



SISP 1703

Psychology and Personal Growth

Course Description

The course will introduce challenges of adjustment individuals face during their transition to adulthood from a psychological perspective. Topics may include self-concept, personality, stress and coping, and interpersonal relationships. By the end of the course, students are expected to be familiar with the key studies pertinent to personal growth and be able to understand, relate, and apply the key psychology concepts in everyday life.

Topics

- Introduction
- Stress and Coping
- Health Behaviors
- Love Relationship
- Understanding Yourself
- Personality

Grading Scheme

- Class Participation (10%)
- Self-Reflection Paper (30%)
- Exam (60%)

[Topics and grading schemes are subject to change as deemed appropriate. Students will receive information and guidelines in class on how they will be assessed for the course.]

Teaching Mode

The course will be delivered via Zoom.

Attendance Requirement

Attendance is expected and required. The minimum attendance required is 70%. Attendance for the assessment activities [e.g. group presentation and final exam] is mandatory.

Instructor(s) Profile

Prof. Beatrice LAI

Prof. Lai received her Ph.D. in Psychology from the Chinese University of Hong Kong. In 2009, she joined Division of Social Science, the Hong Kong University of Science and Technology and enjoyed teaching students ever since. At HKUST, Beatrice has delivered courses such as Psychology and Everyday Life, Discovering Mind and Behavior, Abnormal Psychology, and Psychology of Adolescence and Adulthood. As an Adjunct Assistant Professor of HKUST, Beatrice's hopes as an educator is to instill a love of learning in her students.