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## School of Health Sciences

### Postgraduate study for international students

[www.nottingham.ac.uk/healthsciences](http://www.nottingham.ac.uk/healthsciences)





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Front cover image:  
Postgraduate students studying  
outside in the Millennium Garden,  
Jubilee campus

# Welcome to the School of Health Sciences

As part of one of the world's leading universities, the School of Health Sciences has an outstanding reputation for world-class healthcare education and research. We are proud to support and shape advances in clinical practice and are helping new and established healthcare professionals from around the world develop skills and advance their careers into exciting new areas.

With health and social care undergoing huge changes, many practitioners are turning to postgraduate study to advance key skills and knowledge.

The School of Health Sciences is the ideal place for you to update your learning for the benefit of your patients and clients, as well as your own career development.

As you will discover in this brochure, we are one of the world's best universities with an outstanding reputation for teaching and research. We offer a wide range of Masters, Doctoral and specialist courses, as well as a wealth of support to help you further your career.

Postgraduate study is a significant investment in your future, but a rewarding one. If you have any questions at all, please don't hesitate to contact us and we will be happy to help you.

Thank you for your interest in studying at our wonderfully diverse and vibrant school – I hope to soon welcome you to our community.

**Professor Patrick Callaghan**  
Head of School



# A world-class university

**With over 43,000 students from more than 150 countries, two overseas campuses, and an outstanding reputation for groundbreaking research and teaching excellence, Nottingham is in the top 1% of universities worldwide according to the QS World University Rankings 2014.**

At the heart of this success is the University's commitment to teaching, research and student support. Our world-changing research attracts around £150m a year in funding. Our academics are passionate about their research and many are internationally recognised in their field. Since 2003, our academics have twice won Nobel Prizes and in the latest Research Assessment Exercise more than 90 per cent of our research was classed as being of an international standard.

Research at Nottingham generates discoveries, many of which have profound social, economic and cultural benefits and address major global challenges. Among other world-changing innovations, Magnetic Resonance Imaging was invented at Nottingham and continues to have a huge impact on modern healthcare. Our postgraduate students make significant contributions to this pioneering work.

The research at the University plays an important part in shaping our teaching which, following a recent Quality Assurance Agency (QAA) institutional audit was given the highest possible rating. The QAA also praised the support students receive, particularly from the Graduate and Student Service Centre. The University has been awarded the European Commission's 'HR Excellence in Research' award in recognition of its commitment to supporting research staff and to implementing the Concordat supporting the career development of researchers.

Postgraduate study is challenging but you will benefit from outstanding academic and pastoral support. Our experienced team are here to provide help and advice on issues ranging from your course to finances, mental wellbeing and careers planning.

Once you have completed your studies, you will become part of our global alumni association and enjoy benefits including invites to exclusive events, lifetime access to our Centre for Career Development and a network of former students who may prove invaluable in your future career.

For more on The University of Nottingham, including latest news and events, visit [www.nottingham.ac.uk](http://www.nottingham.ac.uk)

## The University of Nottingham is placed 77th in the world and in the top 1% of universities internationally by the latest (2014) QS World University Rankings.



Students relaxing in front of the Trent Building, University Park Campus.



# A dynamic school shaping healthcare practice globally

**Our goal is to provide a world-class education, providing you with the intellectual and practical skills to adapt to changes in healthcare with speed and confidence.**

The School is firmly committed to promoting quality in healthcare globally. It works with healthcare providers, higher education institutions and government ministries across the world in a wide range of educational, research and faculty development partnerships. These collaborations enable students to make an enlightened, valued contribution to society. The school conducts research that helps individuals and communities transform their health and well-being.

The School provides a portfolio of flagship postgraduate education, research training and professional courses to equip students from the UK and overseas with advance standing in the health sciences. We have over 3,000 students and around 280 academic and support staff.

## Key achievements include:

- Rated 4th in the UK for physiotherapy in *The Complete University Guide 2015* and 7th for nursing and midwifery in *The Guardian University Guide 2015*
- One of the most popular schools in the UK for physiotherapy students based on the number of applications recorded by the Chartered Society of Physiotherapy
- 97% of our graduates secured professional level work or graduate level further study within six months of qualifying according to the University's Graduate Destinations Statistics, known destinations of 2011/12 first-degree leavers
- Consistently high overall satisfaction in The Higher Education Academy's Postgraduate Taught Experience Surveys
- 98% overall satisfaction with the research degree experience in The Higher Education Academy's Postgraduate Research Experience Survey 2013
- One of the leading centres of healthcare scholarship in the UK; 90% of our research is of international significance, with over half (55%) defined as 'world-leading' or 'internationally excellent' for nursing and midwifery research according to the last Research Assessment Exercise
- 5th for research power and 7th for research quality in the UK as identified by the last Research Assessment Exercise
- Three Higher Education Academy National Teaching Fellows

Our strategic plan for the next five years seeks to consolidate and build upon our successes and exploit opportunities for growth in five key areas:

- Education
- Research
- Staff development
- Health and wellbeing
- Global reach and knowledge exchange

We will continue to work collaboratively with health and social care service providers and other stakeholders to ensure we remain at the forefront of healthcare education and research by being locally relevant, nationally excellent, globally recognised and personally valued by our staff and students.

For further information about the School of Health Sciences, please see our website at [www.nottingham.ac.uk/healthsciences](http://www.nottingham.ac.uk/healthsciences)



Students studying in the Medical School, Queen's Medical Centre.



“In order to build my career as a physiotherapist, I decided to specialise in stroke rehabilitation and sought to find a university which would offer a rich and promising curriculum. The University of Nottingham particularly stood out to me.

