



BACHELOR OF ARTS IN PSYCHOLOGY

COURSE DESCRIPTIONS

A. General Education Courses

	Course Description
Purposive Communication	This three-unit course is designed to prepare students to become proficient communicators in oral and written, and to be effective public speakers in a multicultural environment. It deals with writing, speaking, and presenting for different audiences for various purposes. It will further familiarize students the art of speech delivery, the principles of public speaking, and train them to create multimodal texts. It also elaborates the nature, elements, and functions of verbal and non-verbal communication in various multicultural contexts. Purposive communication also discusses how cultural and global issues affect communication.
Science, Technology, and Society	The course deals with interactions between sciences, technology, social, cultural, political, and economic context that shape and are shaped by them. It encourages and engages students to confront the realities brought about by science and technology in society that affects the personal, public, and global aspects of our living and are integral to human development. The course also includes mandatory topics on change and environmental awareness as well as scientific knowledge and technological developments in the context of society with all its socio-political, cultural, economic, and philosophical foundations. Lastly, this course seeks to instill reflective knowledge in the students that they are able to live a good life and display ethical decision-making in the face of scientific and technological advancement.
Understanding the Self	This course deals with the nature of the self, as well as the factors and forces that affect the development and maintenance of personal identity. It basically helps the learners to have deeper understanding and appreciation of themselves through the different perspectives that will enable them to be adaptive and to embrace change as a personal and professional growth experience. The course includes the self from various perspectives, unpacking the self, and caring for the self – each seeking to provide an answer as to what is the self.
Readings in Philippine History	This course introduces the Philippine history by exposing the students to the different facets of Philippine history through the lens of eyewitness by utilizing the primary sources such as written, oral, visual, audio-visual and digital sources that covers the aspects of Philippine life. Students are expected to imbibe the history of the Philippines and familiarize themselves to the Constitution of the Philippines. These reading materials will help the students to understand better the Philippine history based from the views of different sources. This subject will also be an eye-opener for the students on the different issues of the Philippines before and now as they compare the way of life before and the way of life of Filipinos now. It is expected that at the end of the course, the student would be able to understand and appreciate our rich past by deriving insights from those who were actually present at the time of the event.



Mathematics in the Modern World	This course deals with the nature of Mathematics, appreciation of its practical, intellectual, and aesthetic dimensions and application of mathematical tools in daily life. The course begins with an introduction to the nature of mathematics as an exploration of patterns (in nature and the environment) and as an exploration of inductive and deductive reasoning. It then proceeds to survey ways in which Mathematics provides a tool for understanding and dealing with various aspects of present-day living. These aspects will provide opportunities for actually doing Mathematics in a broad range of exercises that bring out the various dimensions of Mathematics as a way of knowing and test the students' understanding and capacity.
Art Appreciation	Art appreciation is a three-unit course that develops students' ability to appreciate, analyze, and critique works of art. Through interdisciplinary and multimodal approaches, this course equips students with a broad knowledge of the practical, historical, philosophical, and social relevance of the arts in order to hone students' ability to articulate their understanding of the arts. The course also develops students' competency in researching and curating arts as well as conceptualizing, mounting, and evaluating art productions. The course aims to develop students' genuine appreciation for Philippine arts by providing them opportunities to explore the diversity and richness and their rootedness in Filipino culture.
Literature in the Filipino Culture	Literature in the Filipino Culture is a three-unit course that enables students to become backpackers as the course explores various literary pieces written by authors in the country. The course promotes understanding of individual literary works in their cultural and historical contexts which they can use in dealing with their future clients as they become familiar with the cultures in the country. It offers entertainment, aesthetic enjoyment, and important insights concerning human nature, human experiences, and one's civilization. It covers life and norms in different aspects such as education, military, and different age groups. It is designed to engage the students in interdisciplinary and multifaceted activities as a vehicle to concretize, encourage, and support their fundamental enjoyment of learning.
Rizal	This three-unit course is a study of the life, works, and writing of Dr. Jose Rizal, the national hero and martyr, for students to re-dedicate the ideals of freedom and nationalism. This course will solely focus on the life and works of Rizal particularly his novels Noli Me Tangere and El Filibusterismo, ideals, concept of education and nationalism embodied in his writings.
Ethics	This three-unit course deals with ethical behavior in modern society at the level of person, society, and interaction with the environment and other shared resources. It is designed to train students to be morally responsible and morally upright. Specifically, these topics include human acts, the moral agent, standards of morality, freedom and morality, culture and morality, values philosophers and their moral principles, framework and principles and taxation. The course also teaches students to make moral decisions by using dormant moral frameworks and by applying a seven-step moral reasoning model to analyze and solve moral dilemmas.



