



Newsletter



Psychology Society:

Freud Trip p.2

Christmas Party p.3

Happy Holidays!

December is upon us and we can't believe it is already the end of term! As the holidays are getting closer, here at the newsletter group we are feeling festive, and we hope you are too!

This short but sweet December issue has a strong focus on the social events happening in the department, including the Freud trip and Christmas party. Both of which were a great success!

Alongside this we have the speed networking event overview, which I attended myself and would recommend to other students! Finished off with a review of a discussion topic from one of the third year modules, which gives insight for students when picking their modules.

From the newsletter team we would like to wish everyone a Merry Christmas and a happy prosperous New Year!

Speed
Networking
Event p.4



Review of
Evolution
Discussion
Topic p. 5

Psychology Society : Freud Trip

by Vivian Ng

So this week, the amazing psychology society organised a fun-filled day trip into London where we got to visit the infamous, Freud Museum. Yes! We were lucky enough to go and visit the house of Freud. But before we got to venture into his house, we had to satisfy our appetites first and start with dinner. There was great mix of students who came along, including undergrad, postgrad, overseas and year abroad students!

Once we finished our lovely meal, we set off for a day of Freud. Getting there was an adventure in it self, the huge hill leading to the Freud Museum was a trek to get up. Eventually, we arrived at our destination and walked in to the house of the Father of Psychoanalysis. It was a breathtaking experience because what we saw was so surreal. We learnt so much about Freud that day, his interest in archaeology, his relatives, the fine ornaments he has displayed in his home, just to state a few.



The house of Freud was where he spent the last year of his life. He came to London with his wife, sister-in-law, his daughter and their housemaid as refugees from the Nazi Germany. In Germany, Freud's work was publicly burned. For the last 16 years of his life, he suffered from palate cancer, but that wasn't enough for him to discontinue his work.

We spent a lot of time in the gift shop which was filled with all sorts of Freudian things; mugs, slippers, books, notepads all created through the inspirational man himself. Everything was so interesting and we even got a sticker!

After the tour of the 2 storey building, we made our way into Camden-Town. I have never been to Camden so I didn't know what to expect, as it has such a big reputation. I was not disappointed with what I saw, as soon as I stepped foot off the tube and onto Camden territory, I fell in love. The aroma of food, the atmosphere was so intense, it is such a lovely place!

After a hectic day, we went to Wetherspoons to wind down and chill. It was an educational, fun-filled day and I would definitely recommend this trip for anyone who is interested in Freud.



Psychology Society: Christmas Party

by Alistair Thorpe

On a very cold Friday, December 5th evening, The Psychology Society got together with the Psychology Department to host a Christmas Party for staff and students to get together and celebrate a wonderful first term!

A large group of between 70 – 100 staff and students made their way up to Top Bar. With such a strong turnout, the 50 free drink tokens, graciously provided by the department, were voraciously cashed in and all used up within the first 15 minutes! Top Bar very kindly agreed to reserve out an area for our Christmas Party, as well as providing some sandwiches and snacks, which also disappeared within a few minutes.

In a very packed Top Bar, the Christmas music and Christmas hats had everyone in a great mood (Dr Callan's Christmas jumper was a **great festive hit!**). There were a few staff vs students' doubles games of pool. The most memorable being the staff team of Dr Cooper and Professor Ward quite thoroughly beating two second year students, who have, out of shame, requested to be kept anonymous...(you know who you are!).

It was a great opportunity for staff members to get to know students a little bit more, and vice versa, with a large number of students mentioning how enjoyable it was to spend some time with staff in a much less formal setting.

The Psychology Department and the Psychology Society would like to say massive thank you to all the staff and students who came along and helped to create such a successful evening. We hope that all of you who were able to make it had a wonderful time, and that this is the start of many enjoyable and collective future events.

A special mention should be made to the members of staff who worked incredibly hard organising and publicising the event and also The Psychology Societies committee members who also worked extremely hard to help make this event happen.

Keep an eye on future Departmental and Psychology Society events via:

<https://www.facebook.com/PsychologyatEssex>

<https://www.facebook.com/UoEPsychologySociety>



Speed Networking Event

by Bijal Kotecha

The Careers and Employability centre based in square 2 create various events to help students out in many ways. On 25th of November, they held a speed-networking event for Psychology and Bio-Med students at Blues Bar. This involved previous Essex graduates (alumni) coming back to the university, from various backgrounds, to speak to current students about where they are now. The event was successful; students had the opportunity to talk to all of the graduates for a few minutes, in the style of speed dating. When the bell rung, it was time to move on to the next person! This was great as it gave us the chance to find out first hand about the careers they were in and how they managed to get in their current roles. Other opportunities even arose from a short conversation with certain alumni, such as volunteer experience, so it was definitely worth attending!

