

Psychology

Past Pupil Reflections on Psychology

Sionna Micallef

I genuinely feel that my Psychology A Level gave me a solid foundation for my future studies and steered me on my career path. Mrs Duke's teaching style was fantastic and I felt that she brought the literature to life in an engaging way (including topics like research methods- which isn't an easy feat!) Her words of reassurance built my confidence along the way and I'm so grateful to her.

I completed my undergraduate Psychology Degree at Trinity College Dublin, with a view to specialising in Organisational Psychology. I am currently an Employee Experience and Inclusion Specialist in AIB's Chief Technology Office. The highlight of my role is working to improve inclusion and diversity practices, with a particular focus on improving diversity in our talent pipeline. I am also currently working to enhance our learning and development

offering and onboarding supports. Throughout my study of Psychology, I've developed capabilities that are directly transferable to my day-to-day, such as analytical thinking and critical analysis. I feel my academic background has benefited me in my current role.

Throughout my studies, I knew that people-centred roles, with a focus on evidence-based interventions, was a real area of interest for me. I look forward to increasing my use of psychology throughout my career, and plan to explore Masters opportunities in Organisational Psychology and Behavioural Science.

I am also passionate about increasing engagement with women in STEM



and social mobility. I have become a mentor for young girls in socio-economically disadvantaged schools and have been absolutely delighted to introduce them to Psychology as a potential career path

Rebekah Osbourne (Née Nixon)

Psychology has been one of the most influential subjects I've studied. The topic 'Research Methods' gave me a very sound understanding of important aspects of research. We were also taught how to cite research correctly and both of these components were fundamental at university and helped me publish a research paper during my undergraduate degree.

I enjoyed the variety of topics covered, especially some mental health conditions such as depression and OCD. This gave me a greater understanding and appreciation for the causes and treatment of common mental health conditions people can encounter in life. Mrs Duke is a fantastic teacher and will do her best to ensure each student has a thorough understanding of each topic covered. She makes class enjoyable and you will look forward to her classes.

I went on to study Sport and Exercise Medical Sciences with a Professional Training Year at the University of Exeter. I graduated with a First Class Honours Degree in 2021. I did a year of research under the supervision of a world-leading professor in the Physiology Department. He kept me on for my dissertation in my final year and submitted my research to a respected journal to be published. When leaving Banbridge Academy in 2017, I was the Ulster Schools' Cross Country, 1500m and 3000m Champion. I have continued competing and have since achieved a few Senior Northern Ireland titles. I currently hold the Northern Ireland and Ulster 5km and 1500m senior titles. I have been incredibly blessed and hope the best is yet to come, perhaps in the form of further education and international opportunities with my running.

