



## Psihofest

April 9<sup>th</sup> 2011

'Psihofest' – 1<sup>st</sup> festival of popular psychology was held on April 9<sup>th</sup> 2011 at Faculty of Humanities and Social Science, as a public event aimed to promote and popularize scientific-based knowledge of human behavior. Its organizers were students and professors of the Department of Psychology, University of Zagreb. The event was sponsored by Školska knjiga Ltd.

'Psihofest' featured a variety of science-related activities – from lectures, exhibitions, workshops, and poster sections, to live demonstration of psychology experiments. Topics covered most parts of psychological science: both in fundamental (cognitive, biological, developmental, and social psychology) and applied fields (clinical, organizational, and educational psychology). Program was designed to offer something for everyone: activities for children and school groups, adults looking for stimulating and entertaining hand-on knowledge, or professionals interested in specific research.

Manifestation *received a lot of publicity* in the local media and attracted more than 1000 visitors. Inspired by their satisfaction and high evaluations of the program themes and organization, we are looking forward to our next 'Psihofest'. For more information join us on Facebook, or visit <http://psihologija.ffzg.unizg.hr/psihofest>

## LIST OF EVENTS

### *Workshops*

- How to performer well at the job interview
- How to take up for your self (assertiveness workshop)
- 10 steps to improve your mental health
- E.R. in research methodology – professional consultancy in planning and conducting your research
- On your way to M.A. (how to study more effectively)
- Are you an ant or a grasshopper (time management workshop)
- I'll just do it tomorrow (how to deal with academic procrastination)
- Love and jealousy (what makes a healthy relationship)
- Who's that in the mirror (body image perception and self esteem)

### *Lectures and discussions*

- What is pretty is good? (psychical attractiveness stereotype)
- Is mum really guilty for everything? (parenting, attachment, and connection of attachment styles and quality of interrelationships)

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- Genes + Environment = People (genetics and personality)
  - Personality disorders
  - Mr. Horvat goes to psychological testing
  - Secret connection between psychology and movies

*Experiments and demonstrations*

- If you drink, do not drive – true or false?
- Analyze this! – projective tests
- Are you psychic? – science-check your telepathic ability
- Mind: wonder-making machine (perceptual illusions)
- Mnemotechnics

- Surf the brain waves! (EEG demo)
- Hearing is being (music and personality)
- Brain on autopilot (automatic processes and cognition)
- Learn by mistakes (developmental dynamics of math performance)
- Subliminal perception
- When you're happy and you know it clap your hands (psychomotor tests)
- Conformity: demonstration of Ash experiment
- Working with others: competitive vs. collaborative approach

*Veseljka Rebić*