

40 YEARS OF  
HELP LEGACY

**HELP**  
University  
university of achievers  
DU028(W)

# PSYCHOLOGY

**JESSICA**  
PSYCHOLOGY  
STUDENT



5 STARS  
INSTITUTION



**SHAPE PERSPECTIVES. BECOME WHO YOU'RE MEANT TO BE.**

# OUR MISSION

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

We've built this commitment around four key pillars that shape your journey with us:



### ACADEMIC EXCELLENCE

Learn from passionate educators who go beyond textbooks to make every class engaging, inspiring, and meaningful.



### LIFE AND CAREER PREPARATION

Gain the confidence, skills, and real-world know-how to thrive through enhanced curriculum.



### VIBRANT STUDENT LIFE

From clubs and events to building friendships, campus life at HELP is about discovering your joy, passion, and purpose.



### WELLNESS AND COMMUNITY

Feel at home in a caring, supportive environment where your wellbeing truly matters.



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

1

### 8 HELP Graduate Attributes 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

Work on real company projects and build the professional skills employers want.

3

### Industry-Relevant Micro-Credentials

Enhance your resume with credentials from top global companies.

4

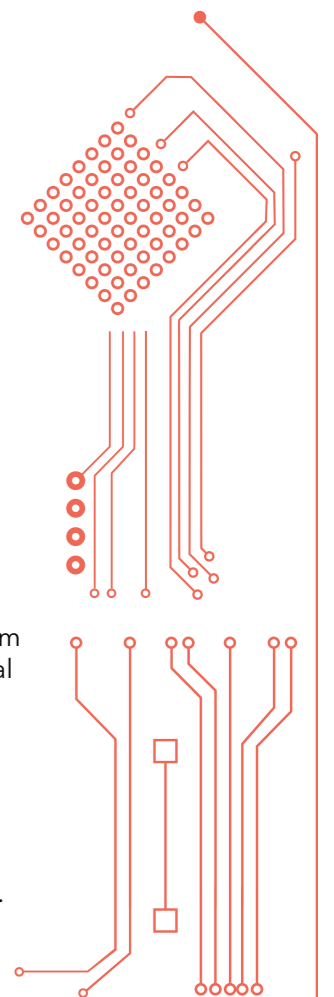
### Mentoring and Expert Talks

Learn future-ready skills from industry mentors and global thought leaders.

5

### Internships With Top Organisations

Internship programmes with over 1,000 companies.



# 8 HELP GRADUATE ATTRIBUTES

Our curriculum blends essential life skills with professional know-how to prepare students for success in both work and life.

## 1 DIGITAL AGILITY

Offered by **Microsoft**  
Python for Beginners

Offered by **Google**

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

## 2 SOCIAL INTELLIGENCE

Offered by **Google**  
Brainstorm Ideas in a Group

Offered by **HELP University**  
Understanding People / Behaviour Insights

Offered by **LinkedIn Learning**  
Developing your Emotional Intelligence

Offered by **University of Cape Town**  
Becoming a Changemaker: Introduction to Social Innovation

## 3 STRATEGIC COMMUNICATION

Offered by **Google Garage**  
Communicate your Ideas through Storytelling and Design

Offered by **HELP University**  
Digital Content Creation

Offered by **HP Life**  
Effective Presentation Communication



"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."

**Venon Tian**  
Chief Operating Officer  
ZUS Coffee

## 4 MENTAL AGILITY

Offered by **IBM**  
Solving Problems with Creative and Critical Thinking

Offered by **HELP University**  
Effective Learning Skills

## 6 MORAL COURAGE

Offered by **UNICEF**  
Community Engagement and Humanitarian Programmes

Offered by **World Vision**  
Volunteerism

## 8 CLARITY OF PURPOSE

Offered by **CAREERsense**

- Career Readiness
- Interviewing and Resume Writing

Offered by **HELP University**  
Personality Testing

## 5 ENVIRONMENTAL & GLOBAL LITERACY

Offered by **World Vision**

- Global Citizenship
- Planetary Health

Offered by **HRDC**  
ESG Awareness

## 7 RESILIENCE & WELLNESS

Offered by **HELP University**

- Stress Management
- Psychology First Aid

Offered by **St. John Ambulance**  
First Aid and CPR

Offered by **HRDC**  
Time Management

"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."

