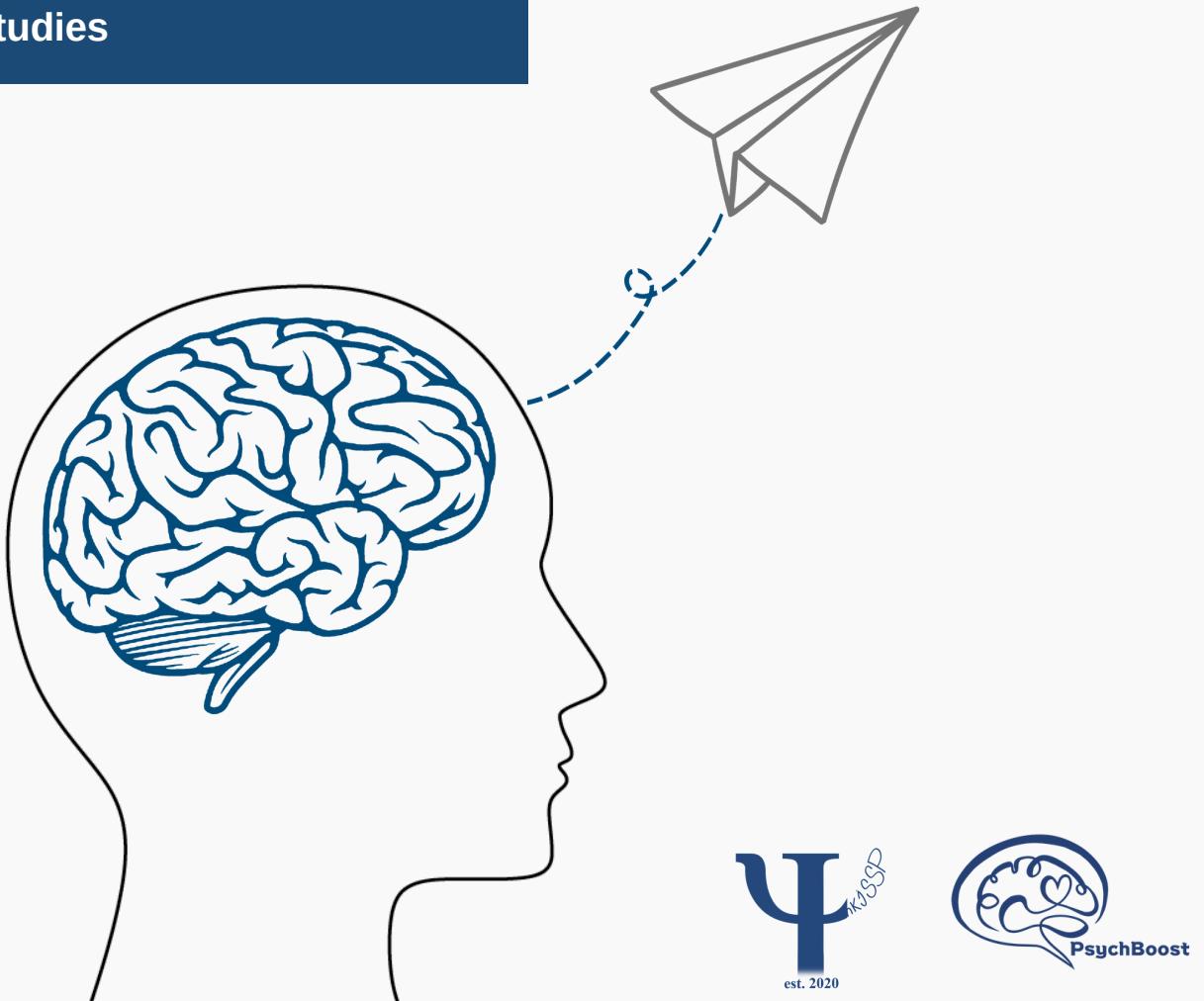




PSYCHOLOGY OVERSEAS STUDIES BOOKLET

Featuring Themes:

- Overseas vs HK
- Comparing university courses
- Application
- Further Studies



BY THE HONG KONG JOINT SCHOOL SOCIETY OF
PSYCHOLOGY & PSYCHBOOST

CONTENT

1

Overseas Compared to HK Studies

Introduction	2
Foreword	3-5
	6
Overseas versus Hong Kong	7
Course Focus and Structure	8-10
Research Opportunities	11-12
Studying Environment	13-14
Campus Life and Culture	15-16
Finances	17-18
Scholarships	19

2

Courses Offered by Different Universities

20

UK Universities	20-26
US Universities	27-30
Entry requirements	31

3

Application

UK	32
UCAS Application	32-35
Resources	36-37
Visa Application	38-40
US	
Application Details	41
Exams	42
Visa	43

4

Further studies

44

Required Qualifications	44
Continued Learning on Other Fields	45
Seeking for Experience	46
Pursing Masters	47
Clinical & Research Psychology	48
School Psychology	49-50

Links

51-52

Our Mentors and publication

53-54

INTRODUCTION

HONG KONG JOINT SCHOOL SOCIETY OF PSYCHOLOGY

The Hong Kong Joint-School Society of Psychology (HKJSSP) is a registered student-run organization dedicated to serving secondary and university students interested in Psychology. Our mission is to promote psychology while raising public awareness and breaking the unspoken stigma on mental health issues, ultimately striving to improve social wellbeing. HKJSSP provides a platform for psychology enthusiasts to explore the field, opening doors of opportunity for students to meet different people from diverse backgrounds and build bridges between students and the community. Through uniting and empowering individuals, we hope to ignite students' passion in psychology and allow them to reach their full potential whilst serving our community. Various activities are held by us throughout the year such as outings, fundraising campaigns, youth conferences, workshops etc. Working hand in hand, we aim to build up a cohesive society and establish a better community support network.



PSYCHBOOST

PsychBoost is a sub-association of the Hong Kong Joint School Society of Psychology. Composed of a group of dedicated university students and working professionals with psychological backgrounds, we provide a mentorship programme for local secondary and university students in Hong Kong where we pair students up with local and oversea mentors based on their needs. PsychBoost also hosts talks and discussion forums to foster bondings between mentors and mentees to attain mutual understanding. Students will not only receive guidance and support on their university applications and career directions, but we also emphasise on fostering a healthy and long-term relationship between mentor and mentees. Throughout the year, PsychBoost would publish different booklets, regarding overseas studies and career insights, aiming to cater to the needs of different students. Assisting students to embark on their career journeys, together we hope to build a mutual support network in our community.



FOREWORD

KRISTEN LEI FOUNDER & PRESIDENT

Back in October 2020, our founders of PsychBoost have initiated this meaningful project to assist local students regarding overseas studies. I would like to take this opportunity to express my gratitude to all our mentors and everyone for their hard work. Studying abroad is a popular option in recent years. Through our Psychology Overseas Booklet, we hope to offer students a wider and clearer vision of what studying psychology abroad actually looks like. Thank you for your continuous support of our project and wish you all the best in your future endeavours.



ADELAIDE NG FOUNDER & SENIOR VICE PRESIDENT

Ever since we founded HKJSSP, we had been planning this Psychboost booklet for our mentorship program. I am beyond grateful for our entire team for making our dreams become reality. I hope that this booklet will allow other mental health enthusiasts to learn more about education both in and beyond university, expanding their scope and being more open-minded about different alternatives. Wishing everyone the best in their future endeavors in or outside of the psychology field and thank you for your ongoing support.



KAREN NG COORDINATOR

I recently graduated with a Bachelor of Social Sciences from the University of Hong Kong. Studying psychology at an undergraduate level has fostered my interests in multidisciplinary approaches to the understanding of human interactions and brain sciences. It has been a stimulating exploration into the theories of the subject, providing me with a strong foundation to further my career goals as a clinical psychologist. With extensive background in the admissions process (HK and UK) and psychological research, I am excited to get to know everyone and share my experience with you!



FOREWORD



EUGENIA KAM FOUNDER & UK OVERSEAS STUDIES DIRECTOR

If you are reading this, I am guessing that you may be someone with a budding academic interest in Psychology, someone exploring the wide-ranging career prospects a Psychology degree can open doors to, an aspiring psychologist, or simply just a random passerby who picked up this booklet out of curiosity. As the founder of PsychBoost and the UK overseas studies director, I sincerely welcome and thank you for your time. If I were to give you one key takeaway from this booklet, this would be it: in an increasingly globalised world, studying overseas does not simply entail receiving education in a foreign country; it also provides you a platform to acquire cross-cultural sensitivity and adaptive resilience, key prerequisites for actualising your potentials to the fullest.

My ultimate mission is to give back and serve local students, whom I noticed may be largely unaware of or have misconceptions about studying abroad. Personally, pursuing a psychology degree in the UK was a life-changing decision. Growing up in a local school in Hong Kong, I was not fortunate enough to receive thorough guidance with regards to overseas university studies. Self-sought realistic references, persistent research and proactive networking with mentor figures were my only chances to gain valuable insights. Three years as an undergraduate at University College London allowed me to dive deep into the world of academia and develop a genuine curiosity in people from all cultural backgrounds. Like many others, I tried to make the most out of my time in London, a multicultural hub. From TEDxUCL, international student-led consultancies, securing a recovery worker placement at Mind UK, to winning the on-campus 2nd runner-up in the world's largest social enterprise competition (the Hult Prize), I have had the privilege to lead and direct incredibly diverse teams across multiple sectors. I believe that the challenges I encountered shaped me into an open-minded, independent and resilient individual, all of which are important attributes for Hong Kong students.

Last but not least, I would like to express my gratitude towards our strong team of mentors. Our fruitful collaboration is what established a strong foundation for PsychBoost; one that is characterised by mutual respect, collective effort, and a united passion in empowering Hong Kong students.

May this booklet provide you with relevant information you need to reflect on your own path and make informed decisions. I sincerely wish you all the best in your future endeavours.

FOREWORD

JANUS WONG
US OVERSEAS STUDIES DIRECTOR

I would like to start by thanking you, the reader, for taking the time to read through Psychboost's overseas studies booklet. I have always thought that psychology is a lifelong journey of understanding what it means to be human and appreciating the diversity of human thought, feelings, and cultures. If you have decided that psychology is suitable for you, we welcome you on this soul-searching journey! But if you are still considering a path in psychology, perhaps you may wish to hear about my experiences with the discipline.



From a young age, I have always been a contemplative, reflective individual with a curiosity for many things. While in hindsight, psychology does seem suitable for me, coming to the decision was not straightforward, as my contemplative nature meant that I had many second thoughts. I decided to attend a liberal arts college in the US because I wanted to spend some time exploring my interests and not confine myself to a single discipline so early on. In the past two years I've been in college, taking classes across disciplines, partaking in research positions, and writing for an identity magazine, I've come to find that psychology lies in all the places we seek it to be. The lifelong journey of discovering what life means to you does not necessarily lie in the discipline itself. Life is always about introspection, acceptance, and improving oneself, and regardless of what you study and what you do, the concept of psychology is always evolving with you.

Though joining Psychboost as the US overseas studies director was a coincidence, it has proven to be a way for me to contemplate the ideas I have shared with you. Growing up in a local school in Hong Kong, it was easy for me to conflate academics and career prospects to what life meant. But there is always so much more to life than what is studied in university or what you do for a living. While I definitely feel the urge to give back to and serve local students with information about overseas studies in psychology through my experiences, I also wish to encourage everyone to consider where you may see psychology working around you and how you envision your life and your impact to be.

Finally, I would like to end by thanking everyone who has contributed to Psychboost's overseas studies booklet. It is always a gratifying and humbling experience to learn from others' experiences, and thank you for joining Psychboost in our first year.

OVERSEAS COMPARED TO HK STUDIES

PSYCHBOOST
& HKJSSP

Theme 1

While it may be typical for Hong Kong students to over-emphasise the importance of worldwide university rankings, we have to acknowledge that there is no right or wrong when it comes to university preferences. Given the many choices offered by educational institutions in different countries, there is a multitude of factors that should be taken into account when it comes to deciding whether to study in another country. These choices do not only govern the quality of education you are going to receive, but also what life lessons you may learn, who you are going to meet, what career and extra-curricular opportunities you are going to have access to. For instance, some may prefer studying in a local environment where they can stay close to their family, while others may be determined to step out of their comfort zone by navigating life abroad. There is no one size fits all approach. It is important to act thoughtfully and make an informed decision based on your own needs, values and resources available. Ultimately, these decisions shape you into who you are.

The truth is, no matter if you're studying in Hong Kong or overseas, it always comes with a set of rewards and challenges.

~ Eugenia Kam,
BSc Psychology at University College London



OVERSEAS VERSUS HONG KONG

PSYCHBOOST
& HKJSSP

UK

The UK has an international reputation in academics and research, which has been consistently demonstrated in worldwide rankings. Naturally, the UK has become one of the most popular destinations for higher education among Hong Kong students. Experiences of studying in the UK may vary, depending on which city and university you are located. For example, studying in big cities such as London may somehow resemble life in HK while studying in suburban areas can be a different experience. Either way, it is a great opportunity to experience a new culture, as the rich diversity and welcoming culture in the UK provide exposure to people of many different backgrounds. The wide range of society and activities found in universities will also make your study abroad experience memorable. The duration of degree programs is generally shorter in the UK, meaning students may graduate earlier with a solid grounding of knowledge. There are plenty of supports from universities (from academically to personal and career-wise), yet independent study is still a key component. Therefore, studying in the UK often enables students to develop strong self-directed learning ability and critical thinking during the course of their studies.

~ DAISY WONG
BSC PSYCHOLOGY AND LANGUAGE SCIENCE AT UNIVERSITY COLLEGE LONDON

US

There are many world-renowned universities and colleges in the US, with the Ivy League, UC system, and schools such as MIT and Stanford leading the forefront of psychological research. Compared to other popular university destinations for Hong Kong students, such as the UK, Canada, and Australia, there are fewer students from Hong Kong in the US. That being said, education in the US is extremely reputable, with the study abroad experience more based on one's holistic development rather than specialization. Students usually complete their bachelor degrees in 4 years, and they enter their universities with a broad-based focus. With the opportunity to declare their psychology major (usually) by the end of sophomore (second) year, students may change their minds about their course of study after matriculation, complete two majors, or graduate with minor subjects. Instead of specialization at the very start, students are encouraged to explore their interests and passions, and coupled with abundant research opportunities, students benefit a lot intellectually from the US system. Culture-wise, students in the US are often described as "living between worlds". With a rich multicultural history and an education based on the liberal arts, the US presents many opportunities for cross-disciplinary understanding of humanity and for students to explore their identities.

