

PodCast Schedule 2020



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

Psyche Society

The Psyche Society is a student run, student led organisation at the University of Pretoria as part of the Department of Psychology. With over 1000 members and more than 150 volunteers each year, the Psyche Society is proud to be the University of Pretoria's Psychological Society.

During July 2020 the Psyche Society in partnership with the University of Pretoria's award-winning campus radio station, TuksFM, launched a collaborative podcast series. The podcast series, titled "Mental Matters" was a ten-episode series that aimed at breaking the stigmas that surrounds mental health, as well as developing ways to address the mental health issues that students face. Each week for 10 weeks, the podcast series featured professional psychologists who responded to topics of the respective week. Three students were also interviewed.

Podcast Series Schedule:

- Episode 1:** What is mental health and how does it affect us?
Presenters: Kim Eardley (Chairwoman: Psyche Society - 2020) & Kopano Bookholane (Radio Presenter & DJ: Tuks FM)
- Episode 2:** How to make use of the upcoming university break: What we can do to make sure we have a proper rest and regain energy during this recess period under lockdown?
Special Guest: Dr Nicoleen Coetzee, Neuroscience Research Psychologist & Lecturer
- Episode 3:** "Problems vs. Disorders": Differences, signs, symptoms, myths and effective treatment.
Special Guest: Mr Anthony Townsend, Clinical Psychologist & Guest Lecturer
- Episode 4:** How to make use of effective coping strategies to deal with anxieties brought on by the COVID-19 pandemic
Special Guest: Ms Nkateko Ndala-Magoro, Counselling Psychologist & Lecturer
- Episode 5:** How are you experiencing lockdown as a University of Pretoria undergraduate student?
Special Guest: Adelene van Rooyen, 3rd Year Psychology student
- Episode 6:** How are you experiencing lockdown as a University of Pretoria postgraduate student?
Special Guest: Mathias Shunmugam (PhD Philosophy & 2nd year Psychology student)
- Episode 7:** Utilising personal strengths in the context of a changed learning environment (e-learning)
Special Guest: Prof Tharina Guse (HOD Department of Psychology, Counselling Psychologist & Lecturer)
- Episode 8:** What can we expect from the people around us with lowering levels of lockdown?
Special Guest: Dr Mpho Tshivhase (President of the Philosophical Society of South Africa, co-founder of the Society for Women in Philosophy - South Africa & Senior Lecturer)
- Episode 9:** Conversations around mental health with the SRC President?
Special Guest: David Kabwa (SRC President & BA Honours in International Relations student)
- Episode 10:** Using what we have learnt to better our Mental Health
Presenters: Kim Earley (Chairwoman: Psyche Society - 2020) & Kopano Bookholane (Radio Presenter & DJ: Tuks FM)

For more information contact Psyche on psychesociety.up@gmail.com