Welcome to
the Master in Psychology:
Specialisation Occupational Health Psychology

Margot van der Doef

February 2018

Universiteit Leiden
The Netherlands

Discover the world at Leiden University
Introduction session

- Getting acquainted
- Give an overview of the Master programme OHP
- Introduce the mandatory and elective courses
- Issues regarding enrollment, Blackboard, graduation etc.
- Answer questions
Professional Master Programme
MSc in Psychology

- Mandatory courses: 20 EC
- Elective courses: 10 EC
- Internship: 10 EC

Note: 1 EC = 28 hours

Total: 60 EC
Discover the world at Leiden University
Master OHP at Leiden University:

‘Healthy people in healthy work’
Professional Perspectives

- Occupational Health Services (ARBO-diensten)
- Consultancy
- Health promotion
- Stress management / counseling
- Training, coaching, teambuilding
- Human Resources Management
- Assessment & selection
- Career counseling
- Reintegration, outplacement
- Staff- & management positions in (non-)profit sector
- (Scientific) research
Occupational Health Psychology

Central topic:
health, well-being, and performance of people in organisational settings

Crucial feature:
integration of knowledge from various disciplines of psychology

- Social & Organisational Psychology
  Leadership and work motivation; group processes

- Cognitive Psychology
  Enhancing human potential, safety culture

- Health Psychology
  Causes and consequences of occupational stress; health promotion in work settings
Occupational Health Psychology

Depending on your interest you can further focus on Social & Organizational $\Psi$ or Cognitive $\Psi$ or Health $\Psi$ approach by:

→ Choice for specific electives
→ Choice for specific topics for your thesis
→ Choice for a specific internship
Mandatory courses (20 EC)

* **Interventions in Occupational Health (5)**
  how to assess occupational risks & how to design, implement & evaluate interventions

* **Work & Stress (5)**
  role of workplace factors in employee health & well-being

* **Human Potential: Application (5)**
  cognitive enhancement in a variety of contexts

* At least 1 course out of the following 3 courses:

  * **Motivation, Power & Leadership (5)**
    the interplay between individuals, groups, and organisations with special attention to the roles of managers

  * **Negotiation and Social Decision Making (5)**
    social psychological issues in organisational behaviour

  * **Organisational Management (5)**
    key topics in the domain of organisational management, and training in applying this knowledge to organisational practice

Note I: for the majority of masters’ courses: attendance is **mandatory**

Note II: plagiarism check on all ‘products’ during the master
**Master Programme**

**Occupational Health Psychology programme (start Feb)**

<table>
<thead>
<tr>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>August</th>
<th>Sept</th>
<th>October</th>
<th>November</th>
<th>December</th>
<th>January</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Negotiation &amp; Social Decision making (5)</td>
<td>Organisational Management (5)</td>
<td>1 out of 3 from:</td>
<td>Motivation, Power &amp; Leadership (5)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Negotiation &amp; Social Decision making (5)</td>
<td>Organisational Management (5)</td>
<td>1 out of 3 from:</td>
<td>Motivation, Power &amp; Leadership (5)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thesis (20)</td>
<td>Internship (10) = 35 days</td>
<td>electives ..................</td>
<td>in total 10 EC</td>
<td>electives ..................</td>
<td>in total 10 EC</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2nd Semester: Feb – June  
(block III: Feb - mid April; block IV: mid April – June)  
1st Semester: Sep – Jan  
(block I: Sep – mid Nov; block II: mid Nov – Jan)
Interventions in Occupational Health (5 EC)

- Once a year: 2nd semester – block III feb-april

- How to assess occupational risks & how to design, implement & evaluate individual and organizational interventions

- Lectures – work groups; individual & subgroup assignments

- Coordinator: dr. Margot van der Doef
Work & Stress (5 EC)

- Once a year: 1st semester – block I *sep-nov*

- Role of workplace factors in employee health & well-being

- 3 lectures + 6 workgroup sessions (student presentations & discussion); individual paper

- Coordinator: dr. Margot van der Doef
Human Potential: Application (5 EC)

- Once a year: 1\textsuperscript{st} semester – block II \textit{nov-jan}

- Translation from cognitive theories to entries for cognitive enhancement in a variety of contexts

- Lectures, site visit, case studies, essay questions

- Coordinator: dr. Guido Band / Kerwin Olffers
 Negotiation and Social Decision Making (5 EC)

- Twice a year (1st semester – block I sep-nov and 2nd semester – block III feb-apr)

- Social psychological insights for the understanding of individual and group decision-making. Application of this knowledge by analysing and conceptualizing real-life issues in organisational settings

- Work group sessions, rated oral presentations, preparatory assignments, exam with multiple choice questions

- Coordinator: dr. Wolfgang Steinel
Organisational Management (5 EC)

- Twice a year (1st semester – block II nov-jan and 2nd semester – block IV apr-june)

- Familiarisation with some of the key topics in the domain of organisational management, and training in applying this knowledge to organisational practice

- Work group sessions, presentations, written assignments, final course paper

- Coordinator: dr. Emma ter Mors
Motivation, Power & Leadership (5 EC)

- Once a year: 1st semester – block I sep-nov

- The interplay between individuals, groups, and organisations with special attention to the roles of managers

- Lectures; exam

- Coordinator: dr. Fieke Harinck
Master thesis (20 EC)

- *Thesis proposal* and *full thesis* – under supervision of an experienced researcher.

- List of OHP thesis topics offered by staff members from S&O, ACP, and HP. You can indicate your topics of interest and will be allocated to a topic & supervisor.

