



Al-Balqa' Applied University

Curriculum for the Bachelor Degree in Psychological Counseling

The curriculum for the B.S.c. degree in *Psychological Counseling* (132) credit hours are distributed as follows:-

No.	Requirements	Credit Hours
1	University Requirements <ul style="list-style-type: none">• Compulsory• Elective	21 6
2	Faculty Requirements	24
3	Specialization Requirements <ul style="list-style-type: none">• Compulsory• Elective	66 6
4	Supportive Specialization Requirements	9
Total		132

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First : University Requirement (27 Cr .H.)

A: Compulsory Requirements (21 Cr.H.):

Course No.	Course Title	Cr.H.	Weekly Hours		Prerequisite
			Lecture	Lab.	
35003101	Arabic (1)	3	3	--	--
35003102	Arabic (2)	3	3	--	35003101
35004101	English (1)	3	3	--	--
35004102	English (2)	3	3	--	35004101
35005101	Computer Skills (1)	3	--	6	--
35001101	Military Sciences	3	3	--	--
35002100	National Education	3	3	--	

B: Elective University Requirements : (6 Cr.H.)

The student is allowed to select (6 Cr.H.) from the university elective courses offered by faculties other than the faculty of college.

Course No.	Course Title	Cr.H
36001101	Communication skills	3
36002102	Introduction to Psychology	3
36003103	Jordanian Society	3
36004104	Sport for All	3
36005105	Islamic Culture	3
36006106	Administration and Economic Concepts	3
36007107	Agriculture in Jordan	3
36008108	Environment and Society	3
36012109	Orthodox Caliphs	3

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Second: Faculty Requirements: (24 Cr .H.)

Course No.	Course Name	Cr.H.	Weekly hours		Prerequisite
			Lecture	Lab.	
31002111	Basics of Education	3	3	-	-
31002121	Educational Psychology	3	3	-	-
31002161	Statistics in Education	3	3	-	-
31001011	Introduction to Social Work	3	3	-	-
31002231	Instruction Design	3	3	-	31002121
31002361	Educational Measurement	3	3	-	31003261
31002460	Research Methodology	3	3	-	31002361
301001102	Computers Skills (2)	3	2	3	35005101

Third: Specialization Requirements: (72 Cr. H.)

A- Compulsory Requirements (66 Cr. H.)

Course No.	Course Name	Cr.H.	Weekly hours		Prerequisite
			Lecture	Lab.	
310151110	Introduction to Educational Counseling	3	3	-	-
31015332	Group Counseling	3	3	-	31015110
31015120	General Psychology	3	3	-	-
31015335	Communication Psychology	3	3	-	31015120
31015114	Child & Adolescent Psychology	3	3	-	310015120
31015435	Educational and professional Orientation	3	3	-	31015110
31015333	Game Counseling	3	3	-	31015110
31015113	School counseling	3	-	-	-
31015334	Family Counseling Strategies	3	3	-	31015215
31015221	Family relations and Problems	3	3	-	-
31015331	Psychological Counseling Techniques	3	3	-	31015110
31015438	Psychological examinations	3	3	-	31015361
31015212	Counseling Theories	3	3	-	3101110
3101215	Family Psychological Counseling	3	3	-	31015110
31015425	Social Psychology	3	3	-	31015120
31015223	Personality Psychology	3	3	-	31015223
31015427	Introduction to Clinical Psychology	3	3	-	31015223
31015444	Elderly Psychological Counseling	3	3	-	31015110

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Course No.	Course Name	Cr.H.	Weekly hours		Prerequisite
			Lecture	Lab.	
31015341	Child and Adolescent Counseling	3	3		31015114
31015443	Counseling the exceptional and the Gifted	3	3	-	31015110
31015442	Special Needs Counseling	3	3	-	31015110
31015439	Field Training				Completion of 90 credit hours.

B- Specialization Elective Requirements: (6Cr. H) to be selected from the following list:

Course No.	Course Name	Cr.H.	Weekly hours		Prerequisite
			Lecture	Lab.	
31015418	Counseling Contemporary Issues	3	3	-	-
31015419	Learning and Teaching	3	3	-	-
31015429	Curriculums and Teaching Methodology	3	3	-	-
31015429	Cognitive Psychotherapy	3	3	-	-
31015326	Behavior Adjustment	3	3	-	-
31015323	Social Upbringing	3	3	-	-
31015226	Child and Adolescent Issues	3	3	-	-
31015339	Contemporary Educational problems	3	3	-	-
31015229	Creativity and Thinking Psychology	3	3	-	-

Fourth: Supportive Requirements (9 Cr.H.):

Course No.	Course Name	Cr.H.	Weekly hours		Prerequisite
			Lecture	Lab.	
31015323	Adjustment and Psychic Health	3	3	-	-
31015222	Life Skills	3	3	-	-
31015425	Conscience and Moral Education	3	3	-	-

