



CHITKARA
School of Psychology
And Counselling

BUILD YOUR CAREER IN PSYCHOLOGY AND BEHAVIOURAL SCIENCES

ACADEMIC YEAR 2024

CHITKARA
UNIVERSITY







CHITKARA School of Psychology And Counselling

Our Psychology programs are designed to explore human behaviours across the key areas of social science. Whether you're ready to study Psychology at bachelor's or master's level, our programs will teach in-depth subject knowledge and transferable skills that employers from a huge range of industries will value.

WELCOME TO CHITKARA UNIVERSITY

Chitkara Educational Trust established its Punjab campus in the year 2002 on Chandigarh-Patiala National Highway which is 30kms from Chandigarh. In the year 2010, Chitkara University was established by the Punjab State Legislature under "The Chitkara University Act".

Chitkara University is a government recognised university with the right to confer degrees as per the Sections 2(f) and 22(1) of the UGC Act. 1956. Chitkara University, Punjab, is a multi-discipline student-centric campus with more than 20,000 students.

SMALL WORLD

It is the cumulative effect of an elaborate in-campus academic infrastructure; strong national and international collaborations; and a robust on-campus recruitment record-including regular recruitment by blue-chip companies-that the University finds favour with national as well as international students.

At Chitkara University, Education is not only "State-of-the-art" but truly "Straight-from-the-heart". Everything we do, shares the same mindset.

In accordance with Chitkara University strategy, we allocate maximum resources for excellence in teaching and learning. Our approach at Chitkara University is learning-centric, enhancing knowledge, skills and understanding through practical exposure.

The university strives to give its students a rich, holistic experience and the campus is pulsating with action, catering to interests across the spectrum, with something for everyone. We embrace every student joining us with open arms honouring and nurturing their individuality as we steer them towards realising their potential.

INDUSTRY-LED COURSES

We maintain close links with leading blue-chip companies and professional associations to deliver our academic programs accordingly.

Strong corporate relationships also have a direct influence on our degree programs and have resulted in our "industry facing" curricula. This ensures that our education is up to date and valued by employers.

GREAT CAMPUS RECRUITMENT

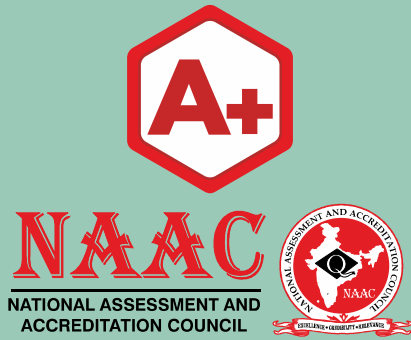
Chitkara University has established an unassailable reputation for strong campus recruitment by sheer virtue of our focus on making our graduates "industry ready".

START ME UP

The possibility to combine business and technology in their studies gives our students unique opportunities to build their future careers, be it through top-class companies or capitalising on their own innovations in order to create new businesses.

Chitkara University is your launch pad.





QS Asia University Ranking | 2024



Ministry of Human Resource Development
Government of India

Chitkara University is
consistently ranked amongst the
top Universities in the country.

Consistently ranked highly by

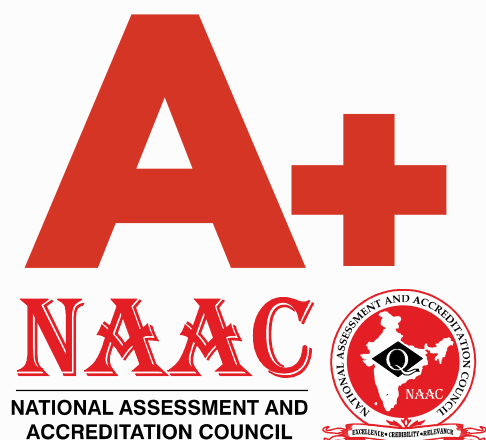


Chitkara University has achieved the
overall position of 301-400 and an
impressive 5th position in India.



Ranked as one of the Cleanest
Universities of India in the
'SWACHHTA' ranking.





Chitkara University has been accredited with the coveted A+ grade by National Assessment and Accreditation Council (NAAC) which now firmly positions us among the top 5% Higher Education Institutions of the country.

This bears testimony to our unique blend of distinguished faculty, brilliant and intellectual students, world class research labs coupled with proactive industry collaborations.

With its brand of academic excellence and innovation, Chitkara University provides groundbreaking education and ensures you have access to vast recruitment opportunities with top companies.





