

BETTER TOGETHER

2018 ATSA Conference | Wednesday October 17 | 8:30 AM – 5:00 PM

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Preparing the NextGen: A Professional Development Workshop for Students

Andrew E. Brankley, MA
Ryerson University
Sacha Maimone, MA
Carleton University

Professional skills are critical to a successful career, yet opportunities for the training and development of such skills are rare. This workshop will address three areas of professional growth and development for students and early career professionals: (1) constructing a professional identity, (2) networking and self-promotion, and (3) improving self-care. Presenters will use a combination of lecture, demonstration, group activity, discussion, and detailed resource material to actively engage and inform audience members. The goal of this workshop is to provide a comfortable environment for students and early career professionals to learn, share ideas, and network.

Learning Goals:

- Evaluate the important components of a professional identity as relevant to attendees' stage in their career
- Identify individual professional priorities
- Produce a brief self-narrative consistent with students'/early career professionals' professional priorities
- Discuss how to appropriately present oneself in a professional setting and deal with situations that may arise with colleagues/superiors
- Consider the role of social media (e.g., Twitter, blogs) in knowledge dissemination and networking
- Design professional social media profiles
- Recognize unhelpful beliefs associated with professional stress
- Define and discuss signs of student burnout
- Appreciate and apply principles of work/life balance
- Develop individual methods of self-care in five different domains

Andrew E. Brankley, MA, is a senior doctoral student in the Clinical Psychology program at Ryerson University, Toronto, and the Student Representative on the ATSA Board of Directors. His research focus is on improving risk assessments for violent or sexual offending and on improving how that risk is communicated. He has published 10 peer-

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reviewed journal articles, book chapters, magazine articles, and invited papers and delivered over 30 conference presentations. He is the recipient of several grants for his research and service initiatives, including the prestigious Vanier Canada Graduate Scholarship. He has also founded two student-led initiatives: the Youth Psychology Service, a student-run psychology service based upon the "street medicine" model; and the Forensic Research eXchange a networking and data sharing service for forensic professionals in Toronto. Under the supervision of Drs. Karl Hanson and Alasdair Goodwill, he is currently examining whether individuals' sexual maturity preferences (e.g., pedophilia) fall on a dimension or comprise discrete categories of sexual interest.

Sacha Maimone, MA, is a third year doctoral student in Experimental Psychology at Carleton University, Ottawa. Her research focusses on assessing cognitions related to violent, including sexually violent, offending. More specifically, her research focusses on the measurement of various cognitions related to violence. She has worked on many research projects assessing various areas related to the field of sexual abuse and is currently the research coordinator of the Aggressive Cognitions and Behaviour Research (ACBR) lab at Carleton University under the supervision of Dr. Kevin Nunes. She has led, or otherwise been involved in, several studies examining sexual aggression, which have been presented at ATSA and published in peer-review journals. She also previously chaired a symposium at ATSA that focused on assessing the relationship between childhood sexual abuse and sexually aggressive behaviour. Currently, her dissertation focusses on assessing implicit attitudes towards violence.