

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 Campus

Chinese U. H. K.

Host Institution Faculty

Host Institution Degree

Host Institution Department

Psychology

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