

School of Psychology

Succeeding In Psychology

Student Guide

2008



THE UNIVERSITY OF
WESTERN AUSTRALIA

We welcome feedback about this Student Guide. If you have any comments, please contact Erica Hodgson on 6488 3246 or send an email to erica@psy.uwa.edu.au.

COURSE STRUCTURE AND DEGREES IN PSYCHOLOGY

Psychology is psychology is psychology. So, as far as your psychology units are concerned, it makes no difference whether you take psychology through the Faculty of Science or Arts. Which Faculty you are enrolled in makes a difference only to what you take outside of Psychology—as a 1st year Arts student, you might take Spanish History or 15th Century English Poetry rather than Chemistry or Physics, and vice versa if you are enrolled through the Faculty of Life and Physical Sciences, or something completely different if you're enrolled through another faculty.

What's important for you to understand is that there are two parts to the course structure: The 3-year undergraduate degree, and a subsequent fourth year and beyond (Masters, PhD) in psychology.

Three-year undergraduate degree

You want to become a professional psychologist? Then you'd better complete a double major in your first three years, so that you're eligible to apply for the fourth year and professional training beyond that. As a double major, half of your second-year and all of your third-year units will be in psychology.

Specifically, a double major consists of: -

Year 1: PSYC1101 Mind and Brain

PSYC1102 Behaviour in Context

Year 2: PSYC2203 Psychological Research Methods

PSYC2205 Psychology: Behavioural Neuroscience

PSYC2206 Social and Cognitive Psychology

PSYC2207 Psychology: Normal and Abnormal Development

Year 3: PSYC3301 Psychological Science: Research Design & Analysis

PSYC3302 Psychological Measurement and its Application

PSYC3310 Specialist Research Topics

PSYC3311 Specialist Research Topics

And a choice of four units from:

PSYC3312 Social Psychology

PSYC3313 Developmental Psychology

PSYC3314 Abnormal Psychology

PSYC3315 Cognitive Psychology

PSYC3317 Cognitive Neuroscience

PSYC3318 Perception and Sensory Neuropsychology

Further details about all those units can be found on the web at our home page (<http://www.psychology.uwa.edu.au/>).

If you don't want to become a professional psychologist but are still curious about what makes people tick, then you may wish to complete a single major in

Psychology. A *single major* consists of PSYC1101 Mind and Brain **and** PSYC1102 Behaviour in Context in first year followed by PSYC2203 Psychological Research Methods, and 12 points chosen from PSYC2205 Psychology: Behavioural Neuroscience; PSYC2206 Social and Cognitive Psychology and PSYC2207 Psychology: Normal and Abnormal Development. In third year, single-major students must take at least 24 points of psychology including PSYC3301, PSYC3302, PSYC3310 and two remaining units from PSYC3312 – PSYC3318.

You can graduate after three years with either a single or a double major. But these days, to be employed as a psychologist, you need a bit more education. So read on....

Fourth-year psychology

The School of Psychology offers an Honours program that provides you with advanced training in theoretical and empirical psychology and provides you with the qualifications required for further post-graduate studies.

HONOURS PROGRAM

The Honours program in Psychology aims to develop your skills in:

- Addressing advanced conceptual issues in psychology and integrating a broad range of research findings within central theoretical concepts.
- Gaining a deep understanding of current research within several areas of the discipline.
- Planning, implementing, and interpreting the findings of a major piece of empirical research.
- Giving brief oral presentations of research findings in a manner that is understandable to people not working in the same research area.

The primary piece of work during Honours is the empirical thesis which is based on a substantial individual research project done under close supervision by an academic. The thesis mark constitutes 50% of the final Honours mark—choice of thesis topic and thesis supervisor is therefore of great importance.

You also enrol in honours seminars, which explore important theoretical issues in psychology and which give you the opportunity to present your research findings to a wider audience. Moreover, you complete at least one of PSYC7418 Psychological Methods I: Analysis of Complex Data and PSYC7419 Psychological Methods II: Specialist Research Methods and one other remaining Level 4 unit in psychology.

