



University of
Reading
MALAYSIA

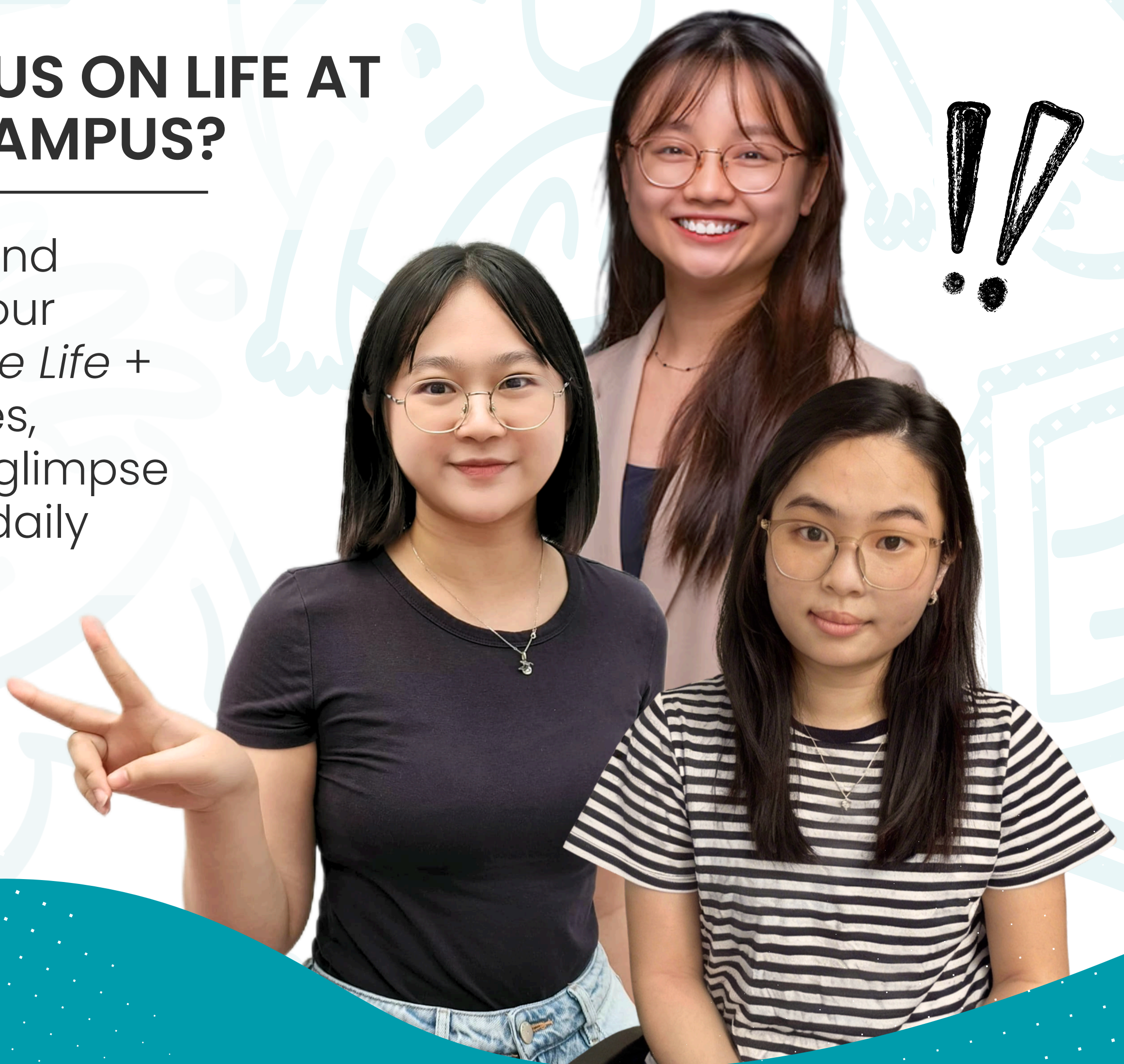
DAY IN
THE LIFE
OF A

Psychology Student + Lecturer

School of Psychology and Clinical Language Sciences
University of Reading Malaysia

CURIOUS ON LIFE AT OUR CAMPUS?

The second
issue of our
*Day in the Life +
FAQ* series,
giving a glimpse
into our daily
lives!



FEATURING
YEAR 3 & PhD STUDENTS + LECTURER

WHAT IS THE *DAY IN THE LIFE* SERIES?

Ever wanted to know what it's *actually* like to be a psychology student? This project aims to provide a realistic insight into the daily lives of our psychology students (and lecturers) at UORM!

First established by the *PCLS Press*, this series is a student-led initiative special to our department, with this issue marking its first official publication.

It features two segments:

- ***Day in the Life*** (DITL)
- ***Frequently Asked Questions*** (FAQ)

The *DITL* mimics a vlog-like format to highlight a typical weekday from 9 AM to 6 PM, with the *FAQ* addressing specific and interesting programme questions submittable via the QR code at the end of the issue.



MEET THE *Guests*

My Final Year Project keeps me busy, whilst I think about my specialised modules and future career.



Yoo Yen Tan

YEAR 3

Supervisor meetings to attend, workshops to conduct, endless literature to read...



Ms. Juliana

PhD

A million emails and assignments to mark aside, I have classes and meetings too!



Dr. Jasmine

Lecturer

Who has more work?
You decide!



