

FIRST YEAR

Psychology

Survival Guide



2018

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[WELCOME]

President's Welcome

Welcome to uni and to the PSA! University can be the best time of your life – but only if you let it. Let invitations turn into experiences, and create yourself a world here – one that you never realised could be so much fun. Joining the PSA was the first step for many students – including myself – to engaging in the amazing student culture UQ has to offer.

This survival booklet was compiled by all of us here at the PSA, and it's full of all the things we wish we knew when we were in your shoes. University can be hard at times, but you'll get through and we're here to help. Come see us in our office if you need a hand with anything – we've probably been there. Good luck, and I hope to meet you soon!

Emily Westwood
2018 PRESIDENT

Using Your Guide

When writing a guide for surviving in the wild, they offer an important suggestion; create a comprehensive guide for the region. Like any other adventure, uni is a fantastic experience, and the scenery is there to be enjoyed and taken advantage of. But like the wilderness, sometimes you stumble upon the unexpected. Your trusty guide will be there when you are unsure what to do. In the urban jungle, the scenery might change, but the rules don't. Carry your survival guide, stay on the right track, and you'll be right on your way to surviving first year. Don't stress, you'll do great!



*Have an absolutely
banging first year,
and don't stress!
Get involved, keep
it balanced, and
you'll have a great
time.*

Meet Your Committee

PSYCHOLOGY ASSOCIATION 2018



Connor Doig
Treasurer



Emily Westwood
President



Tahlia Baumann
Secretary



Joan Chia
Social Director



Brittany Chapman
Social Director



Danielle van Os
First Year Coordinator



James Lindsay
Media & Engagement



Dannon Day
Careers & Industry



Amanda Salmon
Academic Director



Tessa Clarkson
Fundraising & Merch



Utari Zaharani
Promotion & Media

But...

WHAT IS THE PSYCHOLOGY STUDENTS' ASSOCIATION?

The Psychology Students' Association aims to enhance university life for psychology students and our members by supporting students' personal and professional development, fostering their engagement with the School of Psy-

chology, and providing a platform from which students' opinions, ideas and concerns are heard by the School. We organise events and make available opportunities for our members, promoting their social and academic pursuits.



SURVIVING YOUR FIRST MONTH

1

Attend an Orientation Psychology Session

Whether you're taking psych through science, arts or the bachelor of psych science, you'll get all the details about what's to come.

13 Feb 12:30 pm
14 Feb 2:30 pm

2

Market Day

Many, many freebies, resources, and most importantly, pick up your PSA membership to have free or discounted access to the many events on offer during the year!

14 Feb 10-2 pm

3

School of Psychology First Year Session

(B. Psych Science students only). Highly recommended session to meet your lecturers face-to-face and ask any questions you might have - they've been through it all!

15 Feb 10 am

4

Plan Your Timetable

Head over to <https://timetableplanner.app.uq.edu.au/> to organise your courses before this date to ensure there are no clashes, and activate your email via the email icon on my.UQ.

Before 19 Feb

5

Meet and Greet

A chill way to meet fellow first years and the committee for the first time in the psychology courtyard where you'll (undoubtedly) spend many hours over the next few years.

22 Feb - 5:45 pm

6

Retreat

Start the year off right and embrace this opportunity to make some friends before the hussle and bussle of uni semester sets in. Who knows whose notes you'll end up relying on.