ENTRY REQUIREMENTS AND PREREQUISITES

Successful completion of a double major in Psychology.

In addition:

- you must obtain a grade of Distinction or better in **four** of the third year units, with a Distinction in PSYC3301 Psychological Research Methods: Design and Analysis **and/or** PSYC3302 Psychological Measurement and its Application, PSYC3310 **and/or** PSYC3311 Specialist Topic and the rest from the remaining third year units.
- an overall average of 65 per cent or better.

If you have completed the Graduate Diploma in Psychology, you are eligible to apply for entry into the honours program after obtaining permission from the Head of School.

By the time you have finished fourth year, you will know everything you need to know about post-graduate degree options (Masters, PhD and all that jazz). If you need that information now, have a look at our home page – you may gather by now that virtually all information is on the web <http://www.psychology.uwa.edu.au>

GETTING HOLD OF STAFF

All staff in the School really enjoy their teaching and they like to get to know you. Now, in first year, that's a bit tough with 650 or more of you, so please bear with us if we don't know your names by heart.

If you have questions to ask of an academic—no problem: staff **are** keen to meet you and to answer any queries, and they set aside specific consultation times for this purpose. If you are unable to meet at the allotted times, then the next best alternative is to email. Please stick to those consultation times; this means that (apart from unavoidable absences) you can be sure that the staff member is in his or her office, and that you will not be interrupting his or her other duties. This is also true for your tutors who will often be students themselves and who are only employed to teach part-time.

Information on consultation hours are normally available on unit handouts, on office doors, in the Main Office, or from your tutors.

If you are interested in getting to know staff more outside the formal lecture context, a good place to meet them on a social basis is at one of the "PsYchos" functions. The "PsYchos" is the name of the completely sane undergraduate student society; the last page of this handbook contains more info about them.

PSYCHOLOGY: THE PARTICIPATORY SCIENCE

Psychology is a participatory science: It would not exist without the participation in experiments by people who are interested in how the mind works and what 'makes us tick.' It is for this reason that experimental participation is emphasized in this School. Pretty much everybody you will meet in this School has actively been involved in research as a participant, not just once but many, many times.

Accordingly, we provide every opportunity and encouragement for you to participate in experiments. We would be delighted if you took us up on those opportunities and became part of the participating community of psychologists.

If you are enrolled in first-year psychology PSYC1101 Mind and Brain and PSYC1102 Behaviour in Context, you even get credit towards your final mark when you participate in experiments. This is to reflect the essential educational value of participation.

CHANGING LABORATORY OR TUTORIAL GROUPS — AND PLANNING YOUR TIME IN GENERAL

At the beginning of a unit, you typically enrol in a tutorial or lab group that meets at a time of your convenience. Sometimes that time becomes inconvenient for you later on, and you may wish to attend a different time slot. Hold it!!! You can't just show up at the new time—we need to know what group you are enrolled in because we have to plan for the number of people actually present.

How to enrol?

The Online Class Registration System (OLCR) operated by the School of Business has implemented a system to assist students to enrol online and it is accessible from all computers with Internet web browsing. Before you begin, please visit the website below and read the PDF document on enrolment procedures, timetable etc, problems in enrolment etc.

<http://www.olcr.uwa.edu.au/>

Alternatively, visit our Psychology home page below, then click on Online Class Registration System (OLCR) which will take you directly to OLCR web page.

<http://www.psychology.uwa.edu.au>

To begin, put a timetable together. You need to work out your Tutorial times before using the OLCR online registration system making the registration process quick and smooth. Lecture and Tutorial Timetables are available at:

<http://www.timetable.uwa.edu.au/>

Please note that the School of Psychology is not directly involved in the administration of OLCR. You should consult the OLCR web site (see above address) for any updates regarding the schedule of events, for help sources and the Information Pamphlet in the event of technical difficulties.