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Course Description

35003101	Arabic Language 1	3(3-0)
<p>This course contains a set of linguistic skills in different levels such as the sounds of the Arabic language, its morphology, syntax, rhetoric, lexicography and writing. It includes as well as on applications on the use of Arabic dictionaries and applications on some writing skills indispensable for scholars in their working lives. It also contains a refined set of Quranic, poetry and short stories of Arabic texts to give the learners the opportunity to be in contact with and to appreciate these texts.</p> <p style="text-align: right;">Pre-req. Arabic 99 or passing Arabic Level Exam</p>		
35003102	Arabic Language 2	3(3-0)
<p>This course aims to develop student's skills in writing and expression and to provide him with the necessary and basic ones in order to employ them in his daily use, and enable him to stand on the origins of various Arabic scripts, and access to various forms of technical and functional old and new writing.</p> <p style="text-align: right;">Pre-req. 35003101</p>		
35004101	English 1	3(3-0)
<p>Is a complete graded course for foreign learners of English; it covers the skills of listening, speaking, reading, and writing; as well as improving pronunciation and building vocabulary; particular emphasis is placed on listening and speaking; the language of the course is British English.</p> <p style="text-align: right;">Pre-req. English 99 or passing English Level Exam</p>		
35004102	English 2	3(3-0)
<p>Is a continuation of English I Course in terms of approach and methodology However, it covers a new range of interesting topics, and provides a more advanced grammar syllabus in a communicative context as well, therefore, this topic tends to be a continuation of ENGL 101 goals.</p> <p style="text-align: right;">Pre-req. 35004101</p>		
35005101	Computer Skills 1	3(0-6)
<p>An introduction to computing and the broad field of information technology. Topics covered include the basic structure of digital computer systems; operating systems; application software; data communication and networks; and the Internet hands-on learning emphasizes windows (latest operating systems); MS-Office; and the Internet.</p>		
35001101	Military Science	3(3-0)
<p>This course aims at providing university students with general military culture and illustrating the overall military capabilities of the armed forces to defend the homeland and its role in development and service of the Jordanian society through lectures and field visits.</p>		
35002100	National Education	3(3-0)
<p>The course of National Education is one of the compulsory requirements of all students in Jordanian universities, national and private. The general intent is to provide students with the theoretical and practical knowledge of the homeland (Jordan), land and people, and to consolidate the love of the homeland and national brotherhood in them, to motivate them to serve the nation and the people consciously and sincerely, to be innovative and competitive by exhortations to achieve the desired progress in various fields of life.</p>		

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Course Description

310 15 110 3	Introduction to psychological Counseling	3(3-0)
Concept of Psychological , its history and development, the techniques , information gathering methods , the counseling process and presenting some problems handled in counseling.		
31015332	Group Counseling	3(3-0)
Group counseling concept, the group dynamics the social interaction, the counseling group formation, group counseling methods and techniques: psycho drama , discussions, lectures , counseling clubs, a number of behavioral patterns , the stages of the group counseling.		
Prerequisite: 31015111		
31015120	General Psychology	3(3-0)
The course introduces the concept of General Psychology; it is definition, history, branches and schools. Not only does the course familiarize the students with the biological, psychological ,and social basics the human behavior but it involves other topics like the individual development, learning, motives intelligence , personality psychological health, and some of the common psychic ailments and mental disorders, too.		
33531015	Communication Psychologies	3(3-0)
Communication concept, its types, effective sending and reception, persuasion, problem solving, conflict settlements, obstacles and improving the communication process. Part of the course is practical training in communication skills.		
Prerequisite: 31015120		
31015333	Play Counseling	3(3-0)
Concepts and principles of play counseling theories such as free ,controlled or group gaming , behavior observation, using play for diagnoses purposes and treatment, specification of the game room, types of games available there.		
Prerequisite: 31015110		
31015435	Educational and Professional Orientation	3(3-0)
The definition of Educational and Professional ism significance, factors, career choice , its nature and basics, choice theories, motivation , professional adaptation, trend abilities . aptitudes , organization of the professional program at schools, orientation methodology, predisposition on community needs.		
Prerequisite: 31015110		
31015341	Child and Adolescent Counseling	3(3-0)
Concept of Child and Adolescent Counseling, the nature of counseling programs proper for these stages , the school and family role in identifying the problems and children's needs.		
Prerequisite331015114		
31015334	Family Counseling Strategies	3(3-0)
Identifying the family and the couples, needs and problems , nature of counseling, the family counselor function, strategies adopted , related problems and solutions through implementation of various strategies.		
Prerequisite31015215		
31015331	Psychological Counseling Techniques	3(3-0)
Planning and implementation of counseling programs in schools and social organizations highlighting the duties of the counselor, the objectives of evaluation these programs.		
Prerequisite 331015110		
31015221	Family Relations and Problems	3(3-0)
Concepts related to the family: relations, interaction, nature of family and characteristics , functions , wife's and husband's, social bringing up , tension factors, and family dismantling causes of problems .		