~ JANUS WONG
**BA PSYCHOLOGICAL SCIENCES,
INTERNATIONAL ECONOMICS CORRELATE AT VASSAR COLLEGE**

UK & US

COURSE FOCUS & STRUCTURE

**PSYCHBOOST
& HKJSSP**

Guiding questions:

- What are the differences between a BA/ BSc degree?
- What are the thesis/ dissertation requirements, if any?
- What optional modules are there in the course?
- Should I do a placement?
- What is studied each year?

Hong Kong

Studying psychology at an undergraduate level in Hong Kong will generally take 4 years. The programme aims to provide an in-depth understanding and skills across all areas of psychology, including biological, cognitive, developmental, social, and psychopathology. Students will also be trained in statistical and research methods that are crucial for designing psychological research.

At HKU, psychology students will also have a mandatory internship and overseas exchange in which they are able to gain practical insights into the field and have a taste of studying abroad.

First Year	introductory and interdisciplinary courses (e.g. common core) to understand the breadth of the domain
Throughout your studies	able to declare majors from other disciplines such as business and arts to which you can develop various interests
Final Year	students who have obtained First Class Honours will be invited to undergo a thesis/dissertation project where you can design empirical studies of your interest

COURSE FOCUS & STRUCTURE

PSYCHBOOST & HKJSSP

UK

UK universities provide a range of courses in BSc/BA Psychology, with a majority consisting of 3 years. Besides three-year courses, some universities provide four-year courses, with an additional year either consisting of: i) a sandwich placement year during your third year or; ii) a master's course in the fourth year. Nonetheless, not all universities provide placement opportunities nor master's courses so it is important to consider your personal preferences and priorities about the length or content of the course. Placement years allow students to attach year-long at a wide range of job contexts, ranging from companies, hospitals, to university research labs. Some specific universities, for example University of Bath, also provide a five-year BSc Psychology course consisting of both a placement year and a master's qualification (Masters in Psychology).

Courses that are accredited by the British Psychological Society (BPS) allow you to gain a solid grounding across the discipline with a focus on biological psychology, cognitive psychology, developmental psychology, social psychology and individual differences.



Typically, during the three years of studying for a bachelor's degree (excluding placement or masters), courses are made up of compulsory units and optional units. Compulsory units focus on the aforementioned major fields of psychology, delivered in lectures, seminars and tutorials. Importantly, independent learning is expected and crucial. Formats of assessment include but are not limited to essays, research lab reports, group presentations and written examinations. Students are provided with a variety of optional units to choose from in addition to compulsory units, allowing flexibility as well as students to choose based on their personal interests or future aspirations. Examples of optional units include clinical psychology, organizational psychology, developmental psychopathology, educational psychology, forensic psychology, and sociology units. During the final year, it is compulsory for students to write a dissertation based on an individual piece of psychological research.

COURSE FOCUS & STRUCTURE

**PSYCHBOOST
& HKJSSP**



US

In the United States, each university has a certain amount of credits in which each student needs to complete to graduate. Usually, completing these credits takes around 4 years, however, if you have already completed them before 4 years, you may be able to graduate slightly earlier.

Psychology programs in the US aim to provide an in-depth understanding and skills across all areas of psychology, including statistical and research methods that are crucial for writing a psychological research paper. Whilst there are initially set courses you may have to take for Psychology, you can eventually pick classes you are more interested in within Psychology (electives). Whilst different universities offer different classes, they all follow the same structure where you take your major requirements (including electives), and some general education requirements.

Each school requires different general education requirements, however, these classes are aimed to provide students with multi-disciplinary learning experience as well as a wider breadth of knowledge. This may include areas like The arts, Humanistic Inquiry, Social Analysis Quantitative reasoning and more. Usually these classes are knocked out early on along with your lower division major requirements, so that as you progress with your degree you are able to use these skills to take upper division classes to your interest (electives). As you take different classes under different disciplines, you may find yourself interested in other areas too. If this is the case, you can opt to add other majors or minors. This flexibility allows you to learn and develop skills within your areas of interest. The liberal arts focus of the US education explains why BA degrees in Psychology are usually offered instead of BSc degrees.

With regards to a thesis, not every undergraduate degree offers the chance to write a thesis, but most students in honours programs will have to fulfill a thesis requirement of some kind.

RESEARCH OPPORTUNITIES

PSYCHBOOST
& HKJSSP

Guiding questions:

- What kind of research opportunities are offered by the university (e.g. quantitative, qualitative)
- What laboratories are in the university and what projects do they offer?
- Who will be supervising the research projects?
- What degree of commitment is required?
- What experience and skills can you gain from the project?

Hong Kong

There are various research opportunities available for students studying in Hong Kong. These opportunities can typically be divided into three types: public, private, and university-levels.

	Examples	Duties
Public sector	Public hospitals, non-profit organizations	<ul style="list-style-type: none">- Assist with literature reviews- Conduct preliminary assessments- Facilitate in public workshops
Private sector	Private Clinics	<ul style="list-style-type: none">- Shadow a clinical psychologist- Assist in conducting assessments- Provide administrative support
University	HKU, CUHK etc.	<ul style="list-style-type: none">- Ample research opportunities where you will work closely with existing professors (unpaid/paid)- Conduct qualitative and quantitative assessments- Analysing empirical data- Assist in funding grants

~ KAREN NG

BSOCSC PSYCHOLOGY & BA GLOBAL CREATIVE INDUSTRIES AT HKU

RESEARCH OPPORTUNITIES

**PSYCHBOOST
& HKJSSP**

UK

A majority of research opportunities may be found in universities. In the final year of study, all students must complete a research/dissertation project where you will be supervised by researchers and clinicians from your institute, you will develop your own research question that can be chosen from a broad range of topics. Apart from the final year research projects, some universities offer 4 year-programs with an integrated placement within the UK or overseas, which will provide great exposure to research and clinical practices. Short term research placement in other settings (e.g educational) can also be found in some courses. Additionally, research intern roles are provided depending on the needs and vacancies of individual laboratories. Another source of research opportunities comes from charities and non-profit organisations, where duties may include literature research on topics regarding, for example, education, social and health policy, assisting in events and workshops, and providing help for people with mental or physical difficulties.

US

Research experience is highly encouraged and emphasized in most institutions in the US, ranging from research related courses to conducting research as an undergraduate researcher. Completing research related course work such as data analysis is mandatory to declare a major in Psychology such that you not only develop practical skills but are also trained to formulate research questions. To gain more hands on research experiences, there are ample programs available where undergraduates can work as research assistants in labs on campus. Depending on the project you are working on, tasks could include literature review, data analysis, and audio transcription etc. Students usually form close ties with graduate students, researchers, or even faculty members through these programs. Some institutions also offer research funds such as the Summer Undergraduate Research Fellowships at UC Berkeley where students receive \$5000USD fellowship to conduct full-time concentrated research in summer. Lastly, psychology students can also choose to complete their final year thesis where they will conduct an original research project with guidance from graduate students and faculty sponsors.

~ DAISY WONG
BSC PSYCHOLOGY AND LANGUAGE
SCIENCE AT UNIVERSITY COLLEGE
LONDON

~ FRANCESCA LEVENTHAL
BA PSYCHOLOGY AT UNIVERSITY OF
CALIFORNIA, BERKELEY

STUDYING ENVIRONMENT

Guiding questions

- What is the grading like?
- How many students are there in a class?
- How are classes conducted (e.g. discussion-based, lecture, seminar)?
- How do study schedules combine with campus life?
- How will environmental factors affect your studies?

HK

There are several approaches to studying and learning in Hong Kong. Classes typically consist of lectures, tutorials, and seminars. Lectures are formal presentations delivered by the professor. Class size ranges from 30 to 300 students. The content tends to be more theoretical and covers the basic skills across the domains of psychology. Tutorials are smaller classes of about 15 students where you are able to interact, discuss, and clarify the content delivered during the lecture. In your third and final year of study, you may attend seminars conducted by professors or researchers that showcase their research study. You will get to interact directly with the author and have an in-depth understanding of a specific area within psychology. With regards to the mode of assessments, most Hong Kong universities adopt both coursework and examinations. Coursework includes essays and presentations that may be conducted individually or in groups. There will be many opportunities where you can interact and discuss materials with other students.



STUDYING ENVIRONMENT

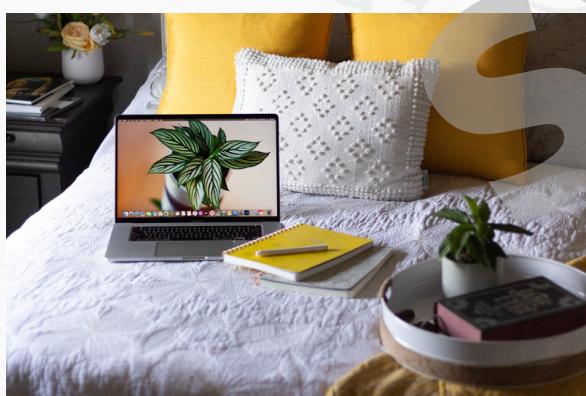
PSYCHBOOST & HKJSSP



UK

There are a lot of students per year group studying Psychology. This includes international students, allowing you to learn a lot about each other's culture, such as learning or thinking habits. During the first year, the study atmosphere may be relatively more relaxed, as there are fewer teaching hours, and you typically rely on independent learning hours to write essays and reports. Throughout the second and third years, the number of deadlines may exponentially increase, resulting in a more stressful environment, especially when deadlines are approaching. There are online forums available for students to discuss as well as ask their lecturers questions.

~ RAISIE WONG
BSC PSYCHOLOGY AT UNIVERSITY OF BATH



US

Most US universities include both coursework and examinations. However, the specifics differ between professors of each class. When you first begin the class, your professor will give you a syllabus with the breakdown of how you will be graded. The tasks could range from awarding 20% for simply attending discussions to 30% on an essay. The overall grading is scaled from A+ to F for each class, which determines your overall GPA.

Some universities require you to maintain certain grades in the first two years to be able to declare your desired major in the third year, so it can be quite competitive. Once your major securely declared, more dedication and hardwork are required since upper-division courses typically carry heavier workloads and comprise more in depth teaching materials. Depending on the courses you are taking, grades could be based on essays, projects ,and exams etc. Even though the atmosphere can be competitive, students receive plenty of support from professors, peers and the institution. Professor office hours are highly accessible, and some universities also provide help through places like student learning centers where students can receive academic support from peer tutors. All in all, even though stress does hit at times, there are always abundant resources along the way to guarantee your success.

~ KRISHINA MIRPURI
BA PSYCHOLOGY AT UNIVERSITY OF SOUTHERN CALIFORNIA

~ FRANCESCA LEVENTHAL
BA PSYCHOLOGY AT UNIVERSITY OF CALIFORNIA, BERKELEY

CAMPUS LIFE & CULTURE

PSYCHBOOST
& HKJSSP



Guiding questions

- Where is the campus located and what is the general area like?
- How do study schedules and activities revolve around campus?
- How will campus culture affect your interpersonal relationships?
- What are the advantages and disadvantages of studying in different locations (urban/ suburban/ rural)?
- What are the opportunities for interacting with the local community?

Hong Kong

Similar to other universities abroad, Hong Kong universities provide an international and diverse environment where students are able to meet like-minded individuals from all around the globe. For instance, HKU has strong networks of partner institutions where students from other universities will come and study for a semester or a full year. Partner institutions include Oxford, Cambridge, UCL, Yale, Harvard, and UCLA. Students in Hong Kong will also be given the chance to study abroad at these partner institutions as well. With regards to the campus life and culture, students will be given the opportunity to live in student dormitories where they get to be independent and interact closely with other students. There are many arts, cultural, and sports events where students can join and meet other individuals. In cases where students opt out of living in dormitories, there are many associations or societies governed by the student union to which all students can join. This includes DANSO, AIESEC, basketball clubs, and French society.

~ KAREN NG
BSOCSC PSYCHOLOGY & BA GLOBAL CREATIVE INDUSTRIES AT HKU

CAMPUS LIFE & CULTURE

**PSYCHBOOST
& HKJSSP**

UK

There are two types of universities in the UK: campus-based and city-based. Campus-based universities, such as the University of Bath, put all students and facilities on one site, and they are often situated in a country-like setting. The sense of community might be stronger in campus-based universities. It's easier to make friends, and you will likely know many people on campus by sharing the same classes and accommodation. City-based universities, such as UCL spread out their campuses, facilities and students across the city. Although it might require more time to travel and get to the university, the whole city is on your doorstep and there's always something going on nearby. Campus life and culture often vary across different universities. However, they often involve drinking. Student Unions also provide a variety of nightlife throughout the academic year. If nightlife is not your thing, Student Unions also organise different activities in different themes from time to time, such as well-being week and volunteering week. They also coordinate a large number of societies and clubs, which you can become a member of with a small fee and join all the future events for free.

~ JEFF LAU
**BSC PSYCHOLOGY AT
UNIVERSITY OF BATH**

US

Students in the US can live in student dormitories for all of their undergraduate career, with the exception of public schools that may require students to look for their own accommodation after freshman year. House spirit is strong in student dormitories, and students learn to live independently and interact with others. Societies range from academic interest groups (e.g. business, pre-med interest groups etc.) to more fun activities (e.g. circus/ dance troupe, theatre, a capella, sports teams etc.). Work hard play hard culture is apparent in US schools, but depending on the type of school enrolled and the location of the institution, campus life may be different. Larger public and private research universities, such as UC Berkeley, NYU, and UChicago, may have a Greek life party scene, but usually offer large alumni networks. Smaller liberal arts institutions are usually based in rural/ suburban locations and have a tight-knit college community. With about a total enrollment of 2,000 undergraduates, college is much like high school where most activities happen on campus. Schools closer to suburban/ rural areas also have many outing/ outdoor expedition opportunities, while schools in urban areas enjoy the hustle of city life. For example, NYU, despite not having a centralized university campus, is located in the heart of Manhattan, and students benefit from an abundance of cultural and social activities across the city, including but not limited to Broadway shows, museums, and internship opportunities.

