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This issue begins with the **faculty news** to keep you updated with what's happening within the school, including information on the latest School updates and developments, such as the **Psychology School page, funded staff-student impact projects, and personal tutoring scheme**. Before leading onto a special thank you to everyone who nominated Psychology lecturers Kieron and Lucy to receive the award for the first edition of the student-led awards.

Next, a quick reminder that the **Annual Student Conference** and **virtual careers and employability event** return this year and details on how to get involved with those events. We introduce our new assistant lecturers for our next feature, and if you missed the **SPARKindness: Mental Health Awareness Week**, we present all the recordings on the well-being and mental health sessions for you to watch at any time.

Following this, a call for any readers that are gamers to take part in a short survey to contribute towards **Matt Copeman's Ph.D. research study**. Next up, we have a thought-provoking student article from BSc Psychology student **Harrison Ragnarsson** uncovering the **dark side of social media**. Get to know programme team leader and multiple cat owner, **Anthony Thompson**, on a deeper level in the **staff profile feature**, and finally closing the section with this issue's career spotlight, which examines the role of a **speech and language therapist**.

In the **Community** section, read more about the students' personal accomplishments and a range of exciting student opportunities, including schemes such as volunteer research assistants, volunteer peer guides, volunteering for staff-student projects, and winning free pizza for the day!

Inform yourself of the **new distance learning structure calendar** before the next teaching term and where to go to access the services offered by Arden, whether for pastoral or academic support, if you should need it. Be sure to check out the mental health resource to prioritise your mental health and well-being to maintain focus during your studies. Before rounding off the issue with various **careers sessions** running through July with our fantastic careers team and details of live **BPS events** covering social science topics in a range of areas to add to your calendar.

Emily Blakemore

Psychology Experimental Officer

STUDENT COMMUNITY

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Dates For Your Diary



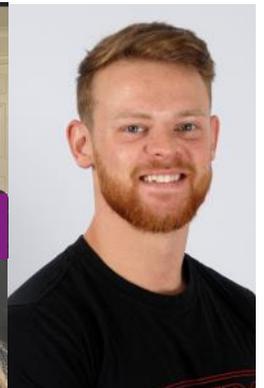
WELCOMES

We warmly welcome new members to the team and celebrate internal promotions within the School:

- ◆ **Karina Hanson** (Lecturer)
- ◆ **Teresa Sofia Gomes Arrulo-Clarke** (Assistant Lecturer)
- ◆ **Emily Makosch** (Faculty Administrator)
- ◆ **Ashleigh Johnstone** (Assistant Lecturer)
- ◆ **Sorcha Newby** (Assistant Lecturer)
- ◆ **Bethany Wainwright** (Assistant Lecturer)
- ◆ **Gavin May** (former Associate Lecturer promoted into assistant Lecturer)
- ◆ **Emma Winlow** (Head Of Criminal Justice)
- ◆ **Shannon DeBlasio** (Lecturer promoted into Senior Lecturer)
- ◆ **Maleeha Mossa** (Lecturer)
- ◆ **Dean Marshall** (Lecturer)



Bethany
Wainwright



Dean Marshall



Emma Winlow



Sorcha Newby



Ashleigh Johnstone



Teresa Sofia Gomes
Arrulo-Clarke



Emily Makosch

CONGRATULATIONS

Congratulations to Ashleigh Johnstone who has written a piece for Times Higher Education on amplifying the reach of research papers. You can read the article here:

<https://www.timeshighereducation.com/campus/how-be-proactive-when-amplifying-research-papers>

Nicola Holt has released a new issue of the *Arts and Health* journal (as Chief Editor). It includes some interesting research and systematic reviews, on topics such as photography and mental distress, community arts and mental health, the use of arts interventions in the context of migration and dementia, etc. Feel free to explore!

<https://www.tandfonline.com/toc/rahe20/current>

Massive Congratulations to **Alkistis Karagounis** for completing her PGCHE qualification and receiving a Distinction.



Massive congratulations to **Konstantinos Arfanis** for achieving his Fellowship of the Higher Education Academy (HEA) accomplishment.

SCHOOL DEVELOPMENTS

PSYCHOLOGY SCHOOL

WELCOME!



Have you seen our new Psychology School page?

If you haven't visited it yet, we now have a central page for the Psychology School and Psychology related courses which is regularly updated with events and useful information. This page contains all the induction information you will need when starting your degree and access to other additional support and resources throughout your learning journey, including well-being resources, student opportunities, employability, and much more!

You can access it by clicking below:

[Course: Psychology \(rdi.co.uk\)](https://rdi.co.uk)

We are excited to announce that a number of funded staff student impact proposals were approved to be developed. These were:

- **Preparing to Start Your Course (P-SYC) Project**
- **Volunteer Student Research Methods Tutors**
- **SPARKindness committee Faculty Wide Staff and Student Wellbeing Project**

These projects are still in the early stages, but we will be able to update you on their progress and provide opportunities to get involved with them very soon—watch this space!

MSc Business Psychology programme is now ABP accredited! **Well done** to those who informed and contributed towards this development.

The School of Criminal Justice in the Faculty of Social Sciences has recently been launched led by Dr Emma Winlow as the Head of School.

Student-led Award Winners

Massive congratulations to **Lucy** and **Kieron** from the Psychology team, who were the first winners of the student-led awards voted by you! We spoke to our winners, who shared insight into their passion for teaching:



“Thank you to everyone who voted for me, I was absolutely thrilled and honoured to receive the award for providing the best support to students! I love my job and supporting students is the most important and fulfilling part of it.”

