



PSI ALPHA

HIGH SCHOOL
NATIONAL HONOR SOCIETY
IN PSYCHOLOGY

February 2023 Vol. 5

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Kettering Fairmont High School Psi Alpha Officers

Going and Growing Together

Kristen Mitzel, Director of Operations

Our chapters have done some amazing things over the last few months and I am so grateful to have the privilege to share them all with you. In this issue, you will see Kettering Fairmont High School, James Martin High School, Community Christian School, and St. Pius and St. Matthias Academy engaging in some wonderful events both for their schools and their communities.

I am excited to announce that Psi Alpha continues to grow and expand and the new year is no exception. We are very close to having inducted 4000 members to Psi Alpha. The amount of commitment to Psychology as a science is riveting and Psi Alpha is so grateful to be able to facilitate a place for young students to work towards their understanding of psychology as a discipline.

The National Council continues to monitor the organization and conceptualize new initiatives that will be announced in the coming months. We are looking forward to expanding our scholarship program, where we can offer more awards to more students. Additionally, chapters can look forward to a research initiative inspiring students to form focus groups aimed at student research interests they might like to turn into a full, IRB approved research project!

We continue to work to bring unique opportunities to our members around the country, and we are also continuously impressed by the commitment of our advisors in facilitating activities and community service for our members.

Kristen Mitzel

Director of Operations

Say hello to our newest addition to the Psi

Alpha National Office, Nevin Enering

Hello Psi Alpha! My name is Nevin. I was born and raised in New York and have lived in Ohio for three years. After beginning my higher education journey (and after meeting Dr. Gerber), I developed a significant interest in psychology. I am particularly interested in research, and I am currently continuing my academic career with a focus in that area. I am beyond excited to be a part of this organization and will do my best to help my talented and dedicated colleagues ensure Psi Alpha continues to make history!



Nevin joins Psi Alpha after serving as an intern for the organization. He brings a fresh perspective on our ever growing organization. He will be serving as the assistant to the director of operations and aiding Dr. Gerber in some upcoming initiatives soon to be announced!

Do you know a teacher or advisor who would be great at leading a Psi Alpha Chapter? Share our website with them by scanning this code, emailing psialphanational@gmail.com, or visiting psialpha.org



Chapter Spotlight:

James Martin High School

Energy Bus Book Club

One of our Co Presidents, Zoey Jackson, started a book club for Psi Alpha members over The Energy Bus by Jon Gordon. In this book study, our members go through the field guide and ponder questions regarding how they are implementing positivity into their lives. In addition, they do activities that help them understand the impact of positivity. Above this, they have also hosted a vision board creating event to celebrate the possibility and excitement of a new year. Along with that, they have created a positive peer-support group where they encourage one another to live their best lives!



Heartis Senior Living Christmas Caroling / Talent Show

Right before Winter break, several of our Psi Alpha members performed their talents for the members of the Heartis Senior Living Facility, as well as lead Christmas Caroling to spread the holiday cheer! Not only did our members have an amazing time, they left Heartis with a desire for us to return to do more talent shows in the future!!



We want your thoughts!

Do you have an organization in mind that could use Psi Alpha's support? Let us know! Are you performing service projects with your chapter? Be sure to take photos, and show off your service skills!

Send any submissions to psialphanational@gmail.com to be considered for our next newsletter, to be published in September!

James Martin's Psi Alpha Rush Week!

This past week, we held a rush week to recruit new members, especially the 10th graders that were eligible after their first semester of AP Psychology. Over the course of last week, we held a Meet & Greet, along with hot chocolate, for questions and applications! Later in the week, we held a Spirit Night at Cici's Pizza to raise money, and ended the week with a General Meeting. In the end, we recruited over 75 new members, making this week a HUGE success!



Psi Alpha Wellness Week

This December, on the week of 12/5 - 12/9, our chapter held a big moment for Psi Alpha: Wellness Week. The purpose of Wellness Week is to promote not only mental, but physical health and wellness! I attached a snippet from our Semester Newsletter to see our events and schedule!

WELLNESS WEEK

Psychology/Psi Alpha Wellness Week!

MON 12/5 **Brain Food Morning**
Sleep by noon 124 before 7:30 tea in food!
-After School Yoga -sign up on remind!

TUE 12/6 **Coloring and Games**
Color or BYO Games in room 104 during lunch!

WED 12/7 **Crochet Lunch and Learn**
Learn or teach others how to Crochet in room 104 during lunch!

THU 12/8 **Ted Talk Lunch and Learn**
Monica Ma: Changing How We Think About Wellness
in room 104 during lunch!
-Nature walk at Pappy Elkins Park from 3:30-4:30

FRI 12/9 **Christmas Movie and Hot Chocolate**
in room 104 during lunch!

More info on Remind!

This December, on the week of 12/5 - 12/9, our chapter held a big moment for Psi Alpha: Wellness Week. The purpose of Wellness Week is to promote not only mental, but physical health and wellness! Along with the schedule planned for the week, here are some pictures from these events!



Meet the Psi Alpha National Council



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Our national council is made up of advisors of Psi Alpha chapters in each region of the United States. They aid the national office in determining chapter eligibility, developing bylaws and collaborating with the chapters in their region on a variety of projects. Please reach out to your regional Vice President for anything you need for your chapter!

APA Membership for new 2023 Members!



**AMERICAN
PSYCHOLOGICAL
ASSOCIATION**

First time Psi Alpha Members can activate your free APA Membership for all of 2023!

FREE Membership for new Psi Alpha Members!