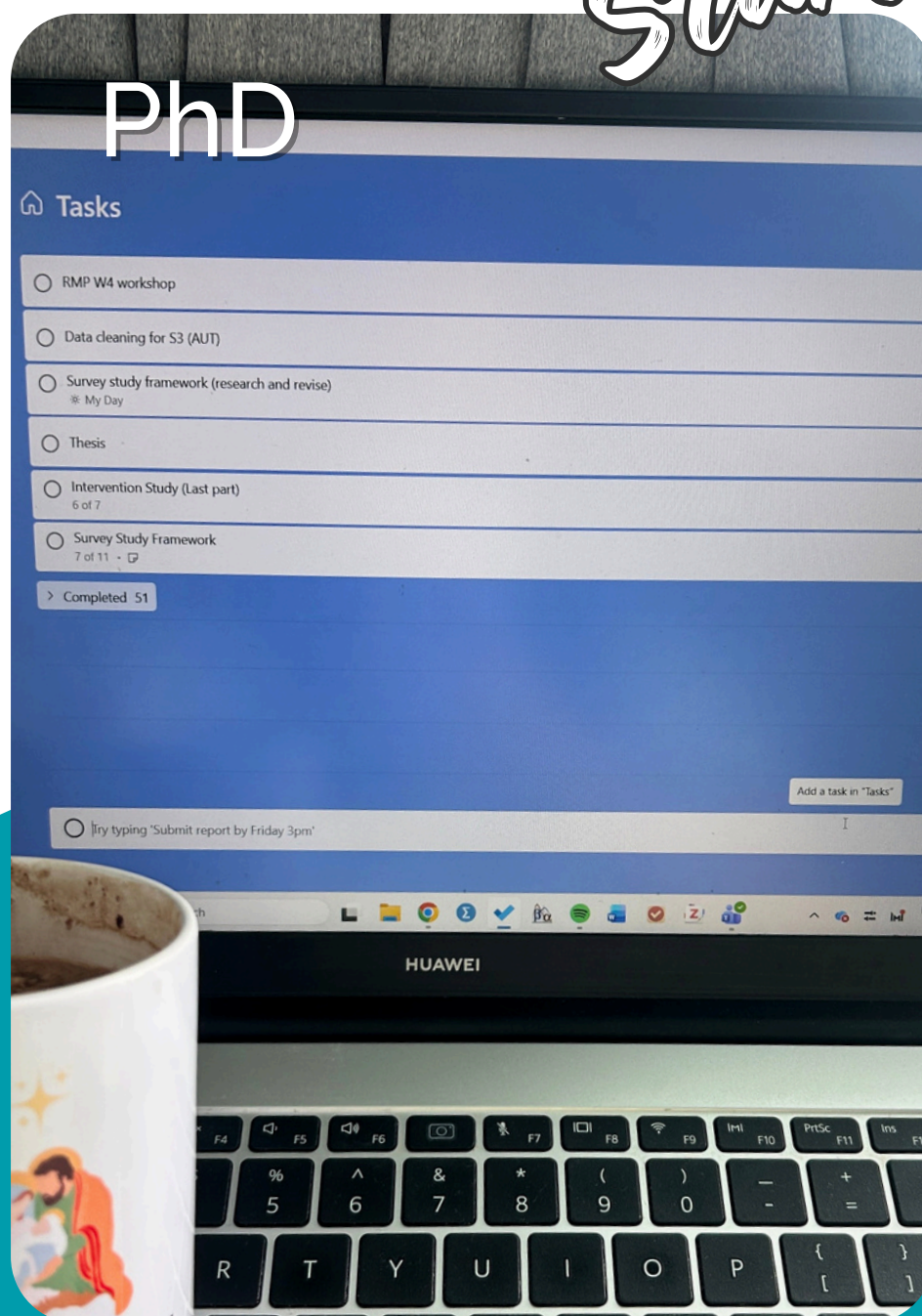
9AM

Start!



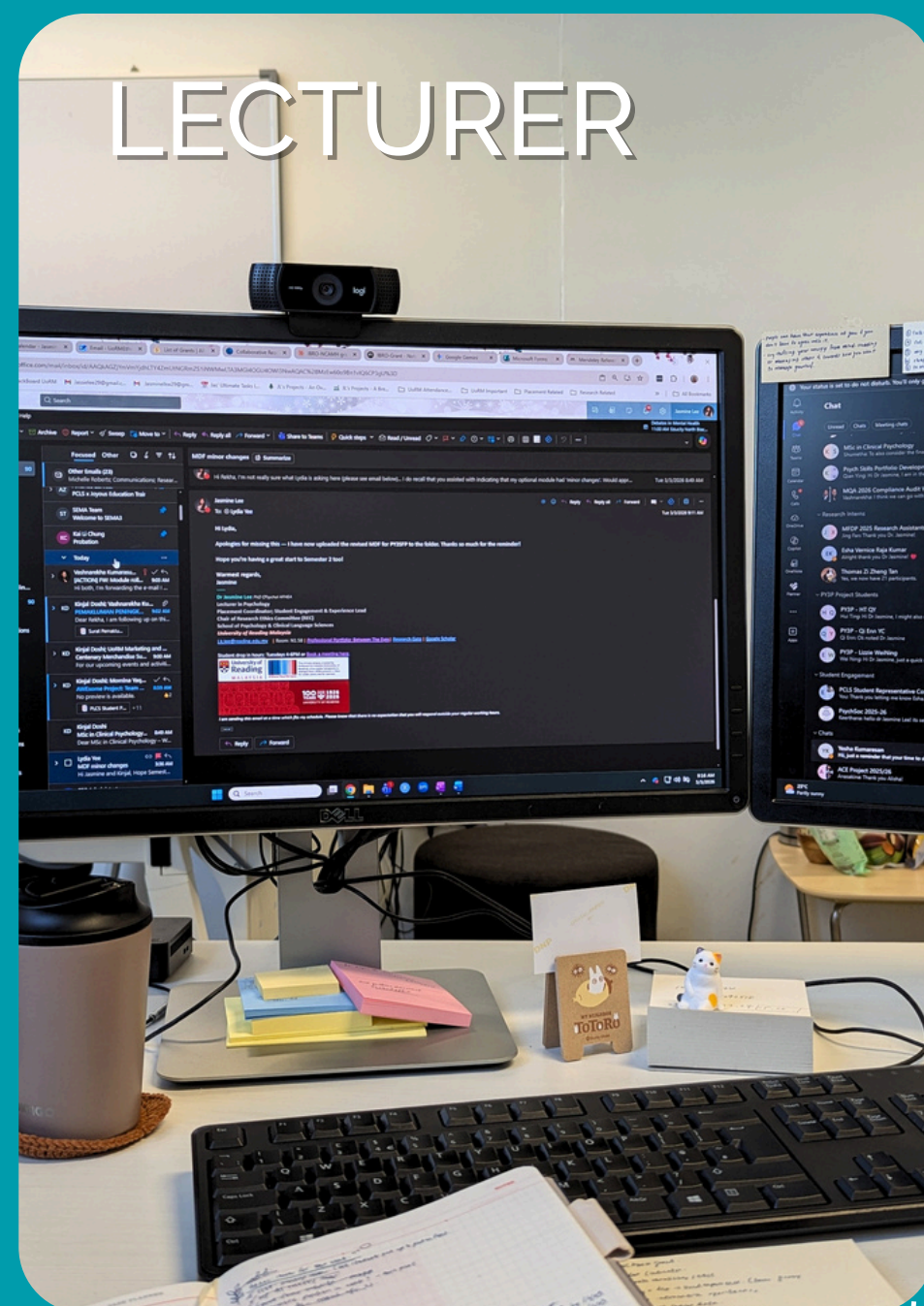
YEAR 3

Today's breakfast!
A must-have to
start the day.



PhD

Having coffee and
drafting to-dos
for the week!