World Literature and Civilization	World Literature and civilization, a three-unit course, enables the promotion of the students' intellectual, academic, professional, moral, and spiritual development through literary pieces. It also enables the students to understand man and its nature as it covers different civilization around the world through various forms of literature. The course offers entertainment, aesthetics enjoyment, and important insights concerning human nature and human experiences. The important purposes of the course are to promote understanding of individual literary works in their cultural and historical contexts; to engage in comparative and interdisciplinary thinking; illustrate the diverse culture of the world reflected in literature and to characterize the norms and constants, in method and content, which unite the different literary traditions with each other and with other epistemological, scientific, artistic, and practical endeavors.
The Contemporary World	This three-unit course introduces the contemporary world to students by exploring, analyzing and understanding the different phenomena of globalization, using the various disciplines of the social sciences; economics, sociology, political science, science and technology, and other transformations. These disciplines have created an increasing awareness of the interconnectedness of people and places around the globe, thus helping the students to be exposed to the international realm. It seeks to inculcate a sense of global citizenship, global governance, development, sustainability and global ethical responsibility. It helps students become more systematic and thoughtful critical thinkers. It unmasks the concept of globalization and helps students to see the importance and application of global structures and processes in their everyday activities and in their lives as future professionals.
Kontekstwalisadong Komunikasyon sa Filipino	Ang KOMFIL ay isang pratikal na kursong nagpapalawak at nagpapalalim sa kontekstwalisadong komunikasyon sa wikang Filipino ng mga mamamayang Pilipino sa kani-kanilang mga komunidad sa particular, at sa buong lipunang Pilipino sa pangkalahatan. Nakatuon ang kursong ito sa makrokasanayang pakikinig at pagsasalita, gayundin sa kasanayan sa paggamit ng iba't ibang tradisyonal at modernong midya na makabuluhan sa kontekstong Pilipino sa iba't ibang antas at larangan.
Filipino sa Iba't-ibang Disiplina	Ang FILDIS ay isang praktikal na kursong nagpapalawak at nagpapalalim sa kasanayan sa malalim at mapanuring pagbasa, pagsulat, at pananaliksik sa wikang Filipino sa iba't ibang larangan, sa konteksto ng kontemporaryong sitwasyon at mga pangangailangan ng bansa at ng mga mamamayang Pilipino. Nakatuon ang kursong ito sa makrokasanayang pagbasa at pagsulat, gamit ang mga makabuluhang pananaliksik sa wikang Filipino, bilang lunsaran ng pagsasagawa ng pananaliksik (mula sa pangangalap ng datos at pagsulat ng borador ng pananaliksik hanggang sa publikasyon at/o presentasyon nito) na nakaugat sa mga suliranin at realidad ng mga komunidad ng mga mamamayan sa bansa at maging sa komunidad ng mga Pilipino sa iba pang bansa. Saklaw rin ng kursong ito ang paglinang sa kasanayang pagsasalita, partikular sa presentasyon ng pananaliksik sa iba't ibang porma at venue.
Sosyedad at Literatura	Ang SOSLIT ay isang kurso sa pag-aaral at paglikha ng mga tekstong literari sa iba't ibang bahagi ng kasaysayan ng bansang Pilipinas. Sinasaklaw nito ang mga isyung panlipunan na



	tinatalakay ng mga akdang Filipino tulad ng kahirapan, malawak na agwat ng mayayaman at mahihirap, reporma sa lupa, globalisasyon, pagsasamantala sa mga manggagawa, karapatang pantao, isyung pangkasarian, sitwasyon ng mga pangkat minoritya at/o marhinalisado, at iba pa.
Foreign Language	This three-unit course in Foreign Language, specifically Spanish, will help students acquire an intermediate low/mid proficiency level, which means they will be able to handle successfully a variety of basic communicative tasks necessary for survival in a Spanish speaking context. It aims to develop in the beginners an understanding of the fundamentals of the Spanish language through the functional study of common expressions, nouns, articles, adjectives, the simple tenses of common regular and irregular verbs in the indicative mood, pronouns, adjective, and the simple imperative. Through videos, students see and hear native speakers in authentic locations around the Spanish speaking world. The activities will help the students build competency in each of the different language skills – listening, speaking, reading and writing, and increase their ability to speak, write, and listen in Spanish.
Christian Foundation and Values Education	This course is an overview of the basic Christian beliefs that every person should know. Knowledge of these beliefs will be useful for all who have begun the Christian walk as well as those who are looking for basic teachings that may lead them toward the knowledge of God and His words. So, as we begin to look at a series of Christian beliefs, it makes sense to start with the basis for these beliefs – the Bible or the Word of God – for the Bible is the only source of information about itself, about god and about life.

