

2013 Finding Your Way

A lecture series on the
psychology of everyday life

Central Library
251 Dundas Street
Stevenson & Hunt Meeting Room A

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

SATURDAY, FEBRUARY 2

10:00 – 11:30 am *Sara Caird*
Humour Styles in Everyday Life
This presentation will focus on how our use of humour is linked to our psychological well-being and relationship satisfaction.

11:30 am – 1:00 pm *Katerina Rnic*
Emotion Regulation: Keeping emotions in check
This talk will explore how our emotion regulation abilities develop, beginning in early childhood, including ways of improving it, consequences of having poor regulation, and how it relates to various mental health issues.

1:00 – 2:30 pm *Sol Pound*
Introduction to the Practice of Mindfulness
Mindfulness is paying attention in a particular way: on purpose, in the moment, and non-judgmentally. This presentation will include information and short mindfulness meditation practices.

2:30 – 4:00 pm *Claire Salisbury*
**Transgender Identities Across the Lifespan:
An Exploration and Discussion of Individual
Differences Surrounding Gender Identity**
This talk will provide attendees with a greater understanding of individual differences surrounding gender identity, with an emphasis on discussing cross-gender identity and behaviour across the lifespan.

WEDNESDAY, FEBRUARY 6

6:00 – 7:30 pm *Suzanne Seah*
Aggression and Bullying among Children and Youth
Join us for a discussion on things that researchers have discovered about aggression and bullying among peers, and on how we can use some of this knowledge to help aggressive children and youth in our community.

7:30 – 9:00 pm *Kim Edwards and Sharon Skutovich*
**“0-60 in 20 seconds” - HELP! : Parent and Teacher
Strategies for Avoiding Youth Meltdowns**
Come and learn about different ways of understanding tantrums, meltdowns, and explosive behaviour. A child friendly tool-box of resources will be provided.

SATURDAY, FEBRUARY 16

10:00 – 11:30 am *Kathryn Turnbull*
**Understanding and Living with
Developmental Disabilities**
This talk will address some common questions about developmental disabilities and highlight the role that psychologists and other professionals play in the identification and support of individuals with these disabilities.

11:30 am – 1:00 pm *Kathryn Turnbull & Ashley Vesely*
Learning Diversity and Disability
This talk explains the basics of how psychologists measure learning abilities, and what having a learning disability means.

1:00 – 2:30 pm *Yulya Kotelnikova*
Temperament and Depression
This talk will examine how different dimensions of temperament, and their interactions, contribute to developing depression in middle childhood.

2:30 – 4:00 pm *Lyndsay Evraire*
Relationships: Why We Behave the Way We Do
This presentation will discuss how interactions between an infant and his or her caregiver lead to development of core beliefs about the self, others, the relationship between the two, and how they influence the way individuals relate to others.

WEDNESDAY, FEBRUARY 27

6:00 – 7:30 pm *Rebecca McDermott and Karen Zhang*
The What and the Why of Food and Diet
Join us to discover how our environment and food marketing affects our eating habits and what this means for our learning and mood.

7:30 – 9:00 *Nadia Maiolino, Christian Hahn
and Kyleigh Schraeder*
Mental Health and Access to Care
This talk will address important issues and questions related to mental health services like why we should seek mental health services, what services are available and who provides them, as well as how to get started finding help.