What do I do if OLCR fails to allocate me to a lab/tute/seminar group, or allocates me to one that I can't actually attend?

If OLCR does not allocate you to a group, or allocates you to a group that you cannot attend you should, in the first instance, access the OLCR system and attempt to insert or move yourself into a more suitable group. Spaces will open up in most groups as students withdraw or transfer.

If no spaces open up in any group that you can attend then you can submit an ["Application for Change of OLCR Lab/Tute/Seminar Group Allocation"](#).

The OLCR site lists a number of on-campus venues at which computers will be made available during the registration period for students without home internet access.

Room G25

In addition, Psychology students can access the OLCR web site from computers in G25 (the ground floor student lab in the North Block of the main Psychology building).

Undergrads will need to login in using the login and password below. Postgrads and honours students need to apply for a psychology network account; the network forms are available in main office.

LOGIN: G25

PASSWORD: g25 (lower case)

NB - Tutorial classes are held in G25, please check timetable on the front door before going in.

Once you have scheduled and recorded all your lecture and tutorial commitments, make sure you leave some “free” time to visit the library. Remember that most units require literature research and extensive additional reading for the written assignments—if there is no time in your schedule to visit the library, how and when and where would you do the required reading?

DEADLINES, LATE PENALTIES, AND EXTENSIONS

Assessment is part of learning. You will be asked to complete a number of written assignments each year. Each assignment comes with a deadline—a due date and a time on that day. Please take note of that time! To be fair to all students, we take it very seriously.

Penalty for late submission of written work

Requests for extensions of the submission deadlines for written work must be made to the appropriate **year** co-ordinator, *not* the unit co-ordinator, in which the extension is sought. Extensions will normally be granted only in instances where an unforeseeable and unavoidable event, such as illness, prevents the work from being submitted by the due date. Extensions to the deadline will *not* be granted for holidays, professional and sporting commitments, or clashing assignment deadlines. Extensions must be signed by the student and the year co-ordinator.

Late assignments will be penalised by 5% of the available marks for each day after the published submission deadline. You should note that work submitted on the due day *but after the submission time specified* will be recorded as one day late.

Incidentally, we also have deadlines: We are committed to returning all assignments within three weeks of the due date—and we stick to that in the same way that we expect you to stick to your commitments.

Of course, people sometimes get ill, and no one will penalize you for a late assignment if you got an extension ahead of time. So, suppose an assignment is due shortly, and you have fallen ill. What do you do? You see (or call) the Year Co-ordinator (not the unit co-ordinator). The Main Office can tell you who that is if you don't know; but there are signs all over the place and the Year Co-ordinators are also mentioned in the unit handouts. The Year Co-ordinator will grant an extension along the following guidelines:

- Extensions will only be granted for unavoidable and unforeseeable events outside the student's control that make completion of a piece of work on time impossible. In all cases, documentation of these grounds is required.
- For example, an extension would be granted if a student's documented illness prevents timely completion of the assignment.
- For example, an extension would NOT be granted in cases in which holidays, conferences, work and sporting commitments interfere with completion of an assignment.

Unless otherwise stated, if you are granted an extension, the assignment will be due at the same time as the original due time, but on the extended date.

Finally, even with an extension, events may sometimes conspire against you, and a serious illness may set you back in ways that can't be dealt with by an extension. In those cases, you can approach the Sub-Dean of your Faculty (for example, Arts) to ask for "Special Consideration." Please remember to seek special consideration whenever you feel you deserve it—it will never be held against you and it may well make the difference to a cliff-hanger at the end of the unit.

If you become ill at the time an examination is due, you may apply for a deferred examination, again this should be done through your Faculty. Ideally you should seek this in advance, but you can apply for a deferred exam up to three days after missing the exam. But remember, you must have a medical certificate or other evidence of exceptional circumstances.

MARKING AND AWARDING OF GRADES

Psychology, like the rest of the university, uses a numerical scale for marks (usually 0-10 for assignments and 0-100 for the unit overall). These marks relate to a set of grades: Fail (F, < 50), Pass (P, 50-59), Credit (C, 60-69), Distinction (D, 70-79) and Higher Distinction (HD, 80+).