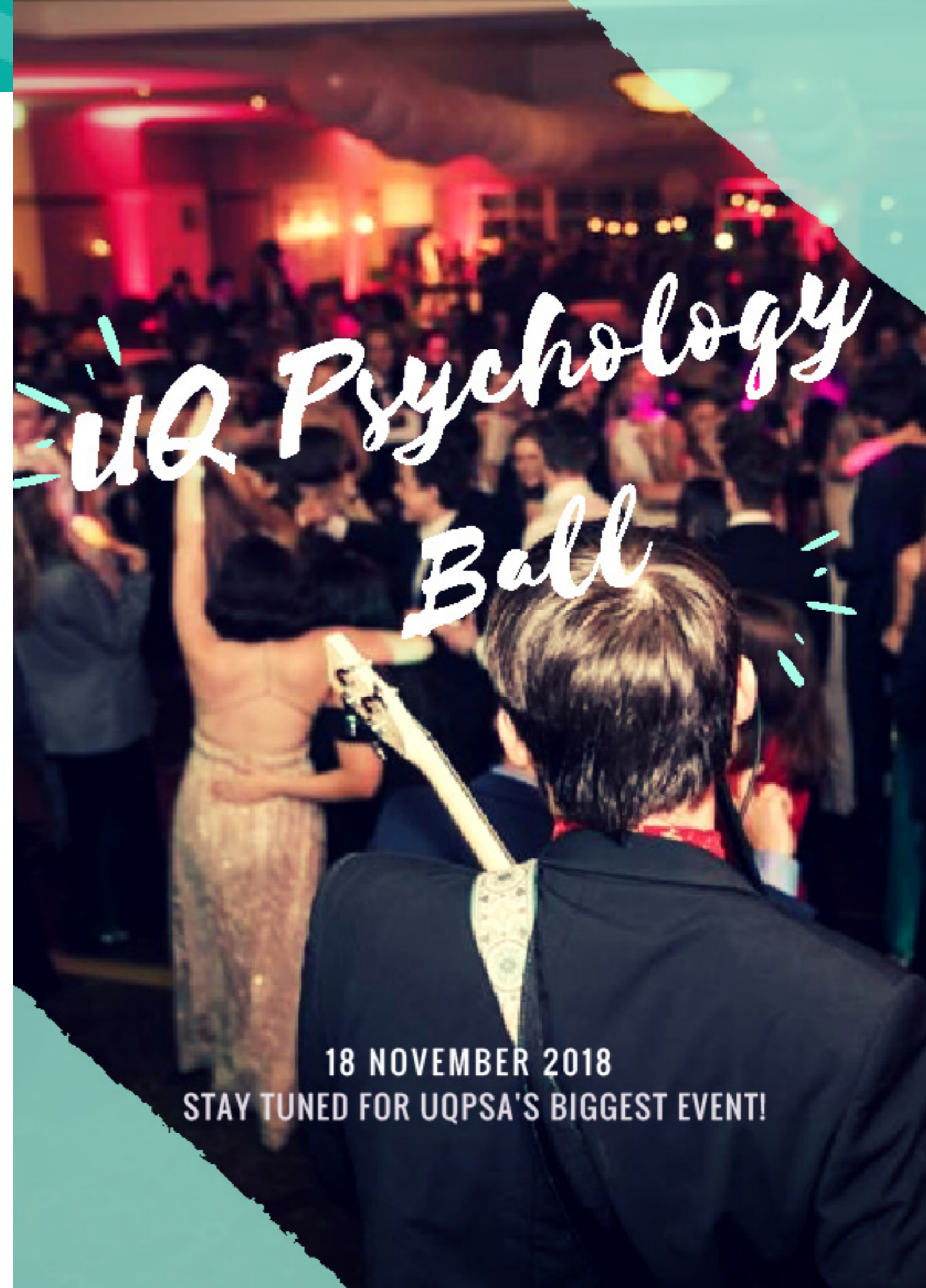
10 Mar 10 am -
11 Mar 4 pm

7

UQ First Year Psychology 2018 Facebook Group

Get in touch and stay up to date with all first year events in the group, <https://www.facebook.com/groups/uqfirstyearpsych/>

Any time



The Academic Director's Guide To

COURSES

Whether you are a high school leaver, mature age student or international student, being prepared can maximise your chances of not only surviving, but thriving in your first year of classes at UQ. While first year courses have greater flexibility than those in later years, it takes careful planning and speedy sign ons to achieve a timetable that works for you.

QUICK TIP

Plan your timetable early using the UQ Timetable Planner at: <https://timetableplanner.app.uq.edu.au>
– but remember this does not guarantee you will get the classes you want. Keep a close eye on your signon dates and times!

PLANNING CORE COURSES

During your first year, you are required to complete 4 core compulsory courses (equating to 8 units*), outlined in the tables below. Most of these courses are offered in both semesters, so look at which electives you may like to complete and your required workload (8 units per semester for full time students) and ensure you balance the courses across the year accordingly.

UNITS

They represent the value of individual courses which contribute to the total unit requirement of an academic program. Most courses are 2 units, and a full-time study load is 8 units per semester.

Bachelor of Psychological Science

Course Code	Units	Course Title	Offering
PSYC1020	2	Introduction to Psychology: Minds, Brains and Behaviour	Semester 1 and 2
PSYC1030	2	Introduction to Psychology: Developmental, Social and Clinical	Semester 1 and 2
PSYC1040	2	Psychological Research Methodology I	Semester 1 and 2
COMU1030	2	Communication Skills: Spoken Language & Interpersonal	Semester 2

Bachelor of Science (Majoring in Psychology)

Course Code	Units	Course Title	Offering
PSYC1020	2	Introduction to Psychology: Minds, Brains and Behaviour	Semester 1 and 2
PSYC1030	2	Introduction to Psychology: Developmental, Social and Clinical	Semester 1 and 2
PSYC1040	2	Psychological Research Methodology I	Semester 1 and 2
SCIE1000	2	Theory & Practice in Science	Semester 1 and 2

Bachelor of Arts (Majoring in Psychology)

Course Code	Units	Course Title	Offering
PSYC1020	2	Introduction to Psychology: Minds, Brains and Behaviour	Semester 1 and 2
PSYC1030	2	Introduction to Psychology: Developmental, Social and Clinical	Semester 1 and 2
PSYC1040	2	Psychological Research Methodology I	Semester 1 and 2

BEATING THE CLOCK

Signing on to classes is competitive, with popular classes (such as tutorials immediately after lectures) filling up unbelievably quickly – in some cases in under 10 seconds. So how can you get the best chances of getting classes that fit in your well planned timetable?

READY

Log into www.sinet.uq.edu.au and open the 'signon' page at least 5 minutes before signon opens. Have several class numbers you want on hand, in order of preference (e.g. T9, T15, T3).

SET

Refresh often in the seconds leading up to signon opening (best achieved through pressing the F5 keyboard shortcut repetitively). Try and memorise your first and second class options so you can select them quickly.

GO

As soon as the signon status changes from "Pending" and a hyperlink appears, click it quickly. You will see a list of the options – tick the box next to your first preference and click the 'Save' button. If it's already full then quickly pick your second or third options and click save.

COURSE ENROLLMENT

You will be sent a UQ student username and password by UQ after you have been accepted. On www.sinet.uq.edu.au -> myPage, look for the relevant semester, press 'Add Course' and add whatever compulsories you need to do, plus the electives you'd like. Remember, you can do PSYC1020, PSYC1030 and PSYC1040 in whatever semester you'd like.

SUCCESSFUL SIGN-ONS

Once you have enrolled in your courses for the semester, you can check your sign-on dates and times through sinet -> myPage, 'Signon'.

CLASHES

Enrolment numbers are limited. If your preferred class is full, you must select an alternative class. If the remaining class times cause a timetable clash, use the email function within mySI-net to contact the coordinator Jenny English at py-undergrad@psy.uq.edu.au

NAVIGATING THE JARGON

Electronic Signon Not Applicable	You do not need to sign on
Electronic Signon Not Scheduled Yet	You will need to sign on, but the date and time are not set yet - keep checking regularly
Available 25/01/2018 04:00 PM – 27/01/2018 11:30AM (Example only)	Mark your calendar and set a reminder - the moment it opens you need to be ready



This section was written by
Amanda Salmon
Academic Director, PSA

THE INSIDE SCOOP

Tips and Tricks and Wise Words of Advice

“ ANTH1008 - really interesting with a broad look into human culture and history which also provided useful background knowledge for other psych courses.
- Jenny, 4th Year

“ Introduction to Film & Television Studies (MSTU1001) ...you get to watch heaps of movies!
- Eloise, 5th Year

“ Anth1008, very interesting and enlightening subject, from a very human perspective. Compliments psychology nicely.
- Jarrah, 2nd Year

“ Intro to Philosophy - learning about meta-cognitions and duality contrasts particularly well with what we get taught about neuroanatomy and cognition in psych.
- Emily, 6th Year

“ Introduction to Philosophy. Highly interesting and engaging, required and developed my critical thought, provided me with tools to analyse texts appropriately for the rest of my degree.
- Greg, Graduated

“ RELN1510 The History of the Supernatural. It was so interesting learning about such 'out there' beliefs and where they came from. Surprisingly relevant to psychology when you look at the personal views that surround things like zombies and witches.
- Amanda, 4th Year

What was your favourite first year elective?

