



Psychology

BA

Bachelor of Arts major

**Are you fascinated by human behaviour?
Do you wonder what motivates us?
What about how we learn?**

Psychology enables you to study how people think, feel and behave. You will learn how the brain works, how children develop, and how people interact with their world. You can explore aspects of behaviour and wellbeing, such as how people cope with stressful life events. You can also study human personality and intelligence, and people's experiences of mental illness. Study the mind and behaviour in this varied and intriguing subject.

Career possibilities

Many avenues open up to graduates with a major in Psychology. Building your knowledge about relationships, neuroscience, as well as human behaviour, thinking, reasoning, emotion, mental health, language development, perception and personality means you may have an advantage in the job market, due to your understanding of psychological theory and practice.

As a graduate, you may find a position in a business, health service, or in a research institute.

Your job could include developing psychological tests, statistical analyses, or surveys and questionnaires, as well as being involved in staff recruitment, personnel training and evaluation.



“The skills I have learned from both my bachelors and my graduate diploma have helped me and continue to help me each day. These interpersonal skills help me be a good operations manager and the teaching skills help me every day to motivate and manage a team of 50 staff.”

CHANDNI SAHRAWAT
Director, Kol Auckland; Sid at The French Cafe; Cassia; and Cassia at Home
Life Coach, Business consultant, Project management, Goal Getters NZ
Graduate: Bachelor of Arts, majoring in English + Psychology
Graduate Diploma in Teaching



You will learn to investigate how people think, learn, perceive, feel, interact with one another, and understand yourself. You will study different sources of psychology knowledge, including learning from animal behaviour, and you'll learn how to gather and analyse observable and repeatable behavioural data, in the laboratory or out in the world.

STAGE 1 COURSE*

PSYCH 108 – Individual, Social and Applied Psychology

Topics covered may include: developmental and social psychology including group behaviour, the measurement of mental abilities, intelligence, models of personality, clinical and health psychology, methods of therapeutic intervention, and the psychological similarities and differences between cultures. A laboratory component, in which students are required to participate as subjects, forms part of the course.

STAGE 2 COURSE*

PSYCH 207 – Theories of Personality and Development

The major personality theories are presented including: Behavioural, Cognitive, Social-Cognitive, Psychodynamic, Humanistic/Phenomenological, Trait/Dispositional and Biological/Evolutionary. The hypotheses generated by these theories, about development from early childhood onwards and about 'normal' and 'abnormal' behaviour, will be discussed and evaluated in terms of empirical evidence and utility. Attention will be paid to cultural issues of relevance in a New Zealand context.

STAGE 3 COURSE*

PSYCH 319 – Psychology and Gender

The study of gender is crucial to understanding many everyday aspects of our lives, as well as many contemporary social issues. Provides an introduction to selected key issues in the critical psychology of gender, from a social constructionist perspective. Topics that will be covered include gendered bodies, masculinity and femininity, sexuality, rape, and mental health.



Get excited about your course options:



- Child Development
- Mind, Brain and Behaviour
- Perception and Cognition
- Sport Psychology



Complementary majors include:

Psychology
+
Anthropology
Communication
Criminology
English
Politics and International Relations
Sociology

**Course availability may be subject to change. For a full list of courses and up-to-date information visit our website. Published June 2025.*

“The Psychology cohort is incredibly welcoming, and I've made some great friends through classes and labs. Its supportive and engaging environment makes the learning experience even more enjoyable.

“I always walk away with new and fascinating insights that I find myself reflecting on, and the psychological case studies we explore are always so unique.”

JESSICA LUO

Student: Bachelor of Arts, majoring in Psychology / Bachelor of Laws conjoint

