



utm.pause We are hiring associates for the 2019-20 year! If you want to gain experience working with one of our executive members and want that experience to be CCR-approved, apply now! Remember, applications are due OCTOBER 1st!! — Link is in our bio!



utm.pause Who wants ice cream? 🍦



In collaboration with EBS and UTMSU, we will be giving out FREE liquid nitrogen ice cream, provided by Lab Sense! Come out for some spooky food and fun! 🎃 🧛



utm.pause Come out to our bake sale!

We all need energy these upcoming weeks, so why not bring your friends to our bake sale?? 😊

We will be selling baked goods tomorrow in the student centre 12-3! See you there !

UTM PAUSE PRESENTS PSY100 STUDY HALL

Join us and our mentors
on **November 20**
to prepare
for the
upcoming
tests!



Grab your notes
& grab your friends
for a productive
night with us!

TIME: 6-9PM
LOCATION: IB120



utm.pause Taking PSY100? Stressed 😞 for a test? Need some extra review? Want to study better by studying with others? If you said yes to any of these, we've got you covered! Come out and study with fellow students 🧑🏫💻📱 for PSY100 using our study hall!

We are also looking for mentors who did well in the course, so if you feel confident and want to mentor others, send us a message!

See you there!! 😎

Psychology Association of Undergraduate Students at UTM
PAUSE PRESENTS
**SEASONAL
AFFECTIVE
DISORDER
(SAD)**
DISCUSSION WITH PROFESSOR
SIMONE WALKER
NOT ADJUSTING TO THE EARLY SUNSET AFTER DAYLIGHT SAVINGS TIME ENDED?
IS THE COLD FALL WEATHER MAKING YOU UNHAPPY?
JOIN US ON:
TUESDAY, NOVEMBER 26TH
1:00PM
DH2070



utm.pause ANOTHER EVENT? You heard that right! Come out to a discussion on Seasonal Affective Disorder (SAD) with Professor Walker! SAD is more common than you think so come out and learn about it! Bring your friends and see you there 😊



utm.pause Missed the bake sale on Friday? Don't worry, we got you covered for all the sugar you could possibly need! We will have more bake sales on Tuesday and Friday this week from 12-3! Cash and e-transfer are accepted 😊



utm.pause Love illusions 😍 but can never understand how they work 😞? Come on out to our trip to the Museum of Illusions with us on January 10th to see some cool illusions and figure out why they fool you !! Tickets are only \$20 🎟️ and transportation* is provided so bring your friends!! HURRY! Tickets are limited! Click the link in our bio to purchase your tickets. 📱 . *Note: unfortunately we can only provide transportation to the event (not back) so take this opportunity to explore other great things in Toronto before you head home 😊



utm.pause NEW EVENT!! We all have Valentine's day in our minds, whether in a good or bad way 😬 Why not learn about romantic relationships 🧐 from one of our leading relationship researcher, Professor Impett! You will also get the chance to get to know Prof Impett and meet fellow students! Grab your friends and significant others and see you there!! 🧐



utm.pause Struggle at analyzing research papers 🧐? Come out to our workshop with a librarian 🧐 to learn how to dissect a research paper! This is very helpful for both courses and conducting research 🧐, so make sure to bring your friends! *Workshop ends at 1pm

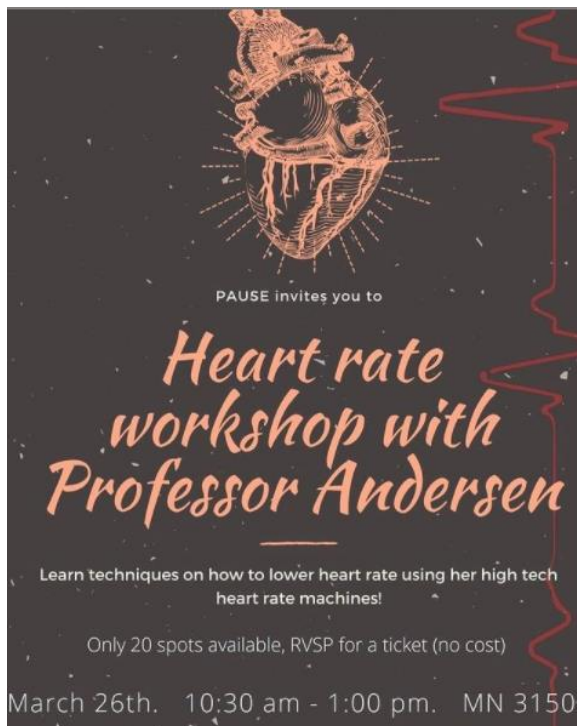


utm.pause Mark your calendars everyone!

