Welcome to
the Master in Psychology:
Specialisation Occupational Health Psychology

Margot van der Doef

August 2019
Introduction session

- Getting acquainted
- Give an overview of the Master programme OHP
- Introduce the mandatory and elective courses
- Master thesis and internship
- Student representation in MOC / ISP
- Issues regarding enrollment, Blackboard, graduation etc.
- Answer questions
A few questions before we start ...

• Background? (Leiden Ba or pre-master, other Dutch university, abroad/international student)

• Already enrolled for courses (SSC mail)?

• Questions regarding courses / programme?
Professional Master Programme
MSc in Psychology

• Mandatory courses 20 EC
• Elective courses 10 EC
• Thesis Proposal + Thesis 20 EC
• Internship 10 EC

Note: 1 EC = 28 hours 60 EC
Discover the world at Leiden University
Masterspecialisation 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 Ψ or Cognitive Ψ or Health Ψ approach by:

→ Choice for specific electives

→ Choice for specific topics for your thesis

→ Choice for a specific internship
Mandatory courses (20 EC)

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

*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
**Occupational Health Psychology program (start Sept 2019)**

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- **Work & Stress (5)**
- **Improving Human Performance in Practice (5)**
- **Interventions in Occupational Health (5)**

*at least 1 out of 3 from:*
- **Motivation, Power & Leadership (5)**
- **Negotiation and Social Decision Making (5)**
- **Organisational Management (5)**
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**Thesis (20)**

**Internship (10)**

(35 days)

*+ 10 ECTS Electives !*

**1st Semester: Sep – Jan**
*(block I: Sep – mid Nov; block II: mid Nov – Jan)*

**2nd Semester: Feb – June**
*(block III: Feb - mid April; block IV: mid April – June)*
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

Note: course starts upcoming Monday Sep 2, at 9:15 a.m.!
Improving Human Performance in Practice (5 EC)

- Once a year: 1st 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: dr. Guido Band / Kerwin Olfers
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
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
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 (1\textsuperscript{st} semester – block II \textit{nov-jan} and 2\textsuperscript{nd} semester – block IV \textit{apr-june})

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

- Lectures and work group sessions, presentations, written assignments, final course paper

- Coordinator: dr. Emma ter Mors
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 Promotion & Disease Prevention (5 EC; block I, Sep-Nov)
- Health Psychology in Practice (5 EC; block III, Feb-Apr)
- Innovations in e-Health Care (5 EC; block III, Feb-Apr)
- 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\textsuperscript{st} and 2\textsuperscript{nd} semester)
- Environmental Psychology (5 EC; block II, Nov-Jan)
- Psychology of Economic Behavior (5 EC; block III, Feb-Apr)

- \textit{courses from other universities}
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 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
Master Thesis

→ Basic requirements:
  • thesis on a OHP topic
  • empirical research, including analyses on *quantitative data* or *meta-analysis*

→ Thesis should be written in English
→ Thesis is an individual product

→ 20 ECTS (= 560 hours)

→ Two phases:
  (1) Thesis proposal
  (2) Data collection, analyses, writing the full thesis
Master Thesis

*Structured as a scientific article*

- Abstract
- Introduction
- Method
- Results
- Discussion
- References
- (Appendices)

→ max. 35 pages (spacing: 1,5)

→ Evaluation by supervisor and second evaluator

→ Plagiarism check through Turnitin
Master thesis: Supervision & other resources

- Your thesis supervisor
  → Use your supervision time well; it is limited!

- Blackboard module (depending on specialization)

- 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 (studieversnellingsgroep)
Master thesis lab

For information & assistance: room 6C02 (6th 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!  
Master thesis

Self-check: Do I have sufficient background / experience regarding:
• Statistics
• SPSS
• Bachelor thesis (incl quantitative research)

→ Preparatory Statistics (bachelor level course)
  • 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 enroll
  • Course takes place in the evenings

→ Applied Data Analysis (master level course) (5 EC)
Internship (10 EC)

- 10 EC = 280 hrs (= 35 days, report included)
- Preferably you start an internship after you finished most of your courses and thesis
  (discuss your planning with your mentor & thesis supervisor)
- The planning (number of days per week) is flexible, and depending on your wishes and those of the organization
- Supervision by an external supervisor (organization) and an university supervisor
- Information on requirements / procedure is provided on Blackboard (Master Occupational Health Psychology: general)
Internship (10 EC)

- Find internship *yourself*

- Your internship (organisation, content and schedule) should be approved by the internship coordinator and university supervisor

- List of previous internships and other resources are available on BB
  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
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)
✓ 2018-2019 OHP student representative: Loes Beijen

International Students Platform (ISP)
✓ 2018-2019 OHP student representative: Andrea Asirwatham
(andrea.asir@hotmail.com)
Master OpleidingsCommissie (MOC)

Continually improving our education
Monthly rhythm

- The MOC meets once a month.
  - Monday 15-17

- The student and the teacher from each specialization meet once a month.

- The students 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 “MOC Psychology Leiden University”
Contact details:

• Teacher representing OHP: DOEF@FSW.leidenuniv.nl

• Student representing OHP: loes-beijen@hotmail.com

• General e-mail address MOC: 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 January 2020 you indicate the courses you want to take in the next semester (block III & IV; Feb – June 2020).
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
Questions?

Contact information:
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071 – 527 3987