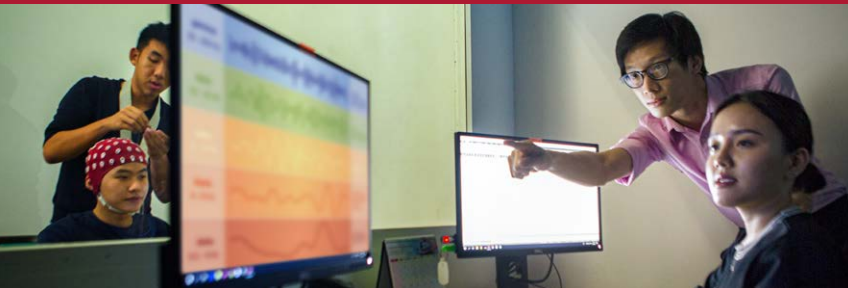


PSYCHOLOGY

• BACHELOR OF PSYCHOLOGY (HONOURS)





OUR MISSION

To help people succeed in life and to live a life of significance through education

OUR VISION

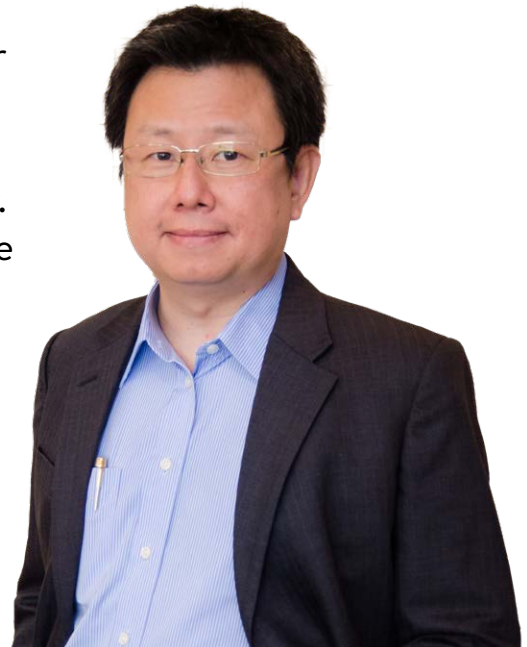
- To be a university with a strong culture of quality and leadership that focuses on sound academic standards, continuous improvements, and the talent development of students and staff
- To be a university that offers a learning experience that enhances career development, lifetime values and personal fulfilment
- To be a university with a strong research focus in our key areas of excellence
- To be a university that shares our success with the stakeholders and communities we serve

OUR VALUES

- Pride of Achievement
- Sharing Success
- The Courage to Be
- To be Compassionate
- To be Significant

“ With more than 5,000 psychology alumni over the last 25 years, HELP has shaped the psychology scene in Malaysia and made psychology one of the fastest growing professions in the country. Our focus from the beginning has been how to create an enjoyable, engaging and transformative educational experience for our psychology students so that they will develop into graduates who will have a profound impact on the nation.”

DR GOH CHEE LEONG
CEO of HELP Tertiary
Founder of Psychology Programme at HELP University



JOIN ONE OF THE LARGEST AND MOST ESTABLISHED PSYCHOLOGY PROGRAMMES IN ASIA

- Over 1000 students in our undergraduate and postgraduate programmes
- Over 50 lecturers and graduate tutors.
- Over 20 universities in the UK, Australia, US and New Zealand with credit transfer agreements with HELP
- Over 100 study awards given to top Psychology students every year
- 10 dedicated research centres comprising psychology researchers that have published in peer-reviewed journals.
- The first private university in Southeast Asia to be awarded the maximum 5 Stars in all 9 categories of the Quacquarelli Symonds (QS) Star Rating System
- Voted 6 Stars at the National Graduate Employability Index, organized by Talent Bank in 2022.
- The only university in Malaysia offering clinical neuropsychological services via the Center for Neuropsychology.
- The first and only Psi Chi International Honor Society in Psychology chapter in Southeast Asia.
- State-of-the-art Electroencephalogram (EEG) and Virtual Reality (VR) research laboratories.
- 24-hour access to online journal databases that are linked to over 3,000 psychology journals around the world
- Over 350 organizations have accepted our graduates and interns
- Dedicated career guidance centre (CAREERsense@HELP) to provide career testing and guidance services
- Dedicated Centre for Psychological and Counselling Services (CPCS) providing mental health services to our students
- A Center for Mental Health, a collaboration with the Malaysian Mental Health Association
- Over 21 psychology electives taught by specialists in various fields.
- 4 postgraduate programmes in psychology, namely the Master of Clinical Psychology, Masters in Counselling, Master of Philosophy (Psychology) and PhD in Psychology.

SUBANG BESTARI CAMPUS



Library



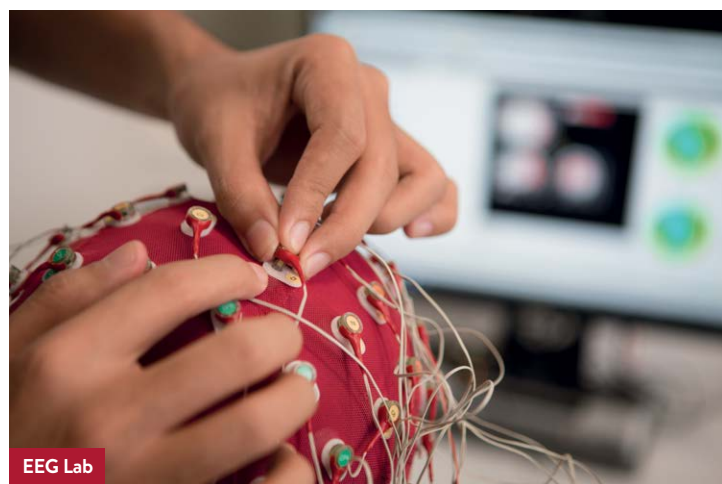
Student Lounge



Lecture Hall



VR Lab



EEG Lab



Rooftop Garden



HELP Subang Bestari Campus



Library



Computer Lab



BATIC Lounge

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:



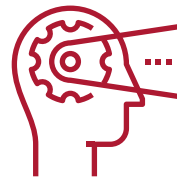
ORGANISATIONAL AND WORK PSYCHOLOGY
Helping organisations select, inspire, manage and empower their workers.



BIOPSYCHOLOGY AND NEUROPSYCHOLOGY
How the brain functions and affects people’s behaviour, thoughts and feelings.



