



SOLENT  
UNIVERSITY  
SOUTHAMPTON

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

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24



# Psychology, mental health and education

2024 undergraduate courses



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# Think deeper to help others

If you have a deep curiosity about human behaviour and a desire to make a positive impact on individuals' lives, our courses are perfect for you. With our contemporary degrees, we'll empower you with transferable skills that can lead to success in various career paths.

At Solent, we go beyond offering lifelong learning skills – our curriculum is designed to enhance your employability. Our degrees are tailored to meet the demands of industries worldwide, be it teaching, healthcare, human rights, or criminal justice. Employers highly value the skills you'll develop throughout our programmes, ensuring you are well prepared for a fulfilling career in your chosen field.



# Why Solent?

To help you on your exciting journey at university, we understand the importance of practical learning and its role in shaping your future professional career.

Through our research-informed teaching approach, we have developed specialised modules that align with the diverse array of opportunities available to graduates. Our aim is to equip you with the skills and knowledge needed to excel in your chosen path.

- Many of our courses are accredited by bodies such as the British Psychological Society (BPS) and the Nursing and Midwifery Council (NMC), so you can expect a high level of teaching that meets industry needs.
- You'll have the opportunity to work on live projects with external organisations, and many of our courses feature a range of employment-focused assessments, allowing you to showcase your skills and knowledge.
- You could present at conferences or engage with our network of professional organisations through mentoring, training, or working on stimulating live briefs.
- You'll hear from a range of speakers in areas ranging from sleep research and police advocacy to counselling and specialist teaching.
- Immerse yourself in a nurturing learning community designed to help you thrive. Our academic teams, with extensive industry and teaching expertise, continuously enrich their knowledge through ongoing research.



TEF  
2023

Overall: **Gold**

Student experience: **Gold**

Student outcomes: **Gold**

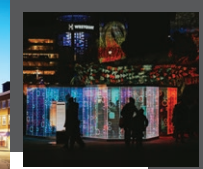
Teaching Excellence Framework

## Gold-standard teaching and opportunities

Our focus on practical knowledge and employment opportunities is just one of the reasons we're rated gold in the latest Teaching Excellence Framework (TEF) review from the UK government Office for Students.

TEF recognises excellence in teaching, learning and achieving positive outcomes for students - with gold status awarded only to universities offering outstanding student experience and career outcomes.





## Our great city

With a population of over 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 Championship 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.

Southampton is a city of live music with 180+ pubs, bars and nightclubs, and a wealth of entertainment venues, theatres, exhibitions, and state-of-the-art cinemas. Renowned venues such as The Joiners have launched many bands, stadium acts come to the Ageas Bowl, the O2 Guildhall hosts the mainstream, while a variety of festivals and street music thrive.

Southampton is a fantastic shopping destination – with big brands such as IKEA and Apple complemented by high street boutiques and independent stores – and is perfectly placed for access to the south and beyond, including Bournemouth, Portsmouth, and the New Forest, with excellent transport links to London – only 75 minutes by train.



# Industry-standard specialist facilities

You'll have access to our range of specialist facilities, providing a practical learning environment and access to state-of-the-art resources to help you make the most of your time with us.

## Psychology

- Our psychology laboratories are purpose-built rooms that allow psychology students to collect data from human participants using the same resources as professional psychologists.
- Carry out cognitive and psycho-physiological investigations by using a sophisticated eye tracker to trace eye positions on a computer screen, or using the Biopac programme to measure the participant's physiological reactions such as heart rate and skin conductivity.

## Health sciences and nursing

- Our six-bed simulated nursing ward, bathroom and kitchen reflects acute patient care in a clinical environment. In addition, our community facility includes a waiting room, a GP consultation room, a treatment room, and a care home room.
- Student nurses have access to modern equipment, enabling them to practise their skills at their own pace without any risk to patients. Our experienced nursing team facilitates the development of clinical skills using demonstration, recording and reflection.



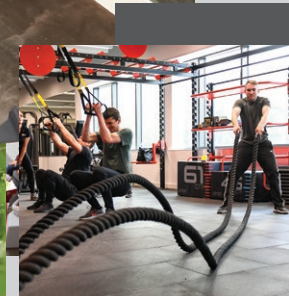




## Cutting-edge campus and facilities

### The Spark building

The Spark, our award-winning teaching and learning building, is the proud centrepiece of our campus – and everything about it is centred around you and your learning. Our lecture theatres include at-seat charging sockets for laptops and tablets, while the latest lecture-capture technology uploads to our virtual learning environment.



### Library

Our library features a fully networked resource centre equipped with high-end Macs and PCs, and an extensive selection of both open-plan and private group working spaces.



### Ultra-modern sports complex

Our £28 million sports complex has a huge range of sport and physical activity facilities – with flexible, affordable gym memberships – that can be used by all Solent students, with dedicated teaching spaces for those on our sport-focused courses.



