Psychology
Undergraduate Degrees 2023
Psychology is a fascinating subject and one that I am incredibly passionate about. As the scientific study of the mind and behaviour, it allows us to continually push at the boundaries of understanding how humans behave, and to carry out research that impacts on society, enabling us to help people.

As Head of Department I am proud of the work of all our staff. We dedicate ourselves to the highest-quality teaching for our students. Our lecturers share their passion for psychology with students, in order to inspire them through their teaching. At the same time, our lecturers are also leading researchers in psychology. For me, it is really important that students are taught by experts in psychological research, to ensure our teaching is at the cutting-edge of our understanding of human behaviour. This also means that we can involve students actively in our work, with lots of opportunities for placements in our research laboratories, where you can see the whole process from developing a study through to applying psychology in order to make a difference to people’s lives.

The sense of community that the size of the Department enables is a key part of our identity and something that our students value. This makes for a supportive, open and friendly environment, where you get to know your lecturers and they know you. Lancaster is a great place to study and enjoy the experience of being a student. We hope that you’ll make lasting friendships, create special memories, and develop life skills that will stay with you long after you graduate. We’d love to welcome you to the Department.
A place for me

A member of the Psychology Department here at Lancaster, Dr Lara Warmelink, told me something once that stuck. She said one of the best parts of her job is getting to see the teenagers who enter the doors on Open Days, exit years later as fully fledged adults. I’m only just coming to the end of my second year, and yet this sentiment already rings so true.

In all honesty, I don’t think I’d recognise the person I was reading this psychology brochure two years ago. And the fact that I already feel like I’ve matured so much, makes me extremely excited for what my final year has in store for me here. In particular, studying Psychology at Lancaster has allowed my understanding of the world and myself to completely expand.

During the course of my first two years, I have learned so much on such a broad range of psychological disciplines. To be learning such interesting and fundamental information about the mind and behaviour, whilst simultaneously transforming into an independent adult, is so fulfilling. I believe that developing an understanding of psychology goes hand in hand with learning about yourself and becoming a grown-up. Choosing the right university for you is extremely important because it’s where you’ll spend some of the most fundamental years of your life.

The university you choose will shape your future self, so not only must it match who you are, but it must also match the person you want to be. The people you meet will also heavily affect the adult you become. I remember one of my biggest fears before university was that I wouldn’t meet my type of people, but I’ve found regardless of where you end up, the people you’re meant to befriend will simply find you. And they’ll change your life as much as you change theirs.

If I could tell my younger self one thing, it would be that everything happens for a reason.

So that’s what I want to share here. If Lancaster is the place for you, it is simply where you’ll end up, and it’s where Lara and the rest of the Psychology Department will watch you leave as a confident, independent adult, with a mind full of psychological knowledge.
Our psychology degrees

BSc, BA, MPsych* and Study Abroad**

Throughout your degree you will study the key themes of modern psychology

<table>
<thead>
<tr>
<th>Neuroscience</th>
<th>Cognitive Psychology</th>
<th>Developmental Psychology</th>
<th>Social Psychology</th>
</tr>
</thead>
<tbody>
<tr>
<td>How the brain works, including how brain damage and disease may influence behaviour</td>
<td>How people perceive and think about the world</td>
<td>How children develop their thinking and their social behaviour</td>
<td>How people interact with and think</td>
</tr>
</tbody>
</table>

First year

In your first year, you will be given a thorough introduction to the theory behind the key areas of psychology:
• developmental psychology
• neuroscience
• cognitive psychology
• social psychology
• personality and individual differences

Each topic lasts for 5 weeks.

Skills for working with different types of data, and psychological research methods are taught alongside these topics. You will learn about a variety of different research methods, develop transferable skills for using data, and cover contemporary concerns affecting psychological research and ethics in the context of open science.

The practical skills that you learn in conducting research in psychology will help you in your understanding of psychological studies and in your own research. You will be taught through a combination of lectures, seminars and practical lab classes.

Second year

As well as delving deeper into the topics introduced in Year 1, you will have an increased focus on research methods and statistics. The content of this year is important in ensuring British Psychological Society accreditation. You will be encouraged to work more independently in preparation for your own research project which you will start planning towards the end of the year.

Third year

In this year, you will carry out your own individual research project under the expert supervision of a practised researcher. This will allow you to put into practice all the skills that you’ve developed to date and pursue your own line of enquiry. In addition to the project, you will choose 5 modules from a wide range of optional modules. These 3rd year modules are subject to variation each year as we draw on the strengths of our academic staff and offer topics that reflect the latest advances in psychology.

