

LEVEL I PSYCHOLOGY COURSES

PSYC1012 Fundamentals of Developmental Psychology

This course introduces students to Developmental Psychology. It covers the psychological theories of human development and applications to real-world problems that provide a context for understanding changes in social, emotional, physical and cognitive aspects of human development throughout the lifespan. Students will examine critical issues/ controversies/ themes in Developmental Psychology in relation to several influential theoretical approaches.

PSYC 1013 Introduction to Psychological Research and Report Writing

This course introduces Psychology students to basic research methods (quantitative and qualitative). Students gain hands-on experience in data collection and analysis. They will learn to analyse data using the Statistical Package for the Social Sciences and become familiar with selected qualitative data analytic procedures. Students will learn how to format a research paper following guidelines from the American Psychological Association.

PSYC 1015 Historical Issues in Psychology

This course introduces students to the notable paradigm shifts within psychology and provides the critical skills necessary to evaluate theories within their historical, disciplinary, social, and political context. The course explores the development of modern science under Descartes; considers British empiricism, physiological roots of psychology, French Clinical tradition, psychophysics, Wilhelm Wundt, E. B. Titchener and Structuralism, Darwinian influences, Functionalism, animal experimental psychology, Behaviourism, Neobehaviourism, psychoanalysis, and Gestalt psychology.

PSYC1020 Cyber psychology: Media, Myself & A.I.

What does it mean to be human in a digital age? Cyberpsychology answers this question by examining how human beings use online technology to interact with others and how our cognitions and behaviours are affected. Students will explore topics ranging from online relationships and how we construct our digital identities to gaming and artificial intelligence and the psychological applications of virtual and augmented reality to our lives.

PSYC1025 Discovering Psychology: The Science of Humanity

This course introduces foundational areas in psychology that connect the humanities, natural sciences, and social sciences and presents Psychology through experiential-based activities that help students learn how to use research to understand themselves and others in the world. The course provides a foundation for upper-level courses for those students pursuing the Special, Major or Minor in Psychology and as an elective for students across all Faculties.

PSYC1030 Exploring the Social Self in The Wider World

“Who am I?” is a question related to self-awareness and self-knowledge—identity will be one of the central topics of discussion throughout this course. Using various philosophical and theoretical perspectives in psychology, students will explore how we develop a sense of self and how our view of self impacts our motivations, behaviours, thoughts, and relationships with other individuals.

PSYC1035 Psychology of Intimate Relationships and Human Sexuality

Through the scientific examination of our thoughts, emotions, and behaviours, this course introduces the individual and cultural factors which can contribute to the psychology of intimate relationships and sexuality. Topics such as variations of sexual behaviour, sexuality, relationship theories, interpersonal attraction, love and partner selection, taboos, values and morals, communication, conflict, and infidelity, will also be covered, along with issues concerning the psychology of abuse and domestic violence.

LEVEL II PSYCHOLOGY COURSES

PSYC 2003 Foundations of Neuropsychology

This course examines the relationship between neurobiological processes and psychological processes through experimental and clinical data. The course focuses on the organisation of the nervous system, the role of the neurobiological process in sensory experiences, sleep, attention, arousal, motivation, emotions, learning, memory and language.

PSYC2004 Personality Psychology

Pre-requisites: PSYC1025 Discovering Psychology: The Science of Humanity or PSYC1003 Introduction to Psychology

This course provides a thorough examination of grand theories of personality. It focuses on approaches (i.e., trait, biological, humanistic, social-cognitive, behavioural and psychodynamic) that have been important in understanding the history of psychology and continue to provide central frameworks for clinical thinking. Students will use the key concepts within these personality theories to understand human behaviour and explore their strengths and weaknesses regarding scientific theory, methods and measures.

PSYC 2008 Cognitive Psychology

This course provides an in-depth exploration of human cognition, focusing on both classic and current issues. The study of cognition relies heavily on experimental research designed to test models and theories of cognitive processes, and so students will explore both behavioural and neuropsychological approaches to data and theory. Topics will include attention, perception, multiple memory systems, encoding and retrieval processes, the role of knowledge, language and reasoning.

PSYC 2014 Quantitative Exploration of Psychological Experiences

Pre-requisites: PSYC 1013 - Introduction to Psychological Research and Report Writing

This core course of the Psychology specialisation provides the basis for *PSYC 3011 Research Paper in Psychology*. This course covers a range of quantitative methods and statistical techniques (inclusive of Pearson's r , t -tests, ANOVA, and MANOVA). Pertinent areas of the research process, and the research paper in psychology, will be discussed.

