




# HEALTH AND PSYCHOLOGY

A woman in a white lab coat is walking in a modern building hallway. She is wearing a blue lanyard and a patterned dress. The hallway has large windows and a reflective floor. The text "MAKE A DIFFERENCE AND HAVE A REWARDING CAREER SUPPORTING OTHERS" is overlaid on the image.

MAKE A  
DIFFERENCE  
AND HAVE A  
REWARDING  
CAREER  
SUPPORTING  
OTHERS



You have the aptitude for a career in health or psychology and you're keen to learn the skills for the job.

With great employment prospects, you're making a good call. The NHS, social services, police force and probation services are all major employers of health and/or psychology graduates.

You'll find openings in community, not-for-profit and private enterprises, in areas ranging from sport and wellbeing promotion to performance support for athletes.

There's also an interesting and rewarding career path within biomedical science and the study of human disease.

We'll make sure you're exactly what the sector is looking for. You'll use industry-standard facilities, ranging from nursing simulation suites and experimental cubicles to cutting-edge sport science laboratories.

Our academic teams have vast industry and teaching experience, and thanks to our close industry links and guest lectures, your teaching will always be informed and current.

Many of our courses are accredited by bodies such as the British Psychological Society, which means you'll be able to gain additional professional qualifications alongside your degree.

Be confident about your career prospects. Two thirds of new psychology graduates are employed within six months. And the Royal College of Nursing and Royal College of Midwives say that the UK needs 20,000 extra nursing staff and 3,500 more midwives.

# ABOUT THE CITY

With a population of almost 250,000 – including 46,000 students – Southampton is a thriving city that has recently had a £1.6 billion injection of investment.

It's well served for healthcare and wellbeing, and the University Hospital Southampton NHS Foundation Trust provides services to 1.9 million people.

Named as one of the UK's ten happiest cities, it has five city-centre parks and 300 acres of open space at Southampton Common.

It enjoys Premier League football, international and county cricket and world-class sailing. And it's hugely outdoorsy. Calshot Activity Centre hosts watersports, snowsports, rock climbing and the south's only indoor velodrome.

The neighbouring New Forest is a major draw for cycling, running and riding. Solent University enjoys partnerships with many sports organisations, including the Southampton Sports Centre and Gleneagles Equestrian Centre.

Southampton is a city of live music. Renowned venue The Joiners has launched many bands, stadium acts come to the Ageas Bowl, the O2 Guildhall hosts the mainstream, and festivals and street music thrive.

The city has great shopping centres, independent and state-of-the-art cinemas, theatres and a new cultural quarter.



