

# **TASTER DAY BACHELOR**

## **PSYCHOLOGY**

# THE PROGRAMME FOR TODAY

INTRODUCTION

*BY MANON TE VAARWERK*

PROJECT

*BY CHANTAL VAN VELUWEN, PIA AND GIJS*

BREAK

EXPECTATIONS

*BY BONNY AND TOM*

QUESTIONS

**AN INTRODUCTION TO**

**PSYCHOLOGY AT THE UNIVERSITY OF TWENTE**

# INTRODUCTION

## WHY PSYCHOLOGY?

UNIVERSITY  
OF TWENTE.



# INTRODUCTION

## WHY PSYCHOLOGY @UT?

UNIVERSITY  
OF TWENTE.



# INTRODUCTION

## JOINED THE OPEN DAYS?

- I joined on campus
- I joined online
- I did not join but looking forward to knowing more!

# WHAT IS PSYCHOLOGY @ UT ABOUT?



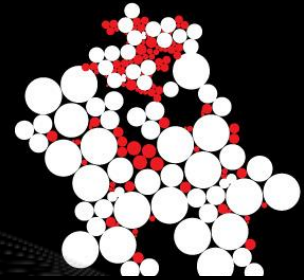
HUMAN BEHAVIOUR  
HUMAN COGNITION  
HUMAN EMOTION

To describe  
To understand  
To explain  
To predict  
To **use in different fields**

In relation to  
...others  
...the environment  
...**technology**

To find out & **develop**: Scientific research & **design** methodology

# PSYCHOLOGY AT THE UNIVERSITY OF TWENTE



## ▪ HELPING PEOPLE AND MAKING THE WORLD BETTER...

- ✓ HOW TO PREVENT PEOPLE FROM BECOMING PSYCHOLOGICALLY ILL?
- ✓ HOW TO TREAT PATIENTS, PERHAPS WITH THE USE OF TECHNOLOGY?
- ✓ HOW TO DEAL WITH CHRONICAL ILLNESS?
- ✓ HOW TO STIMULATE (EFFECTIVE) LEARNING?
- ✓ HOW TO KEEP PEOPLE SAFE FROM NATURAL DISASTERS?
- ✓ HOW TO DECREASE CRIME?
- ✓ HOW TO CREATE MEDICAL DEVICES THAT PEOPLE CAN EFFECTIVELY USE?



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# WHY PSYCHOLOGY AT THE UNIVERSITY OF TWENTE?

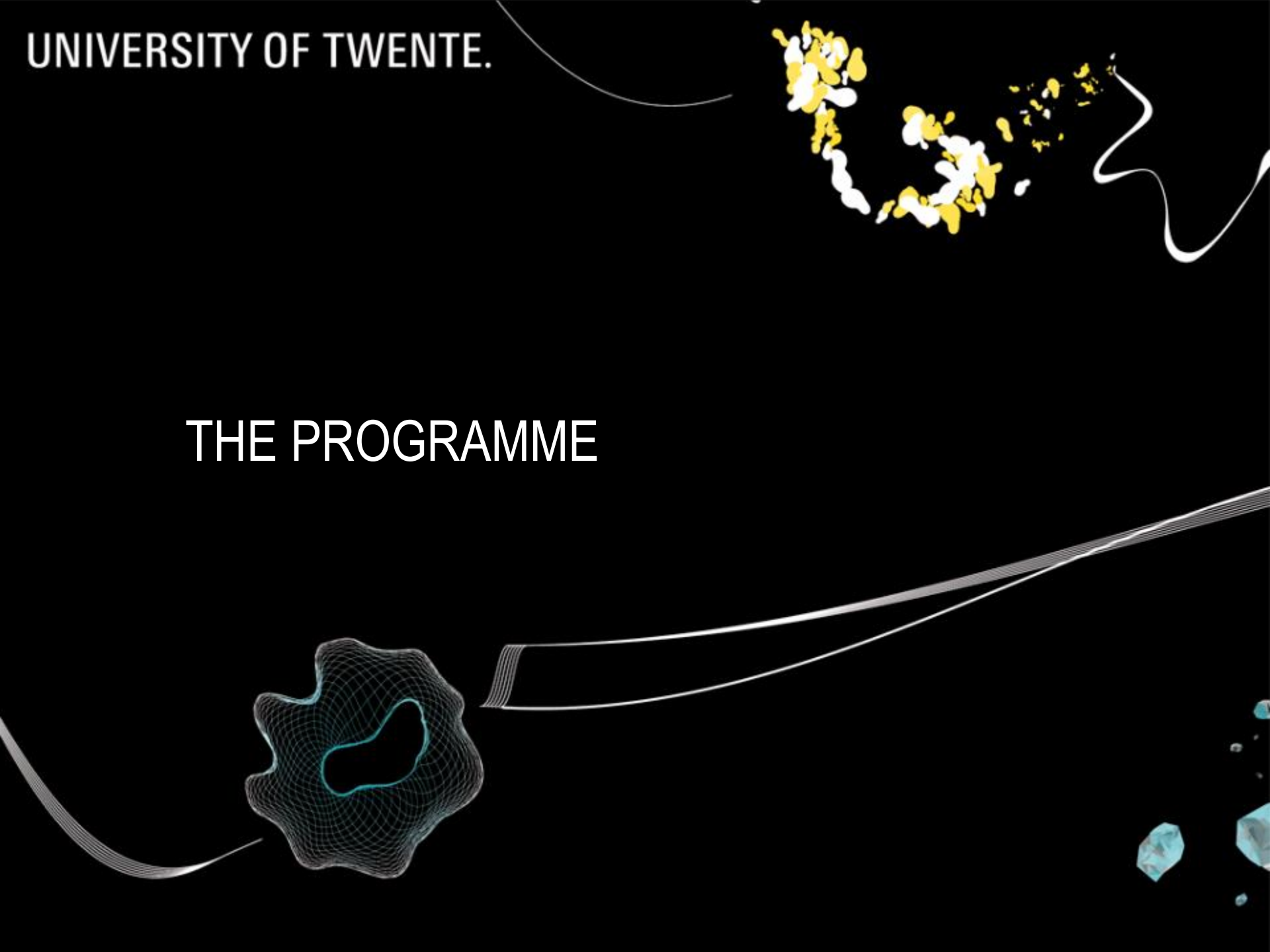
- UNIQUE COMBINATION OF PSYCHOLOGY AND TECHNOLOGY
- DESIGNING SOLUTIONS FOR SOCIETAL PROBLEMS
- PROJECT BASED WORK
- FREEDOM OF CHOICE
- TAKE ADVANTAGE OF OUR INTERNATIONAL SETTING
- THE UT ENVIRONMENT: HIGH TECH HUMAN TOUCH
- SMALL SCALED PROGRAM WITH EXCELLENT STUDENT SUPPORT



