

# Welcome to the Master in Psychology: Specialisation Occupational Health Psychology

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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
- In more detail: Thesis & Internship
- Student representation in MOC / ISP
- Issues regarding enrollment, Blackboard, graduation etc.
- Answer questions

# Professional Master Programme MSc in Psychology

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

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60 EC

*Note: 1 EC = 28 hours  
Full-time programme*

Masterspecialisation OHP  
at Leiden University:

*'Healthy people in healthy work'*

# 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
- \* **Improving Human Performance in Practice (5)**  
cognitive enhancement in a variety of contexts

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

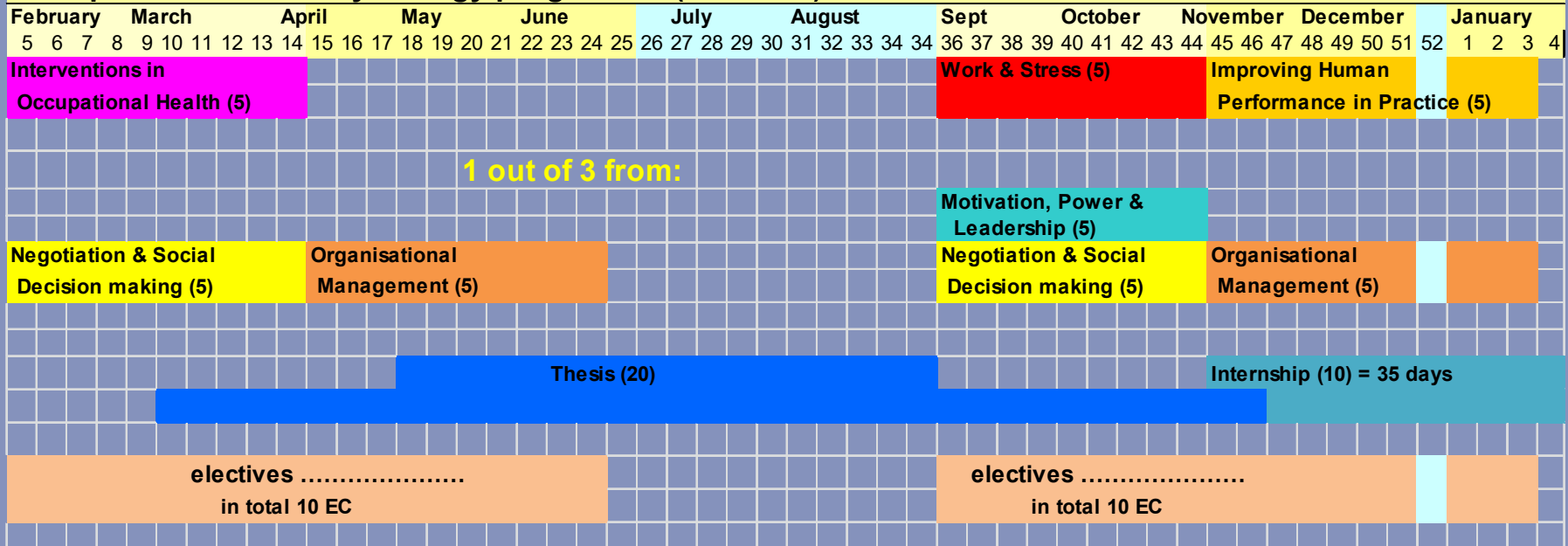
- \* **Negotiation and Social Decision Making (5)**  
social psychological issues in organisational behaviour
- \* **Organisational Management (5)**  
key topics in the domain of organisational management, and training in applying this knowledge to organisational practice
- \* **Motivation, Power & Leadership (5)**  
the interplay between individuals, groups, and organisations with special attention to the roles of managers

**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

## Occupational Health Psychology programme (start Feb)



2<sup>nd</sup> Semester: Feb – June

(block III: Feb - mid April; block IV: mid April – June)

1<sup>st</sup> Semester: Sep – Jan

(block I: Sep – mid Nov; block II: mid Nov – Jan)



## Interventions in Occupational Health (5 EC)

- Once a year: 2<sup>nd</sup> 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