PSYC 2020 Psychopathology and Wellbeing

Pre-requisites: PSYC1025 Discovering Psychology: The Science of Humanity AND PSYC1030 Exploring the Social Self in The Wider World

This course provides students with an overview of mental health. Students will review the historical perspectives of mental illness, cover various psychological disorders, theories about their development and clinical course. They will also explore resilience and coping and be introduced to the wellness model. This course is designed for students registered in the specialisation and major route in Psychology and prepares students interested in a career in mental health.

PSYC 2022 Psychology of Conception to Adolescence

Pre-requisites: PSYC 10I2 Fundamentals of Developmental Psychology **OR** PSYC 1003 Introduction to Psychology/ PSYC1025 Discovering Psychology: The Science of Humanity

This course presents the main features of human development, prenatal and postnatal, from conception to adolescence. Students will examine the biological foundations of human development, chromosomal abnormalities, principles of hereditary transmission, and the genetic and environmental factors that may affect the human organism before and after birth.

PSYC2035 Positive Psychology: Happiness, Hope & Humanity's Strengths

Throughout this course, students reflect on the question—*What is the source of your happiness?* They will explore and apply concepts in *Positive Psychology* and focus on the strengths and behaviours that enable individuals to build their lives with meaning and purpose. Students will also examine what makes individuals and institutions thrive, examining concepts such as grit, gratitude, flow, resilience, kindness, happiness, and optimism.

PSYC2036 Qualitative Inquiry of the Psychological World

Pre-requisites: PSYC 10I3 Introduction to Psychological Research and Report Writing

This course introduces students to the nature and theoretical underpinnings of qualitative inquiry in Psychology, which involves collection of rich text-based data allowing for the discovery of themes. Researchers gain a greater understanding of the motives, emotions and perceptions that constitute human thought and action. Students will gain practical skills for conducting interviews, focus groups and presenting qualitative findings per referencing and formatting guidelines of the American Psychological Association.

PSYC2037 The Psychology of Learning: From Theory to Practice

This course presents the main features of the psychological theories of human learning and places them in their appropriate historical context. Learning theories are conceptual models for explaining how information is absorbed, processed, and retained when learning in different settings. Students will examine the links between learning theories and practices through their application to homes, schools and organisations in the Caribbean.

LEVEL III PSYCHOLOGY COURSES

PSYC3011 Capstone Research Project in Psychology

Pre-requisites: Minimum of 30 credits in Psychology courses inclusive of PSYC 2014, Quantitative Exploration of Psychological Experiences OR PSYC PSYC2036, Qualitative Inquiry of the Psychological World

This two-semester course is an independent study based on a proposal students develop, addressing an issue in the field, applying existing knowledge toward a real-life problem. This capstone project culminates the BA Psychology Special and Major programmes and allows students to apply theoretical knowledge and demonstrate practical research skills. Students work through the entire process of planning a study, collecting data, analysing data, discussing the findings, and presenting them. Students must adhere to ethical standards of psychological research and are required to produce a written research report in the American Psychological Association format and communicate their research in an oral presentation.

PSYC3016 Psychology Research Proposal

Pre-requisites: PSYC2014 Quantitative Exploration of Psychological Experiences OR PSYC2036 Qualitative Inquiry of the Psychological World

This course requires students pursuing a Minor in Psychology to investigate a current issue in Psychology and present it in the form of a research project proposal (theoretical background, problem definition, methodological design, and project planning). This independent study helps students develop their ability in formulating research questions from a psychological perspective, preparing a literature review, outlining the method of data collection and proposed data analysis. Students will be required to also present their written research project proposal in an oral presentation.

PSYC3017 Contemporary Personality Theories and Assessment

Pre-requisites: PSYC2004 Personality Psychology and PSYC2020 Psychopathology & Well-being

Having covered classic approaches to personality in PSYC 2004, students will now examine contemporary theories of personality. Reviewing their contributions to personality dynamics, and how the basic structures and processes shape our sense of security, levels of effectiveness and meaning in life, and our capacity for love, wisdom, and resilience, and the implications for personality assessment used to plan treatment, offer jobs and increase self-knowledge.

PSYC3018 Forensic Psychology

Pre-requisites: PSYC2003 Foundations of Neuropsychology OR PSYC2004 Personality Theory*(No pre-requisite required for Law Faculty)

This course introduces students to the study and practice of psychology in criminological and legal contexts. The key areas covered include detecting deception and psychological assessment of offenders, psychological processes in the courtroom, insanity and competency, and cognitive failures in recall, amongst other topics.

