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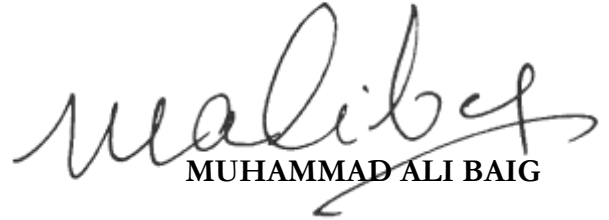
February 18, 2025

SUBJECT: REVISED CURRICULA FOR DEGREE PROGRAMS IN PSYCHOLOGY

The Higher Education Commission (HEC) of Pakistan, as mandated by its law, provides guidance to Higher Education Institutions (HEIs) on curricula for tertiary education levels in alignment with the National Qualifications Framework (NQF). To address evolving academic trends and market demands, HEC has revised the curricular standards for Psychology degree programs at NQF levels 5, 6 and 7. These updated standards are intricately aligned with HEC's Undergraduate Education Policy V 1.1 (2023) and Graduate Education Policy (2023), ensuring coherence with national priorities and adherence to international benchmarks.

2. The revised curricula for Psychology degree programs, incorporating the option of seven (07) specializations with advanced electives, are hereby notified. Universities offering these programs are advised to align their Psychology curricula with these updated standards as a minimum requirement. Additionally, the respective departments must develop course contents in accordance with the prescribed framework, ensuring that the programs address both national and local industry needs. The finalized course contents should be submitted electronically to this office at the earliest. An electronic copy of the revised curricula is available on HEC's official website.

3. With the support of universities in implementing these standards, HEC envisions a future where Pakistani graduates in Psychology lead advancements in psychological research, mental health services, and policy development, driving positive societal change and enhancing individual and community well-being.

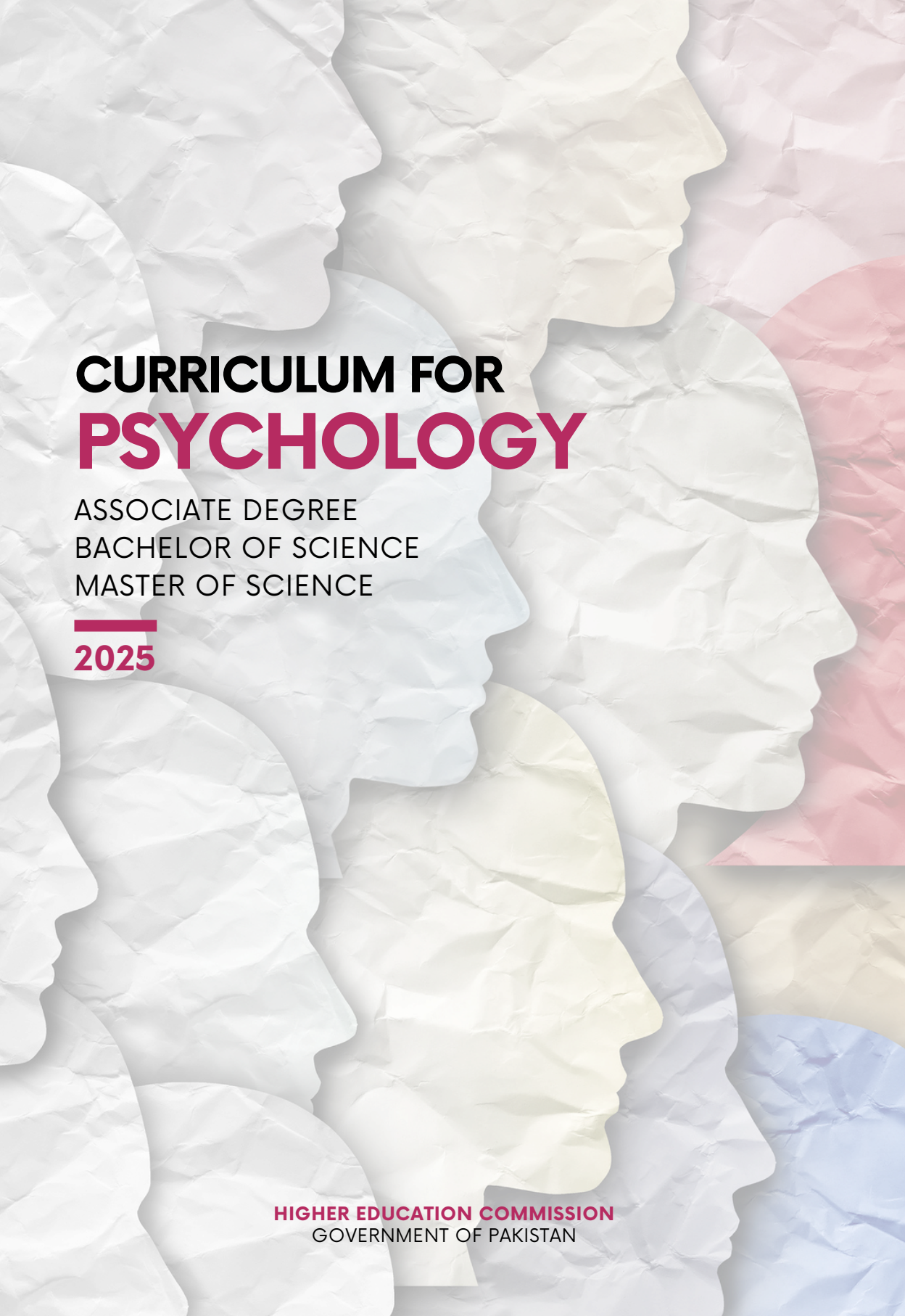

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CURRICULUM FOR PSYCHOLOGY

ASSOCIATE DEGREE
BACHELOR OF SCIENCE
MASTER OF SCIENCE

2025

HIGHER EDUCATION COMMISSION
GOVERNMENT OF PAKISTAN



CURRICULUM FOR
PSYCHOLOGY
DEGREE PROGRAMS

2025

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Preface

The curriculum serves as a comprehensive blueprint for the teaching-learning process that students must navigate to achieve specific academic objectives. This encompasses clearly defined prior learning requirements, program objectives, scheme of studies, and course learning outcomes. As knowledge rapidly evolves and new fields emerge, it is crucial to continually develop and revise curricula to ensure they remain current, relevant, and impactful.