LECTURER

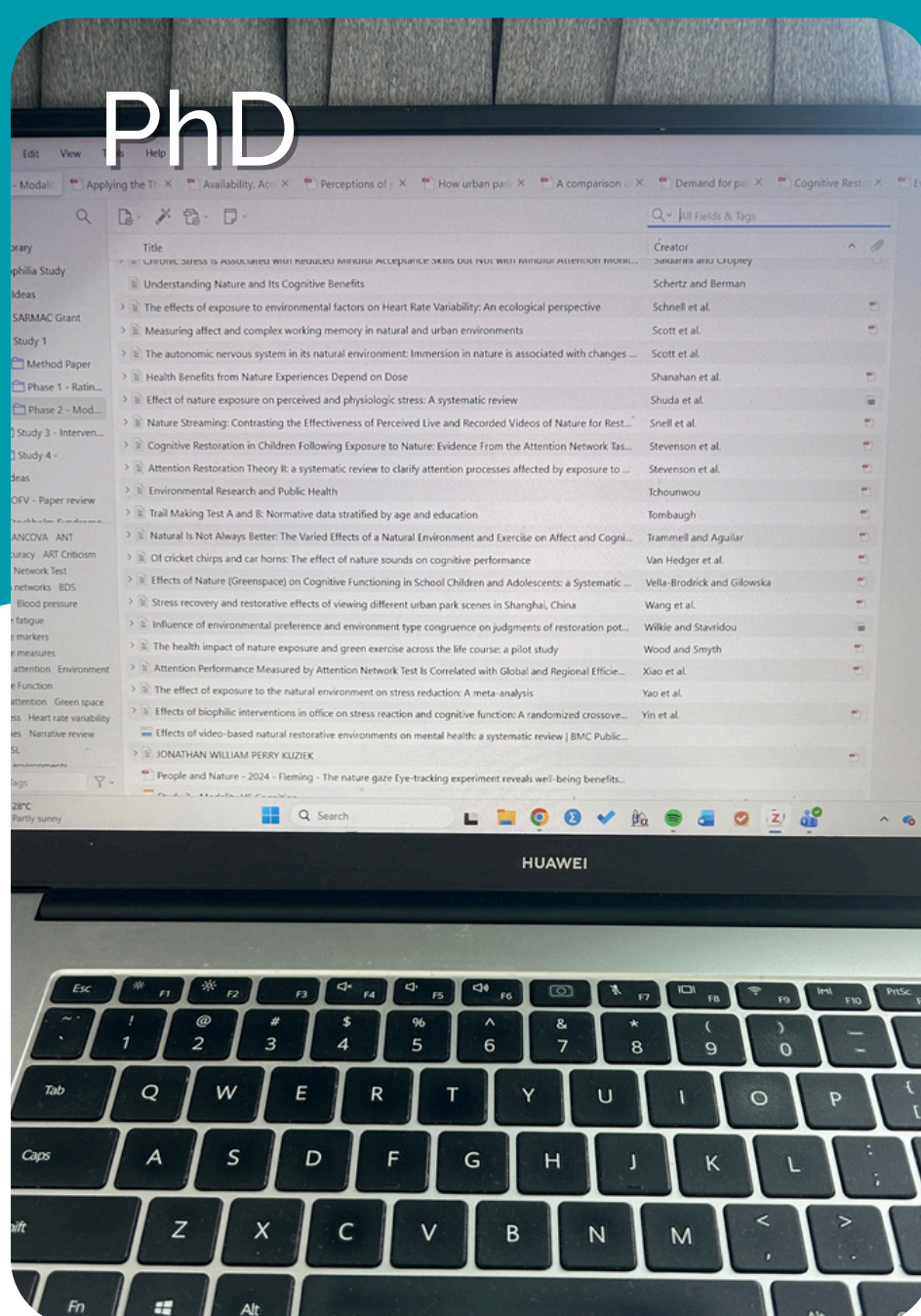
Emails, emails,
and more emails.
A thrilling thrilogy.

10AM



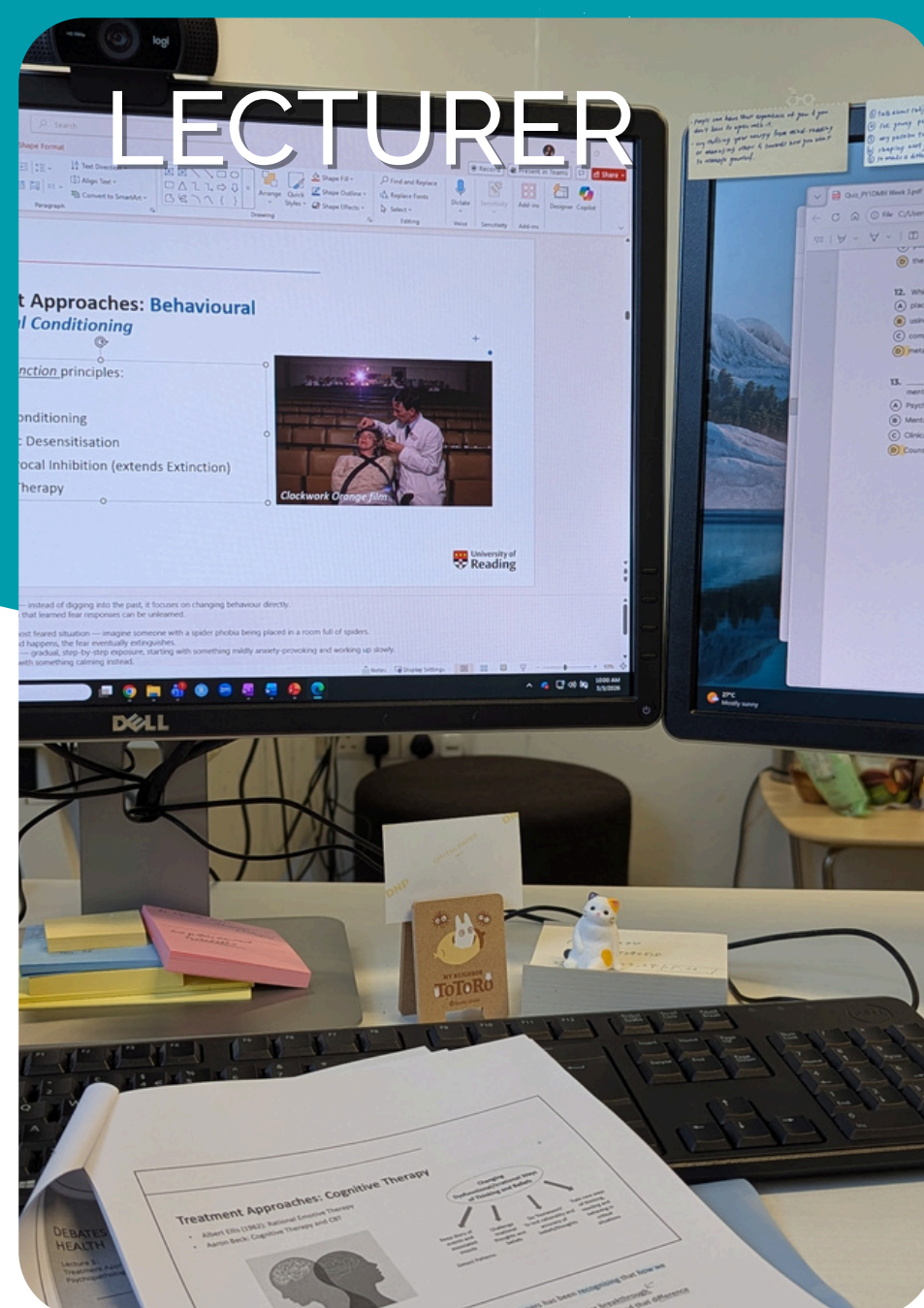
YEAR 3

The typical walk
to class.



PhD

Reading through
some literature...



LECTURER

Preparing slides and
convincing myself that
this will definitely fit into
a 2-hour lecture.

11AM



YEAR 3

My view in
Dr Kinjal's class.
(ft. Jeonghan)



PhD

Meeting with my
supervisor. Made
revisions afterwards!



LECTURER

Testing my Year 2s with
last week's content
(a gesture of affection).

