



## DAY IN THE LIFE OFA

# Psychology Student

School of Psychology and Clinical Language Sciences  
University of Reading Malaysia

## CURIOS ON LIFE AT OUR CAMPUS?

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



**FEATURING**  
YEAR 1, YEAR 2 & MOBILITY STUDENTS

# 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 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*



*Vivian*

**YEAR 1**

Local  
Year 1 student

International  
Foundation  
Programme (IFP)  
progressor

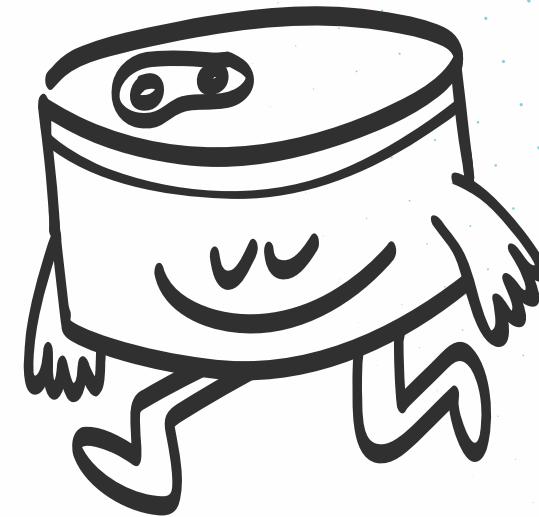


*Keerthana*

**YEAR 2**

Local  
Year 2 student

President of the  
Psychology  
Society 25/26



*Joseph*

**MOBILITY**

International  
Year 2 student

Mobility student  
from the UK  
campus (UOR)

# 9AM

*Start!*

YEAR 1



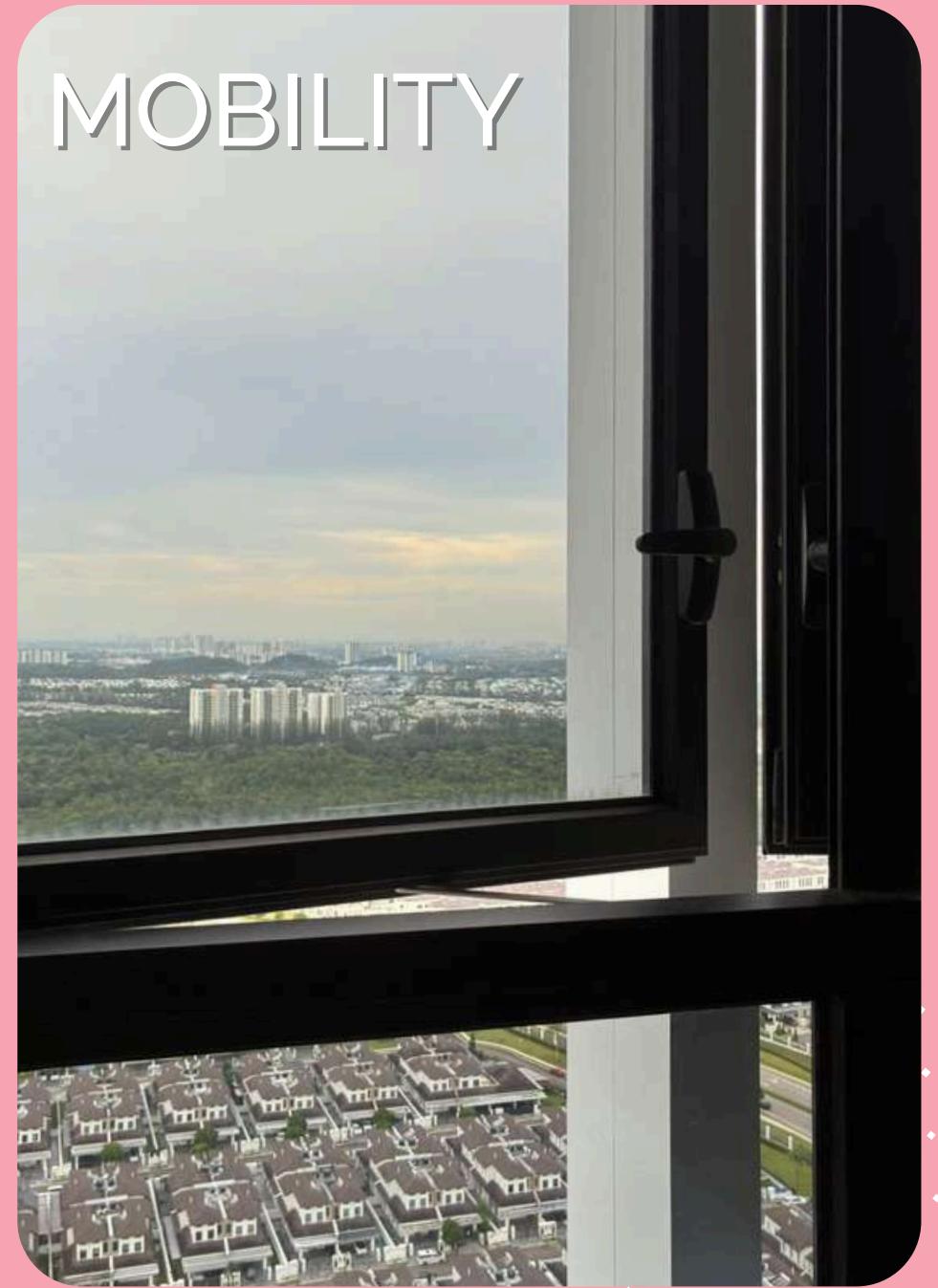
My mom drives  
me to campus.  
#notreadytodrive

YEAR 2



Walking to  
campus!

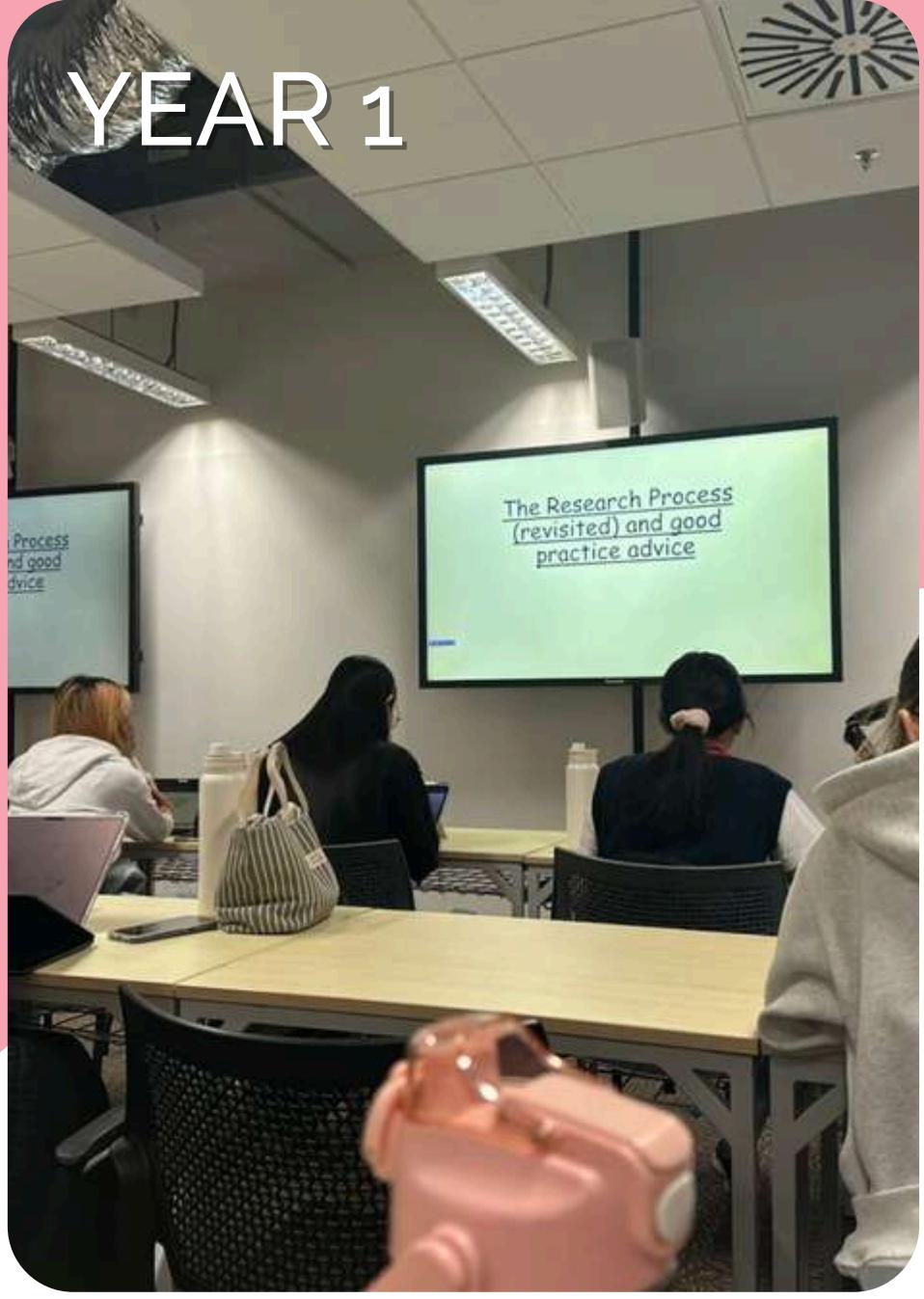
MOBILITY



Waking up.  
No 9AM class for  
today.

