

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?



INTRODUCTION

WHY PSYCHOLOGY @UT?

UNIVERSITY
OF TWENTE.

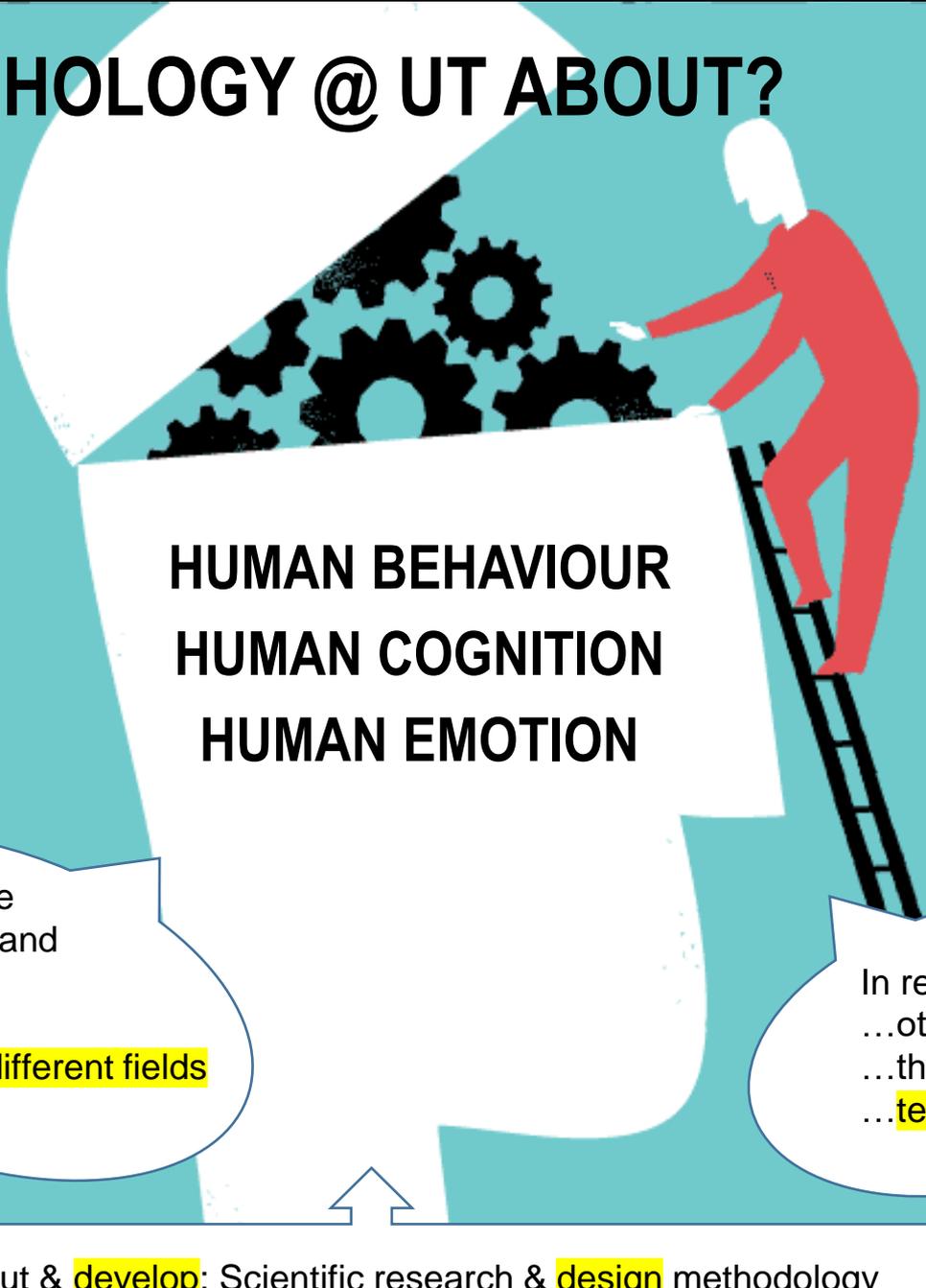


INTRODUCTION

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?

A stylized illustration on a teal background. A person in a red suit is climbing a black ladder that extends from the bottom right towards the center. At the top of the ladder, the person is reaching towards a large white shape. Inside this white shape, at the top, are several black gears of different sizes. Below the gears, the text 'HUMAN BEHAVIOUR', 'HUMAN COGNITION', and 'HUMAN EMOTION' is written in bold black capital letters. To the left of the white shape is a white speech bubble containing a list of objectives. To the right is another white speech bubble containing a list of related fields. At the bottom, a white rectangular box contains a summary statement. An upward-pointing arrow is located between the bottom box and the white shape.

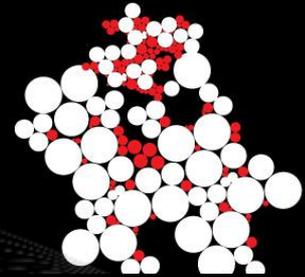
HUMAN BEHAVIOUR
HUMAN COGNITION
HUMAN EMOTION

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...