Lucy Anacleto, Winner of the Student Support by a Member of Academic Staff Award

“Being recognised for the work you do is always lovely, especially so when it is a student-led award. It sounds cliché but it is a team effort – so I look forward to seeing more awards coming home to team Psychology in the future!”

Kieron Oakland, Winner of the Innovative Teaching Award

Personal Tutoring Team (PPT)



Your Psychology Personal Tutoring (PPT) team is your first point of contact for Psychology-specific professional development. They are here to guide you in making the most of your University experience and to help you achieve your goals.

The support they provide includes consolidating key employability skills, promoting continuous growth, and practicing future-focused reflection relevant to your Psychology degree. This support is designed to complement the university-wide services already available to you (which can be found here). You can schedule online one-to-one appointments with any of our PPTs via iLearn and email the PPT team if you have any questions about the team and/or the PPT system via psychpts@arden.ac.uk.

We hope you are looking forward to meeting the PPT team – they certainly are looking forward to meeting you!

Annual Student Conference 2022: Expressions of Interest

The Annual Student Conference is anticipated to be a week-long event comprising of student-led talks on a variety of topics from sharing study tips, career advice, dissertation research and topics/subjects within the course that you are passionate about.

Please complete this registration form to express your interest in speaking or reserve your place at the conference if you wish to attend only:

<https://teams.microsoft.com/join/registration/dHXzslIaKECfIWotkcUyfg.6z4MJsg1YU-R7KqxDhUFjA.C06GJuNENU-E6PTIRAN-gQ.Aw1jQfZMdUS4zgig0jDzKg.Pvgv-tJeukixLhdf5aUcvQ.9hm18ZwKHkWuqVtMiZNDkw?mode=read&tenantId=b0f37574-1a82-4028-9f21-6a1391c5327e>

If you would like any more information about the Annual Student Conference please contact me directly via athompson@arden.ac.uk.

We're looking forward to seeing you there!

Kind regards,
Anthony



Meet the new Assistant Lecturers! (Part 1)



Who are you and what is your role at AU? I'm **Ashleigh Johnstone**. I'm currently working on level 4 Intro to Research Methods and Intro to Bio and Cog Psych, as well as level 7 Cognitive Psychology. I'm also working on the psychology personal tutor project helping students with their professional development.

Main research interests/areas? I'm a cognitive psychologist with an interest in whether we can improve cognitive functions such as attention, through martial arts practice and other activities.

What do you do in your spare time? I spend a lot of time playing with my dog, Blue, on the beach! I'm also a big fan of baking and playing on the PS5.

If you had to choose just one, what is your favourite food? Potatoes! They're so versatile and you can do so many things with them - is that cheating?!

If you could live anywhere, where would it be?

I think I'd stay in Anglesey, I love being so close to the sea and having access to loads of beaches. It's a really pretty place and I love it!

Who are you and what is your role at AU? My name is **Bethany Wainwright**. I support with Introduction to Studying Psychology, Introduction to Social and Developmental Psychology and Advanced Research Methods modules. I am also part of the Psychology Personal Tutoring team and a member of the SPARKindness Committee.

Main research interests/areas? I completed my PhD in Developmental Psychology at Lancaster University in 2020. My research interests include how typically developing children and autistic children learn from and engage with interactive technologies, such as iPads.

What do you do in your spare time? In my spare time I play the piano and enjoy long walks in the North Wales countryside with my partner and my Miniature Goldendoodle, Bailey!

If you had to choose just one, what is your favourite food? Definitely pancakes, I have a sweet tooth!

If you could live anywhere, where would it be? The Lake District - I have fond memories of childhood holidays here!



Who are you and what is your role at AU? Hi! My name is **Teresa Gomes Arrulo-Clarke**. I support 3 modules (Introduction to Research Methods – Level 4, Research Methods – Level 7, and Advanced Research Project – Level 7), co-lead (alongside a brilliant team of Assistant Lecturers) the Psychology Personal Tutoring (PPT) scheme, and support the Preparing to Start Your Course (PSYC) project (a new and exciting initiative led by Ella Hatton).

Main research interests/areas? I'm a researcher in "dark" personality traits, stereotypically aversive music genres, stress/well-being, and gender bias in mainstream music videos. My PhD thesis combined a few different Psychology areas - Personality, Music Psychology, Experimental Psychology, and Stress/Well-being - and it predominantly investigated the benefits of narcissism and hip-hop/rap in the context of stress.

What do you do in your spare time? In my spare time, I love travelling whenever possible, but when at home, I enjoy having a nice meal and binge-watching a good series (I might or might not have way too many streaming platform subscriptions!). On the creative side of things, I enjoy singing, song writing, and recording music with my husband.

If you had to choose just one, what is your favourite food? I am an absolute foodie so this is a really tough question, but if I really had to choose just one ... I'd say cheese!

If you could live anywhere, where would it be? I would probably live somewhere warm, by the beach but not too far from a vibrant, lively city so potentially Miami, LA, or Lisbon (where I'm originally from).

SPARKindness: Mental Health Awareness Week Recordings



SPARKindness Mental Health Awareness Week Recordings



MONDAY

Welcome to SPARKindness Mental Health Awareness Week!

