

underestimate the richness of their own cultural context and experience as a source for academic and personal growth because - like culture itself - 80% lies beyond their immediate or conscious reach. This workshop seeks to enhance self-awareness and knowledge by providing participants with a simple skill set (grounded in theory and research) on how to use culture as a tool for self-exploration. Briefly stated, each participant will be asked to select a culturally significant event (aka a cultural moment) from their personal history, re-examine and re-interpret it in the light of prompts to stimulate self-awareness, and share their findings with others.

Integrating Eastern and Western Learning Styles

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Learning styles in Eastern and Western educational settings are known to differ with the former focusing on understanding through memorization prior to application and the latter focusing on understanding through experiences initially (Kennedy, 2002; Pang, Ho, & Man, 2009; Tavakol & Dennick, 2010). It can be challenging to be a foreign lecturer in a higher education setting, balancing the cultural learning styles of students with a different teaching approach. This paper will share the experiences of blending the teaching approaches of didactic teaching with facilitation in lectorials and clinical supervision within an Australian competency-based psychology program for a Singapore student population. Strategies to build on individual learning styles and to encourage reflection and self-directed learning, including appropriate use of technology, will be discussed.

Bang Your Head: Heavy Metal and other Unusual Examples to Enhance Lectures in Psychology

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From hidden messages in Judas Priest's music to Slayer being charged with promoting murder, heavy metal music has a long history of unique instances that are directly related to psychology. By incorporating examples from the world of heavy metal, instructors can enhance student engagement and drive home a wide range of psychological theories and concepts. In this talk, I will provide examples involving heavy metal that relate to areas covered in introductory, social, personality, and research methodology courses. Topics covered will include: black metal and criminal behaviour, the link between personality and music preference, "problem music" and moral panic, as well as subliminal messages in music and the role of expectation in the perception of music.

Strategies for Writing Improvement among the Texting Generation

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While effective writing is crucial for working in the field of psychology, many students enter college and graduate school without adequate writing abilities. Even when basic writing skills are intact,