

The European Federation of Psychology
Students' Associations

Mandate Report

of the mandate 2014/2015



efpsa

*European Federation of
Psychology Students' Associations*



About EFPSA in 2014/2015

At the beginning of our dynamic and colourful mandate, we set out to follow and adhere to 4 key principles in our work as a Board of Management. The following paragraphs provide a concise, but by no means exhaustive, overview into our work with our guiding principles for the mandate.

- 1) **Transparency** - ensuring the equal, prompt and honest distribution of all relevant information to the EFPSA working community.

Achievements:

- Among the first actions of the mandate was the full audit and overhaul of the model of the internal newsletter, which is used to distribute concise updates about the projects taking place over the Federation. We adopted a monthly model with short, engaging and people-centric posts and began the utilization of Mailchimp, which allowed us a more data-driven approach to our “reader base”, but also easier access to the contents of the newsletter.
- A comprehensive audit of all financial assets, finance reports and information was organized by an independent professional external accountant. The results of the audit were communicated and discussed with the Member Representatives team and presented during the

General Assemblies during the Executive Board & Member Representatives Meeting in Serbia and during the XIX Congress in Czech Republic.

- 2) **Professionalism** - working on establishing coherent and sustainable working practices across the Federation and setting our work on a high professional and ethical standard.

Achievements:

- We researched and organized a testing period of Wave Software, a professional accounting software, which allows for easy-to-use, transparent and objective platform for the financial needs of the Federation and its organisational committees. After a six month trial period, in both the Finance Office and with Org.Coms, Wave has been established as successful. It is free software that helps the Federation and events with their accounting, invoicing and money management, which in turn improves our transparency and decreases our likelihood of mistakes in accounting.
- The Executive Board & Member Representatives Meeting in Serbia provided a fully packed one week of events for the working community of EFPSA. Besides traditional General Assembly and Vernissage, some of the hot topics of the week were EFPSA Day preparations, Podio and Finance workshops, Mind the Mind campaign and the launching of the Small Talks project. We also had the honour to host Iryna Kuchma from FOSTER who delivered trainings on Open Access to EB, MRs and the trainers, and dr. Sanne Lamers, former ESS supervisor who is currently in the process of taking over the position of JRP Director of Research from dr. Kai Ruggeri.
- We organized two Board of Management Meetings in Germany and in Serbia, during which we ensured the discussion and group work on vital topics including the planning of the Joint EB&MR Meeting in Serbia, the program of the XIX Congress in Czech Republic, the external representation of the Federation, the respective event support and member organization representation, together with the preparation of all vital General Assembly and E-Voting proposals and supporting documents.

- We collaborated with the Statutes & Domestic Regulations Revision Task Force to update the vital documents for the Federation. Our intention had been to revise and amend the Statutes and Domestic Regulations in such a manner that we produce more readable documents, with greater utility and clarity for those using them.

- 3) **Outreach** - involving more students, both in terms of event and services participation, but also in overall awareness of the Federation in its entirety.

Achievements:

- The mandate was marked by a constant increase in number of likes and activity in Facebook and rest of the social networks. On 14 November, we reached 20 000 likes, which means that since we started this mandate number of likes increased by 3 and a half thousand. We continued sharing prompt updates, posts and content with our Facebook user base and ensured a strong online presence of the Federation.
 - We maintained strong connection to a number of other student organization through our presence at events and through the active pursuit of collaboration opportunities. We ensured the continuation of our mutual work with IFISO (Informal Forum of International Student Organisations), EMSA (European Medical Students Association), IFMSA (International Federation of Medical Students Associations).
 - We established contact and facilitated the preparation for the application of a new Observer Member - The Bosnian & Herzegovinian Student Organisation SINAPSA (Udruženje Studenata Psihologije Sinapsa). We welcomed them to the Federation after a voting during the XIX Congress in Czech Republic.
 - We continued the strong collaboration with the European Federation of Psychology Associations and ensured both our involvement with the General Assembly sessions and also provided support and voluntary assistance during the European Congress of Psychology in Milan, to which EFPSA was an official partner.
- 4) **C.A.R.E:** collaboration, advocacy, representation and engagement.



The next pages include a look into some of the highlights and milestones of the mandate.





