



SPotlight

School of Psychology Newsletter

SEMESTER TWO 2025/26 EDITION

03

MEET OUR NEW MEMBERS

Introducing our new PhD students

06

CAREER TALKS

Exploring educational, clinical and organisational psychology pathways

09–10

BEYOND THE CLASSROOM

Creating impact through volunteering and community outreach

13

STUDENTS' VOICES

Students' experiences and reflections on studying Psychology

04–05

ACHIEVEMENTS POLIGHT

Celebrating key achievements and milestones from the School of Psychology

07–08

RESEARCH HIGHLIGHTS

Showcasing internal and external research talks and the Year 3 Research Conference

11–12

COHORT CONNECTIONS

Strengthening student networks and sense of belonging

Meet Our New Members



Li Fun



Welcome Note

Excited to join the Psychology Department as a first-year PhD student! I will be teaching the Research Methods Workshop and look forward to working with our students.

Research Interests

Social media influences body image

- How appearance-related contents shape self-perception and psychological well-being.

Academic Background

- Bachelor of Science (Honours) in Psychology from the University of Reading Malaysia.

Welcome Note

I am thrilled to join the team as a first-year PhD student.

Research Interests

Developmental, social and positive psychology

- Well-being of emerging adults with autism in relation to their engagement in employment,
- How the role of camouflaging plays into this

Academic Background

- Honours degree in Psychology from Heriot-Watt University Malaysia (2024) and was also awarded The British Psychological Society Undergraduate Award*

Sandhya

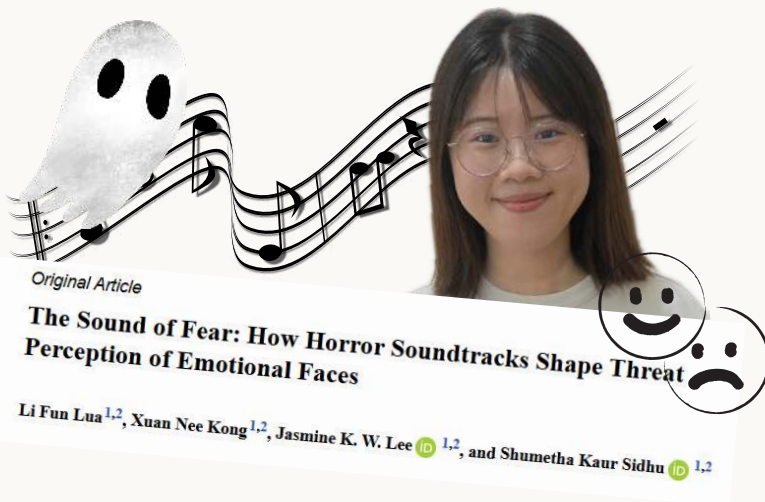


*Awarded to the highest scoring student at their accredited institutions.

Achievement Spotlight

Staff & Student Publication

- Dr Vashnarekha Kumarasuriar and colleagues (2026) recently published a systematic review in **Nutrire** examining the effects of nut consumption on *depression and anxiety*.



- Our new PhD student, Li Fun, together with Dr Jasmine and Dr Shu, recently published an article in **Quarterly Journal of Experimental Psychology** on how *horror soundtracks* shape threat perception of *emotional faces*.

- Our PhD student Juliana, together with Dr Shu (2026), recently published a research article in **PLoS ONE** examining the *perceived restorative benefits of tropical urban green spaces*.



British Psychological Society (BPS)

Accreditation Success

Our Undergraduate Psychology programmes have **successfully received accreditation from the British Psychological Society (BPS)** with three commendations for cultural contextualisation, diversity, and assessment quality, recognising the quality and international standards of our academic offerings.



Student Awards

We are pleased to recognise students' achievements through **ASCEND*** and **REACH**** awards. Participation in both awards requires a minimum of 5 points. Our award recipients have not only met this threshold but have significantly exceeded it by showing active participation and meaningful engagement beyond the classroom



Lets us **congratulate;**



Part	Name	Award
Part 1	Tong Xin Hui	ASCEND
Part 1	Brenda Diana Msutze	REACH
Part 2	Esha Vernice Raja Kumar	ASCEND & REACH
Part 3	Thomas Tan Zi Zheng	ASCEND & REACH

***ASCEND:** Award for Student Career Engagement and Development

****REACH:** Research Excellence and Achievement Honour

Career Talk

The Career Masterclass



#ClinicalPsychology

Through interactive panel discussions and Q&A sessions, students engaged directly with educational, clinical, and Industrial Organisational (I/O) psychologists, gaining valuable career insights, practical guidance, and personalised answers from industry experts.



