

**Upcoming BSI Seminars****28 Oct 2025**

*Singaporean with an Asterisk': Racial Categorisation and Its Implications for National Belonging among Malay and Indian Singaporeans*

Seminar by Davelle Lee  
PhD Candidate, SMU

**4 Nov 2025**

*How work-leisure dichotomy beliefs shape leisure activities, recovery, and well-being*

Seminar by Brandon Koh Yuan Rui  
Senior Lecturer Brandon Koh Yuan Rui, SUSS

**Highlights of Recent BSI Seminars****9 Sep 2025**

Seminar by Kenneth Tan, Assistant Professor of Psychology, SMU  
He presented a webinar titled "*The moderating effects of paradox mindset on romantic relationship ambivalence*". He discussed how a paradox mindset may buffer the negative effect that the ambivalence from simultaneous experience of positive and negative evaluations has on romantic relationship satisfaction.

**30 Sep 2025**

Seminar by Shilpa Madan, Assistant Professor of Marketing, SMU  
She presented a webinar titled "*The Silver Lining of Stress: More Stress-Reactive Individuals are Quicker at Learning Sociocultural Norms from Experiential Feedback*". She discussed how negative feedback in social interactions in unfamiliar settings motivates stress-reactive individuals to learn the relevant norms guiding appropriate behaviours.

**Insights and Applications from Behavioural Sciences**

Using a large longitudinal panel dataset of 8,674 older adults in Singapore who completed monthly surveys for 53 consecutive months, SMU PhD student Frosch Quek, Assistant Professor Kenneth Tan, and BSI Director Professor David Chan found that how intra-individual variability in life satisfaction relates to physical health may depend on one's average level of satisfaction. Their findings suggest that within-person dynamics of well-being (not just static levels) matter for physical health. The study has just been published in the following journal: Quek, F.Y.X., Tan, K., & Chan, D. (2025). Understanding the physical health associations of intra-individual variability in life satisfaction among older adults. *Applied Psychology: Health and Well-Being*, 17(4), e70055.

**About BSI**

The Behavioural Sciences Initiative (BSI) is a multi-disciplinary research initiative for creating, disseminating and applying scientific knowledge about human behaviours in various social, organisational and cultural settings. For more information, please refer to our website.