Example timetable

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>9.00am</td>
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<td>11.00am</td>
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<tr>
<td>12.00pm</td>
<td>Data Skills lecture</td>
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<td>Developmental Psychology lecture</td>
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<td>Data Skills lab</td>
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<td>1.00pm</td>
<td>Research Integrity lecture</td>
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</tr>
<tr>
<td>2.00pm</td>
<td>Research Integrity lab</td>
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<tr>
<td>3.00pm</td>
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</table>

Note: this timetable is an example based on the early part of the course where Developmental Psychology is covered and indicative of what you might reasonably expect a working week to look like.

* Equivalent to Years 1-3 of this degree programme
** Equivalent to Years 1, 2 and 4 in this degree programme

For more information please visit lancaster.ac.uk/psychology
Different ways of learning

Lectures

Lectures provide an introduction to the key issues and findings in each topic and are delivered by an expert in that particular field. They typically last for an hour and you’ll be expected to supplement your lecture notes with further independent reading.

Practicals

Practical classes are designed to help you discover the key psychological research methods. You will also get hands-on experience conducting your own psychology experiments in small groups.

Seminars

Seminars are weekly one hour sessions where you will be encouraged to discuss your learning with a small group of fellow students, under the guidance of a tutor. We encourage you to make the most of these groups by speaking out and listening to others. You will learn to present yourself with increasing knowledge and confidence.

Assessment

In 1st year, the assessment process varies across modules and includes essays, lab reports, class tests, regular web based assessments and end of year exams. The assessment methods used in 2nd and 3rd year help to develop transferable skills – for example, oral presentation, posters, media analysis and group work presentation.

Holly's study tips

Holly Barnett
2nd Year Psychology student

To study effectively I think you need to be in an environment where you can concentrate and not get distracted easily. I find it helps to use colour and diagrams to draw out trickier concepts as you can visually see what is going on. I also think there's value to discussing lectures with your course mates. Some people can understand certain topics better than others, so having conversations enable you to discuss ideas and pick up on points you might not have considered. This also means you can spend time with friends whilst revising which will help reduce stress and demystify exams. Attending the revision sessions provided by the Department will also give you an opportunity to talk to staff about any issues you have and get any questions answered. Having a solid revision plan will also benefit you as it will enable you to still enjoy social events and society meetings without worrying about when you are going to revise. Although exams are important, you still need to remember to maintain a healthy balance between work and rest.

For more information please visit lancaster.ac.uk/psychology
Belong, Engage, Employ (BEE)

Your future is important to us, which is why we have developed BEE where we offer a range of workshops, advice and opportunities for you to develop your employability skills through working with people and organisations or by meeting dedicated careers staff who will guide you in your career choices.

Psychology Employability Programme (PEP)

You will be encouraged to join this scheme which has been designed to give you the opportunity to gain relevant work experience by taking part in PEP placements alongside your studies.

Some placements will involve working in the community with charities and organisations that support vulnerable individuals. Others will give you the chance to work as a research assistant alongside expert researchers in the psychology labs. These roles are part-time and fit around your studies. This means that you can apply for more than one placement in each year of your degree, and by taking on different roles you will get a sense of how your future might look.

Each placement will provide you with experience and skills that are valuable to both psychology careers and more general graduate level occupations.

Example placements
- Advocacy Focus – mental health volunteer
- Making Space Supported Housing – activity co-ordinator
- Alzheimer’s Society – community support volunteer
- Prison Care and Advice Trust – group facilitator
- National Autistic Society – research field worker
- Lancaster University – research assistant in neuroimaging/programming
- Lancaster University – research assistant in infant and adult language acquisition
- Lancaster University – research assistant in detecting deception
- Lancaster University – research assistant in infant eye tracking

Careers Cafes

Regular drop ins where you can seek expert guidance on matters such as work experience, postgraduate study, making career decisions, CV/cover letters and job applications. We also have ‘Brain Food Monthly’ sessions that tackle a range of issues such as coping with exam stress, building confidence and resilience, and balancing work and study. These sessions are informal and relaxed.

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Oliver Crisp – PEP Experience

The Psychology Employability Programme (PEP) has been a really important part of my time at Lancaster. Throughout my degree, PEP provided the opportunity for valuable experience within the Department’s labs and research centres. I assisted with doctoral research using virtual reality to study perceptual-motor processes, investigated team effectiveness in a simulated cyberterrorist attack, and explored how emotional processes operate through extremist propaganda and discourse. My PEP experiences helped expand my technical skill base, strengthened my academic confidence, and supported my personal development. It was deeply rewarding to work on these research projects, and the practical, real-world impact of our Department’s work remains a powerful source of pride and motivation. PEP unlocked various career opportunities and significantly broadened my employability. After graduating, I was offered a role on the investigation staff with Northumbria Police.

