

Masterspecialisation Occupational Health Psychology

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Leiden
The Netherlands



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A quick overview

Programme structure

- Four mandatory courses 20 EC
- Two elective courses 10 EC
- Thesis 20 EC
- Internship 10 EC

Degree

- MSc in Psychology

1 EC = 28 hours

Type of programme

- Full time
- 60 EC

Starts in

- September
- February



Programme outline – start September

Occupational Health Psychology																																											
September				October				November				December				January				February				March				April				May				June		July/Aug					
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	24	25
Work & Stress (5)				Improving Human Perf in Practice (5)												Interventions in Occupational Health (5)																											
Remember: you need to take at least one of the following three courses below																																											
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 ... (10)																	
+ 10 EC Electives !																																											



Programme outline – start February

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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		
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Mandatory courses (20 EC)

- **Work & Stress (5)**

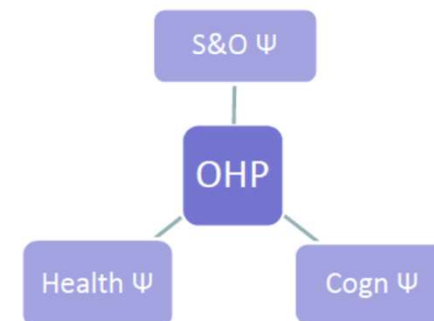
role of workplace factors in employee health & well-being

- **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**

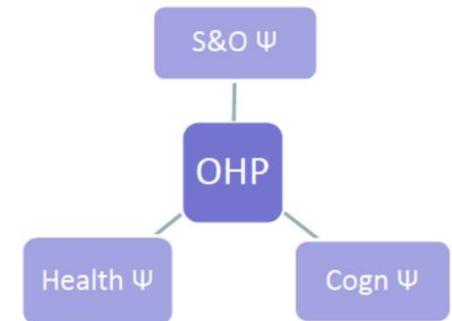
the interplay between individuals, groups, and organisations with special attention to the roles of managers

- **Negotiation and Social Decision Making**

social psychological issues in organisational behaviour

- **Organisational Management**

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



Electives

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

Sep-Jan Semester

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

Feb-June Semester

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

→ See the Prospectus for a complete overview



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



Thesis

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

- Statistics
- SPSS or R
- Bachelorthesis (incl quantitative research)

→ option to take 'Applied Data Analysis' (master level course) as an elective



Internship

- 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 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)



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Before the start of the programme

Sign up for courses (via MyStudyMap)

- When?
 - Course planning: *June and November*
 - Course enrolment: *July and December*
- You will receive an email with instructions on course enrolment from the Student Services Centre



Be present at the Master's Kick Off

- We expect you to attend the Kick Off, which takes place in the week *before* the start of the semester
- More information will follow via email



**We are looking forward
to welcoming you
at Leiden University!**



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