Date: October 10  
From: Marianne Fallon, PhD  
Subject: Eastern Regional Fall Letter

Dear Eastern Psi Chi Chapters,

Our Eastern members show incredible levels of enthusiasm, creativity, and community engagement. To point out just a few amazing things happening on the Eastern region:

- Buffalo State College (NY) chapter members collaborated on a research project comparing psychological wellness to estimated actual screen time.
- Central Connecticut State University raised funds to support membership assistance for three potential Psi Chi members per year who cannot afford the membership fee.
- Eastern University (PA) hosted a clothing and fund-raising drive for Laurel House, a local agency that supports domestic violence survivors.
- Lehman College (NY) brought back their alumni as a panel to help current students see how their psychology degree leads to their next chapter in life—whether it be a career in industry, graduate school, or both!
- New Jersey City University inducted 32 new members in 2019 and is one of the most racially and ethnically diverse chapters in the United States.
- Towson University (MD) invited a local neurobehavioral clinic to describe their program and clinical internship opportunities for students.
- Union College (NY) hosted a “Gift of Life” drive, where potential bone marrow donors were swabbed and registered to potentially help people with blood cancer.
- Wilkes University (PA) sponsored a free farmer's market for students and faculty to raise awareness about food insecurity.

Continue your good works representing Psi Chi both within and beyond your campus communities!

Congratulations are in order:

- Fourteen chapters within our region received Model Chapter Awards!
- Eastern Regional Chapter Award: Western Connecticut State University
- Eastern Regional Faculty Advisor Award: Dr. John Edlund (Rochester Institute of Technology)
Psi Chi Undergraduate Scholarship: Sarah Elsayed (Towson University)
Psi Chi Graduate Scholarships: Ellie Leighton (Husson University) and Kaleigh Fidelio (Fordham University)
APA Society Convention Award: Helena Swanson (Central Connecticut State University)
APS Society Convention Award: Vaishali Belamkar (Central Connecticut State University) and Jessica Brodsky (The Graduate Center, CUNY)
Diversity Article Awards: Katie Keegan (McDaniel College)

It’s always a good time for a membership drive!

- Start your membership drives now! By recruiting members early in their academic career, your chapter will have year-to-year continuity among officers and members and can plan more exciting activities. We want all eligible students and faculty to know about Psi Chi and the lifetime benefits of membership. Further, we want to celebrate diversity and inclusion within our membership. Take part in our Fall 2019/Spring 2020 #PsychEverywhere Membership Drive.
- Do you know how many eligible students for Psi Chi actually become members in your chapter? Set a goal of increasing your membership rate by reaching out to students who are eligible but have not yet joined Psi Chi. Learn what their obstacles are and brainstorm how you as a chapter can help remove barriers to membership.

Happy 90th Anniversary to Psi Chi!
On September 4, 1929, the Psi Chi charter was officially signed at Yale University, thereby bringing together the first 11 chapters of our Society! Since then, Psi Chi has expanded tremendously, with over 1,150+ chapters located around the globe! As part of a year-long celebration, we are releasing 26 unique ways to celebrate Psi Chi.

EPA Celebrates 125th Anniversary in Boston
Continuing the anniversary celebrations, the 125th EPA Convention will be held at the Boston Park Plaza Hotel in Boston, March 12–14, 2019.

- Poster/paper submissions are due November 15, 2019, at 5 p.m., EST. Submissions for undergraduate sessions are due December 1, 2019, at 5 p.m., EST. Last year, we needed not one, but TWO Psi Chi poster sessions to meet demand. Let’s do that again! And if you want some tips on submitting a top-notch abstract, have a look at this article in Eye on Psi Chi.
• If you are a student, Psi Chi member, and first author, you are eligible to apply for a **Regional Research Award** (due at the same time as EPA submissions). The portal will close on **December 1** at 11:59 p.m. Be sure to review the criteria for Regional Research Awards. If you win an award, we will honor you (and your mentors!) at a special breakfast. In addition to presenting your research at your assigned EPA session, the lead author on the award-winning submission will deliver a 2-minute “data blitz” describing their main purpose, methods, key findings, and implications. Last year’s session was beyond amazing!

• The Eastern Regional Steering Committee is hard at work planning sessions to enrich your professional development and help you network within and across chapters. There’s so much in store for you at EPA!

**Grants and Awards watch:**
Psi Chi offers more than $400,000 in annual *awards and grants* for undergraduates, graduate students, and faculty.

- **Undergraduate Research Grant** due October 15
- **Graduate Research Grant** due October 15
- **Unrestricted Travel Grants** due December 5

**Giving Back to Psi Chi:**
Psi Chi does incredible work supporting students’ academic achievement and growth through awards and grants. As part of our 90th year celebration, Psi Chi President Dr. Regan Gurung is launching a year-long initiative to bring psychology to all. To **fund this program** and offer more financial support to members, please consider giving back to Psi Chi when you are able and encouraging others to do so. As a chapter, you can also participate in the fall **Chapter Challenge** (Nov 1–Dec 3) as a way to support all member programs.

**Looking for a Fund-Raiser?**
Consider a T-shirt drive! It is a wonderful way to promote group cohesion and to “advertise” your Psi Chi chapter on campus and beyond. Imagine waves of chapter-centric Psi Chi T-shirts swelling throughout EPA! If you are thinking about a T-shirt drive, be sure to consult the *Psi Chi Branding Guide*.

**Stay Connected and Keep Informed!**
Follow us on Twitter [@PsiChiEast](https://twitter.com/PsiChiEast)! Like and Follow the [Eastern Regional Facebook](https://www.facebook.com/EasternRegionalPsiChi/) page to keep up to date about happenings in the Eastern Region. We would love to include pictures from your chapter’s induction
ceremonies or other activities! Hosting an undergraduate conference? Send information to me via e-mail and I will post it!

Please feel free to e-mail me (fallonmar@ccsu.edu) or call me 860.832.3181 with any questions. I’m looking forward to another wonderful year with Psi Chi!

Marianne Fallon, PhD
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Central Connecticut State University