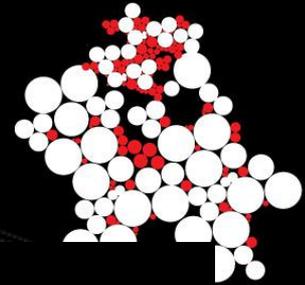
- ✓ HOW TO PREVENT PEOPLE FROM BECOMING PSYCHOLOGICALLY ILL?
- ✓ HOW TO TREAT PATIENTS, PERHAPS WITH THE USE OF TECHNOLOGY?
- ✓ HOW TO DEAL WITH CHRONICAL ILLNESS?
- ✓ HOW TO STIMULATE (EFFECTIVE) LEARNING?
- ✓ HOW TO KEEP PEOPLE SAFE FROM NATURAL DISASTERS?
- ✓ HOW TO DECREASE CRIME?
- ✓ HOW TO CREATE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



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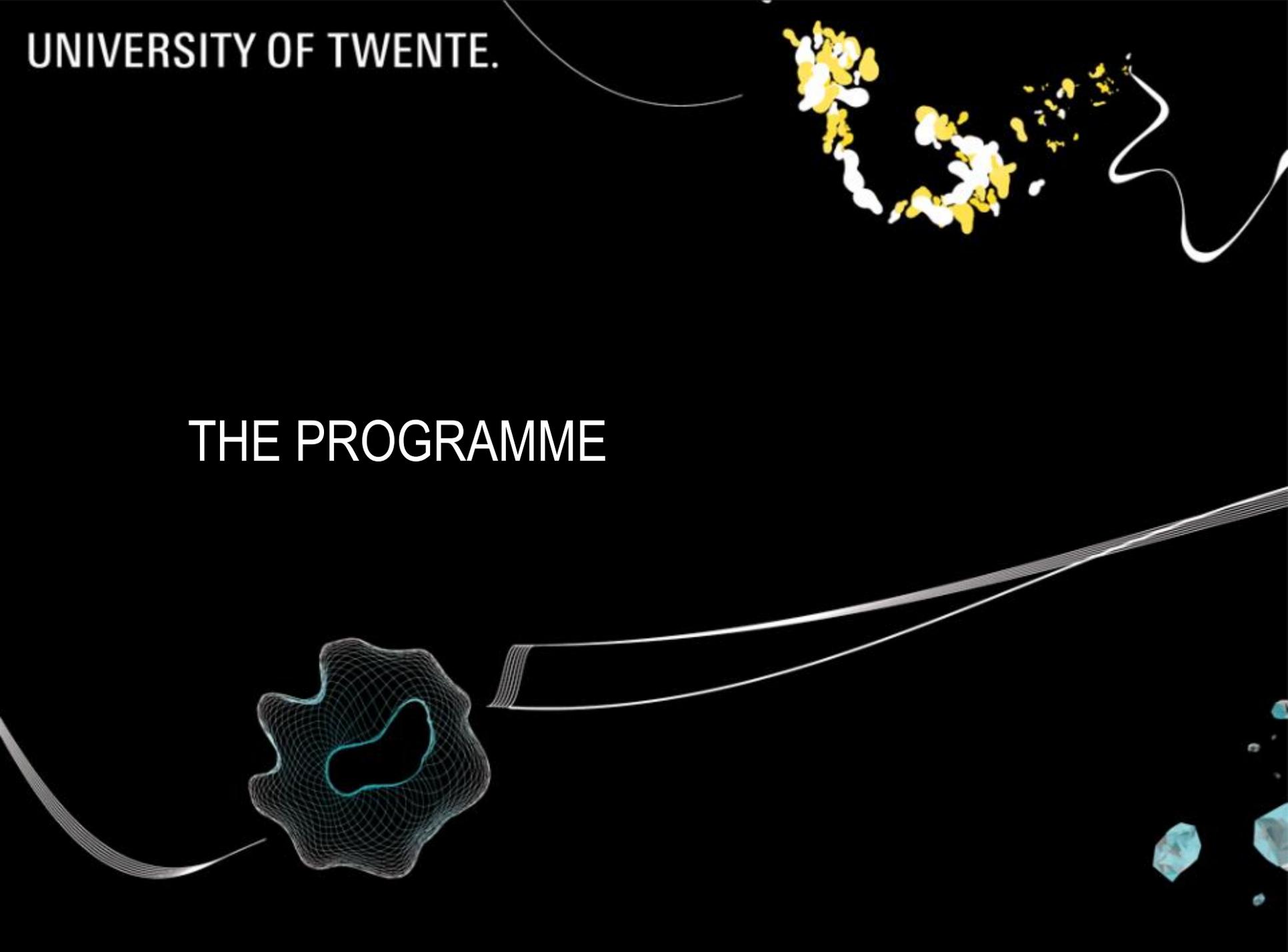
WHY PSYCHOLOGY AT THE UNIVERSITY OF TWENTE?