XXVIII Annual EFPSA Congress

Baile Felix, Romania, gathered together more than three hundred psychology students from across Europe for the 28th Annual EFPSA Congress under the theme of “Development & Technology.” Over seven days, the participants took part in a programme of lectures, workshops, poster presentations and activities.

The Congress serves also as an important milestone, as it allows EFPSA to hold a General Assembly, during which the Member Representatives (the legislative body of EFPSA) elected the new Board of Management for the mandate 2014 – 2015. The new Board of Management members then had the challenging task of facilitating the selection process for the new Executive Board of EFPSA. The week also saw the knowledge transfer between the old mandate and the new, the forming of the working teams for the next year, and an industrious beginning to their mutual work.

Our thanks go also to the external guests who honoured our event and our working programme: Prof. Dr. Robert Roe (on behalf of the European Federation of Psychologists Associations), Dr. Nabil Hassan El-Ghoroury (on behalf of the American Psychological Association), Nick Shockey (on behalf of the Right to Research Coalition), Nicole Allen (on behalf of the Scholarly Publishing and Academic Resources Coalition), and Petar Velikov (on behalf of the International Federation of Medical Students’ Associations).

275 participants

34 workshops

15 lectures

35 Org. Com
members

24 poster
presentations

22 trainings

VIII European Summer School

One of the smallest, yet most famous EFPSA events European Summer School took place in Mellau, Austria, from 13th to 20th of July. The competition was tough - among 150 applications, only 36 lucky ones were selected. Our great participants, together with 7 amazing supervisors, worked hard on their new projects on the topic „Psychology at work: Research on Occupation & Organisations“ during the whole week. Apart from the intense work, they also had time to get to know Austria and its culture, taste cheese in numerous ways, hike the Alps and have fun. Our special guest was Prof. Richard Griffith who, apart from giving the inspiring lecture entitled “Organisational Psychology and Business: A Broad Examination of How the World Works”, also dedicated some time to every single project of the 8th ESS and shared his experiences, thoughts and pieces of advice with all six research groups. The lovely week ended with, now traditional, Blue & White Gala Night where students presented their projects and were formally introduced to Junior Researcher Programme.



JRP Conference

With over 80 people in attendance, the JRP Conference 2014 was a huge success. This year marked the third time the small event was held. As the final element of the JRP's 13-month calendar, it primarily involves final presentations from the six research groups developed in the previous year's European Summer School.



The conference started on the 14th with a hugely successful panel discussion on the role of psychologists in policymaking, particularly focusing on well-being. This panel included psychologists from an eating research group, a business school and a health psychology department as well as a public health minister and a child psychologist. Each presented their area of work and then the entire event was followed by a lively debate and the formal conference opening. This then led to the poster session where over 30 projects were presented in a packed room.

A reception and formal dinner were held in the main dining hall, with closing words and tributes paid to many in the room. The dinner marks the highlight of celebrations for the entire programme.

V Train the Trainers Summer School

The fifth edition of Train the Trainers Summer School took place in the very welcoming Slovenia. The event was hosted at the family farm Pri Kovačniku and it was a great seven days filled with learning, development and growth. Twelve TtT participants from 10 different countries have learned how to stand in front of public, how to design trainings and how to have fun during this hard job. Participants have been accompanied by the Trainers team.

At the end of the event participants delivered their first sessions at the Maribor University at the Open Training Day session. Slovenian students had the opportunity to attend trainings on assertiveness, goal setting, career planning, time management, conflict solving and emotional intelligence.





Trainers Conference or TRAC took place from July 31 to August 3 in Berlin and it was organised by Stefan Hafner. Three members of the Training Office were present, Ewelina who was coordinating, Bozena and Mitja, together with 7 more trainers. They gathered in order to work on ideas about developing the EFPSA training system, to activate the trainers community and to look at the improvement point and sustainability of the Training Office and training system. Also, this meeting should help Training Office to build the bridges in between trainers generations. The implicit goal was to create the task force in order to activate trainers in communities and to make them contribute to EFPSA. One of the days Open Training Day took place, with trainings delivered to students and NGOs, then the knowledge transfer about EFPSA training system, the team was built which focuses on trainers and their role. There were also discussions about external cooperation, internal functioning of EFPSA training system and action plan creation.