CLINICAL PSYCHOLOGY
Applying psychology to the understanding, assessment, diagnosis and treatment of psychological dysfunctions.



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.

STUDYING PSYCHOLOGY AT HELP



THE HELP PSYCHOLOGY PROGRAMME OFFERS TOTAL FLEXIBILITY

PATHWAY 1:

Complete a psychology degree in HELP and start your career.

- **HELP Bachelor of Psychology (Hons) (3+0)** (page 7)

PATHWAY 2:

Start a psychology degree in HELP and complete it at one of our partner universities overseas.

- **HELP Bachelor of Psychology (Hons) links with UK, Australia and New Zealand (2+1, 1+2)** (page 20)

PATHWAY 3:

Join the HELP Foundation Programme after your SPM / O-Level, finish the first two years in the HELP Bachelor of Psychology and complete your final one and a half year in BA in Psychology at the University of Maine, US."

PATHWAY 4:

Complete a psychology degree in HELP and continue your Masters and PhD Degrees overseas.

- **Australia/New Zealand:** Entry into Masters or PhD after completing a 1-year Postgraduate Diploma or Honours year
- **UK:** Direct entry into Year 1 Masters Programmes from HELP Bachelor of Psychology (Hons) (page 20)
- **US:** Direct entry into 5-year PhD programmes from HELP Bachelor of Psychology (Hons) (page 20)
- **Malaysia:** Direct entry into one of HELP's three Master's programmes (pages 25-26).



BACHELOR OF PSYCHOLOGY (HONOURS)

(R2/311/6/0044) (10/24) (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

1st YEAR

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)

2nd YEAR

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)

3rd YEAR

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 |

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

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



ENTRY REQUIREMENTS

Applicants are required to fulfil the following standard requirements:

Applicants must have one of the following **entry requirements**:

- **HELP Foundation in Arts/Science:** Pass all subjects (with a minimum of 4 credits)
- **A-Levels:** 1 C, 1 D
- **STPM:** 2 Cs
- **UEC:** 5 Bs
- **South Australian Matriculation:** ATAR 65
- **Canadian Pre-U:** Average 65 (6 subjects)
- **Foundation Programmes:** Pass all subjects (50% of which must be credit and above)
- **Diploma Programmes:** Pass all subjects (30% of which must be credit and above)

Local Programmes have to be MQA approved. The standard entry requirement of 3 SPM/O-Level credits (including credit in 1 Math subject & 1 Science subject) still applies to all students. Malaysian students also have to attain a pass in SPM Bahasa Melayu. Credit is equivalent to 60 out of 100 marks.

Applicants will also be required to fulfil one of the following **English requirements**:

- **IELTS:** 5.5 (Academic)
- **TOEFL:** 550 paper-based (213 computer-based / 80 Internet-based)
- **MUET:** Band 5*
- **SPM:** A for English (A1/A2 or A+/A/A-)
- **IGCSE O Levels:** C for English or English Literature (not including SPM 1119)
- **UEC:** B for English
- **HELP Foundation in Arts/Science:** credit for either Intermediate English or Advanced English
- **South Australian Matriculation:** 14/20 for English as a Second Language
- **Canadian Pre-U:** 65 for ENG4U

Please note that the University's standard entry requirement for degrees is MUET Band 3, but the Department of Psychology requires MUET Band 5.

MINORS

Students have the option of majoring in psychology and choosing a minor from the following:

- Marketing
- International Business Management
- Human Resource Management
- Entrepreneurship
- Finance
- Accounting
- Media Studies
- Public Relations
- Marketing Communication
- Information Technology
- Mobile Communications
- Database Systems
- Electronic Games and Interactive Media

Note: Fees will vary slightly depending on the elective subjects selected.



A PSYCHOLOGY PROGRAMME THAT PREPARES YOU FOR IR 4.0

We live in a VUCA world (Volatile, Uncertain, Complex, Ambiguous) characterised by rapid changes brought about by the 4th Industrial Revolution (IR 4.0).

AI (artificial intelligence) robotics, big data, nanotechnology and other fast evolving technologies are changing the way we work. The HELP Psychology programme is designed to prepare our graduates to thrive in this new environment.



Master the skill of reading micro-expressions and detect when people are lying.

Be able to **adapt**, survive and thrive in any **cultural environment** by mastering **contextual intelligence**.



Design psychology apps and games that will encourage learning and elevate users' well-being.

Develop **self-awareness** by **understanding** your personality, talents, values and life goals.



Use an EEG machine to understand the inner workings of the brain.

Become a **peacemaker** by enhancing your **conflict resolution** and **mediation skills**.



Learn about how new technologies like Virtual Reality (VR), Artificial Intelligence (AI), Robotics and Big Data will shape the future of psychology.

Discuss, debate and reflect on **existential issues** of life and death in a **safe and stimulating** environment.



Learn to deliver a high impact talk to an audience of 1,000 people.



Understand the psychology of negotiation to enhance your bargaining skills and persuasiveness.



Form a consulting firm and pitch talent management programmes to real corporations.

Master threat analysis skills that will **help** keep you and others safe in **dangerous environments.**



Master critical thinking skills that will help you solve real-world problems and spot fallacies in reasoning.

Use **cognitive psychology** to **enhance** your learning and study skills; focus better, procrastinate less, **get more done.**



Develop creative therapies using music, art and drama.

Implement/ utilise **Applied Behavioural Analysis (ABA)** to help children with **special needs.**



Write, direct, act and produce your own psychology film.

Raise your **emotional intelligence** and learn how to **manage** your stress and **anger.**

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.



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 Mystery, a gamification programme created to teach English tenses to secondary school students.

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 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 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.

4 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.

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.

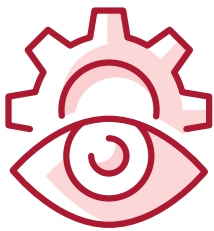
6 ACADEMIC CONFERENCES, SEMINARS AND WORKSHOPS

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.

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 UNIVERSITY’S COMPREHENSIVE AND UNIQUE CAREER DISCOVERY AND PREPARATION PROCESS



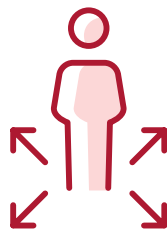
STEP 1: SELF DISCOVERY

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



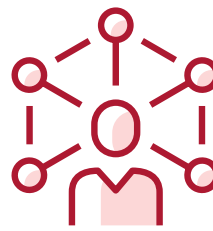
STEP 2: CAREER EXPLORATION

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 DECISIONS

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

“ Thanks to the visume, that was one of the assignment components for the Career Planning and Development course I took, I was able to secure a full-time position even before I graduated. It probably wouldn’t have happened if I hadn’t done this course.”

