



UNIVERSITÀ
CATTOLICA
del Sacro Cuore

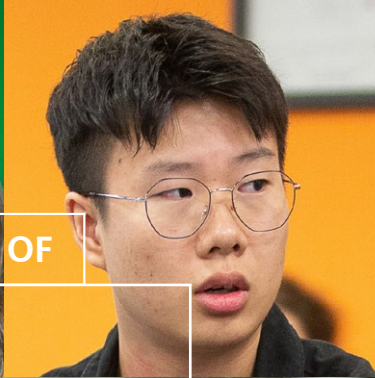


Milan- Brescia

Undergraduate degree programmes
a.y. 22/23

THE PROGRAMMES OF THE FACULTY OF

PSYCHOLOGY





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ABOUT US

UNIVERSITÀ CATTOLICA, ACCORDING TO THE SPIRIT OF ITS FOUNDERS,
HAS THE OBJECTIVE OF ENSURING THE PRESENCE IN THE UNIVERSITY
AND THE CULTURAL WORLD OF PEOPLE COMMITTED TO FACE AND
RESOLVE, IN THE LIGHT OF THE CHRISTIAN MESSAGE AND MORAL
PRINCIPLES, THE PROBLEMS OF SOCIETY AND CULTURE.

Articles of Association of Università Cattolica,
Article 1

EVERYTHING WE ARE IS IN OUR VALUES

We believe in the person. Because we educate women and men, before professionals, so that everyone can express their full potential.

We believe in the freedom of thought. So that the human and professional baggage that we give our students can always be an ally for them in their future.

We believe in society so that everything we give to each student becomes a resource for society, which we want to imbue with professionalism but above all with humanity and trust.

Above all, we believe in the future with sensible optimism, because building the future is a commitment, but what makes it possible is building it together, cultivating everyone's inclinations.

WHY UNIVERSITÀ CATTOLICA?

Because here everyone all can feel free to express their potential.

Because here each path is individual, as is the sensitivity of each one.

Because here everyone is put in a position to give their best.

Because here every person counts and is part of a community to be cultivated with care.

Because our history is made up of our past, but above all of today's commitment to planning an unprecedented tomorrow.



CHOOSE

YOUR

CAREER

PSYCHOLOGY

At Università Cattolica

IDEAS, HISTORY, VALUES

The Faculty of Psychology has a long history, that began with the pioneering experiences of Father Agostino Gemelli, founder of the University, who, with his Psychology Laboratory, launched at the beginning of the last century, contributed decisively to the progress of this discipline in Italy.

The Laboratory of Psychology (1924), the School of Specialisation in Occupational Psychology (1955), the Institute of Psychology (1958), the School of Specialisation in Psychology (1964), the Department of Psychology (1983), the Degree Programme in Psychology (1993), the “Agostino Gemelli” Graduate School of Psychology - ASAG (2001), the Doctorate School in Psychology (2004) are the important results of this journey.

The Faculty of Psychology, founded in 1999, now has a leading position in the university world and in quality evaluation rankings, being among the top 150 at an international level (source: QS World University Ranking, 2020) and above the average Italian academic offer at a national level (sources: Nucleo di Valutazione Università Cattolica and AlmaLaurea, 2016-2017).

The Faculty, whose historical values live on in the present and support the future, offers an education:

- attentive to the person and the contexts of life;
- anchored in the progress of the most qualified and up-to-date scientific research at an international level;
- open to dialogue with other sciences (biology, philosophy, humanities, etc.);
- pluralist as regards the schools and theoretical and methodological guidance present in the discipline;
- interested in the applications and interventions that psychological knowledge can give.

BELIEVE THAT CONTEMPORARY UNIVERSITY,

IF IT HAS THE DUTY TO COLLABORATE

FOR THE PROGRESS OF SCIENCES AND TO FOLLOW

THE METHODOLOGY REQUIRED BY EACH OF THEM,

MUST NEVER PUT IN THE SECOND PLACE WHAT

REQUIRES THE RECOGNITION

OF ITS PRIMACY, NAMELY HUMANS,

THE HUMAN PERSON, THE WORLD OF SPIRITUALITY

Father Agostino Gemelli,
Founder of Università Cattolica

OUR FACULTY IS THE RESULT OF THE SETTLING OF A VERY LONG TRADITION: IT IS AN INCREDIBLE LEGACY, WHICH IS THE IDEA OF A WIDE CULTURE BASED ON A MULTIPLICITY OF DISCIPLINES, FROM MEDICINE TO PHILOSOPHY, WHICH ALLOWS TO ASK THE RIGHT QUESTIONS TO KNOWLEDGE. THIS IS THE GENERATIVE MIRACLE OF OUR FACULTY: THE EXTRAORDINARY COLLABORATION AMONG SCHOLARS AND AMONG DIFFERENT FIELDS OF KNOWLEDGE, WHICH HAS LED TO THE WORK ON A WIDE-RANGE OF LONG-TERM PROJECTS, OF WHICH THE STUDENTS HAVE BEEN AND ARE STILL TODAY

Eugenia Scabini,
first dean of the Faculty of Psychology (Ad fontes, 2011)

THE ACADEMIC OFFER

The overall academic offer of the Faculty of Psychology follows two basic criteria:

- a) training of skills for the psychological professions;
- b) the articulation of the offer on three levels, in a coherent and coordinated evolutionary path of continuing education:
 - I level - Undergraduate degree programme in Psychological Sciences and Techniques: basic training
 - II level - Graduate degree programmes: training for professional areas/profiles
 - III level - postgraduate: advanced specialist training aimed at:
 - research (Doctoral School of Psychology)
 - the profession (Graduate School "Agostino Gemelli") and Postgraduate diploma programmes

Currently, the programmes of the Faculty of Psychology can be attended in Milan and Brescia.

Over the past two years, the Faculty has undertaken a review of all the proposed programmes with the aim of reinterpreting the capital of experience accrued to date in the perspective of the scientific, cultural and professional scenarios (including the qualifying value that the degree in psychology will soon have) that characterise the psychology of today and tomorrow. In particular, the major innovations have been introduced in the second level courses, following a number of principles:

- pluralistic modulation of the offer: more graduate degree programmes aimed at seizing the opportunities of the job market;
- attention to changes in the psychological professions and the opportunities arising from them;
- integrated academic offer coordinating different levels:
 - the disciplinary knowledge level;
 - the methodological and technical skills level;
 - the plan of professional reference contexts;
- opening up the training project to the international dimension.

The first-level academic offer is divided into two different courses both belonging to the LM-24 degree class:

- **Psychological Sciences and Techniques (Milan)**
Since the a.y. 2020/2021 this programme has also had a profile (called 'Psychology') delivered entirely in English. A total of 500 places are available (60 for the English course and 440 for the Italian course, in which the students will be divided into two class groups of 220 students each).
- **Psychological Sciences and Techniques (Brescia)**
The course is delivered in Italian and there are 120 places available.

The **Graduate degree** programme comprises five profiles within the LM-51 class:

- **Psychology for the Well-Being: Empowerment, Rehabilitation and Positive Technology (Milan)**
- **Clinical Psychology and Health Promotion: Person, Family and Community Relations (Milan)**
- **Psychology for Organisations: Human Resources, Marketing and Communication (Milan)**
- **Developmental Psychology and Protection Processes (Milan)**
- **Psychology of Clinical Interventions in Social Contexts (Brescia)**

INNOVATIVE TRAINING

The undergraduate programme in Psychological Sciences and Techniques offers a broad view of psychology as a “plural” science, i.e. concerned with the study of the functioning of the mind - cognitive and emotional, intrapersonal and interpersonal, conscious-unconscious - in different contexts - family, organisations, social context - and in different phases of life (childhood, adolescence, adulthood, the elderly...), with different approaches and viewpoints from a professional perspective.