Note: first session: Monday Feb 3, 9:00 – 12:00

## Work & Stress (5 EC)

- Once a year: 1<sup>st</sup> 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

## Improving Human Performance in Practice (5 EC)

- Once a year: 1<sup>rst</sup> semester – block II *Nov-Jan*
- Translation from cognitive theories to entries for cognitive enhancement in a variety of contexts
- Lectures, work group sessions, site visit, individual and group assignment, exam
- Coordinator: Kerwin Olfers

## Negotiation and Social Decision Making (5 EC)

- Twice a year (1<sup>st</sup> semester – block I *Sep-Nov* and 2<sup>nd</sup> 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 (1<sup>st</sup> semester – block II *Nov-Jan* and 2<sup>nd</sup> 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: 1<sup>st</sup> 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

## Electives OHP

→ 10 EC

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

### S&O $\Psi$ :

More than one from the following three courses:

- Negotiation and Social Decision Making
- Organisational Management
- Motivation, Power, & Leadership
  
- Social Animals at Work (Block IV; Apr-June)

## Electives OHP

### Health $\Psi$ :

- 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 in Practice (5 EC; block IV, Apr-June)

## Other electives

*e.g.:*

- Applied Data Analysis (5 EC; twice a year: 1<sup>st</sup> and 2<sup>nd</sup> semester)
- Psychology of Economic Behavior (5 EC; block III, Feb-Apr)
- Environmental Psychology (5 EC; block II, Nov-Jan)
  
- *courses from other universities*

## Master Thesis

→ Basic requirements:

- thesis on an OHP topic
- empirical research, including analyses on *quantitative data* or *meta-analysis*

→ Thesis should be written in English

→ Thesis is an individual product

- for some projects collaboration with other students regarding design of study / data collection, and joint supervision

→ 20 EC (= 560 hours)

→ Two phases:

- (1) Thesis proposal (introduction & method)
- (2) Data collection, analyses, writing the full thesis

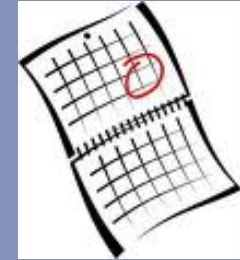
## Master thesis (20 EC)

- *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 HMP. You can indicate your topics of interest (top-5) and will be allocated to a topic & supervisor.
- Also a possibility to do your thesis *extern* (research institute e.g. TNO / other university).
- 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

## Procedure thesis

- Allocation to internal/external supervisor & topic
- Write thesis proposal
- Approval proposal by your supervisor
- Approval proposal by co-evaluator
- Only then: continuation with actual thesis research
- Final evaluation thesis: your supervisor and co-evaluator(s)

## Global time line thesis (*February group*)



### *Parallel to courses*

- March: Topic & supervisor
- March – May/June: Write thesis proposal
- May / June: Approval proposal by supervisor and co-evaluator
- June - Nov: conducting the thesis research & writing thesis
- Dec/Jan: finalize thesis + grading

#### Note:

in list of topics it will be indicated whether data collection takes place before or after the summer – take this into account in deciding on your top 5 preferences

## Master thesis: Supervision & other resources



- Your thesis supervisor
  - Use your supervision time well; it is limited!
- Blackboard module (depending on specialization of supervisor)
- Library
  - Online instructions, toolbox (use of the various resources/databases)
  - Advice regarding literature search (Paper Clinic)
- Plexus (Workshop scriptieschrijven: do's and don'ts)
- Course / workshop Academic Writing (e.g. Academic Language Centre)
- POPcorner (e.g. study acceleration group)

## Master thesis lab

For information & assistance: room 6C02 (6<sup>th</sup> floor)

- Computer facilities, books (e.g., methodology and 'how to' books, APA guidelines)
- Thesis lab assistants (*see website for schedule*)
- Counselling regarding a.o. statistical analysis
- Need to sign in (filled-in form signed by thesis supervisor)
- Check out the website!  
<https://www.student.universiteitleiden.nl/en/vr/social-and-behavioural-sciences/master-thesis-lab/what-is-the-master-thesis-lab?cf=social-and-behavioural-sciences&cd=psychology-msc>





