


HEALTH,
PSYCHOLOGY
AND SOCIOLOGY



A woman in a white lab coat stands in a modern, brightly lit interior space, likely a laboratory or office. She is positioned in the foreground, slightly to the left, looking towards the camera. The background features large windows and a glass door, through which greenery is visible. The floor is highly reflective, showing the woman's reflection. The overall atmosphere is clean, professional, and bright.

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.

OUR GREAT 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.

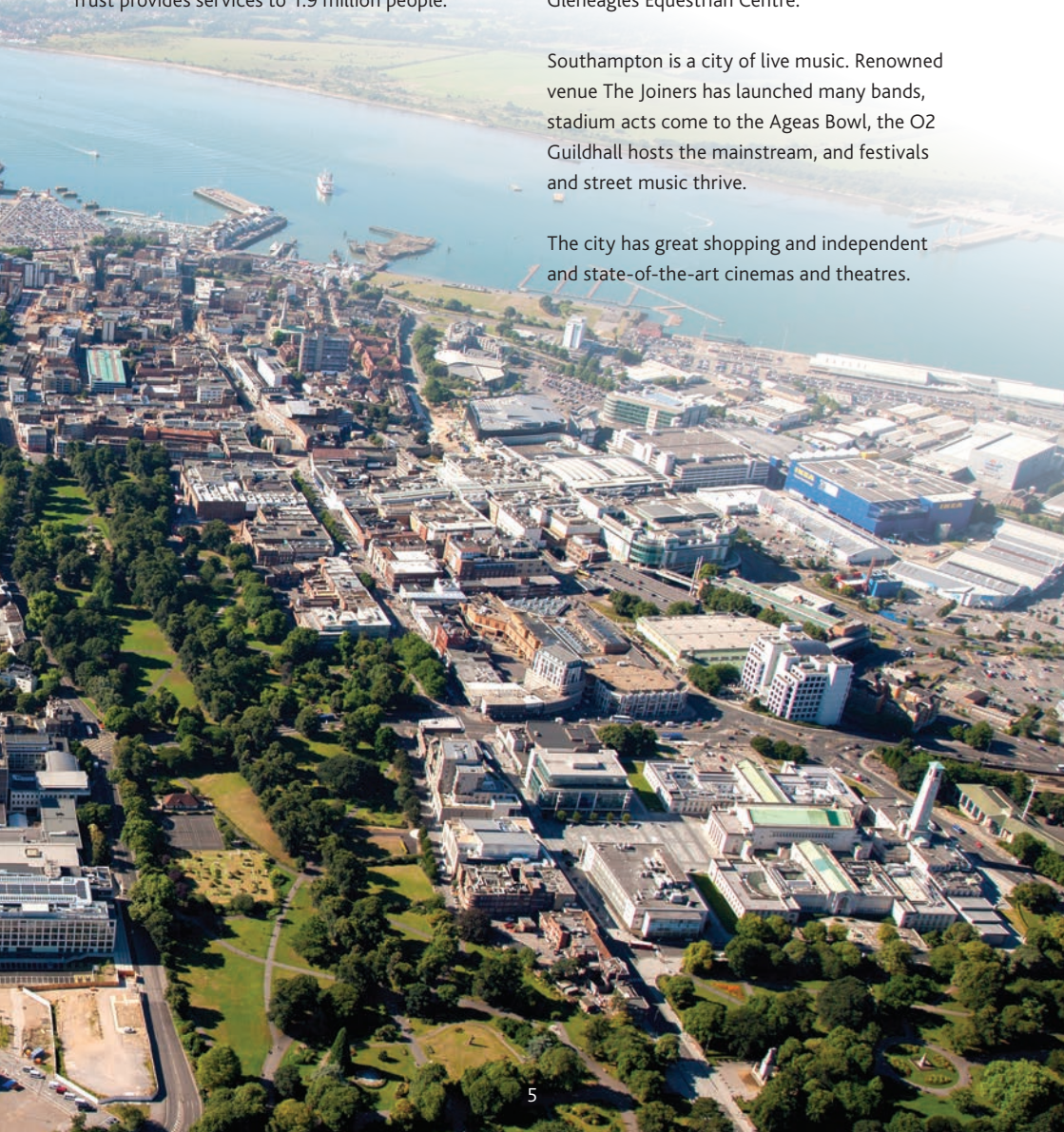
It's well served for healthcare and wellbeing, and the University Hospital Southampton NHS Foundation Trust provides services to 1.9 million people.

It enjoys Premier League football, international and county cricket and world-class sailing. 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 and independent and state-of-the-art cinemas and theatres.





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

- 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
- Biomedical sciences labs

INDUSTRY STATS

- 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.



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.



What is Applied Human Nutrition?