Our current challenge

Our educational model:

Undergraduate programmes integrate theoretical learning with practical experience in order to:

- provide a thorough grounding in knowledge, skills and attitudes of psychology and related studies;
- provide a multi- and interdisciplinary perspective.
- promote the ability to make connections, develop critical thinking and bring one's creativity into play.

Through frontal lectures and experiential activities, the training project favours the construction of an informed cultural and professional itinerary where a progressive pathway leads from the acquisition of first-level professional skills and abilities (the aim of the undergraduate degree) to orientation towards graduate degree and professional fields.

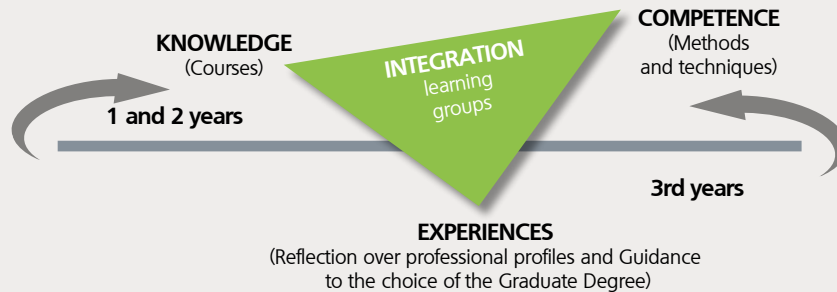
With this training model, the Faculty accepts and faces the current challenge of connecting research-training-profession in the preparation of the psychologists of the future.

Università Cattolica is also the seat of the State Exam to become psychologist and it offer a service for internships and placement.

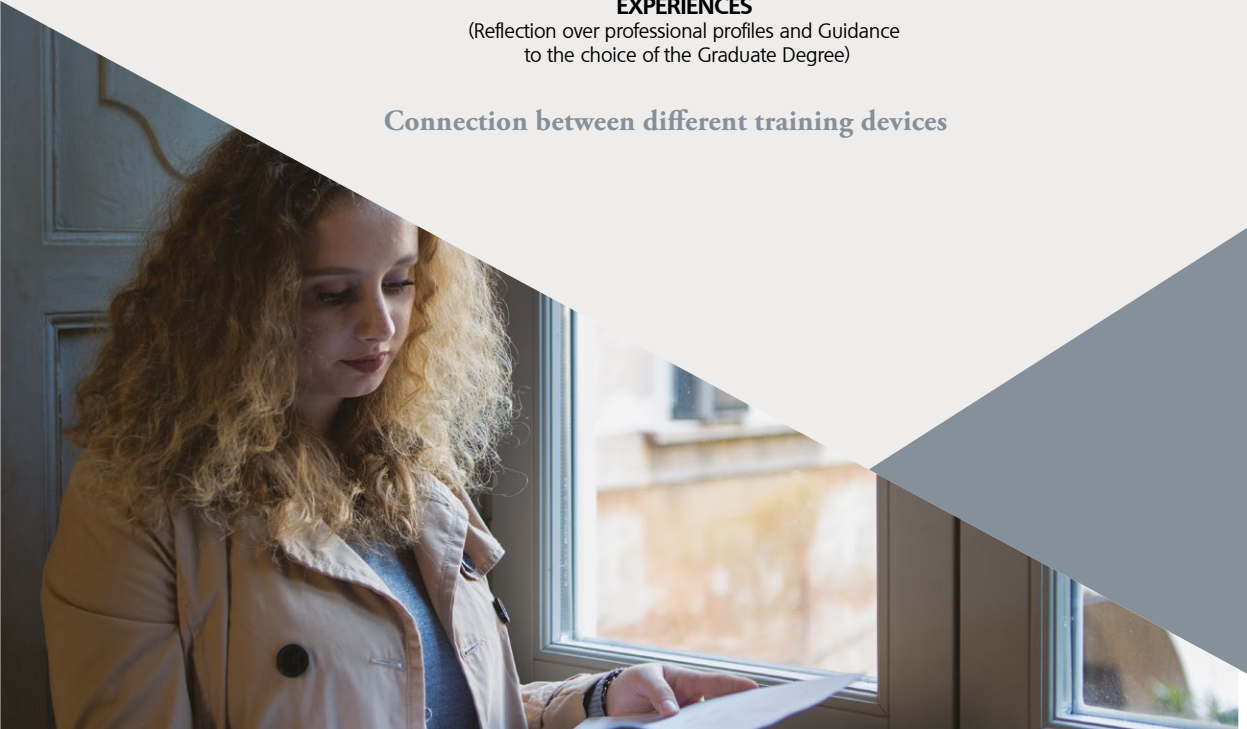
Active learning

Active learning enables knowledge and professionalisation to be developed over the three-year period through the use of innovative training devices.

- The objectives: to propose focused and transversal activities in order to build a shared knowledge base and to foster the exploration of the different disciplinary fields of psychology (social, developmental, cognitive, communicative, organisational, clinical) in a professional perspective.
- The method: to promote the students' reflective capacity in relation to the professional figure they are training for through small group teaching of an experiential type. The group exchange and the participative approach favour the prefiguration of relational competences and teamwork skills for the future professional experiences that they will put in place.
- The path: the common learning and group discussion of basic knowledge in the first two years will be followed by a "guided exploratory tour" of the various fields of application of psychology in the third year.



Connection between different training devices



INNOVATIVE TRAINING DEVICES

LEARNING GROUPS (LG)

They are used in the first and second year as a means of comparison and transversal re-elaboration of what has been learnt, with the aim of developing connections and a critical reflexive point of view on the knowledge acquired through the basic theoretical and methodological courses. In this way, the integration of knowledge and its targeting on professional practice is promoted. The groups consist of 20-30 students, accompanied by leaders with interdisciplinary skills in group leadership and research.

METHODS AND TECHNIQUES (MeT)

In the second and third year, through theoretical and practical lectures and workshop exercises, students will be trained in basic skills such as the construction and use of interviews and questionnaires, leading a group, administering and evaluating tests, analysing the question and managing a psychological interview. The development of these competences will be declined in different contexts (company, family, community, groups...).

GUIDED PRACTICAL EXPERIENCES (EPG)

These experiences are offered during the third year, with the aim of:

- exploring professional contexts;
- activating a reflection on possible psychologist's professional profiles;
- promoting the ability to move from issues to the design;
- enabling guidance towards graduate

programmes.

Organised in small groups, they are led by professionals from different areas of psychology.

TUTORSHIP

The Faculty offers various tutoring experiences that allow the student to have a point of reference and comparison during his/her learning path and the construction of his/her future professional identity.

- **Group tutor (during the course)**

From the first year onwards, students will be able to rely on specially trained tutors (4 at the Milan campus and 1 at the Brescia campus) to help them find their way around the Faculty.

- **Tutor final test (at the end)**

Before graduating from the undergraduate degree, students are provided with a small-group course led by Faculty tutors (all with Ph.D. status) with expertise in research and education, who will guide the undergraduates in the preparation of the final examination.

PREPARATORY DAYS

The University and the Faculty of Psychology provide first year students with information and integration during the first preparatory week:

- **Welcome Day**, which allows students to familiarise with the university environment.
- **Psychology Vision**, which facilitates the approach to the Faculty's training programme.