How do we decide what mark to give a piece of work? You may be interested to hear that, instead of relying on intuition, we use a system called criterion-based marking in all our units. This means that when we set an assignment or an examination question, we have in mind a set of criteria that should be met by any piece of work to attain any particular grade.

For example, we might say that if a student fails to mention X, Y or Z then they have not given evidence of having the knowledge deemed to be worthy of passing the assessment and consequently the piece of work should be awarded an F. Yet again we might say that if the essay or lab report is well structured, well-written, contains X, Y and Z **and** mentions A or B or C, then it is surely worthy of a HD. Of course, we vary the criteria for different questions, courses, and year-level. The important points are (1) it is how *you* write your essays or lab reports that determines your grade and not how you perform relative to others in your group and (2) the markers know ahead of time what defines a given level of performance.

This means that everyone in a class could be awarded a HD for a piece of work—there are no quotas for excellence in this School! It also means that if different markers mark the same piece of work, their opinions are bound to be in very close agreement (in fact, in fourth year, most pieces of assessment are *independently* marked by two staff, and their agreement tends to be amazing).

When it comes to being awarded a grade for the unit overall at the end of year or semester, then all your marks are considered at an examiners' meeting which includes the unit co-ordinator and all other staff in the School. Your assessments for the year will be used to calculate your final mark for the unit. In addition, if an individual student is given "special consideration"—a request made through the Faculties (for example, because of serious illness through the year or special circumstances at the time of an examination)—then we look at that student's performance and may adjust the final mark to take into account the special circumstances.

PLAGIARISM AND UNFAIR CONDUCT

If you find that this section reads like it's been written by a bunch of lawyers, then you're (almost) correct. Plagiarism is serious stuff and we need to be crystal clear and precise about what it means and what it might entail. So do read on—if there is nothing else you read this millennium, read the next few paragraphs. They are vital for your continued well-being at uni!

Academic Conduct

Students are referred to the University policy on Ethical Scholarship, Academic Literacy and Academic Misconduct 2006. It is important that you familiarize yourself with this policy as it may differ from your current understanding.

It is posted on the web at:-

http://www.teachingandlearning.uwa.edu.au/tl/academic_conduct

The University guidelines outline the behaviour that constitute misconduct and the penalties that can be expected to arise following detection of such misconduct.

Additional information to aid students in achieving an appropriate standard of academic literacy is provided in the School of Psychology Policy on Assignments, which is available as handout GE-00 at the front office or on the web under *Information for Current Students*. It will help you to understand what plagiarism is, and how to avoid it; all assignment coversheets including those for this unit will require you to sign to the effect that you have read and understood both the School of Psychology and the University policies.

Don't panic

By now, your awareness of plagiarism and the associated penalties may have turned into the fear that you could plagiarise something or someone by mistake. Actually, that's extremely unlikely. In fact, it's about as unlikely as you re-inventing the lyrics of "Waltzing Matilda" by mistake (and unknowingly!) when asked to write a new national anthem. It won't happen unless you know you are doing it. (That's the good news. The bad news is that you can't use ignorance as a defence...sorry).

We are not kidding about this one!
Please please please please don't be tempted to try and plagiarise!
It's not worth it. Don't even think about it.

If you are still worried about committing plagiarism by mistake, there are quite a few books out there that deal with this issue (among many others). Here are just two of the many that are out there:

Mitchell, M. L., Jolley, J. M., & O'Shea, R. P.(2007). *Writing for Psychology*. (2nd ed.). Belmont, USA: Wadsworth.

Smyth, T.R. (2004). *The Principles of writing in Psychology*. U.K:Palgrave Macmilan.