After this there was an informal mixer held in the hexagon, where we could mingle with the graduates with no time constraints. Lovely nibbles and drinks were provided to top off the evening, and the informal setting allowed us to speak to the alumni without pressure.

Lasharn Mckenzie, one of the students who attended said "I enjoyed speaking to different people as it gave a real insight into their field of work"

James Martin, Alumni Relations Officer said "We've been running Alumni/Student Speed Networking events for two years now, and in that time 150 alumni have come back to campus to showcase the varied career paths that a degree from Essex can open up. From our point of view, we're really pleased to be able to create the opportunity for alumni to give back in this way, and to help give our students the edge in an increasingly competitive graduate job market."

Do you want to finish all your credits?

If so, you can sign up for my two studies on SONA; "Can you hear the tone?" and "Recognising vocal emotions"

You can do them both on the same day and they give 2.25 credits all together!

Desire Nilsen, dnilse@essex.ac.uk



Evolution Discussion Topic: Love Affairs and Intimacy

by Veronica Savva

Do you think males and females approach relationships differently? As a part of PS490 - Evolutionary Psychology module, students participate online through Moodle by answering Dr Rick O'Gorman's chosen questions once a week. This particular question piqued my interest notably. Sexual selection is such a distinctive form of natural selection that occurs in species where the two genders are strongly differentiated, and individuals compete to attract members of the opposite sex. Darwin was fascinated by the tail of the peacock and wondered how natural selection alone could have resulted in a tail so large that its weight nearly threatened the bird's survival. He proposed that this tail might have been the result of selective pressure exerted by females seeking those male partners who displayed the greatest strength and vigour. The male peacock's tail has become the archetypal example of sexual selection.

As turned out of the Parental Investment Theory (Robert Trivers, 1972), females choose their mate more carefully and wisely because they carry the greater cost of pregnancy. Thus they want to find a man who will have good genes, be a protective, loving parent and is financially well to feed his family. For this reason, females value mates who are ambitious, enjoy working and are more energised. Usually, such men seem to be more physically attractive and healthy, and more successful in terms of their employment and social life. In addition, females have an upper limit to their potential reproductive success; at the age of 40, their chance of conceiving is about 20%, falling to less than 5% by their mid-40s. Hence, it benefits women to choose mates carefully, to ensure that the offspring in which they invest are high quality. They also have limited love affairs due to the many illnesses that can be caused, such as AIDS.

Nevertheless, males can achieve greater reproductive success by competing with other males to access as many females as possible, what is also known as the intrasexual competition. They focus more on the physical attractions of the women than personality traits, some of which correlate with health and easiness of getting pregnant (i.e hips). In fact, we observe most men to be in a relationship with younger women who seem to be fitter and healthier. Both men's difficulty to commit and be loyal, as well as women's mating choices on the basis of status and physical attractiveness give evidence for the current influences on today's relationships, as also proposed by the PIT.

There are various factors that significantly influence how males and females approach a relationship; each major religion has developed moral codes covering many issues including sexuality. These moral codes seek to regulate the situations which can give rise to sexual interest and to influence people's sexual activities. For instance, Christian's support restrictions on sexuality outside of marriage. However, beliefs continually change, mainly due to modern trends, the media, social influences etc. Facebook is a good example for this, as nowadays, most people meet each other by simply adding unknown others to their friend list and start chatting. They might have never seen each other in reality and they are just attracted initially by the photographs uploaded, thus focusing mainly on their appearance. Moreover, due to the fact that nowadays there are sex-protections, both males and females changed the way of thinking; love affairs begin from a very early age for both genders and individuals also have more short-term mates than in the past. Furthermore, these days most people have more opportunities than in the past to fulfill their dreams (higher education, employment, travelling etc.), thus they are busier and not thinking of having a serious and more stable relationship until they achieve these goals and live their life to the fullest by having lots of experiences.

However, when it comes to long-term relationships, once they settle down, both genders broaden their personal goals to family goals hence they are seeking for loyalty, honesty and compassionate true love. On the one hand, women, by nature, are generally more sensitive and emotional, but they can also overcome their setbacks more easily than men. On the other hand, once most men fall in love, they find it difficult to **cheat** or to move on when they break up. Until they find what they really want in their life, individuals play with the opposite gender, learn from their experiences and adapt with the trends of short-term relationships and cheating. **Intimacy** is not purely physical; it is the act of connecting with someone so deeply, you feel like you can see into their soul. **Love** is an evolutionary adaptive emotion and, as highly social species, I believe that the act of loving is dependent on the individual's psychological, biological, and experiential development, and although the ways that the two genders approach relationships differently, the basic correlates of the emotion are universal.