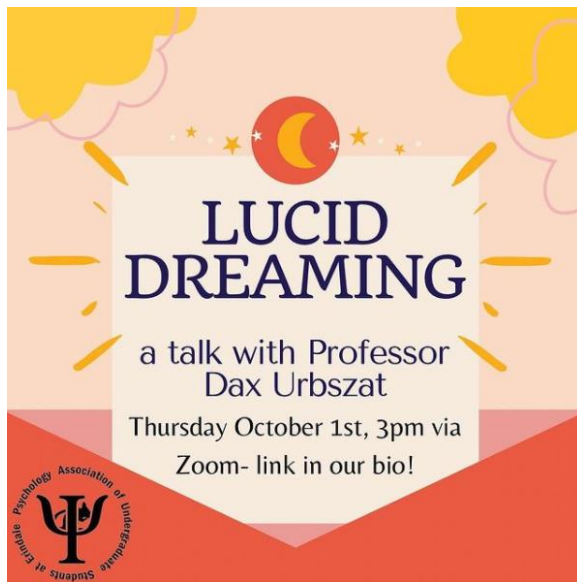
PAUSE will be hosting a Welcome Week September 28th - October 2nd!

This week will be filled with fun and informative online activities, where you can learn more about the psychology department, meet other psych students, and find out about how to get involved with PAUSE!

Stay tuned for more details next week 😊



utm.pause Ever feel like you're getting stressed 😞 and your heartrate is increasing but you can't get it under control 😞? We've got the solution for you 😊!! Come out to our heartrate workshop with Professor Andersen, where you can use her heart rate machines 📊 and learn ways to control your heartbeat. Space is limited and only 20 people can attend, so RSVP quick!! Eventbrite is in our bio.

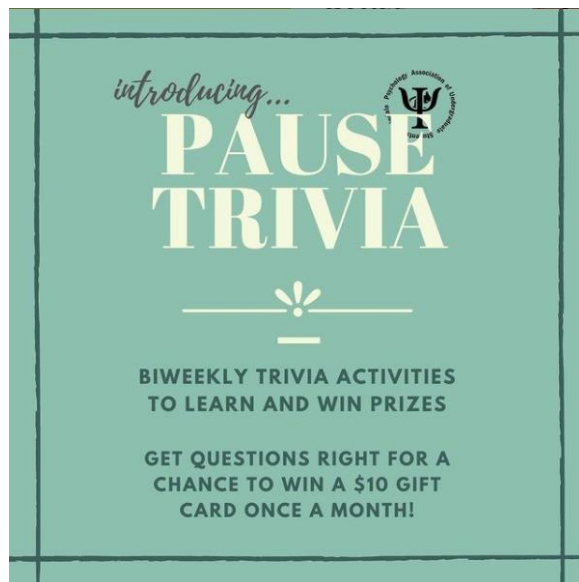


utm.pause Lucid dreaming- what is it? How does it work? How can I experience it? 🤔

All of these questions and more will be answered today at 3pm with Professor Dax! He will give a fun and informative talk about lucid dreaming, followed by a question period for all who attend. The Zoom link is in our bio, so please join us for this unique event! 🌙★



utm.pause Welcome to our WELCOME Week (pun intended) 😊! To start off, we will start our executive team introductions. We will be posting all of our team members throughout the next few days so that you can get to know us more personally and know who's behind all these great events! Feel free to message any of us with your questions or if you just want to talk 😊



utm.pause Hey PAUSE Members! We have a new opportunity for you to improve your psychology knowledge and win some money while you're at it 🤓🌍! Every 2 weeks, we will be posting a trivia question on our Instagram story for you to answer. Try to get it right (without searching up the answer 🤓) because every month, we will choose someone who answered correctly to win a \$10 gift card! Good luck... this week's trivia question is already up!



