

Psychology

Program description

The Department of Psychology (PSY) in the College of Science and Humanities at Effat University offers a Bachelor of Science degree in Psychology with concentrations in clinical psychology and social psychology. Students in the Psychology Program must have a strong background in basic sciences, mathematics, critical thinking, and command of the English language to acquire the breadth essential for optimum professional growth. The curriculum offered by the Department of Psychology consists of several curricular components that give the students the opportunity to build a solid foundation in psychology, obtain experience in the mental health field, and gain insight into professional and ethical standards in the practice of psychology.

Psychologists contribute to the well-being of society by helping people understand and manage their emotions and behaviours in order to lead better lives. The potential contribution of psychologists is present at every stage of life, thus making a psychologist's role in society invaluable. The Psychology Program helps students to understand theoretical perspectives, empirical findings, and historical trends in psychology. Students will learn ethical standards and research methods in different psychology fields. Students will also be prepared to use critical and creative thinking, sceptical inquiry, and scientific approaches to solve problems related to behaviour and mental processes.

Students in the Psychology Program will be introduced to important topics in the clinical psychology field, such as abnormal behaviour, psychological intervention, psychology of ageing, child clinical psychology, psychopharmacology, and ethics in research and practice. Students in the Psychology Program will also become acquainted with topics in social psychology, such as social factors and wellbeing, stress, coping and mental health, attitudes and persuasion, and research methods in social psychology, as well as a number of technical and nontechnical support courses. Students will obtain the broad education necessary to understand the impact of theories and applications of clinical and social psychology in a global, social, and environmental context.

Educational objectives

The Psychology Program's educational objectives are aligned with the mission of the university and, additionally, the mission of the College of Science and Humanities.

The Psychology Program aims at graduating students who will:

PEO-1: Participate in socio-economic development in accordance with the nation's vision for 2030 and contribute to the psychological well-being of society.

PEO-2: Demonstrate thoughtful and passionate leadership and practice lifelong learning.

PEO-3: Demonstrate a high level of responsibility, ethical principles, and application of Effat IQRA values.

PEO 4: Generate quality research that is aligned with the Kingdom's research priorities and participate in community service.

Program Name

The psychology department offers a Bachelor of Science in Psychology with a concentration in one of the following streams:

- Clinical psychology
- Social psychology

Learning outcomes

The current PLOs have been modified based on the following:

1. The NCAAA suggestion to add a learning outcome related to ethics.
2. Alignment with the Effat IQRA values; and
3. Alignment with the American Psychological Association (APA) Guidelines for the Undergraduate Psychology Major competencies: Version 2.0.

On the successful completion of the program, students are expected to acquire the following:

Knowledge

- Describe key concepts, principles, theories and overarching themes and applications of psychology
- Identify principal methods and types of questions that emerge in specific content domains

Cognitive Skills

- Use scientific inquiry and critical thinking to interpret psychological phenomena
- Design and conduct basic psychological research and incorporate sociocultural factors in scientific inquiry to solve problems
- Evaluate scientific literature, synthesize learning experiences across multiple disciplines, and relate learning experiences to career goals

Interpersonal Skills and Responsibility

- Apply ethical standards to evaluate psychological science practice and show respect for and sensitivity to cultural and individual differences
- Provide evidence of a strong commitment to personal health and well-being, and demonstrate pride in cultural tradition
- Demonstrate service activities and leadership in responsible roles, and display essential interpersonal, intrapersonal, and professional communication skills needed for the different fields in psychology

Communication, Information Technology and Numerical Skills

- Demonstrate the ability to work independently while effectively utilizing emerging information technologies
- Demonstrate effective writing and presentation skills for different audiences and in different formats (e.g., written reports, debates, oral presentations), provide evidence of effective collaboration with groups and other individuals, and show the ability to communicate numerical/statistical information

Career Opportunities

According to the Saudi job classification (Tasneef al wazaef), graduates with a bachelor degree in psychology can work in the following careers:

- Assessment and measurement specialist and researcher
- Student counsellor
- Student affairs specialist and researcher
- Municipal councils, election specialist, and researcher
- Case studies researcher
- Recruitment tests, assessment specialist, and researcher
- Labor inspectors or investigators
- Labor wages specialist and researcher
- Labor recruitment specialist and researcher
- Professional classification specialist and researcher
- Career guidance specialist and researcher
- Social security specialist and researcher
- Publication monitoring in media and public relations units
- Assistant psychologist

This Program Provides Two Areas Of Concentration:

1. Clinical Psychology

Overview

According to the American Psychological Association (APA), the role of clinical psychologists is to provide continuous and complete mental health care for individuals and families. They also offer consultation, training, education, and research-based practice to agencies and communities.

