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Welcome from the Editor

Our 16th issue of *Conversations in Psychology*, begins with our usual **faculty news** and celebrates recently published articles written by our staff. Next we highlight the new **Sunflower Lanyard Scheme** that has been introduced at Arden to support our staff and students with hidden disabilities.

This is followed by a thought-provoking student article on human rights at the world cup, written by BA (hons) Criminology & Psychology student, Kerry.

We introduce our new Programme Lead for Business Psychology,

Student Community

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Stay in touch & get involved

Susie Phillips-Baker, in our 'getting to know the Psych team' segment.

Next, our newest section will focus on **employability and careers** for student studying with Arden and beyond. You will find information about jobs, events and our usual career spotlight.

The **Student Community** section is full of exciting opportunities and information, including dates for upcoming events and how to stay connected with your peers.

You can find further updates on how we are improving the student experience in our ongoing **You Said, We Did** segment and read our most recent **Student Shout Outs**.

Finally, in our **mental health awareness** section you will find student created resources to help support you during your time at Arden.

If you would like to contribute to the next newsletter, contact me: socialsciencenewsletter@arden.ac.uk



Skye Tupholme

Academic Administrator
School of Psychology



A note from our Head of School: Gail Steptoe-Warren

Welcome to the first 2023 Psychology newsletter.

We have started 2023 with a quick start.

The School has been very busy over the last couple of months with the School of Psychology, the School of Criminal Justice and the Careers Team being entered for an Advance HE Cate (Collaborative Award for Teaching Excellence) Award. This is based on the collaborative work with academics in the schools and Volunteer Lecturing Assistants and Volunteer Research Assistants. Well done to all those involved.

We have also had Arden's Brain Awareness and Neurodiversity Celebration week. Our theme this year was 'communication, emotion and my brain' where we saw some fantastic art from Arden University students and staff. I am so impressed with all those submitted.

We will be covering the success of brain awareness week in our next issue as well as sharing some of the themed artworks.

We are now working hard towards another important day in the calendar '26th May 2023' with the Global Critical South Psychology Conference hosted and funded by Arden University. If you are interested in attending please see: <https://www.eventbrite.co.uk/e/global-south-critical-psychology-conference-a-call-for-papers-26th-of-may-tickets-453843978557>



Psychology
At Arden University

**Global South Critical
Psychology Conference
26th May 2023**

Call for paper submissions



Finally, as we are now in Spring, we will start to see more daylight hours, our energy levels may increase, and we start seeing flowers come into bloom and wildlife in the gardens. This is a time I especially like as it brings a sense of new beginnings and hope. A commitment to myself this spring is to become more active, after what has felt like a long winter.

Perhaps you may want to consider a commitment to yourself?

Gail Steptoe-Warren

Head of School
School of Psychology



Welcome

We warmly welcome new team members and celebrate internal promotions!

- ◆ **Sophia Dziuba**
Assistant Lecturer, Birmingham
- ◆ **Ashleigh Thatcher**
Assistant Lecturer, Birmingham
- ◆ **Paula Booth**
Lecturer
- ◆ **Owen Waddington**
Assistant Lecturer
- ◆ **Imran Ali**
Assistant Lecturer
- ◆ **Niki Drossinos Sancho**
Assistant Lecturer
- ◆ **Linda Renshaw**
Lecturer
- ◆ **James Randle**
Assistant Lecturer
- ◆ **Nicholas Baker**
Assistant Lecturer



Sophia Dziuba



Ashleigh Thatcher



Paula Booth



Niki Drossinos Sancho



Prof. Gail Steptoe-Warren

Congratulations

- ◆ **Jimmy Petruzzi** has been nominated for The British Psychological Society society's President-Elect 2023-24. For more information: [Meet the nominees for President-Elect 2023-24 | BPS](#)
- ◆ **Gail Steptoe-Warren** has achieved a Professorship and become a Principal Fellow of the HEA!

READ: Recently published articles by our talented staff

A masterclass in human manipulation, by Dr A. Johnstone.

Published by The BPS: <https://www.bps.org.uk/psychologist/masterclass-human-manipulation>

The effect of immediacy of expected goal feedback on persistence in a physical task, by Dr C. Gunn.

Published by the Journal of Sports and Exercise Psychology: <https://doi.org/10.1123/jsep.2022-0038>

No meaningful differences in attentional bias between daily and non-daily smokers, by Dr N. Wilson. Published by the Journal of Trial and Error: [No Meaningful Difference in Attentional Bias Between Daily and Non-Daily Smokers · Journal of Trial & Error \(trialanderror.org\)](#)

Does television offer a safe place for LGBTQ+ voices and stories to be heard? By C. Murphy. Published by The BPS:

[Does television offer a safe place for LGBTQ+ voices and stories to be heard? |](#)

[BPS](#)



Sunflower Lanyard Scheme



Support for colleagues and students with an invisible disability

Arden has recently launched a student inclusion panel across Learning and Teaching. This is a new initiative which aims to utilise students as partners to improving accessibility and inclusion to teaching and learning resources and teaching practice across Arden University.

