

Welcome to the latest Psychology newsletter

March 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](#)

Forthcoming events

Research Seminars/Events - Given the current situation, all events/activities have been cancelled or postponed. Some of those may move online, so check our social media channels for updates.

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

Stay at home; stay safe

The last few weeks have seen rapid changes for all of us, so we're starting this month's newsletter with a special message from our Head of Department, David Finkelstein: *"Colleagues and friends, welcome to the March newsletter. As we head into a period of lockdown due to the Coronavirus pandemic, the university remains committed to your wellbeing. It is important we stay as safe and healthy as possible. Watching the news, I am reminded daily of the significance of Psychology research in guiding policy and making sense of human endeavours, and in particular of our department's potential contributions to current debates. The type of work we do in health, ageing and exercise, cyber wellbeing, artificial intelligence and social interactions, and human connectivity, seems to be ever present in every news bulletin discussion to date. Hold on to that thought through the challenging period we face. It is a powerful justification of the value of the work you continue to do."*

We won't replicate the various bits of guidance from the university, health services and governments here, but remember the messages about looking after yourself and others during this time ("stay at home" being one of the main ones).

If you have any questions about work, your courses, or your health or wellbeing, remember help is at hand. Just ask.



In the news

[Missing the outdoors? Try some of these ideas to stay healthy](#)

Latest publications



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

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/HWPsych/>.



Learning and teaching



While recent weeks have seen big changes in what we can do face-to-face, colleagues in Dubai had already had a very busy semester with a range of speakers and events. Some of those were briefly mentioned in the last newsletter, but we're pleased to bring you some fuller details.

In January, Propel International visited the Dubai Campus to allow students the opportunity to take some psychometric ability tests on numerical, verbal and abstract reasoning. The session was run by two of our MSc Business Psychology graduates, Femy Vaya and Bhagiya Lakshmi. It was great to have alumni back on campus to provide an insight into psychometric testing for our students! Thank you Medis, Bhagiya and Femy for delivering an interactive workshop.

Last month, Sarah Christensen, Occupational Psychologist and Diversity and Inclusion specialist, gave a guest lecture for our MSc Business Psychology/Coaching students in Dubai as part of the Diversity course. Gender discrimination (on both sides!) was discussed and debated with our students at the societal, organisational and psychological levels. A fantastic interactive session!



And finally, as part of the Coaching Psychology Practice, our Dubai Coaching students have been lucky to have sessions run by two well know coaches in the region (and beyond)! Linda McLoughlin (ICF MCC) came to run a guest lecture around contracting and establishing the coach-coachee relationship, while Roberta Paguliarulo (ICF PCC) visited from Italy to run an interactive workshop around coaching skills to develop empathetic and active listening as well as presencing. The students had such positive feedback and enjoyed being able to spend time with successful workplace Coaching Psychologists and engage in live demos.

One of the last events held in Edinburgh was a Postgraduate Open Evening hosted in the Edinburgh Business School, where potential applicants were able to hear more about postgraduate study opportunities. While many of our teaching and related activities are moving online, it's been interesting to see the range of innovative approaches being taken. And that's not just for teaching, many of our Open Days and Applicant Visit Days have also moved online...you can see a little taster of what that looks like at <https://www.hw.ac.uk/news/articles/2020/recruitment-virtual-events.htm>, including a video introducing our Undergraduate Psychology programmes from Maria Garraffa.

Research updates and funding

Bridle, H., Davenport, C., & Rajendran, G. Engineering Science Capital: co-creating resources to showcase diversity of engineering careers to 3-7 year olds and families. EPSRC, £182k, July 2020-June 2022.

Conferences and outreach



Our Psychology Research Seminars and other events have mostly been cancelled or postponed for the next few weeks. Some of those may move online, so check our social media channels for updates (including [Facebook](#)).

Well done to Mioara Cristea who competed in the Edinburgh heat of the FameLab competition. In her pitch, Mioara shared her work related to imposter syndrome, which was also featured in Heriot-Watt's Local Lab section of the latest Konect magazine.

The Ageing Lab also had a busy month, including Alan Gow's Inaugural Lecture in February attended by over 300 people. The lecture was introduced by Garry Pender, Deputy Principal for Research and Innovation, with the Q&A hosted by our Head of School, Robert MacIntosh. A video of the lecture will be available in the coming weeks at <https://www.youtube.com/channel/UC2SNeFB1TTC1PqMzydvFPDw/>; in the meantime, a brief summary of the lab's main focus was recently released on the university's Research Bites webpages: <https://www.hw.ac.uk/research/bites/staying-sharp.htm>. The team were also delighted to represent Heriot-Watt at a parliamentary reception on Universities in the Community hosted by Universities Scotland. The team were joined by the Principal Richard Williams and Rob Flett, Deputy Director of Communications, as well as one of their study volunteers and a representative of their community partners.

While our events planned for Brain Awareness Week had to be cancelled, you can see a series of Tweets posted throughout the week [@TheAgeingLab](#). Luckily, Maria Garraffa and colleagues were able to continue with their Neurodiversity training event (held as part of both Brain Awareness Week and Neurodiversity Week). Though the event moved online, it sold out with 50 participants and received a lot of positive feedback (<https://langlife.hw.ac.uk/neurodiversity-for-a-more-circular-economy/>).

Finally, to help support colleagues who might not have psychological knowledge, Anna Sedda prepared a short video presentation with some helpful information about quarantine: <https://drive.google.com/file/d/16AI7xHD6A2JYttotxTxJh93S1MI0f2-QJ/view>

Team news voice

Anna Sedda has been appointed as a committee member of the Undergraduate Education Committee and Reviewer for undergraduate accredited programmes.