

BACHELOR OF ARTS

Psychology

Program Description

The AB Psychology program is anchored on a liberal arts education which aim to train students to analyze understand and appreciate the complexities of human mental processes and behavior and equip them with knowledge, skills and values to perform tests in various settings such as school, industry and community. This will prepare them for other career opportunities in Guidance and Counseling, Early Childhood Education, Forensic Psychology, Law, Human Resource Development and Clinical work.

Students enrolled in the program have options whether to take A.B. in Psychology only or opt to have additional certificates in Marketing, and Human Resources Management by enrolling specified courses in these fields.

Program Educational Objectives:

Within three to five years after obtaining a bachelor's degree in BA Psychology graduates are expected to:

1. practiced basic knowledge, skills, and capabilities required in performing the various functions in the fields of Psychology, responsive to the mental health needs of their respective communities;
2. pursued graduate education, passed the professional licensure examination for Psychometricians and/or Psychologists, and obtained continuous professional development through practical training, specialty certification, and/or research; and
3. assumed leadership roles in their respective organizations while adhering to ethical standards of the profession and promoting social transformation as socially-responsible Christians.

Program Outcomes

By the time of graduation, the students of the program shall have develop the ability to:

1. Demonstrate the capacity to analyze and effectively communicate the major theories and concepts in psychology.
2. Demonstrate and apply the methods of psychological inquiry in building knowledge on local culture and context using their critical thinking skills.
3. Demonstrate and apply psychological theories and methods in personal, professional and community settings in consonance with being socially responsible Christians.
4. Demonstrate the capability for critical thinking as a manifested in their self-reflection and independent learning in graduate education or in professional context.
5. Demonstrate professional and ethical behaviors in research and practice in psychology as socially responsible Christians.
6. Demonstrate harmonious relationship with self, colleagues, clients and others in diverse settings through effective communication.
7. Demonstrate critical thinking skills in the conduct of psychological assessment and evaluation, and other psychology-related functions such as, but not limited to, counseling/psychotherapy, training, coaching.

Admission Requirements

Admission to the Program starts at the freshman year. To be admitted, a student should:

1. meet the requirements for general admission to the University;
2. pass a set of psychological tests;
3. must have a grade of 83% and above in Psych 1; and
4. meet the criteria set by the Screening Committee conducted during the second year of the program.

Retention Policies

To be retained in the program, a student must:

1. pass and maintain a Grade of 83% or better in all the professional courses; failure in any of these courses will mean no readmission; and
2. actively participate in the Psych Society and the Psychology Department's co-curricular activities.

BACHELOR OF ARTS Psychology

FIRST YEAR
First Semester

		Lec	# of	Lab	# of	Total	Total
		Units	hrs/wk	Units	hrs/wk	Credit	Assessed
						Units	Units
USELF	Understanding the Self	3	3	0		3	3
IRS1	Lasallian Spirituality	3	3	0		3	3
PED1	Physical Education 1 (Wellness and Fitness)	2	2	0		2	2
ETHICS	Ethics	3	3	0		3	3
PCOM	Purposive Communication	3	3	0		3	3
PSYC101	Psychological Statistics 1 (Descriptive)	3	3	0		3	3
	Total	17	17	0		17	17

Second Semester

		Lec	# of	Lab	# of	Total	Total
		Units	hrs/wk	Units	hrs/wk	Credit	Assessed
						Units	Units
RIZAL	Life and Works of Rizal	3	3	0		3	3
IRS2	Lasallian Formation on Christian Morality	3	3	0		3	3
PED2	Physical Education 2 (Team Sports and Rhythmic Activities)	2	2	0		2	2
IGG	Group Guidance	1.5	1.5	0		1.5	1.5
PSYC102	Introduction to Psychology	3	3	0		3	3
PSYC103	Psychological Statistics 2 (Inferential)	3	3	0		3	3
	Total	15.5	15.5	0		15.5	15.5

SECOND YEAR
First Semester

		Lec	# of	Lab	# of	Total	Total
		Units	hrs/wk	Units	hrs/wk	Credit	Assessed
						Units	Units
PSYC201	Psychology of Learning	3	3	0		3	3
PSYC104	Physiological / Biological Psychology	3	3	0		3	3
PSYC105	Developmental Psychology	3	3	0		3	3
LOGIC	Logic	3	3	0		3	3
GENSOC	GE Electives 3 (Gender & Society)	3	3	0		3	3
NSTP1	National Service Training Program 1	3	3	0		3	3
PED3	Physical Education 3 (Swimming and Recreation)	2	2	0		2	2
	Total	20		0		20	20