Every module I chose on the course has presented the opportunity for me to challenge myself mentally, socially and academically. I particularly loved the leadership module which provided me with the opportunity to shadow the head of the stroke unit for a day. This allowed me to see the leadership strategies they adopted in practice and experience what their daily activities entailed.

The academic staff are genuinely supportive, very approachable and provide all the assistance that you need. I particularly needed help with my dissertation and I am so glad my supervisor was able to put me on track.

Choosing Nottingham was one of the best decisions I have made in my career and I am grateful that I was accepted to pursue my ambitions here. I hope that my masters qualification will enable me to pioneer improvement in the quality of service provided in my home country, Nigeria.”

Damilola Soetan/MSc Physiotherapy (Neurorehabilitation) student

Damilola studying in Cafe Revive in the Medical School at Queen's Medical Centre.

# Postgraduate taught courses

With a faculty comprising leading and influential academics, you can be sure our teaching is informed by the latest, pioneering research.

You will enjoy learning in an engaging and stimulating environment, with tutors that are friendly, supportive, experienced and knowledgeable. Our teaching draws upon the latest advances in pedagogy and learning technology.

Our diverse range of postgraduate taught courses are relevant to local, national and international contexts and are designed to fit flexibly around your career.

## Insights into clinical practice

On most of our taught courses, international students have the opportunity to undertake clinical insight visits in clinical settings. Here, you will be able to observe practice, learn about service innovations and develop networks with specialist clinical teams.

In some cases, according to individual need, a post-MSc clinical internship (of between two to four months) can be arranged at additional cost. The internships enable you to spend more time in clinical practice learning about the latest developments in your specialist area.

## MSc Advanced Nursing

Start dates: September

Duration: 1 year full-time, 2-4 years part-time

The MSc Advanced Nursing builds on your skills and specialist knowledge, giving a deeper understanding and leading to wider career opportunities.

It has been designed to meet the needs and demands of individual students and their workplaces. We aim to develop nurses who can practice at advanced level, offering a programme of study derived from full professional practice delivered on a flexible, modular basis.

The course is designed to attract a rich mix of home and international students from a variety of nursing backgrounds and has been designed in partnership with health service colleagues to ensure it is grounded in the realities of contemporary nursing practice. This course benefits nurses from any area of healthcare wishing to improve and advance practice in their field. Participants value being part of a cohort of enthusiastic nurses from a variety of professional and geographical contexts.

## Course structure

### Core modules:

- Theory and Practice of Advanced Nursing
- Evidence for Health and Social Care
- Dissertation

### Optional modules, at least one of:

- Advancing Nursing and Midwifery Practice in a Global Context
- Leadership in Health and Social Care

Plus, if required, any one 30 credit module related to an area of specialist clinical practice.

## Career opportunities

The course will give you the skills and experience to develop your career and to act as a leader and innovator in the field of nursing.

## Entry requirements

Applicants for the full-time programme must hold a first or second class honours degree in nursing or other relevant topic.

Applicants for the part-time programme will usually hold a Bachelor's degree, or qualifications and experience deemed to be equivalent.

All applicants must be qualified nurses, usually with a minimum of two years' experience in nursing practice.

IELTS: 6.5 (with no less than 6.0 in any element)

## MSc Health and Social Care

**Start dates:** September  
**Duration:** 1 year full-time, 2-4 years part-time

The course is designed to develop your analytical and critical thinking, improve your competencies to lead and manage change, and give you the skills and knowledge to progress your career into more challenging senior roles.

Flexible and student-centred, the course has been carefully designed to meet the needs of those working in a range of roles and service environments. It is open to both experienced and newly registered health and social care practitioners.

One of the key benefits is its interprofessional nature, drawing applicants from a wide range of settings. This will lead to fascinating opportunities to learn from each other's experiences and perspectives, build networks and enhance future interdisciplinary working, training and supervision.

### Course structure

The programme allows you to follow a general pathway or choose from a variety of specialist routes.

#### Adult cardiac care

- Evidence for Health and Social Care
- Contemporary Practice in Care of the Acutely Compromised Cardiac Patient
- Cardiac Care: Primary Prevention, Rehabilitation and Long Term Conditions
- Optional 30 credit module from level four portfolio
- Dissertation

#### Adult critical care

- Evidence for Health and Social Care
- Adult Critical Care: Contemporary Care of Renal, Cardiac and Respiratory Disorders
- Adult Critical Care: Contemporary Care of the Traumatically Injured, Neurological and Endocrine Disorders
- Optional 30 credit module from level four portfolio
- Dissertation

#### Critical and high dependency care of neonates, infants and children

- Evidence for Health and Social Care
- Critical and High Dependency Care of Neonates, Infants and Children 1
- Critical and High Dependency Care of Neonates, Infants and Children 2
- Optional 30 credit module from level four portfolio
- Dissertation

#### Long term conditions

- Evidence for Health and Social Care
- Long Term Conditions Management
- Two optional 30 credit modules from level four portfolio
- Dissertation

#### Palliative and end of life care

- Evidence for Health and Social Care
- End of Life Care Management
- Critical Perspectives in End of Life Care
- Optional 30 credit module from level four portfolio
- Dissertation

#### Psychological therapies for psychosis

- Evidence for Health and Social Care
- Recovery and Psychosis
- Assessment and Formulation for Psychosis
- Psychological Therapies for Psychosis
- Dissertation

#### Recovery and social inclusion in mental health

- Evidence for Health and Social Care
- Changing the Experience of Mental Health Problems
- From Inclusion to Partnerships in Mental Health Practice
- Optional 30 credit module from level four portfolio
- Dissertation

#### Generic pathway

- Evidence for Health and Social Care
- Three 30 credit modules from level four portfolio
- Dissertation

### Career opportunities

The course will give you skills and experience to develop your career in a specialist area and to act as a leader and innovator in the field of health and social care.

