



心理學與精神健康榮譽社會科學學士
Bachelor of Social Sciences with Honours in
Psychology and Mental Health

JS9008 (JUPAS)



香港公開大學
THE OPEN UNIVERSITY
OF HONG KONG

人文社會科學院 *School of Arts and Social Sciences*

課程簡介

Introduction of the Programme

心理學與精神健康榮譽社會科學學士課程旨在培養學生在心理學、精神健康和輔導方面的基本知識和應用技能。課程亦會為學生提供有關學科的知識和實踐技能，使學生能評論及處理本地和全球迫切的精神健康課題，例如精神病的成因、身心健康的相互影響、預防和治療的重要性、不同輔導方法的功效及各類受助者的臨床需要等。

The Bachelor of Social Sciences with Honours in Psychology and Mental Health programme aims at training students with the basic knowledge and applied skills in psychology, mental health, and counselling. It will equip students with both intellectual and practical skills in appraising and/or addressing a number of pressing mental health issues locally and globally, such as the etiology of mental illnesses, the interaction between physical and mental health, the importance of both prevention and treatment, the effectiveness of various counselling approaches, and the specific needs of different clinical populations.



課程結構及重點科目

Programme Structure & Course Highlights

學生須於四年內以全日制模式修畢一百六十學分（包括英語增強及通識教育科目），主要科目臚列如下：

Students must successfully complete 160 credits (including English language enhancement and General Education courses) in 4 years under full-time study mode. Major courses are listed as follows:

一年級 Year 1

- 輔導的基礎技巧
Basic Counselling Skills
- 社會科學基礎課程：心理學
Foundations of Social Sciences: Psychology
- 公共衛生導論
Introduction to Public Health
- 社會科學基礎課程：社會學
Foundations of Social Sciences: Sociology

二年級 Year 2

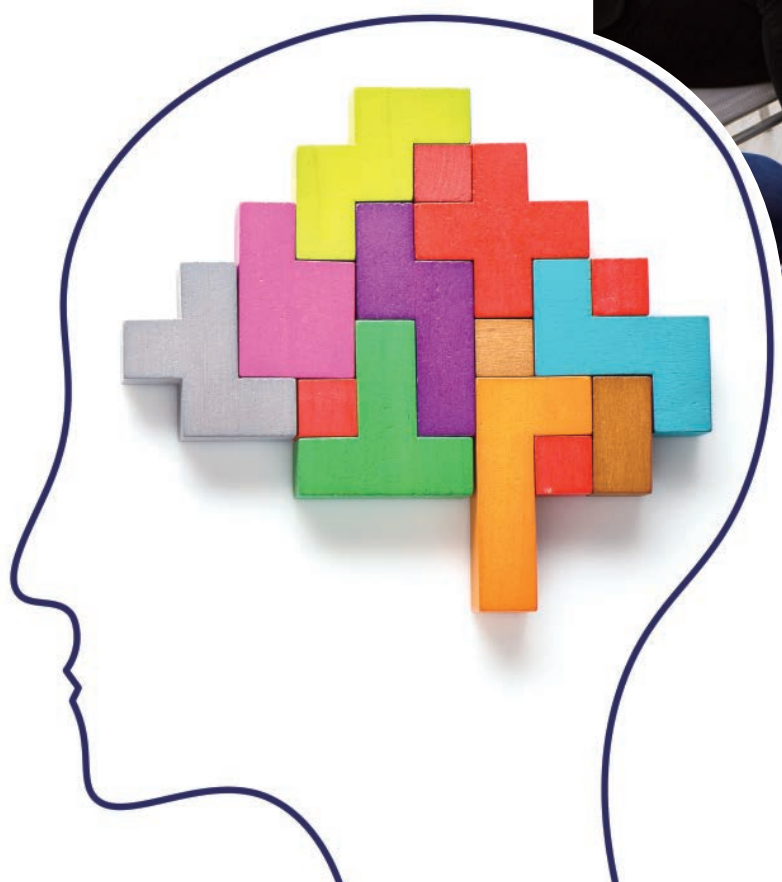
- 異常心理學
Abnormal Psychology
- 成長心理學
Life-Span Developmental Psychology
- 正向心理學與精神健康
Positive Psychology and Mental Health
- 心理學研究方法
Research Methods in Psychology
- 輔導及精神健康的理論與實踐
Theories and Practice in Counselling and Mental Health

三年級 Year 3

- 成癮輔導
Addiction Counselling
- 臨床心理學
Clinical Psychology
- 認知心理學
Cognitive Psychology
- 家庭輔導
Family Counselling
- 個別及小組輔導
Individual and Group Counselling
- 人格心理學
Personality Psychology

四年級 Year 4

- 生理心理學
Biological Psychology
- 實習和體驗學習模式的專題研討
Practicum and Experiential Learning Seminars
- 心理測驗與評量
Psychological Testing and Assessment
- 高齡心理學
Psychology of Ageing
- 社會心理學
Social Psychology



就業前景 Career Prospects

課程畢業生可投身於公營或非牟利機構從事與精神健康相關的工作，例如：心理學助理、醫院遊戲師、駐校輔導員、項目主任、計劃工作者和福利工作者。他們亦可受聘於私營機構擔任心理學顧問、輔導員、行為治療師和項目主任等職位。

此外，畢業生可選擇繼續升學，修讀臨床及輔導心理學、社會工作（輔導或精神健康）或與精神健康相關的碩士課程。

Graduates from the programme will be ready to contribute to the public sector by taking up job positions directly or indirectly related to mental health, such as psychology assistants, hospital play specialists, school's counsellors, project coordinators, programme workers, and welfare workers in NGOs and other non-profit agencies. In the private sector, graduates will be qualified to be employed as psychological consultants, counsellors, behavioural therapist, and project coordinators.

In terms of further postgraduate training, graduates will be well-prepared for applying to master-level programmes in clinical and counselling psychology, social work (specialising in counselling or mental health), and other disciplines related to mental health.

專業認可 Professional Recognition

如符合有關條件，畢業生可申請成為香港心理學會會員，詳情請參閱：

Graduates are eligible for graduate membership at the Hong Kong Psychological Society, subject to their latest conditions. For details, please visit

http://www.hkps.org.hk/en/membership/membership_guide/



查詢詳情 Enquiries and Information



張浩南博士
助理教授及課程主任

Dr Amy Cheung
Assistant Professor and Programme Leader



電話 Tel.: +852 2768 6849



電郵 Email: cheunghn@ouhk.edu.hk