As mandated by its law through Clause 10-1 (a), (l), (s), and (v), the Higher Education Commission (HEC) of Pakistan has been developing and periodically updating curricula through its National Curriculum Revision Committees (NCRCs). These committees are generally composed of subject matter experts, researchers, and representatives from accreditation bodies, professional councils, and industry stakeholders. In response to the evolving needs, HEC has undertaken the task to develop robust standards for the curricula of degree programs in Psychology at levels 5, 6 and 7 of the National Qualifications Framework. These standards are meticulously structured in accordance with the HEC's Undergraduate Education Policy V 1.1 (2023) and Graduate Education Policy (2023), ensuring alignment with both national priorities and international educational standards.

The degree programs in Psychology are designed to equip students with advanced knowledge and practical skills, fostering innovation and research to address the evolving challenges in the field of Psychology. These curricular standards, developed by subject experts from across the country, aim to enhance graduates' competencies, enabling them to contribute effectively to national educational, mental health, and socio-economic needs.

With the support of universities in implementing these standards, HEC envisions a future where Pakistani graduates in Psychology lead advancements in psychological research, mental health services, and policy development, driving positive societal change and enhancing individual and community well-being both nationally and internationally.

Dr. Amjad Hussain

Director General
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Guiding Principles

MINIMUM STANDARDS

The curricular standards and guidelines prescribed in this document are mandatory at minimum level. Universities or the concerned departments may however set higher standards provided that the standards prescribed herein are not reduced or compromised.

COURSE SEQUENCE, TITLES & CREDITS

For Bachelor of Science and Master of Science in Psychology, the sequence of courses prescribed in this document is logically arranged and is suggestive only. The concerned department may rearrange the sequence and alter the course titles and credit hours provided that the essence of the courses prescribed herein remains intact. The concerned department may also add more courses as and when required subject to approval of university's relevant statutory body.

COURSE LEARNING OUTCOMES

Course learning outcomes (CLOs) are the bare minimum standards of learning that students must achieve upon completing a specific course. While these standards must not be compromised, departments are encouraged to enhance the rigor of the CLOs by incorporating additional learning outcomes, provided these do not alter the essence of the prescribed standards. In this document, CLOs are developed for core courses and 2 interdisciplinary courses namely "Data Analysis" and "Academic Writing & Research Methods" for Bachelor of Science, whereas for electives and the remaining 2 interdisciplinary courses, the concerned departments are required to develop their CLOs taking into account the course's advanced nature and relevance to the program. For General Education, the courses as prescribed in the HEC Undergraduate Education Policy V 1.1 including the course of "Pakistan Studies", the departments may adopt the CLOs as prescribed in the HEC developed model courses.

COURSE SYLLABUS

This document serves as a comprehensive guideline delineating the CLOs for each course as prescribed for the Bachelor of Science and Master of Science in Psychology as minimum standards. The concerned department is required to prepare, modify, and tailor the syllabus of each course, ensuring alignment with the stipulated learning outcomes and industry demands. It is in this regard imperative that the concerned department utilizes instructional, reference, and reading materials that it deems appropriate to effectively meet the CLOs.

GENERAL EDUCATION

For Bachelor of Science in Psychology, the courses for General Education component including the course of "Pakistan Studies" must mandatorily be offered with the same titles and credit hours as prescribed in the HEC Undergraduate Education Policy V 1.1. The concerned department may adopt and follow the learning outcomes and study contents developed by HEC for these courses as available on its website. The requirement of General Education is not applicable to Master of Science in Psychology.

REQUIREMENT OF INTERNSHIP

Internship of 3 credit hours is a mandatory degree award requirement for Bachelor of Science

in Psychology. Internship of 6 to 8 weeks (preferably undertaken during semester or summer break) must be graded by a faculty member in collaboration with the supervisor in the field. This requirement cannot be substituted with additional course work, capstone or any project work.

REQUIREMENT OF CAPSTONE

It is a mandatory degree award requirement of 3 credit hours for Bachelor of Science in Psychology. The capstone is a multifaceted body of work that serves as a culminating academic and intellectual experience for students. It must be supervised and graded by a faculty member as per the protocols prescribed by the concerned department. This requirement cannot be substituted with additional course work or internship.

ASSOCIATE DEGREE IN PSYCHOLOGY

The eligibility criteria and the first-four semesters of the Bachelor of Science in Psychology as prescribed in this document guide the admission requirement and the structure of Associate Degree in Psychology, respectively. Field experience / internship is not a mandatory requirement for the Associate Degree in Psychology.

