

Applied Learning

2026-28 Cohort; 2028 HKDSE

| Item | Description |
|---------------------------------------|--|
| 1. Course 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 course, students should be able to:</p> <ul style="list-style-type: none">(i) analyse and evaluate human thoughts, behaviour and emotions from a psychological perspective;(ii) discuss the major disciplines and services in psychology;(iii) describe the main perspectives and fundamental theories in psychology;(iv) explain how fundamental psychological concepts can be applied in various careers and daily life;(v) apply psychological concepts in understanding personal growth and development of personality, and demonstrate a basic understanding of the professional ethics of psychology practitioners; and(vi) enhance self-understanding and explore directions on further studies and career pursuits. |

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
- Psychoanalytic, humanistic, behavioural and social cognitive approach
- Personality formation and development
- Principles and theories of learning
- Learning, motivation and behaviour modification

Module 4: Health and Positive Psychology (30 hours)

- Emotion, health and stress
- Develop healthy lifestyle
- The development of positive psychology
- Well-being, happiness and character strengths

Module 5: Social and Abnormal Psychology (30 hours)

- Social behaviours and interaction
- Prejudice and discrimination
- Attraction and love
- Stress management and mental health
- Abnormal behaviors and treatment

Module 6: Experiential Learning Programme (30 hours)

- Overview of mental health in Hong Kong
- Common mental health problems in Hong Kong
- Psychological and social services in Hong Kong
- The trend of substance abuse and rehabilitation treatment services in Hong Kong
- Site visits to psychological and social welfare organisations in Hong Kong
- Design and production of a psychological well-being leaflet

8. Learning and Teaching

In this course, 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 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 recognise 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-practicing opportunities in an authentic or near-authentic environment (e.g. producing an individual album based on the positive psychology test results and related concepts).

Students are given opportunities to consolidate their learning and demonstrate entrepreneurship and innovation (e.g. producing a psychological well-being leaflet in group for a specific population after visiting psychological/social service organisations/NGO).

9. Curriculum Pillars of Applied Learning

Through related contexts, students have different learning opportunities, for example:

(i) **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.

(ii) **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.

(iii) **Thinking Skills**

- apply problem-solving and decision-making skills in solving psychological problems;
- apply analytical skills in evaluating human behaviour with psychological concepts; and
- review daily issues using fundamental psychological knowledge, analytical skills and creative thinking skills.

(iv) **People Skills**

- illustrate self-reflection skills in developing the personality portfolio;
- 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.

(v) **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
- understand the importance of social responsibility and professional ethics in the psychological services.