



MSc Health Psychology

**CARDIFF SCHOOL OF
SPORT AND HEALTH SCIENCES**

Induction & Enrolment Information

Academic Year 2019/2020



**Cardiff
Metropolitan
University**

**Prifysgol
Metropolitan
Caerdydd**

C O N T E N T S

- 1. Welcome from your Teaching Team**
- 2. Pre-enrolment Conditions**
- 3. Pre-induction Tasks / Work Experience / Preliminary Reading List**
- 4. Enrolment / Module Selection / ID Card Collection**
- 5. Induction Week Timetable / What to expect when you arrive**
- 6. Attendance / Timetable**
- 7. Useful Links**

1. Welcome from your Teaching Team

Welcome to the MSc Health Psychology programme. As Programme Director, I am delighted to welcome you onto the course and feel confident that you will enjoy the experience, despite the challenges, and will benefit as a result of completing the qualification.

We have a very enthusiastic team supporting this programme and you will be well supported with a personal tutor and two dissertation supervisors. As you will be part of a small cohort on this programme, there is a close working relationship between students and staff and with our open door policy you will have plenty of opportunities to talk to members of the team when you need to.

Brief introduction to the programme and accreditation

The MSc Health Psychology programme is accredited by the BPS and if you successfully pass the course, and already have a BPS accredited first degree in Psychology, you will have passed stage 1 of the training to become a Registered Health Psychologist. If you are not looking to pursue a career in health psychology, the MSc Health Psychology programme offers many other opportunities to develop your career, particularly in relation to research, health promotion or teaching and training. During your time on the course you will have the opportunity to hear about the experiences of graduates from the programme and to plan for your own future as employability is at the heart of this MSc Health Psychology programme.

2. Pre-enrolment Conditions

There are no pre-enrolment conditions for the MSc Health Psychology programme. Although most students will have a GBC degree in Psychology, and this is necessary in order for the MSc qualification to be accredited by the BPS for that particular individual, it is not a requirement for the course and many graduates make good use of their MSc in Health Psychology without that. We usually ask for students to have a 2.1 or above in their first degree, but again, depending on the circumstances this is not always necessary.

A DBS check may need to be undertaken later in the programme if a dissertation is carried out in a setting with this requirement, however it is not something that everyone requires.

3. Pre-induction Tasks / Work Experience / Preliminary Reading List

There is no requirement to complete reading or work experience prior to joining us on the MSc Health Psychology programme. However, many students like to read around some of the topics before they start and this can certainly be advantageous. Most of the reading on the course itself will involve papers in peer review journals, but the text book that we recommend to provide a broad introduction to health psychology is:

Ogden, J. (2012) *Health Psychology*. Open University Press.

Other general text books in health psychology are available and will also provide a valuable introduction to the subject.

4. Enrolment / Module Selection / ID Card Collection

Enrolment is an essential process that confirms your status as a Cardiff Met student and also gives you access to Cardiff Met IT systems, payment of fees, and, importantly, enables you to obtain your Student MetCard.

You can complete the online Self-Enrolment process from any computer through the Cardiff Met Self Service system once you have received your **Enrolment Email**.

On receipt of your Enrolment Email, please begin your Self-Enrolment by going to the www.cardiffmet.ac.uk/enrolment webpage and following the step-by-step guidance provided. Access to the Enrolment section of the Cardiff Met Self Service system will require you to login with a username and password. **Please input the same username and password you originally used to apply with.** Guidance is provided for forgotten usernames/passwords. Please note that in order to Self-Enrol, your status with Cardiff Met must be **Unconditional Firm (UF)** i.e. all conditions met and place accepted.

Module Selection

If you are completing the MSc Health Psychology programme on a full time basis, then there are no choices to be made about modules. All students complete the same compulsory modules to ensure they meet the BPS criteria for the programme. If you are completing the programme on a part time basis then you will complete:

Year 1

Research Methods and Design (HPL7005)

Chronic Illness, Stress and Pain (HPL7018)

Communication in the Health Care Context (HPL7020)

Year 2

Biopsychosocial Issues in Health (HPL7019)

Health Psychology and the Health Psychologist (HPL7016)

Changing Health Behaviour (HPL7017)

Dissertation Proposal (FPS7006)

Dissertation (FPS7007)

5. Induction Week Timetable

We have one day during which induction takes place and you are able to collect your student access card. You will be notified of the date for induction closer to the time.

6. Attendance / Draft Timetable

Students are required to attend at least 80% of taught sessions on the MSc Health Psychology programme. The course is run on a very interactive basis, so students who do not attend any sessions will be disadvantaged. The programme is only taught on Thursdays and Fridays so it is easier for students to travel from far afield, and to work and fit other activities around those sessions.

Timetable for MSc Health Psychology Programme 2019 / 2020

| | Day 1(FT)/ Year 1(PT) Thursday | Day 2 (FT)/ Year 2 (PT) Friday |
|-----------------------|--|--|
| Term 1 | Morning: 9.30 -12 Chronic Illness, Stress and Pain Afternoon: 1-3 Research Methods and Design Evening: 3 – 5 Workshops | Morning: 10 - 1 BioPsychoSocial Issues in Health Afternoon: 2 - 5 Health Psychology and the Health Psychologist |
| Term 2 & 3 | Morning: 10 -12 Communication in the Health Care Context Afternoon: 1-3 Research Methods and Design Evening: 3 - 5 Workshops | Morning: 10 - 1 Changing Health Behaviour Afternoon: (to be arranged) Dissertation surgery sessions |

7. Useful links

- [Academic Handbook](#)
- [Accommodation](#)
- [Additional Costs](#)

Additional costs are any mandatory or optional expenses, in addition to tuition fees, that need to be paid for by students to fully participate and complete their studies.
- [Admissions Policy](#)
- [Bike Shelters](#)

Once you are on campus and have collected your student ID card you will be able to request access to the various bike shelters around our campuses.
- [Campus Maps & Met Rider](#)
- [Cardiff Met News](#)
- [Cardiff Met Sport & Facilities](#)
- [Cardiff Met SU](#) *including Freshers information & wristbands*
- [Occupational Health](#)

To comply with current Health & Safety legislation, all Cardiff Met students undertaking a healthcare-related programme at Cardiff School of Sport & Health Sciences (involving a clinical placement component), are required to participate in a mandatory Occupational Health Screening assessment. Additionally, certain courses are also required to adhere to the Department of Health's immunisation and vaccination programme.
- [Student Finance](#)

For information on tuition fees, alumni discount, loans and scholarships, as well as contact information for the Student Finance Advisory Service.
- [Student Handbook](#)
- [Student Services](#)

For help during your time with us in relation to your health, welfare, lifestyle and future career. The aim is to provide you with all the support you need to ensure your studies are as enjoyable and successful as possible. Services also include counselling, disability and chaplaincy.
- [Term Dates](#)
- [Virtual Tours](#)

Have another look around our campus and facilities with our guided virtual tours