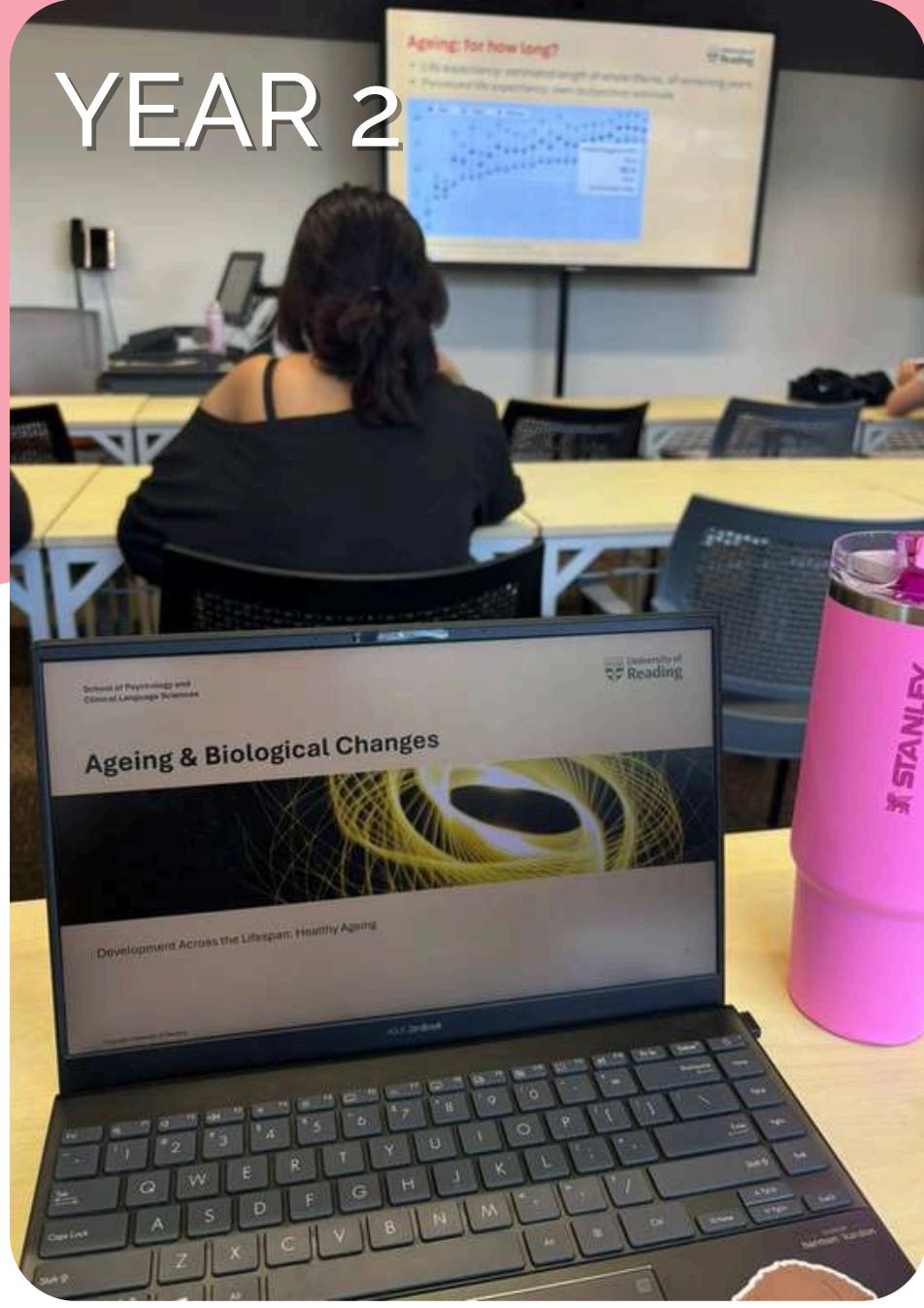
# 10AM

YEAR 1



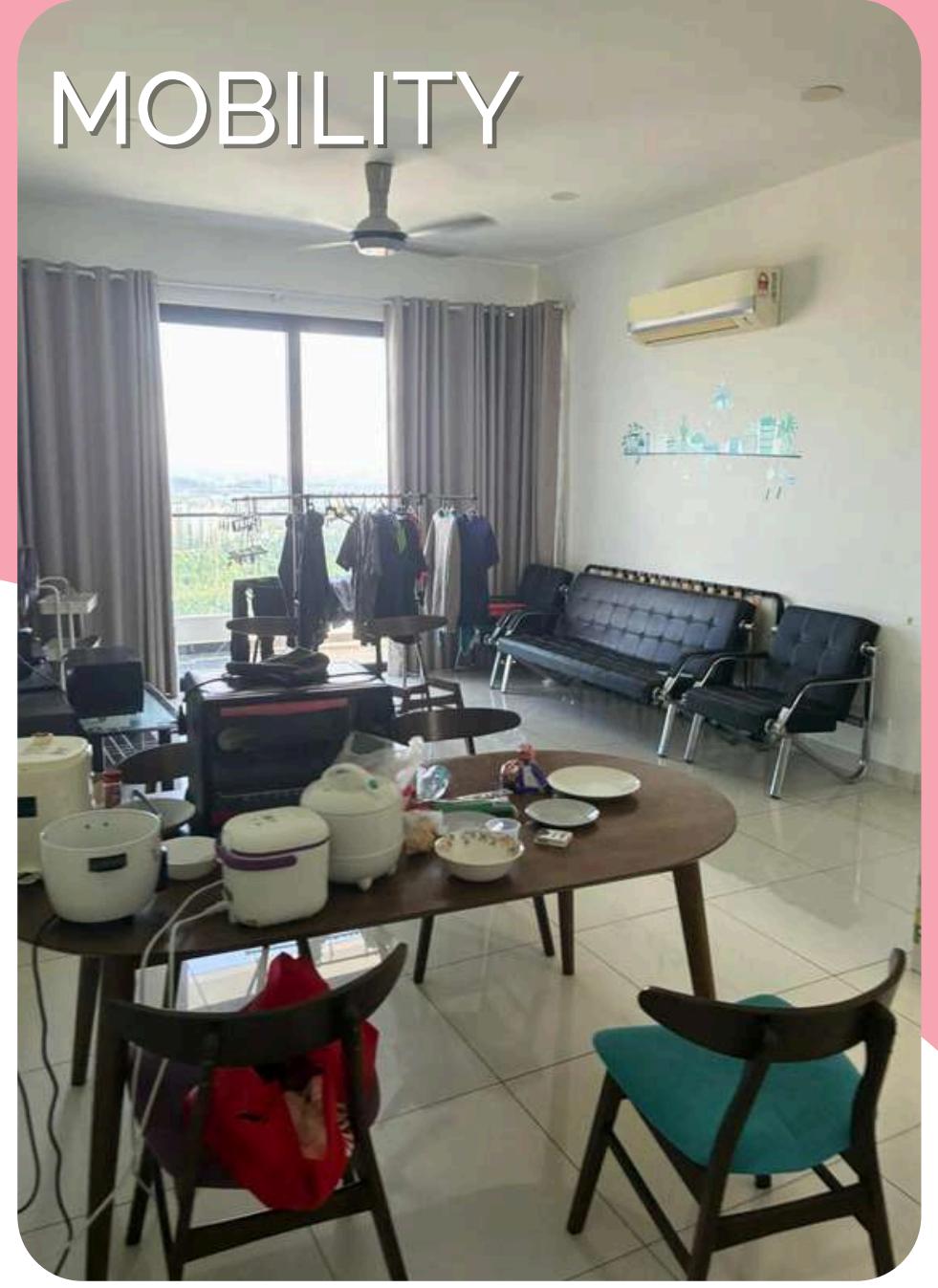
Halfway done  
with my first  
class.

YEAR 2



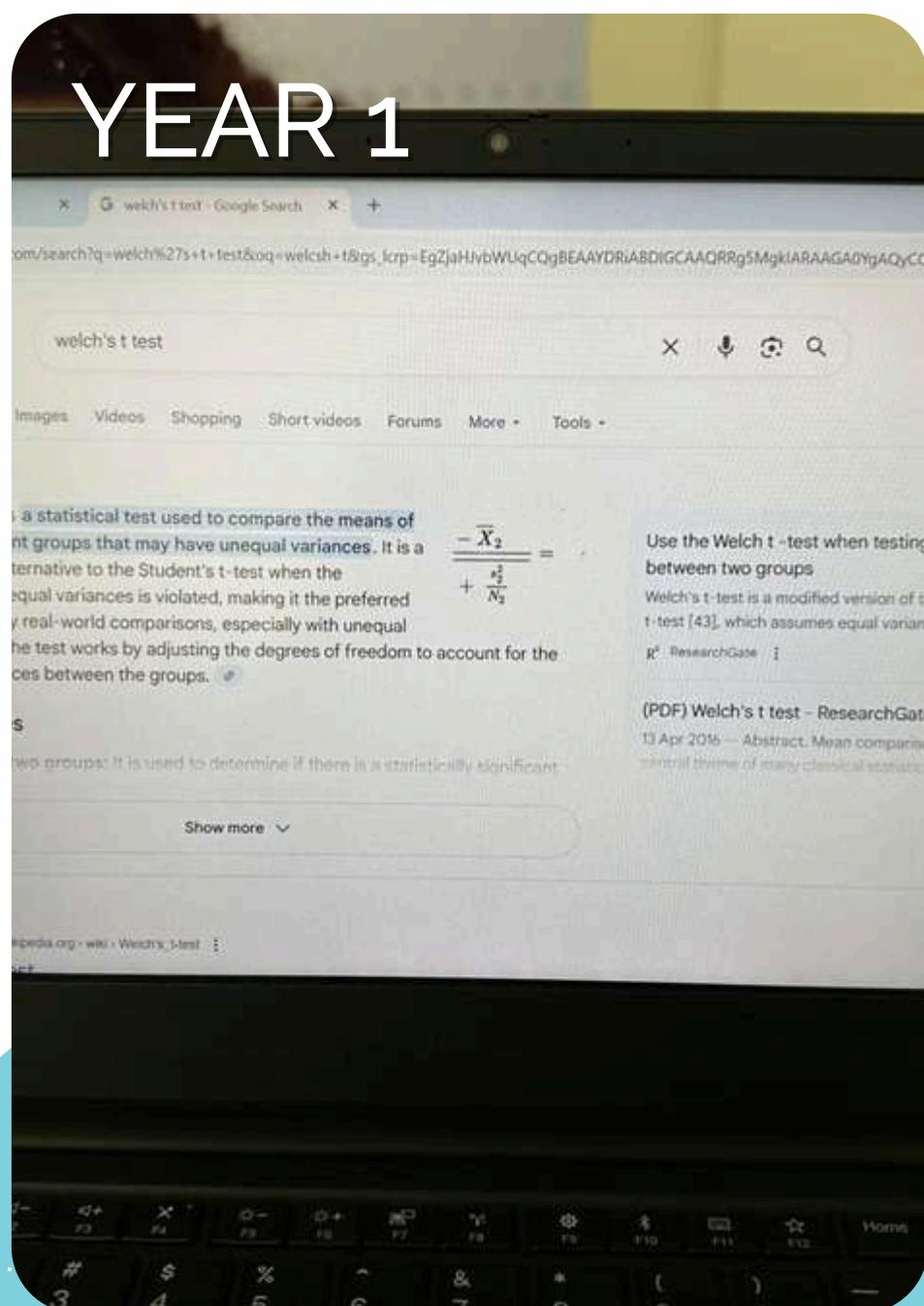
Remember to  
take notes.

