




HEALTH, PSYCHOLOGY
AND SOCIOLOGY



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 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



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's home ground



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



The 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
- A 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: £20,360 – *Complete University Guide 2019*

Social work graduate average salary: £25,111 – *Complete University Guide 2019*

Occupational therapist graduate average salary: £22,992 – *Complete University Guide 2019*



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.



THE BA (HONS) SOCIAL WORK COURSE 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.



Briefly describe a typical day on your course.

A typical day will begin between 9am and 10am, usually for a two-hour lecture. This could be about either biochemistry, blood sciences, microbiology, human physiology or immunology, depending on the modules being taught that semester. Once a week we usually participate in a half-day or possibly full-day experiment in the laboratory. The experiment will depend on the lecture we have had that day or in the week.

Best and worst bits of the course?

The best part of the course for me is the Microbiology module. I have found a passion for bacteria which I never knew was there until I started the biomedical science degree.

What has surprised you about the course?

I love how in-depth the course is. I have been surprised by the amount of academic support offered by the lecturers and Solent University.

Solent highlight so far?

The microbiology conference held in Manchester has been the highlight so far for me. Not only was it extremely informative but it gave me a taste of further education prospects and careers after I have completed my degree.

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

I am extremely passionate about biomedical science, and in particular microbiology. I cannot see myself doing anything else in my future career. The lecturers have taught me how to read academic papers, but it is the course which has taught me to love reading them. I am also passionate about the University and feel a special connection to this course as I am in the first cohort to undertake the degree. I find myself volunteering to help and support the University in whatever way I can – previous to the start of this degree I would not have had the courage or confidence to do that.



What made you decide to start this course?

Solent University saw an opportunity to start up a brand new sociology degree course because there was huge demand from prospective students. The British Sociological Association reported that sociology is a growing subject area, with A-level Sociology one of the most popular pre-university courses. Students studying social sciences have some of the highest rates of employment after graduation, so it made sense to expand the school with a popular degree like the BA (Hons) Sociology.

What makes the course stand out?

The sociology course has a wide range of interesting units, covering topics such as: the sociology of work; the media; the sociology of the body; political sociology; social movements; big data and technology; race and ethnicity; gender; disability; the life course; and an array of other sociological topics. The sociology course has integrated theory throughout, using practical workshops for teaching,

which is ideal for students who enjoy debates and classroom activities. It is also coursework- and presentation-based, with no sit-down examinations on the course, using a variety of assessment methods to evaluate the work of students. The course has an applied sociology unit in which students will get hands-on experience in the world of professional work or the community.

Future opportunities?

There are a number of opportunities for graduates of the BA (Hons) Sociology. Students will use the organisational links they have made during the degree to establish work opportunities and new experiences, but they will also have a degree which lends itself to work in local and central government, community and charity organisations, research in public and private organisations, as well as a whole range of other policy and research-centred forms of employment.



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 part of the course has 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 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?

Some of the highlights will include meeting some excellent lecturers and gaining a lot of new friends, with whom I shall be friends 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 did Solent help you prepare for your 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 of 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 that.

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 the fact 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 have come to 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."

ELOISE PROWTING

BSC (HONS) PSYCHOLOGY (CHILD DEVELOPMENT AND EDUCATION)

GRADUATED 2016



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 the 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, although 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.



THE BSC (HONS) PSYCHOLOGY (CHILD DEVELOPMENT AND 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 told that 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.



THE 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."

NATASHA LEE

BSC (HONS) PSYCHOLOGY (CRIMINAL BEHAVIOUR)

GRADUATED 2018



TRY: BSC (HONS) PSYCHOLOGY (FORENSIC AND PSYCHOPATHOLOGY)

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 was already familiar with the material before attending. Sessions were enthusiastic and explored all realms of psychology. There was 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 made 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 was a lot of writing and presentations! However, the members of staff offered amazing help for students who were not as confident or comfortable with these methods of assessment. There was also a lot of group work which sometimes added an extra obstacle to the task when trying to ensure that everybody was co-operating. However, this was necessary because being able to work in a team is vital in the workplace.

What surprised you about the course?

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

Solent highlight?

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

How did Solent help you prepare for your career?

My course allowed me to practise real academic psychological procedures, making me already familiar with them when I have to conduct research in the real world. Solent offered a wealth of opportunities and campus jobs for me to gain extra skills and experience, which prepared and qualified 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 could consist of a couple of lectures and/or seminars. Also I was in several work groups at one time, so I had to manage my time properly as we had to do research and prepare for presentations.

Best and worst bits of the course?

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

Solent highlight?

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

How did Solent help you prepare for your career?

The careers and employability department offered ongoing workshops and support whenever I needed. So I attended a few of them and will continue to use 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 in mid-August.



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

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	96–112	✓	
BSc (Hons) Applied Human Nutrition	96–112	✓	✓
BSc (Hons) Biomedical Science	96–112	✓	
BSc (Hons) Health, Nutrition and Exercise Science	96–112	✓	✓
MSci Mental Health and Psychological Wellbeing	128	✓	
BSc (Hons) Psychology	96–112	✓	
BSc (Hons) Psychology (Child Development and Education)	96–112	✓	
BSc (Hons) Psychology (Counselling and Mental Health)	96–112	✓	
BSc (Hons) Psychology (Forensic and Psychopathology)	96–112	✓	
BA (Hons) Social Work	96–112	✓	
BA (Hons) Sociology	96–112	✓	

FOUNDATION PROGRAMMES

Foundation in Social sciences

Foundation in Sport, Health and Exercise Science



FEES AND FINANCE

Are you worried about the cost of going to university? There's plenty of support on offer to ensure that financial circumstances don't prevent you from gaining a higher education. For more information, visit 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

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