

Psychology Newsletter



**FORMAN
CHRISTIAN
COLLEGE**
(A CHARTERED UNIVERSITY)



Message from the Chairperson

It is with honor, pride and delight that I present to you the Newsletter of the Department of Psychology: 2017-2018. This newsletter culminated because of the efforts of the editors, Saima Majeed and Arman Ashraf; my kudos to both of them.

Psychology Department is one of the fastest growing departments at Forman Christian College (A Chartered University). Over the years there have been more and more students opting for Psychology as their minor or major. For this we have been offering multiple sections of the core courses and still get requests for seat exceptions. Although it is heartening to see so many students interested in Psychology, yet it becomes cumbersome and frustrating because we still do not have adequate faculty members to cater to the growing needs of the Department.

The Department has not only grown in terms of students but also in other areas. For instance, we have 10 faculty members, four of which have a doctoral degree (Dr Elizabeth Schwaiger, Dr Shaista Jabeen, Dr Ivan Suneel and Dr Saima Majeed) and one is almost done (Abia Nazim). Before 2015 we had two psychological tests in the Department and now we have 20. Initially we did not have any apparatus to conduct experiments but now we have 18. We have a cubicle dedicated for the apparatuses and psychological tests. It is our test resource center and lab. Some of the faculty members have started a research using the material available in the lab. This project is spearheaded by Dr Elizabeth Schwaiger, and the good thing is that students are also involved in it.

Owing to our success in undergrad program we decided to launch Masters in Clinical Psychology. We are delighted that MS proposal was accepted by the Board of Social Sciences, Advanced Board and Academic Council. Moreover, it is very heartening that we were recently granted an NOC by the HEC too. We will start our MS program as soon as the green light is given by the Vice Rector. Once the program is launched, we would have many students who would become trainee clinical psychologists, so we hope to start a collaborative venture with the Campus Counseling Center so that our MS students could work there under the supervision of the counselors. This would add to the work force of the Campus Counseling Center and would be a good training opportunity for our students.

In the time to come we hope to open this for the outsiders and charge them a nominal fee. This would be our service to the community, and would help us live out the FCCU motto, "by love serve one another", on a broader scale. Moreover, we plan to open a special education facility for children who have psychological, intellectual, emotional and behavioral challenges. Our MS program students will work with those children under supervision. They would also be in touch with the parents or primary caretakers of the children so that there is consistency between the training that the children get at the facility and at home.

Our goals further down the road include starting PsycD in Clinical Psychology program and Masters in other fields such as industrial and organizational psychology, neuropsychology, school psychology and sports psychology. Our vision is to make Psychology Department the best in Pakistan.



It is worth mentioning here that every year our students are selected for Fulbright's UGRAD program under which they go to the US for a semester. Furthermore, our graduates also easily get admission in national and international universities. Many got the Fulbright scholarship for their Masters. Arman Ashraf is one such student who has now joined the Department of Psychology as a faculty member.

The faculty of the Department of Psychology is a very well-knit family. We connect well with each other and are willing to help out and encourage open sharing of different points of view and discussion without taking it personally. One of our goals is to keep the Department that way and ensure that the voice of one and all counts and is heard.

I thank my faculty members for standing by me and supporting me in every possible way. Also, on behalf of the faculty I thank the Dean, Dr Sikandar Hayat for being a friend, colleague and yet the Dean. He does things to keep the social sciences together, such as inviting us for Eid parties, etc. This is new for us and is appreciated and welcomed. We thank him for being approachable and encouraging us to grow personally and professionally.

Thank you for reading and I sincerely hope that you would enjoy reading rest of this newsletter as much as we did working on it and then putting down our experiences and vision in words.

God Bless always and in all ways!

Dr Ivan Suneel

Assistant Professor

Forman Christian College (A Chartered University), Lahore

Message from the Editors

It is with great excitement that we present to you the Annual FCCU Department of Psychology Newsletter for the year June 2017-June 2018. This newsletter highlights important departmental announcements, faculty members' academic activities and achievements and events organized by the Armacost Psychological Society (APS). The FAQ section is dedicated to addressing and proposing solutions to academic and emotional problems faced by our students. Finally, we have also devoted a section for students' expression so that the newsletter reflects the Department's focus on students' inclusion and involvement.

As new members of FCCU family, putting together this newsletter was a unique learning experience. It is with a feeling of pride that we put forth this newsletter which serves the purpose of connecting the Department of Psychology with the University at large. This allows the University to keep abreast of all departmental news and activities.

