



# The Memory Project

The power of cognitive psychology  
to enhance performance

Wednesday 7 June 2023

# Welcome



In our increasingly competitive and information saturated world, an understanding of how memory works, how to enhance it through the use of techniques and how to fuel it effectively can provide students with an edge as they seek to enhance their own performance.

*The Memory Project* has been designed to explore these areas and to provide a deeper understanding of the science that underpins effective learning.

As well as hearing from three experts in their fields, you will also find out about our innovative pilot work with small groups of students from The Abbey Senior and Junior Schools and Bulmershe School, as they have sought to gain a deeper understanding of their own memories.

Finally, you will have the opportunity to speak about psychology, its place in the world and how to enter that world yourselves through deeper breakout room discussions.

We are delighted to be presenting this evening with the **University of Reading** as part of our ARCH programme, open to schools in the Reading area, enabling students from across our community to come together for innovative learning and collaborative experiences.

To all our audience, we hope you are able to take away some valuable messages that you can start putting into practice straight away. Enjoy the evening!

James Paterson

*Head of Psychology, The Abbey School*



**The Abbey**  
Junior School

5:00pm	<p><b>Welcome</b> <i>Will le Fleming - Head, The Abbey</i></p> <p><b>Cognitive Psychology and Memory Techniques</b> <i>James Paterson - Head of Psychology, The Abbey</i></p>	
5:15pm	<p><b>Memory Demonstration</b> <i>Students of The Abbey &amp; Bulmershe Schools</i></p>	
5:45pm	<p><b>Keynote speaker</b> <i>Professor Philip Beaman - School of Psychology and Clinical Language Science, University of Reading</i></p> <p><b>Short-term and working memory and the role of memory in decision-making and higher-level cognition</b></p>	
6:00pm	<p><b>Keynote speaker</b> <i>Professor Claire Williams - Chair of Neuroscience in the School of Psychology &amp; Clinical Language Sciences, University of Reading</i></p> <p><b>Healthy Eating and the Brain? Exploring how a good diet can benefit your brain as well as your body</b></p>	
6:15pm	<p><b>Audience Questions to our Panel of Speakers</b> <i>Professor Philip Beaman, Professor Claire Williams, James Paterson</i></p>	
6:30pm	<p><b>Student Breakout Rooms</b> We welcome students Y7 and upwards to discuss the themes of the evening with our speakers and guests and former students of The Abbey working in the field of psychology.</p> <p>Parents and guests are invited for refreshments outside the Lecture Theatre / Rose Garden</p>	
7:00pm	<p><b>Networking Reception</b> All students and guests Outside the Lecture Theatre / Rose Garden</p>	

Thanks to our Upper VI psychology students Finia and Tiggy for advising on tonight's programme and for introducing our guest speakers



## Keynote speakers



**Professor Claire Williams, PhD**

Chair of Neuroscience in the School of Psychology & Clinical Language Sciences, University of Reading

Professor Williams runs a research group called the Nutritional Psychology laboratory which investigates the health benefits of plant-derived chemicals. The main focus of her laboratory is the interplay between dietary intake and measures of psychological well-being such as cognitive performance, food preference, mood, and quality of life using a wide range of techniques (e.g. animal studies, randomised controlled trials, neuroimaging) and population groups (e.g., school-aged children, healthy adults, older adults, patients with mild cognitive impairment). The group has published a number of articles including single acute doses of blueberries can significantly improve memory and attention in children aged 8-10 years old.



**Professor Philip Beaman, PhD**

Professor of Experimental Psychology, School of Psychology and Clinical Language Science, University of Reading

Professor Beaman interests lie in short-term and working memory and the role of memory in decision-making and higher-level cognition, studied using a combination of experimental and cognitive modelling techniques.

His other interests include the cognitive neuroscience of auditory distraction and both theoretical and applied issues concerning how automatic – often non-conscious – processes interact with conscious, intentional cognition and meta-cognition to produce behaviour.

Recent theoretical work has been funded by the Economic and Social Research Council (ESRC) and Leverhulme Trust, and recent applied work by the Engineering and Physical Sciences Research Council (EPSRC) and industry.

**Our warmest thanks to all our keynote speakers and breakout room guests for generously sharing their experiences with students for ARCH**



**Michi Aneez**  
Abbey Alumna

Michi is a final year MS Psychology undergraduate at University College London (UCL) who recently completed her BSc Psychology.

*Michi's primary research experience has been in language, cognition, neurological disorders, and developmental psychology.*



**Katerina Manginas**  
Abbey Alumna

Katerina currently works as the Healthier Lifestyle Service Lead for West London NHS Trust. Since 2019, she has become responsible for 30 inpatient forensic and acute mental health wards, leading on a community service for a self-management of long-term conditions for diabetes, Tuberculosis raising Awareness programme and Digital Inclusion Service. She has undertaken training to become a quality improvement practitioner and coach from NHS improvement and working with King's College University on research projects.

*In 2023, Katerina started a Doctorate in Health Psychology at the University of Stirling. She recently completed a MSc in Health Psychology at the University of Surrey.*



**Hannah Oram**  
Abbey Alumna

Hannah is currently studying BSc Psychology at University of Bath.

*Her placement year is in clinical health psychology working as an Assistant Psychologist for NHS Foundation Trust.*





**Harpreet Saimbhi**

*Abbey Alumna*

Harpreet is a final year PhD student studying Counselling and Psychotherapy at The New School of Counselling and Psychotherapy (part of Middlesex University). Master's in Health Psychology from The University of West London and a Bachelor's of Science with Honours from Southampton Solent University.

*She has over three years' experience as a counselling psychologist and also has a thriving private practice.*

*Additionally, Harpreet works for a charity that provides counselling to a wide range of patients aged 16+ and has been a Samaritans Listening Volunteer for many years as well. She previously worked in the NHS (Frimley NHS Trust) in a Pain Management Clinic working with servicemen and women and civilians.*



**Rosie Chandler-Wilde**

*Abbey Alumna*

Rosie is studying an MSc in Applied Statistical Modelling and Health Informatics at King's College, London, with the aim of completing a PhD in Psychology and becoming a researcher.

*Rosie studied Psychology at the University of Exeter. She worked in a charity-funded mental health crisis centre for a year.*

*We are so proud of The Abbey alumnae for all they go on to achieve in the world and for their ongoing and unfailing support of our school community to support the aspirations of young people.*



## About us

ARCH is a hub bringing together individuals and organisations across Reading to offer opportunities and learning experiences for young people and young women in particular.

The ARCH programme will offer a range of activities that develop aspiration and self-discovery, built on innovative community connections.

At the heart of ARCH is a multi-school and Reading-wide partnership. This partnership connects to a network of individuals and organisations with whom we collaborate.

What unites us is the desire to improve the life chances of young people to help them explore and fulfil their potential and live with confidence, purpose and joy.

Tell us your ideas for future events

Let us know how you can help with our mission

To find out more about ARCH:

[arch@theabbey.co.uk](mailto:arch@theabbey.co.uk)



The Abbey



**The Abbey**



*With special thanks to students and staff of Bulmershe School  
for joining us on The Memory Challenge collaboration*