Zoe Lee
HR Consultancy at FIND Malaysia.



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

“The HELP University Psychology internship programme with GE is a great opportunity for both HELP and GE to continue building the talent pipeline of human resource professionals in the country. Not only will the GE internships provide Psychology students with the opportunity to receive hands-on experience and training at one of the world’s most admired global companies, it will also be an opportunity for GE to continue to gain insights and academic knowledge of human behaviour and leadership development from HELP’s famed Department of Psychology. These internships are a great win and an opportunity for GE, HELP University and the Malaysian student community at large.”

Roshan Thiran
Founder & CEO
of Leaderonomics



HELP IS PROUD TO HAVE PSYCHOLOGY GRADUATES WORKING IN TOP FIRMS, INCLUDING ACCENTURE, HEWITT, MCKINSEY, SHELL, HAY GROUP AND 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

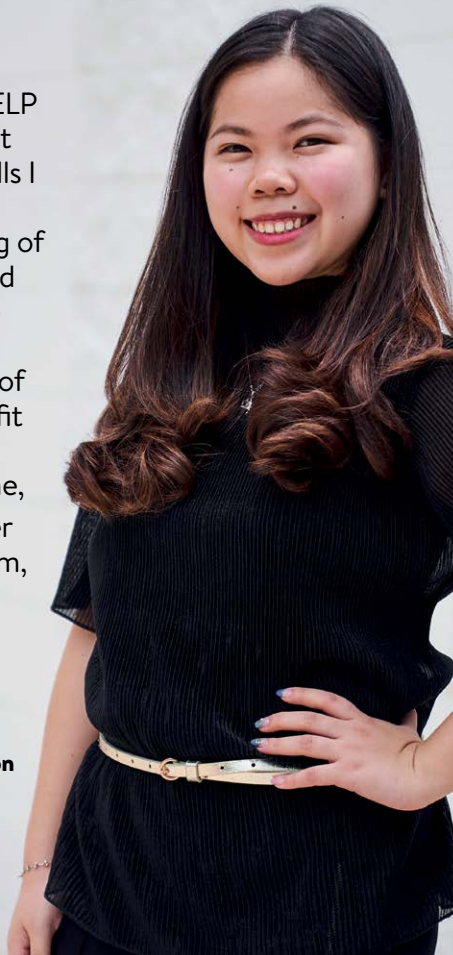
“The Psychology program at HELP University is academically rigorous and designed to train students with critical skills to navigate the 21st-century workplace. The research and statistical training are comparable to top universities worldwide to nurture critical and analytical thinking to solve complex problems. A wide variety of activities and assessments cultivates contextual and emotional intelligence, and the ability to work independently and cooperatively. This has enabled me to succeed and thrive in my career and enhanced my life. If you want a world-class education in Psychology, look no further than Psychology at HELP.”

Elaine Fernandez
HELP Bpsych (First Class Hons)
Curriculum Manager, GIFT.ed
Former Head of Department of Psychology at HELP



“I am indebted to the HELP Psychology Department for equipping me with the skills I now use in my career. My knowledge and understanding of the human mind has expanded under HELP’s comprehensive programme, as has my appreciation of the potential of Psychology as a field to benefit mankind. With the skills and knowledge HELP has given me, I now strive to empower other individuals by believing in them, reminding them of their capabilities, or even by just lending them a listening ear.”

Colleen Ng Phaik Ying
HELP BPsych (First Class Hons)
Director of Character Transformation and Liaison Manager,
Nobel International School



Jamie Khoo Ghia Mei

Senior Engagement Manager, Qualtrics

Jamie was a psychology student at HELP University. She received the Dean Scholarship 3 years in a row. She presented her thesis at the International Conference of Learning in Hong Kong. Jamie has worked at two large multinational consulting firms, Accenture and Deloitte. She currently lives in the United States, working at Qualtrics, Seattle, Washington as a senior engagement manager.

Victoria Yeong Foong Yee

Strategy and Consulting Senior Manager, Accenture

Victoria graduated with First Class Honours from the HELP Bachelor of Psychology programme and is the winner of the Tan Sri Datuk Paduka Dr Hajjah Saleha Outstanding Achievement Award 2013. She was also recipient of the HELP SASA Scholarship and Gamuda Full Scholarship Award 2010.

Sarah Lim Poe Yian

Royal Dutch Shell, Marine Performance Optimizer

Sarah completed a Psychology honours degree in Bemidji State University. She is the first recipient of the Centre for Psychology Award for being the top student of the HELP Psychology programme with a Grade A average. She currently manages the lubricant marine sales and is the Planning Lead of Operational & Structural improvements in Shell (Singapore).



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

Hannah Lim Pei Ern
Global HR Head, Shell Finance and Data Operations

Hannah won the University of Leeds Award of Excellence in her third year, in addition to receiving a full scholarship from HELP. She was a senior tutor as well as the former president of the HELP Psychology Student Council. She was selected to join GE’s Graduate Leadership Program while studying in HELP. She is currently the Global HR Head of Shell Finance and Data Operations.

Betsy Yeo Wai Li
Founder of StartRight Playhouse & Preschool

Everything that I studied here at HELP has come together perfectly for my career. It provided me the knowledge in connecting with colleagues, customers or subordinates, so much easier at the workplace. I am now investing my time and energy to inspire and empower little lives, one at a time!”

Andrea Chew Wenjuan
Head of MAD For Good, Leaderonomics

Studying Psychology in HELP has given me opportunities to grow as a person and with the network built, our thoughts and beliefs have been challenged, debated and revamped. The relationships, support and knowledge I’ve received here have driven me to be the best person that I can be, not for myself but for the people around me, but the question here is whether YOU would take that step forward?”

Sulynn Choong
Human Capital Perspectives, Positive Change Strategist

Sulynn is a graduate of the Master of Applied Positive Psychology degree from, and a Visiting Scholar at, the University of Pennsylvania where she trained under renowned psychologist Martin Seligman. Besides her private practice as a Positive Change consultant and certified professional coach, Sulynn teaches courses and facilitates workshops.

Jacquelin Choy Yheng Yheng
International Mobility Advisor, Shell Malaysia

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.”

