

Daily program – The Young Psychologist

Day 1 – Enter the summer experience

2.00pm **Start**

Afternoon **The Summer Experience Begins**

- Your journey starts here: step into the shoes of a top psychologist
- Keynote speech by the programme director: discover what the Summer Experience has in store and how to make the most of this unique experience
- Immersive group activities: develop crucial psychology skills for the Summer Experience ahead, including communication, teamwork and problem-solving.
- Interactive networking session: meet your fellow students – talented and ambitious students from around the world who can act as prove powerful contacts for your future career

6.00pm **Close**

Day 2- The educational Psychologist

10:00am **Start**

Morning **Cognition in the Classroom**

Experience one of the most fundamental areas of psychology which is dedicated to improving the development and well-being of young people.

- Discover the realities of working with vulnerable young people between the ages of six and twenty-four and receive insider tips from experienced professionals
- Take on a case of a child who is struggling at school and carry out your own assessment through a live observation
- Analyse the results and develop an intervention plan for the young person
- Under the guidance of top professionals participate in a simulated consultation with a teacher and child and develop the key communication skills needed to support the child's learning development

Afternoon **Understanding Adverse Childhood Experiences**

- Discover the importance of working with others in educational psychology: teachers, parents, social workers, healthcare workers and more
- Using your knowledge from the morning, consider the holistic factors which can affect a young person's development including environmental, biological, cognitive and behavioural factors
- Explore the impact of Adverse Childhood Experiences (ACES) and work together to identify the ACES in the earlier case study, whilst receiving live feedback from qualified experts

5:00pm **Close**

Day 3 – The clinical Psychologist

10:00am **Start**

Morning **Enter the Psych Clinic: Patient Assessments**

Under the guidance of high-ranking clinical psychologists, you will participate in live, simulated patient consultations.

- Understand the key skills, strengths and techniques of a clinical psychologist and discover some of the most fascinating mental disorders
- Learn the fundamentals of patient interaction, including building trust, establishing rapport and active listening
- Become the psychologist: carry out an initial assessment with a variety of patients and seek to learn about their thoughts, feelings, behaviours and physical symptoms

Afternoon **Enter the Psych Clinic: Patient Treatment**

- Develop bespoke treatment plans for each patient based on a thorough analysis of their initial assessment
- Explore one of the most fundamental therapy techniques of our time: Cognitive Behavioural Therapy (CBT) and see how it works live with your patients
- Using CBT techniques, work with the patients on cognitive reframing, thought records, behavioural experiments and relaxation techniques
- Receive live, in-depth feedback from professionals on your consultation approach.

5:00pm **Close**

Day 4 – The sport Psychologist

10:00am **Start**

Morning **Match Day: Visit a Premier League Stadium**

Travel to a state-of-the-art London sports venue and be immersed in the world of elite sport psychology, a field which is critical to an athlete's mental well-being and performance.

- Tour a premier league stadium and walk in the footsteps of world-renowned athletes and sports psychologists
- Understand the key to match day preparation and routines and recognise the athlete's critical pitfalls
- Work with athletes to enhance their performance and well-being and organise a personalised feedback session with a troubled player
- Goal setting: develop psychological strategies to enhance players' concentration and resilience on and off the pitch

Afternoon **Career Coaching: How to Become a Successful Psychologist**

- Your path to success: understanding the key decisions ahead and how to maximise your chances of success
- Subject choices at A-level/IB/university and more
- Securing work experience, designing impactful CVs/resumes and powerful interview techniques
- Coaching from experienced psychologist on what you can do now to stand out in the future

5:00pm **Close**

Day 5 – The forensic Psychologist

10:00am **Start**

Morning **The Trial: Becoming the Expert Witness**

Work alongside forensic psychologists to assess the psychological state of a criminal in a simulated criminal case.

- Carry out psychometric assessments on the offender and observe both cognitive and behavioural factors that have led to the offence
- Receive coaching on how to provide an independent expert opinion in front of a jury from top psychology professionals
- Enter the courtroom! Take to the stand and testify as an expert witness

Afternoon **The Conviction: Become the Prison Psychologist**

- Carry out an in-depth risk assessment on the convicted criminal and devise an effective treatment plan
- Experience first-hand therapeutic techniques used in prisons and under the guidance of forensic professionals facilitate a group therapy session
- Analyse the effectiveness of the therapeutic techniques and use observation and assessment to give an accurate evaluation of the prisoner's rehabilitation progress
- Judgment call: using your expert opinion, consult with a parole board and make the final decision on whether the prisoner should qualify for early release.

5:00pm **Close**

Day 6 – Therapy techniques

10:00am **Start**

Over the next five days you will discover how psychology interacts with a variety of different industries all the while adding to your psychology toolkit by further developing key skills. You will learn how to collaborate with other medical professionals; explore the pioneering psychological research that takes place in labs; and experience the critical role psychologists play in the business world. This is an opportunity to explore specialisms within psychology at greater depth and find what inspires you.

