



COLLEGE OF SCIENCE
PSYCHOLOGY
VIRGINIA TECH™

JANUARY NEWSLETTER

Welcome and Campus Involvement

Hello Psychology Majors,

We are excited to welcome you into the Spring 2023 semester! We are excited to see you and hope you had a wonderful Winter Break.

This newsletter is will help give you ideas for campus involvement and will also include some information about upcoming events and dates.



Please keep in mind that **Tuesday, January 17th** is the first day of classes. You have until **Monday, January 23rd** to add any new classes and until **Monday, February 27th** to drop any of your classes. You can see all academic dates on the Registrar's Office website [here](#).

As a reminder, you can send generic questions to psycadvising@vt.edu and more specific questions to your specific academic advisor. You can find directions for how to **make an advising appointment** [here](#).

We hope you have a fun and safe start to the semester!

*Taylor Swan, Christina Minford,
Courtney Glass, & Dr. Kurt Hoffman*



Importance of Getting Involved

Being involved is a great opportunity to gain more professional experience in psychology and to build community connections with other students and professionals. While learning in class is a crucial part of college, the experiences you choose to participate in outside of the classroom are equally important. It's a chance to learn more about yourself and your future interests, and actively build community with others.

GobblerFair, GobblerConnect & PSYC Social Media

GobblerFair is an opportunity to connect with over 170 student organizations. This is happening on **Friday, January 27th** from **4p:40pm-6:30pm** in **Squires Student Center**.

GobblerConnect is a great website to use to find organizations and events. There are over 700 student organizations and clubs on campus that you can join. You can search for specific areas of interest on the website and look at upcoming events.

Please follow us on social media! We are on **Instagram** under **@vtpsycadvising** [here](#) and on **Facebook** via the Virginia Tech Psychology Major Advising page [here](#).



Psychology Student Organizations

- **Psychology Club and Psi Chi Honors Society**
 - Provide information about psychology careers, graduate school preparation, and possible job/volunteer opportunities, and host various psychology area speakers.
 - Follow on Instagram [@psychclubatvt](#).
- **Active Minds**
 - Student-led mission to increase awareness about mental health issues and actively create change at VT.
 - Follow on Instagram [@activemindsatvt](#).
- **The Association of Black Psychologists**
 - Promoting and advancing the profession of African Psychology, influencing and affecting social change, and developing programs whereby psychology of African descent can assist in solving problems of black communities.
 - Follow on Facebook page [here](#) and find more information on how to join [here](#).

Read the **Sunday Weekly Announcement** emails from psycadvising@vt.edu for more information on the student organizations above and lots of other great opportunities.



Winter Weeks of Welcome

Check out the full details on the [Hokie on Track](#) app

Friday, January 13th

- [Spring Campus Resource Fair](#): 11am-1pm in the Commonwealth Ballroom B, Squires Student Center

Saturday, January 14th

- [Blacksburg Farmers Market Trip](#): 10am-12pm, Meet at Squires Plaza on College Avenue
- [Benny's Pizza & Activities](#): 12pm-1:30pm, Rec Sports Field House
- [S'Winter Games](#): 3pm-7pm, Commonwealth Ballroom, Squires Student Center

Sunday, January 15th

- [Welcome Back Bingo](#): 6pm-8pm, Owens Ballroom

Monday, January 16th - **Dr. Martin Luther King Jr. Day - No Classes**

- [Bouldering & Beanie Giveaway](#): 12pm-9pm, Venture Out
- [Prison Book Project - VT Engage](#): 2pm-4:30pm, VT Engage Office
- [Paint Party](#): 7pm-9pm, McComas Hall 198

Tuesday, January 17th - **First Day of Spring 2023 Classes**

- [Mindful Welcome Series](#): 12pm-1pm, Perspective Art Gallery, Squires
- [Bouldering & Beanie Giveaway](#): 12p-9pm, Venture Out
- [First-Gen Vision Board Party](#): 6pm-8pm, Newman Library Multipurpose Room
- [Craft Night & Recovery Community Bike](#): 7pm-8:30pm, Brush Mountain B, Squires

Wednesday, January 18th

- [Mindful Welcome Series](#): 12pm-1pm, Perspective Art Gallery, Squires
- [Bouldering & Beanie Giveaway](#): 12pm-9pm Venture Out
- [Antisemitism and Racism in the Age of Kanye](#): 6:30pm-7:30pm, Black Culture Center
- [Watch Part for UVA vs VT Men's Basketball Game](#): 7pm-9pm, Commonwealth Ballroom B, Squires

More events for Thursday, Jan 19th - Saturday, Jan 21st - [Hokies on Track](#) app