#OrganisationalPsychology



#EducationalPsychology



Research Talks

"Exploring Art Therapy and Psychoanalysis in Qualitative Research"

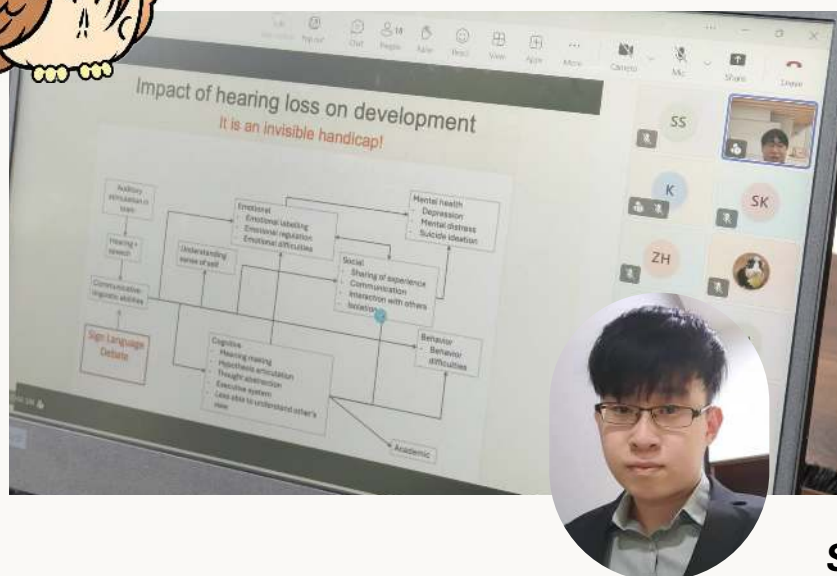
How can art reveal what words cannot? This session explored art therapy and psychoanalysis in qualitative research, offering deeper insight into interpreting lived experiences through creative and reflective methodologies.



#ArtTherapy #Psychoanalysis

Speaker: Dr Amos Lian
(Raffles University)

"Social Networking Sites and the Well-Being of Older Adults in Malaysia: Usage Patterns, Learning Intentions, and Training Needs for Digital Engagement Across Diverse Communities"



How do social networking sites shape older adults' well-being in Malaysia? This session delved into usage patterns, learning intentions, and digital training needs through engaging, highlighting challenges and opportunities in bridging the digital divide.

#DigitalWellbeing
#AgingandTechnology
Speaker: Dr Ooi Chia Sin (TarUMT)

"Factors Influencing Homelessness in Previously Incarcerated Individuals: A Case Study in Kuala Lumpur"

What drives homelessness after incarceration? Ms Anasakina unpacked key factors shaping reintegration in Kuala Lumpur, prompting critical reflection on structural barriers, social inequality, and real-world policy implications.

#Reintegration
#CriminalJustice

Speaker. Ms Anasakina
(UoRM)



Year 3 Student Conference

At the Student Conference, final-year students showcased their research to peers and lecturers, demonstrating academic growth, strengthening presentation confidence, and celebrating the culmination of their year-long scholarly work.



Congratulations

to Hoo Zi Yin and Tong Qi Enn, who were recognised with certificates for Best Presentation.

#AcademicConfidence
#ResearchPresentation



Beyond the Classroom



PsychSoc Mental Health Run

In collaboration with MIASA Malaysia, the Psychology Society organised the **"It's Okay to Ask"** Mental Health Charity Run, aiming to raise awareness and funds for mental health support and advocacy. The event attracted more than 200 participants from diverse backgrounds.



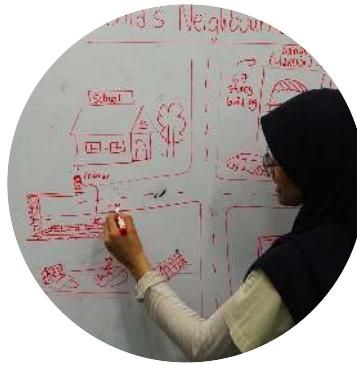
"This event marks our commitment to walk together and create a space where people feel seen, heard, and supported," shared Prof. Kinjal Doshi, Head of School of Psychology, UoRM.



