



University of
Reading

MALAYSIA



SPotlight

School of Psychology Newsletter

SEMESTER ONE 2025/26 EDITION



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WELCOME TO THE FIRST-EVER PCLS STUDENT PRESS ISSUE!

A message from Professor Dr Kinjal Doshi

Head of Section, School of Psychology & Clinical Language Sciences



Welcome to the very first issue of the PCLS Student Press. I could not be more excited to see this take flight — a publication created by students shaped by your voices, and driven by your creativity. Think of this as your space to share the stories, ideas, and experiences that make our School a vibrant and dynamic community.

If there is one mindset I hope you carry into the new semester, it is this:

Stay curious about each other and be kind along the way.

Say “yes” to opportunities that excite you, even if they feel slightly outside your comfort zone — whether that means writing for the Press, stepping into a committee role, or sharing your ideas openly in class.

Looking Ahead: What's Coming Your Way

This year, we are expanding your opportunities to engage with psychology outside the classroom. You can look forward to more placements, stronger industry collaborations, deeper alumni connections, and inter-professional workshops. These experiences will give you a glimpse into what psychology looks like in the real world beyond textbooks and exams. I encourage you to get involved whenever you can.

Conclusion

I want to leave you with a thought that I hope stays with you long after graduation:

Understanding others begins with understanding yourself.

Ask the meaningful questions and pay attention to context. Notice how situations shape behaviour and how people make sense of their experiences. This awareness will guide you not only in your studies, but in your relationships, your careers, and your growth as future psychologists. Thank you for being part of this journey. I cannot wait to see where the PCLS Press — and all of you — will go next.

MEET THE PCLS PRESS TEAM



Our Vision & Mission

To amplify the PCLS voice, this initiative aims to share stories and achievements that connect the community and celebrate successes that foster pride and belonging. It also seeks to increase engagement and strengthen communication across PCLS platforms while encouraging creativity, collaboration, and idea-sharing.

Our Content Team



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Our Graphic Team

Teaching & Learning Grants Awarded

Congratulations to Dr. Kai and Dr. Jasmine for their innovative teaching initiatives (13 May 2025)



Dr. Rekha!

Celebrating Dr. Rekha's successful viva and new title (17 July 2025)

From Ms. to Dr.!



We are delighted to celebrate a series of outstanding achievements and milestones from our psychology section in 2025, reflecting both academic excellence and strong contributions to teaching, leadership, and service

ACHIEVEMENT SPOTLIGHT

Associate Fellowship of the Higher Education Academy

Awarded to Prof. Kinjal, Dr. Jasmine, and Dr. Kai in recognition of professional excellence (8 October 2025)



New Publication Alert

"Language Anxiety in EFL and ESL Academic Environments" by Dr. Kai (26 August 2025)

Teaching Excellence Award

Congratulations to Dr. Jasmine for her outstanding contribution to teaching, awarded by RUMSA (6 December 2025)

New Research Ethics Chair

Congratulations to Dr. Jasmine on her appointment (13 August 2025)

EVENT HIGHLIGHTS

PCLS events
from the
semester



PCLS x PsychSoc Welcome Back Party



PCLS kicked off the new semester with a welcome-back gathering that brought all cohorts across different years together to reconnect, meet

new peers, and start the term on a positive note. Through light refreshments and interactive games involving both students and lecturers, the event encouraged conversation, teamwork, and a relaxed way to get to know one another beyond the classroom. Students were also introduced to upcoming awards that can be earned through participation in workshops, skills training, and developmental activities.

#WelcomeBack



The PCLS Student Representative Council hosted a Christmas-themed wrap-up gathering

to celebrate the end of the academic term. Festive games and creative activities brought students and lecturers together in mixed teams, fostering informal interaction and a strong sense of community. The event concluded on a warm note with refreshments and a gift exchange, creating a cosy and memorable end-of-term celebration.



#NotTheEnd

The Psychology Society organised Mental Health Week, featuring interactive booths and a guest talk to raise awareness of mental health and neurocognitive diversity. Throughout the week, themed stations explored conditions such as OCD, ADHD, Alzheimer's disease, and prosopagnosia through short explanations and hands-on activities (e.g., myth or fact activities, guided journaling, DIY stress balls etc.) that helped students experience related challenges.

The week concluded with an All About Anxiety booth and a talk by Mrs Hidayah, who shared practical insights on recognising anxiety and burnout, coping strategies, and seeking support.

#Neurodiversity



Mental Health Awareness Week



Kindness Week

Kindness Week was a campus-wide initiative that encouraged intentional acts of appreciation and social connection among students. Activities included a letter-writing station for

messages of encouragement and a doodle booth where artists created personalised illustrations for students and their friends.



