



# Social Psychology

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This guided progressive introduction covers the entire Social Psychology curriculum. It emphasises the applications and career opportunities available, featuring personal narratives from a diverse range of practicing social psychologists.

## Preview a personal journey

I classify as a British Asian, Pakistani to be more specific. I grew up in a conservative Pakistani family and was trying to hide the Asian part of me, impossible given my brown skin colouring! I often tried to magnify the British part of me by trying to do all the things to 'fit in'. However, like many others I was often excluded, discriminated against, and treated with little respect, which sent me on a journey of discovery into my history, accepting my identity and claiming my vibrant South Asian heritage.

Becoming a clinical psychologist was not a smooth journey. The career path is competitive and was predominantly middle-class, White British. As a profession, it has not always been an inclusive space for me or others from a minority background. I always felt I was not good enough or I had to be grateful for my place. My interest in mental health came from my own South Asian community that I grew up in, as mental health, a Western concept, is stigmatised, often shameful, and a taboo topic.

I was always aware of families that had family members who were described as 'simple', or didn't

like being out in public, or the narratives were that the person was inflicted by *jinn's* or other super-natural maladies, but they were never mentally unwell. One of the fundamental principles has been about equality, fairness, and inclusivity in all the work I do.

At present, seven years post qualification from my Clinical Psychology Doctorate, I am undertaking my Qualification in Clinical Neuropsychology (QICN). My journey into understanding brain function and behaviour continues, and I have a specialist interest in forensic neuropsychology. Forensic populations have a lot of stigma attached to them, despite mental illness and trauma being highly prevalent in this group.

The COVID-19 pandemic has highlighted health inequalities that are deeply rooted in systemic and institutional inequalities. Therefore, as a clinician, it is important for me to work to break down barriers, break the stigma that surrounds mental health, and strive for equality. The journey continues.

**Aisha Mizra - author**



**Find out more**

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## Discover which chapters in *Social Psychology* will support your progress towards each career area

Career Areas in Social Psychology						
	Business & Marketing	Environmental Psychology	Clinical Psychology	Organizational Psychology	Forensic Psychology	Health Psychology
	<ul style="list-style-type: none"> <li>• Product Persuasion</li> <li>• Political Campaigns</li> <li>• User Experiences</li> <li>• Mission &amp; Future Planning</li> </ul>	<ul style="list-style-type: none"> <li>• Persuasion Research</li> <li>• Building Design</li> <li>• Automotive Design</li> <li>• Human-computer Interactions</li> </ul>	<ul style="list-style-type: none"> <li>• Personality &amp; Clinical Evaluations</li> <li>• Family Therapy</li> <li>• Individual &amp; Group Therapies</li> </ul>	<ul style="list-style-type: none"> <li>• Organizational Development</li> <li>• Personnel Evaluations</li> <li>• Organizational Planning</li> </ul>	<ul style="list-style-type: none"> <li>• Divorce Mediation</li> <li>• Civil Dispute Mediation</li> <li>• Criminal Justice</li> <li>• Profiling</li> <li>• Policy Evaluations</li> </ul>	<ul style="list-style-type: none"> <li>• Epidemiology</li> <li>• Health Communications</li> <li>• Personal Therapy</li> <li>• Health Education</li> </ul>
Chapter 1: History and Research Methods	●	●		●		
Chapter 2: Self and Identity*	●	●	●	●	●	
Chapter 3: Affiliation, Friendship, and Love	●		●	●	●	
Chapter 4: Social Emotions			●	●	●	●
Chapter 5: Social Cognition	●	●		●		
Chapter 6: Attitudes and Persuasion	●	●				
Chapter 7: Social Influence	●	●				●
Chapter 8: Group Processes			●	●	●	
Chapter 9: Prejudice				●	●	
Chapter 10: Intergroup and Intercultural Relations			●	●	●	●
Chapter 11: Behaviour Change	●	●		●	●	●

\*Also covering Educational and Community Psychology