BPS UG Prize Winner

Applied Psychology student Rachael O’Leary, was nominated by the University of Kent to enter the British Psychological Society competition on the topic ‘Psychology and Sport’ alongside students from each University in London and the Home Counties in October this year.

After a discussion with the Head of School, Dr Joachim Stoerber, about his current research on Perfectionism in Sport, Rachael decided to centre her poster on this topic, titling it ‘The Role of Perfectionism in Sport’.

Rachael undertook research to find a sports psychologist and arrange an interview with them. The insight she gained from talking with the sports psychologist, who works with the women’s Olympics hockey team, proved extremely helpful and led her to focus on the Olympics more closely.

She chose five topics and matched them to one of the Olympic rings. These five topics were:

• Empirical Research (the influence of perfectionism on sport)
• The Application of Perfectionism Research
• Perfectionism in Sport (the goals for sport psychologists)
• The Role of a Sports Psychologist
• How Sports Psychology will Influence the Olympics

Rachael was recently informed that she had won the competition and was invited to the BPS Annual Conference which is held in London to receive her award and to present her poster. Well done Rachael!

School Pupils Come to Psychology at Kent

Developmental Psychologist Dr Lindsey Cameron ran two events for school pupils on campus this month.

Year Eight pupils from Archbishop's School (Canterbury) and Borden Grammar School (Sittingbourne) learned about cyberbullying and how to stop it. The event, which was run in partnership with the University’s drama department and Kent Safe Schools (part of Project Salus CIC [Community Interest Company]) involved the psychology team demonstrating the effects of cyberbullying and how victims and bystanders respond to it. The pupils also participated in a series of interactive demonstrations designed to showcase the cutting-edge psychological techniques that can be used to study bullying and cyberbullying (e.g. virtual reality equipment, emotion face-reading software, eye-tracking, observation labs and electronic voting devices). Through an interactive drama presentation, and presentations by Kent Safe Schools, they also explored how they can prevent or stop cyberbullying.

Dr Lindsey Cameron, had this to say about the day: ‘With this event we aimed to demonstrate how social science has an important role to play in discovering the roots of cyberbullying and how it can be stopped. The event also encouraged young people to reflect on their own online behaviour and consider what they could do to stop cyberbullying.

‘Young people visiting the University gained hands-on experience of cutting-edge psychological techniques and explored how they can be used to discover more about cyberbullying. The virtual reality laboratory and the ‘Big Brother’ style observation lab were real hits with the pupils, and the thought-provoking, interactive drama workshop and presentations by Kent Safe Schools encouraged pupils to reflect on their own online behaviour, and consider what they could do to stop cyberbullying.

The How to Make a Happy School event involved Year Six pupils from Gillingham's Skinner Street Primary School and Brompton-Westbrook Primary School. The pupils first visited the University’s Canterbury campus, where they learned about the science of happiness, explored what makes people happy and how happiness is a ‘superpower’. They then created their own survey to find out what makes people happy in their school happy. Back at the school, they conducted their own research, questioning other children and some teachers across the school.

In one school the ‘5 F’s’ were clear frontrunners for happiness: Fish and chips, Fridays, Friends, Family and Fun. The pupils then got creative and made their own happiness superhero.

Dr Lindsey Cameron, a child development specialist at the University’s School of Psychology and the events’ organiser, said: ‘A 2007 UNICEF survey placed Britain near the bottom of league tables for young people's well-being. And happiness is an important part of well-being. We need to find out what makes young people happy, and who better to investigate this than young people themselves. This event was all about raising young people’s awareness of the things that are really important for their happiness, as well as giving them the opportunity to experience a day at the University campus, learn important research skills, and learn about the science of happiness.’

Claire Ward, assistant headteacher at Skinner Street Primary School, described the event as enjoyable and said: “Our pupils certainly benefit from opportunities to learn in different situations and they loved the visit to the University’s Canterbury campus. It has really ignited some of their imaginations and several are planning a future which involves the University. Their superhero mascot now has pride of place in the school hall and we are looking forward to adding further work to his/her ‘happy book’.”