Oliver Crisp
3rd year Psychology student

Psychology Alumni Evening

An annual event in which our past students return to talk about their career progression. This is a great opportunity for informal networking, and to hear first hand about how other students have advanced their careers.

Psychology Connect

This scheme offers one day opportunities for those who aren’t able to undertake longer placements. It’s a great opportunity to see how your degree can be applied whilst expanding your network.
Can you tell us about your own Psychology Employability Programme (PEP) placement?

Throughout the summer vacation and Year 2 of my undergraduate course, I assisted in a research project in the Transcranial Magnetic Brain Stimulation (TMS) Lab. I helped with the recruitment of participants, engaged with participants in the experiment and even used the brain stimulation equipment myself!

What skills and knowledge did you gain from the placement?

I was trained by experienced staff to use Transcranial Magnetic Stimulation TMS devices on motor cortex regions of the brain, which is incredibly exciting technology! Furthermore, I developed fantastic administrative skills and general research experience. These helped me to obtain a paid research assistant role with a collaborative study on dyslexia and speech perception using TMS. The administrative experience also helped me to secure another paid role as the student administrative assistant for the PEP itself. The skills and research experience gained in my PEP placement have taken me to where I am now as a first-year PhD student. It has been the foundation of my educational progression over the past 4 years at Lancaster, and sparked the passion for research that I still hold today!

What would you say to students thinking about applying to PEP?

Apply. Just do it! I can say without a doubt that I thoroughly enjoyed my PEP placement throughout the year, and the opportunities it has provided me went above and beyond what I had expected and hoped for when I first applied. PEP is all about gaining valuable and insightful experience, no matter where you wish to apply it.
Hello Future

Studying psychology will equip you with a range of transferable skills that are valued by employers. Our graduates progress on to varied careers within and beyond the field of psychology.

As you settle in to your degree, you’ll get a feel for the scope of the subject and from day one you will be coached on valuable employability skills (such as CV writing, communicating with confidence and working in a team).

Skills developed through a psychology degree

Communication
Literacy
Problem solving
Interpersonal skills
Critical evaluation
Information gathering
Independent working

To pursue a career in professional psychology such as clinical, educational and forensic psychology postgraduate study is essential. A much larger proportion of psychology students choose to pursue other careers whilst still capitalising on the skills and knowledge gained through their degree.

Major employers of psychology graduates include

- Commercial and industrial companies
- Financial organisations
- Human resources departments
- Local and national government
- Marketing companies
- The media
- National Health Service
- Police force, National Probation Service and prisons
- Schools, sixth form colleges and further education institutions
- Social services

What was your experience as an undergraduate at Lancaster University?

My time at Lancaster was everything I hoped it would be. A chance to build a network of truly inspiring friends and colleagues, spend every day learning more, and discover what my future holds. Lancaster city’s historic and dynamic culture has been the perfect place to study and an easy place to call home. My experience has been valuable, and one I will reflect upon with affection for a very long time!

What did you enjoy most about studying Psychology at Lancaster?

The highlight of my time studying Psychology at Lancaster was during my final year, as I gained first-hand experience of the academic world as a Research Assistant with the Developmental Psychology Department (Baby Lab). This experience hugely increased my affection for empirical research and provided such a sense of community. Throughout this position I was encouraged to explore the core concepts of psychological development and investigate novel ways of conducting meaningful research. This hands-on approach hugely benefited my undergraduate work, and also allowed me to nurture fantastic relationships with both my peers and the Department.

Where are you now and what skills did you learn in your psychology degree which help you in your career?

I am currently training as an Education Mental Health Practitioner (EMHP) with Barnardo’s, a role that extends the Increasing Access to Psychological Therapies movement into the education system, working with both children and school staff. Developing a strong statistical skill set during my undergraduate years has been particularly important.

How do you feel studying at Lancaster University helped you get to where you are now?

I really believe that I would not be where I am now without the support from the Psychology Department at Lancaster! The team is empowering, encouraging, and kind. They are also willing to give you a real challenge and push you to achieve well. I have felt so confident stepping into the world of work with my experiences at Lancaster behind me, and I couldn’t be more grateful for my time as an undergraduate.