ELECTIVES

- a) In accordance with the **National Qualifications Framework**, the department is required to offer at least 7 electives comprised of 21 credit hours i.e., minimum of 25% of the major i.e., Psychology comprised of 84 credit hours, to meet the criteria of nomenclature with specialization. Where the department increases the range of major beyond 84, the number of electives will accordingly be adjusted.
- b) Where the electives are opted from the general pool of electives, the degree will be awarded as Bachelor of Science in Psychology in its generic form and without any specialization. **Example: Bachelor of Science in Psychology.**
- c) Where the electives are opted from within a single specialization domain, the degree will be offered as Bachelor of Science in Psychology (with name of specialization) in accordance with the National Qualifications Framework (2015). **Example: Bachelor of Science in Psychology (Educational Psychology).**
- d) Subject to approval of the relevant statutory body, the department may develop additional specializations other than those prescribed in this document.
- e) Offering of the degree program with specialization is prescribed here as an option only and not as a mandatory requirement or a binding on the concerned department. The concerned department may consider to offer the degree program with specialization or otherwise, as per available academic, human and infrastructural resources.

EQUIVALENCE OF QUALIFICATIONS

All the graduates having degrees of Bachelor of Science in Psychology with or without specialization will be considered at par in terms of their knowledge, skills and abilities acquired through the course of the degree program, for the purpose of employment and further education. Therefore, all graduates having Bachelor of Science in Psychology with any specialization are considered equivalent to Bachelor of Science in Psychology. However, where specific specialization of Psychology is required by the employing agency such as

Clinical Psychology, the same cannot be considered at par with any other specialization of Psychology such as Forensic Psychology. The titles given here are only examples for clarification.

LABORATORY REQUIREMENTS

Departments offering degree programs in the discipline of Psychology are required to adhere to the industry driven laboratory requirements including testing and experimental laboratory as minimum standards. The concerned must have sufficient laboratories with required equipment, apparatus and allied facilities, for all the courses having credits allocated for lab-work as prescribed in this document. Departments are further expected to enhance the lab standards as and when required and maintain / upgrade the same to ensure quality education and research in the field of Psychology.

ENTRY & EXIT PROVISIONS

Pathway for Graduates with Associate Degree

- a) Students having completed Associate Degree in Psychology or any discipline related to the field of Psychology are allowed admission in the fifth semester of Bachelor of Science in Psychology provided that they complete deficiency courses up-to a maximum of 18 credit hours (if required) as determined by the concerned university / department. In case where the deficiency courses are of more than 18 credit hours, the concerned university may decide not to offer admission in accordance with its screening, admission and merit calculation criteria approved by its statutory bodies.
- b) The minimum eligibility for admission in the fifth semester in this case is 2.00/4.00 CGPA obtained in the prior qualification i.e., Associate Degree. The concerned university may, however, set higher eligibility criteria for admission in the fifth semester of Bachelor of Science in Psychology.

Pathway for Graduates with Conventional BA / BSc / Equivalent Degree Programs

- a) Students having completed two-year conventional BA / BSc / equivalent degree programs are allowed admission in the fifth semester of Bachelor of Science in Psychology in which case, such students shall be required to complete deficiency courses up-to a maximum of 21 credit hours as determined by the concerned university / department. In case where the deficiency courses are of more than 21 credit hours, the concerned university may decide not to offer admission in accordance with its screening, admission and merit calculation criteria approved by its statutory bodies.
- b) The minimum eligibility for admission in the fifth semester in this case is 45% cumulative score obtained in the prior qualification i.e., two-year conventional BSc / equivalent degree programs. The concerned university may however set higher eligibility criteria for admission in the fifth semester of Bachelor of Science in Psychology.

Exiting from Bachelor of Science in Psychology with the Associate Degree

Exit from Bachelor of Science in Psychology with Associate Degree in the same discipline is allowed in accordance with the provisions of HEC Undergraduate Education Policy V 1.1. and only in such circumstances where no other remedy is available to safeguard the academic career of the student.

CURRICULUM FOR
BACHELOR OF SCIENCE (BS)
PSYCHOLOGY

BS Psychology

PROGRAM DESCRIPTION

The Bachelor of Science in Psychology program is structured in accordance with the HEC Undergraduate Education Policy V 1.1 to provide students with a comprehensive and interdisciplinary understanding of human behavior, mental processes, and societal dynamics. Over eight semesters, the curriculum is designed to foster a progressive development of students' theoretical knowledge, analytical skills, and practical competencies, delivering a balanced and robust educational journey. The program emphasizes experiential learning through practical assignments, case studies, research projects, and interactive discussions on contemporary psychological trends, enabling students to connect theoretical concepts to real-world applications. Graduates of the BS Psychology program will be well-prepared for diverse career opportunities in fields such as counseling, clinical psychology, educational psychology, human resource management, health psychology, and research. They will also be equipped to pursue advanced studies in psychology and related interdisciplinary areas, both nationally and internationally.

STANDARD NOMENCLATURE

The scheme of study prescribed for the four-year undergraduate degree in Psychology is based on a total of 7 advanced electives. Where these electives are opted from the general pool, the degree will be awarded as **Bachelor of Science in Psychology** in its generic form and without any specialization. Whereas, if all the electives are opted from within a single specialization domain, the degree will be offered as **Bachelor of Science in Psychology with name of specialization in parenthesis** in accordance with the National Qualifications Framework (2015).

PROGRAM LEARNING OUTCOMES

By the completion of Bachelor of Science in Psychology, the graduates will be able to:

- a) Demonstrate a comprehensive understanding of fundamental and advanced concepts in the field of psychology to address contemporary psychological issues in diverse cultural and societal contexts.
- b) Apply theoretical frameworks and practical knowledge of psychology to real-world scenarios, effectively addressing challenges related to mental health, well-being, human behavior and organizational dynamics across various professional settings.
- c) Communicate psychological insights and evidence-based solutions with clarity and ethical considerations, showcasing the ability to contribute to research, psychological initiatives and interdisciplinary collaborations.