Your feedback, comments and suggestions for our newsletter are very welcome. To communicate these to us, you may reach us at saimamajeed@fccollege.edu.pk and armanashraf@fccollege.edu.pk

Saima Majeed
Assistant Professor
Arman Ashraf
Lecturer



Announcement

We proudly announce that the Department of Psychology will be offering the **MS Clinical Psychology Program** soon. We have got the NOC from HEC and are now looking forward to enrolling students in the program.

Department of Psychology took two important initiatives, establishment of the **Psychological Assessment Resource Centre** in 2017 and starting research experiments in collaboration with the students, in April 2018.

Abia Nazim (Assistant Professor) has made some invaluable contributions in establishing the Psychological Resource Centre. The Psychological Testing Resource Centre is equipped with the most frequently used psychological assessment instruments required for graduate and postgraduate level research and clinical work. These include tests for personality assessment, IQ assessment, developmental disorders assessment, neurological assessment, syndrome-specific measures for psychological disorders, and various cognitive assessment tools along with measures for aptitude and achievement.



The Cognitive Psychology Lab is one of the first experimental laboratories for cognitive psychology at FCCU. The aim behind Cognitive Psychology research is to understand how cognition may estimate or deviate from previous researches in Pakistan's cultural context. Presently, Dr Elizabeth Maria Schwaiger along with two faculty members, Abia Nazim and Saima Majeed, is working on a research project which investigates the ways in which smartphone use may influence performance on tasks related to fluid intelligence. All students are welcome to participate in this study and as a bonus, the researchers are offering extra credit marks for PSYC 100 students which they may earn through participation and successful completion of the research procedures.

Faculty Academic Activities & Achievements

Our faculty remained active throughout the year in enhancing their knowledge and contributing their share in academia in the form of researches, articles published, attending conferences, presenting scientific papers, chairing scientific sessions, attending and conducting workshops and panel discussions on varied topics.

Dr Elizabeth Maria Schwaiger, Assistant Professor

- Conducted many self-defense classes at FCCU
- Conducted a workshop on Learning Disabilities at University of Management and Technology
- Chaired a scientific session at National Conference on "Promoting *Mental Health in Schools: A Way Forward*" 17th March 2018.
- Was a keynote speaker at various conferences and institutions i.e MAO College, Lahore Garrison University
- On May 3rd 2018 Dr Elizabeth conducted an informative workshop for the undergraduate students based on APA writing style

Dr Saima Majeed, Assistant Professor

She has recently completed her PhD requirements from University of the Punjab. Her research area is Child Clinical Psychology. We congratulate her on this achievement!

Publications year 2017

- Psychological Correlates of Substance Related Addictive Disorder in Males (2017) Journal of Pakistan Psychiatric Society (JPPS)
- Impact of Parental Perception and Child Temperament on Anger Expression of Children with Emotional Behavioural Problems (2017). Pakistan Pediatric Journal
- Anger Expression, Experience and Control in Children with Emotional Behavioral Problems in Comparison of Normal Children. (2017) Journal of Pakistan Psychiatric Society (JPPS)

Publications year 2018

- Role of Child Temperament as Moderator in the relationship of Parental Perception and Anger Expression in Children (2018). Pakistan Pediatric Journal

Scientific Paper Presentation (2018)

- Emotional Behavioural Problems and Anger Expression in School-Going Children (National Conference on "Promoting *Mental Health in Schools: A Way Forward*" 17th March 2018)
- Role of Child Temperament as a moderator in the relationship of Parental Perception and Anger Expression in Children. International Conference on Neuropsychon at Bhurban, 29 March-1st April, 2018

Conferences Attended (2018)

- National Conference on "Promoting *Mental Health in Schools: A Way Forward*" 17th March 2018
- International Conference on Neuropsychon at Bhurban, 29 March-1st April, 2018

External Examiner 2018

Appointed as external examiner for child placement viva of MS Clinical Psychology in GCU, 8th February, 2018.

Workshop Attended: Laughter Therapy at ARFA Tower Lincoln's Corner By Yasmin Butt Organizational Psychologist, 26th April 2018

Dr Shaista Jabeen

- Workshop on Treatment of OCD on 7th December 2017 at BNU, Lahore
- Workshop on Mindfulness based CBT on 14th December 2017 at BNU, Lahore
- Was judge for Poster Competition on Mental Health Day in Comsats University on 7th November 2018



APS Activities

Armcast Psychological Society (APS) is doing a wonderful job under the supervision of Nazia Asif Thakkar. APS council members and their designations are as follows: Amnah Zafar, President; Saleha Zawar, Vice President; Behjat Abrar: General Secretary; Fatima Ali, Event Manager; Abdul Ahad, Logistics Manager; Bushra Ikram, Treasurer; Amna Amir, Media Manager; Khadija Tariq, IT Manager. Their pronounced contribution in the field of Psychology and hard work in organizing fabulous events throughout the year is remarkable.

