

SOLENT
UNIVERSITY

SOUTHAMPTON



PSYCHOLOGY
AND MENTAL
HEALTH

2022



Think deeper to help others

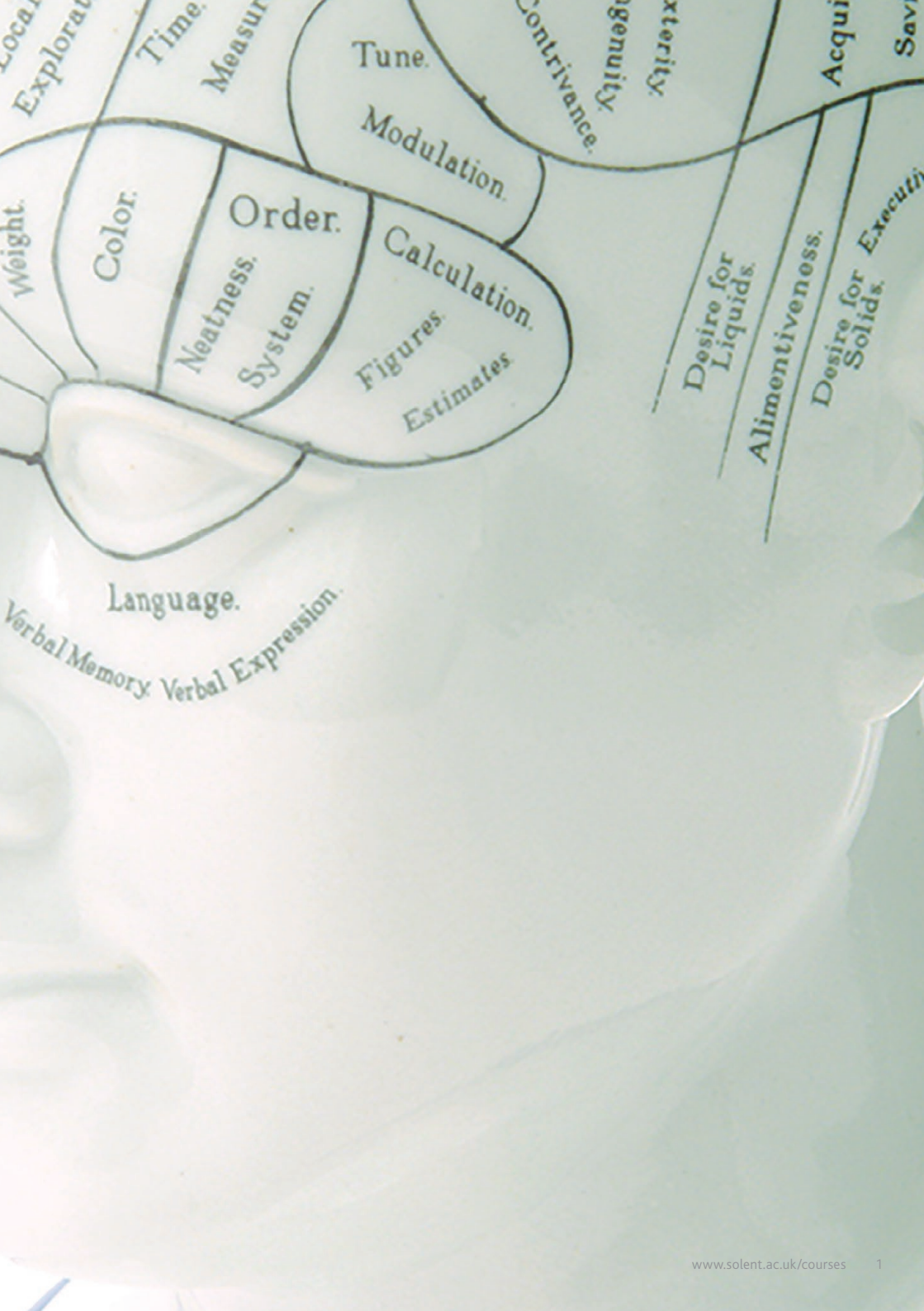
You have the aptitude for a career in mental health or psychology and you're keen to learn the skills for the job.

