From the Editors Desk:

It’s everyone’s favorite time of year—that’s right, the APA annual meeting is right around the corner! To help prepare you for the 2019 annual meeting, we’ve included a list of SfHP events that will be taking place in Chicago later this week (pg. 2-4). In addition, our professional development column shares some tips for getting the most out of conference attendance (pg. 5-8), and our current events piece discusses open science (pg. 9). Together, that makes this newsletter a great primer to get you pumped and prepared for APA 2019!

If you have any questions, comments, or concerns, feel free to send us an email at our NEW email address: studentcommunicationsdiv38@gmail.com. Or, if Twitter is more your style, get @ us on social media (@DrClaireC, @KDing18).

- Claire and Ke

Worth the Read

Here are three blog posts from around the internet that we recommend for student members of SfHP!

1. From the Society of Behavioral Medicine’s (SBM) Student Special Interest Group, this post on staying healthy in grad school shares 4 tips for improving your mental and physical health. It’s a timely read, since we’re about to start a new school year!

2. The SfHP SAC Diversity Committee has begun a new initiative to shed light on the experiences of international students studying health psychology. In this three-part series, Diversity Committee co-chair Darryl Sweeper interviews five graduate students from different countries of origin. You can read all of the diversity blog posts on the SfHP website.

3. APA’s Division 31 (State, Provincial and Territorial Psychological Association Affairs) maintains a blog on healthcare reform. Recent posts highlight APA’s integrated care policy, the difference between traditional psychotherapy and behavioral health consultation, and more!
The APA Annual Meeting will take place **August 8-11, 2019** in Chicago, IL. SfHP will be very well represented in the scientific sessions! Below, we've listed SfHP activities that will take place at the meeting, as well as *events specifically for students* (bolded below). *We particularly encourage student members of SfHP to attend these activities!*

### SfHP Events at APA 2019

<table>
<thead>
<tr>
<th>Time (CST)</th>
<th>Title</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>Thursday August 8th</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00-9:00AM</td>
<td>Identifying &amp; Addressing Stigma in Health Care</td>
<td>MP W184d</td>
</tr>
<tr>
<td>8:00-10:00AM</td>
<td>Making Connections: How to Thrive when Professionally Isolated in Interdisciplinary Health Systems</td>
<td>MP S105bc</td>
</tr>
<tr>
<td>9:00-10:00AM</td>
<td>Culturally Competent Healthcare for Marginalized Populations</td>
<td>MP W179a</td>
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<tr>
<td>11:00AM-12:00PM</td>
<td>Role of Health Psychologists on Interdisciplinary Teams: Difficult Patient Behavior Management</td>
<td>MP W187c</td>
</tr>
<tr>
<td>12:00-1:00PM</td>
<td>Opioids &amp; Chronic Pain</td>
<td>MP W179a</td>
</tr>
<tr>
<td>12:00-2:00PM</td>
<td>Healthcare Provider Well-Being Programs</td>
<td>MP W185bc</td>
</tr>
<tr>
<td>12:00-2:00PM</td>
<td>Translational Science and Advocacy of Neuropsychology in Dementia: Expert Roundtable Discussion <em>(co-sponsored by Divisions 20 and 38)</em></td>
<td>MP W196bc</td>
</tr>
<tr>
<td>2:00-4:00PM</td>
<td>SFHP Presidential Programming: Leadership Strategies for Psychologists in Academic Health Centers &amp; Community Hospitals</td>
<td>MP W196bc</td>
</tr>
<tr>
<td><strong>Friday August 9th</strong></td>
<td></td>
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<tr>
<td>8:00-9:00AM</td>
<td>Informal Student Breakfast Meet and Greet</td>
<td>SFHP Hospitality Suite*</td>
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<td></td>
<td>Join members of the SFHP Student Advisory Council for a free breakfast. We would love to get to know you!</td>
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</tr>
<tr>
<td>9:00-11:00AM</td>
<td>SFHP Presidential Programming: Chronic Disease Management Post- Natural Disaster – A Role for Health Psychology</td>
<td>MP S105a</td>
</tr>
<tr>
<td>10:00-10:50AM</td>
<td>Celebrating Diversity: Graduate Student Experiences and Perspectives</td>
<td>Exhibit Hall - The Wave: A Center for ECPs and Graduate Students</td>
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<td></td>
<td>Hear our 2019 SFHP Emerging Student Leader Awardee, Paola Ricardo, speak about her experiences as a graduate student.</td>
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<tr>
<th>Time (CST)</th>
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<tbody>
<tr>
<td>11:00AM-12:00PM</td>
<td>How to Prepare for the Future of Integrated Practice</td>
<td>MP W192b</td>
</tr>
<tr>
<td>12:00-1:00PM</td>
<td>Technology-Based Behavioral Health Intervention in Integrated Care Settings: Lessons from HIV Care</td>
<td>MP 192a</td>
</tr>
<tr>
<td>4:00-5:00PM</td>
<td>Pre-Doctoral Internship Panel: Q&amp;A</td>
<td>MP W192b</td>
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<tr>
<td></td>
<td>Interested in learning how to best prepare for an internship in health psychology? Bring your questions to our panel of student experts.</td>
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<tr>
<td>4:00-6:00PM</td>
<td>Reducing Perinatal Mood &amp; Anxiety Disorders</td>
<td>MP W178a</td>
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<tr>
<td>5:00-6:00PM</td>
<td>Meet the Editors of Health Psychology</td>
<td>MP W181b</td>
</tr>
<tr>
<td>5:00-6:00PM</td>
<td>ABPP Certification</td>
<td>MP W187a</td>
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<tr>
<td>6:00-7:00PM</td>
<td>Meet &amp; Greet Health Psychology Training Directors</td>
<td>Marriott Marquis, Glessner House Rms A-C</td>
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<tr>
<td></td>
<td>Mingle with training directors from health psychology internships and postdoctoral fellowships in this informal setting.</td>
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**Saturday August 10th**

