



# PIECE OF MIND

## **About:**

"Piece of Mind" is an art competition showcasing pieces of work that answer the question: What does psychological health mean to you? Students attending post-secondary institutions across the lower mainland are encouraged to submit their work. The aim of the project is to inspire members of the community through artistic expression to live a psychologically healthy lifestyle. Artistic submissions will be available for public viewing with the hopes of facilitating a platform that will transfer these pieces of art into pieces of individual inspiration and motivation.

## **Volunteer Positions:**

- **Campus Liaison**

As a Piece of Mind (POM) liaison you will be the median between the post secondary institution and the British Colombian Psychological Association's POM committee. The objective is to promote the project across campus by spreading the word and engaging local establishment/businesses, campus radio stations, newspapers and student unions! This includes spreading the word on campus and creating content for social media.

- **Website Blogger**

As a Piece of Mind (POM) blog writer you will be submitting entries that relate to art and psychology. We are looking for articles to inspire and facilitate discussion on living a healthy lifestyle. The objective is to get people thinking about art and psychology in relation to the POM project. You can discuss movies, books, or popular culture.