Caring for the Community

Psychology is the study of mental functions and behaviour. Biological, psychological (thoughts, emotions and behaviours) and social factors play significant and interactive roles. Psychology at RMIT has a proud history of high-quality teaching, research and community service and is known for its application of psychology to real-world problems.

RMIT is focused on providing practical solutions to real-life problems, developing and applying knowledge and new ways of thinking about health and wellbeing, and better understanding the ever-increasing role that technology plays in how we function.

Offered on the City and Bundoora campuses, RMIT offers a full suite of Australian Psychology Accreditation Council (APAC) programs at undergraduate and postgraduate levels.

Psychology at RMIT has research expertise in the areas of clinical and health psychology, behavioural neuroscience, lifespan developmental psychology, and cross-cultural psychology. New areas of research include chronic disease and the ageing population.

Main areas of focus include:
- psychobiology of cognition
- stress, fear and anxiety
- wellbeing and resilience
- development across the lifespan
- innovations in clinical interventions
- mental health

Cover: Eloise Silburn, Master of Clinical Psychology.
Read Eloise’s profile on page 12.
HOW TO BECOME A PSYCHOLOGIST AT RMIT

— Step 1 —
Undergraduate Degree

Choose from
3 years
— Bachelor of Applied Science (Psychology)
— Bachelor of Social Science (Psychology)
— Bachelor of Criminology and Psychology
or
5 years
— Bachelor of Social Work (Honours)/ Bachelor of Social Science (Psychology)

— Step 2 —
Honours Degree

1 year
— Bachelor of Applied Science (Psychology) (Honours)

After completing your honours degree, you qualify for registration as a provisional psychologist.

Continue on to step 3 to become a registered psychologist.

— Step 3 —
Clinical Masters

2 years
— Master of Clinical Psychology

Continue on to step 4 to become a registered clinical psychologist.

— Step 4 —
Registrar Program

Complete a registrar program of practice endorsement, which includes supervised practice and professional development.

Congratulations!
You are a clinical psychologist.
You can start working with people towards improving their health and wellbeing.
Health Sciences Clinic
Located at Uni Hill, RMIT’s Health Sciences Clinic provides clinical training for clinical psychology, Chinese medicine, chiropractic and osteopathy students to meet registration requirements and to prepare for independent practice upon graduation.

RMIT’s clinical psychology service offers high-quality support for children, adolescents and adults at affordable prices. It allows postgraduate students, registered as provisional psychologists, the opportunity to treat the general public under the supervision of senior clinical staff, all of whom are registered practitioners.

www.rmit.edu.au/about/our-locations-and-facilities/services/health-clinics/health-sciences-clinic
http://tinyurl.com/RMIT-HealthSciencesClinic
Psychology explores the science of the mind and human nature. You will examine mental states and processes and how they affect human behaviour. RMIT’s psychology program applies research to actual situations to resolve real human problems.

As a psychology student you will gain strong theoretical and practical skills. The program is the basis for further study if you want to become a practising psychologist or use your study in other careers.

Learning and Teaching

RMIT offers a variety of learning and teaching approaches including lectures, seminars, workshops, presentations and group discussions.

You’ll have access to online resources through the myRMIT student portal.

Ongoing assessment throughout the semester includes examinations, essays, reports, oral classes, presentations, group projects, research projects, and practical assignments.

The program involves a research project where you work one-on-one with staff on staff-initiated research projects.

You will also have the option of completing a 15-day industry placement.

Program Structure

The psychology component of the degree is 25 per cent of first year, 62.5 per cent of second year and 62.5 per cent of third year.

The remaining courses include occupational health and safety, nutrition, applied psychology, disability studies, health statistics, computer science and geography.

Year One

You’ll study these foundation areas:

— biological bases of behaviour including brain-behaviour relationships, sensation, perception and consciousness
— theories of learning, memory and cognition (including theories of intelligence)
— theories of emotion, motivation and stress

You will also study these principles of psychology:

— personality
— psychopathology
— social psychology

Year Two

You’ll study biological, cognitive, developmental and social psychology, as well as research methods in psychology.

Year Three

The third year includes philosophy and methodology of psychology, psychological assessment and individual differences, psychology in society and organisations, psychopathology and models of intervention, and a research project.

Career

As a graduate of the psychology program, you can work in areas such as organisational management, health, sport, cross-cultural studies, counselling, HR, working with people with disabilities, research, training, market research, and with further study, teaching.

Professional Recognition

The psychology major in the Bachelor of Applied Science (Psychology) is a partial requirement for membership of the Australian Psychological Society (APS).

www.psychology.org.au

It is also a partial requirement for registration as a psychologist with the Psychology Board of Australia, subject to further study or clinical practice.

www.psychologyboard.gov.au

Entry Requirements

Current Year 12 Prerequisites

Units 1 and 2 – Mathematics (any). Units 3 and 4 – a study score of at least 20 in one of Geography, Mathematics (any) or Science (any); and a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.