**Vinesh Naidu**  
Director,  
Human Capital  
PwC Malaysia



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

# WHY STUDY PSYCHOLOGY @ HELP

## RESEARCH-FOCUSED LEARNING



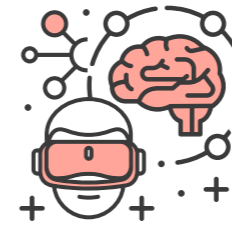
Build strong research skills that prepare you for further studies or professional practice.

## INTERNATIONAL EXPOSURE



Learn from visiting and adjunct professors from leading global universities and industry.

## HANDS-ON EXPERIENCE



Train in advanced EEG and VR labs for real-world, practical learning.

## RENOWNED PROGRAMME



HELP University's Psychology programme — established in 2000, is one of the most respected and established private psychology programmes in Malaysia.

## EMPLOYER-RECOGNISED EXCELLENCE



Named Talentbank 2025 Employers' Top Choice in Psychology.

## 3-TIER STUDENT SUPPORT



Benefit from dedicated support from lecturers, graduate tutors, and peer tutors.

## INDUSTRY-BASED PROJECTS



Work on real-world projects with industry partners.

## FLEXIBLE ELECTIVES



Choose from a wide range of psychology electives to match your interests.

## 2-IN-1 LEARNING ADVANTAGE



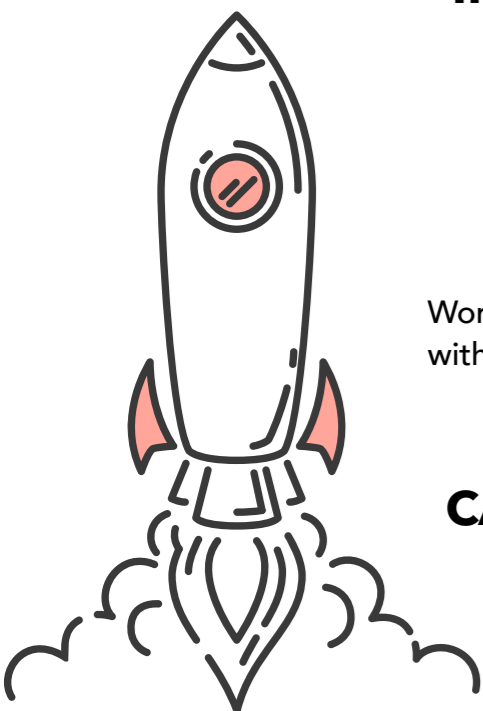
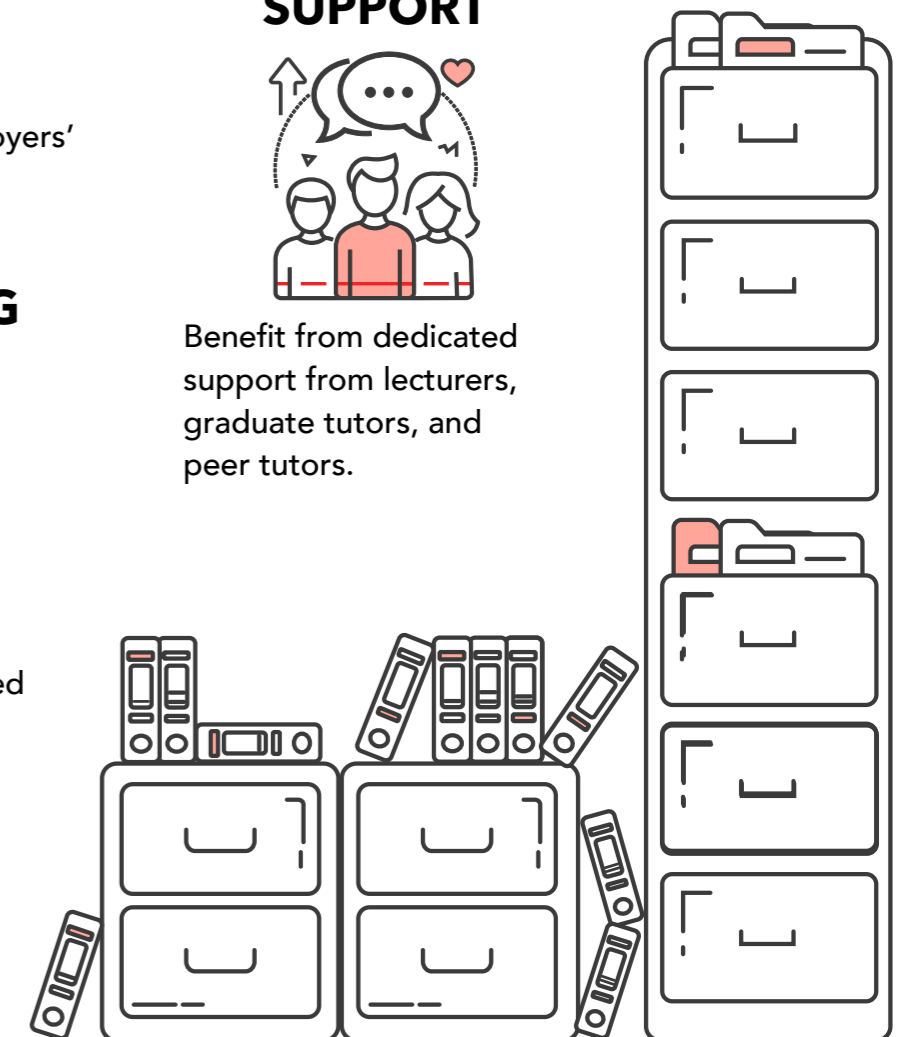
Combine internship and coursework for a fully integrated learning experience.

