



COLLEGE OF SCIENCE
PSYCHOLOGY
VIRGINIA TECH™

JANUARY 2024 NEWSLETTER

Welcome and Campus Involvement

Hello Psychology Majors,

We are excited to welcome you into the Spring 2024 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 16th** is the first day of classes. You have until **Monday, January 22rd** to add any new classes and until **Monday, February 26th** 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 **4:30pm-6:30pm** in the **Commonwealth Ballroom** in Squires.

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](https://www.instagram.com/psychclubatvt).
- **Active Minds**
 - Student-led mission to increase awareness about mental health issues and actively create change at VT.
 - Follow on Instagram [@activemindsatvt](https://www.instagram.com/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.
 - Sunday Weekly Announcements will send out meeting times.

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

Hokie Bucket List for January

Take a **picture of yourself** completing one of the tasks below and **email it** to psycadvising@vt.edu. You will be entered into a **raffle to win a prize!**

- Attend one class at McComas for Free Fitness Week - Jan 16th - Jan. 22nd
- Attend the MLK Week Keynote from Dr. Janice Underwood on Jan. 18th
- Go to GobblerFair and talk to a new club or organization on Jan. 27th



Winter Weeks of Welcome

Find more events for Friday, Jan 12th - Friday, Jan 26th - [Hokies on Track](#) app

Saturday, January 13th

- Blacksburg Farmers Market Trip: 11am-1pm, Meet at Squires Plaza on College Avenue
- Game Night: 6pm-8pm, Commonwealth Ballroom in Squires Student Center
- VT Men's Basketball Game: 6:30pm-9pm, Cassell Coliseum

Sunday, January 14th

- Get to Know You at D2!: 5pm-7pm, D2 in Dietrick Hall

Monday, January 15th - Dr. Martin Luther King Jr. Day - No Classes

- MLK Day Community Service: 11:30am-1pm, Brush Mountain B in Squires
- Bouldering & Beanies: 12pm-9pm, Venture Out - **Every day this week**
- MLK Day Alpha March: 2pm-3pm, Peddrew-Yates Residence Hall

Tuesday, January 16th - First Day of Spring 2023 Classes

- Free Fitness Week: All Day, McComas Hall Gym - **Every day this week**
- First-Gen Vision Board Party: 5pm-7pm, Commonwealth Ballroom, Squires
- Paint Night with FRIENDS: 7pm-8:30pm, Commonwealth Ballroom, Squires

Wednesday, January 17th

- Waffles and Watercolors with VT Engage: 12pm-2pm, Owens Ballroom
- Let's Talk: MLK - Yesterday and Today: 6pm-8pm, Black Cultural Center
- Things you Left at Home Bingo: 7pm-9pm, Colonial Hall in Squires

Thursday, January 18th

- Intro to DJing with VTDITC, 6pm-8pm, Media Building
- Welcome Back Bowling Tournament, 6:30pm-9pm, Breakzone, Squires
- MLK Week: Keynote Speaker, 7pm-9pm, Graduate Life Center