Second Semester

		Lec	# of	Lab	# of	Total	Total
		Units	hrs/wk	Units	hrs/wk	Credit	Assessed
						Units	Units
PSYC106	Experimental Psychology	2	2	3	3	5	5
PSYC107	Theories of Personality	3	3	0		3	3
PSYC108	Cognitive Psychology	3	3	0		3	3
MATHMW	Mathematics in the Modern World	3	3	0		3	3
PSPEAK	Public Speaking in the Discipline	3	3	0		3	3
NSTP2	National Service Training Program	3	3	0		3	3
PED4	Physical Education 4 (Individual and Dual Sports)	2	2	0		2	2
	Total	19	19	3	3	22	22

THIRD YEAR
First Semester

		Lec	# of	Lab	# of	Total	Total
		Units	hrs/wk	Units	hrs/wk	Credit	Assessed
						Units	Units
PSYC109	Psychological Assessment 1	3	3	0		3	3
PSYC111	Field Methods in Psychology	5	5	0		5	5
PSYC112	Filipino Psychology or Sik. Pilipino	3	3	0		3	3
DAFIL	Dalumat ng/sa Filipino	3	3	0		3	3
PSYC113	Social Psychology	3	3	0		3	3
IRS3	Spirituality in the Workplace	3	3	0		3	3
	Total	20	20	0		20	20

Second Semester		Lec	# of	Lab	# of	Total	Total
		Units	hrs/wk	Units	hrs/wk	Credit	Assessed
						Units	Units
PSYC110	Psychological Assessment 2	3	3	0		3	3
PSYC114	Abnormal Psychology	3	3	0		3	3
PSYC202	Group Dynamics	3	3	0		3	3
PSYC115	Research in Psychology 1	3	3	0		3	3
STS	Science Technology and Society	3	3	0		3	3
CWRLD	Contemporary World	3	3	0		3	3
LITE	Living in the IT Era	3	3	0		3	3
Total		21	21	0		21	21

Summer		Lec	# of	Lab	# of	Total	Total
		Units	hrs/wk	Units	hrs/wk	Credit	Assessed
						Units	Units
	Internship (Optional)	3	3	0		3	3
Total		3	3	0		3	3

FOURTH YEAR

First Semester		Lec	# of	Lab	# of	Total	Total
		Units	hrs/wk	Units	hrs/wk	Credit	Assessed
						Units	Units
PSYC116	Research in Psychology 2	3	3	0		3	3
PSYC117	Industrial / Organizational Psychology	3	3	0		3	3
PSYC203	Counseling/Clinical Psychology	3	3	0		3	3
PSYC204	Internship 1	3	3	0		3	3
RHIST	Readings in Philippine History	3	3	0		3	3
PPOP	Philippine Popular Culture	3	3	0		3	3
Total		18	18	0		18	18

Second Semester		Lec	# of	Lab	# of	Total	Total
		Units	hrs/wk	Units	hrs/wk	Credit	Assessed
						Units	Units
PSYC206	Strategic Human Resource Management	3	3	0		3	3
PSYC118	Professional Enrichment Course	3	3	0		3	3
PSYC205	Internship 2	3	3	0		3	3
FL201	Foreign Language (Spanish)	3	3	0		3	3
ARTAP	Art Appreciation	3	3	0		3	3
Total		15	15	0		15	15

SUMMARY OF REQUIRED COURSES AB Psychology

	No. of Courses Required	Units Equivalent	Total Units
General Education Courses			
Languages			
Purposive Communication	1	3	
Dalamat ng Filipino	1	3	
GE Electives 4 (Philippine Popular Culture)	1	3	
Foreign Language (Spanish)	1	3	12
Mathematics			
Mathematics in the Modern World	1	3	3
Social Sciences			
Understanding the self	1	3	
Art Appreciation	1	3	
GE Electives 3 (Gender and Society)	1	3	9
Mandated Courses			
Physical Education	4	8	
Institutional Religious Studies	3	9	
National Service Training Program	2	6	
Institutional Group Guidance	1	1.5	
The Contemporary World	1	3	
Ethics	1	3	
Science, Technology and Society	1	3	
Logic	1	3	
Public Speaking	1	3	
Rizal	1	3	
Readings in Philippine History	1	3	
GE Electives 1 (Living In the IT Era)	1	3	48.5
Major Courses			
PSYC101 Psychological Statistics 1 (Descriptive)	1	3	
PSYC102 Psychological Statistics 2 (Inferential)	1	3	
PSYC103 Introduction to Psychology	1	3	
PSYC104 Physiological/Biological Psychology	1	3	
PSYC105 Developmental Psychology	1	3	
PSYC106 Experimental Psychology	1	5	
PSYC107 Theories of Personality	1	3	
PSYC108 Cognitive Psychology	1	3	
PSYC109 Psychological Assessment 1	1	3	
PSYC110 Psychological Assessment 2	1	3	
PSYC111 Field Methods in Psychology	1	5	
PSYC112 Filipino Psychology or Sik. Pilipino	1	3	
PSYC113 Social Psychology	1	3	
PSYC114 Abnormal Psychology	1	3	
PSYC115 Research in Psychology 1	1	3	
PSYC116 Research in Psychology 2	1	3	
PSYC117 Industrial/Organizational Psychology	1	3	
PSYC118 Professional Enrichment Course	1	3	
PSY201 Psychology of Learning	1	3	
PSY202 Group Dynamics	1	3	
PSY203 Clinical Psychology/Counseling	1	3	
PSY204 Internship 1	1	3	
PSY205 Internship 2	1	3	
PSY206 Strategic Human Resource Management	1	3	76
	Total		148.5

