



Bachelor year 3

Elective Space / Minor

Manual Psychology

2025-2026

Table of contents

1. Introduction	3
1.1 B3 study programme	3
1.2 Prerequisites for admission to the elective space	3
2. Options, rules and procedures for selecting electives (30 credits)	4
2.1 University of Twente minors	4
2.2 Studying at another university in the Netherlands	7
2.3 Studying at a university outside the Netherlands	9
Appendix	11
- Important contact information	
- Useful links / references	

1 Introduction

The third year (B3) of the bachelor's programme in Psychology includes a 30 EC elective/minor space in the first semester. This elective space is primarily intended to provide a wider focus (supplementing the in-depth approach in your own field of study with broad academic qualifications) and to foster internationalisation. It is important to reflect on the various options that are available halfway the second year (B2) or even earlier. This manual provides further details about these options and about registering your choices.

1.1 B3 study programme

The B3 study programme is illustrated in Figure 1, below. Its structure is as follows:

30-EC compulsory modules in semester 2

- Reflection module (including history, ethics and philosophy) (15 EC)
- Bachelor's thesis (15 EC)

30-EC elective/minor space in semester 1

The options for filling in your elective space can be summarised as follows:

- University of Twente minors, composed of modules worth 15 or 2*15 EC (Regular UT-minors, High Tech Human Touch (HTHT) minors, in-depth minors, pre-master's and other options)
- Studying at another university in the Netherlands¹ or abroad (30 EC)
- A combination of the above options.

Semester 1		Semester 2	
Block 1A	Block 1B	Block 2A	Block 2B
Elective/minor space 30 EC		Bachelor's thesis 15 EC	
		History, Ethics & Philosophy of Psych. 15 EC	

Chapter 2 will describe the option categories mentioned above in more detail.

1.2 Prerequisites for admission to the elective space

The prerequisites for the elective space depend on which option is selected:

Type of minor	Prerequisites
University of Twente minors	B1 and at least 30 EC of B2 completed (= 90 EC).
Courses at another Dutch university	B1 and at least 30 EC of B2 completed (= 90 EC).
Studying abroad	B1 and 1 st semester (M5 & M6) of B2 completed ² on 1 August

¹ Please note: PSY students are not allowed to take minors at universities of Applied Sciences ("HBO")!

² If you are going abroad for a semester, you must have completed all 1st-year modules and 2nd-year modules given in the first semester. This is because, during this period, you cannot attend lectures or take exams in the Netherlands for any first-semester modules that you have not yet completed.

2 Options, rules and procedures

The entire first semester of the third year is available for electives. As mentioned in section 1.1, you can include minors offered at the University of Twente itself, or a course package or minor that you will take elsewhere in the Netherlands or abroad. Alternatively, you can select a combination of these options.

You are expected to make an informed choice about the electives you select to fill this 30-credit elective space. Logically, your choice should be based on personal interests, qualities and ambitions in the first place. Secondly, it will depend on the progress you made in your studies in the first and second year. For instance, the prerequisites for electives outside the Netherlands are more demanding than those for students taking a minor at the University of Twente or at another university in the Netherlands; until you have completed all of the modules from the first semester of B2, you will not be able to go abroad (see 1.2 above). And thirdly, there are also various rules that you will need to keep in mind when deciding how to fill in your elective space.

This chapter sets out further details of the various main option categories, in sections 2.1 – 2.3. For each category due attention will be paid to the variety of options at hand and the rules and procedures that you will be required to follow.

2.1 University of Twente minors

Within the University of Twente, there is a wide range of suitable minors that you can choose from to complete your 30 EC elective space. They usually consist of one or two 15 EC modules. These modules will acquaint you with the contents of one of the other bachelor's programmes at the University of Twente, or will enable you to explore a particular academic topic at greater depth.

