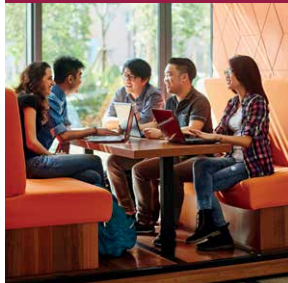
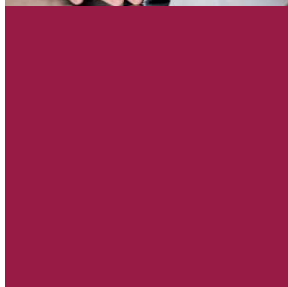


# PSYCHOLOGY

- BACHELOR OF PSYCHOLOGY (HONOURS)
- BACHELOR OF PSYCHOLOGICAL SCIENCE (HONOURS)





## OUR MISSION

To help people succeed in life and to live a life of significance through education

## OUR VISION

- To be a university with a strong culture of quality and leadership that focuses on sound academic standards, continuous improvements, and the talent development of students and staff
- To be a university that offers a learning experience that enhances career development, lifetime values and personal fulfilment
- To be a university with a strong research focus in our key areas of excellence
- To be a university that shares our success with the stakeholders and communities we serve

## OUR VALUES

- Pride of Achievement
- Sharing Success
- The Courage to Be
- To be Compassionate
- To be Significant



**DR D GERARD J LOUIS**  
Pro-Vice Chancellor & Dean, Faculty of Behavioural Sciences, Education and Languages, HELP University

This year, we celebrate more than 2 decades since the founding of the Centre for Psychology at HELP. We have over the years grown from a small centre to having the largest psychology programme in the country. The success of the psychology programme at HELP has given birth to similar programmes offered by other private universities and colleges. We have helped employers see the value of those with a degree in psychology as they recognize the psychology graduate as one who is strong in research, a critical thinker and problem-solver and a good communicator who possesses a high level of emotional intelligence. We have also contributed significantly to the country in the area of mental health and wellbeing by producing hundreds of professional Counsellors and Clinical Psychologists.

Psychology, over 20 years ago, was narrowly portrayed as a field suited only for those seeking a career in Mental Health. The Psychology programme at HELP worked to broaden this perspective and helped to grow psychology as a field of study with diverse areas of applications in fields like Neuropsychology, Sports Psychology, Developmental Psychology, Human Motivations, Cognitive Psychology, Comparative Psychology, Forensic Psychology and Industrial Organizational Psychology, just to name a few. Graduates from the programme have gone on to establish careers in fields like Business, Advertising, Security, Petrochemical, Data Analytics and the like, reflecting the versatility of the psychology degree.

I thank all of you who have supported us and been part of our journey all these incredible years. We look forward to many more years of Understanding Minds and Empowering Lives.

## INTERESTING FACTS ABOUT PSYCH @ HELP

- We have over 1,000 full time students completing their undergraduate degrees in Psychology, making it one of Southeast Asia's largest Psychology programmes.
- We were the first university to start a Centre for Psychology 21 years ago, making our programme in psychology the most established among private tertiary institutions in Malaysia.
- We are located in HELP University's award-winning green digital technology campus, fully equipped with facilities for our students.
- HELP is the first private university in Southeast Asia to be awarded the maximum 5 Stars in all 9 categories of the Quacquarelli Symonds (QS) Star Rating System for international higher education institutions in 2020.
- We are the only university in Malaysia offering clinical neuro-psychological services via the Center for Neuropsychology.
- We were the first non-Australian University to attain Australian Psychology Accreditation Council (APAC) accreditation for the Bachelor of Psychological Science and Bachelor of Psychological Science (Honours) joint degree with Flinders University.
- HELP University established the first and only Psi Chi International Honor Society in Psychology chapter in Southeast Asia.
- We have credit transfer agreements with over 20 universities in the UK, Australia and New Zealand.
- We have dedicated research centres comprising psychology researchers that have published in peer-reviewed journals.
- We have state-of-the-art Electroencephalogram (EEG) and Virtual Reality (VR) research laboratories.
- We have 24-hour access to online journal databases that are linked to over 3,000 psychology journals around the world.
- We have placed graduates and interns in over 350 organizations in the country.
- We provide close to 100 study awards to deserving students in the Psychology programmes each year.
- We have a dedicated career guidance centre (CAREERsense@HELP) to ensure our graduates are prepared for the challenges of the working world.
- We have the Centre for Psychological and Counselling Services (CPCS) that not only provides professional mental health services to our students, staff and the public but also serves as a practicum site for our graduate students in Counselling and Clinical Psychology.
- We have a Center for Mental Health, a collaboration with the Malaysian Mental Health Association to specifically focus on research and training in mental health and well-being.
- Thousands of Psychology graduates from HELP University have made a difference in the lives of others, in line with our motto, Understanding Minds, Empowering Lives!
- We offer a comprehensive 3-year Bachelor of Psychology (Hons) programme which covers different fields of psychology, research methods, data analytics courses, internship opportunities, thesis writing, and career modules.
- Students can choose from over 21 psychology electives taught by specialists in various fields.
- The Department of Psychology has over 50 lecturers and graduate tutors.
- We also offer postgraduate programmes in psychology, namely the Master of Clinical Psychology, Masters in Counselling, Master of Philosophy (Psychology) and PhD in Psychology.



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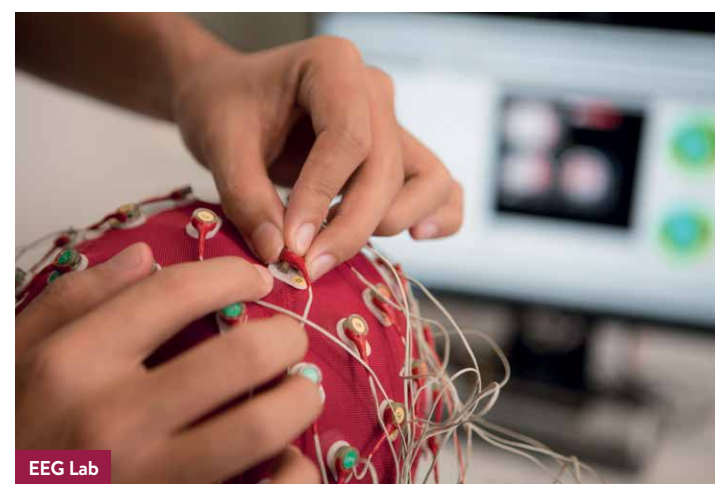
Student Lounge



Lecture Hall



VR Lab



EEG Lab



Rooftop Garden



HELP Subang 2 Campus



Library



Computer Lab



BATIC Lounge



# WHAT IS PSYCHOLOGY?

“Psychology is the science of behaviour, thoughts and feelings.”

In essence, psychology aims to understand how people behave, think and feel. This definition is well captured in the HELP Faculty of Behavioural Sciences motto: **Understanding Minds, Empowering Lives.**

**PSYCHOLOGY IS AN EXCITING FIELD THAT ENCOMPASSES A WIDE VARIETY OF AREAS, INCLUDING:**



#### ORGANISATIONAL AND WORK PSYCHOLOGY

Helping organisations select, inspire, manage and empower their workers.



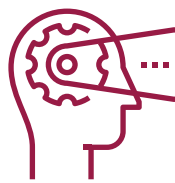
#### BIOPSYCHOLOGY AND NEUROPSYCHOLOGY

How the brain functions and affects people's behaviour, thoughts and feelings.



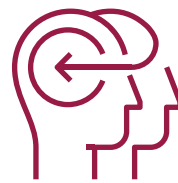
#### CLINICAL PSYCHOLOGY

Applying psychology to the understanding, assessment, diagnosis and treatment of psychological dysfunctions.



#### COGNITIVE PSYCHOLOGY

Understanding how people remember, make decisions and process information.



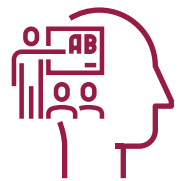
#### COUNSELLING PSYCHOLOGY

Helping people deal with adjustment and personal issues.



#### DEVELOPMENTAL PSYCHOLOGY

How people develop physically, socially and emotionally from infancy to late adulthood.



#### EDUCATIONAL/ SCHOOL PSYCHOLOGY

Understanding how people learn to increase teaching effectiveness.



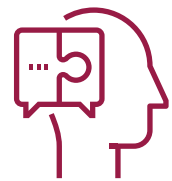
#### FORENSIC PSYCHOLOGY

Applying psychology to legal issues and understanding people who commit crimes.



#### HEALTH PSYCHOLOGY

Applying psychology to people's health issues like substance abuse, accident prevention and stress management.



#### SOCIAL PSYCHOLOGY

Understanding how people interact with and influence each other.

## WHAT IS UNIQUE ABOUT PSYCHOLOGY GRADUATES?

Psychology graduates are highly sought after by a wide variety of employers because they possess unique skills and competencies. These include:

- The ability to understand people of different ages in a diverse range of cultural settings
- The ability to design and conduct research on people's behaviour, attitudes and feelings
- The ability to understand and develop themselves
- The ability to empower and bring out the best in people
- The ability to communicate effectively in the oral and written format
- The ability to engage in critical thinking in decision-making processes
- The ability to apply a scientific approach in dealing with problems.

# STUDYING PSYCHOLOGY AT HELP



## THE HELP PSYCHOLOGY PROGRAMME OFFERS TOTAL FLEXIBILITY

### PATHWAY 1:

Complete a psychology degree in HELP and start your career.

Students have two options:

- **HELP Bachelor of Psychology (Hons)** (3+0) (page 6)
- **HELP-Flinders Bachelor of Psychological Science (Hons)** (4+0) (page 20)
- **HELP-Flinders Bachelor of Psychological Science** (3+0) (page 20).

### PATHWAY 2:

Start a psychology degree in HELP and complete it at one of our partner universities overseas.

- **HELP Bachelor of Psychology (Hons)** links with UK, Australia and New Zealand (2+1, 1+2) (page 19)
- **HELP-Flinders Bachelor of Psychological Science (Hons)** links with Australia and New Zealand (3+1) (page 23)
- **American Degree Program (ADP)** links with US universities (2+2, 3+1) (page 24).

### PATHWAY 3:

Complete a psychology degree in HELP and continue your PhD and Masters Degrees overseas.

- **Australia/New Zealand:** Direct entry into PhD or Masters from HELP-Flinders Bachelor of Psychological Science (Hons) (page 23)
- **UK:** Direct entry into Year 1 Masters Programmes from HELP Bachelor of Psychology (Hons) (page 19)
- **US:** Direct entry into 5-year PhD programmes from HELP Bachelor of Psychology (Hons) (page 19)
- **Malaysia:** Direct entry into one of HELP's three Master's programmes (pages 26-27).



