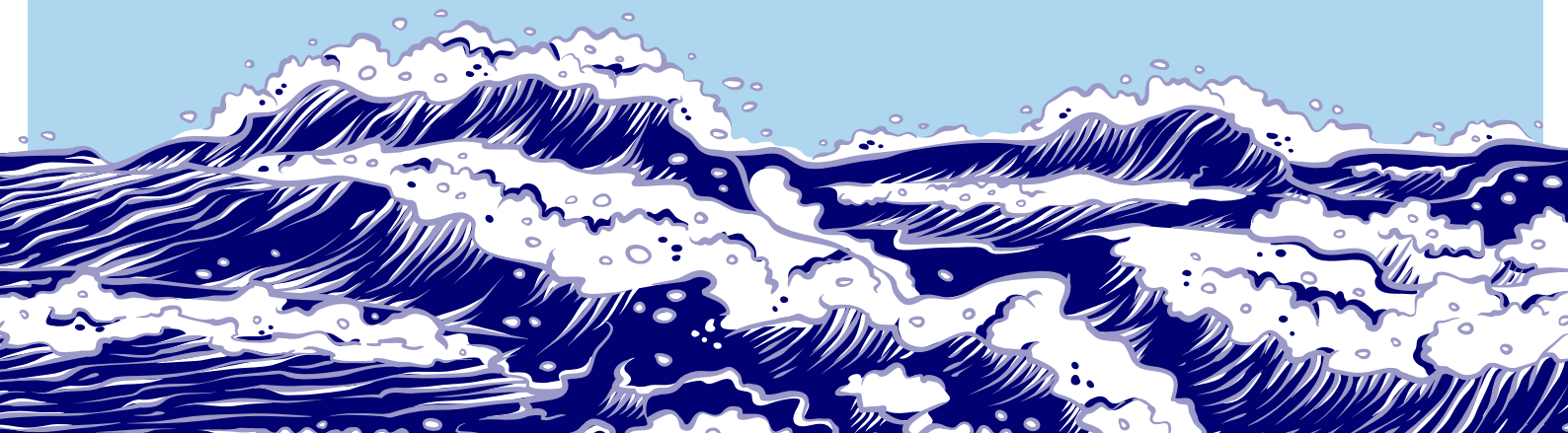




THE Ψ GUIDE

*A comprehensive guidebook to
psychology at UQ*



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President's Welcome



ShuLin
President

Welcome to the University of Queensland, and more specifically, the school of psychology! Regardless of whether it's your first or last year with us, we're here to support you as well as we can. We're the UQ Psychology Students' Association (UQPSA), a group of students with an aim to enhance your university experience by supporting your personal and professional development.

In the past, we've held a variety of events to enhance student life. Make new friends and incredible memories through our social events, like our pub crawls, tipsy laser tag, and of course, the highlight, with about 500 students in attendance each year - the psych ball. Our academic and industry events this year, such as volunteer night, our academic symposium or research night help you ground your interest in this field, and link up with fellow like-minded students and professionals. Our industry night will connect you with over 100 employers in our field and can aid in building your resume and portfolio for when you graduate. Our wellness activities like puppies and pancakes during exam week, and raising awareness during Mental Health Week and RUOK day can help you get involved with your community. As a member of PSA, you will get special access to all of these events, make some incredible memories and be a part of a fantastic student community. Additionally, our psych membership card offers deals all across Brisbane that we know you'll love.

This year, the PSA committee has created the psych guide-your trusty manual that will give you all the inside tips and tricks to how we've personally survived and thrived at uni. You will find a heap of information on electives for first, second, and third year, how to develop your employability, words of advice from past Valedictorians and graduates of the program, pages and pages full of social events we aim to hold this year, and more. I know that my years at UQ will end up being some of the best years of my life. I hope you all can feel the same. Just remember, take it easy, keep this guide by your side, rely on your friends, and you'll do great!

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Meet your 2021 committee



Shienne He
Secretary



Shulin Ng
President



Jolene Chia
Treasurer



Tamica Harradine
Social Director



Lachlan Henry
Social Director



Ricah Sharma
Academic Director



Olivia Bayliss
Industry Coordinator



Casey Gilbert
First Year Coordinator



Laura Wong
Media Coordinator



Rithika Preethi
Marketing Manager



Georgia Gregory
Merchandise Coordinator



UQPSA

UQPSA aims to enhance university life for psychology students and our members, by supporting students' personal and professional development, and fostering their engagement with the School of Psychology. We also provide a platform from which students' opinions, ideas, and concerns are heard by the School.

PSA provides opportunities in all aspects of student life, from social and academic events, through to sporting teams and career development functions. We organise events, both on and off campus, that promote both the social and academic pursuits of our members.

Merchandise



Georgia
Merchandise Coordinator

Hi my name is Georgia, I am in my second year of university, studying a Bachelor of Psychological Science (Honours). Although Australian, I have spent a lot of my schooling years overseas, and thus, I understand the challenges of being in a new environment. It has given me a love for travel and new experiences. This year, I am serving as the PSA's merchandise and fundraising coordinator. I am responsible for organising the fundraising events and providing comfortable and stylish merchandise for you to wear.

Merchandise

ITEMS

T Shirt (White / Navy)

Socks (White/ Navy)

Caps

Bucket Hats

Keep Cup

Water Bottle

Tote Bags

COST

\$15

\$8/\$15 for 2

\$15

\$15

\$15

\$5

\$5

*Keep a lookout for
all the new &
exciting merchandise
dropping this year!!*



If you are interested in getting any of our merchandise, visit our shop through the link below.

<https://www.uqpsa.com/shop> 🔍



GETTING STARTED

UQ FIRST YEAR PSYCHOLOGY STUDENTS FACEBOOK

ANYTIME

It's a great way to connect with other students in your year, and to keep updated about PSA events and other important information regarding Psychology at UQ.

ORIENTATION WEEK

15 - 19 FEB

General information sessions to assist with university life (budgeting skills, study skills, time management, campus tours, and friend-making opportunities!).

SCHOOL OF PSYCHOLOGY INDUCTION

15 FEB

An induction to get your university life started with all the crucial information specific to your psychology degree. Join us after the induction from 3pm for some light refreshments and a chance to meet new people!

MARKET DAY

17 FEB

A massive day to see all the clubs and societies at UQ, collect free merchandise, grab memberships to student societies and more! Come find us to get membership, buy merchandise and grab a PSA goody bag!



HEALTH AND BEHAVIOURAL SCIENCES (HABS) ORIENTATION

18 FEB

An orientation for the entire Health and Behavioural Sciences Faculty. It's a great opportunity to meet other students in allied health fields, like physiotherapists or speech pathologists.

DROP IN SESSIONS

22 - 26 FEB

Drop into the PSA office (room 205) at the Psychology building (McElwain 24A) if you have any questions, we will be more than happy to help out!

GRAFFITI GLOW PARTY (18+)

06 MAR

A really fun start to the year. Most clubs in UQ have a launch party that kicks off the year. This year, the theme for the launch is a massive lights out graffiti Party, so grab a white shirt, turn the lights out, and join us for an incredible night!



1ST & 2ND YR PSYCH RETREAT

13 - 14 MAR

This overnight retreat is a great opportunity to strengthen friendships with people in your cohort and enjoy a quick getaway, right when you need it. Tickets are extremely limited so get in quick! More information can be found on our FB page!



MARIO KART CRAWL (18+)

20 MAR

Join us as we visit four different venues with UQ Thongs and UQGEMS. Not only do you get to meet other psychology students, but you will meet other people in different faculties as well. See you at the starting line!



FIRST YEAR BONDING

WEEK 6

A good time to meet up with people in your cohort for a catch up. This is also a time to ask any questions you have, from course information and study tips, to food and coffee recommendations, and where to find the best hot chips on campus.

First year



Casey

First Year Coordinator

I'm Casey, your First-Year Coordinator for 2021. After graduating high school in 2019, I started at UQ in 2020, studying a Bachelor of Arts with an extended major in Psychology. I was ready to make new friends, hit the Red Room, and experience all that UQ had to offer. While the COVID-19 pandemic meant that I didn't have the traditional uni experience, I still had a blast during my first year at UQ. Now, I'm here to ensure you enjoy yours.

As First-Year Coordinator, I'll be here to help new psychology students ease into the uni life. In this guidebook, I'll be providing the ins and outs of first-year psychology at UQ, helping you choose electives, prepare for core courses, and create a timetable. Throughout the year, I'll be organising events to help students settle in and make friends in Psychology; keep an eye out for the first-year retreat and speed-friending events in Semester One!

COURSES

CORE

Core courses are **compulsory** for all Psychology students, although they differ slightly according to your degree (Bachelor of Psychological Science, Bachelor of Arts, or Bachelor of Science). Every core course is worth two units, and some courses are only offered in one semester per year, so keep this in mind when planning your degree.

ELECTIVES

First year electives can be chosen from any field of study. A great way to find them is to take a look at the course lists for your respective programs. You can tell the school and the year of study from the course code. This code consists of four letters and four numbers e.g. BIOL1100. The letters will tell you which academic discipline the course belongs to e.g. BIOL = Biology. First year courses have a '1' at the beginning of the course code, second-years have a '2', and so on.

LOAD

A full time study load is 8 units per semester (four courses), although students are considered full-time while studying at least six units per semester. The official UQ program planner (visit the link below) can help you plan your degree around your Psychology major and advise you of the core courses you must take and the requirements you must meet in order to successfully complete your program, and graduate on time, without any unexpected surprises.