- 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

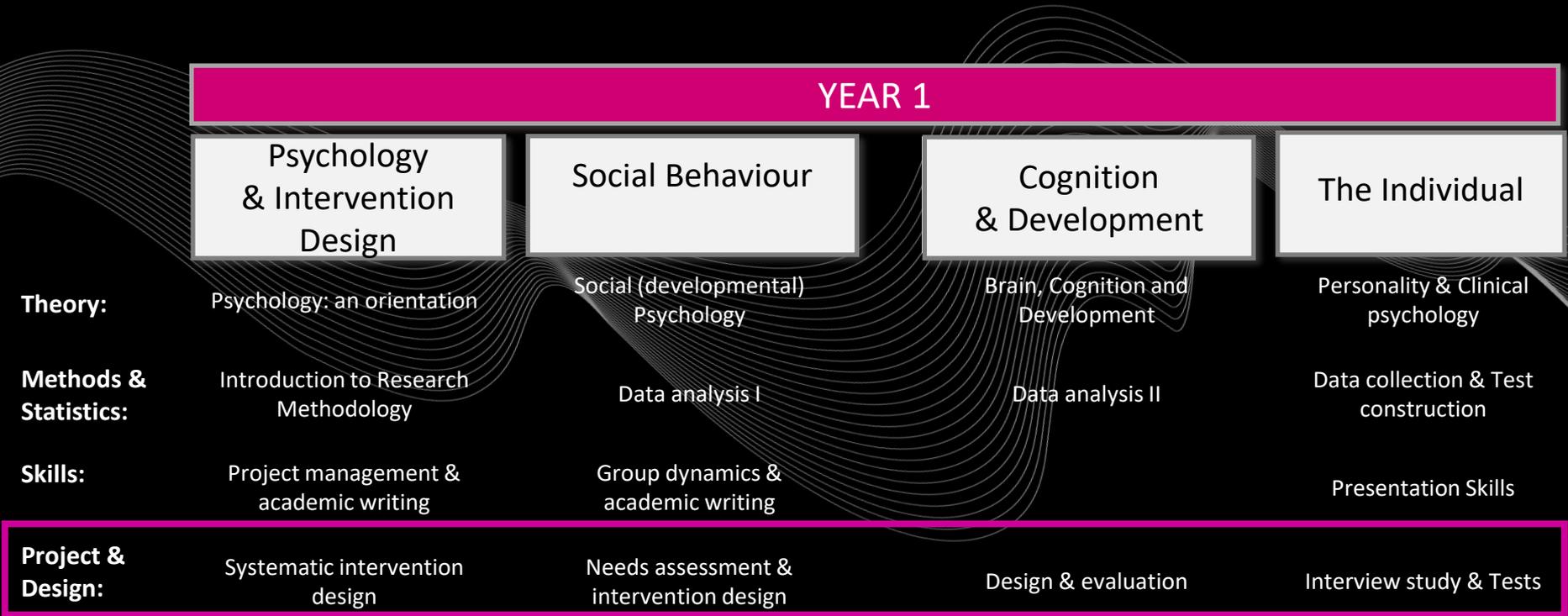


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THE PROGRAMME



MODULES YEAR 1



Social and developmental psychology



Research & Statistics



THEORY

RESEARCH METHODS

Theme around societal problem



PROJECT

PROFESSIONAL ACADEMIC SKILLS

**Academic writing
Group dynamics**



Social and developmental psychology



Theory

Research & Statistics



Research Methods

Project



Theme 'Aggression'



Professional Academic Skills



Academic writing
Group dynamics



MODULES YEAR 2

YEAR 2

MODULE OF
CHOICE 1



HEALTH PSYCHOLOGY
& APPLIED
TECHNOLOGY

PSYCHOLOGY IN
LEARNING AND
INSTRUCTION

PSYCHOLOGY OF
SAFETY

MODULE OF
CHOICE 2



MENTAL HEALTH

HUMAN FACTORS
& ENGINEERING
PSYCHOLOGY

RESEARCH METHODS & RESEARCH
PROJECT

PROFESSIONAL & PSYCHOLOGICAL
SKILLS

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

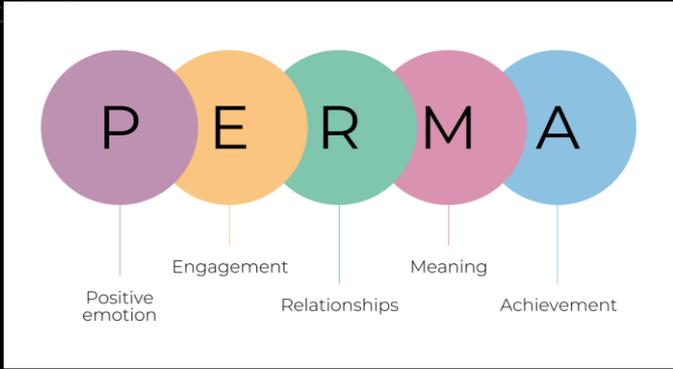
YEAR 2

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

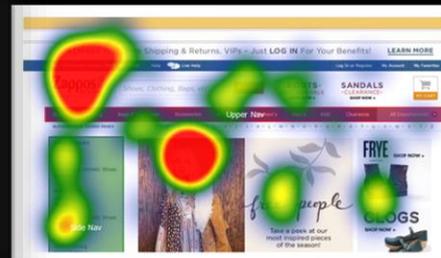
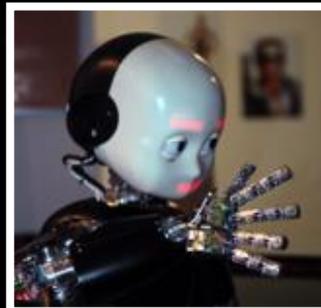
MODULE OF
CHOICE 2



