

Breakout Events Descriptions

1. Incorporating yoga into the curriculum to increase self-regulation of anxiety in psychology students

Catherine "Christy" Phelan (Psychology Instructor at the High School, College, University, and Graduate School Levels. This workshop is grounded in my professional commitment to supporting marginalized students, immigrant students, and students of colour, with a focus on promoting equity, emotional well-being, and accessible tools for self-regulation)

This workshop explores practical strategies for integrating yoga techniques into the psychology curriculum to support students in managing anxiety and stress. Participants will learn how to incorporate breathing exercises, mindfulness practices, and gentle movement into the classroom setting. These techniques not only foster self-regulation in academic environments but also equip students with lifelong tools for emotional well-being beyond the classroom.

2. Supporting pupils with exam anxiety

Lucinda Powell (A level teacher and assistant director of teaching and Learning)

A range of practical strategies to support students who struggle with exam anxiety and exam stress.

3. Delivering GCSE Psychology

Amy Halsall (GCSE teacher, ATP Committee Chair)

A showcase of how I deliver the OCR GCSE Psychology course through themed lessons, gamification and Microsoft Teams. Resources for planning, lesson delivery and ICT help guides will be shared.

4. Using Digital Tools to Enhance Teaching

Amy Halsall (ATP Committee Chair, Teacher of Science & Psychology, Microsoft Innovative Educator Expert)

A three-part workshop looking at how to utilise different digital tools.

Quizizz is a free online app with optional premium functions available through paid subscriptions. The demonstration will show how to search for ready-made quizzes, make a quiz from scratch and assign quizzes to classes.

Canva is a free design app that has extra premium functionality provided completely free to educational users. The demonstration will show how to use templates, create new designs and how to set up classes.

Microsoft Learn is a completely free online training resource provided by Microsoft to help people learn how to use the different programmes effectively. The demonstration will include how to set up your free Microsoft Learn account, tailor searches to find educator specific training modules and a brief look at how to become a Microsoft Innovative Educator Expert (MIEE) or Microsoft Showcase School.

You should bring a digital device so that you can see how these three digital tools work in real time.

5. How to get published / broadcast

Cara Flanagan (Author) and panel (other authors and publishers)

Are you interested in writing psychology textbooks or magazine articles? Or would you like to create online material or videos related to A level Psychology?

6. Exam success

Cara Flanagan (Author)

Cara will draw on her extensive experience of examining and writing to talk about how to do well in exams and/or life in general! Topics will include why students should do more research methods and less evaluation, develop better exam strategies and learn about what makes people 'successful'. The session will focus on the AQA specification but will be relevant to all exam boards.

7. A Year in Neuroscience

Guy Sutton (Director, Medical Biology Interactive)

An annual update on some of the developments in neuroscience, from the cellular and synaptic mapping of fruit fly and mouse brains to the effects of diet and cannabis on brain development, a variety of research areas will be considered. Does pregnancy change the mother's brain? What is the evidence for microplastics accumulating in the brain? How did lockdown affect teenage brains? Finally, an update on brain organoids and brain computer interfacing, with one amazing development!

8. Neurosurgery for Psychologists

Guy Sutton (Director, Medical Biology Interactive)

Various brain surgery procedures are referenced in A-level psychology. Cases such as H.M.'s bilateral medial temporal lobectomy and the corpus callosotomy producing split-brain syndrome are dealt with. In this introduction to neurosurgical techniques, we will consider the reality of procedures such as prefrontal lobotomy, cingulotomy, hemispherectomy and deep brain stimulation, in addition to reviewing exactly which parts of H.M.'s brain were removed and the nature of the callosotomy.

9. Becoming an effective psychology tutor

Deb Gajic (Educational consultant)

Top tips on how to become an effective and successful psychology tutor. Whether you just want to supplement your teaching income or replace it, this workshop will be very useful to help you transition from classroom teacher to tutor and hone your 1 to 1 teaching skills. I'll share all the things I've learnt and wished I'd know when I first started tutoring.

10. Study Skills and Psychology

Steve Taylor (Academic; film-maker)

Study skills are win-win for psychology students: they've been shown to improve results and, at the same time, they're learning more psychology. This Workshop, following on from last year's, will look at more skills for learning, retrieval and application. It will also focus on new research that we've been doing over the past year into (i) procrastination (linking it to free will and determinism); (ii) what film can and can't do for us in learning; (iii) the sensitive issue of what do we do, if anything, about students and their smartphones.

11. The BPS Teachers' Toolkit teach meet

Claire Barker (PEPTOTY Lead) and Lyndsey Hayes (Chair of SCoPESC)

The workshop will focus on what the toolkit is, its history and is the place to come if you want to contribute a BPS approved psychology resource for college and school Psychology Teachers in the UK. It will also be useful if you want to know more about BPS membership (including the Teacher pathway to Chartered Status), DART-P and SCoPESC.