Over 46,000 students, with a population of almost 250,000



£1.6 billion of new city investment committed or underway



180+ pubs, bars and nightclubs

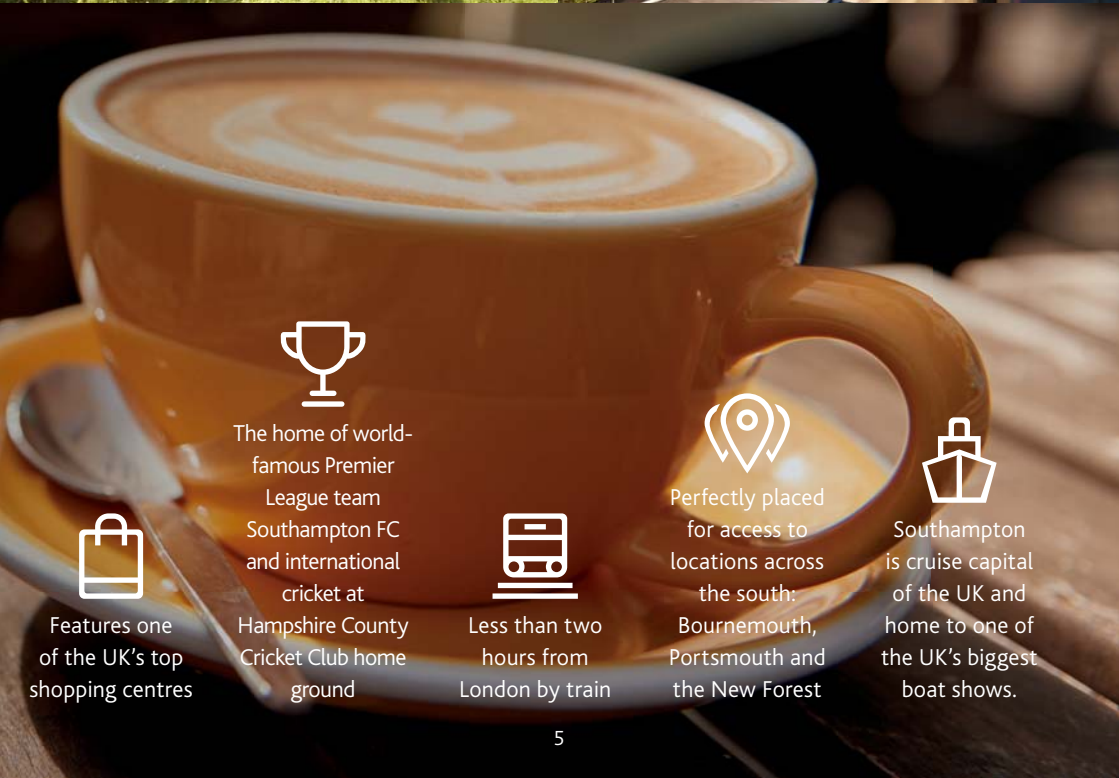


In the UK's top ten happiest cities



Five city-centre parks right on Solent's doorstep and 300+ acres of managed woodland and open space at Southampton Common





The home of world-famous Premier League team Southampton FC and international cricket at Hampshire County Cricket Club home ground



Perfectly placed for access to locations across the south: Bournemouth, Portsmouth and the New Forest



Southampton is cruise capital of the UK and home to one of the UK's biggest boat shows.



Features one of the UK's top shopping centres



Less than two hours from London by train



# REAL-WORLD EXPERIENCE

Thanks to our strong relationships with practitioners and our partnerships with the NHS and other health and social care providers, you'll enjoy top-quality placements and real-world experience.

Through the nursing and biomedical sciences programme, you'll work with practitioners and other professionals to undertake a significant amount of clinical placement at every level of your course, including a final-year research and work-related laboratory project.

Psychology students get the opportunity to present at psychology conferences. Charities and private companies provide mentoring, training and live briefs for specific units. You'll hear a range of speakers in areas ranging from sleep research and police advocacy to counselling and specialist teaching.

In social work, you'll complete practice learning placements through our partnership arrangements with Southampton City, Hampshire, Portsmouth and the Isle of Wight local authorities, as well as other social care organisations.





## SPECIALIST FACILITIES AND EQUIPMENT

- Biomedical sciences labs
- Nursing simulation suite
- Psychology labs – as you learn, you'll benefit from access to Solent's dedicated psychophysiological recording equipment, eye-tracking facilities and psychology labs.
- The teaching team, made up of academics with extensive industry and research experience, will guide you as you apply your new-found research skills to a range of experiments and projects.
- Nutrition labs

## INDUSTRY STATS

Global healthcare spend to increase 5.2 per cent annually to 2018 – Deloitte, 2015

Psychology graduate average salary: £18,124 – *Complete University Guide* 2016

Social work graduate average salary: £24,761 – *Complete University Guide* 2016

Occupational therapist graduate average salary: £22,407 – *Complete University Guide* 2016



### **How did university prepare you for your career?**

University afforded many experiences, such as work placements in which you work within either a statutory or voluntary agency and partake in daily social work alongside a range of professionals, gaining hands-on experience. This gave a valuable and very special approach to the academic work as I feel it offered an honest and frank insight into the reality of the highs, lows and challenges that a social work career offers.

