



PSYCHOLOGY





OUR MISSION IS TO HELP EVERY STUDENT SUCCEED IN LIFE AND TO LIVE A LIFE OF SIGNIFICANCE

To accomplish this, we have developed 4 pillars
that will encapsulate your university experience at HELP



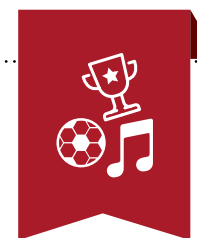
ACADEMIC EXCELLENCE

Our dedicated team of educators will ensure you have an engaging and meaningful learning experience



LIFE AND CAREER PREPARATION

Our enhanced curriculum will give you the advantage you need to thrive and succeed in your career and your life



VIBRANT STUDENT LIFE

Our full and exciting campus experience will help you find your joy of life and passion



WELLNESS AND COMMUNITY

Our caring community of students and staff will make you feel welcome, safe and well

HOW **AI** IS CHANGING THE FUTURE OF WORK



CHALLENGES

By 2025:

- 85 million jobs to be displaced by AI
- 50% of all employees will need to reskill in order to remain relevant

OPPORTUNITIES

By 2025:

- 97 million new jobs will be created by new technologies, spurring innovation and growth across various sectors

*Source for all information on this page: World Economic Forum (WEF) Future of Jobs Report 2023

WHAT **"HUMAN SKILLS"** ARE NEEDED TO OPTIMIZE AI-HUMAN SYNERGY

- | | |
|--------------------------------------|---|
| ▶ Digital agility | ▶ Social intelligence and people skills |
| ▶ Social skills | ▶ Communication skills |
| ▶ Emotional Intelligence (EQ) | ▶ Analytical thinking |
| ▶ Mental agility & critical thinking | ▶ Resilience and Adaptability |

HOW WE ARE PREPARING YOU **TO SUCCEED** IN AN **AI WORLD**

1 8 HELP GRADUATE ATTRIBUTES

(page 4)

Equipping you with key human skills:

- ▶ Digital Agility
- ▶ Social Intelligence
- ▶ Strategic Communication
- ▶ Mental Agility
- ▶ Environmental & Global Literacy
- ▶ Moral Courage
- ▶ Resilience & Wellness
- ▶ Clarity of Purpose

2 REAL WORLD PROJECTS

(page 6)

- ▶ Develop cutting edge professional skills by completing real work projects designed by real companies

3 INDUSTRY RELEVANT MICRO CREDENTIALS

(page 7)

Strengthen your CV with Micro Credentials from top global companies

4 MENTORING AND TALKS BY INDUSTRY EXPERTS

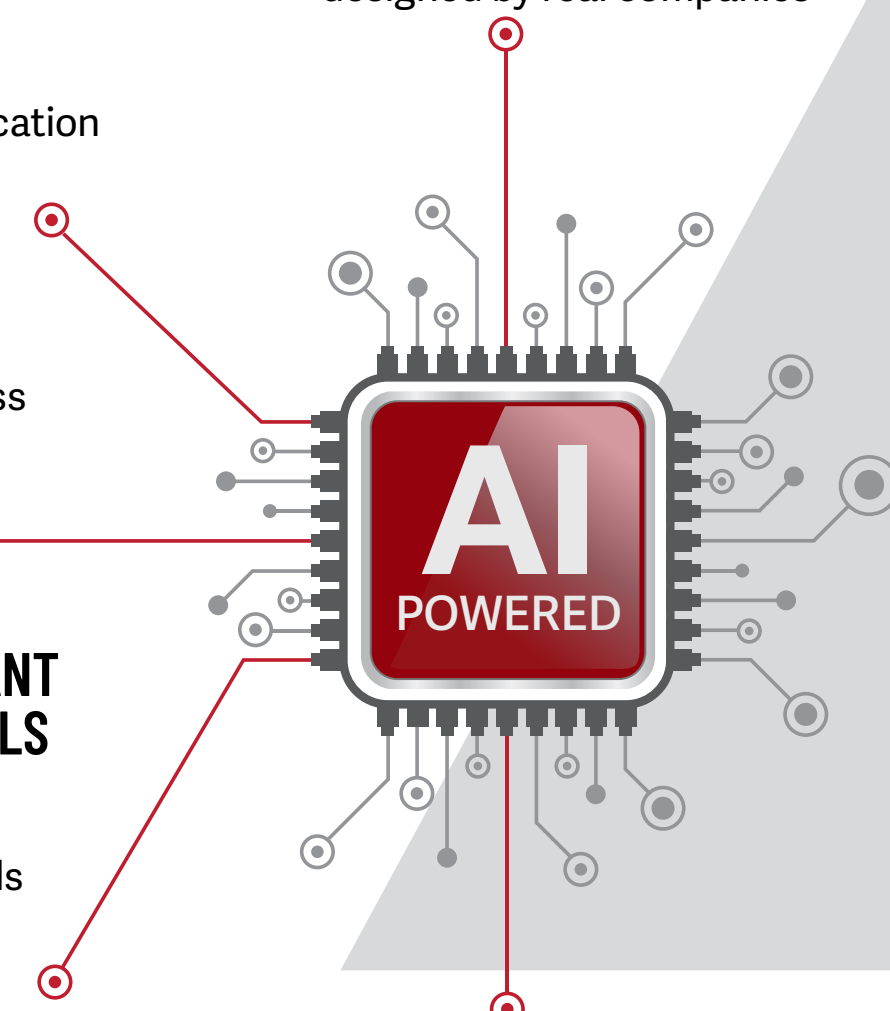
(page 6)