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

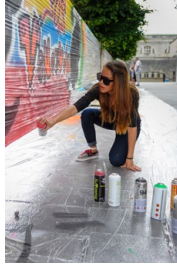
You'll find openings in community, not-for-profit and private enterprises, in areas ranging from sport and wellbeing promotion to performance support for athletes.

Mental health nursing can be a meaningful nursing career that balances your own continuous personal growth with doing public good for the varied communities you will care for across your working life.

Our academic teams have vast industry and teaching experience, and thanks to our close industry links and guest lectures, your teaching will always be guided by research-informed knowledge.







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.

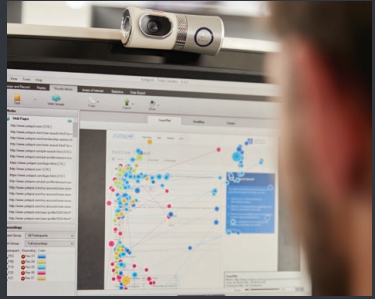
The city has great shopping and independent and state-of-the-art cinemas and theatres.



GET READY FOR YOUR CAREER

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.

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



SPECIALIST FACILITIES AND EQUIPMENT

Students have access to our range of specialist facilities, including experimental cubicles, specialist psychophysiological recording equipment and eye-tracking facilities. We provide a stimulating learning environment and access to state-of-the-art resources to help you make the most of your time with us. Flexible spaces, WiFi facilities and learning zones all contribute to our lively and contemporary study environment at Solent.

FRANCIS BECKETT

Course Leader For Mental Health Nursing

Here at Solent, we've looked at what the organising principles are around how you develop really good mental health nurses who are future-ready, in the sense that we asked: what are the things that students require through work and through learning experiences to be brilliant at mental health nursing?

We built the course around what we call four capitals:

- Personal capital – your sense of self and who you are as a nurse.
- Professional capital – how you think and behave in the workplace and also how you present to the general public in a professional manner.
- Technical capital – the skillsets that are required in the modern context .
- Academic capital – how you are critical and analytical around the work that you're doing.

When we put these four capitals together, what we're aiming for is confident, thoughtful and technically competent mental health nurses. We're using what's known as a spiral curriculum, so each year you are building the skills up. In the first year we develop a series of skills that all nurses need; by the second year you're applying those to a variety of cultural contexts; and then by the third year you're looking at how you apply those in really complex environments where people have got more than one condition, and perhaps the patient is living within a socio- and economic situation that may be quite challenging. It's about how you negotiate all of those things with the patient.

Within the course there are a number of areas where we think we're doing things differently. One of them is the idea of transcultural nursing – that is, starting in the first year, getting



students to think about who they are, so that you are practising in a genuine and authentic way, and you actually feel like you've got a set of values and a philosophy that's yours, and not necessarily one that we think is right or wrong. It's about what you think, so there's lots of exploration around self-awareness. We also have a set of additional qualifications that can be achieved, the first of which is in mental health first aid, and then in the second year we complete a course in suicide first aid.

The other thing that we think really sets us apart is the global focus of the programme, so we're not just looking at mental health from a UK perspective, but also from an international one, to question whether mental health needs are the same across the world – such as examining if the conditions in which people live and grow affect the sorts of mental health that people will

experience – and whether that's good, bad or indifferent – as well as what the role of nursing is within that. There is also the opportunity to volunteer overseas in health services outside of the European context.

We're not just giving traditional lectures – there's lots of discussion and exploration, using inquiry-based learning, to look at problems, come up with solutions and find the research that applies to situations, all of which is framed within the Socratic method. Rather than just finding the answer, it's very much about starting from the position of finding the right questions to ask at a philosophical level and having a close working relationship with the students. The quality of the teaching is essentially about the experience for students, so you actually feel that you belong to a community of nursing.





MARK GRIFFITHS

Clinical Associate Psychologist (CAP)

BSc (Hons) Psychology (Counselling), 2014
– now known as BSc (Hons) Psychology
(Counselling and Mental Health)

How did you progress your career after graduation?

