

TERMS OF REFERENCE FOR AN ENDOWED FUND

NAME FOR AN ENDOWED FUND

Melody Matte Award

INTRODUCTION

This award commemorates Melody Matte, an exemplary student in Clinical Psychology at the University of Ottawa who was committed to living a balanced lifestyle. Melody died of an aggressive cancer in 2011.

A WORD ABOUT MELODY

Melody was taken from us abruptly after a brave fight against an aggressive cancer. Throughout her life, Melody set an example of how we might live. She was an exquisite person inside and out. She set high standards for herself, yet was dedicated to understanding and supporting others.

Melody was bright and capable and applied her considerable gifts to her chosen field of psychology. Melody could eloquently explain her expertise to others and took an interest in a broad range of psychological studies, from couples' therapy to neurobiology to trauma counseling. At each level of her training she encouraged her patients in their most vulnerable moments and was dedicated to helping them achieve inner calm.

Melody was dainty, poised, abundantly stylish, and sang beautifully. Her quiet confidence was suggested in her wide smile and calm countenance. She was exceedingly considerate of others and took pleasure in the elegant gesture: a stunningly decorated table for a celebration with her loved ones, a hand-written card of encouragement for a friend in need, a spa-like guest room for her out-of-town visitors.

Melody was also committed to a balanced lifestyle. She helped coordinate the wellness group at the School of Psychology, which promoted self-care and cohesion among psychology students. In her free time, Melody was passionate about yoga, running, and mindfulness to keep her body and mind healthy. Maintaining close relationships with friends and family was also vitally important to her.

It is in this spirit that this award was created, to encourage and reward Clinical Psychology students who embody her commitment to a balanced lifestyle.

PURPOSE OF FUND

The purpose of this award is to recognize students in the Clinical Psychology program at the University of Ottawa who embody a balanced lifestyle; for example, students who are engaged in extracurricular activities, such as sports, volunteering, and creative arts, as well as those who promote self-care and wellness within the Clinical Psychology program.

AWARD DETAILS

Eligibility Criteria

The applicant must:

1. be registered in the Clinical Psychology program at time of submitting an application for the award and at time of receipt of the award; and
2. be involved in sports, volunteering, and/or creative arts, and/or in promoting self-care and wellness within the Clinical Psychology program

Value of the award: Minimum \$1,000

Number of awards: Variable

Frequency of the award: Annual

Level or program of study: Graduate

Application contact: Program Administrator, School of Psychology

Application deadline: May 15

APPLICATION PROCEDURE

Applications must be made through Online Scholarships and Bursaries and should include:

1. the applicant's curriculum vitae including a section on extracurricular activities;
2. a 500 word personal essay detailing the student's commitment to a balanced lifestyle; and
3. a minimum of two letters of reference attesting to the student's involvement in sports, volunteering, and/or creative arts, and/or in promoting self-care and wellness within the Clinical Psychology program. The letters must be sent by the referees, directly to the loans and awards office at loansandawards@uottawa.ca.