VICTORIA UNIVERSITY OF WELLINGTON
TE HERENGA WAKA

TOHU PAETAHI MĀTAI HINENGARO

BACHELOR OF PSYCHOLOGY

2027

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Pathways in psychology *Inside back cover*

Te Herenga Waka—Victoria University of Wellington has an overall five-stars-plus rating in the QS Stars university rating system, one of only 24 universities worldwide to do so. The University gained a total score of 966 out of a possible 1,000 points across eight audited categories, including maximum points for the employability and inclusiveness categories. Maximum points were awarded for 25 of the more than 30 indicators, including overall student satisfaction; further study; graduate employment rate; international diversity, support, and collaborations; academic reputation; satisfaction with teaching; campus facilities; accreditations; art and cultural investment and facilities; disabled access; scholarships and bursaries; low-income outreach; and student cohort diversity.

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TOHU PAETAHI MĀTAI HINENGARO
BACHELOR OF PSYCHOLOGY

Aotearoa needs psychologists who care about people and are passionate about delivering better outcomes for the country and the world. By studying Psychology in Wellington, you'll learn the skills to be part of positive, transformative change for all New Zealanders. You'll be taught by staff who are leading voices in areas such as brain sciences, crime prevention and rehabilitation, mental health, and psychology and culture—you'll be learning from people at the top of their game. The School of Psychological Sciences also ranks among the top 150 globally (latest QS World University Rankings).

When you study Psychology at Te Herenga Waka, you're studying towards a degree that's unique in New Zealand. Our structure of a required major with a set of optional complementary majors allows you to tailor the degree to suit your interests and career goals.

If you want a focused psychology qualification, you can enrol in a Bachelor of Psychology (BPsyc). Alternatively, if you're interested in combining your Psychology courses with an Arts or Science major, you can take any of our Psychology majors as part of the Bachelor of Arts (BA) or Bachelor of Science (BSc).

"Psychology gives you a very holistic view of the human experience—at the neuropsychological level, the cultural level, and the developmental level. At Te Herenga Waka, you get to dip into all the different experiences that comprise what it means to be human and to have human thought processes and emotions—that's really special."

Max
Graduate, Bachelor of Science in Psychology and Science Communication

CAREERS

As a Bachelor of Psychology graduate, you'll be a psychologically literate, critical, and creative thinker. You'll graduate prepared for a diverse range of careers—in fields such as education, government, the health sector, human resources, the justice system, or research.

Whether you want to continue with postgraduate study to become a registered psychologist or head straight into the workforce, our Bachelor of Psychology will give you the foundation and skills you need to make a real difference.

Note that some careers may require further qualifications.

Potential jobs include:

- behavioural therapist
- clinical psychologist
- cognitive scientist
- educational psychologist
- forensic psychologist
- government analyst
- health and safety adviser
- health data manager
- health promoter
- health researcher
- human resources manager
- human resources specialist/recruiter
- laboratory assistant
- learning and development adviser
- marketing and communications adviser
- mental health or disability support worker
- neuropsychologist
- probation officer
- psychologist
- research assistant
- software test analyst
- trainer or facilitator
- user-experience specialist
- wellbeing adviser
- whānau or support consultant
- youth worker.

Go to our website to find out more about career paths that start with a Bachelor of Psychology.

wgtn.ac.nz/science-careers

FURTHER STUDY OPPORTUNITIES

If you're interested in becoming a registered psychologist, you'll need to complete additional postgraduate qualifications.

Postgraduate Psychology students can study general Psychology or choose to specialise in Cognitive and Behavioural Neuroscience, Cross-cultural Psychology, or Forensic Psychology.

If you're planning on working as a practising clinical psychologist, you'll need to apply for the Postgraduate Diploma in Clinical Psychology.

wgtn.ac.nz/postgraduate-psychology

"I love our Psychology community! We are a tight-knit group that is future-focused, giving tauira (students) the skills to deliver the change we all want to see. I truly feel I am being set up to make a real difference in this world."

Ethan (Ngāpuhi, Kāi Tahu)
Student, Bachelor of Psychology in Psychological Science and Economics

YOUR BPsyc

ENTRY REQUIREMENTS

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

REQUIRED MAJOR

A major is the main subject you'll focus on in your degree. At the core of the Bachelor of Psychology is the Psychological Science major, made up of 12 courses covering a range of key topics in psychology. All core courses incorporate mātauranga Māori, ensuring you boost your competence, cultural awareness, and social responsibility in the context of Te Tiriti o Waitangi.

