



Centre for Applied Psychology



**UNIVERSITY OF
CANBERRA**

Australia's Capital University

UNIVERSITY OF CANBERRA

Faculty of Health

Centre for Applied Psychology

Handbook for
Bachelor of Science
in Psychology
(Honours)
(Course 769AA)

2012/2013

Psychology administrative officer: Jeanine McMahon

Phone: (02) 6201 2653

Email: psychology.admin@canberra.edu.au

Course convenor: Prof Anita Mak

Phone: (02) 6201 2704

Email: anita.mak@canberra.edu.au

Version of Handbook: 11 May 2012

Table of Contents

Welcome	3
The Centre for Applied Psychology	3
Course Overview.....	3
What career opportunities are available?.....	4
What delivery modes are available?.....	4
Cost.....	4
Scholarships	5
Entrance Requirements.....	5
How is Psychology GPA Calculated?.....	5
How to Apply.....	5
When are applications due?	6
Do I need to have previous work experience?	6
How many places are offered?.....	6
When will I hear the result of my application into Honours?.....	6
Course Components	6
Part- and full-time course structure	7
When are classes scheduled?	8
Departmental Resources	8
Technical resources	8
Data analysis resources.....	8
Test library	8
Finances	9
Research space	9
Past fourth year theses	9
Reference resources.....	9
Course website	9
Unit Descriptions	10
7366 Honours Thesis in Psychology	10
7375 Research Methods and Professional Ethics A PG (Semester 1)	10
7410 Research Methods and Professional Ethics B PG (Semester 2).....	10
6489 Psychological Measurement PG.....	11
6490 or 6491 or 6492 Advanced Psychological Topics (A, B, or C) PG.....	11
6490 Applications in Health Psychology	11
6491 Counselling Psychology.....	12
6492/6794 Organisational Psychology	12
Staff Research Areas	13
How do I find a supervisor?.....	14
More Information	14

Welcome

Thank you for your interest in the Bachelor of Science in Psychology (Honours) program at the University of Canberra (UC).

Honours builds on the knowledge and skills acquired during your undergraduate career and helps to prepare you for a professional career in psychology. Honours is a dedicated year of study during which you are given considerable autonomy and independence in developing your learning, research and organisational skills whilst working under the supervision of experienced academic staff. Half of the Honours course consists of coursework which is focused on applied and applied topics and skills and the other half consists of conducting an independent research thesis.

Studying Honours provides a vital capstone to your undergraduate psychology degree and a successful Honours degree will provide you with an opportunity to continue in the psychology profession by qualifying you to undertake an internship or to enter a Masters or PhD program. Honours is a time of intense social, professional and intellectual development during which students become better acquainted with features of academic life such as seminars, workshops, peer review, research design and communication of scientific findings.

Honours in Psychology can be an incredibly rewarding experience, especially as you will undertake your own empirical research on a topic you choose to study. In this way you can study a topic of particular interest and contribute new information and knowledge in your chosen field, as was experiencing the benefits of working in close, collegial way with an academic expert.

Students commonly report that their Honours study was the most challenging, but also the most rewarding, of their university career.

The Centre for Applied Psychology

The [Centre for Applied Psychology](#) is located within the Faculty of Health at the UC. It offers undergraduate and postgraduate courses accredited by the [Australian Psychology Accreditation Council](#) (APAC) and approved by the [Psychology Board of Australia](#) (PBA). Staff who work within the centre are engaged in a range of applied research and teaching in fields such as clinical psychology, health psychology, stress and health, adolescent problem behaviours, cross-cultural psychology, sport psychology, and cognitive psychology.

Course Overview

The Centre for Applied Psychology offers the Bachelor of Science in Psychology (Honours) which is accredited by the APAC and the PBA. On completion of this course, graduates may apply for Associate Membership of the Australian Psychological Society (APS) and provisional registration as a psychologist with the PBA. After the completion of two years of approved supervised practice or postgraduate studies, the provisional registration may be changed to full registration. Information about any updates to these requirements is available on the PBA website.

