

Applied Learning (Senior Secondary Level)

2020-22 Cohort

Learning and Teaching

Subject Title : **Practical Psychology**
Area of Studies : **Applied Science**
Course Provider : **School of Continuing Education, Hong Kong Baptist University**

In Practical Psychology, student-centred learning and teaching activities are designed to enable students to understand fundamental theories and concepts, develop their generic skills, and address their career aspirations in practical psychology.

Different modes of activities are employed to provide students with a systematic understanding about the context (e.g. lectures with demonstration and group discussion to grasp the overview of the psychology perspectives and services) and eye-opening opportunities to experience the complexity of the context (e.g. site visits to psychology laboratories such as children observation room, counseling room, psychology test laboratory, and visits to social service facilities such as rehabilitation hostel and shelter workshop).

Students acquire an understanding of the requirements, fundamental knowledge and skills essential for further learning within the area through learning-by-practising opportunities in an authentic or near-authentic environment (e.g. hands-on activities in producing a psychological well-being leaflet, analysing the findings of various interesting psychological tests and questionnaires, and visiting a psychological or social service organisation for children, adolescence, adults or older adults).

Students are also encouraged to develop and apply conceptual, practical and reflective skills to demonstrate entrepreneurship and innovation (e.g. case study on abnormal psychology to understand different types of common psychological disorders, their causes, diagnosis, impact and treatment in Hong Kong. Theories application in social psychology to understand how people interact with each other under social and cultural context). Students are given opportunities to integrate the knowledge and skills acquired and consolidate their learning (e.g. students increase self-understanding through assessment and analysis of various personality and career tests. Students also build up the positive attitudes and thinking toward life through learning of various theories and concepts of positive psychology).

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Curriculum Pillars of Applied Learning in Context – Practical Psychology

Upon completion of the subject, students should be able to:

- analyse and evaluate human thoughts, behaviour and emotions from a psychological perspective;
- discuss the major disciplines and services in psychology;
- identify the psychologists contributing to the development of psychology fields;
- explain how major psychological concepts can be applied in various careers and daily life;
- apply psychological concepts in understanding self and development of personality; and
- develop self-understanding for further studies and career development in the related field.

Through the specific contexts related to the subject, students have different learning opportunities, for example:

1. Career-related Competencies

- understand the basic concepts and functions of psychology;
- apply psychological knowledge and skills in daily life contexts and work-related contexts, also considering health and safety issues;
- understand the importance of ethical, moral, social and legal responsibility as well as roles of a psychologist and mental health professional; and
- explore the aptitudes and abilities required in the field of psychology, and develop a personal roadmap to articulate to different levels of qualifications.
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2. Foundation Skills

- demonstrate effective communication skills through class participation in role play, discussion, project presentation and case sharing;
- apply mathematical skills to analyse and interpret psychology research data; and
- apply information technology skills in conducting the research and collecting information for psychology project presentation.

3. Thinking Skills

- apply problem-solving and decision-making skills in solving psychological problems;
- apply critical thinking skills in explaining human behaviour; and
- analyse contemporary issues in Hong Kong using broad-based psychological knowledge independently, critically and creatively.

4. People Skills

- illustrate self-reflection skills in developing the personality portfolio and essay writing;
- demonstrate self-management skills in assessment activities and hands-on practices in group project presentation; and
- employ good interpersonal, collaborative and team building skills to accomplish a group project.

5. Values and Attitudes

- identify the code of ethics published by the Hong Kong Psychological Society;
- demonstrate aspiration and enthusiasm to learn about the research and application in psychology; and
- appraise the importance of social responsibility and ethical practices in the psychological and social services industry.