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# THE PROGRAMME



# MODULES YEAR 1

	YEAR 1			
	Psychology & Intervention Design	Social Behaviour	Cognition & Development	The Individual
<b>Theory:</b>	Psychology: an orientation	Social (developmental) Psychology	Brain, Cognition and Development	Personality & Clinical psychology
<b>Methods &amp; Statistics:</b>	Introduction to Research Methodology	Data analysis I	Data analysis II	Data collection & Test construction
<b>Skills:</b>	Project management & academic writing	Group dynamics & academic writing		Presentation Skills
<b>Project &amp; Design:</b>	Systematic intervention design	Needs assessment & intervention design	Design & evaluation	Interview study & Tests

**Social and developmental  
psychology**



**Research & Statistics**



**THEORY**

**RESEARCH  
METHODS**

**PROJECT**

**PROFESSIONAL  
ACADEMIC  
SKILLS**

**Theme around societal  
problem**



**Academic writing  
Group dynamics**



## Social and developmental psychology



# Theory

# Research Methods



## Research & Statistics



# Project



Theme 'Aggression'



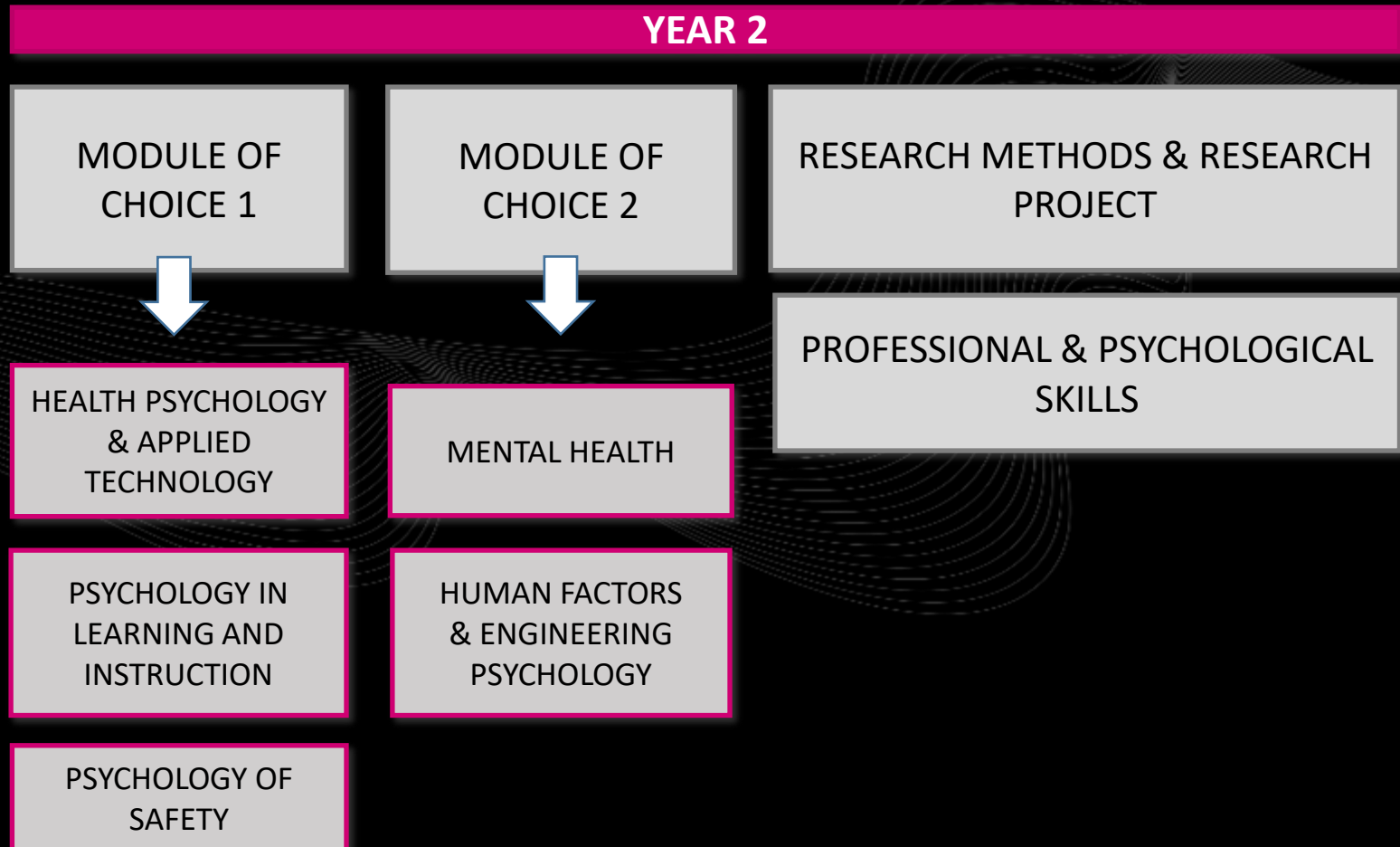
# Professional Academic Skills



Academic writing  
Group dynamics



# MODULES YEAR 2



# MODULES YEAR 2

## YEAR 2

MODULE OF  
CHOICE 1



**HEALTH PSYCHOLOGY  
& APPLIED  
TECHNOLOGY**

INTERACTION BETWEEN BODY AND MIND

- ✓ FACILITATION OF HEALTHY BEHAVIOUR
- ✓ FACILITATION OF ADAPTATION TO ILLNESS
- ✓ SUPPORTING HEALTH BY TECHNOLOGY

- FOCUS ON SOCIETY, PATIENTS OR HEALTH-CARE PROFESSIONALS



# MODULES YEAR 2

## YEAR 2

MODULE OF  
CHOICE 1



PSYCHOLOGY IN  
LEARNING AND  
INSTRUCTION

### LEARNING

- ✓ LIFELONG LEARNING IN SCHOOL AND AT WORK
  - ✓ FUNCTIONING OF THE BRAIN
  - ✓ (TECHNOLOGICAL) DESIGN TO STIMULATE LEARNING
- CHILDREN, TEENAGERS AND ADULTS