As a result of recent conversations with students, Arden University has now signed up to a new sunflower lanyard scheme to help both colleagues and students who may have an invisible disability.

What is the Sunflower lanyard scheme?

Some disabilities are invisible, and you may not recognise that someone has a disability or understand the challenges they may face in their daily life.

The Invisible Disabilities Sunflower lanyard scheme was first launched in 2016 as an initiative to discreetly indicate that the wearer has an invisible disability and may require additional support or assistance.

The scheme has been adopted at Arden University in order to support our colleagues and students with invisible disabilities.

Individuals with any invisible disabilities can wear the sunflower lanyard around campus and beyond and they can now be **collected at most study centres**.

You can download a sunflower badge for your email footer also, showing that you either wear the sunflower or support the scheme.

FAQS on the Invisible Disability Sunflower lanyard scheme.

1. Which invisible disabilities are eligible for a sunflower lanyard

Anyone with an invisible disability is free to wear the lanyard. There is no qualifying list of disabilities as the lanyard does not entitle the wearer to anything other than highlighting, they have an invisible disability and may need assistance.

2. I already have a sunflower lanyard; can I use that?

Yes. Sunflower lanyards have been in use across various locations over the years. There is no difference between the lanyards Arden provide to the others seen externally.

3. Why invisible disabilities not hidden?

Whilst the national scheme calls itself the 'hidden disabilities sunflower lanyard scheme, Arden is using the term invisible disabilities. We are proud of the diverse make-up of our university and would not want anyone to feel they should hide who they are.