12. Everyday AI for Psychology Teachers

Ricardo Gouveia (OCR GCSE & AQA A-Level Teacher, and OCR Examiner, Creator of PsychSpace on YouTube)

Discover how AI can support your psychology teaching - without the tech jargon. This session explores quick, everyday ways to use tools like ChatGPT for planning, feedback, differentiation, and engaging classroom activities. With real examples and live demos, you'll leave with ideas you can try straight away.

13. Why Cats?

Evie Bentley (Private Tutor)

What can psychology tell us about how humans and cats got together? Dogs can hunt, herd other animals, protect, but Felix? Felix expects humans to be servants! So why cats? Why do we choose to be enslaved by them?

14. Exam Ready High Impact Revision Strategies to boost your grades!

Rosie Hussain (Director of Teaching and Learning)

High impact revision strategies to boost student performance in exams and maximising marks to boost grades.

15. Leading an outstanding psychology department

Rosie Hussain (Director of Teaching & Learning AQA A Level Examiner)

High impact T&L strategies to boost results

Embedding evidence-based practice

Development Plans & SOW

Assessment marking and feedback

Preparing for deep dives and inspections

Beyond the specification

16. Spiral Curriculum

Michelle Satchwell (Head of Department)

Looking at how to map all the specification content to provide opportunities for retrieval and revisiting tricky content. An introduction on how to plan a sequence of learning to ensure content is revisited multiple times. We will look at ways to embed Research Methods, make Synoptic links and afford revision time throughout. Examples using AQA A level and OCR GCSE Psychology, but skills could be applied across other specifications.

17. Making it stick!

Michelle Satchwell (Head of Department)

Sometimes we need to help our students by showing them how to learn, and revise! In Making it stick, I'll go through various techniques applicable to OCR GCSE and AQA A level Psychology content, to help students remember the vast content. Also helping you as the teacher to remember all the names, neuropsychology and statistics, so you look like a pro. You'll leave with annoying

acronyms, silly dual coding, weird stories and songs that get stuck in your head, quite literally making it stick!

18. OFSTED Deep Dives no SCUBA equipment needed (updated from last year)

Lucia Berridge (Head of Psychology and ATP Committee member)

I've been a Head of Psychology for over 10 years and joined the ATP committee in 2023. Using experience of an Ofsted inspection (March 2023), and additional experiences from colleagues who have also experienced recent inspections, we'll dive deep into the experiences, challenges, and triumphs of navigating the murky waters of OFSTED scrutiny. We'll uncover how inspectors choose their dive sites, conduct their investigations, and the common questions they pose to students and staff. But fear not! If you worried about not having your SCUBA gear ready, this can be your PADI training. We'll discuss how to prepare your team for the dive, strengthen your defences, and showcase your department's brilliance. Updated from last year, with reference to the 'proposed' changes to grading. Come and contribute your pearls of wisdom on how to navigate the depths of inspection preparation during our workshop!

19. Less Marking, More Spark-ing: Transform Research Methods with Academic Posters

Lucia Berridge (Head of Psychology and ATP Committee member)

Tired of students groaning at the mere mention of Research Methods? Looking for a way to boost engagement, reduce marking, and get students thinking like real psychologists? This workshop will show you how to introduce academic research posters as an alternative to traditional reports—helping students design, conduct, and present their own psychological studies in a way that's both rigorous and rewarding.

Inspired by real university assessments (and a desire to spend less time deciphering student handwriting), this project brings research methods to life while building essential critical thinking and communication skills. You'll leave with ready-to-use resources and a clear strategy to run this in your own classroom—no reinvention of the wheel required!

Whether you love Research Methods or just tolerate it for the sake of the spec, this session will give you a fresh, fun, and effective approach to teaching it.

20. How AI will change psychology teaching

Matt Jarvis (Chartered Psychologist, teacher of 25+ years, Certified Learning Technologist and award-winning AI developer. Currently the Projects Learning Technologist in the Digital Innovation Team at Bournemouth University)

This is very much my personal take on the immediate future - distrust anyone who confidently predicts the long-term directions technology change will take us! We are currently at a sweet spot where AI can make our lives easier and more interesting, but where dystopian scenarios of mass unemployment and leadership purged of human influence are still a long way off. In this session I will discuss strategies to save teacher time and stress, enhance student experience and learning and prepare them for the AI-equipped workplace. I will also demonstrate the use of generative AI to help develop custom web pages and software and provide some examples that should help tackle hard-to-teach topics. However,

even as an AI-evangelist, I am acutely aware of the risks and downsides of AI. I will sound some cautionary notes around risks of environmental degradation and cognitive atrophy and suggest strategies to mitigate these. If I have enough caffeine before the session, I might even get philosophical and talk about the implications of AI for what it will mean to be human in the future, drawing on the work of EM Forster and HG Wells.

