

## Welcome to the latest Psychology newsletter

September 2019

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](#)

## Welcome, and welcome back!

It's that time of year again when we welcome the new students joining our undergraduate and postgraduate programmes for the first time, and welcome back our returning students too. We've been delighted to see everyone taking part in the various induction events earlier this month across our campuses in Edinburgh, Dubai and Malaysia, and then back in class from last week.

We're also pleased to introduce our newest students to our monthly newsletters, with regular features on our latest learning and teaching activities, research and engagement events, "Meet the team" and "Student voice". With "Student voice", we include regular input from our students. Each month is different, so if you have something you'd like to share in a future newsletter, get in touch.

For now, good luck for the year ahead!

## Forthcoming events

## Research Seminars/Events

- Your growing multilingual brain, 27 September, Royal Botanic Gardens Edinburgh (Explorathon 2019)

[Details](#)

- The psychology of the body, 28 September, Ocean Terminal (Explorathon 2019)

[Details](#) | [Register](#)

- Joe Stubbersfield (HWU) 7 October, MBG13

[Abstract](#)

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

## In the news

[Year of Health photo competition](#)

[Six academics walk into a Fringe venue...](#)

[Brain Health Day at Heriot-Watt](#)

## Latest publications

McLeod, G., McKendrick, M., Taylor, A., Lynch, J., Sadler A. Halcrow, J., Mustafa, A., Seeley, J., Raju, P., McKendrick, G. (in press). An initial evaluation of the effect of a novel regional block needle with tip-tracking technology on the novice performance of cadaveric ultrasound-guided sciatic nerve block. *Anaesthesia*. doi: [10.1111/anae.14851](#)

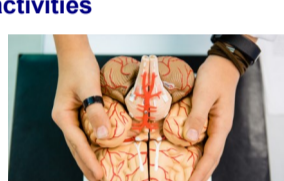
Garraffa, M. & La Morgia, F. (2019). Pragmatic abilities in young adults' bilingual speakers with a minority language: profiling linguistics competence and bilingual experience. In Tonini, E., Bischetti, L., Ervas, F., Domaneschi, F., & Bambini, V., Book of Abstracts - XPRAG.it2019. doi: [10.17605/OSF.IOWJQC5](#)

Gray, R. & Gow, A. J. (in press). How is Musical Activity Associated with Cognitive Ability in Later Life? *Aging, Neuropsychology and Cognition*. doi: [10.1080/13825585.2019.1660300](#)

## Research updates and funding

Beevi, Z., Hassan, J. & Ke, G. N. Developing a Conceptual Model of Maternal Psychological and Physical Well-Being during Pregnancy and Postpartum using Hypnosis as a coping strategy. Fundamental Research Grant Scheme (FRGS), Malaysian Higher Education Ministry Funding, £19,456.

## 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](#). As well as our seminar series, over the weekend our team will be taking part in Explorathon 2019, "an extravaganza of shows, talks, family activities, comedy and discovery" across Scotland, followed by Midlothian Science Festival next month. Keep up to date with all upcoming events via [Facebook](#).

At the start of last month in Malaysia, our team attended the 7th ASEAN Regional Union of Psychological Societies Congress and 3rd Malaysian International Psychology Conference at University Science Malaysia in Penang Island. This was our students' first opportunity to attend an international psychology conference, attend keynote and plenary sessions, a wide variety of oral presentations, and interact with other researchers. Three of our undergraduate students presented a poster about their Final Year Projects, fielding questions from international scholars. Some conference participants were positively surprised when our students explained they were still UG students and not PG or PhD students. Our students obtained valuable feedback on their final year projects, learned about psychology research conducted in Asia, and engaged in critical discussions.

At the end of last month, over 200 people attended a special event in Edinburgh, exploring research about what might keep us sharp as we age. Brain Health Day was hosted by The Ageing Lab, and celebrated the end of a 3-year study led by the team looking at how taking up new activities might have benefits for thinking skills. [Read more...](#) (and [view](#) photos from the event).

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

Marr, C. & Gow, A. J. (2019). The Intervention Factory. Presentation at Brain Health Day (Interventions in Cognitive Ageing seminar), Heriot-Watt University, Edinburgh, UK, 28th August.