- **History of Psychology**, which offers a theoretical framework of psychology in a historical perspective.

INTERNATIONALISATION

Given the importance of an international education today, the University and the Faculty offer numerous opportunities:

- Semester abroad - Programme Exchange (Erasmus Overseas)
- foreign language study experience abroad (LATE - Language Training Experience);
- Summer Programmes - Summer School and Focused Programmes Abroad, which allow you to take one or two curricular courses during the summer in some of the best international universities;
- Work Experience Abroad - international internship experiences with extra-curricular value.

The International Exchanges Commission, specially set up within the Faculty of Psychology, provides interested students with annual guidance and validation of study programmes at foreign universities. The Commission also ensures that the credits and hours of courses taken abroad are comparable to those of curricular courses, that the programmes are equivalent to those of our University, and that exams taken abroad are validated upon return to Italy.

ADMISSION CRITERIA

Enrolment on the course is possible through two alternative admission phases that vary according to merit requirements.

First step

The phase is aimed at:

- **enrolled in the last year** of secondary school, who have obtained a grade average in the fourth year of at least 7.5/10;
- **graduates** with a grade point average in the fourth year of secondary school of at least 7.5/10, who have never enrolled at Università Cattolica or other university;
- **Students who have completed high school** and with a grade point average in the fourth year of high school of at least 7/10 (excluding the behaviour grade), with an interrupted career at Università Cattolica or another university who have not taken exams

Second step

This step involves:

- students enrolled in their final year, regardless of their fourth year's grade point average;
- students who did not pass the first stage interview or did not reserve a place;
- students who have completed high school;
- students with current or completed university careers.

There are 527 places available (450 for the Italian language profile - in which students will be divided into two class groups of 225 students each - and 77 for the one in English) at the Milan campus and 140 at the Brescia campus.





THE DEGREE PROGRAMMES



MILAN

PSYCHOLOGICAL SCIENCES AND TECHNIQUES

BRESCIA

PSYCHOLOGICAL SCIENCES AND TECHNIQUES

PSYCHOLOGICAL SCIENCES AND TECHNIQUES

Studying Psychological Sciences and Techniques at Università Cattolica means choosing to have a rich and versatile approach to the specific disciplines of this course of study. As Father Gemelli argued, psychology is 'at the heart of the sciences that study men', which is why a fundamental part of training is a solid and broad cultural base. In addition to this, field experience gained already during the undergraduate degree programme is provided by the numerous experiential activities in small groups, which enable the development of research skills and transversal professional competences.

THE STRUCTURE OF THE PROGRAMME

The three-year programme is organised as follows:

- first two years aimed at the acquisition of the basic skills and knowledge characterising the various fields of psychology and the related human and biological sciences, as well as the acquisition of some of the methods and procedures of scientific investigation and intervention;
- third year aimed at the acquisition of skills and knowledge to support an informed choice of the graduate degree.

PROFESSIONAL OUTLETS

The degree in Psychological Sciences and Techniques aims to provide students with basic knowledge and skills common to all professional developments, which are then articulated in the graduate degree programme. At the end of undergraduate degree programme, however, it is already possible to enter the Register of Psychologists (section B) after passing the State Examination. Section A, on the other hand, can only be entered after obtaining a graduate degree.

Psychology degree courses at Università Cattolica allow you to apply for the EuroPsy recognition (European Certificate in Psychology).



PLEASE NOTE THEOLOGY COURSES

The study plan provides for the attendance of Theology courses, in order to offer a motivated, reasoned and organic knowledge of the Catholic faith. The programme is delivered over the three years. Classes take place 3 hours per week for 12 weeks, and the course is divided into the following themes:

- **I year:** Fundamental issues: Christological faith and Holy Scripture
- **II year:** Matters of theological anthropology and ecclesiology
- **III year:** Theological questions of Christian ethics and morals.

STUDY PLANS

The study plans published here may be subject to change; those of official reference will be presented in the specific Faculty Guide.

PSYCHOLOGICAL SCIENCES AND TECHNIQUES Campus of Milan

ECTS

In order to obtain an undergraduate degree, 180 university credits (ECTS) are required, which are acquired through:

- the passing of examinations. Each exam is given a certain number of credits, the same for all students, and a grade (expressed in a mark out of 30) which varies according to the level of preparation;
- successful completion of training activities, such as: Learning Groups (LGs) Guided Practical Experiences (G.P.E.);
- English language, ICT and information society, Final examination.

FIRST YEAR	ECTS
Learning activities	
Elements of Neurobiology and Genetics	8
Methodology of Psychological Research 1	4
General Pedagogy or General Sociology	8
Dynamic Psychology	8
General Psychology	8
Social Psychology	8
History of Contemporary Philosophy o Epistemology of the Human Sciences	8
Learning activities for the foreign language	
English	5
Laboratory activities and applied experiences	
Learning groups ⁽¹⁾	
ICT and Information Society	3

SECOND YEAR	ECTS
Learning activities	
Interview and Questionnaire Methods and Techniques (with workshop)	8
Methods and Techniques for Conducting Groups (with workshop)	8
Methodology of Psychological Research 2	6
Neuropsychology with Elements Anatomo-functional of Cognitive Processes	8
Work and Organisational Psychology	8
Developmental Psychology	8
Psychometric Statistics	8
1 Elective ⁽²⁾	4
Laboratory activities and application experiences	
Learning groups ⁽¹⁾	4

⁽¹⁾ The activities of the learning groups start in the first year of the course and continue throughout the two-year period, in accordance with the modalities established by the Faculty. The 4 credits that the student acquires through LG activities are allocated to the second year.

⁽²⁾ Students may choose any training activity with credits equal to or greater than 4 credits, either in the Faculty of Psychology, except for courses activated for our graduate programmes, or in other Faculties of the University. However, students must opt for an activity that is different in name or at least in content from those already studied. The Faculty does not allow repetition of courses. The Faculty proposes the following 4 ECTS course: Personality Psychology.

THIRD YEAR	ECTS
Test Methods and Techniques (with laboratory)	8
Methods and Techniques of Question Analysis in Psychological Interviewing (with laboratory)	8
Clinical psychology	8
<i>One</i> electives among: - Psychological Interventions for Organisations - Applied Cognitive Psychology - Communication Psychology - Psychology of Family Ties - Psychology of Adolescence - Psychology of Interpersonal and Social Relations - Child Psychology and Counselling - Economic Psychology	8+8
<i>1</i> Elective ⁽²⁾	8
Laboratory activities and application experiences	
G.P.E.	6
Final dissertation ⁽³⁾	4

⁽¹⁾ The GA activities begin in the first year of the programme and continue throughout the remaining two years, according to the procedures established by the Faculty. The 4 ECTS that the student acquires through the GA activities are assigned in the second year of the course.

⁽²⁾ The student may choose any training activity with ECTS equal to or higher than 4, either in the Faculty of Psychology (with the exception of courses activated for graduate degrees), or in the other faculties of the University. He/she must however opt for an activity different, in name or at least in content, from those already taken. The Faculty does not allow repetition of courses. The Faculty proposes the following 4 ECTS course: *Personality Psychology*. Alternatively, the Faculty of Psychology suggests the following courses activated in other Faculties of the University: *Psychology of religion, Cross-cultural social psychology, Psychology of leadership and coordination, Communication and persuasion, Political psychology*.

⁽³⁾ The student may choose any training activity of ECTS equal to or higher than 8 ECTS, either in the Faculty of Psychology (with the exception of courses activated for graduate degree or in the other Faculties of the University. He/she must however opt for an activity different, in name or at least in content, from those already taken. The Faculty does not allow repetitions of courses.

