



East Park Terrace
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www.solent.ac.uk

BSc (HONS) PSYCHOLOGY

BSc (HONS) PSYCHOLOGY WITH COUNSELLING AND MENTAL HEALTH

BSc (HONS) PSYCHOLOGY WITH CRIMINOLOGY

BSc (HONS) PSYCHOLOGY WITH SOCIOLOGY

BSc (HONS) PSYCHOLOGY WITH SPORT

Start your story at Solent University!

Congratulations on choosing to study **PSYCHOLOGY AT SOUTHAMPTON SOLENT UNIVERSITY!** We are delighted that you will be joining us in the upcoming academic year, and we hope that you have a rewarding and memorable time over this three-year long adventure. The staff team are looking forward to meeting you in September and before the official meet and greet, we wanted to provide you with all the information you need on the course requirements, so you can arrive ready and fully prepared.

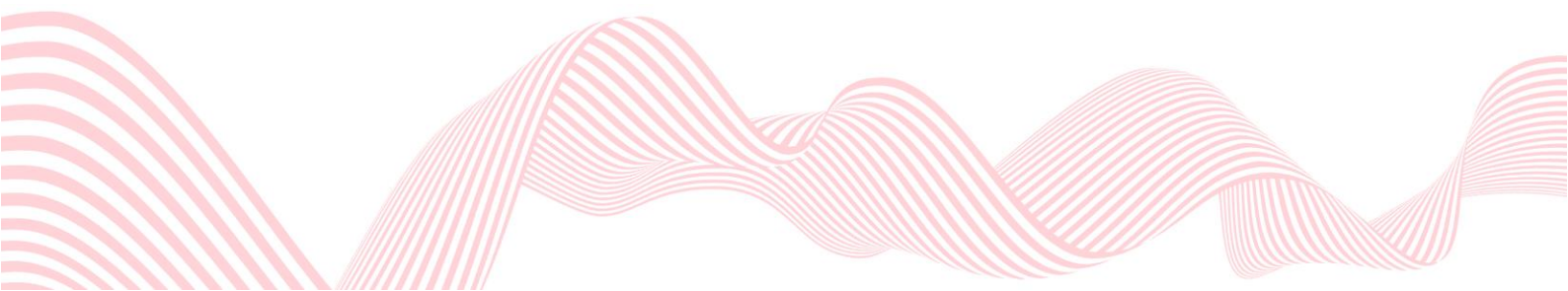
We are Mei Mason-Li, Psychology course leader, and Dr Craig Allison, Level 4 lead. For many of you, this will be your first experience in higher education, which is equally an exciting and a daunting prospect! Over the next three years we will guide your development as a psychologist and teach you skills that will be extremely valuable in the workplace, for whatever line of work you choose after your degree.

Induction activities | Welcome Week

Our induction week, also known as Welcome Week, begins on Monday 21 September and formal teaching begins the week commencing Monday 28 September, the following week. Your attendance and engagement during Welcome Week will be pivotal to starting your journey in Psychology at Southampton Solent University. The staff team will help you get your bearings, dispel any concerns or worries which you may have, and you can start getting to know both existing students and your new fellow course mates.

We are planning for Welcome Week to be face-to-face and on campus. You will be introduced to key academic resources and University systems which you will use throughout your degree. You will also be introduced to the world of psychological research, and your critical thinking skills will be challenged in a series of interactive activities. Your learning will begin on day 1!

During Welcome Week, you will have access to many essential aspects of university life such as our IT systems, the [Library](#) and the [Students' Union](#). You will also receive your virtual learning environment account details and instructions on how to obtain your student ID card. There will be a lot going on, but remember we are always happy to help you.





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Academic year structure

Our university year is split into four blocks. For each block you will receive 10-12 hours teaching per week whereby you will engage with your course mates and tackle questions raised in the online material. In addition, several modules will have additional in person timetabled time to help support your skill development. Your face-to-face teaching will be on campus. We will explain our teaching approach more thoroughly to you during Welcome Week.