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31015438	Psychological Tests	3(3-0)
Significant characteristic of good exam such as validity , reliability , standardization, criteria , examination types, measuring tools , result interpretations particularly in fields of personality, mental faculties, trends, and training the students in conducting and explaining exam.		
		Prerequisite 31015361
31015212	Counseling Theories	3(3-0)
Existential, Gestalt, Behavior, Cognitive, Reality, Selective Theories their weakness and appropriateness for the Jordanian society.		
		Prerequisite 33101110
3101215	Family Psychological Counseling	3(3-0)
Family Psychological Counseling Concept, its history, objectives counselor ,role major family problems causes and therapy. basics of counseling training.		
		Prerequisite 31015110
31015425	Social Psychology	3(3-0)
Concept of Social Psychology, significance and research. The group and its characteristics , integration, and innate behavior motives and the acquired ones, emotions, motives , social upbringing , the social development, self-concept, personality and leadership and the various negative or positive factors affecting personality.		
		Prerequisite 31015120
31015223	Personality Concept	3(3-0)
Personality dynamics , building development, change , various analytical theories , the humanistic cognitive behavioral features .		
		Prerequisite 31015223
31015427	Introduction to Clinical Psychology	3(3-0)
Nature of Clinical Psychology, its history, significance. clinical diagnosis involving interview, case study and reporting. Classifying psychic ailments, , introducing major examinationing and measuring diagnosis tools besides the behavioral methods of evaluation, the methodology of psychic therapy .		
		Prerequisite 31015223
31015444	The Elderly Psychological Counseling	3(3-0)
Late Adulthood, its needs ,problems like health, emotions, social , economic problems , the need for the elderly psychological counseling , areas of counseling services, Methods of counseling for the elderly.		
		Prerequisite 31015110
31015442	Special Needs Counseling	3(3-0)
Topics like nature of retardation, classifying various mental and physical , audiovisual retardations, speech disorders, learning difficulties..etc.. Cause- recognition- methods and precautions besides identifying the practical counseling strategies for the behavioral , psychic , social problems of the handicapped children.		
		Pre requisite 31015110
31015439	Field Training	3(3-0)
implementing school counseling techniques , counseling groups of special needs , how to make an interview, practical implementation of counseling at schools and various organizations (families, schools, or specific classes), and this will equip them with skills need for their future jobs.		
		Prerequisite : Completion of 90 credit hours.
31015323	Social Upbringing	3(3-0)
The concept of social upbringing and its relationship with culture and education and its goals on the other. It introduces methods of social upbringing and its key sources: the family, school, and the local environment respectively .		

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31015418	Counseling Contemporary Issues	3(3-0)
Recent studies pertaining to psychological counseling. Modern methodology in counseling , effectiveness and appropriateness for the Arab societies.		
		Prerequisite: 31015110
31015326	Behavior Adjustment	3(3-0)
Basics of the behavioral theory , implementation , the various behavioral measures , learning new patterns of behavior , gradual minimization of sensitivity, and behavior contracting.		
31015419	Learning and Teaching	3(3-0)
The course introduces basics of learning and teaching, the human behavior in educational situations , development, the individual differences- mental differences in particular , class management, motivation. Teacher –student interaction.		
31015323	Adjustment and Psychological Health	3(3-0)
Concepts in the field of Adjustment and Psychic Health such as normality and abnormality : criteria and manifestations factors affecting both of them, (types of) neurosis , , (types of)psychosis , the roles of the family , school and other organizations in protection.		
31015222	Life Skills	3(3-0)
Individual's roles in life : their types, interconnections, reciprocal effects, constant change skills , decision taking , time organization , communication among individuals , effective listening, conflicts solving , the positive auto speech , positive self programming , anger control, self- management skills and human relationship orientation skills.		
31015339	Contemporary Educational Issues	3(3-0)
Political and social contemporary issues . Besides highlighting the individuals' educational role in such issues.		
31015113	School Counseling	3(3-0)
The concept of school counseling , history, nature of school counseling program, the role of school and family in planning and implementation of the counseling programs .		
31015229	Creativity and Thinking Psychology	3(3-0)
Nature of creative thinking and how to develop it, creativity levels, creative thinking features, , creativity identification methods, practical examples of creativity development strategies , educational programs pertaining to creativity.		
31015429	Cognitive Psychotherapy	3(3-0)
Concept of Cognitive Psychotherapy, features , methods, basics and techniques.		
31015443	Counseling the Exceptional and the Gifted	3(3-0)
The gifted , their problems, needs, their methods of adjustment,, methods of counseling them and their families. the cooperation between the concerned specialists and the local organizations in organizing counseling programs .		
		Prerequisite: 31015110
31015429	Curriculum & Teaching Methodology	3(3-0)
Curriculum nature, basics , it rationale ,factors , recognition of teaching expertise skills – analysis of the aspects of these skills ,trends and levels. teaching methodology besides studying the learners development features and their impact on the curriculum.		
31015425	Conscience and Moral Education	3(3-0)
The meaning of Conscience and Moral Education, basics , the family, school and the media roles in such education, the theories of moral education , the relationship between morals and values. and the moral educational perspectives of Islamic scholars such as El-Ghazali, Ibn Miskahweihi , El- Qabssi , Ibn Sahnoon, El Farabi, and Ibn Sina.		