

Finding Your Way

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.

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



2013

Saturday, February 2

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|--------------------|--|
| 10:00 – 11:30 am | Humour Styles in Everyday Life
Sara Caird |
| 11:30 am – 1:00 pm | Emotion Regulation: Keeping emotions in check
Katerina Rnic |
| 1:00 – 2:30 pm | Introduction to the Practice of Mindfulness
Sol Pound |
| 2:30 – 4:00 pm | Transgender Identities Across the Lifespan: An Exploration and Discussion of Individual Differences Surrounding Gender Identity
Claire Salisbury |

Wednesday, February 6

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| 6:00 – 7:30 pm | Aggression and Bullying among Children and Youth
Suzanne Seah |
| 7:30 – 9:00 pm | “0-60 in 20 seconds” - HELP! : Parent and Teacher Strategies for Avoiding Youth Meltdowns
Kim Edwards and Sharon Skutovich |

Saturday, February 16

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| 10:00 – 11:30 am | Understanding and Living with Developmental Disabilities
Kathryn Turnbull |
| 11:30 am – 1:00 pm | Learning Diversity and Disability
Kathryn Turnbull and Ashley Vesely |
| 1:00 – 2:30 pm | Temperament and Depression
Yulya Kotelnikova |
| 2:30 – 4:00 pm | Relationships: Why We Behave the Way We Do
Lyndsay Evraire |

Wednesday, February 27

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| 6:00 – 7:30 pm | The What and the Why of Food and Diet
Rebecca McDermott and Karen Zhang |
| 7:30 – 9:00 pm | Mental Health and Access to Care
Nadia Maiolino, Christian Hahn and Kyleigh Schraeder |