Additional Information

Form

Non-Year 12 applicants may submit additional information if they would like to be considered. For semester 1 intake, this can be completed through the VTAC Personal Statement online. For semester 2 intake, this can be completed through the personal statement in the Apply Direct application.

Working With Children Check

Students must hold a valid Working with Children Check prior to undertaking the clinical components of this program.

Police Check

Students must present evidence of a successful National Police Records Check prior to undertaking the clinical components of this program.

Pathways

Current Year 12 and Non-Year 12

Successful completion of the Bachelor of Applied Science (Psychology) or the Bachelor of Social Science (Psychology) or the Bachelor of Criminology and Psychology or the Bachelor of Social Work (Honours)/Bachelor of Social Science (Psychology), followed by the Bachelor of Applied Science (Psychology) (Honours).

Degree Graduate in Another Discipline

Successful completion of the Graduate Diploma in Behavioural Science, followed by the Bachelor of Applied Science (Psychology) (Honours).

Degree Graduate with APS-Accredited Major

Successful completion of the Bachelor of Applied Science (Psychology) (Honours).

Honours

An Honours year in Psychology is available.

LIDIA MARY OPPEDISANO

“Growing up, I always loved crime shows. I was always fascinated about how the lead characters could understand people and how they think. While studying psychology has been different to what I expected, I’m still intrigued by it.

This program has refined my problem-solving and organisational skills and taught me how to actively listen and accept individual differences.

My favourite courses have been Developmental Psychology and Professional Practices in Psychology because they helped me realise the career I want to pursue.”

Bachelor of Applied Science (Psychology)
Psychology is a science that provides powerful tools and methods for exploring human experience and behaviour.

Psychologists work in a multitude of areas varying from supporting individuals to designing and implementing policies and campaigns that affect the lives of thousands.

This program has been designed for people looking for a social science degree with a psychology specialisation. It is ideal for those who plan to work in areas that call for a grasp of the insights, traditions and practices of psychology and the social sciences, such as:
- human services organisations
- community-based agencies
- human resource management
- multicultural agencies
- educational settings

This program also incorporates an extended industry-based field placement offering hands-on, practical experience with a professional organisation of your choice.

You may undertake further study to qualify as a clinical psychologist, or alternatively apply your training in psychology and sociology to diverse fields such as education and training, health and welfare, and human resource management.

This program is also available as a double degree: Bachelor of Social Work/Bachelor of Social Science (Psychology).

Learning and Teaching

Along with being recognised by the Australian Psychology Accreditation Council (APAC), this program provides opportunities to gain important vocational skills such as communication, policy development, research and management, which are all transferable across many areas of employment.

This program uses a variety of teaching and learning approaches including interactive coursework, seminars, online components, case studies, reflective techniques, individual and group presentations, group-based learning and discussions.

All programs are delivered in English. You will have access to online and digital resources through the myRMIT student portal.

Assessment will include written exercises, class exercises, oral presentations, workshop and seminar facilitation and online activities.

Program Structure

This degree is based in the social sciences with a comprehensive psychology specialisation comprising 11 psychology courses, nine social science courses and four electives.

Year One
You’ll study the foundations and principles of psychology, plus social science units that explore environmental studies, economics, social constructionism, philosophy, sociology and politics.

Year Two
The emphasis shifts from social science to psychology. Here you will explore biological, developmental, cognitive and social psychology as well as a smaller number of social science courses. You’ll also begin using electives to develop areas of specialisation.

Year Three
You’ll cover advanced psychology courses on psychological assessment, the philosophy of psychology, psychopathology, program management and program evaluation.

You’ll also undertake a 35-day professional work placement.

Career

You’ll enjoy excellent employment prospects in the public, private and community sectors.

The skills learned in this program are especially relevant to areas such as child protection, human resource management, education, welfare and the health sector and in community-based agencies.

Graduates find work in areas including:
- federal and state government departments (Centrelink, Department of Human Services)
- disability services
- rehabilitation services
- community development programs
- dispute mediation
- employment placement and case management
- equal employment opportunity program development
- immigration advice and referral centres

This program also provides an academic foundation to pursue further specialised study in clinical, educational, organisational, developmental or forensic psychology.

Students seeking to qualify as a practising psychologist must apply either for entry to Honours or an equivalent graduate year of study in psychology.

Students who continue to study and successfully complete a fourth year (Honours or equivalent) qualify for registration as a provisional psychologist. Another two years of study, generally taken as a Master of Clinical Psychology, qualifies students as psychologists.