“ 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





“ 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 great thing about a Psychology degree is that the course modules balance science and arts. Studying Psychology has contributed to shaping my thought processes. We are trained through the research methodology, statistics, and complex thinking/reasoning. This has allowed me to develop a structured approach at work. We also learn to understand and relate to various perspectives, which builds up one's empathy. My whole psychology journey at HELP enabled me to navigate various situations and deal with key stakeholders. The analytical and soft skills developed from studying Psychology will always be relevant and valued in any role or industry.”

Stephanie Chua
Assistant Vice President (AVP), Maybank





WHAT CAREERS ARE AVAILABLE TO PSYCHOLOGY GRADUATES?

GRADUATES WITH BACHELOR'S 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

STRENGTHENING PARTNERSHIPS



“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, University of Queensland



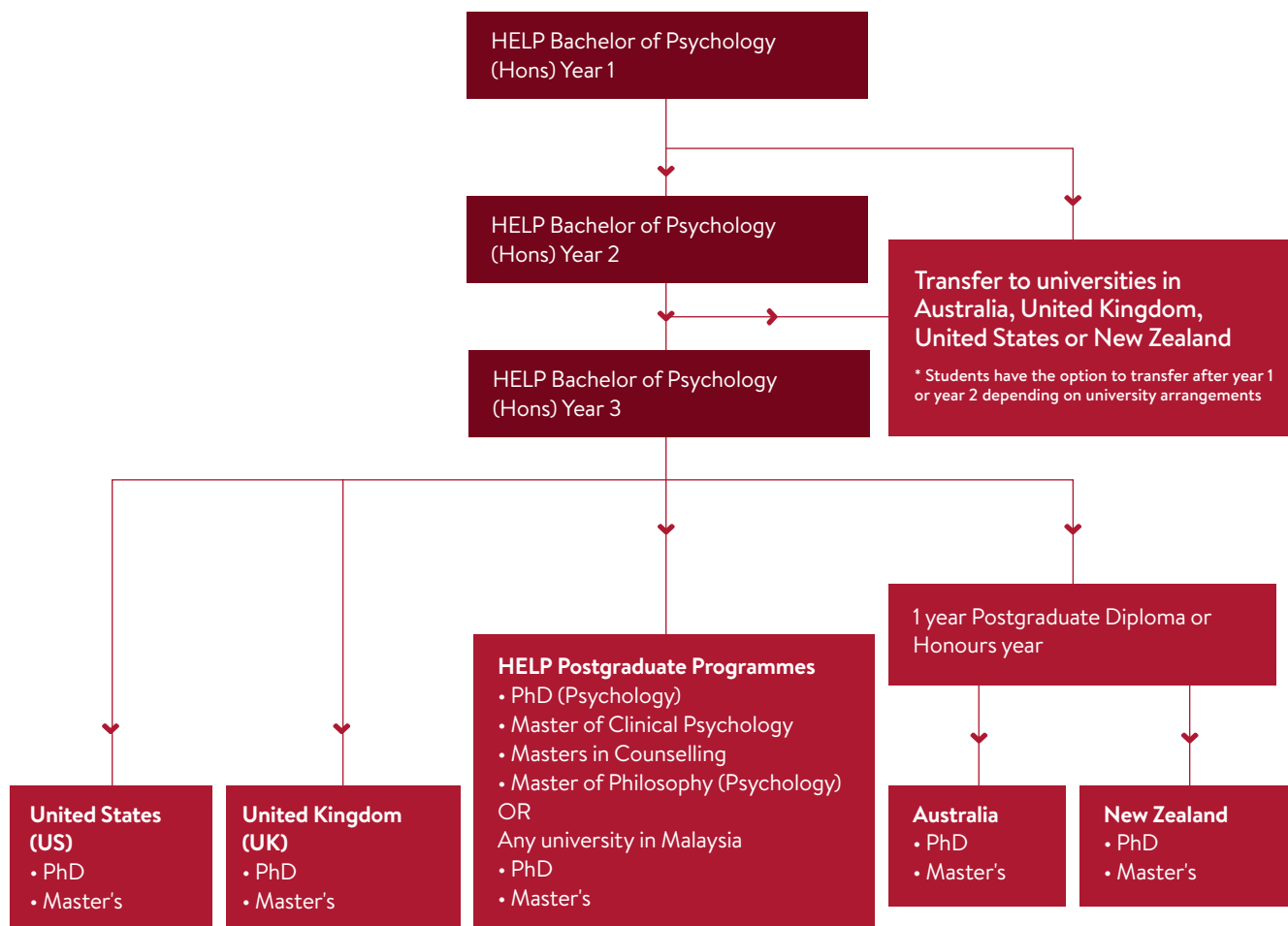
“I completed a one-year undergraduate psychology course in HELP University before enrolling at the University of Queensland. HELP University has given me a strong foundation in psychology theory and research. Most of the subjects offered in HELP University are credit-transferable to UQ. Overall, the academic training in HELP University enabled a seamless transition to UQ.”

Low Jia Xuan
Currently completing his third year in the Bachelor of Psychological Science (Honours) at UQ

BACHELOR OF PSYCHOLOGY (HONOURS)

(R2/311/6/0044) (10/24) (A10826)

A gateway to further studies at top universities all over the world



PARTNER UNIVERSITIES

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

AUSTRALIA

(1+2)

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

(1+3)

- Macquarie University
- University of Queensland

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

- University of Queensland

(2+1)

- Murdoch University
- Queensland University of Technology
- University of Adelaide

- Macquarie University
- Edith Cowan University

(2+2)

- Macquarie 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



BACHELOR OF ARTS IN PSYCHOLOGY



UNIVERSITY OF MAINE - HELP PARTNERSHIP

The University of Maine, founded in Orono in 1865, is the state's premier flagship university. It is among the most comprehensive higher education institutions in the Northeast and attracts students from across the U.S. and more than 83 countries. It currently enrolls more than 12,000 total undergraduate and graduate students.

UMaine students directly participate in groundbreaking research working with world-class scholars. The University of Maine offers doctoral degrees in 30 fields, representing the humanities, sciences, engineering and education; master's degrees in 85 disciplines; 100+ undergraduate majors and academic programs; and one of the oldest and most prestigious honors programs in the U.S.