I started working as a healthcare assistant at Chase Farm Hospital in Enfield. This is a medium secure mental health unit and I worked on one of the rehabilitation wards there. I moved to Broadmoor Hospital six months later to be a healthcare assistant on the wards, where I worked for two years before getting into the centralised group work service. I got the assistant psychologist role in November 2018, and then I moved into a new role within West London Hospital.

What does a typical day at work look like for you?

There is no 'typical day' working at Broadmoor Hospital. That is one of the main reasons why I love my job and will continue to work in the field of psychology. I have different roles and responsibilities within the hospital, such as a

team role on a rehabilitation ward as part of the multidisciplinary team, an individual case load of service users I see on a weekly basis, facilitating group therapy, supporting the psychological services with referrals or assessments, supporting various projects around the hospital, and more. There are a wide variety of opportunities available for career development at the hospital.

How do you feel your studies at Solent helped you prepare for your career?

I think university life helped me to develop my confidence and independence which readied me for the start of my career in mental health services. I think that the lecturers who discussed their clinical experience, along with the theory and practice of psychology, really motivated me to want to pursue a career in the field of psychology.



What advice would you give to those wanting to work in this or similar areas?

My advice would definitely be to have patience and humility. Progressing into careers in psychology can be slow – it's very competitive. I worked for a good few years as a healthcare facilitator and it's easy to feel stuck in the wrong job. When I reflect back on those experiences, I am very grateful for them – they allow me to have a deeper understanding of life on a ward and the challenges faced by both staff and patients. So a lot of patience is needed.

I also think, because psychology is such a competitive field, being grounded enough to support, and be supported by, other people who are trying to get into similar roles is so important – we're all in this together and we can learn a lot from each other.

What is the most important thing you have learnt in your career?

To have compassion. It is so important to be able to find something to allow yourself to feel compassion towards others, but also it's really important to be compassionate towards ourselves. We are all human, all have emotions, all make mistakes, all feel out of our depth at times. If you just try your best and pick yourself up, rather than being self-critical, you will be surprised at what you can accomplish.



MEI MASON-LI

Psychology course leader

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 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. We empower them to engage with real-world issues and address key challenges that face us all, from an individual 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.





ELLIOT GREYWYNNE

BSc (Hons) Psychology, 2018

I really enjoyed my time doing my BSc (Hons) Psychology at Solent. The course covered a wide range of topics and methods, which enabled me to develop and carry out my third-year project in a topic that I was personally fascinated by. Many assignments allowed me to focus on an area I chose, which meant that I was always doing something I was interested in.

As well as learning more about psychology, this course also gave me a variety of tools that can be put to use in other areas – such as research methods and data analysis – so that when I graduated, I felt like I still had many options open to me, rather than being committed to one career path.

The lecturers are all really friendly and approachable, and come from a wide range of backgrounds and expertise, so no matter what you're working on there is always someone who you can ask for help. My undergraduate degree was invaluable for learning, and it was also a fun experience – I really felt accomplished and prepared when I graduated.

Having completed my undergraduate course at Solent, I was super excited when I saw that the University offered an MRes in Psychology. My work in clinical psychology helped me realise that I wanted to pursue work in research, so I immediately applied for this course.

I've really enjoyed the level of independence and the challenges involved in this course, while also having the support of regular meetings with my supervisor. I like that the course is also built around guiding you into a career in psychology research – it has allowed me to lead my own research project, and prepared me for a research career in a range of different sectors.

Additionally, the course leaders are extremely knowledgeable and experienced. I was able to choose my own supervisor and mentor from a large pool of lecturers, which has ensured that I can be supported by someone who suits me. Overall, this course has been a great experience and I am looking forward to seeing where it takes me.



MASON JOSEPH-WILLIAMS

BSc (Hons) Psychology and Sociology student

Why did you choose to study at Solent?

I chose to study at Solent because when I came for an open day, I was instantly taken away. The University offers something I didn't quite get a feeling of when visiting my other options.

What do you enjoy about your course?

