

Be Kind.

21



PSI CHI
THE INTERNATIONAL HONOR SOCIETY
IN PSYCHOLOGY

brought to you by:

1. Help a friend study for an upcoming exam.
2. Thank someone who has been a mentor to you.
3. Support Psi Chi sustainability by taking part in the Psi Chi Fall 2019 Chapter Challenge.
4. Collect cans and donate to your local food bank.
5. Begin a gratitude journal.
6. Remind a fellow member to take advantage of all of their lifetime Psi Chi benefits.
7. Tell a fellow Psi Chi member about the job board on psichi.org.
8. Create + post a campus bulletin flyer to help destigmatize mental illness w/ a list of local agencies that provide support.
9. Volunteer to walk dogs at your local humane society.
10. Visit a local high school and give a talk on the importance of selfcare.
11. Remind a fellow Psi Chi member to apply for a travel grant to present research at a regional convention.
12. Volunteer to participate in a research project.
13. Volunteer for a day at your local Habitat for Humanity.
14. Pay a surprise visit to an elderly person in your family or campus community.
15. Offer to pay a portion of the membership fee to Psi Chi for someone who is eligible but cannot afford the entire cost.
16. Send a thank you note to the last person who extended kindness to you.
17. Donate the cost of a cup of Starbucks coffee to donate.psichi.org to pay it forward to another Psi Chi student member.
18. Support your campus psychology club by serving as a mentor.
19. Share a helpful article from the Eye on Psi Chi with a fellow Psi Chi member.
20. Spread the word that Give Back to Psi Chi is about making financial donations to support your Society AND about paying it forward to future generations.
21. Help someone without having to be asked



Recognizing and promoting
excellence in the science and
application of psychology.

