

Dear Students,

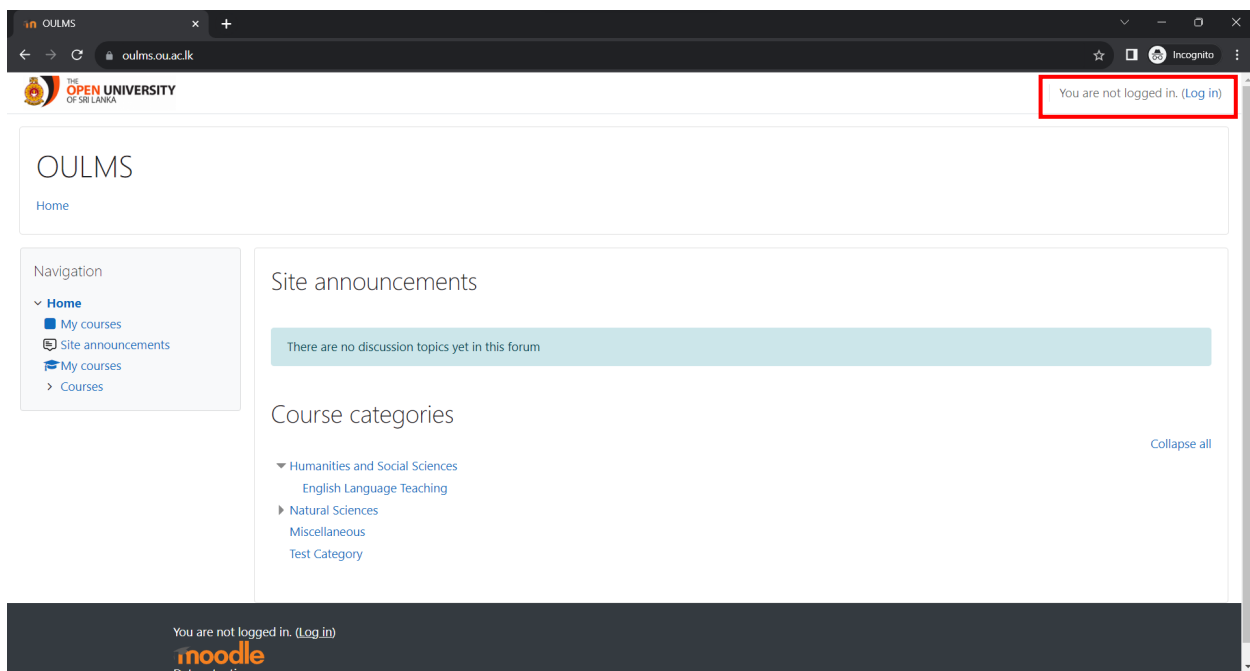
We are pleased to inform that now you can access the BSc (Hons) Psychology courses online.

The courses are available in the "**OULMS**" online Learning Management System. Please use the following information to log into your online course.

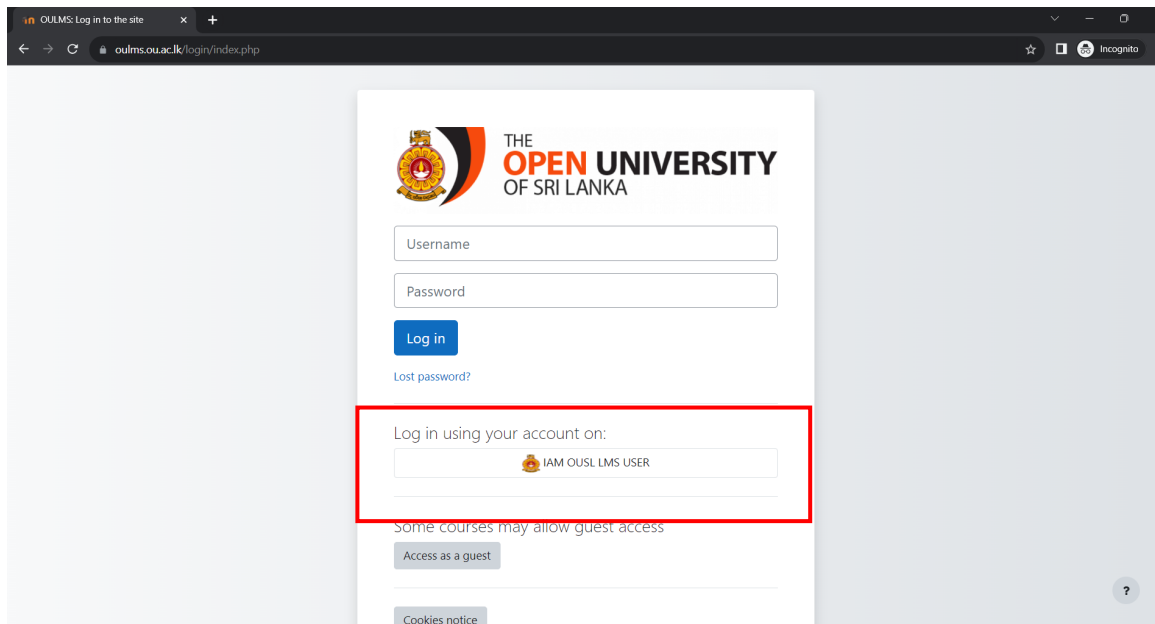
Instructions for login -g in:

Web Address: <https://oulms.ou.ac.lk>

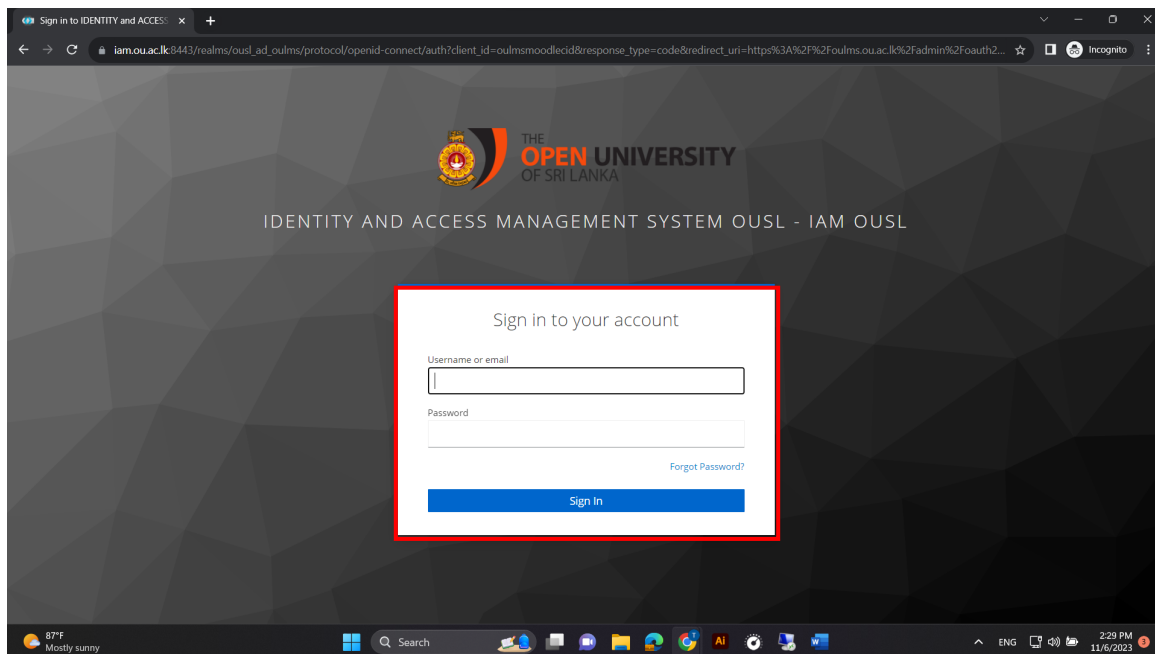
1. Type the URL <https://oulms.ou.ac.lk/> and go to the LMS.
2. Click the "Log in" from the top right corner as marked in red colour.



3. From the landed web page click on "IAM OUSL LMS User"



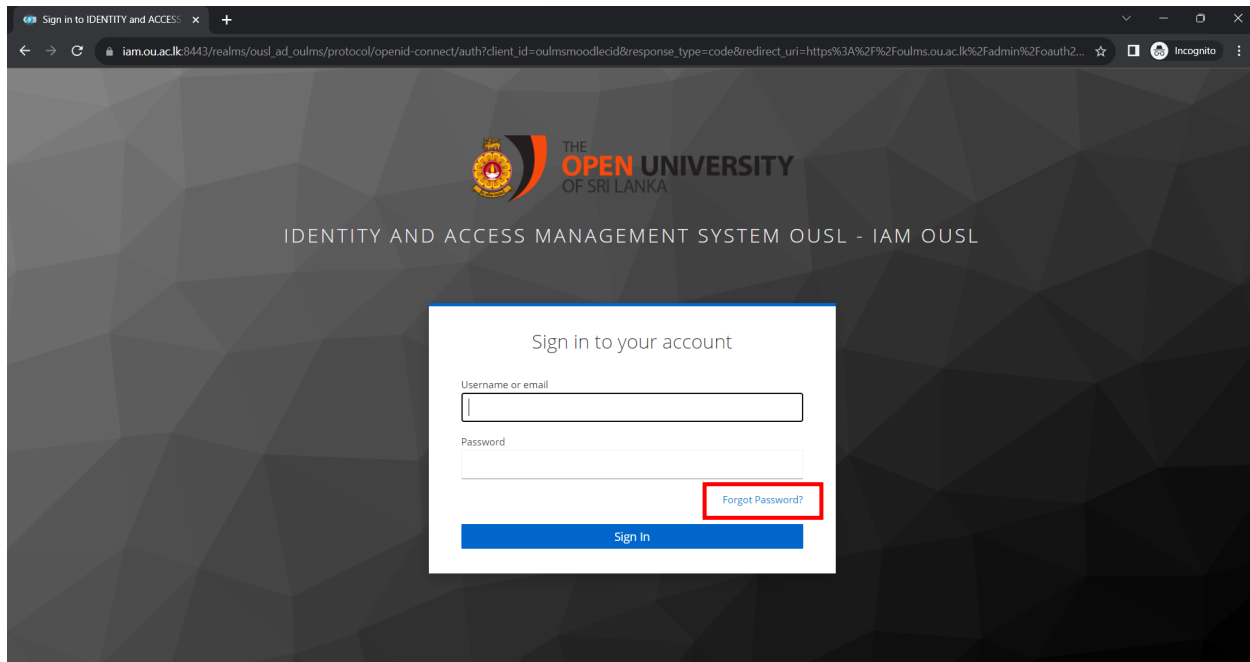
4. Type your credentials on the textfields as given below