These events were part of the Economic and Social Research Council’s Social Science Festival 2011. Further information is available at: www.esrc.ac.uk/news-and-events/
**Alumni ESRC Project on Tiredness**

Dr Daniel Frings completed a PhD in Social Psychology at the University of Kent in 2007 and was supervised by Professor Dominic Abrams. This year, the Economic & Social Research Council have highlighted his research project ‘Can groups stave off fatigue?’ The effects of group monitoring upon fatigue induced cognitive impairment’ on their website: http://bit.ly/tx3bBQ

Daniel, now working at London South Bank University, won the grant of £21,791 to conduct this research between August 2009 and February 2011. As Kent Psychology alumni we would like to congratulate Daniel on his successes and wish him all the best for the future.

If you are interested in an academic career, our Masters and Doctorates will afford you with opportunities. We offer the following taught and research degrees:

- **MSc in Cognitive Psychology**
- **MSc in Forensic Psychology** (Kent Graduates are guaranteed an interview for this course)
- **MSc in Group Processes and Intergroup Relations**
- **MSc in Research Methods in Psychology**
- **MSc in Social and Applied Psychology**
- **MSc in Psychology by Research** - one-year course built around the topic of your choosing within the expertise of a suitable supervisor from the School.
- **PhD’s in Psychology** - for ideas on your own research proposal, please go to: www.kent.ac.uk/psychology/phd/research.html

For information on why you should study postgraduate Psychology at Kent, please go to: www.kent.ac.uk/psychology/why-pg.html.

Also, don’t forget that 2012 Kent Graduates who register for a postgraduate degree at Kent by 1 October 2012 are automatically awarded a £1,000 scholarship. There is no need to make a separate application. The funding will be provided to all eligible 2012 graduates on registration. For more info go to: www.kent.ac.uk/scholarships/postgraduate/gradschool.html

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**Psychology Society Wins National Accreditation**

The Psychology Society this month was awarded with the RBS Enterprising Student Societies Accreditation (ESSA) for its achievements this year. The society has seen a 122 member increase this year so far and successfully attracted a new principle sponsor; Psicon – a clinical psychology practice based in Canterbury.

Society President James Findon puts this year’s success down to the hard work of the committee and a renewed focus on membership satisfaction. “Winning this accreditation sums up the progress we have made this year in providing a better experience for all our members, giving them opportunities for training, volunteering and networking” he said.

The award comes in the same week the society announced its new website; www.ukcpsychsoc.co.uk and partnership with KentYouth, a regional charity which supports youth work across Kent. KentYouth will be supporting the society establish the Autism Buddy Scheme. Membership to the society remains at £3, payable at the Mandela building or via the website.

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**Shoebox & Movember Success**

After last year’s success, Associate Lecturer and PhD student, Nicola Abbott, invited the School of Psychology to get involved in Operation Christmas Child this month. In total, thirty one shoeboxes filled with gifts were donated to underprivileged children all over the world. Well done to everyone who contributed to this worthy cause!

Andrew Russ and the PSYCHMOS, Jason Marshall and Stephen Loughnan, also donned moustaches for the whole of Movember. Well done for sticking it out!

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**Employability Pages**

Check out the Employability Pages on the School website. You can find out about the different careers directions Kent Psychology alumni have taken, including:

- Elizabeth Siddell who is working as a Psychological Wellbeing Practitioner.
- Senior Forensic Psychologist in the East of England, Caroline Hare.
- Plus Paul, Police Office in the Metropolitan Police.

For details on how we can improve your prospects and other resources to enhance your employability, go to: www.kent.ac.uk/psychology/graduateprospects/index.html

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**Student Prizes**

The School of Psychology would like to congratulate a number of its students for winning prizes in recognition of their accomplishments.

Well done to Maria Gallagher and Narjess Al Alawi who won the Rotary Prize 2011 for outstanding performances in the Stage One Examinations.

Well done to Heather Rolfe and Sabrina Pearson for winning the Faculty Prize 2011. Heather and Sabrina were also awarded for exceptional performances in the Stage One Examinations.

To all Kent Psychology students - keep up the hard work!
Congratulations to Rose Meleady who has been awarded £1,884 by the ESRC for an Overseas Institutional Visit to visit Washington State University in February 2012 for six weeks.