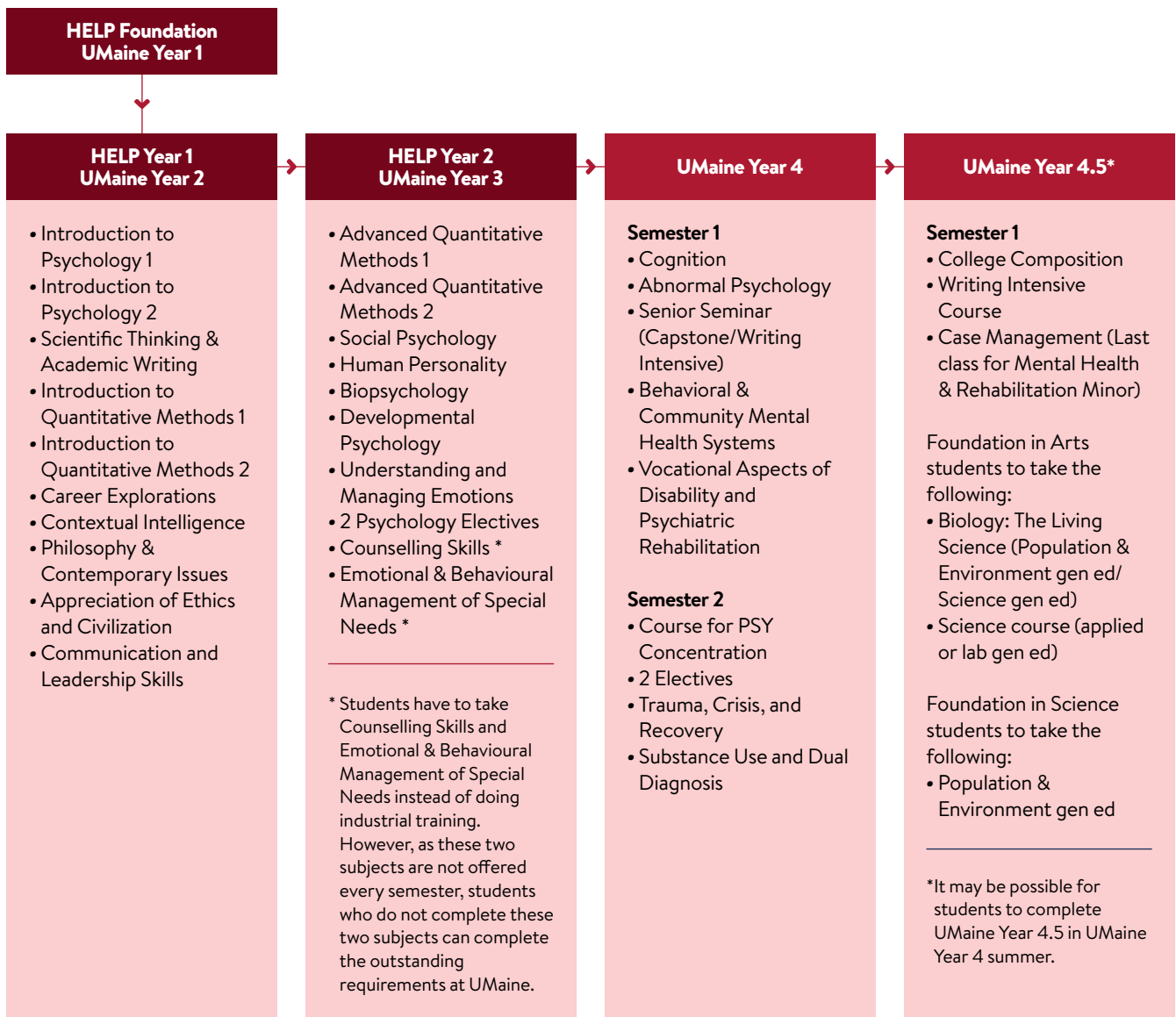
PSYCHOLOGY AT UMAINE

UMaine's psychology major is designed to build a solid scientific understanding of the core areas of psychology (clinical, cognition, developmental, physiological and social) while also requiring students to build a deeper understanding in an area of concentration. Outside the classroom, psychology majors gain valuable (and credit-earning) experiences in both on- and off campus settings, including faculty research laboratories or field learning at local human service and mental health facilities.



“Students in UMaine's College of Liberal Arts and Sciences find remarkable opportunities to learn on campus and to contribute to their communities after they graduate.”

Emily Haddad
Dean of the College of Liberal Arts and Science



5 REASONS TO STUDY AT UMAINE

- A unique opportunity to earn both a bachelor's and master's degree in 5 years.
- UMaine psychology program named the 2022 recipient of the Student Diversity Initiative Award by the American Psychological Association of Graduate Students.
- Designated R1 research institution by the Carnegie Institute.
- Small class sizes with research opportunities on campus.
- Maine is rated the safest state in the U.S. by the Institute for Economics and Peace, and the happiest place to live in New England by the journal Science.



“It’s okay to feel lost sometimes but the lecturers, tutors and staff have been very supportive. They are very attentive and are always ready to guide us when we need help.”

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

BACHELOR OF BUSINESS PSYCHOLOGY (HONOURS)

(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.

1st YEAR

- 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)

2nd & 3rd YEAR

- 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)

ENTRY REQUIREMENT

- Any one of the following:
- HELP Foundation in Arts/Foundation in Science with minimum CGPA 2.0 out of 4.0***
 - HELP Diploma in Business with minimum CGPA 2.0 out of 4.0***
 - 2 Cs in STPM
 - 2 A-level passes
 - 5 Bs in Senior Middle 3 (UEC) including Mathematics and English
 - 5 CPU passes with a minimum average of 50%
 - University Aggregate of 50% or ATAR score of at least 50 for various Australian matriculation programmes
 - Equivalent qualification

*** The stated qualification needs to be supported with a pass in Mathematics, English, Sejarah and Bahasa Melayu at SPM level.

DISTINGUISHED VISITING PROFESSOR



Professor Allan Bernardo

Dr Allan Benedict I Bernardo is a Distinguished University Professor and University Fellow of the Counseling and Education Department at De La Salle University, Manila. He was also the former Director of the Lasallian Institute for Development and Educational Research (LIDER). In 2007, he was elected academican of the National Academy of Science and Technology (NAST). He belongs to a select group of outstanding members of the scientific community in the country where he was cited for his works in the field of Cognitive Psychology. He was elected secretary-general of the Asian Association of Social Psychology (AASP) in 2007. Prior to his election, he served as Southeast Asian regional

representative, then as chair, of the Education and Training Committee of AASP. A multi-awarded researcher, his current interests include social and cultural dimensions of learning, achievement motivation, and cognitions about learning; mathematical learning and problem solving; language and learning; learning and problem solving in bilinguals; teacher cognitions and teacher development; and educational reform and policy. He finished his Doctor of Philosophy in Cognitive Psychology and Master of Science in Cognitive Psychology from Yale University and his Bachelor of Arts major in Psychology from the University of the Philippines.