### Entry requirements

Applicants must hold a first or second class honours degree and be working in health and social care. Applicants without a first degree may be considered for the course based on clinical experience and previous study subject to approval.

**IELTS:** 6.5 (with no less than 6.0 in any element)

## MSc Midwifery

**Start dates:** September  
**Duration:** 1 year full-time, 2-4 years part-time

This course is designed to enable you as a midwife, to develop, deliver and direct high quality midwifery services within the context of the national and international drive towards improving maternity/health outcomes for the childbearing woman and her family.

The course aims to equip you with the knowledge and skills required to operate at senior and strategic levels in today's midwifery and healthcare services. You will study in depth the art and science of midwifery and the ethical, legal, economic, political, multi-professional and global context in which contemporary midwifery is practised.

### Course structure

#### Core modules:

- Evidence for Health and Social Care
- Empowering Midwifery Practice
- Leadership in Health and Social Care
- Dissertation Project

Plus one optional level four 30 credit module related to an area of specialist clinical practice.

### Career opportunities

The course enables you as a midwife to successfully develop your career, for example as a clinical manager, consultant midwife, lecturer, practice development midwife, research midwife and specialist midwife. Some have also gone on to undertake further study and research, gaining doctoral awards.

### Entry requirements

Applicants must hold a first or second class honours degree and be a registered midwife in current practice.

**IELTS:** 6.5 (with no less than 6.0 in any element)

## MSc Maternal and Newborn Health

**Start dates:** September  
**Duration:** 1 year full-time

This course is designed to enable you as a healthcare professional working in the fields of maternal and newborn health to develop, deliver and direct high quality maternity services within the context of the national and international drive towards improving maternity/health outcomes for childbearing women, their newborns and their family.

The course aims to equip you with the knowledge and skills required to operate at senior and strategic levels in today's maternity and related healthcare settings. You will study the ethical, political, legal, economic, multi-professional and global context in which healthcare is provided to childbearing women and their newborns.

### Course structure

#### Core modules:

- Empowering Midwifery Practice
- Evidence for Health and Social Care
- Dissertation Project

Plus two optional level four 30-credit modules related to your clinical role and personal development needs.

### Career opportunities

The course will give you the skills and experience to develop your career in your chosen direction and to act as a leader and innovator in the field of maternal and newborn healthcare.

### Entry requirements

Applicants to the course will be expected to demonstrate a commitment to the practice of maternal and newborn healthcare settings through their current professional/practitioner role and, in addition to University regulations, must hold a degree (usually 2:2 or above) or equivalent qualification and be involved in the delivery or maternal or newborn health care in their current practice.

**IELTS:** 6.5 (with no less than 6.0 in any element)



## MSc Physiotherapy

**Start dates:** September  
**Duration:** 1 year full-time, 2-4 years part-time

This course is open to all therapists and related healthcare professionals who want to enhance their clinical skills, professional knowledge and critical appraisal abilities as part of their ongoing career development.

It is particularly ideal for those wishing to conduct clinically focused research without the commitment of undertaking a research-only degree.

Within a stimulating climate of evidence-based practice and internationalisation, the School gives you access to world-class facilities and a unique opportunity to learn from expert practitioners, educators and researchers.

The course is grounded in critical analysis and reflective practice, equipping you with the skills to evaluate contemporary professional practice. The various pathways include a strong emphasis on evidence-based practice, physiotherapy theory, research and specialist interests.

### Course structure

**Core modules:**

- Evidence for Health and Social Care
- Dissertation Project

Plus three optional level four 30 credit modules related to an area of specialist clinical practice.

### Career opportunities

The course offers you the opportunity to refine and update your skill set within a practical setting, which means that you should be able to maximise your potential for career development and promotion.

### Entry requirements

Applicants must hold a first or second class honours degree in physiotherapy or related healthcare subject with a minimum of two years clinical experience.

**IELTS:** 6.5 (with no less than 6.0 in any element)

## MSc Physiotherapy (Manual Therapy)

**Start dates:** September  
**Duration:** 1 year full-time, 2-4 years part-time

This pathway is ideal for clinicians looking to develop excellence in reasoning and the application of neuromusculoskeletal therapies.

This course is grounded in evidence-based thinking will give you the exciting opportunity to share experiences with fellow students. You will explore the nature and meaning of manual therapy assessment and treatment. The level of reasoning and technique application is high, and case-driven learning is led by a team of manual therapy experts including physiotherapists and osteopaths.

Within a stimulating climate of evidence-based practice and internationalisation, the School gives you access to world-class facilities and a unique opportunity to learn from expert practitioners, educators and researchers.

### Course structure

**Core modules:**

- Evidence for Health and Social Care
- Contemporary Practices in Manual Therapy I – Upper Quadrant
- Contemporary Practices in Manual Therapy II – Lower Quadrant
- Dissertation Project

**Plus 30 credits from:**

- Contemporary Practices in Injection Therapy Upper and Lower Limb
- Contemporary Practices in Injection Therapy Upper Limb
- Contemporary Practices in Injection Therapy Lower Limb
- Advanced Practice in Physiotherapy (Neuromusculoskeletal Disorders)
- Work Based Project in Professional Practice I/or II
- Teaching and Learning in Health and Social Care
- Leadership in Health and Social Care

### Career opportunities

The course offers you the opportunity to refine and update your skill set within a practical setting, allowing you to maximise your potential for career development and promotion.

### Entry requirements

Applicants must hold a first or second class honours degree in physiotherapy or related healthcare subject with a minimum of two years clinical experience.