The APAC *Rules for Accreditation and Accreditation Standards for Psychology Courses* (2010) state that:

The main objectives of the fourth year psychology course are to provide for the completion of an integrated and comprehensive education in the discipline of psychology, to permit advanced level study in a range of areas, and to develop competence in conducting research. Fourth year topics must include education in the theoretical and empirical bases underpinning the construction, implementation, and interpretation of some of the more widely used cognitive and personality assessments, and evidence-based approaches to psychological intervention.

Students in the Honours program at UC complete 24 credit points, made up of:

1. An individual research project and write it up as a thesis under supervision (12 cp),
2. A required unit on Research Methods and Professional Ethics (6 cp)
3. A required unit on Psychological Measurement (3 cp), and
4. One elective unit of an Advanced Psychological Topic (3 cp). The advanced psychological topics on offer vary depending on staff expertise available in any particular year, but may include Health Psychology, Counselling Psychology or Organisational Psychology.

What career opportunities are available?

Graduates may either seek employment, or apply to enrol in a Master or Doctoral level program. Employment opportunities exist in many human services organisations.

Graduates find jobs in areas such as youth work, advertising and marketing, policy and research, consumer research, industrial relations, human resources, program co-ordination and welfare.

Provisional psychologists work in a variety of settings including educational, human services, community, medical and organisations under the supervision of an experienced registered psychologist. To become eligible to apply for full registration as a psychologist, students need to either complete a supervised internship or complete a coursework Masters degree in psychology (two years full-time or four years part-time) or a clinical PhD (four and half years full-time).

What delivery modes are available?

This is an on-campus course. All coursework is delivered face-to-face. The course is not available via external or online study.

Cost

The Bachelor of Science in Psychology (Honours) currently provides Commonwealth Supported (HECS based) places. For more information contact the UC Enrolments and Fees Office at phone (02) 6201 2616/5366.

Scholarships

Applicants with high academic standing are strongly encouraged to apply for \$5000 UC scholarships. Other scholarship schemes may also be available. Please contact the course convenor for more information.

Entrance Requirements

The eligibility requirements for the Bachelor of Science in Psychology (Honours) are:

- (a) An undergraduate degree with an APAC accredited program in Psychology;
- (b) A credit average or better (i.e. $\text{GPA} \geq 5.00$) in the psychology units in the undergraduate course.

If demand exceeds the number of places available, then applicants are ranked and selected on the basis of academic achievement. Where applicants are equally ranked on GPA, attention is paid to marks and grades in the undergraduate psychology research methods units. Preference may also be given to students who completed their undergraduate psychology degree at UC.

A limited number of mid-year places are available and are generally only offered to applicants with strong academic records.

How is Psychology GPA Calculated?

- UC GPA policy: https://guard.canberra.edu.au/policy/policy.php?pol_id=2905
- For Honours entry, we use the GPA of the undergraduate (or equivalent) psychology units which will be the mean based on:
P = 4, CR = 5, DI = 6, HD = 7
- The minimum eligibility requirement for Hons is psychology $\text{GPA} \geq 5$ (this is also the minimum required by APAC), but entry is competitive and cut-offs vary from year to year. For commencements in Semester 2, 2011 and Semester 1, 2012, offers went to students with $\text{GPA} \geq 5.5$ and 5.7 , respectively.
- If your Psych GPA is ≥ 5 , but you want to increase your chance for a place, you can try to improve your undergraduate psychology GPA, such as by enrolling as a non-award student on an upfront fee-paying basis and studying elective units, or re-doing one or more units. In calculating your GPA for entry to Honours, we will use your best grade for each psychology unit.

How to Apply

There are two ways to apply for the Bachelor of Science in Psychology (Honours):

- 1) Apply directly to UC online at <https://www.canberra.edu.au/applicant/connect/webconnect> through the section on **Undergraduate Courses** → Non School Leavers: Apply Direct.
- 2) Apply directly to UC via hardcopy application, using the form downloadable from <http://www.canberra.edu.au/student-services/attachments/forms/Domestic-Application-Form.pdf>

Note that you **do not** need to complete an Honours Supplement in addition to this form,

despite this being requested on the form. For Psychology Honours we organise research topics and supervision after you have been accepted into the course.

