

## Video Title: MSc Health Psychology – Natascha Van Zyl

Hello there my name is Natascha Van Zyl, I live in London and I've just graduated with an MSc in Health Psychology.

Why did you choose UDOL?

UDOL offered me the opportunity to study distance learning in a way that I could do. So it was modular, I could one module per semester, so that would fit in with my life. I'm a busy Mum, I work full time and also just when I spoke to people, I spoke to various universities when I was looking for an MSc and the approach of UDOL was a lot more positive. They were really interested in the student experience and what they could offer me whereas the other universities were quite distant in a sense of well what can you give us? And I thought that was interesting so I think it was just with UDOL, I felt at home, I felt comfortable and it just was the logical choice.

What did you like about UDOL and would you recommend it?

I loved the provision online. It was accessible, it was easy as a Mother and an academic to fit into teaching and learning online. The tutors were brilliant. They were accessible to me when I needed them. They also pointed me in very good areas. The resources were great and I think it's one of those things. If you want to do something, just do it. I think a lot of my students would say why? But just do it. UDOL gave me what I needed. Good resources, good teaching. What more could I ask for? Go for it. Just do it.