Clinical psychology lectures, labs, and research projects prepare students for

1. Psychological literacy: understanding psychopathology, diagnostic practices, intervention considerations, and mental health issues across the lifespan
2. Assessment: ability to integrate and synthesize personality test data with additional standardized assessment measures
3. Consultation: ability to consult with other health and behavioral health care professionals and organizations regarding severe psychopathology, suicide, and violence
4. Research-based practice: engaging in specific, theory-driven research and critically review science, knowledge, and methods pertaining to those areas distinct to clinical psychology

Careers Opportunities

Graduates from programs with concentration in clinical psychology generally work in the following settings: private practice, academic institutes, correctional facilities, research institutes, rehabilitation facilities and substance abuse centers, mental health clinics and psychiatric hospitals, military hospitals and veteran services, government and private hospitals.

Graduates find positions as

- Assistant to clinical psychologists in clinical settings (consultant, specialist and assistant, depending on educational level and licensing)
- Mental health worker
- Assistant to child psychologist
- Researcher
- Trainer (mental health field)
- Assistant to substance abuse counsellor

2. Social Psychology

Overview

Social psychologists provide basic and applied research and contribute to general and specific theories of human behavior. Social psychologists apply theories of culture, group differences, and social perceptions to understand cognitions and emotions in social settings. Students of social psychology develop comprehensive and integrated knowledge bases that allow them to serve the needs of an increasingly diverse population.

Careers Opportunities

Graduates from programs with concentration in social psychology generally work in the following areas:

- Research assistant in business and consulting firms
- Research assistants in the Ministry of Labor and the Ministry of Social Development
- Assessment specialist in National Family Safety Programs
- Market and social media researcher
- Employee in social welfare organizations, correctional facilities, and governmental and non-profit organizations (NGOs)
- Teaching and research assistants at colleges and universities

Course numerical identification

Every course, as seen below, is identified by an alphanumeric designation

- The letter part of the designation is the letter code of the department that offers the course (i.e. PSY is the letter code of the Psychology Department).
- The most significant digit of the numeric designation, the hundreds digit, identifies the target level of the course according to the PSY four-year plan.
- The middle digit of the numeric designation, the tens digit, indicates the area of specialization within the department.
- The singles digit indicates the sequence number of the course within the area of concentration.

Designation of the second digit of the course numbers in psychology program

Digit	Topic
0	Fundamentals
1	Life Span Development
2	Health Psychology
3	Counseling Psychology
4	Social Psychology
5	Clinical Psychology
6	Special Topics in Psychology
7	Psychological Assessment & Statistics
8	Internship
9	Research in Psychology

Explanation of credit hour notation

Credit hours are listed throughout the document in the following format: (3-0-3) or (2-2-3). The first numerical indicates the number of lecture hours, the second numerical indicates the number of practical hours and the third numerical indicates the total number of credit hours for the course.

Program graduation requirements

The program is designed to be completed in four years with 126 credit hours. The General Education Program (GEP) requirements form the core foundation for students throughout the university.

	Compulsory	Technical	Total
GEP Requirements	42	-	42
PSY Major Requirements	54	24	78
Free Electives	6	-	6
TOTAL	102	24	126

Program Requirements: 84 credit hours

PSY Major Requirements	Course title	Credits
PSY Compulsory Courses (54 Credit Hours)	Psychology Program core requirements	42
	Practical courses: senior research courses and the internship	15
Technical Requirements (24 Credit Hours)	Concentration requirements	15
	Departmental electives	6
Free Electives		6
TOTAL		84

GEP Requirements: 42 credit hours

Pillar	Credits	Category	Courses	Credits
Skills Development	20	Linguistic Communication (English)	GENG 161	2
		Linguistic Communication (Arabic)	GENG 162	2
		Linguistic Communication (Foreign Languages)	Any course from the category	3
		Quantitative Reasoning	GMAT 141H	3
		Information, Media and Technology	Any course from the category	3
Literacies	9	Scientific Literacy	GBIO 111	3
		Global Awareness	Any course from the category	3
		Cultural Literacy	GPSY 121	3
Cultivating Positive Disposition	10	Physical and Environmental Wellbeing	Any course from the category	2
		Islamic Thought and Ethics	GISL 171	2
		Civic Engagement	Any two courses from the category	4
Interdisciplinary Research	3	Interdisciplinary Research	Any course from the category	2
TOTAL CREDIT HOURS	42		GSEM 200	3
				42

Compulsory Courses: 84 credit hours

1. Psychology program core requirements (42 credit hours)

To fulfil graduation requirements, all students are required to complete the following courses:

Course no.	Course title	Credits	Prerequisite(s)
PSY 101	Introduction to Psychology	3-0-3	None
PSY 102	Biological Bases of Behavior	3-0-3	None
PSY 111	Developmental Psychology	3-0-3	None
PSY 203	Cognitive Psychology	3-0-3	PSY 101
PSY 241	Social Psychology	3-0-3	PSY 101
PSY 242	Psychology of Personality	3-0-3	PSY 101
PSY 251	Abnormal Psychology I	3-0-3	PSY 101
PSY 261	Islamic Perspectives of Psychology	3-0-3	PSY 101
PSY 271	Statistics in Psychology	2-2-3	GSTA 140 or GSTA 141
PSY 291	Ethics for Research and Practice	2-2-3	PSY 101
PSY 331	Counselling Psychology	3-0-3	PSY 101
PSY 372	Psychological Assessment and Measurements I	2-2-3	PSY 271
PSY 373	Psychological Assessment and Measurements II	2-2-3	PSY 272
PSY 392	Research Methods in Psychology	2-2-3	GSEM 200
TOTAL CREDIT HOURS		42	