**If you have any other questions,
please contact**
studentinclusionpanel@arden.ac.uk



Human Rights at the World Cup

By Kerry-aman Kaur Fisher

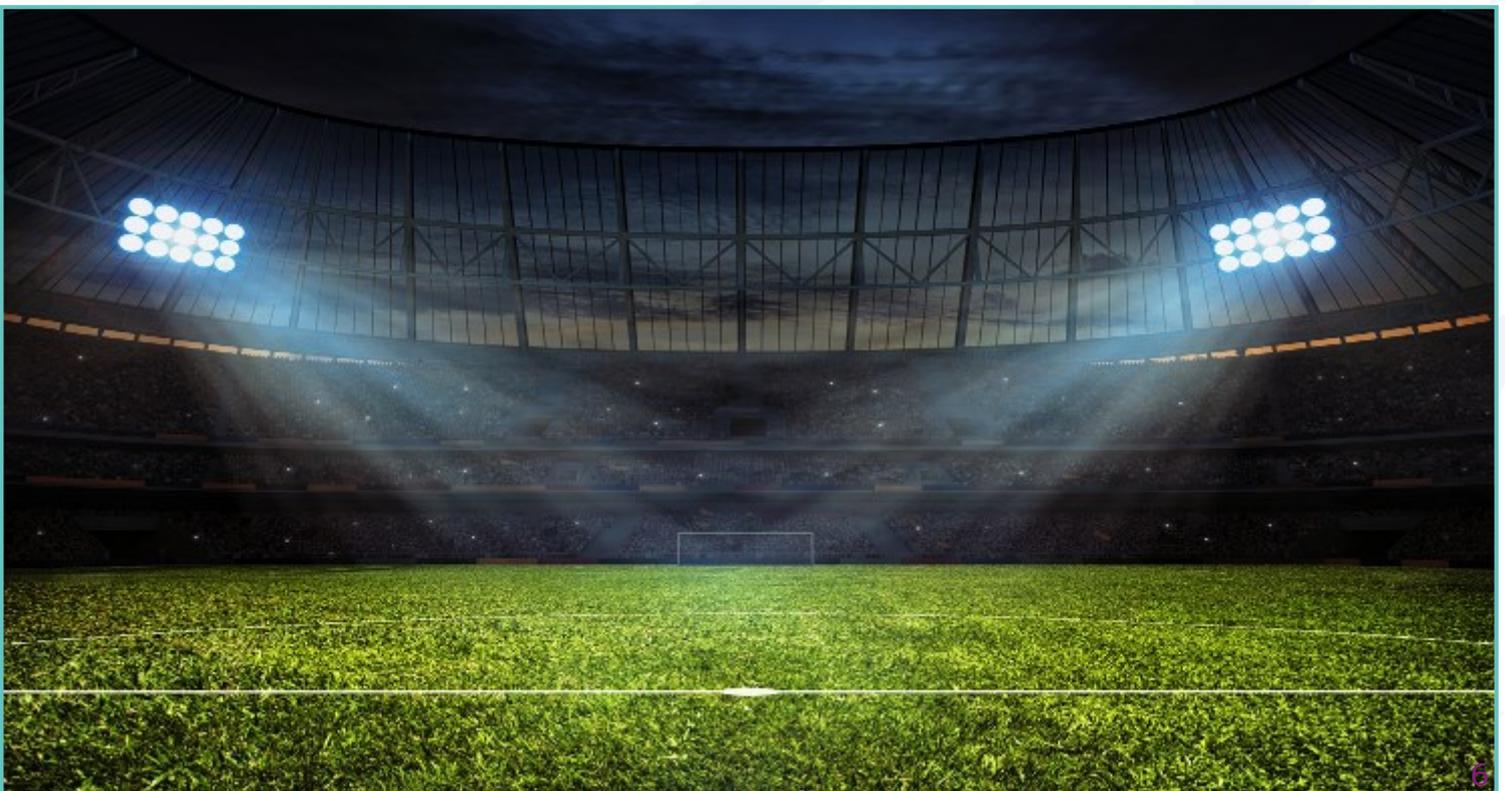
BA (Hons) Criminology and Psychology



During December 2022, the Qatar football World Cup took place and was surrounded by controversy. This was not solely due to the place in which the World Cup had been held, it was more in relation to the devastating human rights the Qatari people have to endure. Within the UK, there is the Human Rights Act 1998 which allows individuals to what would be considered basic human rights. For example, individuals have a right to life; they are not to be tortured; should the need arise they have a right to a fair trial; they also have a right to their freedom of speech as well as choosing their own religion and thought process but more importantly article 14 states the "right not to be discriminated against in relation to any of the rights contained in the European Convention" (Human Rights Act, 1998).

There was much controversy surrounding the deaths of several workers in relation to the World Cup as well as allegations of bribery and corruption which focused towards FIFA chief Gianni Infantino. It's been reported via various news sources that over 6000 migrant workers from across the South Asian countries died since Qatar won the right to host the World Cup ten years ago (The Guardian, 2022). Unfortunately, it would appear that the Qatari authorities have not investigated these deaths (Amnesty International, 2021). These employees worked in the construction industry building football stadiums and accommodation for those who arriving for the World Cup whether it be players or spectators (Cernel, 2018). Unfortunately, for many of these family members there has been no closure even though there is

a definite link between these deaths and unsafe working conditions (Amnesty International, 2021). A report was released by Amnesty International stating that young migrant workers have died unexpectedly although they passed their medical tests before travelling to Qatar. However, as stated above, the Qatari authorities have not undergone a proper investigation and therefore these families are left in limbo as to whether their loved ones died of natural causes or whether they should be looking to receive compensation from either the employer or the Qatari authorities (Amnesty International, 2021). A Kenyan security guard, blogger and migrant workers' rights activist was held in solitary confinement for a month and denied his basic human rights by not being given access to legal counsel. He was subsequently fined



under the Qatari cybercrime law citing “false news with the intent of endangering the public system of the state” (Amnesty International, n.d.). This individual was not the only one who found themselves in this situation; many different nationalities including Norwegian journalists were also detained for similar offences. By UK standards, this would indicate these migrant workers as well as the family members and activists are not receiving basic human rights as it would appear that these workers died due to inappropriate working conditions and the family members are not being given the truth as to what happened to their loved ones.

For many individuals living in South Asian countries, being part of the LGBTQ+ community is difficult as in many of these countries, being in the same sex relationship or identifying as something alternate to the birth records is seen as criminal. This is due to their strict Muslim laws. Under Article 296 of the Penal Code in Qatar, homosexuality is illegal and punishment can range from imprisonment all the way through to death (LGBT Rights Qatar, n.d.). Article 296 states that “leading, instigating or seducing a male in any way to commit sodomy or dissipation” and “inducing or seducing a male or a female in any way to commit illegal or immoral actions” is a crime (Amnesty International, n.d.). Those in the western society upon reading this article will see how biased and discriminatory this is towards those who choose to live their lives under the LGBTQ+ umbrella. Those LGBTQ+ individuals from around the world who descended upon Qatar for the World Cup were advised to avoid any affection and even went so far as to advise them to stop being their “authentic selves” (LGBT Rights Qatar, n.d.). FIFA came under pressure for contemplating choosing the nation who are extremely anti-LGBTQ+ when



there is so much surrounding footballers who are coming out is openly gay within UK alone. It was only in 2022 Jake Daniels who plays for Blackpool Football Club came out as the first male professional footballer to admit he was gay (ITV News, 2022). If ‘forward thinking countries’ such as the UK are only breaking the stigma now, why did FIFA believe that Qatar was an appropriate place for the World Cup to be held with basic human rights being behind many other countries? Many countries protested in their own individual way with the German team covering their mouths for their pre-match photo and the Danish removing logos from their kit in order to convey critical messages of the way in which Qatar treats its country members (BBC, 2021)

This article only starts to scrape the surface of those individuals living in Qatar under a false pretence. It has been evidenced that those who do not conform to what they perceive is normal are severely punished for their lifestyle. It has also been evidenced that the lives of migrant workers have not been valued enough to be investigated leaving many families across South Asia mourning loved ones with no answers. It would appear that the allegations of corruption and bribery (New York Post, 2023) hold some merit or the simple fact that Gianni Infantino does not value a diverse public as much as Western countries do.



Would you like to write an article for the next newsletter?

Contact socialsciencenewsletter@arden.ac.uk to find out more.