12PM



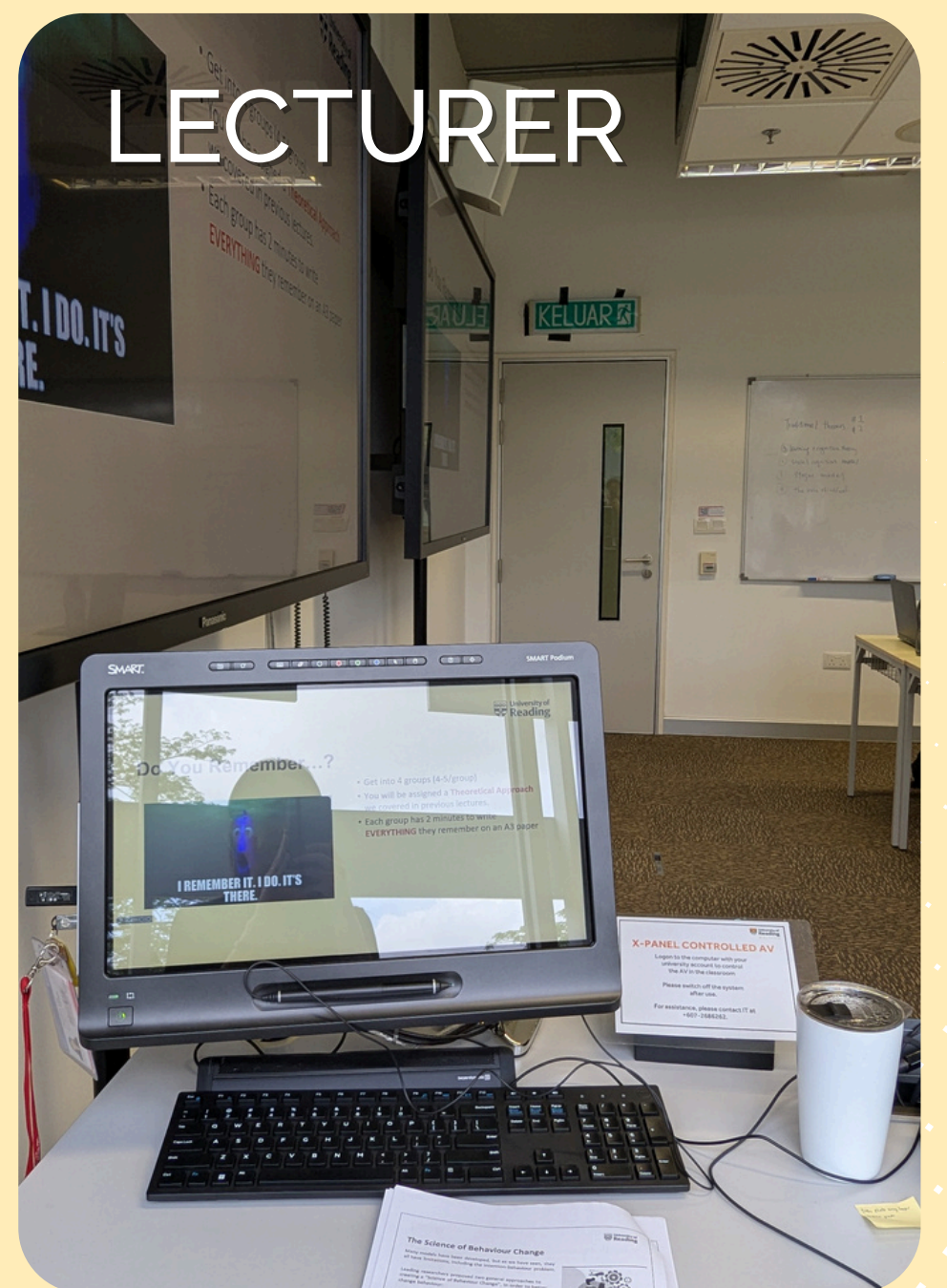
YEAR 3

Setting up to film
counselling practice!



PhD

Drove out to have
my lunch.



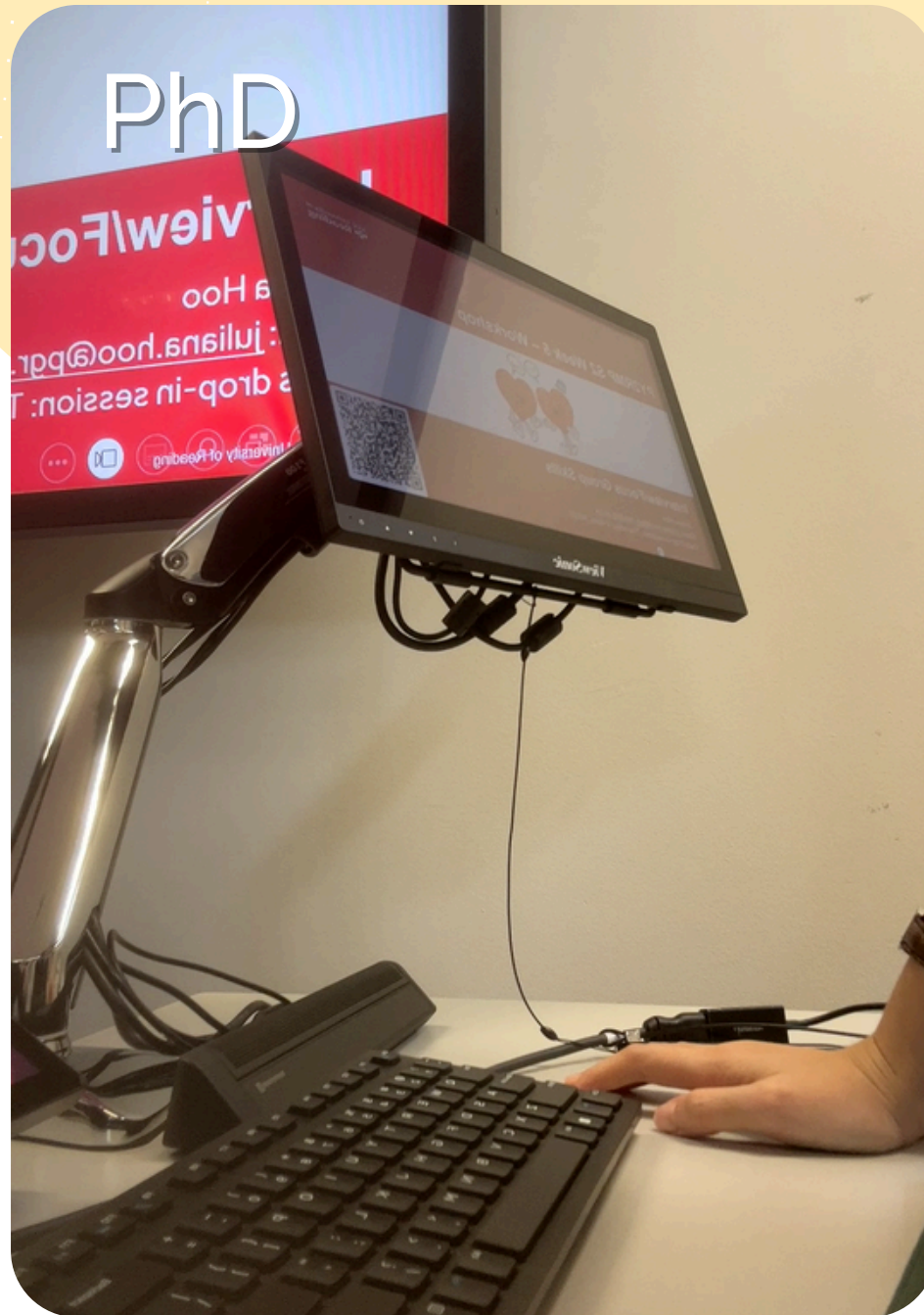
LECTURER

Still in class...

1PM



Finally received my Psychology Society purchases!



Starting a one-hour workshop for Year 2!



Student Representatives Meeting; working behind the scenes to keep the cohort thriving!

