

Bachelor of Psychology

Help address some of the biggest issues facing the world today when you study towards a Tohu Paetahi Mātai Hinengaro—Bachelor of Psychology (BPsyc). Learn the skills to be part of positive, transformative change from staff who are leading voices in areas such as brain sciences, crime prevention and rehabilitation, cultural psychology, and mental health.

As the place where Aotearoa's decision-making happens, Wellington offers unparalleled access to the workings of government. Our staff have collaborative relationships with many of Wellington's key employers in this field, including the Department of Corrections, Health New Zealand—Te Whatu Ora, the Ministry of Justice, and the Ministry of Social Development. Wellington is the country's science capital, too, with the highest concentration of research institutions anywhere in New Zealand.

The BPsyc will provide you with the skills to work in a variety of fields. Our structured Psychological Science major builds foundational skills and knowledge and introduces you to the key concepts in psychology, allowing you to explore subjects before choosing the areas you'll specialise in. All core courses incorporate mātauranga Māori, ensuring you boost your competence, cultural awareness, and social responsibility in the context of Te Tiriti o Waitangi.

Alongside the Psychological Science major, you'll have the option to choose a second complementary major, allowing you to tailor your degree to your interests and career goals. Whether you want to understand neurodiversity and development, explore the physiological functions of the brain and its impact on wellbeing, or examine how people interact with the criminal justice system, you'll find options to suit your focus. If you're interested in becoming a registered psychologist, the degree also offers clear pathways to postgraduate professional qualifications.

As a BPsyc graduate, you'll be a psychologically literate, critical, and creative thinker. Whether you want to continue with postgraduate study or head straight into the workforce, our Bachelor of Psychology will give you the foundation and skills you need to make a real difference.

CAREER OPPORTUNITIES

The BPsyc will prepare you for a diverse range of careers in fields such as education, government, the health sector, human resources, the justice system, or research. With the alignment of requirements for accredited psychology majors in Australia and the United Kingdom, graduates can expect to have global work opportunities.

POSTGRADUATE STUDY

The degree will help prepare you for further study in a range of fields both within psychology and in adjacent fields such as education and health. If you are interested in becoming a registered psychologist, the BPsyc is the first step on your journey to entry into a clinical training programme.

SCHOOL SUBJECTS

You can enrol in the BPsyc no matter what you studied at school. Some experience with Statistics is recommended, although not required.

DEGREE REQUIREMENTS

Three years of full-time study.

A total of 360 points is required:

- ▶ at least 210 points must be for courses at 200 and 300 level
- ▶ at least 240 points must be from courses listed in the BPsyc schedule
- ▶ at least 75 points must be at 300 level.

You must include the Psychological Science major, which contains the following courses:

- ▶ PSYC 121, PSYC 122, MAOR 126, STAT 193 (or QUAN 102)
- ▶ PSYC 201, PSYC 202, PSYC 221, PSYC 232, PSYC 242
- ▶ PSYC 301, PSYC 302, PSYC 321.

MAJORS

Alongside the required Psychological Science major, you can also select a second complementary major, which lets you tailor the degree to suit your passions and career goals.

Psychological Science: Our core psychology major is Psychological Science. It is a required major in the Bachelor of Psychology, and is also offered as a major in the Bachelor of Arts and Bachelor of Science. If you want to make psychology a focus of your degree, then you will need to do this major. It will provide you with an overview of many areas within psychology and investigate why people think, act, and feel the way they do. This major will provide you with the skills you need to work in a range of organisations. You'll graduate equipped for roles that involve data analysis, communication, and collaboration skills and require a good understanding of people and relationships. Some examples include in communications, disability support, marketing, or youth engagement, or in the business and information and communication technology (ICT) sectors in software testing, user-centred design, or training. If you are interested in working as a professional psychologist, or pursuing psychology at a postgraduate level, then you will need to do this major.

Brain Sciences and Mental Health: This major focuses on the role of the brain and central nervous system in supporting psychological health and wellbeing, and you'll combine specialised Psychology courses with those from Biology, Chemistry, and Health. This major is a good first step if you're interested in a career in the public health sector, with role options including as a clinical or health data manager, laboratory or research assistant, mental health or disability support worker, or public and mental health policy analyst.

FIND OUT MORE

- ✉ info@vuw.ac.nz
- 📍 wgtn.ac.nz/bpsyc
- 📍 wgtn.ac.nz/psyc

Cognitive Science: Cognitive Science explores human cognition, including processes such as decision-making, language, memory, and perception. You'll combine specialised Psychology courses with those from Artificial Intelligence, Computer Science, Linguistics, and Philosophy. Cognitive scientists often work in roles that bridge these topics, and are employed in artificial intelligence, data science, interaction design, user experience, and other design applications.