<https://bit.ly/37YXfMz>

Self-compassion in Remote studying

<https://bit.ly/3Nq745i>

Susanna Colette-Jones: Practical Skills Session of breathwork techniques

<https://bit.ly/3PuWZ8T>

Pragya Modi: Loneliness when remote working and burnout

<https://bit.ly/37Z3DU1>

Dr Sophie Ward: Student Wellbeing and Mental health

<https://bit.ly/3Pqs2CV>

Practical skills session: Mindfulness well-being session

<https://bit.ly/3G3sB0X>

Alicia Hughes: Mental Health and Identity

<https://bit.ly/3vTSbUu>

TUESDAY

Lauren Kinch: Mental health and Imaginary companions

<https://bit.ly/3sLERxE>

MHAW Podcast series: 'Clinical careers in Well-being'

<https://bit.ly/3t7E18f>

Dr Penny Hyams: Loneliness in parenting a child with a Neurodevelopmental Disorder

<https://bit.ly/3wsxJbZ>

Nicola Holt: The effect of social prescribing on loneliness

<https://bit.ly/3Mzkh1P>

Practical skills session: Acceptance and commitment session

<https://bit.ly/3wuHo1L>

WEDNESDAY

Matthew Barker: Practical skills session of Yoga and Meditation

<https://bit.ly/3a4qiVh>

Practical Skills session of 5 ways to wellbeing

<https://bit.ly/3LnTzkV>

Susanna Colette-Jones: Practical Skills session of Creativity

<https://bit.ly/3PxfEkK>

MHAW Podcast series: 'The biopsychosocial impact of loneliness in the context of well-being'

<https://bit.ly/3PxxOfN>

Teresa Arrulo-Clarke: Finding comfort in unusual places: Hip-hop/rap in the context of Wellbeing

<https://bit.ly/3wG6Y2J>

THURSDAY

Practical Skills session of Positive psychology for well-being

<https://bit.ly/3LuGLcF>

Fawn Lavina Hunkins-Beckford: How we can learn from the disabled community how to better manage isolation

<https://bit.ly/3lsuPxx>

Ioanna Siomou: Social interactions while remote working and studying

<https://bit.ly/37XRrTm>



togetherall

FRIDAY

Paul Chinn: Mental health stigma and loneliness amongst people with mental health challenges

<https://bit.ly/3wWbg6f>

Dr Leanne Rowlands: Loneliness and social isolation in chronic traumatic brain injury

<https://bit.ly/3wHhoPx>

Tom Hatton: Loneliness in Sport

<https://bit.ly/3wITumS>

Emma Owen: Loneliness and neurodiversity

<https://bit.ly/3G2hdSV>

PhD Podcast series: 'MHAW and combatting loneliness while studying for PhDs'

<https://bit.ly/3sOeYxh>

Extra mental health and well-being resources can be found on the Psychology School page on ILearn located on the 'Well-being and Community' tab.



DO YOU PLAY GAMES?

I NEED YOUR HELP!

HELP CONTRIBUTE TO PSYCHOLOGICAL RESEARCH TODAY

A close-up photograph of a person's hands holding a smartphone. The screen of the phone displays several characters from the game Angry Birds, including a yellow bird, a red bird, and a white bird. The background of the phone screen is dark with some colorful elements.

ANSWER
A SHORT
QUESTIONNAIRE!
(CLICK THE LINK ABOVE!)

Matt Copeman, is currently recruiting for his first PhD study, and is looking for anyone who plays any type of video games to answer a short questionnaire.

It should take around 20 minutes to complete, and you will be helping to aid in understanding how video games can help mental health. You can go to the questionnaire by following the link here: <https://bit.ly/3HtFzFZ>

If you have any questions you can contact Matt at mcopeman@arden.ac.uk

The Dark Side of Social Media

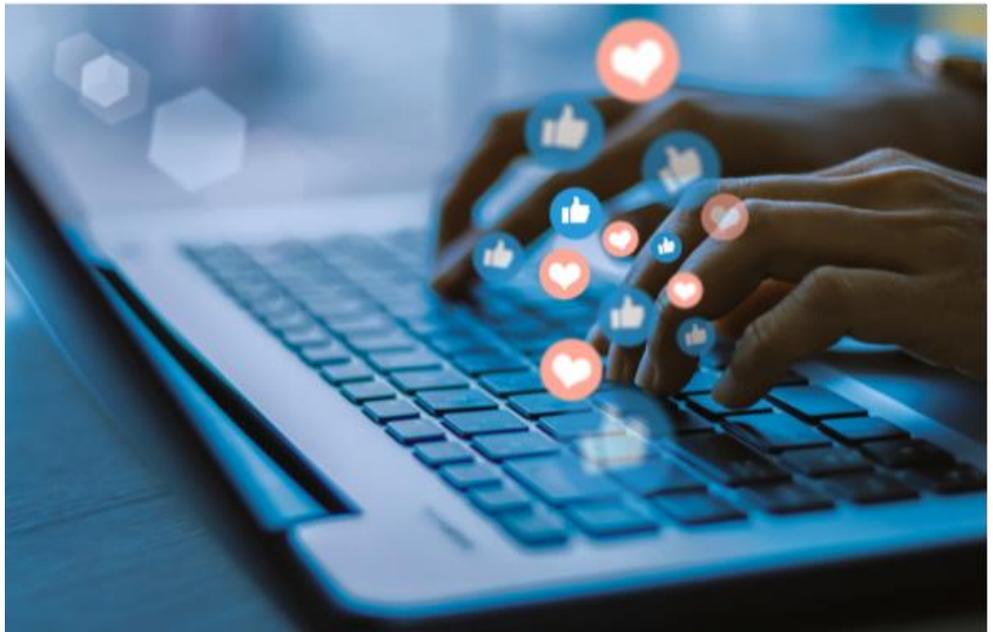
Harrison Ragnarsson, BSc Psychology



In a world consumed by smart phones and computers, social media has become one of the most widely used platforms in the modern age. It has revolutionized the way we communicate, enabling the free exchange of ideas and information. Gone are the days of writing letters, borrowing books from the public library, or making jokes without referencing the internet. However, social media is not without its dark side. Take the following scenario, for example:

"Natalie Evans was seated at the dinner table, seized with panic as she rushed to complete her assignment. The hour was late. The clock was ticking, and her assignment was due tomorrow morning. *Come on, she thought. You can do this. One more paragraph and ...* Natalie's phone made a loud ding. The screen lit up—one new message.