The event raised RM12,000 for the Mental Health Inclusion, Awareness, Support and Advocacy Association (MIASA), supporting their work in mental health advocacy and empowerment. We are proud of the UoRM Psychology Society for their dedication and teamwork in planning and delivering this successful event, which reflected strong advocacy and community engagement.



ACE Project



In Malaysia, many refugee children continue to face significant barriers to accessing formal education. In response to this challenge, our psychology students partnered with Cahaya Surya Bakti Learning Centres, a registered Malaysian organisation operating five schools for refugee children across Johor, to support Rohingya refugee learners in developing their English language skills.



Over one semester, more than 30 student volunteers participated in this teaching initiative, delivering creative and engaging English lessons through games, storytelling, and interactive workshops. Every 2 weeks, students designed and implemented their own activities based on assigned themes, allowing them to translate psychological and educational principles into meaningful, real-world teaching practice.



Cohort Connections

Year 1

Laughter and conversation filled the room as Year 1 students and lecturers bonded over potluck dishes, "Two Truths and One Lie," and a hot potato activity, building connections beyond the classroom.



Year 2

Friendly competition took centre stage during Year 2's potluck and quiz hour, where students and lecturers tested their knowledge through charades, movie guessing, sound challenges, and psychology-themed games.



#CohortBonding

#LecturerStudentInteraction

Year 3

As graduation approaches, Year 3 students and lecturers came together for potluck dishes, fishbowl charades, and "Two Truths and One Lie," creating memorable moments and strengthening cohort friendships.



Part 3 Graduation Party

To celebrate the end of their degree journey, our Part 3 student representatives organised a graduation party involving both students and faculty, creating a memory-filled night with refreshments, games, photos, and funny awards.



Food & talk



PCLS Wrap up Party

The PCLS Student Representative Council hosted a dopamine-themed wrap up gathering to conclude the academic year on a bright note, with food and games bringing students and lecturers together informally. There is also the Student Excellence Awards for career development and research involvement were also handed out, along with certificates for members of PCLS Press.



VOICES FROM COHORT

By: Jentine



Y1: Megan

Q: One thing studying psychology changed about how I see myself or others.

A: Studying psychology has made me much more **aware of my own thoughts, behaviours, and**

patterns, particularly in how I deal with emotions. Instead of reacting on autopilot, I feel more in control of my decisions and responses. It has changed how I understand myself and how I respond to situations.





Y2: Keerthana

Q: The hardest part of studying psychology, and what helped me overcome it.

A: The hardest part of studying psychology is probably **running analyses and writing**

research reports. Practice, patience, and a lot of persistence, regularly revisiting lecturer feedback, asking questions, and slowly refining my work helped me improve, but psychology keeps you humble. There's always more to learn, and honestly, that's part of what makes it so rewarding.

Y3: Thomas

Q: One responsibility during my placement that changed how I see this career.

A: Supporting children with special needs as a teaching assistant helped me realise that working in this field involves both applying psychological



knowledge and managing emotional challenges, as there are times when progress is slow or children may not respond as expected. Observing **small improvements in the children's behaviour and learning was rewarding**, and it helped me understand how meaningful and impactful this career can be.

Check out our Day-in-the-Life Project 2 now!

Our students/lecturer 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!

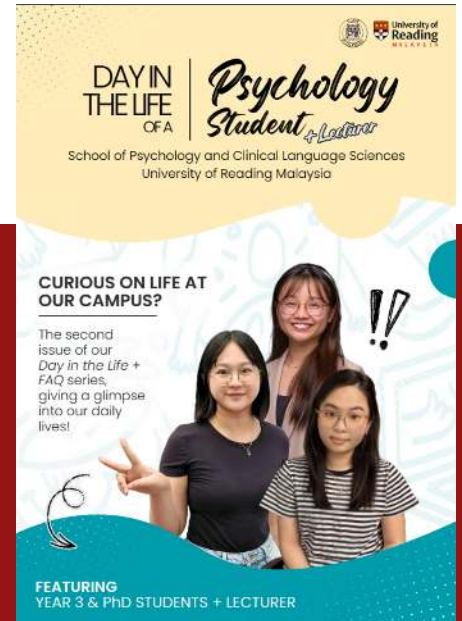
<https://www.reading.edu.my/images/2026/Schools/PSY/DITL-2.pdf>



DAY-IN-THE-LIFE



Q&A



THE PCLS PRESS COMIC(S)

By: Jentive



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