Information about courses and studying at UC is available from <http://www.canberra.edu.au>. Specific questions about the administrative aspects should be directed to the UC Student Centre (phone 1300 301 727 or email studentcentre@canberra.edu.au). International students should enquire about the administrative aspects of admissions with UC's International Office. In particular, international applicants should note that they will need to get their overseas qualifications assessed by the APS for equivalency to an APAC undergraduate psychology course before applying.

When are applications due?

Applicants who wish to have their applications considered in the mid-2012 entry should lodge their applications by **29 June, 2012**. Those who would wish to be considered for the first round of offers for Semester 1, 2013 should lodge their applications by **31st October 2012**. Applications made after those dates may still be processed subject to the availability of places.

Do I need to have previous work experience?

No, successful entry into Honours is based on academic results and work experience is not necessary.

How many places are offered?

Since 2010, we have been offering around 20 to 25 places each year (including mid-year entry). This depends on the availability of supervisors in any given year.

When will I hear the result of my application into Honours?

Offers for mid-year entry – commencing in mid-August, are generally made before the end of July. First-round offers for commencement in Semester 1 are generally made in mid to late December. Further offers may be made if some first-round offers are declined.

Course Components

The following components comprise the Bachelor of Science in Psychology (Honours) course:

1. An empirical thesis, worth 50% of the overall final grade. For the thesis, you are expected to design a research project, collect empirical data and report it in a thesis with a length of between 10,000 and 12,000 words. The unit you enrol in is entitled **7366 Honours Thesis in Psychology** (12 cp).
2. A year long unit covering research methods, ethical issues, and professional practice. The units you enrol in are entitled **7375 Research Methods and Professional Ethics A PG** (Semester 1, 3 cp) and **7410 Research Methods and Professional Ethics B PG** (Semester 2, 3 cp).
3. A unit covering issues in psychological measurement and its application to psychological testing. The unit you enrol in is entitled **6489 Psychological Measurement PG** (3 cp).

4. **One** coursework unit from the Advanced Psychological Topics units offered. The units and topics offered may vary each year, subject to staff availability, but generally include Health Psychology and/or Counselling Psychology. The units you can enrol in (subject to advice from the course convenor) are entitled:

6490	Advanced Psychological Topics A PG	3 cp
6491	Advanced Psychological Topics B PG	3 cp
6492	Advanced Psychological Topics C PG	3 cp

Part- and full-time course structure

The course is normally commenced at the beginning of the first semester and requires one year of full-time study. The course is normally completed within two years, and over a maximum of six semesters/teaching periods. For domestic students, the course can be studied over one year (two semesters), one and a half years (three semesters – if you start mid-year) or over two years (four semesters). Please contact the Course Convener if you want to study part-time. International students completing this course must enrol as full-time students and can only commence at the beginning of the first semester. The course structures are outlined below:

Full-time (2-semester) B. Sc. (Hons) in Psychology Course Structure:		
Year 1 Semester 1	Year 1 Winter Term	Year 1 Semester 2
7366 Honours Thesis in Psychology 7375 Research Methods and Professional Ethics A PG 6489 Psychological Measurement PG	7410 Research Methods and Professional Ethics B PG	7366 Honours Thesis in Psychology cont'd One elective unit of Advanced Psychological Topics (A, B, or C) PG

Part-time (3-semester) B. Sc. (Hons) in Psychology Course Structure:

Year 1 Semester 1	Year 1 Winter Term	Year 1 Semester 2
		One elective unit of Advanced Psychological Topics PG (A, B, or C)
Year 2 Semester 1	Year 2 Winter Term	Year 2 Semester 2
6489 Psychological Measurement PG 7366 Honours Thesis in Psychology 7375 Research Methods and Professional Ethics A PG	7410 Research Methods and Professional Ethics B PG	7366 Honours Thesis in Psychology cont'd 7410 Research Methods and Professional Ethics B PG

