

Austin, Hannah

From: Psych-all-users <psych-all-users-bounces@listserv.csv.warwick.ac.uk> on behalf of HOD.Psychology Resource <HOD.Psychology@warwick.ac.uk>
Sent: 15 December 2023 09:44
To: psych-all-users
Subject: [Psych-all-users] Weekly Bulletin - 15/12/23
Attachments: WIE Network Newsletter - December 2023; ATT00001.txt



Department of Psychology – Weekly Bulletin: 15/12/23



Please send any information to hod.psychology@warwick.ac.uk you wish to share.
Each weekly bulletin will be shared every Friday – We hope you have a lovely weekend!

No 'In the Spotlight' this week.

Christmas Information!

- [Celebrating the Spirit of Togetherness this Christmas at The University of Warwick - Press Releases](#)
 - [Christmas at the University of Warwick](#)
 - [Christmas 2023 | Warwick Arts Centre](#)
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Latest Advance HE Newsletters / Insights

Insights and opportunities - December 2023

Good afternoon all,

Apologies for the long delay in generating this Advance HE Newsletters / Insights update. Unfortunately my workload over the last month has meant that I missed getting out a November update. Hopefully some of you will be receiving the emails directly from Advance HE, so this will not have impacted on you, but for those who do not I'm sorry for this delay. If you want to avoid this potentially occurring in the future, then you can sign up directly to Advance HE communications (where I receive most of this information from) [here](#).

I do hope that normal service will resume from now on, with the next update coming out mid-January 2024, following the holiday period closure. This does mean this this edition is also a bumper update!
As always, this Teams Channel is for wider sharing of information within the Gender Equality agenda and the Athena Swan Network and so please do feel free to post information and resources that you think will be of interest to the wider network here as well. Thank you.

For now I hope the information below is of interest to you, and as we are now at that time of year, I want to take this opportunity to wish you all happy holiday and a relaxing time off when we get there in the next few weeks. If we don't speak beforehand I will catch up with you all in the New Year.

All the best for now, Andy Johnson.

Newsletters and Bulletins:

- Link to Advance HE newsletters - [November 2023 newsletter](#)
- Link to Advance HE 'Governance Bulletin' - [November 2023 update 'Governance Bulletin'](#)
- Link to Advance HE 'In Partnership Bulletin' – [November 2023 'In Partnership Bulletin'](#)
- Link to Advance HE 'Member Benefit Update' – [November 2023 update](#)
- Update Advance HE's Insights Team - [Supporting you to understand and tackle equality, diversity and inclusion challenges at your institution](#)

Events, activities, and programmes:

- Latest leadership and management opportunities – [November 2023 update bulletin](#)
- Support for department heads - [Leading Departments Programme](#)
- Diversifying Leadership programme - [Limited space left book now!](#)
- Charter events - [2023-2024 programme now live on Advance HE Connect](#)
- Information on shaping your Fellowship journey – [Forthcoming events](#)
- Equality, Diversity and Inclusion Conference 2024 – [6-7 March 2024 - Book now!](#)
- Supporting more effective governance in Higher Education – [23 January 2024 – book now!](#)

Updates from Advance HE Governance alert:

- [Advance HE Governance Conference 2023: Governance Culture: Navigating policy, politics and people](#)
- [Institute of Student Employers \(ISE\) Student recruitment survey 2023: Trends, benchmarks and insights](#)
- [Change by Design: How universities should design change initiatives for success](#)

AdvanceHE general news updates:

- [Updates to Athena Swan peer review processes and guidance](#)
- Introducing Advance HE's new "[Student Needs Framework](#)"
- [Belonging, mattering and becoming: empowering education through connection](#) -
- Publication of Advance HE's "[Equality in Higher Education: statistical reports 2023](#)"

Three change impact projects for Institutions to consider getting involved with:

- [Leading Digital Transformation](#) – Advance HE will work collaboratively with 12 higher education organisations to address key challenges and highlight the key components required to build a successful digital culture.
- [Prioritising Staff Wellbeing in Higher Education](#) – Programme designed to empower institutions to proactively address the wellbeing needs of their staff, fostering a healthy and thriving work environment that supports both personal and professional growth.
- [Building Belonging \(cohort 3\)](#) – "Building Belonging" project, aims to support institutions in promoting student belonging by developing an understanding of what belonging might mean in their context.

Staff and PGR Green Champion December Updates

Hi Staff & PGR Green Champions.

We have two updates to bring your attention to, before the Christmas break.