“ CRIM1000/1019, I like criminology and it could be nicely paired with psych.
- Stacy, 3rd Year

“ I did Phil1002 and it was amazing. A real eye opener and taught me to think in different ways.
- Tessa, 4th Year

“ BIOL1020 because it gave me a lot of knowledge that has helped me in later years.
- Brittany, 4th Year

“ Introduction to Sociology - an interesting introduction!
- Kayler, 3rd Year

“ I loved ANTH1008, it went through human evolution and the development of human culture.
- Danny, 3rd Year

“ PSYC3302 (Cognitive Neuroscience) - A great experience of several different fields of research in neuroscience. Provided excellent knowledge and also allowed greater understanding of which of these areas I would be interested in pursuing.
- Jenny, 4th Year

“ Health psych, because Britta Wigginton was the best lecturer and was so engaging.
- Alana, 3rd Year

“ Evolutionary Approaches to Human Behaviour (PSYC3262) or Developmental Perspectives on the Origins of Human Culture (PSYC3282), both were incredibly engaging and interesting courses!
- Eloise, 5th Year

“ PSYC2361. Forensic psych is super fun, the course content is interesting and well-structured, along with fun in-class activities, videos, etc. (It required a lot of work and effort though.)
- Stacy, 3rd Year

“ PSYC3302 cognitive neuroscience, most interesting course and actually really useful knowledge, full of important stuff about learning, memory, perception and cognition which are really useful to know about in human behaviour.
- Tahlia, 4th Year

“ Judgment and Decision Making (PSYC3052). Incredibly valuable course content and highly applicable in both day-to-day life, as well as in an operational capacity in the business realm (my main area of interest).
- Greg, Graduated

What has been your favourite elective so far?

“ PSYC3082 - An interactive introduction to clinical psychology!
- Jess, 3rd Year

“ HIST2411 - different to anything I've studied before.
- Lauren, 3rd Year

“ Science of everyday thinking. This taught me how to think critically - amazing course.
- Tessa, 4th Year

“ Health psychology (3rd year), positive psychology (2nd year).
- Kayler, 3rd Year

“ PSYC2381 Positive Psychology. It allows you to take a different perspective, making people happier rather than focusing on what is wrong with them. But more importantly, it introduces you to a lot of helpful skills in self care which are priceless.
- Amanda, 4th Year