<https://program-planner.my.uq.edu.au/#/program> 🔍

FIRST YEAR CORE

BACHELOR OF PSYCHOLOGICAL SCIENCE (HONOURS)

COURSE CODE	COURSE TITLE	UNITS	OFFERED
NEUR1020	The Brain and Behavioural Sciences	2	Semester 1 & 2
PSYC1030	Introduction to Psychology: Developmental, Social & Clinical Psychology	2	Semester 1 & 2
PSYC1040	Psychological Research Methodology I	2	Semester 1 & 2
COMU1030	The Psychology of Communication	2	Semester 2

BACHELOR OF ARTS (MAJORING IN PSYCHOLOGY)

COURSE CODE	COURSE TITLE	UNITS	OFFERED
NEUR1020	The Brain and Behavioural Sciences	2	Semester 1 & 2
PSYC1030	Introduction to Psychology: Developmental, Social & Clinical Psychology	2	Semester 1 & 2
PSYC1040	Psychological Research Methodology I	2	Semester 1 & 2

BACHELOR OF SCIENCE (MAJORING IN PSYCHOLOGY)

COURSE CODE	COURSE TITLE	UNITS	OFFERED
NEUR1020	The Brain and Behavioural Sciences	2	Semester 1 & 2
PSYC1030	Introduction to Psychology: Developmental, Social & Clinical Psychology	2	Semester 1 & 2
PSYC1040	Psychological Research Methodology I	2	Semester 1 & 2
SCIE1000	Theory and Practice in Science	2	Semester 1 & 2

TIPS:

We would recommend not doing more than 3 core courses per semester. The assessments and exams for the core courses are often due at around the same period, so having more than 2 cores in the same semester might be hard to manage, especially in your first year.

THE INSIDE SCOOP

core courses

NEUR1020

This course is all about the brain - ranging from basic anatomy to how we problem-solve, memorise or process information. It is quite content heavy, so it's important to make a good set of notes for the online quizzes (held every few weeks).

Participation on Ripple is also really important to learn, prepare for quizzes and earn participation points. Some Ripple questions created by students are even used for the actual assessment!

PSYC1030

The key to this course is keeping up with the content every week. The lecture videos can take up to six hours to go through, and you'll need this information to answer the weekly lecture quizzes. Although these are each worth only 1.6% of your grade, it can differentiate a 7 from a 6, or a pass from a fail at the end of the semester. Another tip: always check the Electronic Course Profile (ECP), and write down all assessment deadlines in a calendar. This course has so many assessments, and it's easy for one to slip past.

PSYC1040

This course covers statistics and data, and while some of you may be stressed about the thought of it, it's not as bad as you think. The lectures provide all the information you'll need to understand it, and the tutorials are super helpful in solidifying your knowledge. Don't be afraid to ask for help in this course. The information you learn will scaffold on the week before, so if you do not understand something, clarify that and ask for help immediately. Hard work is important here, and it's usually what distinguishes students who do well vs those who barely scrape through. So, practice, practice, practice! Practice tests are available from the library website and are essential for success in this, and most stats courses.

COMU1030

Most students understand COMU1030 as an easy 7, and often put in minimal effort as a result. Thing is, COMU1030 is way more important than you may think.

Communication skills are crucial in the health sciences where you are expected to build rapport with a very vulnerable client quite quickly. Even if you aren't going into practice, communication skills are one of the soft skills that can get you very far in life, and is something that employers value quite highly! To do well in the course, engage as well as you can with the EdX content and be receptive to criticism about your own communication.

fantastic electives and where to find them

BIOL1100 (Evolutionary Perspectives on Modern Society)

This course is insanely interesting. It's perfect for psychology students who are fascinated by evolution and biology, but might not have a strong science background. You'll learn about the evolutionary mechanisms that shape who we are, and you'll also learn more than you'll ever need to know about the sex lives of monkeys. While this course requires a bit of hard work, with 20% quizzes every few weeks and a 3000-word assignment, course coordinator Professor Robbie Wilson often includes his pet chihuahuas in lecture videos, and that makes it all worth it.

PHIL1110 (Critical Reasoning)

This course is a great way to develop your writing and reasoning skills. You'll learn how to structure and strengthen a cohesive argument, a skill which will help you immensely as you complete your psychology degree. Many students also enjoy the assessment for this course. While many other courses assess through exams, essays or reports, this course requires students to create an argument map, a task that many past students believe was interesting and fun.



BIOL1040 (Cells to Organisms)

If you were interested in completing further studies in a Doctor of Medicine to become a medical professional (like a psychiatrist) or you just enjoy biology, I highly recommend this course. You start with learning about cells to learning how various organisms function together in the human body. This is a fairly content heavy course with a lot of contact time. However, this course is supposed to give you an idea of what a future in health or medical studies would be like. Plus you get involved with lab time dissecting frogs and handling blood which is a great change from the typical lecture deliveries.

HLTH1000 (Professions, People and Healthcare)

This course provides a great opportunity to meet and work with students from a range of allied health professions. I really valued the opportunity to work and learn in a multidisciplinary team, which simulated what I will likely work in my future profession.

RELI1510 (The History of the Supernatural)

I cannot stress how much of a hidden gem this course was! The content covered a new supernatural or paranormal phenomenon each week from witches to vampires to demons, this was everything you never would have thought you could study at university. However, there are weekly readings (which are really interesting) that are discussed in each tutorial and this may be hard to keep up with. But the assessment is standard with some marks being purely participatory. If you want a course that gets you thinking - this may be the one for you.

CRIM1000 (Introduction to Criminology)

This course was an introduction to the nature of crime and the makings of a criminal. The content was really interesting and provided me with a great introduction into the criminal justice system. The assessment is relatively straightforward and requires you to know and understand criminal theoretical frameworks. However, after this course, I felt myself develop an interest in forensic psychology which combines criminal studies with my psychology degree.

Second year

Hey guys, welcome to your second year. My name is Shienne and I'm the Secretary of UQPSA for 2021. My second year was when I truly fell in love with uni life. I think it came from me getting more involved when I joined the UQPSA as an exec member and started attending more UQPSA events. From this, I made some of my closest friends who have helped me tremendously with navigating my way through the year. Overall, my biggest tip for you guys when you start is to take this opportunity to reset for the new year. You've done this before in your first year, so you know what to expect. It is really important to hone in on those great study habits that you have, especially since the workload does increase exponentially every year. Take it from someone who was a little rocky in her first year: by establishing a routine and developing good self-discipline in your studies, you can really expect to set yourself up for a great 2021. I'm so excited for you all to get back into it. I hope to see you all around the campus and especially at our UQPSA events!



Shienne
Secretary

SECOND YEAR CORE

BACHELOR OF PSYCHOLOGICAL SCIENCE (HONOURS) - CORE

COURSE CODE	COURSE TITLE	UNITS	OFFERED
NEUR2020	Neuroscience for Psychologists	2	Semester 1 & 2
PSYC2010	Psychological Research Methodology II	2	Semester 1 & 2
PSYC2030	Developmental Psychology	2	Semester 1 & 2
PSYC2040	Social & Organisational Psychology	2	Semester 1 & 2
PSYC2050	Learning & Cognition	2	Semester 1 & 2
PSYC2063	Psychological Approaches to Complex Problems	2	Semester 2

THE INSIDE SCOOP

core courses

NEUR2020

This course is quite content heavy, giving you an in-depth look into the biological means behind human psychology. The biggest tip is to stay disciplined and keep on top of the content! Content is examinable from both lectures and tutorials which can be easily forgotten. Attendance in tutorials is also a must!

PSYC2010

You can definitely do well in this course regardless of your performance in PSYC1040. In fact, a lot of students find themselves excelling in PSYC2010! It is important that you do everything that is assigned to you. Utilise the workbook and your tutors! It can be done and statistics might not be as scary as you may think.

PSYC2040

Michael Thai is an absolute legend in this course! Both content and assessment are relatively straightforward and nothing too challenging. It is important that you attend your tutorials as they are a great help in scaffolding you to write the majority of your assignment even before you start writing it.

PSYC2050

The content is a little heavier than most other courses but is definitely achievable. It is important to keep on top of your lectures as they can be a lot to binge watch! The behavioural monitoring assignment is a big chunk of marks so it's important to start that early, and check your ECP to make sure you are submitting every piece of assessment!

PSYC2030

This course is a great extensive introduction to human development. Both the content and the assessment is relatively straightforward and nothing too challenging. It is very important that you follow the essay criteria as this is where a lot of people lost a bulk of their marks.

PSYC2063

Lectures are not as content focused as other courses, but rather, an exploration of topics through statistical analysis. It is best to be diligent in lecture attendance as lecture quizzes comprise of most of the marks. Tutorials are a straightforward process of getting to learn a statistics program for the assignment, which is advised that you give yourself plenty of time to complete.

SECOND YEAR ELECTIVES

BACHELOR OF PSYCHOLOGICAL SCIENCE (HONOURS) - ELECTIVES

COURSE CODE	COURSE TITLE	UNITS	OFFERED
PSYC2311	Developmental Disorders of Childhood	2	Semester 2
PSYC2361	Psychology of Criminal Justice	2	Semester 1
PSYC2371	The Science of Everyday Thinking	2	Semester 2

PSYC2311

This is a really great elective for those considering a future in developmental psychology. The course covers a new developmental disorder each week. The assessment involves a case study where you will have to propose a diagnosis and treatment plan. This portion might be challenging for some students but just keep checking your tutorial slides to make sure you answer every element in the way that is taught during tutorials. One tip for the final exam is to use heaps of flashcards to help with memorisation!

PSYC2371

This course is unique as it covers those existential questions that may have brought you to studying psychology in the first place. It is one of the more diverse courses in terms of its content, but it gives you every opportunity to dissect thought patterns in the world and explore your personal interests.

PSYC2361

This course is highly recommended for those interested in forensic psychology or criminal justice. It follows one crime in week one all the way to the suspect's conviction in Week 13. The course does rely on weekly assessments which can be hard to keep up with, but it is manageable. It is highly encouraged to not putting off assessments or content for later weeks as it can be demanding as the weeks pile up. This course also won a teaching award, so if you have a spare second-year elective, we would really recommend taking this!