**IELTS:** 6.5 (with no less than 6.0 in any element)

**Please note:** This programme is under review, please visit the website for the latest information.

## MSc Physiotherapy (Neurorehabilitation)

**Start dates:** September  
**Duration:** 1 year full-time, 2-4 years part-time

This unique pathway is the UK's most substantial programme related to movement science or the motor relearning approach.

Delivered by expert tutors, you will explore the evidence underpinning stroke rehabilitation and apply this to retraining motor control after stroke.

As you investigate current research, you will be introduced to cutting-edge technology involved in stroke rehabilitation, including electromyography (EMG), isokinetic dynamometry, force plate measurements, gait analysis and feedback devices. You will use equipment in our state-of-the-art human movement laboratory to conduct small case studies using this technology, improving your knowledge of the biomechanics of movement and research methods.

### Course structure

**Core modules:**

- Evidence for Health and Social Care
- Movement Science Based Approach to Stroke Rehabilitation
- Innovations in Neurological Rehabilitation
- Dissertation Project

**Plus 30 credits from:**

- Contemporary Practices in Injection Therapy Upper and Lower Limb
- Contemporary Practices in Injection Therapy Upper Limb
- Contemporary Practices in Injection Therapy Lower Limb
- Advanced Practice in Physiotherapy (neuromusculoskeletal disorders)
- Work Based Project in Professional Practice I/or II
- Teaching and Learning in Health and Social Care
- Leadership in Health and Social Care

### Career opportunities

The course offers you the opportunity to refine and update your skill set within a practical setting, allowing you to maximise your potential for career development and promotion.

### Entry requirements

Applicants must hold a first or second class honours degree in physiotherapy or related healthcare subject with a minimum of two years clinical experience.

**IELTS:** 6.5 (with no less than 6.0 in any element)

## MA Research Methods (Health Pathway)

**Start dates:** September  
**Duration:** 1 year full-time, 2 years part-time

Our MA Research Methods pathway will equip you with the in-depth skills required to carry out research in healthcare. The emphasis throughout is upon linking theoretical and methodological understandings with practical experience of research design and implementation.

Working in a highly stimulating environment, you will learn a variety of methodological approaches and research techniques and develop your ability to critique evidence required for making informed policy decisions and clinical recommendations.

This well respected MA course is part of The University of Nottingham's Economic and Social Research Council (ESRC) Doctoral Training Centre (DTC).

It will be of particular interest to those working within healthcare, will prepare students for doctoral level studies (eg. PhD), which in turn will open up research career opportunities in the health service or academia leading to future clinical academic or advanced clinical leadership roles.

### Course structure

**Semester one - autumn:**

- Research Design, Practice and Ethics
- Philosophy of Research/Social Science
- Fundamentals of Quantitative Analysis
- Choice of Subject Specific Module

**Ongoing throughout the programme:**

- Dissertation
- Research Management Skills Portfolio

**Semester two - spring:**

- Foundations in Qualitative Methods
- Additional (choice) subject specific module
- Plus up to three advanced specialist modules

### Career opportunities

The course has as specific research focus and, as such, it is recognised by the ESRC as meeting the requirements for its 1+3 study scheme. You will develop the skills, experience and knowledge necessary to continue your research at higher level eg. PhD, and will be ideally placed to pursue an academic career in the field of healthcare research.

### Entry requirements

You should have a first or upper-second class honours degree or equivalent and an interest in research.

**IELTS:** 6.5 (with no less than 6.0 in any element)

# Post-registration study

In addition to the postgraduate courses on offer, the School also delivers a BSc pathway, which enables registered nurses holding a diploma to work towards a degree award.

## BSc (Hons) Health Care Studies (top up) degree (Nursing)

Start dates: September 2015

Duration: 1 year full-time

This new degree pathway provides an exciting opportunity to welcome international students to develop their general and specialist knowledge within different areas of nursing and healthcare practice, in order to complete a programme of study full-time over one year leading to a degree award.

### Course structure

#### Core modules:

- Evidence Based Practice
- Clinical Decision Making

In addition to the core modules you will also be able to choose two more 30 credit modules from our portfolio of courses. These can be chosen to complement your areas of interests.

### Career opportunities

The course will enable you to build on your existing diploma and gain a UK BSc degree, with the opportunity to develop in-depth knowledge in a specialist clinical area. With a globally recognised degree, you can pursue Masters level study and/or progress up the career ladder in your own country or overseas.

### Entry requirements

International students must be a qualified health or social care professional and hold a diploma level qualification.

**IELTS:** 6.5 (with no less than 6.0 in any element)

Group of students in a lecture theatre,  
University Park Campus.



# A dynamic research environment

The School has a large, vibrant, multidisciplinary and international research community. Our academics and research students are making major contributions to the advancement of healthcare in many areas. In the latest independent Research Assessment Exercise we were ranked fifth in the UK for nursing and midwifery research.

All of our research activities are undertaken in close collaboration with our clinical partners and we have a national and international reputation in promoting evidence based healthcare.

### Key facts

- The research training we provide is amongst the highest quality in the country
- Our School is part of a nationally recognised Doctoral Training Centre (DTC) funded by the Economic and Social Research Council (ESRC)
- Our Masters in Research Methods course is one of only a few in the country to receive funding from the prestigious National Institute of Health Research and Health Education England's Clinical Academic Training Programme
- We are one of the most popular schools in the country for international doctoral students
- We consistently performed better than average in the Postgraduate Research Experience Survey 2013
- We regularly attract large amounts of funding, and over the past few years have benefited from almost £5m from bodies including the National Institute of Health Research, the Economic and Social Research Council, the Leverhulme Trust and the Big Lottery Fund

As a Doctoral student in our School you will have ample opportunities to disseminate your research and learn from other students' experiences through our regular internal conferences. Our PhD student office allows you to interact and share ideas with one another, making our student community vibrant and supportive.