<table>
<thead>
<tr>
<th>Time (CST)</th>
<th>Title</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:00-9:00AM</td>
<td>SFHP Student Breakfast Meeting: Getting the Mentorship You Want</td>
<td>SfHP Hospitality Suite*</td>
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<tr>
<td></td>
<td>Enjoy a free breakfast while learning tips from early career professionals on how they made the most out of their grad school mentorship opportunities.</td>
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</tr>
<tr>
<td>8:00-9:00AM</td>
<td>Dismantling Disparities: Overcoming Inequities</td>
<td>MP W187a</td>
</tr>
<tr>
<td>8:00-10:00AM</td>
<td>Diverse Health Psychology Careers: Teaching, Research &amp; Practice</td>
<td>MP W194b</td>
</tr>
<tr>
<td>11:00AM-12:00PM</td>
<td>Poster Session I</td>
<td>MP Hall F</td>
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<tr>
<td>12:00-1:00PM</td>
<td>Poster Session II</td>
<td>MP Hall F</td>
</tr>
<tr>
<td>2:00-3:00PM</td>
<td>SFHP Presidential Address: Psychology - A Health Services Profession? A Call to Action</td>
<td>MP S102bc</td>
</tr>
<tr>
<td>3:00-5:00PM</td>
<td>SFHP Membership Meeting &amp; Awards</td>
<td>MP S102bc</td>
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SfHP Events at APA 2019 (ctd.)