BACHELOR OF PSYCHOLOGICAL SCIENCE (HONOURS) - ELECTIVES CONT'D

COURSE CODE	COURSE TITLE	UNITS	OFFERED
PSYC2381	Positive Psychology	2	Semester 1
PSYC2991	Research Experience I	1	Semester 1 & 2
PSYC2992	Research Experience II	1	Semester 1 & 2

PSYC2381

This was one of my favourite courses so far! There is a fair amount of reading and lecture content you need to keep on top of, as this is assessed in a lot of detail during the weekly quizzes. Some of the readings can be a bit dry. The journalling component is the highlight of this course, it introduces you to a handful of positive psychology and ACT therapeutic interventions which you get to try out on yourself and monitor how they've affected you over time. It is a perfect course if you're interested in self-improvement, or would like to eventually practice as a psychologist.

PSYC2991 & PSYC2992

These are really great opportunities to turn classroom lessons into real life experiences. There are very large differences between learning about experiments and actually conducting them. So it is highly recommended if you want a better grasp of psychological experiments or you want to venture more into research after graduation. While taking one of these courses only requires 5 hours a week of research activities, you may be surprised and challenged by how different the work is compared to your usual study plan. This course could require you to write up a research proposal, collect qualitative data or simply conduct systematic reviews. It gives you real world experience into the field of psychology of your choosing, and can open up career opportunities down the track. Note that taking these courses require a supervisor and the school of psychology's approval.




Third year



Rithika

Marketing Manager



Hi everyone, my name is Rithika and I am the marketing & graphics design coordinator for 2021! Having just completed third year myself, I know how stressful third year can be. This year is an extremely important year for many, as it serves as a chance to boost up your GPA in time for Honours, or to buff up your resume prior to graduation. This year is also a great opportunity for you to further explore your interests and make decisions about the specific fields of psychology you want to focus on in Honours. At UQPSA, we hope to give you an array of opportunities to network with professionals in many fields and many exciting events to help make your third year the best year you've had at university.

THIRD YEAR CORE

BACHELOR OF PSYCHOLOGICAL SCIENCE (HONOURS) - CORE

COURSE CODE	COURSE TITLE	UNITS	OFFERED
PSYC3010	Psychological Research Methodology III	2	Semester 1
PSYC3034	Topics in Applied Psychology	2	Semester 1
PSYC3042	Psychological Research: Interpretation & Evaluation	2	Semester 2

PSYC3010

PSYC3010 is a statistics course that builds upon statistics knowledge and concepts from PSYC1040 and PSYC2010. Third year stats can be considered challenging, as you have to conduct ANOVA and Regressions mostly without the guidance of your tutors for assignments. But don't stress, if you listen to the lectures and (most importantly) go to all of the tutorials, they teach you everything you will need to know. It is really important to get through third year stats well, especially if you are considering the research stream for Honours.

PSYC3042

In PSYC3042, students are taught to critically evaluate journal articles by analysing the methods and conclusions drawn in those articles. This can be considered tricky and foreign to start with, and this level of critical analysis might not be suited to everyone. Take time to learn definitions and get good at applying the concepts to journal articles. Practice really helps with this course.

PSYC3034

I really loved PSYC3034 with Annabelle Neall. She was an incredibly engaging lecturer with a lot of knowledge in her field. PSYC3034 really epitomised the idea of applying what you've learnt, and I find myself reflecting back on the lectures in everyday life, a whole year after taking the course. Engaging in discussions and tutorials are absolutely crucial for doing well in this course, especially for the last evaluation assessment. It can be quite easy to stray from the task so seeking help from your tutors is imperative for success.

THIRD YEAR CORE

BACHELOR OF PSYCHOLOGICAL SCIENCE (HONOURS) - CORE CONT'D

COURSE CODE	COURSE TITLE	UNITS	OFFERED
PSYC3020	Measurement in Psychology	2	Semester 2
PSYC3102	Psychopathology	2	Semester 1

PSYC3020

This is a great course that covers psychometric testing. Although content heavy, lectures are structured very well, and Mark Horswill does an insanely incredible job introducing and explaining lecture contents. It is strongly recommended that you attend all lectures and tutorials in person, as participation points would be much easier to achieve as compared to the make-up activities. The written assessment is a little different from other courses, as you are given the choice of four topics. This assessment is not difficult at all if you are on top of content and make use of consultation sessions with your tutors!

PSYC3102

I loved this course because of the seminars and getting to learn about different disorders from people who have actually lived through them (for a lot of the ones discussed in lectures).

A very interesting subject that consists of learning the foundations of differing mental health disorders each week and includes some amazing guest speakers. The assignment requires some critical thinking skills as you need to work out potential diagnoses for a patient, but the tutorials are super useful for running through everything you need to know. Great for people considering clinical psychology.

THIRD YEAR ELECTIVES

BACHELOR OF PSYCHOLOGICAL SCIENCE (HONOURS) - ELECTIVES

COURSE CODE	COURSE TITLE	UNITS	OFFERED
ANAT3022	Functional Neuroanatomy	2	Semester 2
MUSC3340	Music, Cognition & Development	2	Semester 2
NEUR3272	The Neuroscience of Social Behaviour	2	Semester 1
NEUR3302	Cognitive Neuroscience	2	Semester 2

ANAT3022

The biggest challenge for ANAT3022 was with the final exam. I personally think it would be very beneficial to have some background biology knowledge, or even complete BIOM2020 as a prerequisite to this course, because of the extensive biological and anatomical content of the brain. Overall, this is a course that can be quite challenging and time consuming, but really rewarding and interesting at the same time!

NEUR3302

This is a great elective course if you have an interest in how the brain responds to stimuli on an anatomical level. It covers areas such as attention, facial processing and even how neuro-prosthetics (such as hearing aids) function from a biological perspective. This course also offers experience developing a program to experiment on your family and friends. A tip for the course would be to attend every tutorial so that you can work on programming and analysing results as a team.

PSYC3272

I highly recommend NEUR3272 as a third year elective! Eric Vanman is an engaging and experienced professor who has published works on empathy and intergroup relations. Topics for NEUR3272 include prejudice, relationships, empathy and online social interactions. The workshops are interactive, where you participate in discussion, debates and mock trials for the topic each week. Tips for assessment: For the major essay you will have to select a chapter from Cornelia Fine's 'Testosterone Rex' and find evidence to support or go against her argument. I suggest reading and choosing the chapter you will focus your essay on early! Also choose the chapter that interests you most, this will make it much easier to write more passionately, and finding the motivation to write it will come a lot easier!

For the weekly quizzes, I suggest taking the time to create flash cards to grasp concepts and theories.

THIRD YEAR ELECTIVES

BACHELOR OF PSYCHOLOGICAL SCIENCE (HONOURS) - ELECTIVES

COURSE CODE	COURSE TITLE	UNITS	OFFERED
PSYC3000	Applied Sport and Exercise Psychology	2	Semester 2
PSYC3052	Judgment & Decision-Making	2	Semester 1
PSYC3062	Introduction to Human Factors	2	Semester 2

PSYC3000

PSYC3000 is pretty straightforward in giving you the basics to sports psychology from both a theoretical and practical perspective - it's essentially a basic introduction to the discipline. The course isn't demanding in either content load, complexity or assessment, so it's perfect if you need to fill that last elective spot in an intense semester, but maybe not if you're looking for a challenge. The course staff were also lovely and all clearly enjoyed the topic, making themselves readily available to help should you require anything. Overall, it ticks all the boxes for a basic elective, but was probably too surface level for people who really wanted to engage in the field.

PSYC3052

The content of this course is interesting, and the topic for both assignments is very broad, so if that's your jam, this is a great course. There's also a participation element that can be a bit tedious but again, if you're super into broad independence, this is a great subject.

PSYC3062

PSYC3062 was one of my favourite courses. I really enjoyed the field trips and the practical focus of this course. It was the first psychology course which showed me how what we learn applies to the real world to make an immediate difference in people's lives. Penny's lectures were ALWAYS engaging and eye opening and every week we learnt about the importance of human ergonomics in all professions. I also enjoyed the assessment for this course as it was phased out throughout the semester and we got freedom with the topics we chose to explore. I would highly recommend this course to anyone who wants to see how psychology ACTUALLY works in the real world.

THIRD YEAR ELECTIVES

BACHELOR OF PSYCHOLOGICAL SCIENCE (HONOURS) - ELECTIVES CONT'D

COURSE CODE	COURSE TITLE	UNITS	OFFERED
PSYC3082	Psychotherapies and Counselling	2	Semester 2
PSYC3132	The New Psychology of Health	2	Semester 2
PSYC3202	Industrial & Organisational Psychology	2	Semester 2

PSYC 3082

This course is a great introduction to the different techniques that clinical psychologists can adopt in their practices. Counselling techniques covered in this course ranges from Behaviour Therapy and CBT, to third wave CBT techniques such as Acceptance Commitment Therapy, Gestalt Therapy and Existential Therapy. It is strongly encouraged that you attend tutorial sessions as you get to review case studies and experience some of the techniques introduced. This is extremely helpful in terms of grasping and understanding content that were covered in the lectures. Although relatively simple, it is crucial to be diligent in engaging with the self-practice portfolio. It strengthens your understanding of the content, and it might get a little too overwhelming if you rush to complete it a week before submission.

PSYC 3132

This is a really interesting elective as it focuses on the link between the health of a person's body and mind, and the social factors that affects their identity. The course covers a different health contexts every week, including eating behaviours & COVID-19. It is very important to attend the weekly lectures as reading the textbook & attending the tutorials are not enough to help you understand the concepts. A tip for this course is spend more time understanding the course materials instead of memorising it.

PSYC 3202

This course really shows how you could work in psychology without doing masters, and also shows that clinical psychology isn't always the route for everyone. The content is related to experience that Stacey Parker herself has had working with Queensland Rail and other companies which is really engaging. I loved the assessment, and the support given from the tutors was enough but not too much. Having a good group for the assignment definitely helped!