Six members of the Trainers community participated in the TRAM event in Paris with trainers from different organisations. Sessions were delivered on the topic "Training Follow Up" and 2 two of those sessions were delivered by EFPSA trainers, one about the impact of a training during a session and another titled 'The Secret Power of Relationships within Follow-Up Strategy.'

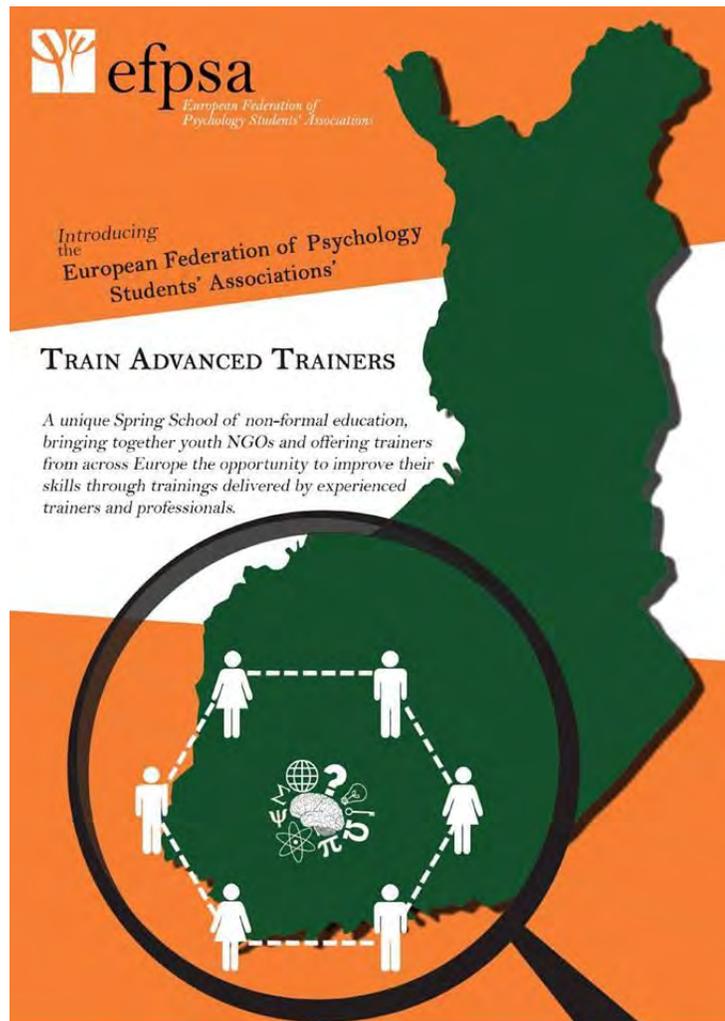
II Train Advanced Trainers

The Train Advanced Trainers is a non-formal educational event at which experienced youth NGO trainers can further develop their skills and knowledge through receiving training from both professionals and their peers, but also through delivering sessions and receiving valuable feedback. Its aim is to prepare trainers who are even more experienced, more motivated, who can deliver higher-quality trainings for their NGOs and share their knowledge with other trainers in their networks.

The main theme of the event was Evidence Based Training. TAT became a gateway to an international and inter-organisational community – the so-called Hive – that brought together circa 60 trainers to share resources related to training, created collaboration opportunities, supported each other with professional challenges.

During this week-long event, participants achieved a holistic overview of all information, theories, methods, techniques, and processes that can be used in the training room and connect them to their personal values and goals.

TAT was organized in Turku, Finland.



EFPSA Day

EFPSA day is a one-day event that marks the beginning of a new marketing event cycle for all the other events and services that EFPSA hosts and provides. It is traditionally held at the end of the year where our local organisers organise EFPSA Day (a presentation, training or other activities) to provide psychology students a glimpse of what EFPSA can offer them. This year EFPSA Day was held in the first week of December in almost 70 universities around Europe. Small changes were made to the way EFPSA day is organised when compared to previous years; firstly, EFPSA's Member Representatives were made Local Coordinators – a position made to help

Local Organisers from specific countries to communicate with each other and get information on their own language in the shortest amount of time (e.g. a Croatian Member

Representative will be a local coordinator for all the local organisers in Croatia). During the months prior to EFPSA day we have

had a viral marketing campaign that consisted of clips that were provided by many EFPSA volunteers. They all made an EFPSA box (a 3D prop that was part of the campaign) and participated in our yearly promotional video (https://www.youtube.com/watch?v=e4lGWW8_3HY). In the presentation on the day of the event, EFPSA's structure, events and services were explained as was the process of application for our biggest event, the 2015 29th EFPSA Congress in Czech Republic.