Being on the BSc (Hons) Psychology and Sociology degree has opened up my eyes to how I view the world that we live in. From the small everyday things we do in life, to larger aspirations for the future, I now look at and analyse every scenario and come to terms with it from either a psychological or sociological perspective.

What is the favourite thing you have studied so far?

I would have to say social inequalities. Every week we have covered a very interesting topic, ranging from gender and class to defining social problems. We have also covered topics such as nationality, sexual orientation and universal basic income (which is probably my favourite topic so far).

What do you like about Solent University?

Unfortunately, due to the ongoing pandemic, I have yet to experience much of the University on campus. However, what I can say is that even with the online learning via Solent Online Learning (SOL), my lecturers have been amazing. They have made me feel comfortable enough to approach them if I have any issues and have really gone the extra mile to try engaging and educating us.

What are your career aspirations for after university?

I am considering taking the extra step and possibly deciding to do a master's in either psychology or sociology. I am really enjoying my course and would like to further my knowledge. Due to the current climate the world is in, mental health is becoming even more of a serious issue, and I would like my future career to have mental health as its core focus.

DR DARREN BRITTON

Lecturer, Sport Psychology



Some of the research that I've been doing over the last few years is trying to identify the psychological traits which predict improved performance and wellbeing in sport – so looking at how we can identify personality characteristics and other traits that help some athletes cope better with pressure and regulate their emotions more effectively, and how that impacts on their ability to perform at the highest level, but also how we can manage their wellbeing.

I'm also particularly interested in the actual art of applied sports psychology practice. For instance, I'm interested in research that looks into how we, as sports psychologists or psychologists, can be effective and really impactful within really short periods of time. When working with athletes, a lot of the time young sports psychologists are trained to deliver

support over multiple sessions and to really take their time with athletes, but actually, when you practise sports psychology in the real world – within a big sports organisation or football club, for example – the opposite tends to be the case in terms of what you're expected to do. You're actually expected to work very quickly and effectively within short periods of time through little conversations with athletes. Therefore, some of the research I'm doing at the moment is also developing a framework for sports psychologists to help them manage and deliver those brief, impactful interventions with athletes within short periods of time.

The real benefit that it gives our students is that the sort of research that I'm doing is very much about how we actually do sport support psychology in the real world. Yes, theory is very important, but I think the real impact for the



students on our sport and psychology degrees is that they get some kind of exposure to research. Sport psychology study is learning about how we actually do it in the real world, so that students get some real experience and are better prepared to leave our degree to practise as sport and exercise psychologists in the UK – and potentially to go on to do further qualifications.

Students can get a real breadth of learning across modules delivered by multiple departments, so they know they are being exposed to different psychological principles that give them a fundamental grounding in psychology – and being a psychologist first and foremost, but also experiencing modules delivered by our colleagues in sports science and performance, and those in health and exercise science as well.

I think one of the real draws of this degree, in particular, is the breadth of knowledge that our students get from it, alongside real-world learning. By the time they get to their third year we focus on how we actually apply that.

Going forward, I think what we really hope the research will do is provide a stimulus to the way in which psychologists support psychologists such as me, and how they are trained in the future to help them be more impactful in shorter periods of time when working under the intense pressure of elite sport.

COURSE LIST

COURSE	UCAS TARIFF POINTS	WORK PLACEMENT OPPORTUNITY	FOUNDATION YEAR AVAILABLE
BSc (Hons) Mental Health Nursing	104–120		Y
BSc (Hons) Psychology	104–120	Y	Y
BSc (Hons) Psychology (Counselling and Mental Health)	104–120	Y	Y
BSc (Hons) Psychology and Sociology	104–120	Y	Y
BSc (Hons) Sport and Exercise Psychology	104–120	Y	Y
Social Sciences Foundation Year	48		

HOW TO APPLY

Solent University code name: **SOLNT**
Solent University UCAS code: **S30**
www.ucas.com



RESEARCH UNIVERSITIES
March – September



WORK ON YOUR UCAS APPLICATION
September – January



APPLY ONLINE VIA UCAS
By 26 January



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.

52 THINGS TO DO

Prepare for university in less than an hour each week with our tips, guides and quizzes.
www.solent.ac.uk/52-things

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