⁽⁴⁾ Final examination: in order to obtain the qualification, the student is required to take a final examination consisting of a short written paper that, starting from a theme among those encountered during the undergraduate programme, enables the student to acquire specific skills such as the ability to identify and circumscribe an subject of interest, to research bibliographic sources, to produce an organic synthesis of contributions on the subject in order to favour the development of an autonomous path of study and research.

CURRICULUM IN PSYCHOLOGY

(delivered entirely in English)

FIRST YEAR	ECTS
Learning activities	
Fundamentals of neurobiology and genetics	8
Research methods in psychology 1	4
Pedagogy or Sociology	8
Psychodynamics	8
Experimental psychology	8
Social psychology	8
Philosophy of psychology	8
Learning activities for the foreign language	
<i>One</i> foreign language to choose among (other than the mother tongue) - Advanced English - Foreign language French - Foreign language German - Foreign language Spanish - Italian for foreign students	
Workshop activities and practical knowledge	
Cooperative learning activities ⁽¹⁾	
IT skills	3



SECOND YEAR	CFU/ECTS
Learning activities	
Interview and survey design (with practical activities)	8
Group processes and intervention (with practical activities)	8
Advanced research methods in psychology	6
Neuropsychology and cognitive processes	8
Work and organizational psychology	8
Developmental psychology	8
Statistics for psychology	8
Elective courses ⁽²⁾	4
Workshop activities and practical knowledge	
Cooperative learning activities ⁽¹⁾	4

THIRD YEAR	CFU/ECTS
Psychological testing (with practical activities)	8
Clinical interviewing (with practical activities)	8
Clinical psychology	8
<i>Two</i> elective courses among: - Cognitive enhancement - Consumer health psychology - Family psychology - Infant and child psychology and intervention - Psychology of adolescence - Psychology of communication - Psychology of conflict management - Psychology of interpersonal and social relationships	8+8
Elective courses ⁽³⁾	8
Workshop activities and practical knowledge	
Guided practice	6
Final dissertation ⁽⁴⁾	4

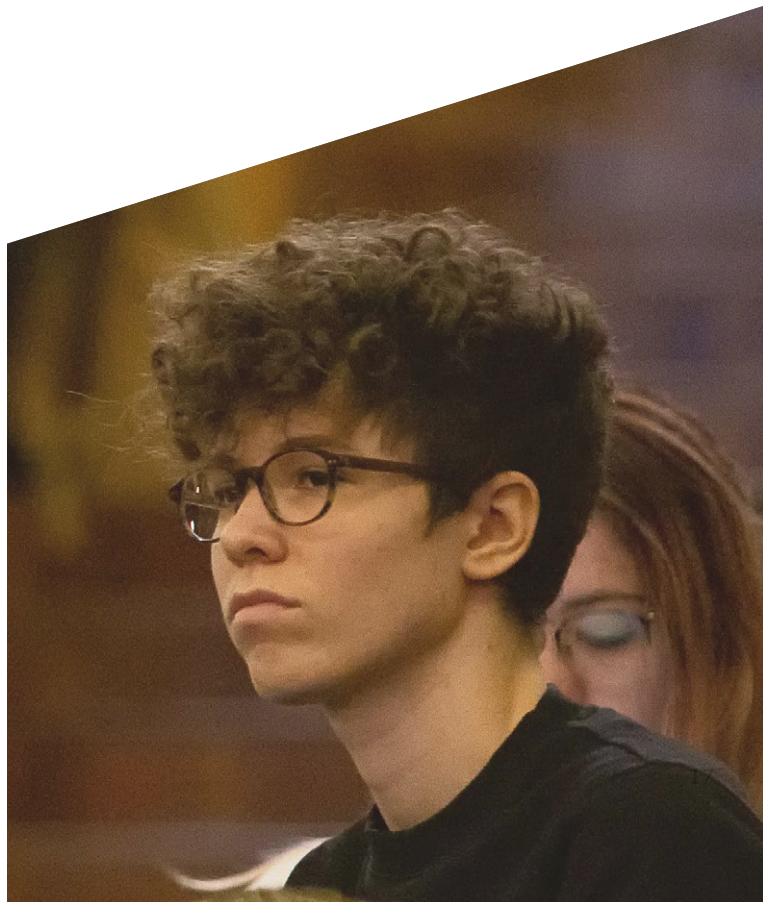
Note: the Psychology Honors Track provides an opportunity for some distinguished students, with higher scores than their cohort, to get direct research experience, under the guidance of a faculty mentor.

⁽¹⁾ *CLA activities* start from the first year and go on along the second one according to the rules set by the Faculty. The 4 CFU/ECTS students acquire attending the *Cooperative learning activities* will be granted at the second year course

⁽²⁾ The student can freely choose any course of credits equal to or greater than 4 CFU/ECTS delivered in the Faculty of Psychology (with the exception of courses activated for master degrees) or in other Faculties of the campus. However, the student must opt for a different activity, by name or at least in content, from those already taken. The Faculty does not allow iteration of courses. The Faculty suggests the course: Personality Psychology (4 CFU/ECTS).

⁽³⁾ The student can freely choose any course of credits equal to or greater than 4 CFU/ECTS delivered by the Faculty of Psychology (with the exception of courses activated for master's degrees) or by other Faculties of the campus. However, the student must opt for a different activity, by name or at least in content, from those already taken. The Faculty does not allow iteration of courses.

⁽⁴⁾ Final dissertation: to obtain the Degree, the student is required to take a final test which consists of a short written paper which, starting from a theme among those encountered during the three-year training course, allows the student to acquire specific skills - such as: the ability to identify and circumscribe an object of interest, to manage the search for bibliographic sources, to produce a systematic synthesis of contributions on the topic - in order to encourage the development of an independent study and research plan.



PSYCHOLOGICAL SCIENCES AND TECHNIQUES

Sede di Brescia

FIRST YEAR	ECTS
Learning activities	
General Psychology	8
Social Psychology	8
Dynamic Psychology	8
Methodology of Psychological Research 1	4
Neurobiological and Genetic Foundations of Psychic Activity	8
General Pedagogy <i>or</i> General Sociology	8
Epistemology of Psychology ⁽¹⁾ <i>o</i> History of Philosophy ⁽²⁾ <i>o</i> Forms and Models of Thought Philosophical ⁽²⁾	8
Learning activities for the foreign language	
English	5
Laboratory activities and application experiences	
Learning groups ⁽³⁾	
ICT and Information Society	3
SECOND YEAR	ECTS
Learning activities	
Developmental Psychology	8
Work and Organisational Psychology	8
Psychophysiology and Cognitive Neuroscience	8
Psychometric Statistics	8
Interview and Questionnaire Methods and Techniques (with workshop)	8
Methods and Techniques for Conducting Groups (with workshop)	8
Methodology of Psychological Research 2	6
Laboratory activities and application experiences	
Learning groups ⁽³⁾	4
<i>I</i> Electives ⁽⁴⁾	4

THIRD YEAR	ECTS
Training activities	
Clinical psychology	8
<i>I</i> elective among: - Life cycle counselling - Psychological interventions for organisations - Psychology of interpersonal and social relations	8+8
Test methods and techniques (with laboratory)	8
Methods and techniques of question analysis in psychological interviewing (with laboratory)	8
Laboratory activities and application experiences	
G.P.E.	6
<i>I</i> Elective ⁽⁵⁾	8
Final dissertation ⁽⁶⁾	4

⁽¹⁾ Course activated by the Faculty of Psychology.