#KindnessIsFree

PSYCHSCOPE CAREER TALKS

PCLS regularly hosts career talks to introduce students to the diverse career pathways available with a psychology degree.

This semester's talks focused on corporate psychology, particularly human resources, offering insights into recruiter expectations and career development. A separate session also provided guidance for students considering PhD and postgraduate study pathways.

Mr. Edward Yip, Recruiter @ Hays Malaysia



Students explored career pathways in recruitment and learned how psychology concepts, such as motivation and personality, can inform tasks like candidate assessment and hiring decisions.

#Recruitment

Ms. Ranie, Petronas Management Trainee to Life Coach Founder



In this career talk, delivered by one of our top graduates now working as a life coach, students gained insight into diverse career pathways, academic success, career planning, and entrepreneurship.

**#LifeCoach
#Entrepreneur**

Ms. Juliana Hoo, UoRM Teaching Assistant



Our own PhD student led a career talk on general PhD program structure, potential career paths, and the struggles while transitioning from an undergraduate to a postgraduate, highlighting key academic and soft skills required.

**#PermanentHead
Damage(PhD)**

Alumni Insights as a Counsellor



Students explored counselling from trainee and practitioner perspectives in an interactive session led by an alumnus, gaining insight into role requirements and personal fit with the profession.



#FutureCounsellors

PCLS WORKSHOPS



**#AI+Psychology
=BetterHire?**

Breaking Bad News Workshop



Psychology students participated in a collaborative workshop with NuMed, using role-play to practise delivering bad news and develop professional communication skills.

#SorryBut...



"Knowing what to say in a critical moment can make all the difference" - Students gained skills to recognise suicide risk, provide compassionate intervention, and create safety plans in a two-day ASIST workshop.

ASIST Workshop



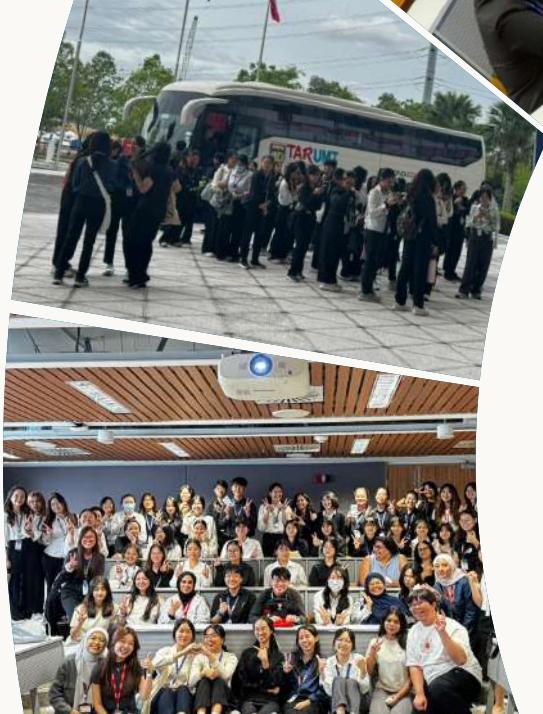
#SuicideIntervention

BEYOND THE CLASSROOM

Senior Advice Cafè

Learn from your "psycho" seniors! Year 1 students joined the Advice Cafè, gaining tips on studying (Academic Success corner), balance (Uni Life Navigation), survival (The Real Talk station), and career planning (The Future corner).

#FreeAdvice



TAR UMT Visit

PCLS recently hosted a vibrant exchange with fellow psychology students from TAR UMT. The interactive visit included a campus tour, lively conversations amongst the students of both universities, a hands-on experience using the Tobi eye tracker, and a talk exploring forensic and criminal psychology by our lecturer (Ms Anasakina).

#FriendsFromOtherUni

INTERVIEW SPOTLIGHT

featuring Professor Dr Kinjal Doshi

What is your academic background?

I am a clinical and health psychologist with a background in neuropsychology and neuroscience. My research focuses on implementation science – understanding how interventions can be designed and delivered effectively in real-world settings.



What do you enjoy beyond academia?

Outside of work, I indulge in my love for photography – especially with my favourite Olympus XZ-1 – and enjoy the slow, almost meditative process of developing film. I am happiest near water, whether I am swimming or exploring the outdoors, and I love unwinding with a good book, a spinning vinyl record and some jazz music

How does working with students feel different from working with clients?