# BACHELOR OF PSYCHOLOGY (HONOURS)

KPT/JPS (R2/311/6/0044) (A10826) 10/24

**INTAKES 2022\*** January, May, August

This programme allows students to complete a 3-year Psychology Honours degree in Malaysia conferred by HELP University, or to transfer credits to leading universities in Australia, the United Kingdom or New Zealand.

## 1<sup>st</sup> YEAR

Core papers

- Introduction to Psychology 1 (Biopsychology, Individual Differences, Cognitive Psychology)
- Introduction to Psychology 2 (Social Psychology, Developmental Psychology, Abnormal Psychology)
- Scientific Thinking and Academic Writing
- Introduction to Quantitative Methods 1
- Introduction to Quantitative Methods 2
- Career Exploration
- Contextual Intelligence

3 MPU subjects

(10 subjects)

## 2<sup>nd</sup> YEAR

Core papers

- Advanced Quantitative Methods 1
- Advanced Quantitative Methods 2
- Social Psychology
- Human Personality
- Biopsychology
- Developmental Psychology
- Understanding and Managing Emotions
- Industrial Training

2 MPU subjects

(10 subjects)

## 3<sup>rd</sup> YEAR

Core papers

- Undergraduate Thesis
- Learning and Cognition
- Ethics in Psychology
- Abnormal Psychology
- Career Development & Planning
- Data Analytics for Psychology

(6 subjects)

## PSYCHOLOGY ELECTIVES

We are proud to offer over 20 electives from different fields of Psychology. Students have the privilege of choosing seven papers in Year 2 and 3 from the following:

- Counselling Skills
- Counselling Theories and Techniques
- Conflict Theory and Resolution
- Human Services
- Group Process
- Educational Psychology
- Exceptional Children: Developmental Disorders
- Understanding Child Abuse and Neglect
- Learning Disabilities
- Introduction to Industrial/Organisational Psychology
- Psychology in the Workplace
- Substance Abuse
- Forensic Psychology
- Introduction to Music Therapy
- Cross Cultural Psychology
- Youth Work and Services
- Issues in Contemporary Psychology
- Psychology of Aging
- Human Motivation
- Psychology of Film
- Qualitative Research
- Gender Studies
- Politics and Psychology
- Introduction to Psychological Testing

\*New and different electives are added every year at the department's discretion.

## PROGRAMME DETAILS

- 3-year Honours programme
- 33 subjects to be completed in a minimum period of 3 years
- 3-4 hours of teaching per subject per week
- For a minor, students are required to complete 6-10 subjects offered in the related specialisation
- 14-week semester (Jan & Aug); 7-week semester (May); 3 semesters per year



## ENTRY REQUIREMENTS

Applicants are required to fulfil the following standard requirements:

Applicants must have one of the following entry requirements:

- **HELP Foundation in Arts/Science:** Pass all subjects (with a minimum of 4 credits)
- **A-Levels:** 1 C, 1 D
- **STPM:** 2 Cs
- **UEC:** 5 Bs
- **South Australian Matriculation:** ATAR 65
- **Canadian Pre-U:** Average 65 (6 subjects)
- **Foundation Programmes:** Pass all subjects (50% of which must be credit and above)
- **Diploma Programmes:** Pass all subjects (30% of which must be credit and above)

*Local Programs have to be MQA approved. The standard entry requirement of 3 SPM/O-Level credits (including credit in 1 Math subject & 1 Science subject) still applies to all students. Malaysian students also have to attain a pass in SPM Bahasa Melayu. Credit is equivalent to 60 out of 100 marks.*

Applicants will also be required to fulfil one of the following **English requirements:**

- **IELTS:** 5.5 (Academic)
- **TOEFL:** 550 paper-based (213 computer-based / 80 Internet-based)
- **MUET:** Band 5\*
- **SPM:** A for English (A1/A2 or A+/A/A-)
- **IGCSE O Levels:** C for English or English Literature (not including SPM 1119)
- **UEC:** B for English
- **HELP Foundation in Arts/Science:** credit for either Intermediate English or Advanced English
- **South Australian Matriculation:** 14/20 for English as a Second Language
- **Canadian Pre-U:** 65 for ENG4U

*Please note that the University's standard entry requirement for degrees is MUET Band 3, but the Department of Psychology requires MUET Band 5.*

## MINORS

Students have the option of majoring in psychology and choosing a minor from the following:

- Marketing
- International Business Management
- Human Resource Management
- Entrepreneurship
- Finance
- Accounting
- Media Studies
- Public Relations
- Marketing Communication
- Information Technology
- Mobile Communications
- Database Systems
- Electronic Games and Interactive Media

Note: Fees will vary slightly depending on the elective subjects selected.



# A PSYCHOLOGY PROGRAMME THAT PREPARES YOU FOR IR 4.0

We live in a VUCA world (Volatile, Uncertain, Complex, Ambiguous) characterised by rapid changes brought about by the 4th Industrial Revolution (IR 4.0).

AI (artificial intelligence) robotics, big data, nanotechnology and other fast evolving technologies are changing the way we work. The HELP Psychology programme is designed to prepare our graduates to thrive in this new environment.



Master the skill of reading micro-expressions and detect when people are lying.

Be able to **adapt**, survive and thrive in any **cultural environment** by mastering **contextual intelligence**.



Design psychology apps and games that will encourage learning and elevate users' well-being.

Develop **self-awareness** by **understanding** your personality, talents, values and life goals.



Use an EEG machine to understand the inner workings of the brain.

Become a **peacemaker** by enhancing your **conflict resolution** and **mediation skills**.



Learn about how new technologies like Virtual Reality (VR), Artificial Intelligence (AI), Robotics and Big Data will shape the future of psychology.



Understand the psychology of negotiation to enhance your bargaining skills and persuasiveness.



Master critical thinking skills that will help you solve real-world problems and spot fallacies in reasoning.

Implement/ utilise **Applied Behavioural Analysis (ABA)** to help children with **special needs**.

Discuss, debate and reflect on **existential issues** of life and death in a **safe and stimulating environment**.



Form a consulting firm and pitch talent management programmes to real corporations.

Use **cognitive psychology** to **enhance** your learning and study skills; focus better, procrastinate less, **get more done**.



Write, direct, act and produce your own psychology film.



Learn to deliver a high impact talk to an audience of 1,000 people.

**Master threat analysis skills** that will **help** keep you and others safe in **dangerous environments**.



Develop creative therapies using music, art and drama.

Raise your **emotional intelligence** and learn how to **manage** your stress and **anger**.



## A WORLD CLASS PROGRAMME THAT PRODUCES WORLD CLASS STUDENTS



Rachel Loh (left)  
HELP BPsych (First Class Hons)  
Sole recipient of the Tan Sri Datuk  
Paduka Hajjah Saleha Award  
Global Champion of the Maybank  
GO Champion, Ahead Challenge  
(MGAC) 2017, winning a cash prize of  
USD40,000 (team) and USD1,000  
(individually), and interned at  
Maybank's New York branch.



The Psi Chi HELP Chapter Board 2020/2021, back row from left to right: Edward Lim Sir Zee (President), Elizabeth Anne Sin E-Jian (Vice President); Front row left to right: Alyssa Leow Suet Ean (Treasurer), Ooi Lynn (Social Media Officer), Song Yong Xin (Secretary)



Students from Educational Psychology proudly showing their award-winning educational board game, Fan-Tense-Tic Mystery, a gamification programme created to teach English tenses to secondary school students.

## 6 WAYS WE GIVE OUR STUDENTS THE ACADEMIC EDGE

### 1 PSYCHOLOGY SCHOLARSHIP PROGRAMME

Every year, the HELP Psychology programme offers close to 1 million ringgit in scholarships to bring the best young minds to our department. A variety of scholarships are offered based on academic performance (Merit Awards), leadership (SASA Scholarships) and sporting achievement (Sports Awards).

### 2 ACADEMIC RESEARCH TRAINING (ART) PROGRAMME

The ART Programme is a research mentorship programme for Psychology undergraduate students to work on research and consulting projects. The ART programme offers approximately 100 places each semester in a variety of areas within psychology.

### 3 THE ACADEMIC RESEARCH CONFERENCE FUND

The department sets aside funding every year for undergraduate students to present their research papers at local and international psychology conferences. In the last five years, over 400 HELP Psychology students have received funding from the department to present their findings in conferences around the world and they have done us proud.

### 4 PSI CHI HONORS SOCIETY

Psi Chi is a US-based international honor society for psychology students that inducts only high-achieving students, with 1,000 chapters worldwide. In 2015, HELP University established the FIRST and ONLY PSI CHI chapter in South East Asia which currently boasts over 150 members.

### 5 PSYCHOLOGY RESEARCH COLLOQUIUM

Held every semester, the HELP Psychology Research Colloquium is an in-house research conference that gives HELP Psychology students the opportunity to present their research.

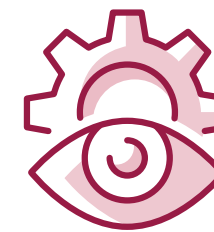
### 6 ACADEMIC CONFERENCES, SEMINARS AND WORKSHOPS

The HELP Department of Psychology regularly hosts international conferences and research symposiums as well as conducts seminars and workshops that bring together world famous psychologists from all over the world to our department.

## HELPING PSYCHOLOGY GRADUATES SECURE THEIR CAREERS OF CHOICE

Our mission is to help students find a career that fits their talents, interests, passions and life goals. This is in line with HELP University's mission statement: To help people succeed in life and live a life of significance through education.

## HELP UNIVERSITY'S COMPREHENSIVE AND UNIQUE CAREER DISCOVERY AND PREPARATION PROCESS



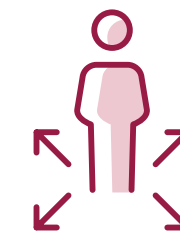
### STEP 1: SELF DISCOVERY

#### YEAR 1 GOALS

- Discovering who I am
- My talents
- My personality
- My interests
- My values
- My ambition and life goals

#### ACTIVITIES

- Psychometric Testing
- Meeting with Career Consultants
- Discussions in career guidance classes



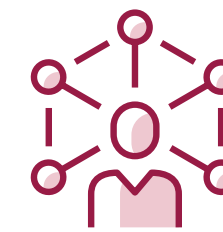
### STEP 2: CAREER EXPLORATION

#### YEAR 1 AND 2 GOALS

- Discovering career pathways
- Exposure to career options for psychology graduates
- Developing an accurate understanding of each career pathway

#### ACTIVITIES

- Career fairs
- Guest lectures by psychologists in different industries



### STEP 3: CAREER DECISIONS

#### YEAR 2 GOALS

- Identifying career pathways that match who I am
- Use of career testing to shortlist suitable work clusters
- Shortlisting target organisations and positions

#### ACTIVITIES

- Reflections Exercise: require students to shortlist careers and organisations they are targeting.