⁽²⁾ Course activated in the faculty of Education.

⁽³⁾ The GA activities begin in the first year of the programme and continue throughout the remaining two years, according to the procedures established by the Faculty. The 4 ECTS that the student acquires through the GA activities are assigned in the second year of the course.

⁽⁴⁾ The student may choose any training activity with ECTS equal to or higher than 4, either in the Faculty of Psychology (with the exception of courses activated for graduate degrees), or in the other faculties of the University. He/she must however opt for an activity different, in name or at least in content, from those already taken. The Faculty does not allow repetition of courses. The Faculty proposes the following 4 ECTS course: *Personality Psychology*. Alternatively, the Faculty of Psychology suggests the following courses activated in other Faculties of the University: *Live the tourist experience*, *Social medicine*, *Psychology of religion*, *Psychology of atypical development*, *Criminal and Juvenile Criminal Law* (Course A) or a language course offered by SeLdA to be chosen among: French, Spanish, German, Advanced English.

⁽⁵⁾ The student may choose any training activity of ECTS equal to or higher than 8 ECTS, either in the Faculty of Psychology (with the exception of courses activated for graduate degree or in the other Faculties of the University. He/she must however opt for an activity different, in name or at least in content, from those already taken. The Faculty does not allow repetitions of courses. To widen the choice the Faculty of Psychology signals the following courses activated in other faculties: Psychology of child and adolescent learning contexts, Judicial and social elements, Education to the cultural heritage and animation theatre, Contemporary art history, Pedagogy of the family, History of pedagogy and education, Education techniques for the prevention of marginality, Elements of pedagogy and special pedagogy, Theories and Techniques of the media, European history and institutions, Digital communication, History of radio and television, History of architecture and design.

⁽⁶⁾ Final examination: in order to obtain the qualification, the student is required to take a final examination consisting of a short written paper that, starting from a theme among those encountered during the undergraduate programme, enables the student to acquire specific skills such as the ability to identify and circumscribe a subject of interest, to research bibliographic sources, to produce an organic synthesis of contributions on the subject in order to favour the development of an autonomous path of study and research.

I WOULD LIKE TO KNOW...

Is it compulsory to attend classes?

Class attendance is not compulsory but strongly recommended.

What are the international exchange programmes for undergraduate degree programmes?

A number of study abroad options are available:

- Work Experience Abroad - extracurricular work experience abroad;
- LATE programmes, language study abroad;
- summer programmes, intensive training courses that are recognised as the equivalent of one or more courses.
- Semester abroad - Exchange programme (Erasmus Overseas)

Where can I find information on undergraduate programmes and study plans?

- on the Faculty website and in the Faculty Guide, which can be downloaded from the website;
- on Open Days, at information desks;
- during the first days at the university: during the Preparatory Days, which will be an opportunity to get to know each other, to get to know the university and to adjust to the background knowledge required for learning psychology.

What is an internship?

This is a professional experience, which is compulsory in order to take the State Exam for the professional qualification and registration to the Order of Psychologists and the Board. The internship is carried out in public and private organisations that have an agreement with Università Cattolica. It lasts one year, with a total commitment of 1,000 hours, and is completed after obtaining a graduate degree.







REGISTRATION

Registration is enrolment in the first year of university. With it you receive a registration number, which is required when registering for examinations and using the services of the university. The Italian term is *immatricolazione*, hence the term *matricola* to describe first-year students.

DEGREE CLASSES

Course classes, including degree classes (established by Article 4 of the Decree of the Ministry of Universities and Scientific and Technological Research of 3 November 1999, No. 509 and confirmed by Article 4 of Ministry of Education, University and Research Decree No. 270 of 22 October 2004), are groupings of university degree courses of the same level that share certain educational objectives and award degrees with identical legal value. To date, there are 49 degree classes, 97 master's degree classes and 8 single-cycle master's degree classes. With Ministerial Decree no. 446/2020, the Ministry of Universities and Research established three new professionally-oriented degree classes, which provide for the inclusion of at least 48 ECTS credits for workshop and internship activities, aimed at better placing graduates in the world of work. Individual universities may activate one or more degrees in each class, choose their names and decide on their curricula, subject to certain constraints. All degrees that belong to a class have the same legal value; this is why public competition notices refer to classes and not to degrees.

UNIVERSITY TERMINOLOGY

What does it mean...

ATHENAEUM

The term 'athenaeum' (*ateneo* in Italian) derives from the goddess Athena and therefore, by extension, the temple dedicated to her, where rhetoricians and poets recited their poems. Today it is synonymous with university.

THREE-YEAR DEGREE

The three-year degree, also known as a first-level degree, is obtained by acquiring 180 ECTS credits over three academic years. It provides the student with an adequate command of general scientific methods and content and guarantees the acquisition of specific professional knowledge. At the end of the course one obtains the title of *dottore*. A secondary school diploma is required for admission onto three-year degree courses.

ECTS CREDITS

ECTS credits are a method used in universities to measure the quantity of learning required of a student. Each university examination is associated with a certain number of ECTS credits, which are intended to reflect the amount of effort required; traditionally, 1 ECTS credits is equal to 25 hours of work (either personal study or attendance in workshops or lectures). Each course is assigned a certain number of credits, the same for all students, and a mark (out of 30) that varies according to the level of preparation. ECTS credits may be acquired not only by taking examinations, but also through extra-curricular activities recognised by the Faculty.

FACULTY

Università Cattolica is divided into Faculties, i.e. organisational structures that comprise one or more degree courses. They have the primary task of organising the academic activities provided for by law, the Statute and the regulations. They cooperate with the departments in organising the research doctorates.

SINGLE-CYCLE MASTER'S DEGREE

Certain types of degree last five or six years. Specifically, these are degrees in Architecture and Building Engineering, Conservation and Restoration of Cultural Heritage, Pharmacy and Industrial Pharmacy, Law, Veterinary Medicine, Primary Education Sciences (5-year duration), Medicine and Surgery and Dentistry and Dental Prosthetics (6-year duration). In order to be eligible for the single-cycle master's degree, students require a secondary school diploma.

DEGREE PROGRAMME

The degree programme is the set of courses, broken down for each year of the course, which the student must attend, taking the relevant examinations, in order to obtain the degree.

ACADEMIC YEAR/A.Y.

The academic year begins with the start of classes (end of September-beginning of October) and ends in September of the following year.

LECTURES

Lectures run from September/October to May/June for YEAR-LONG courses. Courses whose number of hours and duration are equivalent to half of an annual course, are called SEMESTER-LONG courses. The two semesters begin in September/October and/or February and examinations are held at the end of each semester. SEMESTRALISED courses are courses whose teaching hours are equivalent to an annual course but concentrated in the time frame of a semester course. It still counts as an annual course.

EXAM DATE AND EXAM SESSION

An exam date is the date on which an examination can be taken. Each faculty decides independently, in accordance with the University's Academic Regulations, how many exam dates to schedule during the year and in which months. The period during which lectures are suspended and examinations can be taken is called a 'session'. Each academic year has three or four examination sessions (depending on the faculty).

INTERNSHIP

Internships are educational activities that bring students into contact with the world of work. Some degree courses include a compulsory internship or work experience period within organisations or companies that have an agreement with the university, to be carried out preferably during the final year. Students may also participate in internships and work experience outside the curricular course, both in Italy and abroad.

