-docs

## Experience Research

- Get a taste of research
- See what goes into research

## Gain Marketable Experience

- Grad school
- Industry
- CV/Resume

# Areas of Psychology (At Concordia)

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- Behavioral Neuroscience
- Clinical & Health Research
- Cognitive Science
- Human Development & Developmental Processes



# Research Centers at Concordia

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- Centre for Clinical Research in Health (CCRH)
- Centre for Research in Human Development (CRDH)
- Centre for Studies in Behavioral Neurobiology (CSBN)
- Centre for Interdisciplinary Research in Rehabilitation (CRIR)
- Bilingual Interest Group

# Areas of Research

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- Memory
- Addiction
- Language
- Music
- Infant Development
- Sports
- Circadian Rhythms
- Decision Making
- Alzheimer's
- Education
- Sleep
- Cognitive Aging
- Hormones

# How do I find a research lab?

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- Think of previous professors
- Ask professors and grad students (TAs)
- Psych Department Website
  - Research Centers
  - Faculty List
- Don't be too picky

# Department of Psychology

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## Faculty members



**Full-time Faculty**

[Affiliated Faculty](#)

[Limited-Term Appointments](#)

[Professors Emeritus](#)

### Related links

[> Clinical faculty & supervisors](#)

### Full-time Faculty

#### Shimon Amir

Professor, Psychology

Affiliate Professor, Biology

Affiliate Professor, Chemistry and Biochemistry

Affiliate Professor, Department of Health,

Kinesiology & Applied Physiology

☎ 514-848-2424, ext. 2188

📍 L-SP 257-8

✉ [Shimon.Amir@concordia.ca](mailto:Shimon.Amir@concordia.ca)

Behavioral and molecular neuroscience of circadian rhythms

[Contact us](#)

#### Andreas Arvanitogiannis

Associate Professor, Psychology

☎ 514-848-2424, ext. 2195

📍 L-SP 253-9

✉ [A.Arvanitogiannis@concordia.ca](mailto:A.Arvanitogiannis@concordia.ca)

Animal models of motivation and reward / Drugs, environment, brain and behaviour / Long-term consequences of early exposure to stimulant drugs

# Research Labs

Faculty in the Department of Psychology direct the following research labs:

Research centres and groups



Cognition, Aging & Psychophysiology Laboratory (CAP) (Phillips)	Adult Development & Cognitive Aging Laboratory (Li)	Culture, Health & Personality Laboratory (Ryder)	Anxiety & Obsessive-Compulsive Disorders Laboratory (Radomsky)
Interpersonal Relationships & Development Laboratory (Bukowski)	Cognitive & Language Development Laboratory (Poulin-Dubois)	Pediatric Public Health Psychology Laboratory (McGrath)	Family Well-Being Project (Barker)
Personality, Aging & Health Laboratory (Wrosch)	Mumby Laboratory	Infant & Child Studies Laboratory (Stack)	Laboratory for Motor Learning & Neural Plasticity (Penune)
Concordia Vision Labs (Johnson)	Psycholinguistics & Cognition Lab (de Almeida)	Substantive-Methodological Synergy Research Laboratory (Morin)	Concordia Infant Research Lab (Byers-Heinlein)
Coffey Lab : Audition, Sleep & Plasticity	Multilingualism Lab (Segalowitz)	Neuroscience of Addiction & Learning Laboratory (Chaudhr)	Laboratory for Hearing and Cognition (Deroche)

# I Found a Lab! Now What??

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- Lab webpage (mission, research area, goals, etc.)
- Browse recent publications
- View graduate profiles
- Do they have RA or volunteer positions
- Prepare to send an application (CV, Transcript, Cover letter)
- Send an email

# Emailing A Lab

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- Email professor or lab manager
- Keep it professional
- Explain who you are
- Say what and why you're interested
- Outline valuable skills, and your time commitment (5-10 hours a week)
- Attach CV & Unofficial Transcript

# Concordia Undergraduate Student Research Award (CUSRA)

## Summer Research Award

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- The CUSRA program provides funding to students in fine arts, social sciences, humanities, engineering and computer science, business disciplines and natural and health sciences.
- Reward Goals: Stimulate interest in research, participatory research, or research-creation work that will complement undergraduate coursework and enhance preparation for graduate studies or research-related careers



# Concordia Undergraduate Student Research Award (CUSRA)

## Eligibility:

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- Completed at least 30 credits in your program at the time of application.
- A cumulative GPA of 3.3 or higher
- Faculty Sponsorship
- Value: \$8120.00 (35 hours/week for 16 weeks)
- **Deadline: March 1, 2023**



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# 2023 USRA updated

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- USRA will be expanded to include CIHR and SSHRC awards for Black undergraduate student researchers
- NSERC only: Institutions may submit applications from Black student researchers above their quota

# Undergraduate Student Research Award (USRA)-NSERC

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- Provide research work experience for students to complement their degree program and encourage them to consider graduate studies and/or a research career
- Be a Canadian Citizen or Permanent Resident of Canada as of February 1st 2023
- Have completed all of the course requirements of at least the first year of University study towards your Bachelor's degree (or two academic terms)
- Have been registered in the Fall 2022 and/or Winter 2023 semesters
- Have a Cumulative GPA of at least 3.00
- Value: \$6000 (plus top up)
- 14-16 weeks
- **Deadline: February 28, 2023**



# Balance

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- How much should I do?

# Focus On You

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- Extracurricular activities are for your benefit
- Choose activities you enjoy
- Don't be afraid to try something new
- Don't make yourself unhappy for the sake of "professional development"
- If something's not working, change it

THANKS

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**Any questions?**

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