

應用學習課程2026-28年度
Applied Learning 2026-28 Cohort

應用心理學

Applied Psychology

適合應考2028年文憑試屆別的學生報讀
Suitable for 2028 HKDSE students



報名日期：
2025年4月至5月及
2026年2月至4月

Application Period:
from April to May 2025 and
February to April 2026

查詢 ENQUIRY
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嶺南大學持續進修學院

Lingnan Institute of Further Education (LIFE)



應用心理學

Applied Psychology

洞察人心，
豐富人生

Understanding Minds,
Enriching Lives

試玩玩



- 為什麼我們搭電梯時，臉總會對著門口？
- 哪一種顏色最性感？
- 你能否看穿別人笑容和眼神的真偽？
- 考試前「通頂」有無用？
- 你有否被你的記憶出賣過？
- 香港哪個廣告最能達到成效？

Let's Try

- Why do we face the lift door when we enter the elevator?
- Which color is sexiest?
- Can you determine a person's genuineness by looking at the eyeballs and smile?
- Is it useful to study overnight for an exam?
- Have you ever been betrayed by your memories?
- Which advertisement in Hong Kong is the most effective?

課程特色

- 認識生活中無處不在的心理學理論
- 解構個人和周邊人的思想、情緒和行為
- 運用心理學於不同行業，提升成功就業的機會

Course Features

- Understand everyday life with psychology theories
- Deconstruct personal and surroundings' thoughts, emotions and behaviour
- Apply Psychology in different careers, enhance successful employment opportunities

成績匯報

應用學習課程乃高中課程下的選修科目，成績會在香港中學文憑證書上匯報。應用學習學生的成績匯報分為：「達標」、「達標並表現優異(I)」和「達標並表現優異(II)」。「達標並表現優異(I)」及「達標並表現優異(II)」的表現水平被視為等同香港中學文憑考試甲類科目第三級及第四級或以上的成績。

Reporting of Performance

ApL courses are offered as elective subjects under the senior secondary curriculum. The results are reported on the Hong Kong Diploma of Secondary Education (HKDSE) certificate. The reporting of students' performance in ApL courses is "Attained", "Attained with Distinction (I)" and "Attained with Distinction (II)". Performance of "Attained with Distinction (I)" and "Attained with Distinction (II)" are deemed comparable to Level 3 and Level 4 or above of Category A subjects of the HKDSE Examination respectively.

升學

升讀心理學、社會科學、輔導、社會工作、人力資源管理等相關課程，例如由LIFE開辦的社會科學（心理學）副學士

Further Studies

Articulate to courses related to psychology, social science, counselling, social work, human resources management, etc.
e.g. Associate of Social Sciences (Psychology) offered by LIFE.

職業發展

例如：心理學家、輔導員、人力資源管理從業員、社工、教師、活動從業員、幼兒護理員、培訓人員、職業顧問、精神科專業人士

Career Development

e.g. psychologist, counsellor, human resources practitioner, social worker, teacher, programme worker, child care worker, training officer, career counsellor, psychiatric professional.

「心理學」是最能兼備趣味、實用和學術的科目。

我們的心理學課程深入淺出，利用動態的活動串起各個專題，並輔以多元評核方法，讓同學認知心理學範疇內重要的課題，建立學科的基礎知識，擴闊升學和就業的舞台！

Psychology is a perfect combination of fun, practicability and academic theory.

Our psychology programme demonstrates profound knowledge in a simplified way, stimulating dynamic pedagogical activities to connect various themes. With the adoption of diversified assessment methods, students will grasp important topics in the field of Psychology, lay a sound foundation of the subject, and have their educational and career opportunities enhanced.

課程結構 Course Structure

必修部分 (144小時)
Core (144 hours)



心理學基礎 (39小時)
Basic Psychology (39 hours)

動機與學習 (27小時)
Motivation and Learning
(27 hours)

發展心理學 (18小時)
Developmental Psychology
(18 hours)

性格心理學 (24小時)
Personality Psychology
(24 hours)

社會心理學 (18小時)
Social Psychology (18 hours)

衝突與壓力的管理 (18小時)
Conflicts and Stress Management (18 hours)

選修部分 (任選其一) (36小時)
Elective (choose any one) (36 hours)

精神健康導論 (36小時)
Foundations of Mental Health (36 hours)

正向心理學導論 (36小時)
Foundations of Positive Psychology (36 hours)



本課程在資歷架構下獲得認可 (資歷架構第三級)

This course is recognised under the Qualifications Framework (QF Level 3).

資歷名冊登記號碼 QF Registration No.: 19/000004/L3

登記有效期 Registration Validity Period: 01/01/2019 - 31/08/2029

修畢此課程，除獲香港中學文憑資歷外，學生亦會獲課程提供機構頒發資歷架構第三級證書。詳情可瀏覽資歷名冊網頁 (www.hkqr.gov.hk)。Students will also obtain the QF Level 3 certificate issued by Course Provider in addition to the HKDSE qualification upon successful completion of this Applied Learning Course. Details are available on the Qualifications Register website (www.hkqr.gov.hk).

學習成果 Learning Outcomes

完成本課程後，學生應能：

Upon completion of the course, students should be able to:

1. 展示心理學主要學派及基本理論的認識

Demonstrate an understanding of major perspectives and fundamental theories in psychology

2. 運用心理學原理，分析在專業、社會及個人層面的人類思考歷程及行為

Apply psychological principles to analyse human mental processes and behaviors in professional, social and personal contexts

3. 在解決人類行為相關的問題時，展示慎思明辨、解難及創意思維能力

Demonstrate critical thinking, problem-solving and creative thinking skills in solving problems related to human behavior

4. 展示對心理學從業員的專業操守有基礎的認識，並展示正確的價值觀和態度

Demonstrate a basic understanding of the professional ethics of psychology practitioners and demonstrate proper values and attitudes

5. 加深自我認識，探索升學及職業發展方向

Enhance self-understanding and explore directions on further studies and career pursuits

中四入讀 Secondary 4 Entry

報名日期: 2025年4月至5月

Application Period: April to May 2025

開課日期: 2025年9月

Commencement Date: September 2025

中五入讀 Secondary 5 Entry

報名日期: 2026年2月至4月

Application Period: February to April 2026

開課日期: 2026年9月

Commencement Date: September 2026

授課安排 Class Arrangement

模式一 Mode 1

時間 Time:

星期六上午或下午上課，每課3或4小時

Lessons will be held for 3 or 4 hours on Saturday mornings or afternoons

(註：部分課程將安排於七月暑假期間進行。)

(Note: Lessons will also be scheduled during summer holidays in July.)

地點 Venue:

(1) 屯門嶺南大學 或 (2) 太子 / 油麻地

(1) Lingnan University, Tuen Mun or (2) Prince Edward / Yau Ma Tei

模式二 Mode 2

課堂主要在學生就讀學校進行，有關詳情有待課程提供機構與學校協定。

Lessons will mainly be held at students' own schools.

Details will be confirmed between course provider and schools concerned.



嶺南大學持續進修學院
LINGNAN INSTITUTE OF FURTHER EDUCATION



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