B. Natural Science Courses

	Course Description
Zoology lecture	General Zoology is a three-unit course given to BS Psychology students in preparation for their higher biology courses. The course presents basic foundations and principles governing Zoology, a biological science which is useful in understanding the more specific and complex branches of science. Another emphasis of this course is to develop science literacy among students. Developing the liking to science is very important in their course as this forms the base line by which they can easily understand nursing principles and procedures. If one is science literate, one could easily fit in to the now technologically advances and automated world of the teaching profession.
Zoology Laboratory	This is a two-unit course given to BS Psychology students in preparation for their higher biology courses. The course presents basic foundations and principles governing Zoology, a biological science which is useful in understanding the more specific and complex branches of science. This course provides a series of logically arranged laboratory exercise aimed at reinforcing the discussions done in the lectures as well as developing their skills in the conduct of activities the scientific way.
Microbiology	This five-unit course involves the study of microorganisms with special emphasis on the biology of bacteria, viruses, fungi and protozoan parasites. This course also examines the interactions of microbes with each other, hosts, and the environment. Laboratory activities will



	reinforce principles of microbiology, including metabolism, structure, function, genetics, and the phylogeny of microbes.
Biochemistry	This three-unit course studies the chemical processes within and relating to living organisms. The course deals with the structure, properties, and significance of the major groups of biochemical compounds (amino acids, proteins, carbohydrates, nucleic acids, lipids, vitamins). This course will also present the bioenergetics principles, enzyme mechanisms and regulation of the central metabolic pathways. This further examines the biochemical properties of biomacromolecules including proteins, carbohydrates, lipids and nucleic acids. The structure and functional roles of the macromolecules as well as the regulation of their bioactivities will be studied.
Anatomy and Physiology Lab	This two-unit course will focus mainly on the application of the students' knowledge of Anatomy and Physiology in the laboratory setting. It aims to help students develop skills and techniques relating to Anatomy and Physiology in the laboratory and even in the clinical setting.
Anatomy and Physiology Lecture	This three-unit course focuses on basic terminologies, important concepts, and fundamental knowledge on Anatomy and Physiology. It includes studying the structures and functions of the human body. It shall also cover imaging tests, diagnostic exams, and other related tests to determine certain disorders and diseases, it uses a combination of cephalocaudal approach and body systems approach. It also includes learning the diseases associated with the different body systems.

C. Major Courses

	Course Description
Introduction to Psychology	This three-unit course is 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 such as 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 – such concepts are to be discussed in line with relevant events and experiences in our everyday life.
Culture and Psychology	This three-unit course examines the ways that culture and diversity (i.e., in both international and American multicultural terms) affect human thoughts, feelings, and social behaviors. It will provide a comprehensive introduction to general theories and methods related to culture and diversity. In the first part of the course, Filipino Psychology will be discussed. After which, we will survey a broad range of topics on Cultural Psychology, emphasizing psychological research that links culture to mental processes. In this portion of the course, we will focus on how diverse aspects of humans' day-to-day lives – including social relationships, judgments of morality, and mental illness – both differ and are constant across cultures. For the rest of the course, we will focus on specific topics that bridge cultural psychology and identity, stereotyping, prejudice, stigma, intergroup contact, and multiculturalism. Special emphasis will be placed on critically examining research methods and analyzing real-world treatments of culture based on topics covered in the course.
Psychological Statistics	This five-unit course serves as an introduction to the basic principles of Statistics for students intending to do social science and education research involving the use of statistical analysis. It provides students



	with an introduction to the basic methods of collecting, organizing, presenting, and interpreting data.
Physiological Psychology	This three-unit course provides an introduction to the biological correlates of behavior. Particularly, it explores the structure and function of the different organ systems in relation to one's behavior, cognitive processes, and emotions. It focuses on the nervous system and the role it plays in the regulation of the aforementioned. Students enrolled in the course will explore the variety of biological mechanisms that make humans distinct and similar to different species.
Developmental Psychology	This three-unit course serves as an overview of the different changes throughout the lifespan of people, in this respect, we discuss the gradual unfolding of people physically, cognitively, socially, and emotionally. A variety of psychological theories will be covered in order to better understand how people grow, mature, and develop which in turn would bear a holistic understanding of the different changes that take place at different stages across the lifespan.
Experimental Psychology	This five-unit course deals with the philosophy and methods of science focusing particularly on experimentation in the investigation of the problems and issues in Psychology, including ethical considerations in the conduct of experimental research. The students are expected to design and conduct experiments in Psychology, write research reports, and present and defend the findings of the experiment.
Cognitive Psychology	This course deals with the introduction to research and knowledge in the psychological study of important cognitive abilities including sensation and perception, attention, memory and representation, and language and thinking.
Field Methods in Psychology	This five-unit course covers both quantitative and qualitative approaches in psychological research. It includes the main types of psychological research, common research designs, and data collection methods. Learners will be guided on the proper administration of survey, interview, focus group discussion, self-report inventory, etc. Such activities shall provide them an opportunity to conduct
Social Psychology	This three-unit course offers an introduction to classic and contemporary research in social Psychology – the scientific study of how people think about, influence, and relate to one another. The goal is to provide you with psychological insights and information that you can use to improve your life, relationships, and work. Instead of presenting a comprehensive overview of social psychology, the course will focus on surprising, entertaining, and intriguing research findings that are easy to apply in daily life.
Counseling Psychology	This three-unit course aims to provide students with a basic understanding of the nature scope and skills used in counseling and other psychological interventions. This course also discusses the roles, functions, and ethical considerations involved in implementing psychological intervention. Emphasis is on various cognitive, affective, and behavioral approaches in counseling.
Clinical Psychology	This three-unit course aims to provide students with a basic understanding of the nature, scope and techniques used in the field of psychotherapy, including approaches in the assessment and interventions in various psychological disorders. The course also discusses the roles, functions, and ethical considerations involved in the practice of the profession.