Learn the latest ideas and skills from global thought leaders

5 INTERNSHIPS WITH TOP ORGANIZATIONS

(page 14)

- ▶ Internship programmes with over 1,000 companies



8 HELP GRADUATE ATTRIBUTES

Our curriculum integrates these attributes to prepare students with essential life skills and professional competencies for success in work and life



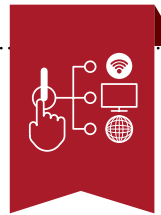
Gayathri Vadivel
Head of Employment Services Division
Social Security Organisation Malaysia (PERKESO)

“In today's dynamic world, filled with much complexity and rapid changes, attributes including digital agility, social intelligence and mental agility particularly empowers us to thrive in an ever evolving world of work.”



Venon Tian
Chief Operating Officer
ZUS Coffee

“Cultivating these attributes today empowers you to thrive tomorrow, as you become a leader, a problem-solver, and a lifelong learner in an ever-changing world.”



1 DIGITAL AGILITY

• Python for beginners

Offered by
Microsoft

• Introduction to Generative AI
• Getting Started with Data
• Getting Started with Cybersecurity

Offered by
Google

• Level up with CHATGPT

Offered by
Jobstreet



2 SOCIAL INTELLIGENCE

• Brainstorm Ideas in a Group

Offered by
Google

• Becoming a Changemaker: Introduction to Social Innovation

Offered by
University of Capetown

• Understanding People / Behaviour Insight

Offered by
HELP University

• Developing your Emotional Intelligence

Offered by
LinkedIn Learning



3 STRATEGIC COMMUNICATION

• Communicate your Ideas through Storytelling and Design

Offered by
Google Garage

• Effective Presentation Communication

Offered by
HP Life

• Digital Content Creation

Offered by
HELP University



4 MENTAL AGILITY

• Effective Learning Skills

Offered by
HELP University

• Solving Problems with Creative and Critical Thinking

Offered by
IBM

• Time Management

Offered by
HRDC



Ho Sau Fong
Senior Partnerships Manager
Jobstreet by SEEK

“With these skills and certs, students will be ready to crush industry challenges, stand out, and make an impact in their careers.”



Vinesh Naidu
Director - Human Capital
PwC Malaysia

“Staying resilient in pursuit of success comes with tenacity. For young people, the secret lies in balancing digital agility with the timeless strength of human connection and empathy - both for self and others, and these attributes are aligned with the needs.”