Natalie's heart skipped a beat. *A new message!* Without hesitation, she leapt across the table, and knocked over a cup. Water splashed across her notebook. Broken glass littered the floor, but Natalie didn't care. Why should she? Adrenaline coursed through her veins ... and the world around her became a non-existent blur. At long last, she picked up the phone, and just as her dopamine levels began to rise, her mother entered the room.



"Goodness me!" Mrs. Evans crossed her arms. "What on earth is going on in here?"

Natalie ignored the question. Every fibre of her being was consumed by the urge to check her messages. Quick as lightning, she punched in her password and ... Mrs. Evans snatched the phone from her daughter's hands. Natalie looked up, and her dopamine levels plummeted. "Stop! What are you doing?"

Mrs. Evans wagged her finger from side to side. "Don't take that tone with me, young lady! You've been on your phone all day and night. At this point, you practically live on social media. You hardly eat. You hardly sleep. Your grades have gone down. You've stopped paying attention in class. Honestly, it's like you're addicted."

This, of course, begs the question: what is addiction? Addic-

tion is a compulsive need to consume substances, or behave in certain ways, regardless of the consequences (Marilyn, 2015). Psychologically, this process develops in response to addictive behaviours and repetitive substance-abuse, where the brain's reward system is conditioned to think that it requires a drug or an activity in order to function (Koob & Simon, 2010). Social media give us a fast and efficient way of meeting our psychological needs. However, a person addicted to social media may develop a false sense of security and love, which normalizes their compulsive behaviours. Moreover, evidence suggests that social media lowers self-esteem by causing people to think that their lives are worse off than other users (Vogel et al., 2014). As a result, individuals may create online profiles that do not accurately reflect who they are as people.

As reported by the Guardian in 2017, Chamath Palihapitiya, a former Facebook executive, admitted, “I feel tremendous guilt. It literally is a point now where I think we have created tools that are ripping apart the social fabric of how society works.” Palihapitiya later asserted, “the short-term, dopamine-driven feedback loops that we have created are destroying how society works.”

There is some evidence to support these statements. For instance, one study found that 80% of speech on social media platforms is related to how individuals think and feel about themselves (Tamir & Mitchell, 2012). This was shown to cause the release of dopamine—a neurotransmitter responsible for bringing pleasure to the body. However, addiction can reduce dopamine receptors, and force social media users to increase their consumption to obtain pleasure. However, addiction is

only one of many conditions that have been linked to social media, including depression, anxiety, loneliness, body dysmorphia, and ADHD (Kuss & Griffiths, 2017).

These problems may seem concerning combined, but having explored the dark side of social media, it may be worth considering the benefits. For example, platforms such as Facebook and Twitter have enabled us to connect with people, no matter where they are in the world. For most of human history, people have been separated by geography and a lack of technology. But with the rise of social media, people finally have the freedom to exchange a wealth of knowledge and cultural differences. Within a matter of seconds, business can promote their products through online marketing; money can be raised for those who desperately need it; and social advocates can bring awareness to key issues, such as mental health, domestic violence,

disease, war, and natural disasters.

In conclusion, social media has become the town hall of the modern age, and a major extension of our lives. However, as evidence suggests, social media has negatively impacted people’s mental health, and—to some degree—damaged the fabric of our society. By taking these factors into account, mental health professionals could formulate strategies that decrease the harmful effects of social media, and maximize the benefits.



Getting to know the Psychology team: Anthony Thompson



Can you summarise who you are and your role at AU?

Hello! I'm Anthony, Programme Leader for the MSc Psychology programme at Arden University. If you're studying for your MSc in Psychology, you'll likely see my face pop up at various points including induction, coffee mornings and also the dissertation module. I'm on hand to support you across your learning journey and if you have any ideas or projects that you'd like to run ...or if you just want to say hi then please do drop me an email!

Within the Psychology team...I'm one of the few cat owners. As such, you'll likely see *their* faces pop up

at various points including induction, coffee mornings and the dissertation module too! Outside of work you can probably find me either listening to music, reading, or watching Netflix. I've recently taken up Archery, but it would be a stretch to call me an archer!

Can you tell the readers about your main research interests?

My background is within Occupational and Business Psychology. I tailored my undergraduate dissertation to exploring the impact of unemployment on individual well-being and then pursued an MSc in Occupational Psychology. As part of my masters dissertation I developed a new psychometric test to measure team role preferences, which went on to win a national award! Towards the end of my masters degree I set up my own independent consultancy where I worked with organisations to guide and support their recruitment and selection strategies. Since then, I have completed my PhD which used arts-based co-creation methods to design and develop a digital tool to support employee physical activity and reduce sedentary behaviour. As you can see I have a wide range of interests in Business Psychology and that's the thing I love most about it – it's a career path where you can move around and follow your interests

more easily than in some other disciplines!

If you had to choose just one, what is your favourite academic experience?