## CAREER-READY GRADUATE

Graduate with an ABA Therapist Certification to boost your employability.



Scan and Explore our diverse and accomplished academic team



# ALUMNI TESTIMONIAL



"The Psychology programme at HELP University provides rigorous academic training and equips students with critical skills for the modern workplace. Its strong focus on research and statistics fosters analytical thinking to solve complex problems. Through diverse activities and assessments, I developed emotional intelligence and the ability to work independently and in teams. For a world-class education in Psychology, choose HELP University."

**Elaine Fernandez**  
Bachelor of Psychology (Honours)  
First Class Honours



"Studying psychology at HELP has strengthened my empathy and resourcefulness, enabling me to understand clients' perspectives while using research tools to support them in my practice as a sport psychologist. HELP also instilled in me the importance of ethics in research and practice, which I uphold in my work today."

**Hwu Ning**  
Bachelor of Psychology (Honours)  
First Class Honours



"Memorable would be the best word to describe my 2½ years as a HELP Psychology student. Beyond classroom theories, forward-thinking lecturers empowered us to push our critical thinking and research skills. HELP's partnerships, Research Colloquiums, and Symposiums gave us a taste of the real world."

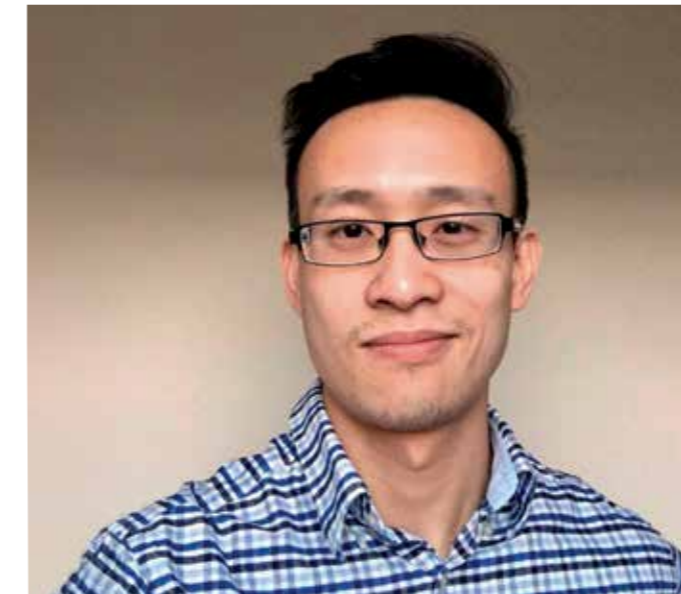
**Esther Goh**  
Bachelor of Psychology (Honours)

"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. Additionally, the holistic Psychology programme has enhanced not only my knowledge and career skills but also my personal growth."