Ellie Bradeley
Psychology student alumna

For more information please visit lancaster.ac.uk/psychology
I’m a 2nd Year Criminology and Psychology student, and I am one of Lancaster University’s Student Ambassadors. I have been working over the last year on the Psychology Department’s social media accounts, in a small team with our lecturers and social media experts to report on what life is like in our Department, for both its students and staff.

Being a Social Media Ambassador for the Psychology Department has broadened my creativity beyond expectations. At the beginning it seemed like a simple task, creating relatively light content, getting to play around with various apps to design appealing visuals. It turned out to be a lot harder than I thought.

After doing some research in the area, I learned that promoting our Department’s activities requires hard work and even stepping out of my comfort zone. I learnt that there is much more to explore in the online environment, aside from how social media algorithms work - reaching out to people to find the intriguing and entertaining content.

As soon as I found my way around it, the engagement with our Instagram posts and YouTube videos started to increase. The more engaged I would get, the more satisfying the final product would be. Without even realising, I gained valuable skills, like coming up with more and more innovative and original ideas (not just on social media, but in everyday life as well!), and being able to express myself more easily.

I would definitely consider it an incredible and rewarding experience, from which I learnt more than I expected to, with the help of an amazing team in the University that would guide me every step along the way!
MPsych

Our four year integrated Masters programme is accredited by the British Psychological Society (BPS) and has been specifically designed for those who wish to pursue a career in research. It is also suitable for people who want to earn an advanced degree to provide a competitive edge in the job market.

After following the first three years of the programme, in your fourth year you will typically choose three advanced modules giving you the opportunity to specialise in key topics across different fields of psychology. These modules are taught by academic staff whose research is internationally renowned. You have complete freedom of choice so you can choose the modules that you feel are best suited to your interests.

In addition to these modules, you will complete an in-depth and extended research project during your fourth year. By the time you complete your studies, you will have a deeper understanding of psychological science and the skills and knowledge required to conduct independent research.

Combined degrees

In addition to our Psychology degrees, you can also combine Psychology with these subjects.

- BSc Hons* Biology with Psychology (Placement Year)
- BA Hons* Criminology and Psychology
- BSc Hons* Marketing with Psychology
- BA Hons Psychology with Chinese Studies
- BA Hons Psychology and French Studies
- BA Hons Psychology and German Studies
- BA Hons Psychology and Linguistics
- BA Hons Psychology and Management
- BA Hons Psychology and Spanish Studies

*these degrees are not accredited by the British Psychological Society (BPS)
<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
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<tr>
<td><strong>Psychology BSc &amp; BA Hons</strong></td>
<td><strong>Psychology (Study Abroad) BSc &amp; BA Hons</strong></td>
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<td><strong>Psychology MPsyH Hons</strong></td>
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<tr>
<td>+ An Introduction to Cognitive Psychology</td>
<td>+ An Introduction to Cognitive Psychology</td>
<td>+ Research Project</td>
<td>+ Research Project</td>
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<td>+ An Introduction to Developmental Psychology</td>
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<td>Plus 5 from the following***</td>
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<td>+ Bewildering, bizarre or just banal? Cognition in and out the laboratory</td>
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<td>+ Personality &amp; Individual Differences</td>
<td>+ Personality &amp; Individual Differences</td>
<td>+ Cognitive Affective and Clinical Neuroscience</td>
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<td>+ The Developing Mind</td>
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<td>+ Minor module*</td>
<td>+ Minor module*</td>
<td>+ The Lying Brain: An Examination of Hallucinations &amp; Delusions in Normal, Clinical and Pathological Populations</td>
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<td>+ Research Project</td>
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<td>Plus 5 from the following***</td>
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<td>+ Cognitive Affective and Clinical Neuroscience</td>
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<td>+ Current Directions in Social Psychology</td>
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<td>+ Prozac Nation: Human Psychopharmacology</td>
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<td>+ Statistics for group comparisons</td>
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<tr>
<td>+ Statistics: from association to modelling causality</td>
<td>+ Statistics: from association to modelling causality</td>
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<td>+ The Psychology of Art</td>
</tr>
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</table>

***The availability of minor modules is subject to any entry pre-requisites and timetabling restrictions. **BPS = British Psychological Society
*These optional modules are indicative content as the topics change to reflect the latest developments in psychology.

For more information please visit lancaster.ac.uk/psychology
Study abroad

Gain a thorough grounding in the key areas of modern psychology and broaden your horizons with a year studying abroad. You will spend your third year overseas before returning to complete your studies at Lancaster in Year 4. There are lots of reasons to study abroad:

+ Engage with different methodologies, research and teaching practices with your host university
+ Widen your academic and personal network
+ Become more attractive to future employers

Potential destinations include Asia, Australia, Canada, Europe (Italy, Netherlands and Switzerland), New Zealand and USA.