The range of minors on offer may vary from one academic year to another. Apart from the wide range of minors on offer in the first semester of the academic year, a more limited number of minors is offered in the second semester, so that any students who have fallen behind with their studies will not have to suffer any further delay. Furthermore, it is important to know that some minors may not be accessible to Psychology students. More detailed information about the University of Twente's minors can be found at the minor website www.utwente.nl/en/education/electives/current-students/minor/. On this website you will find a link to the Osiris course catalogue which helps you find available and accessible minors.

A central **minor information fair** is planned in March 2026 (date, time and location TBA). The university's various minors will present themselves there, and you can gather information and/or ask the coordinators of the minor modules questions. It is highly advisable to find out all about the minors you are interested in, especially if these are do-able (offer a good chance of a pass) for PSY students.

Options

The University of Twente has the following types of minors:

- **Regular UT minors**, in which you take a module from another educational programme at the University of Twente.
- **HTHT minors** are specially designed for the elective space. They feature the University of Twente's typical mix of 'high tech' and 'human touch' elements.
- **In-depth minors**; an in-depth minor is a module offered by the student's own educational programme, and which builds on the student's own curriculum.
- Two **separate minors**, which each have a specific character of their own: "Crossing Borders", the Educative minor (Leren Lesgeven). The latter is taught in Dutch only.

Regular UT minors

Various educational programmes make one or more of their B1 and/or B2 modules available to students from other University of Twente programmes, in the framework of the B3 elective space to get acquainted with their UT programme. This offers students a chance to broaden their horizon. Based on the prerequisites for these modules, there is a minor matrix available every year, for the first and second semester. You can consult this matrix to see what minor modules are open to Psychology students.

(www.utwente.nl/en/education/electives/current-students/minor/overview-minors/).

Please note: a limit may be imposed on the number of students admitted.

Besides taking a regular accessible minor module as part of your elective space, there are two more situations possible:

- **Individually approved minors** - It can be that students are interested in a module or course from another educational programme that is not offered as a regular minor or that the module is offered as a regular minor, but Psychology students do not have immediate access. Sometimes students can still be admitted based on obtained knowledge prior to or outside their own bachelor's programme. In that case, students should discuss the available options with the programme offering the minor in question. The study adviser for that programme is the point of contact.
- **Transfer minors**. This is the case if students want to use their bachelor's elective space to switch to a different University of Twente master's programme than the one to which they have direct access. In that case, too, students should discuss the available options with the master's programme in question. The study adviser for that master's programme is the point of contact. If the Psychology master's is considered to be sufficiently closely related to the master's programme that the student wishes to take, then a transfer portfolio of up to 30 EC can be agreed. That portfolio will usually consist of B1 and B2 modules (or parts thereof) from the bachelor's programme that directly prepare students for the relevant master's degree, and/or special pre-master's courses. For more information about the possibilities to switch to a different master's programme you can consult the transfer matrix (www.utwente.nl/en/education/master/admission-requirements/transfer). For example the module Professional Learning in Organizations: if passed, students can directly progress to the master's in Educational Science and Technology (EST). Thus, for Psychology students this module serves as a pre-master's for this master's programme. (The same applies to the in-depth minor Psychology in Learning and Instruction; this module gives access to the master EST as well).

HTHT (High Tech Human Touch) minors

The aim of the *HTHT minors* is to highlight specific societal themes for which the University of Twente develops High-Tech-Human-Touch solutions based on high-quality research. In most cases, these are offered in 'packages' of two modules, each worth 15 credits. However, it is also often possible to take one of the two modules separately. In this way, you can create your own combination of HTHT modules. *Please note*: some HTHT modules are not open to Psychology students. The minor web site gives you an overview of all HTHT minors www.utwente.nl/en/education/electives/minor/offer/htht-minors. Students can consult the minor matrix to see which modules are open to Psychology students and which are not. But, even when modules are open to Psychology students, it is important to ensure that you will have a good chance of passing these modules (as some may be scientifically very demanding).