HELP PSYCHOLOGY DEPARTMENT PLAYS A GLOBAL LEADERSHIP ROLE IN PSYCHOLOGY



Professor Datin Dr Quek Ai Hwa, panelist at the 9th International Special Education Exhibition (2019).

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

INTRODUCTION

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 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

ADMISSION REQUIREMENT

A basic undergraduate degree in any discipline with a minimum CGPA of 2.5 (out of 4.0).

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.

MASTER OF PHILOSOPHY (PSYCHOLOGY) DOCTOR OF PHILOSOPHY (PSYCHOLOGY)

MPhil: (N/311/7/0109) (10/25) (MQA/PA10468) PhD: (N/311/8/0109) (10/25) (MQA/PA10469)

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

INTRODUCTION

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.

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.

ADMISSION REQUIREMENTS

MPhil

- Candidates with a bachelor's degree in psychology (or a relevant area) with a minimum CGPA of 2.75 out of 4.00 (or equivalent).
- Candidates with a bachelor's degree in fields related to psychology with a minimum CGPA of 2.75 out of 4.00, and the completion of a minimum of 45 credits of psychology modules, subject to the assessment of the university.

Students who do not meet these requirements can contact the Department of Psychology for further assessment.

PhD

Students who have completed psychology-related degrees but are not sure if they meet these requirements can contact the Department of Psychology for further assessment.

“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

INTRODUCTION

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

ADMISSIONS REQUIREMENT

- An undergraduate degree in Psychology with Second Class Honours (Upper Division) and CGPA of 3.0 (out of 4.0), or its equivalent (eg a Graduate Diploma in Psychology) AND
- A high standard of written and oral communication skills (in English)
 - Ability and willingness to sustain high workloads
 - Capacity to relate to a wide range of people from different age, gender, ethnic-racial, cultural, socioeconomic and vocational backgrounds
 - Experience in clinically related fields is an advantage, but not mandatory.

PROGRAMME DURATION

Approximately 2 years (full-time)

Students who are interested can contact the Department of Psychology for application procedures at 03 7849 3000

“ 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

“My student experience in the Master’s programme at HELP University was filled with numerous learning opportunities where I was able to experience the diverse and practical facets of Clinical Psychology whilst developing and honing my skills set which has been incredibly vital in fostering my personal and professional growth. Invaluable experiences were gained as I had the chance to apply this knowledge beyond the classroom to several training sites during my practicum, with each place introducing me to different forms of clinical work with people from various walks of life.”

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



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 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.

Adelle Pushparatnam
PhD, University of Cambridge

A former student of SMK Subang Utama, Adelle scored 10 AIs 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.



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.



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.

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.

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.

“ 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



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.

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.

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.



A THRIVING RESEARCH CULTURE

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 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

Started in winter 2017, Center of Self, Mattering, and Social Behavior (SMS) focuses on studies on the significance of mattering in developing the sense of self and social behavior in various settings, such as workplace, education, family, society and social media. Studies in this center have been published in numerous peer-reviewed journals and presented in various conferences. This center also provides trainings and internships for students who are interested in developing their research skills in the area of social behavior. SMS is also actively involved in disseminating the findings of its studies to general public in the form of popular articles and seminars/webinars.



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.

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. 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

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**

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 focuses on research on discrete emotions, affective processes, and emotions-related skills. In 2018, the

center broadened its focus to include research on positive emotions, psychological strengths, and traits – factors identified by the positive psychology literature that help individuals thrive and flourish. Since its formation in 2016, the center has produced numerous academic pieces for presentation at regional and international conferences, along with peer-reviewed publications and popular press articles. The center is also involved in several outreach and training projects, part of its science communication initiative aimed at conveying findings from the psychological sciences to members of the general population. The Center houses a website to feature its work at www.emotivity.my

THE CENTRE FOR MENTAL HEALTH AND WELL-BEING



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

The Centre for Mental Health and Wellbeing at HELP University was set-up to support mental health and wellbeing through research, training and thought leadership. Originally established in collaboration with the Malaysian Mental Health Association, the centre now focuses on developing strategies and programmes to bolster mental health and wellbeing among diverse age groups while opening up the conversation around mental health in Malaysia.

As a think-tank, the centre anticipates and addresses emerging challenges and opportunities in mental health and wellbeing in the workplace and the community at large. Research by the centre over preceding years has examined conceptualisations of mental health among adolescents, mental health support during pregnancy in expecting mothers, and contributing factors to mental health within the workplace.

The centre continues to provide outreach services and psychoeducation with the aim of reducing stigma and increasing mental health literacy within the region.

CENTRE FOR CLINICAL NEUROPSYCHOLOGY

HELP University's Faculty of Behavioural Sciences, Education and Languages launched Malaysia's first Centre for Clinical Neuropsychology on 24 November 2022.



Co-founder and Chancellor of HELP Education Group, Professor Datuk Dr. Paul can be seen here cutting a ribbon to signify the official launch event of the Centre of Clinical Neuropsychology in HELP University.

The centre will provide neuropsychological assessments, psychological services, patient and family education, cognitive rehabilitation, and tailored interventions for individuals to overcome their limitations and live a wholesome life. Patients who may benefit from these services include people who have intellectual disabilities, autism spectrum disorders, Attention Deficit Hyper Disorder (ADHD), epilepsies, migraines, Parkinson's disease, Alzheimer's, brain injuries such as strokes, infections or tumours; and medical conditions affecting brain functions such as heart diseases, chronic kidney diseases, or those who have chronic or persistent psychological difficulties such as anxiety, or bipolar disorders.

The Centre for Clinical Neuropsychology's efforts will be focused on conducting research in the theoretical field (e.g., cognitive psychology, neuropsychology concepts/ models) and in the clinical field (e.g., develop rehabilitation methods that cater specifically to the Malaysian society, translate, and validate assessment materials in Bahasa Malaysia, Mandarin, and Tamil) by using the centre's Virtual Reality lab and Electroencephalogram (EEG) lab.



The team behind the conception and management of the Centre of Clinical Neuropsychology

For more detailed information, do visit the Centre for Clinical Neuropsychology's website by scanning the QR code.