DOUBLE MAJORS

Alongside the required Psychological Science major, you can choose a second major that explores a specific area in more depth. Your complementary major can come from the Bachelor of Psychology or from another degree, such as the BA or BSc. Adding a second major is a great way to tailor your degree and set yourself up for future employment or postgraduate study. Instead of a complementary major, you can also choose to take minor(s) to complete your degree requirements.

DEGREE STRUCTURE

Your first year

In your first year, you'll take seven or eight courses covering a wide variety of key topics in psychology. This will give you a solid foundation that you'll build on in your second and third years.

Your second year

In your second year, you'll typically take five courses for your Psychological Science major, and up to three courses towards your second major, minor, or electives. You'll learn a range of research methods used across the discipline of Psychology, and develop work-ready skills, such as being able to write reports and work cooperatively in groups.

Your third year

In your third year, you'll take three courses to complete your Psychological Science major and up to five further courses to complete your second major or minor, or as electives. As you progress through your studies, you'll develop work-ready skills with input from employers working with the school. You'll graduate with specialised knowledge in psychology, ready to enter the workforce or go on to postgraduate study.

SAMPLE DEGREE PROGRAMME

Example: BPsyc with a double major—first major in Psychological Science, second major in Criminal Justice and Psychology

YEAR 1		YEAR 2		YEAR 3	
TRIMESTER 1	TRIMESTER 2	TRIMESTER 1	TRIMESTER 2	TRIMESTER 1	TRIMESTER 2
PSYC 121 Foundations in Psychology 1 (15 points)	PSYC 122 Foundations in Psychology 2 (15 points)	PSYC 201 Brain, Behaviour, and Cognition (15 points)	PSYC 202 Culture in Psychology (15 points)	CRIM 210 Beyond Crime: Understanding Social Harm (20 points)	PSYC 302 Individual Differences and Assessment (15 points)
STAT 193 Statistics in Practice (15 points)	MAOR 126 Māori Cultural Practices for Professionals (20 points)	PSYC 232 Survey and Naturalistic Research Methods (15 points)	PSYC 221 Social and Personality Psychology (15 points)	PSYC 301 Development Across the Lifespan (15 points)	PSYC 321 Clinical Applications of Psychology (15 points)
LAWS 121 Introduction to New Zealand Legal System (20 points)	CRIM 111 Introduction to Criminology (20 points)	PSYC 214 Forensic Psychology (15 points)	PSYC 242 Experimental Research Methods (15 points)	PSYC 335 Psychology, Crime and Law (15 points)	CRIM 316 Criminological Theory (20 points)
	Elective (15 points)	CRIM 202 Crime in Aotearoa New Zealand (20 points)	PSYC 213 Te Kura Mātai Hinengaro and Western Psychology (15 points)	PSYC 332 Behaviour Analysis (15 points)	
50 POINTS	**70 POINTS**	**65 POINTS**	**60 POINTS**	**65 POINTS**	**50 POINTS**
120 POINTS		**125 POINTS**		**115 POINTS**	

Total points required: 360

Total points completed: 360

First major	Second major	Elective

Major: A major is the main subject you'll focus on in your degree.

Elective: Elective courses are courses in other subjects you're interested in and don't need to be related to your major or minor subjects.

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.

Not sure which major would suit you best? Take our quiz.

SCAN FOR THE QUIZ

Psychological Science

Psychological Science is the required major in the Bachelor of Psychology and is also offered as a major in the Bachelor of Arts and Bachelor of Science. In this major, you'll get 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.

Brain Sciences and Mental Health

This major focuses on the role of the brain and central nervous system in supporting psychological health and wellbeing. You'll combine specialised psychology courses with those from chemistry, biology, and health. This major is a good first step if you're interested in a career in the public health sector or in mental health generally. Role options include as a clinical or health data manager, health educator, health service manager, health programme coordinator, laboratory or research assistant, mental health or disability support worker, or public and mental health policy analyst.

"From questions like 'how does memory work?' to 'what factors play a role in attraction?' to examining the neural underpinnings of mental disorders, studying psychology gives me a broad picture of how we think, feel, and behave, and how ongoing research continues to address and readdress questions about arguably the most complex object in the world—the brain."