DISSERTATION OR FINAL EXAMINATION

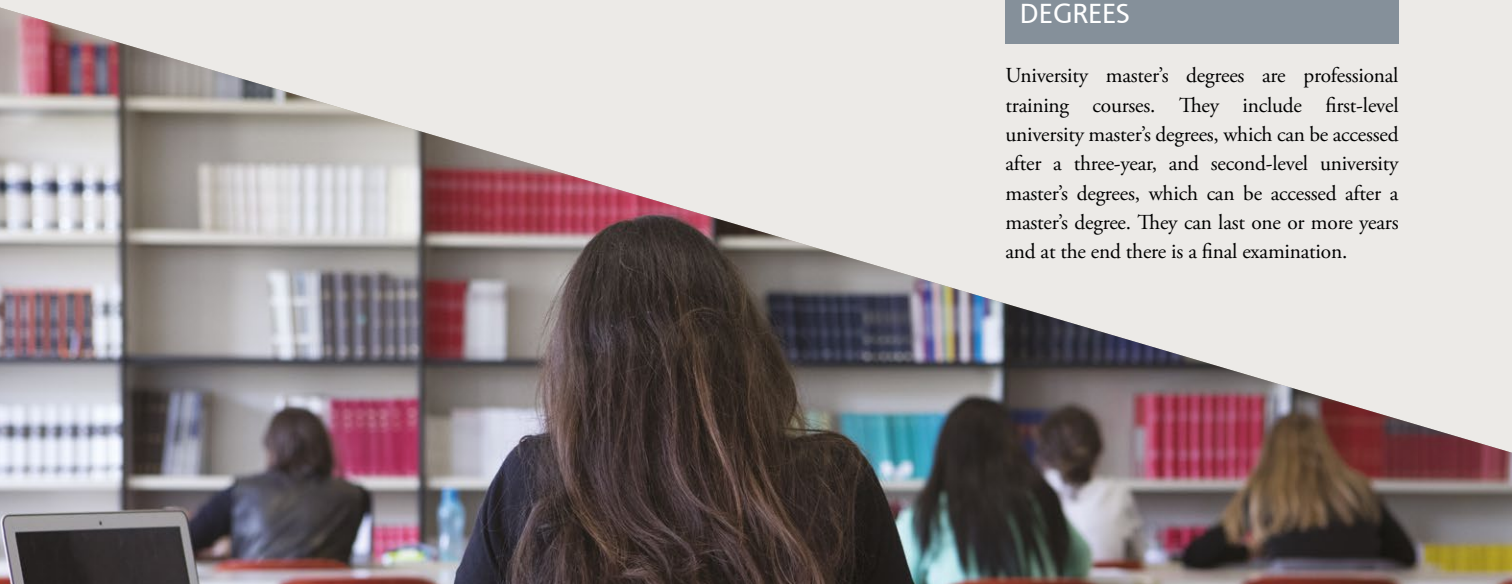
This is a written assignment in which the student develops a personal project or research project, usually on a topic related to a subject included in his/her degree programme. It is carried out under the guidance of a lecturer. The overall assessment, which also takes into account the results of individual examinations, is given as a mark out of 110.

MASTER'S DEGREE

Master's degrees, also called second-level degrees, last two years (120 ECTS credits) and require students to already have a degree. It provides advanced theoretical and methodological training for performing highly specialist activities in specific fields. At the end of the course, graduates are awarded the title of *dottore magistrale*.

FIRST AND SECOND-LEVEL UNIVERSITY MASTER'S DEGREES

University master's degrees are professional training courses. They include first-level university master's degrees, which can be accessed after a three-year, and second-level university master's degrees, which can be accessed after a master's degree. They can last one or more years and at the end there is a final examination.





NURTURE

YOUR

TALENTS

STUDYING AND LIVING THE UNIVERSITY

Entering the University means facing a world of courses and exams to choose, of professors/lecturers and colleagues to meet and know, of times to learn how to manage. Taking this path means starting to build one's future, following one's passions and interests, in a period of life full of dreams, projects, energy. Università Cattolica is the fertile ground where everyone can cultivate their talents. To this end, we provide tools and services to face with awareness and serenity all the challenges and create opportunities to get to know each other, to deepen knowledge, to grow from a human and cultural point of view.

STUDY SUPPORT SERVICES

Online services, books, tools and spaces

- **iCatt**

The portal that allows you to manage your university career and to have access to all personalised information on services, courses and teaching. For smartphones and tablets there is the iCatt Mobile app, which can be downloaded free of charge from both the Apple Store and Google Play

Info: icatt.unicatt.it

- **Mailbox @icatt.it**

Registered students have at their disposal an institutional mailbox where they will receive notices and secretarial communications, information on services and extracurricular opportunities offered by the University.

Info: www.unicatt.it/cloudmail-icatt

- **Blackboard**

It is the online platform for interaction and collaboration between students and professors/lecturers, on which tools and aids are available for learning and for a more in-depth study of individual course programmes.

Info: ilab.unicatt.it/blackboard

- **Books**

The Library System provides e-books, e-journals and online databases covering all disciplines that can also be consulted from home. It is possible to discover this great scientific and educational heritage by consulting the online catalogue **sbda.unicatt.it**. Through the personal Mylibrary page it is possible to consult, book and check, from a PC, tablet or smartphone, the books of one of the best Italian university libraries, with a heritage of over two million volumes that cover the history of writing, from Sumerian tablets to digital resources.

The books used in the courses can be purchased at the "Vita e Pensiero" bookshop, as well as at EDUCatt, which sells, at reduced prices, the texts prepared by teachers for their courses and also runs a loan and sales service for used books. The "Digital HUB" service, which opens up a wide range of possibilities for students on multimedia content, e-books used in courses, mp3 music files and online newspapers, is also active and available online.

Info: sbda.unicatt.it; vitaepensiero.it; brescia.unicatt.it/libreria; educatt.it/libri; educatt.it/hub

- **Our Campuses**

There are several possibilities for studying at university.

In **Milan**: the departmental libraries, with books on open shelves; the central library, with a large room equipped with ergonomic workstations; the catering area, which offers reading and study places in the afternoon.

In **Brescia**: the library (with the consultation room where you can also access the Internet with your notebook or a laptop provided by the library itself) and the study rooms located in each campus. Since the beginning of 2022, the Campus in via Trieste has made available the completely renovated multi-purpose Hall of the Panorama Restaurant.

- **Tutorato**

Il tutor di gruppo facilita l'inserimento delle matricole nel mondo universitario, supportando gli studenti nella risoluzione di problemi amministrativi e nell'organizzazione del piano di studi, nella pianificazione delle sessioni di esame e nell'individuazione di un metodo di studio efficace.

Ogni studente può contattare e incontrare individualmente il proprio tutor di riferimento e partecipare alle diverse iniziative organizzate per affrontare temi e problematiche di interesse generale.

Info: www.unicatt.it/tutorato-mi; www.unicatt.it/tutorato-bs

EDUCATT

EDUCatt, the Right to Study Foundation of Università Cattolica, is the Foundation that supports the University in the management of certain services that are fundamental to improving the student's quality of life. These include, in particular, aid for economic needs (scholarships and other facilities), listening and information, but also catering, housing solutions, health care, sports and travel.

Info: educatt.it

KNOW THE WORLD

The study of foreign languages and experiences abroad

- **SeLdA**

The University's Language Service promotes foreign language learning for all students. Active on all campuses, it organises courses aimed at achieving certain international certifications.