Before you arrive

Prior to the Welcome Week, please check your personal emails regularly and follow the registration instructions when they are sent to you. This is particularly important as, once registered, you will have access to your student email address and be able to log into our online teaching platform, Solent Online Learning, also known as SOL. We also recommend that you download Microsoft Teams and get used to its functionality. From a subject perspective, there is nothing additional that you need to do; just make sure that you put some time aside to access SOL and click on your course and module pages before teaching begins. If you would like to do some reading before you start your studies, we recommend that you visit the [British Psychological Society's website](#) and read [The Psychologist](#), which will keep you up to date with current issues and research in psychology.

Starting at the University

We have several welcome and induction activities for you to get involved in during Welcome week and beyond. As a flavour, plus a few important reminders to settle into your university life, consider thinking about the following.

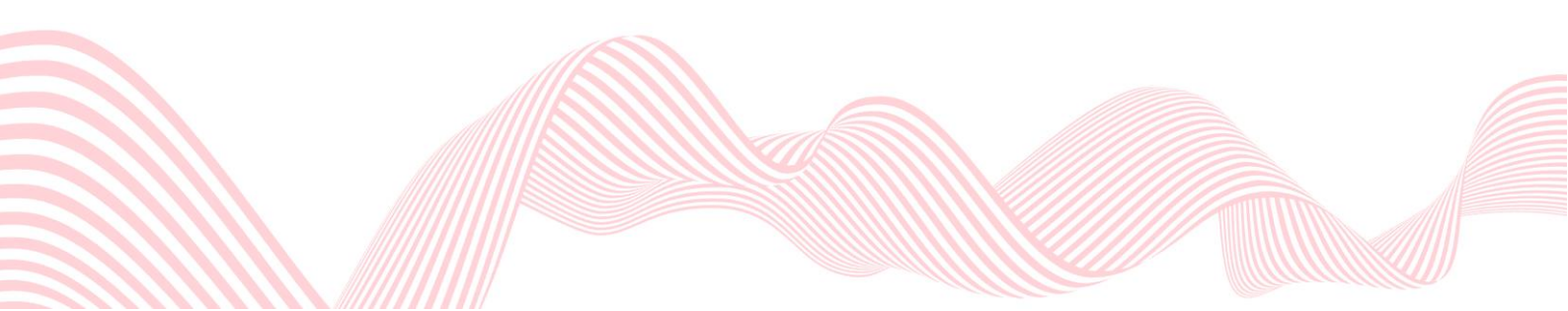
[Solent Sport - try our sport clubs and sport facilities](#)

The Solent Sports Complex has a fully staffed 90-station gym with over 40 pieces of cardio equipment, sports halls, fitness studios and much more. Try out 30+ sports clubs and work towards your fitness goals with our student gym membership. Our sport clubs cover everything from hockey, to equestrian, to squash - regularly compete in BUCS competitions throughout the year.

[Student societies](#)

The Students' Union has 30+ student societies and groups where you can meet like-minded people with similar interests. Our societies represent a wide range of interests, from creative skills to political, from religion to activism, to the whacky and wonderful, and everything in between. You can visit representatives from different societies at the Fresher's Fair during Welcome Week.

[Register with a GP near you](#)





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To access healthcare, students are required to be registered with a doctor near to where they are living while at the University. A GP registration session will be detailed on your induction week timetable. During this session, you will register with [St Mary's Surgery](#), the most local surgery to the University and halls of residence. If you miss this session, you can register with them directly - visit their website for details. Note this registration is only applicable if you have moved and will be living in halls of residence.

Health and wellbeing

Health and wellbeing is extremely important to your university experience. Solent Students' Union is here to help across various topics, from mental and sexual health to physical activities and the cost of living, and much more. In addition, as students at Southampton Solent University you have access to our Mental Health and Wellbeing team who can support you.

Here's where to find dates for teaching blocks, consolidation weeks, Christmas and Easter holidays: [Key dates](#)

We hope you are as excited as we are about joining our vibrant and inclusive community. We value diversity in all its forms and support and encourage everyone to reach their potential.

We look forward to seeing you on the 15 September for the start of welcome week and the academic year and providing you with a warm welcome to Southampton Solent University.

Best wishes,

MEI MASON-LI

Course Leader | Undergraduate Psychology Programme

DR. CRAIG ALLISON

Level 4 Lead | Senior Lecturer in Psychology