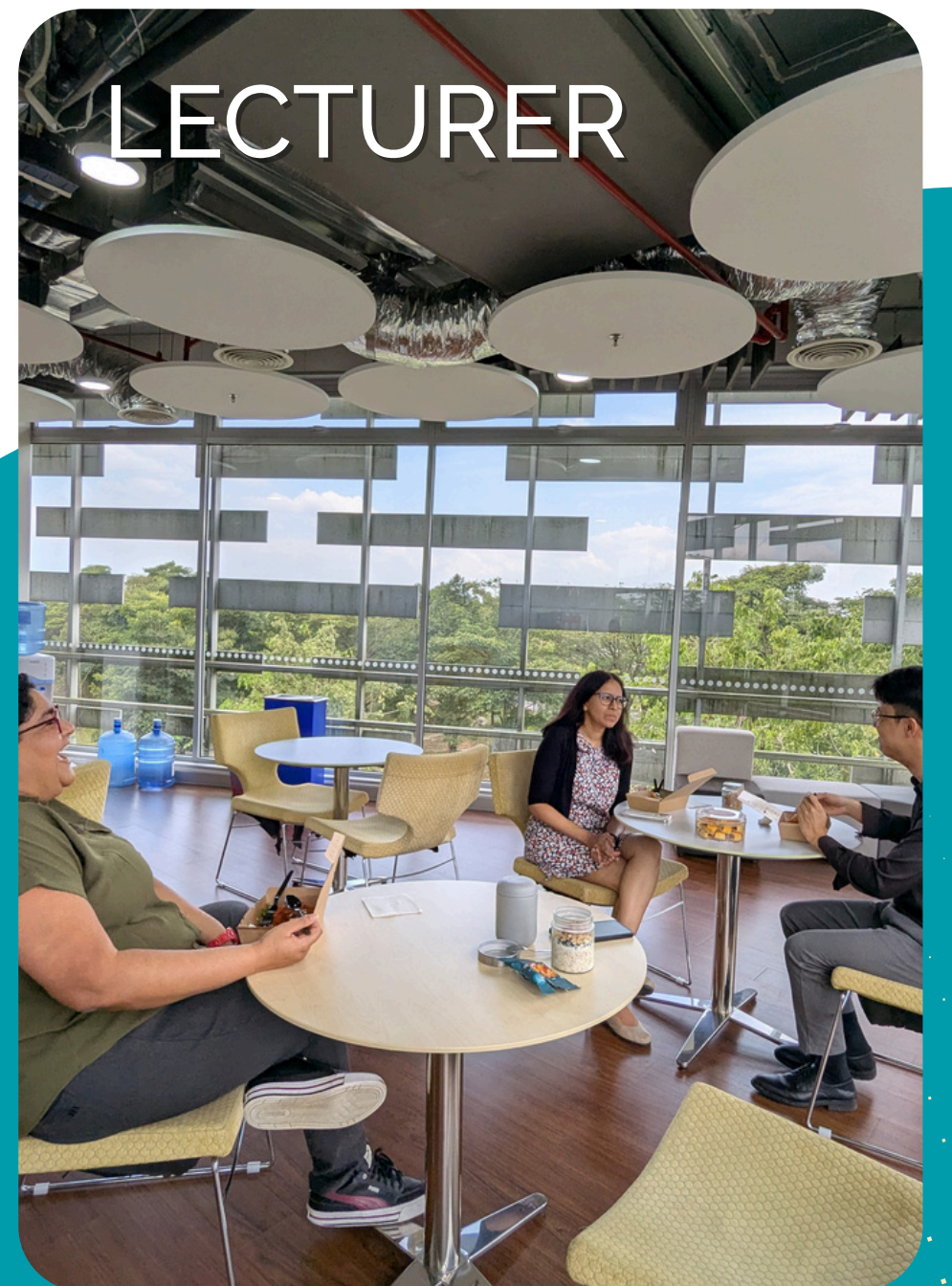
2PM



Presenting my part of the career portfolio workshop.



Taking a much-needed break.



Lunch with the gang! Collective complaining is therapeutic.