“ Psyc3262 because its very interesting.
- Kara, 3rd Year

2018 MERCHANDISE

CAP **\$15**

SHIRT **\$15**

HOODIE **\$45**

KEEP CUP **\$15**

IRON-ON PATCH **\$8**

WATER BOTTLE **\$5**

SOCKS **\$8/2X \$15**

TOTE BAG **\$5**

Head to the PSA office for more information



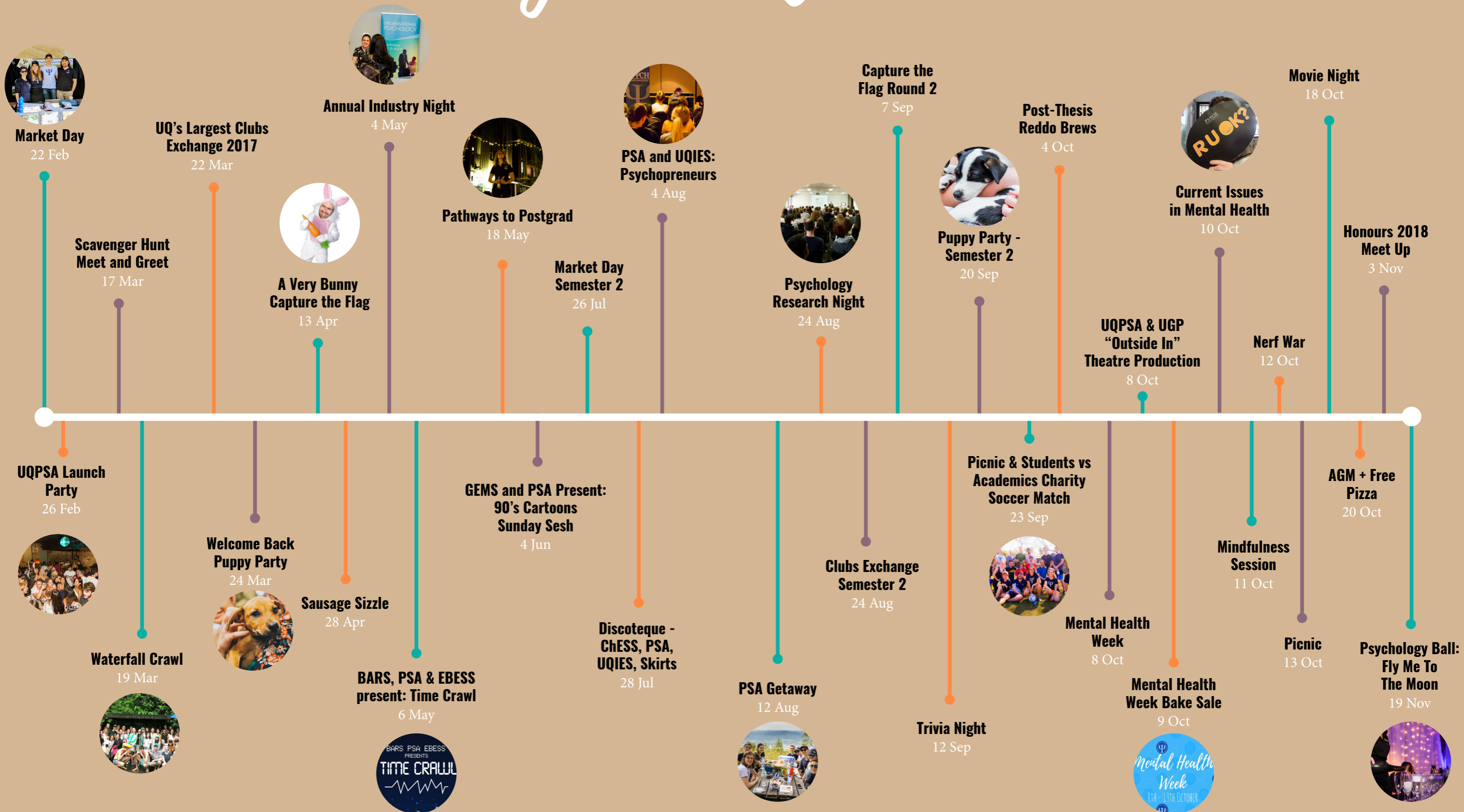
Merchandise was organised



by Tessa Clarkson

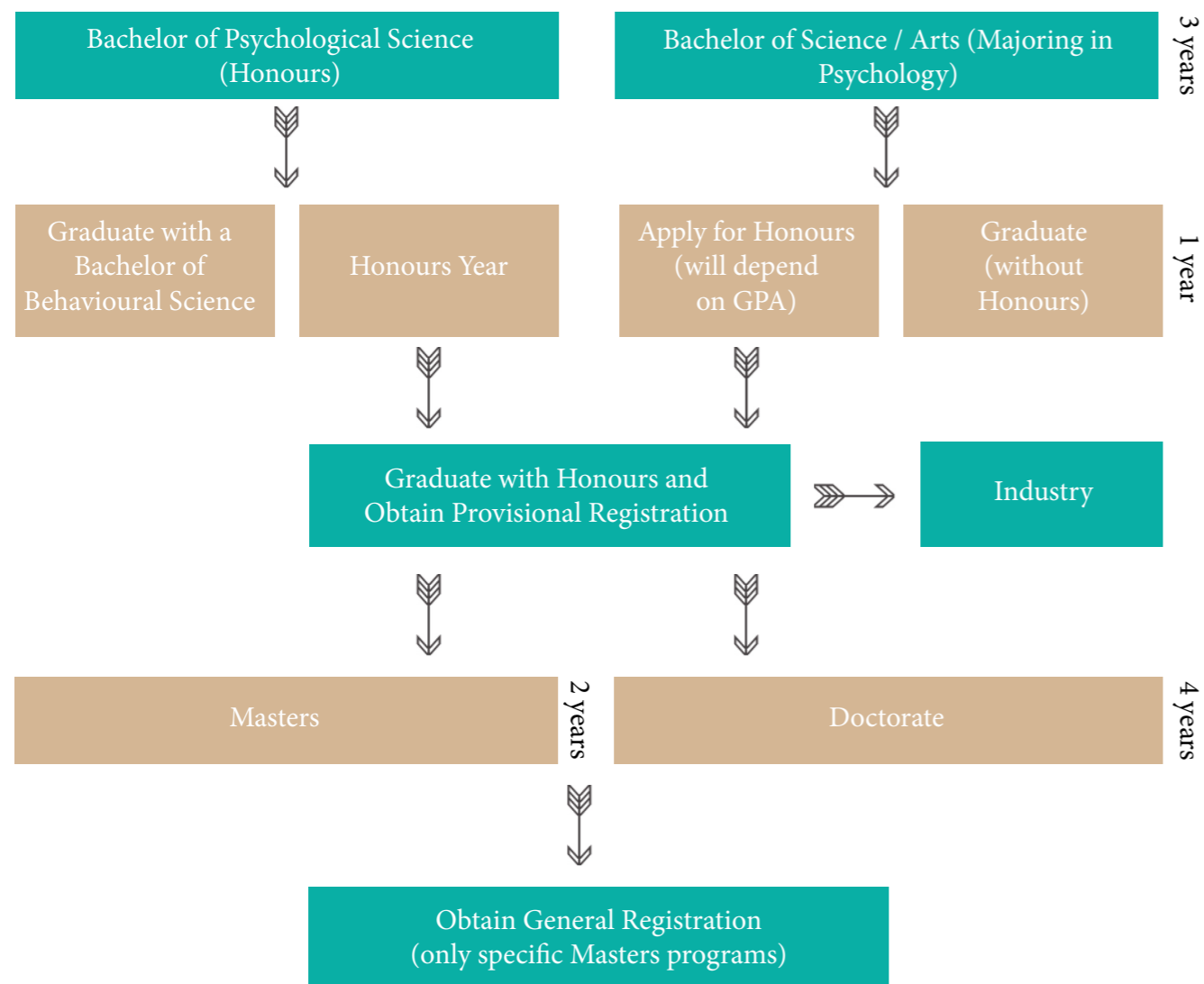
UQPSA 2017

Year in Review



Head to <https://www.facebook.com/UQPSA/> to stay up to date with the 2018 events!