3202 was challenging but I actually really enjoyed assignments! One is a group presentation on being a consultant for a firm so you come up with a contingency plan and talk about how you will solve/test said problem. The other was a written assignment but you could include infographics and such so it was quite creative. I also really enjoyed having a panel of past students from different firms and such come in and talk about their career pathways. It was super helpful :)

THIRD YEAR ELECTIVES

BACHELOR OF PSYCHOLOGICAL SCIENCE (HONOURS) - ELECTIVES CONT'D

COURSE CODE	COURSE TITLE	UNITS	OFFERED
PSYC3262	Evolutionary Approaches to Human Behaviour	2	Semester 1
PSYC3282	Developmental Perspectives on the Origins of Human Culture	2	Semester 2
PSYC3312	Parenting and Family Psychology	2	Semester 1

PSYC 3282

Mark Nielsen is a really passionate and engaging lecturer, as well as a leader in his field and it was a joy to learn from him. The assessment was also quite manageable, with fortnightly quizzes that ensured I was up to date with content.

I found PSYC3282 thoroughly enjoyable without being particularly difficult or having a heavy workload. This course gives a great overview on how culture and complex society may very well have developed. Mark Nielsen is also a great lecturer, the course also has lots of variety as well so you'd be unlikely to be bored.

PSYC 3312

This course is really informative and the content cover is quite heavily based on the Triple P - Positive Parenting Program. While the content is easy enough to grasp, the assessments for the course can be quite tricky. There was an observational coding assessment where you watch a video of a parent and child interaction and code their various behaviours. This experience is very useful if you are thinking of research experience or working in a developmental lab.

PSYC 3262

This course is super interesting and the content was well presented! Personally, the hardest part was the exam as it contains a bulk of the overall marks (60%).

Not offered in 2021:

Sensory Neuroscience (NEUR3192)
Topics in Social Psychology (PSYC3032)
Attitudes & Social Cognition (PSYC3122)
Intergroup Relations & Group Processes (PSYC3142)
Psychology of Emotion (PSYC3292)
Development in Infancy (PSYC3162)



Honours

CONGRATULATIONS!

You've made it this far in your degree! Don't worry if you didn't get the 6.89 GPA you so eagerly wanted at the beginning of first year (we've all been there), because your GPA will reset at the beginning of Honours year! While potential employers may look over your academic transcript to see how you performed in your undergrad, your GPA at the end of Honours will be solely based on what you achieve in your Honours year.

Receive Progression Email

School of Psychology will send you an email indicating if you can progress to Honours.

Choose Stream

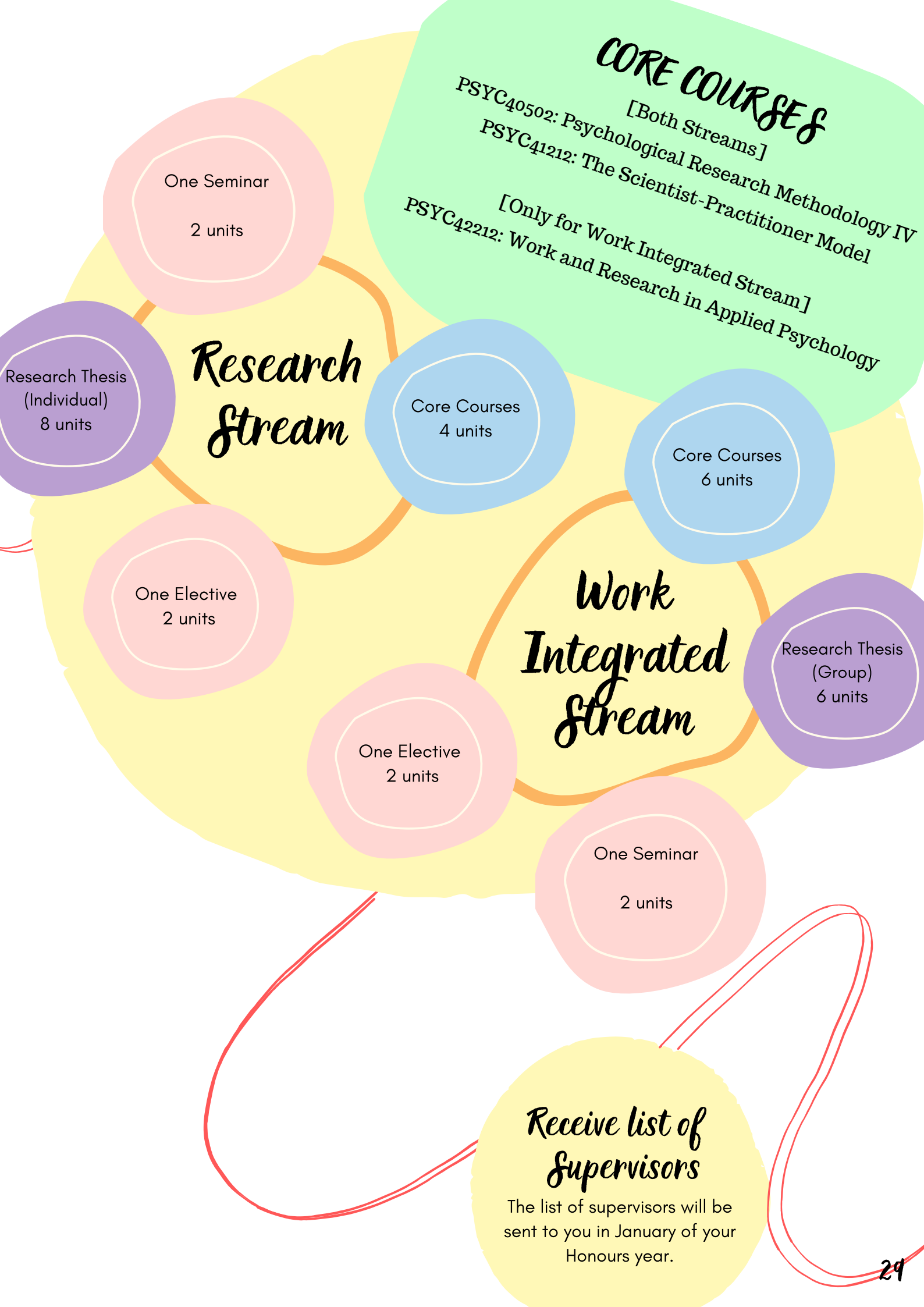
At this point, you can choose between the Research Stream (Individual thesis), or the Work Integrated Stream (Group thesis + work placement).

Tips for choosing a stream I

It would be helpful to identify potential supervisors, which can include professors who have taught you in your area of interest. Send them an email to set up a meeting, as most supervisors only accept students for a particular stream.

Tips for choosing a stream II

The research stream would suit students who intend to go on with research, such as enrolling in a PhD, while the work integrated stream would suit students who intend to enter the workforce upon graduation.



Tips for working with supervisors

The relationship between you and your supervisor is extremely important - they grade your drafts, give you guidance and teach you how to conduct analyses.

APPLIED/ PROFESSIONAL PSYCHOLOGY

A. Professor Alina Morawska
Professor Andrew Neal
Dr Annabelle Neall
Dr Cassandra Pattinson
Dr Cassandra Tellegen
Professor Catherine Haslam
Dr Fiona Maccallum
A. Professor Gail Robinson
Dr Gary Chan
A. Professor Genevieve Healy
Dr Janni Leung
A. Professor Jason Lodge
Professor Karen Barlow
A. Professor Karen Turner
Dr Kirsten Way
Dr Leander Mitchell
Professor Leanne Hides
Leith Morris
Dr Lisa Buckley
A. Professor Matthew Gullo
Dr Melissa Day
Professor Nancy A. Pachana
Dr Nik Steffens
Mr Owen Lloyd
Shamsi Shekari Soleimanloo
Professor Simon Smith
Dr Stacey Parker
Dr Stan Steindl
Dr Theresa L. Scott
Dr Zoe Walter

SOCIAL PSYCHOLOGY

Professor Barbara Masser
Dr Catherine Quinn
Dr Charlie Rose Crimston
Dr Hema Preya Selvanathan
Dr Fiona Kate Barlow
Professor Jolanda Jetten
Dr Kelly Fielding
Dr Leah Sharman
Dr Mel Hyde
Dr Sarah Bentley
Professor Winnifred Louis

DEVELOPMENTAL PSYCHOLOGY

Dr Frankie Fong
Dr Kana Imuta
Dr Kristyn Sommer
A. Professor Mark Nielsen
A. Professor Samudragupta Bora
Dr Sarah Grainger
Professor Virginia Slaughter

COGNITION & NEUROSCIENCE

A. Professor Ada Kritikos
A. Professor Alan Pegna
Dr Alexander Puck
Dr Brendan Zietsch
Dr Daniel Stjepanovic
Dr Eric Vanman
Dr Gabriela Bodea
Dr Hannah Filmer
Dr Harriet Dempsey-Jones
A. Professor Jason Tangen
Dr Jonathan Redshaw
A. Professor Kai-Hsiang Chuang
Dr Li-Ann Leow
Professor Jason Mattingley
Professor Mark Horswill
Dr Mirko Zeljko
Dr Molly Carlyle
Dr Natasha Matthews
Nathan Evans
Professor Paul E. Dux
Professor Penelope Sanderson
Professor Peter Nestor
Dr Philip Grove
A. Professor Stefanie Becker
Professor Stephen Williams
Dr Susannah Tye
Professor Thomas Suddendorf
Dr Timothy Ballard
Professor Timothy Carroll
Dr Will Harrison
Dr Zhaoyu Li

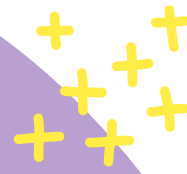
List of 2021 Supervisors

For the full list of Honours supervisors and their projects, visit the link below.

<https://research.psy.uq.edu.au/tools/project/> 🔍

Do note that this list is subject to change each year.