Our research supervisors have expertise in a number of areas of healthcare and are members of the following dedicated research groups:

- The Centre for Evidence Based Healthcare
- Education and Technology for Health
- Maternal, Child and Public Health
- Mental Health
- Rehabilitation
- Sue Ryder Care Centre for the Study of Supportive, Palliative and End of Life Care

You can find out more about our research groups by visiting their websites at [www.nottingham.ac.uk/healthsciences/research](http://www.nottingham.ac.uk/healthsciences/research)

“At Nottingham we are committed to conducting high quality, applied research. We look forward to welcoming students to join our vibrant and dynamic research environment to work with world leading researchers to take their career to the next level.”

Professor Avril Drummond  
Director of Research

# Research opportunities

Our doctoral programme will equip you with the skills and knowledge to become a successful independent researcher.

We welcome applications from enthusiastic and highly motivated individuals who are ready to use their passion for research to make a real difference to healthcare practice and education.

The postgraduate research team prides itself in providing a supportive infrastructure to stimulate a strong PhD research culture. The School is part of a national network of Doctoral Training Centres (DTC) funded by the UK's prestigious Economic and Social Research Council (ESRC).

PhD students are able to access an extensive number of courses through the DTC. In addition, all PhD students:

- attend a lunchtime seminar series run throughout the academic year
- participate in external and internal research conferences and seminars
- attend quarterly internal doctoral student conferences called 'Research Saturdays', especially designed to encourage the participation and inclusion of part-time students

As a doctoral student you will have access to funding which will support your attendance at conferences or specialist training.

## PhD

**Start dates:** September or January

**Duration:** 3-4 years full-time, 4-8 years part-time

A Doctor of Philosophy is the highest academic degree achievable and requires extended study and intense intellectual effort. You will learn to master a specific subject, extend the body of knowledge about that subject and become an independent researcher. Applications aligned to the School's research groups are encouraged, but we will consider research proposals in any area.

Our PhD programme offers a diverse and vibrant environment in which you are supported not only by the Postgraduate Research team, but by your fellow students too. In addition, each student is allocated two research supervisors with expertise in your area of research or methodology to give holistic support and guidance to the research project undertaken.

In addition to modules and courses provided by the University's ESRC DTC, you will have access to wide range of other workshops and courses to develop research specific skills. These are run by the University's Graduate School.

Support for English language is available from the Centre of English Language Education (CELE). Funding is also available to attend specialist training courses run by other ESRC DTCs throughout the UK.

### Entry requirements

To apply for a PhD you should hold a masters degree with at least Merit (or an equivalent qualification), have an undergraduate degree to at least 2.1 standard and have an interest in research.

**IELTS:** 6.5 (with no less than 6.0 in any element)



**“My research is a longitudinal study to describe maternal self-efficacy (MSE) and to explore factors which may influence MSE in primiparous women in China during the initial postpartum period. I adore the excellent healthcare education and outstanding research training that our School provides our postgraduates.**

**I chose The University of Nottingham as it is renowned for the international excellence in nursing research, education and practice development, which is my dream university. Furthermore, it has beautiful campuses; a wonderful environment.**

**In terms of my career progression, I think investing in postgraduate study with our world-leading university will be a crucial bridge between reality and my dream of a career as a professional nursing researcher and educator in the future.”**

**Zheng Xujuan/PhD Student**

Zheng working in the Postgraduate Study Area in the School of Health Sciences.

# Innovative teaching

**We believe that teaching should be inspiring, engaging and challenging. That's why we employ a variety of learning methods and exploit the latest innovative technologies to create a fresh, vibrant study environment.**

There is a dedicated team within the School who have created a suite of award winning, open access reusable learning objects (RLOs) which used by healthcare professionals all over the world. To access these, visit [www.nottingham.ac.uk/helmopen](http://www.nottingham.ac.uk/helmopen)

Our teaching is delivered by enthusiastic staff who are at the forefront of their disciplines. As a result, our teaching is based on the latest research findings and clinical advances. Staff draw upon a wide range of teaching methods using the latest evidence and technologies to create a dynamic learning environment.

The School is particularly well known for its use of new technologies and innovative online teaching methods to promote independent learning and critical thinking. Examples of these include:

- lecture podcasts
- novel small chunks of elearning on specific healthcare topics
- a virtual portfolio tool that allows you to access an online central resource for course material
- a virtual exchange programme

**“The School of Health Sciences at The University of Nottingham is committed to providing high quality postgraduate taught courses which impact positively on the personal and professional competence and confidence of our students, and as a result improve the patient experience locally, nationally and internationally.”**

**Professor Joanne Lymn**  
Director of Learning and Teaching



# A supportive international environment

**We are delighted that approximately one third of our postgraduate students come from overseas to study with us. Our international students come from every region of the world.**

The School recognises the enormous commitment and sacrifice displayed by international students (and their families) who leave home to study in the UK. We are committed to providing you with an excellent educational and social experience and have many support structures in place to ensure that your time with us is enjoyable, enriching and successful.

The staff within our School are very experienced in working with and supporting international students. Several of our staff have worked internationally and bring this experience to their teaching, research and support.

The School sees itself as an important contributor to global health. As such, our staff are involved in international education and research networks and actively engage within international communities of practice. The School has educational and research partnerships with institutions in many different countries.

## Transition to education at Nottingham

We understand that international students might require extra support to ensure that the transition from an international context to Nottingham is a smooth and successful one.