MOBILITY

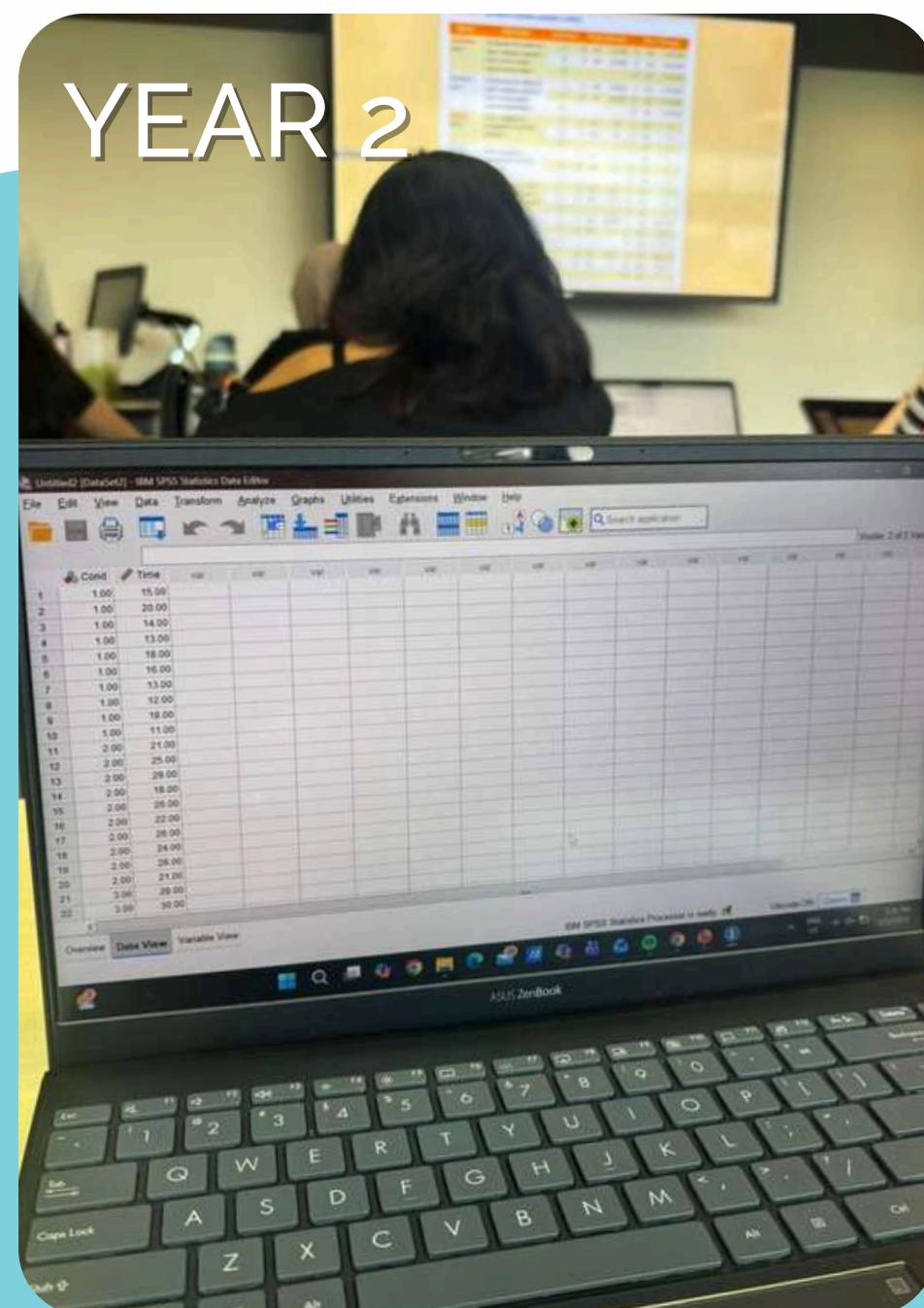


University life  
means  
housemate life.

