



WOMEN UNIVERSITY SWABI

KHYBER PAKHTUNKHWA-PAKISTAN

Department of Psychology





Vice Chancellor's Message

Welcome to Women University Swabi, a university that is committed to empower women through higher education and provide them opportunities to work in a wide array of settings such as education, business, industry, health, and social services sectors.

To me, the job of a university is not only to produce degree holders and commercially marketable human resources, but I believe it is more than that. Universities are required to produce loyal, honest and enlightened human beings who can empathetically understand the needs of society, reverentially work in both national and international community, and take better care of the future generations.

PROF. DR. SHAHANA UROOJ KAZMI
WOMEN UNIVERSITY SWABI
KHYBER PAKHTUNKHWA-PAKISTAN

Department of Psychology

Vision

The aim of psychology department is to excel nationally in its undergraduate and graduate programs, besides providing environment in which professional and academic skills of students and faculty members flourish.

Mission

The mission of the psychology department is to provide quality education, proficiency in research methods and to enable students to apply this knowledge and skills in their professional and personal lives.

BS Psychology

About Us

Momentum for development of Psychology at the Women University Swabi can be traced to the establishment of the Department of Psychology in year 2013. In the discipline of Psychology, faculty members are involved in the acquisition, representation, modeling, integration, interpretation, and transformation of psychological data & methodologies. The department aims to produce knowledgeable, self-aware, thoughtful, responsible and well-adjusted individuals who are responsive to the needs of rapidly changing social world. To achieve these objectives, the Department of Psychology endeavors to enhance the understanding of students about social, environmental and cultural factors relevant to mental health and also to enable them apply this knowledge in their own lives and in the society at large for better adjustment and learning. The Department of Psychology was set up to develop a comprehensive training program for professional Psychologists in the country and expand the role of Psychology to deal with a wide range of problems of the individual as well as the community at large. Department endeavors to raise the standard of training of Psychologists in different fields of the subject on national and international levels, enhance the standing of Psychology as an independent professional discipline, to meet the growing needs and changing demands of the society, and direct research towards developing an empirical knowledge base of indigenous Psychology in Pakistan.

We emphasize to our students to focus on the assets and coping abilities of the people with whom they work rather than focusing on deficits. Additionally, we encourage the promotion of preventative services, which maximize individual functioning. Our programs are grounded in a systematic eclectic philosophical orientation, which includes: systemic theory; social constructionist; social learning theory; and person-centered approaches.

We value respect for the social foundations and cultural diversity of others and promote opportunities for students to learn how others construct their world.

Job Opportunities in Psychology

For pursuing a professional career in the field of psychology may include clinical psychologist, educational psychologist, counsellors, therapists, forensic psychologists, industrial/organizational psychologist, sports psychologists, health psychologists, occupational psychologists, and cognitive neuropsychologist.

Settings where psychologist can serve may involve hospital's psychiatric department, clinical set-up, rehabilitation centre, research centre, counselling centre, mainstream schools, and special school as a counsellors, clinical and educational psychologists.

Clinical psychologists deal with a wide range of mental and physical health problems including addiction, anxiety, depression, learning difficulties and relationship issues. Clinical psychology aims to reduce psychological distress and to enhance the promotion of psychological wellbeing. They may undertake a clinical assessment to investigate a clients' situation. There are a variety of methods available including psychometric tests, interviews and direct observation of behavior. Assessment may lead to advice, counselling or therapy.

Counselling psychologists deal with a wide range of mental health problems concerning life issues including bereavement, domestic violence, sexual abuse, traumas and relationship issues. They understand diagnosis and the medical context to mental health problems and work with the individual's unique subjective psychological experience to empower their recovery and alleviate distress. Forensic psychology is concerned with the psychological aspects of legal processes in courts.

Educational psychologists tackle challenges such as learning difficulties, social and emotional problems, issues around disability as well as more complex developmental disorders in children and adolescents.

Academia, teaching and research psychologist are the domains where psychologist can serve. Research in psychology requires the application of skills and knowledge to scientifically hypothesis about an aspect of human behavior, then to test it, analyze it and communicate the results.

Why to Choose Psychology as a Career

Develop subject-specific knowledge: by studying psychology and gaining subject-specific knowledge, you will receive an insider perspective of the mind, brain and human behavior. You will learn about a wide range of topics that all help you develop a detailed understanding of human behavior.

Understand yourself: having an understanding of the own personality and an insight into the own behavior can offer a unique perspective to a workplace, project or role. Using the knowledge gained throughout your studies to recognize and acknowledge the underlying reasons and theories of these traits can allow you to work more successfully in different environments.

Understand others better: should you consider a career in people management and human resources, skills like conflict management, collaboration and leadership are required. These skills are also very desirable to employers and managers, and an employee capable of managing a team effectively while also fostering better workplace relationships is often valued highly.

If you've ever dreamed of making a real difference in other people's lives, earning a psychology degree can be an effective way to achieve that goal. Psychologists, counselors, therapists, and community services workers devote their time and energy to helping people overcome adversity, increase their well-being, and realize their full potential. While this type of work can be emotionally demanding and stressful at times, it can also be very fulfilling.