Summarise who you are and your role at AU.

I'm a Chartered Occupational Psychologist and programme lead for the MSc in Business Psychology (an area of applied psychology focused on supporting individuals and organisations to flourish, by following an evidence-based approach). I've worked as an occupational psychologist in practice for quite a few years. In a previous role at the College of Policing, I designed and delivered selection, assessment, and development processes for a variety of roles. I have also worked at a consultancy specialising in supporting adults with neuro-differences in the workplace, including conducting diagnostic assessments, coaching, and training individuals and at organisational level. Alongside this work I lectured at Leeds Beckett and Northumbria universities. I have been at Arden since October 2022 (when the MSc officially launched) and am thoroughly enjoying my role so far! I have a very varied role as programme lead which includes supporting the development of learning materials for the programme, collaborating with staff to deliver the programme in line with our students' needs, managing programme level queries and maintaining accreditation with the relevant organisations

(BPS/ABP) as well as various management and reporting responsibilities. I also lead our module on Psychological Assessments at Work.

Can you tell the readers about your main research interests?

My research interests can best be described as related to diversity and inclusion. My PhD was on the motherhood penalty, exploring the impact of motherhood on careers; an area still requiring research attention and I am passionate about creating workplaces which are inclusive, enabling people to work in a way which works for them. I am also interested in research into coaching psychology and building the research base for effective coaching interventions. In terms of research, I always have my practitioner 'hat' on, thinking about what the practical applications for this research are, and what individuals and crucially organisations can do to make a difference. I want to continue to explore what barriers exist and how we can create working environments that work for everyone. Usually, it is the small changes that can make a big difference

What is your favourite academic experience to date?

Probably my PhD viva. It was a surprisingly enjoyable experience. It was amazing to chat to people who had read the entirety of my PhD (probably the only people who ever will apart from myself and my supervisor!), to respond to their questions and discuss the implications for the findings. It was also very emotional! I did my PhD late on in my career, as an opportunity came along to do so as a 'studentship' whilst working as an independent psychologist, and now I am so pleased that I took the leap and did it although at the time I very nearly did not as I was also home-schooling my two children while working (the irony of which was not lost on me!).

What is your favourite thing about being part of AU?

The sense of fun (and the gifs, which make me laugh every time). People are genuinely kind and supportive, and I think we have a great culture of being innovative and different, and not afraid to let others shine.

As a new edition to our newsletter we have created this section to focus on employability and careers.

In upcoming issues, this section will include a guide to our new employability team and how to contact them, dates for events or webinars, information about the support and guidance Arden can provide throughout your time as a student and beyond.



Find upcoming events

The British Psychological Society (The BPS) provide a huge range of society events throughout the year.

These include online workshops, webinars, conferences and even in person events.

The topics of the events range from revision strategies and coping with examinations to well-being or developing your practice.

With many of the events being free to attend, it is well worth keeping a eye on the society events page to see what is available.

Browse and sign up for BPS events here:

[Events \(bps.org.uk\)](https://www.bps.org.uk/events)

Search jobs



Linked In is a fantastic place to stay up to date with job opportunities.

#Psychtalent jobs newsletter is a great page to subscribe to, with weekly newsletters featuring internships, placements and graduate jobs.

They also feature events and blogs for students looking to get into jobs in Psychology.

Check out the latest edition and subscribe here:

[\(36\) LinkedIn](#)