2. Practical courses requirements (15 credit hours)

The students must take 3 practical courses (15 credits) to apply their knowledge in either clinical or social psychology. Two courses are research-based courses (6 credits) and one course (9 credits) is a supervised internship.

Course no.	Course title	Credits	Prerequisite(s)
PSY 481	Field Experience in Psychology	9-0-9	Dept. Approval
PSY 495	Senior Research in Psychology-I	2-2-3	PSY 392
PSY 496	Senior Research in Psychology- II	2-2-3	PSY 495
TOTAL CREDIT HOURS		15	

Technical Requirements: 15 credit hours

1. Concentration Requirements: 15 credits)

(A) Clinical Psychology

Concentration Compulsory Courses

All students in Clinical Psychology concentration are required to take the following courses:

Course no.	Course title	Credits	Prerequisite(s)
PSY 352	Abnormal Psychology II	3-0-3	PSY 101
PSY 353	Clinical Psychology	2-2-3	PSY 352
PSY 454	Psychological Interventions	2-2-3	PSY 352
PSY 455	Child Clinical Psychology	2-2-3	PSY 353
PSY 456	Psychopharmacology	2-2-3	PSY 353
TOTAL CREDIT HOURS		15	

(B) Social Psychology

Concentration Compulsory Courses

All students in Social Psychology concentration are required to take the following courses:

Course no.	Course title	Credits	Prerequisite(s)
PSY 343	Social Factors and Well-Being	2-2-3	PSY 241
PSY 344	Research Methods in Social Psychology	2-2-3	PSY 392
PSY 445	Psychology of Social Media	2-2-3	PSY 241
PSY 446	Stress, Coping, and Mental Health	2-2-3	PSY 241
PSY 447	Attitudes and Persuasion	3-0-3	PSY 241
TOTAL CREDIT HOURS		15	

Clinical Psychology: Study plan

Departmental elective courses (6 credit hours):

For the departmental elective courses students select any two courses from the PSY courses below:

Course no.	Course title	Credits	Prerequisite(s)
PSY 404	History of Psychology	3-0-3	PSY 101
PSY 412	Psychology of Ageing	3-0-3	PSY 101
PSY 421	Health Psychology	3-0-3	PSY 101
PSY 422	Positive Psychology	2-2-3	PSY 101
PSY 432	Counselling and Therapy Skills	2-2-3	PSY 331
PSY 462	Special Topics in Psychology	2-2-3	Dept. Approval
PSY 463	Gender Psychology	2-2-3	PSY 101
PSY 464	Forensic Psychology	3-0-3	PSY 101
PSY 493	Qualitative Research Methods in Psychology	2-2-3	PSY 392
PSY 494	Collaborative Research with Faculty	2-2-3	Dept. Approval

Free electives (6 credit hours):

Students can choose any 6 credit hours of electives from any major outside the psychology program

Foundation 1 – Semester 1		CR	Prereq.
LANG 011	Reading & Critical Thinking - I	3	None
LANG 013	Academic Writing - I	3	None
LANG 015	Listening and Speaking - I	3	None
SSKL 021	Independent Learning & Research Skills - I	2	None
HSS 051	Introduction to HSS - I	3	None
HSS 055	Cases & Projects in Psychology & Language - I	2	None
MATH 041	Basic Math - I	3	None
CL 031	Computer Literacy	0	None
TOTAL		19	

Freshman – Semester 1		CR	Prereq.
	Information, Media & Technology	3	None
GMTH141H	Mathematics for Humanities	3	None
GBIO 111	Scientific Literacy	3	None
GENG 161	Project Based Language Learning & Critical Thinking	2	Placement
GISL 171	Social and Moral Values in Islam	2	None
PSY 101	Introduction to Psychology	3	None
TOTAL		16	

Sophomore – Semester 3		CR	Prereq.
PSY 203	Cognitive Psychology	3	PSY 101
PSY 261	Islamic Perspectives of Psychology	3	PSY 101
PSY 271	Statistics in Psychology	3	GSTA 140 or GSTA 141
	Islamic Thought and Ethics Req. III	2	GISL 171
	Civic Engagement	2	
	Free Elective I	3	
TOTAL		16	

Junior – Semester 5		CR	Prereq.
PSY 352	Abnormal Psychology II	3	PSY 251
PSY 372	Psychological Assessment and Measurements I	3	PSY 271
PSY 392	Research Methods in Psychology	3	GSEM 200
	Free Elective II	3	
	Cultural literacy	3	
	Linguistic Communication (Foreign Languages II)	2	
TOTAL		17	

