

## WELCOME TO THE SCHOOL!

Dear Incoming Psychology & Neuroscience Students,

I would like to extend a very warm welcome to those of you joining the School of Psychology & Neuroscience this year. Whether you are going to be staying with us for one semester or for four years, it is important that you know that you are joining an extended academic family which takes pride in helping you make the most of your time in St Andrews. As the current Head of School, I feel a strong sense of privilege in helping to ensure that you progress, and eventually leave, knowing that you made absolutely the right choice in studying here.

This can be a daunting time, as you meet new people and familiarise yourselves with new and perhaps very different surroundings. However, I am confident that you will quickly fall in love with both the town and the School and that you will make many new friends. The School has a long tradition of high standards in everything that we do. We adopt the pedagogy of Benjamin Franklin (1759), one of the University's honorary graduates (1759): "*Tell me and I forget, teach me and I may remember, **involve me and I learn***". You will be taught by the very best academic psychologists and neuroscientists in the country. You will also experience cutting edge research in the areas that you find fascinating and will have the opportunity to learn hands-on about the latest techniques. You will leave as very different, talented and fulfilled people and with an entirely new perspective on life. However, don't be surprised if, years from now, when you have successful careers in your chosen field, you still find yourself drawn back to St Andrews. The coming years will fly past so please enjoy every moment and every experience that is on offer!

All of us in the School, from current students and postgraduate researchers to the amazing academic support team of administrative and technical staff, are here to assist you in getting the most from your studies. You will find that we are all very approachable so please do contact myself or any of my colleagues for help or advice if you need it.

I look forward to meeting as many of you as possible after you arrive.



James Ainge

Professor of Psychology & Neuroscience

**Dear incoming Psychology and Neuroscience students,**

Welcome to the School of Psychology and Neuroscience! I hope you're excited and proud to start your journey here at the University of St. Andrews. Whether you're coming from near or far, moving away from home can feel a bit daunting. Here are a few tips to help you settle in quickly: take advantage of Freshers' Week by putting yourself out there, meeting as many people as you can, attending the Freshers' Fayre to explore and join societies, and trying out events that pique your interest—or even those that are completely new to you! It's normal to feel overwhelmed, so be sure to check in with yourself and take a break if you need some rest. Remember, even though it may feel like you're navigating the start of university on your own, most others are in the same boat. As cliché as it sounds, just be yourself—you'll find your community in time.

Now, let me introduce myself. I'm Hayley, a 4th-year Neuroscience student and your School President for 2024/25. My main role is to facilitate communication between students and staff and lead the academic representative team, which includes class reps you can vote for or even run for at the start of the term. I'm excited to work towards enhancing academic support, strengthening our large and diverse psychology and neuroscience community, and promoting career and internship opportunities. I plan to work on initiatives like helping to launch a tutoring program, organising a mental health charity bake sale, and collaborating with the EDI and disability reps to make our school as inclusive and welcoming as possible. If you're interested in getting involved, I strongly encourage you to run for a representative position, or feel free to reach out to me if you have ideas on what the school could implement—your perspective is invaluable!



If you need support during your time at university, don't hesitate to reach out to me (my contact details are below), your class representative, staff, student services, the career centre, etc. We're here to help ensure you have a positive experience at St. Andrews. Enjoy this new chapter of your life, work hard, make wise choices, and create long-lasting memories.

**Best regards,**

Hayley Stone (she/her)



**School President of  
Psychology & Neuroscience**

*University of St. Andrews  
Students' Association*

**School President Email:** [psychneuropresident@st-andrews.ac.uk](mailto:psychneuropresident@st-andrews.ac.uk)

**Personal Email:** [hes20@st-andrews.ac.uk](mailto:hes20@st-andrews.ac.uk)

**Instagram:** [@psychneurosta](https://www.instagram.com/psychneurosta)