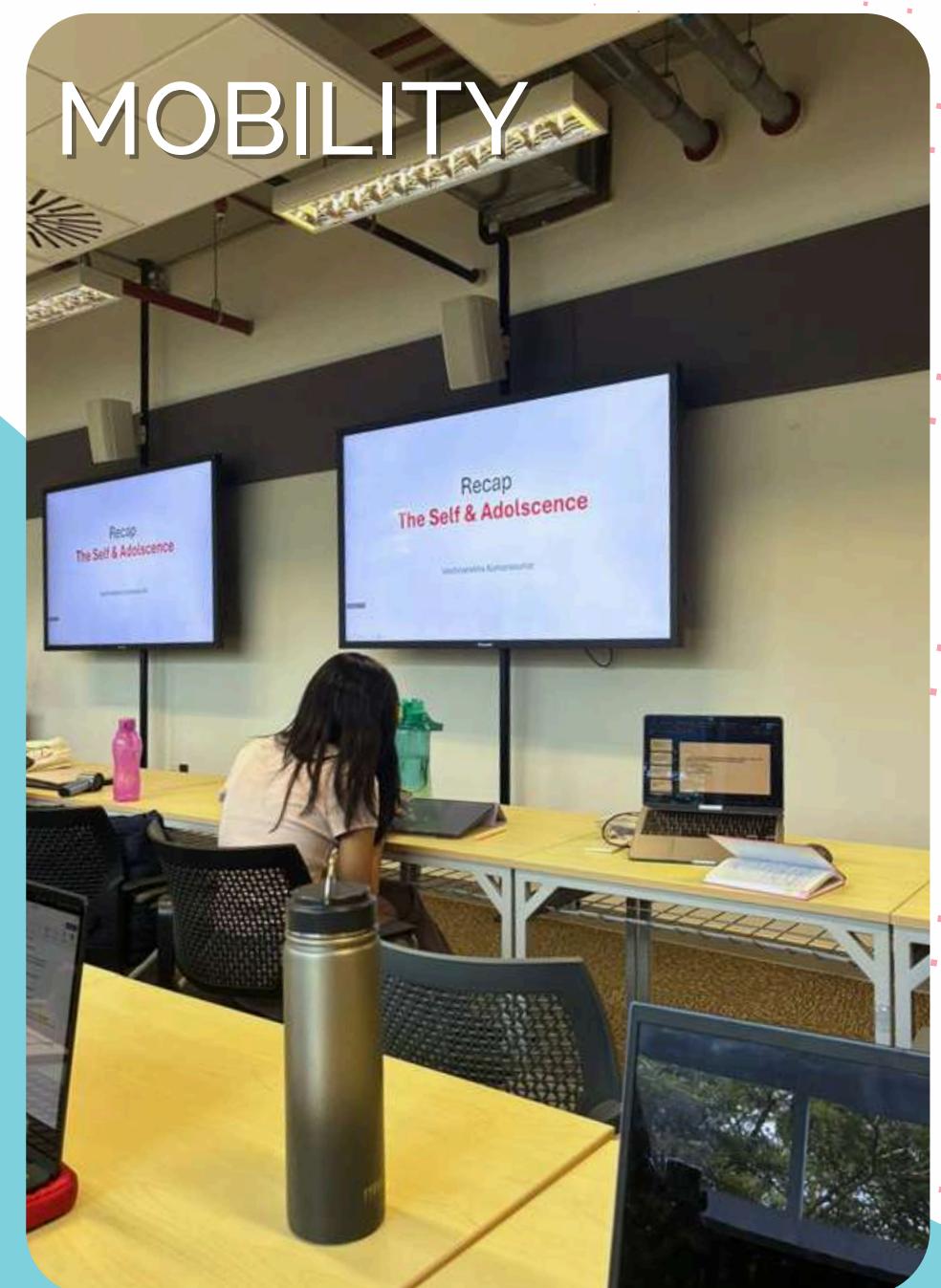
# 11AM



YEAR 1



YEAR 2



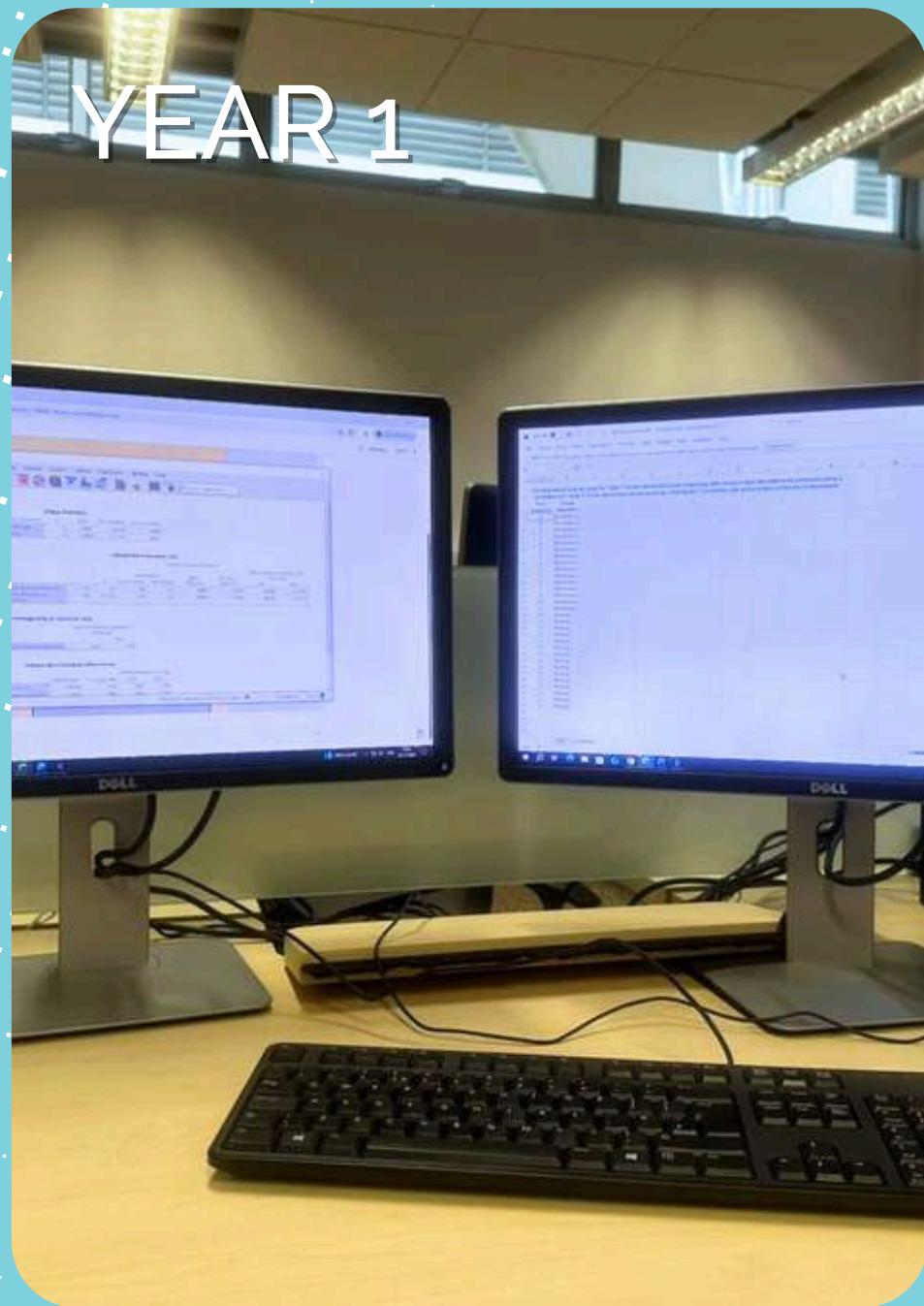
MOBILITY

A laptop is a must in university.

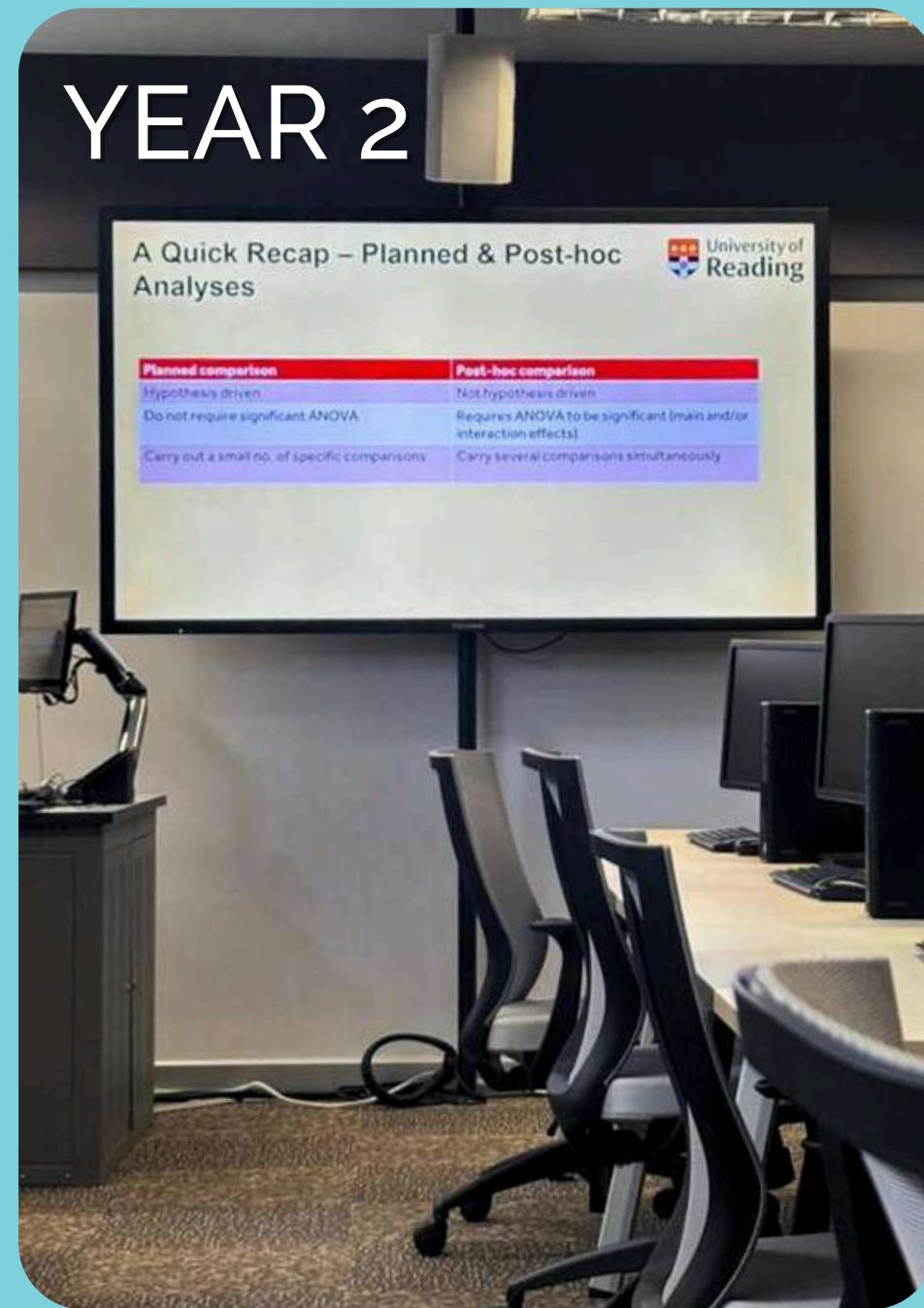
Most classes will be two hours long.

First class of the day.