Career options include social psychologist, social researcher, social policy officer, organisational behaviour specialist, human resources manager and welfare service officer.

Professional Recognition

The program is accredited by the professional accreditation body for tertiary psychology courses, the Australian Psychology Accreditation Council (APAC).

Successful completion of an APAC-accredited psychology specialisation is a partial requirement for registration as a psychologist with the Psychology Board of Australia.

Entry Requirements

Current Year 12 Prerequisites

Units 3 and 4 – a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.

Selection Tasks

If you completed Year 12 (or equivalent) more than six months before commencing proposed study you must include in your application a statement that outlines:
- your reasons for wanting to study this program
- details of any related work or voluntary experience

Applicants who do not submit a direct application statement will be considered on the basis of academic achievement (e.g. ATAR).

Pathways

Graduates of the following RMIT programs with a grade point average (GPA) of 3.0 out of 4.0 or higher are guaranteed entry (subject to certain criteria) into this program:
- Advanced Diploma of Justice
- Advanced Diploma of Translating
- Advanced Diploma of Interpreting

Graduates of the following RMIT programs are eligible for exemptions (subject to certain criteria):
- Diploma of Community Services
- Diploma of Alcohol and Other Drugs
- Diploma of Youth Work
“I’ve always been interested in the way our social environment can fundamentally structure who we are and how we act. I wanted to understand our roles as individuals within a bigger society – that’s what inspired me to study psychology.

The integration of relevant theory with real-life application attracted me to the program, as well as the university culture, which really resonated with me.

This program prepares you for the workforce by teaching professional practices, such as communication in culturally and linguistically diverse situations, addressing other individuals and exploring real-life scenarios.

The built-in placement component is ideal for exploring and participating in the professional field.

I really solidified my sense of self during my studies. I’ve made lifelong friends with like-minded people who share a passion for making a difference in the world.”

Bachelor of Social Science (Psychology)
Bachelor of Criminology and Psychology

RMIT Code: BP295
3 years full-time or 6 years part-time
City campus
www.rmit.edu.au/programs/bp295

This combination of an accredited psychology major with an applied criminology major gives you the knowledge and skills for a wide range of careers in the justice and human services sectors.

Statistics indicate a strong correlation between crime and people with social welfare needs and mental health issues.

This program equips you to become a frontline justice worker with a strong understanding of psychological theories and practice. You’ll learn to provide support services to offenders, clients and victims within the criminal justice system, particularly those with complex needs and mental health issues.

You’ll develop the emotional and intellectual resources required for a challenging but rewarding career in the justice and human services fields including policing, corrections, youth justice, customs, child protection and welfare services.

Learning and Teaching

You’ll be taught by academic staff with a specialised field – for example, within your criminology major you may be taught by a former police officer, a lawyer or a criminologist. Industry-experienced guest lecturers will also feature throughout the year.

RMIT offers a variety of learning and teaching approaches including lectures, seminars, studios, workshops, presentations, group discussions and syndicate work.

Your lectures and tutorials will take place in a number of different spaces including traditional lecture theatres and the interactive theatres in the new Swanston Academic Building.

You will complete a wide range of assessments including essays, online tests, group presentations, laboratory reports and exams. You may also submit some of your assessment online.

All programs are delivered in English. You will have access to online and digital resources through the myRMIT student portal.

Program Structure

This multidisciplinary program combines psychology and criminology. You’ll complete 12 psychology courses and eight criminology courses. A further four electives are available across the three years of the program.

Elective specialisations include criminal intelligence, forensic studies, drug-related crime, international policing, customs and border security, youth justice and terrorism.

Year One

You’ll study the foundations and principles of psychology, criminology, law, crime and information technology, and cross-cultural communications.

Year Two

You’ll explore biological, developmental, cognitive and social psychology. Contemporary criminology studies will include case management in order to develop skills in dealing with clients, in interviewing and for managing people in various contexts.

Year Three

You’ll cover advanced concepts such as psychological assessment and psychopathology. Forensic psychology and criminal behaviour analysis are capstone courses, bringing together your learning across the three years.

Career

Graduates are prepared to meet the challenges of working at the frontline of organisations such as the police force and correctional services, customs, child protection, welfare and youth services.

Your communication, risk assessment, behavioural analysis and research skills will position you to find work in a variety of roles where dealing with people is paramount.

This degree also provides the academic foundation for those wishing to pursue a career in various areas of psychology including:

— clinical psychology
— educational psychology
— organisational psychology
— developmental psychology
— forensic psychology

Career options include victim support officer, police officer, investigator, corrections officer, drug and alcohol support services worker, policy writer, customs and immigration officer, crime analyst, security analyst and indigenous services liaison.

Professional Recognition

The psychology major in the Bachelor of Criminology and Psychology is fully accredited by the Australian Psychology Accreditation Council (APAC) and is a partial requirement for membership of the Australian Psychological Society (APS).