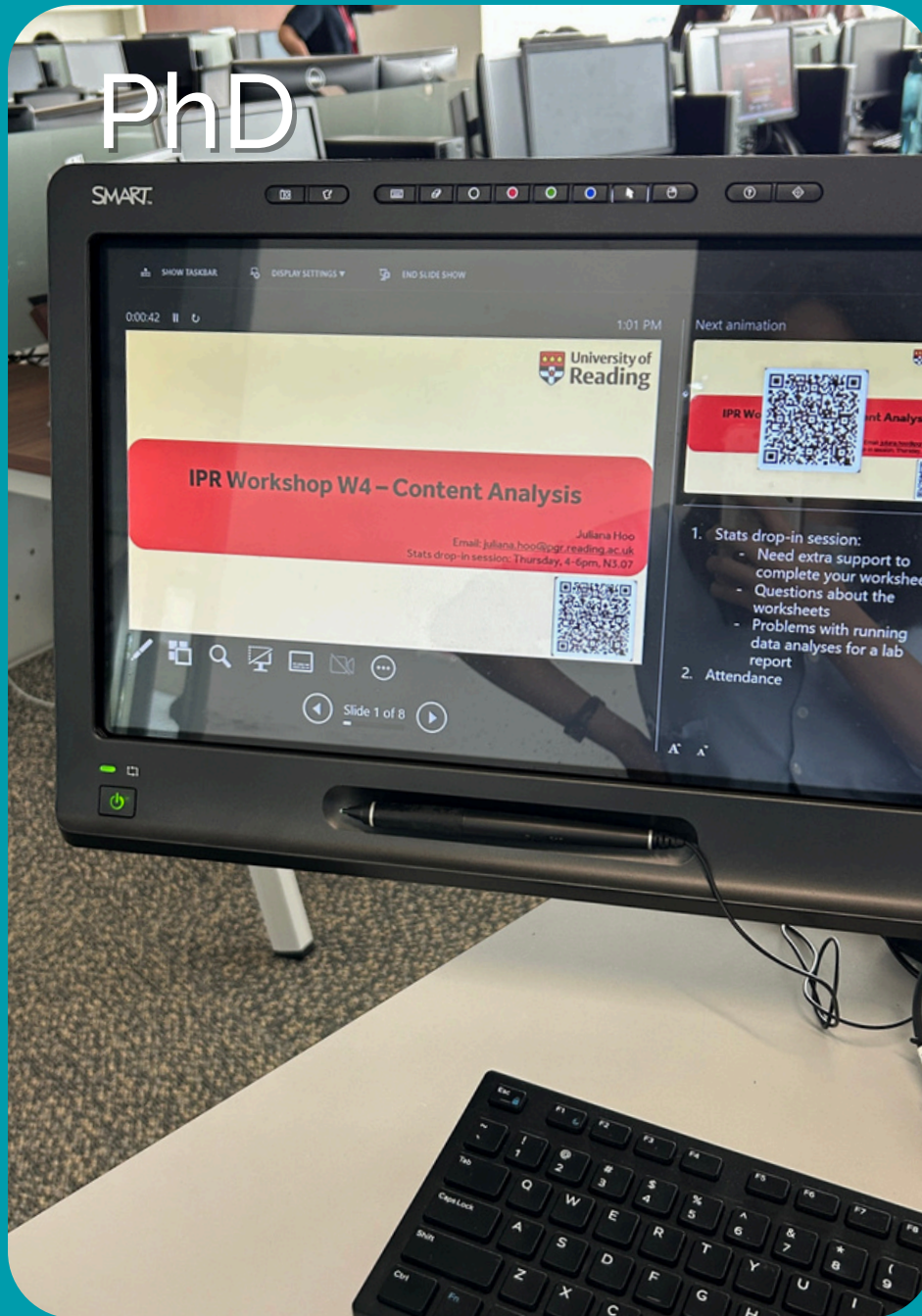
3PM

YEAR 3



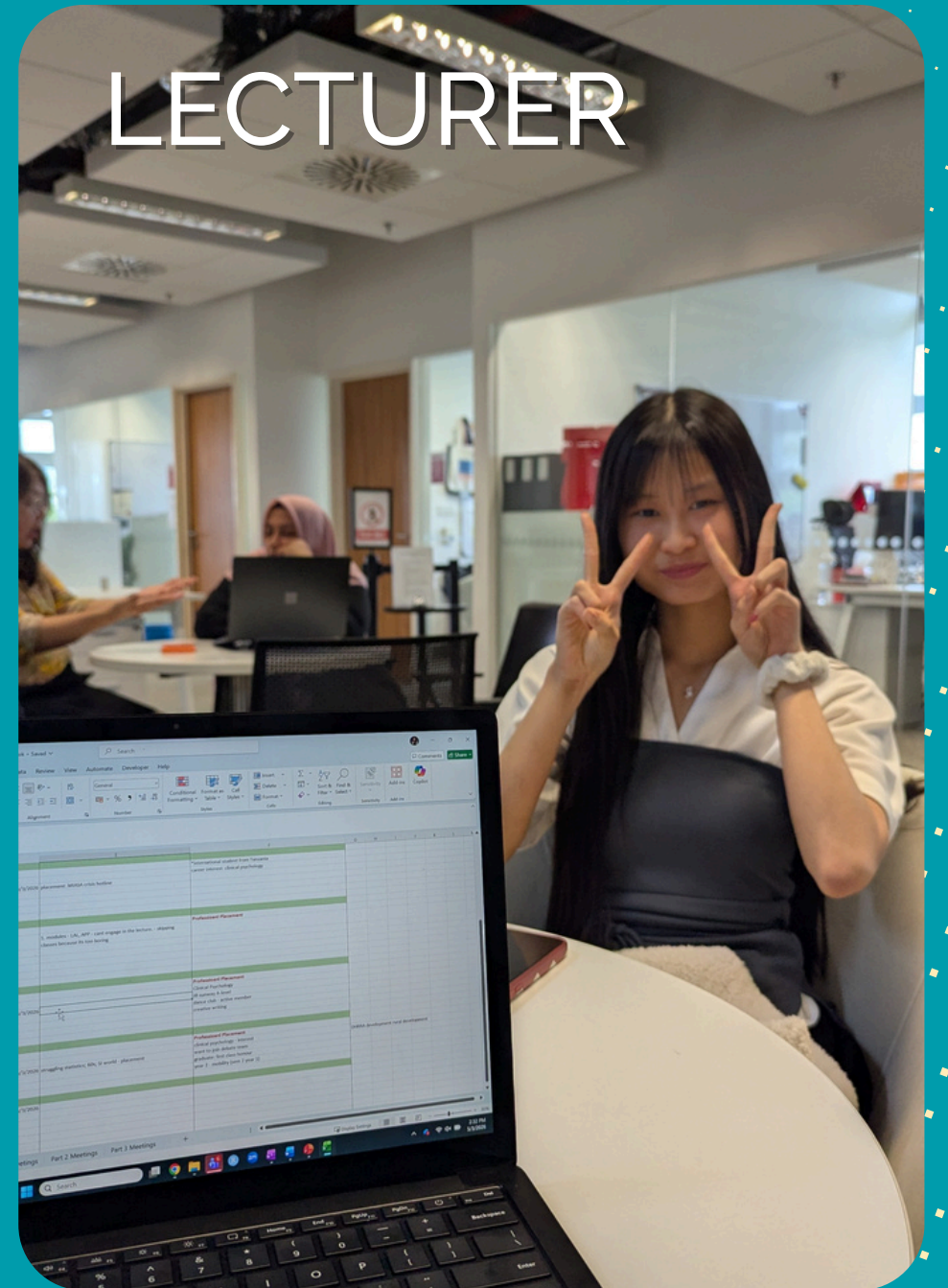
Heading to Eco to lock in and focus. Grind never stops.

PhD



Conducting a statistics workshop for Year 1 this time.

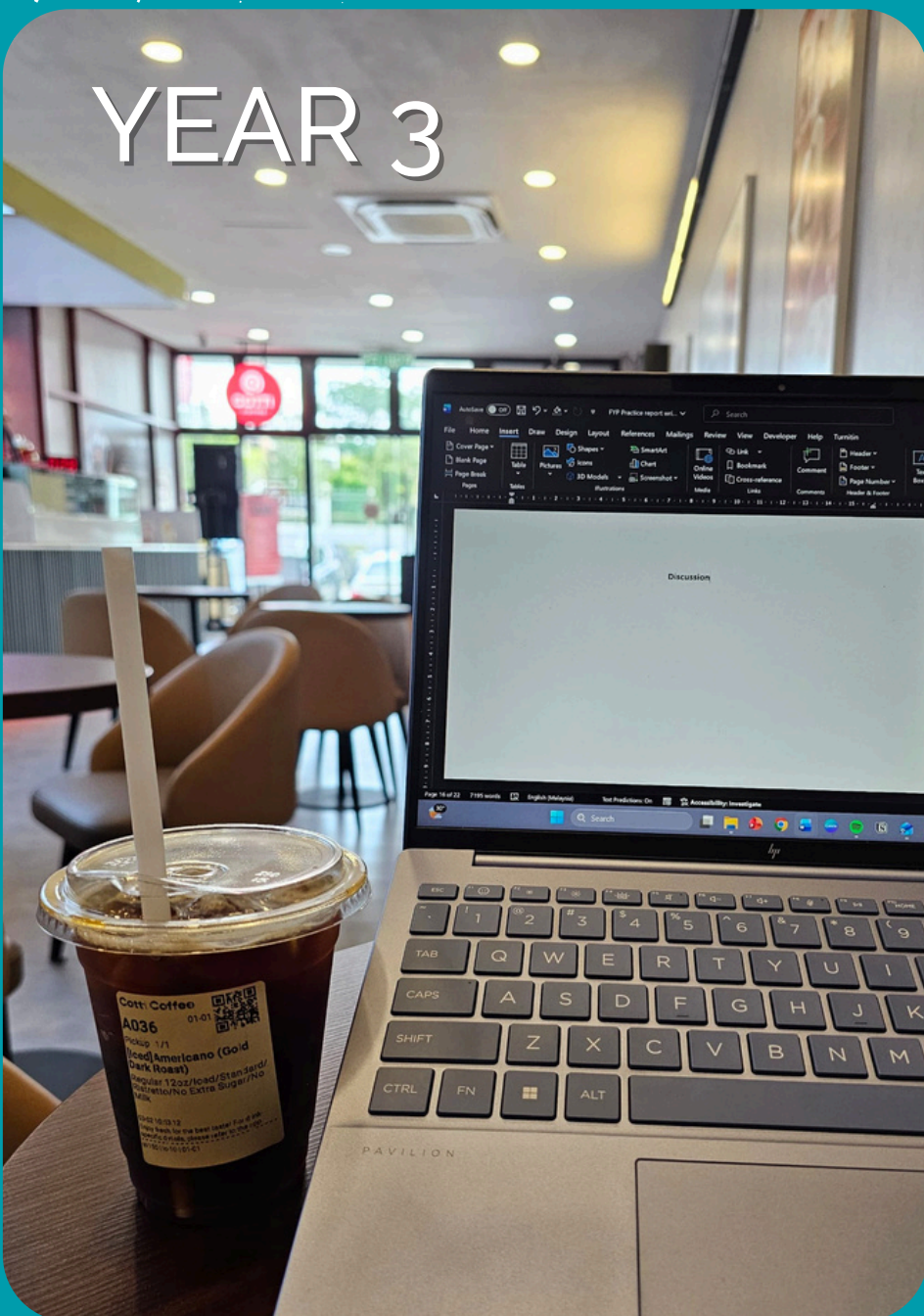
LECTURER



Meeting with my academic tutees! Life updates and reassurance galore.