If those books are too hard to come by, try the following on-line workshop which explicitly deals with how to avoid plagiarism:

<http://www.unisanet.unisa.edu.au/plagiarism/>

APPEALING A MARK

You slaved over this essay until 3 a.m. on the day that it was due. You thought it was a brilliant piece of work, worthy of one of the School's prizes. When you go to the Main Office with a confident smile to pick up the marked assignment—surely it'll have a commendation attached to it—you discover..... whoa.... you got a 5.2 out of 10. No way!

Now what? Here is what you've got to do. First, take a deep breath. No one is out to get you. Then, have a cappuccino and let it sink in for 10 minutes. Finally, here are all the steps you could follow:

For an individual piece of work within a unit (Informal Process):

Step One:

The first step you should take if you are unhappy with your mark on any single piece of assessment is to *approach the person who marked your work*. Talk to them. They are human, just like you. And they don't mind talking to you at all (*during their assigned consultation hour*). During your discussion, you should ask for feedback on your work and a clear indication on where you have lost marks. You need to also remember that you need to think about what the requirements were for the assessment and think about if you achieved the stated objectives.

(Hint: It may not be advisable to break through someone's office door, throw the assignment at them, and accuse them of being a bad teacher and marker, an awful human being, and a totally out-of-touch freakozoid overall. Remember, have that cappuccino first.)

Step Two:

If after getting feedback from your assessor (marker) you believe that you still don't deserve your mark, then you should *speak to the unit co-ordinator*.

Step Three

If you find that you remain unhappy about the mark you have received, then you should *write to the Head of School* asking for your work to be remarked. You have 10 University working days from when the results are issued in which to put the letter in for the informal appeal.

Final Step

The Head of the School is the final step in the informal process. If you find that after these steps you are still unhappy with the result, then you may *appeal formally* through the next process, which is also the process for appealing final examinations and unit results.

For final examinations and unit results (Formal Process):

Step One

You have 12 University working days from the day final results are issued in which to lodge a formal appeal with the Head of School.

The 12 days commence from the day of issue, ***not the day you receive your marks***. This formal appeal can be as a result of your informal appeal not being resolved for you, or because you are unhappy with the final unit result or have an issue with your final examination.

Before putting in a formal appeal, you should still look at attempting step 1 and 2 as for the informal appeal. It is important to seek feedback including an arithmetical check on your final result before appealing. There are a number of grounds on which you can appeal and this does not include scaling or assessment mechanisms.

To lodge a formal appeal, *you will need to complete a form* that you can get at: <http://www.secretariat.uwa.edu.au/home/policies/appeals>

Before you launch this process, make sure you visit:

http://www.secretariat.uwa.edu.au/_data/page/20777/appeal-guide.rtf

This web site publishes all the details about how to formally appeal a result. There are several steps open to you if the first one, within the School of Psychology, does not result in a resolution. These steps are briefly summarized below; you must refer to the University's web site for current deadlines.

Step Two:

After reviewing the matter, the Head of School will write to you with a decision. If you are unhappy with the decision and believe that you have strong grounds for appeal, you may lodge an appeal with the Executive Dean.

Step Three

Again you will be notified of the outcome of your appeal and if you want to take your appeal further, then you may contact the Faculty Appeals Committee.

Final Step

There is one final level of appeal within the university and this is to the Vice-Chancellor.

Remember, strict rules and deadlines apply to all of the above steps, and the authoritative information about those details is available at:

<http://www.secretariat.uwa.edu.au/home/policies/appeals>

What will happen in the end?

There is no way to predict the outcome of an informal or formal appeal ahead of time. It all depends on the situation, and we therefore cannot give you any guidance about what to expect—but please note two important points:

- A re-mark of your work is **not** automatic; just because you ask for it, doesn't mean you'll get it... sorry. There have to be compelling reasons for a re-mark that vary from case to case.
- If (repeat: **if**) there is a re-mark, there is no guarantee that the new mark will be better than the original one—a re-mark can raise **or** lower your mark. Most likely, if your piece of assessment has been marked properly the first time, the remark will be within ± 0.5 (on a 10-point scale) of the first mark.