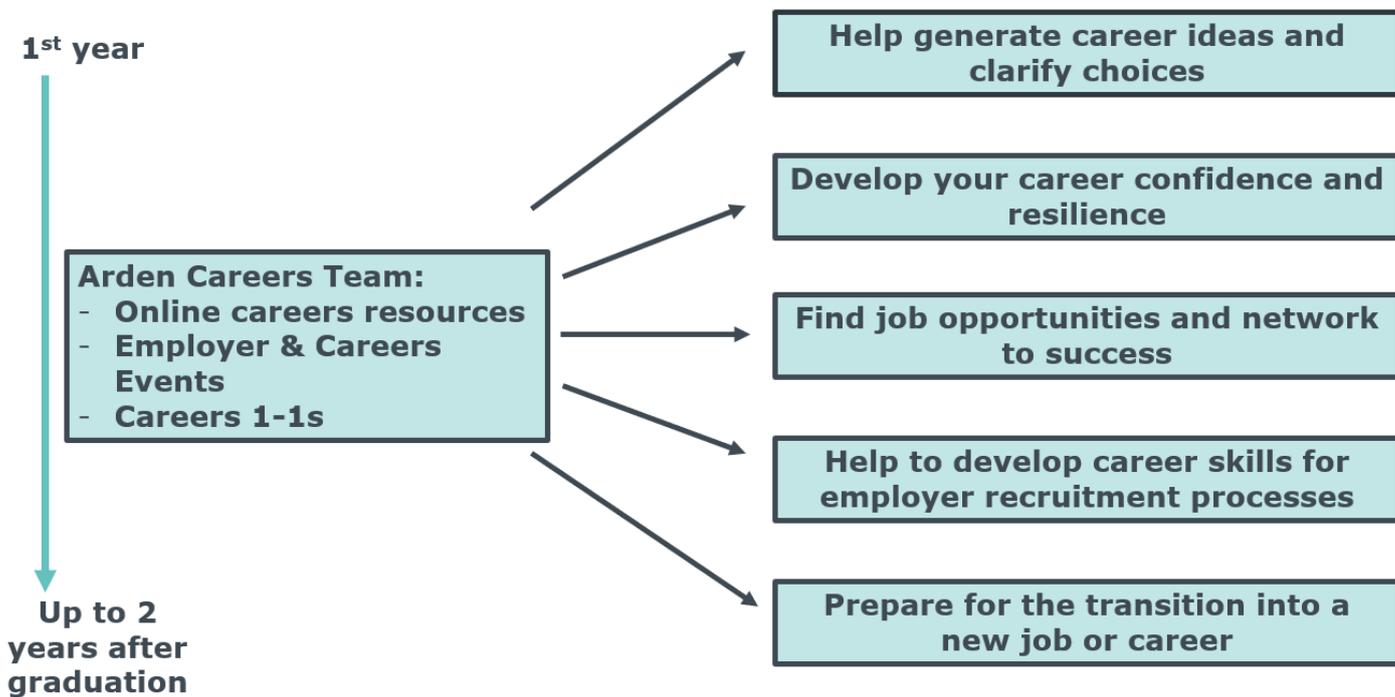


Arden Alumni Career Support

Arden Alumni Careers provides support to members of the Arden alumni community.

Support includes:

- ◆ **Support from a careers consultant**
- ◆ **Graduate access to a range of careers resources and tools**, such as CV and cover letter building and practicing for job interviews
- ◆ **Access to Arden Futures**, a platform specifically designed to support your talent and help shape your future. It included features such as listed job vacancies, workshops and employer events.



[Connect via LinkedIn Arden University Student & Graduate Careers](#)

After you graduate if you would like to access graduate careers support or have any questions please email alumniCareers@arden.ac.uk



Sarah Warburton



What is a Counselling psychologist?

As a counselling psychologist you'll use psychological theory and research in therapeutic work to help clients with a range of difficult life issues and/or mental health conditions. Clients can include children, adults, families, couples and groups.

You'll work collaboratively with the client in a holistic and insightful way to enable them to consider change and take control of their recovery.

Practising as a counselling psychologist requires a high level of training and also self-awareness, which is achieved through personal therapy.

What should I expect from a career as a Counselling psychologist?

You'll usually work as part of a multidisciplinary team that includes other health service workers such as psychiatrists, occupational therapists, community psychiatric nurses, clinical psychologists, wellbeing practitioners and social workers.

Jobs are available throughout the UK. More varied opportunities may be available in larger cities. Some health authorities prioritise psychological therapy, making more jobs available.

The work can be challenging as it involves contact with many different types of people who are often distressed, but can also be rewarding.

How would I become a Counselling psychologist?

Achieving your BPS-accredited degree in Psychology at Arden is a great place to start. You then may need to complete the BPS-accredited Qualification in Coun-

selling Psychology (QCoP), which is the independent route to training as a counselling psychologist.

To get a place on the QCoP, you'll need to be working in a trainee role, either paid or voluntary. You must also engage a coordinating supervisor, who must be on the BPS Register of Applied Psychology Practice Supervisors, to support you during the training.

Where can I find out more information about this career path?

Visit: [Counselling psychologist job profile | BPS](#)

for further details on how to become qualified.



School of Psychology volunteer and support schemes



Check out our [School page](#) on iLearn which is full of information and directions on how to get support or volunteer.



You can also learn more about our student focused groups which include the [Volunteer Research Assistant Scheme](#) and the [Volunteer Lecturing Assistant Scheme](#).



For additional support, or to assist with supporting other students, you might like to find out more about our [Volunteer Peer Guides](#) or our [Psychology Personal Tutors](#).



Click the logos to find out more.

Meet a Student Representative

Hello everyone,

I am Pragya, a level 6 student studying BSc Psychology. Some of you may already know me from the VLA and VRA scheme. I have been actively involved in some of the events and schemes within the school of psychology. I am now taking on two new roles: **BPS student ambassador** and **BSc Psychology Student Rep**.

As BPS Student Ambassador for Arden University, I will be working with members within the university and bringing in members from the BPS for a more active involvement. I am also the course representative for the BSc Psychology (DL) program as part of which I will be working on different projects to make the student experience better. I would love to hear your thoughts on how we can make the student experience better.

So, please feel free to email me with any questions, suggestions, or feedback that you have got on stu83324@ardenuniversity.ac.uk.

Looking forward to hearing from you all soon.



Pragya

Get involved: European Congress of Psychology (ECP)

Hear from Level 6 Criminology and Psychology student, Kerry, about her role on the scientific programme committee for the ECP, find out how you can get involved, and learn more about undergraduate research prize.

