

Finding Your Way

2012

SATURDAY, FEBRUARY 4

- 2 – 3 pm Sensitivity to Stress: Individual Differences and Implications ~ Katie Kryski
- 3 – 4 pm Introduction to the Practice of Mindfulness ~ Sol Ibarra-Rovillard
- 4 – 5 pm Building Your Mental Health Toolbox ~ Lyndsay Evraire

Thursday, February 16

- 6 – 7 pm Responding to Difficult Child Behavior ~ Kathryn Turnbull and Kyleigh Schraeder
- 7 – 8 pm “0-60 in 20 seconds” - HELP! : Parent and Teacher Strategies for Avoiding Youth Meltdowns ~ Kim Edwards and Sharon Skutovich
- 8 – 9 pm Relationships: Why We Behave the Way We Do ~ Lyndsay Evraire

Saturday, February 25

- 11 am – 12 noon Learning Diversity and Disability ~ Kathryn Turnbull and Ashley Vesely
- 12:30 – 1:30 pm Navigating the Mental Health System ~ Jennifer Tapscott
- 2– 3 pm The Psychology Of Eating: What This Means For Your Diet Plans, Mood And How You Learn ~ Rebecca McDermott and Karen Zhang

Wednesday, February 29

- 6 – 7 pm Food Psychology 101: How Marketing and Media Influence Food Selection ~ Heather Smith and Sara Caird
- 7 – 8 pm How do I look? Understanding Human Interest In Body Image ~ Janani Sankar and Alina Zaltzman
- 8 – 9 pm Transgender Identities Across the Lifespan: An Exploration and Discussion of Individual Differences Surrounding Gender Identity ~ Claire Salisbury

The purpose of these talks is to offer evidence-based information and not individual therapeutic advice. Talks are reviewed by Ph.D.-level faculty members in the Department of Psychology at the University of Western Ontario. If you have an ethical concern about these talks, please contact: ataethic@uwo.ca

A lecture series on the psychology of everyday life



Central Library

Stevenson & Hunt Room A
251 Dundas Street
London, On

FREE!

No registration required.

2 hours free validated parking in Citi Plaza during Library hours.