Entry Requirements

You must have successfully completed an Australian Year 12 senior secondary certificate of education or equivalent.

Current Year 12 Prerequisites

Units 3 and 4 – a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.

Selection Tasks

If you completed Year 12 (or equivalent) more than six months before commencing proposed study you must include in your application a statement that outlines:

— your reasons for wanting to study this program
— details of any related work or voluntary experience

Applicants who do not submit a direct application statement will be considered on the basis of academic achievement (e.g. ATAR).

Pathways

Graduates of the following RMIT programs with a grade point average (GPA) of 3.0 out of 4.0 or higher are guaranteed entry (subject to certain criteria) into this program:

— Advanced Diploma of Justice
— Advanced Diploma of Translating
— Advanced Diploma of Interpreting

Graduates of the following RMIT programs are eligible for exemptions (subject to certain criteria):

— Diploma of Community Services
— Diploma of Alcohol and Other Drugs
— Diploma of Youth Work

Pathways
What inspired you to study in your chosen area?
I've always been curious about what compels people to make the decisions they make and what makes people tick.

What have you gained from your degree so far?
I have learnt the ability to form compelling arguments and opinions in conversation or debate. I've also had the opportunity to broaden my circle to people I wouldn't meet in my everyday life. I am seeing situations where people might usually be judgemental from another point of view, which is pretty important for a career in justice and psychology as well as in life generally.

How is RMIT preparing you for a future career?
RMIT has helped me with various scholarships as well as development programs like essay preparation and career workshops. There are great student groups to join which help support you during and even after you finish your degree. There's also a mentoring program where you interact and get to know third- and fourth-year students who can help guide you in the right direction.

Where do you hope your degree will take you?
I walked into the degree thinking I would eventually become either a clinical psychologist within the legal or justice systems or an alcohol and other drugs clinician but while studying I've found that this degree can lead to many career pathways.

I would definitely recommend studying this degree. It is interesting and engaging, and opens up many opportunities within the health and justice fields, keeping your career options open while you decide what you want to do.
Bachelor of Social Work (Honours)/Bachelor of Social Science (Psychology)

RMIT Code: BH106
5 years full-time
City campus
www.rmit.edu.au/programs/bh106

This social work and psychology double degree combines our two highly respected social work and social science programs to give you a unique, broad grounding across both areas.

Social workers and psychologists often work side-by-side in organisations where a balance of expertise in both areas is required.

This program will increase your knowledge and understanding of human development, needs and problems, and how such factors interact within individual, group, organisational, community and policy contexts.

You will be prepared for employment in general social work practice and settings requiring an understanding of psychology. You will be equipped to apply interdisciplinary knowledge of Australian society, social issues and social problems.

Learning and Teaching
Along with being recognised by the Australian Psychology Accreditation Council (APAC) and the Australian Association of Social Workers (AASW), this program provides opportunities to gain important vocational skills that are transferable across many areas of employment. Such skills include communication, policy development, research and management.

www.aasw.asn.au

This program uses a variety of teaching and learning approaches include interactive, seminars, online components, case studies reflective techniques, individual and group presentations, group-based learning and discussions.

You will undertake a 70-day field education placement in the second semester of the third and fifth years of the program.

The third-year placement focuses on direct practice with individuals, families and small groups. The fifth year integrates theory and macro-level practice.

Program Structure
Year One
This double degree has its foundation in social sciences, psychology and social work. The core courses of politics, sociology, social theory and economics are shared with students from other degrees such as global studies and planning.

Year Two
You will develop a solid grounding in the theory and practice of social work as well as cognitive and developmental psychology.

Year Three
Expand on the knowledge from previous years in the areas of biological psychology, mental health and public policy. You will also undertake a 70-day field education placement.

Year Four
Acquire a legal understanding of social work practice and working with violence and abuse, and study advanced courses on psychological assessment and psychopathology. You will also have the opportunity to take an elective course.

Year Five
Develop skills in program management and evaluation, influencing social policy and research. You will also undertake a 70-day field education placement and have the opportunity to take an elective course.

Career
Graduates are highly employable in human services organisations, community-based agencies, various levels of government and increasingly in corporate and private enterprise.

Some graduates help to develop social policy, some engage in research, some assist communities develop their own services, and some provide services to individuals and families. There are ample opportunities to pursue different specialisations and interests.

With your working knowledge of social science, psychology and social work, you’ll be eligible for a wide range of human services or community jobs in areas such as:

— child protection
— dispute mediation and industrial relations
— health services and hospitals
— human resource management
— policy and advocacy work
— community development projects
— program and organisational development
— immigration advice and referral centres
— federal and state government departments (Centrelink, Department of Human Services)
— youth and family services

Career options include social worker, psychologist, counsellor advocate, case manager, child protection officer, human resource manager, social policy officer, policy advisor, community worker, community development manager and mediator.