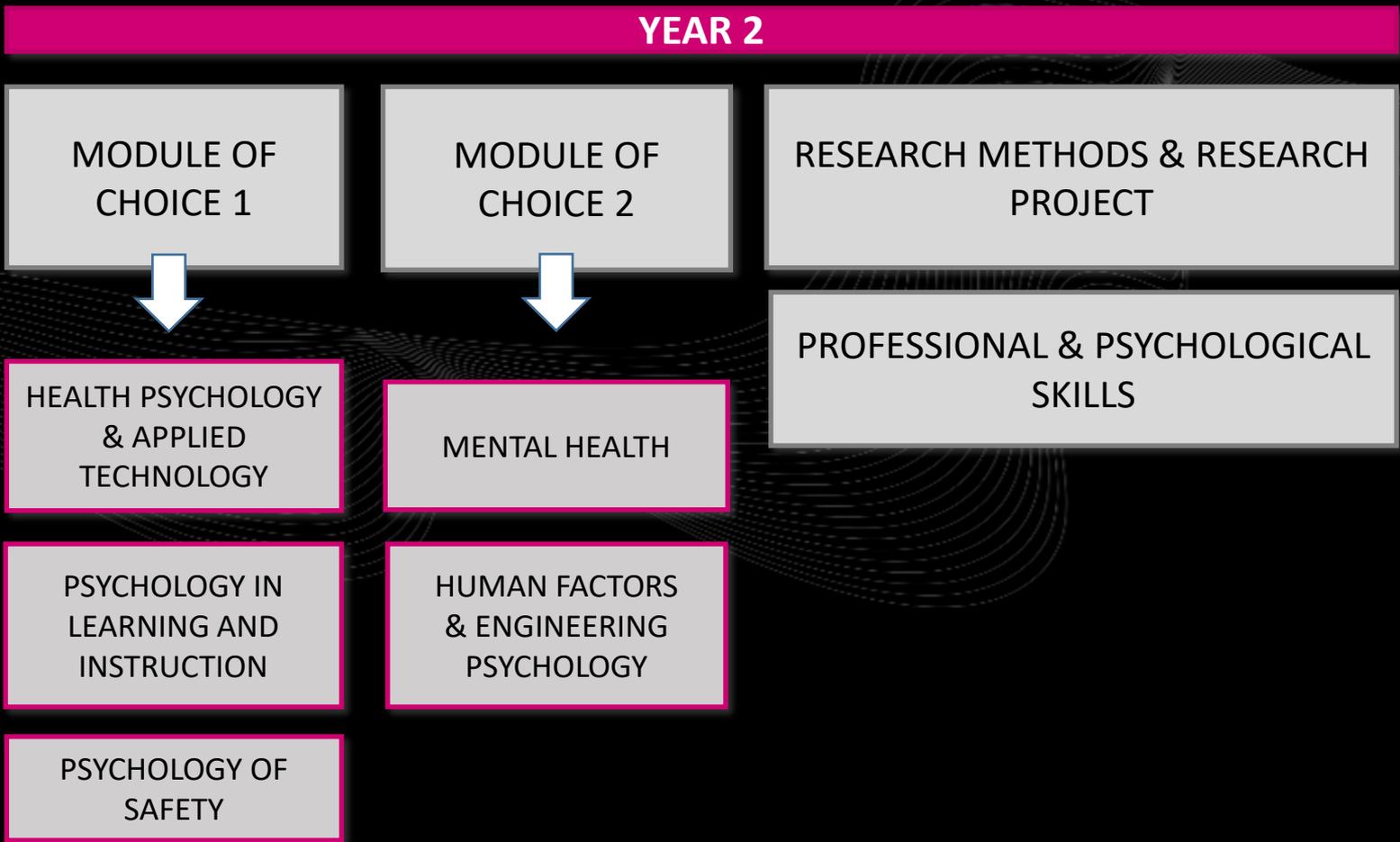
**HUMAN FACTORS
& ENGINEERING
PSYCHOLOGY**