Tips from previous Honours students I



JACK WEDMAIER

2019 GRADUATE -

B. Psychological Science Honours (Class I)

Be resilient

Honours is not easy. Performing research and writing a thesis alongside normal coursework, your social life, sport, and your mental health is hard. So when setbacks occur, and when things go wrong, it's important to remember that Honours requires hard work and resilience. Not letting these setbacks drag you down and being able to bounce back is really important. Keep your head up and keep moving forward!

Be on top of dates and milestones

If you don't keep on top of deadlines (e.g., due dates for assignments, data collection, first thesis draft), it is super easy to have it all fall apart as the year progresses.

AMANDA SALMON

2018 GRADUATE -

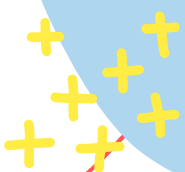
B. Psychological Science Honours
(Class I)

Plan your time

Use a calendar or planner, work minimal hours if possible, and remember to schedule in socialising and self-care for your mental health.

Consider extra activities

If you plan to apply for a master's program, consider activities that will boost your application, such as volunteering, having leadership roles and even sports. While it seems hard to fit these in your schedule, they are also great opportunities to network and socialise with other like-minded students.



Tips from previous Honours students II

ASHLEIGH VELLA

2018 GRADUATE -
B. Psychological Science
Honours (Class I)

Choose the supervisor, not the topic

I honestly found that third year was harder than honours for me. So if you can get through third year, you're going to be fine. I would advise picking the supervisor and who best suits your learning style. I personally found honours really enjoyable and learnt so much because I had an amazing and supportive supervisor who explained the complex concepts in a way that I understood. So for me it was my supervisor that made honours really great!

Plan your coursework

The most challenging part of honours for me was actually after submitting my thesis. I still had exams and essays due after thesis. It was very hard to find the motivation and willpower to do other assessments and study after my thesis, because once you submit the thesis, the majority of your assessment is done but other courses still have important assessment too. However, not all honours students will have the same experience as me, it all comes down to how you plan your coursework and the requirements of your courses

DANNY VAN OS

2019 GRADUATE -
B. Psychological Science
Honours (Class I)

Brag about it

Often the person who ends up marking your thesis is not in the same field that you're in, and might not necessarily have an in-depth understanding of your field. To counteract that, one of the best things you can do is to be very explicit with what the strengths of your study were (including particular research activities you completed or skills you learnt), what your limitations were, and how you addressed them. For example, in some fields collecting data is a lot more challenging than others, so this effort should be explicitly stated. This advice came from one of the academics at the start of our honours year; be very explicit in your contributions section. For example, "I spent two hours testing each participant", or "I learnt x specific technique". They encouraged us to have paragraphs in the contributions section of our thesis outlining any extra things or ways that we've gone above and beyond for our theses. Yes, a thesis is a scientific paper, but it is also to demonstrate what you've learnt this year.

Tips from previous Honours students III

BRIENNA RUTHERFORD

2020 Graduate -
B. Psychological Science
Honours (Class I)

Be gentle with yourself

Don't push too hard, take it as slow as you need and NEVER, EVER beat yourself up for needing breaks, not doing as much as someone else or having an early night's sleep instead of an all-nighter! You can't write your best thesis if you aren't being kind and looking after yourself.

Establish connections:

There is no way I would have made it through without relying on my network of Honours friends. We cried together, we stressed together, we laughed together and most importantly we cheered each other on. Yes, it is important to hustle and get work done but don't beat yourself up for taking a breather to hang out with your friends and family. You are only human and you need to rest, rejuvenate and get rowdy over a glass of wine (if that's your jam) so that you have the energy and mental clarity to go back in and smash your thesis!

Be flexible

You can plan out your Honours year in minute detail but it most likely won't go according to plan! Whether it be your research project going in a different direction or other external factors (like COVID-19), you need to have the flexibility to adapt. Go with the flow and take each day or challenge as it comes. Don't over prepare or stress about the "what if's", and be open to every opportunity that gets thrown your way.

After Honours

PSA will be holding an Honours students exclusive event in the Redroom where you can celebrate the submission of your thesis together with your friends. This is an event you can't miss!

Your academic life



Ricah Sharma
Academic Director

Welcome to PSA! My name is Ricah and I am PSA's 2021 Academic Director. I am currently in my fourth year of a dual Bachelor of Law and Psychology. I have become increasingly passionate about aiding others in finding their education passions and interests. I am also passionate about supporting you throughout your academic journey at UQ, whether it's your first or your final year. I wish to provide my best knowledge and resources to help you fulfill your potential; and help you plan your years of academia and prepare you for life after graduation. Have a read of some of the resources we have available below, and I hope to see you around!

ELECTRONIC COURSE PROFILE (ECP)

ECPs are important documents that include most of the administrative information you would need, such as aims, objectives, learning resources required, course learning and teaching activities, assessment tasks and policies of a course.

ECPs can be found through your courses on blackboard in the left-side banner.

Always check the ECP for details before going to the course administrators for help. Most of the time, the information that you are looking for is available on the ECP.

Information

Where you can find them

Recommended pre-requisites and/or incompatible courses

1. Course Information

Required and/or recommended resources, including textbooks and readings

3. Learning resources

General lecture and tutorial timetable

4. Teaching & Learning Activities

Assignment weightage, description and submission dates

5. Assessment

Late submission penalty

5. Assessment

Extension eligibility for each assignment and link for extension application

5. Assessment

Extension guidelines

6. Policies & Guidelines



MY UQ

Useful information and links that are found on my.UQ dashboard:

Learn.UQ

mySI-net
personal details, finances
and enrollment

Student Hub
volunteering and work
opportunities, professional
development appointments

my Timetable
preferencing and timetable

Library
book, journal articles and
past exam papers

**Academic
Calendar**

ALLOCATE+

The class preferencing window opens about 4 weeks before the semester begins and closes about a week later. During this time, you'll need to select your preferred class times for each of your classes.

Most commonly, there is only one timeslot for lectures and multiple timeslots for tutorials.

3 Allocated 0 Pending 1 Not Allocated
Enrolment Sort by: Alpha
DECO7230_S2_STLUC_IN Digital Prototyping
▶ CON1 (PREFERENCE)
▶ PRA1 (PREFERENCE)
▶ WKS1 (PREFERENCE)
DECO7280_S2_STLUC_IN Design Computing Studio 2 - Testing & Evaluation
▶ LEC1 (PREFERENCE)
▶ STU1 (PREFERENCE)
▶ TUT1 (PREFERENCE)
DECO7350_S2_STLUC_IN Social & Mobile Computing
▶ CON1 (PREFERENCE)
▶ PRA1 (PREFERENCE)
▶ WKS1 (PREFERENCE)
DECO7861_S1_STLUC_IN Masters Thesis
▶ No Group Available

Home

Welcome to My Timetable

My Timetable is designed to help you create a personalised timetable.

To get started, make sure you've enrolled in your courses in mySI-net and watch the video.

Attention needed

Pending

Allocated

How to Preference

See my.UQ for more information on class allocation.

Subscribe to your timetable

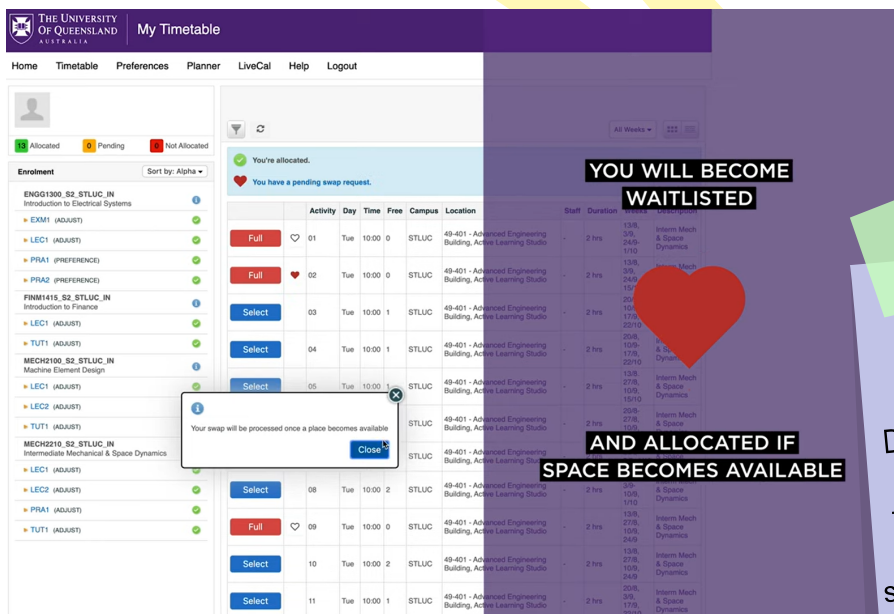
You can use this URL to subscribe from your iPhone, Google Calendar, MS Outlook, etc. The help pages on those products will guide you on how.

<https://uq-npe-web.allocate.plus/test/rest/calendar/815f4a3e-a492-4716-8918-207388eecd3> [Copy](#)

Depending on the number of timeslots available, you would need to preference a minimum of four options (for courses with more than four timeslots) and a maximum of ten options.

The percentage next to the drop box indicates the popularity of that specific timeslot.

The preferencing window will close two weeks later, and my Timetable will become unavailable for a week as your personal timetable gets created. After this week, my Timetable will open again for class adjustments.



If there are spaces available during a timeslot you prefer more than the one you were allocated to, simply click the select button next to your preferred class.

If classes are full, clicking on the heart icon will put you on the waitlist, and you will be allocated to that class if someone else switches out.

Tips: Waitlist

Do not worry if you did not get the timeslots you preferenced, 30% of students get their preferred timeslot by being on the waitlist during adjustment period.

PSYCHOLOGY STUDENT SUPPORT TUTORS (PSST)

PSST is a group of tutors dedicated to assist and support you through your degree.