Professional Recognition
This program is an AASW-accredited qualification. It is an entry qualification into the social work profession and has been determined to meet the Australian Social Work Education and Accreditation Standards (ASWEAS). Graduates are eligible for membership of this professional association.

This program is accredited by the professional accreditation body for tertiary psychology courses, the Australian Psychology Accreditation Council (APAC).

Successful completion of an APAC-accredited psychology specialisation is a partial requirement for registration as a psychologist with the Psychology Board of Australia.

Entry Requirements
You must have successfully completed an Australian Year 12 senior secondary certificate of education or equivalent.

Current Year 12 Prerequisites
Units 3 and 4 – a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.

Selection Tasks
If you completed Year 12 (or equivalent) more than six months before commencing proposed study you must include in your application a statement that outlines:

— your reasons for wanting to study this program
— details of any related work or voluntary experience

Applicants who do not submit a direct application statement will be considered on the basis of academic achievement (e.g. ATAR).

Pathways
Graduates of the following RMIT programs with a grade point average (GPA) of 3.0 out of 4.0 or higher are guaranteed entry (subject to certain criteria) into this program:

— Advanced Diploma of Justice
— Advanced Diploma of Translating
— Advanced Diploma of Interpreting

Graduates of the following RMIT programs are eligible for exemptions (subject to certain criteria):

— Diploma of Community Services
— Diploma of Alcohol and Other Drugs
— Diploma of Youth Work
This cognitive behavioural-focused honours program introduces you to professional issues, theories and methods of data analysis in contemporary research psychology.

The program will prepare you for further postgraduate studies in the Master of Clinical Psychology.

**Learning and Teaching**

You will experience a range of learning environments – lectures, individual research and group work. Lectures are used extensively in the program to communicate knowledge and guide student learning and are complemented by online learning materials where appropriate.

These methods and approaches have been selected so that you will be equipped to undertake postgraduate studies in psychology or have the skills required to adapt to and work competently in workplaces that value knowledge and training in psychology (e.g. human resources, psychosocial rehabilitation).

**Program Structure**

The program consists of 96 credit points. You will complete six courses (a mix of 12 or 24 credit points each).

The program will provide you with a thorough education in the scientific discipline of psychology and introduce you to the application of the discipline.

As a graduate you will have sound evidence-based knowledge as a foundation for entering either employment, where the knowledge and approaches of psychology can be used, or advanced level psychology programs (e.g. Master of Clinical Psychology or a postgraduate research degree).

The following is an example of courses offered:

- Advanced Research Methods
- Advanced Topics in Psychology
- Professional Issues and Research Methods
- Psychological Assessment and Intervention
- Psychopathology
- Thesis 1
- Thesis 2

**Career**

Graduates may either apply to enrol in a master level degree or seek employment. Human services organisations offer many work opportunities.

Typically, provisional psychologists work in education, human services and in community medicine supervised by experienced registered psychologists.

**Professional Recognition**

The program is accredited by the Australian Psychology Accreditation Council (APAC).

Graduates are eligible for associate membership of the Australian Psychological Society (APS) and are eligible to apply for provisional registration, allowing them to practise in any Australian state or territory.

To be eligible to apply for full registration as a psychologist, you must complete the Master of Clinical Psychology.

The Psychology Board of Australia standards and guidelines determine that all applicants for registration need English language skills at IELTS academic level 7.0, or equivalent, within the two years preceding registration.

**Entry Requirements**

Applicants must normally have:

- successfully completed an APAC-approved three-year psychology sequence with a GPA of at least 2.0 out of 4.0 and a cumulative percentage average of 70–75 per cent in each year of study; or
- any undergraduate degree and successful completion of an APAC-approved fourth year of study in psychology, with a cumulative percentage average of 70–75 per cent in each year of study

**Pathways**

You may be eligible to apply for the Master of Clinical Psychology.

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**ROBERT POTTER**

“I’ve always had an interest in the brain, mental health and psychology. I did work experience with disadvantaged community groups and this helped confirm my decision to become a psychologist.

A real highlight of my studies has been the opportunity to gain practical experience, working as a provisional psychologist with high-quality supervision at the RMIT Health Sciences Clinic.

I’ve only been practising as a clinician for a short time but I’ve learnt many valuable skills and developed the ability to work with a range of people with a variety of needs.”

Bachelor of Applied Science (Psychology) (Honours)
Becoming a psychologist has been a long-held dream for Eloise Silburn; now close to completing her studies, she’s excited about her future and the opportunity to work with clients to achieve their goals.