### STEP 4: CAREER PREPARATION

#### YEAR 2 AND 3 GOALS

- Securing targeted jobs
- Identifying skills and competencies required
- Developing strategies to secure employment

#### ACTIVITIES

- Workshops on resumé writing and interview skills
- Job dating events

## CAREERSENSE @ HELP

Director: Mr Eric Bryan Amaladas

The mission of this one-stop career guidance, testing and career development centre is to equip individuals and organisations with the relevant knowledge, competencies and skills needed for personal and career success.

Our services include:

- Employment and Internship Support
- Career Guidance Testing and Assessment
- Career Exploration Resource Centre
- Personal Development and Employability Training

“Thanks to the visume, that was one of the assignment components for the Career Planning and Development course I took, I was able to secure a full-time position even before I graduated. It probably wouldn't have happened if I hadn't done this course.”

Zoe Lee  
HR Consultancy at FIND Malaysia.



## START YOUR CAREER WITH TOP GLOBAL ORGANISATIONS

The HELP Psychology Programme offers you the unique opportunity to secure internships and full-time employment with over 300 business corporations and social work organisations. These are some of the organisations that have employed HELP Psychology graduates.

**Citibank HSBC World Vision Unicef**  
**Exxon Mobil Aon-Hewitt Associates Maybank**  
**Sime Darby Maxis Communication Accenture**  
**Lexmark International Samsung Millward Brown**  
**Leo Burnett**  
**Standard Chartered Bank**  
**General Electric (GE)**  
**Leaderonomics**  
**Ogilvy & Mather**  
**Shell KPMG**  
**Ernst & Young**  
**Teach for Malaysia**  
**Nestle DiGi**  
**IBM Global Business Services**  
**Early Autism Project Malaysia**  
**Fave Hay Group**

“The HELP University Psychology internship programme with GE is a great opportunity for both HELP and GE to continue building the talent pipeline of human resource professionals in the country. Not only will the GE internships provide Psychology students with the opportunity to receive hands-on experience and training at one of the world's most admired global companies, it will also be an opportunity for GE to continue to gain insights and academic knowledge of human behaviour and leadership development from HELP's famed Department of Psychology. These internships are a great win and an opportunity for GE, HELP University and the Malaysian student community at large.”

**Roshan Thiran**  
**Founder & CEO**  
**of Leaderonomics**



**HELP IS PROUD TO HAVE  
PSYCHOLOGY GRADUATES  
WORKING IN TOP FIRMS,  
INCLUDING ACCENTURE,  
HEWITT, MCKINSEY, SHELL,  
HAY GROUP AND  
LEADERONOMICS.**

“I realise the key characteristic I've acquired in HELP University's Psychology programme is resourcefulness. As a programme that constantly challenges me to develop myself academically and personally, being resourceful was important to overcoming those challenges successfully. It has been a significant phase in my life being a part of this programme, made even more meaningful by the amazing lecturers who are interested in education and support staff who are interested in my growth; they made the difference.”

**Evelyn Teh Jae Vienn**  
**PwC Malaysia, Manager**  
**(Special Projects/Behavioural Change)**



“Memorable would be the best word to describe the short 2½ years I had as a HELP Psychology student. I learnt not just classroom theories of what Psychology is and isn't, but was empowered by forward thinking lecturers who encouraged us to go above and beyond in our critical thinking and research capabilities. The classroom wasn't our only learning ground, but HELP's active partnerships with a wide network of organisations, in-house Research Colloquiums and Symposiums gave us a foretaste of what it would be like when we stepped into the Real Deal.”

**Esther Goh**  
**Category Manager, Shopee Malaysia**



“Recruitment is people business. So is psychology. I firmly believe that my learning in psychology effectively provided me with the transferable skills needed to match-make companies with the right prospects: adapting to different personalities and characters, reading non-verbal behaviour during interviews, and identifying the motivation and drive behind career decisions.”

**Jacquelin Choy Yheng Yheng**  
HELP BPsych (First Class Hons)  
International Mobility Advisor, Shell Malaysia



“Everything that I studied here at HELP has come together perfectly for my career. It provided me the knowledge in connecting with colleagues, customers or subordinates, so much easier at the workplace. I am now investing my time and energy to inspire and empower little lives, one at a time!”

**Betsy Yeo Wai Li**  
HELP BPsych  
Founder of StartRight Playhouse & Preschool



**Jamie Khoo Ghia Mei**  
Consulting, Deloitte

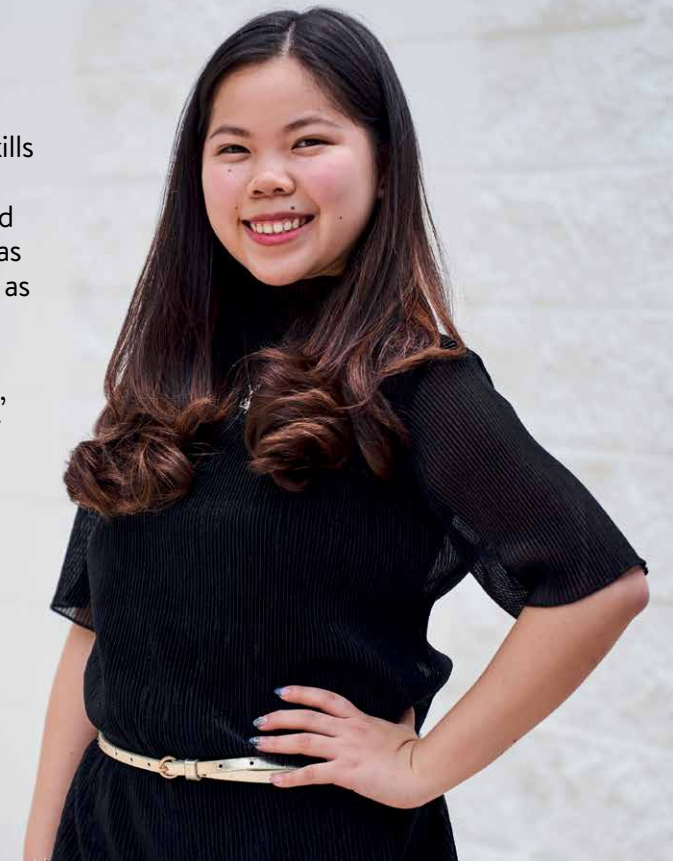
Jamie was a psychology student at HELP University. She received the Dean Scholarship 3 years in a row. She presented her thesis at the International Conference of Learning in Hong Kong. Jamie has worked at two large multinational consulting firms, Accenture and Deloitte. She currently lives in the United States consulting on strategy and delivering solutions for large business and technology transformation programmes.

**Victoria Yeong Foong Yee**  
Accenture, Business Transformation Consultant

Victoria graduated with First Class Honours from the HELP Bachelor of Psychology programme and is the winner of the Tan Sri Datuk Paduka Dr Hajjah Saleha Outstanding Achievement Award 2013. She was also recipient of the HELP SASA Scholarship and Gamuda Full Scholarship Award 2010.

“I am indebted to the HELP Psychology Department for equipping me with the skills I now use in my career. My knowledge and understanding of the human mind has expanded under HELP's comprehensive programme, as has my appreciation of the potential of Psychology as a field to benefit mankind. With the skills and knowledge HELP has given me, I now strive to empower other individuals by believing in them, reminding them of their capabilities, or even by just lending them a listening ear.”

**Colleen Ng Phaik Ying**  
HELP BPsych (First Class Hons)  
Pastoral Care Teacher, Nobel International School



“The Psychology course in HELP has provided me with a solid platform to kickstart my career in recruitment consulting. Having interacted with CEOs and HR managers about their hiring needs, the combination of theoretical knowledge and practical exercises that was provided throughout the course has granted me the awareness to take in perspectives in different angles and understand them in meaningful ways.”

**Joshua Ma Zhong Zhang**  
HELP BPsych (First Class Hons)  
Talent Acquisition and Branding, KPMG



**Sarah Lim Poe Yian**  
Royal Dutch Shell, Marine Performance Optimizer

Sarah completed a Psychology honours degree in Bemidji State University. She is the first recipient of the Centre for Psychology Award for being the top student of the HELP Psychology programme with a Grade A average. She currently manages the lubricant marine sales and is the Planning Lead of Operational & Structural improvements in Shell (Singapore).

**Hannah Lim Pei Ern**  
HR Manager, Shell Business Operations

Hannah won the University of Leeds Award of Excellence in her third year, in addition to receiving a full scholarship from HELP. She was a senior tutor as well as the former president of the HELP Psychology Student Council. She was selected to join GE's Graduate Leadership Program while studying in HELP. She is currently an HR advisor in International Operated Shell.

**Sulynn Choong**  
Human Capital Perspectives, Positive Change Strategist

Sulynn is a graduate of the Master of Applied Positive Psychology degree from, and a Visiting Scholar at, the University of Pennsylvania where she trained under renowned psychologist Martin Seligman. Besides her private practice as a Positive Change consultant and certified professional coach, Sulynn teaches courses and facilitates workshops.





“Pursuing Psychology has granted me a greater understanding of others as well as a more empathetic worldview. However, we often forget though that we are people too; I'm grateful that my journey in HELP has also given me a greater insight into myself. This has enabled me to change the world from the inside out.”

**Damian Chuah Tjun Kit**  
**HELP BPsych (First Class Hons)**  
**HR Advisor, Shell Malaysia (International Mobility)**



## WHAT CAREERS ARE AVAILABLE TO PSYCHOLOGY GRADUATES?

### GRADUATES WITH BACHELOR'S DEGREES

- Corporate Consultant
- Talent Management Consultant
- Corporate Training (Soft Skills)
- Human Resource Management
- Marketing Manager
- General Administrative Management
- Conflict Resolution and Mediation Consultant
- Customer Relationship Manager
- Advertising and Public Relations Consultant
- Political Strategist
- Life Coach

- NGO worker in the following areas:
  - Disaster and emergency relief
  - Children with special needs
  - Abuse and neglect
  - Impoverished & marginalised communities
  - Youth work
  - Family work
- Journalist, Media Reporter or Mass Media Consultant
- Market Research Consultant
- Academic Tutor
- Research Assistant
- Headhunter

### GRADUATES WITH POSTGRADUATE DEGREES

- Organisational and Industrial Psychologist
- Clinical Psychologist
- Child Psychologist
- Counsellor
- Crisis Counsellor
- Educational Psychologist
- Forensic Psychologist
- Academic Lecturer and Researcher
- Sports Psychologist
- Ergonomist
- Neuropsychologist and Neuroscientist

“Studying Psychology in HELP has given me opportunities to grow as a person and with the network built, our thoughts and beliefs have been challenged, debated and revamped. The relationships, support and knowledge I've received here have driven me to be the best person that I can be, not for myself but for the people around me, but the question here is whether YOU would take that step forward?”