4PM

YEAR 3



Starting my FYP discussion. By the time this issue is out, we already submitted!

PhD



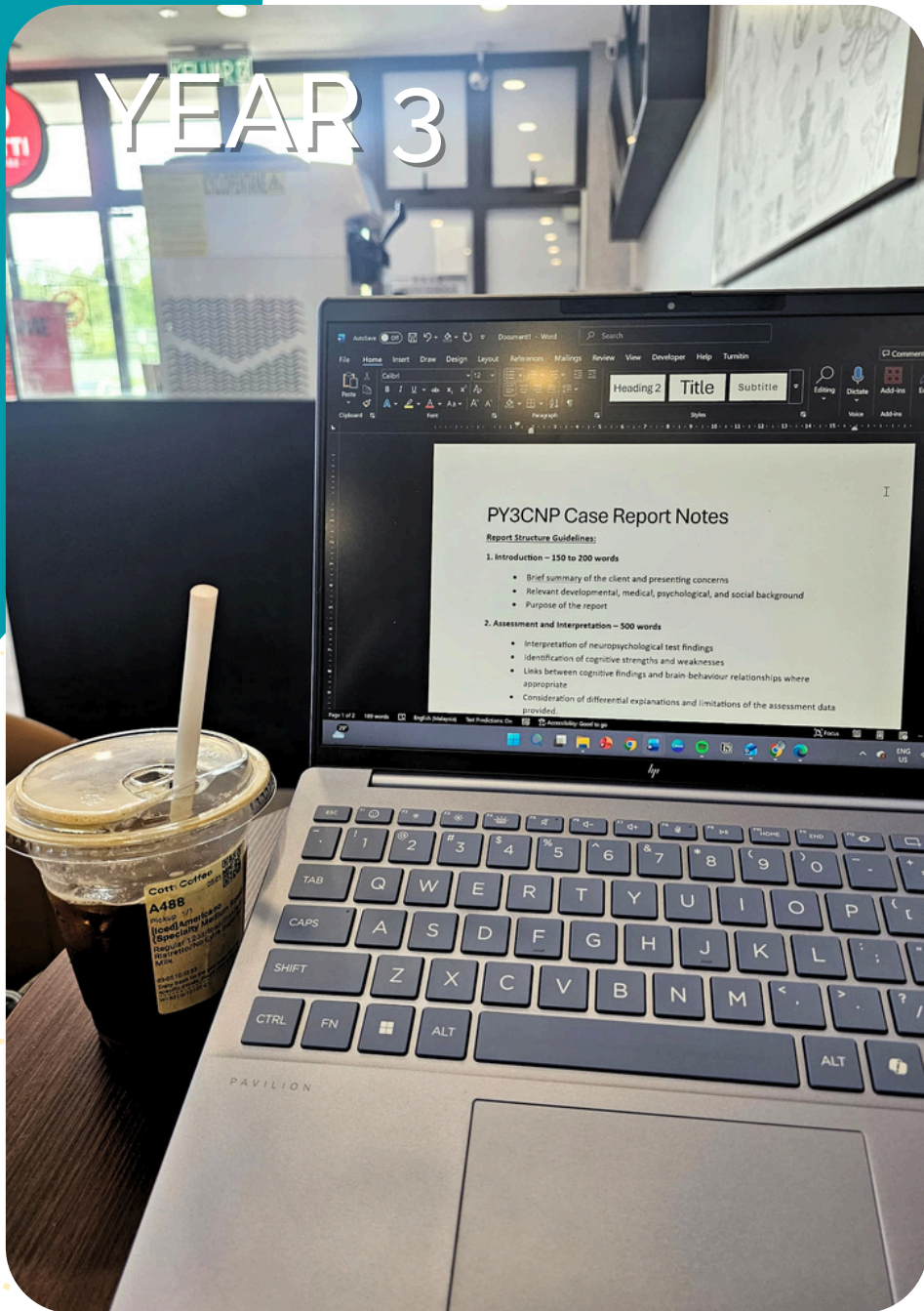
Working on one of my studies and reading through emails.

LECTURER



Needed more coffee, so I dragged Dr Kai. We cope differently. He's an ice-cream kinda guy.