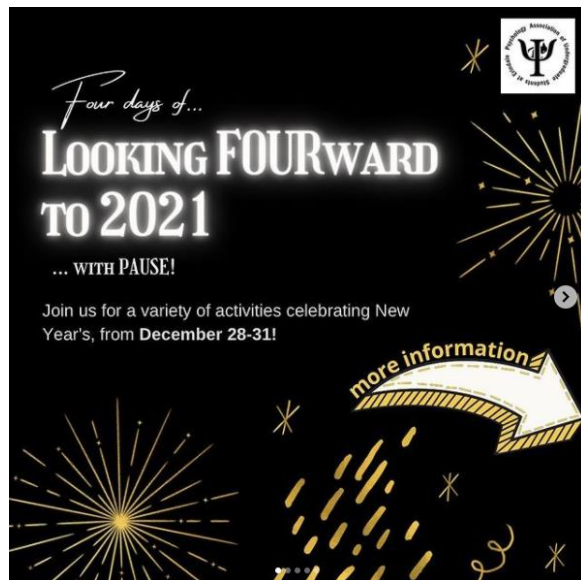
utm.pause Exciting news! PAUSE will be starting a student mentorship program next semester!! This will be an opportunity for first year students to gain valuable advice and guidance from an upper year mentor, learn more about psychology programs, and plan for the future. If that doesn't sound amazing already, this program is CCR Approved! 🤗 Sign-ups and more information will be available soon, so keep an eye on our social media and don't forget to sign up for our Newsletter (link in bio) 📧



utm.pause UPDATE 📢

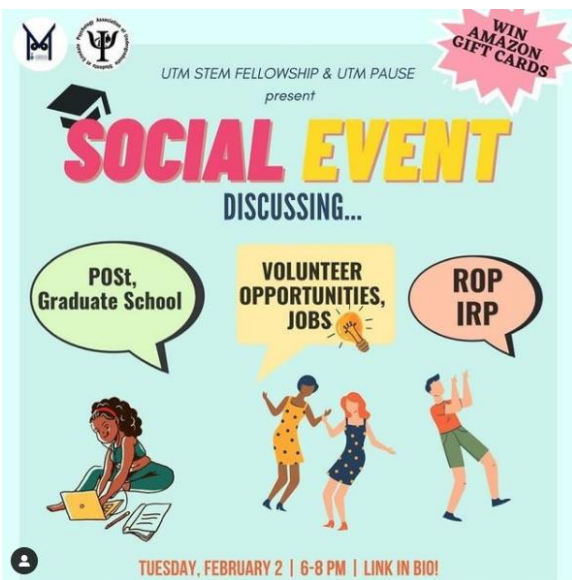
Our mentorship program will begin next semester for the FIRST TIME EVER! We are currently looking for mentors to mentor mentees (who will be first year students) and this opportunity is CCR certified 🎉 Use the link in the bio to apply to be a mentor!

Mentees: look out for more information soon!



utm.pause Looking FOURward to 2021 🎉🎊

With the new year coming up and many of us eager to get 2020 over with, we are putting together a few events over the next few days to celebrate New Years! Swipe to read about the events, including a game night, hot chocolate night, and more! Hope to see you at all of them!



utm.pause We are excited to announce a new event in collaboration with @utmstemfellowship! Join us on Feb 2 from 6-8pm for an informative session with student panelists from various student groups, and learn about their personal experiences with grad school, ROPs, volunteer opportunities, and more!

Register using the link in our bio!



utm.pause As a university student, there is a lot of research and/or writing that you complete as part of your academic career, so why not hone those skills with our workshop? 😊 Meet a psychology librarian and learn how to better conduct searches and find articles! REGISTRATION LINK IS IN OUR BIO! 👁️



utm.pause Valentine's Day is coming up and a lot of us are alone (☹️) so why not watch a romantic movie to remind yourself how alone you are?? (best idea ever right)

We will be watching Crazy Rich Asians this Saturday to make sure to tell all your friends to come!



utm.pause Do you feel that mental health resources are lacking at UTM, cuz we do too! For that reason, we are hosting a mental health panel in collab with @utmpsychtalks for Sustainability Week! Come out to learn about mental health resources and suggest ways to improve. We will be hosting @utmhccwellness @uoftmha and @jackdotorgutm 😊

* Link will be posted in our bio on the day of