~ JANUS WONG
**BA PSYCHOLOGICAL SCIENCES,
INTERNATIONAL ECONOMICS
CORRELATE AT VASSAR COLLEGE**

FINANCES

Guiding questions

- What are the differences in tuition between Hong Kong, UK and US?
- How does the tuition compare with your available financial resources?
- Are there any financial challenges? How do you cope with them?
- What are the scholarship opportunities and how applicable are they?



Hong Kong

As of 2021, the annual tuition fee in Hong Kong is HKD \$42,100. This figure is much more affordable in comparison to studying in the UK or US. Given that most students are permanent residents of Hong Kong, you will be able to work part-time or full-time since there will be no visa restrictions. Financial assistance is also available at universities including entrance scholarships that are given based on merit performance and other scholarships such as The D. H. Chen Foundation Scholarship, The Hong Kong Jockey Club Scholarships - Undergraduate Scholarships, HSBC Hong Kong Scholarship, John Swire Donor Scholarships, and Sir Edward Youde Memorial Scholarships (for Undergraduate Students).

~ KAREN NG

BSOCSC PSYCHOLOGY & BA GLOBAL CREATIVE INDUSTRIES AT HKU

FINANCES

UK

The annual tuition fees may depend upon the subject and the university. There are separate fees for UK students and international students. For students holding a British passport, the annual tuition fee is £9,250 (Most universities require British passport holders to have residency in the UK for the past three years as a condition of paying local fees). International fees may vary across universities and usually range from £22,000 to £33,000 annually.

First-year accommodations are often provided with the choice of different room types: en-suite (room with private toilet and shared kitchen) and studios (private toilet and kitchen). The cost of accommodations may differ depending on universities and room types ranging from £110 to £300 per week.

Second-year students may choose private accommodation (which cost similarly to university halls). Some students prefer to rent flats with friends which are genuinely cheaper. In general, living expenses depends heavily on the location (i.e. living expenses can be a lot more expensive in cities like London than Exeter). There are also many part-time opportunities available on and off-campus, however there are some cases with working restrictions for students with a tier 4 student visa, such as a maximum of 20 hours per week during term time.

~ ALSTON LUI
BSC PSYCHOLOGY AT
UNIVERSITY OF EXETER

US

Tuition is generally the same in US universities/ colleges regardless of the subject.

For public universities, the annual tuition fee ranges from USD \$35,200 to USD \$56,000. For private universities, the annual tuition fee ranges from USD \$50,000 to USD \$62,000. For private liberal arts colleges, the annual tuition fee ranges from USD \$54,000 to USD \$58,000.

Living costs hugely depend on location (e.g. suburb/ city), lifestyle, and university, but generally, living expenses that include room and board, transport, and average entertainment would go from around USD \$12,000 to USD \$17,000.

US universities/ colleges have a lot of campus jobs available. For instance, students may work as research assistants, catering staff, and office assistants. The minimum wage is at USD \$10 - USD \$15/ hour, depending on location. No charge is required to apply for authorization (SSN/ CPT). The only downside is that you have to pay federal, state, and/or local taxes.

~ JANUS WONG
BA PSYCHOLOGICAL SCIENCES,
INTERNATIONAL ECONOMICS
CORRELATE AT VASSAR COLLEGE

SCHOLARSHIP

The Hong Kong Scholarship for Excellence Scheme (HKSES)

The Hong Kong Scholarship for Excellence Scheme (HKSES) is a great scholarship opportunity which supports all overseas universities and covers up to HKD \$300,000 tuition per year for as long as your programme takes. You can also apply for additional financial support through the HKSES bursary, which takes into account financial need. Applicants have to submit a personal statement explaining the reasons for applying for the scholarship/ university programme, as well as school transcripts and teacher recommendations. Students have to return to work in Hong Kong for as many years as they are covered by the scholarship (e.g. 3 year Bachelors degree = work in Hong Kong for 3 years)



The Sir Edward Youde Memorial Scholarship for Overseas Studies

The Sir Edward Youde Memorial Scholarship for Overseas Studies supports all overseas universities as well. The basic scholarship covers up to HKD \$280,000 per year and is tenable for up to 3 years. You can also apply for additional financial support based on financial need.



For Oxbridge:

For Oxbridge, many scholarships are available. They include Sir Jardine, Prince Phillip, Swire, DH Chen, Kwok, and Rhodes. More information can be found on their respective webpages.



SCHOLARSHIPS

**COURSES
OFFERED BY
DIFFERENT
UNIVERSITIES**

Guiding questions:

1. Is the course recognized locally and internationally? (e.g UK: Is it BPS accredited?)
2. What are the modules offered by the course? Are there elective modules?
3. Do you prefer a course with a placement year?
4. What kind of campus environment do you prefer?



UNIVERSITY COLLEGE LONDON

Course name:

BSc (Hons) Psychology (C800)- 3 years

MSci Psychology with Placement (C810)- 4 years including placement year

Deadlines for applying: 29/1/2021 via UCAS (for 21/22 academic year)

Exam structure:

Essay-/coursework-based exams take place at the end of the year. Year 1: 1/9; Year 2: 3/9; Year 3 contributes 5/9 of the final grade. Weightings are slightly different for MSci courses, please visit UCL's website for more details.

Campus life: (City-based University)

One of the most unique cultures of UCL is that it is located in the heart of London. Just a 5-minute walk from Soho and Oxford street, studying at UCL would give you the best taste of "London life". Over 50% of UCL students are from outside the UK, and you would have the opportunity to interact with people from different cultures and backgrounds. There are moments where schoolwork gets slightly overwhelming, but students are often welcomed to work at UCL facilities such as the science/ main library or the student center that is open 24/7.

What is unique about the program at UCL?

Overall the UCL BSc Psychology course is fulfilling yet not too overwhelming, lectures are not too tightly packed which allows extra time for students to do extra reading and research into lectures. UCL's Psychology and Language Science division is the largest center of psychological teaching and research in the UK. The BSc Psychology program is quite heavily research-focused with modules that equip you with techniques to conduct research. The course also spans the field of psychology ranging from clinical and health psychology to neuroscience modules. In your third year, you would have the opportunity to design your own experiment and work alongside world-class researchers.

~ ENYA CHAN

BSC PSYCHOLOGY AT UNIVERSITY COLLEGE LONDON

**Course name:**

BSc (Hons) Psychology (C801)- 3 years

BSc (Hons) Psychology with Placement (C800)- 4 years including placement year

Deadlines for applying: 29/1/2021 via UCAS (for 21/22 academic year)

Exam structure:

Common combinations: coursework & written examinations; written examinations only; coursework only

Each module differs. Coursework usually involves writing essays, reports, posters and oral presentations.

Campus life: (Campus University)

Lecture halls, libraries, classrooms and restaurants are all in one location.

✓ The library is open 24/7 & sports center to work out and practice as a sports team on campus

🚗 15 minutes away from the city center by University bus; 1.5 hours away from London by train.

If you enjoy living in a slow-paced and green environment, Bath is an ideal place for you to study at.

What is unique about the program at Bath?

The C800 course includes a placement year where you can apply what you have learnt to a practical context and experience working in an organisation. The University of Bath provides a wide range of placements across the world, which includes hospitals, prisons, & research centres.

Year 1: You will learn about the fundamentals of Psychology, and how to write Psychology essays and lab reports. This ensures that every student who did or did not study Psychology before has the same starting line.

Year 2: Topics will build on the basic knowledge learnt in year 1 and be applied to different aspects, e.g. developmental, social and psychopathology. In year 1 and year 2, you can choose 4 optional units (one for each semester), which include modules like Organisational, Forensic, Educational & Neurological Psychology.

Year 3: Involve completing a dissertation with chosen optional units.

You will have the opportunity to work as a group to conduct research and do group presentations with the help of a personal tutor, who will be the person you go to when you encounter difficulties during your studies, no matter if it is academic or not. Personally, group work usually occupies a third of overall assignments and assessments.

~ WINNIE YIP

BSC PSYCHOLOGY AT UNIVERSITY OF BATH



BPS accreditation

UNIVERSITY OF BRISTOL**Course name:**

BSc (Hons) Psychology (C801)- 3 years

Deadlines for applying: 15/10 via UCAS

Exam structure:

Common combinations: coursework, oral presentations, examinations & final-year project dissertation.

1st & 2nd year: written exams and coursework; 3rd year: written exams, practical exams and coursework.

Campus life: (City-based University)

The University of Bristol does not have a main campus but is spread over the city, with the majority of teaching taking place in Clifton Campus. Most of its activities are concentrated in the city centre

🚗 Well served by bus routes, 30-minute walk from the city's rail station at Bristol Temple Meads

What is unique about the program at Bristol?

In the first year, you will study psychology and research methods as well as an open unit in another subject. In the second year, you will focus on research methods and core psychology units. The final year of the degree is entirely option based. It allows you to choose from a range of lecture and seminar units along with a research project.

~ JEFF LAU

BSC PSYCHOLOGY AT UNIVERSITY OF BATH

**Course name:**

BA Psychological and Behavioural Sciences (PBS) - 3 years

Deadlines for applying:

5/10 via UCAS; COPA and SAQ with separate deadlines usually within 1-2 weeks after the UCAS deadline

Exam structure:

Common combinations: written exams, essays or short answer questions depending on the module and a dissertation for final year.

Campus life: (City-based University)

Collegiate system: own community within each college and has their own events, clubs and socials within the college; Tight-knit although colleges are scattered all around Cambridge, given that the city is very small

Main shopping center is a grand arcade located in city center, but there are still many shops, restaurants around

1 hour & 20 mins away from London by train

What is unique about the program at Cambridge?

The most unique part of the course is its optional modules for all three years. For the first and second year, aside from the two compulsory psychology papers, students are able to choose two papers from a wide range of subjects. Typically, papers include areas such as natural sciences, archaeology, philosophy, sociology and politics. In addition to lectures and practicals, supervisions are crucial to the Cambridge learning experience. Essentially, it is small group teaching, with 2-4 students in a group where supervisors will go over challenging content and encourage you to dive deeper into the material. Less competitive and more friendly than one might think.

~ MARIA MAK

BA BEHAVIORAL & PSYCHOLOGICAL SCIENCES AT UNIVERSITY OF CAMBRIDGE**UNIVERSITY OF DURHAM****Course name:**

BSc (Hons) Psychology (C800)- 3 years

Deadlines for applying: October via UCAS**Exam structure:**

There is only one exam period throughout the year (during May-June), with some courses having summative essays or presentations as alternative assessment methods.

Campus life: (City-based University)

There are currently 17 different colleges in Durham, providing student-led and student-run activities. Living in a college allows one to get involved easily, as they could adapt to their university lives much quicker. Each college is located throughout Durham.

20 minutes away from Newcastle by train.

If you enjoy living in a slow-paced and green environment, Durham is an ideal place for you to study at.

What is unique about the program at Durham?

The BSc (Hons) course in psychology follows the British Psychological Society (BPS) guidelines, drawing both from work in scientific research and applied psychology. Year 1 and Year 2 are mostly mandatory courses covering all theoretical approaches in psychology as well as research skills and statistics. During the final year, students will have the option to select specific courses to strengthen their knowledge upon what they learnt in the previous years. These final year modules include topics in social psychology, developmental psychology, cognition and behavioural neuroscience, as well as neurorehabilitation, education, and health.

The mode of teaching is mostly done through large-scale lectures, but small group learning such as tutorials and practicals are also used for most research-related courses. Despite all teachings being held at the psychology department, most students (especially freshers) will spend their informal time with their friends at college.

~ HILLSON LAI

BSC PSYCHOLOGY AT DURHAM UNIVERSITY

**Course name:**

BSc (Hons) Psychology (C802)- 3 years

BSc Psychology with Study Abroad (C820) – 4 Years

MSci Applied Psychology (Clinical) (C811) – 4 Years

BSc (Hons) Psychology with Placement (C800)

Deadlines for applying: 29/1/2021 via UCAS (for 21/22 academic year)

Exam structure:

Common combination: Exams and assignments. Exams: long/short answer/multiple-choice questions;

Assignments: research reports, presentations, thought papers, written essays

Campus life: (Campus-based University)

The University encourages students to raise concerns when countering issues. A student staff liaison committee (SSLC) is formed in each college for improving student life. Students are also encouraged to participate in societies and sport clubs. Halls and academic buildings are close together. The psychology campus is in Streatham Campus.

3 hours from London by train

What is unique about the program at Exeter?

Year 1: Cover the basic knowledge of Psychology (e.g. Clinical, Social, Biological Psychology and Statistics)

Year 2: Many research opportunities are given to students, preparing students for their final year studies & mandatory dissertation. Elective research modules are chosen.

Year 3: The mode of teaching in the final year switches from large-scale lectures to mostly small group seminars, encouraging discussion-based teaching. Students may also choose an area of individual's choice for the dissertation, working as an individual or small groups, carrying out investigation and writing a 6000-word report.

Students have a choice of MSci Applied Psychology (Clinical), as a four-year course, graduating with a master's degree. The first three years of the course is equivalent to BSc Psychology course, with the final year undertaking a clinical research project and placement opportunities. This programme can qualify students as a Psychological Wellbeing Practitioner upon graduation. Students are welcome to apply for the MSci programme during the second or third year of studies if there are vacancy, with an interview needed.

~ ALSTON LUI

BSC PSYCHOLOGY AT UNIVERSITY OF EXETER**LANCASTER UNIVERSITY****Course name:**

BSc (Hons) Psychology (C800) - 3 years full-time

BSc (Hons) Psychology(C801) - 4 years (Study abroad)

BA (Hons) Psychology (C802) - 3 years full-time

BA (Hons) Psychology (C803) - 4 years (Study abroad)

Deadlines for applying: Around 15/1

Exam structure:

Year 1: essays, lab reports, class tests, regular web-based assessments and end of year exams

Year 2 & 3: Oral presentation, posters, media analysis and group work presentation

Campus life: (Campus University)

Collegiate System - one of only six collegiate universities in the country; There are 8 different colleges in Lancaster

3 hours from London by train

What is unique about the program at Lancaster?