ELIGIBILITY & ADMISSION CRITERIA

Higher Secondary School Certificate (involving 12 years of schooling) or an IBCC equivalent qualification in any group is the basic eligibility requirement for admission in the Bachelor of Science in Psychology. The concerned university may set minimum eligibility scores and may conduct entry / admission test through its own testing body or an external testing services provider of repute as per the screening, admission and merit calculation criteria approved by its statutory bodies.

PROGRAM STRUCTURE

The Bachelor of Science in Psychology is structured in accordance with the provisions of the HEC Undergraduate Education Policy V 1.1. and comprises of minimum 134 credit hours (including supervised internship and capstone) spread over 8 regular semesters. Universities may offer courses up-to maximum of 144 credit hours provided that the total number of credit hours are reasonably set to achieve the Program Learning Objectives (PLOs) without putting undue burden on students. Summary of the program including the model scheme of study is given below.

Minimum Credit Hours	134
General Education	32 credit hours (13 courses)
Discipline Related Courses / Major	84 credit hours (28 courses)
Interdisciplinary / Allied Courses	12 credit hours (4 courses)
Internship	3 credit hours
Capstone	3 credit hours
Program Duration	Minimum: 4 years (8 regular semesters) Maximum: 6 years (12 regular semesters) The maximum limit is further extendable in accordance with HEC semester rules
Semester Duration	16-18 weeks for regular semesters (1-2 weeks for examination) 8-9 weeks for summer semesters (1 week for examination)
Course Load (per semester)	15-18 credit hours for regular semesters Up-to 8 credit hours for summer semesters (for remedial/deficiency/failure/repetition courses only)
3 Credit Hours (Theory)	3 classes (1 hour each) OR 2 classes (1.5 hour each) OR 1 class (3 hours) per week throughout the semester
1 Credit Hours (Lab / Field Work)	1 credit hour in laboratory or practical work / project requires lab contact of 3 hours per week throughout the semester

SEMESTER 1			
S.N.	Course	Credit Hours	Category
1	Introduction to Psychology	3 (3-0)	Major
2	Schools & Perspectives in Psychology	3 (3-0)	Major
3	Quantitative Reasoning – I *	3 (3-0)	General Education
4	Natural Science **	3 (2-1)	General Education
5	Functional English *	3 (3-0)	General Education
6	Applications of ICT *	3 (2-1)	General Education
TOTAL CREDIT HOURS: 18			

SEMESTER 2			
S.N.	Course	Credit Hours	Category
1	Behavioral Neuroscience	3 (3-0)	Major
2	Experimental Psychology	3 (2-1)	Major
3	Theories of Personality	3 (3-0)	Major
4	Quantitative Reasoning – II *	3 (3-0)	General Education
5	Expository Writing *	3 (3-0)	General Education
6	Pakistan Studies *	2 (2-0)	General Education
TOTAL CREDIT HOURS: 17			

SEMESTER 3			
S.N.	Course	Credit Hours	Category
1	Social Psychology	3 (3-0)	Major

2	Cognitive Psychology	3 (3-0)	Major
3	Industrial & Organizational Psychology	3 (3-0)	Major
4	Ethics in Psychology	3 (3-0)	Major
5	Arts & Humanities ***	2 (2-0)	General Education
6	Islamic Studies * (Ethics for non-Muslim students)	2 (2-0)	General Education
7	Ideology & Constitution of Pakistan *	2 (2-0)	General Education
TOTAL CREDIT HOURS: 18			

SEMESTER 4			
S.N.	Course	Credit Hours	Category
1	Psychological Testing	3 (3-0)	Major
2	Developmental Psychology	3 (3-0)	Major
3	Psychopathology	3 (3-0)	Major
4	Environmental Psychology	3 (3-0)	Major
5	Social Science ****	2 (2-0)	General Education
6	Entrepreneurship *	2 (2-0)	General Education
7	Civics & Community Engagement *	2 (2-0)	General Education
TOTAL CREDIT HOURS: 18			

SEMESTER 5			
S.N.	Course	Credit Hours	Category
1	Cross-Cultural Psychology	3 (3-0)	Major
2	Psychology of Gender	3 (3-0)	Major

3	Sports Psychology	3 (3-0)	Major
4	Clinical Psychology	3 (2-1)	Major
5	Interdisciplinary Course – I ***** (Data Analysis)	3 (2-1)	Interdisciplinary (Mandatory)
TOTAL CREDIT HOURS: 15			

SEMESTER 6			
S.N.	Course	Credit Hours	Category
1	Positive Psychology	3 (3-0)	Major
2	Counseling Psychology	3 (2-1)	Major
3	Elective – I *****	3	Major
4	Elective – II *****	3	Major
5	Interdisciplinary Course – II ***** (Academic Writing & Research Methods)	3 (3-0)	Interdisciplinary (Mandatory)
TOTAL CREDIT HOURS: 15			

SEMESTER 7			
S.N.	Course	Credit Hours	Category
1	Forensic Psychology	3 (3-0)	Major
2	Elective – III *****	3	Major
3	Elective – IV *****	3	Major
4	Interdisciplinary Course – IV *****	3	Interdisciplinary
5	Interdisciplinary Course – V *****	3	Interdisciplinary
TOTAL CREDIT HOURS: 15			

SEMESTER 8			
S.N.	Course	Credit Hours	Category
1	Psychology & Emerging Technologies	3 (3-0)	Major
2	Elective – V *****	3	Major
3	Elective – VI *****	3	Major
4	Elective – VII *****	3	Major
5	Capstone	3	Capstone
TOTAL CREDIT HOURS: 15			

* HEC designed model courses for **general education** may be adopted by the university.

** The university / department may offer any course in the broader category of “**Natural Sciences**” which should have relevance to the purpose of the degree program.