Your Pathways



Types of Psychology

Clinical Psychology
 Child Psychology
 Clinical Neuropsychology
 Forensic Psychology
 Community Psychology
 Health Psychology
 Social Psychology
 Geropsychology
 Disability Psychology
 Psychopharmacology
 Psychosis

Teaching & Research Psychology
 Sports Psychology
 Educational Psychology
 Organisational Psychology
 Counselling Psychology
 Developmental Psychology
 Evolutionary Psychology
 Rehabilitation Psychology
 Positive Psychology
 Cognitive Psychology

+ Many, many more

Clinical Pathways

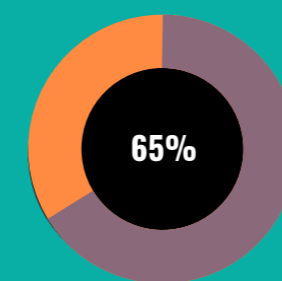
If you would like to go down the clinical pathway, you have several options:

- 4 + 2 Internship - 2 yrs supervised practise
- 5 + 1 Internship - 5th year of psych + 1 year supervised practise
- Professional Masters (MPsych) - 2 yrs
- Combined MPsych/PhD - 4 yrs
- Professional Doctorate - 3-4 yrs

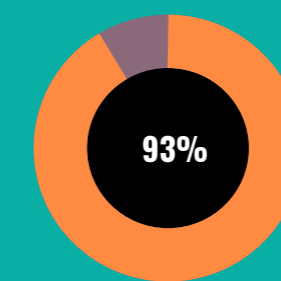
Your Opportunities

After you graduate, you have two major options; you can cease studying (or study later) and head into the big wide world (industry), or you can continue delving your head into books (postgrad study) - OR you can do both! If you wish to become a clinical psychologist or a researcher, you'll have to do a masters or a PhD. But, whilst a PhD or masters can give you an advantage in industry, it's not as important, and sometimes you're better off working and deciding what to study after you've had a bit of experience.

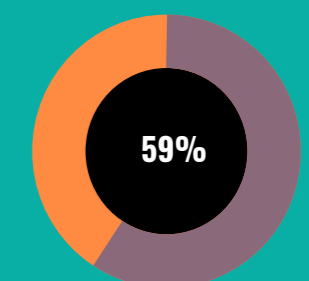
Check Out What Professor Mark Horswill Found About Past UQ Psych Students



Postgraduate Studies



Employed Within 6 Months



Psychology-related Postgrad Studies

So What Were Their First Jobs?

Without Postgraduate Studies

Research Assistant	Market Researcher
Child Safety Officer	Management Consultant
Health Services Officer	Research Coordinator
Case Manager	School Counsellor
Assistant Data Analyst	English Language Teacher
Training Consultant	Business Analyst
Special Education Teacher	Mental Health Support Worker
Foster Care Worker	Executive Assistant
Project Officer	Client Support Consultant
Psychologist (Provisional)	Police Officer
ABA Therapist	Recruitment Administrator
Forensic Disability Clinician	Graduate Management Consultant
Counsellor	HR Learning & Development Associate
Case Worker	
Disability Employment Consultant	

With Postgraduate Studies

Psychologist	Statistician
Associate Lecturer	Tutor
Clinical Psychologist	Associate Sport Psychologist
Team Leader	Counsellor
Research Scientist	Court Officer
Correctional Counsellor	Graduate Psychologist
Educational Psychologist	Graduate Recruitment Administrator
Lecturer	Executive Management Trainee
Management Consultant	HR Advisor
Manager	HR Consultant
Change Agent	Human Factors Advisor
Postdoctoral Research Fellow	Market Research Consultant
Research Assistant	Candidate Manager
Self-Employed	Business Development Officer
Senior Research Technician	

The Science



Take the time to learn what works for you. Don't wait till you have to cram - I guarantee your strategy of cramming won't be as good as a strategy you've fine-tuned and developed over the course of the semester.
- Emily Westwood, 2018 President

Organisational psychology research consistently shows that taking something like 5 minutes break every hour or so to chat with somebody, go for a walk, or just chill out, is much better than just pushing yourself for multiple hours without really taking much in. Secondly, approaching your study in a segmented manner is much more beneficial for long term retention (as opposed to cramming later in the semester). In other words, start early and take breaks. - Greg Lewin, 2017 President

1

Sleep to Remember

Firstly, sleep enough! Sleep consolidates memory, which means that the brain stores information most effectively when you're asleep. And secondly, study before sleep. Sleep prevents interference, which means that if you sleep right after studying, other information won't get in the way! On that note, avoid caffeine, turn off the devices and create a bedtime routine to encourage REM sleep.

2

Get Deep

Information is encoded in the brain in levels which represent the depth with which it's processed. Semantic, or meaning-based processing, is best as it forces your brain to create neural connections. Try describing a subject to friends, write notes in your own words, or think of how the subject fits in relation to similar or related topics to increase connections and create triggers which allow you to remember it for later.

3

Listen Selectively

Whilst music causes the release of dopamine, the 'feel-good hormone', listening to music (particularly novel music) can cause you to study less effectively. Multitasking is not possible – your brain merely switches between listening and studying very quickly – and people make more errors when switching from one task to another. So when trying to figure something tricky out, turn the beat down!

4

Space It Out

You've heard it time and time again – do not cram! You're better off studying an hour for 12 weeks than 12 hours at one time. The repetition of studying tells your brain that the information you're revising is important and should be retained. Plus, cramming might get you that pass, but will not allow you to remember in the long term, and what's the point of attending university to learn if you won't remember it?

5

Mix It Up

Study one subject, study another, and come back to the first. It's a bit like spacing it out- learning, forgetting and relearning, allowing your brain to cement the knowledge. Also, interleaving subjects forces yourself to process similarities and differences in the info you're studying, leading to – you guessed it – more semantic processing.

6

Test, Test, Test

Re-reading may allow you to recognise content, but in an exam, you will be forced to retrieve it. So it makes sense to practise retrieval, rather than recognition. In multiple studies, students who were quizzed every week did better on their finals. One super easy way to test yourself is flashcards – definition or idea on the front, explanation on the back, an aced exam in your pocket!



Study Tips

"I like to take notes on my laptop during lectures and then rewrite my notes in a big layer as my study. This ensures that I don't have to cram anything in SWOTVAC. I just do some past exams and tested friends during that time.

- Anke, 3rd Year

"Don't just read everything you need to know - make sure you go back and test yourself to make sure you really understand something. Take the time to write out questions on important topics. Not only do these allow you to check your understanding but writing the questions also helps you learn.