2017

February 2017

■ On Friday 24 February 2017, the APS arranged an engrossing talk on Eye Movement Desensitization and Reprocessing Therapy by Dr Ali Akbar Mansoor (Chartered Psychologist & Senior Accredited CBT Therapist at Primary Mental Health Services). Dr Ali Akbar shared interesting insight on how REM sleep helps in forming and reversing neural connections



March 2017

■ APS in collaboration with Campus Counseling Center arranged a motivational talk based on building self-confidence, public speaking and presentational skills. The talk was conducted by Elishba Karis Abel, an educationist at TNS Beaconhouse, who really inspired the audience by her motivating talk on mastering communication skills

■ Another informative talk based on the theories of 'Attachments: Adults and God' by Dr Douglas E Trimble, who is a distinguished Associate Professor of Psychology at Eastern University, Pennsylvania. He shed light on the theories and types of attachments that adults develop within themselves and with divinity

■ In the same month, a session on Adverse Childhood Experiences and their role in shaping personality was conducted by experts in this subject, Dr Anne ET Kidd and Dr Steven O Kidd

■ A workshop on 'Focus Group' emphasized on essentials of conducting a focus group research. The workshop was conducted by Clinical Psychologist Dr Urusa Fahim, an experienced leadership coach, educator and a group facilitator. Dr Urusa provided an engaging talk on how leadership skills can be polished, stressing upon the role of focus groups

■ Unfortunately, plagiarism is pervasive in academia and so a talk was arranged for awareness between Academic Integrity and Plagiarism, which was conducted by Assistant Professor of Psychology Dr Elizabeth Schwaiger (PhD in Professional Psychology from MIT). She provided a detailed insight into the sources of plagiarism, how it hampers independent thinking and abstains us from quality research

■ An issue that is often repressed and overlooked was given prominence. A talk on *Mental Health: Case Studies in Pakistan* was delivered by Dr Patricia Omidian, (PhD in Medical Anthropology from University of California). Dr Patricia shared her findings on the state of mental health issues and unique challenges faced in Pakistan. Large number of students participated in the question-answer session, including aspiring psychologists. Their enthusiasm was absolutely refreshing!

April 2017

■ APS arranged a lecture on Leadership Styles. The talk was presented by the former Head of Academic Office, Hina Abel, on the most effective leadership styles

■ The APS, in collaboration with University Counseling Center, arranged a talk on "Unconditional Love: The Key to Lasting Relationships. The talk was conducted by Maryam Rizvi, who is a Clinical Psychologist and a Lecturer at UMT and GCU Lahore, in conjunction with clinical psychologist Saba Javed. The talk involved an intellectually stimulating discussion on the aspects of unconditional love and how it contributes to lasting relationships

July 2017

■ It was a memorable beginning of Forman Experience for freshmen back in 2017 for whom a 'co-curricular societies' fair was organized to make them aware of the APS objectives and Psychology as a major at FCCU. Many students signed up with the society that helped us get exciting talent on-board for another vibrant year

August 2017

■ APS presented an interactive talk on Drug Addiction. The play was presented by exuberant interns in Psychology Department. As the students portrayed the journey and struggles of addicts, they brought characters to life with their strong performances that resonated with the audience. The play showcased the hardships of families of addicts in our society. It showed two sides of the story: mistreatment of addicts and their lack of control over their nerves and emotions. It raised acceptance and helped students



empathize with addicts' challenges. Dr Nadeem Qureshi was the chief guest of the play. Chairperson of Psychology Department Dr Ivan Suneel, Lecturer Nazia Asif; Campus Counselor Sarah Anthony and Assistant Professor Dr Elizabeth Schwaiger graced the occasion with their presence

October 2017

■ Dr Patricia Omidian delivered a talk on Mental Health, Wellness and Resilience at FCCU under the auspices of APS. She encouraged an open discussion on the topic and enquired the audience on their perspectives on mental health. She shared an alarming stat that "65% of the people in Quetta suffer from clinical depression". It highlighted how the standard clinical depression symptoms cannot be applied and generalized to each country. She remarked that in Pakistan, despite struggling with mental health woes, people would still go to work in such a condition because they are required to make a living and support their family as opposed to the developed world where abundant help is available, and patients can afford to stay at home while grappling with mental health disorders