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<thead>
<tr>
<th>Time (CST)</th>
<th>Title</th>
<th>Location</th>
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<tbody>
<tr>
<td>6:00-7:30PM</td>
<td><strong>SfHP Social Event</strong></td>
<td>Pisano’s Pizza 2106 South Indiana Avenue</td>
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<tr>
<td></td>
<td><strong>Meet other SfHP members and enjoy delicious Chicago-style pizza!</strong></td>
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<tr>
<td>Sunday August 11th</td>
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<tr>
<td>8:00-9:00AM</td>
<td>Hopelab: Using Digital Interventions for Young People</td>
<td>MP W180</td>
</tr>
<tr>
<td>8:00-10:00AM</td>
<td>Understanding &amp; Improving Adherence to Treatment &amp; Prevention: HIV as a Case Study</td>
<td>MP W178a</td>
</tr>
<tr>
<td>9:00-10:00AM</td>
<td>Minority Cancer Patients &amp; Survivors</td>
<td>MP W185bc</td>
</tr>
<tr>
<td>10:00-11:00AM</td>
<td>Navigating Diversity-Related Funding</td>
<td>MP W470a</td>
</tr>
<tr>
<td>11:00AM-12:00PM</td>
<td>Interdisciplinary Science &amp; Tobacco Product Regulation: Informing the FDA about Electronic Cigarettes</td>
<td>MP W187a</td>
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</tbody>
</table>

MP = McCormick Place
*SfHP hospitality suite location TBD once APA starts


JOIN US ON TWITTER

REPRESENT SFHP’S PRESENCE AT THE ANNUAL MEETING BY USING OUR HASHTAGS!

#APA2019 #SFHP #THISISHEALTHPSYCH
Everyone knows that conferences are great places to meet people and make connections, but where do you start? Since APA 2019 is right around the corner, here are our top 5 tips for getting the most out of attending a conference:

1. **Understand Why You’re Attending**

   Are you going to meet potential collaborators or mentors? To find out about cutting edge research? Or to get continuing education credits? Think about this in advance! Effective networking requires purpose and preparation, so understand why it is worth your time (and money) to attend a conference. Set a goal (or goals) for the conference. This will help you to prioritize sessions and use your time wisely!

   **PRO TIP:** Having goals can help you network and connect with other attendees! Once in a session or workshop, ask other participants why they chose that session.

2. **Have a Gameplan**

   Before the conference, research the event, including speakers and sessions of interest. Don’t waste time the day of the conference trying to figure out where to go or which sessions to attend. However, when you’re figuring out what sessions to attend, make sure to schedule in breaks! With so many exciting events, a conference can easily wear a person out, but pacing yourself will lessen the wear.

   **PRO TIP:** Use the tools provided! Conference apps can be super convenient and lay the groundwork for your networking experience. Some apps even let you connect with fellow attendees!

3. **Be Open to New Experiences**

   Be curious! Sometimes go to talks that are not necessarily within your area, and have conversations with all kinds of people. You might find that you have overlapping interests with people at other institutions or in different divisions - who knows, you might find your next collaborator! Plus, you never know who knows who and who can be a contact, resource, connection or the exact person you were seeking. Finally, don’t let connecting with old friends/colleagues stop you from meeting new people!

   **PRO TIP:** At APA, the organization’s leadership wear different colored ribbons indicating their role in the conference and/or the organization at large. Spotting these ribbons - and reaching out to the people wearing them - can help further your networking efforts!

4. **Take Advantage of Resources for First-Timers**

   Many conferences - including APA - have dedicated resources and events for

(Continued on the next page)
How to Make the Most of Conference Attendance (Ctd.)

people who are attending for the first time. If this if your first time at APA, definitely don’t miss out on these perks, since you won’t have access to them again! APA has a lounge and experience center exclusively for first-time attendees called the NewBee Hive. This is your home to get answers to your questions, learn how to navigate the large event, and meet others. This year, the NewBee Hive is located in Hall F, Level 3-West Building, McCormick Place. New convention attendees, including APAGS students, are also encouraged to attend an orientation on Thursday, August 8, 8:00 to 8:50 a.m., in Room W19bc, Level 1–West Building, McCormick Place.

**PRO TIP:** If this is your first APA convention, pick up a "NewBee" or "First-time Attendee" ribbon at the APA registration desks.

5. **Don’t Forget to Follow Up**

One of the biggest mistakes in networking is the failure to follow-up! During the conference, make sure that you have a way to collect contact information - whether that’s with a traditional business card or by scanning a QR code to connect on LinkedIn. After leaving an event, it is important to think about what you did, who you spoke to, and what it is you wish you had done. Take the time to reach out to people you met and create a meaningful and memorable narrative (i.e. why are you reaching out to this person and what do you want them to know or recall about you?).