## Master thesis

Self-check: Do I have sufficient background / experience regarding:

- Statistics
- SPSS
- Bachelorthesis (incl quantitative research)

→ Preparatory Statistics (bachelor level course)

- If it was a requirement in your admission, you need to take and pass the course ( $\geq 5,5$ )
- 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 enroll

→ Applied Data Analysis (master level course) (5 EC)

## Internship (10 EC)

- 10 EC = 280 hrs (= 35 days, report included)
- Find internship yourself
- Preferably you start an internship after you finished most of your courses and thesis (discuss your planning with your thesis supervisor and mentor)
- The planning (number of days per week) is flexible, and depending on your wishes and those of the organization
- Your internship (organisation, content and schedule) should be approved by the internship coordinator and your university supervisor
- Next to your field supervisor, you will have a university supervisor (individual meetings, and/or group sessions)

## MSc OHP: 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

## Internship (10 EC)

- 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)
- Available on Blackboard (Occupational Health Psychology: general):
  - List of previous internships
  - Link / information on available resources (e.g., Career Services, LinkedIn group, Magnet.me, stagemotor.nl)
  - Some vacancies
  - Internship documents e.g., internship agreement, working plan, (intermediate) evaluation forms, guidelines for internship report
- Coordinator: dr. Margot van der Doef

## Mentorate

- Three individual meetings a year (start, midway, end)
- You will be invited for a first meeting soon (upcoming week)

### 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 Programme Committee (Master OpleidingsCommissie - MOC)

✓ *2019-2020 OHP student representative: Simone Peters*



International Students Platform (ISP)

✓ *2018-2019 OHP student representative: Andrea Asirwatham*

✓ *2019-2020 vacancy*

**Master Opleidings Commissie (MOC)**  
**Master's Programme Committee (MPC)**

→ Continually improving our education

The MOC meets once a month on Monday 15-17

Next to that, the student representative and teacher representative from each specialization meet once a month

The student representatives of the MOC meet twice a month

# Your part?

- If you have any questions on how to deal with an issue, feel free to contact us.
- If you have any suggestion for improvement, we'd love to hear it.
- If you want to know more about what we are currently improving, feel free to ask.
- If you want to know more about what the MOC is working on, please follow us on Facebook.



## Contact details MOC:

- Teacher representing OHP: Margot van der Doef  
[doef@fsw.leidenuniv.nl](mailto:doef@fsw.leidenuniv.nl)
- Student representing OHP: Simone Peters  
[simonepkmd96@gmail.com](mailto:simonepkmd96@gmail.com)
- General e-mail address MOC:  
[mocpsychology.students@fsw.leidenuniv.nl](mailto:mocpsychology.students@fsw.leidenuniv.nl)
- Facebook:  
“MOC Psychology Leiden University”

## Procedure to enroll for courses

Did you fill in the questionnaire indicating the courses you want to take ?

Then you are already enrolled.

*You can check this in Usis.*

Add / de-enroll: today between 13.00-15.00 (pc rooms / SSC)

In *August 2020* you indicate the courses you want to take in the next semester (block I & II; Sep 2020 – Jan 2021).

## Note I

- Blackboard (BB):  
Often you need to *enroll yourself* for the courses you are taking.  
On BB: latest info on course, including e.g. literature, assignments, and powerpoints of lectures.
- At a later point in time, you must register for the **exams** through Usis.  
Remember to do so *in time!*
  - So: your enrolment in a course *is not* your registration for the exam of that course!
  - Check your registration – if not ok, go to the Student Services Center (SSC) / Onderwijs Service Center (OSC) at the ground floor
- Umail:  
the university will use umail for important messages -  
forward it to your personal mail address if you don't check it regularly...

## Note II

- 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
  
- Create your network:
  - LinkedIn group: Occupational Health Psychology (Leiden)
  - Facebook groups:
    - Master Occupational Health '16
    - Occupational Health Psychology - Leiden University
  - Whatapp group (contact between current OHP students)

## Questions ?

*Contact information:*

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