

PSI CHI - UBC CHAPTER

EICH UNDERGRADUATE TRAVEL AWARD (EUTA)

What is the EUTA? The EUTA is a competitive undergraduate travel award given by our chapter of Psi Chi. It is designed to support undergraduate efforts to build skills related to the presentation of research and to foster networking skills with researchers in the student's field of interest.

What does the EUTA offer? The EUTA provides \$200-\$400 to cover the costs associated with presenting research at a conference. These funds may be used to pay for the conference's abstract fee, conference registration, hotel and/or flight costs. The funds will be awarded to the student in the form of a reimbursement after the travel has occurred and once detailed proof of payment is provided. The amount of each EUTA and the total number awarded annually will vary based on current funding levels. In addition to the financial award, students will also receive a certificate and will be officially recognized at our annual induction ceremony.

Who's eligible? Current undergraduate members of Psi Chi (UBC Chapter) who are working (or have worked) in a research lab at or associated with UBC. The research need not be conducted in the Psychology Department but the work must be presented at a psychology-related conference. If you are not sure that your work meets this requirement, please consult with Dr. Souza.

How are applications processed? Submitted applications will be processed by a committee of UBC Psychology faculty, including the Psi Chi chapter advisor. The primary selection criteria will be based on the quality of the submitted materials but preference will be given to students who (1) are first author on their poster, (2) have never presented at a scientific conference, (3) are senior students, (4) aim to pursue graduate or professional studies, (5) are presenting at a conference outside of BC, (6) would not be able to present their research without financial assistance, and/or (7) have applied for other forms of funding to support conference costs (ie: the Quinn)



Celebrating the achievements of Dr. Eric Eich. We are proud that our travel award bears the name of Dr. Eric Eich. Dr. Eich is a Distinguished University Scholar and Professor of Psychology at UBC, and is also a member of the Royal Society of Canada. He has defined excellence in the domains of teaching and research. As Department Head, he worked tirelessly to make Psychology an even better place for our undergraduates. Dr. Eich has been a member of Psi Chi since 1973.

To be considered for this award, you must submit the following:

- 1. The completed EUTA Application form**
- 2. Supplemental materials** (sample materials are provided for your convenience)
 - (a) Title, list of authors and abstract for the research project
 - (b) A paragraph explaining the expenses you expect (e.g., fees, travel)
 - (c) A paragraph about the importance of attending this conference to your future.
 - (d) A paragraph about how the research contributes to scientific knowledge in your field
 - (e) A current, up-to-date academic resume (CV)

Limit: 2 pgs collectively for parts A-C (double-spaced) and 2 pgs for D (single-spaced). 1" margins, 12 pt font.
- 3. Official correspondence from the conference and faculty advisor**
 - (a) A letter stating that your poster abstract has been officially approved **or** a confirmation letter stating that your poster abstract has been submitted, **AND**
 - (b) A very brief letter from your faculty advisor stating that you have received his/her approval to present this research. It must be on official letterhead and signed.

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EICH UNDERGRADUATE TRAVEL AWARD (EUTA) APPLICATION FORM

APPLICANT INFORMATION

Last Name

First name

Email address

UBC Student ID

Standing and expected year of graduation (4th-yr, Spr '16)

When did you join UBC Psi Chi? (e.g., Fall 2015)

CONFERENCE INFORMATION

Name of organization holding the conference (e.g., Annual Meeting of the Cognitive Neuroscience Society)

Date(s) of the conference

Location of the conference

RESEARCH SUPERVISOR INFORMATION

Name of research supervisor

Position

Email address

APPLICATION CHECKLIST

- _____ Completed Application form (this form)
- _____ Completed Supplemental materials (abstract, budget and value of research)
- _____ Correspondence from the conference and faculty advisor

By signing below, I confirm that I meet the requirements listed to be eligible for the EUTA. I understand that if I am awarded a EUTA, I must conduct my conference travel in 2016 and I must furnish detailed receipts to be eligible for reimbursement. Any intentional misrepresentation of the information in this packet will result in immediate disqualification of the award.

