

# Studying psychology in times of crises & beyond—Here's how JGU is prepared to change the narrative

The deep impact of human psychology has become more relevant during the Covid-19 pandemic. Today, as people count the days in lockdown abiding by social distancing norms, the signs of struggle are telling on mental health and wellbeing. As we adapt to the “new normal”, some have spent this time to grow constructively, and many others have faced the harsh slew of adversities brought on by the pandemic. Loss of jobs, economic hardships, stress, anxiety, depression, and so on, have added to concerns regarding the psychological wellbeing of people across the globe

At home in India, the scenario has long since needed urgent support. According to the World Health Organisation (WHO), there are merely seven psychologists for every 10 million Indians. For a country of over 1.3 billion people, there is a major dearth of mental health professionals. A massive boost of qualified professionals is needed to bridge this gap and contribute to human wellbeing.

While many students are opting to study psychology now, many more must be inspired. A degree in psychology can equip young people to make a difference. It can also be a gateway for personal growth, and a ticket to a host of promising careers beyond psychology.

In this backdrop, O.P. Jindal Global University, Sonapat has established its tenth and new school, Jindal School of Psychology & Counseling (JSPC) as India's first transdisciplinary psychology school. JSPC will introduce a four-year B.A. (Hons.) in Psychology in 2021.

## What can you do with a degree in psychology?

Understanding our thoughts, feelings, actions and behaviours is intrinsic to human nature. The multidisciplinary curriculum at JSPC will explore the human mind and behaviour through courses like Psychology and Mental Health, Human Cognition, Biopsychology, Psychology at Work, Psychology of Individual Differences, Cultural and Indigenous Psychology, Social Psychology, and more.

Careers as clinical psychologists, psychotherapists, counselors, human resource professionals specialised in industrial-organisational psychology, to roles in

education, research, social work, and beyond can be very challenging and rewarding. In fact, a degree in psychology doesn't limit graduates to careers in psychology. This versatile subject builds dynamic, transferable skills like problem-solving, logical reasoning, good communication and empathy, that can help you enter domains as far and wide as marketing or advertising, to politics, journalism and more.

Beyond its professional scope, the study of psychology brings you closer to understanding yourself, and making sense of the world around you. For students who are curious to explore this fascinating field, JSPC offers a distinctive edge. Here's why.

## Interdisciplinary exposure to support holistic learning

An education in psychology can lend a deeper understanding of various phenomena across disciplines. At the same time, exposure to other subjects can further enrich the prism of learning. For instance, interpreting voter behaviour in politics, understanding patterns of racial or gender discrimination in the workplace, developing marketing strategies by evaluating consumer psychology and so much more—exploring such connections through a multidisciplinary curriculum can open one's eyes to a host of perspectives.

Students of JSPC can choose from 100+ electives listed across 10 schools at JGU. Blurring the boundaries between disciplines, holistic learning takes place at the intersection of perspectives from schools of Law, Liberal Arts, Business, International Affairs, Government & Public Policy, Banking & Finance, Journalism & Communication, Art & Architecture, and Environment & Sustainability

## Opportunity to learn & innovate at research centres & well-equipped labs

Psychology is as much a science as it is an art. The seeds of this scientific temper were sown at JGU with the establishment of the Jindal Institute of Behavioural Sciences (JIBS) in 2014, where eminent faculty and internationally-acclaimed researchers have engaged in rigorous research and innovation.

This vibrant culture is an inspiring learning environment for young students. They can partake in activities across four research centres, contribute to various publications, and attend psychology conferences, seminars, talks and workshops. Access to cutting-edge equipment and techniques at the Brain Behaviour Laboratory featuring digital and manual human performance assessments, and Forensic Science Laboratory, will further help students gain a strong scientific footing. They will also be taught statistical methods used in psychological research.

### **International & national collaborations for study, research, internships & placements**

The opportunity for international exposure is a mainstay at JGU. Extensive mobility options are attractive to students who wish to broaden their horizons. Students can choose from a wide basket of short-term study abroad, semester exchange programmes, and dual degrees with leading international institutions as JSPC fosters global collaborations.

They can make use of JSPC's tie-ups with the Academic Council on the United Nations System, World Wide Fund for Nature, International Society of Criminology, Tilburg

University and University of Melbourne, among others. The final year will give options for a semester abroad, hands-on research projects, a dissertation and skill-based training.

### **World-class faculty & a global curriculum set the gold-standard in India**

The chance to learn from leaders in the domain is a major reason for students to choose top universities like Harvard, Stanford, Oxford, Cambridge or Yale. As JGU makes history as the youngest university in the world to break into the QS World University Rankings 2020 and the QS Young University Rankings 2020 (under 50 years of age)—JGU lives up to its global counterparts. Students can learn from a diverse pool of faculty drawn from leading national and international universities with extensive expertise and professional experience, and an industry informed curriculum crafted at par with global standards.

The B.A. (Hons.) in Psychology at JSPC is a future-oriented programme carefully designed for the needs of today's students, and the opportunities and challenges of tomorrow's world.