

### Welcome to the latest Psychology newsletter

January 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 [@HWPsych](#) 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 [@HWPsych](#)

### Happy New Year!

2019 was another productive year for us, with graduations celebrated in all three campuses on our undergraduate, Masters and PhD programmes; new projects and publications across our main research themes; and new colleagues and students joining the team... If you missed any of those highlights, you can access our newsletter archive via the [SoSS website](#).

2020 shows no sign of being any less packed. We're pleased to be hosting our latest Psychology Research Showcase in early February (register [here](#)). We're also launching a new series of events called Psychology in the Pub! These will provide the chance to explore some of the big topics that might affect our lives in an informal and welcoming space. No prior knowledge required, just BYOB (bring your own brain)! Full details [here](#).

We'll be showcasing many of those activities in our monthly newsletters and we hope you're interested in those updates. For now, here's to a productive 2020.



### Forthcoming events

#### Research Seminars/Events

- Psychology Research Showcase  
3 February, EBS North Pod  
[Details](#) | [Register](#)
- OK Computer or Paranoid Android?  
4 February, Stand Comedy Club  
[Details](#) | [Tickets](#)
- Psychology in the Pub  
11 February, HW Student Union  
[Details](#)
- Angus Adlesee (HWU)  
17 February, EBS North Pod  
[Details](#) | [Speaker profile](#)

Full **Psychology Research Seminar** details are available on [Facebook](#).

### In the news

[Sun safety recommendations to better protect at-risk workers](#)

IOSH: [Sun safety recommendations to better protect at-risk workers](#)

Research the Headlines: [Looking back at Research the Headlines in 2019](#)

The Times: [How to exercise to boost your brain](#)

[The Watt](#)

EdArabia: [How to Benefit from Coaching in the Workplace](#)

[Ageing Lab Christmas Newsletter 2019](#)

[Department of Psychology at Heriot-Watt Dubai hosts event to raise Alzheimer's awareness](#)

[Psychology in the Pub](#)

### Latest publications



Henning, G., Stenling, A., Bielak, A. A. M., Bjälkebring, P., Gow, A. J., Kivi, M., Muniz-Terrera, G., Johansson, B. & Lindwall, M. (in press). Towards an active and happy retirement? Changes in leisure activity and mental health in the retirement transition. *Aging and Mental Health*. doi: [10.1080/13607863.2019.1709156](#)

Each new paper is accompanied by a brief and accessible summary. Just search #HWPsychResearch 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](#).

### Conferences and outreach activities



Our Psychology Research Seminars restarted this week; event details for the next seminars are above, with a fuller list available on [Facebook](#). Do join us for our Psychology Research Showcase on 3 February (register [here](#)) and our new Psychology in the Pub events starting 11 February (details [here](#)).

Our activities off-campus also kick off in February with Thusha Rajendran appearing at The Stand Comedy Club as part of a Cabaret of Dangerous Ideas triple-bill. Find out more at <https://theStand.co.uk/performances/877-9692-the-cabaret-of-dangerous-ideas-20200204-edinburgh/>. And look out for the full Cabaret of Dangerous Ideas programme in August...Heriot-Watt will be back at the Fringe in a big way!

### Student voice

In "Student voice", we hear from our students. Every contribution is different, so if you have something you'd like to share, get in touch with [Alan Gow](#). This month we hear from Arran Brown, one of the Student Success Advisors from Student Wellbeing Services.

**Arran Brown:** The [Student Success Advisors](#) (SSAs) are all recent Heriot-Watt graduates who can provide support to students based on our experience of studying here. Alongside advice and guidance, we organise and run events and activities, both for the general student population (e.g. [tea and coffee stalls to promote our Assessment Checklist](#)), and for specific student groups (e.g. [Mature Student Success Event](#) and our [Welcome Back to Heriot-Watt event](#) for students returning from a temporary suspension of studies).

We also contact students who are disengaged from their studies and identified as potentially at risk of leaving the University by their [personal tutor](#). Once we manage to get in touch with these students, we provide them with the support they need to get back on track.

How to contact the SSAs:

- Email: [studentsuccess@hw.ac.uk](mailto:studentsuccess@hw.ac.uk)
- Book an appointment via the [myHWU Student Portal](#)
- Drop-in sessions: **12:00-13:00, Monday to Friday** in the **Student Wellbeing Centre** (Hugh Nisbet Building)
- Social media: [@HWUsuccess](#)

### Meet the team

Each month we profile members of our team based across our campuses in Edinburgh, Dubai and Malaysia.



#### Aylin Akcura Ulas, PT Lecturer (Dubai)

Aylin is a Social and Cultural Psychologist with a MSc degree from the London School of Economics and Political Science (LSE) in the UK, with a double major degree in Business Administration and Psychology in her undergraduate studies. She had corporate life experience and worked in the brand management teams within the marketing departments of Nestle and Kraft Foods and also as the leader of the learning and development department of Deloitte. She has been working as the lecturer at the Heriot Watt Dubai campus since 2018 and has been teaching; Introduction to Psychology 1 and 2, Human Development and Intelligence and Consciousness.



#### Shravanti Shankar, PT Lecturer (Dubai)

Shravanti completed her MSc in Cognitive Neuroscience at University College London (UCL). Her master's thesis evaluated a proposed computational model to account for sensory symptoms in autism spectrum condition (ASC) and she has previous experience working with clinical populations. Her research interests include mood disorders, social emotions and dehumanisation. She is the course tutor for Cognitive Psychology and Philosophy and History of Psychology for Year 2 and Research Methods and Analysis for Year 1. Shravanti joined Heriot-Watt in 2018 and is currently completing a course in Clinical Education alongside her teaching commitments.



#### Dr Hajar Amani, Laboratory Assistant and PT Lecturer (Dubai)

Hajar recently received her Ph.D. in Educational Psychology from Shiraz University in Iran. Before joining Heriot Watt she worked for four years as a Research Associate with the Cognition and Neuroscience Research Laboratory team at Zayed University. Their two main areas of research included Social Cognition, particularly when it involves perception of faces; and experimental research on reading, using sophisticated eye-tracking equipment, concentrating on reading with filtered fovea, investigating spatial frequencies in reading, using spaced letter effects in Persian and Arabic and the effect of space manipulation on reading speed and sentence comprehension in the Persian language.