**Andrea Chew Wenjuan**  
**HELP BPsych (First Class Hons)**  
**Marketing Strategist with Leaderonomics**





## STRENGTHENING PARTNERSHIPS



“The University of Queensland’s School of Psychology is delighted to partner with the Department of Psychology at HELP University to provide their students the opportunity to transfer to the Bachelor of Psychological Science (Honours) programme. HELP University students are well prepared to create change at UQ through their experiences in research, industry engagement and student-led support programmes. As a pathway to guaranteed honours, students receive advanced knowledge and skills to set themselves apart in a competitive job market, leading to a future in clinical practice, research and lifelong learning.

**Professor Virginia Slaughter**  
Head, School of Psychology, University of Queensland



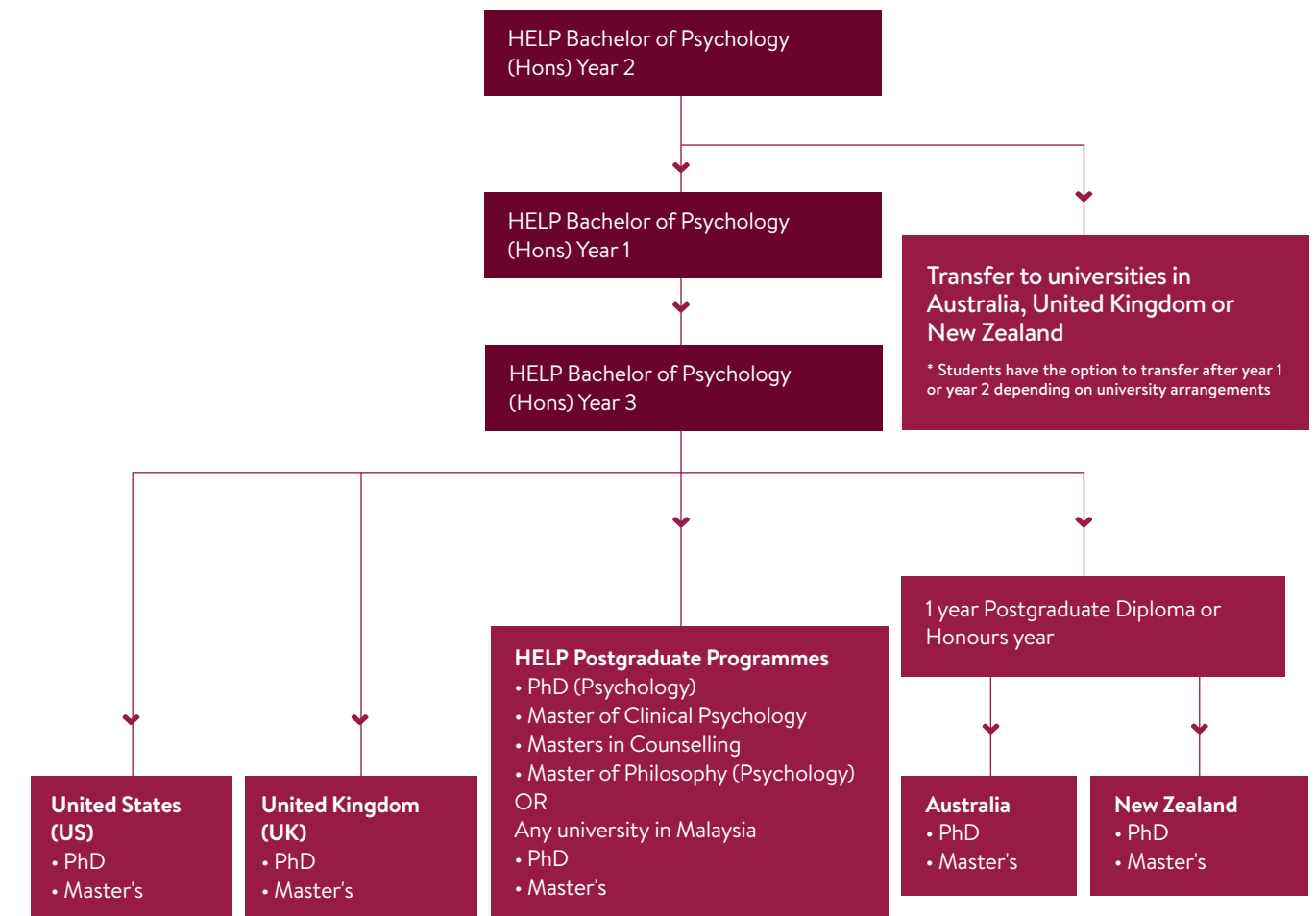
“I completed a one-year undergraduate psychology course in HELP University before enrolling at the University of Queensland. HELP University has given me a strong foundation in psychology theory and research. Most of the subjects offered in HELP University are credit-transferable to UQ. Overall, the academic training in HELP University enabled a seamless transition to UQ.”

**Low Jia Xuan**  
Currently completing his third year in the Bachelor of Psychological Science (Honours) at UQ

## BACHELOR OF PSYCHOLOGY (HONOURS)

KPT/JPS (R2/311/6/0044) (A10826) 10/24

A gateway to further studies at top universities all over the world



## PARTNER UNIVERSITIES

### UNITED KINGDOM (1+2)

- Bangor University
- Cardiff University
- Goldsmiths, University of London
- The Queen’s University of Belfast
- University of Essex
- University of Hertfordshire
- University of Huddersfield
- University of Leeds
- University of Plymouth

- University of Portsmouth
- University of Sheffield
- University of the West of England

### (2+1)

- Bangor University
- Middlesex University
- University of Hertfordshire
- University of Northampton
- University of Portsmouth
- University of West England

### AUSTRALIA (1+2)

- Flinders University
- Queensland University of Technology
- University of Adelaide
- Macquarie University

### (1+3)

- Macquarie University
- University of Queensland

### (1+3.5, 1.5+2.5, 1.5+3)

- University of Queensland

### (2+1)

- Flinders University
- Murdoch University

- Queensland University of Technology
- University of Adelaide
- Macquarie University
- Edith Cowan University

### (2+2)

- Macquarie University

### NEW ZEALAND

- (1+2, 2+1, 3+1)
- University of Otago



## BACHELOR OF PSYCHOLOGICAL SCIENCE BACHELOR OF PSYCHOLOGICAL SCIENCE (HONOURS)

KPT/JPS (R2/311/6/0062) (A10733) 11/27

### FLINDERS-HELP JOINT DEGREE

#### Accredited by the Australian Psychology Accreditation Council (APAC)

Flinders University is proud to offer the Bachelor of Psychological Science and Bachelor of Psychological Science (Honours) degrees in partnership with HELP University. Both joint degree programmes are accredited by the Australian Psychology Accreditation Council, an historic first in Asia, which has meant that over the last 8 years graduates can apply directly to any Australian or New Zealand university to continue their

Master's or PhD studies. Students who completed their degree in Malaysia can elect to study at Flinders University, in Adelaide, South Australia, the number one South Australian university in psychology for learning resources and starting salary\*. The HELP-Flinders partnership continues to deliver research that is making an impact, contributing to Flinders University's Órama Institute for Mental Health, Wellbeing and Neuroscience, and

Flinders being rated above the world standard for psychology research by Excellence in Research Australia, 2018. (\*The Good Universities Guide 2019, public SA-founded universities only.)

### A WORLD CLASS PSYCHOLOGY PROGRAMME

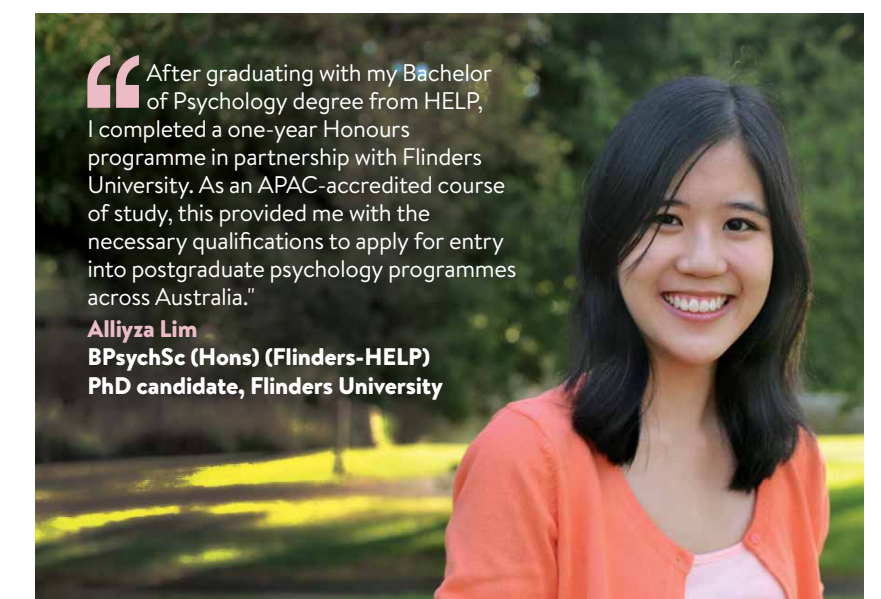
The Flinders Psychology programme, ranked in the world's top 300 by the Academic Ranking of World Universities, hosts internationally-renowned researchers in areas as diverse as autism, behavioural addictions, digital therapies, depression, eating disorders, social justice, trauma and sleep disorders.

The success of its staff is evidenced by the volume of publications in peer-reviewed international journals; grant success from peak bodies such as the ARC and NHMRC; PhD completion rates; teaching awards; and the involvement of staff on the editorial boards of international journals. With mental health a critical public health area, there is increasing demand for trained psychologists spanning health, sports, business and education.



“At Flinders, we are proud to offer a joint Psychology Honours programme with HELP University. Psychology has much to offer with respect to shaping evidence-based responses to the challenges of the world, including those related to mental health and wellbeing, social cohesion, climate change, human factors and technology and even defence and security. HELP staff and students are exemplary and share our vision of developing global leaders that will impact positively on all these areas. Join our quest to make this a better and safer world.”