MAJOR COURSE DESCRIPTION

AB Psychology

PSYC101 **3 units**
PSYCHOLOGICAL STATISTICS 1
(Descriptive)

Basic concepts and methods of descriptive statistics and their use in the design, analysis, and interpretation of psychological studies.

Apply the appropriate descriptive statistical tools for collecting, organizing, presenting and analyzing data.

PSYC102 **3 units**
PSYCHOLOGICAL STATISTICS 2 (Inferential)
Basic concepts and methods of inferential statistics and their use in the design, analysis, and interpretation of psychological studies.

Apply the underlying principles of statistical techniques, perform statistical tests, and interpret statistical data.
Prerequisite: PSYC101

PSYC103 **3 units**
INTRODUCTION TO PSYCHOLOGY

A broad coverage of the conceptual and empirical foundations of psychology in its main fields. The discussion of the theories, concepts, and empirical findings focuses on complex human behavior – how and why we think, feel, and behave the way we do, how we act and interact with others, and why and how we become the unique individuals that we are.

Apply concepts, theories, and methods to understand complex human behavior.

PSYC104 **3 units**
PHYSIOLOGICAL/BIOLOGICAL PSYCHOLOGY

The physiological approach to studying human behavior. Basic concepts and findings in neuroscience with special emphasis on brain-body relationship, brain-behavior relationship, and mind-behavior relationship are treated in the course.

Distinguish the various structures of the brain and their functions in relation to human behavior.

PSYC105 **3 units**
DEVELOPMENTAL PSYCHOLOGY

A study of human development throughout the life span in the areas of physical, social, cognitive, emotional, and moral development. Major developmental theories are tackled. Emphasis is given on the system perspective and the interactive dimensions of human development particularly in the Filipino setting.

Demonstrate the process of human development in terms of its physical, social, cognitive, emotional, and moral aspects.

PSYC106 **5 units**
EXPERIMENTAL PSYCHOLOGY

The philosophy and methods of science focusing particularly on experimentation in the investigation of problems and issues in psychology including ethical considerations in the conduct of experimental research. The student is expected to design and conduct experiments in psychology, write research reports, and present and defend the findings of the experiment.

Apply the principles of experimentation in the investigation of psychological problems guided by ethical standards.
Prerequisite: Psyc 101 (Psychological Statistics 1) and Psyc102 (Psychological Statistics 2)

PSYC107 **3 units**
THEORIES OF PERSONALITY

A survey of the major theories of personality and the theoretical and practical issues involved in the scientific study and understanding of personality formation and dynamics.

Apply the various personality theories in understanding and explaining human behavior.

PSYC108 **3 units**
COGNITIVE PSYCHOLOGY

An introduction to research and knowledge in the psychological study of important cognitive abilities including sensation and perception, attention, memory and representation, language and thinking.

Demonstrate the significance of cognitive functions in understanding human behavior.

PSYC109 **3 units**
PSYCHOLOGICAL ASSESSMENT 1

Introduces to the nature and uses of psychological tests in the educational, industrial, and community settings. It also covers the essentials of reliability, validity, and item analysis in test construction, as well as the ethical issues and social considerations involved in psychological testing. Emphasis is placed on the principles of selection, administration and scoring, and interpretation of psychological tests.

Apply the principles of psychometrics and psychological assessment in the selection, administration and scoring, and interpretation of tests guided by ethical standards.
Prerequisite: Psyc 107 (Theories of Personality)

PSYC110 **3 units**
PSYCHOLOGICAL ASSESSMENT 2

Focuses on the assessment of human personality and other non-intellective aspects of behavior like interests, values, and attitudes. It also introduces students to other techniques such as interviews, observations, surveys, and checklists as a means to assess human behavior and to facilitate understanding of individual differences in the contexts of school, industry, and community.