*** The university / offering department may offer any course in the broader category of “**Arts and Humanities**” including but not limited to a course of regional or international language such as Chinese, Arabic, French, Spanish etc. or any other course such as Philosophy, History etc.

**** The university / department may offer any course in the broader category of “**Social Sciences**” including but not limited to a course of Economics, Anthropology, Education, International Relations etc.

***** Except for the two mandatory interdisciplinary courses namely, “Data Analysis” and “Academic Writing & Research Methods”, the university / department may offer the remaining 2 interdisciplinary courses from the recommended list provided in this document or any other similar course to enhance the interdisciplinary understanding of the students. **Credit combination** (reflecting balance of theory and lab / field work) may be arranged in accordance with the nature of the course.

***** Read in conjunction with guidance given on “**Standard Nomenclature**”, the university / department may offer any 7 courses from either the general pool of electives or from within one of the specializations keeping in view availability of academic, human and infrastructural resources. **Credit combination** (reflecting balance of theory and lab / field work) may be arranged in accordance with the nature of the course.

LIST OF INTERDISCIPLINARY COURSES

Students may opt interdisciplinary courses from the following list where required in the scheme of studies for Bachelor of Science in Psychology, from other departments to complement their holistic understanding of the major, provided that the same is allowed by the concerned department. The list provided here is a recommended one only and the offering

department may add more courses as and when needed.

- a) Conflict Studies & Peacebuilding
- b) Human Rights & Social Justice
- c) Introduction to Anthropology
- d) Introduction to Cultural Anthropology
- e) Introduction to Cultural Studies
- f) Introduction to Development Studies
- g) Introduction to Digital Cultures
- h) Introduction to Economics
- i) Introduction to Environmental Studies
- j) Introduction to Gender Studies
- k) Introduction to Geography
- l) Introduction to Global History
- m) Introduction to Human Geography
- n) Introduction to Media Psychology
- o) Introduction to Philosophy
- p) Introduction to Social Work
- q) Introduction to Sociology
- r) Population Studies
- s) Sustainable Development
- t) Technology & Society

DEGREE AWARD REQUIREMENTS

The following minimum requirements are prescribed for award of Bachelor of Science in Psychology:

- a) All courses in the General Education category with titles and credit hours as prescribed in the HEC Undergraduate Education Policy V 1.1. including the course of “Pakistan Studies” must be completed.
- b) Minimum of 134 credit hours as prescribed in this document must be completed.
- c) Capstone of 3 credit hours must be completed in accordance with HEC Undergraduate Education Policy V 1.1. This requirement cannot be substituted with additional coursework or internship. Internship is already included in the minimum 134 credit hours prescribed for the degree program.
- e) Internship of 3 credit hours must be completed in accordance with HEC Undergraduate Education Policy V 1.1. This requirement cannot be substituted with additional coursework, capstone, research or project work. Capstone is already included in the minimum 134 credit hours prescribed for the degree program.
- f) CGPA must not be below 2.00/4.00 at the time of completion of the degree program. The university may however set higher standard in this regard.
- g) The minimum duration to complete the degree program is 8 regular semesters and the maximum duration is 12 regular semesters. The maximum duration may further be extended in accordance with HEC semester guidelines. Summer semester is not considered as a regular semester.

MAJOR SPECIALIZATIONS
BACHELOR OF SCIENCE (BS)
PSYCHOLOGY

Specializations (BS)

MAJOR SPECIALIZATIONS FOR BS PSYCHOLOGY

Following are a few **example specialization streams** in case where the Bachelor of Science in Psychology is offered with specialization. Subject to approval of the relevant statutory body, the department may develop additional specializations other than those prescribed below. The concerned department may consider to offer the degree program with specialization or otherwise, keeping in view availability of academic, human and infrastructural resources.

Specialization 1: Clinical Psychology

Below is the recommended list of courses within the given specialization. The concerned department may offer courses from the following list or any other course as elective(s) relevant to the given specialization keeping in view its available academic, human and infrastructural resources.

- a) Adult Psychopathology
- b) Child Psychopathology
- c) Clinical Assessment & Diagnosis
- d) Clinical Supervision & Consultation
- e) Crisis Intervention & Management
- f) Ethical Issues in Clinical Practice
- g) Psychoanalysis & Psychodynamic Approaches
- h) Psychological Interventions & Therapies
- i) Psychopharmacology in Clinical Practice
- j) Substance Use Disorders & Management

Specialization 2: Cognitive Neuroscience

Below is the recommended list of courses within the given specialization. The concerned department may offer courses from the following list or any other course as elective(s) relevant to the given specialization keeping in view its available academic, human and infrastructural resources.

- a) Cognitive Development & Aging
- b) Language Processing & Brain
- c) Memory & Emotions
- d) Neuroimaging in Cognitive Science
- e) Neuroplasticity
- f) Neuropsychological Assessment
- g) Neuroscience & Executive Functions
- h) Neuroscience & Psychopathology
- i) Perception & Attention
- j) Social Cognition & Brain

Specialization 3: Developmental Psychology

Below is the recommended list of courses within the given specialization. The concerned department may offer courses from the following list or any other course as elective(s) relevant to the given specialization keeping in view its available academic, human and infrastructural resources.

- a) Aging & Geriatric Psychology
- b) Cognitive Development in Children
- c) Cultural Influences on Development
- d) Developmental Assessment & Intervention
- e) Family Dynamics & Child Development
- f) Gender Development in Children & Adolescents
- g) Language Acquisition & Development
- h) Lifespan Development
- i) Lifespan Health & Mental Health
- j) Social & Emotional Development in Childhood

Specialization 4: Educational Psychology

Below is the recommended list of courses within the given specialization. The concerned department may offer courses from the following list or any other course as elective(s) relevant to the given specialization keeping in view its available academic, human and infrastructural resources.