5 ENVIRONMENTAL & GLOBAL LITERACY

• Global Citizenship
• Planetary Health

Offered by
World Vision

• ESG awareness

Offered by
HRDC



6 MORAL COURAGE

• Community engagement and humanitarian programmes

Offered by
UNICEF

• Volunteerism

Offered by
World Vision



7 RESILIENCE & WELLNESS

• Stress Management
• Psychology First Aid

Offered by
HELP University

• First aid and CPR

Offered by
St. John Ambulance



8 CLARITY OF PURPOSE

• Personality Testing

Offered by
HELP University

• Career Readiness
• Interviewing and Resume Writing

Offered by
Jobstreet

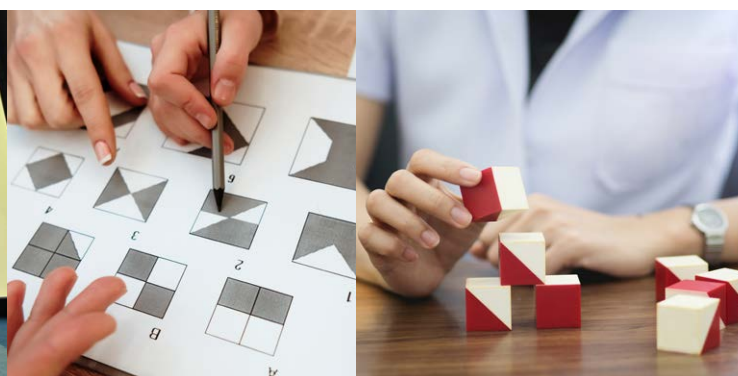
*Disclaimer: Some of these short courses are offered through open-source platforms and are compulsory for all HELP students.

REAL WORLD PROJECTS

Develop cutting edge professional skills by completing real work projects designed by real companies



My Mind on Film 3.0 (2022)



CENTRE FOR APPLIED BEHAVIOURAL ANALYSIS



CENTRE FOR BEHAVIOURAL INSIGHTS
Collaboration on BI training with BIT Singapore
Collaboration with corporate partners on consultancy and BI



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



CENTRE FOR INTERVENTION PROJECT



CENTRE FOR CLINICAL NEUROPSYCHOLOGY
CENTRE FOR CLINICAL NEUROPSYCHOLOGY PATIENT REHABILITATION



EEG Research lab



EEG Research lab



Virtual Reality Research Lab

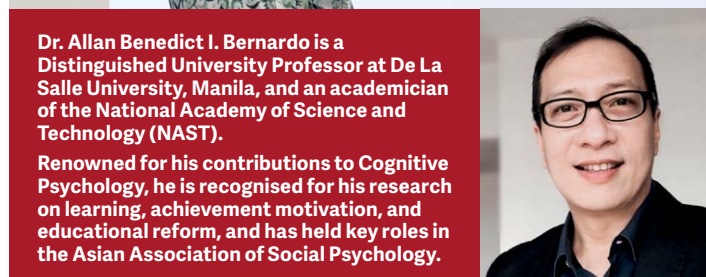
MENTORING AND TALKS BY INDUSTRY EXPERTS



Professor Saths Cooper,
President of the
International Union of
Psychological Science



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



Dr. Allan Benedict I. Bernardo is a Distinguished University Professor at De La Salle University, Manila, and an academican of the National Academy of Science and Technology (NAST).
Renowned for his contributions to Cognitive Psychology, he is recognised for his research on learning, achievement motivation, and educational reform, and has held key roles in the Asian Association of Social Psychology.



Dr. Karen Reivich speaks at the International Conference on Resilience organised by HELP's Department of Psychology during the COVID-19 pandemic

INDUSTRY RELEVANT MICRO CREDENTIALS

Strengthen your CV with micro credentials from top global companies

► Integrated Coaching Certificate



► Psychological First Aid Certification



► ABA Therapist Certification



► Behavioural Scientist Certification
► Negotiation Strategies Training
► Data-driven Decision Making Training



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.



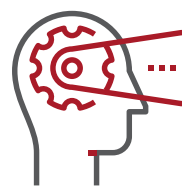
BIOPSYCHOLOGY AND NEUROPSYCHOLOGY

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



CLINICAL PSYCHOLOGY

Applying psychology to understand, assess, diagnose, and treat psychological disorders.



COGNITIVE PSYCHOLOGY

Understanding how people remember, make decisions and process information.



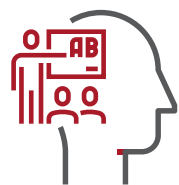
COUNSELLING PSYCHOLOGY

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.

WHAT CAREERS ARE AVAILABLE TO PSYCHOLOGY GRADUATES?