# Why study psychology at Solent?

If you're intrigued by the human mind – its development and how it influences behaviour and society – our psychology courses can teach you everything you want to know.

A Solent University degree will give you the knowledge and practical skills you need, with the opportunity to study British Psychological Society (BPS)-accredited postgraduate courses, to prepare for a career in psychology-related fields such as counselling, clinical and educational psychology. On successful completion of your degree, you'll be eligible to apply for Graduate Basis for Chartered Membership (GBC).



- Our psychology degrees are accredited by the British Psychology Society (BPS).
- Our BSc (Hons) Psychology is in the UK's top 30 (out of 112 institutions) for learning resources and assessment, and feedback (NSS 2023).
- Learn in purpose-built labs used for teaching and research activities, equipped with industry standard resources for gathering data.
- Our specialist facilities include an observation lab, psychophysiological recording equipment and eye-tracking facilities.
- You'll engage with real-world issues and authentic assessments throughout your studies.
- You'll have the option to undertake work experience as part of your degree, and tailored modules reflect the wide range of careers that are open to Solent graduates.
- Our academic team has vast industry and teaching experience, and thanks to our close industry links and guest lectures, your teaching will always be guided by research and real-world knowledge.
- You'll learn from prominent guest speakers, while charities and private companies will provide you with mentoring, training and live briefs for specific units.



BSc (Hons)

# Psychology

UCAS tariff: 112-128

Course page and UCAS code: [www.solent.ac.uk/C800](http://www.solent.ac.uk/C800)

**Psychology is the scientific study of mind, behaviour, and relationships. Become a chartered psychologist with our British Psychological Society-accredited degree (BPS).**

This degree emphasises the practical application of psychology, with real-world assessments integrated throughout. You'll explore how people act and interact – both as individuals and in groups – while analysing the thoughts and feelings that underlie specific behaviours.

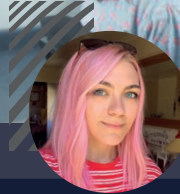
Through research-informed teaching, you'll cover key areas of psychological study including education, crime, community psychology, social behaviours, therapy and counselling.

You'll also have a work-based placement as a core module in the final year of your studies, and you'll be able to extend your knowledge by choosing up to three options in your final year.

**Graduates are well placed for** a range of essential roles in mental health support, therapy, counselling, social work, research, and the criminal justice system. This degree enables our graduates to go on to study BPS-accredited postgraduate courses to work towards careers in psychology and the opportunity to become chartered psychologists.



“The course lecturers are extremely knowledgeable and experienced”



## Elliot Greywynne

BSc (Hons) Psychology, 2018  
MRes Psychology student

I really enjoyed my time 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 that I was able to choose, which meant that I was always doing something I was interested in.

As well as learning more about psychology, the course also gave me a variety of tools that could 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 the course.

I've really enjoyed the level of independence and the challenges involved in the 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.

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, the course has been a great experience and I am looking forward to seeing where it takes me.

BSc (Hons)

# Psychology and Sociology

UCAS tariff: 112–128

Course page and UCAS code: [www.solent.ac.uk/PAS1](http://www.solent.ac.uk/PAS1)

Explore the fascinating behaviours of individuals, as well as the cultural and political issues that shape collective experiences, on this British Psychological Society (BPS)-accredited degree.

This degree emphasises the practical application of psychology and sociology, with real-world assessments integrated throughout.

The curriculum includes key areas of psychology, including research methods; biological, cognitive, developmental and social psychology; as well as conceptual and historical issues in psychology.

You'll study subjects such as education; crime; social behaviours; therapy and counselling; power, politics and identity; media; social inequalities; migration; and race and ethnicity.

In sociology modules, you'll reflect on real issues such as community empowerment, equality in the workplace and applied sociology in work environments.

You'll also have a work-based placement as a core module in the final year of your studies.

**Graduates could work in areas such as:** counselling, teaching and education, civil service and other government agencies, non-profit and outreach work, human resources, public relations and management. Graduates can also study a BPS-accredited postgraduate course, and work towards becoming chartered psychologists.



## 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 filled with enthusiasm. 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 a 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?

Along 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 that the world finds itself 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.



BSc (Hons)

# Psychology with Counselling and Mental Health

UCAS tariff: 112–128

Course page and UCAS code: [www.solent.ac.uk/CC88](http://www.solent.ac.uk/CC88)

**Combine your skills in psychology and counselling to influence behaviour change and recovery on our British Psychological Society (BPS)-accredited degree.**

This degree prepares you for a wide range of careers in mental health support, therapy, counselling, social work, research and criminal justice. The course explores the scientific methods used to assess, understand and address various psychological issues – such as depression, psychosis and post-traumatic stress disorder – and the risk factors related to the development of psycho-pathological disorders.

