

Welcome to the latest Psychology newsletter

December 2020

In this month's newsletter, you'll find the regular updates on our activities, from learning and teaching achievements, new grants and publications, to the conferences and outreach events we've been part of.

To keep up to date with the latest news from the team as it happens, follow us on Twitter [@HWPpsych](#) or find us on [Facebook](#).

Links: [Social Sciences](#) | [Psychology](#) | [Twitter](#) | [Facebook](#)

The newsletter displays best on tablets (PDF attached also).



Follow our updates on Twitter [@HWPpsych](#)

Forthcoming events

Research Seminars/Events
Given the current situation, our events/activities are being hosted online. Check our social media channels for regular event updates ([Facebook](#) and [Twitter](#)).

- 2021 events coming soon...

End of a year like no other!

It's not only the end of another busy semester, but we're approaching the end of 2020 which can best be described as unexpected and eventful! While there were challenges throughout the year, we've continued to support our students in their studies, run our research projects, and share those results with the community. If you've missed any of those highlights, you can access our newsletter archive via the [SoSS website](#). Hopefully you've found the monthly newsletters interesting—if you have comments or feedback, do send those to the team at any point.

And a special well done to our students who completed their assessments and exams this week. Now time for a well-earned break. To our recent graduates too, we hope you were able to enjoy the virtual graduation celebrations this month and that you're looking forward to putting your learning into practice.

We have a special end-of-year message from our Head of Department, Adele Dickson:

"Dear colleagues and students,
As we come to the end of semester 1 and 2020, I wanted to write out to thank each and every one of you for your patience, hard work, responsiveness and resilience this year. While 2020 has been the most unusual and challenging time for us all, everyone has risen to this challenge. Now that we may have some time to pause and reflect back, it is quite astonishing what we have achieved!
Colleagues have transformed the way in which we deliver our programmes. Although this seemed daunting back in March, we genuinely have generated an enhanced, innovative and global learning environment for our students. Research engagement and outputs have also increased. This is testament to both the hard work and commitment of our team but also to the patience, hard work and support of our students. Thank you!
I hope that you all have an opportunity to enjoy a well deserved break over the Christmas period and that you can look back on 2020 with a sense of pride in all you have accomplished. I wish you all a very Merry Christmas and I look forward to working with you again in 2021.
Stay safe and well.
Merry Christmas and best wishes for 2021!
Adele"

While we couldn't get together in person for our usual team Christmas dinners, we were able to get together globally across our campuses! We even managed a spirited round of "Would you rather...?", brilliantly organised by Adele! From all in Psychology, we hope you have a good Christmas and all the very best for 2021.



Latest publications

Danby, P. & Grajfoner, D. (in press). Human-Equine Tourism and Nature-Based Solutions: Exploring Psychological Wellbeing through Transformational Experiences. *Journal of Hospitality & Tourism Research* (Special Edition: Nature-based Solutions in Hospitality and Tourism). [doi: 10.1177/1096348020978555](#)

Each new paper is accompanied by a brief and accessible summary. Just search #HWPpsychResearch on Twitter, or look in the "Our latest research" album on our Facebook page: <https://facebook.com/pg/HWPpsych/>.



Our latest publications are listed here, but you can find a full list via the [Heriot-Watt Research Portal](#).

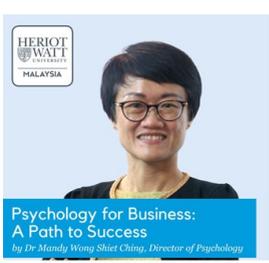
In the news

- TecTales: [Medical training platform for unique learning experience](#)
- [Heriot-Watt celebrates academic promotions in 2020](#)
- [University ready to celebrate graduates at virtual celebrations](#)

Learning and teaching

It wouldn't be the end of the year without a countdown, and thanks to Marion Kennedy, Academic Support and Liaison Librarian for Schools of Social Sciences, we can bring you the top 5 Psychology resources at Heriot-Watt! Marion has compiled a great set of resources and has been posting them on Twitter with a short video introducing each one. You don't need an account to access those links, just click below:

1. PsycInfo: <https://twitter.com/SoSSlibHWU/status/1335914358535319553>
- 2: Psychology & Behavioural Sciences Collection: <https://twitter.com/SoSSlibHWU/status/1336638564029882370>
- 3: Wiley Online Library: <https://twitter.com/SoSSlibHWU/status/1337019020805984258>
- 4: PsycArticles: <https://twitter.com/SoSSlibHWU/status/1337397868722749441>
- 5: Proquest Social Sciences Premium Collection: <https://twitter.com/SoSSlibHWU/status/1338477391287447555>



Our virtual recruitment activities wrapped up for the year with a presentation from Mandy Wong on "Psychology for Business: A Path to Success". Meanwhile our current MSc Business Psychology students were treated to a special presentation from Abraham Babajide on invisible disabilities in the workplace. Abraham previously completed his BSc and MSc with us, and is now completing a PhD in the School of Social Sciences.

Conferences and outreach

Our Psychology Research Seminars have concluded for the semester, and will restart in January; event details for next semester are being confirmed and will be available on [Facebook](#) soon.



This month, Kirin Hilliar talked with Shalaj Lawania on the Know Time channel. In the interview, Kirin discussed forensic psychology, free will, whether people are born evil, the mental health challenges of CoVID-19, and the importance of Barack Obama's name on his election campaign! You can watch the interview at <https://youtu.be/Gve8tJj00oM>.

Throughout the last couple of months, our team continued to be represented at a range of events. Mioara Cristea was a speaker at the Mental Health @Work 2020 Forum, while Alike Papa, one of our PhD students, showcased her research at Exploration 2020. You can see a short video of Alike "Discussing Overimagination" here: <https://youtu.be/AtblfUjSik30>.



Mary Stewart and colleagues led a session on Autism and Mental Health in partnership with the Cabaret of Dangerous Ideas, Scottish Autism and the Lothian Association of Youth Clubs. The event covered anxiety, autism and coping strategies; cognition, real-world interactions, and the impact on mental health; and social inclusion and participation. And finally, Alan Gow shared the work being done at Heriot-Watt on lifestyle and activities for brain health in an online session with the Glenrothes Probus group.



Garraffa, M. (2020). Il cervello bilingue e il ruolo delle lingue regionali. *Universita' di Udine & Universita' di Trieste*, 3rd December

Garraffa, M. (2020). Every language matters for your brain. *Exploration 2020*, online, 24th November.

Gow, A. J. (2020). Keeping sharp: what promotes brain health as we age? Presentation at Glenrothes Probus Club, online, 8th December.

The team regularly present at conferences and at a range of public engagement events. A selection of the most recent include:

Student voice

In "Student voice", we hear from our students. Every contribution is different, so if you have something you'd like to share in a future newsletter, get in touch with [Alan Gow](#). Next month we'll be hearing from the Heriot-Watt Dubai Psychology Society.

Team news

And finally this month, congratulations to Maria Garraffa on her appointment as one of the University's new Respect Ambassadors.

'See' you all in 2021!