SALE OF UNIT READERS

Some units collect all assigned readings into a single package that is offered for sale by the Co-Op Bookshop or available online. A certain number of readers are also placed on closed reserve in the library.

While you are not required to purchase the readers, it may be more convenient and less costly than copying the articles from the library yourself. So, readers are a very good deal, but you are under no obligation to avail yourself of that opportunity.

Manuals and handbooks are available from Psychology's Main Office free of charge.

PRIZES, PRIZES, PRIZES!

The School awards small (\$50) prizes to students for achievement in each of the following areas:

- The two students with the highest final marks in PSYC1101 and PSYC1102.
- The six students with the highest combined final marks across second-year units
- The students with the highest final marks in each one of the 3rd year units
- The student with the highest composite weighted final mark in the 4th year BPsych programme.
- The student with the highest composite weighted final mark in the 4th year Honours programme.

YOUR UWA E-MAIL ADDRESS

A basic, web-based email address, is used by the University for all official correspondence, has been created for you by University Communications Services on its student system. **PLEASE READ THESE NOTES AND ACTIVATE IT!!**

The basic **Student** account is only for email. It is very important that you activate your email account as we use the university's email service to disseminate information. You can also upgrade to a full internet access account which allows access to all Internet and UWA.

Bookmark the website below as it is an important page that will take you through the various logins that you need to activate for your computer account, computer services and Student page for campus card, library facilities etc! Please read and agree to abide by following rules and guidelines:

<http://www.ucs.uwa.edu.au/web/student>

- ✧ Firstly, activate your Webmail: remember that checking your email is your responsibility and failure to do so will not be considered a valid reason for missing out on important information.

<http://www.ucs.uwa.edu.au/web/student/email>

- ✧ Email Service - If you want to upgrade to full internet access charges may apply.

<http://www.ucs.uwa.edu.au/web/student/email>

- ✧ Then activate PHEME: your **UWA username**, **UWA student PIN** and **PASSWORD**:

<https://www.pHEME.uwa.edu.au/>

- ❖ New students need to create a new password.
- ❖ Continuing students from Semester 2, 2005 would have been issued with a personal identification number (PIN) and need to convert their current PIN to a password.
- ✧ Activate Student Connect for your exam results, examination timetable, financial liability details, home or term addresses etc.

<https://student.sims.admin.uwa.edu.au/connect/webconnect>

For additional information regarding a wide range of services, and computer facilities, visit Student Administration

http://studentadmin.uwa.edu.au/welcome/student_pin

CAREER OPTIONS IN PSYCHOLOGY

Psychologists study the way a person thinks, feels, or behaves. Psychologists apply their knowledge and techniques in a wide range of occupations including human resources, management, education, law, and sports. This is because many of the skills taught in psychology are directly applicable to real-world jobs. Below are some tables giving you some idea of what skills are taught during a psychology degree and how they transfer to work place settings.

Writing skills

Psychological training	On the Job
Essays and exams	<ul style="list-style-type: none"> • Writing reports • Writing proposals
Scientific reports	<ul style="list-style-type: none"> • Identifying and solving problems based on research and knowledge of behaviour • Performing statistical analyses • Designing and conducting research projects • Coding data • Using computer programs to analyse data • Systematically observing and recording behaviour
Peer reviewing	<ul style="list-style-type: none"> • Editing • Proofreading
Notebooks and journals	<ul style="list-style-type: none"> • Keeping clear and accurate records
Creative writing	<ul style="list-style-type: none"> • Preparing text for sales advertising, and publications

Speaking Skills

Psychological training	On the Job
Speeches and presentations	<ul style="list-style-type: none"> • Interviewing • Supervising • Counselling • Group work
Discussions and debates	<ul style="list-style-type: none"> • Making presentations to peers and clients
Group projects	<ul style="list-style-type: none"> • Surveying and soliciting funds and support • Working in a team

Research Skills

Psychological training	On the Job
Library and laboratory research	<ul style="list-style-type: none"> • Decision making • Planning skills • Identify problems and suggest solutions on the basis of research findings
Independent studies	<ul style="list-style-type: none"> • Developing ideas • Brainstorming • Unsupervised work
Literature reviews	<ul style="list-style-type: none"> • Gathering data • Analysing, and interpreting data • Synthesising data

These skills provide people with the ability to work in many different areas. For example, there are psychologists designing cockpits for NASA and computer software interfaces. Some psychologists design personnel selection systems, design age-appropriate toys, develop market research strategies, design surveys and train people in a variety of settings.