My name is Kerry Fisher and during level 4, I applied to be part of the scientific programme committee for the European Congress of Psychology (ECP) 2023.

When I applied to be part of ECP 2023, I did not think I would get a place due to the level I was at within my course. However, I took a chance and, as the chair explained, the requisites to be part of the committee was first and foremost the diversity of individuals.

On the scientific committee, I have been part of reviewing papers, making tough decisions on keynote speakers, and **promoting the undergraduate research prize**, which I feel strongly about for getting students involved in the wider field surrounding psychology.

The reason I mention my journey into not just the scientific committee, but also the organising committee, is to hopefully inspire individuals to either attend the Congress, look out for similar future events, or maybe even apply to participate with upcoming opportunities.

One of the reasons I applied initially was to gain experience in the field, as well as be able to take the skills that I have learned towards future employment or academic endeavours. I feel that for those who can participate, not only will it help professionally, but there is a personal sense of achievement. This event will be bringing individuals from the psychological world from across the globe together to share ideas as well as present studies and findings.

This is a very good opportunity for students and professionals alike to interact, form connections and potentially future collaborations. Even though the theme of the Congress may not fit into what you as a student find interesting, those attending are from a wide range of backgrounds and there may be somebody who shares your thoughts, ideas and gets you thinking.



Kerry

What is the European Congress of Psychology?

To promote the development and application of psychology in Europe and beyond, EFPA organises the bi-annual European Congress of Psychology (ECP). It is the place where European psychology presents itself and where psychologists from Europe and from other continents can meet and share

knowledge.

The ECP is organized by a national member association of EFPA under the auspices of and in collaboration with EFPA. It is held in another European country every two years.

ECP 2023 is proudly hosted by the British Psychological Society (the BPS)

The British Psychological Society (BPS) is a professional body and learned society with over 65,000 members who are passionate about the role psychology plays in all aspects of our lives. Founded in 1901, the BPS is the oldest psychological association in Europe and one of the oldest in the world.

About the Undergraduate Research Prize

The Scientific Committee for the European Congress of Psychology 2023 seeks nominations from EFPA member organisations for its award, recognising the best undergraduate research project. The Scientific Committee are seeking up to three nominations from each EFPA member organisation for undergraduate research project.

Find out more about the Undergraduate Research Prize: https://ecp2023.eu/wp-content/uploads/2022/12/ECP-2023_Undergraduate-Research-Prize-Call-for-Application.pdf
Submit your proposal by the end of March 2023.

Contact: If you would like to contact me regarding anything you have read or would like help when applying for a similar event, please do get in contact via stu94298@ardenuniversity.ac.uk

Student SHOUT OUT



In this segment, we want to thank and acknowledge specific students who have been recognised by our staff for their incredible contributions. These students are SUPER STARS and we are so proud to have them at Arden.

Kate Mederer

Kate, for your enthusiasm and engagement from the outset of the Masters in Business Psychology. Thank you for the energy and thoughtfulness you bring to each session and to your work.

You have made a really positive start to the course and engage so positively with the materials, bringing positivity and encouraging others.

Susie Phillips-Baker, Programme Lead, MSc Business Psychology

Gemma Wood & Pragya Modi

We would like to send a special shout out to Gemma Wood and Pragya Modi for their work on the SPARKindness Wellbeing and Mental Health committee.

They have created some excellent resources for mental health awareness for fellow students and contributed a range of ideas for the committees workstreams. Their help has been invaluable. With much thanks to them

Marie Chellingsworth, SPARKindness Committee Chair and Emily Blakemore SPARKindness Committee Deputy Lead

Read some of the student created resources and interviews in our Mental Health awareness section on pages 19-20.

If you would like to get involved with future SPARKindness projects, email: sparkkindnesswellbeinggroup@arden.ac.uk

Fawn Hunkins-Beckford, Gemma Wood & Selena Beckett

Fawn Hunkins-Beckford, Gemma Wood & Selena Beckett who have led on the Brain awareness week art competition, regularly contributing great ideas to meetings and helping to realise them with hard work.

All have submitted art as examples to help give an idea of what kind of submissions can be made – and this has resulted in an amazing range of submissions for the competition!

Nicholas Baker, Assistant Lecturer



Student opportunities

Ask Us Anything

Q&A sessions for LEVEL 4 students

Bring your questions to your lectures and Psychology School staff!

Discuss module content, assessments, or anything else that's on your mind.

The next session will run on Monday 27th March at 10am.

Ask Us Anything sessions are current running for Level 4 students and you can join the session via the Zoom link on your module page.



More Ask Us Anything sessions coming soon!

New podcast!

What is Statistics and why do we use it?

Join Associate Lecturer *Dr. James Bartlett* and Arden BSc (Hons) Psychology student *Maram Ghellai* chat all things Statistics.

