

Master specialisation Occupational Health Psychology

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**Universiteit
Leiden**
The Netherlands



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A quick overview

Programme structure

- Mandatory courses 20 EC *
- Elective course 5 EC
- Thesis 20 EC
- Internship 15 EC

Degree

- MSc in Psychology

* 4th mandatory course: choice out of 3 S&O courses

Type of programme

- Full time
- 60 EC

Starts in

- September
- February



Programme schedule – start in September

Occupational Health Psychology

September					October			November				December				52	January				February			March			April			May			June						
36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23

Work & Stress (5)					Improving Human Perf in Practice (5)								Interventions in Occupational Health (5)													
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Remember: you need to take at least one out of the three S&O courses below

Motivation, Power & Leadership (5)

Negotiation and Soc. Decision Making (5)					Organisational Management (5)								Negotiation and Soc. Decision making (5)			Organisational Management (5)				
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					Thesis (20)																internship	
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Elective (5 EC) in Sem I												or Elective (5 EC) in Sem I							
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Programme schedule – start in February

Occupational Health Psychology																																								
February			March				April				May				June		Jul/Aug		September				October				November			December			January							
5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	1	2	3
Interventions in Occupational Health (5)																					Work & Stress (5)				Improving Human Perf in Practice (5)															
<i>Remember: you need to take at least one out of the three S&O courses below</i>																																								
														Motivation, Power & Leadership (5)																										
Negotiation and Soc. Decision Making (5)			Organisational Management (5)																		Negotiation and Soc. Decision making (5)				Organisational Management (5)															
				Thesis (20)																											.. Internship ..									
5 EC elective in Sem II														or 5 EC elective in Sem I																										



Mandatory courses (20 EC)

- **Work & Stress (5)**

role of workplace factors in employee health & well-being

- **Improving Human Performance in Practice (5)**

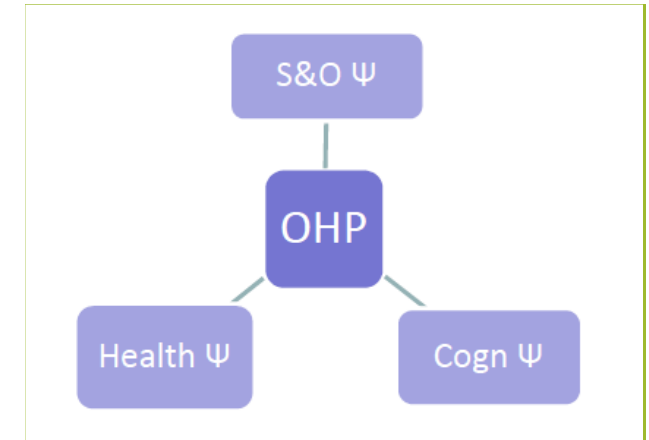
cognitive enhancement in a variety of contexts

- **Interventions in Occupational Health (5)**

how to assess occupational risks & how to design, implement & evaluate interventions

→ *See the Prospectus for detailed descriptions*

→ *For the majority of masters' courses: attendance is mandatory*



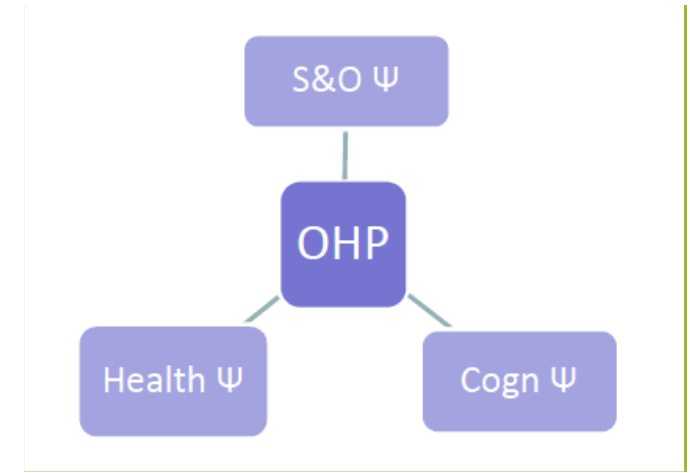
Mandatory courses (20 EC)

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

→ *See the Prospectus for detailed descriptions*

→ *For the majority of masters' courses: attendance is mandatory*



Electives

Depending on your interest; e.g. you can further focus on Social & Organisational or Health or Cognitive Ψ

Semester 1 (Sep-Jan)

- Applied Data Analysis
- Designing Interventions for Behavioural Change
- Training Course Communication Skills (10 EC)
Note: in Dutch + selection procedure
- Environmental Psychology
-

→ *See the Prospectus for a complete overview*

Semester 2 (Feb-June)

- Health Psychology: from Research to Practice
- Innovations in e-Health Care
- Social Animals at Work
- Psychology of Economic Behavior
-



Thesis

Basic requirements:

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

Thesis should be written in English, and 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

→ End of your *first month in the master* (September/February):

list of available thesis topics → indicate your top 5 preferences

→ allocated to topic & supervisor



Internship

- 15 EC = 420 hrs (= 52,5 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)
- You can do your internship in the Netherlands or abroad (e.g., in your home country)
- An internship should give you the opportunity to gain experience by working under supervision on relevant tasks/projects (at a university level, fitting with your master specialisation) and to develop yourself on your learning objectives (i.e. skills, personal development).
- The planning (number of days per week) is flexible, and depending on your wishes and those of the organisation
- 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)



Before the start of the programme

Sign up for courses

- When?
 - Course planning: *June and November*
 - Course enrolment: *July and December*
- Instructions on student website of Leiden University

Be present at the Master's Kick Off

- When?
 - September start: *end of August*
 - February start: *end of January*
- We expect you to attend the kick off. More information will follow via email



We are looking forward to welcoming you at Leiden University!



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