**Professor Michael Kyrios**  
Vice President & Executive Dean  
College of Education, Psychology & Social Work  
Flinders University



“After graduating with my Bachelor of Psychology degree from HELP, I completed a one-year Honours programme in partnership with Flinders University. As an APAC-accredited course of study, this provided me with the necessary qualifications to apply for entry into postgraduate psychology programmes across Australia.”

**Alliyza Lim**  
BPsychSc (Hons) (Flinders-HELP)  
PhD candidate, Flinders University





# BACHELOR OF PSYCHOLOGICAL SCIENCE BACHELOR OF PSYCHOLOGICAL SCIENCE (HONOURS)

KPT/JPS (R2/311/6/0062) (A10733) 11/27

INTAKES 2022\* January, May, August

## FLINDERS-HELP JOINT DEGREE

### 1<sup>st</sup> YEAR

- Introduction to Psychology 1 (Biopsychology, Individual Differences, Cognitive Psychology)
  - Introduction to Psychology 2 (Social Psychology, Developmental Psychology, Abnormal Psychology)
  - Scientific Thinking & Academic Writing
  - Introduction to Quantitative Methods 1
  - Introduction to Quantitative Methods 2
  - Contextual Intelligence
  - Career Exploration
- 3 MPU subjects (10 subjects)

### 2<sup>nd</sup> YEAR

- Advanced Quantitative Methods 1
  - Advanced Quantitative Methods 2
  - Social Psychology
  - Human Personality
  - Biopsychology
  - Developmental Psychology
  - Understanding and Managing Emotions
  - Industrial Training
- 2 MPU subjects
- Psychology Electives**  
Select 2 papers from the following:
- Counselling Skills
  - Conflict Theory and Resolution
  - Human Services
  - Educational Psychology
  - Group Process
  - Exceptional Children: Developmental Disorders
  - Understanding Child Abuse and Neglect
  - Qualitative Research
- (12 subjects)

### 3<sup>rd</sup> YEAR

- Core Subjects
- Research Methods
  - Ethics and Professional Practice in Psychology
  - Cognitive Psychology
  - Psychological Assessment: Basic Principles
  - Undergraduate Thesis
  - Interviewing and Counselling
- Psychology Electives**  
Select 4 from the following:
- Child Development in a Cultural Context
  - Abnormal Psychology
  - Atypical Development
  - Psychology of Work
  - Human Factors
  - Introduction to Neuropsychology
- (10 subjects)

### 4<sup>th</sup> YEAR

- Core Subjects (Honours Year)
- Psychology Honours Thesis
  - Research and Practice in Psychology: Part 1
  - Research and Practice in Psychology: Part 2
  - Research and Practice in Psychology: Part 3
  - Contemporary Issues in Psychology
  - Applications of Psychology
- (6 subjects)

Entry into the 4<sup>th</sup> year of the programme is not automatic and is contingent on students obtaining a grade point average of 5.25/7 in their 3<sup>rd</sup> year modules.

## 5 REASONS TO APPLY FOR THE FLINDERS-HELP JOINT DEGREE!

- Accredited by the Australian Psychology Accreditation Council (APAC)
- Accredited by the Malaysian Qualifications Agency (MQA)
- Access to Flinders University online resources (electronic journals and online databases)
- Students who complete the fourth year Honours programme will be eligible to apply for Masters and PhD programmes in Psychology at any Australian university
- A cross-cultural perspective of psychology and exposure to research in the Australasian region

## YOUR PATHWAY TO POSTGRADUATE STUDIES IN AUSTRALIA AND NEW ZEALAND



### PROGRAMME DETAILS

#### Duration

Students have two options:

- 3 year option: Students will graduate with a Bachelor of Psychological Science degree (without Honours)
- 4 year option: Students can apply for entry into a 4th year Bachelor of Psychological Science (Honours) degree. Entry into the 4th year of the programme is not automatic and is contingent on students obtaining a grade point average of 5.25/7 in their 3rd year modules. This requirement is equivalent to a DI1/DI2 average.
- 3-4 hours of teaching per subject per week
- 3 semesters per year: two 14-week semesters (January & August), one 7-week semester (May)
- Assessment: 40-60% course work and assignments, 40-60% written examinations

#### Entry Requirement

Entry into Year 1 (any of the following):

- SAM with a minimum ATAR of 70
- A-Levels with a minimum of 2 A-Level and 2 AS Level subjects, with a minimum score of 7 for best 3 subjects (General Paper and first language subjects to be excluded from this calculation)
- STPM with a minimum of 2 or 3 subjects, with a minimum score of 7 for best 3 subjects
- UEC with a maximum score of 25 for best 5 subjects and a minimum of 5 Bs
- CPU with a minimum score of 65%
- HELP Foundation in Arts/Foundation in Science with a minimum GPA of 5 out of 7 (with credit in Advanced English)
- Please note that students are also required to meet one of the English requirements stipulated in page 7.

Local programmes have to be MQA-approved. The standard entry requirement of 3 SPM/O-Level Credits (including credits in 1 Math subject & 1 Science subject) still applies to all students. Malaysian students also have to attain a Pass in SPM Bahasa Melayu. Applicants with equivalent qualifications may submit their certificates and transcripts to be considered for entry. Credit is equivalent to 60 out of 100 marks.





## American Degree Transfer Program (Liberal Arts) CREDIT TRANSFER PROGRAM

INTAKES 2022\* January • March • May • August

### ENTRY REQUIREMENT

- Any one of the following:
- 5 SPM credits (with a pass in Bahasa Malaysia)
  - 5 O-Level credits
  - 5 Bs in Senior Middle 3 (UEC)\*
  - Equivalent qualification from other high schools
  - 14-week semester (Jan & Aug); 7-week semester (March & May); 3 semesters per year

### PARTNER UNIVERSITIES

- American University
- Bemidji State University
- Central Michigan University
- CSU-Fresno
- CSU-Long Beach
- DePaul University
- Drake University
- Drexel University
- Florida State University
- George Mason University
- Hawai'i Pacific University
- Illinois State University
- Indiana University-Purdue University Indianapolis
- Indiana University South Bend
- Iowa State University
- Miami University
- Michigan State University
- Missouri State University
- New York Film Academy

### United States of America (2+2 & 1+3)

- North Dakota State University
- Northern Illinois University
- Ohio State University
- Ohio University
- Oklahoma State University
- Pepperdine University
- Pittsburg State University
- Portland State University
- Purdue University
- Rutgers University, New Brunswick
- San Francisco State University
- San Jose State University
- Southern Illinois University Carbondale
- Southwest Minnesota State University
- Spring Arbor University
- St Cloud State University
- Towson University
- University of Arkansas
- University of Central Oklahoma
- University of Hawai'i-Manoa
- University of Illinois-Urbana Champaign
- University of Iowa
- University of Kansas
- University of Kentucky
- University of Michigan
- University of Minnesota
- University of Missouri-St Louis
- University of Montana
- University of Nebraska-Lincoln
- University of North Texas
- University of Oklahoma
- University of Oregon
- University of Texas
- Upper Iowa University
- Washington State University
- Western Michigan University
- Wichita State University
- Winona State University

## BACHELOR OF BUSINESS PSYCHOLOGY (HONOURS)

KPT/JPS (R3/340/6/0706) (A7364) 01/27

INTAKES 2022\* January • May • August

This programme is designed to nurture skills in organisational and systems management within the discipline of psychology as a social and behavioural science. By integrating management studies with the critical and analytical methods of psychology, it meets the needs of students intending to pursue careers in personnel management, training and development, human resource management and employee and customer relations.

### 1<sup>st</sup> YEAR

- Financial Accounting 1
- Principles of Microeconomics
- Business Law
- Principles of Management
- Principles of Marketing
- Business Statistics
- Introduction to Quantitative Methods
- Introduction to Qualitative Methods
- Introduction to Psychology 1
- Introduction to Psychology 2
- Psychology of Personal and Academic Development (11 subjects)

### 2<sup>nd</sup> & 3<sup>rd</sup> YEAR

- Managing Human Resources
- Consumer Behaviour
- Business Research
- Social Psychology
- Human Personality
- Conflict Theory & Resolution
- Change Management
- Introduction to Industrial/Organisational Psychology
- Cross Cultural Psychology
- Introduction to Economic Psychology
- Psychology & Law
- 1 Graduation Project
- 3 Electives from Year 2 and 3 (at least one subject from Year 3) (15 subjects)

**MPU Compulsory Subjects**  
(5 subjects)

### ENTRY REQUIREMENT

- Any one of the following:
- HELP Foundation in Arts/Foundation in Science with minimum CGPA 2.0 out of 4.0\*\*\*
  - HELP Diploma in Business with minimum CGPA 2.0 out of 4.0\*\*\*
  - 2 Cs in STPM
  - 2 A-level passes
  - 5 Bs in Senior Middle 3 (UEC) including Mathematics and English
  - 5 CPU passes with a minimum average of 50%
  - University Aggregate of 50% or ATAR score of at least 50 for various Australian matriculation programmes
  - Equivalent qualification

\*\*\* The stated qualification needs to be supported with a pass in Mathematics, English, Sejarah and Bahasa Melayu at SPM level.

## DISTINGUISHED VISITING PROFESSOR



Professor Allan Bernardo

Dr Allan Benedict I Bernardo is a Distinguished University Professor and University Fellow of the Counseling and Education Department at De La Salle University, Manila. He was also the former Director of the Lasallian Institute for Development and Educational Research (LIDER). In 2007, he was elected academician of the National Academy of Science and Technology (NAST). He belongs to a select group of outstanding members of the scientific community in the country where he was cited for his works in the field of Cognitive Psychology. He was elected secretary-general of the Asian Association of Social Psychology (AASP) in 2007. Prior to his election, he served as Southeast Asian regional

representative, then as chair, of the Education and Training Committee of AASP. A multi-awarded researcher, his current interests include social and cultural dimensions of learning, achievement motivation, and cognitions about learning; mathematical learning and problem solving; language and learning; learning and problem solving in bilinguals; teacher cognitions and teacher development; and educational reform and policy. He finished his Doctor of Philosophy in Cognitive Psychology and Master of Science in Cognitive Psychology from Yale University and his Bachelor of Arts major in Psychology from the University of the Philippines.

