

PSYCHOLOGY STUDIES COURSE MODULES

Social issues and human behaviour fascinate you, and you are constantly trying to figure out what makes people tick and how you can better support the vulnerable and disadvantaged in society. If you identify with this, the Diploma in Psychology Studies [PCS] could be just right for you!

This rigorous diploma gives you the right skills you need to apply psychology in various fields from education, health care and social services to human resource and development. With the highly practical and relevant professional skills that PCS provides, you will be well prepared for a career in this field.

In the first year, you will obtain a foundation in psychology and sociology, and be introduced to social services in Singapore.

In the second year, you can look forward to being involved in Service-Learning projects. In the final year, you will pick up skills to understand and work with various communities. Throughout the course, you will be taught professional skills in areas such as conducting research, counselling, managing conflicts and applying behaviour modification, as well as group facilitation techniques in clinical, counselling and social work settings. To further hone your skills, you will work on research projects with industry partners right from the first year.

In the final year, you will get the chance to intern at and complete a final-year project with key organisations. Our industry partners include government agencies [National Council of Social Services and Singapore Prison Service], hospitals [Tan Tock Seng Hospital and Institute of Mental Health], and voluntary welfare organisations or VWOs [Asian Women's Welfare Association and family service centres].

LEVEL 2.1

Behaviour Modification & Intervention

This module focuses on the fundamental techniques of behaviour modification in community service settings. Students also study intervention strategies that aim to eliminate maladaptive behaviours and establish healthy behaviours.

Group Dynamics & Facilitation

This module explores how an individual's behaviour may differ depending on the individual's current or prospective connections to a group. The aim is to equip students with theories and research findings aimed at improving group effectiveness, and to build the skills required to apply that knowledge in practical situations such as managing conflicts in groups.

Health Behaviour & Management

This module studies the interaction of biopsychosocial factors underlying physical and mental health and explores various health-related issues including health behaviours, stress, coping and resilience, patient- provider relationships and implications and the management of chronic illnesses.

Introduction to Abnormal Psychology

This module examines scientific perspectives in psychopathology. This module focuses on the theories and research on the etiology and intervention for major psychological disorders and the description of their signs and symptoms.

Statistics & Research Methods 2

This module builds on the statistical and methodological foundation course, Statistics and Research Methods 1. The module aims to equip students with the knowledge and skills in conducting research in the area of psychology and social services. Students are introduced to factorial experimental designs and computer statistical packages for data analysis. They are taught laboratory report writing skills and will participate in class experiments as well as conduct a group research project.

Career & Professional Preparation II

This module prepares students to write effective cover letters and resumes. Preparation and enhancement of portfolio to meet professional standards as well as development of presentation skills, and improvement of job-seeking techniques will also be covered in the module.

Interdisciplinary Studies[^]

Any one Interdisciplinary Studies (IS) elective.

LEVEL 2.2

Cognition and Behaviour

This module provides students with an overview of the structure and functions of the brain and its role in determining how we think and behave. Through case studies and empirical findings, students will gain an understanding of the biological basis of behaviours and be able to explain and analyse human responses.

Fundamentals of Counselling: Practice & Ethics

This module presents the basic workings of the counselling process and identifies some core issues of counselling. Topics covered include major theories of counselling such as psychoanalytic, behavioural and cognitive behavioural, person-centred, Gestalt, family and systems. The aim is to help students develop a theoretical and ethical framework, as well as basic counselling skills.

Legal Frameworks for Families, Children & Youth

This module introduces students to the legal framework available for families, children and youth in Singapore. It includes the role of the judicial process in family disputes, and the protection of child, the youth and the aged, as well as the roles of key partners such as the police, healthcare professionals, voluntary welfare organisations and government agencies in the process of managing such social issues.

Managing Disabilities

This module introduces students to key principles in service provisions for people with disabilities through a combination of lectures/tutorials and onsite Service-Learning. Students will gain more in-depth understanding of a specific disability group (eg, autism spectrum disorder, intellectual disabilities, physical disabilities and dementia), think critically about disability-related issues, and implement projects that meet the needs of the disability group they serve.

Personality & Individual Differences

This module examines what personality is, what personality's major subsystems (eg, motives, the self) are, and how personality develops. The aim is to provide students with a comprehensive introduction to the major approaches to personality such as Psychoanalysis, Humanistic, Trait, Behavioural and Cognitive.

World Issues: A Singapore Perspective[^]

This module develops a student's ability to think critically on world issues. Students will discuss a wide range of social, political and cultural issues from the Singapore perspective. It also looks at how city-state Singapore defied the odds and witnessed close to half a century of rapid economic growth, strong political ties and social harmony.

COURSE CURRICULUM

YEAR 2

Level 2.1 (23 hours per week)

Behaviour Modification & Intervention	4
Group Dynamics & Facilitation	3
Health Behaviour & Management	4

Introduction to Abnormal Psychology	4
Statistics & Research Methods 2	4
Career & Professional Preparation II	2
Interdisciplinary Studies (IS) elective ^	2

Level 2.2 (21 hours per week)

Cognition and Behaviour	4
Fundamentals of Counselling: Practice & Ethics	3
Legal Frameworks for Families, Children & Youth	4
Managing Disabilities	4
Personality & Individual Differences	4
World Issues: A Singapore Perspective	2

Notes:

^ For more details on Interdisciplinary Studies (IS) electives, please log on to www.np.edu.sg/is/

IS Modules

The School of Interdisciplinary Studies (IS) delivers a broad-based curriculum, which nurtures a new generation of professionals with multidisciplinary skills and an innovative and entrepreneurial spirit to meet the challenges of a knowledge economy. IS offers both prescribed modules and electives to challenge boundaries. Prescribed modules develop students' competencies in core areas such as Communication, Innovation and Enterprise, Culture and Communication, and Personal Mastery and Development, while elective modules provide insights into Arts and Humanities, Business, Design, and Science and Technology.