You'll build an understanding of counselling and psychotherapy theories, examining the latest advancements and techniques, and exploring the role of empathy, compassion and mindfulness in counselling.

**As part of your degree, you'll have the opportunity to acquire Level 2 and Level 3 Counselling Skills certificates, which will enable you to pursue a career in counselling.**

**Graduates are well placed to** carry on further specialist training in counselling psychology, mental health support or psychological wellbeing. Graduates can also study our BPS-accredited postgraduate courses, and work towards becoming chartered psychologists.



## Mark Griffiths

Clinical Associate Psychologist (CAP)

BSc (Hons) Psychology (Counselling), 2014  
– now known as BSc (Hons) Psychology with 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. In 2018 I moved to become an assistant psychologist for West London Hospital, then a trainee clinical associate, then a clinical associate. And more recently I moved to work for Camden and Islington NHS Foundation Trust.

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

There is no 'typical day' – 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 that 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 hospitals and local trusts.

### How do you feel your studies at Solent helped prepare you 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 allowed 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 it's also 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.



BSc (Hons)

## Sport and Exercise Psychology

UCAS tariff: 112–128

Course page and UCAS code: [www.solent.ac.uk/SEP1](http://www.solent.ac.uk/SEP1)

**Understanding performance and wellbeing is essential to help athletes cope with pressure and regulate their emotions, so that they can perform at the top of their game.**

You'll explore how people act and interact, and the thoughts and feelings that underlie their behaviour. You'll develop an understanding of intervention techniques that can be applied in exercise and team settings. You'll also gain an insight into the coach–athlete relationship.

This degree also emphasises the practical application of psychology and you'll study topics that include research methods; biological, cognitive, developmental and social psychology; as well as conceptual and historical issues in psychology.

Core areas of study include cognitive psychology, child development, social psychology and sports performance. All of these can be applied within a sport and exercise context.

### Why Solent?

- The course is accredited by the British Psychological Society (BPS).
- Access to Solent's dedicated psycho-physiological recording equipment, eye-tracking facilities and psychology labs.
- Access to our ultra-modern sports complex, with a multi-use sports hall and separate performance sports hall with seating for 500 people, as well as a community health and fitness gym and dedicated sports science and therapy space.
- Develop an understanding of intervention techniques that can be applied in exercise and team settings.
- Gain an insight into the coach–athlete relationship.

### Graduates can work in the following sectors:

education, coaching, sports performance, and sports management. Graduates can also study our BPS-accredited postgraduate courses, and work towards becoming chartered sports psychologists.



“ Having practical modules with lecturers who are from the industry has given me direction on how to get into the industry and the things I need to know to succeed.”

### Billy Blyhton

BSc (Hons) Sport and Exercise Psychology, student

#### Why did you choose to study at Solent?

What drew me to come to Solent was the cricket. The coach of the uni team was a massive influence, as well as the university being in the top division, so I would be playing at the highest level possible – and being able to train at the Ageas Bowl every week was a real selling point for me.

#### What's the best thing about your course lecturers?

I would have to say the experience most of them have had and are able to draw on while teaching the modules has been unmatched when it comes to understanding the content. Especially in the more applied/practical modules, hearing their experiences of working with people in the real world has given me things to think about now that I'm training to be a sport psychologist.

#### What about the facilities?

The facilities have really aided my studies – being able to have hands-on experience using equipment such as eye-tracking glasses, EMG traces and virtual reality software.

#### What do you think you're going to take away from your time at Solent?

The memories I've made with the people I've met through sports and elsewhere have been unmatched and, as cheesy as it sounds, I wouldn't change any of it. The experiences I will take from Solent will take me far in life. I would also like to take this opportunity to thank the University and its staff for their help during my time at Solent.



# Why study criminology with psychology at Solent?

Help the vulnerable and uphold justice. Explore crime, its causes and consequences, and the psychology of criminology - encompassing areas of work such as policing, probation, and community and local authority support roles in everything from victim support to working with addiction to human rights and youth work. With a varied and rewarding career, you can shape the lives of those in need of support.

- Our courses are designed, taught and assessed in partnership with a range of criminal and social justice practitioners, ensuring you are up to date with the latest developments in the field.
- Lecturing staff are current within the industry and have strong connections that can offer you employment opportunities.
- You'll use our portable crime scene and mock courtroom during the Crime Scene Investigation and Issues in Forensic Psychology modules.
- You'll have access to the Solent library, with an extensive range of criminology resources, journals and online materials.
- You'll benefit from a strong mentoring support network, which in the past has led directly to employment for students and extends beyond employability into pastoral and welfare care.

“Criminology is an absolutely fantastic subject to study. It leads to potentially so many different career avenues and in those jobs you know that you're actually going to be making a real-world difference to people's lives.”