**PRO TIP:** If you’re connecting with multiple people after a conference, don’t send all of them the same generic email. Be sure to introduce yourself, remind them who you are, and provide specific details of your interaction. Also make sure you send the email as soon as possible: the longer you wait, the less they will remember you and the less motivated you will seem. Finally, thank your new contact for their time, and close with a reference to future professional interactions. Remember, a beautifully written follow-up email can set you apart from the crowd!

Tips for Attending APA from SfHP Veteran Attendees

“APA is my favorite conference, although it can be overwhelming. Prep work ahead of time is key! It is helpful to download the conference app prior to attending and go through and save which events you want to attend to the app calendar. Networking events are great ways for graduate students to meet fellow students as well as networking with professionals in the field. Get simple business cards made. This is a great way to quickly share your contact information!”

-Jessica Naftaly, M.S.
Ph.D. student in Clinical Psychology at Rosalind Franklin University
Chair Elect, SfHP Student Advisory Council

(Continued on the next page)
"Attending your first academic conference can be intimidating, but it doesn't have to be! Remember that everyone there is part of a community, and even the most accomplished health psychologists are usually open to meeting students. Be brave and introduce yourself after a presentation or at a happy hour (e.g., "Hi Dr. X! I'm Aviva, and I'm a postdoctoral fellow in bariatric psychology. I really enjoyed your presentation today on X."). Informal introductions at conferences can be the start of a future professional collaborations!

Also, you can pick up so much swag from the exhibit hall! You can find everything from water bottles and keychains to pens and t-shirts. It's a fun way to recharge between more intensive sessions."

-Aviva Ariel-Donges, Ph.D., MPH, CPH Postdoctoral Fellow, Rush University Medical Center Chair, SfHP Student Advisory Council

"Look at a map ahead of time and take some time to get oriented to the physical layout of the conference. There is usually the main conference center, but divisions often have allocated space for additional programming within conference hotels. This is definitely true for Division 38, so be sure to figure out where to find us!"

-KayLoni Olson, Ph.D. Postdoctoral Fellow, Brown Medical School Past Chair, SfHP Student Advisory Council

"Talk to people! Convention is a great time to meet new colleagues and forge collaborations. A low-key way to do this is to attend poster sessions and chat with presenters who are often eager to tell you about their work. One of the best things about APA is that it represents all of psychology so there is a ton of interesting content. Go to a talk or symposium that is a bit outside of your niche to learn something new and perhaps spur innovation."

-Kristin Schneider, Ph.D. Associate Professor, Rosalind Franklin University Chair, SfHP Membership Committee

"Prepare. Look through the book and find 2-3 speakers you have really wanted to meet. Develop a specific question for each speaker. Go to events where you know they will be there. Smile, introduce yourself, and ask your question! Bring business cards."

-Elizabeth K. Seng, Ph.D. Research Assistant Professor, Yeshiva University Chair, SfHP Early Career Professionals Council

(Continued on the next page)
"Make sure to attend division-related social/networking events to meet others who may also be attending for the first time. Don’t be afraid to ask for directions! Sessions can be spread out and it is easy to get turned around. Make some time to explore the city! My first convention was in DC and I took one afternoon off to visit a museum and enjoy amazing local food. Lastly, BRING COMFORTABLE SHOES!!!!!

-Dawn Jewell, Psy.D.
Licensed Psychologist, Health Psychology Associates, PC
Web Editor-in-Chief, SfHP

“My advice for first-time attendees is to: (1) download the Convention app to build your schedule -- you can sort by Division and topic; (2) ask speakers questions, if you have any; (3) go to the social events (including the Society for Health Psychology event on Saturday evening) and meet at least three new people; and if you get a little overwhelmed, (4) take a break and explore the great city of Chicago.”