Lancaster provides a study abroad opportunity. In the study abroad option, third year modules will be taught overseas at one of their partner institutions, which currently includes institutions in the US, Canada, Hong Kong and Australia. You will choose specialist modules from the host's Psychology Department as well as modules from across the host institute. Alongside your academic study, you will have the opportunity to gain voluntary work experience through their Psychology Employability Programme, allowing you to develop invaluable skills for either a career in psychology or a graduate programme.

~ RAISIE WONG

BSC PSYCHOLOGY WITH PLACEMENT AT UNIVERSITY OF BATH

PSYCHBOOST & HKJSSP

LONDON SCHOOL OF ECONOMICS (LSE)



BPS accreditation

(received accreditation from the BPS in 2019,
making it relatively new)

Course name:

BSc Psychological and Behavioral Science (C800) - 3 years

This programme provides a distinctive social science and practical policy-oriented approach to psychological and behavioural science. As well as developing core knowledge and skills in psychological and behavioural science you will learn to analyse ways in which its theories and findings can be applied to the real world, using them to understand important social issues and propose and assess possible solutions.

Deadlines for applying: 29/1/2021 via UCAS (for 21/22 academic year)

Exam structure:

Formative unassessed coursework: Summative assessment (assessment that counts towards your final course mark and degree award); The summative assessment will usually be a written examination for each course at the end of each academic year. Some courses also have written examinations in January while others are assessed partly by essays or other work submitted during the year.

Campus life: (Campus-based University)

LSE is located in the center of London. It has both its own student accommodation such as Rosebery Hall and intercollegiate halls shared with other London universities, such as Garden Halls. Contract lengths vary between 31-50 weeks. Depending on location and room size, rent ranges from 114-432 Pound Sterling per week (as of writing).

What is unique about the program at LSE?

In year 1, students will have to take the interdisciplinary "LSE100" focusing on social sciences. Apart from the compulsory modules that are common to all BPS accredited undergraduate programs, the course has a stronger focus on politics, economics and decision-making through the "behavioral science" element of the course, as modules surrounding these topics are available as year 3 electives. There is consequently less of a focus on more "traditional" disciplines within psychology, such as clinical psychology or educational psychology

~ JASON LI

BSC PSYCHOLOGY AT UNIVERSITY COLLEGE LONDON

LOUGHBOROUGH UNIVERSITY



BPS accreditation

Course name:

BSc (Hons) Psychology (C800) - 3 years full-time

BSc (Hons) Psychology with placement (C801) - 4 years

Deadlines for applying: Around 15/1

Exam structure:

Modules are assessed through a mixture of exam and coursework, or 100% exam/coursework.

Coursework may involve essays, projects, lab reports, tutorial contribution and presentations.

Campus life: (Campus University)

Loughborough's single-site campus has an incredible size of 440 acres. Facilities: bars, restaurants, gyms, medical and dental practice, hairdressers. Students can join various sports classes and games on campus.

20 minutes away from Newcastle by train.

What is unique about the program at Loughborough?

A 4-year program with placement is available and students can transfer between the 4-year and 3-year program. The placement year allows students to develop essential skills and foster industry contacts. Students have previously had placements in a variety of settings, including the NHS, schools, prison, consultancies and companies. After completing of the placement year, students will gain a Diploma in Professional Studies (DPS) or a Diploma in International Studies (DIntS). Loughborough University is known as the best university in the world for sports-related subjects. A number of modules on sport and exercise psychology are offered for this course, such as Psychology of Coaching and Physical Education, and Applied Exercise Psychology. This course would be suitable for students who are interested in gaining specialties in sport and exercise psychology.

~ DAISY WONG

BSC PSYCHOLOGY & LANGUAGE SCIENCE AT UNIVERSITY COLLEGE LONDON

**Course name:**

BSc (Hons) Psychology (C800)- 3 years

Deadlines for applying: Around 15/1

Exam structure:

First year assessments are based on written exams and coursework. Practical exams will also be included alongside written exams and coursework in the second and final year

Campus life: (Campus-based University)

Convenient location for shops & restaurants, and there is Chinatown right beside the Business School.

3 hours from London by train

What is unique about the program at Newcastle?

There is an optional work placement opportunity between second year and final year

Year 1 & 2: Students are introduced to some core areas of psychology and common practical and research methods

Year 2: Students have the chance to choose optional modules alongside core modules

Year 3: Students conduct an empirical project. They can also select areas that they want to specialise further

~ BRIANNE LEE

BSC PSYCHOLOGY AT UNIVERSITY OF BATH

UNIVERSITY OF OXFORD**Course name:**

BA Experimental Psychology - 3 years

BA Psychology, Philosophy, and Linguistics - 3 years

**Deadlines for applying:**

Applicants must hand in their personal statements in October, & take the TSA (Thinking Skills Assessment).

There is also an in-person interview component by professors.

Exam structure:

Students take yearly exams, with 2nd and 3rd year exams comprising of 40% and 60% of their final grade respectively.

Campus life: (Campus University)

The University of Oxford is a very unique university, due to its collegiate system. All undergraduates belong to one of the 30 colleges and halls, which creates a safe and supportive environment. It is easy to establish collegiate friendships due to colleges being a tight-knit community. There are many communal spaces within the college, such as the hall and the JCR, a common room where people go to relax and talk. There are also various events, such as daily JCR teas, which give you the opportunity to meet people. It is easy to establish intercollegiate friendships, where you get an opportunity to interact with your coursemates during labs. Due to all students having weekly essay deadlines, most if not all students are motivated and driven academically; many of us spend most of our time in the library working on deadlines. Each college has their own library, and there are many beautiful university libraries which are open to all students, so the study environment at Oxford is optimal. Although students are very driven, most people I have met are not competitive; people are quite willing to share their notes and advice, as long as you are friendly and outgoing.

What is unique about the program at Oxford?

My programme has a focus on the practical component of psychology; from year 2 onwards, we have termly lab practicals based on the modules one takes that term. Moreover, all students are required to complete their own research project in year 3, which gives us the opportunity to work with scientists at the forefront of the field. This is a great course if you are interested in research, scientific enquiry and experimentation. This university also has a unique tutorial system in place, where students have one-on-three meetings with their tutors based on the assigned essay topic. This gives students a chance to talk in-depth about the set topic and to receive individual feedback on their work.

~ KARISA TAN

BA EXPERIMENTAL PSYCHOLOGY AT UNIVERSITY OF OXFORD

UNIVERSITY OF READING

BPS accreditation

Course name:

BSc (Hons) Psychology (C802)- 3 years

BSc Psychology with Study Abroad (C820) – 4 Years

MSci Applied Psychology (Clinical) (C811) – 4 Years

BSc (Hons) Psychology with Placement (C800)

Deadlines for applying: Early application: 15/1 ; late application : 30/6/2021 ; clearing: after 30/6**Exam structure:** (info based on 20/21 academic year)

The academic results from year 2 and 3 will count towards the final grade. Grading is based on a range of coursework, in-class tests and summer exams for modules in year 1 & 2. A final year dissertation is compulsory in year 3.

Campus life: (Campus-based University)

All psychology courses would take place in the main Whiteknight campus. The main campus features the student union, library, student halls, Sportspark, catering facilities, teaching buildings, etc. The Carrington building provides a range of student services, including career consultation, counseling and wellbeing services. The careers centre hosts training workshops and talks every week, covering topics such as CV building, interview skills, internship & volunteer opportunities. There is also an annual career and placement fair where external companies would set up booths on campus for students to learn more about different internships available and to secure a part-time job. The two main types of accommodations are university or private accommodations. All university accommodations are within 15mins walk to the main campus. The university isn't very competitive in general. There's a range of clubs and societies, with the most popular ones being Kpop and sports societies. The Reading University Students' Union holds union nights (i.e. clubbing events) every Wednesday and Saturday, in which union nights remain the most iconic collective memory for students of UoR.

What is unique about the program at Reading?

During year 2, you have the option to apply to study abroad at the UoR Malaysia Campus, or other partnering universities around the world. Alternatively, you could apply for a placement year, in this case your degree will last for 4 years and your 3rd year will be for UK-based placements. There is also a Msci Applied Psychology (Clinical) program that is an undergraduate integrated masters. The course lasts for 4 years with the first 3 years being undergraduate level and final year being masters level. There will be guaranteed placement in the NHS during the third year and you will be given Psychological Welling Practitioner (PWP) training. The Msci course is more competitive; Successful candidates should demonstrate good academic achievements in their first year and attend an interview.

~ ANISA TO

MSCI APPLIED PSYCHOLOGY (CLINICAL) AT UNIVERSITY OF READING**UNIVERSITY OF SURREY**

BPS accreditation

Course name:

BSc (Hons) Psychology (C801) - 3 years

BSc (Hons) Psychology(C800) - 4 years with professional training year

Deadlines for applying: Early application: 29/1/21 ; Late application : 30/6/21 ; Clearing: After 30/6/21**Exam structure:**

Common combination: 1 assignment & 1 exam, (eg. written essays, research reports, posters, presentations)

Campus life: (Campus University)

Main campus: located at Stag Hill, close to city center, where most of the students have their lectures and tutorials.

Other campus: located at Manor Park, around 20 minutes distance away from the main campus

Guildford is a small city near London, and you can find almost everything in the city centre

What is unique about the program at Surrey?

In the 4-year option, Professional Training Year takes place at the end of year 2. Opportunities are available throughout the UK and abroad. The University will not offer you a placement, but assist you to choose from a wide range of organisations. In your final year, you will be able to select 4 optional modules (2 in each semester) from a list of topics e.g. clinical psychology, educational psychology, occupational psychology & neurodevelopmental disorders.

You will get the opportunity to work alongside a supervisor to conduct your dissertation.

~ NICOLE CHAN

BSC PSYCHOLOGY AT UNIVERSITY OF SURREY



ANDREWS UNIVERSITY

PSYCHBOOST & HKJSSP

Within the Psychology Degree at Andrews University, students can choose the General Concentration or the Pre-Professional Concentration. Students intending to continue on to graduate school should select the Pre-Professional concentration: B.A. Psychology (or Pre-Professional); B.S. Psychology (or Pre-Professional) ; Minor Psychology. The Department of Graduate Psychology and Counseling offers masters and doctoral degrees. Admission for any graduate degree offered in the Department of Graduate Psychology and Counseling is based on the total profile of the student and includes the analysis of admission documents as well as the professional judgement of the program faculty. Requirements for specific degrees offered are described in the Andrews University Bulletin.

M.A. Clinical Mental Health Counseling; M.A. School Counseling; M.A. Educational Psychology; Ed.S. School Psychology Ph.D. Counseling Psychology; Ph.D. Educational Psychology; Ph.D. School Psychology

Deadlines for applying: Fall 2021 : Registration begins in late March and ends in mid June

Exam structure:

Bachelor level: professors do not necessarily share a structure for formative assessment.

Graduate level: accredited programs require comprehensive examinations according to accreditation requirements

Accreditation:

All AU programs are accreditated by the Higher Learning Commission & Accrediting Association of Seventh-day Adventist Schools, Colleges, and Universities, Inc. Education Department

GPC program: Clinical Mental Health MA - Council for Accreditation of Counseling and Related Educational Programs (CACREP); School Counseling MA - Council for Accreditation of Counseling and Related Educational Programs (CACREP); School Psychology EdS - National Association of School Psychologists (NASP); Counseling Psych PhD - Commission on Accreditation of the American Psychological Association (APA)

~ JONATHAN KWOK

EDS SCHOOL PSYCHOLOGY AT ANDREWS UNIVERISITY

UNIVERSITY OF CALIFORNIA, BERKELEY

Deadlines for applying: November 30

Exam structure: Common combination: Multiple choice questions, short and long essays. Final exams are cumulative and around 2 to 3 hours. There are also few non-cumulative midterms. Exams

Campus life: focus on knowledge application rather than memorization.

Most students at Berkeley are rather competitive and hard working. The libraries are always filled with people and open for 24 hours. Workload is typically heavy in most courses because they tend to teach a lot of materials in a short period of time. There are also numerous clubs on teams that you could join to be part of a community. If you are an international student looking for a club that resembles your own culture, there are a variety of cultural clubs from different backgrounds. Since the school is composed of very diversified students, it is certain that you can always find a community that shares similar interests. The city of Berkeley is relatively small and tight-knit with a dense population mostly of UCB students. Restaurants and shops are located around the campus. Transportation is very accessible with plenty of buses, even though the campus is walking distance away from most spots at Berkeley.

What is unique about the program at Berkeley?

The B.A. Psychology program is structured in a way that gives students ample flexibility to take courses from various fields in psychology ranging from sleep psychology to biopsychology. There are some mandatory courses that aim to build your skills for independent research and graduate study. There are also numerous practical opportunities beyond courses such as URAP, peer counselling and the honors program. The Undergraduate Research Apprentice Program (URAP) offers undergraduate students to work closely with faculty members and research staff on cutting-edge research in different fields. Most students take this opportunity to gain practical experience on conducting research. The Student-to-Student Peer Counseling is a student-led group where you can receive training on counselling and later on provide empathetic ears for your peers. During your final year, you can also enrol in the honors program of psychology where you would conduct your original research and write a thesis with the help of your mentor and faculty sponsor.

APA accreditation: The Doctoral Program in Clinical Science, Psychology ~ FRANCESCA LEVENTHAL

BA PSYCHOLOGY AT UNIVERSITY OF CALIFORNIA, BERKELEY

CARNEGIE MELLON(CMU)

Degrees available: B.S. Psychology; B.A. Psychology; B.S. Psychology & Biological Sciences; BS Cognitive Science; Psychology Ph.D.; Cognitive Neuroscience Ph.D.

Deadlines for applying: Early Decision: November ; Regular Decision: January

Exam structure: Exam structure varies. 2 semesters per year at CMU , expect 3 midterms before a

Campus life: cumulative final exam.

