



Psychology at University of Bergen

INTENSIVE COURSES IN PSYCHOLOGY, JANUARY - FEBRUARY 2011

Programme dates

Recommended date of arrival:	3 - 4 January 2011 (for accommodation check-in)
Introductory Program (Orientation):	5 - 6 January 2011
Lecture dates:	10 January – 15 February 2011

Monash Abroad travel grants

All students accepted on the Psychology at Bergen program will receive a Monash Abroad travel grant and the grant amount will be confirmed at a later date once Monash Abroad has confirmation for 2011 travel grants budget. All accepted students will receive a travel grant provided they meet the followings:

- have an active enrolment in a Monash undergraduate or postgraduate coursework degree program
- will receive credit for the Bergen program towards their Monash degree
- have been approved by their managing faculty and the School of Psychology, Psychiatry and Psychological Medicine
- are not a citizen of Norway

Application procedures - Monash

The first step is to complete the Monash Abroad International Study Program application for the Psychology at Bergen program (available from contacts below) and take it for approval to:

Dr Max Jory
Director Undergraduate Studies
School of Psychology, Psychiatry and Psychological Medicine

Once he has approved your participation you should lodge it with:

Patricia Stephens
Manager Undergraduate Studies
School of Psychology, Psychiatry and Psychological Medicine

She will send the application to Monash Abroad. You must then complete the on-line application to the University of Bergen (detailed instructions below).

When you receive your acceptance letter from Bergen you must send a copy to Monash Abroad. Monash Abroad will then pay your travel grant into your nominated Australian bank account in early December.

Application procedures – Bergen (Must complete Bergen's online application by 15 October deadline)

After your Monash Abroad application has been approved by the School of Psychology you will need to fill out the online application form for the University of Bergen - just make sure that you know the correct Bergen course codes (see last page). Please note that the program you should select is "bilateral agreement" and the semester dates will not be correct in the online form, and you should apply for admission for the "spring 2011" semester.

The online Bergen application form will be available from 1 September and can be found at <http://www.uib.no/education/admission/exchange>.

Once you have submitted the online application form, you will receive an "Application Receipt" to the e-mail address that you have registered. You need to lodge this with Monash Abroad with a copy of your official academic transcript so that Monash Abroad can nominate you to the University of Bergen and send all the signed application receipts together with the academic transcripts in one single shipment to the University of Bergen.

After the applications have been processed by the University of Bergen they will normally send the acceptance letter to you and you should forward a copy to Monash Abroad.

Enrolment at Monash University

Once your application is approved the School of Psychology and you have completed the Bergen online application you must request your managing faculty to enrol you in MEH3001.

Monash Credit

On completing of Bergen program you will receive credit for PSY3130 Health psychology and a SFR (Satisfied Faculty Requirement) grade will be awarded if you passed.

Language

All lectures and assessment for the courses included in this program are in English.

Lectures and Assessment

Assessment of the courses at Bergen is based on a combination of class attendance, participation, written work and exam for some courses. There will be a combination of Norwegian students, other international students and Australian students in the classes.

Transcript

All students will receive an official transcript from the University of Bergen showing the units you have completed with a Pass/Failed grade. Your Monash transcript will show that you have completed an exchange unit MEH3001 (which is equivalent to PSY3130) at the University of Bergen but will only show a SFR (Satisfied Faculty Requirement) grade for this unit.

Visa

Australian passport holders do not need a visa in order to enter Norway, as long as your stay does not exceed three months. This is also true when the purpose of the visit is studies.

Other passport holders may need a Schengen visa. Please consult the list at <http://www.udi.no/templates/Tema.aspx?id=7403>

Orientation (5 – 6 January 2011)

There is a Bergen university-wide orientation for all new international students during the first week where most of the practical information is given. There is also a specific orientation at the Faculty. Throughout the first week there are normally several social gatherings.

Travel

Bergen's international airport, Flesland, has regular flights to several European destinations. Most visitors arrive from either Copenhagen or Amsterdam, which are big European hubs. Please note that international travellers arriving via Oslo Airport Gardermoen, must declare all their luggage there and re-check-in for the onwards travel to Bergen.

Housing

Accommodation is available at the Fantoft Student Hostel and you can tick to select accommodation if you require it on their online application.

You can find out more information for Fantoft Student Hostel from the following web site. <http://www.sib.no/hostels/international-students/fantoft/fantoft-studenthostel>

The following prices are for short term stay at the Fantoft Student Hostel and you can find out more details from their website <http://www.sib.no/hostels/faq/do-sib-offer-short-term-leases>.

It is therefore vital that you consider the number of weeks you will stay using this table as a guide and also when booking for flights. For example if you exceed one or two days after 6 weeks they may charge you 8 weeks rent instead.

In case the university housing is full, private-owned guesthouses will be an option too.