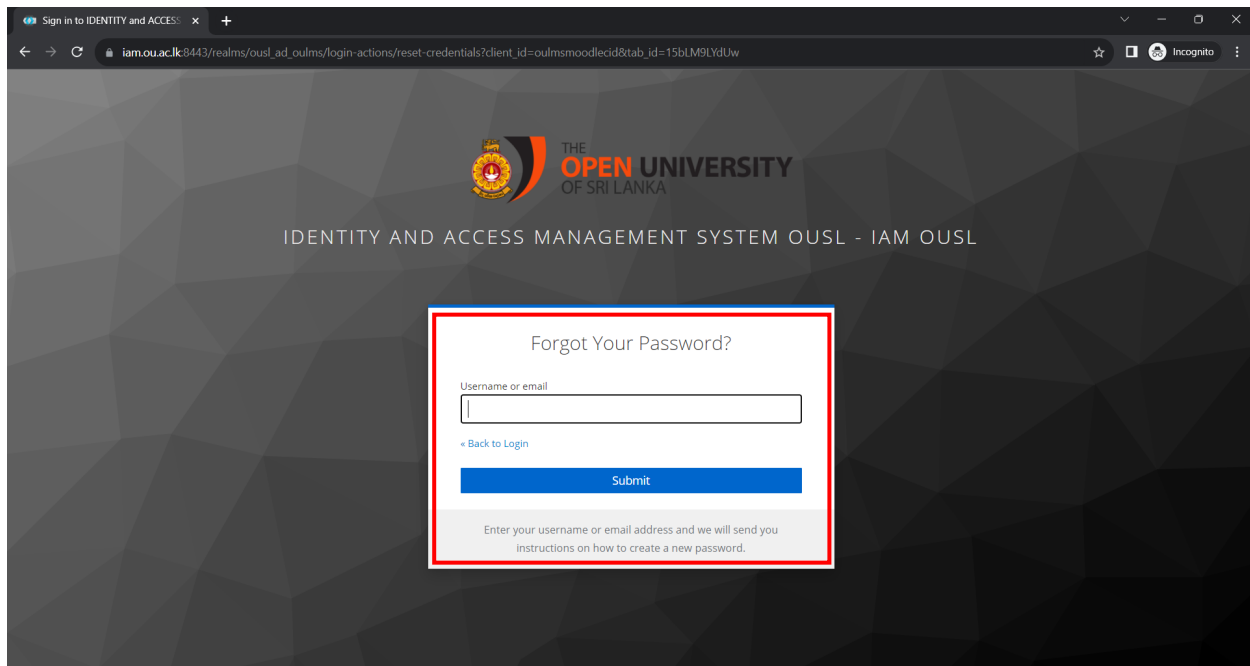
Username: 's' number (SID) given in the student's record book
Password: Capital U + National Identity card number (U+NIC)
(For Old NICs use Capital V too)

. E.g:- U899912345V or U198999123456

5. Click on the "Forget password" if password is incorrect



6. From the landing page type the existing email address and click on "Submit button"



7. If you are a registered student, you have received the forgot password link in your OUSL email address.

A new OUSL email address is assigned to all of you. That is 'YourSID@ousl.lk'. For all official correspondence, please use this OUSL email. Same login credentials given above are applicable to access your new email (Username: SID, Password: NIC). This email is transferred into your 'OULMS' online profile too. All 'OULMS' notifications will be automatically send to your OUSL email. If you have to clarify anything regarding your OUSL email, please contact: ithelpdesk@ou.ac.lk.

If you have problems in logging in and accessing your online course(s) please send an email to ithelpdesk@ou.ac.lk.

If you have any queries regarding the content of an individual course/ programme please contact the relevant course/programme coordinator.

Hope you would have a rewarding and meaningful learning experience online!

-Department of Psychology & Counselling

14th December 2025