Criminal Justice and Psychology: When you study Criminal Justice and Psychology, you'll learn to understand Aotearoa's justice system, as well as the fundamentals of criminology, forensic psychology, and the development of antisocial behaviour. You'll consider how economic, political, and socio-cultural factors influence the justice system, and graduate with the knowledge and skills to pursue a variety of careers—from working with people as a probation officer, through to research or policy roles within government or community organisations.

Educational Psychology: Educational Psychology teaches you how to help children and young people succeed in life academically, socially, and emotionally. You'll find out how different ways of teaching can help different students and develop your knowledge of a range of educational theories. You might work in the public or private sectors as a health promoter, policy analyst, support worker, or wellbeing adviser. Other roles may include being an advocate, an educational programme developer, or a trainer or facilitator.

Health Psychology: Discover how health and wellbeing are shaped by our personal, social, and global contexts. In Health Psychology, you'll focus on the ways the mind and body are connected, and look at how biological, cultural, environmental, psychological, social, and spiritual factors all influence people's health and illness. If you're interested in a career in the health sector, potential roles include health or mental health promoter, health researcher, policy adviser, psychologist (further qualifications required), wellbeing adviser, or youth worker.

Māori Psychology: If you want your career to help bridge the gap between Western and Māori understanding of mental health and wellness, this could be the major for you. You'll look at a wide variety of knowledge from both areas, and focus on the importance of developing meaningful, ongoing relationships with whānau and the wider community, and the sharing of knowledge in both directions. If you're interested in a career working with Māori, or in relevant policy positions, this major will give you the skills and expertise you need.

Mental Health Principles and Applications: If you're ready to make a real difference in the lives of others, this major is a great first step. You'll focus on the psychological problems that individuals can experience, and how we might intervene to address them. Career options include roles as an addictions worker, case worker, disability support worker, or staff welfare officer. While you'll need postgraduate qualifications to work as a professional psychologist, this major provides an excellent foundation for postgraduate study in areas such as clinical psychology or counselling psychology.

Work and Organisational Psychology: In a world where we dedicate a significant proportion of our lives to work, workplace happiness and productivity are extremely important for both employers and employees. In this major, you'll focus on human behaviour within an organisational setting, and take specialised courses from across employment relations, human resources, management, and psychology. You'll develop a solid understanding of people dynamics, so career options include roles as a consultant, human resources manager, health and safety adviser, learning and development adviser, or recruiter, or in change leadership or workplace wellbeing.

MAJOR REQUIREMENTS

Brain Sciences and Mental Health (BSMH)

- a. Complete five courses at 100 level:
 - ▶ HLWB 103 (or BIOL 114)
 - ▶ HLWB 105 (or HLWB 102)
 - ▶ SCIE 107 (or CHEM 121 or SCIE 105)
 - ▶ PSYC 122
 - ▶ STAT 193 (or QUAN 102).
- b. Complete four courses at 200 level: PSYC 201, PSYC 212, PSYC 242; one of HLWB 202, PSYC 213.
- c. Complete three courses at 300 level: PSYC 327, PSYC 332, BIOL 333.

Cognitive Science (COGS)

- a. Complete five courses at 100 level:
 - ▶ AIML 131
 - ▶ COGS 101
 - ▶ COMP 102 or COMP 132
 - ▶ PSYC 122
 - ▶ STAT 193 (or QUAN 102).
- b. Complete four courses at 200 level: COGS 201, PHIL 265, PSYC 242; one of AIML 231, LSCI 220, PSYC 201.
- c. Complete three courses at 300 level: LSCI 312, PSYC 310; one from (AIML 300–399, IXXN 311, LSCI 310, LSCI 311, LSCI 313, PHIL 331, PHIL 373, PSYC 332, PSYC 327, SWEN 303).

Criminal Justice and Psychology (CJUP)

- a. Complete five courses at 100 level:
 - ▶ CRIM 111
 - ▶ LAWS 121
 - ▶ PSYC 121
 - ▶ PSYC 122
 - ▶ STAT 193 (or QUAN 102).
- b. Complete five courses at 200 level: PSYC 213, PSYC 214, PSYC 242; one course from CRIM 200–299; one further course from CRIM 200–299, EDUC 244.
- c. Complete three courses at 300 level: PSYC 335; one course from CRIM 300–399; one further course from CRIM 300–399, EDUC 343, PSYC 332.

