COURSE DETAIL

PSYCHOLOGY OF PERSONAL GROWTH
Country Hong Kong
Host Institution Chinese University of Hong Kong
Program(s) Chinese University of Hong Kong
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Psychology
UCEAP Course Number 30
UCEAP Course Suffix
UCEAP Official Title PSYCHOLOGY OF PERSONAL GROWTH
UCEAP Transcript Title PERSONAL GROWTH
UCEAP Quarter Units 4.50
UCEAP Semester Units 3.00

Course Description

This course aims at providing knowledge about adjustment and personal growth to enable students to develop more effective coping skills and social behaviors. Topics include models of personality, life cycle, self-identity, love and attraction, sexual knowledge and fulfilment, marriage and family, life style and health, stress management, social skills training, assertiveness training and theories on competent personhood.

Language(s) of Instruction
English

Host Institution Course Number
PSYC1030

Host Institution Course Title
PSYCHOLOGY OF PERSONAL GROWTH

Host Institution Course Details

Host Institution Campus
Chinese U. H. K.

Host Institution Faculty

Host Institution Degree

Host Institution Department
Psychology

Course Last Reviewed
2024-2025

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