For me, it would be travelling around Poland, Lithuania and Romania delivering psychology lectures to students who are at the point of choosing which university and degree they would like to pursue. It was so amazing to work with such talented and amazing students and share how awesome Psychology can be as a career.

What is your favourite thing about being part of AU?

For me, it's being able to work in a University where lecturers and students can co-create the learning experience. I've been in the lucky position of working on the student conference and have had the opportunity to hear about the amazing knowledge and experience that Psychology students bring the programmes and was blown away by the quality of the talks that were delivered. It really feels like a learning community where everyone can contribute and share.

Virtual Career and Employability Event: 2022



September sees the return of the Social Sciences Employability Event which had huge success last year. It will take place the week commencing 19th September until the 23rd and the sessions included will cover Psychology, Criminology, Sociology, Policing and Law.

We would love to hear your feedback on what you would like to see at this event! You can share your ideas and suggestions in this form: <https://forms.office.com/r/pKGzYuvTTs>

We're looking forward to hearing your thoughts on how we can make this event as helpful as possible. See the below flyer for more information on the event!



Faculty of Social Science: Virtual Career and Employability Event



After the success of last year's event, September sees the return of the Faculty of Social Sciences:

Careers and Employability Event

A week-long event presenting a broad range of **graduate, employment, and volunteer** talks designed to help students improve themselves professionally and their career prospects. The sessions will cover **Psychology, Criminology, Sociology, Policing and Law**, as well as those tips and tricks when CV writing through to the interview. Throughout the week, we will showcase the paths your career can take after completing your degree and the essential skills needed to secure your chosen future career!

19th - 23rd September

If you are interested in providing input into the organisation of the event or would like to hear more information, please contact the co-lead organisers, **Leanne Rowlands** (lrowlands@arden.ac.uk) or **Ashleigh Johnstone** (ajohnstone@arden.ac.uk).






If you missed last year's **Virtual career and employment event**, you can access all the recordings with timestamps by visiting the *'Employability & Professional Development'* tab located on the Psychology School page in iLearn.

This tab will be regularly updated with the latest careers event and opportunities, so please do check it out for support on how to be better prepared for your next steps after you complete your studies. The careers team often host events and useful careers talks to help you secure your chosen profession.

You can access it by clicking on this link: [Course: Psychology, Topic: Employability & Professional Development \(rdi.co.uk\)](https://rdi.co.uk).

Career in Focus:

Speech and Language Therapist



What is the role of a Speech and Language Therapist?

A **speech and language therapist (SLT)** provides support and treatments to a variety of individuals with speech, language, communication, and swallowing difficulties. An SLT typically functions as part of a multidisciplinary team of health professionals to support a vast range of clients ages ranging from babies to elderly individuals to treat various conditions, such as acquired disorders, injury, language delays, etc. You will often need to liaise with other professionals such as teachers, nurses, occupational therapists, and doctors in various settings to develop and administer personalised treatment programmes to clients individually or collectively in a group.

The responsibilities of an SLT differ depending on the client and the condition they are trying to treat. Through identification, assessment, and moni-

toring progression, SLTs devise and deliver suitable treatment programmes tailored to the clients' needs to enable them to improve as much as possible. These programmes often involve repetitive exercises to aid clients with memorising, processing, and retaining information. With experience, there are opportunities to practice as a private SLT or become self-employed and take on freelance work.

What is the relevance of my Arden degree?

The knowledge obtained from the BPS accredited Psychology degree provides you with a full understanding of language development and the aspects of Psychology relevant to this profession. The essential skills acquired from a Psychology degree that align with the responsibilities of an SLT include:

- Ability to assess the clients' specific needs to devise and tailor treatment programmes to respond to them
- Strong listening and communication skills to build trust with clients
- Creativity and problem-solving skills
- Excellent organisation skills

- The ability to be patient as progress can often be slow

How do I become a SLT?

Following your BSc degree, the first step to becoming an SLT is to complete a postgraduate course approved by the Health & Care Professions Council (HCPC) in speech and language therapy.

Training courses can be competitive, so when applying, it is essential to demonstrate an understanding of an SLT's role, and relevant work experience is beneficial to gain a place on a course. It is advisable to gain work experience in the area by arranging to observe a session at a local speech and language therapy service or working as an SLT assistant shadowing a qualified SLT.

Postgraduate courses usually take two years, and the entry requirements to secure a place on a course vary from the course provider. A full list of approved courses can be found on the Royal College of Speech and Language Therapists (RCSLT) website ([Royal College of Speech and Language Therapists \(RCSLT\)](https://www.rcslt.org)). During postgraduate studies, pre-registered students are eligible to receive non-repayable funding support of at least £5,000 per year. For more details, visit the [NHS Learning Support Fund](#).

Following the completion of an approved postgraduate qualification will make you eligible to register with the HCPC permitting you to practice as a qualified **Speech and Language Therapist**.



STUDENT COMMUNITY

STUDENT OPPORTUNITIES



Volunteer
Peer Guides

Are you a Level 4 DL student? ✓
Would you like to connect with other DL students? ✓

Introducing **Volunteer Peer Guides (VPGs)**!

VPGs are Level 5 & 6 DL Psychology students who have volunteered to provide informal support and guidance to Level 4 DL Psychology students!

VPGs are informal peer points of contact. They can act in the capacity of a friend, to listen to study-related worries and questions, and direct you to further resources or information

We hope the VPGs help you feel more connected to your fellow students, and more supported with your study 😊

This is an exciting new pilot scheme being run exclusively in Psychology!

