Faculty Session

Psychology

Florine Weekenstroo – International Coordinator Institute of Psychology
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1. Study Abroad Options
1. Options to Study Abroad

- Exchange
- Study Abroad independently
- Summer/winterschools
- Internship / Thesis
- Entire Master abroad
Exchange

- Study at partner university
- Only pay tuition fees to Leiden University
- Possible to have your credits recognized by programme
- Application via Leiden University
  - Limited places
  - Eligibility requirements:
    All 60 EC of BSc Year One completed by internal application deadline
    GPA 7,0 or higher

Two types of exchange programme:
1. University wide
2. Via faculty / programme
Faculty vs. University-wide exchange

Faculty/ programme exchange

- **Inside Europe (Erasmus+)**
- **Managed by** Institute of Psychology
- **Open to** Psychology students only
- **Possible to study outside your field of study at most universities (but not all!)**

**Contact:**
- Exchange coordinator
  - Florine Weekenstroo
  - Institute of Psychology
  - Faculty of Social and Behavioural Sciences (FSW)
  - exchangepsy@fsw.leidenuniv.nl

University wide exchange

- **Outside of Europe**
- **Managed by central** International Relations Office (IR) of Student and Educational Affairs (SEA)
- **Generally open to** all students
- **Possible to study outside your field of study and in different faculties**

**Contact:**
- International coordinators
  - Rianne de Bree & Gaye Eksen
  - International Relations Office
  - Student and Educational Affairs (SEA)
  - studyabroad@sea.leidenuniv.nl
Where?

Where to find our exchange agreements?

https://www.leidenuniv.nl/soz/buitenland/search-exchange-agreements.html

You can apply for agreements that are open to:

• Psychology students (Faculty = Inside of Europe)
• All students (University wide = Outside of Europe)
Study Abroad independently

If there is no exchange agreement
OR
If you are not selected to study as exchange student

- Independent application: free mover
- Start early: at least 1 year in advance.
- Safe destination!
- Tuition fee to both universities
- Recognition of credits possible: ask permission

Always inform Exchange coordinator about your plans!
Summer / winterschools

Short stay programme

• Tuition fee / tuition fee waiver
• Recognition of credits not always possible
• Visit Summerschool stand today

Always inform Exchange coordinator about your plans!
Internship or Thesis Abroad

Master only

Students need to find:
- an internship or thesis assignment
- approval from your master’s programme
- a supervisor abroad.

You can make arrangements with the internship/thesis coordinator of your master specialization
Entire Master abroad

Not possible on exchange agreement

• You apply directly at host university
• You pay tuition fees to host university
• Limited assistance from international office
• Start early! At least 1 year in advance
• Scholarships
• Diploma recognition by DUO after you return

At the infomarket: Fulbright, Studeren in Duitsland & www.Wilweg.nl
2. Exchange: When & what?
When?

Best time to go on exchange:

**Bachelor Year 3** (prepare and apply in Year 2): electives

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<th>YEAR 2</th>
<th>BLOCK 1</th>
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<th>BLOCK 3</th>
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<tbody>
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<td>45 ec</td>
<td>Developmental Psychopathology</td>
<td>Consciousness</td>
<td>Interpersonal Professional Skills</td>
<td>MvDA</td>
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<td>Psychometrics</td>
<td>Group Dynamics</td>
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<td>15 ec</td>
<td>Stress, Health and Disease</td>
<td>Psychodiagnostics</td>
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<td>Elective / Specialisation courses</td>
<td>Perspective on Career Planning</td>
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<th>YEAR 3</th>
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<td>45 ec</td>
<td>Perspective on Career Planning</td>
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<td>BACHELOR PROJECT</td>
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<td>Specialisation / Elective courses</td>
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<td>15 ec</td>
<td>Bachelor Project</td>
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What? – Elective courses (Bachelor)

**Year I**
Mandatory courses (60 EC)

**Year II**
Mandatory courses (45 EC)

**Year II & III**
Specialization courses (30 EC)

**Year II & III**
Elective area (30 EC)

**Year III**
Mandatory Bachelor Project (15 EC)

Elective requirement:
30 EC electives, with minimum of 5 ec on level 300.
When?

Bachelor Year 4:
• Electives or extra curricular
• Board of examiners

Master:
• Extra curricular
• Not all partner universities offer courses on master level
• Internship / Thesis: arrange yourself ≠ exchange
What? – Course criteria

Always ask permission for any of the course you would like to take

• No overlap with courses in your programme (bachelor / master)
• No English language courses
• Academic course (no practical course)
• Min. 20 EC (or equivalent study load)
• If applicable: 5 ec on level 300

Important: host university can also have course restrictions!
Choosing a destination

How to decide?