Applied Human Nutrition is about much more than just learning from a text book or lecture, you are of course taught the fundamentals but what makes it different is that you are able to apply scientific principles to real-life situations, be that conducting laboratory experiments to working with real-life clients and seeking ways to improve their well-being and performance. This practical approach to learning is what drew me to enrol on this course.

Tell us a little about your course so far.

The course is incredibly diverse in the number of topics it covers, from being in the University kitchen and learning practical food preparation skills, to writing scientific reports, analysing global food systems and undertaking your own research and study design project, this diversity opens your eyes to so many different areas and industries that nutrition touches and puts you in a good position to figure out what topics you enjoy the most and would like to potentially make a career out of.

Course highlights?

I have so many highlights from the course, but the key one for me has been meeting so many students and lecturers who are as passionate about food as I am which has grown my confidence in choosing to dedicate my future career to this profession and its people.

How is Solent helping you prepare for a career?

As I enter Year 3 of my degree I am now at the stage where I am really focusing on where I want to take my degree and all of the knowledge I have gained at Solent. I have found the Solent CV360 service extremely helpful, this service allows you to input your CV and gain feedback as to how it can be improved to appeal to prospective employers, this service highlighted some key changes that I can make and having access to support with Solent Futures has really made me feel that I will be placed in the best position I can in order to secure my dream job in the future.

Any advice for future applicants?

Throughout this course do not be afraid to get involved, ask questions, be the one to voice your opinion, excel in open debates, (this grows your confidence tremendously) and most of all enjoy it, soak up every experience and piece of knowledge that you can, I have no doubt that everything I have learnt here at Solent will prove invaluable for the success of my future career.



What is Psychology?

Psychology is the scientific study of the mind and behaviour. As Psychologists, we are interested in the thoughts, emotions and motivations influencing human behaviour. As an academic discipline, we strive to scientifically measure and observe the multi facets of human behaviour, which will then translate into professional practice. Psychology has been successfully applied to many areas of daily life, such as reducing bullying in schools, mental health interventions and increasing healthy lifestyle choices, to name a few examples.

Why study Psychology at Solent?

We're an experienced course team with a wealth of industry and research backgrounds. Solent offers modern facilities, dedicated for Undergraduate study and our courses equip students with the skills to use their psychological knowledge and understanding to question their own development and reflect on that of others. Empowering them to engage with real-world issues and address key challenges that face us from an individual level to a global level. We do this by assessing our students in a range of applied and authentic assessment methods.

Career opportunities after Graduation?

Our graduates go into a range of careers. Some have become qualified Psychologists in the fields of Counselling, Clinical and Educational Psychology, following further postgraduate study. Others have gone into the wider fields of Health, Education, Marketing and Human Resources.



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 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, 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 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 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 (FORENSIC AND PSYCHOPATHOLOGY)

GRADUATED 2016



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?

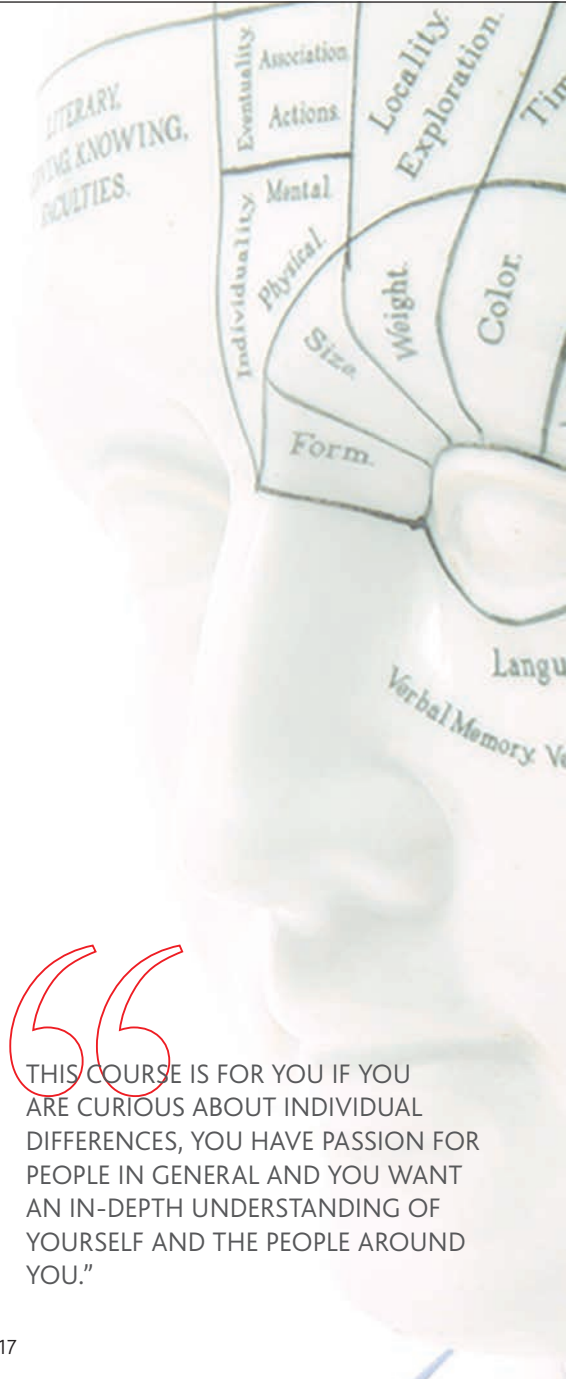
Making new friends from different backgrounds. Supportive and easy-to-approach lecturers.