“I’ve been interested in psychology since high school. The more I learnt about the career options, the diversity and the overall nature of psychological work the more I wanted to study it.

At RMIT there’s an equal focus on coursework, practical placements and supervised research work. This balanced combination is the reason I chose to study at RMIT.”

Master of Clinical Psychology
Master of Clinical Psychology

RMIT Code: MC002
2 years full-time or 4 years part-time
Bundoora campus
www.rmit.edu.au/programs/mc002

This program offers you the necessary training to become a registered psychologist. It is oriented towards cognitive-behavioural psychology and you will be trained and expected to work according to the scientist-professional model. RMIT provides training in clinical psychology.

Learning and Teaching
You will experience a range of learning environments – lectures and individual and group work. Lectures are used extensively in the program to communicate knowledge and guide student learning.

A large proportion of time is spent under supervision in the on-campus psychology clinic treating clients presenting with a variety of psychological, educational and developmental problems.

In addition, you will be required to undertake two practicum placements off campus in supervised psychological practice (minimum of 40 days and 60 days, respectively) in agencies such as hospitals, clinics and other health facilities.

Casework courses and field placements comprise a minimum of 132 days of practicum experience. You will also do a supervised research thesis.

Program Structure
The program consists of 192 credit points.

The main areas of focus in psychology at RMIT are:
- mental health of children, adolescents and adults
- clinical interventions
- motor and cognitive development in children and adolescents
- wellbeing and resilience
- cognitive, blended and e-health innovations

The Master of Clinical Psychology is divided into coursework, clinical training and research.

Career
Clinical psychologists are specialists in the assessment, diagnosis and treatment of mental health problems and mental illness.

You will work in:
- private practices
- hospitals
- universities
- general medical practices
- community health centres
- mental health services

Professional Recognition
This program is accredited by the Australian Psychology Accreditation Council (APAC).

On completion you will be eligible for membership of the Australian Psychological Society (APS) and associate membership of the APS College of Clinical Psychologists.

On completion of the program you will also be eligible to apply for registration with AHPRA (Psychology). Registration will allow you to practice in any Australian state or territory. Specialist endorsement as a clinical psychologist is possible after two years of supervised practice following completion of the Master of Clinical Psychology.

Entry Requirements
You must have completed an APAC-approved fourth year of study in psychology (honours or graduate diploma) with an average of 75 per cent or higher.

Selection Tasks
You will need to access the Australian Psychology Post-Graduate Program Reference Request System to apply for a reference from academic and/or professional referees.

You will need to obtain one academic referee report and one professional or personal referee report.

www.psychologyreference.org

Short-listed applicants will be required to attend an interview.

Top Five Tips for Getting a Good Night’s Sleep

Why do we struggle to fall asleep before a big presentation or exam? Psychologist and RMIT sleep guru Dr Melinda Jackson explains how to get a good night’s sleep so you can be at the top of your game.

1. Cut back on technology
Most of us will have a smartphone or tablet and many will use these devices late at night and even while in bed during the night. The blue light that is emitted from these devices is very stimulating on the brain and actually supresses the secretion of melatonin – a sleep-promoting hormone – making us feel less sleepy at night and delaying sleep onset.

2. Give yourself some time to wind down before bed
Far too often we are running around late at night, answering emails, phoning family members, cleaning the house or paying bills. We then wonder why it is so hard to get to sleep! It is important to give yourself a “sleep buffer” of 1–2 hours where you are doing passive activities, like watching TV or reading, so you are not overstimulated late at night.

This allows us to get into a more relaxed state of mind that is more conducive for sleep.

3. Keep it regular
It’s good to keep a consistent bedtime and wake-up schedule. This routine really helps to regulate our body clock, making it easier over time to fall asleep. This is particularly important on weekends when we tend to sleep in and find it hard to get to sleep the next night – especially on Sunday nights!

4. Reduce stimulant use
Caffeine, nicotine and energy drinks are widely used in our society, but can have detrimental effects on our sleep. Even beverages like green tea and chocolate contain caffeine. It can take around six hours for caffeine to clear our system. It’s recommended that people stop consuming these beverages after 3pm, to ensure they are not impacting on your ability to fall asleep at night.

5. Make your bedroom a sanctuary for sleep
There are three key elements to ensure your bedroom environment is conducive for sleep: light, temperature and noise. Ensure your room is dark and the blinds are able to keep out the morning light, particularly if you tend to wake up early in the morning.

It is important that the bedroom is cool and well ventilated as our body temperature can play a role in how quickly we are able to fall asleep. Any outside noise can disrupt our sleep, especially if you are a light sleeper. Invest in a good set of earplugs if you live in a noisy area, have loud housemates or sleep next to a snoring bed partner.
PSYCHOLOGY RESEARCH SUPERVISORS

Potential supervisors for 2017 are listed below. Research areas indicate the fields in which supervisors are experts and may be willing to negotiate projects. This list is not all inclusive and staff availability for supervision may vary from year to year. Complete program-specific supervisor lists are available at the start of the academic year. Prospective honours students may contact staff to discuss project ideas, and to discuss projects that students have undertaken in previous years.