Course availability? Language requirement?

Academic Calendar? Cost of living?

Culture? Small or big university?

Campus, student city or metropole?

Equal treatment? Future plans?

Disability or illness? Safety?
Best source for orientation

Blackboard page:
Study Abroad Outside of Europe
3. Exchange: Application
Application Internal Selection

1. Do you meet the requirements?
2. Make a study plan: does it fit?
3. Select 3 partner universities (Faculty) / 10 partner universities (University wide)
4. Submit online application and upload:
   • Transcript of Records incl. GPA \(\rightarrow\) SSC
   • Motivation letter – Why study abroad?
   • Proof of language proficiency and plan (if language of instruction is not English)

- Registered student LU
- All 60 EC Year 1 courses completed (P) by internal deadline
- GPA of 7,0 or higher
# Deadlines internal selection

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<tr>
<th>Study abroad in</th>
<th>Outside of Europe</th>
<th>Inside of Europe</th>
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<tr>
<td><strong>Sem 1 2019/2020</strong>&lt;br&gt;Fall semester</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; December 2018</td>
<td>15&lt;sup&gt;th&lt;/sup&gt; Feb 2019</td>
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<td><strong>Sem 2 2019/2020</strong>&lt;br&gt;Spring semester</td>
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Selection criteria

1. GPA
2. Studying without delays
3. Motivation letter
Nomination

You are selected! We will inform the host university!

Faculty exchange (inside of Europe): Florine Weekenstroo
University wide exchange (outside of Europe): International Relations Office
Application to Host University

You will receive information from the host university

Follow their application steps!

APPLY NOW
4. Health & Safety
Health and Safety

It is very important that you go abroad well prepared!

You are obliged to

• take out a good insurance;
• get the necessary vaccinations;
• bring along enough money.

All students need to attend a Health and Safety information session before departure. The dates for these information sessions will be published on the website at the start of 2019.
5. Scholarships
Scholarships

- **Inside Europe**: Erasmus +
- **Outside Europe**: Lustra+ and Holland Scholarship
- **OV-vergoeding**

Exchange coordinator can sign documents during walk-in consulting hours.

**Today**: Session Finances and Scholarships (room 2)
6. Contact information
Contact information

**Faculty exchange:** Options/Exchange Inside Europe/study related/Signatures/Course approval

**Institute of Psychology**
Exchange coordinator: Florine Weekenstroo
Email: exchangepsy@fsw.leidenuniv.nl
Walk-in consulting hours:
- Tue 10.30 – 11.15
- Wed 13.30 – 14.15, FSW (room 2C02)
- Out of office 16, 17 & 23 October!

**University wide exchange:** Exchange outside of Europe

**International Relations Office**
International coordinators: Rianne de Bree & Gaye Eksen
Email: studyabroad@sea.leidenuniv.nl
Consulting hours:
- Mon 13.00 – 17.00, PLEXUS, Leiden
Study abroad website is under construction!
Questions?

Visit me at the information market from 15:30 until 17:00

International Exchange Coordinators (Leiden University)
Psychology Abroad
Sherilynn van der Schoor
Study Abroad Festival
October 12, 2018
Programme

• How to prepare yourself?
• Choice of university
• Exchange in BSc Psychology
• Arrival
• Courses
• Personal experience
• Tips
How to prepare yourself?

• Start early! A lot of things to arrange
• Check the websites of Leiden University and your host University
• Language course
• During the exchange you also have to fill in documents!
Choice of university

• Europe (Erasmus+ EU grant)
• Courses
• Country, city & culture
• History of University
Exchange in BSc Psychology programme

• Second semester
• Bachelor thesis in first semester (request this!)
• 20 ECTS
• Start early with looking for courses, if there are any requirements to follow the courses.
• Also, check the level and content of the courses → no overlap with previous courses
Arrival

• Welcome Days University
• ESN introduction week
• Finding a room: start early!
  - Facebook, UniPlaces, Housing Anywhere
Courses

• Second cycle degree courses
• English level
• Psychology of Music; Neuropsychology of Aging; Genes, Mind and Social Behavior; Psychobiology of Psychotic Disorders
My personal experience
Tips for going abroad

• Don’t forget about your health insurance!

• If you have to go to the hospital, go to the University hospital, they probably speak English there! Or/and take someone with you who speaks the language.

• Cash is very useful abroad, or maybe even a bank account abroad.

• Your grades can turn out to be lower here in NL than they are abroad.

• Choose courses you are interested in → motivation to study besides all the fun stuff!

• Go abroad, make new memories and friends for life!
Questions?

Any questions in general or about Padova? Mail me!

sherilynnvdrschoor@gmail.com