In Milan and Brescia campuses, there is also a self-learning centre where it is possible to continue the language studying process independently. Through an agreement with the British Council, SeLdA organises IELTS Academic exam sessions for students of Università Cattolica.

Info: selda.unicatt.it

- **Ucsc international**

It offers a wide range of programmes to study or work abroad: from studying in prestigious international universities to the possibility of doing research experiences in other countries for your dissertation; from intensive language courses in the best European and non-European campuses to internships and work experiences in the world, with the possibility of obtaining contributions and competing for scholarships.

Info: ucscinternational.unicatt.it

TEST YOURSELF

Jobs: opportunities and guidance

- **Internships and placements**

The Internships and Placements Service organises classroom meetings with companies, provides consultancy for the compilation of the curriculum vitae, offers simulations of selection tests and makes internship and work experience proposals available online on a dedicated portal. These opportunities, both in Italy and abroad, are open up for students and recent graduates.

Info: sep.unicatt.it

- **Work at the university**

During the course of study, it is possible to work at the university, to start a paid experience by collaborating with the various structures of the University (libraries, secretariats, offices) for a time equal to 200 hours per year. The announcement is published between October and November. In addition, there is the possibility to apply for a fixed-term job (Student Workproject), tailored to students, in a way that does not compromise the time to devote to studying and attending courses.

Info: www.unicatt.it/200ore; educatt.it/SWE

OFF-SITE?

Live your campus

- **Colleges on Campus**

A modern and dynamic reality on the model of Anglo-Saxon university campuses. Not only a residence in an optimal position to attend lessons: indeed, living on the College is an educational experience that, through the meeting with students from various faculties, fully integrates students into the university community and offers an educational proposal that integrates the academic curriculum, as in the case of English, German and Chinese language courses.

In Brescia, our University has an agreement with some structures, which guarantee students affordable accommodation (according to their income bracket) and above all an ideal environment to study and experience community life, always followed by an educational project and with the presence of a Head of the facility.

Info: collegiunicattolica.it

- **College Announcement of Selection**

To gain access to Colleges on Campus and residences in the city, every year from May to September and in various locations, the College camp competition is held: it tests students through a written test and an interview. For the students wishing to get a place, during the days of the competition, they have the unique opportunity to get to know the places and services connected to the university and to test themselves in a new experience, which could be the beginning of a rich and stimulating path of study and life.

Info: collegiunicattolica.it

- **Residences in the city**

The facilities, located throughout the territory and well connected to the campuses, offer accommodation to make the most of the university period. In some cases, supplementary activities for multi-disciplinary training are also promoted.

Info: www.collegiunicattolica.it/residenze-in-citta

- **Accommodation on demand**

It is the housing proposal that integrates the reality of the Colleges and Residences, with two different solutions: accommodation in guest quarters (Guesthouses) and Camplus offer. Two ways of conceiving residency to meet the demands of an increasingly varied audience, in independent rooms equipped with every comfort.

Info: www.educatt.it/AoD

- **Housing Network**

In addition to traditional housing solutions EDUCatt is committed to finding alternative channels to make it easier for Università Cattolica students to find accommodation. Housing Network offers user-friendly solutions through partnership with digital platforms.

Info: www.educatt.it/HousingNetwork

RESPECT YOURSELF

Nutrition and health

- **Catering and canteens**

The menus are calibrated to the average needs of students, with particular attention to the quality and origin of the raw materials. There are also many conventions stipulated by Università Cattolica with refreshment points within the city
Info: ristorazione.educatt.online

- **Health care and psychological counselling**

EDUCatt offers students at Università Cattolica a health care service with general practitioners and specialists. The Psychological Counselling service is also active: it gives students the opportunity to discuss with a professional the personal, relational and study difficulties they encounter during their university experience.

Info: www.educatt.it/centrosanitario

VALUE YOUR FREE TIME

News, information, culture, music and sport

Nobel Prize winners, representatives of Italian and foreign institutions, leading figures in economics, politics and the world culture: witnesses from whom lessons in science and life can be learned with profit.

University is much more than specialist preparation.

Info: cattolicanews.it

- **Cultural activities**

Thanks to fruitful collaborations with various cultural institutions in Milan, it is possible to have benefits for theatre performances and classical music concerts. Each year, the Teatro alla Scala offers student subscriptions to the season symphonic and singing seasons at affordable prices.

Info: milano.unicatt.it/student-life-cultural-activities

- **University Music Studium**

The University Music Studium aims to cultivate innovative relations between music and culture and to promote cultural-musical interaction between music and other disciplines professed at Università Cattolica del Sacro Cuore of Milan. The Studium welcomes students (both Italian and international) and graduates of Università Cattolica del Sacro Cuore and offers primarily two types of related activities, both musicological (conferences, seminars, workshops, etc.), and performative (lunch concerts, night concerts, master classes, etc., for soloists, vocal groups and instrumental ensembles of different compositions): these activities may take place at Università Cattolica or elsewhere and involve the collaboration of established scholars and musicians.

Info: milano.unicatt.it/student-life-attivita-musicali

- **Sport**

Student teams, coached by professors/instructors from the Motor and Sport Sciences programme, participate in various championships in Italy and abroad. The Cus Point, in Milan, provides information on the activities of the University Sports Centre and proposes other activities dedicated to our University in collaboration with the University.

Info: milano.unicatt.it

- **Sustainable mobility**

A series of benefits for city and territory mobility is available for those students who have to reach the Milan campus. The agreements signed with the public transportation companies, car parks and the most innovative eco-friendly and sustainable means of transport companies.

Info: www.unicatt.it/mobility

SERVICES FOR THE INTEGRATION OF STUDENTS WITH DISABILITIES AND SPECIFIC LEARNING DISORDERS

In compliance with the provisions of Law no. 17 of 28 January 1999, which stipulates “individualised treatment for passing university examinations after agreement with the professor/lecturer of the subject [...] the use of specific suitable technical means and the possibility of carrying out equivalent tests on the proposal of the specialised tutoring service” and to the Law of 8 October 2010 no. 170 for which ‘students with Specific Learning Disorders are guaranteed, during their education and training at school and university, adequate forms of verification and assessment, also with regard to State examinations and university entrance examinations as well as university examinations’, Università Cattolica del Sacro Cuore has established the Services for the integration of students with disabilities and with Specific Learning Disorders which, through the technical-administrative and teaching support of specialised pedagogical staff, aim to accompany students in the university experience by supporting them from the early stages of orientation to graduation and the first steps into the world of work.

Info: studenticattolica.unicatt.it/home-services-and-campus-life#section-disability-and-dsa

SPIRITUAL SUPPORT

The Pastoral Centre is a welcoming reference point for those who are looking for a moment of listening or open confrontation on their personal growth, for those who want to help their neighbour with activities of volunteering or for those who want to widen their theological knowledge. It promotes numerous cultural activities related to music, theatre, the relationship between art and spirituality and actively collaborates with the various Catholic student associations.

Info: cattolicanews.it; youcatt.it

STAY CONNECTED

News and social networks

Being informed and updated on the life of Università Cattolica is easy: the channels **Facebook** (facebook.com/unicatt), **Instagram** (instagram.com/unicatt), **LinkedIn** (www.linkedin.com/school/universita-cattolica-del-sacro-cuore), the videos and live broadcasts on **Youtube** (youtube.com/younicatt) tell all the news and initiatives of the University. The world of Cattolica’s five campuses is also described in an online magazine, **Cattolicanews**, with a weekly newsletter and related social media Facebook, Instagram, Twitter pages: real virtual pages for in-depth analysis and information. The media centre “Secondo Tempo”, a content-factory within the University that produces, collects and publishes podcasts, videos, articles and web reports, helps to enrich the website and the world of news. Finally, **YouCatt**, the webtv of the Brescia campus, which was created in collaboration with the degree programme in Science and Technologies of the Arts and Performing Arts - Stars.

