

Focusing on health and well-being, the psychology way

By Juanita Haug: Operational Coordinator, Department of Psychology

If you are intrigued by the workings of the human mind and enjoy finding out what makes people tick, you should consider studying psychology, which is the study of the fascinating field of human behaviour. As a psychology student you will be introduced to knowledge and research, and the application of psychology relevant to the challenges and opportunities of the 21st century.

We would like to welcome you to our vibrant Department, which is firmly rooted in Africa and provides excellent training in international trends and best practice—as our Head of Department, Prof Tharina Guse, explains in [this video](#).

Reasons for studying Psychology

- *Psychology is the study of factors that influence our health and well-being:* Graduates will learn to appreciate the fact that any type of human connection requires care and effort. You will learn to better understand how psychological conditions are diagnosed and treated, and how mental health, happiness and well-being can be enhanced to ensure a healthier life.

- *We need more mental health professionals:* Our fast-moving lives often result in irritability, anxiety, depression or relationship problems. Psychologists understand the human mind and can assist us with addressing such problems and maintaining healthy relationships.
- *We learn to understand human diversity:* Through studying subfields of psychology, such as social and critical psychology, students learn to dismiss stereotyping and personal biases and work to discover and appreciate each person's inherent and unique differences.
- *Knowledge of psychology improves your employability:* It is an excellent elective module to combine with other modules in various degree programmes. You will learn key skills that employers seek, such as critical thinking, problem-solving, reasoning and research. Furthermore, studying psychology will broaden your understanding of human behaviour, which is crucial in both work and social settings.

Please refer to the infographic on the next page for more information and possible career opportunities.

Degrees with Psychology

- We offer elective Psychology modules at first-, second- and third-year levels. These can be taken as part of various undergraduate degrees in, for example, educational psychology, law, social work or engineering.
- Our BSocSci Honours in Psychology programme provides advanced academic and research training.
- Three professional master's degrees (MA Clinical, Counselling and Research Psych) that lead to registration as a psychologist with the Health Professions Council of South Africa (HPCSA) are offered in the fields of clinical, counselling and research psychology.
- The academic master's degree in psychology (MA Psych) will refine your research skills, but does not lead to registration as a psychologist with the HPCSA.
- Our doctorate in psychology (PhD Psych), which requires you to conduct research and submit a thesis, also does not lead to registration as a psychologist with the HPCSA.

Psychology encompasses the biological, social and environmental influences that are essential to every facet of our lives. Studying Psychology at UP will give you a solid foundation for understanding what makes us act, feel, and think the way we do. Join us on this road of discovery!

Let's make Psychology Matter!



Degree and possible career opportunities at the Department of Psychology

PART 1:

Undergraduate and honours degrees with possible career opportunities

Career opportunities

The completion of an undergraduate and/or honours degree in psychology contributes to building meaningful careers in areas where knowledge of psychology and research is valued, such as community and social development, health and welfare, education, marketing research, human resources, employee wellness, services for the disabled/ageing, non-government, government and non-profit organisations.

Undergraduate Psychology

Undergraduate psychology modules are taken with various degrees, for example:

BA, BA (Law), BEd, BSc (Human Physiology, Genetics and Psychology) or Engineering.

First-year Psychology modules

SLK 110 and 120

Choose four elective combinations:

eg Educational Psychology
Anthropology/Archaeology
Criminology, Sociology,
Social Work, Philosophy or
Languages.

Second-year Psychology modules

SLK 210 and SLK 220

Continue with three of the four elective modules taken during your first year.

Work on a Plan B for Honours.

Third-year Psychology modules

SLK 310 and SLK 320

Include a research module

RES 320: Social Research
(if you plan to apply for honours)
Continue with two of your three second-year electives.

Work on a Plan B for honours.

BSocSci Honours (Psychology)

This programme provides advanced academic and research training in Psychology with three core (compulsory) and various elective modules.

The application process consists of departmental selection and UP admission.

PART 2:

Academic master's, professional master's and doctorate degrees with possible career opportunities

Career opportunities

Two career paths exist within the five degrees listed in Part 2:

Academic path: Career in research and teaching with specific focus (all five degrees).

Practitioner path: Career as clinical/counselling psychologist specialising in psychotherapy or counselling, and research related such as consulting as research psychologist.

Academic Master's in Psychology

Consists of an empirical research project that does not lead to registration as a psychologist with the HPCSA, but develops research skills.

The application process consists of departmental selection and UP admission.

Master's in Clinical Psychology

Training includes theory, practicals, completion of a mini-dissertation, an internship and community service.

Leads to registration as a clinical psychologist with the HPCSA once all requirements have been met.

The application process consists of departmental selection and UP admission.

Master's in Counselling Psychology

Training includes theory, practicals, completion of a mini-dissertation and an internship.

Leads to registration as a counselling psychologist with the HPCSA once all requirements have been met.

The application process consists of departmental selection and UP admission.

Master's in Research Psychology

Training includes theory, practicals, completion of a mini-dissertation and an internship.

Leads to registration as a research psychologist with the HPCSA once all requirements have been met.

The application process consists of departmental selection and UP admission.

Doctorate in Psychology

Requires research that contributes to the field of psychology and the completion of a thesis. Does not lead to registration as a psychologists with the HPCSA. Crucial for an academic career.

The application process consists of departmental selection and UP admission.