Emphasis is placed in the principles of instrument development aimed at measuring affective aspects of behavior.

Apply the principles of psychometrics and psychological assessment in the use and development of tests.

Prerequisite: Psyc 109 (Psychological Assessment 1)

PSYC111 **5 units**
FIELD METHODS IN PSYCHOLOGY

This course covers both quantitative and qualitative field methods. It includes the design and administration of surveys, interviews, and focus group discussion. Learners will also be oriented on the use of secondary data and observations.

Apply the various quantitative and qualitative field methods in studying human behavior.

Prerequisite: Psyc 106 (Experimental Psychology)

PSYC112 **3 units**
FILIPINO PSYCHOLOGY / SIKOLOHIYANG PILIPINO

The course is a study of concepts and methods in the field of culture and psychology, giving meaning to psychological reality based on the language and worldview of the Filipino. The students will be introduced to indigenous concepts in Sikolohiyang Pilipino, and its applications in various fields of psychology. They will also be trained in the use of indigenous research methods. Furthermore, issues regarding Sikolohiyang Pilipino as a discipline and as a movement will also be discussed. The course will be conducted in Filipino or in English.

Explain psychological reality from the Filipino perspective through the use of indigenous concepts and research methods.

PSYC113 **3 units**
SOCIAL PSYCHOLOGY

The scientific study of human social behavior – how and why we think, feel, behave, and relate to one another in social situations the way we do. The major theories, concepts, and empirical findings in social psychology are dealt with. Social behavior and social phenomena in the Philippine setting are examined from the social psychological perspective.

Demonstrate human behavior using the concepts and theories from the psychosocial perspective.
Prerequisite: Psyc 106 (Experimental Psychology)

PSYC114 **3 units**
ABNORMAL PSYCHOLOGY

An introduction to the nature, causes, and possible interventions of psychological disorders. The students are expected to be familiar with the nomenclature and classifications of mental disorders, by the end of the course. Indigenous concepts of abnormality and abnormal behavior will also be discussed. Ethical considerations in abnormal psychological/clinical psychology are discussed.

Explain the etiology, essential features and possible interventions of various psychological disorders.

Prerequisite: Psyc 107 (Theories of Personality)

PSYC115 **3 units**
RESEARCH IN PSYCHOLOGY 1

A research methods course which aims to train the student in psychological research beginning from choosing a relevant problem-topic, reviewing the literature, postulating a conceptual framework, to planning for methodology and data analysis. The output is a mature research proposal.

Demonstrate the capacity to apply the principles of scientific inquiry in the formulation of a research proposal.

Prerequisite: Psyc 106 (Experimental Psychology) and Psyc 111 (Field Methods in Psychology)

PSYC116 **3 units**
RESEARCH IN PSYCHOLOGY 2

The second part is the implementation of the research proposal. The student is expected to come up with a well-written empirical research paper and is expected to defend the results, the discussion, and the conclusions.

Demonstrate the capability to implement, and communicate the results of, the process scientific inquiry in understanding human behavior.

Prerequisite: Psyc 115 (Research in Psychology 1)

PSYC117 **3 units**
INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY

A course providing and overview of psychological concepts, theories and research findings for effective human interactions and performance in the workplace. Topics include organizational structures and systems, organizational communication processes, leadership, motivation, conflict resolution, problem solving and decision making, team dynamics, efforts in human resource development and management, and organizational change and development.

Explain the concepts and theories for effective performance and human interactions in the workplace.

PSYC118 **3 units**
PROFESSIONAL ENRICHMENT COURSE

This course leads students to integrate all significant learnings obtained from major courses to prepare them towards the practice of learning outcomes and professional board examination

Demonstration of expected professional knowledge and skills as well as satisfactory performance as indicated in their mock board ratings.

Prerequisite: Seniors Standing

PSYC 201 **3 units**
PSYCHOLOGY OF LEARNING

The study of the processes of learning. Biological, cognitive, social, and cultural factors in learning are examined. Problems and issues on learning and education in the Philippine setting are considered.

Explain the human learning process in terms of its biological, cognitive, social and cultural aspects.

PSYC 202 **3 units**
GROUP DYNAMICS

Using experiential/inductive methods, the course provides students the opportunity to understand the dynamics of group processes and functioning such as communication, problem-solving, decision-making, leadership/membership, collaboration/competition, and self-awareness, particularly in a Philippine organizational setting.