**Rachel Gomez**  
Master of Clinical Psychology



## HIGH-ACHIEVING GRADUATES, MAKING A GLOBAL IMPACT



Dr Edward Ong is a chartered psychologist specialising in child maltreatment, parenting, and the legal, cultural, and policy aspects of child and family mental health. With a background in forensic clinical psychology, he earned his PhD from the Centre for Forensic and Criminological Psychology at the University of Birmingham. He is now a lecturer at Coventry University, where he leads cross-cultural research on perceptions of child maltreatment across forensic populations and works on improving cultural competency and risk assessment using VR technology.

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

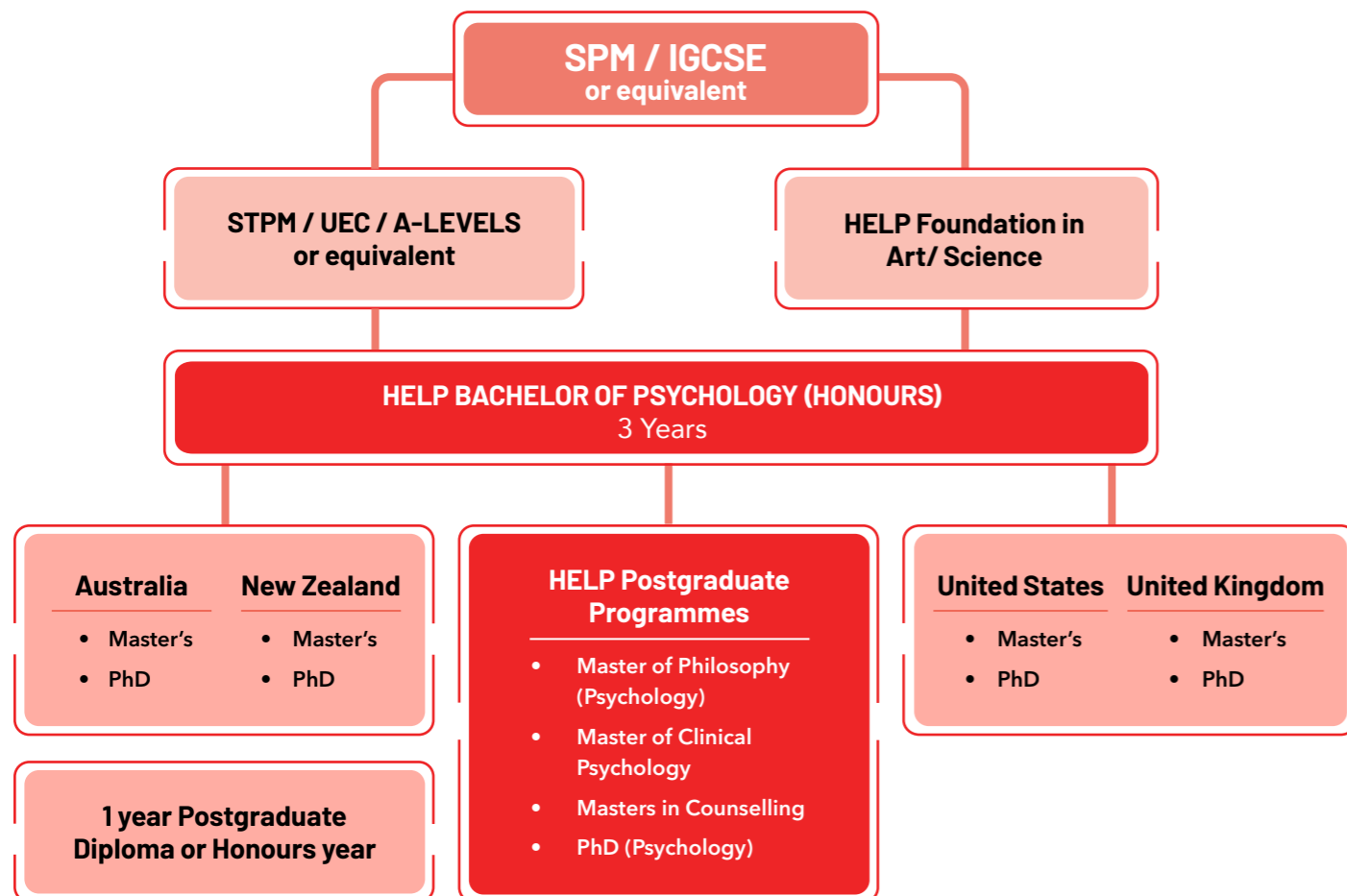


Rachel Loh was the sole recipient of the prestigious Tan Sri Datuk Paduka Hajjah Saleha Award and a Global Champion of the Maybank GO Ahead Challenge (MGAC) 2017. Her team won a cash prize of USD 40,000, and she individually received USD 1,000. Rachel also gained valuable international experience through her internship at Maybank's New York branch.

**Rachel Loh**  
Bachelor of Psychology (Honours)  
First Class Honours

# UNLOCKING A WORLD OF OPPORTUNITIES

From secondary education to university and beyond, we'll help you explore your options, earn your degree, pursue postgraduate opportunities and step confidently into a successful career.



## BACHELOR OF PSYCHOLOGY (HONOURS)

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

This programme allows students to earn a three-year Psychology (Honours) degree in Malaysia with HELP University, or study abroad through credit transfers to leading universities in Australia, the UK, the US, or New Zealand.

### 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

### INTAKES

January, May, August

### PROGRAMME DURATION:

14-week semester (January & August);  
7-week semester (May);  
3 semesters per year