Firstly, we have a series of **Sustainable Christmas Tips** available to view [here](#). This includes how you can wrap gifts sustainably and how to make a more sustainable Christmas dinner. You can also see our staff Christmas message here too.

Second, the next Staff and PGR Green Champions Meeting will take place on **Tuesday 16th January 2024**, between 1-2pm. This will be hosted in this MS Teams Group and will be focused on **Climate Literacy Training**, including:

- why we are creating the training,
- who the training is for,
- briefly what the training will cover,
- what people will gain from the training, and
- a call for GC volunteers to pilot the training.

Have a wonderful Christmas break 🎄

Sent on behalf of Claire Algar, Social Inclusion Manager

Dear all,

We are starting to plan 2024 EY Foundation Programme delivery and wanted to give you the opportunity to register your interest in participating as a volunteer. If you have volunteered in previous years we would also love to hear about this experience so we can share this with colleagues who may wish to take part in the future programmes.

We are also very excited to share information on a new Internship Programme, specifically designed for young adults who have completed an EY Programme, and will be looking for host departments for 2024/25.

Please use the form below to register your interest, share any feedback, and let us know if you would like to attend a briefing session in January.

<https://forms.office.com/e/d0tigTGFsY>

Please also share this communication with colleagues who may be interested in being involved.

Email too brief? I'm adopting the [Email Charter](#) to help reduce email clutter.

Best wishes

Claire

Social Inclusion Manager

Social Inclusion Group

Widening Participation Staff and Student Conference call for contributions.

We are excited to announce that contributions are now open for our next WP Conference, with a theme around Student Success: A WP Perspective.

We are seeking contributions from staff and current students at the University of Warwick for the conference in the way of interactive workshops (45 minutes) and insight sessions (20 minutes).

The theme, Student Success: A WP Perspective, can be interpreted and approached in a wide variety of ways. We look for sessions that develops understanding, shares experiences and brings to life case studies and examples of good practice.

Examples of workshops and insight sessions could be:

- Lived experiences
- Examples of effective practices in promoting student success at a departmental/university level
- Inclusive practices that address diverse student needs and contribute to equitable outcomes
- Factors that affect student success for Widening Participation students

This joint conference between staff and students is an opportunity to highlight the support, opportunities and challenges faced by those who study and work at the university. We would welcome collaborative submissions from different perspectives involving both students and staff.

The Conference will take place face to face on Wednesday 6th March 2024.

Please use [this form](#) to register your interest in delivering a session by Friday 5th January 2024.

Save The Date

We will send further details in the new year but we ask you to save the date of Wednesday 6th March 2024 for our annual WP Conference, with the theme of *Student Success: A Widening Participation (WP) Perspective*. You can [register your interest](#) for the attending the conference and to receive an email when bookings are opened.

Best wishes,
Siân



Siân Bolton
Widening Participation Officer | Widening Participation



Recognising the signs: A guide for men to identify burnout
Monday 15th January, 12:00 - 12:45, Virtual on Blackboard Classroom

Join us along with [Dr Junaid Hussain](#) and Joseph Roth from Man Confidence as they lead this session where they will outline the signs and symptoms of burnout and how this manifests in men specifically before then sharing some tips for managing symptoms.

If you are a male struggling with burnout, or you would like to know more about identifying the symptoms and keeping these at bay, OR you would like to know more about supporting men experiencing burnout then please join us for this event.

Dr Junaid Hussain is the founder of Man Confidence, a website dedicated to the mental health needs of men and which offers instant access to self-help psychological therapy for depression, anxiety and managing suicidal and self-harm thoughts. He is a practicing GP and champions mental health for men through sharing his own experiences and he also consults in digital health and health technology solutions.

Joseph Roth, CBT Specialist at Man Confidence, is a psychotherapist who obtained a degree in 2023 from the University of Nebrija in Madrid, Spain. His specialism is in cognitive behavioural therapy (CBT). He has studied psychology for over 7 years and is currently working toward his BABCP accreditation and ultimately will work towards a doctorate within psychology. Originally from Barnsley in the north of the UK, he now spends time between the UK and the Canary Islands, and continues to hone his Spanish language skills.

To register for the event please click [here](#). Should you wish to join the event anonymously then Blackboard enables you to do this and further information will be sent with joining instructions. There will also be the opportunity to submit questions in advance of the session, details of individuals who submit questions will also be anonymous.

