



ESPLAT

European Society of Psychology Learning and Teaching

Newsletter #4 – December 21

A MESSAGE FROM THE PRESIDENT

Dear Members

A warm Welcome to the fourth ESPLAT-newsletter. It has been edited by members of the new Executive Committee, in order to provide you with an update of ESPLAT-activities.

In September when we took over our new roles we had all started the new academic year with a lot of enthusiasm and hope to being able to teach and see our students face-to-face. Since then, though time has been very challenging for us, we have had two online EC-Meetings and several handing-over meetings among former and new EC-members. A big Thank-you to Sally, Gillian, and Paul for supporting a smooth transition!

Since the Spring-Newsletter, ESPLAT has been presented by Sally Wiggins and/or Susanne Narciss at several international conferences (e.g., EFTPA 2021; ICPs2021). Furthermore, ESPLAT-members have organized and contributed to two symposia on psychology learning and teaching at the ICPs2021.

September 2021 - the second bi-annual ESPLAT-conference was held online by Prof. Spinath's team from Heidelberg University. A big Thank you to Birgit's Team for providing us with an inspiring online conference!

For those who could not attend, Madeleine Pownall and Hannah Slack have published a report on <https://thepsychologist.bps.org.uk/look-future-psychology-pedagogy>.

At the ESPLAT-conference I had the pleasure to participate in a Panel Discussion with the representatives of the American Society for the Teaching of Psychology (STP), and the Australian Society of Psychology Learning and Teaching (AusPLAT). This discussion has been recorded and was also included into the asynchronous parts of the conference programs of the STP and AusPLAT.

We are excited to share with you that ESPLAT has now more than 120 members from more than 10 different countries. ESPLAT has been just approved as an Associate member of the European Federation of Psychology Associations (EFPA - <https://www.efpa.eu/>).

We are now looking forward to the exchange and the collaborations with the EFPA – Board of Educational Affairs (<http://educational-affairs.efpa.eu/>).

The 17th European Conference of Psychology organized by EFPA will take place July, 5-8th 2022 in Ljubljana. (Deadline for submissions is December, 20th, 2021 - <https://www.ecp2022.eu/>).



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In fall, the pandemic has again increased its impact on a global scale, and we are again required to continue to develop inclusive teaching strategies, now in terms of combining online teaching with (if possible) face-to-face instruction. The diverse hybrid formats of learning and instruction raise not only many technical and organizational issues but also re-attract our focus on questions of how to make sure that no student is left behind. Responses to these questions are often complex. Supporting each other by sharing our experiences, insights, thoughts, ideas, best-practices etc. can be a very valuable starting point for further reflection and discussion. Our Website (www.esplat.org) provides for all members a discussion forum (<https://www.esplat.org/members-forum-1>) as well as a blog section (<https://www.esplat.org/blog>).

Merry Christmas and
all the Best for 2022!

MEET THE NEW EXECUTIVE COMMITTEE



To help you get to know the new committee members a little better, they have each responded to the following task:

Describe one instance showing how teaching psychology internationally has positively affected your teaching practice or how it can do so in the future.

Susanne: Teaching (psychology) abroad and at home for international students has been a learning experience not only for my students, but very profoundly for me as well. One key insight I took away from these experiences is that within the same institutional constraints as well as similar cultural conditions, teaching and learning can look like night and day. For my own teaching I draw the conclusion that the quality of teaching mainly depends on my own dedication, competences, creativity, openness, and most importantly caring about my diverse students.

Pina: Teaching psychology internationally has radically changed my teaching practices. I believe in the importance of sustaining an equity partnership environment in which we openly collaborate and affirm reciprocal learning relationships and ensure a sophisticated cultural sensitivity and awareness. I devoted my career to promote education as a fundamental human right, through the importance of culture, freedom of expression and identity. My work as academic is to teach Psychology contents while giving voice to young scholars especially who have less opportunities to get access to the academic resources or to participate to international forum.

Michael: I have been fortunate to teach students and to collaborate with students in program committees from many different countries. When we first started the

Master program in Cognitive Science in Umeå we had students from 17 different countries and 6 continents. What I have learned from the international students is that they do contribute with new perspectives and they have taught me to be more open minded and the importance of approaching students as individuals.

Robert: I am looking forward to set up a joint course with colleagues at the University of Namibia. Working with students at two sites simultaneously will make me elaborate more deeply what content to pick. In terms of time zone, joint online classes are easy.

Executive Committee 2021-2023



President:
Susanne Narciss



Vice-President
Pina Marsico



Conference Organiser
Michael Gruber



Secretary Treasurer
Paul Wilson



Secretary General
Robert Gaschler



Student Representative
Abigail Jones

Paul: One of the best things about teaching at University is being able to discuss Psychology with a diverse cohort of individuals from a range of difference backgrounds and cultures. It's enlightening to hear international perspectives on Psychological theories and it's not only students who learn from these experiences, I have also been prompted to look at Psychology differently thanks to these interactions. ESPLAT is working to facilitate international discussion and collaborations and I'm proud to be a part of this effort.

Abigail: I have been very fortunate to teach at Birmingham City University which has a host of international students. I have learnt so much from my international PhD peers and international undergraduate students, which has improved my own teaching and my approach to teaching and learning generally. Working alongside many diverse individuals has allowed transfer of knowledge and skills, which I would not have fostered otherwise. Working internationally has been such a fantastic opportunity in my early career and I look forward to further collaboration in the future.