## HELP PSYCHOLOGY DEPARTMENT PLAYS A GLOBAL LEADERSHIP ROLE IN PSYCHOLOGY



1. Professor Datin Dr Quek Ai Hwa, panelist at the 9th International Special Education Exhibition (2019).
2. Pn Fatimah Haron with her research team at the PACIFIC project at Gold Coast, ISSBD Conference (2018).
3. Dr Ditto Prihadi with other experts in data science and IT as panelists on "How technology and social media babysit the next generation" at DiGi Malaysia.



## MASTERS IN COUNSELLING

KPT/JPS (R2/762/7/0018) (A6678) 01/28

**INTAKES 2023\*** • Once a year intake; application submission by 1 September 2022 for the January 2023 intake

### INTRODUCTION

The Masters in Counselling covers all the main areas of study required of a professional counsellor. The curriculum is structured according to the requirements of the Standards and Requirements of Training for Counsellors 2003-2010 as set by the Malaysian Board of Counsellors.

### AIMS OF THE PROGRAMME

The programme will develop professional counsellors capable of meeting the mental health needs of Malaysian society. The course is designed to expose the student to a holistic approach in the field of counselling. The student will find a balance between theory, research and practice.

### PROGRAMME STRUCTURE

- Techniques and Process of Counselling
- Social Diversity and Culture
- Human Development Across the Life Span
- Group Process
- Theories of Counselling and Psychotherapy
- Research Methods and Statistics
- Career Information and Career Development
- Testing and Assessment
- Marital and Family Counselling
- Theory and Practice of Career Counselling
- Analysis of Individuals and Groups in Counselling
- Issues and Ethics in the Helping Profession
- Counselling Practicum
- Counselling Internship

### ADMISSION REQUIREMENT

A basic undergraduate degree in any discipline with a minimum CGPA of 2.5 (out of 4.0).

### PROGRAMME DURATION

- The duration of this part-time programme is approximately 2½ years. It is suitable for working adults as classes are held on weeknights.
- The full-time option may be offered, and will take approximately 2 years to complete.

## MASTER OF PHILOSOPHY (MPHIL) IN PSYCHOLOGY DOCTOR OF PHILOSOPHY (PHD) IN PSYCHOLOGY

MPhil: KPT/JPS (N/311/7/0109) (MQA/PA10468) 08/23 PhD: KPT/JPS (N/311/8/0109) (MQA/PA10469) 08/23

**INTAKES 2022\*** • Application submission for entry by January, May-August, October-December 2022

### INTRODUCTION

The Master of Philosophy (MPhil) & Doctor of Philosophy (PhD) in Psychology programmes are designed to provide graduate students with the opportunity to conduct research in different areas of psychology, under the supervision of an experienced academic staff.

### AIMS OF THE PROGRAMME

This programme aims to provide postgraduate-level training for students, to equip them with the research skills and professional development necessary for teaching and research positions in various industries. Students who have completed 1 year of the MPhil programme also have the opportunity to progress into the PhD pathway, subject to further assessment.

### RESEARCH AREAS

The list below covers some broad areas for PhD / MPhil research projects, but is not limited to these areas.

- Clinical Psychology
- Cognitive Psychology
- Comparative Psychology
- Counselling Psychology
- Cross Cultural Psychology
- Developmental Psychology
- Educational Psychology
- Industrial/Organisational Psychology
- Neuropsychology
- Personality Psychology
- Positive Psychology
- Social Psychology

### PROGRAMME DURATION

MPhil: Approximately 2 years (full-time)  
PhD: Approximately 3 years (full-time)  
Full-time enrolment is encouraged, but part-time options for both programmes are available, subject to further discussion.

### ADMISSION REQUIREMENTS

MPhil

- Candidates with a bachelor's degree in psychology (or a relevant area) with a minimum CGPA of 3.25 out of 4.00 (or equivalent).
- Candidates with a bachelor's degree in fields related to psychology with a minimum CGPA of 3.25 out of 4.00, and the completion of a minimum of 45 credits of psychology modules, subject to the assessment of the university.

Students who do not meet these requirements can contact the Department of Psychology for further assessment.

PhD

Students who have completed psychology-related degrees but are not sure if they meet these requirements can contact the Department of Psychology for further assessment.

“My studying experience at HELP University has definitely shaped me in terms of leadership and people relational skills through the many opportunities offered in participating in various extracurricular activities. In addition, the Psychology degree programme structure is holistic and has definitely not only enhanced my knowledge and skill set for my career growth but also for my own personal growth.”

**Rachel Gomez**

**Graduated from the Master of Clinical Psychology Program at HELP**

## MASTER OF CLINICAL PSYCHOLOGY

KPT/JPS (R3/311/7/0019) (A8077) 09/29

**INTAKE 2023\*** • Once a year intake; application submission by 1 September 2022 for the January 2023 intake

### INTRODUCTION

The Master of Clinical Psychology seeks to train and develop students who are passionate about the well-being of people whose lives have been challenged by various forms of psychological and behavioural disorders.

### AIMS OF THE PROGRAMME

This programme will develop competent clinical psychologists in Malaysia equipped with holistic psychological knowledge, innovative skills and a professional attitude who are able to serve a diverse population in the assessment, diagnosis and intervention of a wide range of psychological disorders. Furthermore, this programme seeks to instil in these clinical psychologists a lifelong commitment to rigorous scientific inquiry through continuous clinical research and practice.

### PROGRAMME STRUCTURE

- Clinical Interview and Basic Intervention Skills
- Personality and Psychotherapy
- Diagnostic Testing
- Child Development, Health and Dysfunctions
- Adult Development, Health and Dysfunctions
- Social-cultural Context of Psychology
- Family Systems Theory and Therapy
- Cognitive Behavioural Theory and Therapy
- Clinical Neuropsychology
- Clinical Research and Evaluation Skills
- Internal Practicums
- Professional Issues: Ethics, Conduct and Law
- Psychopharmacology and Substance Abuse
- External Practicums
- Clinical Research Project
- Clinical Competency Evaluation
- Professionalisation Seminars

### ADMISSIONS REQUIREMENT

An undergraduate degree in Psychology with Second Class Honours (Upper Division) and CGPA of 3.0 (out of 4.0), or its equivalent (eg a Graduate Diploma in Psychology) AND

- A high standard of written and oral communication skills (in English)
- Ability and willingness to sustain high workloads
- Capacity to relate to a wide range of people from different age, gender, ethnic-racial, cultural, socioeconomic and vocational backgrounds
- Experience in clinically related fields is an advantage, but not mandatory.

### PROGRAMME DURATION

Approximately 2 years (full-time)

Students who are interested can contact the Department of Psychology for application procedures at 03 7849 3000





“ My journey through the Counselling programme was an unforgettable one and it challenged me in ways beyond my wildest dreams. The experience of counselling others for the first time, walking alongside clients during their most difficult times and witnessing clients’ growth will be memories forever etched in my heart. Knowing that I am giving a voice to the unheard, being a listening ear to the heartbroken and championing the cause of the marginalised keeps me going when life gets rough. The training, encouragement and valuable feedback received from lecturers and counselling supervisors have been monumental in my overall competency as a licensed counsellor and in running my own private practice today. ”

**Vivien Lim**  
**MCounselling (HELP)**  
**Licensed Counsellor, Roots Therapy**



“ The Masters in Counselling in HELP University has equipped me with the skills to be sensitive to people’s unspoken language and behaviour. These new-learned skills have impacted me profoundly in both my professional and personal life. I am able to communicate and connect a lot more effectively with people. Learning more about myself was a bonus! Who could tell that I would be a lot more in touch with myself, my emotions and my behaviour and at a different level as well? ”

**Safhan Hasni**  
**MCounselling (HELP)**  
**Multi-destination Manager IDP Education Ltd**



“ My student experience in the Master’s programme at HELP University was filled with numerous learning opportunities where I was able to experience the diverse and practical facets of Clinical Psychology whilst developing and honing my skills set which has been incredibly vital in fostering my personal and professional growth. Invaluable experiences were gained as I had the chance to apply this knowledge beyond the classroom to several training sites during my practicum, with each place introducing me to different forms of clinical work with people from various walks of life. ”

**Joanne Leong**  
**MClinical Psychology (HELP)**  
**Clinical Psychologist / Wellness Coach at The Mind Psychological Services and Training**



## A TRADITION OF EXCELLENCE

# HELP PSYCHOLOGY ACHIEVERS ARE MAKING WAVES AROUND THE WORLD

There are currently over 150 HELP Psychology graduates completing their PhD and Master's degrees in universities around the world.



**Dr Edward Ong**  
**PhD, University of Birmingham**

Dr Edward is a chartered psychologist specialising in child maltreatment and parenting as well as legal, cultural, and policy issues in child and family mental health. He has a background in forensic-clinical psychology. He received his PhD from the Centre for Forensic and Criminological Psychology, University of Birmingham. He is currently a lecturer at Coventry University where he leads cross-cultural research on cultural perception of child maltreatment with different forensic populations and improving cultural competency and risk assessment using VR technology.

**Adelle Pushparatnam**  
**PhD, University of Cambridge**

A former student of SMK Subang Utama, Adelle scored 10 A1s in her SPM, she entered HELP on a Student Achiever Scholarship Award. She completed her MPhil in Social and Developmental Psychology at Cambridge and completed her PhD there on scholarships from the Cambridge Overseas Trust and the Tunku Abdul Rahman Fund. Her doctoral research focused on the recognition, diagnosis and treatment of Autism Spectrum Disorder in Malaysia and the UK.

**Dr Ng Siew Li**  
**PhD, Central Michigan University**

Siew Li was a recipient of the HELP Distinction Scholarship and graduated from the HELP BPsych programme with First Class Honours. She completed her PhD in Clinical Psychology on a Fulbright Scholarship at Central Michigan University and was also the recipient of the International Peace Scholarship Award. Currently, she is involved in research projects on multicultural issues.



**Chee Yung Chien (Nelvin)**  
**PhD Candidate, Ludwig Maximilian University of Munich**

Nelvin is currently pursuing his PhD in the Learning Sciences in Ludwig Maximilian University of Munich in Germany. After graduating from HELP University, he worked as a Graduate Tutor in the university. He obtained his Psychology Master's in the Learning Sciences from Ludwig Maximilian University, where he also worked as a tutor and research assistant.

**Nadia Marican**  
**PhD, Chicago School of Professional Psychology**

Nadia completed her PhD in International Psychology. She is very active in non-profit organisations and is involved with The Global HOPE (Healing Opportunities through Powerful Engagement) Training Initiative. The initiative trains crucial community leaders to become certified para-professional trauma counsellors in order to grow Rwanda's counselling infrastructure.

