

Welcome to the latest Psychology newsletter

January 2021

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](#)

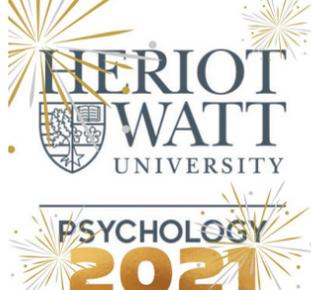
The newsletter displays best on tablets (PDF attached also).



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

Happy New Year!

While 2020 was definitely not a usual year, even among all the uncertainty we were able to celebrate our students' achievements across our campuses with undergraduate and Masters virtual graduations; new publications continued to be shared and new connections were made... If you missed any of those highlights, you can access our newsletter archive via the [SoSS website](#).



As we head into the first part of 2021 we know that things continue to be challenging for many. So please do keep in touch with colleagues and classmates, and we'll do what we can to ensure everyone has a good year! To help keep connected during this slightly disconnected period, you'll see our research seminars and online activities are back, so do join us for those. All are welcome!

We'll continue to showcase many of those activities and more in our monthly newsletters and we hope you're interested in those updates. For now, here's to a healthy and safe 2021.

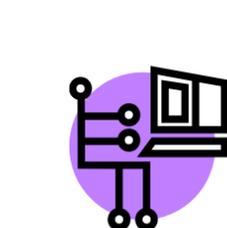
Here's a New Year message from Kirin Hilliar based at our Dubai Campus: <https://twitter.com/i/status/1345982728613855232> (and no, those of us in Edinburgh aren't even remotely jealous there are palms trees and sunshine!).

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](#)).

- Psychology on Tap with Mioara Cristea
2 February
[Details](#)
- Psychology on Tap with Thusha Rajendran
23 February
[Details](#)
- Adapting to online education and managing stress featuring Kirin Hilliar
27 February
[Details](#) | [Register](#)
- Psychology on Tap with Alan Gow
16 March
[Details](#)
- Research seminar: Adele Dickson (HWU)
1 April
[Details](#)

Latest publications



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

Brusa, F., Kretschmar, L., Magnani, F. G., Turner, G., Garraffa, M. & Sedda, A. (in press). Talking with hands: body representation in British Sign Language users. *Experimental Brain Research*. doi: [10.1007/s00221-020-06013-4](#)

McKendrick, M., Yang, S. & McLeod, G. A. (2021). The use of artificial intelligence and robotics in regional anaesthesia. *Anaesthesia*, 76(1), 171-181. doi: [10.1111/anae.15274](#)

Craig, M., Knowles, C., Hill, S. & Dewar, M. (2021). A study on episodic memory reconsolidation that tells us more about consolidation. *Learning & Memory*, 28, 30-33. doi:[10.1101/lm.052274.120](#)

Each new paper is accompanied by a brief and accessible summary. Just search #HWPsychResearch on Twitter, or look in the



In the news

[Psychology on Tap is back!](#)

[200 Years Young](#)

[Ageing Lab Christmas Newsletter 2020](#)

Learning and teaching

At the end of last year, we shared videos of Marion Kennedy's top 5 Psychology resources. Marion is the Academic Support and Liaison Librarian for the School of Social Sciences, and this month she's got some videos to help us all learn more about her role. You don't need a Twitter account to access the videos, just click the links:

- <https://twitter.com/i/status/1351507197016956931>
- <https://twitter.com/i/status/1351899786371346436>
- <https://twitter.com/i/status/1352609460561174532>

At our Dubai campus, colleagues have been off to a busy start to the year, with Greg Fantham delivering a session on careers in Psychology and Lucy Bolton welcoming our newest cohort of MSc students (remotely of course!). Lucy also hosted workshops for the MSc Business Psychology students with external speakers Linda McLoughlin and Roberta Pagliarul. The workshops covered topics including the importance of alliance, listening, silence, presence and mindfulness for coaching (and relationships more generally!).