To ensure this, as a School we offer:

- Specialist academic and library induction sessions for new international students
- Specialist English language sessions
- Extra seminars and tutorial support from course leaders to ensure that you understand all the course and module requirements, to support you to make the right academic choices, and to monitor your progress

You will also receive excellent support from the University's Centre for English Language Education. This provides international students with the opportunity to register for free academic English support courses (in-sessional courses) to help develop English language writing skills.

In addition, you can access a wealth of University support on a wide range of issues at [www.nottingham.ac.uk/studentsservices](http://www.nottingham.ac.uk/studentsservices)

The Students' Union is also a great place to find help. Find out more at [www.su.nottingham.ac.uk](http://www.su.nottingham.ac.uk)

## The International Office

As an international student, you're entitled to many of the same services as UK students. These includes free access to the National Health Service (NHS) for those on courses of six months or more, an on-campus health and dental centre, a counselling service and academic support. Find out more: [www.nottingham.ac.uk/studentsservices](http://www.nottingham.ac.uk/studentsservices)

The International Office is a hub of support for international students. Dedicated staff can guide and support you at every stage of your student journey through the following initiatives.

### Welcome week

From the start of your time here you will be able to connect with your peers through the free Welcome Programme. This takes place in September every year and is for new international students (from outside the EU) joining The University of Nottingham. It is an excellent opportunity to meet staff and students at the University and get to know the campus. To find out more visit [www.nottingham.ac.uk/internationalstudents/applicants/offerholders/preparation-arrival/welcome-programme.aspx](http://www.nottingham.ac.uk/internationalstudents/applicants/offerholders/preparation-arrival/welcome-programme.aspx)

### Advisory service and guidance notes

The International Office offers a professional and confidential advisory service for all international students, both before you arrive, and throughout your time here. Our specialist advisers can offer help and guidance on issues including immigration, employment, financial matters, personal and family concerns, and academic difficulties. Visit [www.nottingham.ac.uk/internationalstudents/support](http://www.nottingham.ac.uk/internationalstudents/support)

We offer a drop in service, no appointment needed, at the International Office on the Jubilee Campus. Appointments can be booked by telephone on +44 (0)115 951 3710. Alternatively, we are able to provide advice by email and over the telephone.

### Student communications

The International Office produces a number of guides and leaflets for students on a wide range of issues related to living in the UK. Guidance also includes sample visa application forms. Please visit: [www.nottingham.ac.uk/internationalstudents/guides](http://www.nottingham.ac.uk/internationalstudents/guides)

The International Office also operates a student mailbox to keep in touch with all international students at the University. The mailbox is used to keep you updated on important information and what is happening on and off campus.

## Finding work

The International Office works together with the University's Careers and Employability Service to identify and promote events which may be of interest to international students who wish to work in the UK during and after their studies. We are also able to advise students on immigration issues related to working in the UK.

### International sponsors

The University prides itself on the support provided to international sponsors and their students, ensuring that both receive the highest level of service possible through a dedicated contact. As part of this service, regular progress reports are collated and supplied to sponsors. Sponsor visits to the University can be coordinated on request.

### Trips and excursions

In partnership with the Students' Union Travel Society, the International Office organises a programme of visits across the UK for international students. Our trips include visits to cities such as London, Liverpool and York, as well as outings to the countryside.

### International Family Link and Host UK

International Family Link is a scheme run by The University of Nottingham which offers international and EU students the opportunity to meet local individuals for hospitality and friendship; be that dinner, coffee or a day trip.

Host UK is a national scheme which gives EU and international students the opportunity to meet British people and experience their hospitality by enjoying a weekend stay in their home. This can be in any part of the UK. For more information, visit [www.nottingham.ac.uk/go/globalu](http://www.nottingham.ac.uk/go/globalu)

## Developing your career

A qualification from The University of Nottingham will indicate to potential employers around the world that you have a high standard of academic ability and valuable transferable skills such as teamwork, written and verbal communication, and presenting. As a result, we are a world top 30 choice for employers\*.

\* According to the QS World University Ranking by Employer Reputation 2013.

### Where will your career take you?

There are several UK visa options for international students who wish to take a graduate job or start a business within the UK after graduation. Visit the International Office as early as possible to make the most of our services and expertise.

For information about visa regulations and working in the UK during and after your studies visit [www.nottingham.ac.uk/internationalstudents/workingintheuk](http://www.nottingham.ac.uk/internationalstudents/workingintheuk)

## Working at home

If you're considering pursuing a career in your country of origin you should start preparing for it before the end of your degree at Nottingham – learn about local recruitment procedures and deadlines and research what makes you attractive as a Nottingham graduate to potential employers at home. Our staff can advise you on planning your job hunting strategy and preparing to return home. For more information see [www.nottingham.ac.uk/careers/returninghome](http://www.nottingham.ac.uk/careers/returninghome)

### Our alumni

We like to keep in touch with our former students, also known as alumni. As a graduate of The University of Nottingham, you will automatically become part of our alumni community which has over 230,000 members living across the globe.

The benefits of being an alumnus include extensive networking opportunities, lifelong access to our Careers and Employability Service, and a permanent email address. Our alumni networks also frequently host social events for Nottingham alumni at locations around the world. Find out more at [www.alumni.nottingham.ac.uk](http://www.alumni.nottingham.ac.uk)

Following graduation, postgraduate students from our School have sustained fulfilling careers as researchers, academics and clinicians. Here are some examples of the professions our past students have achieved:

- Dean of the School of Health Sciences, Kabarak University, Kenya
- Senior Instructor in Advanced Nursing, Aga Khan University, Kenya
- Head of Department of Nursing, Chang Jung Christian University, Taiwan
- Associate Professor, University of Jordan, Jordan
- Research Fellow, Kingston University, UK
- Senior Lecturer in Nursing, University of Northumbria, UK

In 2013, 96% of postgraduates from nursing, midwifery and physiotherapy taught courses and research opportunities who were available for employment had secured work or further study within six months of graduation. The average starting salary was £26,657 with the highest being £40,000.\*

\* Known destinations of full-time home and EU postgraduates, 2012/13.