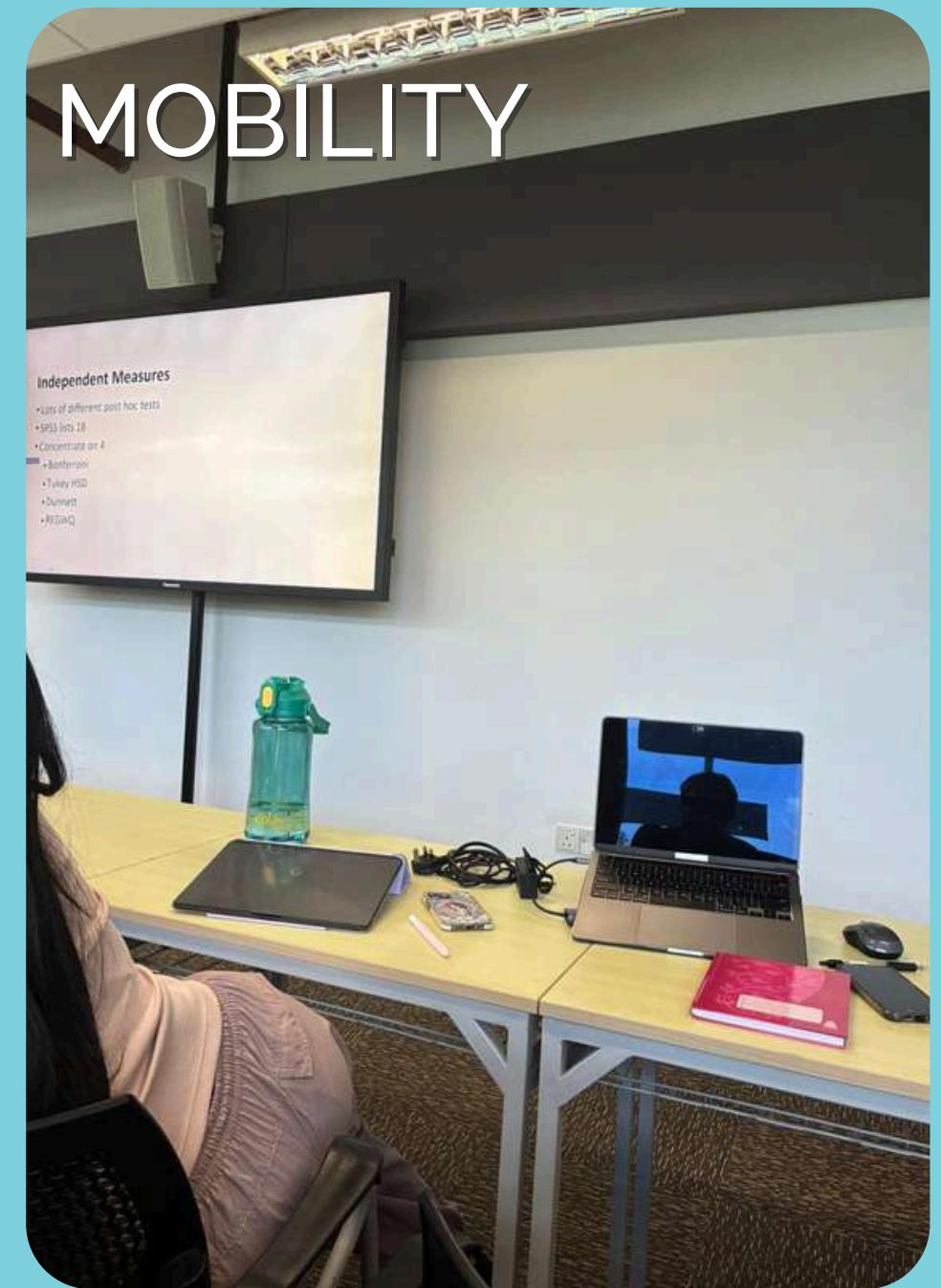
# 12PM



YEAR 1



YEAR 2



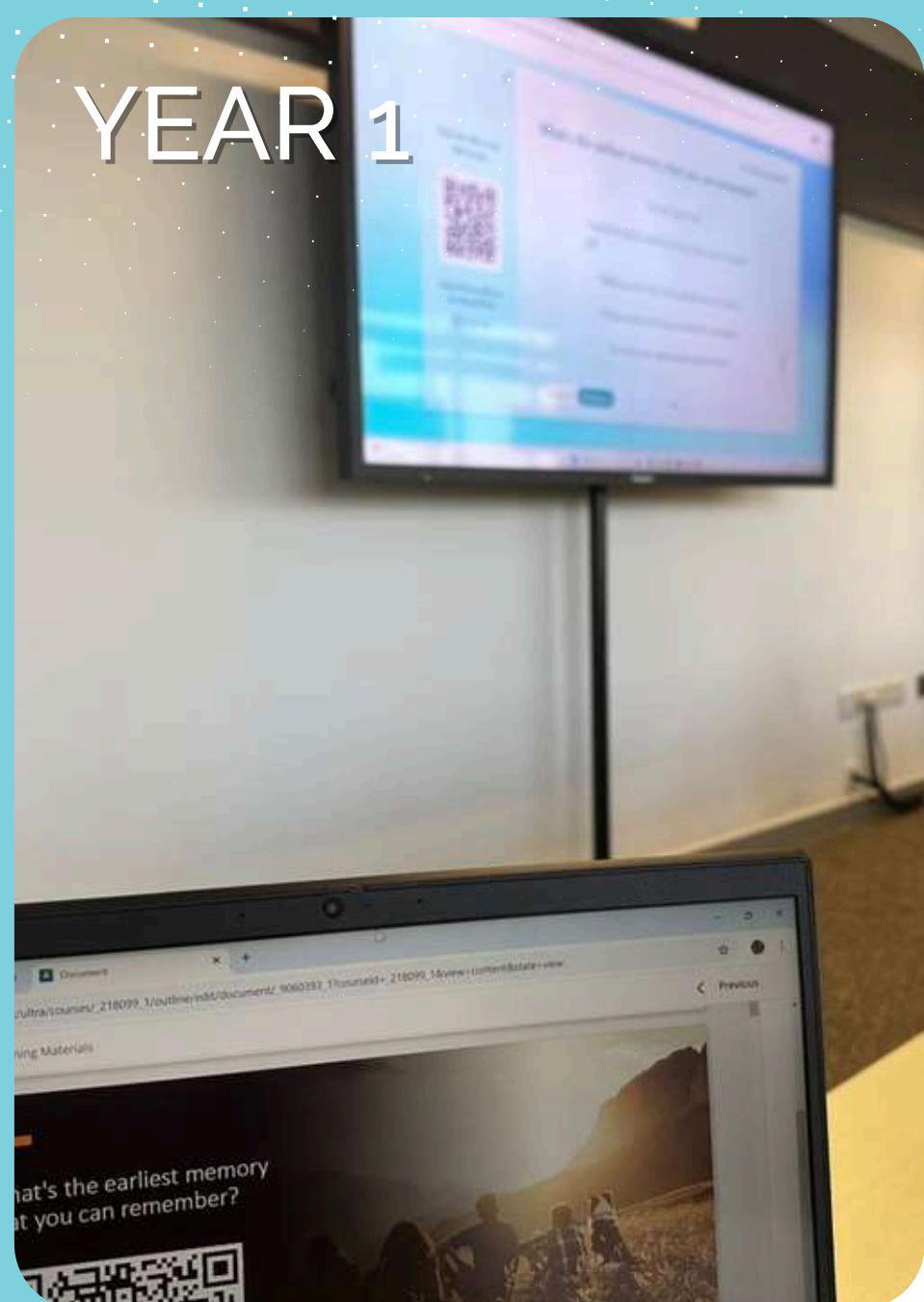
MOBILITY

Onto our lab for statistics! They're usually 1 hour.

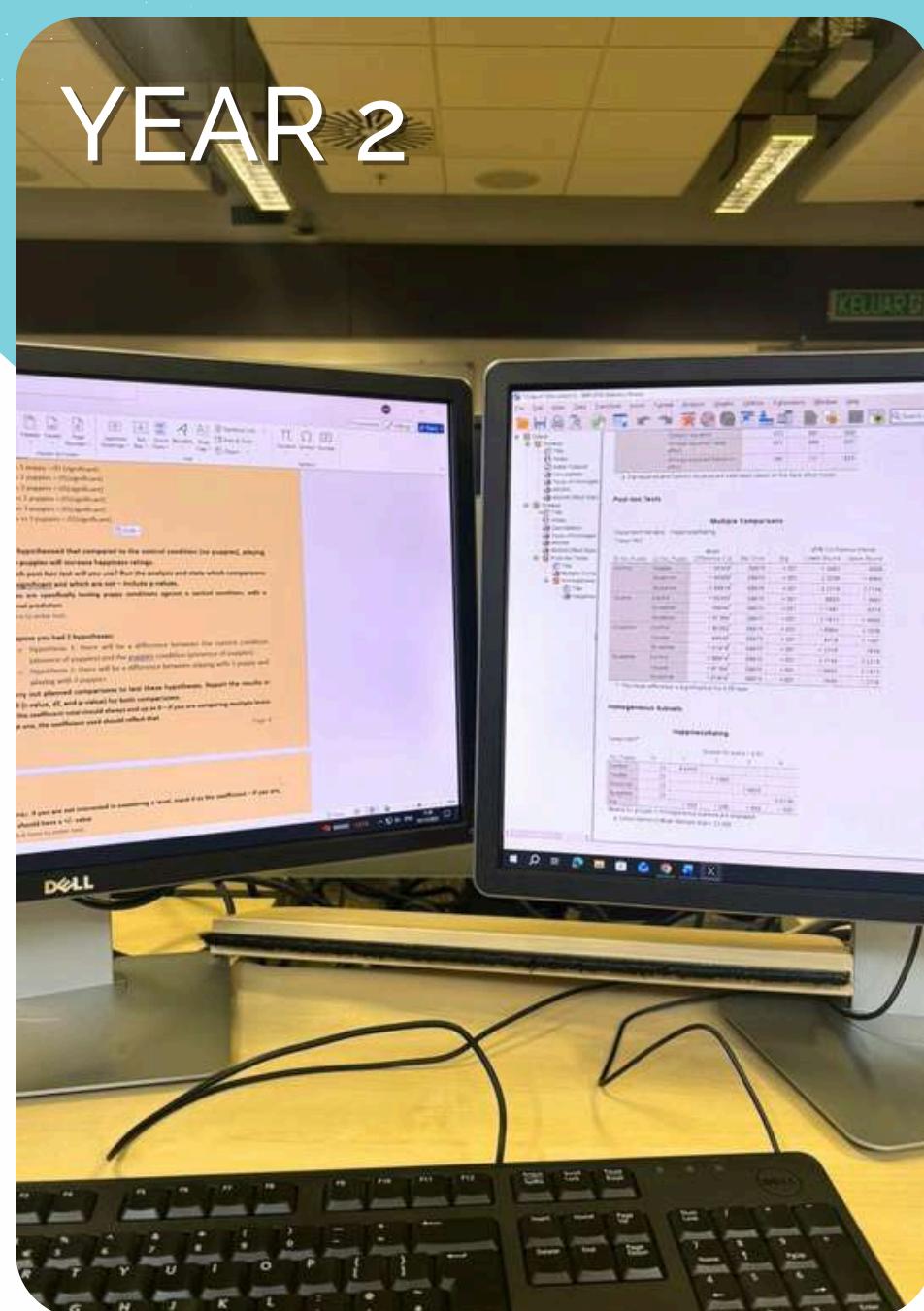
There's a lot of statistics...

You can use a mix of typed and written notes.

