

## Applied Learning

### 2022-24 Cohort; 2024 HKDSE

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

## 6. Curriculum Map – Organisation and Structure

### **Module 1: Introduction to Psychology (30 hours)**

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

### **Module 2: Lifespan Development (30 hours)**

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

### **Module 3: Personality and Learning (30 hours)**

- Understand Self through Personality Theories and Assessment
- Personality Formation and Development
- Principles and Theories of Learning
- 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
- Stress Management and Mental Health
- Common Psychological Disorders and Treatment

### **Module 5: Health and Positive Psychology (30 hours)**

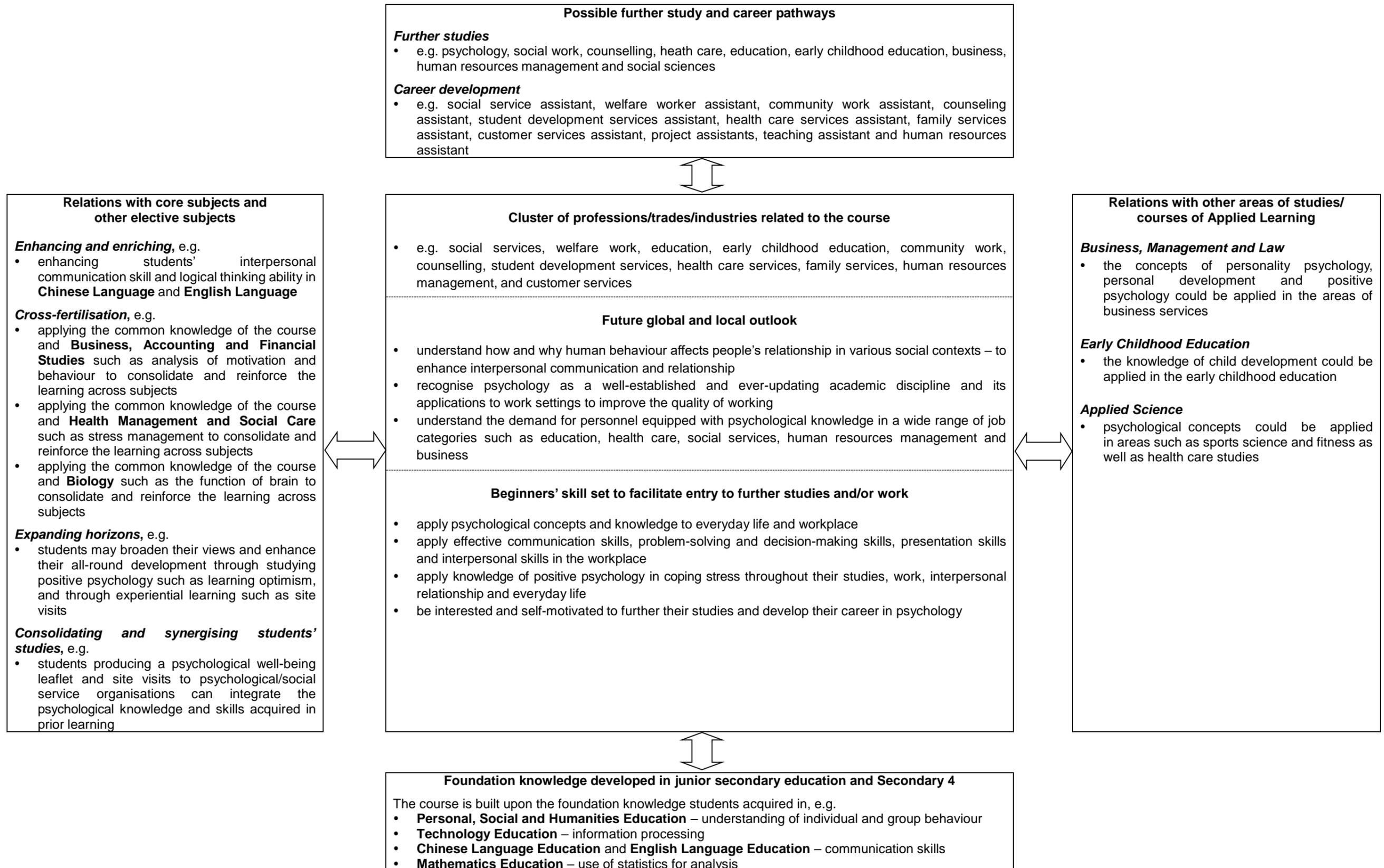
- Health and Stress
- Develop Healthy Lifestyle
- Understanding the Development of Positive Psychology
- Understanding Well-Being, Happiness, and Character Strengths

### **Module 6: Experiential Learning Programme (30 hours)**

- Understanding about Mental Health in Hong Kong
- Common Mental Health Problems in Hong Kong
- Introduction to Psychological and Social Services in Hong Kong
- Site Visits to 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.



## **Applied Learning**

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#### **Learning and Teaching**

**Course 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 daily examples, discussing related news or hot-issues, and group discussion to grasp the overview of the psychology disciplines and services) and eye-opening opportunities to experience the complexity of the context (e.g. visiting social service facilities or organisations such as NGO, rehabilitation hostel and shelter workshops).

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. producing a psychological well-being leaflet in group, creating an individual album related to positive psychology, visiting psychological/social service organisations/NGO for children, adolescence, adults or the elderly).

Students are also encouraged to develop and apply conceptual, practical and reflective skills to demonstrate entrepreneurship and innovation (e.g. case study to understand different types of common psychological disorders, its causes, diagnosis, impacts and treatment. Application of theories in social psychology to understand the interaction of people under the social and cultural contexts). Students are given opportunities to integrate the knowledge and skills acquired and consolidate their learning (e.g. to enhance students' self-understanding through various types of questionnaires, analysis of personality and career tests. Students build up positive attitudes and positive thinking towards life through learning theories and concepts of positive psychology).

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#### Curriculum Pillars of Applied Learning in Context – Practical Psychology

Upon completion of the course, 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;
- describe the main perspectives and fundamental theories in psychology;
- explain how fundamental psychological concepts can be applied in various careers and daily life;
- apply psychological concepts in understanding personal growth and development of personality, and demonstrate a basic understanding of the professional ethics of psychology practitioners; and
- develop self-understanding for further studies and career development in the related field.

Through the specific contexts related to the course, 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, social and legal responsibility as well as roles of a psychologist and mental health professional; and
- explore the aptitudes and abilities required in studying psychology, and develop a personal roadmap to articulate to different levels of qualifications.

#### 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 research and collecting information for psychology project.

#### 3. **Thinking Skills**

- apply problem-solving and decision-making skills in solving psychological problems;
- apply critical thinking skills in analysing human behaviour; and
- analyse daily issues using fundamental psychological knowledge, critical thinking skills and creative thinking skills.

**4. People Skills**

- illustrate self-reflection skills in developing the personality portfolio and 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**

- demonstrate a basic understanding of the professional ethics of psychology practitioners;
- demonstrate aspirations and enthusiasm to learn about the research and application in psychology; and
- appraise the importance of social responsibility and professional ethics in the psychological services.