

## **Calling all Psychology Students!**

**By Abi Robbins (OUSA rep for OUPS)**

On behalf of the Open University Psychological Society (OUPS) I'd like to extend a warm invitation to you to join us. Psychology is all about people, and distance learning can at times be a lonely business. OUPS are a not for profit, volunteer run society whose aim is to provide opportunities at a local and national level to support psychology students throughout their degree and beyond. Our overview days, conferences and national weekend events are designed to support core module learning and provide opportunities for OU psychology students to meet each other and mix with real psychologists in a friendly and welcoming atmosphere.

OUPS certainly helped me personally – five years ago I decided to realise a long held ambition to study psychology, and spotted an advert for an OUPS weekend, an introduction to DSE212. I went to Warwick University (where our national events take place) feeling a little apprehensive, but quickly realised everyone else was in the same boat and eager to find out exactly what we were getting ourselves into. The experienced tutors (Professor Frederick Toates and Dr Graham Edgar) were also OU course writers who put us at ease, explained complex concepts in simple terms and answered all our questions (without making anyone feel daft!) . Thanks to the informative and friendly atmosphere I came away feeling more confident in my ability and less alone as I made new friends, who did the degree alongside me.

Overview days, a methods and stats weekend (hugely helpful for me) and revision weekends followed which enabled me to focus and tackle the exams. After the sometimes long slog of the academic year they became something I really looked forward to, not only for the comprehensive programme of lectures and engaging speakers, but also for the student experience, - a chance to check in with the people I had met on the DSE212 weekend who really understood what studying psychology with the OU means. Recently I graduated with first class honours and am starting a masters in a couple of weeks – without OUPS supporting my learning it would have been personally much more difficult and nowhere near as much fun.

Thanks to my constant presence at these events they gave me a committee role! But you can get as much or as little involved as you like; from attending an overview day or an informal pub meet in your area, to forming a branch of OUPS in your region - as long as you know we are here to support you.

For a list of events, and to find out about joining OUPS, the active regions and what we can offer please visit our website: [www.oups.org.uk](http://www.oups.org.uk)

On behalf of the committee we hope to meet you at an OUPS event soon.