Since CMU has a small campus with a relatively small population, you get to know people with vastly different interests. The students are also known to work extremely hard, for better or for worse. Most people describe the workload as quite overwhelming at times, which will require you to manage your time well. However, employers really respect CMU students for this reason. You are guaranteed housing for all 4 years at CMU, but many students end up moving off campus into nearby houses with their friends. Pittsburgh is one of the most liveable and safest cities in the US. There are plenty of restaurants, night markets, and parks. One notable problem is the public transport, which is pretty unreliable and certainly increases the friction of leaving campus.

What is unique about the program at CMU?

The faculty sets CMU apart. I've been given the opportunity to take classes and research with professors that are pioneers in their respective fields. Just to name a few, Dr. Michael Scheier basically founded the field of Personality psychology and Dr. David Creswell is a leading researcher in the field of mindfulness meditation. Not to mention, the professors are more than willing to take time out of their day to discuss their research, to help you figure out your career path or send you interesting articles to read. The experience is definitely what you make of it. There are plenty of ways to get involved in research, even in your freshman year, which is definitely beneficial for gaining real-life experience, getting internships or getting into grad school.

~ JODIE HUNG

BS PSYCHOLOGY AT CARNEGIE MELLON UNIVERSITY

TEACHERS COLLEGE, COLUMBIA UNIVERSITY

Deadlines for applying: Spring: Mid October ; Summer: February ; Fall: June

Exam structure: The exam structure is on a course-by-course basis

Campus life: (i.e., there is no cumulative exam until the doctoral level).

I would describe the culture at TC as curious. Everyone is excited about their respective fields of study, but they are also excited about exploring other topic areas. TC students are also *community-oriented*: during one exam season, some folks from the music department decided to hold a mini-concert next to the library. Situated in a city, our campus is quite spread out, with academic buildings scattered throughout the neighborhood. The neighborhood around the Columbia campus is very homey, with lots of cute restaurants, delis, and sometimes even farmers markets on the weekends. There are different coffee shops in the neighborhood to study at - there's a cute and cozy place called the Danish Pastry Shop near campus with no WiFi, which makes for a great, distraction-free space to study and write essays!

What is unique about the program at TC, Columbia?

The most unique part of this programme is its flexibility. To graduate, students are required to take 18 credits in the Clinical Psychology Department, 9 credits at Teachers College, and 9 credits of electives (which can be any course within TC, or at other Columbia-affiliated schools). By allowing students to explore beyond their department, this structure enables students to better appreciate the intersections between psychology and different fields of study, as well as to discover interests in topics that they previously hadn't approached before. For example, I took a course in the International and Transcultural Studies Department in my first semester, which explored family dynamics from an anthropological and sociological lens, which helped me look beyond individual-level factors (e.g. psychological factors affecting the thoughts and behaviors of each family member) and explore societal factors (e.g., sociocultural norms governing what a 'normal' family structure looks like).

APA accreditation: Only for doctoral level students.

~ STEPH NG

MA CLINICAL PSYCHOLOGY AT TEACHERS COLLEGE, COLUMBIA UNIVERSITY

RUTGERS UNIVERSITY

Degrees available: B.A. in Psychology : Honor's Major ; Minor in Psychology; Minor in Developmental Psychology

Deadlines for applying: Fall: Early Action: Nov ; Regular Action: Dec Spring: Oct 1

Exam structure: 2-3 exams during the semester & 1 cumulative final (some exams are not cumulative).

Campus life: Exams tend to be multiple choices.

Rutgers is the public state university of New Jersey, with a very large student population. Rutgers is located in the town of New Brunswick. The New Brunswick campus is actually made up of 4 smaller sub-campuses (College Avenue, Livingston, Busch, Cook/Douglas) that one can travel between via free Rutgers buses. Each sub-campus has its own culture and different groups of people. Busch has primarily STEM students living there due to most of the STEM department buildings being on this campus. Most year 1 and year 2 students live in the dorms off-campus. Upperclassmen tend to live off-campus in the town of New Brunswick which is on the sub-campus College Avenue. There are plenty of restaurants and entertainment venues in town and everything is roughly within walking distance.

What is unique about the program at Rutgers?

Rutgers give you many opportunities to gain real-world clinical experience. The psychology department offers fieldwork courses that allow you to work at clinical sites. There is also a semester-long internship course worth 6-9 credits that places you at an internship site of your interest. There is an incredible number of research labs and opportunities at Rutgers. Rutgers provides credits if one conducts research during the semester. The Aresty Research Center has several programs designed to introduce students into conducting research. Aresty even offers students the opportunity to contribute to an undergraduate research journal as well as presenting at research symposiums. Rutgers is great if you are interested in conducting research projects for future graduate schooling.

APA accreditation: Clinical Psychology Ph.D. program, Clinical Psychology & School Psychology Psy.D. program

~ TRINITY TSE

BA PSYCHOLOGY AT RUTGERS UNIVERSITY, NEW BRUNSWICK

UNIVERSITY OF SOUTHERN CALIFORNIA

Deadlines for applying: December: Merit Scholarships; Mid January: Final first-year application

Exam structure: Common combination: coursework, midterm & final exams

Campus life: (eg. multiple-choice questions, short answer questions & essays).

USC has a great balance between academic and social life. Besides this, the university has the reputation of having one of the strongest alumni networks all over the world. The university also has a variety of clubs or teams that you could join, ranging from cultural clubs to sport teams. I admire USC's complex diversity, atmosphere of spirit, and its platform to cater to my specific passions within psychology. USC is located in downtown Los Angeles, which grants you access to a plethora of opportunities, ranging from lectures by field professionals to internships and full-time employment opportunities. Given that USC is extremely diverse, you are bound to find a community where you fit in.

What is unique about the program at USC?

You have the opportunity to gain a BA in Psychology or a minor in just Psychology or Psychology and Law. The BA program requires you to take a few required classes which include basic yet mandatory skills, whether it is an introduction to psychology class or a statistics class. Besides the requirements, USC gives students flexibility to take courses from various disciplines in Psychology ranging from abnormal psychology to developmental psychology. They also have a greater range of culture-targeted classes such as Asian American Psychology (EDCO 324m) and Psychology for Lawyers (LAW 802). These classes would enable you to expand your horizons to the fullest whilst also gaining a more sophisticated understanding of psychology. Besides classes, USC offers a range of different opportunities which gives you the potential to grow and stand out. These range from research opportunities with leading professors, internships and a chance to join the honors program. In the Honors program, you will be given the chance to conduct your own original research and write a thesis with the help of a mentor and faculty sponsor.

APA accreditation: Ph.D. program in Clinical Science

~ KRISHNA MIRPURI

BA PSYCHOLOGY AT UNIVERSITY OF SOUTHERN CALIFORNIA

STANFORD UNIVERSITY

Deadlines for applying: Restricted Early Action: November; Regular Decision: January

What is unique about the program at Stanford?

Although I'm not currently taking university psychology courses at Stanford University, what originally drew me to choose this school is the interdisciplinary nature of their courses. The courses at Stanford have a focus on interdisciplinary research and using multiple perspectives to approach a certain topic. The undergraduate research opportunities at Stanford are plentiful and diverse. In psychology, you have the option to join world-famous professors such as Carol Dweck and Albert Bandura in advanced research in various psychological fields. Furthermore, the many research grants that Stanford provides to its students allow undergraduates to apply for funding in any kind of research they wish to pursue, so long as they have a faculty mentor to sponsor their proposal. These kind of opportunities are very unique for undergraduate students and are often unavailable at other universities. Stanford's emphasis on mentor-mentee relationships and developing their undergraduates as academics creates a learning environment that is very flexible and engaging. Finally, the research centres that Stanford allows undergraduate students from different areas of interest to collaborate on research projects alongside postgraduate students and professors.

~ ZACHARY YU

VASSAR COLLEGE

BA PSYCHOLOGY AT STANFORD UNIVERSITY

Deadlines for applying: Early decision 1: Mid November; Early decision 2: January; Regular Decision: January

Exam structure: Common combinations: essays/ research papers throughout the semester and a cumulative

Campus life: final exam towards the end of term.

Vassar's culture is chill, quirky, and academic. Vassar generally has a chill environment for people to express who they are, and people tend to challenge social norms. There is also very little social pressure! Students are generally all intellectually curious, but the competitiveness is within themselves, not with other people. Hence the environment is much less cut-throat and much more conducive to learning, and there is a culture of building each other up. With a undergraduate of roughly 2,500 population living on a suburban campus, campus life is tight-knit and community-oriented. Located about 1.5 hours (train) away from New York City, students visit the City occasionally for the thrill of urban life, but students usually spend most of their time on campus. There are activities every weekend on campus, such as drama, dance, and circus performances. Vassar also has its own art exhibition space, known as the Frances Lehman Loeb Art Center, and its own farm, the Vassar Farm and Ecological Preserve. Vassar is surrounded by the town of Poughkeepsie and Arlington, and it is as "small-town America" as it gets, with thrift shops and locally-owned restaurants.

What is unique about the program at Vassar?

Vassar College is one of the Seven Sisters, a group of historical women liberal arts colleges in the United States. As a liberal arts college, the Vassar education is set apart by its small class sizes, emphasis on overall intellectual enrichment, and discussion-based learning. Vassar's liberal arts curriculum means that graduating with a BA in psychology is extremely flexible. Students have to take 10 credits out of a total of 32 (total credits required for graduation) in psychology to graduate. Thus, Vassar's curriculum encourages students to explore and combine their interests in other disciplines, such as education and cognitive science, with psychology, and many students end up double majoring. Vassar also provides many paid research opportunities. Apart from semester-long research assistant roles, students are encouraged to apply for the Ford Scholars Program or the Undergraduate Research Summer Institute (URSI) Program. Both Ford and URSI are 6-10 week summer programs for Vassar students to engage in research under the supervision of a faculty mentor. In summer 2021, I will be taking part in an URSI project titled "Mental Health in Refugee Populations", a collaborative project between Vassar's psychology department, the Consortium on Forced Migration, Displacement, and Education, and the Trauma and Global Mental Health Lab at the New School for Social Research in New York City. Fun fact: Vassar was the first undergraduate-degree granting institution in the world to offer a major in cognitive science (which branched out from psychology)!

~ JANUS WONG

BA PSYCHOLOGICAL SCIENCES, INTERNATIONAL ECONOMICS CORRELATE AT VASSAR COLLEGE

University	Entry Requirements				
	GCSE	DSE	A-Levels	IB	IELTS
University of Bath	Math: Grade 7/A English Language/literature: Grade 6/B	3 electives: 5*55 Core math: 5 ^ not accept Core English as English language requirement ^ separate English Language test is needed e.g. IELTS	Typical offer- A*AA Alternative offer- AAA (special conditions: e.g. obtaining grade A in an EPQ & grade B in a Core Math etc.)	36 points (766 in HL)	7.0 overall with no less than 6.5 in all components
University College London		English Language: 5 Core Math: 5 Chinese: 3 Liberal Studies: 3 Electives: 5*55	A*AA	39 points A score of 19 points in three higher level subjects to include grade 6 in (subjects listed in remarks), with no score lower than 5.	Overall grade of 7.0 with a minimum of 6.5 in each of the subtests.
University of Oxford			A*AA	39 points	
University of Cambridge			A*AA	42 points (776 in HL)	overall 7.5, with no lower than 7.0 for each component
University of Reading	English, Maths & Science: Grade 4/C	4,4,4-5,5,4 in at least two elective subjects and excluding Liberal Studies.	ABB (some preference is given to science A levels, including Psychology)	32 points	IELTS 6.5, with no components below 5.5
Remarks: not compulsory to have additional English tests if your main exam (e.g. A levels, DSE) had already reached the required English grades.					
University of Exeter BSc Psychology	English Language & math: Grade B/ 5	Refer to equivalency table from Exeter Website	AAA with A in Science subject	36 points (666 in HL with one science subject)	at least 6.5 overall and no less than 6.0 in other section
University of Exeter Psychology with Study Abroad	English Language & math: Grade B/ 5	Refer to equivalency table from Exeter Website	A*AA with A in Science subject	38 points (766 in HL with 6 in one science subject)	at least 6.5 overall and no less than 6.0 in other section
University of Exeter MSci Applied Psychology (Clinical)	English Language & math: Grade B/ 5	Refer to equivalency table from Exeter Website	AAA with A in Science Subject	36 points (666 in HL with one science subject)	at least 6.5 overall and no less than 6.0 in other section
Durham University	Math: Grade B/ 5	Please check with the university for more details	AAA	37 points (666 in HL)	
University of Surrey		444 (including 2 electives)	BBB	32 points	6.5 overall with 6.0 in Writing and 5.5 in each other element
London School of Economics	Math: Grade A/ 7 English Language: Grade B/ 6		A*AA, (including at least one of Biology, Chemistry, Physics, Mathematics, Psychology We consider your AS grades, if available)	38 points (766 at higher level, including at least one of Biology, Chemistry, Physics, Mathematics, Psychology)	
University of Bristol			A*AA including A in a science-related subject · A*A*B including A* in a science-related subject · AAA including a science-related subject plus A in EPQ	38 points (A score of 18 points in 3 HL)	7.0 overall, minimum 7.0 in writing and 6.5 in other bands
Lancaster University	Math: Grade B/ 6		AAB	35 points (A score of 16 points in 3 HL)	6.5 overall with at least 5.5 in each component
Loughborough University	Math: Grade 6/B English Language: Grade 6/B	range from '5, 4, 4' – '5*, 5, 5' from best 3 subjects, excluding Chinese and Liberal studies	AAB	35 points (665 in HL) with 5 in SL English A and 4 in SL Maths	6.5 overall with 6.0 in each individual element
Newcastle University	Math & science: Grade B/ 6	555 plus Level 3 or above in all subjects	AAA-AAB One science A Level is required, two are preferred, including Psychology, Biology, Chemistry, Physics, Statistics and Mathematics	35 points (666 in HL; two sciences at Higher Level are preferred)	Overall score of 6.5 with no less than 6.5 in each of the four components

APPLICATION

UK UCAS APPLICATION

ENTRY REQUIREMENTS

Perhaps the most important aspect to consider is the entry requirement. The 'general rule' for choosing the five universities is that one should be in a high risk category (entry requirement slightly higher than your predicted grade), three should be achievable (entry requirement should be the same as your predicted grade) and the last one should be in the low risk category (entry requirement slightly lower than your predicted grades). The 'general rule' is just for your reference, you could change it slightly to accommodate your needs and also take into consideration your ambition, ability and back up plan.