### **Favourite Solent memory?**

My favourite moment at Solent is hard to pinpoint as there have been many moments that I cherish – I have made some wonderful friends, and I have met and worked closely with a great

network of professionals. Throughout the course I have identified and felt times of self-growth, determination and achievement. One of the most special highlights for me was having my two sons present when I graduated – they had been on the university journey with me and it was so very beautiful to have them with me to celebrate!

### **Tell us a little about your career story so far**

I graduated from Solent in July and started my job as a full-time children and families social worker two weeks later. My current position is actually within the same team that I was attached to for my university placement – the placement gave me the opportunity to find my passion and my place within social work, and I absolutely love my job and the team.





BA (HONS) SOCIAL WORK IS FOR YOU IF YOU ARE  
HIGHLY PASSIONATE ABOUT SOCIAL POLICY AND  
HUMAN DEVELOPMENT.”

### **Tell us about what you are doing now and what it involves – a typical working day**

My day starts at 8.30am and can consist of many different activities, such as communicating and liaising with a wide variety of professionals and organisations, including police, schools, midwives, housing authorities, doctors and so on. I undertake statutory visits, complete sensitive and analytical case-noting, assessments and referrals, and organise and attend meetings. Sometimes there are crisis situations that arise which need immediate attention and these can happen at any time. I am also involved in reflective supervision and attend educational courses. Everything I do is in line with legislation, policies, procedures, statutory expectations and duties. A typical day can be extremely busy and there is no denying that time management, emotional resilience, empathy and reflection are key skills within this profession.

### **What is your area of study to you?**

To me, social work is a disciplined profession in which I am responsible for identifying and tentatively exploring presenting risks and situations that children and families may need support with managing via intervention and/or safeguarding. Promoting and supporting autonomy is a very important core strand of the work, and the profession operates within a framework of legislation and policy which must be adhered to.

Working in a respectful manner and communicating effectively are both key to successful social work.

### **What tips would you give to someone wanting a career in your industry?**

- Remain passionate and true to your core values and beliefs.
- Appreciate your team on placements.
- Appreciate the knowledge the lecturers have and attend all lectures – missing one can set you back!
- Utilise the experiences on offer and remain curious.
- Explore and critically analyse current research.
- Get a diary and reflect on/document your growth and challenges.
- Learn the legislation and statutory guidance.
- Take time to look after yourself! Self-care is important and necessary.



### **How did university help prepare you for your career?**

The University prepared me for my career as it gave me a brilliant background of knowledge to start me off. Having that base to build upon was so helpful when I moved into my first post-degree job, and was invaluable in helping me progress in my workplace.

### **What's your favourite Solent memory?**

It has to be our education pathway classes. As we were the first year of this course we had a small group and got to spend a lot of time in sessions really delving into some of these topics. The introduction to autism in some of these sessions really highlighted what I wanted to do. And the weekly baking that my course mates and I did helped too!

### **Tell us about your career story so far**

When I left Solent I got a job working as an ABA teacher in a specialist school for children with a diagnosis of autism spectrum disorder. I worked with several different age groups, from ten to 19 years old, over the next year, following the principles of ABA to help teach important and functional skills. After a year I was promoted to lead teacher, and had responsibility for a class of pupils and the teachers within it. During my time at the school I worked through two qualifications in ABA, as well as completing my master's degree in high incidence disabilities.

After four years at the school I moved to the adult services department to work as a team leader, responsible for a team of client and support workers. I developed and implemented behaviour support

plans and programmes to help teach critical and required skills, and organised timetables of different activities including trampolining, swimming, cooking and gardening.

### **What does a typical day look like for you?**

A typical working day involves arriving at work and checking the rotas for the day to ensure that all clients have the right staff paired with them, and that all trips are organised, including transport and staff with appropriate training. I check clients' home communication upon arrival, and deal with any medications that have been sent in. Throughout the day I complete a number of jobs including delivering staff training sessions for new staff, continual training through working with current staff, working directly with clients, writing behaviour support plans, learning programmes and guidelines, and supervising the staff running these. I also organise group activities, lunch and break cover rotas and staff changes where necessary. If behaviour support is required I am on call to help deal with any incidents, and am always on hand to answer staff members' questions or just to chat to clients and catch up with them. In amongst all of this I conduct research to discover what are the most effective methods that we can possibly use, and I am always looking for ways to develop both the staff and the clients I oversee.