Senior – Semester 7		CR	Prereq.
PSY 454	Psychological Interventions	3	PSY 352
PSY 455	Child Clinical Psychology	3	PSY 353
PSY 456	Psychopharmacology	3	PSY 353
	Departmental Elective II	3	
PSY 495	Senior Research in Psychology-I	3	PSY 392
	Linguistic Communication (Foreign Languages II)	2	
TOTAL		15	

Foundation 2 – Semester 2		CR	Prereq.
LANG 012	Reading & Critical Thinking - II	3	None
LANG 014	Academic Writing - II	3	None
LANG 016	Listening and Speaking - II	3	None
SSKL 022	Independent Learning & Research Skills - II	2	None
HSS 054	Critical Thinking & Problem Solving Skills for HSS - II	3	None
HSS 056	Cases and Projects in Psychology & Language - II	2	None
MATH 042	Basic Math - II	3	None
IL 032	Information Literacy	0	None
TOTAL		19	

Freshman – Semester 2		CR	Prereq.
PSY 102	Biological Bases of Behavior	3	None
PSY 111	Developmental Psychology	3	None
	Global Awareness	3	None
GSTA 140	Quantitative Reasoning	2	GMTH 141H
	Linguistic Communication (English)	3	GENG 161
	Islamic Thought and Ethics Requirement II	2	GISL 171
TOTAL		16	

Sophomore – Semester 4		CR	Prereq.
GSEM 200	Interdisciplinary Seminar and Research	3	GSTA 140 or GSTA 141
PSY 241	Social Psychology	3	PSY 101
PSY 242	Psychology of Personality	3	PSY 101
PSY 251	Abnormal Psychology I	3	PSY 101
PSY 291	Ethics for Research and Practice	3	PSY 101
	Linguistic Communication (Foreign Languages I)	2	
TOTAL		17	

Junior – Semester 6		CR	Prereq.
	Linguistic Communication (Arabic)	3	
PSY 331	Counselling Psychology	3	PSY 101
PSY 353	Clinical Psychology	3	PSY 352
PSY 373	Psychological Assessment and Measurements II	3	PSY 372
	Departmental Elective I	3	
	Physical and Environmental Wellbeing	2	
TOTAL		17	

Senior – Semester 8		CR	Prereq.
PSY 481	Field Experience in Psychology	9	Dept.Approval
PSY 496	Senior Research in Psychology-II	3	PSY 495
TOTAL		12	

Social Psychology Concentration: Study plan

Foundation 1 – Semester 1		CR	Prereq.	Foundation 2 – Semester 2		CR	Prereq.
LANG 011	Reading & Critical Thinking - I	3	None	LANG 012	Reading & Critical Thinking - II	3	None
LANG 013	Academic Writing - I	3	None	LANG 014	Academic Writing - II	3	None
LANG 015	Listening and Speaking - I	3	None	LANG 016	Listening and Speaking - II	3	None
SSKL 021	Independent Learning & Research Skills - I	2	None	SSKL 022	Independent Learning & Research Skills - II	2	None
HSS 051	Introduction to HSS - I	3	None	HSS 054	Critical Thinking & Problem Solving Skills for HSS - II	3	None
HSS 055	Cases & Projects in Psychology & Language - I	2	None	HSS 056	Cases and Projects in Psychology & Language - II	2	None
MATH 041	Basic Math - I	3	None	MATH 042	Basic Math - II	3	None
CL 031	Computer Literacy	0	None	IL 032	Information Literacy	0	None
TOTAL		19		TOTAL		19	
Freshman – Semester 1		CR	Prereq.	Freshman – Semester 2		CR	Prereq.
	Information, Media & Technology	3	None	PSY 102	Biological Bases of Behavior	3	None
GMTH141H	Mathematics for Humanities	3	None	PSY 111	Developmental Psychology	3	None
GBIO 111	Scientific Literacy	3	None		Global Awareness	3	None
GENG 161	Project Based Language Learning & Critical Thinking	2	Placement	GSTA 140	Quantitative Reasoning	2	GMTH 141H
GISL 171	Social and Moral Values in Islam	2	None		Linguistic Communication (English)	3	GENG 161
PSY 101	Introduction to Psychology	3	None		Islamic Thought and Ethics Requirement II	2	GISL 171
TOTAL		16		TOTAL		16	
Sophomore – Semester 3		CR	Prereq.	Sophomore – Semester 4		CR	Prereq.
PSY 203	Cognitive Psychology	3	PSY 101	GSEM 200	Interdisciplinary Seminar and Research	3	GSTA 140 or GSTA 141
PSY 261	Islamic Perspectives of Psychology	3	PSY 101	PSY 241	Social Psychology	3	PSY 101
PSY 271	Statistics in Psychology	3	GSTA 140 or GSTA 141	PSY 242	Psychology of Personality	3	PSY 101
	Islamic Thought and Ethics Req. III	2	GISL 171	PSY 251	Abnormal Psychology I	3	PSY 101
	Civic Engagement	2		PSY 291	Ethics for Research and Practice	3	PSY 101
	Free Elective I	3			Linguistic Communication (Foreign Languages I)	2	
TOTAL		16		TOTAL		17	
Junior – Semester 5		CR	Prereq.	Junior – Semester 6		CR	Prereq.
PSY 343	Social Factors and Well-Being	3	PSY 241		Linguistic Communication (Arabic)	3	
PSY 372	Psychological Assessment and Measurements I	3	PSY 271	PSY 331	Counselling Psychology	3	PSY 101
PSY 392	Research Methods in Psychology	3	GSEM 200	PSY 344	Research Methods in Social Psychology	3	PSY 392
	Free Elective II	3		PSY 373	Psychological Assessment and Measurements II	3	PSY 372
	Cultural literacy	3			Departmental Elective I	3	
	Linguistic Communication (Foreign Languages II)	2			Physical and Environmental Wellbeing	2	
TOTAL		17		TOTAL		17	
Senior – Semester 7		CR	Prereq.	Senior – Semester 8		CR	Prereq.
PSY 445	Psychology of Social Media	3	PSY 241	PSY 481	Field Experience in Psychology	9	Dept.Approval
PSY 446	Stress, Coping, and Mental Health	3	PSY 241	PSY 496	Senior Research in Psychology-II	3	PSY 495
PSY 447	Attitudes and Persuasion	3	PSY 241	TOTAL		12	
	Departmental Elective II	3					
PSY 495	Senior Research in Psychology-I	3	PSY 392				
TOTAL		15					