GRADUATES WITH BACHELOR 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

BACHELOR OF PSYCHOLOGY (HONOURS)

(R3/0313/6/0033) (10/29) (A10826)

INTAKES: 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, the United States or New Zealand

INITIATE YEAR 1

- 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
 - Introduction to Qualitative Methods
 - Discovering Oneself
 - Penghayatan Etika dan Peradaban (Malaysian) OR Bahasa Melayu Komunikasi 2 (International)
 - Falsafah dan Isu Semasa
 - Communication and Leadership Skills (10 subjects)

NOVICE YEAR 2

- Core papers
- Advanced Quantitative Methods 1
 - Advanced Quantitative Methods 2
 - Social Psychology
 - Human Personality
 - Biopsychology
 - Developmental Psychology
 - Engaging the World
 - Learning and Cognition
 - Integrity and Anti-Corruption Course (9 subjects)

VETERAN YEAR 3

- Core papers
- Undergraduate Thesis
 - Ethics in Psychology
 - Cross Cultural Psychology
 - Introduction to Psychological Testing
 - Abnormal Psychology
 - Career Development & Planning
 - Data Analytics for Psychology
 - Co-Curriculum – Navigating Life (8 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 | • Substance Abuse |
| • Counselling Theories and Techniques | • Forensic Psychology |
| • Conflict Theory and Resolution | • Introduction to Music Therapy |
| • Human Services | • Understanding and Managing Emotions |
| • Group Process | • Youth Work and Services |
| • Educational Psychology | • Issues in Contemporary Psychology |
| • Exceptional Children: Developmental Disorders | • Psychology of Aging |
| • Understanding Child Abuse and Neglect | • Human Motivation |
| • Learning Disabilities | • Psychology of Film |
| • Introduction to Industrial/Organisational Psychology | • Qualitative Research |
| • Psychology in the Workplace | • Gender Studies |
| | • Politics and Psychology |
| | • Introduction to Psychological Testing |

PROGRAMME DETAILS

- 3-year Honours programme
- 34 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

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

“

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

“

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 Zhung Zhang
HELP BPsych (First Class Hons)
Human Resource Business Partner, Shopee

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.

6 WAYS WE GIVE OUR STUDENTS THE ACADEMIC EDGE

1 PSYCHOLOGY STUDY AWARD PROGRAMME
Every year, the HELP Psychology programme offers close to 1 million ringgit in study awards to bring the best young minds to our department. A variety of study awards are offered based on academic performance (Merit Awards), leadership (SASA - School Achievers Study Awards) 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 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.

4 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.

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.



The Psi Chi HELP Chapter Board 2022/2023, from left to right: Chaw Chiaw Mei (Social Media Officer), Amelia Khoo Kai Xin (Treasurer), Cassandra Andrina Pereira (President), Tai Ka Chun (Vice President), Lim Jing Yi (Secretary)

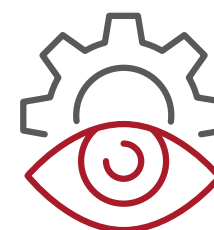


Students from Educational Psychology proudly showing their award-winning educational board game, Fan-Tense-Tic Mistery, a gamification programme created to teach English tenses to secondary school students.

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'S COMPREHENSIVE AND UNIQUE CAREER DISCOVERY AND PREPARATION PROCESS



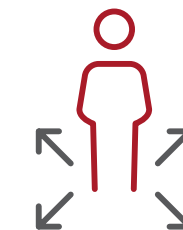
STEP 1: SELF DISCOVERY

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 DECISION

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



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

“The HELP University Psychology internship programme with GE is a valuable opportunity for both institutions to nurture future human resource professionals in Malaysia.

Psychology students will gain hands-on experience and training with one of the world's most respected companies, while GE benefits from the academic insights and expertise of HELP's renowned Department of Psychology, particularly in human behavior and leadership development.

This partnership is a significant win for GE, HELP University, and the broader Malaysian student community.”

Roshan Thiran
 Founder & CEO of 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
 Regional Head of Support Services (Southeast Asia)
 Boston Consulting Group



“A Psychology degree balances science and arts, shaping my thought processes through research methodology, statistics, and complex reasoning.

This has helped me develop a structured approach at work.

We also learn to relate to various perspectives, building empathy. My journey at HELP enabled me to navigate different situations and deal with key stakeholders.