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

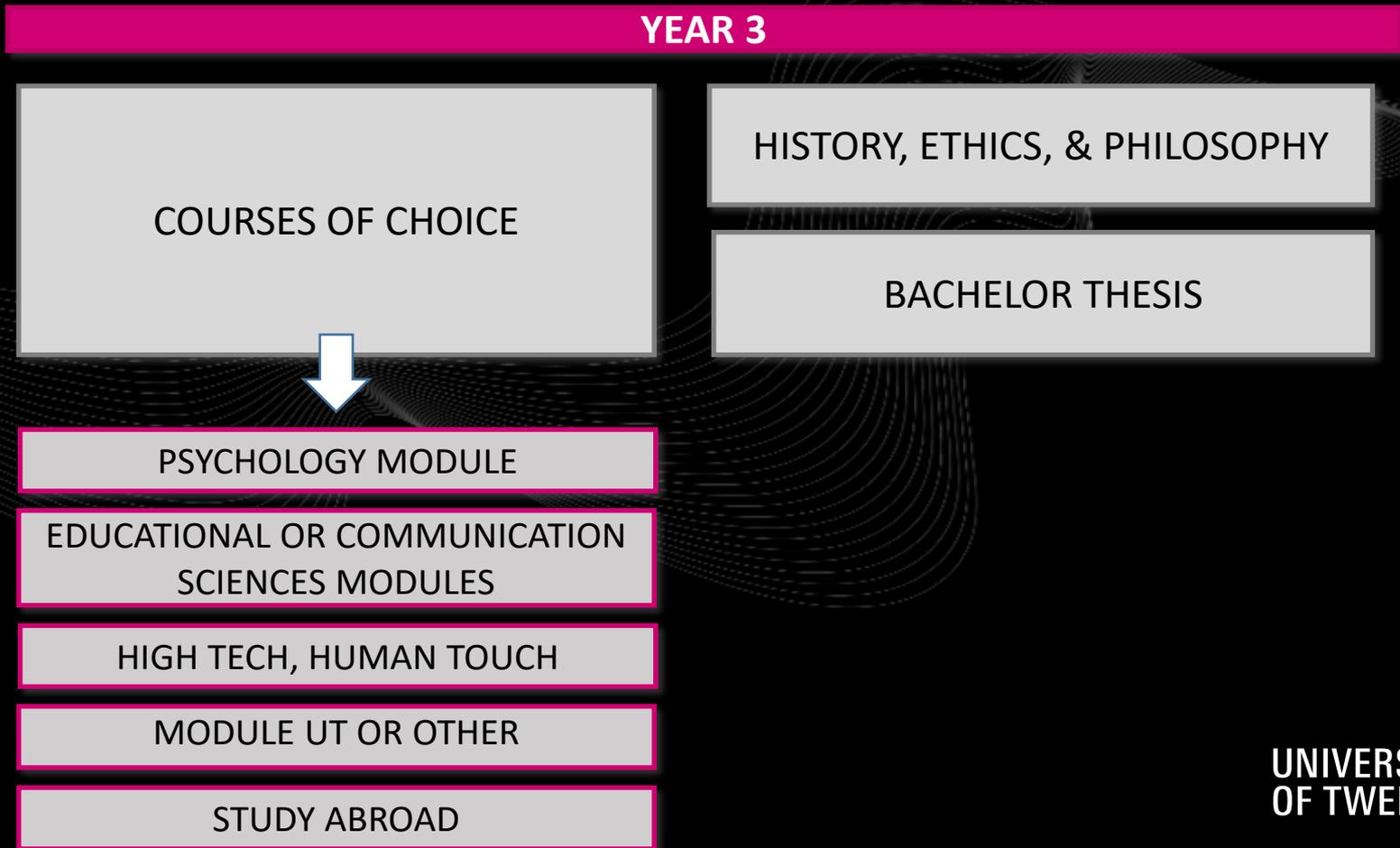
MODULES YEAR 2

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

- **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

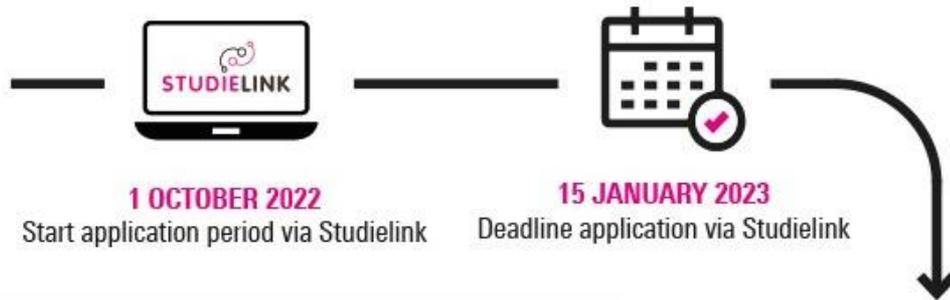
- APPLY THROUGH **STUDIELINK**

ULTIMATELY 15 JANUARY 2023 (23.59 CET)

- UPLOAD **REQUIRED DOCUMENTS**

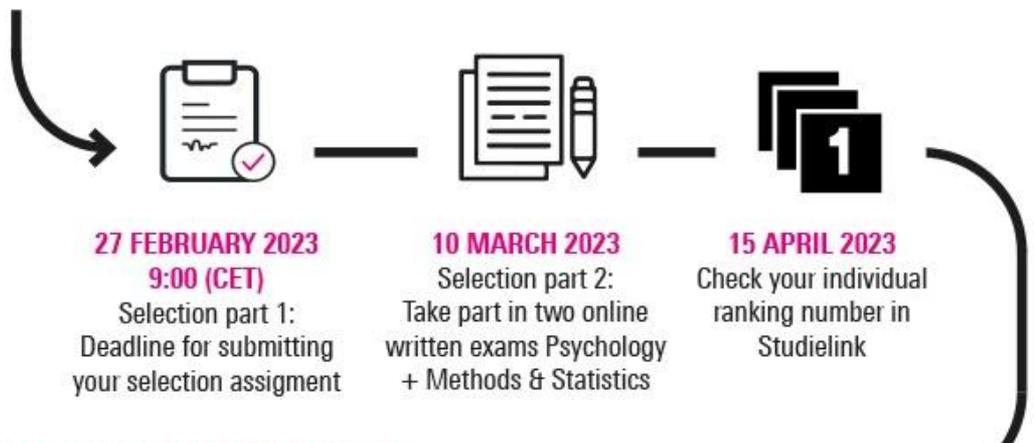
- ALL DOCUMENTS NEEDED BY 15 JANUARY, start in time
- INTERNATIONAL CANDIDATE, recommendable before 30 November

- **ADMISSION** REQUIREMENTS



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

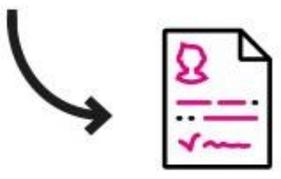
Completed?



ACCEPT YOUR PLACEMENT OFFER
within 14 days via Studielink

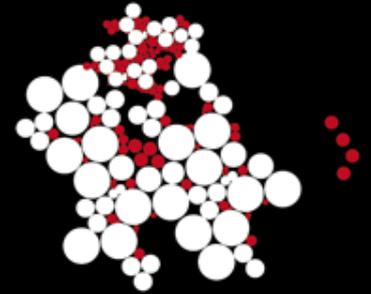
Ranking number 1-400?

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



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.*

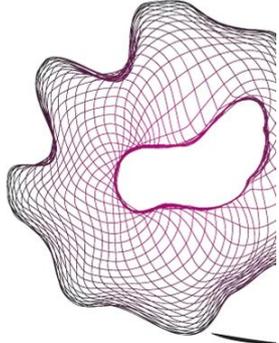
UP UNTIL 15 AUGUST 2023
You are put on a waiting list. Chances are that you will still receive an offer, as another student may decline an offer. In that case you receive a notification via Studielink.