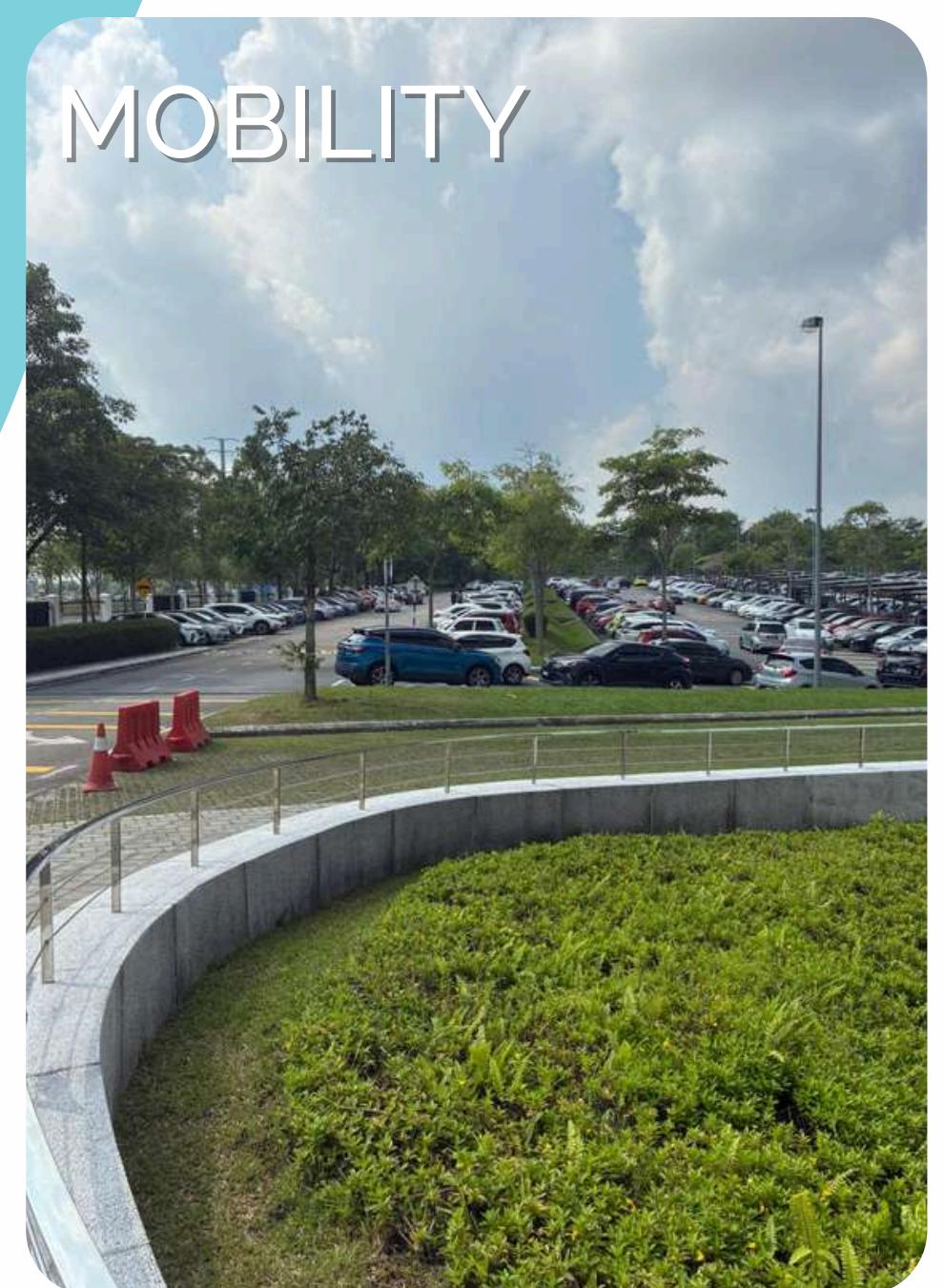
# 1PM



Our busiest days are mondays.



We use a software for the calculations.



Heading out for lunch!

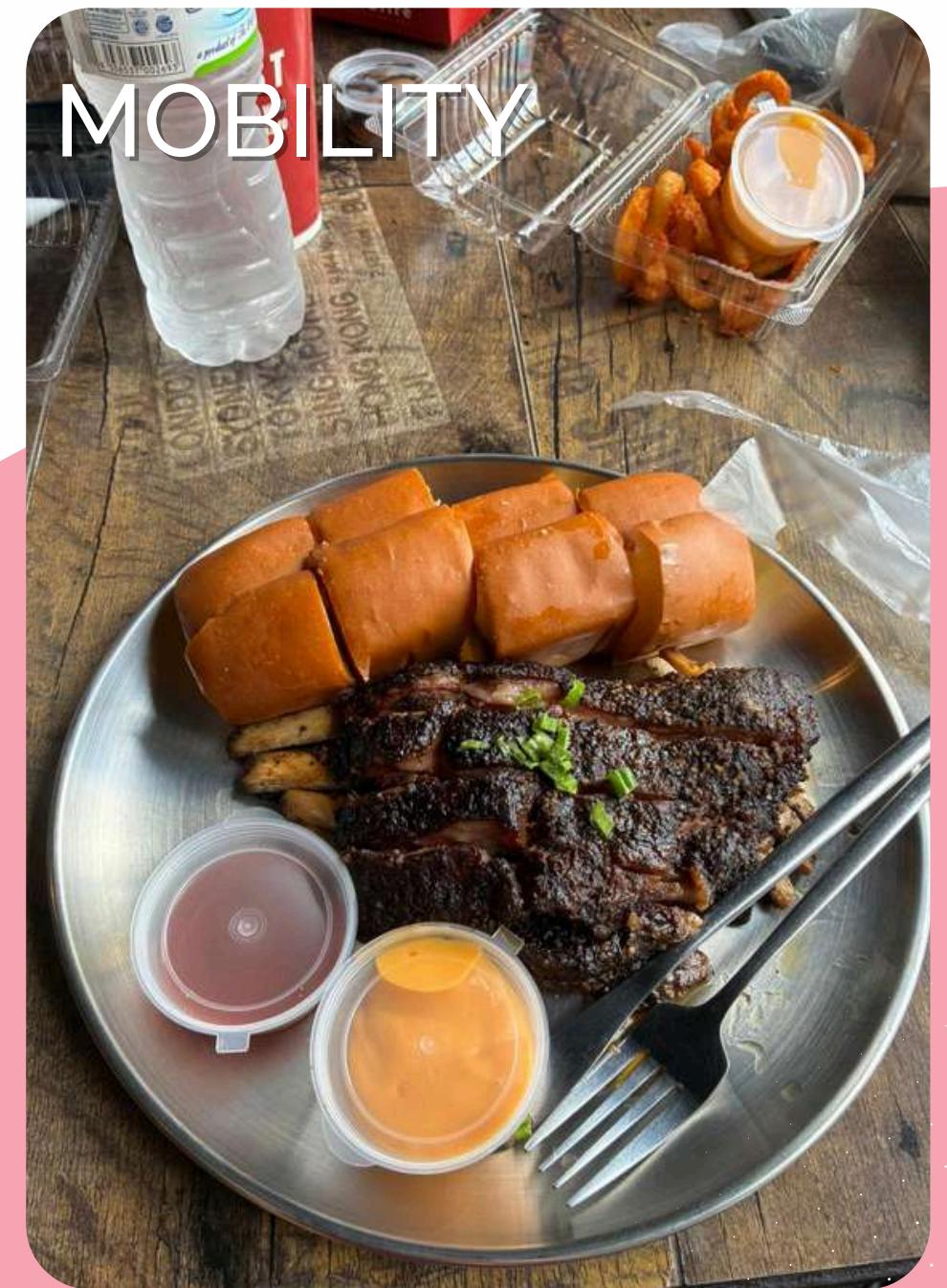
# 2PM



YEAR 1



YEAR 2



MOBILITY

Lunch at NewMed University next door.

There are nearby restaurants you can walk to!

Good food is worth the distance.

# 3PM

YEAR 1



Only two classes  
for the day!

YEAR 2



Heading to our  
library to study.

MOBILITY



Back to campus for  
a 1 hour class.