Climate

The winters in Bergen tend to be rather mild and wet – that is, compared to the rest of Norway. The temperature is normally in between +5 and -5C, although there might be days with temperatures down to -10C. There is normally not too much snow and the snow will most often only stay for a couple of days before it melts (and then there might be another snowfall later on). In short, the only thing that can be said for sure about the weather on the west coast is that it can change very fast and be very unpredictable! But as the Norwegian proverb goes: “There is no such thing as bad weather... only bad clothing”!

Activities

Bergen, being a city where approximately 25,000 of the 250,000 inhabitants are students, should have something on offer that should meet the needs of most students. Bergen does not have the best conditions for skiing. However, Voss, a renowned winter sports destination, is just an hour’s train ride away from Bergen. There are normally “package deals” on offer.

All students will of course have access to the university’s fitness facilities.

<http://www.sib.uib.no/english/sports>

Bergen is known for having one of the best music scenes in Norway, especially for rock music, and within the genre of black metal, Bergen is perhaps the leading scene in Europe.

There is also a varied range of activities arranged by the student associations; concerts and other performances, club nights, debates and so on. Basically all the local students will be able to speak English (even though not all meetings might be in English), so students do not need to worry about the language barrier.

Excursions

A very popular excursion is the “Norway in a Nutshell”, a 12-hour trip by boat, bus and train (including one of the world’s steepest train rides), that allows you to experience the mountains and fjords of Norway. For more information see <http://www.norwaynutshell.com/default.asp>

Public transport

Bergen has a good system of local buses, with buses every 5 minutes (on average) from the city to the student hostels (which are situated on the city limits). Everything within the city centre, including the university, is easily accessible on foot.

For other travels in Norway, Bergen is the transport hub of western Norway with express boats, trains and express buses all being an alternative to air travel.

Cost of living (exchange rate as at 24 August 2010 approx \$A1 = NOK5.57)

Yes, there are some things that are expensive in Norway, and most notably they are “eating out” and “drinking out”. Other things are actually not that expensive. A monthly bus pass costs NOK400 approximately. Clothes and shoes are actually quite cheap.

Students normally learn quite quickly from their fellow students at University of Bergen how to manage. Most Norwegian students bring a packed lunch to university. They will make dinner with friends instead of going out to eat. And they will have quite hefty “before-parties” and “after-parties” instead of buying too much to drink in a bar.

Useful websites

www.visitbergen.com

www.visitvoss.com

<http://www.sib.uib.no/english> (student welfare organization)

<http://prospective.uib.no/>

http://prospective.uib.no/?mode=show_page&link_id=24&toplink_id=24 (on “student life”)

<http://www.turistforeningen.no/english/>

More Information

School of Psychology, Psychiatry and Psychological Medicine:

Dr Max Jory 9903-2373 Max.Jory@med.monash.edu.au

Monash Abroad:

Wendy Tran 9902-0210 wendy.tran@adm.monash.edu.au

Lodge application with:

Patricia Stephens 9905-3941 patricia.stephens@med.monash.edu.au

Available Courses

PSYK322 – Medical Health Psychology

Programme of Study	Professional Studies of Psychology
ECTS Credits	3.0
Course offered (semester)	Autumn and spring
Language of instruction	English

Objectives

Teaching in medical health psychology is intended to provide students with an understanding of selected aspects of biological, psychological and social factors in sickness and health, and an understanding of the relationships between psychosomatic illnesses, psychosomatic problems, somatisation and hypochondria.

Contents

Students will learn more about:

- How psychological processes influence health-related behaviour, traditional psychosomatic conditions, psychosomatic problems and subjective health problems
- Effects of traumatic stress
- Epidemiology and the treatment of subjective health problems
- Connections between psychosomatic illness, psychosomatic problems, somatisation and hypochondria

Prerequisites

This course has restricted access due to a limited number of places, and due to special entry requirements. It is only available to international students who have been admitted to the Program of Professional Studies in Psychology.

Teaching Methods

Lectures, guest lectures and group work.

Assessment/ Examination Format

Compulsory attendance and approved group work. A Pass/Fail grade is awarded.

Course Coordinator

Department of Biological and Medical Psychology (IBMP)

Recommended Reading / Syllabus

Relevant articles and power-point presentations will be made available by the lecturer during the lectures.

PSYK352 – Health Psychology

	Professional Studies of Psychology
ECTS Credits	3.0
Course offered (semester)	Autumn and spring
Language of instruction	English

Objectives

Health psychology focuses on the role of psychological factors in causes, development and consequences of health and disease. The objectives of health psychology are to understand and explain, to develop and test theories and to give practical demonstrations of these theories. The course is based on a national health perspective, with the main emphasis on behavioural risk factors, such as smoking, the use of alcohol, diet and physical inactivity, and initiatives to prevent the main health problems in Norway (cardiovascular disease, cancer and physical stress complaints).