Summary of courses

Course no.	Course title	Credits	Prerequisite(s)
PSY 101	Introduction to Psychology	3-0-3	None
PSY 102	Biological Bases of Behavior	3-0-3	None
PSY 111	Developmental Psychology	3-0-3	None
PSY 203	Cognitive Psychology	3-0-3	PSY 101
PSY 241	Social Psychology	3-0-3	PSY 101
PSY 242	Psychology of Personality	3-0-3	PSY 101
PSY 251	Abnormal Psychology I	3-0-3	PSY 101
PSY 261	Islamic Perspective of Psychology	3-0-3	PSY 101
PSY 271	Statistics in Psychology	2-2-3	GSTA 140 or GSTA 141
PSY 291	Ethics for research and practice	2-2-3	PSY 101
PSY 331	Counselling Psychology	3-0-3	PSY 101
PSY 343	Social Factors and Well-Being	2-2-3	PSY 241
PSY 344	Research Methods in Social Psychology	2-2-3	PSY 392
PSY 352	Abnormal Psychology II	3-0-3	PSY 251
PSY 353	Clinical Psychology	2-2-3	PSY 352
PSY 372	Psychological Assessment and Measurements I	2-2-3	PSY 271
PSY 373	Psychological Assessment and Measurements II	2-2-3	PSY 372
PSY 392	Research Methods in Psychology	2-2-3	GSEM 200
PSY 404	History of Psychology	3-0-3	PSY 101
PSY 412	Psychology of Ageing	3-0-3	PSY 101
PSY 421	Health Psychology	2-2-3	PSY 101
PSY 422	Positive Psychology	2-2-3	PSY 101
PSY 432	Counselling and Therapy Skills	2-2-3	PSY 331
PSY 445	Psychology of Social Media	2-2-3	PSY 241
PSY 446	Stress, Coping, and Mental Health	2-2-3	PSY 241
PSY 447	Attitudes and Persuasion	3-0-3	PSY 241
PSY 454	Psychological Interventions	2-2-3	PSY 352
PSY 455	Child Clinical Psychology	2-2-3	PSY 353
PSY 456	Psychopharmacology	2-2-3	PSY 353
PSY 462	Special Topics in Psychology	2-2-3	Dept. Approval
PSY 463	Gender Psychology	2-2-3	PSY 101
PSY 464	Forensic Psychology	3-0-3	PSY 101
PSY 481	Field Experience in Psychology	9-0-9	Dept. Approval
PSY 493	Qualitative Research Methods in Psychology	3-0-3	PSY 392
PSY 494	Collaborative Research with Faculty	2-2-3	Dept. Approval
PSY 495	Senior Research in Psychology-I	2-2-3	PSY 392
PSY 496	Senior Research in Psychology- II	2-2-3	PSY 595

Course descriptions

PSY 101 Introduction to Psychology (3-0-3)

Prerequisite: None

This course introduces the field of psychology and its basic concepts, theories, research methods and contributions to the understanding of human behavior. Topics include the nervous system, perception, motivation, learning and memory, social behavior, personality, developmental and clinical psychology. Some important past and current theories and contributions of major psychologists are explored.

