

LETTER FROM THE EDITORS

It is a great honour to present the seventh volume of the Simon Fraser University Undergraduate Journal of Psychology. This journal provides a platform for undergraduate students to submit their work, as well as being an opportunity for them to learn about the steps involved in academic reviewing and publication. This is a learning process not only for the authors, but for the group of editors and managers of the journal. For this reason, we are grateful to have this opportunity to work together with the community and our fellow undergraduate and graduate students. Many psychology students aspire to continue their careers in an academic setting and this journal can provide students a step forward in that direction.

Twenty-twenty has been a very different and challenging year, we want to thank everyone that has made this edition possible. A special thanks to the undergraduate and graduate reviewers for their thoughtful feedback, hard work, and flexibility when adapting to this year's online review format. This journal would cease to exist without their contributions. We would also like to thank the SFU Digital Publishing team that helped us transition into an Open Journal System. We were able to produce something that we are proud of.

Above all, we would like to thank all the authors that submitted their work to the journal. This year we received 20 submissions from Simon Fraser University, the University of Windsor, the University of Ottawa, and University of the Fraser Valley. There were 16 critical review pieces, and four submissions of original research. We are pleased to be publishing four of the 20 initial submissions. We hope is that this was a positive learning experience for all authors, we encourage you to keep growing throughout your academic journey.

Lastly, we want to thank our readers. We hope that you learn something interesting from the work published here and that it may inspire you to pursue your own research.

Seana Semchishen, Sherene Balanji, & Victoria Carriquiriborde
The Managing Editorial Staff