MY MIND ON FILM (MMOF)

The My Mind on Film (MMOF) festival is an entirely youth-led annual youth mental health short film festival based in Malaysia. It combines the emphases on inspiration, expression, understanding, and stigma reduction with a focus on the local Malaysian context, through the process of film-making, screening, and discussion. Initiated by the Centre for Mental Health and Wellbeing (CMHW) in 2020, partnered with Golden Screen Cinemas (GSC) and the Malaysian Mental Health Association (MMHA) in 2021 to bring entries for the festival to the big screen. This project is central to the CMHW’s commitment to engaging with young people, hearing their voices, and working together for progress.

The festival is the first of its kind in Malaysia and has the following objectives:

- Inspire the sharing of perspectives and ideas
- Recognise that mental health is universal, changeable, and includes the positive
- Break down stigma



Our youth-led organising team celebrating the finale of MMOF's second season of in 2021 at the Screening and Awards Ceremony at GSC.

Each year, the festival organizes activities surrounding both mental health and film, ranging from workshops to heart-to-heart discussions. Youths aged 15 to 25 are invited to submit their own mental health short films - a final 9 of these films are screened at the Screening and Awards Ceremony at Golden Screen Cinemas, where the winning films are determined by a panel of experts and awards are presented. With the momentum of our previous seasons and ever-growing community, MMOF continues to empower youths to reflect on and share their perspectives of mental health through film.



Winners of MMOF 2021 presented with prizes by our gracious sponsors and collaborators. Main categories includes: Youth (ages 18-25), High school (ages 15-18), International (ages 15-25).

EVENTS, TRIPS, FESTIVALS AND CONFERENCES



World Vision 30-Hour Famine

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

PSYCHOLOGY CLUBS AND SOCIETIES

Student activities are an integral part of any well-balanced psychology programme. 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
- Psi Chi
- The Psychronicle (Psychology department newsletter)
- Circle K International



Psi Chi



Annual Ball



Psychology students victorious in the HELP Sports Carnival



The Psychology Freshmen Lunch



HELP Asian Cultural Exchange Club

LEARN FROM WORLD RENOWNED PSYCHOLOGISTS



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



Professor Saths Cooper, President of the International Union of Psychological Science speaks at HELP.



Malaysia's 1st Psychoanalysis Symposium held at HELP Subang 2 Campus



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



The Music Therapy Conference

ACADEMIC TEAM



DR VICTOR GOH WENG YEW
Head of Department
Senior Lecturer
PhD in Applied Psychology
(University of Nottingham
Malaysia), BPsych (Hons) (HELP)

Dr Victor graduated with a Bachelors from HELP University, before completing his PhD in Applied Psychology in the University of Nottingham. His research interests include workplace mental health, higher education teaching, and positive psychology.



MR BASHIR BASHARDOOST
Deputy Head of Department
Senior Lecturer
MCounselling (HELP)

Bashir is a registered counsellor with a special interest in psychodynamic psychotherapy. His research interests include Personality Psychology, Identity Development and Object-relations. Currently, Bashir is pursuing his PhD in Counselling Psychology at Universiti Malaya.



MR ERIC BRYAN AMALADAS
Director,
CAREERsense@HELP
Counsellor, Lecturer
and Trainer
MCounselling (HELP),
BA Psychology (Manitoba)

Eric has been actively involved in the development and delivery of youth and adult learning and leadership development programmes. He has served as a consultant and a trainer to many organisations including Bank Negara and Maxis.



DR CHONG CHEW WUEI
Programme Leader of PhD
in Psychology & Master of
Philosophy in Psychology
Senior Lecturer
BPsych (First Class Hons)
(Otago), PhD (Psychology) (Otago)

Dr Chong Chew Wuei received a Bachelor of Psychology with First Class Honours from the University of Otago in New Zealand. He also attained his PhD in Psychology from the University of Otago. His research interests include experimental psychology, psychometric evaluation, and behavioral modification.



MS PUVESSHA JEGATHISAN
Programme Leader of Master
of Clinical Psychology
Senior Lecturer
Master of Psychology
(Clinical) (Curtin)

Puvessha is a registered psychologist with the Australian Health Practitioner Regulation Agency and the Malaysian Society of Clinical Psychology. She has vast experience both in Malaysia and Australia in managing psychological conditions using evidenced-based interventions within clinical setting, correctional department and community.



MS USHA PONNUDURAI
Programme Leader of
Masters in Counselling
Lecturer
MCounselling (HELP),
BMedSc (Aberdeen)

Usha is a licensed counsellor and is the programme chair for HELP's Master in Counselling. She has a decade's experience as a licensed counsellor and as Deputy Manager at the Centre for Psychological and Counselling Services (CPCS) at HELP. Her interests include training and working with young adults, families and couples, and sharing mental health information using a community based platform.



MS GISELLE WONG WENG YAN
Programme Leader of
Bachelor of Psychology
Lecturer
MEd General Educational
Psychology (McGill), BPsych (HELP)

Giselle's research and practice is focused on higher education in areas such as learning design and environments, including well-being. Her expertise encompasses educational technology design and applications. Giselle has a keen interest in cultural-historical and existential-humanistic perspectives, interdisciplinary issues in education. She is generally all-over-the-place curious about the intersections between Psychology + Education + Philosophy.



MS ANUJAH PULANTHIRAN
Programme Leader of
Bachelor of
Psychological Science,
Flinders
Lecturer

**BSc Psych (Upper Iowa-HELP),
MCounselling (HELP)**

Anujah has a background in education management. She now teaches counselling and leadership and has a special interest in mental health, specifically in counselling, marital and family therapy and multigenerational family therapy.



DR EUGENE TEE
Associate Professor
Senior Lecturer
PhD (Queensland)

Dr Tee's research focuses on the impact of emotions in a leadership and organisational context. He has a specific interest in the application of Emotional Intelligence (EQ) in the workplace as well as in the role of emotional contagion in leader-follower interactions.



MS SOO HOO PEI YING
Senior Lecturer
BSocSc (Hons) Psych (UTAR),
MCounselling (USM)

Ms Soo Hoo, a licensed counselor, graduated from Master in Counselling is pursuing a doctorate specialize in the counseling field. She teaches various psychology courses, supervises thesis students, and co-authors publications. Additionally, she conducts mental health workshops, organizes events, and volunteers as a counselor for a non-profit organisation.



DR A PADMASSINI
Senior Lecturer
BPsych Sc (Hons)
(HELP-Flinders),
PsyD (Clinical Neuropsych &
Clinical Psych) (UQ)

Dr Padma completed her clinical training in Neuropsychology and Clinical Psychology in Australia. Her research interests include interventions for anxiety, cognitive rehabilitation and holistic lifestyle changes for overall well-being.



