

Psychology and Counselling Newsletter

Dec 2022



To end the first semester of the 2022-23 academic year, we have decided to dedicate this newsletter to, and focus it on, our students. Throughout you will find information related to what our students have been doing so far this year, and also some Top Tips from a few of our third year undergraduate students! To all of you - one semester down and one to go! Have a very Merry Christmas and a Happy New Year.

BSc Psychology students help with major research project



As part of their studies on the [BSc Psychology programme](#), second year students taking part in the Research in Action module are helping to design and conduct research studies that aim to examine issues of gender equality. This unique opportunity allows these students to run their own research projects exploring how men and women are expected to behave, and what the perceptions are of a 'real' man or woman in today's society.

“[They] will be conducting research to explore these issues further and we will hopefully produce something that we can present in a conference or research paper at the end of the module. It would be fantastic for the students to be able to showcase their hard work.”

Dr Katie Sullivan

MA Psychotherapeutic Practice: Important Super Saturday Dates!

Saturday 4th February: MA students to present to their peers

Saturday 4th March: PhD students and previous MA students to present to current MA students

Saturday 25th March: Professional Practice Event

Psych Society



The Psych Society has been revived! The Psych Society is a discipline wide society for any students studying a Psychology or Counselling related programme to get involved with, as well as any member of the university who has an interest in the topics and want to learn more. Click the picture to visit the webpage.

BSc Psychology and Criminology
New programme beginning
September 2023*

**subject to validation*

"Start assignments well in advance, and try to set yourself small assignment-related goals each day to complete which will allow for more free-time and less stress."

Lloyd, final year undergraduate student: BSc Psychology

Student Tip!

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To end the semester, all the Psychology and Counselling team will be donning our Christmas jumpers on your last days of teaching. It would be great if you would join us and start the festivities before we enter the Christmas break - a jumper, a t-shirt, reindeer ears or anything sparkly is more than acceptable!

BSc Applied Psychology: Wednesday 14th and Thursday 15th December
BSc Psychology/BSc Psychology and Counselling: Thursday 15th and Friday 16th December
BSc Mental Health: Saturday 17th December

Student Tip!

"I have found it helpful to take the time to read over my work carefully and out loud to check for grammatical errors. Reading it out loud as if it is a speech helps me recognise if a sentence is too long or doesn't make much sense."

Laura, final year student: BSc Mental Health

Second year BSc Psychology student secures Undergraduate Research Assistant Scheme (URAS) grant

For his second-year work experience placement, Shaw Golding worked closely with members of the Psychology team on the SA1 IQ campus on the Limb Art project and extended his work further through attainment of the URAS grant. This is an excellent achievement, and with this funding, Shaw was able to engage in an 8-week research position over the summer of 2022 that allowed him to further work on the Limb Art project. His final year undergraduate empirical project has been based around this, also. Shaw has summarised his experience as "massively beneficial [to him] both academically and personally".

"Throughout my second year, and during the course of my work placement and engagement in research over the summer thanks to URAS funding, I have learned that research involves the process of working through many imperfections before any form of data can be collected. I believe that my work over the summer has significantly improved my knowledge for further study and, specifically, for my final year dissertation. I learned a subtle element of patience: patience with a variety of different technological tools that are designed to help with research, but also patience with myself. Overall, this has been an immersive, and enjoyable experience that has warranted much character building along the way, that which I will take forward with me in my life."



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Institute of Education and Humanities Student Voice Representative

"As Student Voice Representative for the Institute of Education and Humanities, I work closely with the Students Union and course reps in the institute to gather student feedback on their experience. I then attend institute meetings where I act as a voice for the students of the faculty and raise any concerns with the committee chair and SU officers to develop a plan to bring about positive change. I found my first meeting this year daunting but it was great to get a better understanding of how the institute is run and how important fairness, equality and diversity is within the institute, and I look forward to engaging in the process further over the process further over the next semester. I am also a paid Student Ambassador for the university, and I provide support at Welcome Events and Open Days. I have been given opportunities to engage in outreach events in school and at UCAS/careers fairs. I find this role rewarding and it has allowed me to learn new skills through my engagement with members of the public and in being an ambassador representing the university."



Katie Wagstaffe, Level Five
BSc Psychology and
Counselling

Employability Week - Swansea IQ Campus January 2023

Monday 23rd and Tuesday 24th:
Research Days

Wednesday 25th and Thursday 26th:
Careers and Employability

Thursday 26th:
Social afternoon / evening

Full schedule to be circulated via Moodle in the
New Year



Help and Support over Christmas



Linked here on the [Swansea Gov website](#) are locations, opening times and information on how to access food banks in Swansea. There is also information for people who wish to make a donation to a food bank.

For those who are in a position to give, the [Mr X appeal](#) is running again this year and tags can be picked up from the Christmas Tree in the Swansea Quadrant centre.

"My tip would be to speak up in class! Chances are, if you want to ask about something, there will be others wanting the same information. And don't be afraid to have discussions in your lectures - your lecturers are experienced in more than just their current teaching module and it's surprising what you can learn from just chatting to them!"

Lowri, final year undergraduate student: BSc Psychology and Counselling

Student Tip!