Part-time (4-semester) B. Sc. (Hons) in Psychology Course Structure:

Year 1 Semester 1	Year 1 Winter Term	Year 1 Semester 2
6489 Psychological Measurement PG		One elective unit of Advanced Psychological Topics PG (A, B,

		or C)
Year 2 Semester 1	Year 2 Winter Term	Year 2 Semester 2
7366 Honours Thesis in Psychology 7375 Research Methods and Professional Ethics A PG	7410 Research Methods and Professional Ethics B PG	7366 Honours Thesis in Psychology cont'd

When are classes scheduled?

All classes are offered during the day (although some may extend into the early evening). There are no night classes. Classes usually take place on Tuesdays, Wednesdays, and Thursdays. Students are advised to check more exact times through the timetable system: <http://www.canberra.edu.au/student-services/timetable>. Meetings with a research supervisor are arranged separately. Coursework units are delivered during Semester 1, Winter Term, and Semester 2. Semester dates are available from the [principal dates page](#).

Departmental Resources

Technical resources

The staff of the Centre will be able to advise you on the technical aspects of your research, such as online control of experiments, audio-visual activities, and all aspects of computer use. Through your supervisor, you can access the services of the University's Information and Technology Service.

Data analysis resources

Psychology students have access to a dedicated PC computer lab, with 24/7 access. These and other computer laboratories are equipped with computers running a variety of software programs, including SPSS for Windows. You may use computer laboratories at times when they are not used for teaching to undertake data analysis for word processing, data analysis, and access to the Internet.

There is also a Science Resource Centre on Level A of Building 3, which you are able to use. The Research Methods and Professional Ethics unit will introduce you to what is available.

Test library

The Centre has a reasonably extensive collection of professional psychological tests. The majority of the tests have special user requirements (e.g. they may not be used by non-psychologists, or they may not be copied). To access the test library you must be accompanied by your supervisor, who will go through a catalogue of the tests held in the test library with you if required.

For most research purposes, it is more suitable to use research measures published in journal articles, which tend to be much shorter and have no specified requirements for user qualifications. Authors of these measures are likely to allow copying for research use where permission is sought.

Finances

The Centre does what it can financially to support research, and sometimes this help can extend to support fourth year research projects. Examples are very long photocopying runs for questionnaires, and special tests and equipment that need to be bought. From year to year no guarantees can be made as to the availability of funds. Talk to your supervisor if you think you have a need for financial assistance, and make sure that you apply for assistance before the costs are incurred.

Research space

Space is made available each year for research activity - ask your supervisor what is currently available. Research space includes rooms in Buildings 3 and 12, to which Psychology can have access. These are equipped with one-way viewing mirrors, observation rooms, intercoms, video and audio equipment, and computers.

Past fourth year theses

Theses from past Honours and Postgraduate Diploma students are available for perusal by arrangement with the Administrative Officer. They cannot be borrowed or removed. Supervisors may have these copies which you can borrow.

Reference resources

Students will be required to read extensively for their coursework and research projects. In addition to the UC library, students may also use the ANU library and the National Library. Postgraduate students of UC are eligible for Category C borrowing at ANU on presentation of a letter verifying the student's status from the course convenor. Please ask the Administrative Assistant to organise a letter of verification for you.

Course website

A dedicated Moodle website is available for students enrolled in the course. This website allows for online discussion amongst students and with academic staff.