RANKINGS

Rankings give you a rough indication of how well the university is doing across various aspects such as student satisfaction, research quality, graduate prospects, and more. Students usually compare universities through different league tables. Some common criteria students would consider are the ranking of the university in general and subject-specific tables both in the UK and across the world. It is essential to take a balance between different aspects as one university may do better in one area than another. See what aspects matter to you the most and you should make choices accordingly.

Theme 3

COURSE CONTENT

Most psychology courses in the UK are accredited by the BPS so the content will be similar to a certain extent. However, different universities vary slightly in terms of the course content. Some universities put more emphasis on the clinical/practical side while others are more research based. If you already have a rough idea which path you would like to take for future studies or career, you could choose universities that focus more on that particular area. Furthermore, some universities provide integrated master courses, placement year or study abroad year option, you could compare courses with and without these options to choose one that best fits your interests and needs.

~ HILLSON LAI

BS PSYCHOLOGY AT DURHAM UNIVERSITY

~ BRIANNE LEE

BSC PSYCHOLOGY AT UNIVERSITY OF BATH

UK UCAS APPLICATION

PSYCHBOOST
& HKJSSP

CAMPUS VS CITY

Apart from the course itself, one of the factors you could consider is the location of the university. Some universities are located in the city, where different departments and accommodation are spread out across. While campus-based universities are more tight-knitted, with teaching facilities and accommodation all on one site. You could choose universities based on your personal preferences or by evaluating the costs and benefits (transportation, living expenses, convenience etc.) associated with city and campus universities.

UNIVERSITY ATMOSPHERE AND CULTURE

Different universities have their own unique culture and atmosphere. Some universities are known for their collegiate systems, holding various intercollegiate events or competitions for students, others are famous for their sports, having excellent sports facilities and teams. You could also consider what extracurricular activities the university provides, so you could get the most out of your time at university.

ENGLISH LANGUAGE TESTS (IELTS)

Most students take IELTS to meet the requirement for English language. However, the IELTS result is only valid for two years, therefore it is advised that students should not take it too soon. Depending on the circumstances, some universities would allow students to take IELTS after an offer has been made.

It is also worth checking the university's website and see if you have gained qualifications previously that would be acceptable such as GCSE or IGCSE (English as first or second language). If you passed the requirement, you may not need to take another test such as IELTS.



~ HILLSON LAI, BS PSYCHOLOGY AT DURHAM UNIVERSITY
~ BRIANNE LEE, BSC PSYCHOLOGY AT UNIVERSITY OF BATH

UK UCAS APPLICATION

PSYCHBOOST
& HKJSSP



PERSONAL STATEMENT

The personal statement is one of the most important parts of your UCAS application. With most universities handing out offers without any interviews, this is probably your only chance to show your skills and ambition to the university. Yet, universities receive thousands of applicants from all around the world each year, and you need to distinguish yourself within that A4 page. Therefore, we will go through some essential things you should consider mentioning as well as some tips for writing your personal statement.

To start, let's consider some key components that you should cover in your writing. These include but are not limited to:

Your character	Why you are suitable for the specific course/subject (Psychology) and what makes you stand out from other applicants.
Previous related experience	Show your knowledge in the subject, this could be something like a theory you've read from textbooks, relevant skills, achievements from school, work, volunteering experiences etc.
Reason for applying/understanding of the Psychology	Tell the reader your interest in Psychology (can be a story), whether you have any future career plans (e.g. research, psychologist) relating to your passion, your expectation for this course etc.
Leadership/participation in clubs:	Many students underestimate the importance of mentioning your participation in extracurricular activities. But this component can show your all-roundedness and universities tend to appreciate students who are sociable and versatile.
Your contribution to the university:	With your skills/knowledge, what can you add to the university community? What are you able to bring to the table?

~ HILLSON LAI, BS PSYCHOLOGY AT DURHAM UNIVERSITY
~ BRIANNE LEE, BSC PSYCHOLOGY AT UNIVERSITY OF BATH

UK UCAS APPLICATION

It's definitely a good idea for you to brainstorm and jot down some notes before you start writing. Remember that you will only have 4000 characters/47 lines available so you will need to make good use of every word. The following are some tips and guidelines for you to follow when writing your personal statement.

Understand your course	It's important for you to go onto each university website and check out the course description. Not only can you understand the structure of the course, but also what the universities are expecting from their students. Try to link your strengths/skills with what they are looking for.
Avoid mentioning specific course titles or university names.	It is most likely that you are applying for different universities (or even subjects) with your 5 options. Depending on your selection, decide how specific you would like to talk about the course. It is not a good idea to show universities that they are not your top priority (just keep the rankings to yourself).
Avoid writing in complicated language.	It's always better to be concise about your points. Keep your sentence clear and understandable (i.e. Avoid run-ons, complicated vocabulary). Each admission officer will only take around 30 seconds to 1 minute reading your statement, so the last thing you want to do is to get them confused, as your paper might end up in the trash bin.
Be enthusiastic and stand out.	Yet, be careful with the use of humour, quotes, or unusual ideas. Make sure you balance out the formality and enthusiasm and express yourself in a respectful and professional manner.
Organize your ideas and structure your paper	Try to implement your own style of writing and show a sense of flow/structure so that your points are not all around the place. You should decide what information is more important and place them first (i.e. Your understanding of the course, your suitability) versus the ones that are less important (i.e. extracurricular activities).
Proofread, proofread, and proofread	Many students underestimate how important it is to check their spelling / grammar / fluency after writing the passage. But you definitely do not want to leave a bad impression to the admission team. Thus, try to read aloud your draft and it's a good idea to get feedback from your teachers, advisers, and parents (the more the better). Don't be afraid to break apart and reconstruct your draft if needed. You will definitely come up with a satisfying final product.
Make use of external resources	Different people might have a different emphasis on what to write about. You can look at different YouTube videos or the UCAS website for more practice/brainstorming resources. However, remember this is your own paper, and there is no specific formula to success. Don't be afraid to explore!

Beginning your personal statement is often the most difficult part. You might be thinking of a catchy phrase. However, admission officers often said that students overcomplicated their first line by trying to be flashy. Instead, try to get to your point quickly and start with a short sentence that captures your reason/passion for the subject selected. You can also talk about why you are excited about studying the course. In the end, it is also great to have a small paragraph tying up all your ideas together. Reiterating key skills, interests, experiences you've already touched on can give your statement a satisfying sense of closure. You can also mention some of your future goals or your expectation of university experience here to wrap up your writing.

~ HILLSON LAI

BS PSYCHOLOGY AT DURHAM UNIVERSITY

UK RESOURCES

In the information era, there is certainly a plethora of resources at your disposal to help with applying to UK universities. Sometimes, there is just so much information that it could even be overwhelming. This section will hopefully give you a rough guide to what we consider to the most prominent resources and how you can best utilise them.

EDUCATION CONSULTANTS

There has definitely been an upward trend of students utilising education consultants to help with applying for UK universities. Usually, for a fee, these consultancies will provide all-rounded support, from tutorials to boost exam performance, and assistance with UCAS procedures, personal statement, entrance exam and interview preparation for certain universities, to supervising individual projects for students to boost their portfolio.



EDUCATIONAL FAIRS

Educational fairs are a great way to learn about different universities in a concentrated manner. Whether it's a virtual fair (held online) or at a physical venue, don't be shy and approach the representatives of different universities to have a chat! Some of the most useful insights into university life can be gained through these interactions.

SOCIETIES AND CLUBS

Psychology societies, like ours, are a great way to learn more about psychology and of course that includes studying it in higher education. We have many UK graduates in our membership, so why not join some of our activities to meet some of our lovely members and learn more through their sharing?

~ JASON LI

BSC PSYCHOLOGY AT UNIVERSITY COLLEGE LONDON

UK RESOURCES

PSYCHBOOST & HKJSSP

UNIVERSITY RANKINGS

This is certainly a favourite for many parents and students, because it gives the most easy-to-digest and distilled appraisal for a universities' value proposition: a single number. While it is tempting to just look at the ranking and automatically choose or disqualify some universities, you may run the risk of neglecting a lot of intangible factors. A lot of times, the criteria of these rankings have to do with research output, university size etc., which may not translate into the actual teaching quality of a course, or how fruitful campus life may be. This is also why there can be big discrepancies between different rankings -it's quite subjective in the end.

OPEN DAY

If you can afford the time and effort, visiting a university's open day is certainly the most up close and personal way of learning about it. This is the occasion where a university will welcome all prospective students with open arms, trying its hardest to impress with tours, showcases and talks. It may be a good chance to chat with some current students as well, and get a first-hand account of the university experience.

ONLINE FORUMS

This is another goldmine of information when it comes to gathering insights into university life. You can find pages upon pages of real issues raised by university students, answered by university students. It doesn't get more authentic than this. From social life to accommodation, these online forums will probably give you a pointer or two. Examples are the Student Room, Student Edge, and various forums found on different social media sites.



~ JASON LI

BSC PSYCHOLOGY AT UNIVERSITY COLLEGE LONDON

UK VISA

OVERALL PROGRESS OF APPLICATION

Online application for Tier 4 Student Visa:
<https://www.gov.uk/student-visa/apply>

MATERIALS NEEDED FOR APPLYING VISA ONLINE

1. You and your parents' valid passports (valid for more than half a year)
2. Your old passports (if applicable)
3. Passports for other country (if applicable)
4. Your Hong Kong Identity Card
5. Proof of academic qualification e.g. Recent report for academic results
6. Your birth certificate

MATERIALS NEEDED FOR ATTENDING THE APPOINTMENT

1. Online application form
2. Proof of booking confirmation
3. CAS certificate*
4. Proof of academic qualification (eg school reports, HKDSE certificate)
5. Receipt of International Health Surcharge (IHS)
6. Receipt of visa handling fee
7. IELTS test results^ (UKVI Academic)
*If you have any proof for English language that is equivalent to IELTS e.g. GCSE English, then you might not need an IELTS test. Please double check with your university for this.
8. Your valid passport and all old passports*
9. Your Hong Kong Identity Card*
10. Your parents' valid passports*
11. Your parents' Hong Kong Identity Cards*
12. Financial statement (Bank statements of your parents' to proof that they will be able to support you throughout the years)
13. Your tuberculosis test results* (Not needed if you have been staying in a country for at least 6 months where TB screening is not required by the UK)
14. Written consent for your application from your financial sponsor if you've received sponsorship for your course fees and living costs in the last 12 months
15. Proof of parental or other legal guardian consent (if you're under 18)
16. Proof of your relationship to your parent or guardian (if you're under 18)

*both original and photocopied versions

All documents should be in English. If they are in another language, please seek translation organisations for official transcripts.

~ NICOLE CHAN, BSC PSYCHOLOGY AT UNIVERSITY OF SURREY

~ WINNIE YIP, BSC PSYCHOLOGY WITH PLACEMENT YEAR AT UNIVERSITY OF BATH

UK VISA



SPECIAL THINGS TO BE AWARE OF

The Tuberculosis Test

Students who are planning to stay in the UK for more than 6 months must take the Tuberculosis Test in one of the five clinics assigned by UK Visa and Immigration. The result is only valid for six months, so students must ensure that it is valid on their day of departure when they enter the UK.

Students must have the result of the test ready before applying for student visas. The report generally takes 2 to 3 working days to complete. Students must be accompanied by at least one of the parents when taking the test and collecting the result. For more information about the fees and required documents, please contact the following clinics:

UMP Medical Centre 3950 8888

Central : Room 1401-3, Wing On House, 71 Des Voeux Road Central

Tsim Sha Tsui : Room 7, 10/F, Wing On Plaza, 62 Mody Road, Tsim Sha Tsui East

Jordan : Rm 03-04, 15/F, 238 Nathan Road, Kowloon

Quality HealthCare Medical Centre 8200 8825

Admiralty: Units 1605-09, 16/F, Admiralty Centre Tower 1, 18 Harcourt Road, Hong Kong

Mong Kok: 8/F, Wai Fung Plaza, 664 Nathan Road, Mongkok, Kowloon

UK VISA

FEE

Students will need to apply for student visas at VFS Global Hong Kong online. Application fee is approximately £348 (as of year 2019/2020). When applying, students must pay a sum of around £470 for Immigration Health surcharge (IHS) per year in order to receive National Health Service during their stay in the UK. You can choose to use the express service, which costs an extra of £230. This service can be chosen when you are at the centre.

ON THE DATE OF VISA APPLICATION

Please arrive at the venue at least 15 minutes before your designated time. Your booking will be cancelled if you are late.



TIME NEEDED FOR THE WHOLE PROCESS

The earliest you can apply for a visa is 6 months before you start your course. Normal application process takes around 15 to 20 working days, while an express service takes around 5 to 8 working days. However, it might get up to 90 working days during peak season especially summer holiday.

ADDRESS

(information collected from VFS.global)

Quarry Bay
VFS Global Services HongKong Pvt Ltd.
Unit 03-05, 12/F, Prosperity Millennia Plaza, 663 Kings Road, Quarry Bay, Hong Kong
Opening time: Monday-Friday 0900-1900, Saturday 0700-1300

North Point
VFS Global Services HongKong Pvt Ltd.
Units B&E, 6th Floor, Lee & Man Commercial Center, 169 Electric Road, North Point, Hong Kong
Opening time: Monday-Friday 0900-1900, Saturday 0700-1300
For passport collection: Monday-Friday 0700-0900

USEFUL WEBSITES

UK GOV official website:

<https://www.gov.uk/student-visa/apply>

VFS Global for visa application centre location:

<https://www.vfsglobal.co.uk/hk/en/vacs>

Britannia:

https://www.britannia-study.com/preparation/student_visa?lang=en

British United:

<https://www.britishunited.net/planning-and-preparation/student-visa-application/>

US APPLICATION DETAILS

PSYCHBOOST & HKJSSP

Common App

The Common App is one of the platforms that you can use to apply to schools in the US. It would require you to submit one personal essay which is sent to all of the schools you select to apply to.