Recent graduates have gone on to work for NHS trusts (eg. clinical specialists, advanced practitioners, modern matrons), universities (eg. lecturers and senior academics, lecturer practitioners, researchers) and in private practice.



# Connecting with Nottingham

There are lots of ways that you can connect with Nottingham before you arrive.

You can 'virtually' visit Nottingham using our virtual open day website. This includes videos of our campus and student profiles.


Our international student life blog will provide you with a taster of what you might experience while at Nottingham. Blogs are written about food, social experiences, sport and more. Visit <http://blogs.nottingham.ac.uk/internationalstudentlife> to read the blogs. You can keep connected to what is going on and get excited about what you might experience once you arrive.


You can start to connect with our learning before you arrive. We have reusable learning objects which are online learning materials that are accessible globally. Take a look at these at [www.nottingham.ac.uk/helmopen](http://www.nottingham.ac.uk/helmopen)

You can use the search function to find areas of interest or you might like to look at the recent addition 'Navigating the NHS' which was developed specifically to help orientate international students to the UK healthcare context.

Social media is a fantastic way to connect with others before you arrive. We have a range of channels, to find links to these channels go to [www.nottingham.ac.uk/connect](http://www.nottingham.ac.uk/connect)

You can also like the School's Facebook page or follow the School's Twitter.

 **UoNHealthSciences**

 **@UoN\_SHS**



Postgraduate students studying together in the Postgraduate Study Area.



# Living in Nottingham

**Right at the heart of England, Nottingham is a vibrant and versatile city, rich with heritage and culture, embracing creativity and originality.**

**Nottingham is bursting with year-round events and activities for everyone to enjoy, whatever the season: fairgrounds, festivals, fireworks, cultural celebrations, continental markets, music events and even outdoor ice skating.**

## Accommodation

We have a wide range of quality accommodation available, located both on our campuses and in surrounding areas.

Postgraduate students can take advantage of our accommodation guarantee which guarantees you a room in self-catered University-arranged accommodation for your first year, providing you meet our accommodation guarantee criteria.

Alternatively, you may prefer to live in the private sector in a private house or in one of Nottingham's independent student villages. The areas that students tend to live in are Beeston, Lenton, Dunkirk and the city centre.

If you would like further information regarding accommodation then please visit the website at [www.nottingham.ac.uk/accommodation](http://www.nottingham.ac.uk/accommodation) or make contact via email at [accommodation@nottingham.ac.uk](mailto:accommodation@nottingham.ac.uk)

## Faith at the University

The University supports students of any faith or none.

The University has prayer rooms on campus as well as strong connections in the local community and its communities of faith. We can advise on local places of worship, student faith societies and how your faith interacts with academic life and your chosen discipline.

If you want a chat or have any questions, please get in touch by email: [chaplains@nottingham.ac.uk](mailto:chaplains@nottingham.ac.uk), or call on +44 (0)115 951 3931.

## Style and shopping

From quirky outlets and vintage boutiques, to giants of the high street, Nottingham's got it all. The city ranks as one of the UK's best shopping destinations, with shops catering for every budget and taste, many of them offering student discounts. Derby and Leicester are also within easy reach.

## Sporting opportunities

Nottingham has a wide range of sporting venues. From ice skating at the National Ice Centre and whitewater rafting at the National Water Sports Centre, to watching test match cricket at the world-renowned Trent Bridge, or football at either of the city's famous clubs, you'll never be short of quality sport.

## Live music

Making music is second nature in Nottingham. The Royal Concert Hall hosts opera and classical concerts, while the Capital FM Arena attracts major music and comedy tours. The legendary Rock City showcases top rock and indie acts, while venues such as the Bodega feature the latest alternative acts.

## Comedy, film and theatre

This city has plenty of cinemas and stages, including three top comedy clubs. Nottingham Playhouse is renowned for drama, dance and new writing; the 18th-century Theatre Royal showcases the big touring musicals and plays, while the city's independent cinema, Broadway, has a screen designed by world-renowned Nottingham designer Sir Paul Smith.

## Great food

Nottingham's food options are hard to beat, ranging from independent cafes to restaurants owned by celebrity chefs Jamie Oliver and Antonio Carluccio. There are restaurants representing cuisines from around the world as well as many specialist grocery shops around the town, making it easy for you to enjoy food from your home country – or try something new!

## After dark

When darkness falls on the city, there are plenty of places to relax – from high-class cocktail bars to nightclubs with music to suit all tastes. Nottingham was named one of the safest places for a night out in the UK in 2013. It retained its Purple Flag award, an accolade that recognises excellence in the running of town and city centres at night.

## Outdoor activities

For a healthy dose of fresh air, we've got parks, forests (including Robin Hood's home, Sherwood Forest) and even spots of tranquility nestled neatly in the city centre such as Wollaton Hall and Deer Park, featured in the Batman film The Dark Knight Rises. And Nottingham is not far from the Peak District, a stunning national park packed full of pretty market towns and dramatic landscapes.

## Cultural venues and activities

Nottingham has a host of cultural offerings to inspire you, including museums and art galleries such as Nottingham Contemporary and the University's own Nottingham Lakeside Arts. The local community includes a vibrant mix of cultures and there are events throughout the year to celebrate traditional festivals such as Chinese New Year, Holi, Eid and Diwali.

## Seasonal events

Temporary markets, festive events and a city centre beach all roll in with the seasons to ensure Nottingham is never quite the same. The city also hosts the legendary Goose Fair, which has been taking place for more than 700 years.

