



## **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 well-versed in essential studies related to personal growth and to effectively understand, relate to, and apply key psychological concepts in their everyday lives.

### **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 face-to-face.

### **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**

#### **Dr. Nicolson Siu**

Dr. Nicolson Siu is a neuropsychologist who joined the Division of Social Science at HKUST in 2022. He holds a Ph.D. in Psychology, with a specialization in Neuropsychology, as well as a Bachelor of Social Science in Psychology from The Chinese University of Hong Kong and a Master of Counselling from Monash University.

Dr. Siu's research delves into the complexities of human cognitive functions and the dynamic interplay between the brain and behavior. Utilizing cutting-edge neurophysiological techniques such as electroencephalography (EEG) and Transcranial Magnetic Stimulation (TMS), he investigates how neurological activity shapes cognitive processes. His dedication to practical applications is reflected in his intervention studies designed to support children with special educational needs (SEN) and elderly individuals facing cognitive challenges. Additionally, Dr. Siu brings valuable consultancy experience in neurophysiological assessment and training initiatives for children with SEN, further enhancing his contributions to the field.