The Common App is extremely useful for applying to multiple schools in the US as most universities are conveniently accessible for application. Outside of the UCS and some select government schools, any school can be applied to through the Common App.

The platform allows you to easily handle all the information you need to submit for various applications, such as supplemental essays, letters of recommendation, scholarships and financial aid, as well as your activities resume and any forms that the schools require you to fill out.

Using the Common App allows you to consolidate all of the applications you send to various schools, as well as keep track of your application progress and outcomes. By using the Common App you can organise your college application process a lot easier and have access to tools that can help you in your application process.

1. ED/ RD
2. ED stands for Early Decision and is usually restrictive, meaning you can only apply to one school for ED. The ED is usually 1-2 months earlier than the Regular Decision applications, and usually have a higher admission rate. If you are accepted into a school through ED, there is an expectation for you to attend that school. The only way to withdraw from a school that you have applied ED to is financial issues or familial issues that require you to attend another school.
3. Another option for early applications is EA and REA, which stands for Early Action and Restrictive Early Action. Early Action allows you to apply to multiple schools early and doesn't require you to attend the schools if you are accepted. Restrictive Early Applications are only restricted to one school but also do not require you to commit to the school if you are accepted.

~ ZACHARY YU, BA PSYCHOLOGY AT STANFORD UNIVERSITY

~ JODIE HUNG, BSC PSYCHOLOGY AT CARNEGIE MELLON UNIVERSITY

US APPLICATION DETAILS (EXAMS)

UC Application

The UC application system is a one step application to a group of schools in California, namely UC Berkeley, UC Davis, UC Irvine, UCLA, UC Merced, UC Riverside, UCSD, and UCSF. This application system works similarly to the Common App system, allowing you to submit common essays, supplemental essays, activities lists, and teacher references through their website.

The details you submit will automatically be sent to any school that you choose to apply to, and your application statuses can be checked through the UC App portal. Furthermore, the system will also help you handle the submission of standardised testing scores such as the SAT, ACT and Subject Test scores.



PSYCHBOOST & HKJSSP

Standardized testing

ACT or SAT

You should ideally take the SAT or the ACT for the first time in your junior year, so that you will have enough time to retake it in your senior year. In my opinion, the best way to choose between the ACT and the SAT is to take a practice one of each and decide which one best suits your test taking style. For me, I chose the ACT because the test was shorter and the questions were easier than the SAT (though you are definitely on a time crunch to finish!)

Studying for the ACT/SAT

Don't feel discouraged when you first start studying for the SAT/ACT. The practice ACT test that I took was 5 points (out of 36) lower than my final score. The most helpful study strategy for me was taking practice tests over and over again (you can find these online). This was helpful for two reasons: 1) there are only so many question types that can be asked, and you will find that the questions repeat themselves a lot. 2) Time management is crucial on these tests and replicating the timed environment in your practice tests is necessary. Also, be sure to go over your mistakes and study specific aspects of the exam that are completely foreign to you.

Subject Tests

There is no SAT psychology subject test, but you can still show off your strengths in these tests. The study strategies should be fairly similar to studying for the ACT/SAT, but I would suggest scheduling the subject tests sometime close to your AP or IB exams. This allows you to kill two birds with one stone and you can just focus on studying the parts of the SAT subject tests that do not overlap with your class material.

~ ZACHARY YU
BA PSYCHOLOGY AT STANFORD
UNIVERSITY

US APPLICATION DETAILS (VISA)

PSYCHBOOST & HKJSSP

VISA

Getting your student visa should be a fairly easy process. There are three types of student visas you can get: F1, J1, and M1.

The most common one that most students get is the F1 visa. It is issued to international students applying for academic programs in the US. To maintain your F1 visa, you have to maintain the minimum course load required to be a full-time student at your university. F1 visas allow for part-time employment but only for on-campus jobs. You can remain for up to 60 days in the US after you complete your academic program and this can be extended if you are approved for the Optional Practical Training (OPT) program which allows you to work for one year on your F-1 Visa; the OPT program is a separate application. To apply for a F1 visa, you have to be accepted into an academic program at a university as they will sponsor your student visa. You will also need to demonstrate sufficient financial support such as family bank statements, scholarships, etc. You will need a valid passport (at least six months) to apply for a F1 visa. You'll also need to take a photo for your visa, this probably the easiest part as you can go to Fotomax and they will know the photo dimensions needed for American visas.

Once you receive your admission into a university and have accepted it, the university will send you an I-20 form. This is very important and keep this document as you will need to present it at your visa interview. You'll also need to fill out a form online called the DS-160 when booking your interview appointment. The interview itself is a fairly easy process as long as you have all the documents you need to apply, make sure to check this online. The interviewer will ask you questions such as "What school are you going to?", "What are you planning to study?", etc. If your application is approved, your passport will be taken to put the visa in and you will get it back a few weeks after the interview.

My advice is to apply for your F1 visa as soon as you receive your admission to the university you plan to attend. You can do this at the US consulate. You will need to book an appointment for the student visa interview and these slots fill up fairly quickly so it is best to do it earlier in the summer so you will have more time to receive the visa and troubleshoot problems if they arise. For my personal experience, I had my appointment a month before I was supposed to fly to the US and due to unforeseen issues, the visa did not arrive very quickly. I had to contact the consulate, which was very stressful and thankfully I received my visa two days before I had to fly. So it is really important that you give yourself enough time to apply and receive the visa so you won't stress like I did.

Don't worry if your passport expires during the time you are studying in the US. You can renew the passport but it must be the same nationality as that of the passport that your student visa is in. Make sure your old passport with the visa is not damaged and the next time you travel, bring both the old and new passport with you as you'll need to show it to the immigration officer when you arrive in the US.

J1 visas are issued to students that need practical training not available in their home countries. M1 visas are for students attending a non-academic program or vocational school. Most international students planning to study psychology in the US will not need to apply for these types of visas.

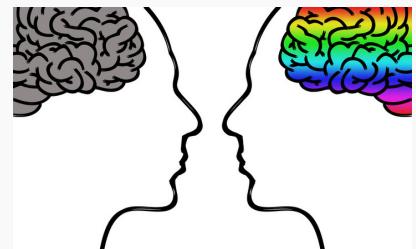
~TRINITY TSE

BA PSYCHOLOGY AT RUTGERS UNIVERSITY

FURTHER STUDIES

Guiding questions:

1. What are the qualifications needed to practice as a psychologist?
2. Should I pursue a route in research or practice?
3. How do I gain research and first-hand experience?
4. What are the opportunities for continued learning in psychology?



HK: Master of Social Science in Psychology (CUHK/HKU)

The requirements for becoming a registered clinical psychologist differ depending on the country of interest. In Hong Kong, the requirements include (1) a Masters's training programme in clinical psychology which is accepted by the Division of Clinical Psychology within the Hong Kong Psychological Society, and (2) having completed a Bachelor's degree (with a major in psychology). Two universities in Hong Kong, HKU (M.Soc.Sc. in Clinical Psychology) and CUHK (M.Soc.Sc. in Clinical Psychology), offer master's programmes in clinical psychology. Work experience is recommended for both universities.

UK: Doctorate in Clinical Psychology

As for the United Kingdom, one must complete three years of postgraduate training to be awarded a Doctorate in clinical psychology which is approved by the Health and Care Professions Council (HCPC). Training includes academic and practical training, which consists of clinical placements and research. The majority of places are funded by the NHS. To be eligible for the doctorate programme, significant relevant clinical and/or research work experience is required, and requirements vary depending on the course provider. International students can apply for self-funded places offered by certain universities.

~ KARISA TAN

BA EXPERIMENTAL PSYCHOLOGY AT UNIVERSITY OF OXFORD

CONTINUED LEARNING ON OTHER FIELDS

PSYCHBOOST
& HKJSSP

Common Pathways to take

Except for clinical psychology, there are also multiple fields that one could explore, including forensic, occupational, educational psychology and more. These specialisations usually begin as a master's degree and followed by a placement as work experiences. Being an educational psychologist in the UK requires a 3-year degree in psychology accredited by The British Psychological Society (BPS), followed by some forms of experience applying psychology with children in a range of settings, for example working in a school or psychiatric unit, followed by doctoral training for 3 years. Whereas being a forensic psychologist requires an undergraduate (similar to educational psychology), then a postgraduate master's in forensic psychology and lastly to complete 2 years' supervised practice on Stage 2 of the BPS Qualification in Forensic Psychology - QFP. Some universities offer a doctorate programme in forensic psychology, which is the equivalent of both an accredited master's and supervised practice. Forensics psychology usually leads to work relating to prison services. It would be worth looking into the relevant master's degree if you have a specialisation in mind, however, if that is not the case, it is perfectly fine to explore different areas of psychology during your bachelor's degree first.

Transfer of Skills

Psychology also brings a range of transferable skills which can be applied to careers other than psychology. Skills such as data analysis, communication and research skills can be used in many jobs. Some areas which a psychology degree is directly useful include human resources (including recruitment, management and development), social work, youth work, careers adviser, government social researcher, etc. Those considering a career outside of psychology can gain experience through internships or volunteering work during the summer.



~ MARIA MAK
BA BEHAVIOURAL AND
PSYCHOLOGICAL SCIENCE
AT UNIVERSITY OF CAMBRIDGE

SEEKING FOR EXPERIENCE

UK

During your time of study in the UK, you may look into volunteering or part time jobs to strengthen your clinical experience. Common voluntary work includes working with people with disabilities / learning difficulties, crisis helpline volunteer, community service volunteer etc. For starters, the best way is to contact your university as they would advertise opportunities that are most relevant to your profile. Additionally, you may also look into working with mental health charity organisations. Some of the leading charities in the UK are Mind, Papyrus, Young Minds, Student Minds, Anxiety UK, Samaritans and Mental Health Foundation.

Even though it is harder to get paid work experience in the psychology field during your undergraduate studies, there are still accessible roles for you to apply. You may be eligible for some part-time roles in your second or third year of studies, typically jobs with lower entry requirements. Try to look into youth support workers, SEN teaching assistants, NHS mental health ward assistants/support workers etc. LinkedIn and other job search websites are good places to start. To enrich your academic knowledge, you may apply to (honourary) research assistant roles by contacting your lecturers who are conducting their research. Some universities also provide Undergraduate Research Opportunities Programme (UROP) over the summer for public applicants or students of their institution.

Hong Kong

There are many ways where undergraduates can gain experiences, this includes volunteering, internships, networking etc. If you hope to work with people (aspiring to be a clinical psychologist or an educational psychologist) you might consider to opt for opportunities that are more people centred. In Hong Kong, there are many NGO that provide opportunities where you would be able to work with people of different demographics. Our society offers numerous volunteering opportunities throughout the year, such as volunteering with psychiatric patients, and holding mental health events etc. If you would like to work with children, you could look into free teaching/ tutoring, volunteering in foster homes (e.g. Mother's choice), or work with youth-related NGOs (e.g. The Youth Federation). Whereas if you would like to work with the clinical population, you could look into organisations like the New Life Psychiatric Rehabilitation Association, Baptist Oi Kwan Social Service and many more. You could also work for mental health-related NGOs like Mind HK to get an understanding of the mental health support scene in Hong Kong and be a part of it.

As for internships, you could look for research internships from Psychology Labs in HKU, CUHK etc. By accessing these universities' websites, you could choose the lab that you are most interested in and send the person in charge an email about yourself and your CV. There are also psychology clinics that might look for interns (you would have to look online as it depends every year). The government also offers internship experiences that could suit psychology students such as the summer interns at the Hong Kong Correctional Service/ Social Welfare Department which would be released in March/April every year.

~ANISA TO, MSCI APPLIED PSYCHOLOGY AT UNIVERSITY OF READING
~ENYA CHAN, BSC PSYCHOLOGY AT UNIVERSITY COLLEGE LONDON

PURSUING MASTERS DEGREES

You can do a master's degree if you're interested in delving deeper into the field of psychology! I would even say that you don't have to be planning to pursue a career in psychology to do a masters degree in psychology - I have some peers who took the masters degree to complement other fields of work, such as education (e.g., teachers who are looking to be more equipped to attend to the psychological and emotional needs of their students), and entrepreneurship (e.g., individuals hoping to incorporate elements of mental health support into their startups).

And of course, this is a good idea if you are planning to become a therapist, or are hoping to do research on topics related to psychology in the future.

~STEPH NG,

MA CLINICAL PSYCHOLOGY AT
TEACHERS COLLEGE
COLUMBIA UNIVERSITY



Transfer of Skills

People who work in the field of psychology are capable of doing a variety of things. Studying psychology at undergraduate level develops your understanding of various disciplines in psychology as well as the major theories and the history of psychology. You will gain insight into the ethical practices in psychology and construct your own professional philosophy that determines your path as a psychologist/ mental health practitioner.

When you make a decision to pursue psychology at a graduate level, it is advised to think about which group of people you would like to help, and what significant impact you would like to make. Psychologists can be found in multiple settings, in schools, organizations, clinics, therapy centers, labs, courts, etc. They are usually specialized to perform specific functions and will be named differently (e.g. school psychologists, forensic psychologists, behavioral analysts, therapists). Depending on the specialty, psychologists are required to practice according to different disciplines, ethical guidelines, laws and regulations. That being said, pursuing graduate-level training in psychology further equips you with additional skills and knowledge to be competent practitioners. Therefore, you will be trained to use a set of specialized abilities in order to perform well in specific professional areas. Graduate-level training should ensure that you are well-versed and provide opportunities for you to practice in the field of your choice. Qualifications of psychologists vary across fields. Thus, graduate programs are designed to fulfill specific requirements from accrediting organizations. However, the skill sets of different psychologists overlap. You will find transitioning to different fields of psychology is highly possible. Plan ahead and find what fields interest you most and do not be afraid to learn more about what different psychologists do.

~JONATHAN KWOK,

EDS SCHOOL PSYCHOLOGY AT ANDREWS UNIVERSITY

CLINICAL & RESEARCH PSYCHOLOGY

PSYCHBOOST & HKJSSP

For those who are interested in practicing as a therapist: To practice as a therapist in the US, you would need to acquire accreditation from the APA (American Psychological Association - *for students in the US only*).