Demonstrate understanding of the dynamics of group processes and functioning through structured and unstructured experiential learning.

PSYC 203 **3 units**
INTRODUCTION TO CLINICAL PSYCHOLOGY / COUNSELING

The course aims to provide students with a basic understanding of the nature, scope, and techniques used in the field of counseling psychology, and other psychological interventions, including approaches in the assessment of various psychological disorders. Emphasis is on various cognitive, affective and behavioral approaches in counseling. The course also discusses the roles, functions, and ethical considerations involved in the practice of the profession.

Demonstrate knowledge and skills used in various theoretical framework/orientations in counseling and clinical psychology guided by ethical standards. Prerequisite: Psyc 114 (Abnormal Psychology)

PSYC 204 **3 units**
INTERNSHIP 1

This 3-unit course aims to expose students to the practical application of the roles and functions of a guidance counselor / school psychologist and orients them to the different types of psychologist-administered tests and assessment tools used by various academic institutions. They will also participate and join in seminars, workshops and other related activities scheduled by the Psychology Department as part of their department-based practicum. Students are required to complete a total of 150 hours of practicum work. The Practicum class should meet at least twice a month to discuss the students' work progress, the observations, insights, reflections, and learning of the students during their practicum work, as well as issues in professional psychology including ethics and areas of concern of the students in their practicum work.

Demonstrate acquired knowledge and skills necessary for the performance of tasks required during the internship in the educational work setting.

PSYC 205 **3 units**
INTERNSHIP 2

This 3-unit course aims to expose students to real-world learning experiences in an organizational context by placing them in the human resources department of a private corporation, government

agency, non-government organization or academic institution where they will achieve better understanding of the process of hiring and recruitment, to work effectively with others in a team, develop appropriate professional work attitude and behavior and understand the ethical practice and standards of the profession. They will also participate and join in seminars, workshops and other related activities scheduled by the Psychology Department as part of their department-based practicum. Students are required to complete a total of 150 hours of practicum work. The Practicum class should meet at least twice a month to discuss the students' work progress, the observations, insights, reflections, and learning of the students during their practicum work, as well as issues in professional psychology including ethics and areas of concern of the students in their practicum work.

Demonstrate acquired knowledge and skills necessary for the performance of tasks required during the internship in the industrial work setting.

PSYC 206 **3 units**
STRATEGIC HUMAN RESOURCE MANAGEMENT

This course focuses on Strategic Human Resource Management (SHRM) theories and principles. The course aims to provide students with basic principles in human resource development. It aims to equip students with skills important in needs assessment, organizing and planning training programs relevant to the corporate world as well as government and non-government agencies.

Demonstrate knowledge and skills in applying the principles of human resource development.

ELECTIVES

DISASTER AND MENTAL HEALTH **5 units**

This course provides an overview of the impact of disasters on individuals, families, and communities. Learners will be introduced to disaster preparedness and how it can be facilitated. The course seeks to provide learners an understanding of the impact of disasters in mental health and the principles in providing psychosocial support for survivors.

POSITIVE PSYCHOLOGY **3 units**

This course will introduce students to the emerging field of Positive Psychology – the science of positive experiences, positive institutions, and human strengths. For the past several years, psychology was devoted mainly on studying mental illness and how to treat patients. The positive Psychology movement reminds us that psychology is also dedicated to promoting human strengths and virtues and that its goal is not merely to treat but also prevent illness. The course will evaluate empirical studies on happiness and other positive concepts and students will learn primarily from classroom discussions.

EDUCATIONAL PSYCHOLOGY 3 units

An overview of the field of educational psychology including research in the field. Theories in educational psychology and their application in the classroom are discussed. The analysis of classroom problems and the design of teaching-learning interventions are tackled using the practitioner-researcher approach.

PSYCHOLOGY FOR EXCEPTIONAL CHILDREN 3 units

A course designed to understand children who are set apart from others due to either an advantage or a disadvantage in terms of their physical, mental, and emotional conditions. Discussions of etiological factors, characteristics of each of the conditions, assessment procedures and intervention approaches are included in the students' exploration of human exceptionality. Orientation on the rights and privileges of Filipinos with special needs shall also be discussed as embodied in the Persons with Disabilities Act of the Philippines (RA9442).

SEMINAR IN PSYCHOLOGY: RECRUITMENT AND SELECTION

This course focuses on employee selection and development. By the end of this course, students should be able to conduct assessment of competencies, identify development needs and approaches to training and development of employees. Students will also be oriented on and practice skills in recruiting, targeted interviewing, and profiling of applicants.