### MPU SUBJECTS

#### MPU1 (Choose 2)

- Penghayatan Etika dan Peradaban
- Falsafah dan Isu Semasa
- Bahasa Melayu Komunikasi 2 (International)

#### MPU2 / MPU3

- Bahasa Kebangsaan A (for Local students without a credit in SPM Bahasa Melayu)
- A\* Gen Careers in Malaysia and Beyond
- Integrity and Anti-Corruption (Malaysian and International)

#### MPU4 (Choose at least 1)

- Co-curriculum - Sports 2
- Co-curriculum - Event Management 2

#### GENERAL ELECTIVE:

- Communication and Leadership Skills

#### HELP GRADUATE ATTRIBUTE

- Discovering Oneself
- Engaging the World

### 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

### NOVICE YEAR 2

#### Core Papers

- Advanced Quantitative Methods 1
- Advanced Quantitative Methods 2
- Social Psychology
- Personality Psychology
- Biopsychology
- Developmental Psychology
- Learning and Cognition

### VETERAN YEAR 3

#### Core Papers

- Undergraduate Research Project
- Ethics in Psychology
- Cross Cultural Psychology
- Introduction to Psychological Testing
- Abnormal Psychology
- Career Development & Planning
- Data Analytics for Psychology

### PSYCHOLOGY ELECTIVES

We are proud to offer over 23 electives from different fields of Psychology. Students have the privilege of choosing seven papers in Year 2 and 3 from the following:

- Counselling Psychology
- Counselling Theories and Techniques
- Conflict Theory and Resolution
- Human Services
- Field Work
- Learning Disabilities
- Educational Psychology
- Understanding Child Abuse and Neglect
- Introduction to Industrial/Organisational Psychology
- Psychology in the Workplace
- Philosophy of Life and Death
- Forensic Psychology
- Understanding and Managing Emotions
- Youth Work and Services
- Issues in Contemporary Psychology
- Psychology of Aging
- Human Motivation
- Psychology of Film
- Gender Studies
- Politics and Psychology
- Introduction to Dance Therapy
- Emotional and Behavioural Management for Special Needs
- Psychology of Colour
- Psychology of Religion

