SYLLABUS

1. Information about the study program

1.1 Higher education institution	Babeș-Bolyai University
1.2 Faculty	Faculty of Psychology and Educational Sciences
1.3 Department	Department of Psychology
1.4 Field of study	Psychology - Cognitive Sciences
1.5 Study cycle	Bachelor level
1.6 Study program / Qualification	Psychologist

2. Information about the course

2.1 Title of the course		Professional and Research Practice 2					
2.2 Teacher in charge of the lecture			Sebastian Vaida				
2.3 Teacher in charge of the seminar			Bălan Raluca				
2.4 Study year	2	2.5 Semester	2	2.6. Examination type	C	2.7 Course type	DS

3. Estimated total time (number of hours of teaching activities per semester)

3.1 Number of hours per week	3	out of which: 3.2 lecture	0	3.3 seminar / laboratory	3
3.4 Total number of hours in the curriculum	42	out of which: 3.5 lecture	0	3.6 seminar / laboratory	42
Distribution of the allocated amount of time:					hours
Individual study (textbook, course support, bibliography, and notes)					42
Supplementary documentation at the library using specialized electronic platforms in the field					4
Preparing for seminars / laboratories, homework, papers, portfolios, and essays					8
Tutoring					24
Exams					4
Other activities: research activities					2

3.7 Total number of hours of individual study	42
3.8 Total number of hours per semester	50
3.9 Number of credits (ECTS)	2

4. Prerequisites (if applicable)

4.1 Curriculum	- Introduction in Psychology - Experimental Psychology and Data Analysis - Psychodiagnosis - Personality Psychology
4.2 Competencies	- Designing an experimental plan - Statistical analysis of data - Psychological counseling - Human resources selection and recruiting - Professional development

5. Requirements (if applicable)

5.1 For the lecture	-
5.2 For the seminar / laboratory	Room with at least 50 seats, computer and video projector / Online seminar conducted through the MS Teams platform.

6. Specific skills acquired

Professional skills	- Develops prerequisites for becoming a psychologist. - Conceptualizes psychological problems, using specific and general models. - Practices the use of interface language in clinical conceptualization. - Practices problem formulation on a list of problems. - Practices basic skills in developing psychological evaluation and intervention. - Achieves skills for using the main tools for psychological assessment. - Achieves competencies for designing and implementing fundamental and applied psychological research.
Transversal skills	- Uses and promotes values and principles of psychological professional ethics. - Cultivates professional ethics in scientific research. - Shows interest for continuous personal and professional development. - Shows critical attitude in the scientific approach of psychological phenomena.

7. Objectives of the course (based on the grid of acquired competencies)

7.1 General objective	Practicing general skills for psychological and research assisting in the field of psychological evaluation and intervention.
7.2	Gaining a proper set of procedural knowledge, necessary for developing the right

Specific objectives	competencies for an efficient involvement in:
	a. Activities of psychodiagnostics and psychological evaluation of emotional, behavioral, and cognitive problems. b. Intervention for human optimization. c. Control of psychological factors involved in psychological and psychosomatic problems. d. Theoretical and applied psychological research. e. Psychological education and counseling (intervention) in health and illness.

8. Content

8.1 Lecture	Teaching strategies	Remarks
Models for general conceptualization. Case studies.	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
Models for specific conceptualization. Cognitive ABC model. Case studies.	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
Models for specific conceptualization. Behavioral ABC model. Case studies.	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
Counseling relationship. Case studies.	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
Counseling relationship and interface language.	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
Cognitive-behavioral assessment. Use of psychological tools.	Lecture, demonstrative example, synthesis of knowledge, guided discovery	
General skills for psychological support. Case studies.	Lecture, demonstrative example, synthesis of knowledge, guided discovery	

Mandatory references:
- Nolen-Hoeksema, S., Loftus, G., Fredrickson, B. & Lutz, C. (2020). Atkinson and Hilgard's Introduction to Psychology. Cengage Learning EMEA, London, UK.
- Gelso, C.J. & Williams, E.N. (2021). Counseling Psychology, APA.
- Lilienfeld, S.O. (2020). Introduction to clinical psychology. Bridging Science and Practice, Oxford University Press.
- Schmidt, L. & Holloway, K. (2021). Redefining HR Transforming People Teams to Drive Business Perfomance. Kogan Page.

Optional references:
- American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition. Arlington, VA, American Psychiatric Association, 2013.

● American Psychiatric Association: SCID 5, 2016.

9. Correlations between the content of the course and the expectations of the representatives of the epistemic community, professional associations and representative employers in the field related to the program

First year practice aims to develop the proper knowledge and procedural skills to adapt students to the most efficient activity in human optimization, psychological intervention, improving psychic and psychosomatic distress, and control of psychological factors involved in psychological problems. Also, it aims to develop the prerequisites needed for the psychologist profession, as described in the documentation provided by COPSI (www.copsi.ro).

10. Evaluation

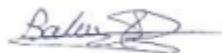| Activity type	10.1 Evaluation criteria	10.2 Evaluation methods	10.3 Weight in the final grade
10.4 Lecture	-	-	-
10.5 Seminar / laboratory	Understanding and applying the models for general and specific conceptualization of psychological intervention.	Practice portfolio	100%
10.6 Minimum passing score			
Delivering in time the requested portfolio and achieving all the necessary required hours for the semester			

Date 12.12.2021

Signature of the teacher in charge of the lecture

Signature of the teacher in charge of the seminar

Approval date in the department

Signature of the Head of the department /director