Support provided include:

- Ideas for your assignments/reports
- Planning your assignments
- Structure and flow of written assignments
- Writing tips for assignments
- Study tips for your exams

Things to note

PSST tutors do not have course-specific knowledge, instead, they are here to assist with general tips for on report writing.

Bring along your assignment guide and marking criteria to make full use of your consultation session.

Tips for booking a session

- Book your consultation sessions early
- Login to the booking system using your Slnet username and password
- Check the system every Wednesday morning for new timeslots

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



STUDY TIPS: FROM YOUR FELLOW COURSEMATES

Plan your courses for your degree as soon as you can. Degrees change and it can get confusing, so if you plan (roughly) what you want to do, or even make sure you know what courses you can choose from (and which semesters they run in), it would be better.

Definitely plan ahead and start assignments as soon as you get them. And don't be afraid to ask for help.

Write out all assessments on your planners and make sure you are reviewing dates, so you're not starting assignments last minute!! Some assignments are daunting to start so I like to start by researching and then constructing an outline based on what I know.

Don't be afraid to ask for help and use resources like tutors and PSST. Quizlet is also super helpful for those courses you need to know the definitions for.

Have a look at what courses you want to do way in advance. Some of them are only offered in certain semesters and if you can do it in a semester it's planned in and it's your ideal course, do it ASAP because it might change semester later.

Revise a little bit every day, instead of all at once.

FLASHCARDS! Seriously, I deeply believe I got a 7 on my final exam of my degree all because of flashcards. I never used them until then, and I deeply regret it! Seriously guys, Mark Horswill is right.

STUDY TIPS:

Sleep enough

Sleep consolidates memory, which means that the brain stores information most effectively when you're asleep. It is also encouraged to study before you 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.

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!

Mix it up

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

THE SCIENCE BEHIND IT

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.

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?

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!

AN INTERVIEW WITH THE 2018 VALEDICTORIAN

Ashleigh Vella

B. Psychological Science Honours
(Class I)

Ash graduated with Bachelor of Psychological Science in 2018, achieving First Class Honours. Additionally, in her time at UQ, she was also awarded the Henry Law Prize and the University Medal. After graduation, Ash worked as a research assistant in the UQ Perception and Action Lab. She is currently completing her PhD, and tutors several Neuroscience courses at UQ.



What were your favourite psych courses?

Ooh, I really liked NEUR3302, although I'm a bit biased because I currently tutor the course. I really liked that one because you learn how to code in it and those coding skills that I picked up in that course is something that I use pretty much every day in my PhD. I also really enjoyed NEUR2020 as it really enhanced my critical thinking skills and my ability to analyse peer-reviewed papers.

What has been your most valued experience at UQ?

I think the most valued experience throughout my undergraduate degree would be the Summer Research Program. This experience not only prepared me for honours but provided me with research skills that I currently use in my PhD today. Through the Summer Research Program, I was able to conduct research in a similar area, two years in advance of completing my honours. Additionally, because I had been working with Associate Professor Ada Kritikos, I knew my honours/ PhD supervisor and her teaching style, which was super helpful when planning honours and meeting the expectations of supervisors. On top of that, the research skills that you gain is really phenomenal if you are willing to work and apply yourself. So I think that would be my most valuable experience, just doing those summer research scholarships as it kind of set me up for my PhD.

What was the biggest challenge you faced and how did you handle yourself mentally through it?

My biggest challenge was maintaining the work-life balance making sure you're not studying too hard and neglecting your social life, or on the other hand not going out every night and showing up to class tired. I think also it is good to upkeep fitness as well, it really helps with mental focus.

Making sure you do things that are good for your mental wellbeing is so important, especially during Honours. I find that it is so easy to lock yourself in your room and work for hours on end, but that's only going to increase your stress levels and the work you produce won't be of your best quality. Go out, socialise, rest and make sure that when you do work, you are taking adequate breaks. I always say never miss a lecture, never miss a due date and never miss a party.



What advice would you give to those students who are really gunning for that top mark?

I really wanted the stats award (Henry Law Prize) so I spent a lot of my time outside of classes learning how to conduct different analyses with software like SPSS. There are also a lot of resources like the PSST that are happy to help with formatting and APA formatting. I think taking full advantage of extra resources assigned by tutors, lectures and the School of Psychology can really make a difference. However, ultimately, I think if you put the work in results will come.

Lastly, I think what helped me achieve good grades is starting each assignment a month before the due date, especially since I struggle with writing. For exams, my secret is just a lot of memorising through active recall. It's not enough just to look at the slides and copy stuff down, you need to be able to test yourself and repeatedly get it right. I personally also just really love neuroscience, so I also found it quite easy to put in the work.

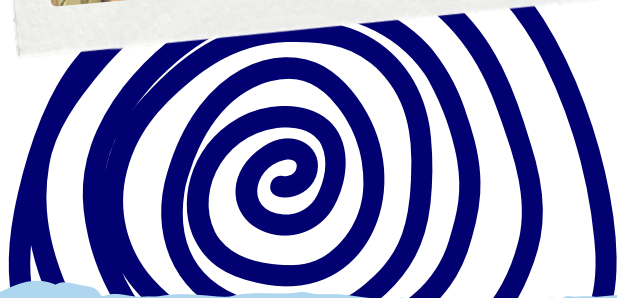




As a tutor, what are some common mistakes that students make and something they can do to overcome those mistakes?



My best advice would be that it's fine to go above and beyond with an assignment, but make sure you're not straying too far off topic or from what is required on the criteria sheet. Make sure you do everything on the assignment tutorial slides before you start going above and beyond with extra research.



Another thing is to go to consultations. Even 10 minutes at a consult can save you hours of confusion down the road. Sometimes being in discussions with other students at the consult can help jog your memory tutorial content and bring up ideas you hadn't previously thought of.



What do the next few years look like for you? What are your next goals?

When I finish my PhD, I need to decide whether I want to go into the corporate realm or go into academia. After your PhD, you would have ideally gained a lot of skills like programming, managing resources and, data collection, so there's a lot of avenues with those skills in the corporate realm. You can also become a statistician or work for Queensland Education. There are heaps of avenues really, which is why it's not always about the degree, but about the skills you learn in it as well.

Psychology Awards

Michael French Prize in Psychology

Highest GPA in level 3 psychology courses

Guy Goodricke Prize

Most distinctions in level 2 psychology courses

Elsie Harwood Memorial Prize

Best thesis on topic of aging

Henry Law Prize

Best overall results in methodology courses taken in level 3 and 4

McBride Psychology Prize

Best thesis in Ethology or Social Psychology

McElwain Prize

Best individual research thesis

George Naylor Prize

Greatest proficiency in core level 1 psychology courses

Donald Tugby Prize in the Psychology of Peace

Best thesis on a topic related to the psychology of peace

Hot Tips

- Highlighting doesn't work. Ever.
- You know that you know the content well when you can deliver the lecture yourself.
- Active recall is one of the best ways to learn.

AN INTERVIEW WITH THE 2019 VALEDICTORIAN



Danny van Os

B. Psychological
Science Honours (Class I)

Danny graduated from a Bachelor of Psychological Science in 2019 with first class honours. Her thesis in social intelligence won the McBride Psychology Prize in that year. She served on the executive committee of the Psychology Students' Association in 2018 and 2019, organising the first-year retreat and other social events in 2018, and thereafter serving as the Academic Director in 2019, holding events such as "A Day in Clinical Psych", and "Research Night". In 2021, she will continue Research Assistant work across multiple research labs.



What was the main takeaway from your 4 years studying psychology?

I think a big takeaway for me was that you get out as much as you put in. Especially with psych; there are so many diverse directions you can go in, as opposed to a degree like medicine or physio which have a clear structure and outcome. This can make it challenging, but also means there's a lot of ways in which you can make it your own. You can volunteer and you can get involved in research labs, you can get RA (Research Assistant) work, you can volunteer in industry, you can get involved with organisations or clubs like the PSA; all these things that can help you grow.



If you're into research, you can get to know the academics and ask if you can volunteer in their labs. Or get to know your tutors and ask them what they do. I think little experiences like that make a really big difference. So, really for me, it was just about getting involved. I feel like it can just make your whole experience so much more enjoyable.



What was your most treasured experience at UQ?

I went into studying psychology because I really enjoy research. I remember going to a social psychology lecture and the lecturers would just talk about all these really cool concepts. Week in and week out I was just completely engrossed in what they were saying. I ended up speaking to that lecturer and getting some volunteer hours in their lab. There are so many volunteering opportunities in UQ. I got two of my Research Assistant jobs through just talking to people and asking to work in their labs. It was surprising to me how people are just so open to you getting involved in research and learn about what they do. I knew that I was interested in evolutionary psychology and social psychology, because I was really interested in broad questions like, "Why are we the way that we are?". I'd say that working those RA positions and getting involved with the different labs at UQ was one of the most extraordinary experiences and I learnt a lot from it. Also being a part of the PSA for 2 years meant that I got to plan events that I really thought could benefit students academically and socially.



Tell us about your Honours research thesis

I did my honours thesis with Bill Von Hippel. I really liked one of the studies that he was working on, which was this new idea that called the theory of social intelligence. The theory was that at least five cognitive abilities may contribute to someone's capacity to understand and flexibly respond to others. These abilities included divergent and convergent thinking, which are cognitive processes are involved in the generation and selection of ideas. They work together in problem solving and creative thinking. I decided to test these cognitive abilities. I predicted that if a person had good divergent and convergent thinking, they would be more central within their social networks.

Of course getting access to a whole network of people is challenging, so we decided to test in a high school. I reached out to a high school and said that I wanted to do this research project, and in exchange we could ask a few questions about other issues such as student stress and exam anxiety. There were some issues with data collection; there

wasn't enough spare time in the week to fit in the study for a few of the year levels, so we only ended up getting around 230 valid responses when we could have had closer to 1000. That's just something that you have to accept - we had to just take it in stride and keep moving. So during our study we asked students about their social connections to each other: questions like, "who do you consider your friend?". We also tested the measures of convergent and divergent thinking. It ended up being really cool cause you can create these great network maps that show you all the different connections between people in the school.