**David Fernandez**  
**PhD candidate, Nottingham Trent University**

David is currently pursuing his PhD in Psychology, where his research broadly focuses on the assessment, diagnosis and treatment of behavioural addictions. At HELP, David received the HELP President's Award for most outstanding academic achievement at the departmental level, and obtained his Masters in Clinical Psychology in 2016. David was clinical team lead at a residential addiction treatment centre in Kuala Lumpur before beginning his PhD studies in 2018.

**Dr Lim Bee Teng**  
**PhD, University of Otago**

A former student of SMK Mentakab Pahang, Bee Teng scored 10 As in her SPM. She received the New Zealand International Doctoral Research Scholarship to pursue her PhD in Psychology after completing an honours degree in Psychology in the University of Otago. She is a recipient of the HELP Merit Scholarship.

**Reneeta Mogan**  
**PhD, Victoria University of Wellington**

A former student of SMK Convent, Ipoh, she graduated with First Class Honours from the HELP Bachelor of Psychology programme. She was also awarded the HELP Pyramid Award 2009 for Most Outstanding Graduate and was a Johnson & Johnson intern in 2008.

**Dr Daniel Fung Kheng Joo**  
**PhD, University of South Dakota**

One of the top three students of his class, Daniel was awarded the HELP Merit Award and served as a student tutor and research assistant at the HELP Centre for Psychology. He completed his PhD in Clinical Psychology at University of South Dakota.

“Being a psychology professional in Malaysia can be a challenge as it is only in the past 10 years that the industry has started growing rapidly. My decision to choose HELP to build my academic foundation in psychology was based on their stellar reputation in teaching. Having graduated with a Master's from King's College London and now completing my PhD in Cambridge is proof of how well HELP has prepared me for my future endeavours in the area of mental health in Malaysia. It started with HELP and, like they say, 'The rest is history.'”

**Ainul Nadhirah Hanafiah**  
**PhD, University of Cambridge**





# A THRIVING RESEARCH CULTURE

## CENTRE FOR WORK PSYCHOLOGY AND LEADERSHIP

This centre aims to examine how psychology can help organisations to be more successful and adaptive by better understanding and managing their talents, as well as the psychology of work.

- Research on Career Development
- Emotion, Followership and Collective Action

## CENTRE FOR CREATIVE THERAPY

This centre aims to create a unique avenue incorporating expressive arts, where supportive relationships are established and where coping skills are enhanced, resulting in a happy, resilient and productive citizenry.

- Community Outreach and Empowering Lives Workshops
- Effects of Aesthetic Judgment and Tonality of Music on Executive Performance

## CENTRE FOR THE EXISTENTIAL-HUMANISTIC PSYCHOLOGY

The centre aims to face the questions about life, death, meaning, and what it means to be human beings, as these are questions integral to us at some points in our life. The centre for existential psychology aims to encourage dialogues on the most basic questions of our lives, and to cultivate a life of meaning and significance.

- International Conference for Existential-Humanistic Psychology

## CENTRE FOR SELF, MATTERING AND SOCIAL BEHAVIOUR

Started in winter 2017, Center of Self, Mattering, and Social Behavior (SMS) focuses on studies on the significance of mattering in developing the sense of self and social behavior in various settings, such as workplace, education, family, society and social media. Studies in this center have been published in numerous peer-reviewed journals and presented in various conferences. This center also

provides trainings and internships for students who are interested in developing their research skills in the area of social behavior. SMS is also actively involved in disseminating the findings of its studies to general public in the form of popular articles and seminars/webinars.

## EEG

This lab aims to investigate the psychological mechanisms underlying perception and behaviour by using a non-invasive electroencephalography (EEG) technique that directly measures brain electrical activity. EEG helps in examining the complex cognitive processing of stimuli (eg, visual and auditory) and implicit processes that are not revealed through self-report.

- The Impact of Bilingualism on Inhibitory Control in a Stop-Signal Task: An ERP Study
- Is Self-Face Recognition Fully Mandatory or Task-Dependent? Evidence from Event-Related Brain Potentials

## KENNETH PHUN CENTRE FOR EDUCATIONAL PSYCHOLOGY

Set up in the honor of late Kenneth Phun, the former Head of Department of Psychology, HELP University whom had deep interest and involvement in the area of educational psychology, in which he explored innovative teaching and learning approaches such as gamified learning and peer learning. This centre aims to focus on the research and practice of teaching and learning.

- Academic Procrastination, Classroom Engagement and Locus of Control
- Mattering, Self-esteem, Perceived Depression, and Suicide Ideation

## CENTER FOR FAMILY & DEVELOPMENTAL PSYCHOLOGY

The Center for Family & Developmental Psychology aims to look at contemporary issues related to family, parenting, special educational needs, developmental

psychology, and gerontology. This center takes a lifespan perspective where the understanding of human behaviour needs to be contextualized in the focus of various developmental stages from cradle to grave. This center was consolidated in 2021 and includes involvement in various research projects, as well as social engagements to promote positive outcomes for families and individuals in the community at each stage of the life cycle.

## CENTRE FOR EMOTIONS AND POSITIVE PSYCHOLOGY

The Center for Emotions and Positive Psychology focuses on research on discrete emotions, affective processes, and emotions-related skills. In 2018, the center broadened its focus to include research on positive emotions, psychological strengths, and traits – factors identified by the positive psychology literature that help individuals thrive and flourish. Since its formation in 2016, the center has produced numerous academic pieces for presentation at regional and international conferences, along with peer-reviewed publications and popular press articles. The center is also involved in several outreach and training projects, part of its science communication initiative aimed at conveying findings from the psychological sciences to members of the general population. The Center houses a website to feature its work at [www.emotivity.my](http://www.emotivity.my)

## QUALITATIVE STUDY ON THE IMMERSION OF BOARDGAME PLAYING

This exploratory study headed by Dr Prihadi Ditto Kususanto and his interns aims to understand changes in psychological traits and states after playing board games for certain periods of time, by analysing traits such as helping behaviour, excitement, immersion, resilience etc. The outcome of this study can lead to the discovery of an effective method to reduce game addiction among students and how to utilise game immersion for academic purposes.



For more information on research projects, visit our website at [www.help.edu.my](http://www.help.edu.my)

# THE CENTRE FOR MENTAL HEALTH AND WELL-BEING



Launch of the Centre for Mental Health and Well-Being (CMHW) by Prof. Datuk Dr Paul Chan, HELP University's Vice-Chancellor, and Dr Andrew Mohanraj, President of the Malaysian Mental Health Association (MMHA).

Launched in 2020, the Centre for Mental Health and Well-Being (CMHW) is a collaboration between HELP University and the Malaysian Mental Health Association (MMHA) to support and promote mental health at the national and regional level. This will be achieved through research, training programmes and a think tank to anticipate and address emerging challenges and opportunities in mental health and well-being. Flagship projects include research and interventions around adolescent well-being, particularly on the high incidence of problematic smartphone usage (PSU), and on workshops to promote workplace mental health.



## EVENTS, TRIPS, FESTIVALS AND CONFERENCES



Annual Ball

## EXPERIENCE A FULL AND RICH STUDENT LIFE WITH OUR WIDE RANGE OF PSYCHOLOGY ACTIVITIES

### PSYCHOLOGY CLUBS AND SOCIETIES

Student activities are an integral part of any well-balanced psychology programme. We have created numerous opportunities for students to practise and apply what they have learnt in theory. Students can have an active psychology student life by joining the 12 diverse Psychology Clubs and Societies:

- Child Development Psychology (CDP) Club
- Chinese Cultural Society
- Community Outreach Society (COS)
- Asian Cultural Exchange Club
- Hiking Club
- Japanese Culture Club
- Peer Support Group (PSG)
- Psychology Student Union (PSU)
- HELP Volunteer Society
- Psi Chi
- The Psychonicle (Psychology department newsletter)
- Circle K International



Psi Chi



Orientation Day



Psychology students victorious in the HELP Sports Carnival



Circle K International



HELP Asian Cultural Exchange Club

## LEARN FROM WORLD RENOWNED PSYCHOLOGISTS



Professor Michael Kyrios, President of the Australian Psychological Society presenting his talk on Obsessive Compulsive Disorder.



Professor Saths Cooper, President of the International Union of Psychological Science speaks at HELP.



Malaysia's 1st Psychoanalysis Symposium held at HELP Subang 2 Campus



Flinders University VP & Executive Dean (College of Education, Psychology & Social Work) Prof. Michael Kyrios attended the HELP-Flinders Joint Degree collaborative agreement signing ceremony.



The Music Therapy Conference



## ACADEMIC TEAM



**DR D GERARD J LOUIS**  
Pro-Vice Chancellor & Dean  
PhD (Counseling Psych),  
MSc (Guidance & Counseling)  
(De La Salle, Manila), BScEd  
Hons (Malaya)

gerardjl@help.edu.my

Dr Gerard Louis has over 30 years experience in education, counselling and training. He was the founding Principal of HELP International School (HIS). He helped set up CAREERsense@HELP, the career guidance and assessment centre, as well as the Centre for Workplace Performance and Learning. His areas of interest and research are outcome-based education and learning, leading change in an international educational context, and abstinence and relapse among drug users. He sits on the Board of Governors of HIS and Crescendo-HELP International School. He is also the CEO to HELP Education Services Limited.



**MS ELAINE FERNANDEZ**  
Head of Department  
Senior Lecturer  
MSc Soc Psych (Distinction)  
(Surrey), BPsych (First Class  
Hons) (HELP)

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Elaine was the recipient of HELP President's Award in 2011. Her interest is in real-world applications of social psychological principles, particularly in politics and social influence. She currently lectures in research and social psychology, and is the convener of the Department of Psychology's Centre for Diversity. She is a graduate member of the British Psychological Society, and the Malaysian representative-at-large for the Asian Association of Social Psychology.



**MS EVONE PHOO**  
Deputy Head of Department  
Senior Lecturer  
MClinical Psych (HELP)  
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Evone is a clinical psychologist and a member of the Malaysian Society of Clinical Psychology. She is a convener for the Department of Psychology's Centre for Existential-Humanistic Psychology. Currently, Evone is pursuing her PhD in Universiti Malaya. Her research interests are life and death, grief and loss, and other existential-related issues.



**ASSOCIATE PROFESSOR  
DR MARC ARCHER**  
Director of Centre for  
Mental Health and  
Well-being  
Associate Professor

PhD (Psych) (UCL)

MSc (Developmental Psych) (UCL, Anna Freud Centre), BA Psychology (Manchester)  
Dr Marc Archer has contributed to and led research on the impact of separation from parents on child and adolescent development in the US, UK, China and Malaysia. His current work builds on this to adapt, implement and evaluate culture-specific interventions for families affected by mental illness and to enhance wellbeing.



