

WHAT IS PSYCHOLOGY?

Psychology is the study of individual and social behaviours, emotions and ideas. It encompasses a wide range of sub-disciplines, including thinking, personality, development, and social behaviour, all of which share a common interest in how humans and animals relate to one another and respond to the world.

To give you an idea of the breadth of the discipline, here are examples of some of the questions addressed by psychologists:

- <How do we see different colours?
- <Why are some people more creative than others?
- <What effect does aerobic exercise have on depression?
- <Can chimpanzees be taught language?
- <Does hypnosis improve the memory of eyewitnesses to a crime or accident?
- <What effect does viewing violence on TV have on children?
- <What factors affect obedience to authority?
- <How can we improve people's motivation at work?
- <Why do people in crowds behave differently from how they behave when alone?
- <What effect does smoking during pregnancy have on a newborn child?
- <Is there a relationship between viewing pornography and violence against women?
- <What are some of the common kinds of psychological disorders?
- <What can psychology offer in the understanding and treatment of psychological disorders?
- <What can psychology offer in the understanding and promotion of health?

WHAT UNDERGRADUATE PSYCHOLOGY MODULES ARE OFFERED IN THE DISCIPLINE OF PSYCHOLOGY AT THE UKZN (PMB Campus)?

UNDERGRADUATE MODULES

Undergraduate modules are open to all students. They are designed to make up a major in a general Bachelor's degree, as well as stand-alone modules covering material relevant to a wide range of degrees and programmes.

First year

The first year modules, **PSYC 101 (Introduction to Psychology A)** and **PSYC 102 (Introduction to Psychology B)** are taught through four lectures a week and a tutorial programme. They are compulsory for the Psychology major. Topics covered include: Thinking, Perception, Biological Psychology, Community Mental Health; African Psychology; Social Psychology, Intelligence, Health and Stress, Child and Adult Development, Abnormal Psychology, and Psychological Research.

Senior undergraduate modules (Levels 200/300)

PSYC 201 Introduction to Research* (16 CP)	PSYC 301 Measurement, Experiment & Observation* (16 CP)
PSYC 204 Educational Applications of Psychology (16 CP)	PSYC 304 Psychology of Health & Illness (16 CP)
PSYC 222 Child and Adolescent Psychology (16CP)	PSYC 306 Psychology and the Law (16 CP)
PSYC 223 Social Psychology of Intergroup Relations (16 CP)	PSYC 318 Psychology in Education (16 CP)
PSYC 209 African & International Perspectives (16 CP)	PSYC 345 African Psychology (16 CP)

* Compulsory modules for a major in psychology

WHAT OTHER UNDERGRADUATE MODULES MAKE GOOD COMBINATIONS WITH PSYCHOLOGY?

Most UKZN students who register for modules in Psychology will be registered in the College of Humanities for either a Bachelor of Arts (BA) or Bachelor of Social Sciences (BSS) degree. BA and BSS students need to register for a range of modules towards their degree. "Psychology" exists in a social context, and therefore modules in disciplines such as Criminology, Sociology, History, Political Science, Geography, Legal Studies, Ethics, and Philosophy (and others) intersect well with Psychology. Psychologists are also interested in language, creative thought, and reason, and so Psychology modules also combine well with modules in languages, arts, media, communication and performance studies. People wishing to train as researchers may also find modules in Mathematics, Computers, and Statistics useful. Students registered for a Bachelor of Science (BSc) degree at UKZN (PMB) are able to include Psychology in their degree. For BSc students, Psychology is a suitable co-major (or elective) with Biological Sciences, Zoology, Genetics, and Nutrition (among others).

CAN I TAKE PSYCHOLOGY EVEN IF I'M NOT REGISTERED FOR A BSS OR BA DEGREE?

Yes, Psychology can be taken as a major (or as single elective modules) within any degree at UKZN (PMB). Science students studying Zoology for example, find that Psychology gives insights into animal behaviour, while Commerce and Law students find it deepens their understanding of human behaviour, including consumer and work behaviours.

If you are unsure of your module/curriculum choices, make an appointment with a member of staff in the Discipline of Psychology to discuss your future plans. Psychologists employed in the UKZN Student Support Services can also assist you with your career and curriculum decision making.

WHAT CAREER OPPORTUNITIES EXIST FOR GRADUATES IN PSYCHOLOGY?

Psychology graduates (i.e., graduates with a major in psychology) have a wide range of career options open to them, and there is a broad range of settings within which psychological training can be applied. The research, interpersonal and environmental awareness, information finding and other skills that Psychology teaches students, can be applied in a variety of occupations, many of which do not necessarily require further postgraduate studies. These include community development, market research, public and mental health, human resource management, pastoral and school counselling, programme administration, public relations, research, policy development and analysis, and training and consultation.

TELL ME A LITTLE ABOUT THE DISCIPLINE OF PSYCHOLOGY AT UKZN (PMB).

Dating back to 1911, Psychology is one of the original disciplines taught on the Pietermaritzburg campus. The Pietermaritzburg campus now has 15 academic staff members and four administrative staff members. Psychology in PMB is one discipline in the School of Applied Human Sciences (along with Criminology). The School is based on both the Pietermaritzburg and Howard College (Durban) campuses. There are almost 1 000 students registered for Psychology modules on the Pietermaritzburg campus.

For more information visit our website: <http://psychology.ukzn.ac.za>

POSTGRADUATE PROGRAMMES

Professional training as a registered counsellor

Professional training as a registered counsellor is not currently offered on the UKZN (PMB) campus, however, this training should be available in the near future. To study towards registration as a registered counsellor at the UKZN (PMB) campus, students will first need to complete a bachelor's degree with a major in Psychology, and then apply for a Postgraduate Diploma in Psychological Counselling. This process will enable registration with the Health Professions Council as a registered counsellor.

Psychology Honours

The Psychology Honours degree is an academically intensive year, covering a range of both theoretical and applied courses, and included the completion of a research project. Arrangements can be made for multidisciplinary Honours degrees, combining Psychology with other disciplines. Students intending to apply for Honours need to work towards an average of at least 65% for their Level 3 Psychology modules to have a fair chance of being accepted.

Professional training as a clinical, counselling, educational, or research psychologist

The Discipline of Psychology at UKZN (PMB) is one of the leading professional training centres in the country and offers postgraduate programmes which include supervised practice and lead to registration as a clinical, counselling, educational, or research psychologist with the Professional Board for Psychology of the Health Professions Council of South Africa. Entry into one of these professional training programmes is through a multi-factored selection process.

Masters and Doctoral degrees by research

The School offers postgraduate degrees by research in areas of specialisation of the staff.