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.



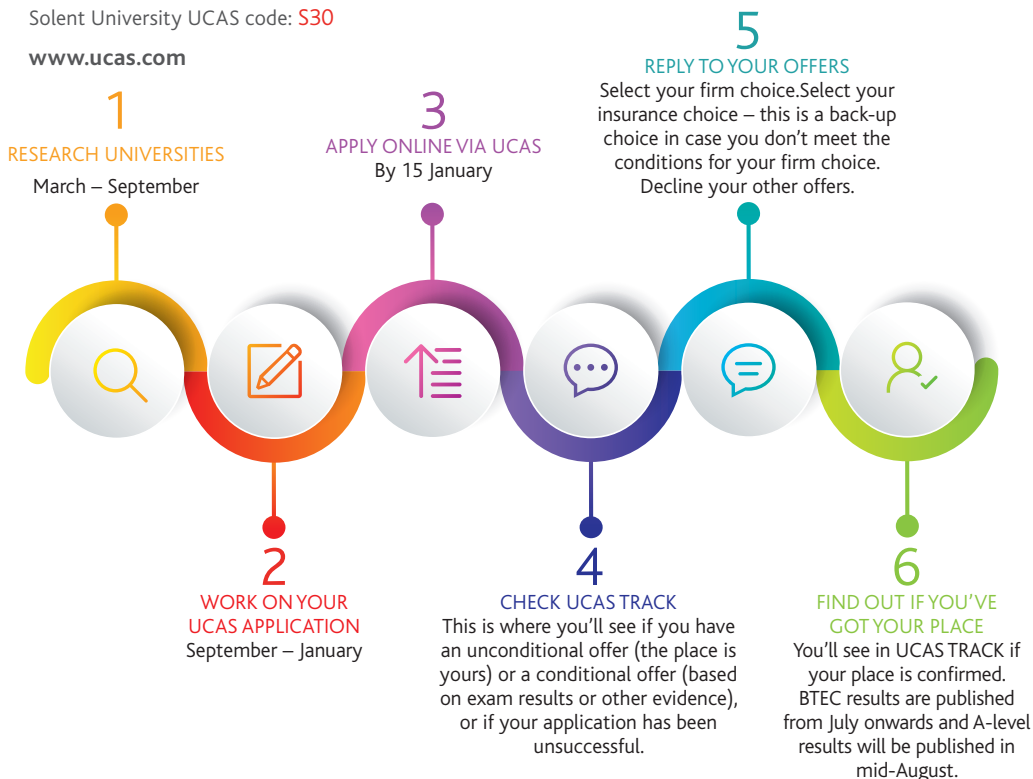
THIS COURSE IS FOR YOU IF YOU ARE CURIOUS ABOUT INDIVIDUAL DIFFERENCES, YOU HAVE PASSION FOR PEOPLE IN GENERAL AND YOU WANT AN IN-DEPTH UNDERSTANDING OF YOURSELF AND THE PEOPLE AROUND YOU."

HOW TO APPLY

Solent University code name: **SOLNT**

Solent University UCAS code: **S30**

www.ucas.com



OPEN DAYS

Our open days offer the perfect opportunity to explore the campus, meet the lecturers and find out more about the course you are interested in studying.

To book onto an open day, visit www.solent.ac.uk/opendays



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



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



52 THINGS

Prepare for university in less than an hour each week with our tips, guides and quizzes.

For more information, visit 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	104–120	✓	
BSc (Hons) Biomedical Science	104–120	✓	
BSc (Hons) Criminal Investigation with Forensic Psychology	104–120	✓	✓
BA (Hons) Criminology	104–120	✓	✓
BSc (Hons) Criminology and Psychology	104–120	✓	✓
BSc (Hons) Health, Nutrition and Exercise Science	104–120	✓	✓
BSc (Hons) Mental Health Nursing	104–120	✓	
BSc (Hons) Psychology	104–120	✓	
BSc (Hons) Psychology (Counselling and Mental Health)	104–120	✓	
BSc (Hons) Psychology and Sociology	104–120	✓	
BA (Hons) Social Work	104–120	✓	
BA (Hons) Sociology	104–120	✓	
BSc (Hons) Sport and Exercise Psychology	104–120	✓	

FOUNDATION PROGRAMMES

Foundation in Social sciences


POSTGRADUATE COURSES

MRes Psychology


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