

# SEP Report

## 1. Student Information

Faculty/Major	FASS/Psychology
Host University	University of Sydney
NUS Semester and Year of Exchange (eg. AY14/15 Semester 1)	Semester 1/Year 3

## 2. Study at Host University

Please provide information on the academics at your host university:

- Studying or learning culture at your host university. How were classes conducted?
- What did you like most or dislike most about the academics at your host University?
- Advice on module registration and module mapping

- Academic Culture
  - Similar to NUS – advised to attend lectures, tutorials are compulsory, independent reading required prior to going for classes
  - I liked the breadth of classes because I managed to learn about various aspects of a particular part of psychology in just one module from different lecturers.
  - However, the downside is since the module is often taught by 4-6 lecturers, each lecturer seems focused on presenting what they have been doing in their research which enable students to understand what they have studied, but I would have preferred a more holistic approach to learning.
  - Each lecturer has their own teaching style which can be quite disruptive to learning at times i.e one lecturer prefers using photos and videos while another prefers heaps of texts on their slides.
- Advice on Modules
  - Psychology is under the Faculty of Science in Usyd, therefore expect a lot of science-based modules rather than the ones you are used to in NUS.
  - Beware of neuroscience and perception modules! Advanced modules may also contain lab components which may be a disadvantage to foreign students.
  - Dean's office only allows you to convert:
    - Your full load of 4 modules into a full load of 5 NUS modules OR
    - 3+1 approach, which involves counting your 3 PU modules as 4 NUS modules
    - What this means is you CANNOT take a 2+2 approach e.g. 2 major modules + 2 UE/minor modules, if not they will not be able to convert the credits
    - Either take 4 major/minor/UE modules or 3 major/minor/UE modules + 1 module that does not overlap with what you have already chosen
  - Remember to register your modules early. If you do decide to add/drop your module, you can still do so in the first week but be quick!
  - Remember to check your GAPS to make sure that your converted modules can be mapped correctly

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Please list the courses that you took during SEP. (Please take note that the list of modules available to exchange students at the host university are subject to change. This table merely serves as reference.)

Host University			NUS Equivalent		
Module code	Course title	ECTS Credit	Module code	Course title	Modular credit
PSYC2014	Personality and Intelligence 1	6	PL37XX	Dummy Code Module	4
PSYC3013	Perceptual Systems	6	PL3243	Sensation and Perception	4
PSYC3020	Applications of Psychological Science	6	PL37XX	Dummy Code Module	4
			PL37XX	Dummy Code Module	4
SCWK2005	Psychology for Social Work 202	6	SW3000	Dummy Code Module	4

## 2. Accommodation

**What kind of accommodation did you stay in during your exchange (eg. on campus / off campus)?**

**Would you recommend this accommodation to future outgoing students?**

**Do you have any other suggestions?**

I stayed in Urbanest Cleveland Street. This accommodation is quite well located because you have to walk an equally short distance to many amenities and school. It is not the nearest Urbanest or accommodation to school, but you will stay nearer to the Central area, Chinatown, the train station (Redfern) and Surry Hill.

Among the other accommodations, this is one of the more pricey ones but you can get a cheaper offer as a exchange student. It is advisable to email them early rather than wait for the advertisement to arrive via your USydney student email because you should try to secure a spot asap. For the higher price, you can get better security, frequent events (one almost every day), facilities such as a gym, play room + free pool table, shared kitchen in your apartment (with oven) and an ensuite bathroom. I personally enjoyed having my own bathroom because everyone's bathroom habits is different.

There are cheaper places out there with less facilities of course, but I am glad I chose Urbanest. I definitely had a good experience staying with them. Do note that you will only have 15GB a month so be prepared to watch videos on low quality if you frequent Facebook and Youtube. I survived on 15GB for the first few months but decided to buy more data in the last 2 months because I was staying at home more often to study for exams. Buying data is expensive if you buy it alone but can be much cheaper if you share with a group.

