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## ***Thoughts & Advice from our Psychology & Neuroscience Students***

**“The school of psychology and neuroscience has been my best memory in my university years. Nothing makes me happier than knowing that a lot of the staff and students here will become my lifetime friends. Hope this school can be your top memory here too!” *Yunkai, China***

“The School of Psychology & Neuroscience is like a second-home to me. Sometimes I grab lunch in town and I head to the school to eat it there. It is such a welcoming and positive environment and everyone is always so smiley and kind.” *Gianluca, Italy*

**“The School of Psychology & Neuroscience is more than just a place where you learn amazingly interesting & fascinating things about human behaviour, the biology of the brain & the workings of the mind. It is a family of motivated, creative, friendly, supportive & lovely people all with a common interest to learn, have fun & make the best of their time at St Andrews. It provides an environment that nurtures passion & the courage to aim for your dreams. It is a truly wonderful place to study at!” *Luisa, Germany***

“The environment within the lectures and labs of the School of Psychology & Neuroscience is both stimulating and intriguing! Never hesitate to approach a professor or PhD student as they are always very willing to converse on a given subject or topic. The staff members are always there to prepare you for the road ahead- never hesitate to utilise everything offered to you. Immerse yourself in the studies and topics, as all of them really are interesting, and the professors love teaching you about their discoveries and areas of expertise. During your first year, you will build a solid foundation for the statistical aspect of psychological studies and your depth of knowledge will grow there on forward from year one to year two and onwards to honours! Ask questions, be open-minded, challenge yourself and the world around you, and most importantly- enjoy!” *Saule, United States*

**“Having never studied psychology before, the School of Psychology & Neuroscience was excellent at introducing me to and keeping me a part of an alien subject. Dynamic lecturers made topics interesting and engaging – and, somehow, statistics is no exception! The progressive staff have a passion for and understanding of student welfare so I’ve never felt like my issues have been ignored or underappreciated. Whilst the building may be a maze, the School of Psychology & Neuroscience is a sociable and comfortable environment, which I am glad to be a part of.” *Jack, Scotland***

“My number one advice to first years is to try out as many subjects as they can, even if they think they are sure of what they want to study. When I got to St. Andrews, I thought I wanted to study philosophy. However, my advisor suggested I should try out some other subjects as well. I took Psychology just for fun and now I like it more than Philosophy. So, don't be afraid to explore fields that you have never thought of adventuring in; being bold may lead you to some amazing findings.” *Silvia, Italy*

**“Having had a great experience studying Psychology for A-level, St. Andrews had a lot to live up to. Safe to say, the School of Psychology and Neuroscience not only met but exceeded all expectations. Each year of study has stimulated my thirst for knowledge and love for the subject. The course and lecturers comprehensively cover a broad range of topics, with inspiring and innovative teaching styles, perspectives and research. As my degree nears its completion, I feel that the School and University has provided me with endless opportunities, skills and motivation for my next venture in life, whatever that may be. That being said it will most likely be a postgraduate Masters in Health Psychology (at St. Andrews...)” *Laura, England***

The lecturers are the most knowledgeable, kind and nurturing mentors I have come across, and they really helped make me feel at home in such a foreign country. Even with a sudden shift to online

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learning, when we all found ourselves feeling extremely anxious in the unprecedented situation, all the lecturers were extremely responsive and supportive. So, never hesitate to approach any of your lecturers - it might help you in ways greater than what you'd anticipate.

*Vvidhi, India*

"The staff in the School of Psychology & Neuroscience are all incredibly friendly & approachable, & I am always able to go to them with questions, no matter how basic or small they are. Our professors are clearly enthusiastic about their subject areas, making lectures interesting & interactive." *Anna, East Europe*

"Even though I do not officially belong to the School of Psychology & Neuroscience, I studied Psychology in my first year and I am so happy that I did. It will always remind me of cosy events, full of welcoming, friendly and cheerful staff and students. Come to as many events as possible! Also, do not forget to grab 'Maze' (a magazine written by our students!) once in a while from the School - it is probably the one and only magazine that I read from cover to cover." *Auguste, Lithuania*

"At the end of the day, whether you wanted to be here or not, whether you've dreamed of it all your life or whether you just thought it looked pretty, St Andrews is your home now. Embrace it fully and you WILL love it here. The lecturers love their subjects and they want you to as well. Take every opportunity, even if you're unsure, and remember that you are here to learn, not to already know everything. You all deserve to be here so make it your own." *Ella, England*

"Psychology is one of the broadest subjects in its scope and you will get a feel of it already in your first year at St Andrews. While you might not equally like all fields of psychology that you will be studying in your first year, it is a great opportunity to become familiar with all of them and see where your true interest lies. My biggest advice would be to try to do all the recommended readings as it is a great way of retaining the information! And, in all honesty, the School of Psychology & Neuroscience is a great department with lots of support available to you, so all you have to do if you don't understand something is to approach your professor and they will find a way to help you!" *Valeria, Russia*

"It can be easy to see Neuroscience as just a component of Psychology or a field in Biology. At St Andrews, you realize that it is far more than that. You are part of a cohesive, interactive network that supports each other in every capacity - really just one big happy family! I truly think Neuroscience is getting the best of both worlds." *Dorothy, United States*

The School of Psychology & Neuroscience has been an integral part of my St Andrews experience. St Mary's Quad, aka the most beautiful place in St Andrews, felt like a sanctuary for me just weeks after arriving. My largest piece of advice is ask questions; know that it is a sign of strength and a desire to understand over anything else. The first and second year courses provide a wonderful opportunity to explore a range topics. Look at the scope of the courses as a chance to sample fields that may blossom into your career. The assessment format was an adjustment for me, but the similar structure through the sub-honours courses allowed me to develop study techniques that worked best for me. The potential for lockdown in St Andrews may be daunting but there are so many stunning strolls you could take! I wish I had gotten a larger sense of St Andrews earlier, so go for walks, see a small pathway take it, walk all the way down West Sands! In terms of school, making a schedule and staying organised could really help with motivation.

*Reed, United States*

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**“I would advise you to read as much as possible, & not to be afraid to ask questions, even those that seem silly. Try to think of ideas for research & follow up on them, because even if it will not lead to an internship, whatever you will have learned in the process will stay with you. Lastly, don't be afraid to critique research, even if it was cited by 300 others, science is very open-minded &, if you can substantiate your argument, you may find that a fresh look is needed to re-evaluate previous evidence.” *Natalia, Scotland***

“Before I got to uni, I had never studied Psychology or taken a class about it, so I had no idea what to expect. But after my first lecture at St. Andrews, I realized that the professors and the materials given to us were without a doubt some of the best in their field and that the School was going to provide us with a wonderful and fantastic education!” *Jasmine, United States*

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