Psi Alpha and the American Psychological Association has partnered to provide free APA memberships to first year high school members of Psi Alpha for all of 2022!



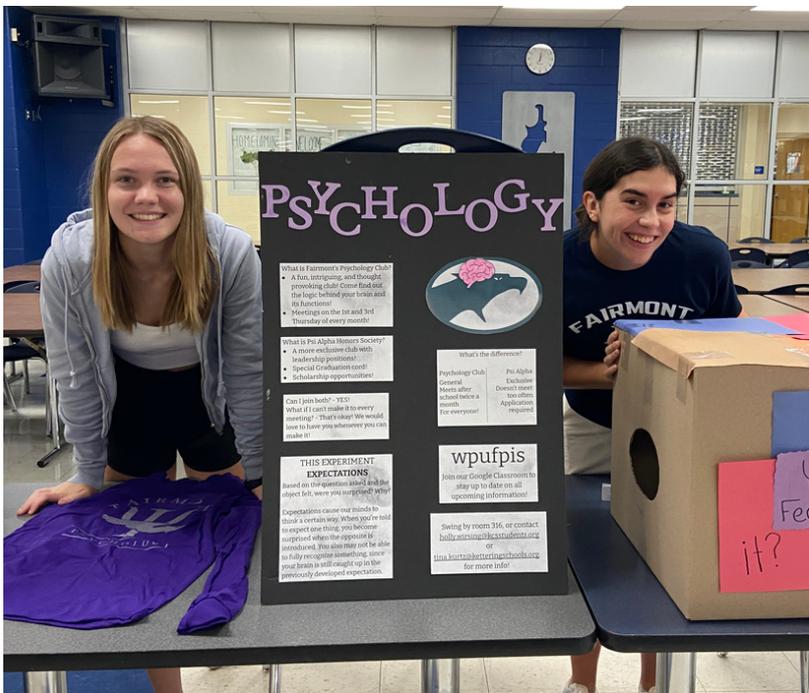
Advisors have the Code!

Please ask your advisors to check their advisor email for information about how to gain access to this wonderful feature!

■ Student members will receive benefits like 60% off journals, 25% off books and materials, access to PSYCnet Gold Database, digital subscriptions to Monitor on Psychology and American Psychologist PLUS access 10 full-text articles from APA journals, Earn 5 FREE credits (1 CE credit per program) online and receive printable certificates, and career resources!

■ Any students who have registered online with Psi Alpha, and have paid their membership fee is eligible to receive membership. Memberships extend through the end of 2022. Please email psialphanational@gmail.com for questions.

Kettering Fairmont High School



Kettering Fairmont High School, led by their advisor, Tina Kurtz, conducted their largest induction ceremony to date and have engaged in several events for their school district, including a yoga day, a meet the freshmen event, and even experimented with perception goggles!



Community Christian School and St. Pius St. Matthias Academy



Community Christian School located in Stockbridge, GA chapter participated in the Out of the Darkness suicide awareness walk. We held a suicide awareness chapel and spoke to grades 6-12 on suicide awareness. This is CCS's first Psi Alpha chapter we are excited to spread awareness around our school!

St. Pius St. Matthias inducted their first year members in December of 2022!

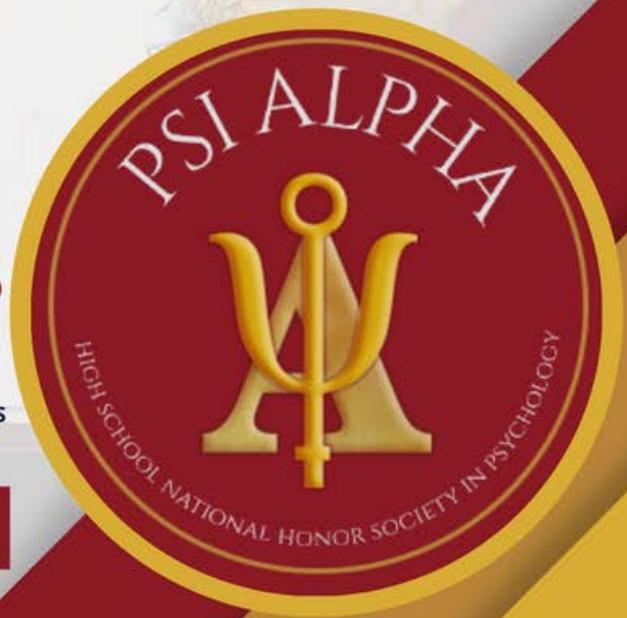


PSI ALPHA NATIONAL HONOR SOCIETY ADVISORS

ENHANCING AMERICA'S HIGH SCHOOL STUDENTS' UNDERSTANDING AND KNOWLEDGE OF THE SCIENCE OF PSYCHOLOGY, HOW PSYCHOLOGY BENEFITS SOCIETY, AND CAREER OPPORTUNITIES AVAILABLE IN PSYCHOLOGY.

<https://www.facebook.com/PsiAlphaNational>

psialpha.org



Reminder for Advisors: Join our Facebook Group!

If you haven't already, head on over to Facebook and become a member of our advisor corner! This is a space for advisors only to talk about their chapter happenings, ask questions, share ideas, and more! All of the national council are members, and you can get connected with all of them! You will be approved by an admin once you request to join! This page is for current and former advisors, as well as those interested in chartering their own chapter!

Please visit

<https://www.facebook.com/PsiAlphaNational>

And don't forget to like and follow our main page for all the Psi Alpha updates you need!



Scan this QR code to be taken to our exclusive Psi Alpha advisor group!