BS (4 Years)

Bachelor of Science
in Psychology

(4 Years)
8 Semesters

Total Credit Hours 134

Eligibility Criteria

At least 45% marks in Intermediate in Aggregate

Scheme of Studies BS Psychology

Course Title	Categories	Course Code	Credit Hours
Semester 1			
English Grammar and Composition	Compulsory	Eng-Comp-3101	3 (3,0)
Pakistan Studies	Compulsory	PakS-Comp-3101	2 (2,0)
Practicum-I	Foundation	Psy-Fnd-3101	2 (0,2)
Introduction to Sociology	General	SW-Gen-3101	3 (3,0)
Introduction to Statistics	Compulsory	Stat-Comp-3101	3 (3,0)
Introduction to Psychology	Foundation	Psy-Fnd-3103	3 (3,0)
Semester 2			
Basic Composition Skills	Compulsory	Eng-Comp-3204	3 (3,0)
Islamic Studies	Compulsory	IslS-Comp-3201	2 (2,0)
Introduction to Computers	Compulsory	CS-Comp-3104	3 (3,0)
Society And Social Institutions	General	SW-Gen-4103	3 (3,0)
Introduction to Social Work and Social Welfare	General	SW-Gen-3101	2 (2,0)
Practicum-II	Foundation	Psy-Fnd-3201	3 (0,3)
Semester 3			
Technical Report Writing	Compulsory	Eng-Comp-4107	3 (3,0)
Biology	Compulsory	Zool-Gen-3105	3 (3,0)
Introduction to Mass Communication	General	JMC-Gen-5102	2 (2,0)
Principles of Law	General	Law-Gen-3101	3 (3,0)
Experimental Psychology	Foundation	Psy-Fnd-4101	3 (3,0)
Developmental Psychology	Clinical Psychology	Psy-CPs-4101	3 (3,0)

Semester 4			
Advanced Academic Reading and Writing	Compulsory	Eng-Comp-4210	2(2,0)
Introduction to Art	General	AD-Gen-3101	3 (3,0)
Introduction to Management	General	MS-Gen-3101	3 (3,0)
Ethical Issues in Psychology	Foundation	Psy-Fnd-4201	3 (3,0)
Personality Theories-I	Foundation	Psy-Fnd-4202	3 (3,0)
Social Psychology	Foundation	Psy-Fnd-4203	3(3,0)
Semester 5			
Neurological Basis of Behavior	Foundation	Psy-Fnd-5101	3 (3,0)
Psychological Assessment	Foundation	Psy-Fnd-5102	3 (3,0)
Psychopathology	Foundation	Psy-Fnd-5103	3 (3,0)
Research Methods-I	Internship	Psy-Int-5101	3(3,0)
Statistics in Psychology	Internship	Psy-Int-5102	3 (3,0)
Semester 6			
Personality Theories-II	Foundation	Psy-Fnd-5201	3 (3,0)
Research Methods-II	Internship	Psy-Int-5201	3 (3,0)
Data Analysis using SPSS	Internship	Psy-Int-5202	3 (3,0)
Schools & Perspectives in Psychology	Foundation	Psy-Fnd-5202	3 (3,0)
Muslim Psychology	Clinical Psychology	Psy-CPs-5201	2 (2,0)
Positive Psychology	Social Psychology	Psy-SPs-5201	3 (3,0)
Semester 7			
Clinical Psychology	Clinical Psychology	Psy-CPs-6101	4 (4,0)
Educational Psychology	Social Psychology	Psy-SPs-6101	3 (3,0)
Psychology of Mass Media & Communication	Social Psychology	Psy-SPs-6102	3(3,0)
Internship/practicum/case reports	Internship	Psy-Int-6101	3 (0,3)
Forensic Psychology	Clinical Psychology	Psy-CPs-6102	3(3,0)
Active Citizenship/Voluntary work/ Community work	Foundation	Psy-Fnd-6101	Mandatory
Semester 8			
Counseling Psychology	Clinical Psychology	Psy-CPs-6201	3 (3,0)
Organizational Psychology	Social Psychology	Psy-SPs-6201	3 (3,0)
Environmental Psychology	Social Psychology	Psy-SPs-6202	3 (3,0)
Peace Psychology	Social Psychology	Psy-SPs-6203	3 (3,0)
Gender Issues in Psychology	Social Psychology	Psy-SPs-6204	3(3,0)
Cross Culture Psychology/Research Project	Social Psychology	Psy-SPs-6205	4(4,0)

Faculty Member of Psychology

Ms. Raheela Begum is the Head of the Department in Psychology at Women University Swabi, Khyber Pakhtunkhwa, Pakistan. She got her M.Phil. Degree from Shaheed Benazir Bhutto Women University, Peshawar and currently doing her PhD from the same university. Her areas of interest are child and social psychology. She has 5 years' experience in academics. She acquired certification on many domains like SPSS, education, creative writing etc. She has published many research papers in HEC recognized X and Y category journals.



**Ms. Raheela
Begum
HoD**

She is M.Phil. qualified and currently enrolled in PhD. Her areas of interests are clinical and social psychology. She is a professional Clinical Psychologist. She is certified in development of child personality. She has published 2 research papers in X and Y categories of HEC recognized journals. She has 5 years field experience in teaching, research and clinical practices. She was also a member of proctorial board and worked on administrative positions including exam coordinator and participated in Higher Education Strengthen Activity (HESSA).



**Ms. Humaira
Ali
Lecturer**

She pursue her MS degree in Clinical Psychology and currently doing PhD (Clinical Psychology) from Bahria University Islamabad Campus. She is a Consultant Clinical Psychologist and had 3 years of clinical experience of different hospitals and clinical set-up of various universities. She worked as a Research Assistant for two years at Human Development Research Foundation, Islamabad. She has 4 article publications in Y category HEC recognized journals. She is Certified Good Clinical Practitioner by NIDA Clinical Trials Network, certified Systematic Reviewer by Cochrane Interactive learning. She is also a Certified Good Clinical Practitioner by London School of Hygiene & Tropical Medicine. She has certification of 13 conferences/ workshops of International and National level. She has also participated in various programs initiated by US-Pakistan University Partnerships Grant Program funded by United States Government and administered by USEFP.



**Ms. Iqra
Kiran
Lecturer**

Intake (Individual Sessions)



Internship at Gajju Khan Medical College