- a) Behavioral Interventions in Educational Settings
- b) Education in Socio-cultural Contexts
- c) Educational Leadership & Psychology
- d) Educational Psychology in Digital World
- e) Guidance & Counseling in Educational Settings
- f) Inclusive Education & Diversity
- g) Learning Theories & Instruction
- h) Psychological Assessment in Education
- i) Special Needs Advocacy
- j) Teacher-Student Relationships & Classroom Management

Specialization 5: Forensic Psychology

Below is the recommended list of courses within the given specialization. The concerned department may offer courses from the following list or any other course as elective(s) relevant to the given specialization keeping in view its available academic, human and infrastructural resources.

- a) Correctional Psychology
- b) Criminal Profiling & Crime Linkage
- c) Ethics in Forensic Psychology
- d) Forensic Assessment & Evaluation
- e) Interpersonal Violence
- f) Juvenile Delinquency & Rehabilitation

- g) Police Psychology
- h) Terrorism and War
- i) Theoretical Perspectives in Crime
- j) Theories of Crime

Specialization 6: Health Psychology

Below is the recommended list of courses within the given specialization. The concerned department may offer courses from the following list or any other course as elective(s) relevant to the given specialization keeping in view its available academic, human and infrastructural resources.

- a) Behavioral Medicine
- b) Chorionic illness & Pain Management
- c) Community, Culture & Public Health
- d) Health Behavior Change Models
- e) Health Promotion & Prevention
- f) Healthcare Systems & Sustainability
- g) Lifestyle Medicine
- h) Mental Health in Healthcare Settings
- i) Nutrition & Mental Health
- j) Psychological Interventions for Health Conditions

Specialization 7: Industrial & Organizational Psychology

Below is the recommended list of courses within the given specialization. The concerned department may offer courses from the following list or any other course as elective(s) relevant to the given specialization keeping in view its available academic, human and infrastructural resources.

- a) Career Development & Training
- b) Conflict Management in Organization
- c) Consumer & Marketing Psychology
- d) Diversity & Inclusion at Workplace
- e) Ethical Issues in Organizational Setting
- f) Human Resource Management
- g) Leadership in Organizations
- h) Occupational Health & Safety
- i) Organizational Behavior & Work Motivation
- j) Organizational Culture & Climate

**CURRICULUM FOR
MASTER OF SCIENCE (MS)
PSYCHOLOGY**

MS Psychology

PROGRAM DESCRIPTION

The Master of Science in Psychology is structured in alignment with the HEC Graduate Education Policy 2023 to provide students with an advanced and comprehensive understanding of psychological theories, research methodologies, and professional practices. Spanning three semesters, the program offers a blend of core courses and advanced electives that allow specialization in different areas of Psychology. During the course of study, the students will be engaged in rigorous academic training, including a significant focus on independent research culminating in a thesis. Advanced training in qualitative and quantitative research methods prepares students to design, execute, and critically evaluate studies addressing pressing psychological issues. Graduates of the MS Psychology program will be prepared for careers in academia, research institutions, clinical settings, corporate organizations, policy-making, and other fields requiring expertise in psychology, to become leaders and innovators in addressing contemporary psychological challenges and contributing to societal well-being.

STANDARD NOMENCLATURE

To ensure uniformity, the standard nomenclature for all NQF level 7 qualifications in the field of Psychology will either be without name of the specialization as **“Master of Science in Psychology”** or with name of the specialization such as the following:

- “Master of Science in Clinical Psychology”
- “Master of Science in Cognitive Psychology”
- “Master of Science in Developmental Psychology”
- “Master of Science in Educational Psychology”
- “Master of Science in Forensic Psychology”
- “Master of Science in Health Psychology”
- “Master of Science in Industrial & Organizational Psychology”

Note:

- a) The nomenclature of degree **“Master of Science”** may be substituted with **“Master of Philosophy”** as may be determined and approved by the relevant statutory body of the university, keeping all other standards and requirements intact.
- b) The above specializations are given as examples only and the concerned university may offer NQF level 7 qualifications in Psychology in any of above or other specializations keeping in view the available academic, human and infrastructural resources and subject to provisions of the HEC Graduate Education Policy (2023).

ELIGIBILITY & ADMISSION CRITERIA

- a) An undergraduate degree (involving 16 years of education) in Psychology or any of its specialized areas is the basic eligibility requirement for admission in the Master of Science in Psychology or in any of its specialized area.

- b) In addition to the basic eligibility, the concerned university is further required to conduct a rigorous admission test as an eligibility condition for admission to the program, with a passing score of 50% **(OR)** accept the GRE / HAT General / equivalent tests, with a passing score of 50%. The concerned university may also set minimum eligibility scores (above 50%) as per the screening, admission and merit calculation criteria approved by its statutory bodies.

PROGRAM LEARNING OUTCOMES

By the completion of Master of Science in Psychology, the graduates will be able to:

- a) Demonstrate advanced understanding of psychological theories, concepts, and methodologies, integrating interdisciplinary perspectives to analyze and address psychological phenomena across diverse contexts.
- b) Apply advanced research methods and analytical tools to critically evaluate psychological issues, design innovative interventions, and contribute evidence-based solutions to challenges in the field of psychology.
- c) Conduct independent, original research in psychology, engaging critically with existing literature and employing robust methodologies to generate insights that advance academic knowledge and professional practice.
- d) Communicate psychological concepts, research findings, and applications effectively, both orally and in writing, to academic, professional, and public audiences, demonstrating clarity, rigor, and cultural sensitivity.