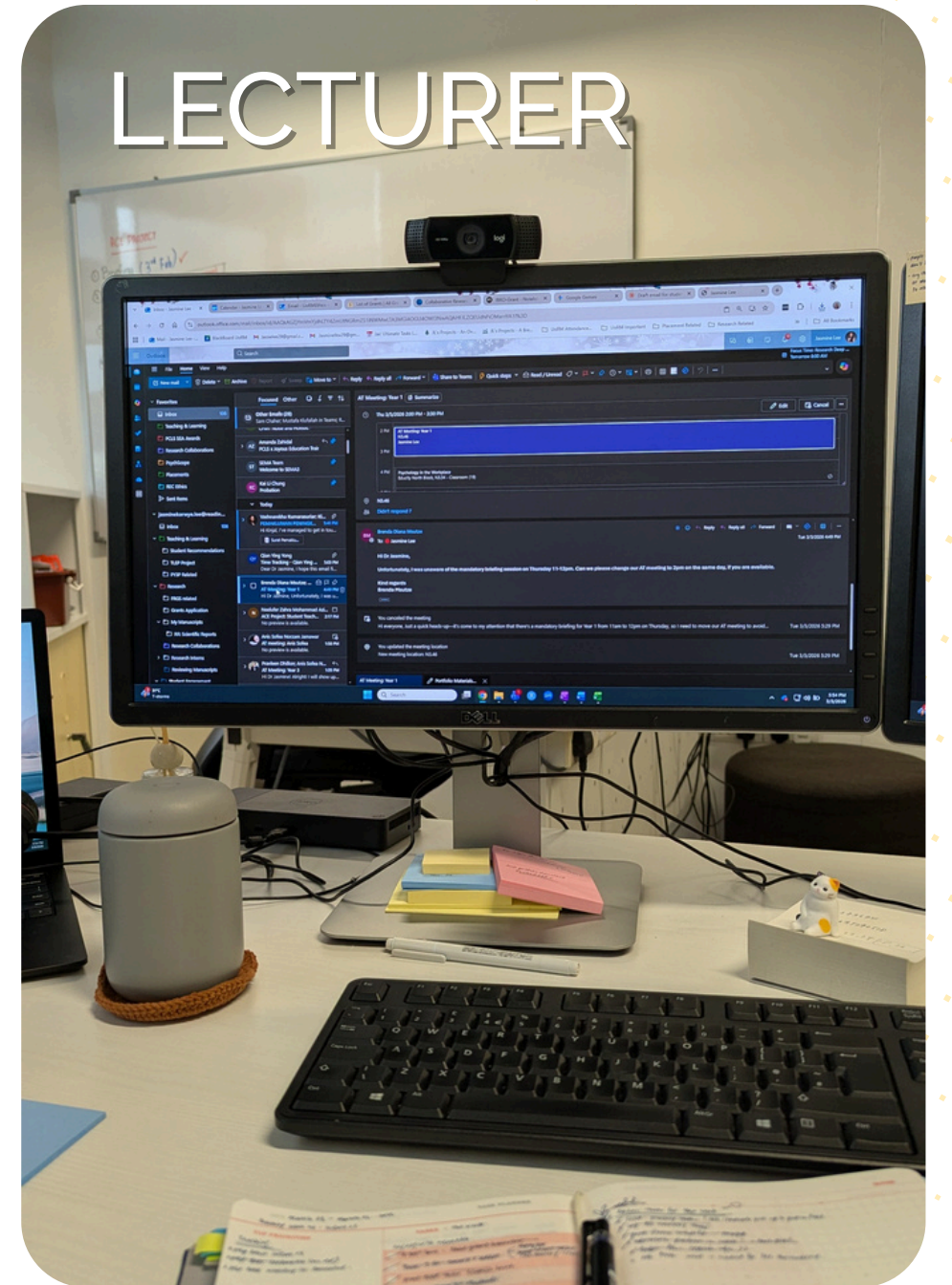
5PM



YEAR 3
Making progress on my case report.



PhD
More reviewing and zoning out..



LECTURER
Grading.
(ft. aggressive keyboard typing + sighs + furious coffee consumption)

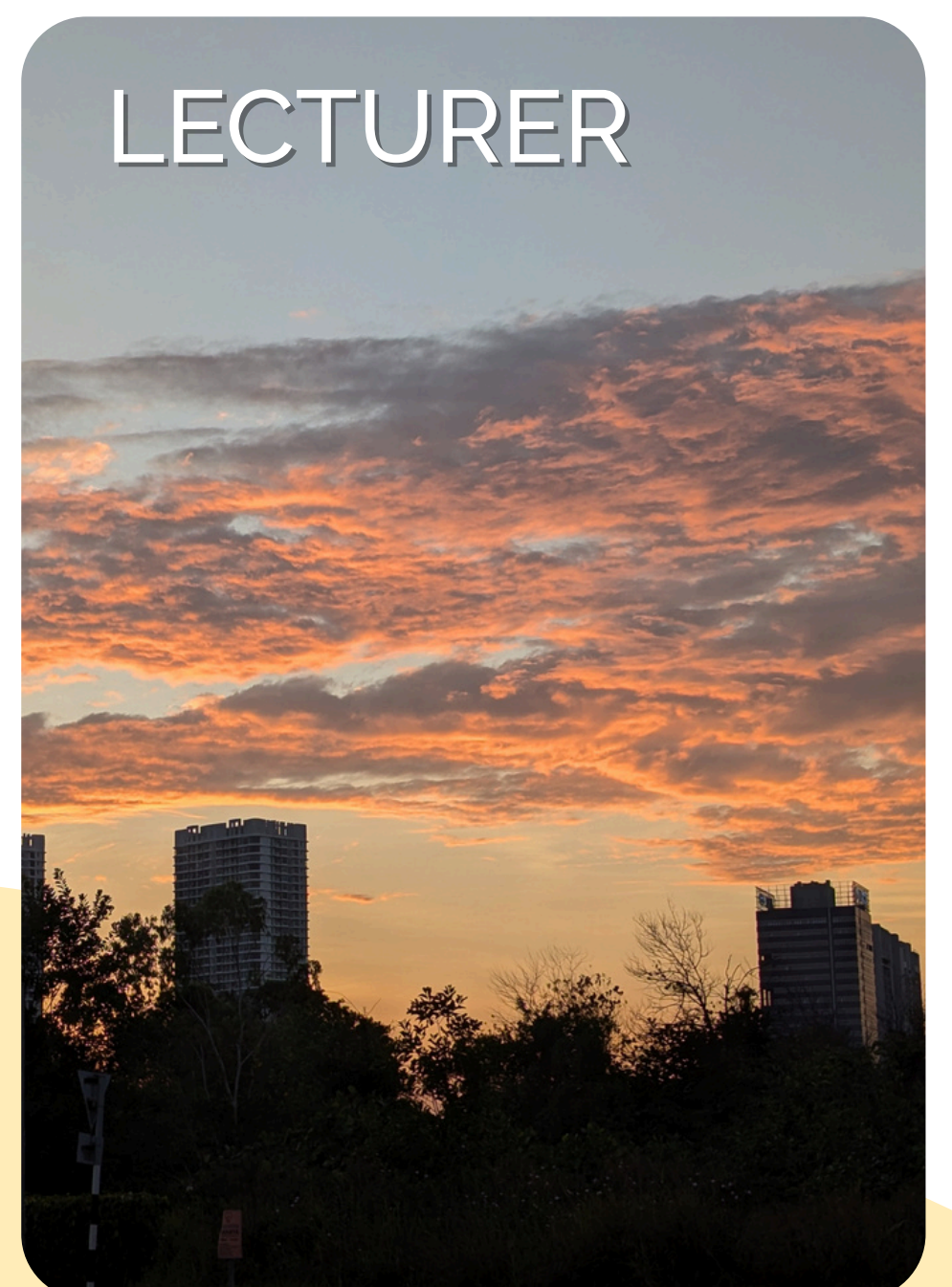
6PM End!



YEAR 3
Got dragged into dance class!
(ft. my friend)



PhD
Heading home!



LECTURER
Even the sky is saying,
"That's enough academia for today."

FREQUENTLY ASKED *Questions*

Is the Psychology degree at the University of Reading Malaysia (UoRM) accredited?

Yes, we are proudly accredited by the *British Psychological Society* (BPS). They also conduct quality checks on our modules every five years to ensure that what we offer remains current and relevant.

What are some skills I can acquire throughout my Psychology degree at UoRM?

By the time you graduate, you will have built a strong and versatile skill set. This includes proficiency in *SPSS* for data analysis, critical thinking, synthesising complex information, conducting literature searches, and proper academic referencing — all skills that are highly valued across many career paths.

What is the difference between a Bachelor of Arts and a Bachelor of Science in Psychology?

Both are undergraduate degrees in Psychology, but they differ slightly in their focus and approach:

- A **Bachelor of Science (BSc)** tends to place greater emphasis on the scientific and research aspects of psychology (statistics, neuroscience, biological psychology, and research methods).
- A **Bachelor of Arts (BA)**, on the other hand, leans more toward the humanities side, with a greater focus on social, cultural, and theoretical perspectives.

At UoRM, we offer a *BSc in Psychology*, which will help you develop strong scientific and analytical skills alongside your understanding of human behaviour, preparing you well for postgraduate study or careers that value evidence-based thinking.

What is the fastest pathway to becoming a *Clinical Psychologist* in Malaysia?

BSc/BA in Psychology
(3–4 Year Programme)

Master's in Clinical Psychology
(2 Year Programme)

With 1,200 hours of supervised clinical placements and training.

Register with the *Malaysian Allied Health Professions Council (MAHPC)* to obtain your **license**.

What are the typical assessments in a Psychology degree at UoRM?

Throughout your Psychology degree, you can expect a variety of assessments that reflect real-world psychological practice, including: research reports (covering both qualitative and quantitative methods), reflective reports, critical essays, presentations, poster conferences, and lastly, in-person and online exams.

YOUR
Questions
OUR
Answers!

We welcome more inquiries here:



This issue was brought to you
by the PCLS Press.

