

Royal Holloway Psychology Competition 2025: Rules and regulations

The rules

General rules:

- Teams must be made up of between **2 and 5 students in year 12**.
- A member of school/college staff must register their teams **by 12 p.m. Friday 2nd May 2025**.
- Teams must produce a video and poster answering this year's competition question—see below for further details. The poster and video should complement one another.
- A member of school staff or other responsible adult **must** attend the event with their team(s).
- All entries must be the original work of the team
- All teams must submit their video entry by **12 pm on Friday 30th May 2025** (details below)
- All teams **must** be able to attend the event on our campus ([Egham, Surrey](#)) on **Wednesday 18th June 2025** and display their poster (details below)
- Teams will receive feedback on their entry on the day, through interactions with our judges, and with Royal Holloway staff and students

Video rules:

- The video must be no longer than **two minutes** (a penalty will be applied for over-length videos)
- What you do in your video is completely up to you, so long as you answer the question: **'HOW CAN PSYCHOLOGY HELP US SHAPE HEALTHIER ONLINE BEHAVIOURS?'**
 - You can introduce how you interpret the question and introduce any key psychological concepts/ideas.
 - You can also explain what you plan to present in your poster.
- Your video must be uploaded to Vimeo (<https://vimeo.com/upload>) by **Friday, May 30th, 2025, at 12 noon**. Once you have uploaded your video, please send us the link to it using [this form](#).
- All videos entered into the competition could go online and be publicly available on the Royal Holloway website and/or YouTube channel.
- Please only include people in your video with their permission.

Poster rules:

- Must be size A1.
- You must be able to print and bring your poster to the event on our campus (Egham, Surrey) on **Wednesday 18th June 2025**. Please email the organiser if this is a problem.
- What you include in your poster is completely up to you, so long as you answer the question: **'HOW CAN PSYCHOLOGY HELP US SHAPE HEALTHIER ONLINE BEHAVIOURS'**. Your poster and video should complement one another.
- Each team will have an allocated poster board at the competition event where they must display their poster and be prepared to answer questions about it during their allocated poster presentation slot.

What are our judges looking for?

- Communication and presentation skills
 - *Are the video and poster clear and easy to follow? Do the team explain their poster well to people?*
- Understanding of psychology
 - *Are the key concepts successfully described? Do the team have an excellent knowledge of their chosen topic?*
- Originality
 - *Are all of the team's ideas their own? Is there something unique about their video or poster?*
- Creativity
 - *Are the video and poster exciting and creative? How have they tackled the question?*

We will provide further details on the Poster event nearing the date.

Do you have a question which isn't answered here?

Email Dr Matt Talbot (matt.talbot@rhul.ac.uk) or Dr Izzat Morshidi (izzat.morshidi@rhul.ac.uk).