Dara
Graduate, Bachelor of Science in International Relations and Psychology
Student, Master of Education

Cognitive Science

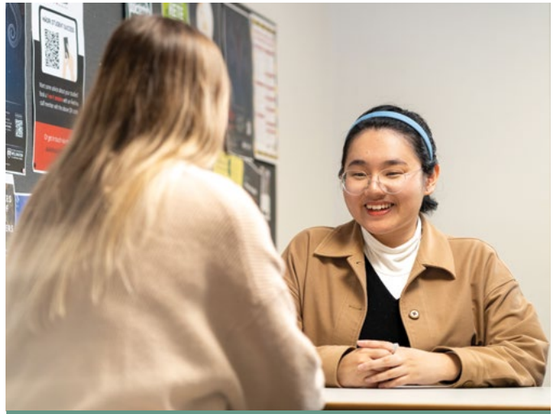
Cognitive Science explores human cognition, including processes such as decision-making, language, memory, and perception. You'll combine specialised psychology courses with those from artificial intelligence, computer science, linguistics, and philosophy. Cognitive scientists often work in roles that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

Criminal Justice and Psychology

Learn to understand Aotearoa's justice system, as well as the fundamentals of criminology, forensic psychology, and the development of antisocial behaviour. You'll develop an understanding of the factors influencing offending behaviour and apply psychological theory to legal and criminal justice settings, 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. This major also provides a great basis for postgraduate study in forensic psychology.

Educational Psychology

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. This major can lead to work in a range of roles, including as a careers consultant, educational resource developer, human resource adviser, policy analyst or researcher, recruitment consultant (especially in education), or training and development adviser.



"Studying Psychology is so interesting—you learn to understand behaviour you encounter in daily life and the mental processes behind that behaviour. In my studies, I've learnt about a range of areas and topics in psychology, but I've also been able to focus on the particular areas that pique my interest."

Felicia
Graduate, Bachelor of Science in Chinese and Psychology

Health Psychology

Learn how to help people stay healthy, cope with illness, and recover from diseases. 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 counsellor, health promoter, health researcher, wellbeing adviser, or youth worker.

Māori Psychology

If you want your career to help bridge the gap between Western and Māori understanding of human behaviour, 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.

"Psychology is such a fascinating field, because it seeks to understand people and the world around us. Studying towards a Bachelor of Psychology means that there are so many courses available, and they're all so interesting and taught by lecturers who are experts in their fields. It's exciting to know that there are so many possible routes to explore."

Ella
Student, Bachelor of Psychology in Psychological Science and Educational Psychology

FIND OUT MORE

wgtn.ac.nz/bpsyc
wgtn.ac.nz/apply

ADMISSION AND ENROLMENT

You can apply for admission up to two years in advance of the year you plan to start studying. Apply through our student portal, Pūaha. Once you have met the requirements, you will receive either a conditional or an unconditional Offer of Place.

After receiving your Offer of Place, you will be invited to select your courses once course enrolment is open. You select courses for one academic year at a time. We'd love to see you at one of our information events—check our website for dates.

wgtn.ac.nz/puaha
wgtn.ac.nz/information-evenings

CONTACT US

Student Service Centre
Room CO144, Level 1, Cotton Building, Kelburn Campus

0800 04 04 04
info@vuw.ac.nz

COURSE PLANNING

For help with course planning, contact Te Kahupapa—Future Students.

0800 04 04 04
future-students@vuw.ac.nz
wgtn.ac.nz/courses

OTHER STUDENT RESOURCES

Disability support

wgtn.ac.nz/disability

Māori student support

wgtn.ac.nz/awhina

Pasifika student success

wgtn.ac.nz/pasifika

Rainbow student support

wgtn.ac.nz/rainbow

Refugee-background student support

wgtn.ac.nz/refugee-background-students

Scholarships

wgtn.ac.nz/scholarships

Student services and support

wgtn.ac.nz/student-support

PATHWAYS IN PSYCHOLOGY

Undergraduate		Available Psychology majors
If you want a psychology qualification with the option to focus on more than one area of psychology	BACHELOR OF PSYCHOLOGY	• Psychological Science • Brain Sciences and Mental Health • Cognitive Science • Criminal Justice and Psychology • Educational Psychology • Health Psychology • Māori Psychology • Mental Health Principles and Applications • Work and Organisational Psychology
If you want to apply psychological knowledge to promote people's health and/or cope with illness and the option to pair this with other health subjects	BACHELOR OF HEALTH	Health Psychology
If you want a broad knowledge of psychology and the option to pair this with other science subjects	BACHELOR OF SCIENCE	Psychological Science
If you want a broad knowledge of psychology and the option to pair this with other arts subjects (including Educational Psychology)	BACHELOR OF ARTS	• Educational Psychology • Psychological Science

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