-Zeeshan Butt, Ph.D.
Associate Professor, Northwestern University Feinberg School of Medicine
President Elect, SfHP

**BONUS TIP From the SfHP 2019 Emerging Student Leader Awardee**

"Attending my first academic conference was exciting and overwhelming all at the same time. For anyone attending their first academic conference I would recommend that they are open and willing to talk to professionals whose work they admire, as well as to meet students from other programs. Being willing to step out of my comfort zone and connect to others at academic conferences has allowed me to find mentors, colleagues, and friends with whom I have found mutual support."

-Paola Ricardo, M.A.
Psy.D. student in Clinical and School Psychology at Kean University

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**Your Packing List: 3 Must-Haves for Academic Conferences**

1. **A jacket or sweater**—conference centers get cold!
2. **Snacks**—conference days can be long, and (depending on your schedule) breaks can be few and far between!
3. **Backpack**—APA is HUGE, and a good bag is essential when you’re trekking between sessions!
Open Science

1. What is Open Science?
Open science is a movement that responds to the replication crisis in science. It aims to test and foster the reproducibility and replicability of scientific findings (Cruwell et al., 2018).

2. How Can We Incorporate Open Science?
- Preregistration: publicly register research aims, hypotheses, and method
- Open Data and Code: publicly share data source and analysis code
- Open Access: freely share publications

3. Things to Consider
Confidentiality: how to adequately protect study participants' confidentiality?
Ownership: how can we discuss potential concern for publication ownership with our colleagues?

4. What's Our Progress in Psychology?
Social Psychology stands out, but clinical, education, and health psychology are still in the early adoption stage.

5. Resources
As Predicted: https://aspredicted.org/
Open Science Framework: https://ost.io/
Center for Open Science: https://cos.io/
Journal of Open Psychology Data: https://cos.io/

Open Science at APA
If you’re attending APA 2019 and want to learn more about open science, check out the following sessions:
1. Creating Socially Just Science Through Research Transparency and Reproducibility (Thursday August 8th, 2:00-2:50PM, MP S105a)
2. Methodological and Ethical Considerations in Sexual Assault Research in the Age of Open Science (Thursday August 8th, 9:00-2:50PM, MP W470b)
"Survey Says..." - Postdoc Needs Assessment Results

Thank you to the many postdoc members of SfHP who took the time out of their busy schedules to complete our Postdoc Needs Assessment. We’ve learned some things and wanted to share some of our initial findings with you!

- **Who you are:** About half (49%) of respondents are in clinical postdocs, and 27% are doing a combination of clinical work and research.
  - That means that the majority (76%) are doing at least some clinical work during their postdoc!

- **Where you’re going:** 65% of respondents who would like to secure a clinical job in an academic medical center after completing their postdoc.

- **Time is of the essence:** Postdoc programs are pretty short!
  - 49% of respondents are in 1-year postdocs, and 46% are in 2-year postdocs.

- **It can get lonely:** A large minority (30%) of postdocs do not feel connected with or have access to other individuals in postdoctoral training.

- **You have needs:** Postdocs would LOVE more resources from SfHP! The chart below includes the resources that at least 50% of respondents said that they think would be helpful if provided by SfHP.

So what does this all mean? Here are our **three key take-aways**:

1. **You’re not alone!** From our responses, we now know that postdocs make up a contingent within SfHP. We see you, postdocs. We know you’re out there.

2. **You need more.** You’re looking for a “professional home” within SfHP, and you don’t quite fit into either of the SAC or ECPC boxes.

3. **We can help!** The SfHP SAC is taking steps to provide the resources that postdocs need. More details will be forthcoming! If you’re interested in providing further input on this topic, please email studentchairdiv38@gmail.com.
Student Advisory Council

MEET THE CHAIRS

Aviva Ariel-Donges
-Current Chair

I was born and raised in Cleveland, Ohio, and lived in New York and Massachusetts before starting grad school. I just graduated from the University of Florida with my PhD in Clinical Health Psychology after completing an internship in health psychology at the Jesse Brown VA Medical Center in Chicago. In July, I started a one-year postdoctoral fellowship in bariatrics and weight management at Rush University Medical Center. My primary clinical and research interests are in obesity and eating disorders.