### **What's your career highlight so far?**

I am so proud of completing my master's while working at a full-time job, but for a highlight within work it would have to be teaching a pupil to tie his shoes independently! This was a skill we worked on over a number of months and he was so exceptionally proud when he finally realised



BSC (HONS) PSYCHOLOGY (EDUCATION) IS FOR YOU IF YOU HAVE AN INTEREST IN PSYCHOLOGY, CHILDREN, SPECIAL EDUCATIONAL NEEDS OR HELPING OTHERS. THE COURSE IS A GREAT GATEWAY INTO A NUMBER OF ROLES AS IT PROVIDES A LOT OF INFORMATION COVERING A VARIETY OF IMPORTANT TOPICS RELATED TO CHILD DEVELOPMENT AND PSYCHOLOGY."

that he could do it on his own. That small bit of independence meant so much to him, and his mum was over the moon at his persistence to learn! We also had many pupils who emitted a high level of challenging behaviour, and teaching one in particular to use a communication system was so rewarding. Once he was able to communicate his own wants and needs, the number of episodes of challenging behaviour reduced from over 200 daily to zero. And he was so much happier being able to tell us what he wanted, and to be understood.

I also presented my research at a poster presentation as part of a conference in New York, still a very proud moment for me.

### **What is psychology?**

To me, psychology is understanding the human mind and behaviour. Being able to understand behaviour means we can help find ways to teach appropriate behaviours and increase socially significant behaviours. This can have an incredibly huge impact on an individual's quality of life, and psychology is the development of an understanding of this process.

### **What tips would you give to someone wanting to start a career in psychology?**

I would say focus on behaviour! Understanding why people behave in the way they do, and what they might be trying to communicate, is essential to being able to help them and to progress in your career.

My degree taught me so many important skills, not just about psychology, but also about education, its history and the effects it can have. Volunteer and get as much experience as you can. Speak to people who have experience in any field you might be interested in. Learn as much as you can from them.





### **Briefly describe a typical day on your course**

At a lecture or seminar, I sit with a group of friends who I have been friends with since the first year, or with new friends I have made along the way. When the session ends, I meet friends and go for lunch, either at the Uni or in town. We then return to the campus and attend another lecture/seminar or use the library. The library is an excellent place to go, not just to study but also to be able to socialise with other students who are on the course or upper year students to gain advice from. No two days are the same.

### **Best and worst bits of the course?**

The best parts of the course have to be the commitment of the lecturers to the students and the feeling of being part of a community.

The worst part, I guess, is the way each day rushes past. It is easy to feel like there is no time to prepare for the assignment in situ before the next one is due. But that is rectified easily with some planning and time management.

### **What has surprised you about the course?**

How diverse the course is. I have learnt so much about things that I didn't expect to be connected to psychology. It certainly has opened my eyes to different areas for my future career.

### **Solent highlight so far?**

Some of the highlights will include meeting some excellent lecturers and gaining a lot of new friends whom I shall be friends with for the rest of my life. Opportunities to work with the University – peer mentoring, for example – are always available and make getting involved outside of the lectures and seminars a great way to build your CV.

### **How is Solent helping you prepare for a career?**

There have been many times when spokespeople from Solent Futures have come along to seminars and lectures to promote taking advantage of the careers advice. In the first year, each student is also given the option to get work experience.

### **In one sentence, what is your area of study to you?**

Psychology is a relatively new and varied approach to the science of the mind and behaviour.



THIS COURSE IS FOR YOU IF YOU  
HAVE AN INTEREST IN PEOPLE AND  
ENJOY RESEARCHING THE SCIENCE  
BEHIND IT."



### **Tell us a little about your course so far**

I have lost over six stone in weight in previous years which has given me an interest in diet and health. I wanted to have a more in-depth view on nutrition so that I could help others in the same situation as I was.