**Esther Snell**  
Course Leader, Criminology and Psychology

BSc (Hons)

## Criminal Investigation with Psychology

UCAS tariff: 112-128

Course page and UCAS code: [www.solent.ac.uk/CIN1](http://www.solent.ac.uk/CIN1)

**Understanding the motives behind criminal behaviour is key in investigating crime, to explain criminality and to deliver justice.**

You'll examine the underlying social and psychological dimensions of crime and justice by studying the methods by which crimes are investigated and prosecutions secured.

You'll learn about criminal justice institutions and processes, as well as how psychologists seek to understand human thought and interaction – and how thoughts and feelings motivate our actions in various settings.

The course is regularly updated and informed by the latest theory and working practice, thanks to experienced lecturing staff working within criminal justice and criminology – ensuring your tuition is current, real-world relevant and tailored to the needs of the industry.

### Graduates have careers in:

the probation service, the security services, social services, the third sector (that is, supporting victims or working with people with addiction), youth services, forensics, the police, the information security services, human rights organisations, the courts.



“The course had a good balance of theoretical and historical theory, while keeping its finger on the pulse of modern and current crime and punishment issues facing society today. The topics and modules throughout the three years were varied and engaging. This gave me a hunger to continue my learning outside of the university and inspired me to take on criminology as a career.”

**Kirsty Kearns**

BSc (Hons) Criminal Investigation with Forensic Psychology, 2020 – now known as BSc (Hons) Criminal Investigation with Psychology

BSc (Hons)

## Criminology and Psychology

UCAS tariff: 112-128

Course page and UCAS code: [www.solent.ac.uk/CAP1](http://www.solent.ac.uk/CAP1)

Understand the psychology of crime and social justice on this degree accredited by the British Psychological Society (BPS).

You'll develop key industry skills in analytical thinking, crime scene investigation, presentation of evidential studies and critical thinking, along with the key knowledge of psychological and criminological theory to prepare you for a career in relevant fields and sectors.

The degree emphasises practical applications of psychology, studying research methods, and biological, cognitive, developmental and social psychology, alongside conceptual and historical issues.

The course is designed and constantly refreshed with current thinking, thanks to lecturing staff with plenty of experience and current connections within the criminal justice and criminology arena.

### Graduates could work in areas

**such as:** criminology, criminal justice and related fields, including the police and probation services, the Crown Prosecution Service (CPS), youth work and victim support, the Home Office, human rights, fraud investigations. This degree enables our graduates to go on to study BPS-accredited postgraduate courses to work towards careers in psychology with the opportunity to become chartered forensic psychologists and to apply for Graduate Basis for Chartered Membership (GBC).



**“The course was amazing – I really liked the Police, Law and Community module, which was extremely helpful for me when it came to applying for different jobs, and also when I went to an interview. The course as a whole was very interesting, and the lecturers were always willing to help and take extra time to explain anything. Overall, the course definitely prepared me for a career in this field.”**

**Chloe Ford**

BSc (Hons) Criminology and Psychology, 2020



## Rena Chalil Stecura

Trainee Probation Officer

BSc (Hons) Criminology and Psychology, 2019

I chose to study the BSc (Hons) Criminology and Psychology degree at Solent University because it is one of the few universities that offers this joint honours degree. The course content is very interesting and always up to date. The professors are always happy to help and provide you with extra guidance when you need it.

I enjoyed the balance between studying and socialising. I believe that Solent offers a unique university experience, which has allowed me to meet so many new people from different backgrounds and have incredible experiences and memories that I would not have had at any other university.

I feel confident that the opportunities that Solent University and the criminology and psychology course have given me have prepared me for the future. Even though I am passionate about criminal profiling and cybercrime, this degree has also given me the knowledge and skills to allow me to enter other professions in areas such as health and social care, as well as research sectors.



# Why study health sciences at Solent?

With brand-new facilities and a range of real-world learning opportunities, we'll send you into the health and medical industries with practical and science-based skills.

- Our BSc (Hons) Mental Health Nursing and FdSc Health and Social Care (Nursing Associate) are accredited by the Nursing and Midwifery Council (NMC), so you can be assured of a high-quality education to gain the skills relevant for the industry.
- You'll learn from lecturers with excellent teaching and clinical experience and a range of backgrounds and areas of expertise, including acute and community practitioners.
- Our courses offer placements in all years of study in a variety of primary and secondary mental healthcare services, such as community and hospital teams, forensic services, specialist providers of mental healthcare, and every other place where mental health nurses can play a role in the prevention, treatment, and recovery of people with mental ill health.
- You'll be taught in industry-standard facilities ensuring you have the best start to working in a clinical practice setting, while access to our state-of-the-art simulation nursing ward offers the opportunity to practise acute patient care in a clinical environment.
- Other specialist facilities feature nutrition laboratories and biomedical science laboratories.
- Gain additional qualifications throughout your studies in the fields of mental health, first-aid and suicide prevention with our BSc (Hons) Mental Health Nursing.