Dr Russell Conduit
Email: russell.conduit@rmit.edu.au
Tel. 9925 6658
Research Interests
- Sleep disorders and treatment
- Sleep effects on learning and memory
- Complementary and alternative medicine interventions for sleep problems
- Interactions between sleep and psychological disorders
- Children’s sleep
- Sleep in the elderly
- Sleep in developmental disorders such as autism
- New technologies for sleep assessment in the home
- Validity of commercial sleep tracking and sleep aid devices
- Magnetoencephalography (MEG) during sleep

Dr Mirella Di Benedetto
Email: mirella.dbenedetto@rmit.edu.au
Tel. 9925 3019
Research Interests
- Psychosocial determinants of depression associated with chronic illnesses
- Psychometric assessment of depression scales
- Psychological factors (depression, stress, anxiety and coping) related to chronic illness
- Depression and adherence to healthy lifestyle
- Obesity issues across the lifespan
- Lifestyle factors related to physical and mental health
- Psychological factors related to cardiovascular diseases
- Type II diabetes and cancer
- Music, mental health and wellbeing
- Use of phone apps in clinical and health interventions
- Mindfulness
- Attitudes and beliefs about the causes of depression and its treatment
- Mental health (stress, burnout, depression, wellbeing) and the workplace

Associate Professor Susana Gavida-Payne
Email: susana.gavida-payne@rmit.edu.au
Tel. 9925 7710
Research Interests
- Resilience in children and families
- Socio-emotional and behavioural development in children with and without disabilities
- Parenting and family functioning
- Problem behaviour and conduct disorders in children

Dr Carolyn Hughes-Scholes
Email: carolyn.hughes-scholes@rmit.edu.au
Tel. 9925 7277
Research Interests
- Effectiveness of early childhood intervention programs for children with disabilities and developmental delays
- Family accommodations – adjustments families make to their daily routines to incorporate the needs of their child with a disability

Dr Melinda Jackson
Email: melinda.jackson@rmit.edu.au
Tel. 9925 7564
Research Interests
- Sleep loss/sleep disturbance and cognitive function (memory, decision-making, vigilance)
- Sleep and emotional processing/wellbeing
- Sleep disorders (obstructive sleep apnoea, insomnia) and mental health
- Obstructive sleep apnoea and memory/mild cognitive impairment
- Mindfulness-based therapy for insomnia
- Sleep and cognitive function in chronic medical conditions (chronic fatigue syndrome, depression)
- EEG biomarkers in sleep disorder patients
- Fatigue and driving
- Detection of drowsiness using ocular measures

Dr Trish Melzer
Email: trish.melzer@rmit.edu.au
Tel. 9925 7722
Research Interests
- Assessment and treatment of DSM-V disorders in adolescents and adults (particularly borderline PD, PTSD and mood disorders)
- Weight management, particularly binge eating disorder
- Cognitive therapies
- Relationship between cognitions and personality development
- Attachment and personality and core belief development and influences on behaviour
- Mindfulness-based therapies (particularly MBCT and MB-EAT)
- Health psychology

Professor Tony Paolini
Email: antonio.paolini@rmit.edu.au
Tel. 9925 7688
Research Interests
- Bionics and sensory systems, and the correlation of neural function with behaviour and cognition, with a particular focus on:
  - Developing of a high-fidelity cochlear implant capable of processing music
  - Developing auditory brain implants to restore hearing to individuals who cannot use a cochlear implant
  - Developing more effective treatments for tinnitus
  - The role of emotions and anxiety in sensory control
  - Environmental impacts such as food availability on brain and behaviour
  - Patients undergoing general anaesthesia for surgical procedures

Dr Sharynn Schuster
Email: sharynn.schuster@rmit.edu.au
Tel. 9925 7364
Research Interests
- Resilience in children and families
- Behavioural and educational difficulties experienced by children

Dr Sophia Xenos
Email: sophia.xenos@rmit.edu.au
Tel. 9925 1081
Research Interests
- Assessment and treatment of DSM-V disorders in children, adolescents and adults (particularly narcissistic PD, mood disorders, and anxiety disorders)
- Psychopathology and the online domain (e.g. Facebook addiction)
- Attachment and narcissistic personality disorder
- Parenting and family dysfunction
- Cross-cultural psychology with a focus on parenting and the family context
HOW TO APPLY

Before applying for a program at RMIT, refer to the program information available at www.rmit.edu.au/study-with-us. All the information you need to apply is at www.rmit.edu.au/study-with-us/applying-to-rmit.