For up to date information we advise you to contact the Global Experiences team: globalexperiences@lancaster.ac.uk

A global experience

There are many travel opportunities available to you at Lancaster University, from study abroad to short term vacation travels or travels with student societies. The short-term vacation programmes are held during the Easter or summer holidays with opportunities to visit places such as Germany, France or Belgium or travel much further to China, India or Malaysia. These trips are perfect for those not wanting to commit to a full year as they tend to be a week to three weeks long or for those wishing to start small to see if long term travel suits them. I had the opportunity in my first year to take part in an exchange to Utrecht, Netherlands, with the Psychology Society as well as a summer school in Seoul, South Korea. The small travels gave me the confidence I needed to study abroad for an entire year.

I am very grateful for all the opportunities as they allowed me to learn new languages and completely changed my future aspirations.

During my year abroad I plan to study 50% psychology modules and 50% of other compatible modules. As I want to gain a better understanding of Australian history, I will be doing a module called ‘First People’ which is about Aboriginal psychology. I am also hoping to study a module on Gender in Muslim Communities as I have not had the chance to look into this topic before. The psychology modules I’ve chosen will expand on my knowledge as they differ to what is taught at Lancaster. I will be living in student accommodation (with its own pool!) so I still get to live the student lifestyle.

I’m really excited about my year abroad that I’m just about to begin. I’m going to Australia.

The University has helped me with the application process by keeping in frequent contact about which stage of the process I should be at. Each department has its own member of staff for students to email, as well as the Global Experiences team. Whilst away, the Psychology Department will remain in contact with me to make sure I am ready to begin fourth year on time. This will enable me to choose my final year modules and keep in contact with my project supervisor.

For more information please visit lancaster.ac.uk/psychology
A place for the researcher

Our teaching experts bring their knowledge and passion to your lecture theatre, lab class and seminar.

This means that you will learn about the latest developments and their real-world applications in this broad and fast-moving science.

Many of our prospective and current students tell us that they want to help people and to bring about positive change in the world. This is what drives our research too and we are proud of the impact that our work has.

We conduct world-leading research in four key research groups.

Language and Cognition
We work on how people learn language and develop reading skills throughout their lifespan, we also study how memory and attention affect our processing of the world around us.

Perception and Action
We find out how humans interact with the world, how the brain responds to different situations, and how that can be affected by age and disease.

Social Processes
We explore the social and cognitive processes that shape human actions, such as discovering when and why people are pro-social or anti-social, and how that affects decision-making, security, and trust.

Infancy and Early Development
We investigate how babies and young children develop an understanding of the world around them. We study babies from before birth through to their exploration of the world as toddlers.
## Entry requirements

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<th>Degree</th>
<th>UCAS Code</th>
<th>Duration</th>
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<tr>
<td>BA Hons Psychology</td>
<td>C802</td>
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<tr>
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<td>C801</td>
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<tr>
<td>MPsych Hons Psychology</td>
<td>C804</td>
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### Entry requirements for BSc/BA Hons Psychology and BSc/BA Hons Psychology (Study Abroad)

- **A levels**
  - AAB
- **BTEC**
  - DDD
- **International Baccalaureate**
  - 35 points overall with 16 points from the best 3 Higher Level subjects.
- **Required subjects:**
  - Mathematics grade B or 6 (grade 5 will be considered on a case by case basis).

### Entry requirements for MPsych Hons Psychology

- **A levels**
  - AAA
- **BTEC**
  - DDD
- **International Baccalaureate**
  - 35 points overall with 16 points from the best 3 Higher Level subjects.
- **Required subjects:**
  - Mathematics grade B or 6 (grade 5 will be considered on a case by case basis).

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**Important information**

The information in this leaflet relates primarily to 2023/24 entry to the University and every effort has been taken to ensure the information is correct at the time of printing. The University will use all reasonable effort to deliver the course as described but the University reserves the right to make changes after going to print. You are advised to consult our website at [www.lancaster.ac.uk/study](http://www.lancaster.ac.uk/study) for up-to-date information before you submit your application. Further legal information may be found at [www.lancaster.ac.uk/compliance/legalnotice](http://www.lancaster.ac.uk/compliance/legalnotice).

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For more information please visit [lancaster.ac.uk/psychology](http://lancaster.ac.uk/psychology)