



## Introducing your Programme Leader DR ANDREA FIRTH



### Career history and interests

Andrea's areas of research include breathing based interventions, self-efficacy, self-regulation, behaviour outcomes and performance. She is a practising BPS accredited Sport Psychologist and member of the Health and Care Professions Council and is registered with BUPA. Her present clientele incorporates all levels of sport including elite sport, professional sports persons, and Olympic medallists. Andrea has had athletes competing at the last three Olympic Games including Tokyo last year. Her other clients also include performing artists, SMEs and non-sporting professionals. She works at all levels of sport/performance psychology training, from L4 undergraduate through to BPS Stage Two Qualification in Sport and Exercise. Her research interests are heart rate variability, various performance issues and mindfulness. Andrea has been a senior lecturer at undergraduate and postgraduate level for 16 years.

### What you can expect in your first few weeks

Those who have completed A level psychology should expect a recap, albeit at a deeper level. Those who have not done A level psychology will be given the chance to get to grips with the fundamental concepts and theories important to psychology. Academic skills are very important and students are given the opportunity to hone these skills. Team building and getting to know your class mates is also something that is encouraged, especially in the early stages of your course. Students are introduced to the assessment criteria for their various modules.

### Course expectations

Attendance is vital in order for you to reach your full potential. You are also expected to contribute to in-class discussions and to start to get to grips with how theory informs practice and how psychology theory can be highlighted via real life examples. Students are further expected to begin grasping the level of critical and analytical academic writing expected at level 4 and above.

### What you can be doing to prepare

Start reading. Understand what psychology is and how it differs from pop psychology. Join the UCFB Facebook Applicant Group to make friends before you start here, or to ask questions of other applicants. <https://www.facebook.com/groups/2203194096562034/>

## Reading list

Start reading up on any psychological topic that interests you. For sport psychology you can read Weinberg, R.S. & Gould D. (2015) Foundations of Sport and Exercise Psychology. 6th ed. Human Kinetics.

Also read up on how to write academically. It will be different to how you wrote at school.

Kirton, B. (2012). Brilliant Academic Writing. Pearson. Sternberg, R. J. & Sternberg, K. (2010). The Psychologist's Companion. 5th Ed. Cambridge.

Module based reading for the first semester includes:

Hogg, M. & Vaughn, G. (2010). Social Psychology. 6th Edition. Pearson.

Dancey, C., & Reidy, J. (2007). Statistics without Maths for Psychology. Boston: Pearson.

## Student view

"I think now is a great time to mention actually, how amazing it is to have you as our course leader. From the minute I walked into the Open Day and you introduced yourself I knew this would be a great place for me. You don't find a lot of black women in leadership roles, particularly in the education system, so it's always nice to see. Very inspiring also. You've proved me right since and I'm very glad I chose UCFB." Salma Mahamud - Current 1st Year UCFB Student.