# **Applied Learning**

# 2023-25 Cohort; 2025 HKDSE

Item	Description
1. Course Title	Applied Psychology
2. Course Provider	Lingnan Institute of Further Education
Area of Studies/     Course Cluster	Applied Science/ Psychology
Medium of     Instruction	Chinese or English
5. Learning Outcomes	<ol> <li>Upon completion of the course, students should be able to:</li> <li>demonstrate an understanding of major perspectives and fundamental theories in psychology;</li> <li>apply psychological principles to analyse human mental processes and behaviors in professional, social and personal contexts;</li> <li>demonstrate critical thinking, problem-solving and creative thinking skills in solving problems related to human behaviour;</li> <li>demonstrate a basic understanding of the professional ethics of psychology practitioners and demonstrate positive values and attitudes; and</li> <li>develop self-understanding for further studies and career development in the related field.</li> </ol>

### 6. Curriculum Map – Organisation and Structure

### **Foundations of Applied Psychology**

- 1. Basic Psychology (39 hours)
- a) Definition of psychology
- b) Foundation on six major perspectives of psychology
- c) Research Methods in Psychology
- d) Nature of psychology professions



#### **Intrapersonal Applied Psychology**

# 2. Motivation and Learning (27 hours)

- a) Learning processes
- b) Memory
- c) Human needs and motivation
- d) Enhancing motivation and learning in personal and workplace settings (Develop techniques in sales, businesses, advertisements, sports psychology, and everyday life)

### 3. Developmental Psychology (18 hours)

- a) Intelligence
- b) Moral development
- c) Human attachment
- d) Identity formation
- e) Human cognitive development

# 4. Personality Psychology (24 hours)

- a) Structure and development of personality
- b) Personality assessment and interpretation
- c) Interpersonal communication involving different personality and culture
- d) Personality and career choices



#### **Interpersonal Applied Psychology**

#### 5. Social Psychology (18 hours)

- a) Social perception and cognition
- b) Social influences on behaviour
- c) Group dynamics in teamwork and leadership
- 6. Conflicts and Stress Management (18 hours)
- a) Causes of conflicts and prejudice
- b) Strategies for conflict resolution
- c) Theories of emotion, arousal, and actions
- d) Concepts of stress
- e) Stress and sleeping
- f) Major sources of stress and coping strategies



### 7. Elective Module (36 hours)

### A. Foundations of Mental Health / B. Foundations of Positive Psychology

# A. Foundations of Mental Health (36 hours)

- A1) Basic concepts of mental health
- A2) Causes, diagnosis and treatment approaches of mental disorders
- A3) Psychotherapies
- A4) Ethical issues in mental health
- A5) Care for mentally ill and ex-mentally ill

# B. Foundations of Positive Psychology (36 hours)

- B1) Introduction to positive psychology
- B2) Happiness and subjective wellbeing
- B3) Strengths and virtues
- B4) The PERMA model

#### 7. The Context

- The information on possible further 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.

#### Possible further study and career pathways

#### Further studies

e.g. psychology, social science, counselling, social work, human resources management

#### Career development

• e.g. psychologist, counsellor, human resources practitioner, social worker, teacher, programme worker, child care worker, training officer, career counsellor, psychiatric professional

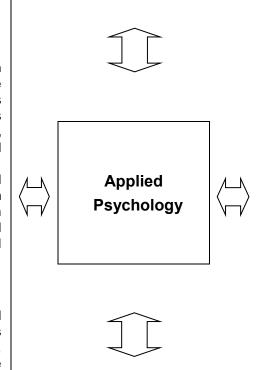
# Relations with core subjects and other elective subjects

#### Enhancing and enriching, e.g.

- the concepts related to human motivation and personality are relevant to aspects such as marketing and human resources management in Business, Accounting and Financial Studies
- students' language and communication skills developed in Chinese Language/English Language can be enhanced through report writing and oral presentation

#### Expanding horizons, e.g.

 students gain exposure and diversified learning experiences through sharing by professionals, service-learning activities and site visits



#### Relations with other areas of studies/ courses of Applied Learning

e.g.

#### Services

 this course could help students acquire the knowledge related to human behaviour and people skills required in the service industry

#### Business, Management and Law

 the concepts related to human motivation and interpersonal relationship are useful for the understanding of the consumer behaviour

#### Applied Science

 application of psychological theories could be extended to sports psychology in areas such as performance enhancement

#### Foundation knowledge developed in junior secondary education

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

- Chinese Language Education and/or English Language Education communication skills
- Science Education science concepts

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#### **Learning and Teaching**

Course Title : Applied Psychology

Area of Studies : Applied Science

Course Provider : Lingnan Institute of Further Education

In Applied 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 Applied Psychology/Psychology related fields.

Different modes of activities are employed to provide students with a systematic understanding about the context (e.g. discussion on various controversial psychological or ethical issues; games with psychology; role plays of various situations to sharpen presentations and expression skills) and eye-opening opportunities to experience the complexity of the context (e.g. site visits to psychology related organisations and exchange with psychology professionals or ex-mentally ill patients).

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. conducting scenario-based experiment to explore psychology theories, and developing behavioural programmes for the target clients).

Students are also encouraged to develop and apply conceptual, practical and reflective skills to demonstrate entrepreneurship and innovation. Students are given opportunities to integrate the knowledge and skills acquired and consolidate their learning (e.g. reflection with in-class games, group discussions and analysing real life cases).

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# Curriculum Pillars of Applied Learning in Context – Applied Psychology

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

#### 1. Career-related Competencies

- recognise the career paths of psychology practitioners and the related qualification requirements;
- describe major specialties in psychology and distinguish the roles of psychologists;
- explain major perspectives of psychology and apply appropriate principles to account for psychological phenomena; and
- recognise the latest development in research and practice in psychology.

### 2. Foundation Skills

- demonstrate effective communication skills in written and verbal forms through role-play, group discussion, project, presentation and report writing; and
- apply information technology skills in delivering multi-media presentation.

#### 3. Thinking Skills

- apply psychological principles to understand the causes and mechanisms of human cognitive functions and behaviors; and
- apply critical thinking, problem-solving and creative thinking skills to tackle issues in personal, social and professional contexts from a psychological perspective.

#### 4. People Skills

- demonstrate interpersonal and collaboration skills through interaction with fellow students in different contexts; and
- apply concepts of group dynamics to enhance interpersonal communication and relationship.

#### 5. Values and Attitudes

- value intellectual honesty in the process of scientific research related to psychology;
- appreciate the importance of professional ethics in applied psychology;
- recognise the complexity of human behavior and respect individual differences;
   and
- recognise strategies for healthy development and psychological well-being.