# MODULES YEAR 2

## YEAR 2

MODULE OF  
CHOICE 1



PSYCHOLOGY OF  
SAFETY

PSYCHOLOGICAL, PHYSICAL OR SOCIETAL SAFETY

- ✓ CONFLICT AND CRISIS MANAGEMENT
- ✓ RISK PERCEPTION AND COMMUNICATION
- ✓ EXPLANATION OF AND EXPOSURE TO RISKY, ANTISOCIAL AND CRIMINAL BEHAVIOUR



# MODULES YEAR 2

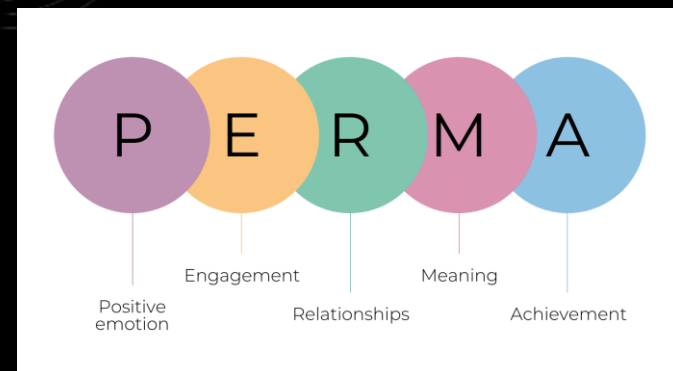
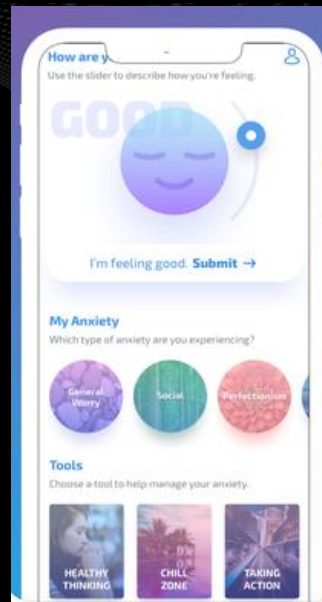
## YEAR 2

MODULE OF  
CHOICE 2



MENTAL HEALTH

- ✓ KNOWLEDGE OF AND SKILLS IN DIAGNOSING AND TREATING MENTAL DISORDERS
- ✓ MENTAL HEALTH PROMOTION
- ✓ TECHNOLOGY IN THERAPY



# MODULES YEAR 2

## YEAR 2

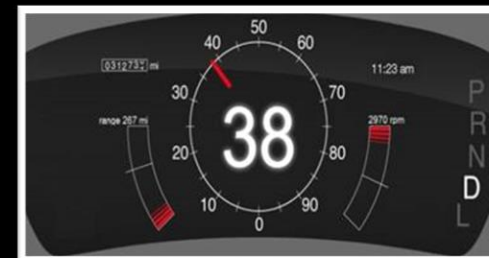
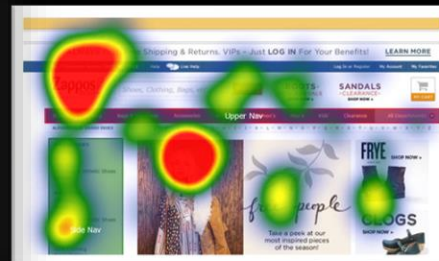
MODULE OF  
CHOICE 2



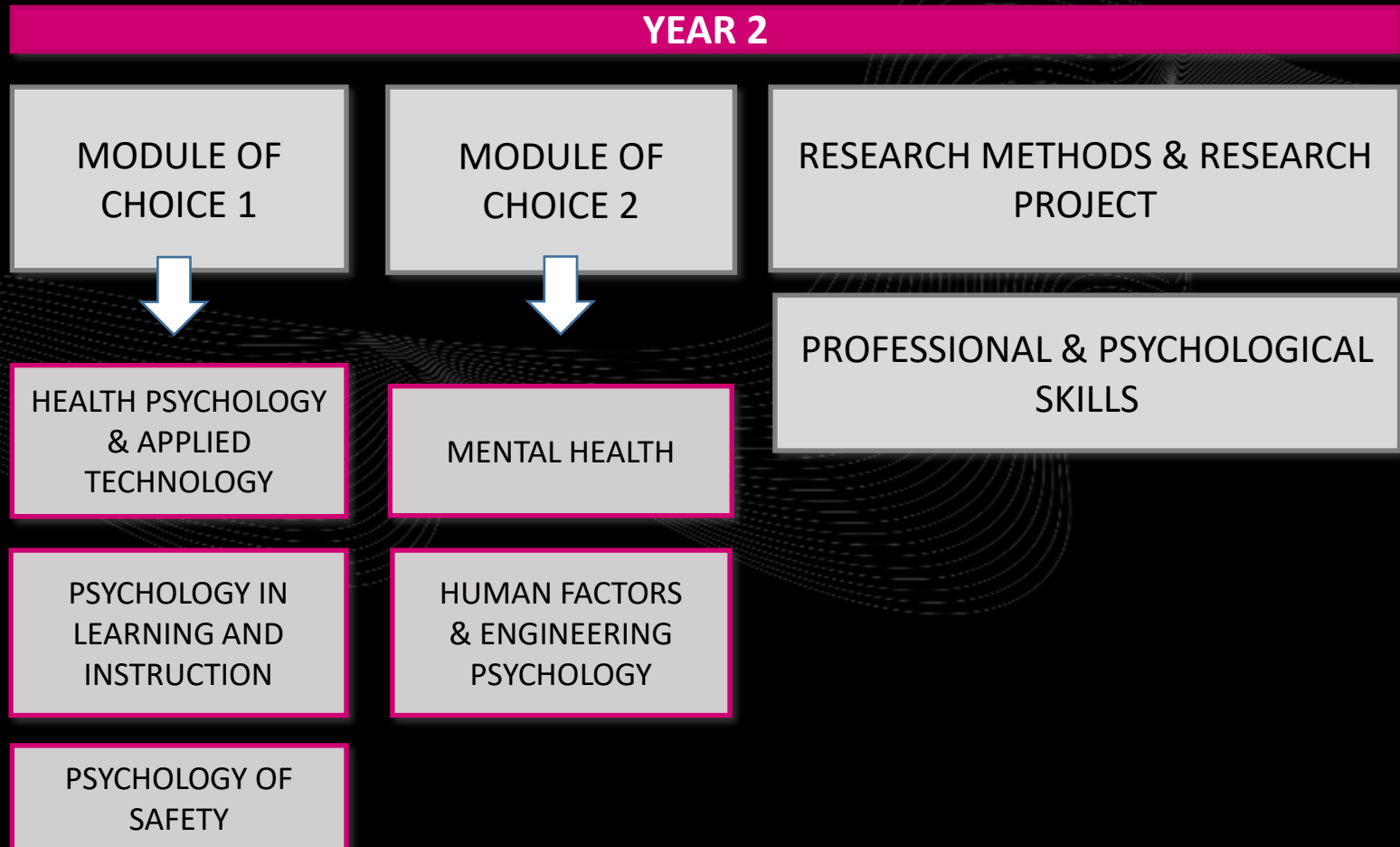
**HUMAN FACTORS  
& ENGINEERING  
PSYCHOLOGY**