DR JUSTINE THONG JIAN AI
Lecturer
MClinical Psych (HELP),
PhD (Monash)

Dr Justine is a clinical psychologist and a member of the Malaysian Society of Clinical Psychology. She is also interested in the practical applications of psychology in the workplace and has conducted numerous coaching and training programs to that effect. Her research interests include culture, well-being, and resilience.



DR FRANCE SHEEVA MARGARET WEIL
Lecturer
DClinical Psych
(Hertfordshire), MSc War and
Psychiatry (KCL), PGCert

Low-Intensity Cognitive Behavioural Interventions (UCL), BSc Psych (CityU)
Dr Sheeva completed her clinical training at the University of Hertfordshire and worked in public mental healthcare in the UK for several years. Her research interests include sexual trauma and recovery, perinatal mental health and women's health overall. She feels strongly about improving culturally relevant and anti-oppressive mental health access to marginalised communities.



DR HARRY MANLEY
Senior Lecturer
BSc in Psychology
(Manchester), MSc
(Distinction) in Cognitive
Neuroscience (UCL),

PhD in Psychology (Bangor)

Dr Harry Manley research interest concerns (1) metascience, (2) sport psychology, and (3) the psychology of who, how, and why people pursue status.



MR JAMES YEOW
Senior Lecturer
MS Counselling (UPM),
BA Music Therapy
(Western Illinois)

James is the vice president of the Malaysian Society for Music in Medicine (MSMM) and a lifetime member of the Psi Chi International Honor Society in Psychology.



MS LAVANYA SELVARATNAM
Senior Lecturer
MMPsych (HELP),
BSc Biomedical Science (UPM)

Lavanya has a degree in Biomedicine and a Master of Managerial Psychology, and is currently pursuing her PhD in Educational Psychology. She holds a Certificate in Dance Therapy (theory) from the School of Dance Therapy London. With more than 20 years of experience, she has conducted many talks and workshops on therapeutic dance and her passion lies in transforming lives of underprivileged/ marginalised youth through dance.



DR RACHEL WONG MEI MING
Senior Lecturer
BPsych Sc & Bus (Monash
University Malaysia), MSc
(Distinction) in Business Psy
(Heriot-Watt), PhD in Applied Psychology
(University of Nottingham Malaysia)

Rachel Wong graduated from Monash University Malaysia with a Bachelors in Psychological Science and Business before completing her MSc in Business Psychology from Heriot-Watt University Malaysia. Her research focus is on consumer psychology, specifically the consumer decision-making process and ethical consumerism.



DR YAP KAH HUI
Lecturer
BSc Psychology (UniMelb),
BAppSc (Hons) Psychology
(RMIT), MMedSc (Research)
(UniKL), MCLinNeuropsych
(Leiden), PhD (Medicine - Neurology) (UKM)

Dr Yap Kah Hui is a clinical neuropsychologist. His research interests include clinical trials involving neurodegenerative diseases, specifically on the neurocognitive aspect.



MS MARYBETH CHANG CHERN YI
Lecturer
MSc in Mental Health:
Research and Practice
(Nottingham), BSc

Psychology and Cognitive Neuroscience (Hons) (University of Nottingham Malaysia)

Ms Marybeth Chang holds an MSc in Mental Health: Research and Practice and a BSc (Hons) in Psychology and Cognitive Neuroscience, both from the University of Nottingham. Her MSc dissertation focused on the impact of apathy in persons with dementia on their carers. Her research interests encompass the lived experience of mental health from a phenomenological perspective, person-centred care, and the psychosocial aspects of dementia and autism.



MR BOB BRIAN CANGGRA
Lecturer
MA in Psychology (Otago)

Bob completed his MA in Psychology at the University of Otago and has recently been certified as a professional corporate trainer in Indonesia. He previously worked in the student pastoral care sector. His dissertation focused on self-compassion and the well-being of the young adult population in New Zealand. Bob is interested in the concepts of flow and mindfulness.



MS FOO JIET YAN
Lecturer
BSocSc (Hons) Psych
(UTAR), MCLinPsych (UoC)

Jiet Yan graduated with a Master of Clinical Psychology from the University of Cyberjaya. She previously worked with people with different mental health issues, such as depressive disorders, anxiety disorders, and others. Her areas of interest include social media use and mental health.



MS RAJA INTAN ARIFAH BINTI RAJA REZA SHAH
Lecturer
BPsych (First Class Hons)
(HELP), MSc Social, Health
and Organizational
Psychology (Utrecht)

Intan completed her MSc in Social, Health, and Organizational Psychology at Utrecht University, Netherlands, with a specific focus on work and organization. Her interest lies in understanding the functioning and well-being of individuals and teams within the organizational contexts, with her main research interests centred around workplace gossip, job burnout, and Schadenfreude.



MS LAI HO YAN
Lecturer
MSc Cognitive Neuroscience
(Sussex), BPsych (HELP)

Ho Yan is curious about the workings of the human brain and cognition. She obtained her MSc in Cognitive Neuroscience with Distinction from the University of Sussex. Her dissertation was focused on human brain adaptation to colour changes. Ho Yan's main research interests are in colour vision and neuroaesthetics.



MS SANGHAMITRA GUPTA
Lecturer
BA Psychology (Hons.), MA
Clinical Psychology, MPhil in
Clinical Psychology

Sanghamitra is a certified clinical psychologist, licenced by the Rehabilitation Council of India. She completed her education at Amity University and the University of Calcutta, India. Her interest lies in psychotherapy for various mental health diagnoses. She enjoys sharing knowledge and creating awareness about mental health.



MR JEREMIAH LIEW YONG SIN
Lecturer
BPsych (First Class Honours)
(HELP), MCounselling
(HELP)

Jeremiah is a lecturer with a keen interest in counselling, gender studies, and the psychology of love. He is also an LGBTQ-affirming licenced counsellor volunteering in several NGOs. He is passionate about empowering the lives of youths and minority communities through education, counseling, and spirituality.



MS SYDNEÉ LIM
Counsellor and Lecturer
MCounselling (HELP) (KB,
PA), BSc Psych (Canterbury)

Sydneé is a licenced counsellor and lecturer at CAREERsense@HELP. She lectures to undergraduate classes and hopes to provide career guidance to students as well as supervises postgraduate counselling trainees.



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