Looking ahead, students might be interested in an event being hosted by the Middle East Medical Portal at the end of February. The event will explore adapting to online education and managing stress, is free to attend, and features Kirin Hilliar. See details at <https://www.middleeastmedicalportal.com/webinar-for-students-adapting-to-online-education-and-managing-stress/>

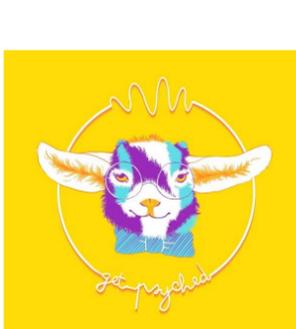
Another date for the diary for our Final Year students is the BPS Scottish Branch Undergraduate Conference, being hosted online on 7 April by St Andrews. There are opportunities to present, but you don't need to do that to attend and hear from their excellent speakers. See the conference details at <https://www.bps.org.uk/events/scottish-branch-undergraduate-conference-2021>. If you're attending, let us know and we can include your report here.

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](#). This month we hear from the Heriot-Watt Dubai Psychology Society.

Heriot-Watt Dubai Psychology Society: Heriot-Watt Dubai's Psychology Society is an academic, student-led society of almost 30 members and four teams: Social Media, Events, Magazine, and Podcast. During the summer of 2020, we rebranded and reorganized our society to increase the quantity, and more importantly, the quality, of the content we put out and the events we host. Our social media aims to consistently create content that is engaging and relevant to our field. Recently, we have started the #PsychinEverydayLife posts to move forward from 'pop psychology', where we use research to discuss everyday topics like negativity bias and social comparison. Our events team has also surpassed its goal of hosting at least 2 events per month. These events ranged from formal (guest talks and workshops) to informal (icebreakers and game nights). A highlight of this past semester was the creation of thank-you letters and personalised letters for over 100 Dubai campus professors in honour of world kindness day. In addition, the magazine team successfully created a creative, collaborative space for artists and writers across different academic departments. A total of three issues were published on these topics: Managing Microaggression, Global Mental Health, and Psychology in Action. Finally, our podcast, 'Get Psyched' was created with a team of researchers, scriptwriters, and co-hosts. We have published 9 episodes and about 4 hours of research supported content, available on several platforms such as Spotify, Apple Podcasts, and Google Podcasts. Now, we plan on recruiting more members, and creating more collaborative opportunities with students and faculty members.

Where to find us:
IG: [@hwpsychsociety](#)
Podcast: [getpsyched.buzzsprout.com](#)



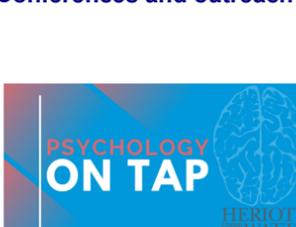
Research updates and funding

Garraffa, M. Better attention, better communication? How ADHS and multilingualism influence children's pragmatic development. Research Council Norway. Grant holder: University of Oslo, NOK 7,999,000 (£690k), 2021-25.

Garraffa, M. Bilingualism across the borders. Colmcille Grant Scheme: Foras na Gaeilge. Grant holder: Galway University, €10,500, 2021.

Conferences and outreach

Our Psychology Research Seminars returned this month with presentations from our PhD Students Lorna Camus and Federico Brusa. Event details for the semester are available on [Facebook](#).



And in early February, our Psychology on Tap series restarts by exploring impostor syndrome with Mioara Cristea. All Psychology staff and students will have received direct calendar invites (though do get in touch if you've had any difficulty with those). The events are open to all so please share among your networks. Future Psychology on Tap events will consider technology and brain training (and we're already planning ahead for the 2021/22 series!), and full details can be found at <https://www.facebook.com/HWPPsych/events>.

Team news

Congratulations to Anna Sedda who has been appointed as Director of Academic Quality for the School of Social Sciences.

This month we bid farewell to Joe Stubbersfield as he prepares to take up a permanent Lectureship at the University of Winchester. Joe initially joined us for one year in 2019 but we were fortunate to have been able to keep him with us for longer. Joe made valued contributions to our teaching and outreach activities during his time with us, and we wish him all the best for the future...and hope to be able to have a real leaving do at some point!

