

## **COURSE DESCRIPTIONS 科目簡介**

### **COURSES FOR UNDERGRADUATE PROGRAMMES**

#### **BEH103 Introduction to Behavioural Science (3 credits)**

As the 21<sup>st</sup> century begins, the study of behavioural science is growing. This foundation course introduces students' behaviour-based knowledge and principles in studying the behaviour of individuals, groups, and societies. This course surveys knowledge stemming from various disciplines of psychology, (e.g. social psychology, health psychology) as well as other disciplines, including medical sociology and economics. A number of topics that are of broad interest and importance are selected, and they are viewed as fundamental issues for behavioural scientists: interpersonal relationships, and health and illness.

#### **BEH104 Creativity and Individual Difference: Theories and Applications (3 credits) (GEA104)**

The question of whether creativity is a general ability or whether it is domain specific is an important one that has remained baffled in creativity research. This course will begin by exploring the nature of creativity, creative thinking, and creative problem solving process. The course arranges the topics in light with the 4 P's of creativity: the creative persons, the creative process, the creative product and the creative place (or environment). The course examines the psychological components of creative process, leadership, problem solving and general characteristics of creative people. From a cultural perspective, this course will explore the social context under which creativity is socially constructed and how this is tied to differences in the definition of creativity. A proportion of the course will be devoted to practicing creative and lateral thinking.

#### **BEH109 Social Problem Solving and Decision Making in the Modern World (GEA109) (3 credits)**

This course introduces students to social problem solving models to help them find ways to deal with problems effectively in their day-to-day lives. Life is a dynamic process, filled with many flourishing experiences which make life meaningful. However, when some experiences become troublesome or involve problems, people may face uncertainty and be unable to cope effectively. Hence, the study of social problem solving deals innovatively with different types of problems including intrapersonal problems (such as emotional, or personal health), interpersonal problems (such as marital conflict, domestic violence), and impersonal problems (such as insufficient finances). Topics of interest include conflict management, suicide risk, decision-making, and financial investment.

#### **BEH110 Stress Management, Health and Life Balance (3 credits) (GED110)**

Rapid changes in this century will see enormous transformations in global and local economic, social and cultural development. These changes may present challenges to young university students, particularly in managing stress. This course will acquaint our first year students with knowledge about stress management to help cope with changes, stress, and burnout in university and wider social life.

#### **BEH201 Human Development and Psychology of Adulthood (3 credits)**

(Prerequisite(s): BEH203/GEC302 Exploring Psychology in Western and Chinese Cultures or BEH103 Introduction to Behavioural Science)

This course introduces theories on human development across the life span and explain how people change (and how they remain unchanged) over time. The course also highlights the psychology of adulthood (including young, middle, and late adulthood) in

the most interesting way. Issues relating to developmental problems will be discussed.

**BEH202 Psychology Applied to Occupational Safety and Health (3 credits)**

(Prerequisite(s): BEH103 Introduction to Behavioural Science)

This course introduces the new development of applying psychology to occupational safety and health issues in modern society, in order to make worksite a safe and healthy place. This course highlights a human factor approach to safety management such as enhancing management style/leadership, safety climate and motivation factors; and at the same time alleviating violence and stress in the workplace.

**BEH203 Exploring Psychology in Western and Chinese Cultures (3 credits)  
(GEC302)**

Psychology provides a broad discipline studying behaviour of humans and groups of human behaviour in complex situations. The purpose of this course is to introduce major fundamental psychological concepts and psychology in the different cultural context. Upon completion of this course, students should have acquired a basic understanding of findings in various areas of psychology, and major psychological theories used to explain human behaviour. In addition, this course provides liberal arts students with an avenue for increased self-understanding and behaviours of others, with selected topics in emphasis on the cross-cultural perspective of human behaviour.

**BEH204 Human Relationship and Interpersonal Skills in Organizations (3 credits)  
(GEB214)**

This course emphasizes the understanding and development of effective interpersonal skills and strategies in verbal and non-verbal communication in organizations. Personal, situational, and cultural influence on human interaction will be addressed. Key topics in this course include interpersonal dynamics, listening skills, conflict management, effective negotiation, communication in work team, and business communication styles, etc. Video clips will be used to demonstrate effective and ineffective communication. Group discussion will be facilitated to discuss factors which may influence the interpersonal communication process.

**BEH205 Social Psychology (3 credits)**

(Prerequisite(s): BEH103 Introduction to Behavioural Science)

Social Psychology is an inter-discipline situated between psychology and sociology. The former examines inner lives and selves while the latter examines the relationships between collectivities and organisations. Social psychologists examine how the self and the social interplay, as well as how individuals influence one another. In other words, social psychology is the study of the influences on and consequences of social interaction. Topics cover in this course included theories and research on social cognition (attitude, stereotypes, judging others), social influences (conformity, obedience to authority, and persuasion) and social relations (attraction, love, prejudice, altruism, and aggression).

