

Middle Georgia State University KNIGHTS HOUR

MGA is starting a new initiative to help students connect with their campus, peers, organizations as well as recharge and experience college life outside the classroom. Knights Hour is a time for students to experience college life from 12:30-1:30 PM starting on the Macon and Cochran campuses this fall and all campuses in Spring 2027. You will have a full hour to enjoy time with friends, attend a campus event, meet with faculty and staff, study, take a nap, eat, or do what you need to do to stay ahead of the game and recharge. Take some time to explore what MGA has to offer! Link: <https://mga.presence.io/>.

How does this relate to psychology you ask? In 2025, a study published in [Frontiers Psychology](#) found that social engagement and connection can deter loneliness and create positive wellbeing for college students. Although this study specifically examined students following the COVID-19 pandemic, the importance of social connection extends well beyond that context. Humans thrive on social connections. The level and need of that connection varies for everyone but the need is present. Initiating social connection can be difficult but the rewards are valuable. Friendships, romantic relationships, professional opportunities, and just plain fun can all be achieved through social engagement and the college campus is the perfect place to make that happen. Enjoy your Knights Hour and have fun!

September EVENTS

at MGA

Get involved. Stay connected. Make an impact.



SELF-CARE & WELLNESS WORKSHOP

TUESDAY, SEPTEMBER 9

An Academic Coach will discuss general self-care strategies and take student questions.

11 AM - 12 PM | Macon - Writing Center, TEB 226



JENNINGS FAMILY DISTINGUISHED LECTURE

WEDNESDAY, SEPTEMBER 10

"ZERO FAIL MISSION" with Col. (Ret.) Mark W. Tillman

Retired Air Force One commander on September 11, 2001, shares powerful insights on leadership, decision-making, accountability, and performing under extraordinary pressure.

RECEPTION: 6 PM | LECTURE: 7 PM
Free and open to the public. Reservations required.



KNIGHTS SERVE FOR 9/11 DAY

SEPTEMBER 21 - 25

Join MGA students, faculty, and staff in service projects across all five campuses. Together, we strengthen our communities and honor those who serve.



COCHRAN FIRST-RESPONDER APPRECIATION
SEPT. 24 | 9 - 11 AM



MACON FIRST-RESPONDER APPRECIATION
SEPT. 25 | 11 AM - 1 PM



Other campuses will assemble care kits for people experiencing homelessness.



KNIGHTS UNPLUGGED

SEPTEMBER 2, 9, & 16

Take a study break and enjoy games, activities, snacks, and prizes!

Macon & Cochran Libraries



SNAKE-TEMBER

WEDNESDAY, SEPTEMBER 16

Celebrate reptiles with hands-on activities, fun facts, and more!

Cochran - Library



COCHRAN OPEN HOUSE

SATURDAY, SEPTEMBER 26

Explore careers, degrees, and the MGA experience. We can't wait to meet you!

Cochran Campus



Get the full calendar!

View all campus events, times, and locations at mga.edu/events



Mark your calendar, bring a friend, and be part of campus life at MGA!





Your Phone Does More Than You Think

A study published in [Communications Psychology](#) found that cell phone usage could reduce interoceptive awareness, or the ability to notice and trust body signals. Participants also experienced a higher heart rate when exposed to smartphone-related images. The meaning? For some, simply seeing smartphone cues is enough to distract and increase physiological responses.

That can be difficult for a student when they are trying to study, concentrate in class, socialize with friends and family, focus on a task, sleep, or eat. Phones are a great tool and resource, but overuse can contribute to physiological arousal and inhibit your ability to focus. Distracting yourself by checking your phone is an interruption in your task-oriented behavior. [One study](#) showed that it took over 23 minutes for individuals who were interrupted during a work task to return to their original task. This does not mean every phone check will cost you 23 minutes, but it does show how disruptive even a brief interruption can be.

A [systematic review](#) published in 2025 found that greater usage of short videos (i.e. TikTok, Instagram Reels, YouTube Shorts) was moderately associated with poor cognitive functioning. It was noted in reduced attention and poorer attempts at resisting impulses and distractions. So, before you reach for your phone “just for a second,” ask yourself: Is what I’m about to check worth interrupting what I’m doing right now?

You’re Joking!

Therapist: “We need to work on helping you to stop catastrophizing. Always thinking of the worst possible outcome is causing your stress levels to increase significantly.”

Me: “Okay, you’re right.”

Therapist: “How do you feel about that?”

Me: “Like the world is crashing down around me and everything is going to turn out badly.”

If you would like to be featured in a PSYCH Insights Newsletter, let us know! We would love to showcase your work, interests, questions, and ideas. Please email Dr. Amanda Avera for more information at amanda.chase@mga.edu.



Student Spotlight



This issue, we are featuring Mckenzie Hattaway who had an exciting summer abroad!

Over the summer, I had the privilege of studying abroad in Edinburgh, Scotland, where I took two courses: *Rebels, Kings, and Witches: UK and Scotland Before 1850*, taught by Dr. Dave Nelson from ABAC, and *The Psychology of Scottish Ghosts and Second Sight*, taught by Dr. Christine Simmonds-Moore from the University of West Georgia. While learning history that's centuries older than America, I also explored parapsychology in one of the world's most famously haunted cities.

Throughout the program, we toured castles, cathedrals, palaces, museums, kirkyards, and the Scottish Highlands, experiencing firsthand the places where history and folklore intersect. This experience showed me how deeply history and psychology are connected. History provides the events, cultures, and traditions that shape human beliefs and behaviors, while psychology helps us understand why people think, perceive, and respond the way they do within those historical contexts. Studying Scotland's history alongside its traditions of ghosts, witchcraft, and second sight offered a unique perspective on how culture, memory, belief, and human experience influence one another across generations.

While in Edinburgh, I also had the opportunity to attend a lecture by Dr. Caroline Watt, one of the world's leading parapsychologists. Meeting her and receiving a signed copy of her book was a memorable highlight of the program and further inspired my interest in the relationship between psychology and history.