If you have any queries in the meantime, please contact wbs.equality@wbs.ac.uk

Best wishes,

Jade Skilling
Administrative Officer | Warwick Business School

International Student Engagement Information

I hope all is well and you are looking forward to the end of this term. I apologise for contacting you with an urgent request, but I have been asked to ensure that we capture all of the university's international student engagement, which might include virtual, physical, short programmes, working together on projects, online mentioning (just as examples). I record in the annual report as much of the information as possible, but there will be other programmes and events of which I have no knowledge – and it is this gap I have been asked to bridge. The updated figures for

Warwick will go back to the provost early in January. The outcome will be a baseline of international engagement across the university.

If you can let me have a summary of any programmes you have been involved with for either PGT/PGR or UG that would be very much appreciated. An example could include students working overseas on a research or study project. Any programmes run overseas (anything in Venice for example, outside of History and History of Art – which I already have recorded). Virtual international programmes are also of interest if you could let me know – please don't worry about duplications, I can work through the details.

Thank you so much for your help at such short notice.

Kind regards
Helen

Helen Johnson

Head of Student Mobility | Student Opportunity | [The University of Warwick](https://www.warwick.ac.uk)
h.j.johnson@warwick.ac.uk

Student Opportunity | Kirby Corner Road | Coventry | CV8 3JQ | [Find us on the interactive map](#)
Work hours: 8.30am-4.30 pm Monday to Thursday

Honorary Doctorate Guest Lecture

To Psych-all-users and Internal distribution list,

On **Wednesday 17th January** Professor Katri Räikkönen (who is being awarded an Honorary Doctorate – nominated by Psychology) has agreed to give a Guest Lecture at 15:00. Details below:

This will be advertised to the wider University community, but it would be lovely to have a good turn out from Psychology. There will be Refreshments before the event. The venue will depend on numbers, so please complete a very quick [sign up form](#) to indicate if you are able to attend (the venue details will then be shared).

Psychology Departmental Guest Seminar celebrating the award of an Honorary Doctorate to Professor Katri Räikkönen, Prenatal programming of psychological development and mental health

15:00 - 16:00, Wed, 17 Jan '24 [Export as iCalendar](#)

Location: Click on link to sign up form for venue

Title: **Prenatal programming of psychological development and mental health**

Host: **Professor Dieter Wolke**

Abstract:

Prenatal exposure to environmental adversities exerts lifelong consequences on vulnerability for problems in psychological development and mental health. During fetal period, rapid growth and plasticity of the brain renders it sensitive to environmental effects. These effects can confer vulnerabilities or adaptive advantages that last throughout the lifespan, a developmental plasticity phenomenon called programming. In her talk, Katri Räikkönen will present findings from her pregnancy and birth cohort studies, which have focused on the topic of prenatal programming. She will also present findings from her more recent studies, which have aimed at identifying what the biological maternal-placental-fetal mechanisms are that underpin these associations.

Refreshments for informal networking with speaker 14:30. Talk 15:00 - 15:45 Q&A 16:00 ends

Psychology Department Guest Seminar

celebrating the award of an
Honorary Doctorate to
Professor Katri Räikkönen



Wednesday 17 January 2024

15:00 – 16:00

Signup for venue:
bit.ly/KRaikkonensignup



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Springboard Work & Personal Development Training Programme for Women – Psychology

Liz Farmer and I attended the Springboard course from September until December.

Springboard is for women who want to take control, become more assertive, increase their confidence & build themselves a more positive attitude in both their work and home lives.

The programme gives you the time to reflect, share and most importantly, set achievable goals for now and the future. Working across 48 countries, the course takes like-minded individuals on a transformational journey, as well as positively helping organisations change and reshape.

The Springboard Programme has been delivered for more than 30 years across the globe; the programme results are outstanding.

- Staff and employers alike affirm to the programme's success.
- Individuals speak of a new sense of purpose, an open approach to change and a more positive attitude.
- Employers report being delighted with the changes to their staff, who show a more focused and positive outlook, offering solutions rather than problems as well as increased motivation.

Both Liz and I highly recommend the course and anyone who would like to know more about the course, please do get in touch. Thanks. Hannah Austin.



Kind Regards,
Hannah.

Hannah Austin (She/Her)

PA to Derrick Watson, Head of Psychology, University of Warwick

Please note my working hours are 8:30am till 4:30pm Monday to Thursday and 9:00am till 4:00pm on Friday.

Room H1.41, Humanities Building | Coventry | CV4 7AL

www.warwick.ac.uk/ or chat with me on Teams!

Hannah.o.austin@warwick.ac.uk



Department of Psychology

