



School of Psychology **Undergraduate Case Studies**

The Student Experience

Within the School of Psychology, we are committed to making sure that our students have an outstanding experience while they are studying with us, and the best opportunities awaiting them following completion of their studies. This includes helping students with academic, social, and professional development.

The opportunities for our students are varied and aim to meet the aspirations of a diverse student group. Students have the chance to get involved with activities across the University and within the School, and we also have a student led Psychology Society, which hosts a series of events nominated by students throughout the year.

Our students are also encouraged to share their experiences with each other; offering a good network of peer mentoring. If you are considering studying with us or you are already progressing with your studies at the University of Hertfordshire, you may be interested in what other students have to say about their time with us!

Dr Shivani Sharma

Associate Head of School (Student Experience & Employability)



Aneesha Kaur Jandu

BSc in Psychology
(2010)



The Experience

My Psychology degree proved to be a rollercoaster of intellectual challenge and stimulation, which overall I thoroughly enjoyed. Although at times the material seemed difficult, for the modules I've studied, interest outweighed the difficulties I found. The part of my degree I benefited the most from was my final year project. Carrying out my own research gave me a sense of pride, responsibility and achievement, and has left me wanting to do further research.

Now

As part of my degree, I really enjoyed the module in Health Psychology and this was also the area in which my final year project was based. As a result, I have decided to stay on at the University and study the Master's in Health Psychology. I chose to study at the University of Hertfordshire because I have always found the staff very helpful in supporting my development. For example, over the summer before starting the Master's, I had the chance to work on a project, which helped further my research skills. This type of experience will be really useful I'm sure when I complete my studies and try to find employment.





Jane Thompson

BSc in Psychology
(2010)

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The Undergraduate Placement

In the summer before my final year I carried out a placement working alongside an Occupational Psychologist in an airline company. My role was to analyze psychometric data the company had collected during the recruitment of international cadet pilots. This was so that I could build a profile for a 'successful' cadet. Before I started, the company had 2500 applicants for every 12-cadet vacancies. The profile I developed helped the company modify their recruitment process- ensuring the best candidates are accepted, and reduced the cost of recruitment.

Benefits

The undergraduate placement allowed me to gain insight into Occupational Psychology. I had already studied aspects of this as part of the 2nd year of my degree. The workplace experience helped me understand how theories I had learnt about applied to everyday work, including the usefulness of psychometric testing. This really helped with my studies. In my final year I definitely thought more about how what I was taught could be applied in different job roles. The placement increased my motivation and understanding of Psychology and was a very enlightening and interesting module. I'm glad it is offered as part of the degree at the University of Hertfordshire and definitely recommend the experience to other students.

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Anjali Bangara

BSc in Psychology
(2010)



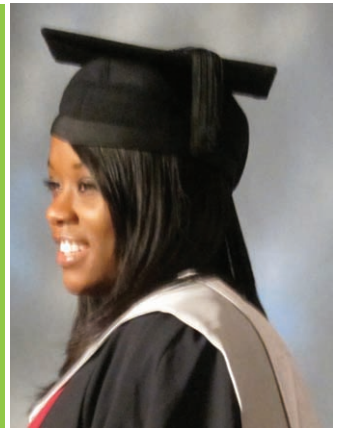
The Experience

Completing the Psychology degree enabled me to have a greater understanding of behaviour in a variety of situations. The degree covered a wide range of areas within Psychology, which made it very interesting and helped me find my 'niche' as it were. The degree is perfect for developing a range of skills that are transferable to any work role. This includes analytical skills, report writing, problems solving and much more.

Something Extra

I also took part in the University's FIT {student} programme, which is designed to help students build on their employability, and life skills. I really enjoyed the module on self-presentation skills as the tasks will help me have the impact I want in job interviews and has added to my confidence. The final module of the programme encouraged me to think fully about what careers are open to me with a Psychology degree and I learnt a lot about how broad my options are. As a result, I explored the option of training to be a teacher and was proactive in finding a place on an appropriate course after I graduated!





Stephanie Fontaine

BSc in Psychology
(2010)



The Undergraduate Placement

I chose to take the placement module as part of the final year of my Psychology degree. I found a placement in a secondary school working with a Parent Support Advisor. This role involves supporting vulnerable students and entails liaising with child psychiatrists, educational welfare officers, and teachers. A major part of the role is also mentoring students with challenging behaviour, and a high level of truancy.

Benefits

The role itself was very difficult, but also rewarding. It gave me a great chance to explore psychological theories on how family factors influence how students behave in school. My practical experience also developed my thinking in terms of being able to identify where the theories were limited in their application. I really got a lot from this experience and it has shaped what I would like to do after graduating. I would really like to train as a family therapist. This will allow me to work with families struggling to function well to try and tackle the problems they are experiencing. My tutor at the University of Hertfordshire has been really supportive in guiding me throughout to help narrow my career choices down!