Crossing Borders

Crossing Borders consists of two 15-credit modules that can also be taken separately. This minor offers students opportunities to gain international experience by going abroad for a field study, a study tour, or by working from the Netherlands with international partners. The focus point in this minor is 'International Grand Challenges'.

In-depth minors

When selecting a minor to deepen their knowledge, Psychology students can choose the elective modules of the first semester of B2 that they **have not yet taken**. From the academic year 2026-2027 on is it possible to choose two Psychology in-depth electives instead of only one. The modules in question are:

- Health Psychology & Applied Technology (202500281) (block 1A)
- Psychology in Learning & Instruction (202000344) (block 1A)
- Psychology of Safety (202000348) (block 1A)
- Human Factors & Engineering Psychology (202000355) (block 1B)
- Mental Health (202500448) (block 1B)

Rules for choosing UT minors

1. As stated, students can only select one 15 EC module in their own discipline.
2. You can select one minor module at first-year level (B1). Thus, if you want to take two minor modules, at least one of them must be at B2 level (or higher).
3. You complete a 15 EC minor module as a whole.

Procedure for choosing UT minors

1. During the pre-enrolment period, you must choose a maximum of three minors you want to participate in, in the relevant block. You can indicate your minors in order of preference. After the period closes, the draw will take place and you will be notified whether or not you have been drawn. If you have obtained a spot, you do not have to register for the module in Osiris, this will be taken care of by the minor office;
2. In the case you would like to take a UT module outside the regular minor modules to which you have immediate access as a (transfer) minor, you will have to discuss the available options with the offering programme in question first. If permission is obtained, you can contact one of the study advisers of your Psychology bachelor's programme (studyadviser-psy@utwente.nl) to discuss further steps.

2.2 Studying at another university in the Netherlands

Perhaps you are interested in a specific discipline for which no modules or courses are available at the University of Twente. If so, you can put forward a proposal for an exchange minor at a university-level institution elsewhere in the Netherlands, to include courses in that specific discipline. Based on your registration as a student at the University of Twente, you are allowed to take courses at other university-level institutions in the Netherlands. If you are considering this option, be sure to get all the information you need from the other university about the options for participating in these courses, their timetabling, and how to apply for admission.

Options

Pre-master's courses for transferring to a Master's programme elsewhere in the Netherlands

If you are interested in taking a master's programme - in Psychology, or a subject other than Psychology - at a university elsewhere in the country, it is useful to find out what preparatory (pre-master's) courses you may need to take before you can enter that master's programme. If you wish, you could then take the courses in question as B3 electives. Ask the study adviser of the relevant university and educational programme for details of the options and requirements.

Other courses at other university-level institutions in the Netherlands

Even if you do not wish to prepare for a master's programme elsewhere in the Netherlands, you may want to use your elective space to take courses offered by other university-level institutions, simply because they interest you. These courses can be offered as part of an existing course package (such as a minor), but you also have the option of putting together a cohesive course package (or two packages) yourself.

Rules

When selecting courses at another university you need to take into account the following rules:

1. Courses in the field of Psychology must be at second-year level (B2), at least.
2. Courses in Psychology may have little or no overlap with subjects taught in your own Psychology bachelor's modules at the University of Twente.
3. If you opt for a wider focus (subjects from a field of study other than Psychology), then you are permitted to take first-year courses (B1) up to a maximum of 10 EC. Any other courses designed to broaden your knowledge should be at second-year level (B2) at least.
4. To ensure that there is sufficient cohesion, the total course package of 30 EC must consist of no more than two sub-packages. Each of these sub-packages must also have its own internal cohesion, but they do not need to be the same size (in EC).

Procedure

Admission and Approval

Before you can take courses at another Dutch university, you must first confirm that you are eligible for admission to those courses at that university.