TOP  
15

Our BSc (Hons) Mental Health Nursing is in the UK's top 15 for teaching and mental wellbeing  
NSS 2023

95%  
employability

Over 95% of graduates from our FdSc degrees in health and social care are in high skilled employment or further study 15 months after graduating  
HESA 2023



BSc (Hons)

## Mental Health Nursing

UCAS tariff: 112-128

Course page and UCAS code: [www.solent.ac.uk/MHN1](http://www.solent.ac.uk/MHN1)

Learn essential clinical skills on this Nursing and Midwifery Council (NMC)-accredited degree, leading to a rewarding and fulfilling nursing career in mental health.

You'll learn how to provide mental health care in a contemporary, culturally diverse context, and what is needed for the profession to continuously improve and add value to the lived experiences of the populations we serve.

You'll complete a series of theory modules over three parts that analyse and critique modern mental health approaches and treatment modalities, including the medical model, psychotherapeutic approaches, anthropological understanding of health beliefs, public health approaches, and the social determinants of health, among other ideas and concepts.

On successful completion of this course, you'll be entitled to register with the NMC.

### Graduates have careers such as:

band 5 mental health nurse or supervisor for student nurses. Registered mental health nurses can work within the National Health Service (NHS), private, voluntary and independent sector healthcare providers, education, policy, and government sectors.



“I've made connections and gained a degree. The University has facilitated all my needs and made me better than I was three years ago.”



### Alison John

Bsc (Hons) Mental Health Nursing student

#### Why did you choose Solent?

Solent stood out for me as the University has a proven track record via the associate nursing courses. The staff at the interview was very relaxed and I didn't feel under any pressure or anxiety to perform, which made me express myself even better. In addition, this is my local university, so I don't have to travel far to go on campus.

#### What's the best thing about your course lecturers?

The course lecturers have an eclectic mix of experience, knowledge, and skills. They demonstrated a real compassion and empathy towards the cohort during the entirety of the course, especially during the Covid-19 pandemic, and this has fostered a real bond within the cohort.

#### Do you feel your studies are helping you prepare for a career in the industry?

We have a very good blend of classroom learning and placements, which means we could experience real working conditions over our years of study.

I had several opportunities to work alongside qualified nurses in NHS hospitals saving lives. I worked on a respiratory ward in the Chichester University Hospital. I gained first-hand experience of nurses and other professionals saving, preserving and prolonging life in a compassionate and empathic way. This experience is one I will take with me throughout my career.

Learning in the skills lab at uni how to take bloods or place a cannula has really consolidated the feeling that I am a nurse, and I was like WOW! These are really great skills to acquire that will allow me to perform well in my career.

#### What do you like best about being a Solent student?

Solent is known for its inclusivity and students here are proud of their university. It was evident when I was going out on placements and met other Solent students - everyone was so happy to see each other. There are various opportunities to socialise within cohorts and with students from different courses, and the student registry is always here when you need someone to talk to.



FdSc

## Health and Social Care (Nursing Associate)

UCAS tariff: 64–96

Course page and UCAS code: [www.solent.ac.uk/HSA1](http://www.solent.ac.uk/HSA1)

**Become a skilled nursing associate with fantastic career prospects in a range of different healthcare settings with our Nursing and Midwifery Council (NMC)-accredited course.**

You'll gain knowledge, skills and behaviours allowing you to work in a variety of healthcare settings including adult, paediatrics, mental health and learning disabilities in both the community and hospital settings. We have strong local industry links with practice partners who will support you both during and after your studies.

### Graduates have careers in:

a variety of healthcare settings as registered nursing associates and have opportunities to progress to become a registered nurse.

On successful completion of this course, you'll be entitled to register with the NMC.

FdSc

## Health and Social Care (Health Care Assistant Practitioner)

UCAS tariff: 64–96

Course page and UCAS code: [www.solent.ac.uk/HSC1](http://www.solent.ac.uk/HSC1)

**Working as part of the wider health and social care team, healthcare assistant practitioners provide care for service users within the healthcare industry.**

You'll learn about the role of the healthcare assistant practitioner in a range of different health and social care settings and develop a highly valued professional skill set that can be applied on practice placements, and in your health and social care workplace. This degree will allow you to further your career and understanding of healthcare-related topics such as communication, anatomy and physiology, and public health.

### Graduates have careers as:

health care assistant practitioners working in a variety of roles, including supportive positions in nursing, operating theatres, biomedical science laboratories, occupational therapy, physiotherapy, mental health, social care, rehabilitation services and radiology.