The course covers a wide range of subject areas, including nutrition, food science, biochemistry, anatomy and physiology. This teaches you all aspects around food, for example, what it's composed of, where it comes from, what our body does with it, and about diet and health. Health promotion considers how looking at health on governmental, national and global levels, can be used to help with diet and health.

Other subjects we've covered are study skills and health psychology, which explores how the mind can affect the body to be beneficial to overall health – I know a lot of my class have enjoyed these sessions.

### **Solent highlight so far?**

Christmas 'Bake Off' in the nutrition lab – we had great fun making shapes out of fruit or cooking our favourite Christmas treats. My mince pies went down very well. We have a celebrity chef coming in during May and I am really looking forward to this.

### **Best and worst bits of the course?**

The hardest thing for me was learning how to study – there is a lot more involved in learning and academia than you think. But the University's support in this area has been invaluable. It is necessary to be quite strict with yourself in making sure you manage your study time well and keep on

top of all your classes. I like that most lectures are available on video to view back later or if you've missed a session. I like that the tutors try to get lecture slides online 24 hours in advance, which for me – having dyspraxia – is a must!

### **How is Solent helping you prepare for a career?**

When I started the course I only knew that I wanted the qualification that would make it possible for me to become a nutritionist. As I have gone along I realise that there are many different forms that this can take, and although I originally thought that this might help me become a freelance nutritionist, I have had my eyes opened to new possibilities. Right now it's too early to say where this course will take me, but that's half the excitement and I look forward to seeing where I end up.

### **What is your area of study to you?**

Applied human nutrition is about learning every aspect regarding food and how your environment, mind, diet and health can be affected or changed by this.



THIS COURSE IS FOR YOU IF YOU ARE INTERESTED IN BECOMING A REGISTERED NUTRITIONIST AND HAVE A PARTICULAR INTEREST IN HEALTH AND DIET."



### **How did university prepare you for your career?**

Solent provided me with so much information and support – with personal statements and career advice, and also with my assignments. My course helped me understand about child development, and I find myself using methods I learnt about in my work now.

### **Favourite Solent memory?**

Completing my research project as I put so much time and work into it that it was a massive relief, but also a study that I was very proud of!

### **Tell us a little about your career story so far**

I have just finished a master's in psychology and learning disability and am hoping to apply for a doctorate in educational psychology this autumn. I am currently working as a speech and language support assistant in a school where I support children with complex academic needs and assist them in accessing the curriculum. I was employed in this job in October after graduation and my employer was very impressed with the knowledge that I had learnt from university, and was also interested in my research project. I have also recently returned from teaching English to a local community in Bali which I would not have been able to do as successfully without the knowledge that I learnt on my course.

### **Tell us about what you are doing now and what it involves**

I work in a school supporting children with speech and language difficulties as well as other needs. I support them in the core subjects such as maths and English, and differentiate tasks to meet their

level of academic ability. I also work as a support worker for children and young adults with various disabilities and provide them with the opportunity to access the local community.

### **What's your career highlight so far?**

Getting my job at the school because I have been able to put my knowledge into practice, but I have also developed that knowledge from first-hand experience.

### **What tips would you give to someone wanting a career in your industry?**

I volunteered in my local primary school once a week throughout university and I also based my research project on what would give me extra experience. I would also recommend working with the careers advisors on CVs and personal statements, as well as seeing them about any career ideas as they are extremely informative.



BSC (HONS) PSYCHOLOGY (EDUCATION) IS FOR YOU IF YOU ENJOY LEARNING ABOUT AND EXPLORING DIFFERENT EDUCATION TOPICS AND HOW CHILDREN DEVELOP AND LEARN THROUGHOUT THEIR LIVES."





### **How did university prepare you for your career?**

Solent University prepared me for my career in social work by teaching me about legislation, social work theories and methods, and interpersonal skills that would underpin my practice. The social work lecturers were always available to offer support and to impart their knowledge and experience to draw the best out of me.