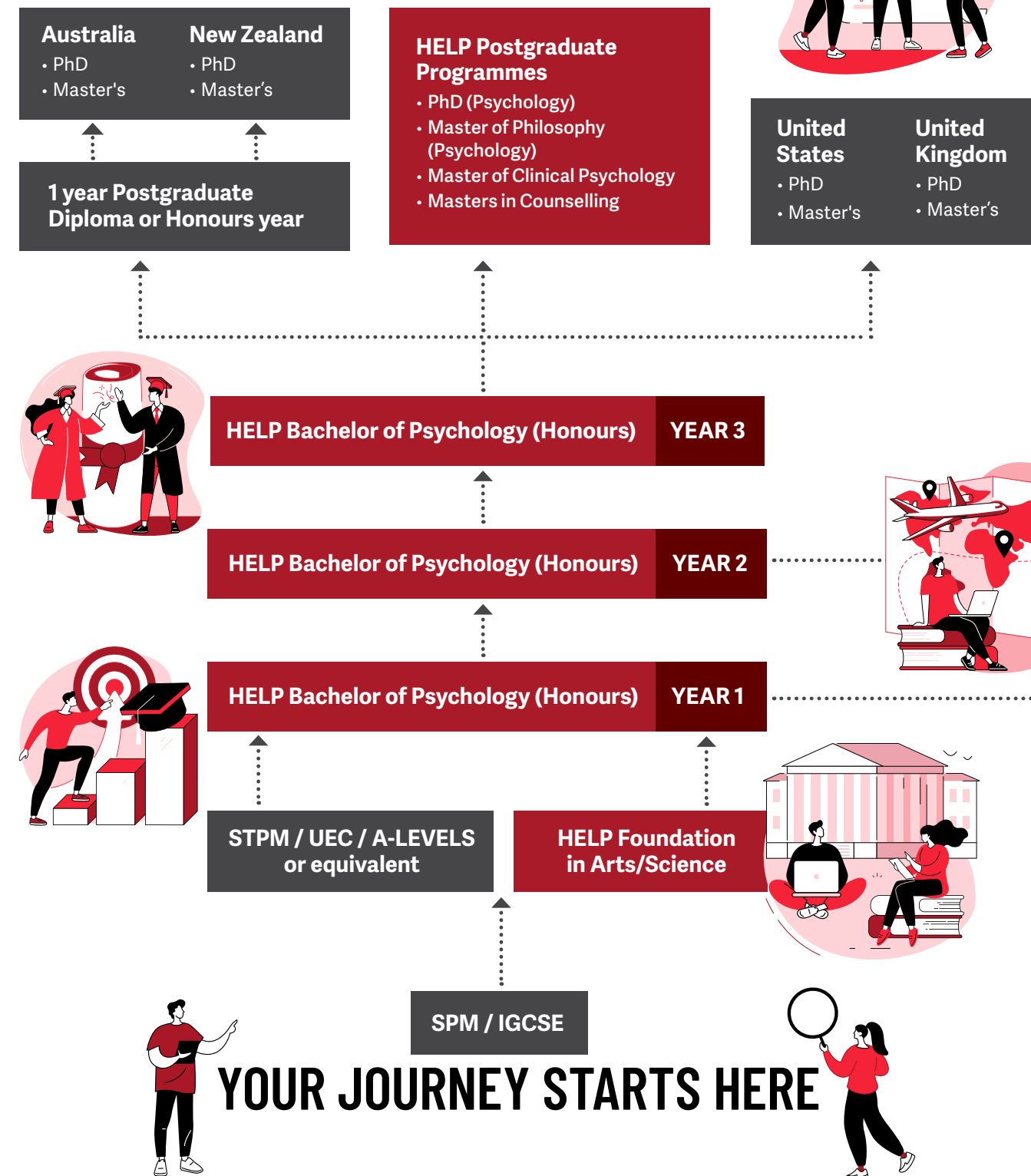
The analytical and soft skills gained from studying Psychology remain relevant and valued in any role or industry.

Stephanie Chua
 Assistant Vice President (AVP), Maybank



UNLOCKING A WORLD OF OPPORTUNITIES

Explore clear pathways from secondary education to university and beyond. Earn your degree, pursue postgraduate opportunities, and step confidently into a successful career—your journey starts here.