### INTERACTION BETWEEN HUMANS & TECHNOLOGY

- ✓ UNDERSTANDING OF HUMAN COGNITION AND BEHAVIOUR
- ✓ DESIGN OF TECHNOLOGICAL APPLICATIONS WITH THE HELP OF COGNITIVE PSYCHOLOGY
- ✓ USE KNOWLEDGE OF COGNITIVE PROCESSES INTO INTELLIGENT SYSTEMS



# MODULES YEAR 2



# MODULES YEAR 2

YEAR 2



RESEARCH METHODS & RESEARCH  
PROJECT

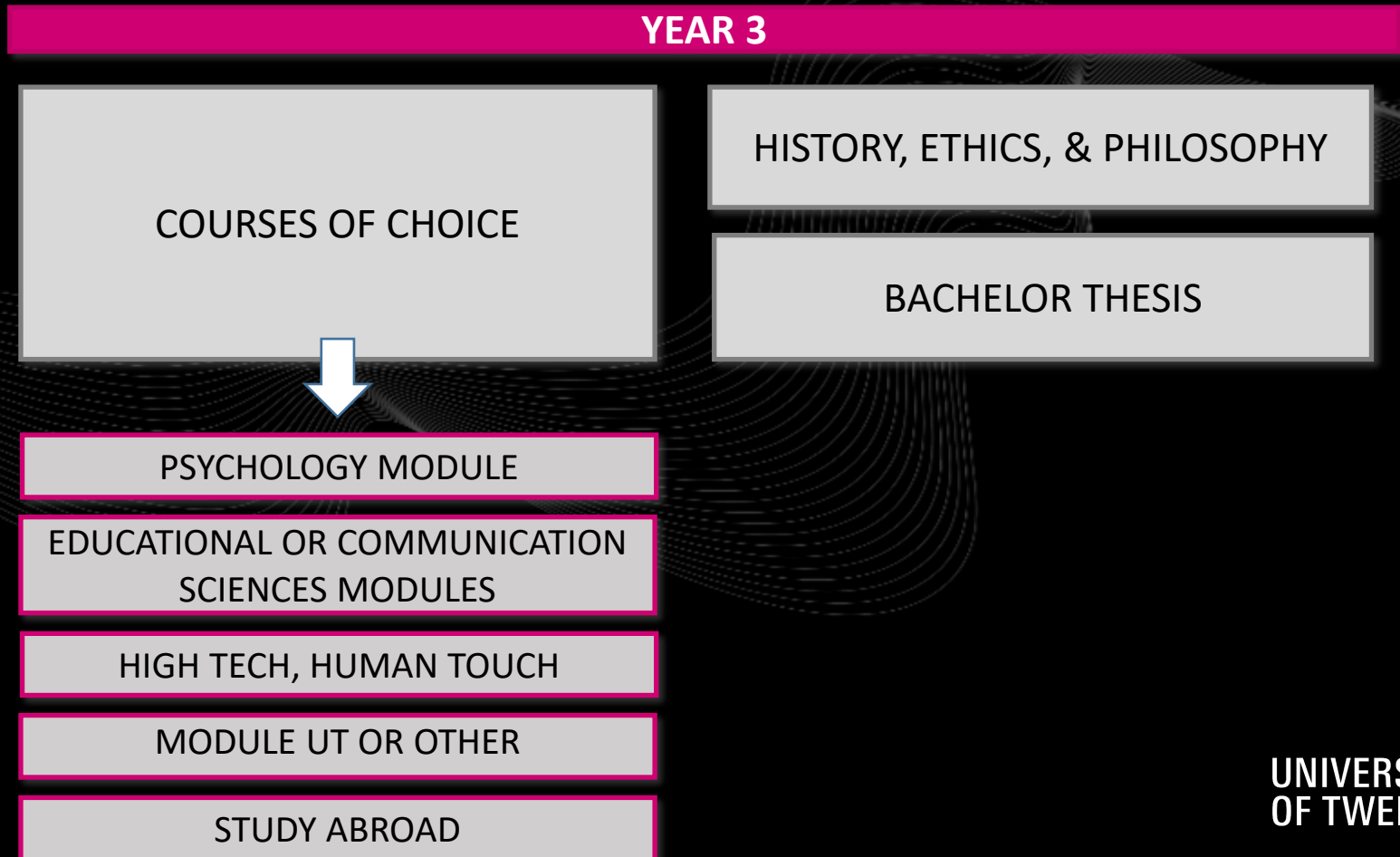
# MODULES YEAR 2

YEAR 2



PROFESSIONAL & PSYCHOLOGICAL  
SKILLS

# MODULES YEAR 3



# STRUCTURE BACHELOR AND MASTER

## BACHELOR

Year 1	Year 2	Year 3
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## MASTER