Unit Descriptions

7366 Honours Thesis in Psychology

(This is a year long unit; you need to enrol in this unit in both Semester 1 and 2)

12 cp

Prerequisites: Course entry requirements

Co-requisite: Research Methods and Professional Ethics A/B PG

Class contact: By arrangement with supervisor (up to one hour per week)

Unit convener: Dr James Neill (Semester 1 in 2012) and Prof Anita Mak (Semester 2, 2012)

Syllabus: The syllabus is based on the requirements of the Australian Psychological Society. Students will choose a supervisor and undertake a supervised research project, comprising topic definition, literature review, design, data collection and analyses, and write up a thesis of between 10,000 and 12,000 words. The topic will reflect the mutual interests and supervisor and student. The project will be conducted within appropriate ethical guidelines to be indicated in the completed work.

Learning outcomes: On successful completion of the unit, students will be able to:

1. design and execute a research project relating to a psychological issue to a standard acceptable to the profession;
2. independently undertake an analysis of data derived from survey or experimental designs in psychology; and
3. communicate the results of an independent research project in a form acceptable to the profession.

7375 Research Methods and Professional Ethics A PG (Semester 1)

7410 Research Methods and Professional Ethics B PG (Semester 2)

Each worth 3 cp

Prerequisites: Course entry requirements

Class contact: 3 hours per week

Unit convener: Dr Tricia Brown (Semester 1 in 2012) and Dr. Monica Skjerve (Semester 2 in 2012)

Syllabus: In this unit students will cover research design and analysis methods along with ethical issues in psychological research and practice, and aspects of professional practice. Students will learn how to develop and critically evaluate psychological research designs, particularly as they relate to informing professional psychological practice. Students will also learn how to analyse data from evaluation research designs using SPSS. Students will cover ethical issues in research and in the professional/client relationship, and be made aware of the public authority controls that limit professional practice.

Learning outcomes: Students who successfully complete the unit will be able to:

1. critically evaluate research designs in psychology;
2. develop and carry out psychological research designs;
3. analyse research data using SPSS;

4. understand how the professional code of ethics applies in psychological practice and research; and
5. be familiar with legal and regulatory frameworks affecting psychologists.

6489 Psychological Measurement PG

3 cp

Prerequisites: Course entry requirements

Class contact: Up to four hours per week

Unit convener: Professor Anita Mak

Syllabus and Learning Outcomes: In this unit, students will become familiar with the principles, practice, and issues in psychological measurement, and its application to psychological testing in professional settings. There will be discussions on the conceptual underpinnings and technical aspects of test construction, validation, and standardisation. Students will have hands-on experience with the administration, scoring, and interpretation of the results of selected instruments useful for psychological research and practice for purposes of guidance, personnel selection and placement, clinical assessment, health assessment and forensic assessment. Students will learn to appreciate the potential utility and shortcomings of psychological measurement in general, and in relation to specific professional psychological tests.

6490 or 6491 or 6492 Advanced Psychological Topics (A, B, or C) PG

3 cp for each unit

The units offered may vary each year, but may include the following. 6491 will be offered in Semester2, 2012. The most likely advanced topic unit to be offered in 2013 is 6491.

6490 Advanced Psychological Topics A (Health Psychology)

Prerequisites: Course entry requirements

Class contact: Up to four hours per week

Unit convener: Professor Anita Mak

Syllabus: This unit has a focus on the interactions between biological, psychological, and social factors in matters of health and illness. Students will study the processes in stress, coping, and health. The unit also draws substantially on theories and research findings of the cognitive-behavioural perspective. Psychological models and research on using health services, adoption of healthy and unhealthy lifestyles, and adaptation to chronic and life-threatening illnesses, will be discussed.

Learning outcomes: On completion of the unit, students are expected to be able to:

1. critically evaluate the dominant biomedical approach to understanding the determinants, processes, and outcomes of illnesses, using an alternative biopsychosocial approach;
2. apply psychological theories and research findings to analyse the experiences of using health services; and
3. explain how psychological techniques may be implemented to help people cope with stress, maintain a healthy lifestyle, adapt to illnesses, and be prepared for intrusive medical procedures.

6491 Advanced Psychological Topics B (Counselling Psychology)

Prerequisites: Course entry requirements

Class contact: 3 hours per week

Unit convener: Ms Lisa Oxman

Syllabus: The unit aims to introduce students to the theories, process and skills of counselling psychology. Applications of counselling psychology in the fields of sport, health and education will be examined. The unit also aims to teach basic counselling and group work skills and the ethical application of these skills.