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



PROGRAMMES	ACADEMIC QUALIFICATION	MINIMUM ENTRY REQUIREMENT	
<b>Bachelor of Psychology (Honours)</b>	HELP Foundation	A pass all subjects (with a minimum of 4 credits)	
	Matriculation or Foundation	A Pass with a min. CGPA 2.0*	
	Diploma Programmes	A Pass with a min. CGPA 2.0*	
	STPM	2Cs or min. CGPA 2.0*	
	A-Levels	Min. 2Ds passes*	
	UEC	5Bs*	
	Australia Matriculation (eg. SACE, AUSMAT, TEE, VCE, NSW)	ATAR 50*	
CPU	Average 50%* (6 subjects)		
		<b>ENGLISH REQUIREMENTS</b>	
		<b>Malaysian Students</b>	
		IELTS 5.5	
		MUET Band 5	
		TOEF 550 paper-based (213 computer-based / 80 internet based)	
		SPM A for English (A1/A2 or A+/A/A-)	
		UEC B for English	
		CPU 65 for ENG4U	
		SAM: 14/20 for English as a Second Language	
		HELP Foundation Credit for either Intermediate English or Advanced English	

Local programmes have to be MQA approved. The standard entry requirements 3 SPM/O Levels credits (including credit in one Mathematics and one Science subject) still applies to all students.

Malaysian students also have to attain one a pass in Bahasa Melayu. Can be waived should any other higher qualifications contain Mathematics and Biology / Physics/ Chemistry/ General Science/ Applied Science subjects with an equivalent/ higher achievement.

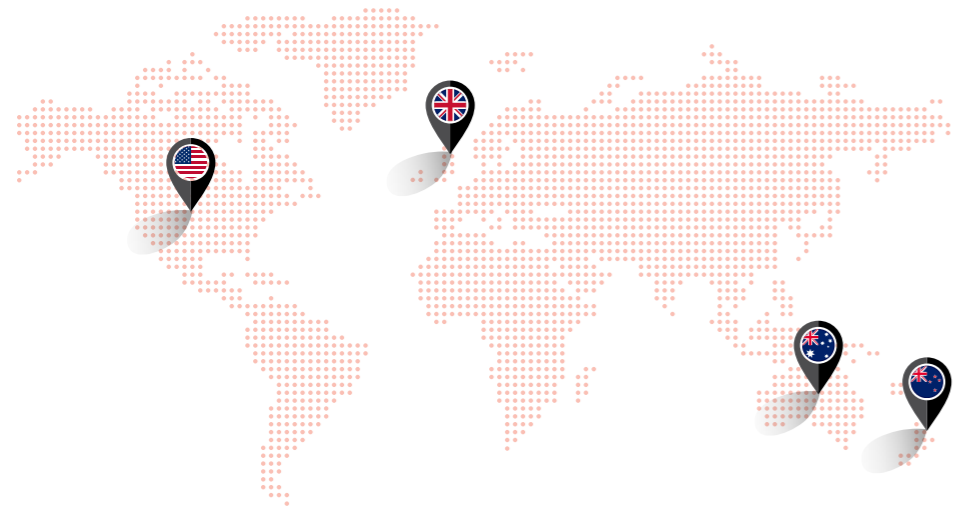
Candidates without a Mathematics and Science or General Science subject in their admission qualification need achieve credit grade for reinforcement Mathematics and Science subject that equivalent to the SPM level. The reinforcement subjects must be offered in first semester or before enrolment with conditional offer.

\*The stated qualifications must be supported with a pass in Mathematics and a pass in English at SPM level. Candidates without a pass in Mathematics and pass in English in their admission qualification need achieve pass grade for reinforcement Mathematics and English.



# EXPAND YOUR HORIZONS

Dreaming of studying abroad? Psychology students can take their studies overseas through credit transfers to partner universities in the Australia, New Zealand, US and the UK, to experience a whole new world of learning.