**MR JAMES YEOW**  
Senior Lecturer  
MS Counselling (UPM), BA Music  
Therapy (Western Illinois)  
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James is the vice president of the Malaysian Society for Music in Medicine (MSMM) and a lifetime member of the Psi Chi International Honor Society in Psychology.



**DR NG SIEW LI**  
Senior Lecturer  
PhD (Clinical Psych) (Central  
Michigan), MA (Clinical Psych)  
(Central Michigan), BPsych (First Class  
Hons) (HELP)  
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Dr Ng, a Fulbright Scholar, was a recipient of the HELP Distinction Scholarship and the International Peace Scholarship. She received specialised clinical training from the Trauma and Anxiety Disorders Clinic and Neuropsychological Assessment Clinic at Central Michigan University as well as from the Early Psychosis Intervention Center at University of Arizona, USA. Her research interests include addiction, trauma and anxiety, as well as multicultural issues.



**DR EUGENE TEE**  
Associate Professor  
PhD (Queensland)  
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Dr Tee's research focuses on the impact of emotions in a leadership and organisational context. He has a specific interest in the application of Emotional Intelligence (EQ) in the workplace as well as in the role of emotional contagion in leader-follower interactions.



**DR A PADMASSINI**  
Senior Lecturer  
BPsych Sc (Hons) (HELP-Flinders),  
PsyD (Clinical Neuropsych & Clinical  
Psych) (UQ)  
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Dr Padma completed her clinical training in Neuropsychology and Clinical Psychology in Australia. Her research interests include interventions for anxiety, cognitive rehabilitation and holistic lifestyle changes for overall well-being.



**DR ANNE NOOR SRI JUWANEETA  
JAMALUDIN**  
Senior Lecturer  
GDPH, MPH (Adelaide), MCounseling  
(OUM), MClinical Psych (UoC), PhD  
(Public Health Medicine) (Monash)

Dr Anne has more than 10 years' experience in academic teaching and research. She also has more than 5 years' experience providing counseling services to individuals, couples, and families. She is also a trained clinical psychologist and had focused on assessment and intervention.



**DR VICTOR GOH WENG YEOW**  
Lecturer  
PhD in Applied Psychology  
(University of Nottingham Malaysia),  
BPsych (Hons) (HELP)  
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Dr Victor graduated with a Bachelors from HELP University, before completing his PhD in Applied Psychology in the University of Nottingham. His research interests include workplace mental health, higher education teaching, and positive psychology.



**PROFESSOR DATIN DR QUEK  
AI HWA**  
Professorial Chair of  
Career Development  
PhD (Malaya)  
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Prof Quek is the recipient of a UNESCO Award for promoting literacy; the Chancellor Award for her PhD thesis and 7 Academic Excellence Awards from the University of Malaya. She is Deputy President of the National Association of Special Education and a Council Member of the Malaysian Psychological Association (PSIMA). She also received the National Award for Exemplar Professional Counsellor 2016 from the Ministry of Women, Family and Community Development, Malaysia and the 2018 Albert Nelson Marquis Lifetime Achievement Award for scholarly work in research, education and training.



**DR HASSE DE MEYER**  
Lecturer  
PhD, MSc, BSc Clinical Psych  
(KU Leuven)  
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Hasse is a lecturer in the Master's programme in Clinical Psychology and a clinical psychologist, actively practising in the Centre for Psychological and Counselling Services (CPCS). Her research interest is in the area of developmental disorders in children and adolescents.



**DR FAM JIA YUIN**  
Lecturer  
BSc Human Dev and Mgt (Hons)  
(UPM), MSc Dev Psych (UPM)  
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Jia Yui's research interest is in behavioural addictions and psychological well-being. He is a member of the editorial board of Stress and Health Journal (Wiley). He is currently working on his PhD in Developmental Psychology at UPM (expected completion in 2021).



**MS KARUNA SARAH THOMAS**  
Lecturer  
MSc Gerontology (Southampton)  
BPsych (HELP)  
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Karuna was the recipient of the Dean's List Award (2016/2017) and the International PGT Scholarship Award (2017) from the University of Southampton for outstanding academic achievement. Her research interests include how families negotiate the care of older people and the occurrence of multi-generational households, specifically among the urban poor in Malaysia.



**MS GISELLE WONG**  
Lecturer, Educational Psychologist  
MEd General Educational  
Psychology (McGill), BPsych (HELP)  
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Giselle's research and practice is focused on higher education in areas such as learning design and environments, including well-being. Her expertise encompasses educational technology design and applications. Giselle has a keen interest in cultural-historical and existential-humanistic perspectives, interdisciplinary issues in education. She is generally all-over-the-place curious about the intersections between Psychology + Education + Philosophy.



**MS BAWANY CHINAPAN**  
Senior Lecturer  
MSocSc (Counselling and  
Psychotherapy) (Edith Cowan)  
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Bawany is practising licensed counsellor. She is currently a Board Member of the Malaysian Marriage and Family Therapy Association (MyMFT). Recently, she was appointed by the Minister of Women, Family and Community Development as a member of the Counseling Advisory Board, Malaysia (2019-2020). She is interested in couple & family counselling and is a trained multi-generational family therapist.



**MR YAP WAI MENG**  
Lecturer  
MSc Management Psychology  
(Distinction) (Nottingham)  
BPsych (First Class Honours) (HELP)  
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Wai Meng is a lecturer and management psychologist whose areas of interest lie in work, management and organisational psychology. He is a certified test user of psychometric evaluations and psychological testing by the British Psychological Society and holds a Prince 2 certificate in project management. Wai Meng is pursuing his PhD in Applied Psychology at the University of Nottingham.



**MS MELISSA CHUA**  
Lecturer  
MA Educational Psychology (USM),  
BEd Special Needs (USM)  
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Melissa's area of interest is behavior modification and special education. She previously worked with children of various abilities, providing intervention to improve their developmental level. She is keen in exploring new teaching and learning methods that can easily be adapted by practitioners in the field.



**MS LAI HO YAN**  
Lecturer  
MSc Cognitive Neuroscience  
(Sussex), BPsych (HELP)  
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Ho Yan is curious about the workings of the human brain and cognition. She obtained her MSc in Cognitive Neuroscience with Distinction from the University of Sussex. Her dissertation was focused on human brain adaptation to colour changes. Ho Yan's main research interests are in colour vision and neuroaesthetics.



**MS ANUJAH PULANTHIRAN**  
BSc Psych (Upper Iowa-HELP)  
MCounseling (HELP)  
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Anujah has a background in education management. She now teaches counselling and leadership and has a special interest in mental health, specifically in counselling, marital and family therapy and multigenerational family therapy.



**MR BASHIR BASHARDOOST**  
Lecturer  
MCounseling (HELP)  
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Bashir is a registered counsellor with a special interest in psychodynamic psychotherapy. His research interests include Personality Psychology, Identity Development and Object-relations. Currently, Bashir is pursuing his PhD in Counselling Psychology at Universiti Malaya.



**MS SARAH YUNG KAH YAN**  
Director, Center for Psychological and  
Counselling Services (CPCS) Lecturer  
MCounseling (HELP),  
BPsych (Hons) (HELP)  
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Sarah is a lecturer in the Masters in Counselling programme, and also a licensed counsellor and the Director of HELP's Centre for Psychological and Counselling Services (CPCS). She is interested in challenging stereotypes in mental health, particularly in working with youth and minority communities, as well as addressing sensitive and unconventional topics in therapy.



**MS LAVANYA SELVARATNAM**  
Lecturer  
MMPsych (HELP),  
BSc Biomedical Science (UPM)  
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Lavanya has a degree in Biomedicine and a Master of Managerial Psychology, and is currently pursuing her PhD in Educational Psychology. She holds a Certificate in Dance Therapy (theory) from the School of Dance Therapy London. With more than 20 years of experience, she has conducted many talks and workshops on therapeutic dance and her passion lies in transforming lives of underprivileged/marginalised youth through dance.



**MR CHRISTOPHER TAN  
JIT MENG**  
Lecturer  
MMPsych (Distinction) (HELP), BPsych  
(First Class Hons) (HELP)  
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Christopher's background is in management and organisational psychology. He has previously worked in management consultancy, with a focus on organisational leadership, team development, and culture and change. He is also interested in human factors psychology and ergonomics.



**MR TIMOTHY LIEW**  
Lecturer  
MSc (University of Warwick)  
BPsych (First Class Hons)(HELP)  
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Timothy completed his MSc in Behavioural and Data Science at the University of Warwick, and has a keen interest in teaching statistical methods for psychology, as well as elevating the statistical literacy among psychology students. His primary research interests involve nudging behaviour and decision-making, in addition to the application of machine learning techniques in psychological contexts.



**MS USHA PONNUDURAI**  
Lecturer  
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Usha is a licensed counsellor and is the programme chair for HELP's Master in Counselling. She has a decade's experience as a licensed counsellor and as Deputy Manager at the Centre for Psychological and Counselling Services (CPCS) at HELP. Her interests include training and working with young adults, families and couples, and sharing mental health information using a community based platform.



**MR TAN ZE WEI**  
Lecturer  
BPsych (First Class Hons) (HELP), MSc  
Principles of Clinical Neuropsych  
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As a student in HELP, Ze Wei was part of the first batch of EEG student lab members that assisted in setting up and troubleshooting the EEG lab in the university during his final semester. Ze Wei is interested in memory research.



**MR ERIC BRYAN  
AMALADAS**  
Director,  
CAREERsense@  
HELP  
Lecturer

MCounseling (HELP),  
BA Psychology (Manitoba)  
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Eric has been actively involved in the development and delivery of youth and adult learning and leadership development programmes. He has served as a consultant and a trainer to many organisations including Bank Negara and Maxis.



**MS SYDNEDE LIM**  
Counsellor and  
Lecturer  
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Sydnede is a licensed counsellor and lecturer at CAREERsense@HELP. She lectures to undergraduate classes and hopes to provide career guidance to students as well as supervises postgraduate counselling trainees.



**MS TONG LI FERN**  
Counsellor & Lecturer  
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Li Fern is a licensed counsellor and lecturer at CAREERsense@HELP. She leverages on her corporate experience to enrich her lectures through experiential learning. Li Fern also provides corporate training in career development and emotional intelligence. She enjoys sharing knowledge and supervising trainee counsellors.



**MS BRENDA  
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Brenda is a licensed counsellor and lecturer attached to CAREERsense@HELP. She also lectures in the undergraduate and postgraduate programmes. Her area of interest is Career Development and Personal Growth. She enjoys conducting career-related workshops/seminars and training for students and guiding them in career decision-making.





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