Students relaxing in Wollaton Park, Nottingham.



# Transport

The city's excellent transport links make it the ideal location from which to explore. Local, national and international travel couldn't be easier from here.

### International travel

There are flights to an exciting range of national and international destinations from East Midlands Airport, one of the UK's fastest growing airports.

### National travel

Nottingham is right in the centre of the country and is very well connected to all other major cities by the train network.

Regular services operate between:

- Nottingham and London St Pancras (from 1 hours 45 mins)
- Birmingham (1 hour 15 mins)
- Leeds (2 hours)
- Manchester (2 hours)
- Sheffield (1 hour)

### Mileage chart

Approximate travelling distances by road to Nottingham:

From	Distance
Birmingham	51 miles
Cardiff	161 miles
Carlisle	189 miles
Edinburgh	266 miles
Exeter	216 miles
Inverness	449 miles
Leeds	77 miles
Liverpool	112 miles
London	129 miles
Manchester	71 miles
Newcastle upon Tyne	161 miles
Norwich	119 miles
Sheffield	45 miles
Southampton	169 miles

### Local travel within Nottingham

#### Hopper buses

We are one of the few universities to offer a free inter-campus bus service for both staff and students. Services run from the main University Park Campus to Jubilee Campus, Sutton Bonington Campus, King's Meadow Campus and Royal Derby Hospital Centre.

#### Public bus services

Through strong partnership with Nottingham City Transport (NCT), we have established a number of public bus services that provide direct links between University campuses and Nottingham city centre.

#### Trams

Nottingham is undergoing an exciting development to its tram network and this will provide an excellent additional travel option. There will be three tram stops close to the Medical School and University Park campus.



Open Day visitors at a bus stop on University Park Campus.



# Visa information

**Most international (non-European Economic Area) students need a visa to study in the UK. Our International Office offers information, advice and support to help you prepare and apply.**

European Economic Area (EEA) nationals do not need a visa or entry clearance to study in the UK. If you are an EEA national you can travel into the UK using your passport or National Identity Card.

## Visas available to students

There are two different visas available to students:

- Tier 4 (General) student visa – you will need a Tier 4 (General) student visa if you intend to study in the UK for more than six months
- Student visitor visa – if your course is for less than six months and you do not plan to extend your stay or undertake any kind of employment while you are here, you will need a student visitor visa\*

## Visa application process

Our '7 steps to obtaining a Tier 4 student visa' postcard can help guide you through the visa application process. This also contains links to guidance on completing the online application form. Download the postcard at

[www.nottingham.ac.uk/internationalstudents/7steps](http://www.nottingham.ac.uk/internationalstudents/7steps)

Further information on the visa application process and the funds required to make a successful visa application can be found at [www.nottingham.ac.uk/internationalstudents/visasimmigration](http://www.nottingham.ac.uk/internationalstudents/visasimmigration)

## Guidance

Our International Office provides information, advice and support throughout the visa application process, whether you are applying from overseas, making applications in the UK or are unsure about your immigration responsibilities.

We also produce specific guidance to help you avoid a visa refusal. Our top tips on how to make a successful visa application can be very useful in helping you prepare for the visa process and avoid the upset and delay of a refusal. For more information, visit

[www.nottingham.ac.uk/internationalstudents/visa-refusals](http://www.nottingham.ac.uk/internationalstudents/visa-refusals)

International students who are already in the UK are welcome to come and meet with a Student Adviser in the International Office. For more information visit

[www.nottingham.ac.uk/internationalstudents/advisors](http://www.nottingham.ac.uk/internationalstudents/advisors)

Please note that this information has been collated by the International Office at The University of Nottingham and may be subject to change and updates announced by the Home Office. For the latest information please visit [www.ukba.homeoffice.gov.uk](http://www.ukba.homeoffice.gov.uk)

For any further guidance please email: [international-enquiries@nottingham.ac.uk](mailto:international-enquiries@nottingham.ac.uk)

\* Please note, students who will be studying an English pre-sessional course at the Centre for English Language Education will always need a Tier 4 visa.



# How to apply

## How to apply

For postgraduate course applications, the easiest, quickest and most secure way to apply is via the University's online postgraduate application system, from within the course entry on our website. This also allows you to track your application's progress. Further information about the application process can be found at [www.nottingham.ac.uk/pgstudy/apply](http://www.nottingham.ac.uk/pgstudy/apply)

We welcome applications any time of the year, but taught masters start at the end of September. We also advise you to start your PhD course in September, but you can start in January.

## Fees and funding

For the latest course fees, visit [www.nottingham.ac.uk/healthsciences/postgraduate](http://www.nottingham.ac.uk/healthsciences/postgraduate)

## University scholarships

We want to make postgraduate study as widely accessible to as many people as possible and so offer a range of scholarships. These are available in predefined research areas and to students who meet specific criteria. They are updated throughout the year, so please visit the scholarships and funding section for the latest information at [www.nottingham.ac.uk/healthsciences/postgraduate](http://www.nottingham.ac.uk/healthsciences/postgraduate)

Our International Office can help with scholarships and other sources of funding. For more, please visit [www.nottingham.ac.uk/internationalstudents](http://www.nottingham.ac.uk/internationalstudents)

## Visit us

Please get in touch if you would like to visit the School. We can help you plan your visit. You will have the chance to meet staff, see facilities, tour our campus and see if Nottingham is the place for you.

## Contact us

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UK

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The University of Nottingham has made every effort to ensure that the information in this brochure was accurate when published. Please note, however, that the nature of the content means that it is subject to change from time to time, and you should therefore consider the information to be guiding rather than definitive.

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Postgraduate students sharing ideas  
in the Greenfield Medical Library.