## 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) / (2+1)

- Queensland University of Technology
- Murdoch University

(1+3, 1.5+2.5, 2+2)\*

- The University of Queensland

(2+2)

- Griffith University

### 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
- Cardiff University
- Queen's University Belfast
- University of Essex
- University of Leeds
- University of Portsmouth
- University of Sheffield
- University of The West of England, Bristol

(2+1)

- Bangor University
- Middlesex University
- University of Essex
- University of Northampton
- University of The West of England, Bristol

\* Depending on intake at The University of Queensland



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



### Designed for discovery

HELP University offers psychology students modern, purpose-built facilities that bring learning to life.



### EEG Research lab

Electroencephalography (EEG) machines measure brain activity, giving students hands-on lab experience and exposure to biopsychology and neuroscience research methods.



### Virtual Reality lab

The VR lab invites students and researchers to step into immersive virtual worlds, creating lifelike psychological experiences with potential for research and phobia treatment.

## 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**



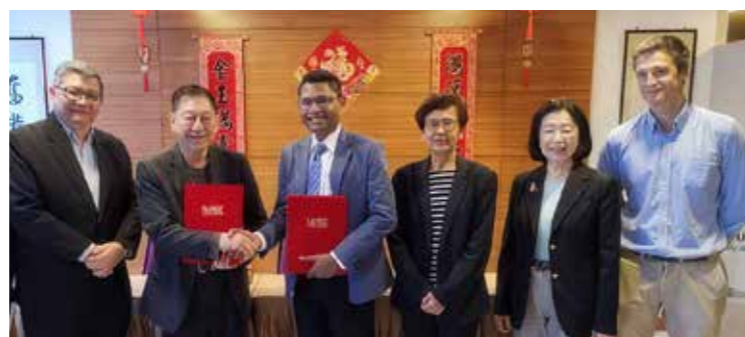
# REAL-WORLD EXPERIENCE

Build cutting-edge professional skills by working on real projects created by actual companies.



**Centre for Behavioural Insights**

This collaboration delivers behavioural insights training with BIT Singapore and works with corporate partners on consultancy and behavioural insights.



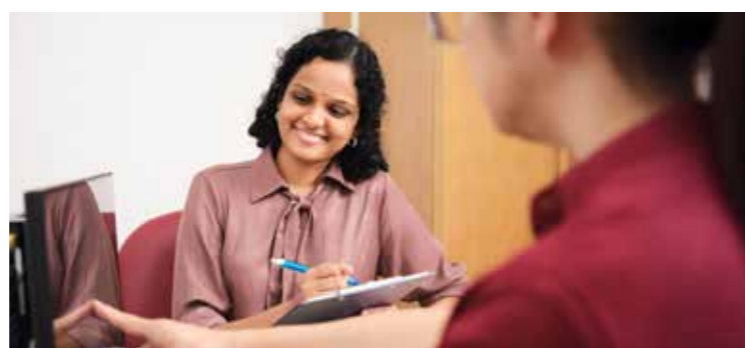
**Centre for Mental Health and Well-Being (Cmhw)**

The centre advances mental health through research, training, and outreach, developing programmes for diverse communities while promoting awareness and reducing stigma in Malaysia.

## ENRICHING EXPERIENCES

HELP University creates many opportunities for students to put theory into practice, while enjoying an active psychology student life through 12 diverse Psychology clubs and societies which include:

- 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



**Centre for Clinical Neuropsychology**

Led by psychologists who are also HELP alumni, the centre bringing strong clinical and research expertise as they advance groundbreaking work in the field of neuropsychology.



Psi Chi



HELP Sports Carnival



The Music Therapy Conference

# MASTERS IN COUNSELLING

(R2/0923/7/0009) (01/28) (A6678)

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.

**INTAKE**

January

**PROGRAMME DURATION:**

Full-time: minimum of 2 years and maximum of 6 years  
Part-time: minimum of 3 years and maximum of 6 years  
3 semesters per year

**AIMS OF THE PROGRAMME**

This programme prepares professional counsellors to meet the mental health needs of Malaysian society through a holistic approach that balances theory, research, and practical training.