Year 4
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- **1ST YEAR BINDING RECOMMENDATION (BSA)**
  - ✓ AT LEAST 45 EC (OUT OF 60) SHOULD BE OBTAINED TO PROCEED TO YEAR 2
  - ✓ INTENSIVE MONITORING STUDY PROGRESS BY STUDY ADVISOR

# AFTER YOUR STUDIES....

- PROFESSIONAL FIELD
- TEACHING, CONSULTANCY AND POLICY
- RESEARCH

Leonie Webbink, graduate master's Psychology, CRS

**Job:** Advisor Risk Awareness and Behavioural Change at Safety Region

"IN MY JOB AT THE SAFETY REGION, I ADVISE ON HOW TO MAKE RISK AWARENESS CAMPAIGNS MORE EFFECTIVE AND HOW TO STIMULATE SAFE BEHAVIOUR."

Floris van den Oever, graduate master's Psychology; HFE

**Job:** Junior R&D Engineer at the Dutch Aerospace Centre (NLR)

"AS AN HFE EXPERT, I FEEL THE RESPONSIBILITY TO DEFEND THE POSITION OF THE HUMAN-BEING WHO WORKS WITH TECHNOLOGY."

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# ADMISSION & SELECTION 2023-2024

## INTAKE RESTRICTION

- 400 PLACES THROUGH SELECTION PROCEDURE
- 1 ASSIGNMENT & 2 (ONLINE) EXAMS

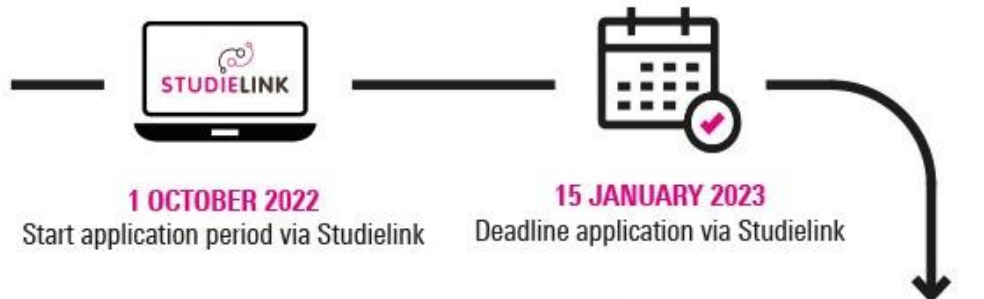
## - APPLY THROUGH **STUDIELINK**

ULTIMATELY 15 JANUARY 2023 (23.59 CET)

## - UPLOAD **REQUIRED DOCUMENTS**

- ALL DOCUMENTS NEEDED BY 15 JANUARY, start in time
- INTERNATIONAL CANDIDATE, recommendable before 30 November

## - **ADMISSION** REQUIREMENTS



Between 1 and 3 February you receive an invitation to participate in the selection procedure



**ACCEPT YOUR PLACEMENT OFFER**  
within 14 days via Studielink

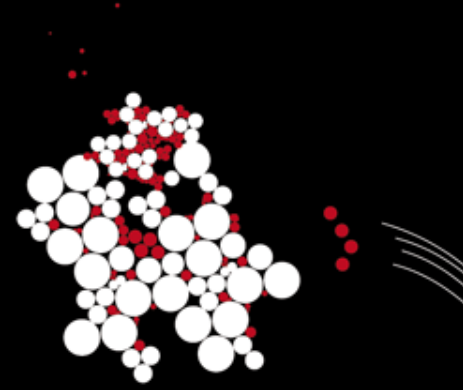


**AFTER ACCEPTING PLACEMENT OFFER**  
Meet all necessary admission requirements in order to complete your enrolment in time. *Accepting a placement offer is NOT the same as enrolling.*

Ranking number **higher** than capacity of 400?

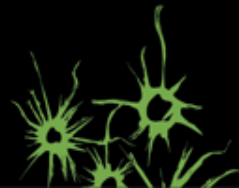


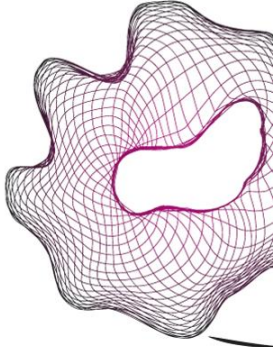
**UP UNTIL 15 AUGUST 2023**  
You are put on a waiting list. Chances are that you will still receive an offer, as another student may decline an offer. In that case you receive a notification via Studielink.



# CASE WORK

Youngsters in Context of Covid

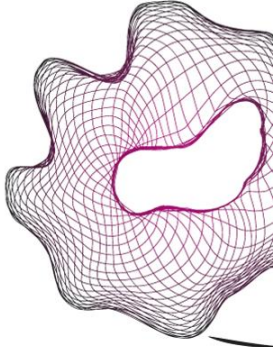




## Youngsters in Context of Covid

- Youngsters: age 15-25
- Lower mental and physical wellbeing than other age groups
- Followed measures well (RIVM, 2022)
- Hard hit by social restrictions (RIVM, 2022)
- Impact on education and development

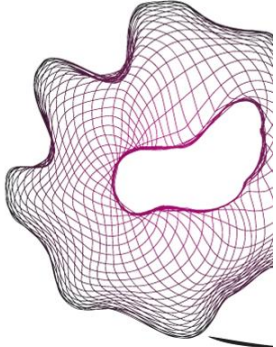




## Special: Team of Psychologists

- Aim: better support for youngsters (age: 15-25) in the context of lockdowns
- 5 main topics
  1. Think roulette: quick answers to 5 main themes
  2. Think deep: follow-up questions 1 of the themes
  3. Design an Intervention
- Divide yourselves over the tables in the next room

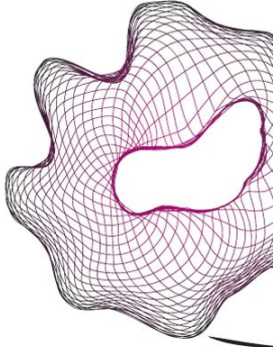




# Debriefing

- Interventions created for youngsters in context of lockdowns and covid
- 5 main areas:
  - Laptop design to maintain attention
  - Assess trustworthiness of information
  - Effective learning online education
  - Healthy Behaviour
  - Coping with stress, uncertainty and loneliness