For those who are interested in the research route: Find one or two research labs that focus on topics that you are interested in. A few tips regarding picking research labs:

- **Choose quality over quantity:** It's better to do more in-depth work at *one* lab (i.e., be a more prominent team member in one project), than try to spread yourself too thinly across different labs.
- **When in doubt, choose the lab with the more caring principal investigator (PI):** If you are struggling to pick between a lab that you are more interested in (but perhaps has a PI that has infamously mean) and a lab that you are less interested in (but has a kinder PI who is known to provide more opportunities to their students), *pick the lab with the kinder PI*. It's more important to have a mentor who advocates for you and gives you opportunities to develop your research skills - you can always develop these skills first, and then join a lab that you're more interested in later so that you can really put these skills to use.

Choosing between the two

Don't stress about this. I would recommend exploring both (successively, or at the same time), and allowing yourself to change your mind repeatedly. As a personal anecdote, I initially had my mind set on pursuing the clinical route when I first started my master's degree. I acquired an internship at a mental health clinic, but also started working with two research labs simply because I was interested. When the pandemic hit and I was forced to return from the US back to Hong Kong in March of 2020, I had to stop working at the mental health clinic and worked remotely with the labs instead. This was the time that I really began to find my passion for research. Please remember to keep an open mind as to how your interests in the realm of clinical psych will fluctuate, based on the opportunities that are presented, and the situations that life throws at you! It's a broad field, and I would recommend just having fun and exploring every crevice that interests you.



~STEPH NG

MA CLINICAL PSYCHOLOGY AT TEACHERS COLLEGE, COLUMBIA UNIVERSITY

SCHOOL PSYCHOLOGY

**PSYCHBOOST
& HKJSSP**

US Qualifications

For those who are interested in practicing as a school psychologist (in the US): Required qualifications of school psychs vary from state to state. State Education Agencies in most states credentials school psychologists for practice in schools. The National Association of School Psychologists (NASP) provides national standards to school psychology programs. Graduates from NASP approved programs receive the Nationally Certified School Psychologist (NCSP) credential. The NCSP does not necessarily provide an automatic path to state licensure or certification. However, the majority of states recognize or acknowledge the NCSP within their credentialing regulations.



Difference to Educational Psychology:

School psychology programs in most states of the US require a minimum of a specialist-level degree (e.g. EdS) in school psychology (i.e., minimum of 60 graduate semester hours, including a full-time internship year); educational psychology programs require a minimum of a master's-level degree (i.e. 30-33 graduate semester hours) and is not accredited by any professional board. Educational psychology programs enable your entry to school psychology training. You are also allowed to pursue licensure so as to practice as an educational psychologist. What's more, you are qualified for nonclinical, entry-level jobs in research or academia.

School psychologists are responsible for working in school systems. The majority of school psychologists in the US work in public schools under federal and state guidelines. School psychologists are trained to perform data-based special education eligibility determination, collaborative consultation, curriculum and program evaluation, system-wide academic support, and equitable services that meet individual educational needs from teachers, parents, and students. Other services may also require the contribution of school psychologists, such as school-based counseling, mental-health developmental programs, and positive behavioral intervention and support.

~JONATHAN KWOK

EDS SCHOOL PSYCHOLOGY AT ANDREWS UNIVERSITY

PSYCHBOOST & HKJSSP

SCHOOL PSYCHOLOGY

Overall Experience:

As the awareness of mental health and needs for psychoeducational services are increasing, school psychologists are in high demand. It means that most trained school psychologists will be hired by school districts. Most school districts are willing to offer paid internships for school psychologists in training.

Studying school psychology can feel overwhelming, especially to international students. We are expected to complete a 3-year program (including 1-year of full-time internship) that introduces a tremendous amount of information and practice (e.g. the educational laws, specialized assessment and administration techniques, behavioral and academic intervention and support, and more). International students who are not familiar with the public school systems in the US may be concerned about the differences in educational systems. Worry you not, school psychology programs covers all you need.



My advice to you if you want to begin your training as a school psychologist is to pick up time management strategies and develop self-help routines. You will find most school psychology programs quick-paced and long that will be benefitted by good time-management. And working as a school psychologist in practice could be even busier, as the current average caseload for school psychologists are increasing. NASP recommends a ratio of one school psychologist per 500-700 students in order to provide comprehensive school psychological services. Current data estimates a national ratio of 1:1381.

Although this may look scary, there are several positive sides working as a school psychologist. Since this field is in need of psychologists, it is a growing field that you can easily ensure job security upon the completion of training. As mentioned above, if you are a competent school psychologist, you will find employment opportunities across the US. Also, school psychologists typically work 30-40 hours a week and are occasionally required to stay after-school to attend some meetings. We often end our workday when a school day ends, so school psychologists usually finish a day at around 3-4 pm. When the school district is closed for major holidays, school breaks, and summer vacations, school psychologists are off, meaning school psychologists generally work for about 180 days a year. You can take the time to apply for summer school psych jobs, or seek personal and professional development at your own will.

Most importantly, becoming a psychologist allows you to help the youth in academic settings. You will bring a positive impact on their development and help them succeed academically, socially, behaviorally, and emotionally. You are also going to provide individualized help to students who do not respond to the general education system. Exceptional students will receive equitable services thanks to your contribution.

~ JONATHAN KWOK
EDS SCHOOL PSYCHOLOGY AT
ANDREWS UNIVERSITY

LINKS

Theme 1: Overseas compared to HK Studies

Finances - tuition fees

<https://www.studyinhongkong.edu.hk/en/hong-kong-education/tuition-fee-and-living-expenses.php>

<https://www.timeshighereducation.com/student/advice/cost-studying-university-uk>

<https://www.topuniversities.com/student-info/student-finance/how-much-does-it-cost-study-us>

Scholarships

[https://hkxes.edb.gov.hk/en/index.html#:~:text=Hong%20Kong%20Scholarship%20for%20Excellence%20Scheme%20\(HKSES\)%20was%20launched%20in,in%20the%20first%20six%20cohorts.](https://hkxes.edb.gov.hk/en/index.html#:~:text=Hong%20Kong%20Scholarship%20for%20Excellence%20Scheme%20(HKSES)%20was%20launched%20in,in%20the%20first%20six%20cohorts.)

<https://www.wfsfaa.gov.hk/sfo/seymf/en/index.htm>

<https://www.oxbridgeprograms.com/For-Parents/Scholarships>

Theme 2 - UK Universities

University College London (UCL)

<https://www.ucl.ac.uk/prospective-students/undergraduate/degrees/psychology-bsc>

University of Bath

<https://www.bath.ac.uk/courses/undergraduate-2021/psychology/bsc-psychology/>

University of Oxford

<https://www.psy.ox.ac.uk/study/undergrad>

University of Cambridge

<https://www.psychol.cam.ac.uk/>

University of Reading

<http://www.reading.ac.uk/ready-to-study/study/subject-area/psychology-ug/bsc-psychology.aspx>

University of Exeter

<https://www.exeter.ac.uk/undergraduate/courses/psychology/psychbsc/>

Durham University

<https://www.dur.ac.uk/courses/info/?id=17293&code=C800>

University of Surrey

<https://www.surrey.ac.uk/undergraduate/psychology>

London School of Economics (LSE)

<https://www.lse.ac.uk/study-at-Lse/Undergraduate/Degree-programmes-2022/BSc-Psychological-and-Behavioural-Science>

University of Bristol

<http://www.bristol.ac.uk/study/undergraduate/2021/psychology/bsc-psychology/>

Lancaster University

<https://www.lancaster.ac.uk/study/undergraduate/courses/psychology-bsc-hons-c800/>

Loughborough University

<https://www.lboro.ac.uk/study/undergraduate/courses/a-z/psychology/>

Newcastle University

<https://www.ncl.ac.uk/undergraduate/degrees/c800/>

LINKS

Theme 2 - US Universities

Vassar College

<https://www.vassar.edu/admissions/apply/>

Andrews University

<https://www.andrews.edu/cas/behavioral/undergrad/psychology.html>

Teachers College, Columbia University

<https://www.tc.columbia.edu/admission/how-to-apply/degree-programs/>

Carnegie Mellon University

<https://www.cmu.edu/dietrich/psychology/>

University of California, Berkeley

<https://admissions.berkeley.edu/dates-deadlines>

University of Southern California (USC)

<https://dornsife.usc.edu/psyc/>

Rutgers University

<https://psych.rutgers.edu/>

Stanford University

<https://psychology.stanford.edu/>

Theme 3 - UK

UCAS application

<https://www.ucas.com/undergraduate/applying-to-university>

<https://www.ucas.com/undergraduate/applying-university/how-write-ucas-undergraduate-personal-statement>

Visa application

<https://www.gov.uk/student-visa/apply>

<https://www.vfsglobal.co.uk/hk/en/vacs>

<https://www.britishunited.net/planning-and-preparation/student-visa-application/>

Theme 3 - US

Personal essay

<https://www.timeshighereducation.com/student/advice/how-write-us-college-admissions-essay>

Common App

<https://www.commonapp.org/>

UC application

<https://admission.universityofcalifornia.edu/how-to-apply/>

<https://admission.universityofcalifornia.edu/apply-now.html>

Standardized testing

<https://www.ueseducation.com/SAT-vs-ACT>

Visa application

<https://www.usa.gov/visas>

Theme 4

Required qualifications for clinical psychologist

HK: [https://hkps-dcp.org.hk/en/for-public-en#:~:text=What%20are%20the%20qualifications%20required,with%20a%20major%20in%20psychology\).](https://hkps-dcp.org.hk/en/for-public-en#:~:text=What%20are%20the%20qualifications%20required,with%20a%20major%20in%20psychology).)

UK: <https://www.prospects.ac.uk/job-profiles/clinical-psychologist#:~:text>You%20must%20be%20registered%20with,equivalent%2C%20approved%20by%20the%20HCPC.>

Psychological Associations

HK: <https://www.hkps.org.hk/en/>

UK: <https://www.bps.org.uk/>

US: <https://www.apa.org/>

OUR MENTORS & PUBLICATION

UK

ALSTON LUI

~ BSC PSYCHOLOGY, UNIVERSITY OF EXETER

ANISA TO

~ MSCI APPLIED PSYCHOLOGY, UNIVERSITY OF READING

BRAINNE LEE

~ BSC PSYCHOLOGY, UNIVERSITY OF BATH

DAISY WONG

~ BSC PSYCHOLOGY & LANGUAGE SCIENCE, UNIVERSITY COLLEGE LONDON

ENYA CHAN

~ BSC PSYCHOLOGY, UNIVERSITY COLLEGE LONDON

EUGENIA KAM

~ BSC PSYCHOLOGY, UNIVERSITY COLLEGE LONDON

HILLSON LAI

~ BSC PSYCHOLOGY, DURHAM UNIVERSITY

JASON LI

~ BSC PSYCHOLOGY, UNIVERSITY COLLEGE LONDON

JEFF LAU

~ BSC PSYCHOLOGY, UNIVERSITY OF BATH

KARISA TAN

~ BA EXPERIMENTAL PSYCHOLOGY, UNIVERSITY OF OXFORD

MARIA MAK

~ BA BEHAVIOURAL AND PSYCHOLOGICAL SCIENCE, UNIVERSITY OF CAMBRIDGE

NICOLE CHAN

~ BSC PSYCHOLOGY, UNIVERSITY OF SURREY

RAISIE WONG

~ BSC PSYCHOLOGY WITH PLACEMENT, UNIVERSITY OF BATH

WINNIE YIP

~ BSC PSYCHOLOGY WITH PLACEMENT, UNIVERSITY OF BATH

OUR MENTORS & PUBLICATION

US

FRANCESCA LEVENTHAL

~BA PSYCHOLOGY, UNIVERSITY OF CALIFORNIA, BERKELEY

JANUS WONG

~ BA PSYCHOLOGY, INTERNATIONAL ECONOMICS CORRELATE, VASSAR COLLEGE

JODIE HUNG

~BS PSYCHOLOGY, CARNEGIE MELLON UNIVERSITY

JONATHAN KWOK

~EDS SCHOOL PSYCHOLOGY, ANDREWS UNIVERSITY

KRISHINA MIRPURI

~BA PSYCHOLOGY, UNIVERSITY OF SOUTHERN CALIFORNIA

STEPH NG

~MA CLINICAL PSYCHOLOGY, TEACHERS COLLEGE, COLUMBIA UNIVERSITY

TRINITY TSE

~BA PSYCHOLOGY, RUTGERS UNIVERSITY

ZACHARY YU

~BA PSYCHOLOGY, STANFORD UNIVERSITY



PUBLICATION

ALVIN CHUNG

~ BSC PSYCHOLOGY, UNIVERSITY OF EXETER

ANSON CHAK

~B.S.SC PSYCHOLOGY, THE CHINESE UNIVERSITY OF HONG KONG

KAREN MA

~ BSC PSYCHOLOGY WITH PLACEMENT, UNIVERSITY OF BATH

NICOLE CHAN

~ BSC PSYCHOLOGY, UNIVERSITY OF SURREY

PRESS CORRECTOR OFFICER

CALEB LIN

~ MSCI PSYCHOLOGY WITH PLACEMENT, UNIVERSITY COLLEGE LONDON

KAREN MA CHIEF PROJECT OFFICER

~BSC PSYCHOLOGY WITH PLACEMENT, UNIVERSITY OF BATH

Studying overseas to broaden my horizon has always been my dream. Yet previously as a local student, access to information on studying psychology overseas was limited thus my experience of choosing schools and courses was rather frustrating and overwhelming. Fortunately, studying in the UK for five years so far has allowed me to develop an all-encompassing thirst for psychology as well as reaching my full potential in the end. Having such first-hand experience and knowledge in psychology, I am thrilled to support and help those interested in this field through this inclusive information booklet. I hope with relevant information, this booklet can guide you to your desired path and I wish you all success in the future!



“ A COMPREHENSIVE
GUIDE TO OVERSEAS
PSYCHOLOGY STUDIES ”



**THE HONG KONG JOINT SCHOOL SOCIETY OF PSYCHOLOGY
& PSYCHBOOST**



SPONSORED BY