**CORE COURSES**

- Techniques and Process of Counselling
- Social Diversity and Culture

- Human Development Across the Lifespan
- Group Process
- Theories of Counselling and Psychotherapy
- Research Methods and Statistics
- Testing and Assessment
- Career Information and Career Development
- Marital and Family Counselling
- Theory and Practice of Career Counselling
- Assessment of Individuals and Groups in Counselling
- Issues and Ethics in the Helping Profession
- Counselling Practicum
- Counselling Internship
- Research Project



Scan here to discover more about ELM Graduate School



# MASTER OF CLINICAL PSYCHOLOGY

(R/0313/7/0018) (09/29) (A8077)

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.

## INTAKE

January (annually)

## PROGRAMME DURATION:

Approximately 2 years (full-time only)

## AIMS OF THE PROGRAMME

This programme develops competent clinical psychologists in Malaysia with holistic knowledge, innovative skills, and a strong professional mindset. Graduates are equipped to assess, diagnose, and treat a wide range of psychological disorders across diverse populations, while fostering a lifelong commitment to evidence-based practice, research, and continuous learning.

## CORE COURSES

- Clinical Interview and Basic Intervention Skills
- Personality and Psychotherapy
- Diagnostic Testing
- Child Development, Health and Dysfunctions
- Adult Development, Health and Dysfunctions
- 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
- External Practicums
- Clinical Research Project
- Clinical Competency Evaluation
- Group Process



# MASTER OF PHILOSOPHY (PSYCHOLOGY)

(R/0313/7/0020) (10/32) (MQA/PA10468)

# DOCTOR OF PHILOSOPHY (PSYCHOLOGY)

(R/0313/8/0004) (10/32) (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

January, May-August, October-December

## 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.

## 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

## MASTER OF PHILOSOPHY (PSYCHOLOGY) ADMISSION CRITERIA

- A Bachelor degree in psychology (or a relevant area) with a minimum CGPA of 2.75 out of 4.00 (or equivalent).
- A Bachelor degree in psychology with a minimum CGPA of 2.5 and not meeting CGPA of 2.75 can be accepted, subject to rigorous internal assessment and approval.
- Bachelor degree completed in English, OR a minimum score of 5.5 on the International English Language Testing System (IELTS) and submit a sample of written work in English for evaluation.

- Full-time enrolment is encouraged, but part-time options are available, subject to further discussion.

## DOCTOR OF PHILOSOPHY (PSYCHOLOGY) ADMISSION CRITERIA

- A Bachelor Degree and Master Degree in Psychology with a minimum CGPA of 3.00 out of 4.00 or equivalent.
- Candidates with Bachelor Degree (non-Psychology, Level 6 MQF) with a minimum CGPA of 3.00 and a Master degree in Psychology with a minimum 45 credits of pre-requisite module in Psychology or a graduate diploma in Psychology or it's equivalent as accepted by the University's senate.



# NEED HELP WITH YOUR CAREER DECISIONS?

Get free career counselling  
and testing services

- ▶ CAREER TESTING
- ▶ CAREER COACHING
- ▶ INTERNSHIP PROGRAMMES
- ▶ JOB PLACEMENT



Scan  
for a  
free  
career  
test

# ALUMNI HELP FOR LIFE

At HELP, we're with you for life. Our alumni  
enjoy lifelong benefits and support every step  
of the way.



## LIFELONG LEARNING

Advance your journey  
with Master's or  
Doctorate programmes.



## MENTAL WELLNESS AND FAMILY

Access counselling and  
psychological support for you  
and your loved ones.



## RESKILLING AND UPSKILLING

Stay ahead with  
micro-credentials for  
today's in-demand jobs.



## PARENTING SUPPORT

Enjoy free workshops  
to guide you through  
parenthood.

## HELP UNIVERSITY SDN BHD

Company Registration Number: 198201005211 (84963-D)

MOHE Approval Number: DU028(W)

2, Persiaran Cakerawala,  
Seksyen U4, 40150,  
Shah Alam, Selangor, Malaysia

+6012-928 0864

university.help.edu.my

study@help.edu.my



SCAN TO FOLLOW US ON SOCIAL MEDIA