21. The ICM Level 2 Certificate in Psychology

Matt Jarvis (Chartered Psychologist, teacher of 25+ years, Certified Learning Technologist and award-winning AI developer. Currently the Projects Learning Technologist in the Digital Innovation Team at Bournemouth University)

Designed for delivery as part of the Key Stage 4 or 5 curriculum, the Level 2 Certificate in Psychology provides a general grounding in biological and social psychology and research methods. Uniquely, it is available as a distance learning course with interactive units. This means it is highly flexible in how it can be delivered, in what time and by whom. Assessment is by means of an exam. In this session, Matt Jarvis, the psychologist and learning designer who built the online interactives, will introduce the course, its assessment and online platform.

22. SLOP in Psychology - what and how?

Mike Hobbiss (A level teacher)

SLOP (shed loads of practice) is an approach which involves students answering a large number of similar questions on a given topic quickly to gain deep understanding and fluency. Where, and how, can we use this to create secure, and flexible schemas. With a takeaway booklet of SLOP activities, and tips on how to use AI to create more!

23. Writing better essays, by doing fewer of them!

Mike Hobbiss (A level teacher)

I don't ask students to write full essays until late in Year 12, and not unaided until into Y13. They finish the course writing better essays than when I started them at the start of the course. Come along to hear why, and how, I changed approach.

24. Psychology Experiments and Data Analysis Made Easy

Cat van Saarloos & Sarah Denison

(Maths Education Support Specialists at MEI)

Looking for hands-on ways to bring statistics to life without getting bogged down with step-by-step calculations? This practical session explores quick, engaging psychology experiments that are easy to run with students and perfect for limited lesson time. You'll discover how free and accessible tech tools can simplify data collection and analysis, allowing students to engage with real evidence and draw meaningful conclusions without the stress. Whether you're new to teaching psychology or looking to freshen up your approach, you'll leave with ready-to-use ideas and time-saving tips that boost learning and confidence in data skills.

A laptop/device is essential for this session – a smartphone if you want to participate as a 'student'. A tablet or laptop if you want to learn how to set tasks for your own students

25.A journey through AQA Psychology resources and support

Rosie McGinley (Subject Lead for Psychology and Law)

Join Rosie McGinley to hear about the wealth of resources and support available from AQA Psychology, and where to find them. Hear about the key resources available to support a range of activities, from exam advice, updates to the specification to super curricular activity.

We are also interested in your suggestions for future resources and events, and of course there will be ample time to have your questions answered.

26. Getting to grips with the updated Gender topic

Rosie McGinley (Subject Lead for Psychology and Law)

Join this workshop to hear about the updates to the AQA A-level Psychology Gender topic. At this session we'll look at the updates in more detail and consider the AQA resources available to support the delivery of the topic. There will also be plenty of time to have your questions answered.

27. Teaching Research Methods and mathematical skills - A Level and GCSE, all exam boards

Tim Lawrence (Pearson Edexcel Psychology Subject Advisor)

Ideas, guidance and discussion around the effective teaching of the research methods and mathematical skills content which is common to the specifications of all exam boards, both at GCSE and A Level. Embedding this in the teaching of other topics, and encouraging students to develop their thinking as psychologists.

28. Meet the creator and host of 'Psych Boost'.

Nick Serfin (Psych Boost)

Nick is known for helping thousands of students smash their psychology exams with his YouTube channel Psych Boost. Regular conference delegate Nick will be running an exhibition stand and a workshop.

"Quick fire quizzing, lasting learning" packed with fun, flexible quiz formats you can steal to boost energy and focus in your own Classroom

29. The story of Psychology: do students really know it?

Bea Townsend (A level teacher)

As experts in the subject, we know the underpinning concepts and key debates that tie all the topics on the A level together, but do the students? An analysis of beginning the A level by introducing these concepts and whether it really improves understanding throughout the course

30. Counselling: What is it, and how I fell into it

Punam Farmah (Counsellor, tutor of counselling and Clinical Counselling Supervisor)

We might teach Psychopathology and make some reference to talking therapies, but what are these and what does counselling really mean? What do counsellors and psychotherapists do? Sure, they talk, but what does that look like and why?

An exploration of what counsellors and psychotherapists do, with specific focus on the Person-Centred Approach and the training route followed.