- Jenny Day, 4th Year

"Whether it's a wall calendar, electronic diary or paper weekly planner, make sure you plan when all your assessment is due and make an early appointment with the Psychology Student Support Tutors (PSST) to maximise your chances of doing well.

- Amanda, 2018 Academic Director

"For whatever course you are doing (especially if it is one that has a lot of definitions to learn), form a group of 5 or so people and then split the content for the semester evenly between you (e.g. in a group of 6, everyone takes care of 2 weeks of content). Everyone can then make a lecture summary and quiz for their respective weeks, and test each other - [I found] that's the best way to learn, and if you do it every week then you won't have to study much for finals. I have found that quizlet is a really good online tool to do this.

- Connor Doig, 2018 Treasurer

Attend lectures, sit up the front and don't sit with friends if you struggle with listening/distractions. Also, don't bother taking notes, just listen and then take notes later when you rewatch your lectures. Also, develop a relationship with your lecturers and tutors, they're there to help and they're people too, don't be scared! Also, email them when in doubt!
- Eloise Metherell, 2017 Treasurer

IMPORTANT *Locations*

1

McElwain - 24A

School of Psychology - if you need advice related to psychology, head to the help desk on level 3. PSA - for merch or student psych q's, head to room 205.

2

UQ Centre - 27A

Where most final exams are held, as well as various events.

3

UQ Lakes Station

Largest UQ bus stop, also takes you to Park Road Train station.

4

Chancellor's Place Station

Buses to Indooroopilly, St Lucia, Toowong and more. Also takes you to Toowong Train Station.

5

Student Centre - 61

Enrolment questions, calculator approval, documentation, transcripts and fees.

6

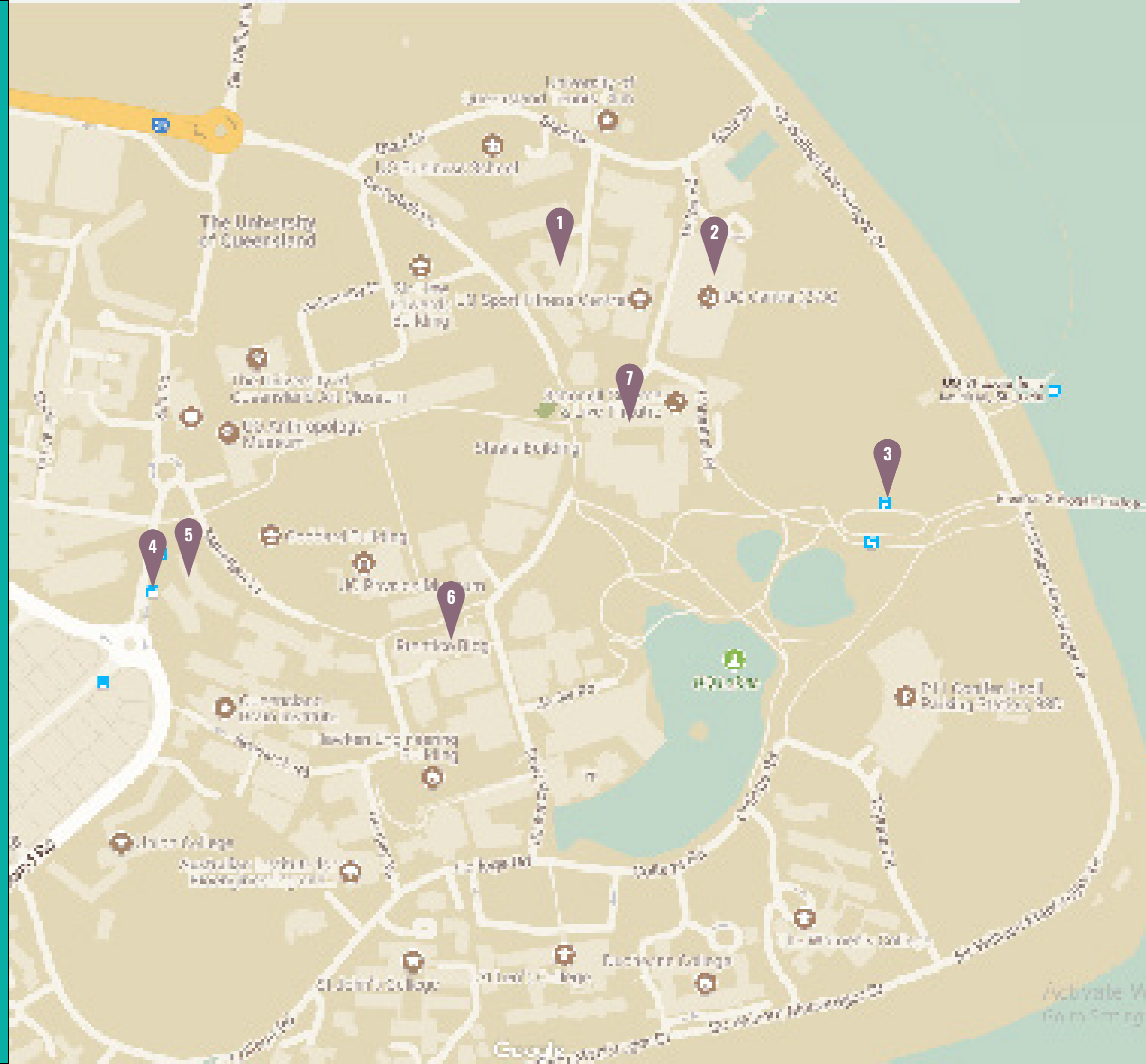
Prentice Centre - 42

Where you get your ID card, and location of IT services.

7

Student Services - 21D

They'll help you with everything from accommodation and disability support to counselling and careers advice.



STILL LOST?

Head to <http://uq.edu.au/uqnav/> for an interactive web or phone map.