PSY 102 Biological Bases of Behavior (3-0-3)

Prerequisite(s): None

Students will develop an introductory familiarity with functional neuroanatomy, neuropsychological contributions to personality and selected psychiatric disorders, selected neurobehavioral disorders, learning disabilities, normal aging and dementia. The overarching goal is the development of critical thinking skills pertaining to the interaction of biological, neurological and psychological processes underlying human cognition, emotion and behaviour. The emphasis is on developing a broad view encompassing the integration of multiple levels of analysis including genetics, cellular mechanisms, neurochemistry, brain functioning, temperament, cognitive behaviour, and lifestyle.

PSY 111 Developmental Psychology (3-0-3)

Prerequisite(s): None

This course explores human development from conception to death. The interactive process of physical, cognitive, social, emotional and moral development through various stages will be thoroughly examined; effect of heredity and culture on human development will also be examined.

PSY 203 Cognitive Psychology (2-2-3)

Prerequisite: PSY 101

This course focuses on the human information-processing mechanism. Topics include various models of memory, creativity, concept formation, problem solving and language acquisition.

PSY 241 Social Psychology (3-0-3)

Prerequisite: PSY 101

This course focuses on various theoretical standpoints, research methodologies and current research findings related to the explanation of human behavior at individual and group level as it is influenced by others. The major topics covered include social cognition, conformity, aggression, prejudice and biases, among others.

PSY 242 Psychology of Personality (3-0-3)

Prerequisite: PSY 101

This course introduces students to the major theories and research concerning personality. In addition, it explores the various techniques used to analyze, classify, and measure personality construct. It also introduces students to a wide range of perspectives that make each personality unique. These include psychodynamic, humanistic, behavioral, cognitive, trait, and biological perspectives.

PSY 251 Abnormal Psychology I (3-0-3)

Prerequisite: PSY 101

Abnormal Psychology is the study of psychopathology and abnormal behavior. Students will be introduced to models of abnormal behavior, assessment and classification in Abnormal Psychology. Students will be introduced to a range of psychological disorders.

PSY 261 Islamic Perspective of Psychology (3-0-3)

Prerequisite: PSY 101

This course will present the Islamic perspective of psychology and compare it with Western psychology, which dominates most of the psychology courses offered in the psychology program. The course also assists students to understand and explore the work of early Muslim scholars and their contribution to the field of psychology.

PSY 271 Statistics in Psychology (2-2-3)

Prerequisite: GSTA 140 or GSTA 141

This course introduces students to statistical applications in scientific research and studies in psychology. Students will be able to practice the application of statistical concepts ranging from general, basic descriptive statistics to more advanced multivariate statistical analysis and their applications in psychological research.

PSY 291 Ethics for Research and Practice (2-2-3)

Prerequisite: PSY 101

This is a general ethics course designed to sensitize students to ethical decision making, including an awareness of ethical issues, knowledge about what constitutes an ethical dilemma, and an understanding of the steps to take when one encounters an ethical dilemma. Ethics will be explored broadly with respect to psychology including research, teaching, practice, as well as more focused topic areas/issues.

PSY 331 Counseling Psychology (3-0-3)

Prerequisite: PSY 101

This course provides students with a general introduction to the field of counselling psychology. Fundamental areas of study include the major counselling theories, principles and research, and ethical practice in counselling. Students learn about the necessary elements of forming effective counseling relationships with clients, as well as identifying their own strengths and weaknesses in relation to these elements. Students will also be introduced to ethical principles, codes and guidelines in counselling practice.

PSY 343 Social Factors and Well-Being (3-0-3)

Prerequisite: PSY 241

This course aims to develop the students' analytical skills of evaluating argument, enunciating theories, and discussing the relationship between social factors and wellbeing. The course also provides an in-depth understanding of wellbeing and the ability to assess and discuss the implications of social factors through core theoretical debates.

PSY 344 Research Methods in Social Psychology (2-2-3)

Prerequisite: PSY 392

This course emphasizes the conceptual foundations and methodological approaches used in social psychological research, viz. hypothesis generation and testing, reliability and validity of assessment instruments, internal and external validity of results, etc. Through demonstrations, exercises, and pilot studies, students will gain experience with lab and field methods using both correlational and experimental procedures. This course also discusses the importance of obtaining a representative sample along with some ethical considerations that social psychologists face.

PSY 352 Abnormal Psychology II (3-0-3)

Prerequisite: PSY 251

Abnormal Psychology is the study of psychopathology and abnormal behavior. Students will be introduced to models of abnormal behavior, assessment and classification in Abnormal Psychology. Students will also get in depth knowledge of the range of psychological disorders. The course will also cover the therapeutic interventions and ethical considerations in Abnormal Psychology

PSY 353 Clinical Psychology (2-2-3)

Prerequisite: PSY 352

This course introduces students to clinical psychology which integrates science, theory, research and clinical knowledge to assess, prevent and treat psychologically-based distress and dysfunctions. Students will also be introduced to a range of topics central to the practice of clinical psychology such as psychological assessment, psychotherapy as well as the medical, behavioral and cognitive treatment approaches used in clinical practice

PSY 372 Psychological Assessment & Measurement I (2-2-3)

Prerequisite(s): PSY 271

This course provides students with in-depth knowledge of the process of test construction, validation, and administration, and how results are interpreted in a professional report. In addition, students will be familiarized with the pillars of psychological assessment required to build an appropriate psychological assessment profile. Students will also exhibit general familiarity with the important ethical and legal issues related to group and individual assessment.