Listen here:

[What is Statistics & Why Do We Use It.mp3](#)
([sharepoint.com](#))

The graphic features a yellow microphone icon with sound waves inside a black circle at the top. Below it is a yellow banner with the word 'PODCAST' in black. Underneath are two portrait photos: on the left, Dr. James Bartlett, a man with a beard wearing a dark t-shirt with 'PARKWAY DRIVE' on it; on the right, Maram Ghellai, a woman wearing a black hijab. Below each photo is a yellow name tag. At the bottom, the title 'What is Statistics & Why Do We Use It?' is written in yellow.

DEVELOP YOUR DIGITAL LEARNING SKILLS AND DIGITAL WELLBEING

Join the School of Psychology to learn more about improving your current digital skills, how to take care of your digital wellbeing and build your digital capital.

You will receive a £50 Amazon gift voucher for participating in this project, launching in May 2023.

Project briefing meetings will begin in late April 2023.

For more details, please contact Nicola Bentham
(nbentham@arden.ac.uk)
to register your interest



FREE BPS online event

Revision Strategies and Coping with Examination Stress

Date & Time: March 30 | 4-6pm

Cost: Free

Link to Register: [Revision Strategies and Coping with Examination Stress | BPS](#)

During the event, expert presenters will discuss various topics related to effective revision and stress reduction, including:

- Building good habits: Learn how to establish a routine that supports your revision goals and sets you up for success.
- Effective planning: Discover strategies for breaking down your revision workload into manageable tasks and creating a study schedule that works for you.
- Coping with exam stress: Explore techniques for managing anxiety and stress during exam periods, so that you can perform at your best.

In addition to these presentations, attendees will also have the opportunity to learn a wide variety of revision techniques that they can practice and apply to boost their grades.

Whether you're a student preparing for upcoming exams or simply looking to improve your study habits, this event has something for everyone.

If you have any questions about the event or the BPS student membership, please contact the BPS student ambassador, Pragma stu83324@ardenuniversity.ac.uk

(read more about Pragma's role on page 10)

Arden University Research Methods Blog

Where Arden University psychology students share their research experiences!

The Arden University Research Methods blog has just published its second blog post focused on Research Methods that is also open for student contributions!

Within the blog, you can find the new student blog post focus on the experience of the volunteer research assistant and volunteer lecturing assistant roles here:

<https://ardenrmblog.wordpress.com/2023/02/08/blog-post-2-being-a-volunteer-research-assistant-and-lecturing-assistant-in-research-methods/>

Within the Psychology School, we're aware that some students are anxious about research methods and feel unsure about the modules. With this in mind, this blog is designed to be student-led, as a way of taking ownership of all things psychology research!

Within this blog, you and other students can share experiences and areas of interest surrounding research methods at Arden University. The aim of the blog is to share topics such as: exciting research experiences, topic areas of interest, dissertations, moments of overcoming difficulties and hopefully reducing research anxiety! However, this is not an extensive list and you could contribute something slightly different based on your experiences.

If you would like to get involved, please contact thatton@arden.ac.uk or fill out the form on the blog website to discuss what you'd like to create a blog post focused on and how you can contribute. This will be a fantastic opportunity to share your experiences, contribute to our research community and also gain valuable experience in producing blog style content around your course.



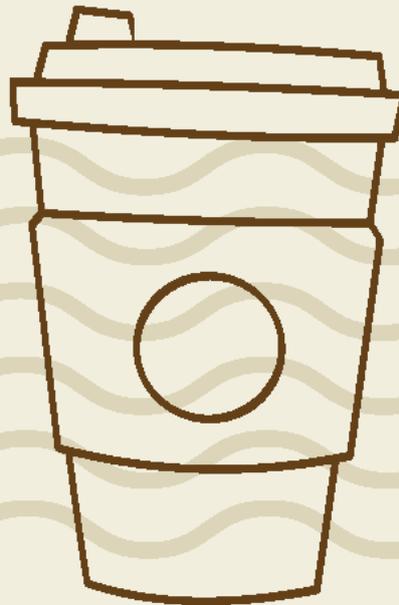
Preparing to Start Your Course - Wakelet

The Psychology School have put together the resource 'Preparing to Start Your Course (P-SYC)' as a toolkit to support with some of the key parts of independent learning, such as formats of assessments and feedback, the role of lecturers, and tips for being an independent learner.

This was designed for students who have accepted a place on an Arden University Psychology degree, but have not yet started.

However, some of it may be useful to you as current students, so if you would like to access the resource, please feel free to follow the link below.

[Welcome to Preparing to Start Your Course \(P-SYC\)! - Wakelet](#)



NEURODIVERSITY COFFEE MORNINGS/AFTERNOONS

Are you neurodiverse? have friends and family that are neurodiverse? or interested in neurodiversity? join our bi-weekly coffee morning/afternoon sessions to share your experiences and informally meet fellow students and staff!

ZOOM SCHEDULE:

Wednesday afternoons, commencing from the 1st of March from 5pm to 6pm

Join here: <https://arden-ac-uk.zoom.us/j/94342128499?pwd=ZXk5a1hFRjlfWTFfZHFEEkdEenA2QT09>

Thursday mornings, commencing from the 2nd of March from 10am to 11am

Join here: <https://arden-ac-uk.zoom.us/j/94670810391?pwd=SlZLa05yK2JwQ3JnWFdGQzZPTmFPQT09>

WE LOOK FORWARD TO SEEING YOU THERE!

