

Applied Learning (Senior Secondary Level)

2020-22 Cohort

Item	Description
1. Subject Title	Practical Psychology
2. Course Provider	School of Continuing Education, Hong Kong Baptist University
3. Area of Studies/ Course Cluster	Applied Science/Psychology
4. Medium of Instruction	Chinese or English
5. Learning Outcomes	<p>Upon completion of the subject, students should be able to:</p> <ol style="list-style-type: none"> (1) analyse and evaluate human thoughts, behaviour and emotions from a psychological perspective; (2) discuss the major disciplines and services in psychology; (3) identify the psychologists contributing to the development of psychology fields; (4) explain how major psychological concepts can be applied in various careers and daily life; (5) apply psychological concepts in understanding self and development of personality; and (6) develop self-understanding for further studies and career development in the related field.

6. Curriculum Map – Organisation and Structure

Core Part (180 hours)

Module 1: Introduction to Psychology (30 hours)

- Basic Concepts and Professional Development in Psychology
- Memory, Thoughts and Intelligence
- Sensation and Perception
- Consciousness and Emotions

Module 2: Lifespan Development (30 hours)

- Physical, Cognitive and Socioemotional Development of Infancy and Childhood
- Physical, Cognitive and Socioemotional Development of Adolescence and Adulthood

Module 3: Personality and Learning (30 hours)

- Understand Self through Personality Theories and Assessment
- Personality Formation and Development
- Learning, Motivation and Behaviour Modification

Module 4: Social Psychology and Abnormal Behaviours (30 hours)

- Understanding Social Behaviours and Interaction
- Prejudice and Discrimination
- Attraction and Love
- Common Psychological Disorders and Treatment

Module 5: Health and Positive Psychology (30 hours)

- Health and Stress
- Development of Healthy Lifestyle
- Understanding Well-Being, Happiness, and Character Strengths

Module 6: Experiential Learning Program (30 hours)

- Common Mental Health Problems in Hong Kong
- Introduction to Psychological and Social Services in Hong Kong
- Site Visits to various Psychological and Social Welfare Organisations in Hong Kong
- Design and Production of a Psychological Well-Being Leaflet

7. The Context

- The information on possible study and career pathways is provided to enhance students' understanding of the wider context of the specific Applied Learning course. Students who have successfully completed Applied Learning courses have to meet other entry requirements as specified by the institutions.
- The recognition of Applied Learning courses for admission to further studies and career opportunities is at the discretion of relevant institutions. The Education Bureau and the course providers of Applied Learning are exploring and seeking recognition related to further education and career development opportunities for students successfully completing the Applied Learning courses.

Possible further study and career pathways

Further studies

- e.g. psychology, social work, counselling, health care, education, business, human resources management and the social sciences discipline in general

Career development

- e.g. social service assistant, welfare workers, community work assistant, counseling assistant, student development services assistant, health care services assistant, family services assistant, customer services assistant, project assistants, teaching assistant and human resources assistant



Cluster of professions/trades/industries related to the course

- e.g. social services, welfare work, education, community work, counselling, student development services, health care services, family services, human resources management, and customer services.

Future global and local outlook

- understand how and why human behaviour affects people's relationship in various social contexts in Hong Kong – to enhance interpersonal communication and relationship
- recognise psychology as a well-established and ever-changing academic discipline and its applications to work settings to improve the quality of working and life
- understand the increasing demand for personnel equipped with psychological knowledge in a wide range of job categories such as education, health care, social services, human resources management and business.

Beginners' skill set to facilitate entry to further studies and/or work

- apply psychological concepts and knowledge to everyday life and workplace
- demonstrate effective communication skills, problem-solving and decision-making skills, presentation skills and interpersonal skills in the workplace
- apply critical thinking skills throughout their studies, work, interpersonal relationship and everyday lives
- be interested and self-motivated to further their studies and develop their career in psychology

Relations with core subjects and other elective subjects

Enhancing and enriching, e.g.

- enhancing students' learning about personal development and interpersonal relationships in **Liberal Studies**.

Cross-fertilisation, e.g.

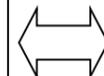
- applying the common knowledge of psychology and **Business, Accounting and Financial Studies** such as effective communication skills to consolidate and reinforce the learning of both subjects
- applying the common knowledge of psychology and **Health Management and Social Care** such as stress management to consolidate and reinforce the learning of both subjects
- applying the common knowledge of psychology and **Biology** such as the function of brain to consolidate and reinforce the learning of both subjects

Expanding horizons, e.g.

- students specialising in **social science** may broaden their views and enhance their all-round development through studying positive psychology such as learning optimism, and through experiential learning such as site visits.

Consolidating and synergising students' studies, e.g.

- producing a psychological well-being leaflet and site visits to psychological organisations can catalyse the knowledge and skills acquired in prior learning



Relations with other areas of studies/ courses of Applied Learning

Business, Management and Law

- the study of personality psychology, personal development and positive psychology can contribute and be transferred to the business service areas

Applied Science

- psychological concepts could be applied in sports science and fitness as in sport psychology



Foundation knowledge developed in junior secondary education and Secondary 4

The subject is built upon the foundation knowledge students acquired in, e.g.

- **Personal, Social and Humanities Education** – understanding of individual and group behaviour
- **Technology Education** – information processing
- **Chinese Language Education and English Language Education** – communication skills
- **Mathematics Education** – use of statistics for analysis