If you do not like apartment living, there is a new building called Queen Mary that lets you stay in individual rooms like our NUS Halls and Residences.

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## 3. Activities during SEP

**Were there any activities organized by school/student group/external organizations at your host university which you would like to recommend to other students?**

- Definitely sign up for Unimates, the international students club that organizes weekly activities for international students to meet up and relax while trying international snacks
- They will organize a tour during the mid semester break (after Week 9) so you can include that in your schedule.
- You will need to sign up for an ACCESS card (student union card) in order to register for Unimates, so that costs quite a bit. However, getting the ACCESS card lets you buy school food at a cheaper price and join other events or clubs, sometimes for free.
- If you are going in Semester 1, stay tuned to the Singapore Society Facebook page for updates about National Day!

## 4. Cost of Living

**Please provide an estimation of how much money you spent during your SEP?**

**Please list travel expenses separately.**

- Groceries budget -> \$170-\$200 per month
  - I never bought food in school because I cooked all my meals. I usually spent \$170-\$200 on groceries every month.
- Eating out budget -> \$170-\$200 per month
  - My budget for eating out with my friends, which is usually once or twice a week, is about the same as my groceries because eating out is expensive, however I can eat a lot of home cooked meals with the same amount of money.
- Necessities such as moving in allowance, laundry - \$150 for the whole semester
- Transport - \$60 (Walking saves you a lot of money!)
- Entertainment - \$200 per month
  - This includes signing up for activities in school, tours, xtreme sports, watching musicals
- Travel
  - Short road trips on weekend - \$100 per month
  - Melbourne trip during mid semester break - \$600
  - End of year road trip with diving, skydiving, Fraser island tour (17 days) -> \$3000

## 5. Challenges

**Did you face any challenging issues during your SEP stint? How did you overcome it/them?**

- I did a part time job online and my boss was working from Singapore. My job mostly involved me writing weekly articles for the company's blog and sourcing for outlets to publish my articles. This was stressful because it meant that I needed to dedicate a day each week to do my work on top of my school work.
- I planned a schedule of articles to write for the next couple of weeks and informed my boss. He was agreeable to my plan and this saved me a lot of time as I no longer needed to check with

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him weekly what I was required to write.

- Sometimes it can be quite draining when you are thrown into a new environment and you feel obliged to do everything and meet all your new friends. You do not want to spend your money extravagantly but you do not want to waste your time being cooped up at home after flying all the way there. This is made worse if you are spending your parents' money and not your own. For me, knowing my priorities and my limits helped me decide which activities were going for and how I should plan my budget.
- Having housemates can be a joy if they are cooperative and pleasant to talk to. However, it can be hard to live with new people because everyone comes from different cultures and had different household habits. To make matters worse, I had a particular housemate that would not help with the chores such as throwing the rubbish and would often aim to give the minimum amount of effort she could. This made it very frustrating and upsetting for everyone. I did not have the heart to tell her, but I did my best to ensure that I did my part. Eventually, I understood that everyone has their own way to do things and it would have been best if we did a duty roster at the start of the semester.

## 6. Overall SEP Experience

**Please write one paragraph about your exchange experience and attach some photos that represent your exchange experience.**

Going on exchange definitely pushed me physically and mentally. Being on my own meant that I had the opportunity to reorganize and reshuffle my life to something that I had always wanted but had never been able to do so due to laziness or other commitments. I began to exercise more regularly, became more adventurous, tried out new things such as diving, surfing and skydiving! In terms of my mental health, I learnt to be more bold and confident on my own. I learnt to live in the moment and make the best of every experience. I also met new people and made new friends from different cultures and saw my friends who were also new to this country gradually grow and discover new perspectives. It was a very refreshing and enriching experience that I would recommend to everyone.

## 7. Suggestions for future outgoing students

**Please share any other suggestions for future outgoing students.**

- Book your return tickets early. The extra money saved can be used to stay a few days longer!
- Bring a GoPro to record your adventures!
- Bring your driver's license! And make sure to brush up on your driving before going over.
- Make the most out of every experience 😊