

LETTER FROM THE EDITORS

It is a great honour for us 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 since this team changes every year. That is why we are so grateful that we get 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, that is why we want to thank everyone that has made this edition possible. Especial 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. This year we would also like to thank the SFU Digital Publishing team that helped us transition our journal into an Open Journal System. Even when the times got difficult we were able to produce something that we are proud of and that contributes to scientific research.

We would also like to thank all the authors that have 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. Although most of them were critical review pieces, 4 were original research. We are pleased to be publishing 4 of the 20 initial submissions. For those that have not made it all the way to publication, our hope is that this was a learning positive experience to improve your writing and critical thinking skills and that you 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.

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The Managing Editorial Staff