

ADVANCED DIPLOMA IN PSYCHOLOGY

ONE-YEAR CURRICULUM • TOTAL LEARNING HOURS: 240

Duration 12 months	Total Hours 240 hours	Suggested Delivery 20 hours per month on average	Learning Methods Lectures • discussions • activities • assignments • project	Assessment Quizzes • assignments • case study • final project
01	Foundations of Psychology	History, major perspectives, research foundations and key concepts		20
02	Human Growth & Development	Lifespan development, attachment, adolescence and ageing		20
03	Cognitive Psychology	Attention, perception, memory, learning, language and thinking		20
04	Social Psychology	Groups, attitudes, relationships, culture and social influence		20
05	Personality Psychology	Personality theories, individual differences and motivation		20
06	Abnormal Psychology & Mental Health	Psychological disorders, stress, resilience and wellbeing; non-diagnostic overview		25
07	Counselling & Communication Skills	Active listening, empathy, basic helping skills and referral boundaries		25
08	Research Methods & Statistics	Research design, data basics, evidence appraisal and report writing		20
09	Psychological Assessment	Observation, interviewing, screening principles and limits of assessment		20
10	Applied Psychology	Psychology in education, workplaces, health and everyday life		20
11	Ethics & Professional Practice	Confidentiality, consent, safeguarding, cultural sensitivity and professional boundaries		15
12	Applied Project & Case Study	Supervised case-based learning, reflective practice and final presentation		15
	TOTAL	240 learning hours across 12 months		240

Learning Outcomes: Explain core psychological concepts; understand human development and behaviour; apply basic communication and observation skills; interpret introductory research; recognise ethical limits and appropriate referral pathways; complete a structured applied project. **Important:** This is a proposed academic curriculum. It does not by itself qualify graduates to diagnose or treat mental health conditions or practise as licensed psychologists/counsellors. Adapt it to local regulations and the institution's approval requirements.