YOU SAID, WE DID!

We have been continuing to work hard in order to improve your experience by **listening to your feedback** and **implementing change** to provide the best quality education experience possible.

In our ongoing **You Said, We Did!** segment, we will keep you up to date on how we are taking your feedback onboard to make improvements.

YOU SAID,

“We need example assignments”

“I need to book an appointment to talk to someone about my assignment”

“I can’t attend live sessions or office hours at [example time / day]”

WE DID!

Modules provide example assignment answers and/or previous similar assignments questions, these resources are available on the module My Assessment tabs and Assessment Discussion Forums.

We ensure that students can book one-to-one appointments with lecturers via email or using the Scheduler, so you can choose when you want to meet with us. Modules provides a variety of opportunities for students to talk to lecturers about their assessments, such as group meetings, informal drop-in sessions, and opportunities for questions during live sessions.

We run all synchronous sessions (such as live Zooms, workshops, and office hours) at a variety of times and days across the week, to give all students a fairer chance of being able to attend. No time or day will work well for all students so offering a variety is the fairest approach, and live Zooms are always recorded so that you have access to your learning materials at any time!

YOU SAID,

WE DID!

"I would like more choice in my assessment"

We are introducing more choice into assessments, appropriate to level and type of assessment, so that students feel they have more input and freedom in their assessment answers. Many modules already have an element of choice included, such as choice of which case study to answer, which topic to write about, and which analytical method to use.

"We would like to have other ways besides reading papers and books to learn more about the topics within the module"

We began recording a series of informal video chats with academic staff where each time the conversation will focus on a specific topic. There will be no slides or additional material, just two lecturers having informal chats just like it would happen if you had a conversation with a friend. These are optional bonus videos to satisfy your curiosity on the topics that most spark your interest. This at the trial stage at the moment in a small number of modules

"We would like assessment related activities and realistic examples of applied psychology in the real world to be used in the sessions"

We have employed case studies in the live sessions, to help you think about and engage with assessment related material. Whenever possible, we have included realistic cases that demonstrate the application of the knowledge you are acquiring in your modules in real world scenarios and cases.

But this is only the start!

As well as this feature in our regular newsletter, you can now find out how we are making improvements with **You Said, We Did!** features appearing on module pages across Blended Learning, Distance Learning and across all levels of study.

If you have any questions or comments about the actions we are taking, or if you would like to put forward your own suggestions for improvements:

Speak to your tutor or contact us directly at socialsciencenewsletter@arden.ac.uk





Mental health awareness

Top Tips for healthy wellbeing while **STUDYING ONLINE**

Be Social

Inside or
outside of
university

Move your body

Walk, swim,
yoga, dance or
anything active

Take screen breaks

Give your
eyes a rest

Have a dedicated workspace

Try not to work
from bed

Schedule breaks into your studying

Organisation is
key

Don't compare yourself to others

Everyone is
different

Healthy diet

You need to
fuel your
brain

Get enough sleep

Don't stay
up late
studying

Reach out to for help

Don't suffer in
silence

Pragya & Gemma - SPARKindess student committee members

Arden Inclusion: Who are they & how can they help?

Interview with Hannah Martin

Inclusion Advisor (Student Mental Health & Wellbeing)

How can the Inclusion team help an Arden student and who can they help?

Inclusion services are here to support students affected by barriers that may affect their academic progression and personal wellbeing.

Inclusion services is split between support for students who disclose a disability, those who would like to access support for their mental health and wellbeing, and those who are affected by welfare or hardship concerns.

Arden Inclusion services aim to empower students by recognizing individual differences and intend to provide routes to ensure a students journey with Arden is an accessible as possible.



What are the most common struggles you see student experiencing while studying?

Academic stress, time management, work life balance, homelessness, debt/financial hardship

How would you suggest students healthily manage academic pressure?

Encouraging dedicated time to focus on work vs personal/other responsibilities. Self-care & self-compassion. Utilizing Togetherall platform to access journaling/self-help guides. Recognizing triggers of stress and burn out.

Is there anything else you want students to know about the inclusion team?

Arden's Inclusion team is made up of genuine members of staff who are here to work with you to provide supportive advice, guidance and practical help.

Contact our **inclusion team** by visiting the Inclusion portal on iLearn [Home | Wellbeing Portal \(arden.ac.uk\)](#) or email them directly at inclusion@arden.ac.uk



This interview and resource were created by students Pragya and Gemma who are both SPARKindness Student members. It was conducted as a small part of the programme for University Mental Health Day 2023.

If you would like to become a member and get involved as we plan for mental health events in future, please email: sparkindnesswellbeinggroup@arden.ac.uk

Stay in touch & get involved!



YOU can contribute to the next school newsletter!

contact Skye at socialsciencenewsletter@arden.ac.uk to find out more

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- ◆ a day in the life of
- ◆ graduation ceremonies
- ◆ helpful resources

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