

# 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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