### **Tell us a little about your career story so far**

As my Level 6 placement was coming to an end, I was asked by a senior practitioner from a different department if I would like to work for them on a three-month contract. After two weeks, I was called into the office and was told they were not going to renew my contract as the learning disabilities team had requested that I work with them carrying out Care Act assessments – I happily accepted the position. After a month of working with them, a permanent post came up and I was asked to apply. I got the job and began working with them full-time before I even graduated. I have been on the team for six months now and I am just about to start my ASYE.

### **Tell us about what you are doing now and what it involves**

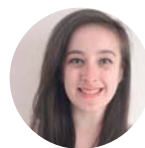
A typical working day generally consists of responding to e-mails and making telephone calls to clients, other professionals and service providers. All communication needs to be case-noted so that there is always a record of progress and outcomes. Sometimes it is required to visit a client to conduct an assessment of their care and support needs. Once this is done, the assessment would need to be typed up, followed by creating a support plan and a package of care to meet any identified needs.

### **What tips would you give to someone wanting a career in your industry?**

- Document everything – if it is not recorded, it did not happen.
- Look at your tasks daily and prioritise accordingly.
- You will need to develop your emotional resilience – situations can become quite challenging, so you need to have strategies in place to maintain your own health and wellbeing.
- Ask if you don't know – don't feel embarrassed if you don't know what to do.
- Take full advantage of any training – it is crucial to aid your continuing professional development.
- Make sure you take supervision – this is a good time to reflect on your practice, raise any concerns and be supported to gain some perspective on your workload.



BA (HONS) SOCIAL WORK IS FOR YOU IF YOU WANT TO PROTECT THOSE WHO ARE VULNERABLE FROM ANY TYPE OF ABUSE OR NEGLECT AND TO SUPPORT, SIGNPOST OR PROVIDE THEM WITH THE SERVICES THEY NEED TO MAINTAIN OR DEVELOP THEIR ABILITY TO BECOME MORE INDEPENDENT."



### **Describe a typical day on your course**

A typical day on my course would be to read through and print the lecture/seminar slides which are made available before class, so that I am already familiar with the material before attending. Sessions are enthusiastic and explore all realms of psychology. There is lots of group discussion and handy tips (and sometimes songs!) from the lecturers to help remember all the information.

### **Best and worst bits of the course?**

The approachability of all the members of staff makes it very comfortable for students to ask for help and to express their personal interests regarding the course, either in class or through one-to-one meetings. Students have 24-hour access to all resources in the library which relieves the pressure during busy periods.

There is a lot of writing and presentations! However, the members of staff offer amazing help for students who are not as confident or comfortable with these methods of assessment. There is also a lot of group work which sometimes adds an extra obstacle to the task when trying to assure everybody is co-operating. However, this is necessary because being able to work in a team is vital in the workplace.

### **What has surprised you about the course?**

I was surprised by how much I enjoy all areas of psychology as opposed to just the criminal behaviour units. I was also surprised by how much trust and freedom we are given when conducting our own research on real-life participants (although within ethical boundaries, of course!)

### **Solent highlight so far?**

Enjoying my course as much as I'd hoped! I'm able to study and develop my passion along with all the other joys of university!

### **How is Solent helping you prepare for a career?**

My course allows us to practise real academic psychological procedures, making me already familiar with them when I have to conduct research in the real world. Solent offers a wealth of opportunities and campus jobs for me to gain extra skills and experience, which will prepare and qualify me for future career prospects.



THIS COURSE IS FOR YOU IF YOU ARE CURIOUS TO DISCOVER WHAT SEPARATES THE EXPERIENCES OF CRIMINALS FROM THOSE OF EVERYDAY PEOPLE. WHAT ARE THEIR MOTIVATIONS AND FULFILMENTS? HOW CAN PSYCHOLOGY BE USED TO PREVENT THE RISE OF CRIME AND TO BETTER PEOPLE'S SAFETY AND QUALITY OF LIFE?"