# 4PM

YEAR 1



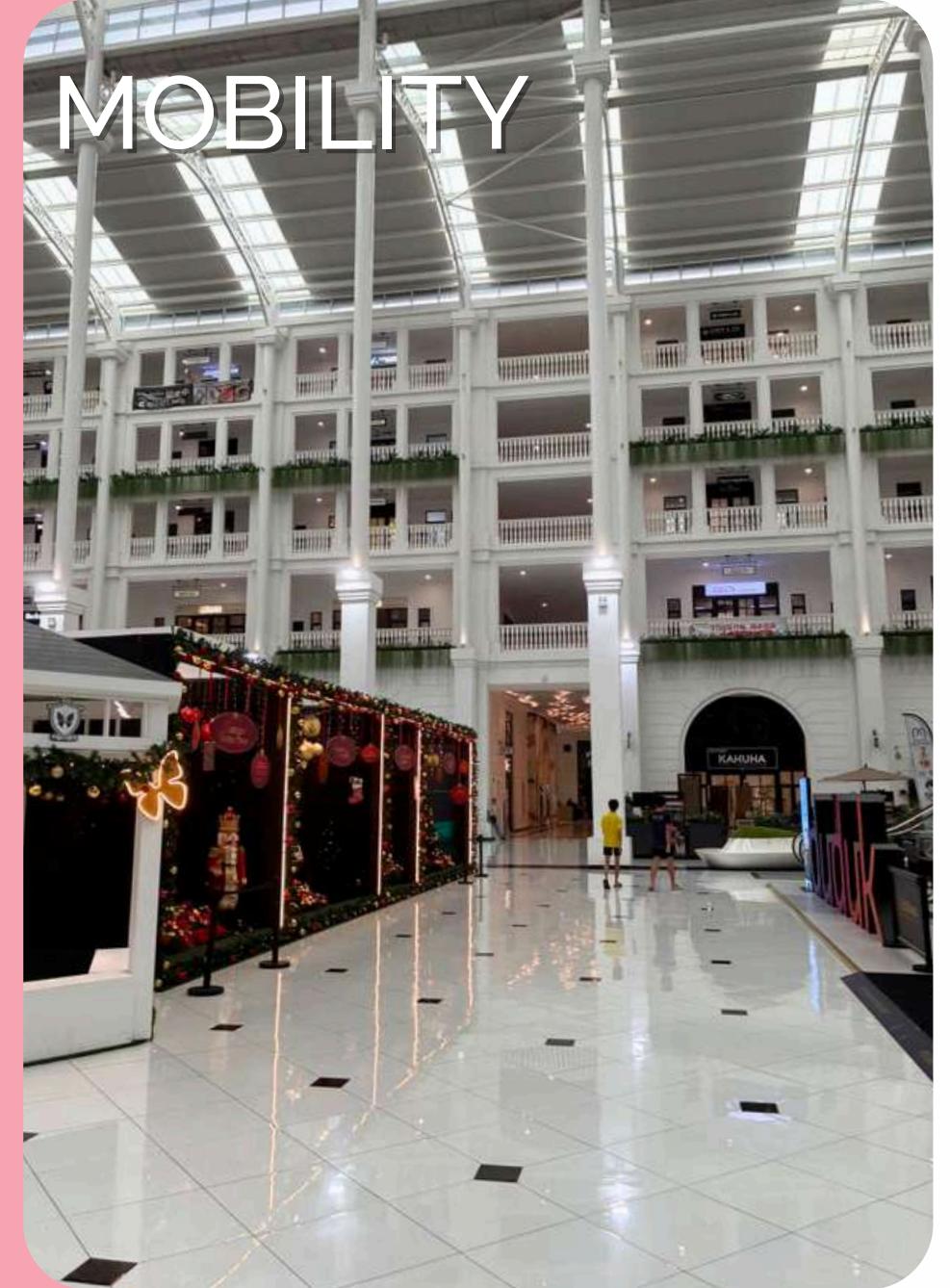
A little shopping  
after class.

YEAR 2



Out to go iceskating  
with friends!

MOBILITY



Went to the mall  
just a few minutes  
away.

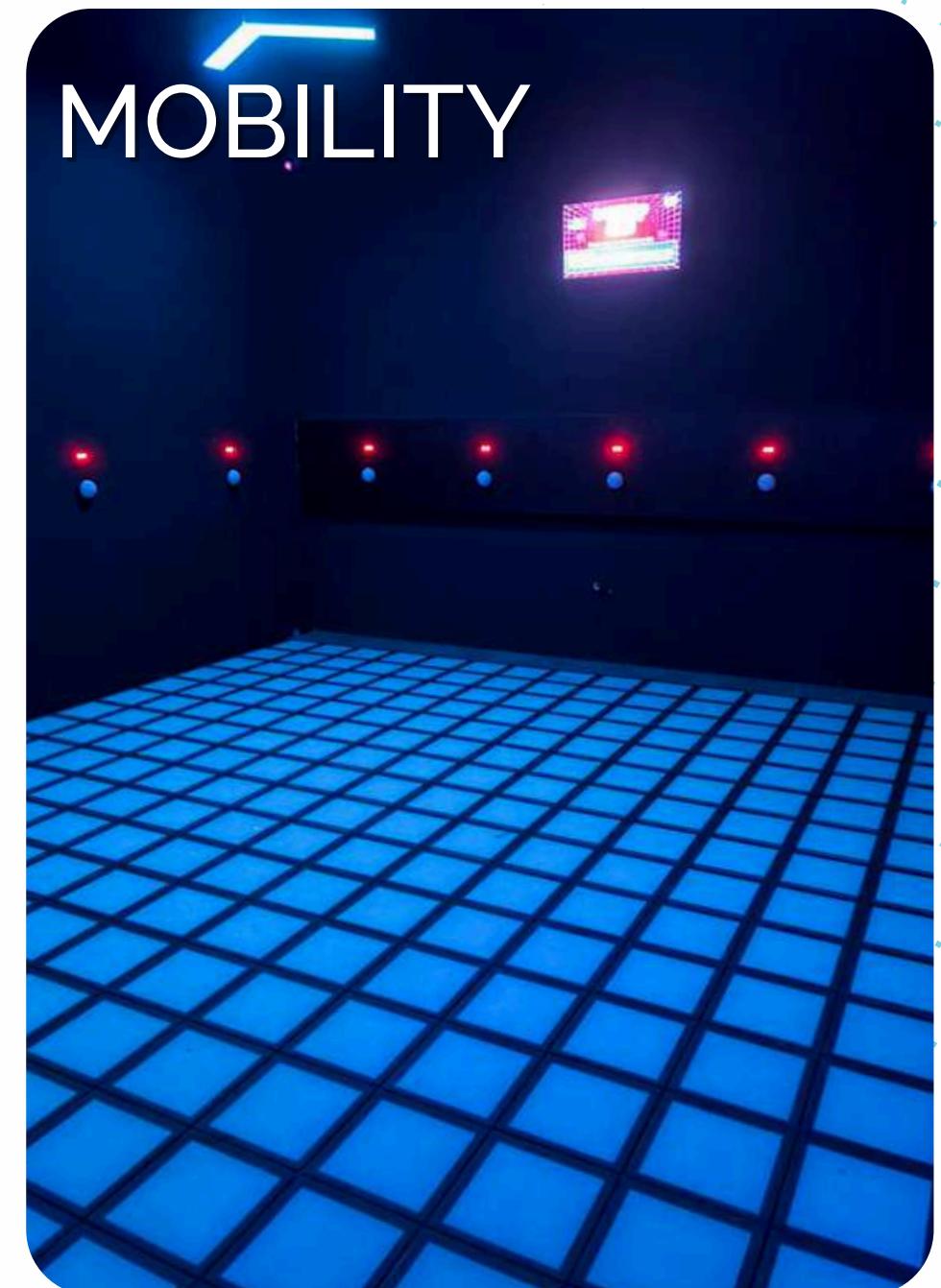
# 5PM



Early dinner at home. Yummy.



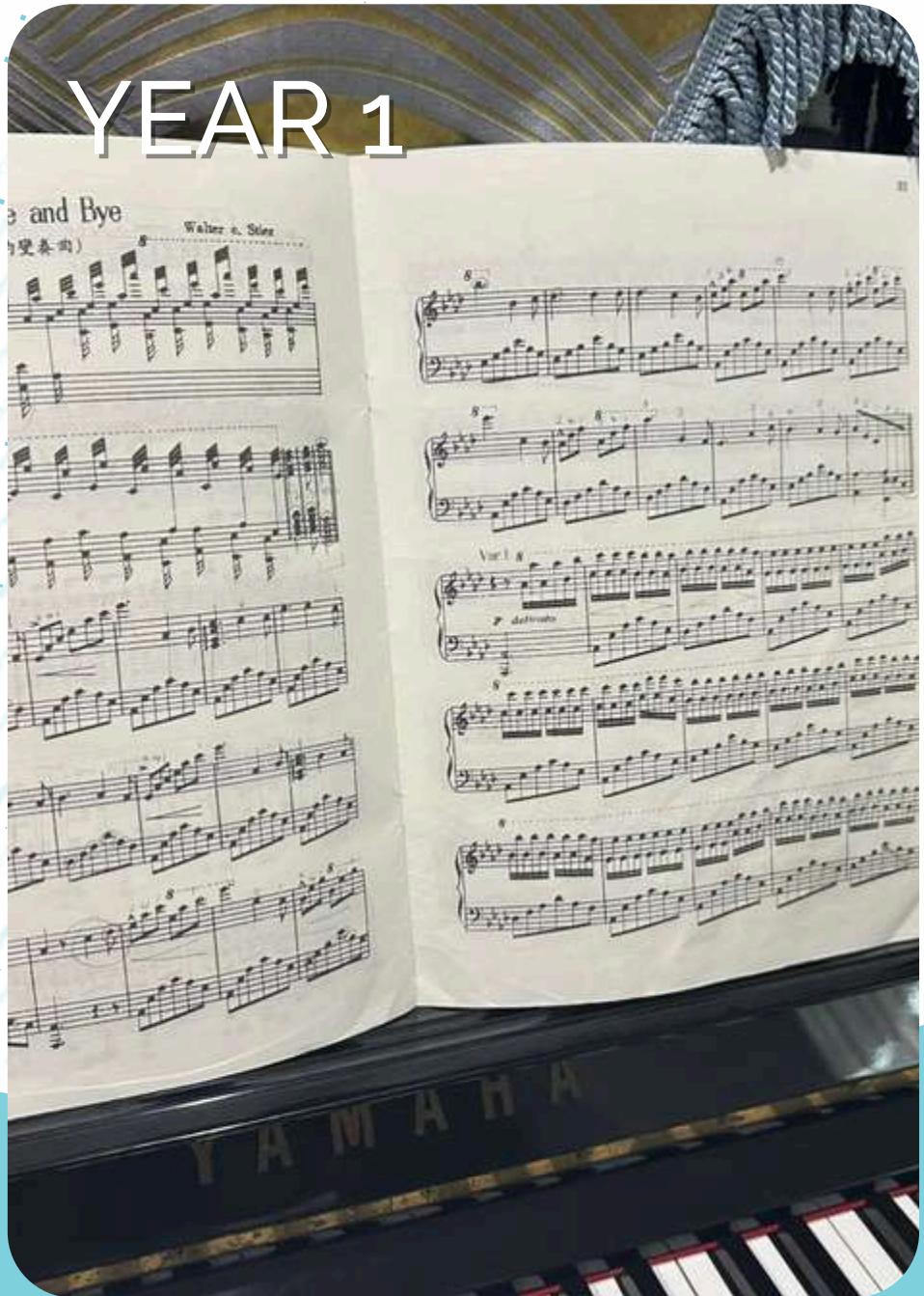
Study hard but also have fun!