Next, you need approval from your Psychology Programme Board. To obtain such approval, you must first complete the BMS Elective Space / Minor Course Approval Form (www.utwente.nl/en/psy/bachelor/third-year/information-electivespace/manual-forms/). You should only do so if you are fairly sure that you will actually be taking these electives. Should any changes occur after you have handed in the form, please fill in the form again (entirely), indicating that this is a change to a previously submitted portfolio. Be sure to fill in the form accurately, including the second part (reasons

for applying), and – in the event of a potential overlap with your educational programme – the third part as well.

Send the completed form to the programme (minor-psy-bms@utwente.nl). They will see to it that your course package is formally assessed, based on the following criteria:

1. Your reasons (motivation) for choosing the university and course package in question.
2. The level of the selected courses (see 'Rules' above).
3. The cohesion between the subjects of the courses.
4. Their distinctiveness (no overlap!), in relation to the PSY study programme.

Registration

Once approval has been granted and you meet the prerequisites, BOZ will register your minor in Osiris. If you do not meet the prerequisites, BOZ will inform you (around August) that you will not be allowed to take the minor until such time as these requirements are met.

Transcript of Records

After successful completion of the minor, request for a certified 'Transcript of Records' at the university where you took the courses in question and submit this to BOZ. BOZ will see to it that details of the courses are registered in the B3 elective space in Osiris.

2.3 Study Abroad

The University of Twente encourages student mobility, in the sense of studying at (partner) universities abroad. It is a great opportunity to enhance your language skills and to develop intercultural skills. In this connection, the Psychology programme takes the view that it is up to the students themselves to take the initiative in this regard. Here too, the programme must approve the final study programme involving a maximum of 30 EC.

Options

The elective space is a suitable opportunity to spend time abroad in the framework of the bachelor's programme. This can be done by participating in the above-mentioned University of Twente special minor, *Crossing Borders* (see above). Alternatively, it can involve taking courses at a university outside the Netherlands.

Studying at a partner university

This is the easiest way to take courses outside the Netherlands. This means that you will be going to a university with which the University of Twente has a cooperation agreement, in the form of an exchange programme. The big advantage of this is that you do not have to pay tuition fees at the foreign university. Also, its programmes are of recognized quality and the procedures are coordinated.

There are two options:

- Studying at a partner university of your own programme; for instance, Psychology has partner universities in Denmark, Estonia, Spain, the UK, Hungary, Norway, Sweden, Finland and Turkey.
- Studying at a partner university of another University of Twente programme or faculty. The latter is subject to additional requirements and, as a result, this variant is not generally recommended.

Studying at a non-partner university

This is not a realistic option for most students and, as a result, it is not recommended. This, too, is subject to additional requirements. Also, because no agreements have been reached with the University of Twente, admission will often be difficult, if not impossible.

Furthermore, this imposes stricter requirements in terms of practical preparation. Also, it often involves substantial costs, partly because you are not exempted from paying tuition fees.

Rules

1. Courses in the field of Psychology must be at second-year level (B2), at least.
2. Courses in Psychology may have little or no overlap with subjects taught in your own Psychology bachelor's modules at the University of Twente.
3. If you opt for a wider focus (subjects from a field of study other than Psychology), then you are permitted to take first-year courses (B1) up to a maximum of 10 EC. Any other courses designed to broaden your knowledge should be at second-year level (B2) at least.
4. Courses involving language and culture can only be included in the programme if they relate to the language and culture of the country in which the university is located. In addition, courses of this type are limited to a maximum of 10 EC.
5. To ensure that there is sufficient cohesion, the total course package of 30 EC must consist of no more than two sub-packages. Each of these sub-packages must also have its own internal cohesion, but they do not need to be the same size (in EC).