Many people go on to undertake postgraduate psychology courses which lead on to specialist titles, such as Clinical Psychologist. These specialties can lead graduates into many and varied careers, as shown on the next page.

Specialist title	Career examples
<p>Clinical Psychologists spend much of their time in the assessment and management of emotional and behavioural problems. These range from difficulties arising from life stresses to more severe disorders like schizophrenia.</p>	<ul style="list-style-type: none"> • Government agencies (e.g., Family and Children Services, Disabilities Services Commission) • Private practice • Drug and alcohol counselling • Psychiatric hospitals.

<p>Educational and Developmental Psychologists are concerned with issues relating to the development and learning of people throughout their entire lifespan. They work in a range of settings with individuals, couples, groups or systems carrying out varied tasks such as assessing developmental, learning and behavioural difficulties, designing treatment programs, evaluating programs and interventions, designing programs to promote positive development.</p>	<ul style="list-style-type: none"> • School psychologist • Developmental consultant to manufacturers of educational materials, toys, software • Psychologist in government agencies, e.g. Disability Services Commission.
<p>Organisational Psychologists deal with work place productivity as well as employee well-being. In some cases they help design software and machinery that allows people to work more effectively and safely.</p>	<ul style="list-style-type: none"> • Management consultancy • Human resources • Consumer analyst • Employee training • Marketing.
<p>Sports Psychologists work mainly with elite athletes and address the wide range of psychological factors associated with sports performance. They help athletes refine their focus on competition goals and learn to deal with the anxiety and fear of failure that often accompany competition.</p>	<ul style="list-style-type: none"> • Australian Institute of Sport • Professional sporting teams (e.g., in the AFL, National Basketball League and Hockeyroos).
<p>Clinical Neuropsychologists assess and treat the psychological effects of brain damage and disease. Often they work with health teams to help brain-injured people resume productive lives.</p>	<ul style="list-style-type: none"> • Government agencies (e.g., Disabilities Services Commission) • Psychiatric hospitals • Private practice • Rehabilitation agencies.

STUDENT SUPPORT: CENTRE FOR STUDENT LEARNING AND RESEARCH SKILLS

Courses and workshops

The Learning Skills Advisors conduct courses and workshops for undergraduate students on a wide variety of issues associated with university learning such as effective learning, writing and exam skills and strategies. Workshops are run on a weekly basis and are 45 minutes long.

Self-help Resources

The Centre publishes a book called Learning at The University of Western Australia that covers the basic skills and strategies that you need to succeed here, as well as outlining some of the expectations that academic staff have of students. The book can be purchased at the Co-op Bookshop or Student Services have the book available for loan.

The Centre also has a library of books and other resources about learning, reading, writing and other topics. These can be used in the Centre and may also be borrowed. We recommend these resources; they contain a wealth of valuable advice. An index to the resources is available online.

Individual assistance with learning skills and strategies

You may make individual appointments with the Learning Skills Advisors to discuss your concerns and ask for advice about learning and study matters. Students ask for advice about a wide range of learning-related issues:

- improving written work (see below)
- managing time and finding the right balance between study, paid work and recreation
- identifying techniques for efficient and effective learning
- reading effectively
- taking notes efficiently
- preparing for exams
- finding the motivation to continue working effectively right through the year
- and many more.

The Learning Skills Advisors will listen to your concerns and offer practical techniques and non-judgemental advice. To make an appointment, call at Student Services or phone 6488 2423.