Gray, R. (2019). Cycling Without Age. Presentation at Brain Health Day (Interventions in Cognitive Ageing seminar), Heriot-Watt University, Edinburgh, UK, 28th August.

Garraffa, M. (2019). Linguistics competence in language immersion experience: the case of Gaelic and Irish. Workshop on Capturing individual differences. Universitetet Tromsø, 2nd-3rd September.

Gow, A. J. (2019). The Great British Brain Off. Presentation as part of the RSE@ School Talks Programme, Inverness Royal Academy, Inverness, UK, 12th September.

## 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're showcasing some thoughts from our recently-completed MSc cohort.

## Reflecting on your time at HWU: How do you feel now it's all over? What was your highlight?

- I feel relieved that it's over and that my dissertation is completed. It has been a long, interesting and challenging year, but now I'm ready to put it all into practice! Additionally, I miss my colleagues and classmates.
- The absolute highlights were meeting new people from all over the world and a super-interesting part-time job. I was fortunate enough to befriend interesting and inspiring people from different cultures and backgrounds which was incredibly valuable. In addition, I was lucky to have a part-time job which was highly relevant to all our courses. In practice this meant I was able to use the theories from our courses in real life at work.
- I came to Heriot Watt to do my Msc in Business Psychology because the master program in the UK is just one year and it would have been 2 or 2.5 years back home in Germany. I've been to Edinburgh before and living in this city made me fall in love with it even more. The year was a great experience that did not just make me learn a lot in my subject but also about myself. I grew a lot intellectually and individually. But honestly the best thing for me was meeting a bunch of amazing, talented, intelligent and motivated people. I found real friends in this year and even though we are now separated in different countries, I know whenever I need advice, I can reach out to my guys.

## The next step: Where are you off to next?

- I for now ended up somewhere I would never have thought to be: in Manchester, working as Influencer Marketing Executive for MyProtein. But I love my job and I am happy to get to work in the mornings. Every morning.
- After completing the second term I moved back to Norway and currently I'm running a small start-up specialising in behavioural change processes. We mainly consult and advice on performance related challenges and specifically why organisations and groups are not reaching their desired targets/results. Who knows what's next, but I'm definitely still up for adventures.

## A helping hand: What advice would you give those about to go into their MSc?

- Find a relevant job. If there is anything I would prioritise, it's finding relevant job opportunities. There are lots of resources online. However, I would recommend contacting departments and organisations directly. Mostly because various positions that are relevant to our courses do not come around very often. I would also encourage you to seek out scholarships and financial support options in relation to this which often makes it easier when approaching organisations and businesses.
- My advice for anyone starting at Heriot Watt is: Don't plan too much. Put in effort and become the best version of yourself. People will see that and you might not end up where you see yourself but you definitely end up where you belong.

## Learning and teaching

At the end of last month and earlier this month, Open Days were held in Dubai and Edinburgh. Dubai colleagues reported lots of interest in both our UG Psychology and PG Business Psychology programmes.

## Meet the team

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

## Dr Mioara Cristea, Assistant Professor (Edinburgh)

Alexandra Ioana Cuza (Romania), psychology at the University of Alexandru Ioan Cuza (Romania), and held a postdoctoral position at the French Institute of Science and Technology for Transport, Development and Networks (France) before joining Heriot Watt University in 2015. She is a Chartered Psychologist and Scientist and Associate Fellow of the BPS. Her research interests include social norms, attitudes and behavioural change, political issues and social representations, collective nostalgia and intergroup relations. Mioara is the Programme Director of the MSc Business Psychology and teaches Introduction to Psychology course in Year 1, Advanced Social Psychology in Year 4 and Psychology for Marketing for the PG students.

## Team news

Euan Dickson joined the team as Research Assistant in the Language Across the Life Span Lab.

Myrto Efstathiou and Andrew Pearce joined the team as PhD students in Edinburgh.

And congratulations to Darren Reid who completed his PhD viva this summer.



Research in the Department of Psychology, School of Social Sciences, at Heriot-Watt University is grouped by three main themes: Cognition, Brain and Behaviour; Lifespan Health and Wellbeing; and Work, Society and Environment. Find out more about our research at [www.psych.hw.ac.uk](#) or follow updates on Twitter [@HWPpsych](#).