CASE WORK

Youngsters in Context of Covid

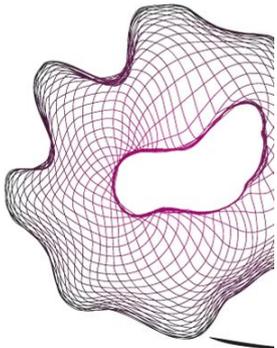




Youngsters in Context of Covid

- 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

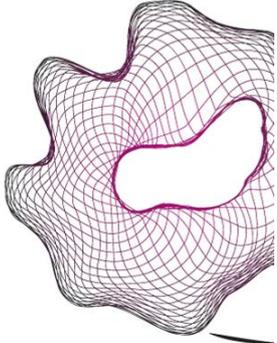




Special: Team of Psychologists

- 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

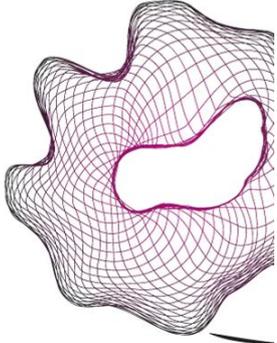




Debriefing

- 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

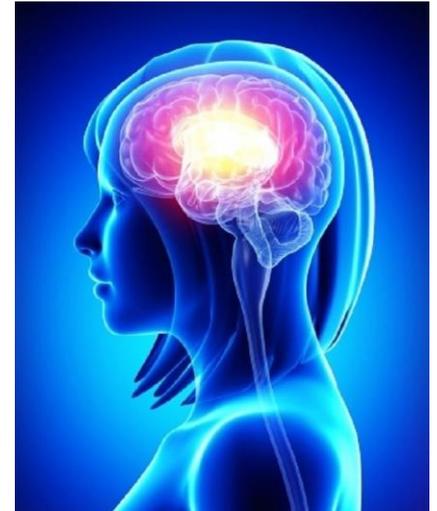


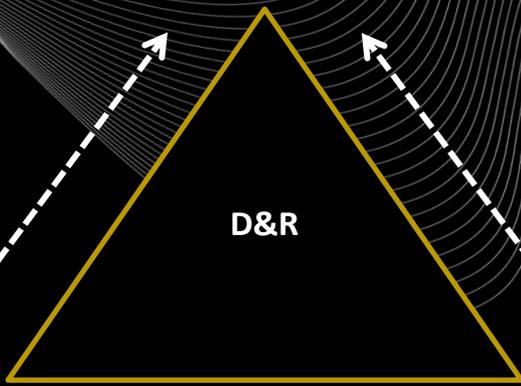
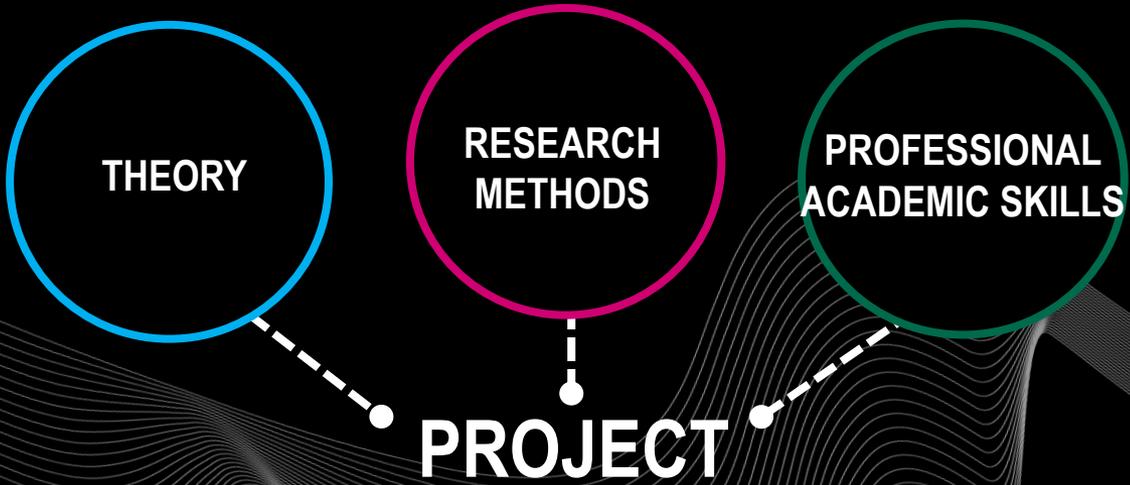


Debriefing

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

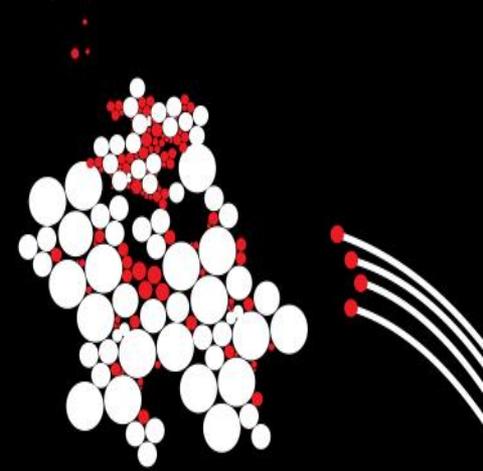
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CASE WORK