You can find more information about VPGs [HERE](#)

If you have questions, there is a dedicated forum for students [HERE](#)

Please make sure you have read the **handbook for students** before contacting your VPGs. You can contact VPGs via email. Please only contact **ONE** VPG at a time 😊



CONGRATULATIONS

Con-GRAD-ulations to all of our Social Science graduates!

Huge congratulations to all of our Social Science students who graduated this month. We are immensely proud of you all, and this graduation is a testament to your achievements. We hope you enjoyed celebrating your successes with family and friends wherever in the world you are! We wish you all the best with your career plans for the future! While the wings represent flying into your next career, please know that we will always be there to support you as part of our Alumni community or if you choose to further your education with us!



Spread your wings!

Take a photo at our Arden Wings

Tag us on Facebook, Twitter, Instagram or LinkedIn using the hashtag #ArdenGrad for your chance to win a £200 Amazon e-voucher*

*terms and conditions apply. Visit arden.ac.uk/terms for more information.

Student Community: News and Updates



Arden Best Performing Student Award

I am delighted to inform you have been selected at the Arden's Best Performing student for PG Class of 2022.

This is the award for the highest classification mark across the university.

Massive congratulations to MSc Psychology student, **Betty Mitch** for receiving the award for Arden's **Best Performing Student** for achieving the highest post-graduate classification mark across the University!

CELEBRATION

Congratulations to Finola Farrant, Emma Owen and our student neurodiversity network ambassadors: **Fawn Lavina Hunkins-Beckfield** and **Marta Sobilo** for collaborating on an article celebrating neurodiversity in Higher education. You can check out the article in the Psychologist here:

[Celebrating neurodiversity in Higher Education | The Psychologist \(bps.org.uk\)](https://www.bps.org.uk/celebrating-neurodiversity-in-higher-education-the-psychologist)

Emily Frezza who has recently completed her MSc degree has secured a place on a Educational Psychologist doctorate in Manchester— **congratulations Emily!**

ACADEMIC SKILLS

Visit the 'My study Skills' module in ILearn, for accessing resources and help to develop your skills. On this module, you can arrange 1-on-1s with our Academic skills tutors and book onto any of these sessions or workshops for academic support.

Don't Forget Your Academic Skills Team



Available six days a week (Monday - Saturday)



Evening and Weekend Slots available



Everything from **Critical Thinking** to **Referencing and Avoiding Plagiarism**



Bookable Academic Skills Workshops and **One-to-One appointments with an Academic Skills Tutor**

Contact



Library Portal

<https://library.arden.ac.uk/>



iLearn

<https://moodle.blrdi.co.uk/course/view.php?id=921>



Emails

study-skills@arden.ac.uk and libraries@arden.ac.uk



Blog

<https://library.arden.ac.uk/library-blog>



Twitter

[@LibraryArden](https://twitter.com/LibraryArden)



PSYC Student Volunteers

Preparing to Start Your Course (PSYC) – volunteers wanted!

The **Psychology school** is preparing a 'toolkit' for students who have accepted a place on a Psychology programme at Arden University, but have not started yet. This will be focused on preparing soon-to-be students for independent learning at Arden.



We are looking for **students to volunteer** to take part in focus groups, to help us to finalise what we should include. We would love to hear from diverse students from a range of backgrounds. This will take place over Zoom, but if you need any adjustments to this and want to take part, please feel free to tell us.

If you are interested in taking part, please email Ella Hatton (ehatton@arden.ac.uk) or Dr Anthony Thompson (athompson@arden.ac.uk)



Free Pizza for Distance Learners



Every month, one of our Study Centres will be randomly chosen each month to receive free Pizza for the day.

If you are a Distance Learner and live locally to the lucky centre of the month, you just need to head down to your study centre and claim yours by showing your student ID card at reception.