Clients often meet me in moments of vulnerability, where my role is to provide space, clarity, and guide them toward healing. Students meet me with their curiosity—in their search for understanding and growth. Although the contexts differ, both roles allow me to guide, uplift, and help people recognise their strengths and capacity to grow. One group seeks emotional safety; the other seeks intellectual discovery, but both require care, patience, and presence.

What do you enjoy most about your role?

I stay in this profession because I get to meet people, hear their stories, and be an observer – even briefly – in their journey through life. It is a tremendous privilege.

What first sparked your interest in psychology?

I have always been drawn to understanding how people persevere in the face of pain. The strength people show during their most difficult moments has always moved me, and psychology became the natural path to learning how to support and understand that journey.

Check out our Day-in-the-Life Project Now!

Curious about university life for a Psychology student in Malaysia? Our students share their day-to-day experiences, along with answers to common questions from prospective students and parents. Got more questions? Submit them via the QR code or link, and we'll answer them by email or in the next Day-in-the-Life!

<https://www.reading.edu.my/images/2026/Schools/PSY/DITL.pdf>



DAY-IN-THE-LIFE



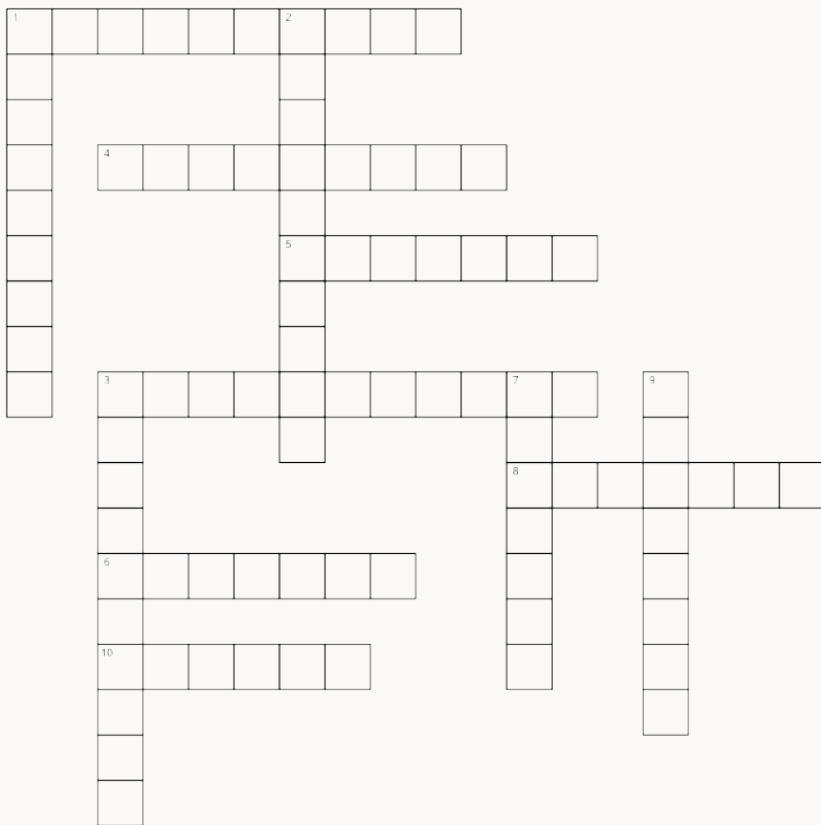
Q&A

DAY IN THE LIFE | **Psychology Student**
School of Psychology and Clinical Language Sciences
University of Reading Malaysia

CURIOUS ON LIFE AT OUR CAMPUS?
Introducing the first issue of our Day in the Life + FAQ series, giving a glimpse into our daily lives!

FEATURING
YEAR 1, YEAR 2 & MOBILITY STUDENTS

THE PCLS PRESS CROSSWORD



ACROSS

1. Emotional bond between individuals
3. Enduring patterns of thoughts, feelings, and behaviour
4. Mental processes involved in thinking and understanding
5. A state of excessive worry or fear
6. A subjective feeling state, such as happiness or fear
8. The ability to understand and share others' feelings
10. Psychological response to a deeply distressing event

DOWN

1. The ability to focus on specific stimuli
2. The drive that initiates and directs
3. The process of interpreting sensory information
7. Psychological treatment aimed at improving mental health
9. A relatively permanent change in behaviour or knowledge

Answers

This issue was brought to you by the PCLS Press.



ACROSS: 1 - attachment, 3 - personal, 4 - cognition, 5 - anxiety, 6 - emotion, 7 - perception, 8 - empathy, 9 - therapy, 10 - trauma. DOWN: 1 - motivation, 2 - motivation, 3 - learning.