Educational Psychology (EDPS)

- a. Complete three courses at 100 level:
 - ▶ EDUC 141
 - ▶ PSYC 121 or PSYC 122
 - ▶ STAT 193 (or QUAN 102).
- b. Complete three courses at 200 level: PSYC 232 or PSYC 242, two courses from EDUC 211, EDUC 243, EDUC 244.
- c. Complete three courses at 300 level: two courses from EDUC 311, EDUC 341, EDUC 342, EDUC 343; one course from PSYC 300–399.

Note: Students are not permitted to take a double major in Educational Psychology (EDPS) and Education (EDUC). Educational Psychology (EDPS) and Psychological Science (PSCI) can only be taken as a double major in the BPsyc.

Health Psychology (HPSY)

- a. Complete four courses at 100 level:
 - ▶ HLWB 105
 - ▶ PSYC 121
 - ▶ PSYC 122
 - ▶ STAT 193 or QUAN 102.
- b. Complete four courses at 200 level: HLWB 205, PSYC 232, PSYC 242; one of PSYC 201 or PSYC 233.
- c. Complete four courses at 300 level: HLWB 305; two courses from PSYC 321, PSYC 327, PSYC 332; one further course from PSYC 300–399.

Note: Students taking the HPSY major separate from the BPsyc or PSCI major and intending to pursue postgraduate psychology or clinical psychology should seek advice from their student success adviser to plan their course of study.

Māori Psychology (MPSY)

- a. Complete three courses at 100 level:
 - ▶ PSYC 121
 - ▶ EDUC 102 (or HLWB 102, HLWB 105) or MAOR 123
 - ▶ STAT 193 (or QUAN 102).
- b. Complete four or five courses at 200 level: PSYC 202, PSYC 213, PSYC 232; one course from (EDUC 223, HLWB 202), or two courses from (MAOR 202, MAOR 216, MAOR 222).
- c. Complete three courses at 300 level: PSYC 313; one course from EDUC 323, HLWB 310, MAOR 301, MAOR 302; one further course from PSYC, EDUC, HLWB, MAOR 300–399.

Note: Students in the MPSY major who take MAOR 123 do not need to take MAOR 126 to meet the requirements of the required PSCI major.

Mental Health Principles and Applications (MHPA)

- a. Complete five courses at 100 level:
 - ▶ HLWB 102
 - ▶ FHSS 107
 - ▶ PSYC 121
 - ▶ PSYC 122
 - ▶ STAT 193 (or QUAN 102).
- b. Complete six courses at 200 level: EDUC 244, PSYC 201, PSYC 202, PSYC 213, PSYC 232, PSYC 242.
- c. Complete four courses at 300 level: PSYC 321, PSYC 327, PSYC 332, PSYC 335.

Work and Organisational Psychology (WPSY)

- a. Complete four courses at 100 level:
 - ▶ MGMT 101
 - ▶ PSYC 121
 - ▶ PSYC 122
 - ▶ STAT 193 (or QUAN 102).
- b. Complete six courses at 200 level: HRER 201, HRER 207, MGMT 202, PSYC 221, PSYC 232, PSYC 242.
- c. Complete four courses at 300 level: HRER 301, HRER 305; two courses from PSYC 313, PSYC 332, PSYC 333.

MINORS

You can choose to minor in a subject from the BPsyc, or another undergraduate degree. For more information on how minors work, see page 51.

DEGREE EXAMPLE

BPsych majoring in Psychological Science (core major) and Mental Health Principles and Applications

YEAR 1		YEAR 2		YEAR 3	
1/3	2/3	1/3	2/3	1/3	2/3
PSYC 121 15 points	PSYC 122 15 points	PSYC 201 15 points	PSYC 202 15 points	PSYC 301 15 points	PSYC 302 15 points
STAT 193 15 points	MAOR 126 20 points	PSYC 232 15 points	PSYC 221 15 points	PSYC 327 15 points	PSYC 321 15 points
HLWB 102 15 points	FHSS 107 20 points	EDUC 244 20 points	PSYC 242 15 points	PSYC 332 15 points	PSYC 335* 15 points
ELECTIVE 15 points	ELECTIVE 15 points	ELECTIVE 15 points	PSYC 213 15 points	ELECTIVE 15 points	
60 POINTS	70 POINTS	65 POINTS	60 POINTS	60 POINTS	45 POINTS
130 POINTS		125 POINTS		105 POINTS	

Total points required: 360
Total points completed: 360

KEY: CORE COMPLEMENTARY MAJOR ELECTIVE



“My sister is studying clinical psychology and she has always talked about her experiences, which really made me take an interest in learning about the people around us. I want to learn more about how people think, feel, and behave. Plus, psychology is a dance of science and art, which I really appreciate.”

Keisha (Kāti Māmoe, Kai Tāhu)
Student, Bachelor of Psychology in Psychological Science