- Also a possibility to do your thesis *extern* (e.g., TNO, Coronel Institute).

- You will be informed on the available topics and allocated on the basis of your preferences *in the upcoming weeks* (tight schedule!).

- Thesis coordinator: Margot van der Doef
Internship (10 EC)

- 10 ECTS = 280 hrs (= 35 days, report included)
- Preferably you start an internship after you finished most of your courses and thesis.
- The planning (number of days per week) is flexible, and depending on your wishes and those of the organisation.
- Information on requirements / procedure is provided in the internship manual on Blackboard (Master Occupational Health Psychology: general)
Internship (10 EC)

• Your internship (organisation, content and schedule) should be approved by your university supervisor and the internship coordinator
• Find internship yourself

• List of previous internships is available on Blackboard
Examples (profit/non-profit):
  • Human Resource Management
  • Psychological assessment & selection
  • Safety management
  • Consultancy
  • Training/education
  • Counseling / coaching
  • Research organizations (e.g. TNO)
  • Option for Dutch-speaking students: Trainers Course Communication Skills (Nov-Jan – 10 EC) + trainer Interpersoonlijke BeroepsVaardigheden (Feb-Apr - 10 EC)

• Coordinator: dr. Margot van der Doef
Electives OHP

→ 10 EC
→ Depending on your interest you can further focus on Social & Organizational Ψ or Health Ψ or Cognitive Ψ approach

S&O Ψ:
More than one from the following three courses:
  • Motivation, Power, & Leadership
  • Negotiation and Social Decision Making
  • Organisational Management

  • Social Animals at Work (Block IV; Apr-June)
Electives OHP

Health Ψ:

- Health Psychology in Practice (5 EC; block III, Feb-Apr)
- Innovations in e-Health Care (5 EC; block III, Feb-Apr)
- Health Promotion & Disease Prevention (5 EC; block I, Sep-Nov)

- Training Course Communication Skills (10 EC; Nov-Jan) +
  trainer IBV (10 EC – Feb-Apr; internship possibility)
You will acquire teaching skills for communication and social
skills-training. Note: in Dutch + selection procedure!
Electives OHP

Cognitive $\Psi$:

- Decision Making: Theory and Practice (5 EC; block IV, Apr-June)
Other electives

e.g.:  

- Applied Data Analysis (5 EC; twice a year: 1\textsuperscript{st} and 2\textsuperscript{nd} semester)
- Psychology of Economic Behavior (5 EC; block III, Feb-Apr)
- Environmental Psychology (5 EC; block II, Nov-Jan)

- courses from other universities
Preparatory course in Methodology and Statistics

• If it was a requirement in your admission, you need to take and pass the course (≥ 5,5)
• If it was not a requirement in your admission, but you think you need to update your knowledge and/or skills in statistics you can contact Mirthe Haas.

• Course takes place in the evenings
Mentor-system

- Three meetings a year
- You will be invited for a first meeting soon

Aim:
- To discuss choices within the master programme (e.g., electives, thesis, internship)
- To discuss study progress
- To discuss future perspectives
- To refer you to the right person

Contact info: Dr. Margot van der Doef; room 2A07; doef@fsw.leidenuniv.nl; 071-5273987
Last But Not Least: MOC & ISP

Master Educational Board (MOC):

- Dedicated to the monitoring, preservation and improvement of the quality of your Master education
- Board of both faculty and institutional staff and student representatives
- ± 10 meetings (once a month)

2017-2018 OHP representative:

Marieke van der Werff (mariekevanderwerff@live.nl)

International Students Platform (ISP)

2017-2018 OHP representative:

Naomi Rodriguez Rodriguez (naomirodriguezrodriguez@yahoo.es)
Procedure to subscribe

Subscribing in Usis for the courses of this semester (Feb 2018 – June 2018; block III and IV)

=> today (February 1st) between 12.00-15.00!

• In August 2018 you subscribe for the courses of the next semester (Sep 2018 – Jan 2019; block I and II).

• Carefully read the remarks in Usis (e.g. “Students Occupational Health Psychology”, “international students”), to subscribe to the right course group; for some courses you need to enroll for lectures and workgroups.

• If Usis reports for a chosen elective: “Full” or “waiting list” there is a realistic possibility that you can not follow the course. However, if it is a mandatory course for your master you will be placed.

Buddy-system!
Note I

• At a later point in time, you must register for the examinations through Usis. Remember to do so in time!
  • So: your enrolment in a course is not your registration for the examination of that course!
  • Check your registration – if not ok, go to the Student Services Center (SSC) / Onderwijs Service Center (OSC)

• Master diploma
  • submit the application form for graduation in time - best you can do is to apply for graduation when you have 40 EC (e.g., when only your internship or thesis grade is lacking)
  • diploma’s are dated on the last working day of the month
  • Official graduation sessions are scheduled about 6 times a year
Note II

- **Blackboard:**
  
  Often you need to *enroll yourself* for the courses you are taking. On BB you will find the latest info on courses, including e.g. literature, assignments, and powerpoints of lectures.

- **Umail:**
  
  the university will use umail for important messages - forward it to your personal mail address if you don’t check it regularly...

- **Create your network:**
  
  - LinkedIn group: Occupational Health Psychology (Leiden)
  - Facebook groups:
    - Master Occupational Health ’16
    - Occupational Health Psychology - Leiden University
Questions?

Contact information:
Margot van der Doef
doef@fsw.leidenuniv.nl
Room 2A07
071 – 527 3987