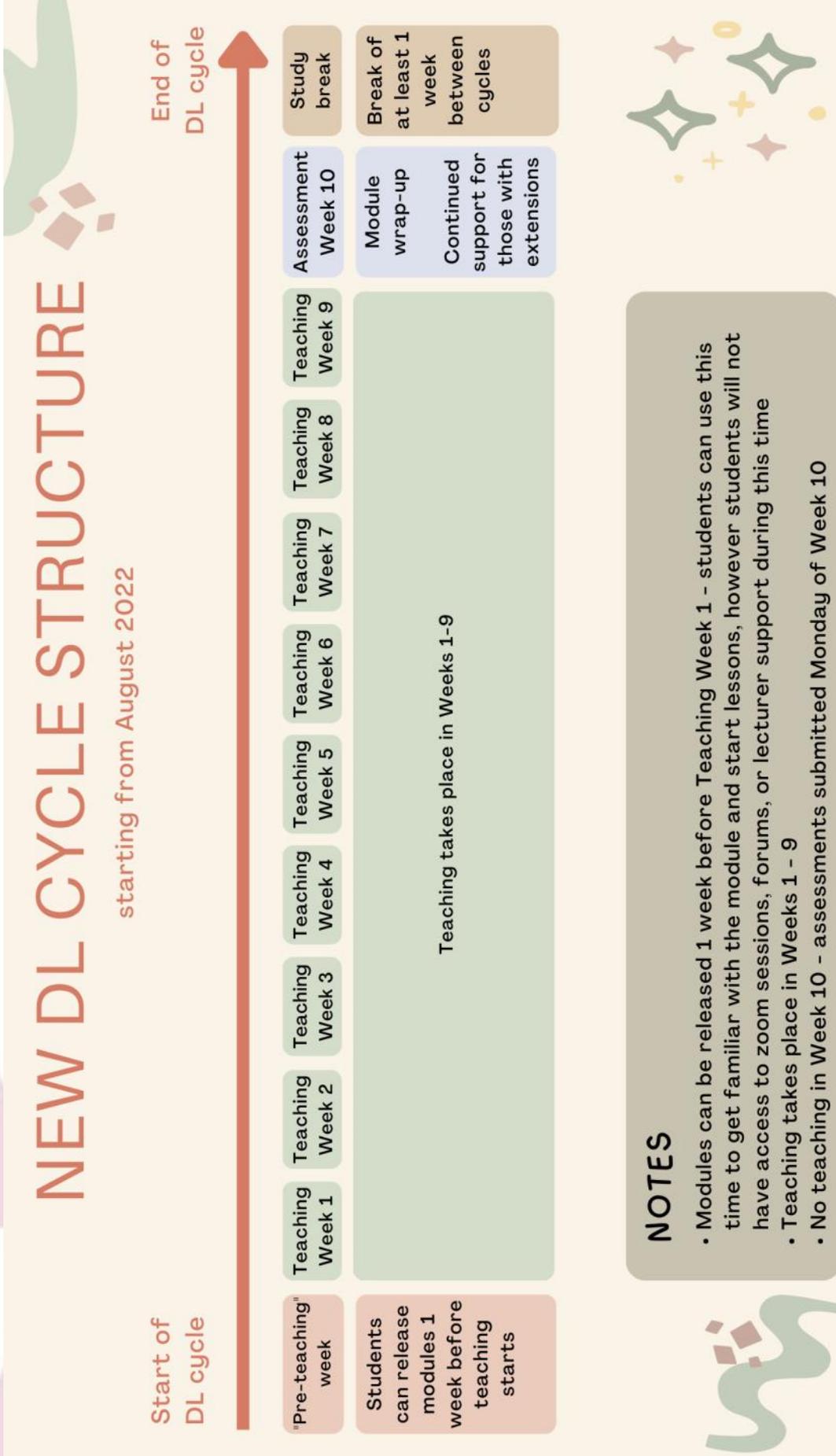
You can also follow the **Arden University Students' Association** Official Twitter Account to keep connected and informed with the latest updates!

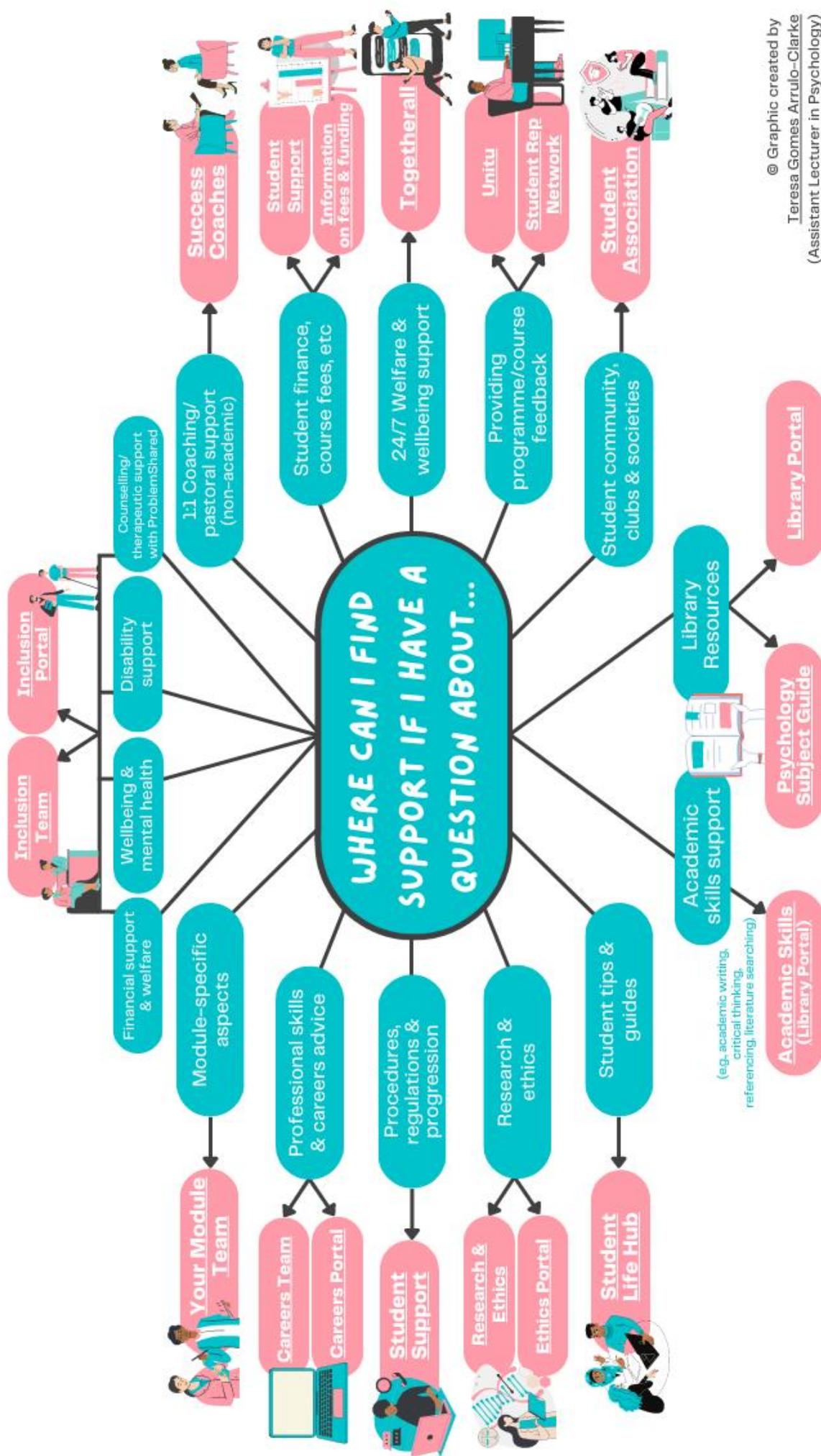


Arden University Students' Association

@ArdenStudents

New Distance Learning Structure





© Graphic created by
Teresa Gomes Arrulo-Clarke
(Assistant Lecturer in Psychology)