November 2017

■ APS conducted an awareness talk on a topic that cannot be neglected in the wake of many recent child abuse incidents. Child rights activist Ahmar Majeed, broadcast journalist Madiha Masood, clinical psychologist Maliha Asad and PUAN founder Iftikhar spoke on the occasion. The session was held in collaboration with PUAN, which is actively working on curbing child abuse and domestic violence cases. The speakers shared with the audience their achievements in their respective fields and motivated the students to help out children who have had traumatic experiences. Provisions and safeguards in the law for children were shared. Maliha urged on focusing at the emotional and mental well-being of children. She spoke about various cases that have been reported recently in which children were the victims. The audience and panel also had an interactive discussion. The talk concluded on the note that everyone needs to do their bit to fight child abuse instead of relying solely on government intervention

December 2017

■ APS conducted an informative talk on Advertising in Psychology on 6 December 2017. Mirrat Gul, Vice President of the Pakistan's Association of Cognitive Therapist, was invited as the speaker. She briefed the audience about the power and influence of advertisement in our lives. The role of operant conditioning, psychological appeal and inducing buying behavior were discussed at length



2018

April 2018

■ APS conducted an 'Orientation for Psychology students'. Nazia Asif briefed students about the major and minor core mandatory courses. The session helped break ice and clear students' apprehension and questions pertaining to Psychology

■ Music Therapy by Faheem Mazhar on 20th April 2018 was an absolutely delightful session where immensely talented music teacher at FCCU Fahim engaged audiences in various singing forms that could potentially help treat people suffering from various psychological disorders. An overwhelming students' presence showed their interest in music that can serve as a harmless anti-depressant and do wonders for all of us in managing everyday stress

■ Stand Up and Speak Out; A Panel Discussion on bullying and harassment on 24th April 2018 reaffirmed students' faith and assured them of recourses available in case they encounter any harassment and bullying. Panelists Justice (R) Nasira Javed Iqbal, Cheryl Burke, Dr Ali Madeeh Hashmi graced the occasion

■ Autism Awareness Seminar on 30th April 2018 by Rukhsana Shah, Sidra Ashiq and Farah Amanat brought to light stigmas, unique challenges and raised general awareness on autism

May 2018

■ On May 3rd 2018, APS conducted an informative workshop for the undergraduate students based on APA writing style. Assistant Professor of Psychology Dr Elizabeth Maria Schwaiger presented a lecture on different aspects of APA. She pointed out differences between plagiarism and paraphrasing, use of APA citations, and various tips and techniques to come up with quality academic papers and on avoiding the pitfalls of plagiarism

Frequently Asked Questions (FAQs)

How to handle study stress?

University can be academically challenging at times. Register the number of credits that you can handle with relative ease. It can be overwhelming especially in the first year to compose APA style assignments, handle projects, work as a team, give presentations, and manage the overall workload. However, reaching out to instructors, advisers, and administration can help with work management. Furthermore, working as a group and focusing more energy on learning than worrying excessively about CGPA will help you extract maximum out of your educational experience and keep stress at bay. It is important to dedicate time for fun and to take breaks from studying to keep your mind fresh and rejuvenated.

How can I deal with anxiety and stage fright?

Developing mental solidity coupled with understanding the reason for anxiety can help lessen it over the course of time. Facing the host of anxiety-provoking situations that you will invariably have to encounter during university life with a better understanding of your emotional condition can help you manage anxiety in a better manner.

How can I overcome my social anxiety?

You don't have to conform and fit into groups, but it is healthy to take initiative and engage in conversations. Express yourselves and feel free to interact with your fellows who are in the same boat as you. Embracing diversity and pluralism will broaden your social horizon as learning from peers is an integral part of university life. But trying too hard to mingle and not being yourself could be limiting your experiences and represent a bigger opportunity cost.

What to do about the homesickness?

Homesickness can be hard to tackle especially for freshmen. If you can, visit home once every month or two. Make the best use of modern means of communication through internet and stay connected with your family and friends. Engaging and socializing with students from diverse backgrounds and getting involved in co-curricular activities will help you get used to the new and exciting academic journey. Having support groups and adopting an active lifestyle will help you prepare for living independently.

How to deal with relationship issues?

There are times in every relationship when a couple will have disagreements, fights, tension, and conflict. Disagreements between couples can distract from study or work and add to stress levels. Relationship advice is hard to give, and it varies from case to case. Try and reconcile differences, and have a rational discourse, but if you do break up, consult with the counselor to work through the experience.