FILM NEGATIVE



FILM NEGATIVE

FILM NEGATIVE

Analyses and data collation was an aspect of honours that I think a lot of students are very concerned about, so make sure to ask for help when you need it. Your supervisor is here to support you. However, research and writing a good thesis isn't the be-all-and-end-all of your psychology career. My undergrad was focused on research, which is what I personally enjoy. However, not everyone fits into that same mould, and like I said, psych is quite unstructured in that there are so many avenues in which you can take your experience and your journey. For example, people interested in clinical psychology did their volunteering in clinics, or Lifeline support systems. Many people chose the group thesis as this allowed them to do an internship and gain more practical experience. And I think this also would have been such an incredible experience. So, it's all about what you're interested in, really.

Developing your Employability

Hi there! My name is Liv and I am your Industry Coordinator for 2021. I am currently in my fourth year of Bachelor of Psychological Science (honours) degree. Whether you are interested in clinical psychology, or want to reach out into jobs that may not be directly related to psychology, I wish to provide the relevant knowledge and opportunities that help you reach your goals. In saying that, my other passions include spending time with friends or going on bush walks and discovering waterfalls and hidden gems in nature. In the meantime, you can find me having lunch in the great court with my friends (look out for the red hair) or weeping over my honours thesis in the central library. See you around!



Olivia

Industry Coordinator

DEVELOPING PROFESSIONAL IDENTITY

Contrary to popular beliefs, rather than the skills or competencies in particular fields of psychology, personal development skills are often what employers look for when hiring psychology graduates.

Key skills employers are looking for

Written
Communication

Verbal
Communication

Learning &
Problem Solving

Hesketh, A. J. (2000). Recruiting an elite? Employers' perceptions of graduate education and training. *Journal of Education and Work*, 13(3), 245-271. doi.org/10.1080/713676992

It is through completing the courses in your undergraduate psychology degree that you are able to learn these interpersonal skills that will make you more employable. My advice is don't sweat if you can't remember the four major divisions of the cerebrum (or is it 5?), it is likely this skill was also designed to develop your problem solving and self-management skills, preparing you for the workforce in the future.

STUDENT HUB

StudentHub is also an excellent resource for those looking to find job opportunities related to psychology while completing your degree at the same time. While some of the jobs do require completion of an undergraduate degree in Psychology, some are also just looking for casual positions, such as administrators, research assistants, receptionists or support workers.

You can also follow certain organisations that you wish to work with or are interested in. I am currently following UQ Student-Staff Partnerships, which is especially useful for students who wish to find work while completing their degree.

<https://studenthub.uq.edu.au/students/login>



SUMMER & WINTER RESEARCH

Summer and winter research scholarship programs are opportunities for you to collaborate with academics and researchers on a project of your interest. Not only do the programs allow you to expand your research networks with staff and postgraduate students, it also gives you an insight into the realm of academic research.

Research Opportunities

- School of Psychology
- Social Science Research
- Mater Research Institute
- Centre for Youth Substance Abuse Research

Common Misconception

Do not be afraid that you are not skilled or knowledgeable enough to participate in research in your first or second year.

Academics will often teach you the skills you need, or they will give you a year-appropriate task for your degree.

TIPS

Winter research (~4 weeks) is typically shorter and is less competitive to get into than summer research (6-10 weeks), so if you are worried that you don't have the necessary skills to apply or that you'll be strapped for time, trial winter research first.

<https://employability.uq.edu.au/summer-winter-research/find-project>



EMPLOYABILITY AWARD

UQ employability award gives recognition to individuals who go above and beyond to make an impact in their lives and the lives of others too. Participation is open to both undergraduate and postgraduate coursework students studying at UQ with the opportunity to receive the Award upon graduation.

Main Focus

Engage in activities that you are interested in other than just completing your degree.

This sets you up from the beginning to reach your potential and take small steps to achieve a whole class of resume-building experiences.

100 hours
volunteer
experience

5 supplementary
activities

100 hours
work experience

<https://employability.uq.edu.au/award>



OVERSEAS EXPERIENCES

UQ offers two different overseas programs, Student Exchange, as well as Short-term Experiences.

Student Exchange

- One or two semesters
- Full-time study load
- Cost of living: \$12,000-15,000AUD (No additional tuition fees)

Short-term Experience

- Summer or Winter break
- For-credit or not-for-credit experience
- Cost of living: \$4,000-12,000 AUD

To confirm your eligibility and find out more, visit the link below.

<https://employability.uq.edu.au/global-experiences> 🔍

STUDENT EXPERIENCE: CHANTAL LI

One of the highlights of my undergraduate degree was spending a semester abroad in Scotland. While living in Edinburgh, I was able to travel through the UK and Europe, meet incredible people from all over the world and immerse myself in a totally new city and culture. This experience was extremely rewarding, and I came home feeling more confident and self-reliant. The experience wouldn't have been as amazing as it was without my flatmates, university friends and all the other exchange students who I now consider some of my closest friends.

Top tips:

- Check out the UQ Abroad website online
- Planning your courses with your faculty ahead of time
- Keep an eye out for scholarships and other funding options



Future Pathways

BACHELORS

Bachelor of Arts (Psychology)

Child Support
Consultant

Special Needs
Teacher

Support Worker
(Mental Health/
Disability)

Graduate
Policy Officer

Research
Assistant

Executive
Assistant

School
Counsellor

Child Safety
Officer

Parole Officer

HR Learning &
Development
Associate

Bachelor of Science (Psychology)

Research
Coordinator

Management
Consultant

English
Language
Teacher

Research
Assistant

Counsellor

Project
Officer

Tutor

Business
Analyst

Music
Therapist

Case
Manager

Intern Medical
Officer

School
Counsellor

There is a common misconception that there are only two pathways when you finish your psychology degree; become a clinical psychologist or complete a PhD and go into research. While these are the two major pathways, there are also an abundance of other job and career opportunities that you can endeavour to explore with a psychology degree.

Bachelor of Psychological Science (Honours)

Research
Assistant

Case
Manager

Provisional
Psychologist

Counsellor

Forensic
Disability
Clinician

Foster Care
Worker

Assistant Data
Analysist

Market
Researcher

ABA
Therapist

Education
Counsellor

Child Safety
Officer

Training
Consultant

Childcare
Educator

Special
Education
Teacher

Community
Services
Worker

Support
Worker

HR
Manager

POSTGRADUATE

If you wish to continue with postgraduate studies, there also are plenty of options for Graduate Certificate/Diploma, Masters and PhD pathways.

Graduate Certificate/ Diploma

Intern Trainer

Consultant Counsellor

Market Research Social Worker

Youth Development School Psychologist

Business Development Officer Candidate Manager

Masters

Graduate Psychologist

Counsellor Clinical Psychologist

HR Advisor Human Factors Advisor

Court Officer Developmental Psychologist

HR Consultant Associate Sports Psychologist

Sleep Psychologist Change Management Officer

Research Assistant Executive Management Trainee

Social Psychologist Graduate Recruitment Administrator

The background of the page is decorated with various colorful shapes and dots. In the top left, there are orange and yellow curved shapes with green dots. In the top right, there are purple dots. In the middle right, there is a large pink circle with a yellow border. In the bottom right, there is a purple shape with yellow dots. At the bottom, there are green and yellow shapes, including a blue circle outline.

Edwina Shi

Doctor of Psychology
(Clinical Psychology and Neuropsychology)

The Doctor of Psychology (Clinical Psychology and Neuropsychology) is a 4-year program involving coursework, placements and a thesis. Coursework typically consists of half or full-day workshops and are mostly completed in the first year. Regarding placements, there is a diverse range of options with opportunities to work in different settings, with individuals across the lifespan, with various presentations, and to deliver family and/or group interventions.

- Given the need to juggle coursework, placements and thesis, time management is crucial
- It is also important to engage in self-care and to seek support from peers, academic staff and supervisors, which is facilitated by the small cohort
- Find a thesis supervisor early in semester 1 of first year, as this will allow you to pace your research more effectively

PhD

Correctional Counsellor

Research Assistant Lecturer

Clinical Psychologist Statistician

Research Team Leader Psychologist

Management Consultant Self-Employed

Educational Psychologist Change Agent

Business Owner/ Manager Research Officer

Senior Research Technician Research Scientist

Postdoctoral Research Fellow Associate Lecturer

MEET YOUR ALUMNA



Eliza Kelly

B Science Honours (Class I), MPsychClin
Registered Psychologist and Clinical Psychology Registrar
Associate at The Australian Centre for Emotionally Focused
Therapy (ACEFT, Spring Hill)

I am psychologist working in private practice and completing my registrar program in clinical psychology. In my current role, I provide clinical psychology services for individuals, couples, children and families, to address a wide range of mental health and emotional difficulties. I have clinical and research interests in the area of attachment, as it relates to adult relationships as well as to parents, children and families. This translates to my role as a clinical psychology registrar where I enjoy all aspects of family-centred practice, working with children and parents, as well as providing couples' therapy and family therapy services. My research area at university involved evaluating aspects of parental emotional wellbeing and child outcomes for parents of typically developing children and children with a disability. In addition to my private practice work, I maintain involvement with UQ through my role as a tutor in the postgraduate couples' therapy course and other undergraduate psychology courses.

As an early career psychologist, I have so far enjoyed the flexibility and variety that pursuing a clinical pathway has offered. I particularly enjoy maintaining a balance of clinical work and university teaching activities, finding the combination of these complimentary roles refreshing. My most recent interest is in exploring the potential for expanding my clinical work to offer Telepsychology services for individuals and families residing in rural areas. (I have COVID-19 to thank for the rapid transition to, and acquisition of Telehealth skills!). I have a rural background myself and so this is an area of practice that I hope to be a part of into the future.