Transfer to universities in Australia, United Kingdom, United States or New Zealand

* Students have the option to transfer after year 1 or year 2 depending on university arrangements

AUSTRALIA

(1+2)

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

(1+3)

- Macquarie University
- The University of Queensland

(2+1)

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

(2+2)

- Macquarie University

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

- The University of Queensland

NEW ZEALAND

(1+2, 2+1, 3+1)

- University of Otago

(1+2, 2+1)

- University of Waikato

UNITED STATES

(1+2+1.5)

- University of Maine

UNITED KINGDOM

(1+2)

- Bangor University
- Goldsmiths, University of London
- The Queen's University of Belfast

• University of Essex

• 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 Northampton

• University of Portsmouth

• University of West England



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,
The University of Queensland



“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)
International Mobility Specialist, Shell Malaysia



“The Psychology programme at HELP University offers rigorous academic training, equipping students with critical skills for the modern workplace. Its research and statistical training, on par with top global universities, fosters analytical thinking for solving complex problems.

Diverse activities and assessments develop emotional intelligence and the ability to work independently or in teams, helping me succeed in my career and life. For a world-class education in Psychology, choose HELP University.”

Elaine Fernandez
HELP Bpsych (First Class Hons)
Curriculum Manager, GIFT.ed



“Studying psychology at HELP has helped build my empathy and resourcefulness. Through those skills I've nurtured, I've learned to understand the client's perspectives and beliefs while using available research tools to support clients.

This has helped me in my practice as a sport psychologist. HELP has taught me the importance of ethics in research and practice, which I adhere with my current practice.”

Hwu Ning
HELP Bpsych (First Class Hons)
Trainee Sport Psychologist, Team SMG

BACHELOR OF BUSINESS PSYCHOLOGY (HONS)

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

INTAKES: 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.

YEAR 1

- 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)

YEAR 2 & 3

- 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
 (4 subjects)

“HELP University provides a supportive and flexible environment with approachable lecturers. It's okay to feel lost sometimes—stay close to your lecturers and peers, and they'll help guide your path while you pursue your passion.”

Venice Tan Yee Kheng
HELP Bachelor of Business Psychology
HR Manager ; Hawley & Hazel Marketing Sdn Bhd



POSTGRADUATE PROGRAMMES

Psychology postgraduate programmes offer advanced training and specialization in the field of psychology, building on undergraduate studies to deepen knowledge, research, and practical skills.

These programmes cater to a range of interests, from clinical and counseling psychology to cognitive neuroscience and organizational psychology.

MASTERS IN COUNSELLING

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

INTAKE: Once a year intake; application submission by September for the following year January intake

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 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 DURATION

The duration of this part-time programme is approximately 3 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.

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

“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

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MASTER OF PHILOSOPHY (MPHIL) IN PSYCHOLOGY

(N/311/7/0109) (10/25) (MQA/PA10468)

DOCTOR OF PHILOSOPHY (PHD) IN PSYCHOLOGY

(N/311/8/0109) (10/25) (MQA/PA10469)

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.

INTAKES: Applications are accepted throughout the year and students will be enrolled in the semesters closest to when the application processes are completed

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.



"My experience in the Master's programme at HELP was rich with learning opportunities, allowing me to explore the diverse and practical aspects of Clinical Psychology while honing essential skills that have significantly contributed to my personal and professional growth.

Through my practicum, I applied this knowledge at various training sites, each offering invaluable experiences in different forms of clinical work with individuals from diverse backgrounds

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



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 Programme at HELP



MASTER OF CLINICAL PSYCHOLOGY

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

INTAKE: Once a year intake; application submission by September for the following year January intake

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

PROGRAMME DURATION

Approximately 2 years (full-time)

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 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.



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.

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.



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.

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.

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.

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.

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.

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.



“ 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



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

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 CLINICAL NEUROPSYCHOLOGY

The Centre for Clinical Neuropsychology offers neuropsychological assessments, psychological services, cognitive rehabilitation, and tailored interventions to help individuals overcome limitations and lead fulfilling lives.

It serves patients with intellectual disabilities, autism, ADHD, epilepsy, migraines, Parkinson's, Alzheimer's, brain injuries, heart

disease, chronic kidney disease, and psychological conditions like anxiety and bipolar disorder.

The Centre focuses on research in cognitive and neuropsychology, developing rehabilitation methods for Malaysian society, and translating assessment materials into Bahasa Malaysia, Mandarin, and Tamil, utilizing its Virtual Reality and EEG labs.