It comprises two strands:

1. Communication Skills - covering theory and practice of development of communication skills, both verbal and non-verbal. Content will include training in problem solving techniques and conflict resolution; and
2. Theory and Practice of Counselling - covering models of mental health including an introduction to and a formulation of various theories of counselling, as well as an exploration of various counselling techniques including role play/debriefing, values clarification, and relaxation.

This unit will also provide an introduction to the structure, processes, and dynamics of group counselling and group leadership skills. The content includes: investigation of how groups operate; observing the networks established to meet group and individual needs; leadership skills; self-awareness of communication style in groups; changing roles in different group exercises; modification of group membership as group evolves; professional and ethical issues in group work; resolution of conflict in groups.

6794 Advanced Psychological Topics C (Organisational Psychology)

This unit is unlikely to be offered in 2012 or 2013.

Staff Research Areas

Listed below are academic staff and their research interest areas. More information about staff and their expertise is at

<http://www.canberra.edu.au/faculties/health/staff/psychology-staff>

Dr Tricia Brown	Social psychology, prejudice and stereotypes
Dr Janie Busby Grant	Memory, planning, understanding of time, theory of mind
Dr Stuart Cathcart	Pain mechanisms and management (particularly headache), sports psychology, mindfulness (particularly brief mindfulness interventions, stress (particularly effects of stress on pain), cognitive function, and motor learning / control)
Assoc Prof Pam Connor	Complex PTSD, child abuse, attachment, autism/Aspergers', learning disorders, conversion disorders, and somatisation
Dr Diana Grace	Gender development, children's use of social categories, work-family issues, psychology and indigenous Australians
Dr. Vicki Knott	Health psychology; gastroenterology; and psychooncology incorporating prevention, screening, survivorship, return to work, doctor-patient communication and support seeking in undeserved populations.
Dr Vivienne Lewis	Clinical psychology, body image, wellbeing
Assoc Prof Lynne Magor-Blatch	Substance use issues, third generation CBT therapies, mindfulness and motivational interviewing
Assoc Prof Stephen Moston	Forensic psychology, police interrogation, eyewitness testimony, sports anti-doping
Dr James Neill	Educational and environmental psychology, including green exercise, natural imagery, coping, resilience, life skills, experiential & outdoor education
Ms Lisa Oxman	Third generation Cognitive Behavioural Therapy (esp. Dialectical Behaviour Therapy & Acceptance and Commitment Therapy), mindfulness, spirituality, child and adolescent mental health
Prof Debra Rickwood	Adolescence, help-seeking, relapse prevention for mental illness, mental health promotion
Assoc Prof Bruce Stevens	Forensic psychology, clinical psychology, personality disorders, psychoanalytic psychotherapy and spirituality
Dr Thea Vanags	Verbal overshadowing, eyewitness testimony, applied memory research

How do I find a supervisor?

Before you start the Honours program, it is a good idea to think about a range of topics you would like to study in your research project. Once you receive an Honours offer, you are welcome to approach academic staff to discuss possible research projects. When meeting with potential supervisors, you might like to discuss:

- The supervisor's research interests and research plans for the coming year
- Your own interests and ideas
- The supervisor's supervisory style (e.g., How often do they like to meet? Exactly how independent do they expect a student to be? Do they already have a specific project in mind?)
- What the supervisor expects of an Honours student

Final allocations of supervisors to students do not take place until confirmed by the thesis convenor in Week 1 of Semester 1. Please note that your first preference for supervisor cannot be guaranteed (e.g., because of workload allocations, some supervisors may be oversubscribed).

More Information

If you have further questions, please e-mail psychology.admin@canberra.edu.au or phone (02) 6201 2653, or the course convenor via Anita.Mak@canberra.edu.au or. For information about specific units, please contact the appropriate unit convenor.