Morning **Enter The Mental Health Ward**

Experience the work of clinical and counselling psychologists on mental health wards and how vital the role of the psychologist is for easing the distress of inpatients.

- Explore life on a mental health ward at a leading London teaching hospital used by trainee medical professionals and work collaboratively with a team of psychologists, nurses and doctors to diagnose and treat your patients
- Examine several therapy techniques that can be used on wards from Cognitive Behavioural Therapy to art and dance therapy as well as psychodynamic therapy...
- Will your medical team be able to successfully diffuse an alarming situation and ensure the psychological safety of all your patients?

Afternoon **Animal Therapy**

- Explore the role of animal assisted therapy in improving a person's quality of life
- Examine how companion animals help people with learning disabilities
- Observe how a therapy dog intervenes when faced with a person having a panic attack
- Propose ways to help increase awareness of the benefits of animal-assisted therapy

5:00pm **Close**

Day 7 – Inside Psychology : Neuropsychology and mental health

10:00am **Start**

Morning **Enter The Lab: Inside the Nervous System**

Discover how your cognition and behaviour are inextricably linked to brain function.

- Live demo: watch and learn as an accomplished neuropsychologist inspects the impact of an illness on the brain's processes and mechanisms
- Case study: work alongside clinical neuropsychologists to ascertain the impact of a traumatic brain injury on the patient's everyday function and cognition
- The future of neuropsychology: explore new technologies used in experimental neuropsychology and critically analyse the research and results

Afternoon **The Psychology of Magic**

- Deceiving the mind: uncover the psychological secrets of a magician
- Using your knowledge of memory, perception and attention, practice and create your own magic tricks
- Discover how these principles are critical to the work of neuropsychologists and cognitive psychologists
- Cognitive blind spots and memory research: what can magic teach psychologists?

5:00pm **Close**

Day 8 – Visit England's oldest mental health institution

10:00am **Start**

Morning **Visit to Bethlem Royal Hospital**

Using the skills that you have developed over the course of the Summer Experience, take on an ethical case and discover the history of mental health care

- Private tour of Bethlem Royal Hospital – the UK's oldest mental illness hospital
- Get unparalleled insight into the history of mental health care and treatment and explore the internationally renowned collection of archives, art, and historic objects
- Understand the significance of labelling and diagnosis, freedom and constraint, temperament, treatments and recovery

Afternoon **Psychology Ethics**

- Explore some of the most controversial questions in psychology
- Experience some moral dilemmas that psychologists encounter every day
- Take part in an interactive workshop exploring the ethical implications of mental health care
- Tough decision making: do you have what it takes? Debate with your peers on a hot topic in psychology ethics

5:00pm **Close**

Day 9 – behavioural and business psychology

10:00am **Start**

Morning **Enter Corporate London: Consumer Psychology**

Journey to the heart of corporate London and explore how multinational organisations are leveraging psychology in two key ways: consumer psychology and occupational psychology and how this is underpinned by behavioural science.

- Experience the role of a consumer psychologist and uncover how psychology underpins successful businesses
- Humanising business: develop thoughtful solutions to social problems using behavioural science
- Design your own behavioural experiment and hypothesis and carry out a live experiment with your peers
- Observe, analyse and collate the results before pitching your findings to top business psychologists

Afternoon **Occupational Psychology**

- Experience the role of an occupational psychologist and uncover how psychology underpins successful organisations
- CEO or psychopath? Explore different behaviours and personality types found in the workplace and analyse what these mean for getting ahead
- Analyse case studies of those who got it right and those who didn't - consult on policies to generate effective and sustainable performance from your organisation and its individuals whilst maintaining the well-being of all employees

5:00pm **Close**

Day 10 – The future of Psychology and private networking

10:00am **Start**

Morning **PsychTech: Virtual Reality**

Experience how technology is impacting our behaviour and changing the way we think about the world.

- Meet a pioneering PsychTech firm and take part in an interactive session with experienced psychologists on the impact of virtual reality on the psychology field
- Experience first-hand how virtual realist treatment is being harnessed in the treatment of clinical disorders such as phobias, anxiety, and Post Traumatic Stress Disorder (PTSD)
- Cyberpsychology: discover one of the most important branches of psychology in the modern age. What is the psychology behind human interaction with digital technology?

Afternoon **Private Networking Event at The British Psychological Society**

- Take part in a private networking session with top clinical, forensic and educational psychologists at The British Psychological Society
- Put your newfound knowledge to the test
- Have your burning questions answered by those in the know
- Receive valuable advice from experts in the field

5:00pm **Close**

Day 11- Careermax

10:30am **Start**

Over the next five days, you will receive personalised coaching on how to succeed in each of the major milestones on the road to landing your dream job: i) securing a place at a top-tier university ii) excelling in your studies iii) mastering every aspect of the recruitment process and procuring a top job in psychology post-university. In addition, you will receive inspirational coaching on key employability skills from high-profile figures including politicians and Olympic athletes.