Signature

Today's date

EUTA SUPPLEMENTARY MATERIALS – SAMPLE ONLY

ABSTRACT

Training executive functions using computer games: an exploratory study

Souza, M.J., Turner, G.R., Chen, A.J.W. & Bunge, S.A.

Department of Psychology, University of British Columbia

Executive functions are critical for flexible goal-directed behaviour and they heavily rely on the integrity of prefrontal cortex (PFC). PFC function may become compromised in a variety of ways (e.g., stroke, trauma) and it is also thought to decline as a product of normal aging. The goal of the present study is to examine the extent to which off-the-shelf video games can improve aspects of executive functions in a normal aging population. Over six weeks, participants played for one hour per day, five times per week, with games that were thought to preferentially challenge processing speed (PS) or executive functions (EF). Compared to pre-training, participants in the EF group improved more on measures of planning and multi-tasking. Participants in the PS group did not demonstrate objective improvements in any cognitive domain we examined. Interestingly, participants in *both* groups subjectively reported evidence of improvement (i.e., being less likely to forget why they came into a room or being able to pay attention to more while driving). The implications for this research are discussed as they apply to an aging population.

BUDGET JUSTIFICATION

I am requesting funds to attending the 16th Annual Cognitive Neuroscience Society held in San Francisco, California, from March 28-31, 2015. The poster abstract fee is \$75 USD, the conference registration fee is \$125 USD, and the printing of the poster will cost about \$100 CAD. Air travel from Vancouver to San Francisco during this time frame will cost about \$400 CAD. Hotel accommodations will cost about \$400 CAD, which is cheaper than it would be otherwise because I am sharing the room with a colleague. These costs are considerable for an undergraduate and without help from the EUTA and other funding sources that I have pursued (e.g., the Quinn), this travel will not be possible.

The Cognitive Neuroscience Society is an important conference for researchers who are interested in using neuroimaging to understand brain networks. Attending this conference, which is relatively small compared to larger conferences like Society for Neuroscience (SfN), will give me a valuable opportunity to learn more about my field of interest as well as to meet international colleagues who share my interests. Linking up with potential graduate school advisors is not an opportunity that undergraduate students often have the chance to have and so this would be an important step in my professional development.

VALUE OF CURRENT RESEARCH

Presently very little is known about if/how cognitive training can be used to improve higher-order cognitive functions. There are notable challenges of this type of research (esp. the issue of skill transfer) but that being said, this research is quite important for learning more about how we can develop easy-to-deploy training programs as part of a rehabilitation process. What's more, there's something very appealing about examining how cognitively useful computer games are given how widely enjoyed they are. Work within the last 10 years suggests that video games can enhance attention and perhaps further exploration will uncover ways to improve other functions as well.

Joe M. Student

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cell phone #

Education

BSc (Honours) in Psychology, The University of British Columbia, expected April 2012
Psychology average: 78% | Cumulative average: 80%
Diploma, Really Great Secondary School, April 2008

Honours and Awards

Quinn Travel Award, UBC Department of Psychology, 2012 (\$500)
Charter member, Psi Chi – The International Honour Society in Psychology (UBC Chapter), 2011
Member, Golden Key International Honour Society (UBC Chapter), 2011
UBC Award for Awesomeness, Outstanding achievement in the Faculty of Arts, 2011 (\$1000)
Dean's List, UBC Faculty of Arts, 2009-10
UBC Entrance Scholarship, 2008 (\$2000)

University activities (Research) (if applies to you)

Poster presentation at the UBC Psychology Undergraduate Research Conference, 2010
“Why PSYC is awesome: a detailed analysis of the best major in the whole world”
Research Assistant with Prof. XYZ, UBC Psychology, 2009-present
Investigating the neural correlates of awesomeness using functional MRI

University activities (Leadership & Extracurricular) (if applies to you)

Staff writer, *Psyched!* departmental newsletter for UBC Psychology, 2010-present
Treasurer, UBC Psychology Students' Association, 2008-09

Community and Volunteer activities (if applies to you)

Student volunteer, BC Alzheimer's Association, 2009-present
Volunteer, BC Suicide Crisis Hotline, 2008-09

Professional affiliations (if applies to you)

Student member, Cognitive Neuroscience Society, 2010-present
Student member, Canadian Psychological Society, 2009-present