A NOTE FROM EFPSA BOARD

Inspired and impressed by the EFPSA presentation at the ESPLAT conference we asked the students to provide more background on the society and current activities

Some Background: The European Federation of Psychology Students' Associations (EFPSA) was established in 1987, at the first International Congress of Psychology Students in Portugal. EFPSA represents a highly diverse network of psychology students working on a voluntary basis by and for psychology students of Europe. The Federation currently consists of 34 psychology Member Organisations and 2 Observer Organisations.

Currently EFPSA organises eleven events across Europe. Additionally, EFPSA also hosts several online resources and runs its own training service, a research program, a fully-reviewed, open-access Journal, facilitates studying, working and travelling abroad and makes a positive impact on society through social impact campaigns.

Over the course of the COVID-19 pandemic, naturally EFPSA had to adapt to the situation with a higher focus on virtual activities and in starting 'Corona Care', an online project focusing on the psychological aspects of the pandemic.

As the situation of the COVID-19 pandemic has fortunately gotten better with the implementation of vaccinations all over Europe, the European Federation of Psychology Students' Associations (EFPSA) has started organising its activities as they were organised before the pandemic, while also

starting to turn some of the events into hybrid ones, thereby including participants joining fully online.



Research Summer School:

The Research Summer School (RSS) was the first hybrid event of EFPSA. The event took place in Croatia in July where 33 participants, five supervisors, two trainers joined in-person; and one participant joined online. As the event was hybrid, some workshops were given by speakers who joined online. Even though organising RSS as a hybrid event was very challenging at the beginning, the event was a success! The topic of this year's RSS was:

'E-Mental Health: Changing Perspectives towards Implementation Strategies'. The topic was chosen during the pandemic as we noticed the need for more research on E-Mental Health practices and their incorporation. Each team will present the result of their research at the next EFPSA Congress. We are looking forward to seeing their presentations and results.

Train the Trainers (TtT) Summer School 2021: At the end of August, 14 psychology students came to Belgium to learn all the do's and don'ts of becoming an EFPSA Trainer. The Train the Trainers (TtT) Summer School is a non-formal education program often designed to equip its participants with the (soft) skills and confidence that non-formal education and experiential learning deem necessary to train others.

In this event, experienced trainers gave training sessions on several topics to educate the new trainers on how to construct and lead their training sessions. At the end of the



event, the new trainers were ready to deliver their training sessions to psychology students all over Europe. When they have successfully delivered ten hours of training, they will be eligible to apply to become an EFPSA Trainer.

The Joint Executive Board & Member Representatives (EB&MR) Meeting 2021:

At the end of October, the Joint EB&MR Meeting took place and marked the middle of EFPSA's mandate. This is the moment that the whole Working Community of EFPSA come together during a seven-day event. The working programme is filled with statutory meetings (e.g. General Assemblies, Strategic Planning.), working sessions, workshops, training sessions, and so on. Besides the working programme, we also have a social and cultural programme planned for the Working Community. In these scheduled events, the Working Community of EFPSA had the chance to get to know each other and familiarise themselves with the culture of the hosting country Malta. For the first time, the Joint EB&MR Meeting was held as a hybrid event, giving our whole Working Community to join online as well and take part in meaningful discussions and decisions while also having a chance to socialise on another level.

The EFPSA Conference 2021:

A few weeks after the Joint EB&MR Event, the EFPSA Conference brought together around 150 students from all over Europe for four days of lectures, workshops and student presentations. The Conference took place from the 24th until the 28th of November 2021 in Porto, Portugal. During the Conference, there was an open day, which consisted of approximately 30 students from the hosting country /region joining the Conference for one day, to get an opportunity to learn, partake in the lectures and network with the participants.



Upcoming event: EFPSA Congress 2022:

EFPSA's biggest and most exciting event, the annual EFPSA Congress, will take place from the 11th until the 18th of April 2022 in Cyprus.



The 36th EFPSA Congress gathers around 400 psychology students, academics, and researchers from across Europe. The Congress is composed of a diverse scientific programme exploring a specific theme every year with contributions from students, researchers, experienced academics, and a social programme which provides participants with the opportunity of a rich, cultural, and intense social exchange. Thus, the EFPSA Congress is a unique opportunity for psychology students to broaden their scientific and personal horizons.

Additionally, the Congress is a very important event for the Federation as this event marks the start of the new mandate for the Working Community of EFPSA.

The theme for this year's Congress will be **"E-Health: Taking a Step towards the Future"** and applications are open until the 21st of January 2022.



ESPLAT CONFERENCE 2023



Welcome to the fourth ESPLAT conference in Umeå Sweden in June 2023. The Department of Psychology is honored to host the ESPLAT-conference and we are looking forward to some really exciting and stimulating days in the name of psychology teaching and learning.

Conference organizer Michael Gruber asks to mark mid-June 2023!

Short Facts About Umeå University:

36,337 students of which 10,174 are distance students. 885 of those are doctoral students and 35,453 are undergraduate and Master's students.

Umeå University is one of Sweden's largest universities with campus and distance students in 172 study programs on undergraduate and Master's levels.

The Department of Psychology has about 650 enrolled students in seven programs.

Profile Areas of the Department:

- Clinical Psychology
- Development across the lifespan
- Cognition
- Sport, physical activity, and health psychology
- Health and Environment
- Brain, gene and environment interactions
- Work, organisation, and society

Umeå in numbers

- Becomes a city: 1622
- Population: 128,901 (largest in North. Sweden)
- Average age: 38
- Birch trees in centre: 2,300
- Hours of sunshine per year: 1,800
- Sunrise 21 June: 2.21 am
- Sunset 21 June: 10.59 pm



UMEÅ UNIVERSITY