Morning **Enter CareerMax**

Your future starts now: discover the essential skills needed to thrive in psychology.

- Personal development plan: work with a careers expert in small focus groups to plan the next steps in your journey
- 'Big results require big ambitions': hear from a world-class Olympic athlete on the importance of being a self-starting, ambitious individual in today's increasingly competitive climate
- 'The art of communication is the language of leadership': hear from a high-ranking politician on how best to improve your communication skills and captivate a large audience

Afternoon **University Applications**

You're in your final year of school and it is time to start thinking about what comes next.

- Inside UCAS: an interactive session with a university admissions expert, with guidance on how to ace your applications and bag your first-choice university
- University and degree choices: making the right decisions to maximise your career potential
- Eye-catching extracurriculars: using extracurricular activities to boost your application
- Personal statement workshop: expert coaching on the art of personal statement writing
- Interview training: a masterclass with senior admissions tutors from top UK universities
- You become the admissions officer: step into the shoes of a university admissions tutor; review a collection of personal statements and interview prospective students for a place at a world-renowned university

5:00pm **Close**

Day 12 – Enter Oxford University

10:30am **Start**

Morning **Welcome to University!**

Congratulations! You have been accepted into your first-choice university – it's time to start preparing.

- University tour: private tour of Oxford University led by students, who will guide you through the abundant opportunities available to you there
- Academic lecture: meet academics from the psychology department and experience a university-style lecture
- Meet the university team: attend an exclusive networking lunch with students and academics

Afternoon **Step into the Shoes of a Student**

- The academic seminar: discuss the contents of the morning lecture in a seminar group led by an academic, reflect on the topics raised with likeminded individuals and begin to generate your initial hypotheses
- The research project: work effectively as part of a team to research and plan for a knock-out group presentation
- The group presentation: present your team's finding to your peers and academics
- The feedback: receive feedback on your presentation and reflect on your team's performance

5:00pm **Close**

Day 13 – Graduate recruitment : applications and interviews

10:30am **Start**

Morning **Job Applications**

You're in your final year of study and it is time to start thinking about life after university.

- Standout work experience: learn the importance of securing relevant work experience and the impetus it can add to your graduate job applications
- Killer CVs: crack the code to the perfect CV with industry recruitment experts and hear from hiring managers from the psychology industry on what they are looking for in candidate resumes
- You become the hiring manager: step into the shoes of a senior hiring manager working at a psychology clinic as you screen a set of graduate CVs and select which candidates you would like to interview

Afternoon **Interviews**

The graduate recruiter was impressed by your knockout CV and you have now been invited to interview for the role.

- Interview workshop: receive bespoke public speaking training on how best to articulate yourself during high-pressure, professional situations such as interviews and presentations
- You become the graduate interviewer: interview candidates for a graduate role alongside senior recruitment managers and put them through their paces with a series of challenging scenario-based questions
- Reflection: return to your focus groups and review the goals you set for InvestIN's CareerMax week. What have you achieved so far? What would you like to work on over the final two days? What questions do you need answering?

5:00pm **Close**

Day 14 – Graduate recruitment assessment centres

10:30am **Start**

Morning **Enter the Assessment Centre**

Congratulations! You have nailed the initial interview for a graduate role at a psychology clinic and are among the top-ranked candidates invited to the final stage assessment centre.

- Graduate assessments: discover the different types of activities you will be faced with during an assessment centre and the core competencies that recruiters are looking for
- Psychometric tests: experience a series of psychometric tests that will gauge your suitability for your dream role and receive feedback on your performance
- In tray exercise: tackle a series of challenging in tray exercises and impress your prospective employer with your calm and organised approach to work

Afternoon **The Group Exercise**

- The task: receive an exciting group exercise brief, meet your team and establish members' individual strengths and areas of expertise
- Group discussion: master the art of managing discussions during group assessment centre activities as you collaborate with your team and evaluate one another's contributions
- Key skills: manage your time effectively and wow the assessors with your outstanding approach to teamwork, communication, and leadership
- The assessment interview: keep a cool head as you tackle a series of challenging group interview questions and impress your prospective employer with your responses

5:00pm **Close**

Day 15 – Personal development plan: next steps

10:30am **Start**

Morning **Personal Development Plan**

- Personalised feedback: receive a bespoke summary of your performance during the day 14 assessment centre, including your strengths and areas for development
- Group reflection: return to your focus groups and reflect on what you have achieved throughout InvestIN's CareerMax week
- Personal development plan: work with a recruitment expert to establish your next steps and create your very own personal development plan
- Farewell speech: a review of what you have gained from the Summer Experience, with closing remarks from the programme director

1:00pm **Close**

*Exact programme subject to change without notice