PSY 373 Psychological Assessment & Measurement II (2-2-3)

Prerequisite: PSY 372

This course aims to introduce students to the principles and practice of psychological assessment. The course will focus on a small number of widely used norm-referenced tests of intellectual ability, work aptitudes, personality, vocational interests, attitudes and values, and how these tests are used individually and in combination as part of psychological assessment in organizations. Consideration will also be given to interviewing as an assessment tool and to tests of the environment and organizational culture. Students will become familiar with the strengths, limitations, interpretation and presentation of findings from a variety of assessment instruments and will learn skills in both assessment planning and report writing. Students will learn about the ethical and social implications of assessment in a variety of contexts including socially and linguistically diverse populations. Opportunities for practice administration of assessment tools will be provided.

PSY 392 Research Methods in Psychology (2-2-3)

Prerequisite: GSEM 200

This course introduces students to a range of essential topics in research methods in psychology. It covers topics such as qualitative versus quantitative research paradigms, types of research, research design, data collection tools and data analysis. Students will be able to produce a research proposal in which they display their understanding of the basic process of conducting scientific studies and research in psychology.

PSY 454 Psychological Interventions (3-0-3)

Prerequisite: PSY 352

This course introduces students to different types of psychotherapy, which integrates science, theory, research and clinical knowledge to assess, prevent and treat psychologically based distress and dysfunctions. Students will also be introduced to a range of topics central to the practice of psychotherapy such as psychological assessment, Case formulation & treatment plan as well as the ethical considerations related to the clinical practice.

PSY 455 Child Clinical Psychology (3-0-3)**Prerequisite: PSY 353**

The course introduces students to abnormal behavior and development in child and adolescence populations. It also covers the unique characteristics and issues related to working with these groups, such as ethical considerations, assessment and familial issues. The most current trend, in clinical and educational interventions, for treating these populations will also be critically addressed.

PSY 456 Psychopharmacology (2-2-3)**Prerequisite: PSY 353**

This course examines the history, rationale, pharmacology and putative mechanism of action of drugs used in the treatment of disorders and diseases of the central nervous system (CNS). Emphasis is placed on neurobiological processes underlying psychopathology and pharmacological intervention. Drugs currently in use as well as new drugs in development will be covered. Strategies, techniques, issues and challenges of clinical psychopharmacological research will be addressed and new approaches to drug discovery will be covered in depth, including the use of pharmacogenomics and proteomics, to understand variability in drug response and identify new molecular drug targets. Specific drug classes to be considered include antidepressants, anxiolytics, antipsychotics, narcotic analgesics, sedative hypnotics, and antiepileptic medications. A contrasting theme throughout the course will be the use of drugs as probes to identify neural substrates of behavior.

PSY 404 History of Psychology (3-0-3)**Prerequisite: PSY 101**

This course will provide an overview of the various disciplines and thoughts throughout history that have shaped the discipline of psychology. Topics will include the roots, the theories, and the relevance of several of the major trends in modern psychology including functionalism, structuralism, behaviorism, psychoanalysis. The course will provide a mechanism to examine the ways in which world views (cultural, political, moral, and psychological) shape views of humans and psychology. This course is intended to prepare students to take the Saudi Commission of Health Specialists' licensure exam.

PSY 412 Psychology of Ageing (3–0–3)**Prerequisite(s): PSY 101**

This course provides a broad overview of the major theories, research methods, empirical findings, and aspects of clinical practice within the psychology of aging from the perspectives of various divisions of psychology (e.g., cognitive, developmental, clinical, and social).

PSY 421 Health Psychology (3–0–3)**Prerequisite: PSY 101**

This course examines health related behavior, effects of stressful events on health, methods for coping with stress and the impact of chronic illness on the family.

PSY 422 Positive Psychology (3–0–3)**Prerequisite(s): PSY 101**

This course examines how ordinary people can become happier and lead a more fulfilled and positive life. Students are introduced to psychological and mental factors contributing to happiness and productivity, such as positive emotions, positive thinking, positive character traits and personal virtues.

PSY 432 Counselling and Therapy Skills (3–0–3)**Prerequisite: PSY 331**

This course introduces students to the basic skills required for counselling. Students will develop a range of effective communication, interpersonal and intrapersonal skills required for counselling/therapy sessions in a variety of settings. Student will have the opportunity to identify their own strength and weaknesses with regards to effective communication skills and explore their own values and beliefs which can interact with a client's values and beliefs, and develop a strategic plan addressing how to effectively deal with these issues.

