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series of educational videos, geared towards assisting high school students in finding research mentors and opportunities. We will keep featuring the videos in these newsletters, but you can find the entire series on our website! These videos feature several professionals in various disciplines speaking on topics that are vital for success in high school student research.

Our advisors and members are doing a fantastic job at recruiting students to join their chapters and engaging in activities that benefit our schools, communities, and psychology as a whole!

As always, please feel free to reach out at any time to directorofoperations@psialpha.org to get in contact with me for anything you might need.

Kristen Mitzel

Director of Operations

What's happening around Psi Alpha?

Kristen Mitzel, Director of Operations

Hello Psi Alpha!

It is so hard to believe we are already more than half way through the school year! Psi Alpha has been continuously growing and developing new ideas and incentives for students across the country. It is such an amazing experience getting to watch this organization grow from month to month, and this is all due to our advisors' and members' dedication to psychology as a science!

In this newsletter, you will find an exemplary chapter's newsletter they publish to their students, as well as an update on our chapter and member numbers. Additionally, please take a moment to look into our video mentorship project! If you have not heard, Psi Alpha partnered with the American Psychological Foundation and Fordham University to produce a





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PSI ALPHA HAS OFFICIALLY
REACHED

1000

CHAPTERS

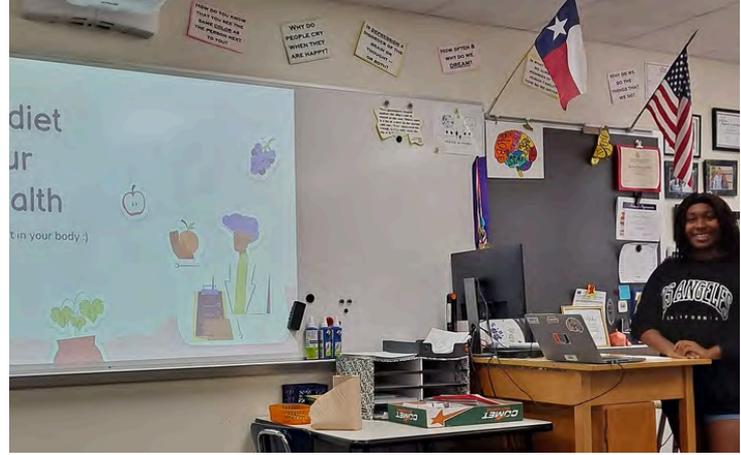
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MEMBERS



Martin High School Newsletter

Health/Nutrition Lunch & Learn

In November the James W. Martin High School Chapter held a food\nutrition in relation to mental health lunch and learn. Holding a lunch and learn with guest speakers is an excellent way to learn and share ideas!



Wellness Week

In December they held their very own annual Psi Alpha Wellness Week. Wellness week is an excellent time to promote the importance of both mental and physical wellness as finals week approaches.



Suicide Prevention Posters

During Suicide Prevention Month in September the James W. Martin High School Chapter gathered together and created awareness posters to hang up around their school.



Wellness Week

WEEK : Dec 11th-15th

MONDAY	TUESDAY	WEDNESDAY
Morning: Breakfast Brain food Lunch: Pancakes Afternoon: Take 20min to decompress, get outside and exercise	Lunch: Stress ball making Afternoon: Take a picture of your breakfast	Lunch: Crocheting with Fiber Arts Club Afternoon: Take an hour to do something you haven't done. (written paragraph)
THURSDAY	FRIDAY	AFTERNOON ACTIVITIES LOGGING SHEET
Lunch: TED talk Afternoon: One thing you learned from the TED talk	Lunch: PJ's and movie with hot cocoa Afternoon: Volunteer somewhere local!	



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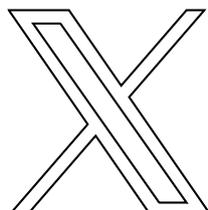


We would like to thank the James W. Martin High School Chapter for sharing these incredible highlights from their very own newsletter with us!

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 media@psialpha.org to be considered for our next newsletter, to be published in December 2023!



Advisor's Corner

Do you have advice or ideas to share with other advisors? Welcome to the advisor corner! Please consider joining our facebook group for advisors, and sending your thoughts and ideas to media@psialpha.org!



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!

2023-2024 Advisor Survey

We need YOUR opinion!

Psi Alpha recently emailed out a google form survey to all advisors. Please go to

<https://forms.gle/WN5kyaEpDy7bWQH58>

and share your thoughts and ideas with us!

Integrating Research into a High School Psychology Course - Dr. Jamie Schlais

Psi Alpha , partnered with Fordham University and The American Psychological Foundation, produced a series of videos focusing on high school student research and mentorship.



Dr. Schlais, the psychology curriculum manager with the International Baccalaureate Organization, discusses integrating research in a high school psychology course in this video. Dr. Schlais shares approaches that even students who are not currently enrolled in a psychology course will be able to utilize and better prepare for psychology courses in University or college. This video touches on some main approaches to conducting research including reading peer reviewed research while using open access journals to find articles in areas that you are interested in.

Please visit:

**https://youtube.com/playlist?list=PL_zB-U-iyZtNagc9APVmtFuxNDIPkuM_C&si=bEefEXF503Eg6LEh
for more of this series!**

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Award Concepts is the only place to get official Psi Alpha graduation regalia, supplies, clothing, and more! Select Psi Alpha from the drop down menu to get started.

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