Youngsters in Context of Covid



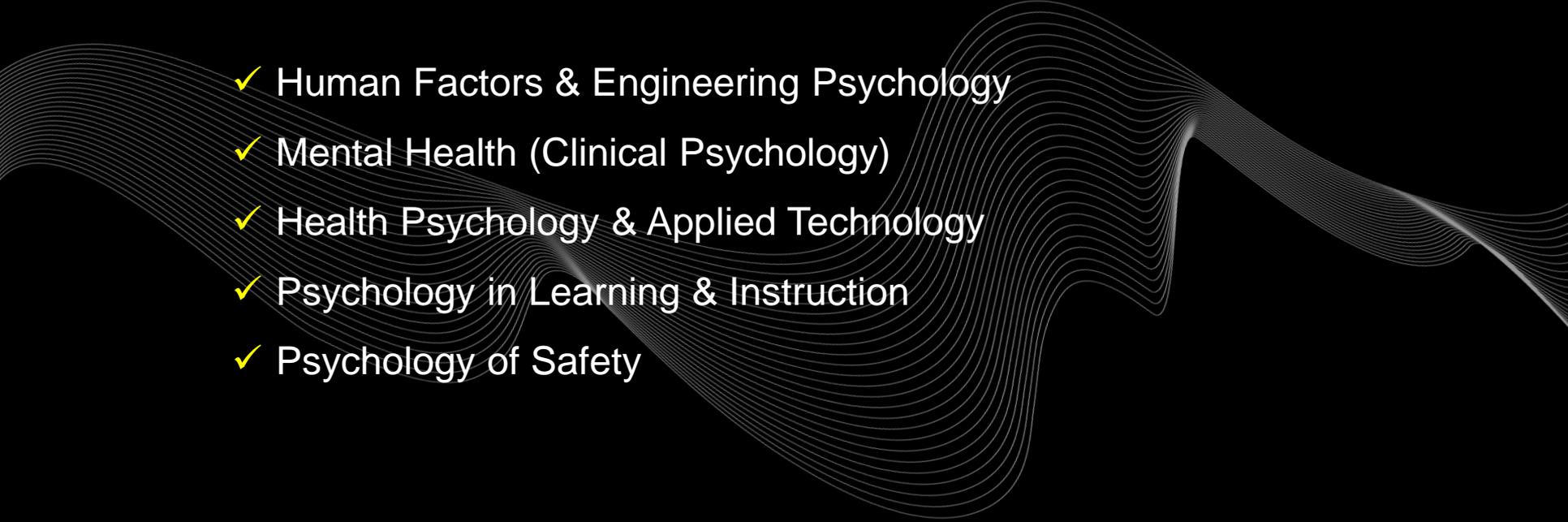
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WHAT IS IT LIKE TO BE A PSYCHOLOGY STUDENT AT THE UNIVERSITY OF TWENTE

BY TOM NYHOFF AND BONNY VAN DER AA



- 
- A decorative graphic consisting of numerous thin, white, wavy lines that flow across the slide from left to right, 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 2nd 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

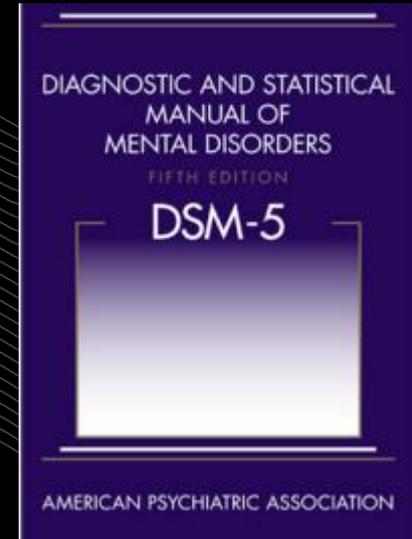


TABLE 13.1 Summary: DSM-5 diagnostic criteria for somatic symptom disorder

- 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



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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

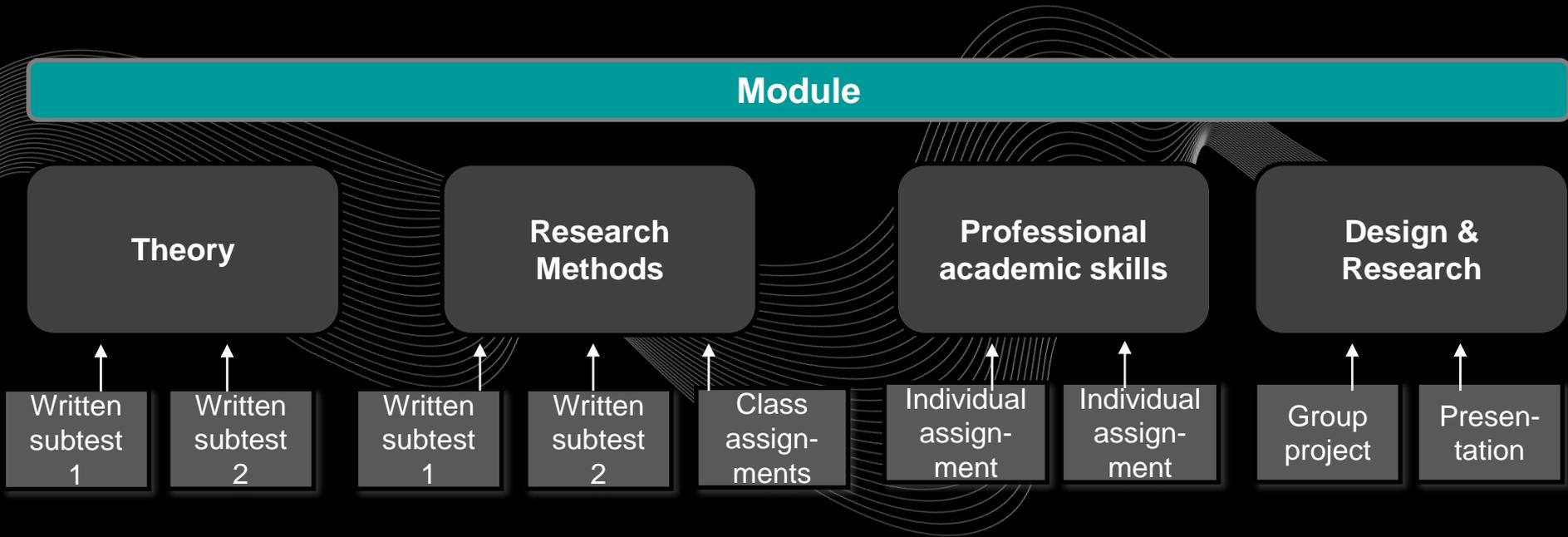
35%



EXPECTATIONS

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Example of module assessment



