

## **COURSE MODULES**

### **LEVEL 1.1**

#### **Academic Writing & Presentation**

This module focuses on critical thinking, academic writing as well as presentation and listening skills. The module aims to equip students with the skills necessary for academic writing and presentation. Finding and evaluating academic sources, reading, annotation, essay planning and writing and presentation skills will be developed in this module.

#### **Career & Professional Preparation I**

This module helps to give students a foundational introduction to their three-year diploma course curriculum and how it prepares them for industry. It will help them to embark on their three-year course with the end in mind, through guided reflection of their personal characteristics, and producing an overall game plan for their future education and career goals. The module aims to deepen students' commitment to the sector that the course prepares them for.

#### **Introduction to Psychology**

This module introduces psychology as a science of behaviour and mental processes. Students are given a broad overview of the different fields in psychology and will learn to actively apply psychological insights to their lives.

#### **Introduction to Sociology**

This module stresses the influence of societal forces on behaviours and lives of individuals. The aim is to provide students with an understanding of the social context of behaviours.

#### **IT Applications for Behavioural Sciences**

This module develops students' skills and abilities in using computer applications for organising, analysing and presenting research data.

#### **Sports & Wellness<sup>^</sup>**

This module aims to help students improve their physical fitness by participating in a physical activity of their choice. This will also give students opportunities to develop confidence, teamwork and leadership.

### **LEVEL 1.2**

#### **Business Communication**

This module prepares students to communicate effectively in business settings. Students will learn both oral and written communication skills that demonstrate concepts of business communication principles, interpersonal skills and intercultural skills. Topics such as proposal and report writing, elevator pitch and professional presentation will be covered.

#### **Lifespan Psychology**

This module studies the physical, cognitive, emotional and social aspects of human development from infancy through childhood, adolescence, adulthood and old age. The aim is to provide students with knowledge of progressive psychological changes that occur in human beings as they age, hence enabling students to understand and respond to issues affecting human development.

#### **Project and Volunteer Management**

This module equips students with the skills required for effective project management in a social service setting: conducting needs assessment, developing, implementing and evaluating a programme. Through field-based learning, students will also gain an understanding of effective volunteer management framework and practices in the social service sector.

### Social Psychology

This module explores the nature and causes of behaviour of individuals in relation to other people. The aim is to provide an understanding of the mechanisms and processes by which social behaviours are shaped by various social, cognitive, environmental, cultural and biological factors.

### Statistics & Research Methods 1

This module introduces students to basic statistics and methods used in most social and psychological research. Students will learn descriptive and inferential statistics, probability theory, the formulation of research problems and the construction of empirically testable hypotheses, sampling, data collection techniques and research writing skills.

### Visual Communication

This module introduces students to the use of visuals as a tool to inform, educate and persuade. They will learn how to think conceptually, understand how information is received by the audience and develop impactful visuals. Through the use of digital photography and imaging software, students will attain skills and knowledge for effective visual communications.

## COURSE CURRICULUM

Module Name	Credit Units
<b>YEAR 1</b>	
<b>Level 1.1 (24 hours per week)</b>	
Academic Writing & Presentation	4
Career & Professional Preparation I	2
Introduction to Psychology	4
Introduction to Sociology	4
Introduction to Social Services	4
IT Applications for Behavioural Sciences	4
Sports & Wellness ^	2
<b>Level 1.2 (18 hours per week)</b>	
Business Communication	4
Managing Disabilities	4
Lifespan Psychology	4
Social Psychology	4
Statistics & Research Methods 1	2

#### Notes:

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

## **COURSE MODULES**

### **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.

#### **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.

#### **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.

#### **Interdisciplinary Studies<sup>^</sup>**

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.

### Interdisciplinary Studies<sup>^</sup>

Any one Interdisciplinary Studies (IS) elective.

## COURSE CURRICULUM

Module Name	Credit Units
<b>YEAR 2</b>	
<b>Level 2.1 (23 hours per week)</b>	
Abnormal Psychology	4
Career & Professional Preparation II	2
Group Dynamics & Facilitation	3
Health Psychology	4
Managing Social Services	4
Statistics & Research Methods 2	4
Interdisciplinary Studies (IS) elective <sup>^</sup>	2
<b>Level 2.2 (21 hours per week)</b>	
Behaviour Modification & Intervention	4
Cognitive Psychology	4
Fundamentals of Counselling: Practice & Ethics	3
Legal Frameworks for Families, Children & Youth	4
Personality & Individual Differences	4
Interdisciplinary Studies (IS) elective <sup>^</sup>	2

### Notes:

<sup>^</sup> For more details on Interdisciplinary Studies (IS) electives, please log on to [www.np.edu.sg/is/](http://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.

## **COURSE MODULES**

### **LEVEL 3.1**

#### **Career & Professional Preparation III**

This module equips students with personal grooming skills required in a professional setting. Students will be taught grooming and social etiquette as well as appropriate dressing. Other topics include making small talk and handling difficult conversations.

#### **Community Psychology**

This module introduces community analysis to identify problems and challenges within a community, and promote individual and community wellbeing through prevention and intervention efforts. Students will learn to develop appropriate content and tools of communication for educational and advocacy purposes, including the design and delivery of public education campaigns and promotional communication to inform, educate and persuade audiences in community settings.

#### **Fundamentals of Crisis Intervention**

This module acquaints students with the psychological impact of a crisis and disaster and the importance of timely intervention. The aim is to ground students in the knowledge of psychosocial needs of clients in crisis and beyond, chronic and acute trauma experiences, and stress disorders. Students also study intervention strategies to relieve stress and trauma, and techniques of stress inoculation appropriate for clients from different demographic backgrounds.

#### **Organisational Behaviour & Development**

This module enables students to acquire a basic understanding of human behaviour in organisations and aims to provide a grounding of the different psychological perspectives used in the analysis of human beings in work and organisations.

#### **Working with the Elderly, Youths and Children**

This module exposes students to practical work with the various population groups in the community. Through the opportunity to work on real world projects conducted in collaboration with community-based organisations, students will develop project management, applied research and intervention skills to effect change in the community.

#### **World Issues: A Singapore Perspective<sup>^</sup>**

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 the city-state of Singapore defied the odds and achieved more than half a century of rapid economic growth, political stability and social harmony.

#### **Interdisciplinary Studies<sup>^</sup>**

Any one Interdisciplinary Studies (IS) elective.

### **LEVEL 3.2**

#### **6-Month Internship / Project Work**

This module provides the opportunity for students to go on an industry internship attachment and undertake a final-year project. For internships, students will be attached to a social service agency, organisation or psychology clinic. Alternatively, students can embark on an independent research project based on an approved topic. The project will include some fieldwork, to be carried out under the supervision of academic staff.

## COURSE CURRICULUM

Module Name	Credit Units
<b>YEAR 3</b>	
<b>Level 3.1 (22 hours per week)</b>	
Brain & Behaviour	4
Career & Professional Preparation III	2
Cognitive Psychology	4
Fundamentals of Crisis Intervention	4
Industrial & Organisational Psychology	4
Interdisciplinary Studies (IS) elective ^	2
World Issues: A Singapore Perspective ^	2
<b>Level 3.2</b>	
6-Month Internship / Project Work	22

### Notes:

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