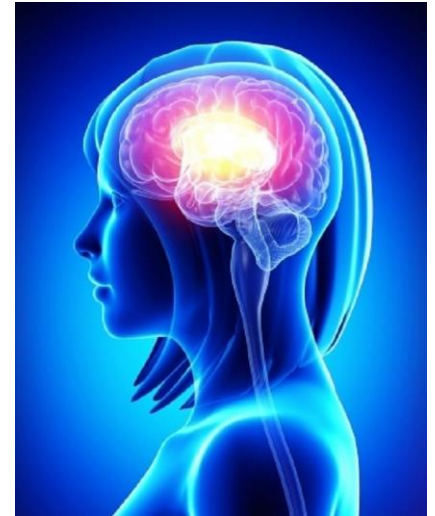


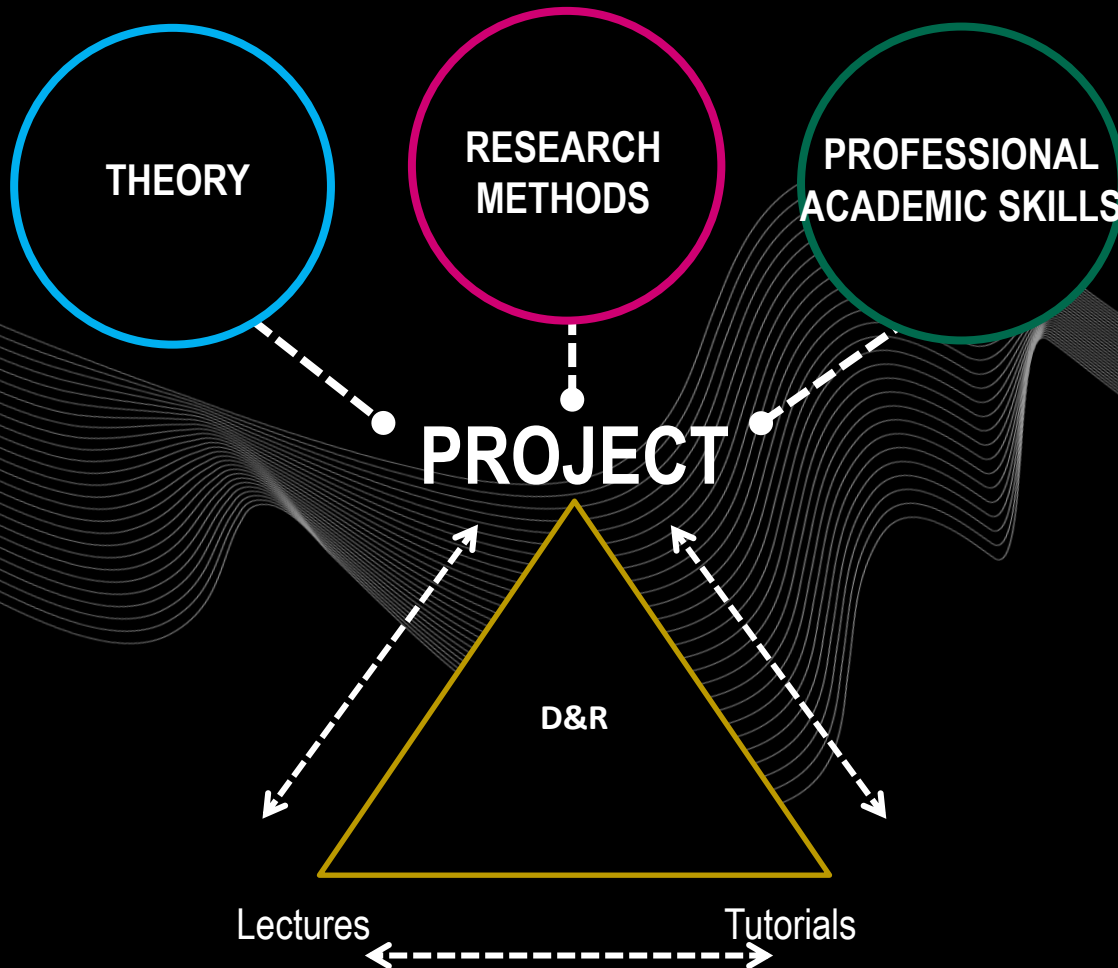


# Debriefing

## 5 main areas: specialisations

- Human Factors and Engineering Psychology  
Laptop design to maintain attention
- Conflict, Risk and Safety Psychology  
Assess trustworthiness of information
- Educational Psychology  
Effective learning online education
- Health Psychology and Technology  
Healthy Behaviour
- Positive Clinical Psychology and Technology  
Coping with stress, uncertainty and loneliness





PROJECT

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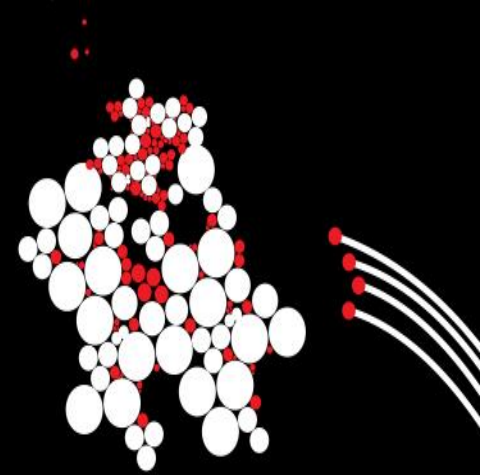
# CASE WORK

*Youngsters in Context of Covid*



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# UNIVERSITY OF TWENTE.



