

SYLLABUS

Professional and Research practice 4

University year 2025-2026

1. Information regarding the programme

1.1. Higher education institution	Universitatea Babeş-Bolyai din Cluj Napoca
1.2. Faculty	Faculty of Psychology and Educational Sciences
1.3. Department	Department of Psychology
1.4. Field of study	Psychology
1.5. Study cycle	License
1.6. Study programme/Qualification	Psychology - Cognitive Sciences/ Bachelor in Psychology
1.7. Form of education	Învățământ cu frecvență

2. Information regarding the discipline

2.1. Name of the discipline	Professional and Research practice 4			Discipline code	PLE1533		
2.2. Course coordinator	Lect. dr. Cătălina Oțoiu						
2.3. Seminar coordinator	Lect. dr. Cătălina Oțoiu						
2.4. Year of study	3	2.5. Semester	5	2.6. Type of evaluation	C	2.7. Discipline regime	DS

3. Total estimated time (hours/semester of didactic activities)

3.1. Hours per week	4	of which: 3.2 course	-	3.3 seminar/laboratory	4
3.4. Total hours in the curriculum	56	of which: 3.5 course	-	3.6 seminar/laborator	56
Time allotment for individual study (ID) and self-study activities (SA)					hours
3.5.1. Learning using manual, course support, bibliography, course notes (SA)					
3.5.2. Additional documentation (in libraries, on electronic platforms, field documentation)					
3.5.3. Preparation for seminars/labs, homework, papers, portfolios and essays					17
3.5.4. Tutorship					
3.5.5. Evaluations					2
3.5.6. Other activities:					
3.7. Total individual study hours					19
3.8. Total hours per semester					75
3.9. Number of ECTS credits					3

4. Prerequisites (if necessary)

4.1. curriculum	<ul style="list-style-type: none"> - Introduction to Psychology - Experimental Psychology and Data Analysis - Clinical Psychology and Psychotherapy - Work and Organizational Psychology - School Psychology
4.2. competencies	Not required

5. Conditions (if necessary)

5.1. for the course	-
5.2. for the seminar /lab activities	<ul style="list-style-type: none"> - Private or state organizations - Non-governmental organizations - Professional associations - Research centers and laboratories - A classroom with at least 200 seats, video projector, and computer with internet connection

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6. Specific competencies acquired ¹

Professional/essential competencies	<ul style="list-style-type: none"> • Develops prerequisites for forming psychologist competencies <ul style="list-style-type: none"> - Conceptualizes psychological problems using general and specific models - Practices use of professional terminology - Identifies ways to apply theory in psychological practice - Practices psychological assistance skills - Practices basic skills in psychological assessment and intervention - Acquires skills for using main tools in assessment and intervention - Gains ability to design and conduct fundamental and applied psychological research
Transversal competencies	<ul style="list-style-type: none"> - Time management - Verbal and written communication and presentation skills - Teamwork - Reflection on one's own learning

7. Objectives of the discipline (outcome of the acquired competencies)

7.1 General objective of the discipline	<ul style="list-style-type: none"> • To practice and develop practical skills associated with theoretical knowledge gained throughout the study program
7.2 Specific objective of the discipline	<ul style="list-style-type: none"> • Understanding applied areas of psychology • Acquiring basic procedural knowledge for practice in clinical, organizational, and school psychology • Acquiring basic procedural knowledge for research in these fields and related domains

8. Content

8.1 Course	Teaching methods	Remarks
8.2 Seminar / laboratory	Teaching methods	Remarks
Discussion of possible practice activities and portfolio requirements	Interactive lecture	
Field practice at host institution under supervision	Practical activity	
Field practice at host institution under supervision	Practical activity	
Field practice at host institution under supervision	Practical activity	
Field practice at host institution under supervision	Practical activity	
Field practice at host institution under supervision	Practical activity	

¹ One can choose either competences or learning outcomes, or both. If only one option is chosen, the row related to the other option will be deleted, and the kept one will be numbered 6.

Field practice at host institution under supervision	Practical activity	
Field practice at host institution under supervision	Practical activity	
Field practice at host institution under supervision	Practical activity	
Field practice at host institution under supervision	Practical activity	
Field practice at host institution under supervision	Practical activity	
Field practice at host institution under supervision	Practical activity	
Field practice at host institution under supervision	Practical activity	
Collection of internship agreements and portfolios		
<p>References:</p> <ul style="list-style-type: none"> - Atkinson, R.L., Atkinson, R.C., Smith, E.E., & Bem, D.J. (2002). Introduction to Psychology. Bucharest: Technical Publishing House. - American Psychiatric Association (2000). DSM-IV-TR, APA, Washington, DC. (or 2003 Romanian translation). - Chiriță, S., Andrei, D.M., & Ciuce, C. (2009). Practical Applications of Organizational Psychology. Cluj-Napoca: ASCR & Cognitrom. - Buchanan, D. A., & Huczynski, A. (2017). Organizational Behavior: Pearson. - Aamodt, M. G. (2016). Industrial/Organizational Psychology: An Applied Approach (8th ed.). Cengage Learning. - David, D. (2006). Clinical Psychology and Psychotherapy. Fundamentals. Iași: Polirom. - Mih, V. (2010). Educational Psychology. Cluj-Napoca: ASCR. 		

9. Corroborating the content of the discipline with the expectations of the epistemic community, professional associations and representative employers within the field of the program

The course content aligns with European professional association recommendations across all branches of psychology. The third-year internship establishes prerequisites necessary for the psychologist profession as outlined by the Romanian College of Psychologists (www.copsi.ro).

10. Evaluation

Activity type	10.1 Evaluation criteria	10.2 Evaluation methods	10.3 Percentage of final grade
10.4 Course	-	-	-
10.5 Seminar/laboratory	Understanding and practical application of general and specific conceptualization models in psychological intervention	Portfolio evaluation	100%
10.6 Minimum standard of performance			
<p>Students need to meet the following criteria simultaneously.</p> <ul style="list-style-type: none"> - Complete all required 56 hours of practice - Submit the full practice portfolio by the official deadline, signed by the student and supervisors - Obtain a minimum final grade of 4.5 after portfolio evaluation 			

11. Labels ODD (Sustainable Development Goals)

	Eticheta generală pentru Dezvoltare durabilă							
		3 SĂNĂTATE ȘI BUNĂSTĂRE 	4 EDUCATIE DE CALITATE 	5 EGALITATE DE GEN 			8 MUNCĂ DECENTĂ ȘI CREȘTERE ECONOMICĂ 	9 INDUSTRIE, INOVATIE ȘI INFRASTRUCTURĂ 
10 INEGALITĂȚI REDUSE 	11 ORAȘE ȘI COMUNITĂȚI DURABILE 	12 CONSUM ȘI PRODUCȚIE RESPONSABILĂ 	13 ACȚIUNE CLIMATICĂ 				17 PARTENERIATE PENTRU REALIZAREA OBIECTIVELOR 	

Date:
29.09.2025

Signature of course coordinator

Lect. dr. Catalina Otoiu

Signature of seminar coordinator

Lect. dr. Catalina Otoiu

Date of approval:

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Signature of the head of department

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