PSYC3020 Educational Psychology

Pre-requisites: PSYC2022 Psychology of Conception to Adolescence

This course introduces students to psychological principles in Educational Psychology. Emphasis is on the psychosocial factors that impact teaching and learning. Students will explore a range of psychosocial forces that influence classroom dynamics. The content includes learning theories, motivation, theories of human development, personality theories, instructional design, assessment, and key concepts related to the sociological influences on education.

PSYC3028 Psychological Counselling Skills

Pre-requisites: PSYC2004 Personality Psychology AND PSYC2022 Psychology of Conception to Adolescence

This experiential course introduces counselling psychology and the practice of counselling. It provides an overview of counselling theories and therapeutic techniques, the conditions and skills which facilitate an effective counselling relationship, and the stages of the counselling process. Students will cover the main emotional, social, vocational, educational, and developmental concerns arising across the lifespan. This course is essential for those considering entering a helping profession.

PSYC 3030 Clinical Psychology

Pre-requisites: PSYC2004 Personality Psychology AND PSYC2020 Psychopathology and Well-being

This course provides a broad overview of clinical psychology with a focus on science and practice. Training routes, professional activities, ethical issues, and current trends in clinical research and practice are some of the topics covered in the course. Students will review the historical background and examine psychological assessment methods, diagnosis, and psychotherapy approaches. Students will explore speciality areas of clinical psychology.

PSYC 3032 Psychology of Adulthood and Ageing

Pre-requisites: PSYC2022 Psychology of Conception to Adolescence OR PSYC2012 Developmental Psychology

This course builds upon the knowledge gained in PSYC 1012, PSYC 2022, or PSYC 2012 of the developmental process. It introduces students to changes that occur during the adult years and extends the scope to the end of life. The course will explore the psychological, chronological, biological, and social and emotional dimensions of adulthood and ageing. Students will examine the myths, stereotypes, and theories associated with ageing.

PSYC3065 Psychology of Addiction and Recovery

Pre-requisites: PSYC2020 Psychopathology and Well-being

This course introduces students to psychological factors in drug and behavioural addictions (e.g., gambling, sex, shopping, video game playing, the internet, eating, exercise, diet) and associated interventions for recovery. It provides a comprehensive overview of the scientific study of addiction and employs a multidimensional approach (psychological, biological, and socio-environmental factors).

PSYC3066 Psychology of Human Spirituality: A Transpersonal Approach

Pre-requisites: PSYC2004 Personality Psychology

In this course, students reflect on what constitutes their true purpose and learn about concepts underpinning the theory, practice, and study of human spirituality, which they will explore using a transpersonal psychological lens. Students will explore our connections with the environmental ecosystem and the cosmos. The course will focus on cross-cultural conceptualisations of the Divine, spiritual enlightenment techniques, exceptional human experiences and how spiritual development can change over one's lifespan.

PSYC3067 Psychological First Aid: Trauma, Survival & Resilience

Pre-requisites: PSYC1012 Fundamentals of Developmental Psychology

This course introduces students to the evidence-informed Psychological First Aid approach to helping others and themselves in the aftermath of traumatic events (e.g., natural disasters, pandemics). It covers the impact of stress, trauma, grief, and how to anticipate stress and crisis. Students will be equipped with the skillset to provide care for others, practice self-care, and taught how to develop essential tools for handling difficult situations.

PSYC3068 Health Psychology

Pre-requisites: PSYC2004 Personality Theory

This course introduces students to the field of health psychology – a subspecialty of psychology that focuses on how biology, psychology, behaviour, and social factors influence health and illness (physical and mental). It covers psychological theories that have implications for prevention, changing health habits, ill health, disease, stress, and coping, managing chronic illness (i.e., obesity, heart disease, diabetes, cancer) and pandemics.

PSYC3069 Psychology Field Experience

Pre-requisites: Students must have passed a total of 16 (48 credits) Psychology Courses and have been successful at the course interview.

In this course, students apply psychological skills in real-world field settings. This course enhances students' confidence and provides opportunities for them to demonstrate socially responsible behaviour (i.e., civil, sensitive, respectful, and trustworthy) outside the classroom. After a 4-week Pre-Field Experience Seminar, students will complete a 6-week Field Placement at health and social support agencies (e.g., Probation Department, Psychiatric hospital), producing and presenting a Reflective Report of their field experience.