Info: secondotempo.cattolicanews.it; cattolicanews.it

HOW MUCH DOES IT COST TO STUDY AT UNIVERSITÀ CATTOLICA

The tuition fee is determined on the basis of family income. Every year, approximately 3,000 students, based on merit and financial conditions, are exempt from paying university fees, while 4,000 gain access to additional financial benefits. Students with a certified disability equal to or greater than 66% and students with a recognised disability pursuant to art. 3, subsection 1 or subsection 2 of Law no. 104 of 5 February 1992 are entitled to total exemption from enrolment fees and university contributions, paying €100 upon registration in the first year and then upon enrolment onto each subsequent academic year. In order to obtain the exemption, the aforementioned students must present original, valid documentation to the Services for the Integration of Students with Disabilities and SLD of the relevant campus. There are also concessionary rates for off-site students resident in the colleges of the Università Cattolica.

SCHOLARSHIPS AND FINANCIAL AID

- **Economic benefits**

Scholarships, reimbursement of tuition fees, monetary aids, admission and re-admission to university colleges at reduced rates, access to the catering service at lower prices. These are the formulas proposed to reduce the costs of study according to income and merit requirements.

The online platform MyEDUCatt is a direct thread that allows you to submit your application and check the processing status of the file at any time.

Info: educatt.it/agevolazioni

- **Other benefits**

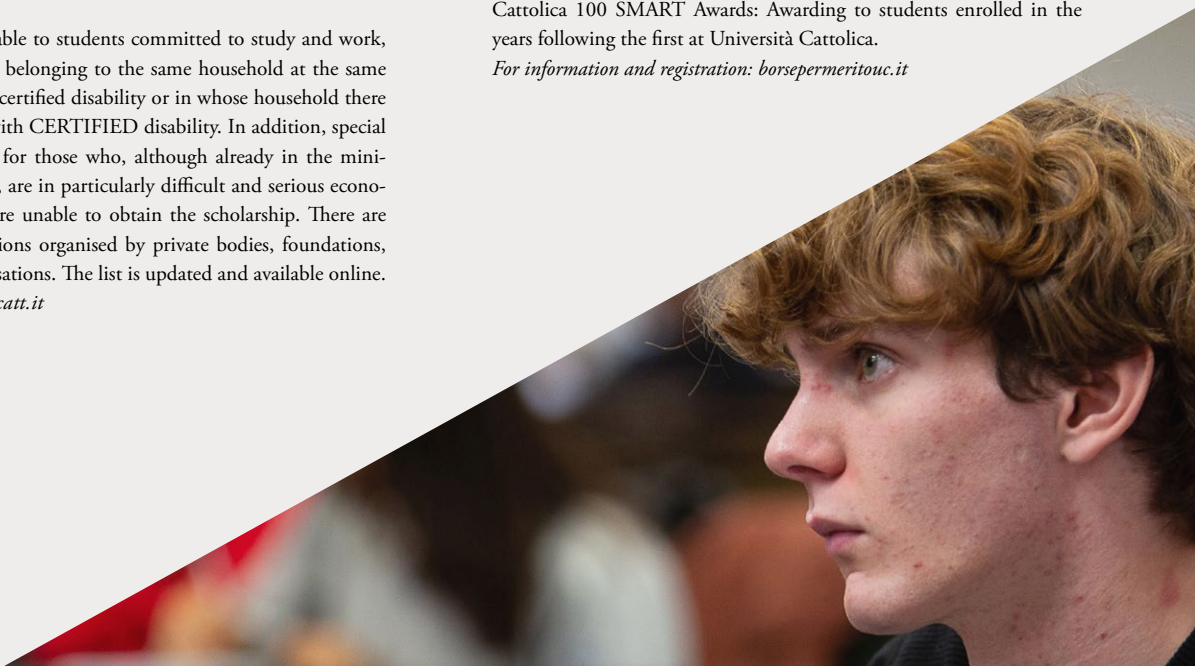
The benefits are available to students committed to study and work, students enrolled and belonging to the same household at the same time, students with a certified disability or in whose household there are family members with CERTIFIED disability. In addition, special benefits are provided for those who, although already in the minimum income bracket, are in particularly difficult and serious economic conditions and are unable to obtain the scholarship. There are also various competitions organised by private bodies, foundations, associations or organisations. The list is updated and available online.

Info: agevolazioni.unicatt.it

SCHOLARSHIPS FOR DESERVING STUDENTS

Promoted by Università Cattolica and the Giuseppe Toniolo Institute, with the collaboration of the EDUCatt Foundation, establish every year 100 Scholarships + 100 Study Awards for merit only. These scholarships and study awards are intended for all students and future students of Università Cattolica, divided into the following categories: 60 START scholarships: a competition open to high-school diploma holders or students about to finish high school who intend to enrol in Università Cattolica 40 RUN scholarships: competition reserved for students about to graduate or graduate students who intend to enrol at Università Cattolica 100 SMART Awards: Awarding to students enrolled in the years following the first at Università Cattolica.

For information and registration: borsepermeritouc.it



ADVICE AND GUIDANCE AT UNIVERSITÀ CATTOLICA

Throughout the year, Università Cattolica offers numerous opportunities - both virtual and in-person - for support on your orientation journey and help you think clearly about your choice of future university studies.

Take part in **appointments dedicated to presenting the University's courses and services**, during which lecturers go into detail about the structure and content of the courses on the degree programmes, while students are on hand to tell you about their experiences.

You can discover the university environment at first hand by taking part in **psycho-aptitude orientation** with group workshops, **faculty discovery workshops** and real **university lectures**.

During the summer period, Università Cattolica offers **technical support for enrolment** through a dedicated information desk, as well as **meetings** on the options available, **workshops**, **seminars** and **info sessions** with testimonials from professionals and young graduates.

UNICATT "ORIENTAKIT"

We have created a page where you can find all the useful information material for your orientation: visit the Orientakit!

[Click here](#) or scan the QR Code



KEEP IN TOUCH

Subscribe to our newsletter: you will be kept up-to-date on important initiatives, appointments and deadlines.

[Click here](#) or scan the QR Code



ORIENTATION INTERVIEWS

For an individual advice and guidance interview in which you can learn more about degree courses, enrolment procedures and the services offered to students, we invite you to make an appointment - in person or virtually - with the staff of the Advice and Guidance Office at each campus.

Book your orientation interview

[Click here](#) or scan the QR Code



Milan - Largo A. Gemelli, 1

Brescia - Via Trieste, 17 and Via della Garzetta, 48

Piacenza - Via Emilia Parmense, 84

Cremona - Via Bissolati, 74

Rome - Largo F. Vito, 1

For further information:

800 954 459 if you are an Italian student

+39 02 7234 7234 if calling from abroad

Monday to Friday from 8 a.m. to 7 p.m.,

Saturdays from 9 a.m. to 1 p.m.

WEB & SOCIAL MEDIA

Visit us at www.unicatt.it

and follow the **official Cattolica social media profiles**.







YOUR

TOMORROW

STARTS HERE



UNIVERSITÀ
CATTOLICA
del Sacro Cuore

Milan

Largo A. Gemelli, 1

Brescia

Via Trieste, 17

Via della Garzetta, 48

www.unicatt.it/psicologia