PROGRAM STRUCTURE

All NQF level 7 qualifications in Psychology without specializations and with the nomenclature of **"Master of Science in Psychology"** or **"Master of Philosophy in Psychology"** (as the case may be) must be structured with the following 4 mandatory components, provided that the minimum credit hours for the program must be 36.

- a) 2 core courses, each of 3 credit hours.
- b) 6 electives, each of 3 credits hours, irrespective of the area of specialization.
- c) 3 supervised internships, each of 2 credit hours (96 field hours x 3), in any field of Psychology.
- d) Thesis of 6 credit hours.

All NQF level 7 qualifications in **Psychology with specialization** must be structured with the following 4 mandatory components, provided that the minimum credit hours for the program must be 36.

- a) 2 core courses, each of 3 credit hours.
- b) 6 electives, each of 3 credits hours, specific to the area of specialization.
- c) 3 supervised internships, each of 2 credit hours (96 field hours x 3), specific to the area of specialization.
- d) Thesis of 6 credit hours.

The program is designed in accordance with the HEC Graduate Education Policy (2023). Summary of the program including the model scheme of study on the next page.

Minimum Credit Hours	36
Minimum Coursework Requirement	24 credit hours (8 courses)
Supervised Internship	6 credit hours (3 supervised internships)
Thesis Requirement (mandatory)	6 credit hours
Program Duration	Minimum: 1.5 Years (3 regular semesters) Maximum: 4 Years (8 regular semesters) Note: In case a student is unable to secure an MS within the prescribed timeframe and claims for extension in duration, the university may constitute appropriate authority and determine the causes of delay. In the event of force majeure (i.e., delay on account of circumstance beyond the control of student), the university may grant an extension in the period of award of MS degree in accordance with the duration limiting factor(s) and shall also take corrective measures in case the delay is caused by process or administrative reasons.
Semester Duration	16-18 weeks for regular semesters (1-2 weeks for examination) 8-9 weeks for summer semesters (1 week for examination)
Course Load (per semester)	9-12 credit hours for regular semesters Up-to 8 credit hours for summer semesters (for remedial / deficiency / failure / repetition courses only)
3 Credit Hours (Theory)	3 classes (1 hour each) OR 2 classes (1.5 hour each) OR 1 class (3 hours) per week throughout the semester
1 Credit Hours (Lab / Field Work)	1 credit hour in laboratory or practical work requires lab / field contact of 3 hours per week throughout the semester

SEMESTER 1			
S.N.	Course	Credit Hours	Category
1	Advanced Theories of Psychology *	3 (3-0)	Core
2	Elective – I **	3	Elective
3	Elective – II **	3	Elective
4	Elective – III **	3	Elective
TOTAL CREDIT HOURS: 12			

SEMESTER 2			
S.N.	Course	Credit Hours	Category
1	Advanced Research Methods in Psychology *	3 (3-0)	Core
2	Elective – IV **	3	Elective
3	Elective – V **	3	Elective
4	Elective – VI **	3	Elective
TOTAL CREDIT HOURS: 12			

SEMESTER 3			
S.N.	Course	Credit Hours	Category
	Thesis ***	6	Research
TOTAL CREDIT HOURS: 6			

* These are the **mandatory courses** for the program.

** The university / concerned department may offer any advanced course in the field of Psychology as an **elective**, where required as per the available academic, human and infrastructural resources. **Credit combination** (reflecting balance of theory and lab / field work) must be arranged in accordance with the nature of the course.

- *** Research work for **thesis** must be conducted by students individually in accordance with the university's policy as approved through its statutory bodies provided that the same is in accordance with the HEC Graduate Education Policy (2023).

Note:

In addition to course work and thesis, the students must also complete 3 **supervised internships**, each of 2 credit hours (96 field hours x 3 = 288 field hours), irrespective of the area of specialization in case of Master of Science in Psychology (without specialization) and specific to the area of specialization in case of a specialized Master of Science in Psychology. Academic and operational protocols (including assessment) in this regard must be determined by the concerned department subject to approval of the same by the university's relevant statutory body.

DEGREE AWARD REQUIREMENTS

The following minimum requirements are prescribed for award of Master of Science in Psychology:

- a) Minimum of 24 credit hours including 6 credit hours for core courses and 18 credit hours for elective courses as prescribed in this document must be completed.
- b) 3 supervised internships, each of 2 credit hours as prescribed in this document must be completed.
- c) In addition to coursework of 24 credit hours and 3 supervised internships, thesis of minimum 6 credit hours must also be completed individually as a mandatory requirement of the degree program. Requirement of thesis cannot be substituted with additional course work or internship.
- d) CGPA must not be below 2.50/4.00 at the time of completion of the degree program. The university may however set higher standard in this regard.
The minimum duration required to complete the degree is 3 regular semesters which may be extended up to maximum of 8 semesters. Summer / winter semester is not considered as a regular semester.

COURSE LEARNING OUTCOMES FOR BS & MS PSYCHOLOGY

Arranged in Alphabetical Order

Course Learning Outcomes

(Arranged in Alphabetical Order)

ACADEMIC WRITING & RESEARCH METHODS

By the end of this course, students will be able to:

- Develop skills to write coherent and structured academic papers in psychology.
- Apply qualitative and quantitative research methodologies to psychological inquiries.
- Critically evaluate academic sources and integrate research findings into writing.

ADVANCED RESEARCH METHODS IN PSYCHOLOGY

By the end of this course, students will be able to:

- Design and conduct sophisticated research studies using advanced quantitative, qualitative, and mixed-method approaches.
- Analyze psychological data using advanced statistical techniques and interpret the results in a meaningful way.
- Critically evaluate existing psychological research and identify research gaps.