## Gemma Hannibal

FdSc Health and Social Care  
(Nursing Associate), 2023

### Why did you choose this Solent course?

Joining the foundation degree/apprenticeship course for nursing associates, enabled me to take the next step in my career. Working as a band two healthcare support worker (HCSW) with a young child at home and striving for more, becoming a band four nursing associate was the way forward.

### What was the best thing about your course lecturers?

As a mature student, returning to academia was daunting. However, as soon as I met the lecturers, this feeling was alleviated. This course and its team are structured in a way that from induction day up to our final day, lecturers were supportive and drew out the best of all students. Something that was often said to us that will stay with me is: "there is no such thing as a silly question, it would be silly not to ask as you will never know the answer."

**"I thoroughly enjoyed my time on the course and learnt so much academically as well as many practical skills. Not forgetting the unexpected: some new friends for life! I would say to all future students: go for it, enjoy it and take all the opportunities!"**



We were regularly asked to feed back on the course structure and learning materials. Our feedback was always appreciated, acknowledged, and used. During my time on the course, a hybrid model was implemented (a mix of online learning and onsite tuition) based on both external challenges (Covid-19) and student feedback.

### Did you have any opportunities to get practical experience?

This course included a vast amount of academic teaching and practical training. We were required to attend several placements and practical skill days within a lab allowing me to learn and practice many key skills within the nursing associate's remit.

### What were the challenges you've faced?

Things were not always smooth sailing with external challenges due to Covid-19, rail strikes, and NHS strikes, the University's team always made reasonable adjustment to the best of its ability.



# Why study education at Solent?

We offer a bespoke course that will enable you to examine education from a human, cultural, political, and social perspective.

Our BA (Hons) Education degree is a really exciting opportunity to explore what it means to be an educator and develop skills on how to be part of someone's learning journey.

You'll have the chance to study techniques that help educate people and make them feel comfortable in their respective social environment. One of the most rewarding aspects of working in educational contexts is seeing someone learn and develop new understanding.

Education not only teaches skills, but also helps broaden horizons, gain better perspectives, and encourages independent thinking. The process of education is something that will benefit individuals for the rest of their lives and by studying education at Solent, you will become an important part of it!



**Lisa Binney,**  
Course Leader BA (Hons) Education

“ Education opens doors to endless opportunities. A course like this will broaden your outlook on the society we all inhabit and knowing how people learn is key.”

Secondary school governor



“ School experiences and teaching placements allow what has been studied to be applied within the classroom and this is instrumental to understanding what it means to educate.”

Primary headteacher



BA (Hons)

## Education

UCAS tariff: 104–120

Course page and UCAS code: [www.solent.ac.uk/DUC1](http://www.solent.ac.uk/DUC1)

**Prepare your future in education by exploring the fascinating area of education of children and young people, while gaining practical experience through work placements in schools.**

This degree has been specifically developed to prepare you for a career in the education sector. You'll develop knowledge and understanding of the latest child development practices, how children and young people learn, as well as challenges and innovations in the education sector. You'll gain first-hand experience across a variety of school types, and across school ages.

### Why Solent?

- Our academic staff have teaching qualifications, industry experience and links, and are active researchers. Many are also involved with educational consultancy at local, county, and national level.
- We have an established partnership with local education providers ensuring you school-based placements and practical experiences across all three years of study.
- Real-world learning and employability skills are integral to the degree to ensure that you are well prepared for your chosen career path.
- Additional qualifications are embedded within the course to further enhance your skillset (i.e., Safeguarding and Protecting Children; Emergency First Aid; Positive Behaviour Management in the Classroom, Enhancing Literacy Skills; and Delivering a School Event).
- This course has no official exams and is primarily coursework-driven, with great opportunities to develop your learning.

### Graduates have careers such as:

teaching assistant, education leader, education administrator, student support adviser or one of the many other education professions working within schools. There are also many other exciting educator roles within various sectors such as culture, media, sport, transport, engineering, health, leisure and hospitality.

Graduates can undertake further postgraduate studies in education and train to become a qualified teacher through an Initial Teacher Training (ITT) course.



“ I had substantial careers advice from the university when I was looking into teacher training. I took part in mock interviews and had additional advice from my course lecturers. This experience was really helpful as I felt more prepared when it came to attending different interviews and speaking to different schools.”

**Laura Watson**  
BA (Hons) Physical Education, 2021

# Social Sciences Foundation Year

48 UCAS points

If you don't have the academic qualifications (A-levels, BTECs) or grades you need – or would like to refresh your academic skills – and want to study a social sciences-related degree, our Social Sciences Foundation Year is designed for you.

You'll spend a year building up essential study skills and a strong foundation of knowledge, before moving straight onto one of our social sciences-related undergraduate degree programmes the following year.

### Why Solent?

- You'll learn to apply theoretical knowledge to real-world problems.
- Explore contemporary subjects highly relevant to the study of social sciences.
- Teaching is delivered by an experienced and approachable team.