RESOURCES

Where to head when you need a heads up

UQ first year checklist

Congratulations! You've received your offer! But you don't know where to go from here... UQ checklist has you covered. It'll take you through a step-by-step of everything you should complete in the first few weeks or months to make your transition as smooth as possible.

Website

<http://www.uq.edu.au/appcentral/uqchecklist>

UQ Sausage Watch

Finding the uni food prices a bit on the dear side? Loving me a sanger? Hit up the UQ sausage watch facebook group – they'll tell you all the details on where, which, and when the UQ societies will sell their glorious sausages.

Website

<https://www.facebook.com/groups/357620937765220/about/>

Timetable planner

So you're starting to plan your psych compulso-ries and electives of your choice, and are beginning realise that mySI-net was created by beings of another universe. Don't you worry! Actual humans have created a timetable planner, which allows you to input and save courses, and shuffle these around to suit your needs. Remember that this doesn't guarantee your choice though – you'll have to head back to mySI-net to sign on.

Website

<https://timetableplanner.app.uq.edu.au/>

UQ First Year Psychology 2018 Facebook Group

Want to keep up to date with everything first year psych? Don't miss out on tips and tricks, social events, workshops and ask any questions you may have on the UQ First Year Psychology 2018 Facebook group.

Website

<https://www.facebook.com/groups/uqfirstyearpsych/>

School of Psychology & Email Contacts

Confused about courses, sign on, clashes, exchange, assessment, course loads, timetables or a myriad of other mystifying things? Go straight to the source and have a chat with the lovely staff at the School of Psychology info desk at level 3 of the McElwain building (24A) hidden behind the Social Sciences building, number 24. Can't get to the uni? No worries, contact the undergrad coordinator Jenny English at j.english@psy.uq.edu.au. She's fantastic with all thing psych-relat-ed. And if she can't help, she'll tell you who can!

Website

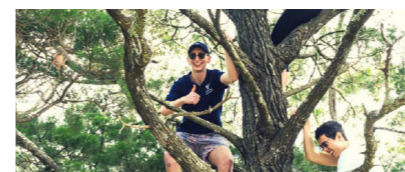
<https://psychology.uq.edu.au/>

Workshops

Realised it's been aeons since you've last wrote an essay, or never written one at all? Not to worry, UQ holds a bunch of FREE workshops on everything from writing essays to referencing, as well as wellbeing sessions, campus tours, transitioning to uni sessions and tips for your eventual employment and career.

Website

<http://www.uq.edu.au/student-services/upcoming-workshops>



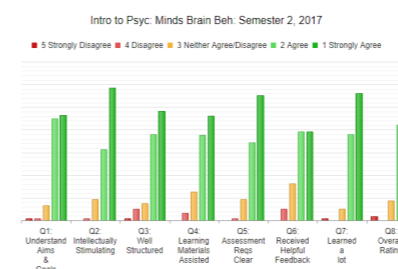
UQPSA VOLUNTEER SUB-COMMITTEE

UQPSA Volunteer Sub-Committee

Been to a few of the PSA events and are keen to hang out even more? Check out the behind-the-scenes and join the UQPSA volunteer sub-committee Facebook group. Who knows, there might even be freebies here and there... did anyone say sausages?

Website

<https://www.facebook.com/groups/UQPSAsubcom/>



Course Evaluations

So you've heard first year psychology has a lot of electives (4 to be exact), and now you're swamped for choice and don't want to make the wrong decision. That's what SECaTs (student evaluation of course and teaching) are for! Let other disappointed or excited students guide you in your choice by seeing how they rated the course on a variety of categories.

Website

<http://itali.uq.edu.au/content/student-evaluation-of-course-and-teaching-se-cat-results>

Psychology Student Support Tutors

This is my absolute favourite resource, and you would be completely nuts not to utilize this opportunity. The PSST are FREE tutors who will literally proof-read your assignments for you. Don't pay for a tutor or suffer in your classes, book in up to weekly 30-minute consultation and they'll help you with a variety of tasks, from understanding stats to analysing the strength of your essay ideas. Warning: spots fill up pretty quickly around assessment time.

Website

<https://psychology.uq.edu.au/psychology-student-support-tutors>



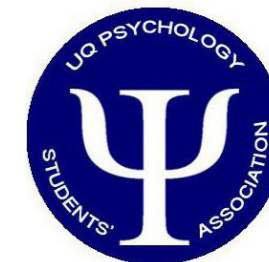
Student Services

Counselling, accommodation, careers advice, disability support, international support, study skills, workshops, you name it, student services takes care of it, all free of charge! As a UQ student, you are entitled to up to 6 free counselling sessions per year, and they don't have to relate to uni at all. If you're feeling overwhelmed, don't give up, have a chat to one of these guys and things will look up.

Website

<http://www.uq.edu.au/student-services/>

Student Services



Psychology Students' Association (PSA)

Almost every student I have ever spoken to has said that wished they got involved with the PSA sooner. With such a large cohort, it is unlikely you'll see the same people in all your classes, let alone across semesters. The PSA holds events at least every fortnight, and you'll soon make a steady group of friends you can rely on, whether it's a study buddy, a good night out, or a friendly face around campus. There's an event for everybody, and students dedicated to creating social and academic events to suit all. Don't be shy, get involved!

Website

uqpsa.com or

<https://www.facebook.com/UQPSA/>

Accommodation

Housing and UQ Rentals

Whether you've travelled a long way from overseas, or you're a Brissy local, moving out of home or to a new place can be pretty daunting, if not outright challenging. Luckily, UQ has an entire area dedicated to finding you accommodation that is close or affordable, from approved student accommodation providers and colleges to 'UQ Rentals', rental providers close to the university.