ADVANCED THEORIES OF PSYCHOLOGY

By the end of this course, students will be able to:

- Analyze and compare foundational and contemporary psychological theories.
- Apply advanced theoretical models to explain psychological phenomena in diverse real-world contexts.
- Critically evaluate the evolution of psychological theories and perspectives and their implications for contemporary research and practice.

BEHAVIORAL NEUROSCIENCE

By the end of this course, the students will be able to:

- Understand the structure and functions of the nervous system in regulating behavior.
- Analyze the role of neural processes in cognition, emotion, and motor activities.
- Evaluate contemporary research in neuroscience and its implications for psychology.

CLINICAL PSYCHOLOGY

By the end of this course, the students will be able to:

- Understand the therapeutic process and identify psychological disorders
- Identify intervention techniques and learn treatment strategies.
- Evaluate evidence-based practices in clinical psychology.

COGNITIVE PSYCHOLOGY

By the end of this course, the students will be able to:

- Understand mental processes such as perception, memory, and problem-solving.
- Analyze theoretical models and empirical research in cognitive psychology.
- Relate cognitive principles to real-world challenges.

COUNSELING PSYCHOLOGY

By the end of this course, the students will be able to:

- Demonstrate knowledge of counseling techniques and approaches.
- Apply counseling skills to promote personal and psychological growth.
- Evaluate the ethical considerations in counseling practice.

CROSS-CULTURAL PSYCHOLOGY

By the end of this course, the students will be able to:

- Understand cultural influences on Human behavior.
- Analyze cross-cultural differences in psychological processes.
- Evaluate psychological practices in multicultural contexts.

DATA ANALYSIS

By the end of this course, the students will be able to:

- Perform data analysis using statistical software and techniques.
- Interpret the results of psychological research studies.
- Effectively present and discuss research findings in psychological context.

DEVELOPMENTAL PSYCHOLOGY

By the end of this course, the students will be able to:

- Understand the stages and theories of human development.
- Analyze the role of genetics, environment, and culture in development.
- Apply developmental principles to case studies and practical scenarios.

ENVIRONMENTAL PSYCHOLOGY

By the end of this course, the students will be able to:

- Understand the relationship between human-environment interaction.
- Analyze the psychological impact of urbanization, noise and pollution.
- Apply principles to design sustainable and human-friendly environments.

ETHICS IN PSYCHOLOGY

By the end of this course, the students will be able to:

- Understand ethical standards and dilemmas in psychological research and practice.
- Apply ethical principles and frameworks to resolve ethical dilemmas.
- Evaluate the impact of ethical practices on societal trust in psychology.

EXPERIMENTAL PSYCHOLOGY

By the end of this course, the students will be able to:

- Learn and conduct experiments using appropriate methodologies.
- Analyze experimental data to draw scientific conclusions.
- Evaluate experimental findings within the context of psychological theories.

FORENSIC PSYCHOLOGY

By the end of this course, the students will be able to:

- Understand the application of psychology in legal and criminal contexts.
- Analyze psychological factors influencing criminal behavior.
- Evaluate the role of psychological assessments in legal proceedings.

INDUSTRIAL & ORGANIZATIONAL PSYCHOLOGY

By the end of this course, the students will be able to:

- Apply psychological principles to improve workplace productivity and morale.
- Evaluate methods for employee selection, training, and development.
- Analyze leadership and motivation theories in organizational settings.

INTRODUCTION TO PSYCHOLOGY

By the end of this course, the students will be able to:

- Understand foundational concepts and subfields of psychology.
- Analyze basic psychological concepts and their real-world applications.
- Evaluate the scientific basis of psychological principles.

POSITIVE PSYCHOLOGY

By the end of this course, the students will be able to:

- Understand the principles of happiness, well-being, and human flourishing.
- Analyze strategies to promote resilience and positive emotions.
- Apply positive psychology interventions in various settings.

PSYCHOLOGICAL TESTING

By the end of this course, the students will be able to:

- Develop knowledge of test construction.
- Describe standardization process in psychological testing.
- Apply psychological tests.

PSYCHOLOGY & EMERGING TECHNOLOGIES

By the end of this course, the students will be able to:

- Understand the psychological implications of technological advancements.
- Analyze the impact of emerging technologies such as artificial intelligence and virtual reality on behavior.
- Evaluate ethical concerns related to technology use in psychology.

PSYCHOLOGY OF GENDER

By the end of this course, the students will be able to:

- Understand the psychological aspects of gender identity and roles.
- Analyze cultural and social influences on gender development.
- Evaluate the impact of gender on mental health and behavior.

PSYCHOPATHOLOGY

By the end of this course, the students will be able to:

- Understand common mental health disorders.
- Discuss the etiology and symptomatology of psychopathology.
- Formulate the case conceptualization and diagnosis.

SCHOOLS & PERSPECTIVES IN PSYCHOLOGY

By the end of this course, the students will be able to:

- Understand major psychological schools and their contributions.
- Analyze foundational and contemporary perspectives.
- Apply various psychological perspectives.

SOCIAL PSYCHOLOGY

By the end of this course, the students will be able to:

- Understand the principles of social influence, attitudes, and group dynamics.
- Analyze social behaviors in various cultural and situational contexts.
- Evaluate research findings to explain real-world social phenomena.

SPORTS PSYCHOLOGY

By the end of this course, the students will be able to:

- Understand psychological principles related to sports performance and motivation.
- Apply strategies to enhance resilience and team dynamics in sports.
- Evaluate the impact of psychological interventions on athlete performance.

THEORIES OF PERSONALITY

By the end of this course, the students will be able to:

- Understand major personality theories.
- Analyze how personality influences behavior and mental health.
- Evaluate the application of personality theories.

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