

# SEP Report

## 1. Student Information

Faculty/Major	Faculty of Arts and Social Sciences (Psychology and Social Work)
Host University	University of St. Andrews
NUS Semester and Year of Exchange (eg. AY14/15 Semester 1)	AY15/16 Semester 1

## 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**

I took five modules from the School of Psychology and Neuroscience. The level 3000 modules were held in bigger classes were conducted in lectures and tutorials format. I liked that the lecturers were the ones who facilitated the tutorials as well. Students usually contribute actively to the discussions during tutorials. The level 4000 modules were held in smaller classes and were conducted in seminar format. The seminars were a mix of lectures, student discussions and student presentations. For the presentations, we were required to present key findings from research papers which I think is a good practice for one's future career. The professors gave helpful feedback before and after the presentations. I appreciate that the essay feedback given by the professors was specific and constructive, indicating which parts were good and which parts need improvement.

Module registration is done during what they call 'Advising' week, which is one week before lessons begin. The university will inform you of your Advising time slot and you will get to meet your module advisor, who will help you with your module registration. You can ask the module advisor any questions about the modules. If you decide to drop a class during the first week of lesson, you may email your module advisor after getting the approval from the relevant departments in NUS.

# SEP Report

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
PS3031	Conceptual Issues and Theoretical Perspectives	10	PL37XX		Unsure
PS3035	Cognitive and Behavioral Neuroscience	10	PL37XX		Unsure
PS4074	Cognitive Psychology and the Emotional Disorders	15	PL37XX		Unsure
PS4083	Psychology of Music	15	PL37XX		Unsure
PS4089	Neural Basis of Episodic Memory	15	PL37XX		Unsure

## 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 a catered hall on campus. It provided 19 meals a week. (Breakfast, lunch and dinner for weekdays and breakfast and lunch for weekends)

I would recommend this accommodation because I think it makes it easier to make friends due to common meal times. The food provided is quite good as well, in my opinion.

## 3. Activities during SEP

# SEP Report

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

I went during the first semester when St Andrews offers try-outs for different sports clubs during freshers' week. I think it is fun to attend the freshers' week even if you might not join any club eventually. There was also a fair for the different societies in the university which you can explore and sign up for the society which you are interested in.

During the first semester, there was a Raisin weekend which is a unique St. Andrews' tradition. Most students in St. Andrews are part of an academic family. Students in their 3<sup>rd</sup> year adopt first year or exchange students as their academic children. The adopting process happens during the start of the semester. Don't worry if you don't get adopted because the student union holds speed adopting sessions (like speed dating but without the dating) so do look out for that! Your academic mum and dad may or may not know each other. It's a great way to make friends. During Raisin Sunday you will have activities with your academic family. During Raisin Monday, your academic mum will dress you up and you will go for a foam fight which sounds very fun even though I did not personally experience it because I had to give presentations for my class. So try to find out when Raisin weekend is and try not to have any presentations scheduled then.

During the second semester, there is another St Andrews tradition called May Dip that you may choose to participate in.

I am a Christian and I went for some events organized by the Christian Union. They hold weekly meetings on one of the weekday evenings where there is worship and then a sermon. They also have lunch bar which is organized by Solid Rock (part of the Christian Union) where you can get a cheap lunch or sometimes free lunch (look out for those by liking their Facebook page) while making friends and listening to someone share his/her testimony. There are also events organized by the International Café (another part of Christian Union) where international students can come to eat, chill and make friends. Both Christians and non-Christians are very welcome.

# SEP Report

## 4. Cost of Living

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

**Please list travel expenses separately.**

Accommodation = S\$6,000.00  
Expenses at St. Andrews = S\$600.00  
Travel expenses = S\$7,400.00

## 5. Challenges

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

There were times of feeling homesick during my exchange especially at the beginning. Making Skype calls with my family and friends helped me. Going for walks around St. Andrews, which is a beautiful seatown helped as well. Knowing that there are support networks within the school like Nightline, which is a free anonymous listening service, and Support Advisors whom I can speak to reassures me too!

## 6. Overall SEP Experience

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

Studying abroad was an amazing opportunity for me. Being away from home was scary and I had many doubts at the start but I am glad that I took the step of faith. It was refreshingly different to live abroad for an extended period of time, experiencing autumn and winter. It helped me appreciate the things in Singapore that I took for granted such as the long daylight hours and cheap, tasty food. I was also very fortunate to have made friends with international students which made my exchange experience very special and memorable.

# SEP Report

**7. Suggestions for future outgoing students**

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

Go with an open heart and mind. Make the most out of this once-in-the-lifetime experience you have.