**BEH206 Abnormal Psychology (3 credits)**

(Prerequisite(s): BEH203/GEC302 Exploring Psychology in Western and Chinese Cultures or BEH103 Introduction to Behavioural Science)

This course is designed to introduce the study of human abnormal behaviours and help students to understand those behaviours. Topics include behaviours ranging from functional to dysfunctional, the principles of psychological assessment, and how helping professionals including psychologists who might be involved in the assessment process and the methods they use. The course covers psychological, biological, and psychosocial cultural approaches to understanding human behaviours. The course will cover various

common psychological disorders, including mood disorders, eating disorders, personality disorders, sexual dysfunctions and schizophrenia. Psychotherapies and cases on psychopathologies will be discussed.

### **BEH207 Health Psychology (3 credits)**

Health psychology focuses on the role of psychosocial processes in health promotion and maintenance, illness prevention and treatment, and the relationship between psychosocial factors and physiological processes involved in health and diseases. The course provides a general introduction to the field of health psychology. We will study the biopsychosocial model of health and illness, and examine its contribution to understanding: a) health promotion and illness prevention, b) becoming ill and adopting the sick role, and c) coping with chronic illness. In each domain, we will discuss and critically evaluate the basic research, explanatory theories, and interventions developed or used by health psychologists. Finally, the course enmeshes you in the theory of, techniques for, and research on how psychology can help people live longer, healthier lives.

### **BEH208 Personality and Individual Differences (3 credits)**

(Prerequisite(s): BEH103/PSY103 Introduction to Behavioural Science)

This course introduces students to individual differences in both intelligence and personality by examining theories, research, measurements, and applications of personality psychology.

We will look at how intelligence is conceptualised and measured in different ways. In particular, the nature versus nurture controversy in the development of intelligence will be critically evaluated, and the issue of single ('G') versus multiple intelligence (e.g. emotional intelligence and creativity) will be discussed.

We will also examine, compare and evaluate the major theoretical perspectives on personality, and review relevant research supporting or refuting the theoretical formulations. Students will learn to appreciate the contributions and limitations of each personality paradigm, and how it has impacted on other areas of specialisation in psychology.

### **BEH209 Cognitive Psychology (3 credits)**

(Prerequisite(s): BEH103/PSY103 Introduction to Behavioural Science)

Cognitive psychology is a sub-field of psychology that is concerned with how the human mind works. Cognitive psychologists attempt to address questions such as:

- How do we remember things?
- How do we multitask?
- How do we understand language?
- How do we solve problems and make decisions?

This course will discuss major theories and findings from areas such as visual perception, attention, memory, language, problem solving and decision making. It will show how cognitive psychologists attempt to understand the human mind via the use of computers (this is related to the field of artificial intelligence also known as A.I.). It will also explore the relation between cognitive psychology and everyday experiences.

### **BEH301 Positive Psychology and Positive Living (3 credits)**

(Prerequisite(s): BEH203/GEC302 Exploring Psychology in Western and Chinese Cultures or BEH103 Introduction to Behavioural Science)

This course introduces the new development of positive psychology, specifically the applied positive psychology perspective, to enhance personal happiness and resilience,

individual health, and productivity of institutions. The course also highlights positive psychology ideas and science, and some spiritual/religious ideas such as from Buddhism in psychological intervention work in different settings.

**BEH310 Counseling Psychology (3 credits)**

(Prerequisite(s): BEH206 Abnormal Psychology)

This course is an introduction to counseling psychology, designed to help students to understand the theories behind counseling approaches and interventions, as well as to examine, experience, and apply a variety of therapeutic intervention strategies that promote personal growth and change. In this course, students will be exposed to therapeutic interventions which will increase their awareness of common themes/principles that evoke client change and growth.

This course will be experiential in nature. Topics include assessing client problems, evaluation of mental status, counseling for people in crisis situations, assessment of suicide risk, problem solving and the process of behavioural change. Major theories of counseling such as cognitive-behavioural, existential/humanistic and positive schools of psychology and psychotherapy are presented and evaluated. Core facilitative skills of counseling are acquired and demonstrated via experiential coursework.

**BEH325 Industrial and Organisational Psychology (3 credits)**

(Remark: It is preferable for students to have taken BEH103 Introduction to Behavioural Science or BEH203/GEC302 Exploring Psychology in Western and Chinese Culture before taking this course.)

This course focuses on different aspects of scientific study of human behaviour in and related to the workplace to advance knowledge on the work well-being of employees and the economic well-being of work organisations. A cross cultural perspective of industrial and organisational psychology, in particular Mainland China, will be discussed.

**BEH332 Environmental Psychology (3 credits)**

(Prerequisite(s): BEH103 Introduction to Behavioural Science or BEH203/GEC302 Exploring Psychology in Western and Chinese Cultures)

Environmental Psychology can be best summarised as an interdisciplinary science that focuses on the interplay between the (natural and built) environment and the people who occupy the environment. This course examines a) how people perceive and represent the environment, b) how the environment influences people's behaviour and cognition, c) the impact of people's behaviour on the environment, and d) how we can help change people's attitude and behaviour towards the natural environment.