D. Professional Education Courses



	Course Description
Theories of Personality	This three-unit course deals with the major personality theories from the standpoint of structure and development, dynamics and psychopathology, research strategies, and criteria for evaluation. Specifically, it discusses the theoretical and practical issues involved in the scientific study and understanding of personality formation and dynamics. Discussions and activities are anchored to relevant life experiences where students can relate.
Abnormal Psychology	This three-unit course serves as 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 psychology / clinical psychology are discussed. At the end of the course, students are expected to produce a case analysis regarding an individual depicting a specific psychological disorder, employing the necessary skills in diagnosis, in preparation for their exposure in the clinical, educational, and industrial settings.
Psychological assessment	This five-unit course serves as an orientation into the rudiments of psychological testing. The principles, methods, and uses of psychological testing are tackled. Emphasis is placed on issues of item analysis, reliability, and validity in test construction. The administration, scoring, and interpretation of objective cognitive and affective tests used in various applied fields of psychology, particularly the educational, industrial, clinical, and government settings are covered. Ethical considerations as well as current trends and issues in psychological testing in the Philippine setting are also discussed.
Industrial / Organizational Psychology	This three-unit course provides an overview of psychological concepts, theories and research findings for effective human interaction 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.

E. Physical Education Courses

	Course Description
Physical Fitness and Wellness (PE01)	This course focuses in the fundamental components and principles of fitness, including competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities. Students will work towards achieving a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
Self-defense (PE02)	This two-unit course is designed to familiarize students with the various techniques and strategies in protecting oneself from harmful situations. This course also provides awareness on the students the importance of psychological awareness, alertness, physical health and endurance during difficult situations. Further, it also trains the students physical and mental training in using self-defense techniques.
Swimming with Basic Life Support (PE03)	This two-unit course deals with the fundamentals of swimming and survival skills. The students are expected to learn the basic and advanced strokes and skills associated with swimming and survival



	techniques. Furthermore, students will gain knowledge and understanding on emergency care, basic life support and how it is applied in real life.
Sports(PE04)	This two-unit course deals with various indoor and outdoor activities designed to arouse students' interests and abilities to develop self-esteem, perseverance, courage, and sense of creativity which will be utilized and carried on to their lifetime endeavors. It also covers activities in which the emphasis is placed upon the development of physical skills through recreational sports essential for stress management.

F. National Service Training Program

	Course Description
Civic Welfare and Training Service 1	National Service Training Program is a course that includes interactive lectures, participatory discussions and team building activities in the structure and focus of NSTP (NSTP legal bases, student as a community worker. Putting the community up front), and Project implementation (health, safety, environmental education, etc.). These are designed to highlight values, teamwork, leadership, and communication skills in the context of developing management. This also contributes to the awareness of the students on the welfare and betterment of their community through evaluating, planning and implementing projects and activities which include the enhancement of facilities especially those that are being used to improve health, education, environment, entrepreneurship, safety, and recreation.
Civic Welfare and Training Service 2	This three-unit course is one of the three components of the National Service Training Program aimed at enhancing civic consciousness and defense preparedness in the youth. It is attained by developing the ethics of service and patriotism specifically designed to enhance the youth's active contribution to the general welfare. As a continuation of NSTP 1, it is designed to train, encourage and help students to plan, implement, and evaluate community projects and activities. This will contribute to the general welfare and betterment of the life of community members that will lead to community development. It is intended for improving health, education, safety, livelihood, environment, entrepreneurship, arts, recreation, morals of the citizenry, and other social welfare services.