### Fees Explained

Fee information relates to 2017 and should only be used as a guide. Fees are set on an annual basis and may be subject to change each calendar year.

www.rmit.edu.au/programs/fees

**Tuition Fees for Degrees**

Commonwealth Supported Places

A Commonwealth supported place is a place at university where the tuition fee is jointly paid by you and the Australian Government. Your share of the fee (student contribution) is set by the government and is determined by the discipline areas (bands) of your individual enrolled courses, not the overall program.

For more information about what fees you will pay in 2017 visit www.rmit.edu.au/programs/fees.

HECS-HELP

You may be eligible to defer payment of the student contribution through the HECS-HELP loan scheme if you are an Australian citizen or holder of an Australian Permanent Humanitarian Visa. You must pay your student contribution up front if you are a New Zealand citizen or permanent resident (other than an Australian Permanent Humanitarian Visa holder). For more information visit www.rmit.edu.au/programs/fees/helploans/hecs-help.

Full-Fee Places

Students in full-fee places are required to pay a tuition fee that covers the full tuition costs of their program. Financial assistance may be available through the FEE-HELP scheme. The tuition fees vary according to each program and are adjusted on an annual basis. Visit www.rmit.edu.au/programs/fees for more information.

FEE-HELP

FEE-HELP is an optional loan scheme that assists eligible students to defer payment of up to 100 per cent of their tuition fees. To learn more about FEE-HELP visit www.rmit.edu.au/programs/fees/helploans/fee-help.

Other Fees

In addition to tuition fees, you will be charged a student services and amenities fee (SSAF). Eligible higher education students will be able to defer payment of the fee through SA-HELP.

For more information visit www.rmit.edu.au/programs/fees/ssaf.

You may also be required to purchase items related to your program, including field trips, specified textbooks and equipment. These expenses vary from program to program.

For more information visit www.rmit.edu.au/programs/fees/other.

**Income Support**

The Commonwealth Government has approved a number of RMIT University postgraduate programs for student income support payments. The list of approved programs is available at www.rmit.edu.au/programs/fees/highered/masters.

To check your eligibility for student income support or rent assistance, please contact Centrelink or visit www.humanservices.gov.au.

**Scholarships**

RMIT offers more than 2000 coursework and research scholarships to vocational and higher education students.

Equity scholarships provide an opportunity for students who have experienced financial or educational disadvantage to achieve their academic goals, while merit scholarships recognise and award outstanding academic success.

www.rmit.edu.au/scholarships

### How to Apply by Program and Student Type

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*Some certificate III and below programs are administered by direct application. This will be explained in the individual program information available at www.rmit.edu.au/study-with-us.

### Current Year 12 Students

If you are a current Year 12 student applying for semester 1, you must apply through VTAC for all programs except some that are certificate III and below, which may require you to submit an RMIT school-based application.

### Non-Year 12 Students

If you are a non-Year 12 student applying for semester 1, you must apply for degrees and associate degrees through VTAC but have the choice of applying for certificate IV, diploma and advanced diplomas either through VTAC or direct to RMIT. Please select one application method only.

### RMIT Students and Recent Graduates

Current RMIT students and recent graduates can fast-track their application for a new program by applying direct to RMIT as an internal applicant.

### Mid-Year Entry (Semester 2)

Not all RMIT programs will accept applications for mid-year entry. A list of programs accepting mid-year applications is published in May on the RMIT website at www.rmit.edu.au/midyear.

### Selection Tasks

Many programs at RMIT have selection tasks as part of the selection process, such as:

- an interview
- a test
- a folio
- a supplementary form or pre-selection kit

It is very important that you carefully read any instructions on how to complete a program’s selection tasks. Selection tasks are listed under programs on the VTAC or RMIT websites. These selection tasks are compulsory. Applications without selection tasks will not be considered.

### Entry Requirements

To be considered for admission, you must meet RMIT University entry requirements as well as specific program entry requirements. For more information please refer to the program information available on the RMIT website at www.rmit.edu.au/study-with-us.

### Study Scores

Study scores listed in this guide are subject to change.
This guide is designed for Australian and New Zealand citizens and permanent residents of Australia.

Further information for international/non-residents of Australia:
RMIT International
Tel. +61 3 8676 7047
(within Australia: 1800 998 414)
Email: isu@rmit.edu.au
www.rmit.edu.au/international

Every effort has been made to ensure the information contained in this publication is accurate and current at the date of printing.
For the most up-to-date information, please refer to the RMIT University website before lodging your application. RMIT University CRICOS Provider Code: 00122A. RMIT University Registered Training Organisation code: 3046. Prepared July 2016. 14343 05/16