PSY 445 Psychology of Social Media (3-0-3)**Prerequisite: PSY 241**

The course focusses on the application of psychological theory and research in the analysis of social media and technology use on people's behavior and wellbeing. Focusing on the most up-to-date theories and research, the course will concentrate on the four main aspects of the social media experience: communication, identity, presence and relationships. In addition, the course will cover a broad range of both positive and negative behaviors and outcomes of internet and various social media uses.

PSY 446 Stress, Coping, and Mental Health (3-0-3)**Prerequisite: PSY 241**

This course will examine basic processes and theory about stress and coping from a psychological perspective. The first part of the course will explore topics related to the psychobiology of stress, stress measurement, and links between stress and health. The second part of the course will explore topics on mechanisms and theoretical perspectives on coping with stress. This will include a consideration of topics such as emotion regulation, self-regulation, coping with traumatic events, alternative medicine approaches, and resilience factors.

PSY 447 Attitudes and Persuasions (3-0-3)**Prerequisite: PSY 241**

This course is designed to familiarize students with social psychology theory and research on attitudes and persuasion. The course explores issues such as the structure and function of attitudes, the relationship between attitudes and behavior, the cognitive and motivational antecedents of attitude change, classic and contemporary models of persuasion, interpersonal influence, the influence of behavior on attitudes and subsequent behavior, and some of the current issues that guide research on attitudes, such as implicit vs explicit processing.

PSY 462: Special Topics in Psychology (3–0–3)**Prerequisite(s): Dept. Approval**

This Special Course will be offered when there is sufficient student interest in a new theoretical or practical area in Psychology. It could, for example, be based purely on new research discoveries and their possible applications. A Special Topic could also consist of an in-depth community project in Jeddah or elsewhere in the Kingdom. The Department Chair and Faculty may be approached by students with interesting, intelligent suggestions.

PSY 463 Gender Psychology (3–0–3)**Prerequisite(s): PSY 101**

This course introduces student to the historical and current theories and research in the field of gender psychology. Students will be made aware of the different social and cultural constructs that influence the development of gender roles and stereotypes in relation to familial roles, parenting, the world of work, education, and mental health. It examines social-historical changes in psychological theories and research concerning gender.

PSY 464 Forensic Psychology (3–0–3)**Prerequisite(s): PSY 101**

This course introduces students to how psychological theories, practice, and recent research are applied to the investigative techniques used in profiling. The exciting timeline of forensic science, its history and background, will also be explained. Forensic psychology's place and growing importance among the other scientific methods (such as DNA matching) used in modern investigations will also be studied. Through her own study, research, and critical thinking, the student will have a clear picture of how an expert profiler fits in as a vital team member in preventive or investigative work.

PSY 481 Field Experience in Psychology (9-0-9)**Prerequisite: Dept. Approval**

Field Experience in Psychology, which is closely supervised by senior faculty and practicing professionals, is a real-world experience designed to prepare students for a career in either a social institution or a clinical setting. The field experience in psychology is also an opportunity for the student to reflect on her choice of future specialization.

PSY 493 Qualitative Research Methods in Psychology (3-0-3)**Prerequisite: PSY 392**

This course introduces students to the theoretical and methodological assumption underlying qualitative research, distinguish between quantitative and qualitative research steps involved, and recognise when and where to use qualitative research methodology.

PSY 494 Collaborative Research with Faculty (2-2-3)**Prerequisite: Dept. Approval**

This course may include field study, applied work, and/or laboratory research. The student should have previous training in the basic research skills that will be used in her project, especially statistical methods and research design. Independent research projects will be supervised by a faculty member and must result in a written paper. It is the student's responsibility to make arrangements for the course with the faculty member she would like to learn from. This should be done the semester before a student wishes to register for the course.

PSY 495 Senior Research in Psychology-I (2-2-3)**Prerequisite: PSY 392**

The course is designed to provide students with the opportunity to initiate, design and write a psychology research proposal on a topic of student's interest, under the supervision of a faculty member. Conforming to the latest APA style manual, the research proposal must include an introduction, summary of relevant literature, methodology section, significance and implications of the proposed study, as well as a reference section.

PSY 496 Senior Research in Psychology- II (2-2-3)**Prerequisite: PSY 495**

The course is designed to provide the students with an excellent opportunity to apply research related knowledge and skills such as ethical considerations, literature review and writing; using appropriate sampling and statistical techniques and research methodologies; selecting appropriate measurement tools and techniques; and developing research questions and hypotheses built upon a critical evaluation of existing literature gained in Senior Project-1 and other related courses, such as Research Methods, Statistics, Psychological Assessment & Measurements, and Experimental Psychology. In addition, the course instructs the student in how to collect and analyze data and present her research to faculty and internal and external evaluators/examiners, and submit a research paper written in the APA style by the end of the semester. Research Projects will be supervised by a faculty member.