Journal of European Psychology Students

Six new members from all over Europe joined the team during the Congress as Junior Editors. Together with the Senior Editors, the JEPS Editorial Team have published a number of new articles during the previous months. JEPS has adopted a continuous online publication model which ensures that finished articles are published online without delay, as opposed to being



published punctually in a yearly issue. This also means that submissions are now accepted at any time.

Shortly after the Congress, the second Work-in-Progress special edition with six reports from the research groups of the Junior Researchers Programme was published. A third

version of this fruitful partnership is now in preparation.

In October a new series of interviews and a number of academics from different fields of psychology have been launched in the JEPS Bulletin website which we are extremely proud of.

In November, Social Impact's Ivan Flis and JEPS' Katharina Brecht participated in the OpenCon in Washington and they gave us a great insight into what happened in a Bulletin post available here: <http://blog.efpsa.org/2014/11/26/set-the-default-to-open>

Social Impact Initiative

On 10th October, which is declared World Mental Health Day by the UN, Social Impact Initiative launched a new campaign called „Mind the Mind – Combating the Stigma of Mental Disorder“. The project consists of a workshop programme delivered to high school students across Europe whose aim is to reduce stigmatisation of people struggling with mental disorder.

“Mind the Mind - to combat the stigma of mental disorder” is a campaign , aiming to educate young people all over Europe, raise awareness, and encourage the discussion about stigma of mental disorders in the wider public. In 17 regions of Europe, motivated psychology students who applied to be Local Coordinators of the campaign are organising the presentation of an educational and experiential-based workshop prepared by the Social Impact Initiative Team of EFPSA.

Additionally, we also started a "Mind the Mind" page on Facebook: a platform with information, multimedia material and personal stories about the topic of mental health.

For more information about the campaign and Social Impact Initiative itself, check their Facebook page (<https://www.facebook.com/efpsamindthemind>) and website (<http://www.efpsa.org/social-impact/>).



Mind the Mind...
to combat the stigma of mental disorder

*An educative and interactive workshop
for highschool students*

Social Impact Initiative



MAKE A POSITIVE CHANGE, BECOME A VOLUNTEER!

efpsa.org | socialimpact@efpsa.org

local coordinator: _____

The People Behind EFPSA

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Mission

Our mission is to represent the needs and interests of the psychology students of Europe, improve Psychology, develop ways and habits to contribute to society, and support scientific, social and cultural cooperation between students, academics and professionals.

Vision

We aim to constantly develop our services and events, give students possibilities to grow both as professionals and as human beings by learning from and sharing with one another and cooperating with academics and professionals in a multicultural environment. We endeavour to raise awareness of principles in psychology, lessen misconceptions of it, and integrate psychological concepts into society.

Values

European Integration

As an organisation of European psychology students, we try to enhance the integration between European countries, regions and cities. By organizing events, offering services and focusing on communication, we want to enhance the scientific and cultural exchange among members of the European community

Organisational Proficiency

As a learning organisation we value continuous improvement and innovation. Therewith, we strive for efficient processes, transparent structures and long-term continuity.

Diversity

We are aware of our differences, we respect, celebrate and welcome them as a valuable asset. At the same time we cherish cross-cultural learning, tolerance and unity. Therefore we encourage exchange on a scientific, cultural and personal level.

Integrity

We are committed to principles of truth, honesty, responsibility, cooperation, reliability, and professionalism.

EFPSA Spirit

We embrace open communication, exchange of ideas, freedom of expression, and friendship; we are committed to initiative and proactive thinking and believe that with enthusiasm and positivity we will make a difference.

The Four Core Goals of EFPSA

1. Serve psychology students
2. Link professionals, academics & students
3. Improve psychology
4. Contribute to society