EXPECTATIONS

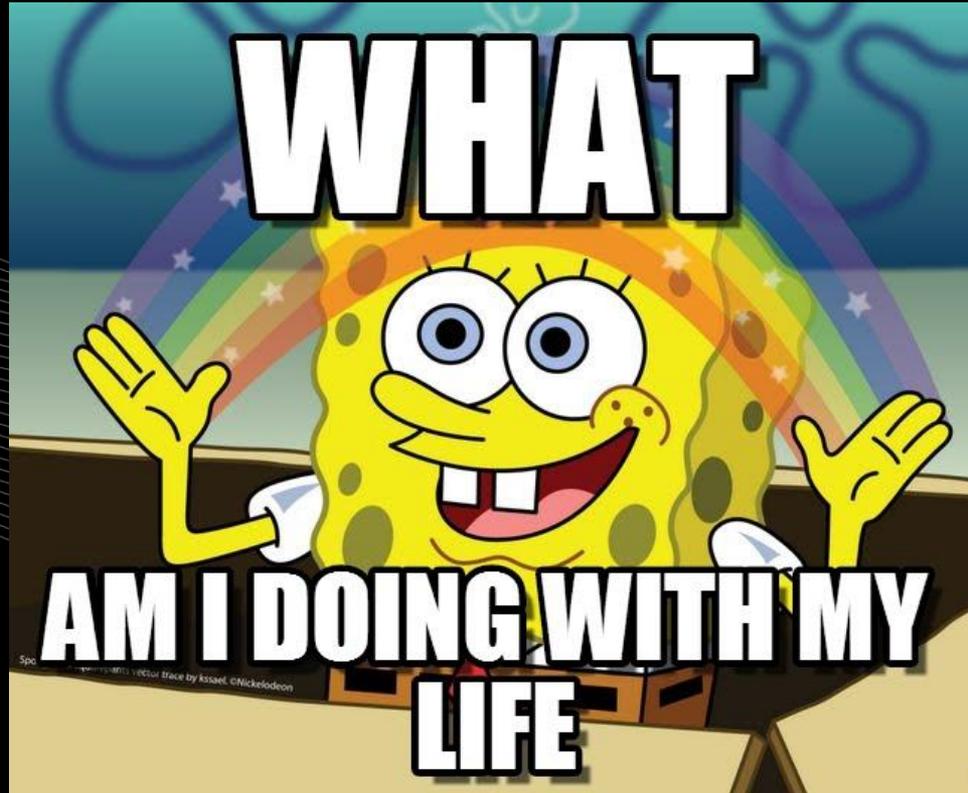
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Methods and statistics?

- 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

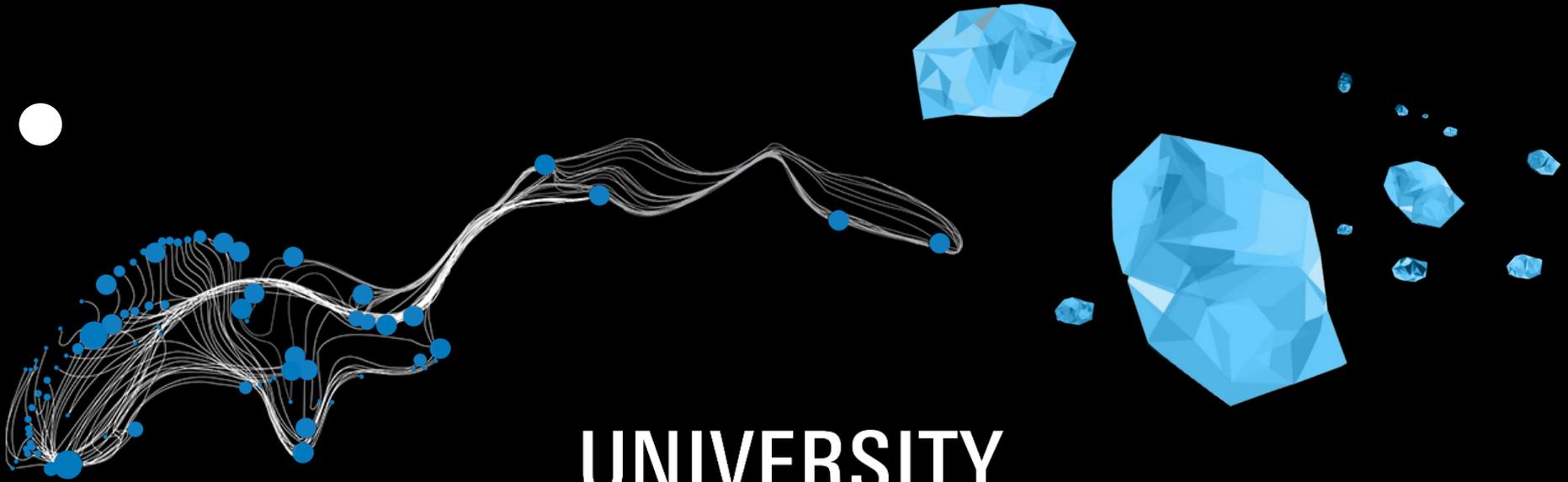


Expectations

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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)
- De Veste (<http://www.veste.nl>)
- Roomspot (<https://www.roomspot.nl/>)



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Questions?