### Find out more

[www.solent.ac.uk/social-sciences-foundation-year](http://www.solent.ac.uk/social-sciences-foundation-year)



**“ You'll engage with key social theories and concepts from a range of social and health science disciplines. This course will also introduce you to the expectations of university life and support you in taking your first steps in higher education. ”**

**Dr. Ben Powis,**  
Course Leader, Social Sciences Foundation Year

# Research at Solent

At Solent, research is for everyone. Studying with us, you're part of an active research community – not just learning from researchers in every field, but incorporating that research into your studies.

The way we teach is informed by the latest research, inspiring and encouraging you to ask questions, investigate problems, propose solutions and create new knowledge. And ensuring you'll be at the forefront of industry thinking when you graduate.

It's an opportunity to deliver real-world impact in our communities and our society.

### Our areas of focus

Across all of our courses we deliver a unique curriculum shaped around inspiring industrial partnerships, ground-breaking professional insights, knowledge exchange and research – divided into four key areas of focus:

- **Environment and engineering**  
Safe and sustainable energy, transport, and material systems.
- **Social research and policy**  
Improving individual and community wellbeing through practice, provision, and policy.
- **Human function and health**  
The evaluation of human function, health and the social context.
- **Media, culture and the arts**  
Communication, cultural and media studies, creative arts and practice.





## Wellbeing and Applied Research in Psychology Group (WARP)

We've caught up with Dr Darren Britton, lecturer in sport psychology, currently involved in various research projects focusing on the role of stress, emotions and coping in applied sport performance settings.

"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 psychology in the real world. Yes, theory is very important, but I think the real impact for the students on our BSc (Hons) Sport and Exercise Psychology course 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."



## Postgraduate study at Solent

Solent University also offers a range of postgraduate and professional courses in psychology and health sciences, meaning that if you decide to continue your studies after your undergraduate degree, there are many options available to you.

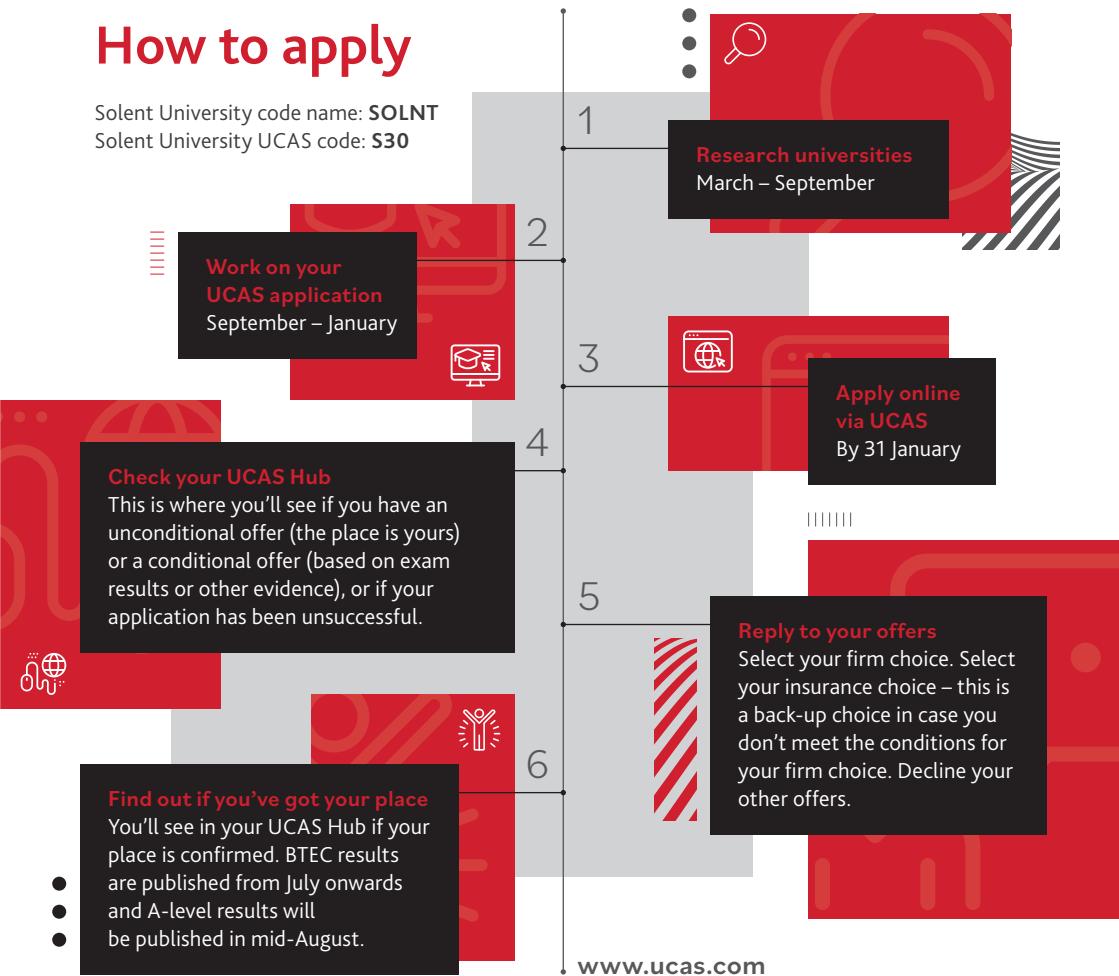
Course	Course length	URL
MRes Psychology	1 year full-time	<a href="http://www.solent.ac.uk/mres-psychology">www.solent.ac.uk/mres-psychology</a>
Assistant Practitioner (Health) Apprenticeship	2 years full-time	<a href="http://www.solent.ac.uk/assistant-practitioner-apprenticeship">www.solent.ac.uk/assistant-practitioner-apprenticeship</a>
Health Play Specialist Apprenticeship	2 years full-time	<a href="http://www.solent.ac.uk/health-play-specialist-apprenticeship">www.solent.ac.uk/health-play-specialist-apprenticeship</a>
History Taking and Physical Assessment	6 months full-time	<a href="http://www.solent.ac.uk/history-taking-physical-assessment">www.solent.ac.uk/history-taking-physical-assessment</a>
Independent and Supplementary Prescribing	6 months full-time	<a href="http://www.solent.ac.uk/independent-and-supplementary-prescribing">www.solent.ac.uk/independent-and-supplementary-prescribing</a>
PGCert Independent Prescribing Practice	1 year full-time	<a href="http://www.solent.ac.uk/pgcert-independent-prescribing-practice">www.solent.ac.uk/pgcert-independent-prescribing-practice</a>
Nursing Associate (NMC 2018) Apprenticeship	2 years full-time	<a href="http://www.solent.ac.uk/nursing-associate-apprenticeship">www.solent.ac.uk/nursing-associate-apprenticeship</a>
Registered Nurse Degree (NMC 2018) Apprenticeship	3.5 years full-time	<a href="http://www.solent.ac.uk/registered-nurse-degree-apprenticeship">www.solent.ac.uk/registered-nurse-degree-apprenticeship</a>