Mental Health at University

My name is Laura, and I'm your friendly media coordinator. Aside from communicating our shared passion for psychology, my main role is to deliver key information regarding all of the fun PSA events via our social media platforms. Another passion of mine is advocating the importance of maintaining good mental and physical health throughout the storms of academic life. Life can be stressful, especially during university. That is why I will provide you with suggestions about exercise, nutrition, work-life balance, de-stressing tips, as well as mental health resources at UQ in the health section of the guidebook. On one last note, be ready for a great semester with us!



Laura

Media Coordinator

TIPS TO MAINTAIN GOOD MENTAL HEALTH

Exercise

It is well-established that exercise contributes to better sleep, faster cognitive performance and even larger memory capacity. When it comes to mood improvement, consistency and frequency matter: only those who consistently prioritise their workouts improve in emotion regulation, helping them to demonstrate resilience and adversity.

Healthy habits

The importance of eating nutritious food and having plenty of sleep simply cannot be dismissed! Juggling university work with other commitments might be overwhelming, taking care of your body is the key to taking care of your mind. Even if work or uni life gets hectic, it should always be paramount to get 8 hours of sleep every night and consume a healthy portion of fruits and veg.

Down Time

Taking time for yourself is crucial. The concept is not about engaging in every single little activity, but it invites you to prioritise and engage in activities that can help you recharge. Some examples can include taking a walk in nature, exercise, trying out new recipes, reading, or even just letting your mind drift off.

Stay Connected

Friendships are effective emotional buffers. It is in our human nature to connect with others and rely on our friends for support. In uni, it can be quite difficult to maintain friendships as you might not see your classmates every day, or you might only see the same group of people once a week. Joining a club or coming to our PSA events is a great way to make some awesome friends in the same field that you can see regularly. Additionally, having friends in the same tutorials or classes is a huge motivational boost to attend as well!

Have you ever felt mentally drained from study, or even too drained to start study in the first place? Recognising when you're overworked or burnt out is crucial in university, especially as mental health issues are getting more prevalent.

Understanding and prioritising self-care is particularly important. Regulating your mental and emotional wellbeing can build resilience against setbacks and increase productivity in the long run!

Focus on the present moment

Life can be overwhelming at times, we all need something to keep us grounded and not fall into destructive habits. One top recommendation, taken from the positive psychology course, is to take a few minutes tuning-in with your surroundings, observing your bodily sensations while experiencing extreme emotions. In a meditative state, you would find it easier to control negative ruminations, and maybe even allow you to take a more centred view on the same issue.

Stay on top of your studies

We're all familiar with procrastination. However, leaving things until the last minute will only increase your feelings of stress. One solution is to use a planner: schedule ahead, prioritise your urgent tasks, and reward yourself for achieving them regularly (check out the deals on our psych card for amazing food, drink, and entertainment!).

COUNSELLING AT UQ

It is important to recognise when you might need professional help. Seek help early and understand that everyone experiences negative circumstances differently. UQ offers a variety of support; ranging from the Mental Health Champion Network, professional counselling, and even a UQ crisis line (1300 851 998) for emergencies.

Visit the website below for more information.

<https://my.uq.edu.au/information-and-services/student-support/health-and-wellbeing/crisis-support>



MENTAL HEALTH EVENTS

R U OK Day 9 September 2021

R U OK day at UQ encourages students to stay connected by offering free coffee and tea, as well a variety of activities such as table tennis, arts and crafts.

UQPSA Puppies & Pancakes

We're bringing back one of our most exciting events at PSA: Puppies and Pancakes. Take some time off studying to cuddle with fluffy puppies while having some delicious pancakes. The event will be held in the psychology building courtyard nearing SWOTVAC, make sure to bring your friends along!

Mental Health Week 10 - 17 October 2021

Another UQ annual event is mental health week, including speeches by mental health experts, free nutrition courses and other wellness activities.

MENTAL HEALTH FIRST AID

Aiming to provide a better environment for students, UQ launched the Mental Health Champions Network since the beginning of 2018. The network provides mental health first aid training and mental health related events for certified mental health champions. The roles of the champion are advocating for mental health, listening to those in mental distress and directing them to health professionals

To become a Mental Health Champion, you would have to be registered as a UQ volunteer, complete a 2-day Mental Health First Aid Training, and attend a Mental Health Champions Network introductory session.

<https://about.uq.edu.au/campaigns-and-initiatives/mental-health/mental-health-champions-network>



Hey Everyone! My name is Lachie and I am one of the social directors at PSA in 2021. I believe that your social life is one of the most important aspects of our university experience and is for that reason I have been heavily involved in clubs and societies at UQ for the last 3 years. In addition to being social director for PSA, I am also President of the UQ Thongs Society - one of the largest social clubs at UQ. I am excited to bring my experience working in social clubs and planning events to PSA in 2021. We have so many great events already lined up for this year, I look forward to seeing you there!



Lachie

Social Director

Social Life with PSA



Tamica

Social Director

Hey guys. My name is Tamica and, Lachie and I will be your social directors for this year. Social events have been a really important aspect of my university life as they have given me the opportunity to meet some cool like minded students, bond over our mutual interest in psychology, make close friendships and have some fun throughout the semester. We have some really great events coming up this year that we know you will love. Give us a wave next time you see one of us around campus and feel free to ask us any questions. We'd love to see your friendly face and get to know you!

EVENTS TO LOOK OUT FOR

- Lights Out Launch Party with Thongs, JACS & EdSoc
- First and Second Year Retreat
- Tipsy Laser Tag
- First Year Bonding
- Pub Crawl (Semester 1 & 2)
- Puppies and Pancakes (Semester 1 & 2)
- Research Night
- Academic Symposium
- Industry Expo
- Paint 'n' Sip
- Honours Drinks
- Mental Health Week
- Putt Putt
- Psych Ball
- Annual General Meeting



Tamica

Commando Pub Crawl was where I met one of my closest friends and spent most of the day on the dancefloors of the four venues we explored.

Shienne

First Year Retreat allowed for intimate interactions with people, and it also created a ripple effect that allowed me to make the friends that I have today.

Lin

The wiggles pub crawl was honestly one of most fun uni events I've been to. There's just something about screaming hot potato and forming a massive 50-person conga line in the middle of the city. Plus the photos turned out so cute with the wiggles shirts!

Jolene

I spent the night together with all my friends at the Big 5 Safari Party. It was a great start to the year and we all had a blast on the dance floor!



PSA's biggest event:

Psychology Ball

Save the date!!
21st November 2021

PSA LOOKBOOK:



Puppies & Pancakes



Psych Retreat 2019



Welcome Back Drinks @ The Reddo

PAST EVENTS



Ready, Steady, Wiggles: Pub Crawl



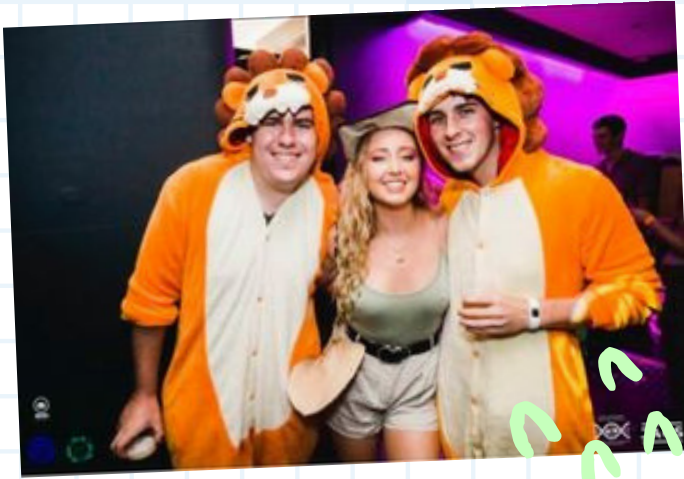
The 2020 Time Capsule Sip and Paint



Big 5 Safari Party



A Night in Hollywood Ball



UQIC





Commando Crawl



*Don't miss out on
all the fun-filled
events this year!!*



Fyre Festival



UQPSA, UQ THONGS & UQ GEMS present:

MARIO KART PUB CRAWL



20th March 2021
Check out our facebook page for
more information!



Join PSA

Hi everyone! I'm Jolene, Treasurer of UQPSA this year. I have absolutely no shame in telling you that most of my lasting friendships were made through joining the PSA. Where else would I have met like minded people who shared the same annoyance of people asking if we could read their minds? UQPSA provides a great platform for you to get together with your old friends, make new ones, and have a blast at all of our events. Now, I'm not saying that everyone in your life needs a PSA membership to have fun, but that's exactly what I'm getting at. With Topsy Laser Tag and Mario Kart Pub crawl coming up, you've definitely got no time to waste to start making memories. In between studying and attending our events, do not forget to check out the amazing deals from establishments all across Brisbane that I've secured for you. Be it a well-deserved drink after assignment submissions or a fun escape room adventure during the semester break, we've got you covered. Be sure to take advantage of this membership to the fullest (check out our full range of deals for the psych card at uqpsa.com), and I cannot wait to see you at our events!



Jolene Chia
Treasurer



Check out the full range of deals with our 2021 psych card!

THE Ψ CARD

<https://www.uqpsa.com/psi-card> 🔍

JOIN THE COMMITTEE!

If you've got a great idea for an event or an initiative that you'd like to hold, or if you want to be more engaged in your university experience, join our executive committee! Email Lin at president@uqpsa.com to find out how to get involved!

Our AGM (Annual General Meeting) is usually held every year in October. Come along, enjoy some free pizza, and nominate yourself for a position on the exec committee! More details will be announced on our Facebook page in October.



SPONSORS



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If you have any feedback on this guidebook, or anything you'd like us to add for future editions,
please email your suggestions to president@uqpsa.com



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