

Get Ready for the IBP!

Study Advisers, IBP

July 8, 2024



**Universiteit
Leiden**
The Netherlands

Discover the world at Leiden University

The IBP Study Advisers



Jennifer Martin
Students with
last names A-G



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Students with
last names H-Q

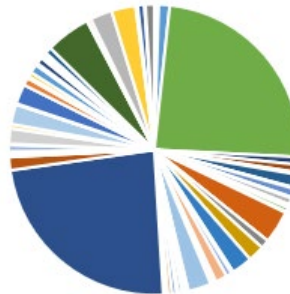


Merel van Beem
Students with
last names R-Z

Email us at: studyadviserIBP@fsw.leidenuniv.nl or ask questions via this [form](#)

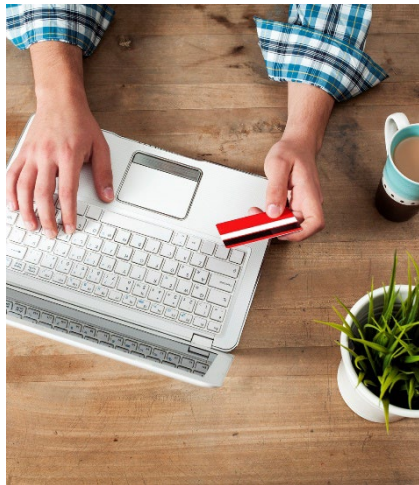
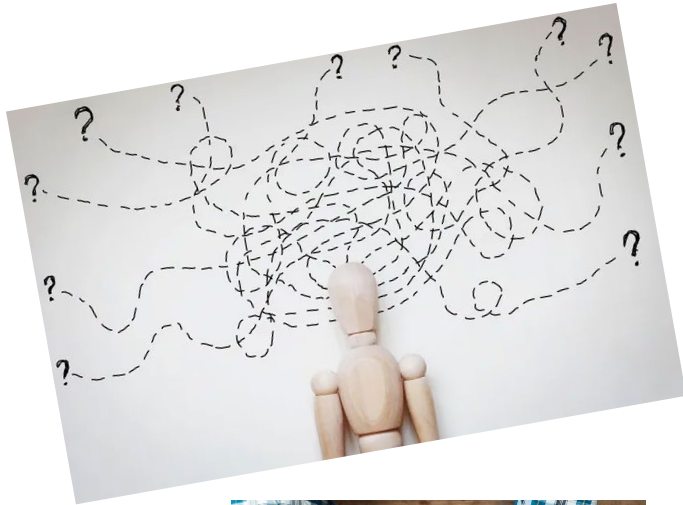
Who are you?

- Around 50 different nationalities!
- Different backgrounds = a lot of fun!
- Different educational system? Check before you start.
- Respect each other's cultures, and help each other



Prepare Your Stay

Is your checklist done?



Prepare your stay - Leiden University ([universiteitleiden.nl](https://www.universiteitleiden.nl))

Get off to a great start!

Do you feel ready to start an academic programme?

- Make sure to read through all the information [here](#)
- If you have a learning or other disability make an appointment with [Fenestra Disability Centre](#) before mid September.
- If you are not used to multiple choice test make sure to address this at the **start** of the year before the November exams ([PopCorner](#), or other study skills [workshops](#))
- Some students may want to review statistics and biology if they haven't had them for a while.
- Think about your study schedule and where and when studying works best for you. Check out a few of the libraries to see where you feel most at home.
- Make sure you have all the tools you need (books, internet, laptop, calculator...)

Focus on your [well-being](#) from the start of your studies!

Be proactive, if you need [support](#), seek help!

[Information for first generation students](#)



A new, exciting and busy phase of your life.

It takes time to settle in



Appropriate Communication and Behaviour

All verbal, written and nonverbal communication must be respectful and inclusive. This includes social media.

Review the [Student Charter](#) to see what the university expects of you and what you can expect from the university



Quick look at the programme

Year 1	BLOCK 1	BLOCK 2	BLOCK 3	BLOCK 4
P	Introduction to Psychology (5 EC) 1	Personality, Clinical & Health Psychology (5 EC) 3	Social & Organisational Psychology (5 EC) 5	Cognitive Psychology (5 EC) 8
	Introduction to Methodology & Statistics (5 EC) 2	Inferential Statistics (5 EC) 4	Experimental & Correlational Research (5 EC) 6	Bio- & Neuro-psychology (5 EC)
	History of Psychology (5 EC)		Developmental & Educational Psychology (5 EC) 7	Psychology & Science (5 EC)
Academic Skills Tutorial (5 EC)				
Year 2	Developmental Psychopathology (5 EC)	Consciousness (5 EC) 9	Choose your courses* (15 EC)	
11	Psychometrics (5 EC)	Group Dynamics (5 EC)		2 4 MVDA (5 EC) 10
	Stress, Health & Disease (5 EC)	Psychodiagnostics (5 EC)	Interpersonal Professional Skills (5 EC) 04	Interpersonal Professional Skills (5 EC)
Perspective on Career Planning (5 EC)				
Year 3	Choose your courses* (15 EC)		Choose your courses* (15 EC)	
			P 10 Bachelor Project** (15 EC) <small>The Bachelor Project can be done in Semester 1 if student has Adviser permission before the May 15th deadline. See Prospectus for information and request form.</small>	

Required courses

Elective credits (60 EC)

30 EC Within this programme:
- 20 EC of specialisation courses
- 10 EC of specialisation courses or Psychology electives

30 EC General electives:
- 30 EC of elective courses within or outside of Psychology required, with minimum 5 EC at 300 level