Contents

Students are expected to gain knowledge about

- public health: quality of life, morbidity and mortality in the population;
- important behavioural risk factors (in particular tobacco smoking, use of alcohol, food habits and physical inactivity) affecting major public health problems (cardio-vascular diseases, cancers, musculo-skeletal disease);
- theories about prediction of health behaviours;
- principles and models for influencing health behaviours; and .
- critical assessment of ethical aspects of health promotion initiatives and actions.

Prerequisites

This course has restricted access due to a limited number of places, and due to special entry requirements. It is only available to international students who have been admitted to the Programme of Professional Studies in Psychology.

Teaching Methods

The course requires two weeks of full-time work. The course starts with a two-hour introductory lecture. The students then work for two weeks, individually or in groups, on project papers which cover the course objectives. The project papers of 5-10 pages are submitted for assessment before the end of the course. The lecturer is available to provide individual guidance at predetermined times. The course ends with a lecture which summarizes the course content and gives an overall reaction to the submitted project papers.

Assessment/ Examination Format

Course approval requires the award of a "pass" on submission of an approved paper and attendance at two lectures. A Pass/Fail grade is awarded.

Course Coordinator

Department of Psychosocial Science

Recommended Reading / Syllabus

NB! This reading list is from the spring semester of 2008. Changes may occur.

Mandatory reading:

*Green, L.W. & Kreuter, M.W. (2005): *Health Program Planning. An Educational and Ecological Approach*. McGraw-Hill, Chapter 1. *Conner, M., Norman, P., (2005) *Predicting Health Behaviour*, 2nd edition. Open University Press. Chapter 1.

*Ryan, R. M., & Deci, E. L. (2006): Self-regulation and the problem of human autonomy:

Does psychology need choice, self-determination, and will? *Journal of Personality*, 74, 1557-1586.

If you have an interest for health psychology it's recommended that you buy the two books listed above. The books include a lot of chapters which can be useful when writing the course task.

Recommended reading:

Green, L.W. & Kreuter, M.W. (2004): *Health Promotion Planning. An Educational and Ecological Approach*. McGraw-Hill, chapters 2, 3, 4 and 5 Conner, M., Norman, P., (2005) *Predicting Health Behaviour*, 2nd

edition. Open University Press. chapters 2 -8 Larson, R. W. (2000): Towards a psychology of positive youth development. *American Psychologist*, 55 (1), 170-183. Sutton, S.R., Baum, A., Johnston, M. (eds.) *The SAGE Handbook of Health Psychology*, Sage Publications Ltd, 2004. chapters 2, 4 Marks, D.F., Murray, M., Evans, B., Willig, C., Sykes, C.M. & Woodall, C. (ed). *Health Psychology -Theory, Research and Practice*. 2nd edition. Sage Publications Ltd, 2005. Marks, D.F. & Yardley, L. (ed). *Research Methods for Clinical and Health Psychology*. Sage Publications Ltd, 2003. Marks, D.F. (ed). *The Health Psychology Reader*. Sage Publications Ltd; 1st edition, 2002. Ryan, R.M., Patrick, HI, Deci, E.L., & Williams, G.C. (2008: Facilitating health behaviour change and its maintenance: Interventions based on self-determination theory. *The European Health Psychologist*, 10, 2-5.

Additional literature:

The students may suggest alternative literature, for instance articles or books they read when working with the course task.

PSYK354 – Society and Culture

	Professional Studies of Psychology
ECTS Credits	3.0
Course offered (semester)	Autumn and Spring
Language of instruction	English

Objectives

The course aims to give a brief introduction to the importance of culture for psychology in terms of its philosophical, theoretical and methodical basis, and in relation to practice and its application to understand social problems.

Contents

The students will be able to give an account of the following main areas:

- Why and how culture should be included in psychology
- The concept of culture
- Absolutism, relativism and universalism, from an internal and external perspective
- Psychological anthropology, ethnopsychology, cultural psychology and cross-cultural psychology
- Common methods within this field of study
- The application of methods to analyze central topics of traditional psychology (such as cultural links, the ego, aggression, emotions, identity, acculturation and conformity).

The students will become aware of the relevance of a cultural perspective to solve multicultural problems such as those related to health and education, immigrants, ethnic minorities and problems related to developing countries, such as poverty, overpopulation, street children and ethnic relationships and conflicts.

Prerequisites

Due to the limited number of spaces available and special entry requirements, admission to the course is limited.

Teaching Methods

The course is based on lectures and seminars. The seminars are often in the form of groups of 4 students working together on a topic. The topic is presented either orally to the class as a whole, or in the form of an essay which is evaluated by the head of the course.

Assessment/ Examination Format

Essay, approximately 10 pages. A

Pass/Fail grade is awarded.

Course Coordinator

Department of Psychosocial Science

Recommended Reading / Syllabus

Berry, J.W., Poortinga, Y.H., Chasiotis, A., Breugelmans, S.H. & Sam, D.L. (2010) *Cross-Cultural Psychology. Research and Applicatios*, Cambridge University Press (3rd ed.).