You will find the full version of the graphic with hyperlinks by visiting the top of the Psychology School page and clicking on the following link:

[Course: Psychology \(rdi.co.uk\)](https://rdi.co.uk)

If you are studying a Psychology related subject and you do not have access, please get in touch with your course corresponding programme team leader.

HOW TO STUDY EFFECTIVELY & SUPPORT YOUR MENTAL HEALTH



Communicate with Peers

- Make use of forums and other ways to connect with peers
- Find a sense of belonging
- Remind yourself you're not alone!

Set boundaries for yourself

- Assess your resources, energy, and time; say no when your plate is too full
- Set fixed times to work or study
- Take time out when you need to
- Be self-compassionate - don't be too hard on yourself!



Plan & Prioritise

What *needs* to stay on your "to do" list, and what can you let go? Which tasks are a priority, and which can be scheduled for another time?

- Plan ahead
- Take things one step at a time
- Break down each step in a project, so you can allot time for all of them
- Group similar tasks (such as by time), and do the quick ones first to give yourself a sense of accomplishment!
- Balance demand from different tasks; if you have a big study project coming up, don't take on other highly-demanding tasks at that time



Create a strong support system

Connect with people who will help and support you! Who can you reach out to for support?



HOW TO STUDY EFFECTIVELY & SUPPORT YOUR MENTAL HEALTH



Recognise burnout

What is burnout? Emotional, mental, and/or physical exhaustion resulting from prolonged stress

You may be experiencing burnout if you have:

- Fear of failure
- Lower self-confidence
- Decreased interest in work/study
- General tiredness & dissatisfaction
- Mental preoccupation with work/study

Make time for yourself

Do something you enjoy or that relaxes you. Here are some suggestions:

- Meditate
- Move your body
- Listen to music
- Try a new hobby
- Read something fun
- Catch up with friends and family



Extra resources if you need more help

- Arden University's Wellbeing & Inclusion portal: <https://inclusion.arden.ac.uk/>
- Book: *Allcott, G. (2019). How to be a productivity ninja.* (available on Perlego)
- Music: Try lofi hip hop or nature soundscapes on YouTube!
- Meditation apps: Calm or Headspace
- Planning: Todoist or Notion, Calendar app on email / phone



Careers & Employability July Sessions

For further details and to book onto Careers session visit the Careers Portal via ILearn and click the 'Book Events Tab.'

EVERY MONDAY, TUESDAY & THURSDAY

- CAREERS CHAT
- MOCK INTERVIEW BOOKING
- VARIOUS TIMES

EVERY

WEDNESDAY

CAREER PLANNING WITH A DISABILITY

DROP-INS

17:15 – 17:30 & 17:30 – 17:45

27/07

Arden achieve: what are future graduate jobs?

11:00—11:45

28/07

What can I do with my degree?

13:00—13:45

Graduate Options with a Psychology Degree Workshop Recording

Unsure how to navigate a career with your Psychology degree? In this fantastic workshop recording, our amazing careers consultants Cathy Hodgson and Sarah Warburton provide loads of tips and share resources on the many different pathways available to those with a Psychology degree, as well as practical tips on how to find jobs and using tools such as LinkedIn. This recording also has information about our alumni careers support, where even after you graduate Arden's careers team is still dedicated to supporting you with your future career.

For the recording and slides, please see the **Psychology School page**, under the 'Arden Careers Team' label (recording link is called 'Workshop Recording – Graduate Options with Psychology Degree') You can access it using the following link:

<https://moodle.bl.rdi.co.uk/course/view.php?id=3958§ion=9>

Dates for Your Diary



Faculty of Social Science:



🔍 Virtual Career and Employability Event ✕

19TH - 23RD SEPTEMBER



BPS Online Webinars

- ◆ **PsyPAG Conference 2022** — Wednesday 27th July—Thursday 28th July. This event is free of charge for Post Graduate Students if you enter the code 'POSTGRADDISC' in the promotional code box on the basket page then click 'update'
- ◆ **BPS North West and North East of England Branches Conference 2022**— 29th July - 10:00 am— 17:00 pm BST (see event for pricing information).
- ◆ **Psychology in the Community - Finding Forever in the moment**—05 September - 6:30 pm - 20:00 pm BST. This webinar is free for the public to attend but registration is required.
- **Expert Witness Conference 2022 -07 September**— 9:45 am - 16:45 pm BST. Registration is required but this event free for everyone to attend.

Use this link to read more information on BPS events and webinars: [Events | BPS](#).

Also, keep checking this [webpage](#) for all upcoming AU webinars as more get added!

Contributing to the next Newsletter

We would like to thank all contributors to this issue of the School of Psychology newsletter. If you would like to contribute to a following issue, please contact the editor at socialsciencenewsletter@arden.ac.uk for more information. Please also contact us if you would like a reference list for any of the articles in this issue. I look forward to hearing from you!