## Course list

Course	UCAS tariff points	Work placement opportunity	Foundation Year available
BSc (Hons) Psychology	112-128	Y	Y
BSc (Hons) Psychology and Sociology	112-128	Y	Y
BSc (Hons) Psychology with Counselling and Mental Health	112-128	N	Y
BSc (Hons) Sport and Exercise Psychology	112-128	Y	Y
BSc (Hons) Criminal Investigation with Psychology	112-128	Y	Y
BSc (Hons) Criminology and Psychology	112-128	Y	Y
BSc (Hons) Mental Health Nursing	112-128	Y	Y
FdSc Health Assistant Practitioners	64-96	Y	-
FdSc Nursing Associate	64-96	Y	-
BA (Hons) Education	104-120	N	N
Social Sciences Foundation Year	48	N	-

# How to apply

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



Unsure what to do with your future?

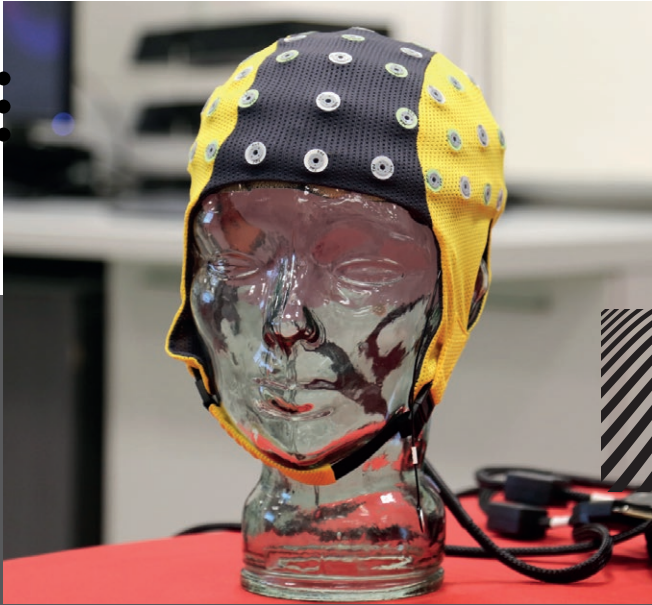
Confused about the university application process?

Follow our **52 Things To Do** guide, designed to help you every step of the way.

From thinking about the degree that's right for you to writing a personal statement, we've got it all covered – with handy advice and tasks designed to take no more than an hour each week.

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






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