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

Founded in winter 2017, the SMS Center studies the importance of "mattering" in shaping self-identity and social behavior across various contexts, including workplaces, education, family, society, and social media. SMS has published its research in peer-reviewed journals, presented at conferences, and offers training and internships for students interested in social behavior research. The center also shares findings with the public through popular articles, seminars, and webinars.

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.



THE EFFECTIVENESS OF GAMES AS A VALID INSTRUCTIONAL TOOL

This study aims to obtain quantifiable data regarding the applicability of games in the classroom, by measuring student improvement in mathematics as taught in the Malaysian school syllabus. This effort was headed by Mr Kenneth Phun, with research assistants Neoh Phaik Yee, Chew Mei Hwei, Cheong See Yeang and Koh Junhao.

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 conducts research on emotions, affective processes, and emotion-related skills. In 2018, it broadened its focus to include positive

emotions, psychological strengths, and traits that support individual flourishing, as highlighted in positive psychology literature. Since its founding in 2016, the center has produced numerous academic publications, conference presentations, and articles for the popular press.

Additionally, it leads various outreach and training projects as part of a science communication initiative, aimed at sharing insights from psychological research with the public. Its work is showcased on its website, www.emotivity.my.

THE CENTRE FOR MENTAL HEALTH AND WELL-BEING

Established to advance mental health through research, training, and thought leadership, the Centre for Mental Health and Wellbeing at HELP University began in collaboration with the Malaysian Mental Health Association.

It now develops programs to support mental health across age groups, promoting open dialogue around mental health in Malaysia. Acting as a think tank, it addresses emerging mental health challenges in workplaces and communities.

Recent research has explored mental health in adolescents, support for expecting mothers, and workplace mental health factors. The centre also

provides outreach and psychoeducation to reduce stigma and boost mental health literacy in the region.

MY MIND ON FILM (MMOF)

The My Mind on Film (MMOF) festival is Malaysia's first youth-led mental health short film festival, aimed at inspiring, expressing, and reducing stigma around mental health from a local perspective.

Founded in 2020 by the Centre for Mental Health and Wellbeing (CMHW), it partnered with Golden Screen Cinemas (GSC) and the Malaysian Mental Health Association (MMHA) in 2021 to bring youth-made films to the big screen. Focused on youth engagement, MMOF empowers young people (ages 15–25) to share mental health perspectives through film.

Key objectives include:

- Inspiring idea sharing and perspective exchange
- Recognizing mental health as universal and evolving
- Breaking down stigma

Each year, the festival hosts workshops and discussions, culminating in a screening of nine finalist films at GSC. Winners are selected by an expert panel, further fueling MMOF's mission to engage youth and promote mental health awareness through film.



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

PSYCHOLOGY CLUBS AND SOCIETIES

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
- Circle K International
- The Psychonicle (Psychology department newsletter)
- Psi Chi



World Vision 30-Hour Famine

The Psychology Freshmen Lunch



Annual Ball



Psi Chi



The Music Therapy Conference



HELP Sports Carnival

EXPERT LECTURERS, TRANSFORMATIVE LEARNING

Our dedicated team of highly qualified lecturers brings a wealth of academic expertise and real-world experience, guiding students through cutting-edge research and transformative learning.



SCAN TO
EXPLORE
OUR DIVERSE AND
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+6012-928 0864



university.help.edu.my



study@help.edu.my

HELP University Sdn Bhd

Company Registration Number: 198201005211 (84963-D)
MOHE Approval Number: DU028(W)

ELM Business School

No. 15, Jalan Sri Semantan 1,
Off Jalan Semantan, Bukit Damansara,
50490 Kuala Lumpur
Tel: 03-2716 2000

Subang Bestari Campus

Persiaran Cakerawala, Subang Bestari,
Seksyen U4, 40150 Shah Alam, Selangor
Tel: 03-7849 3000



SCAN TO FOLLOW US ON
SOCIAL MEDIA



ALUMNI HELP FOR LIFE



LIFELONG LEARNING

Complete your Masters and
Doctorates programmes
with us



MENTAL WELLNESS AND FAMILY

Marriage Counselling
Psychological support
services



RESKILLING AND UPSKILLING

Up-to-date Microcredential
courses for in-demand jobs



PARENTING

Free parenting workshops

NEED HELP WITH YOUR
CAREER DECISIONS?

Get free career counselling and testing services

- Career testing
- Career coaching
- Internship programmes
- Job placement



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