Procedure

If you want to take your minor outside the Netherlands, the best place to start is the faculty's web page Study Abroad (www.utwente.nl/en/bms/education/bms-international-affairs-and-mobility/). Here you will find information on how to register for the Study Abroad Canvas page where you can find the Study Abroad Manual. Also, you are strongly advised to read the general UT study abroad website (www.utwente.nl/en/education/electives/current-students/study-abroad/study-abroad/). The faculty's exchange officer Jaap Stout is your main contact.

Before you can take courses at a university abroad, you must first confirm that you are eligible for admission to those courses at that university.

Next, you need approval from your Psychology Programme Board. To obtain such approval, you must first complete the BMS Elective Space / Minor Course Approval Form (www.utwente.nl/psy/bachelor). You should only do so if you are fairly sure that you will actually be taking these electives. Should any changes occur after you have handed in the form, please fill in the form again (entirely), indicating that this is a change to a previously submitted portfolio. Be sure to fill in the form accurately, including the second part (reasons for applying), and – in the event of a potential overlap with your educational programme – the third part as well.

Send the completed form to the programme (minor-psy-bms@utwente.nl). They will see to it that your course package is formally assessed, based on the following criteria:

1. Your reasons (motivation) for choosing the university and course package in question.
2. The level of the selected courses (see 'Rules' above).
3. Their distinctiveness (very little or no overlap!), in relation to the PSY study programme.
4. The cohesion between the subjects of the courses.
5. Limited number of courses involving language and culture (max. 10 EC).

For further details of the procedure, please refer to the above-mentioned Study Abroad Manual from BMS, and contact the faculty's exchange officer, Jaap Stout.

After successful completion of the minor, request for a certified 'Transcript of Records' at the university where you took the courses in question and submit this to BOZ. BOZ will see to it that details of the courses are registered in the B3 elective space in Osiris.

Some extra tips

- For anyone wishing to study at a university outside the Netherlands, a solid motivation is an important starting point. Studying abroad is certainly not the easiest way to complete the B3 elective space – it takes some perseverance. For example, make sure you are quite clear about the specific country/region you are interested in and about the field you want your minor programme to cover.
- When it comes to studying abroad, in particular, you should allow for a lengthy period of preparation. The whole process of organising a period of study abroad requires a great deal of preparation, and can involve many ups and downs. We advise you to allow for a six to twelve month period of preparation.
- If you have any doubts about whether you can meet the prerequisites in good time, so that you can go abroad, please contact the study adviser.
- If you want to go abroad, it is essential to check carefully whether this option fits your personal planning with regard to the remaining parts of the study programme,

in order to avoid falling behind in your studies unnecessarily. After all, you will be unable to take any modules at the University of Twente for a considerable period of time. If in doubt, always check with the study adviser first!

- The University of Twente is occasionally able to offer financial support for a period of study abroad. For details, check the UT study abroad website (www.utwente.nl/studyabroad/study).
- Perseverance pays off. The lessons learned by PSY students who have studied at universities in other countries show that perseverance pays off. Students often look back on their time spent studying abroad with a great deal of pleasure.

Appendix: Main contacts, links and references

Important contacts

Study advisers BSc PSY

Email: minor-psy-bms@utwente.nl / studyadviser-psy@utwente.nl

Room: Ravelijn RA 3266, RA 3268, RA 2370

Jaap Stout, Exchange officer faculty BMS

Email: j.h.stout@utwente.nl

Room: Ravelijn RA 3123

Anneke Laarhuis, BOZ contact for PSY

Email: boz-psy@utwente.nl

Room: Citadel H428

Useful links / references

PSY B3 Elective space website: www.utwente.nl/en/psy/bachelor/third-year/information-electivespace/

University of Twente minor website: www.utwente.nl/en/education/electives/current-students/minor/

BMS 'Study Abroad' website: www.utwente.nl/en/bms/education/bms-international-affairs-and-mobility/

The University of Twente's Study Abroad website: www.utwente.nl/en/study-abroad/study

Canvas page BMS Study Abroad: canvas.utwente.nl/enroll/WNNH83