## WHAT IS IT LIKE TO BE A PSYCHOLOGY STUDENT AT THE UNIVERSITY OF TWENTE

BY TOM NYHOFF AND BONNY VAN DER AA



- 
- A series of thin, white, wavy lines that flow from the left side of the slide, under the list, and towards the right side, creating a sense of movement and depth.
- ✓ Human Factors & Engineering Psychology
  - ✓ Mental Health (Clinical Psychology)
  - ✓ Health Psychology & Applied Technology
  - ✓ Psychology in Learning & Instruction
  - ✓ Psychology of Safety

**SPECIALIZATIONS 2<sup>nd</sup> YEAR**

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## Personal experience Tom: Psychology of Safety

- Research project
- Investigative interviewing

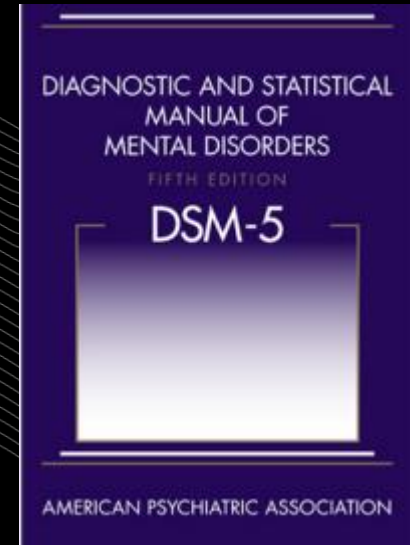


Expectations

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## Personal experience Bonny: Mental Health

- Clinical master
- DSM-5
- Case report



**TABLE 13.1** Summary: DSM-5 diagnostic criteria for somatic symptom disorder

- Shows at least one somatic symptom (present for at least 6 months) that causes distress or disruption in everyday life
- Unwarranted thoughts, feelings or behaviours related to the somatic symptoms or associated health concerns, indicated by at least one of the following:
  - Disproportionate and persistent thoughts about how serious the symptoms are
  - Constantly high levels of anxiety about symptoms or health in general
  - Unwarranted levels of time and energy devoted to symptoms or health concerns

Expectations

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● The use of technology is actively integrated in the programme, because technology is part of our daily lives. The combination of Psychology and Technology is implemented in 3 ways:

1. Understanding human behaviour better using technological measurements
2. Making use of technology when creating psychological interventions
3. Improving used technology with the knowledge of psychology

As a student you can make use of the technology the **BMS-lab**.

**TECHNOLOGY**



● The UT is a technical university. In what way do you think this influences the educational programme of Psychology?



EXPECTATIONS

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## The subject hours



**EXPECTATIONS**

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## Study Load (40 hours per week)

COLLABORATION  
IN PROJECTS

25%

TUTORIALS  
& PRACTICALS

20%

LECTURES

20%

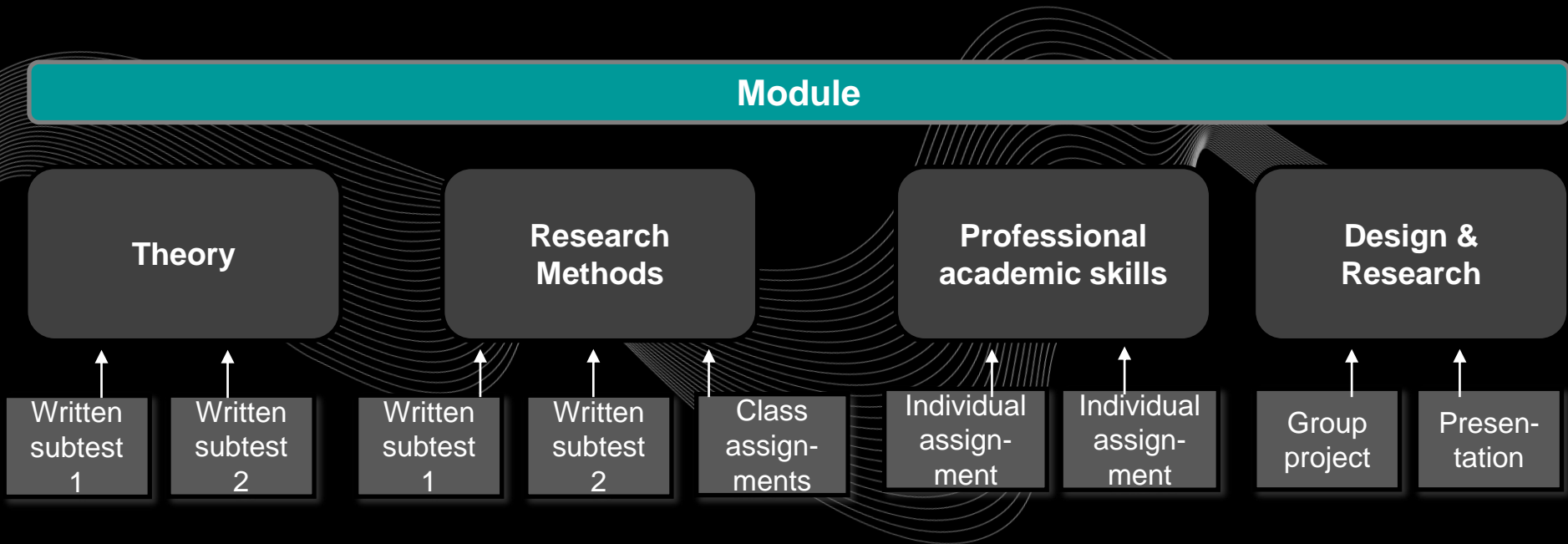
INDIVIDUAL  
STUDYING

35%

# EXPECTATIONS

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## Example of module assessment