Congratulations to Heather Ferguson firstly for successfully obtaining £614 from the ESRC National Centre for Research Methods to support her attendance at the 14th EEG Lab Workshop from 22-25 September 2011 in Mallorca. We also congratulate Heather on being awarded £2,000 by Experimental Psychology Society for a project entitled “Examining the time-course of brain responses to factual and counterfactual alternatives”. Lastly we would like to congratulate Heather on her nomination for a Tobii EyeTrack award. The annual EyeTrackAwards recognizes research and projects that have generated new knowledge and insights by using eye tracking technology.” Heather was nominated for a paper that was published earlier this year in the journal Cognition. There were 24 nominations, and the winner will be announced at the end of 2011/ beginning of 2012.

Congratulations to Mike Forrester who has been awarded another £2,000 by the Social Sciences & Humanities Research Council of Canada for a project entitled “Advanced Interdisciplinary Research in Psychology, Crime and Law”. This brings the total award to $5,000.

Congratulations to Theresa Gannon who will take up the position of managing editor of the journal ‘Psychology Crime and Law’ in the new year. This is wonderful news for the Centre for Research and Education in Forensic Psychology group at Kent who will now be linked to the administration of a key international journal. Psychology Crime and Law is the official publication for the European Association of Psychology and Law.


Kent Psychologists in the Media

Karen Douglas and her team were featured in The Independent in November for their research on conspiracy theories. Karen is one of the UK experts on this topic and recently presented her work at a conspiracy conference organised by the British Humanist Association. Check out the article at: http://ind.pn/vhUwmK
Welcome Week 2011
Welcome Week seems quite some time ago now but we hope that your student experience from that point on has been special.

For Lauren Merritt, Hayley O’Keefe, Helen Pearson, Natalie Seaman and Fabienne Roche, Psychology at Kent got off to a great start when they received gift certificates for successful completion of the various activities included in their Library Induction. Below, Dr Joachim Stoeber (Head of School) and Dr Dinkar Sharma (Director of Learning and Teaching) presented the prizes.

Students and staff were also able to meet and greet in the sunshine at the annual BBQ after teams of new students took to campus for a treasure hunt activity which gave them a great opportunity to work together and familiarise themselves with campus.

In addition to the academic and social events organised across the University and in the department, students were also expected to attend important induction talks by the Head of School, the Student Advisor, the Director of Learning and Teaching relating to their stage one modules. They also met the Psychology Society, had a tour of the School and were given an introduction to the School’s IT provision.

Need Help/Advice?
If you have any personal or academic issues that may affect your ability to study you can talk to Lisa Clark, Student Advisor for Psychology.

Please email her at: psychadvisor@kent.ac.uk

There is a range of services available to all Kent students including the following:

- Careers Advisory Service
- Disability and Dyslexia Support Service
- International Students
- Counselling
- Chaplaincy
- Medical
- Plus many more...

You can find more out about Student Services from the following webpage:

www.kent.ac.uk/guidance/

Any Suggestions?
If you have any comments or suggestions for the staff in the School of Psychology, then you can feed these back to us by using our suggestions box located outside the Psychology Student Office (Keynes M1.13).

You + Me = ‘Them’ or ‘Us’

On the 15th September Dr Lindsey Cameron’s ‘Big Lottery’ funded Tackling Racism project, conducted in collaboration with Rights and Equality Sandwell, came to an end, and was celebrated with an event at The Hawthorns, West Bromwich Football Ground. Dr Cameron shared the findings from the project, which included the views of over 1800 pupils from Secondary schools in the West Midlands. Local practitioners and school pupils also saw an emotive drama performance by Recre8, and heard about the experiences of guest speaker, footballer Brendan Batson. The project culminated in the creation of www.tackling-racism.co.uk, a web-based toolkit for teachers and children.

L-R: Sally Palmer (Research Assistant), Brendan Batson, Dr Lindsey Cameron (Project Investigator), Belinda Blake.

Staff-Student Christmas Party

The Head of School would like to invite all staff, postgraduate and undergraduate students to this year’s Christmas Party!

In previous years, this annual party has been a big event as an occasion for students and staff to unwind together after all the hard work of the term.

The party will be in K-Bar on Friday 9th December from 7pm. We hope to see you there!

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