Jessica Naftlay
-Chair Elect

Hi, my name is Jessica Naftlay and I am a 5th year Clinical Psychology Doctoral Student at Rosalind Franklin University of Medicine and Science (RFUMS). My clinical and research interests lie broadly in the psychosocial aspects of patients with chronic illnesses. Currently, I am working on my dissertation and applying to internship this fall. I am very excited to be the incoming chair of the Society for Health Psychology Student Advisory Council (SAC) for the 2019-2020 academic year.
What Drew You to This Position?

I had been a Campus Representative during graduate school and wanted to get more involved in my future "professional home". I hoped that it would give me the opportunity to develop additional leadership and project management skills while meeting new people from around the country (and the world).

What Drew You to This Position?

I have always been very passionate about the field. I was on the membership committee for two years and really enjoyed my experience and wanted to stay involved following the conclusion of my term. I continue to enjoy gaining leadership experience, advocating for students, and seeing how much SAC has grown since becoming involved. It’s very rewarding working with such a dedicated group of students.

Student Advisory Council

MEET THE CHAIRS

Goals for SAC in 2019-2020

We envision the SFHP SAC as continuing to be a professional home for students interested in health psychology. We would like to continue fostering a supportive and collaborative environment through the student list serv, student newsletters, podcasts, diversity-focused blog posts, and Campus Representatives program. Overall goals for SAC for the upcoming year include conducting a student needs assessment; developing post-doc specific resources; continuing to inform students about various subspecialties within the field of health psychology; continuing to educate undergraduate students about health psychology; continuing to communicate relevant student information/resources; developing diversity and health focused resources; and continuing with recruitment and retention of student members.
How Has This Experience Impacted Your Training/Career?

Being the Chair of the Student Advisory Council has allowed me to connect with many health psychologists from diverse backgrounds, which opened my eyes to "non-traditional" career paths. After becoming licensed, I hope to combine my interests in public health and health psychology by working for a company that uses technology to promote health through diet and exercise. This position in SfHP has given me skills and knowledge that will help me achieve that goal. Joining the Student Advisory Council is a great way to network and build leadership experience within a supportive environment. I encourage students at all stages in their training to become involved in some way - as a Campus Representative, committee co-chair, or even as a guest blogger for our website.

Being part of SAC has provided opportunities to continue developing my skills in leadership, networking, advocacy, and program development. I have met psychologists and students from diverse backgrounds and enjoy seeing many of these colleagues at APA each year. SAC has also provided me with a community and support system as a graduate student. These experiences continue to fuel my passion in program development, leadership, and supervision, all of which I hope to continue in my career. There are also numerous opportunities to become involved whether it's through SAC or the campus representatives program. We want to hear from you! Please reach out with any ideas/questions/concerns to studentchairdiv38@gmail.com.
Student Advisory Council Members:

Chairs (studentchairdiv38@gmail.com)
- **Council Chair**: Aviva Ariel-Donges, University of Florida
- **Past chair**: KayLoni Olson, Alpert Medical School Brown University
- **Chair-elect**: Jessica Naftaly, Rosalind Franklin University

Membership Committee (studentmembershipdiv38@gmail.com)
- Jessica Naftaly, Rosalind Franklin University
- Nicole Butler, Yeshiva University

Communication Committee (studentcommunicationsdiv38@gmail.com)
- Claire Conley, H. Lee Moffitt Cancer Center
- Ke Ding, University of Florida

Diversity Committee (studentdiversitydiv38@gmail.com)
- Tamara Strong-Chavez, John F. Kennedy University
- Darryl Sweeper Jr., William James College

Diversity Council Liaison to Student Council
- Valeria Martinez-Kaigi, Yale School of Medicine

A HUGE thanks to the SAC members completing their terms in August:
- KayLoni Olson
- Tamara Strong-Chavez
- Valeria Martinez-Kaigi
- Claire Conley