

Day 3 and the energy continues to rise!



After indulging in a good hearty breakfast in Westminster and Downing College, the students set off to their respective lessons which they were all eager to get to. The [Biotechnology](#) students had an intense session **extracting DNA from strawberries**, while the [Psychology](#) students learnt about **behavioural and cognitive psychology**, looking deep into memory and learning; the students even created a **memory game** which they played with each other.

Though the weather was wet and gloomy, the afternoon was full of excitement, bringing out the active and creative sides in our students. A session of **Zumba** raised many heart rates as the students danced and jumped to a range of different songs, whilst **T-shirt painting** was a calmer and more relaxing atmosphere. In fact, T-shirt painting was such popular activity that we ran out of shirts! However, students doubled up in decorating tees together and were very much pleased with the outcome of their **collaborative** work.

In the evening, the students had an eye-opening **lecture** on nostalgia and cultural repetition, delivered by [English Literature](#) lecturer, Andy Campbell. He explained how nostalgia can at times be a negative thing, especially in a political context as it can be used as a distraction from austerity. He gave examples like the Great British Bake-Off and the sudden consumption of Victoria Sponge cake which left students and staff quite flabbergasted! It was

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so interesting that discussions on the topic lasted a few hours after the lecture was over. We love seeing our students so fascinated, inspired and intrigued! To end the night, the students enjoyed a **casino**-like atmosphere (without really gambling) and a few **board games**, which became quite competitive by the end. A game of Jenga had people on the edge of their seats as the tower stacked up higher but became more and more unstable along the way. In another room, **Nintendo Switch** was also very popular and even had members of the senior staff playing a few games and rising the ranks. A lovely way to end such an exciting day.
https://www.instagram.com/p/B0jAIQEH5p/?utm_source=ig_web_copy_link
Written by Gold

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