**EXPECTATIONS**

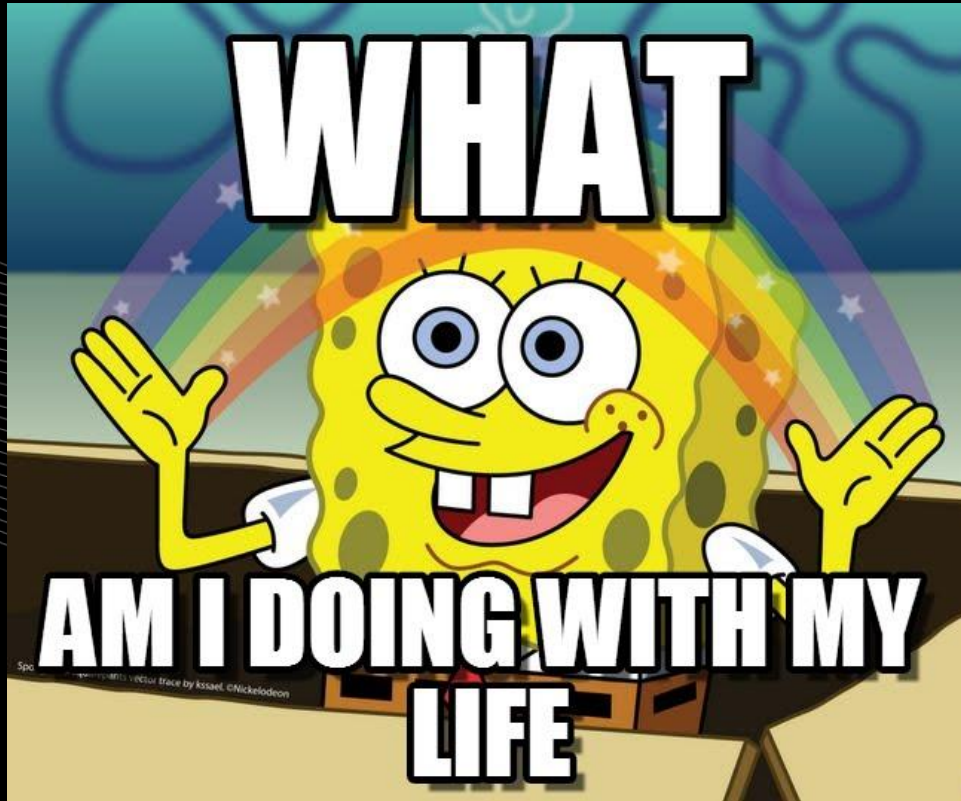
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## Methods and statistics?

- Found difficult by most students (not Tom!)
- Part of the psychology curriculum at every university
- Assists in executing project
- A lot of support is offered

**Expectations**

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Expectations

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## What does our week consist of?

- Study
  - Preparations
  - Lectures
  - Tutorials
  - Project
  - Free time



MONDAY

House evening

TUESDAY

Study night

WEDNESDAY

Diner with friends

THURSDAY

Chatting with  
housemates

FRIDAY

Drinks with  
student association

SATURDAY

Travelling to  
parents

SUNDAY

At parents

## Expectations

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## Living in a shared flat!

- Living together
- Cooking and/or eating together
- Hanging out
- Doing fun activities
- Sharing this experience with like minded people
- Living in the city or on campus



**Expectations**

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## What do we do in our free time?

- About 65 sports associations
- About 20 cultural associations
- Study association
- Student associations



Expectations

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## The study association

- Organising study related and/or social events
- Committees
- Study books and summaries
- Meet students from other years



**Expectations**

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## The campus

- American-style
- Facilities
- Green environment
- Pleasant atmosphere



Expectations

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## The city of Enschede

- De oude markt
- Visiting pubs
- Playing a game of pool



Expectations

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## The Kick-In

- Per study a division in do groups
- Getting to know Enschede and the campus
- Camp with your own study



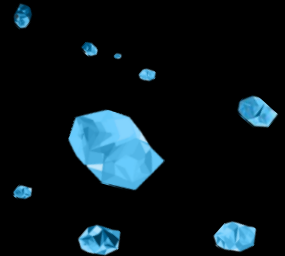
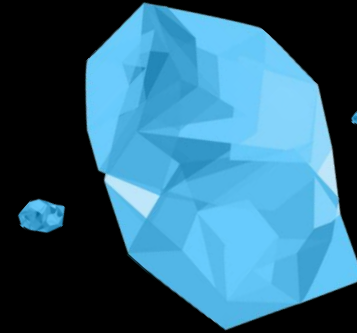
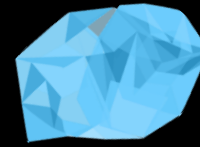
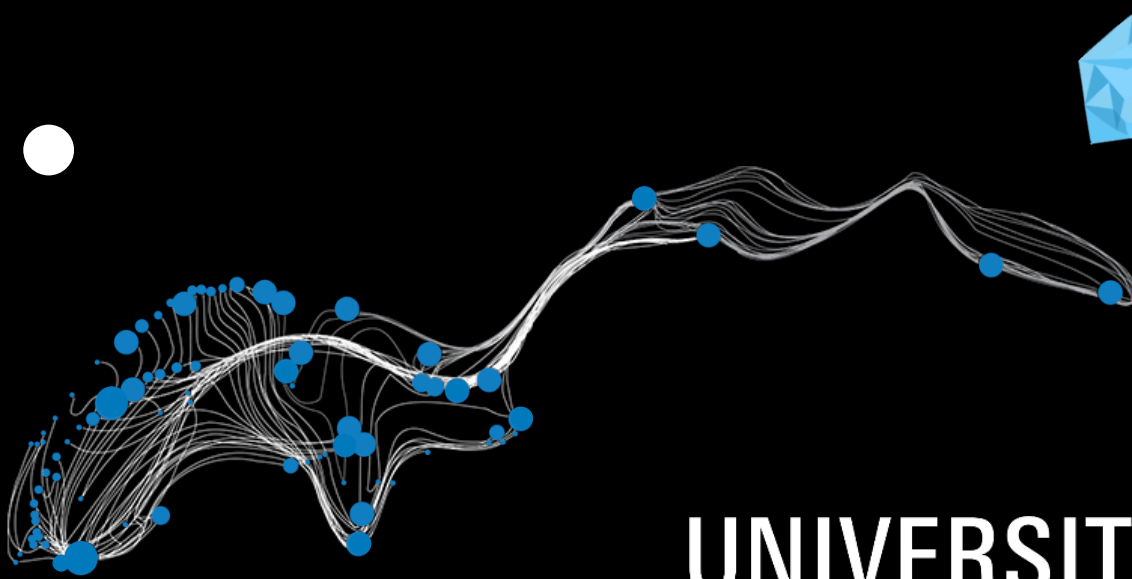
Expectations

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## How to find a room (feel free to take a picture!)

- Start looking in advance
- Facebook-group “wohnungen in Enschede” (also flats in Gronau)
- Kamernet ([www.kamernet.nl](http://www.kamernet.nl))
- De Veste (<http://www.veste.nl>)
- Roomspot (<https://www.roomspot.nl/>)



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Questions?