What else can I do to stay away from depression and stress?

- Daily exercise, spending time outside in nature and in the sun, and eating healthy foods can also help you feel better
- Get enough sleep. Try to have consistent sleep habits and avoid all-night social networking sessions
- Avoid using drugs and alcohol
- Break up large tasks into small ones and do what you can as you can; try not to do too many things at once
- Try to spend time with supportive family members or friends, and take advantage of campus resources, such as student support groups. Talking with your parents, guardian, or other students who listen and care about you gives you support
- Try to get out with friends and try fun things that help you express yourself. If you are depressed you may find it difficult going out with friends, if you push yourself to do so, you'll be able to enjoy yourself more than you thought



How to cope with stressors that cause depression?

Signs and symptoms of depression:

- Persistent sadness, anxiousness, or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or unwanted weight changes
- Thoughts of death or suicide; suicide attempts
- Restlessness, irritability
- Persistent physical symptoms, such as muscle pain or headaches



If stress and depression is so severe that it hampers your daily life, seek professional support by visiting our counselors at the Campus Counseling Centre.

Do we have a counseling centre at FCCU?

Yes, we have a dedicated Campus Counseling Centre located at the Mercy Health Centre where a team of professional counselors and clinical psychologists are available to provide students with various modes of counseling. The counselors can help you discuss the source of your distress and offer you necessary psychological assistance.

Will my personal information remain confidential in counseling sessions?

The team at the Campus Counseling Center keeps your personal information strictly confidential and adheres to all professional ethical standards, norms and practices. However, confidentiality can be breached under particular circumstances such as when it is determined that an individual could be a threat to one's self or others.

How much do the counseling services cost?

They are provided free of cost to all students at FCCU.

How do I make an appointment?

You can visit the Campus Counseling Centre located on the first floor of Mercy Health Centre from 9 am to 5 pm, Monday to Friday and make an appointment. You can also call at 0331-4441518 to schedule a session with a counselor.

Student Corner

1. What constitutes a sense?

We all know that human beings are considered to have five major senses – sight, hearing, taste, smell, and touch. But have you ever wondered about various other stimuli that our body detects in response to the internal and external environment changes?

If you stay inside a garage with a car releasing loads of carbon monoxide, it will cause suffocation, loss of consciousness and congestion. Could disruption of breathing and the subsequent choking sensation categorized as a distinct sensory modality?

We have a sense of time because we all undergo REM sleep

cycle that takes 90 minutes and then changes to non-REM cycle, our circadian rhythm fluctuations and our depression levels associated with times of the day suggest that our brains have a measure of time.

There are thermoreceptors in our body that give our hypothalamus cues about surrounding temperature. The body responds by regulating temperature through perspiration and dilation or constriction of blood vessels. The sense of temperature and our internal responses pertains to the idea of a sense.

Just in the first half of 20th century, research showed that pain is a distinct phenomenon that connects with all other senses, including a sense of touch. Therefore, all aforementioned states and probably those such as the need for belonging, getting goosebumps may as well be categorized under a distinct sensory modality.

2. What does being intelligent mean to you?

The idea of multiple intelligences has impacted academia, and teachers have incorporated these ideas to try to teach with various teaching methods. For instance, to teach math problems to students who have sharp kinaesthetic intelligence, a teacher might encourage the students to move their bodies according to the numbers. On the other hand, some have argued that these "intelligences" sometimes seem more like "abilities" or "talents" rather than real intelligence. And there is no clear consensus about how many intelligences there are. Is sense of humor, mimicry, artistic skills, dramatic skills also separate intelligences? Often, we get muddled and overemphasize in growing our academic intelligence alone but that might not always become a perfect template for success. Here is some food for thought for you as we look over Howard Gardener Eight specific intelligences:

Linguistic: The ability to speak and write well.

Logico-mathematical: The ability to use logic and mathematical skills to solve problems.

Spatial: The ability to think and reason about objects in three dimensions.

Musical: The ability to perform and enjoy music.

Kinaesthetic (body): The ability to move the body in sports, dance, or other physical activities.

Interpersonal: The ability to understand and interact effectively with others.

Intrapersonal: The ability to have insight into the self.

Naturalistic: The ability to recognize, identify and understand animals, plants, and other living things.

So probably you want to think about working on multiple intelligences to increase your marketability, develop varied skills and maximize your potential according to intelligences that suit your abilities.

By Rvel Zahid