

Psychology: Applying psychology in everyday life

The Minor in Psychology equips you to understand and navigate the complexities of human behavior. Whether you want to become a teacher, lawyer, politician, or something entirely different, psychology plays a crucial role in your success.

Within the minor, you will explore the scientific underpinnings of human thought, emotion, and action. You'll engage with established social psychology theories, gaining insights into the mechanisms behind snap judgments (e.g., evaluating someone based on a single negative interaction). Additionally, clinical psychology concepts like stress and resilience will be explored, providing a scientific framework for understanding individual differences in coping mechanisms.

This minor will also introduce you to the practical application of psychological knowledge. Experts of the department of clinical psychology will provide state-of-the-art insight into topics such as stress, sleep, suicide and rumination, discussing the effectiveness of evidence-based treatments. Social psychologists will work with you to uncover the contextual, individual, and social factors that influence human decisions. This understanding can lead towards more effective self-control and interventions to improve health and thriving for everyone.

Finally, the program aims to stimulate critical thinking and to analyze real-world phenomena through a psychological lens. Tutorials provide a platform for in-depth exploration of the application of psychological concepts to contemporary societal challenges, including climate change, the spread of misinformation, and intergroup contact.

Why Choose This Minor?

- Gain a **profound understanding** of core psychological theories and contemporary research trends.
- Develop the ability to **critically analyze** a broad spectrum of psychological phenomena relevant to everyday life.
- Cultivate a **scientific perspective** on normal and abnormal behavior, with exposure to current evidence-based treatment approaches.
- Enhance your ability to **critically self-reflect** on your professional role through the lens of psychology.

Programme / courses

This minor consists of 4 mandatory courses (24 ec) and 0 - 1 restricted choice electives (0-6 ec). Therefore, you can choose to either do this minor for 24 ec or 30 ec, depending on your preference (and the requirements of your major).

The mandatory courses of the minor are scheduled in the first and second semester, starting in the first semester.

- Introduction to Psychology (minor programme) (1st semester, period 1)
- Understanding (Ab)Normal Behaviour: Lessons from Clinical Psychology (1st semester, period 2)
- Social Psychology (minor programme) (2nd semester, period 1)
- Psychological toolkit: Understanding social behaviour in practice (2nd semester, period 2)

Each of the four mandatory courses consists of:

- two non-mandatory lectures a week (on campus)
- weekly mandatory small group practicals (on campus)
- mandatory assignments
- self study

The study load for these 4 courses is about 21 hours a week (during 8 weeks). For more information, please look at the more detailed descriptions in the 24-25 course catalogue.

All restricted choice electives are scheduled in the first semester:

- Current Topic Psy & AI
- CT: intro to cultural psy
- CT: A clinical perspective on today's issues
- Sexology

As for the restricted choice electives, Sexology is scheduled spread out over period 1 and 2. The study load is about 10-11 hours a week (in 16 weeks). The other courses you can choose as an elective have a study load of about 21 hours a week (during 8 weeks). For more information, please look at the more detailed descriptions in the course catalogue of 24-25.

Entry requirements

- Students must have completed 60 ec of their major, preferably the entire first year of their bachelor's programme, *at the time of their application for the minor*
- Please note: this minor programme is not open to students from universities of applied sciences (HBO) nor for students majoring in Psychology, PPLE and ISW (Interdisciplinary Social Studies).

Application

Are you a UvA student?

You can apply from Monday 1 April to Friday 31 May 2024 via the application form that will be available on this page during that period only.

Are you a non-UvA student?

Non-UvA students must first register as a secondary student via Studielink. More information about this can be found [here](#).

You can apply from Monday 1 April to Friday 31 May 2024 via the application form that will be available on this page during that period only.

Selection

If more than 64 students (who fulfill the entry requirements) apply, a lottery will decide which students are selected. The results will be announced on Tuesday 4 June by email.

Course registration

Only selected students will be able to register for the minor courses for the first semester during the semester 1 course registration period in June, from Monday 10 June 10:00 to Monday 17 June 13:00. Should any spots become available later, we will inform students that were not selected.

FAQ's

If I finish this minor, am I eligible for a master's programme in Psychology at the UvA?

No, this programme does not prepare you for master's programmes in Psychology at the UvA.

I'm studying ISW, is this a suitable minor for me? I notice you also offer minor programmes especially for ISW students.

The minor programmes we have designed especially for ISW students are much more suitable for you. Therefore, for this minor, ISW students are not admissible. Please note: Also, after finishing one of the minors tailored for ISW students, you'll be eligible for the (selection for the) follow-up master's track(s) in Psychology.

I'm studying "Psychobiologie", is this a suitable minor for me?

We would not recommend you doing this minor for two reasons:

1) As the Psychobiology bachelor's programme and ours have so much in common, there are several options for Psychobiology students to do parts of the bachelor's programme in Psychology that are better suited. Please consider the DuBa programme and the "voorsorteer"-programmes that were developed especially for Psychobiology students. Also, as a Psychobiology student, you have lots of options to do electives at our department. If you want more information about this, please contact the PB study adviser.

2) Because of overlap, PB's Examinations Board does not acknowledge all minor courses. That means, you can pass the course and get the credits, but they will not count for the Psychobiology programme and your diploma. So, if you are seriously considering this minor, please contact the PB study adviser to discuss the consequences first.

Can you explain more about whether this minor is 24 or 30 ec?

You can choose! This minor programme is 24 or 30 ec, depending on what you desire. Most programmes within the UvA have a semester worth of credits (ec) to do a minor. In that case, it's probably very convenient to do this minor for 30 ec. However, there are also bachelor's programmes that allow for less ec to do a minor (or a set of electives). In that case, you can choose for the 24 ec option.

Can I do only half of the courses of the minor?

No, if you choose this minor, you are supposed to do the entire minor programme (24 or 30 ec). However, the Psychology department offers electives that you might like. These electives can be done on a course by course basis. Please find more information [here](#).

I'd like to become a therapist, is this a good minor for me?

No, to be able to work as a clinical psychologist, you need a bachelor in Psychology (*and* a master's in Psychology *and* a post master's degree). For more information about the bachelor in Psychology UvA offers, please look [here](#).

Contact

Not sure if this is a suitable minor programme for you given the schedule of your major or your future career plans? Please consult the study adviser of your major.

For general information, for example about applying for this minor, you can contact the Education Desk Psychology: educationdesk-psy@uva.nl.