Assistance to improve your writing

The Learning Skills Advisors will read your written work, diagnose any problems in your writing and discuss them with you. We will advise on work that has already been marked, but we prefer to assist you with drafts of your writing so that you can make improvements or eliminate problems before your work is marked. To use this service, please submit a typed copy of your assignment or practice exam answer to Student Services Reception and make an appointment for an individual consultation. Please note that the Advisors cannot look at your work 'on the spot' and that you will need to allow at least 48 hours between submission of the work and an appointment.

Contact Details

Visit <http://www.studentservices.uwa.edu.au/learning> or call 6488 2423.

MORE SUPPORT: COUNSELLING SERVICES

For students who experience personal problems or psychological distress, there are two resources available on Campus.

The **Counselling Service** provides professional and confidential service free of charge to students of the University of Western Australia. This service is open from 8:30 am to 5:30 pm on weekdays. For further information or to make an appointment call on 6488 2423, or visit http://www.studentservices.uwa.edu.au/information_about/counselling

The **Robin Winkler Clinic** of the School of Psychology provides individual and group therapy for adults, children, and adolescents of all backgrounds with a wide range of difficulties. The Clinic is open from 8:30 am to 8pm Monday, Tuesday and Wednesday and 8.30 to 5pm on Thursday and Friday. The first assessment is usually one and a half hours and the fee is \$22.50 if paid on the day of the appointment, or \$27.50 if paid at a later session. The cost of a 50-minute session is \$15 if paid on the day of the appointment, or \$20 if paid at a later session. For further information or to request our brochure call on 6488 2644. **Web site address:** http://www.psychology.uwa.edu.au/about/the_school/robin_winkler_clinic

A MESSAGE FROM OUR STUDENTS

☺ Welcome to University ☺

This is an exciting time of your life, cause at Uni you can learn stuff.

- In the psychology classroom you'll be exposed to lots of scholarly types who will attempt to give you the low-down on understanding human behaviour. Your task will be to remember as much of this as you can, until eventually nothing anyone does will be a surprise to you...roughly.

- The other part of learning you can do at uni is not something you'll be assessed on. You won't be forced into learning it and you don't have to do it either. But, it will have the most impact on your life. This is the social part, and this is pretty much up to you. The way to do this is to GET INVOLVED.

Getting involved doesn't have to be about how much alcohol you can drink or who you can smutt...although these give you something to talk about and can even be fun! Amongst other things, there's some pretty nice people around the campus – these are the people you should get to know. Watch out for Freaks (i.e., UWA juggling club members and others that present olfactory challenges), they can be a little too interesting...especially from a psychoanalytic point of view (i.e., Freud sex stuff).



Okay – so that's the break down of university, now here's the plug...

PSYCHOS are the psychology student club of UWA. They aim to provide you with most things you'll need to get through uni and maybe even have a good time. In terms of the two Uni learning points, PSYCHOS can help.

- With the academic stuff Psychos have a resource room complete with textbooks, fridge and couches. This also gives you an opportunity to discuss your work with people who have been through first year. They also aim to get your feedback to the tutors and lecturers before the end of the semester. Happy to answer questions related to study in the designated opening hours (most lunch times and more), they're a friendly crew. Psychos will also aim to keep you in touch with famous academics that drop in from around the world to say what they've been up to.



Find the Psychos room in the Psychology main building, North Block – G.25D computer room, e-mail us at psychos@psy.uwa.edu.au and be a member by joining the Psychos on O-Day. Please check the website for updates and future events. <http://www.psy.uwa.edu.au/psychos>

- And in terms of the social side of things psychos will aim to provide opportunities for students from all the different year groups to intermingle as well as meet some of the scholarly types, often finding out that they're stranger than they first appear. In 2007 the Psychos will be looking to have BBQs, Drinks Afternoons, Quiz nights, and anything else you can suggest to us.

So, the main message is:

GET INVOLVED...

And don't be a stranger.

Have a good one.

And wear Sunscreen.