P
12 first-year courses together form the P(ropedeuse)

1
After finishing this course, you fulfilled an entry requirement

1
You need the course with the corresponding number as an entry requirement

*** Psychology courses you can choose**

Specialisation courses	<p>P</p> <ul style="list-style-type: none"> * Applied Cognitive Psychology (10 EC) * Clinical Child & Adolescent Psychology (10 EC) * Clinical Neuropsychology (10 EC) * Clinical Psychology (10 EC) * Economic & Consumer Psychology (10 EC) 	<p>P</p> <ul style="list-style-type: none"> * Cognitive Neuroscience (10 EC) * Health & Medical Psychology (10 EC) * School Psychology (10 EC) * Social Psychology in Organisations (10 EC) 	<p>11 P</p> <ul style="list-style-type: none"> * Good Research Practices (5 EC) * Applied Cognitive Psychology (10 EC) * Clinical Child & Adolescent Psychology (10 EC) * Clinical Neuropsychology (10 EC) * Clinical Psychology (10 EC) * Economic & Consumer Psychology (10 EC) 	<p>11 P</p> <ul style="list-style-type: none"> * Causal Inference (5 EC) * Cognitive Neuroscience (10 EC) * Health & Medical Psychology (10 EC) * School Psychology (10 EC) * Social Psychology in Organisations (10 EC)
Psychology electives (all 300 level)	<p>3 5</p> <ul style="list-style-type: none"> * Cross-cultural Psychology of Health & Illness (5 EC) * Psychology of Advertising (5 EC) 	<p>1 P</p> <ul style="list-style-type: none"> * Artificial Intelligence (5 EC) * Psychological & Neurobiological Consequences of Child Abuse and Neglect (5 EC) 	<p>8 5 3 8 3</p> <ul style="list-style-type: none"> * Attention: Theory & Practice (5 EC) * Culture & Diversity at Work (5 EC) * Sexology (5 EC) * Emotion & Cognition (5 EC) * Pharmacological & Biological Approaches to Clinical & Health Psychology (5 EC) 	<p>7 5</p> <ul style="list-style-type: none"> * The Adolescent Brain (5 EC) * Psychotherapy: Theory, Research & Practice (5 EC)

We recommend a study pace of around 15 EC per Block. Study Adviser's permission is required to take more than 20 EC in a Block. Request form and deadline information is available under [Study Plan](#).

Student well-being

ROADMAP

STUDENT WELL-BEING AT LEIDEN UNIVERSITY

Find out how to boost your well-being and who to contact for support on our [student well-being website](#)

FIRST POINT OF CONTACT

If you are experiencing academic challenges or personal circumstances that impact your well-being and/or studies, the first person to contact is your [study adviser](#) or coordinator

IMPROVE YOUR MENTAL WELL-BEING

- Want to work on your well-being? Try one of our eHealth modules
- You can also make an appointment with a [student psychologist](#) for study-related and personal problems. They offer various training courses as well
- Do you want to get started with your mental well-being? Use one of our E-health modules from [Caring Universities](#) and [Gezonde Boel](#)

MEET OTHER STUDENTS

- Navigating Dutch student life? Join one of the activities at your faculty's POPcorner or get in touch with the Meeting Point: [POPcorner FSW](#) - [POPcorner Humanities](#) - [POPcorner The Hague](#) - [Meeting Point](#)
- Download the [Uni-Life](#) app to join or build a student community, discover events and other student-to-student activities
- [Study association](#): social and academic activities
- [Student association](#): social activities, sports, games and more
- Diversity and inclusion [networks and communities](#)
- Peer support: [student buddy programmes](#) & [student support groups](#)
- Participate in one of the artistic and creative courses offered by the [LAK](#) (Leiden Academic Art Centre)
- Contact [RAPENBURG100](#) to work on your personal development
- Exercise together at the [University Sports Centre](#)

IMPROVE YOUR STUDY SKILLS

- Learn about study skills, mindmapping or preparing for exams in the one-hour online introduction workshops offered by the [ePOPcorner](#)
- Visit the [website](#) for an overview of workshops, courses and support groups

IMPORTANT CONTACTS

- **Financial and legal matters**
Contact the [student counsellors](#)
- **Disability facilities**
Contact the [Fenestra Disability Centre](#)
- **Study choice and careers**
Visit [Leiden University Career Zone](#) or the [alumni Mentor Network](#)
- **Unacceptable behaviour such as sexual harassment or discrimination**
Contact the [confidential counsellor](#). In case of sexual violence, the [Sexual Assault Centre](#) can offer professional help. If you experience difficulties with your studies because of harassment or discrimination, inform your study adviser or coordinator, or make an appointment with a [student psychologist](#)

HEALTH

- **Medical care** Make an appointment with your general practitioner (GP). Find one at: [kiesuwhuisarts.nl](#)
- **Mental health** Your GP can refer you to a mental health specialist
- **Life-threatening situations** Call 112
- **Suicidal thoughts**
Call 113. From a non-Dutch phone: call your country's hotline. Alternatively, chat with someone at [113](#).
- **Urgent psychological help**
Contact your GP. Outside of office hours, contact the out-of-hours doctor in Leiden or The Hague

VIDEO STUDENT WELL-BEING

Watch [this short video](#) on what to do if you encounter problems during your studies

[roadmap-student-well-being-en.pdf \(universiteitleiden.nl\)](#)

Questions

