



# PSYCHOLOGY AT WORK

## MSc in Applied Developmental Psychology and MSc Clinical Health Psychology

### Why Psychology?

Psychology is the scientific study of behaviour. Psychologists are trained to think about what motivates behaviour and how it can be changed, which can have far-reaching and positive outcomes for an organisation. Our graduates are making a difference everyday across the Education, Public, Voluntary, Business and Digital sectors.

### How can a Psychology placement benefit your organisation?

Psychology can benefit your organisation in lots of ways. In understanding what motivates behaviour and how behaviour can be changed, our students can recommend quite small changes which turn out to have large consequences for organisations.

Other advantages a Psychology placement students can bring:

- A unique insight into thinking, emotion, and human behaviour
- A source of psychological theory that can provide a different perspective on approaches and practice, enabling the staff and organisation to develop and flourish
- An enthusiastic and objective member of staff who can research evidence-based interventions to add to the resources of the organisation
- An opportunity to start a piece of work that you haven't managed to prioritise yet
- A chance for existing staff to develop managerial skills
- A cost-effective resource
- An opportunity to raise your profile as an organisation who offers diverse work experience opportunities
- A direct link to future talent and other opportunities within the School of Psychology

### Psychology Transferrable Skills

Psychology students possess a unique blend of skills that can be transferred to many organisational contexts and workplace tasks. For example:

	Problem solving, reasoning, and critical thinking skills	IT and data management skills
A scientific understanding of human behaviour	Qualitative and quantitative research skills including the ability to apply multiple perspectives	Team working skills and psychological understanding of interpersonal relations
Self-guided learning	Analytic skills including identifying and evaluating general patterns	Communication skills including developing a coherent argument

## MSc in APPLIED DEVELOPMENTAL PSYCHOLOGY

## MSc in CLINICAL HEALTH PSYCHOLOGY

### What is Applied Developmental Psychology?

Our students study children and young people's development, particularly when faced with adversity or atypical developmental needs e.g. Autism Spectrum Conditions, ADHD, Dyslexia and Dyscalculia.

---

**Who:** Full-time Masters student

---

**When:** January – April (Spring semester)

---

**Length:** 75 hours per student / 10 day equivalent

---

**Cost:** Unpaid

---

### Placement Opportunity:

Our students can apply their knowledge in any context where children and young people grow, learn, and develop. They can research and identify an evidence-based intervention and adapt it to your setting and the needs of the children or young people.

Alternatively, they can co-deliver an existing intervention alongside your team and evaluate its effectiveness.

The interventions could support your children or young people in one of the following ways:

1. Engage young people with ADHD in a learning environment
2. Support emotional reasoning in a learning environment
3. Develop social skills to support peer group learning
4. Engage the senses to help calm and focus individuals for learning
5. Raise awareness of and reduce anger management issues

We will work with you to develop your bespoke project specification.

---

*'The ADHD Resource Booklet that Zoe has created will be invaluable to our staff. It provides a well-researched collection of activities that are rich in content and purposeful to support pupils with ADHD who are struggling in school. It was just wonderful having such a reliable and genuinely interested student on our team. We are very grateful for how much work and effort she put into creating this for us, she knew exactly what we needed and executed the task professionally, enthusiastically and with real purpose.'*

**Emma Phoenix-Kelly – SPSS The Link Centre**

### What is Clinical Health Psychology?

Our students seek to understand the thought processes and activities which lead to health-related behaviours such as smoking, alcohol and drug use, sexual health, diet, exercise etc.

---

**Who:** Full-time Masters student

---

**When:** January – April (Spring semester)

---

**Length:** 75 hours per student / 10 day equivalent

---

**Cost:** Unpaid

---

### Placement Opportunity:

Our students can apply their knowledge to support individuals with health behaviour changes through interventions that support health and wellbeing. They can research and identify an evidence-based intervention and adapt it to your setting and the needs of individuals engaged with your organisation.

Alternatively, they can co-deliver an existing intervention alongside your team and evaluate its effectiveness. These interventions will be focused on supporting individuals in the area of health.

We will work with you to develop your own project specification but indicative examples include:

1. Raising awareness of and reduce behaviour that impacts on health (e.g. drug and alcohol misuse, smoking).
2. Developing a public health intervention to increase uptake in cervical screening.
3. Advocating for safe sexual health practices.
4. Using art and music to help manage pain and cope with long term illness.
5. Exploring the impact of diet/exercise on physical and mental health via a healthy eating project.

---

*'MindWise recently collaborated with QUB Insights Programme and supported a student to develop a promotional resource for our advocacy programme. The student demonstrated many skills including evidence-based research, clear messaging and creativity in designing the resource. The student also showed great initiative when facilitating a focus group with clients to clearly identify their needs. This resource will support other clients to understand the full breadth of the services we provide.'*

**Elaine Sheridan - Mindwise**



**QUEEN'S  
UNIVERSITY  
BELFAST**

SCHOOL OF  
PSYCHOLOGY

**CONTACT US**  
Elaine Lavery  
Placement and  
Employability Officer  
e.lavery@qub.ac.uk

**Katrina McLaughlin**  
Module Coordinator: MSc  
Applied Developmental  
Psychology  
K.McLaughlin@qub.ac.uk

**Gillian Shorter**  
Module Coordinator: MSc  
Clinical Health Psychology  
g.shorter@qub.ac.uk