31. Shaping the Future of Psychology Qualifications

Nicola Heath (OCR Subject Advisor) & Jeff Heath (GQ Qualifications Product Manager)

What do you envision for the future of psychology qualifications? This is your opportunity to voice your ideas and influence upcoming reforms in the field. Join us as we present key findings from the latest Curriculum and Assessment Review and engage in discussions about desired changes to content and assessment methods. We welcome input from teachers across all exam boards to ensure a diverse range of perspectives. Let's unite to represent our subject community and contribute valuable evidence for future reviews.

32. Exploring Mental Health in OCR Qualifications: AAQ and A level

Nicola Heath (OCR Subject Advisor) & Jeff Heath (GQ Qualifications Product Manager)

Discover our innovative Level 3 qualification - Mental Health: Individuals and Society. This Cambridge Advanced National (AAQ) delves into essential aspects of mental health, equipping students with a robust foundation for further studies and careers in this vital field. Additionally, our updated Psychology A Level now includes significant enhancements to the mental health topic, featuring the latest research and insights. Join us to explore these exciting developments!

33. Dancing with Data: Teaching Statistics in Psychology

Purvi Gandhi (Head of Psychology)

The workshop will explore interactive ways of teaching statistics, including the Sign test. It will also facilitate discussions on our role in creating environments that enhance wellbeing.

34. Essential Psychology

Harriet Ennis (A level and GCSE teacher & BPS Teacher of the Year)

No student should leave their education without some essential psychological literacy - discuss. If you got the chance to teach psychological content to all students - what would you choose to teach? At the time of writing this blurb I'm not totally certain of the exact content of this workshop - I know it will be fun, interactive and interesting. I'll of course give you some of my most enthusiastic thoughts, tips and ideas for teaching!

35. Positive Learning Psychology

Dr Marc Skelton (Assistant Headteacher at Rugby Free Secondary School & University of Warwick)

Intuitively, learning may seem self-evident, even ubiquitous. However, what, where and how we learn is often beyond our control; this is particularly true for students in school learning environments. Drawing on research conducted in secondary schools, this talk explores what students perceive authentic learning to be, what factors affect student conceptualisations of success, what students consider to be authentic motivators when learning.

36. Crossed Wires - Freud Neurology and Psychoanalysis

Dr Chris Nicholson (Senior Lecturer – Dept of Psychosocial and Psychoanalytic Studies)

In this session, using visual material to illustrate my case, I will introduce you to two versions of Freud – one in the popular imagination, and the other, the real Freud –

one of the most important figures in contemporary Western life. The 'Freud' we are often presented frequently stands in antithesis to modern neurology and somewhat against the scientific method, but did you know that before Freud developed psychoanalysis, he was a Neuroanatomist and studied the human brain extensively, especially children's brains? Or that some of his neurological discoveries were major achievements? How did this experience and training influence the development of psychoanalysis, and Freud's highly influential ideas about the nature of trauma and psychotherapeutic treatment, and in what way is observation at the very heart of psychoanalytic practice? I will describe Freud's scientific training, his contribution to neurology as represented in contemporary, and his developing of the structure of the mind.

37. Rupture, Repetition & Repair - Reimagining Therapeutic Residential Children's Homes

Dr Chris Nicholson (Senior Lecturer – Dept of Psychosocial and Psychoanalytic Studies)

The title of Chris' presentation, 'Rupture, Repetition & Repair: Reimagining Residential Children's Services', is the result of an invitation by the Institute for the Recovery from Complex Trauma (IRCT) to speak at the House of Lords, hosted by The Rt Hon. Baroness Butler-Sloss GBE, in response to the Government's *Children's Social Care Reform 2023, Stable Homes, Built on Love: Implementation Strategy and Consultation*. Chris described the harsh realities of residential children's homes and foster care in the UK, where traumatised children live, and he outlined what would constitute an effective approach, an ecological model that combines therapeutic services standards, practitioner competencies and psychodynamic frame.

"This problem centres on a poor understanding of what constitutes an effective therapeutic model in the sector, and the woeful lack of effective training for the staff undertaking this immensely challenging work, an issue that our degree courses at Essex aim to address."

38. Perspectives on Murder

Dr Liam Brolan and Dr Dan Rusu (Ecademi)

This talk offers a thoughtful exploration of murder through two very different, yet inter-related, perspectives. Dr Dan Rusu shares insights from his research on the lives of people convicted of murder who are trying to rebuild their identities and find their place in society after release. Dr Liam Brolan turns the focus to the families left behind, highlighting the emotional and practical challenges they face as they seek justice and try to make sense of their loss. Together, they open an important conversation about the realities of life after murder – for both those who commit it and those who live with its consequences. The talk also highlights the methodological and ethical challenges that arise when conducting criminological research.

39. TBC - 'Creating your ideal Psychology A level'

David Robert Jones (Eduqas Regional Representative)

<<Workshop description coming soon>>