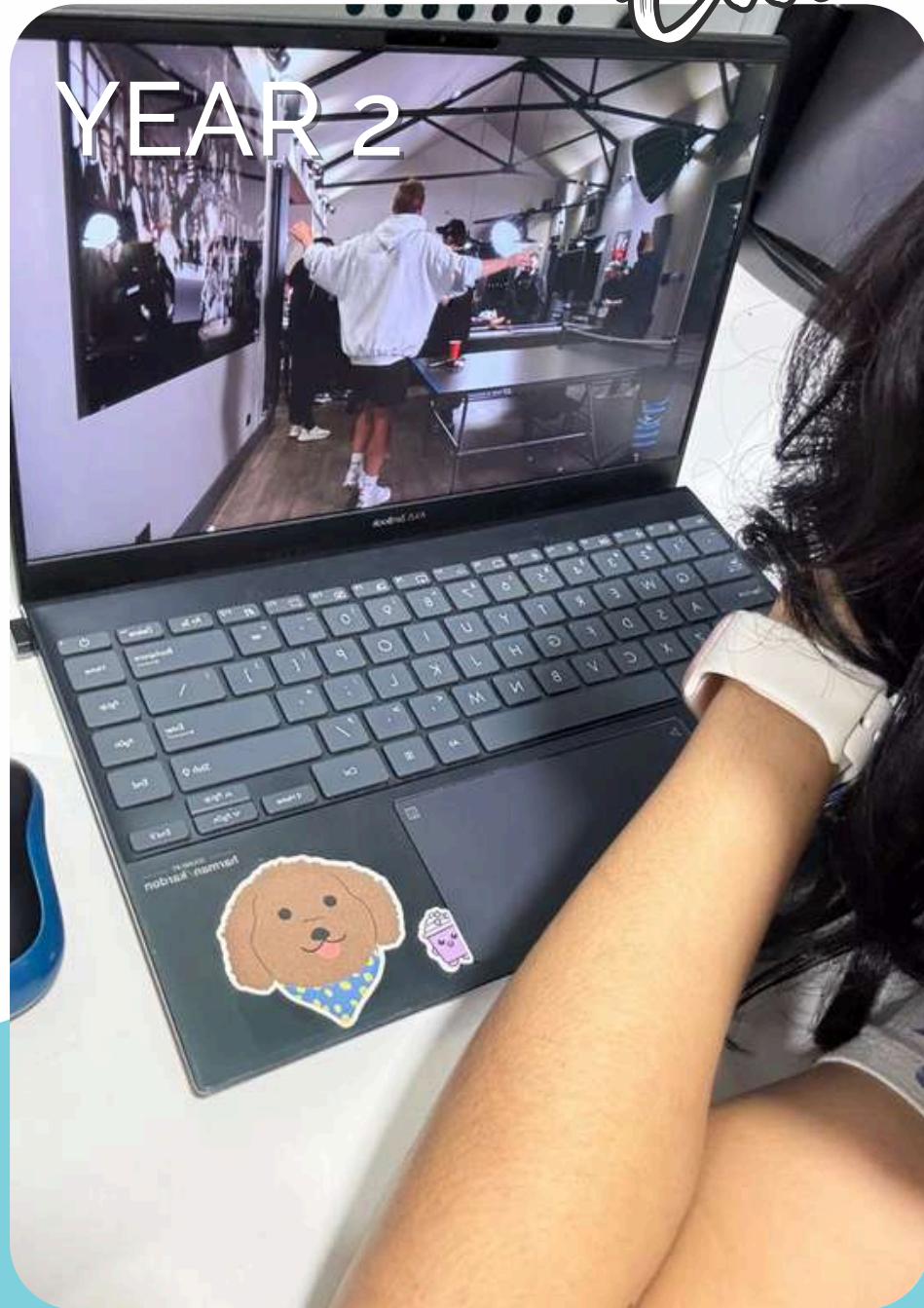
Played laser tag with friends!

# 6PM

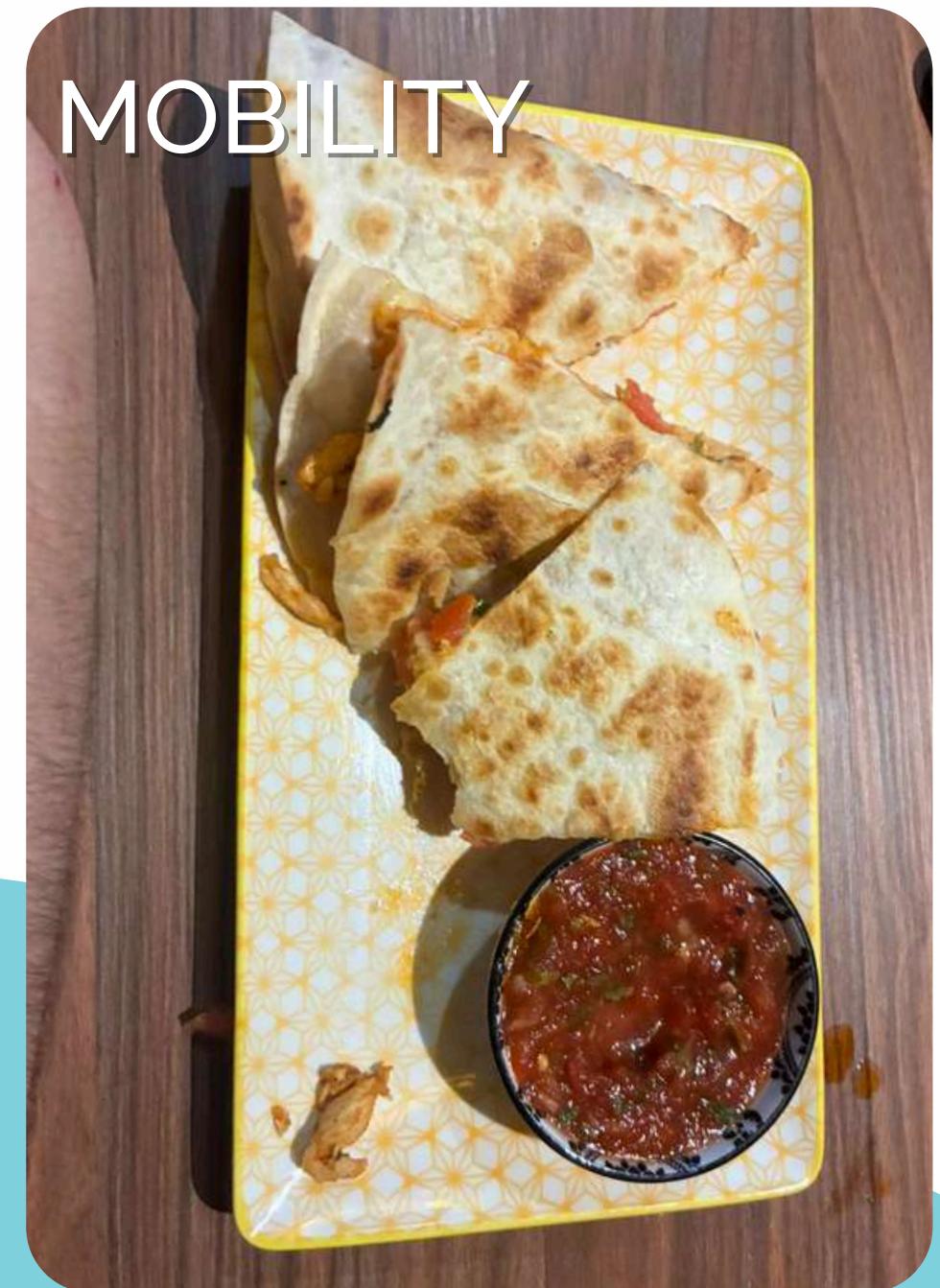
*Endll*



I usually have piano or ballet classes.



Back at the hostel watching videos.



Dinner time.

# FREQUENTLY ASKED Questions

## **I'm not from the science stream in SPM. Can I progress into the BSc Psychology degree?**

Yes! However, students must have taken at least one Science subject (e.g., Biology, Chemistry, or Physics) in SPM/IGCSE.

## **What are the career opportunities for a Psychology graduate?**

- Education & childcare
- Healthcare & counselling
- Business & management
- Marketing, advertising, behavioural economics
- Human factors and ergonomics, user experience
- Sports Psychology
- Government Service

• **3-year programme** – This is the standard degree duration. It consists of 120 credits of taught modules and a 120-credit placement.

• **4-year programme** – This includes an additional year of professional work placement between Year 2 and your final year.

## **What is the difference between the 3-year and 4-year programme at UoRM?**

The 3-year programme is the standard degree duration. Whereas the 4-year programme includes an additional year of professional work placement between Year 2 and your final year.

## **If I opt for the 4-year programme, can I have multiple shorter placements within the 1-year placement?**

*e.g. 3 months at workplace A and 5 months in workplace B, instead of all months in workplace A.*

Ideally, students will complete their placement in one organisation to gain depth and breadth of experience. However, there can be occasions when it is split. For example, when a student independently sourced 2 excellent opportunities that aligned well with their career aspirations and organised them to run consecutively throughout the year.

# YOUR Questions OUR Answers!

**We welcome more inquiries here:**



This issue was brought to you  
by the PCLS Press.



*Want more?*

Stay tuned for our **next** issue:  
*Year 3, PhD, & Lecturer* edition!