### **Describe a typical day on your course**

A typical day can consist of a couple of lectures and/or seminars. Also I am in several work groups at one time, so I have to manage my time properly as we have to do research and prepare for presentations.

### **Best and worst bits of the course?**

The best parts are when you attend engaging seminars and are able to discuss interesting topics. The worst bits are very few for me, but when I am nervous for a presentation or under pressure for a deadline.

### **Solent highlight so far?**

Making new friends from different backgrounds. Supportive and easy-to-approach lecturers.

### **How is Solent helping you prepare for a career?**

The careers and employability department offers ongoing workshops and support whenever I need. So I have attended a few of them and will continue using this service as it is very helpful.

### **What is psychology?**

Psychology is the scientific study of the mind – it is a very broad subject and my interests lie in social, cognition and child psychology overall.



THIS COURSE IS FOR YOU IF YOU ARE CURIOUS ABOUT INDIVIDUAL DIFFERENCES, YOU HAVE PASSION FOR PEOPLE IN GENERAL AND YOU WANT AN IN-DEPTH UNDERSTANDING OF YOURSELF AND THE PEOPLE AROUND YOU."



# HOW TO APPLY

Solent University code name: **SOLNT**  
Solent University UCAS code: **S30**



RESEARCH  
UNIVERSITIES  
March – September



WORK ON YOUR  
UCAS APPLICATION  
September to January



APPLY ONLINE  
VIA UCAS  
By 15 January

Depending on the course you apply for at Solent, you may be required to provide a portfolio or attend an interview – if successful, an offer will be made after this.



CHECK UCAS TRACK

This is where you'll see if you have an unconditional offer (the place is yours) or a conditional offer (based on exam results or other evidence), or if your application has been unsuccessful.



REPLY TO  
YOUR OFFERS



Select your  
firm choice.



Select your insurance  
choice – this is a  
back-up choice in case  
you don't meet the  
conditions for your  
firm choice.



Decline your  
other offers.



FIND OUT IF YOU'VE  
GOT YOUR PLACE

You'll see in UCAS  
TRACK if your place is  
confirmed.

BTEC results are  
published from July  
onwards and A-level  
results will be published  
mid-August.



PREPARE FOR UNIVERSITY IN LESS  
THAN AN HOUR EACH WEEK WITH  
OUR TIPS, GUIDES AND QUIZZES.

[www.solent.ac.uk/52-things](http://www.solent.ac.uk/52-things)

## HEALTH AND PSYCHOLOGY

UCAS  
tariff  
points

Work  
placement  
opportunity

Foundation  
route  
available

### UNDERGRADUATE COURSES

BSc (Hons) Adult Nursing Practice	112	✓	
BSc (Hons) Applied Human Nutrition	112	✓	✓
BSc (Hons) Biomedical Science	112	✓	
BSc (Hons) Health, Nutrition and Exercise Science	112	✓	✓
MSci Mental Health and Psychological Wellbeing	128	✓	
BSc (Hons) Psychology	112	✓	
BSc (Hons) Psychology (Child Development and Education)	112	✓	
BSc (Hons) Psychology (Counselling and Mental Health)	112	✓	
BSc (Hons) Psychology (Forensic and Psychopathology)	112	✓	
BA (Hons) Social Work	112	✓	

### FOUNDATION PROGRAMME

Foundation in Sport, Health and Exercise Science



### FEES AND FINANCE

Worried about the cost of going to university? There's plenty of support on offer to ensure that financial circumstances don't stop you from gaining a higher education. For more information, visit [www.solent.ac.uk/finance](http://www.solent.ac.uk/finance)



### OUR STUDENT RESIDENCES

We have well-equipped student residences with fantastic study-bedrooms, right in the city centre and only a short walk from the main campus. For more information, visit [www.solent.ac.uk/accommodation](http://www.solent.ac.uk/accommodation)

Solent University  
East Park Terrace  
Southampton  
SO14 0YN

T. +44 (0)23 8201 3039  
E. [ask@solent.ac.uk](mailto:ask@solent.ac.uk)

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