Website

<https://my.uq.edu.au/student-support/accommodation>

MEET YOUR SOCIAL DIRECTORS

(They're the guys who organise and run the fantastic events throughout the year)

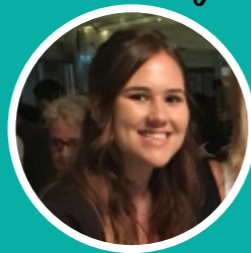
I'm Joan, and I'm in my third year. I signed up for the PSA retreat in 2016 during my first year of uni. I didn't know anyone at all, but I've made a lot of friends during that retreat (some of them are my closest friends now!). I enjoyed myself so much that I decided to join the committee! For international students, you've already come so far from home, why not take a larger leap and have exciting new experiences? Furthering your studies in a foreign country can be lonelier than it seems, so take a chance, come join us, get psyched and have a ball!

Joan



I'm Brittany, I came to UQ straight after high school in Brisbane and I'm starting my Honours (and hopefully graduating) this year. In my first two years at UQ I didn't get involved, I only went to a couple of events, but in 2017 I joined the subcommittee. Just in the past year I've made so many new friends who I would've never met in my classes, learnt a lot about my pathways, and I've had an absolute ball (get it ball because we have one every year after exams [you should come November 18th!]).

Brittany



WHAT WAS YOUR FAVOURITE EVENT?

Emily

Pub crawl. Because you can spend your entire day socialising with all your friends and making new friends from other societies. You have 6 whole hours to talk to everyone you want to talk to and you're still home for dinner. Some of my best friends now I made during pub crawl.

Jahlia

I think the PSA industry night is one of the most worthwhile events we offer. I know lots of people who have got internships/graduate positions out of networks formed on the evening. Psych is always relevant in so many work contexts so it's great to start meeting people early and making those connections that will serve you well throughout your professional career!

Tessa

I really enjoyed psychopreneurs, now known as 'innovation in psychology' - it was a small event but the dynamics of a small group allowed for some great discussion. I learned so much at psychopreneurs and I'm really keen to see what the event is going to be like again this year.

Brittany

My favourite event would have to always be ball. It's really the icing on the year for me, it's a last hurrah before a lot of my friends disappear home for the summer. There's a lot to do, the photo booths, seeing everyone now that the semesters over, screaming the lyrics to The Horses by Daryl Braithwaite, and meeting the new year's committee.

UQ PSYCHOLOGY STUDENTS'
ASSOCIATION

RETREAT 2018

10/03/2018 - 11/03/2018
Lake Moogerah

LIMITED SPACES AVAILABLE



What Do You Wish You'd Known?

Avoid Common Mistakes By Learning From Those Who Made Them

It's inevitable. You're bound to make mistakes. Don't worry, everyone makes them! But to prevent you from making unnecessary mistakes, we've asked those who've been through it all what they'd wish they had known in first year.

About University

Kayler, 3rd Year

"If you want to go on exchange, leave some first year electives and plan ahead."

Note: You are definitely able to do 2nd year subjects in first year! I would recommend completing first year statistics in first semester for this though.

Jenny, 4th Year

"Make sure to set reminders for sign ons and be online and ready on the dot. If not you'll miss out on all the best times and have a really difficult to manage schedule."

Eloise, 5th Year

"I wish I knew earlier on that you really need volunteer/psych experience to get a job or even sometimes just to get into the program you want to get into (e.g. clinical psychology)!"

Note: A ridiculously small number get into the UQ clin program - not even the valedictorian - so be prepared!

Dipra, 3rd Year

"The UQ timetable planner! My first semester was so messed up because I had no clue that I could organise things the way I want."

About University (Cont.)

Jess, 3rd Year

"That I was able to drop courses I knew I wouldn't enjoy doing or knew I would have difficulty with in the first two weeks of a semester."

Note: this doesn't cost you either, as long as you do it before the financial cut-off, found on the UQ academic calendar online.

Emily, 6th Year

"You can do university in your own time. The course structures are more guideline. I wish I reduced my contact hours earlier than I did so I had more time to do better and maintain my social life. And I wish I took my electives later so I actually knew what I wanted to study for fun."

Brittany, 4th Year

"Don't put 7 hours of class back to back because you won't go/get very hungry/fall very far behind."

Tessa, 4th Year

"Don't do electives because the assessment looks easy! Pick things that interest you!"

Connor, 4th Year

"Sign ons are much more important than you realise, because it dictates your life for the next three months (like when you will wake up and how many days you go into uni). It's best to do this at home or wherever you have a solid internet connection that won't cut out at the last minute."

About University Life

Jess, 3rd Year

"Budget your time and your money wisely."

Tessa, 4th Year

"I wish I joined PSA in first year. It really does make your university experience worthwhile and gives you so much support. You also get to meet so many cool people!"

Jenny, 4th Year

"Make sure to attend social events especially those for your area of study. It can feel like focusing on your work is the only thing that matters in first year but having a group of contacts in your course will make your life a lot easier and make first year much less stressful."

Amanda, 4th Year

"I wish I knew how many opportunities there are to stand out from the crowd, such as the 'UQ Employability Award' and other programs offered through the UQ Student Employability Centre."

Want To Get Involved?

Join the UQPSA 2018 Volunteer Sub-Committee



About University Life (Cont.)

Greg, Graduated

"How truly valuable getting involved in clubs and societies was. It opened a lot of doors for me that I did not know existed - employers value it VERY highly, it is massively influential in personal development and well-being, it gives you massive exposure to a number of different individuals, it is early exposure to organisational structures you might not get exposure to otherwise. Particularly if you are studying psychology and wishing to enter industry (as opposed to academia), it would have been very beneficial to know that getting clubs and societies exposure is a massive opportunity to develop your interpersonal skills and extracurricular portfolio."

Brittany, 4th Year

"Go to social events! Don't just rely on the friends you came in with because you'll specialise over time and it's great having people in your area of study."

Emily, 6th Year

"SHOC have amazing financial advisors. Hit them up and learn how to budget right before you do it wrong."

Connor, 4th Year

"Join the PSA as soon as possible because it is the best way to make friends and form connections within your cohort, which outside of the social realm is also really helpful for getting study buddies and talking to people who have already done what you are doing, so can give you advice."

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Any Other Burning Questions?

Join UQ First Year Psychology 2018