CITY BEAUTIFUL **Chandigarh**

A MILLION PEOPLE; INFINITE POSSIBILITIES

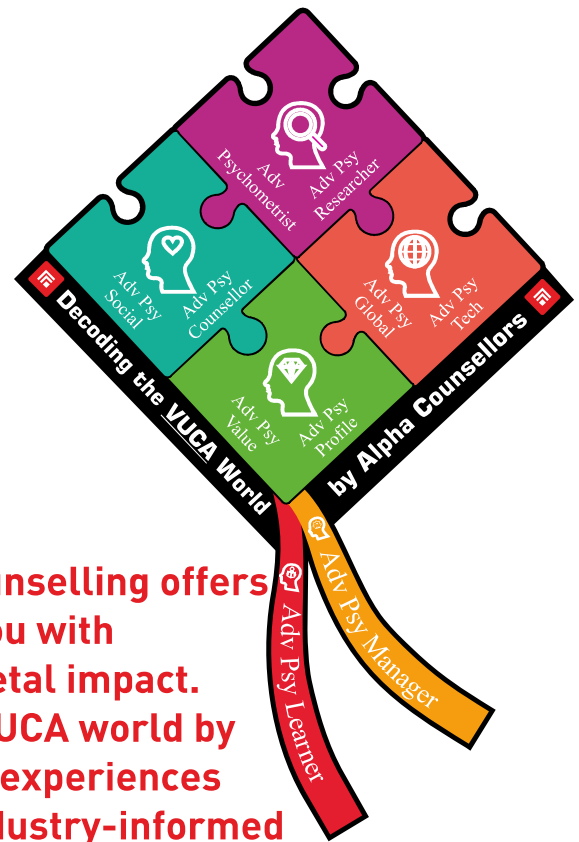
Over the years, the city has made remarkable progress in terms of physical infrastructure and business environment and has emerged as an economic growth centre with one of the highest per capita incomes in India.

Ample opportunities are available to work and grow in the IT, BPO and pharmaceutical sectors in the region. It has proven to be a magnet for potential employers and employees. Chandigarh has seen the growth of some major start-ups over the last few years. The city has kept pace with the ever evolving education sector to become one stop destination for all education needs. This makes Chandigarh ideal for students who wish to enjoy the blend of rich culture of city life and the peaceful and calm environment that Chandigarh offers.

Chandigarh is easily accessible from Delhi, Haryana, Punjab and Himachal Pradesh and metropolitan cities with various modes of transportation, viz. buses, trains and direct flights, both national and international, from Dubai, Singapore, Sharjah, etc.



CHITKARA
School of Psychology
And Counselling



Chitkara School of Psychology and Counselling offers a transformative journey, equipping you with essential tools to make a positive societal impact. Our flagship program, 'Decoding the VUCA world by Alpha Counsellors,' provides valuable experiences and diverse modalities rooted in an industry-informed curriculum. This cultivates highly competent and ethical professional psychologists, known as Alpha Counsellors, in today's Volatile, Uncertain, Complex, and Ambiguous (VUCA) world.

At Chitkara School of Psychology and Counselling, you'll delve deep into the intricate world of human behaviour, emotions, and cognitive functions. This journey offers profound insights into the multifaceted nature of humanity and the inner workings of the human mind.

Our curriculum places a strong emphasis on fostering scientific thinking while nurturing a steadfast ethical compass to guide your research and testing endeavours.

Psychology, as a subject, is immensely relevant to various aspects of everyday life, making it appealing to those who seek to understand the underlying causes of human behaviour and its practical applications. As a Psychology student, you'll explore individual and group behaviour, delving into the thoughts and emotions that drive specific actions.

Our specialised Psychology with Counselling programs are designed for those who wish to combine their passion for Psychology with a career in counselling. These programs provide a solid foundation in Psychology and open doors to diverse counselling-related qualifications.

Our programs in Psychology and Counselling offer multitude of rewarding career opportunities. Throughout your Psychology program, you'll engage with captivating subject modules designed to stimulate your intellectual curiosity and develop career-focused skills. Psychology graduates are highly sought after by organisations for their understanding of human behaviour, research expertise, and data handling capabilities.

Chitkara School of Psychology and Counselling grants you access to modern digital learning tools and unwavering support from our academic team, comprising respected industry practitioners, published authors, and PhD holders in Psychology.

Our programs are thoughtfully crafted to align with your career aspirations. With elective modules, you have the flexibility to tailor your program's focus, allowing you to specialise in areas that align with your professional goals and explore a wide range of concepts within Psychology.

Upon graduation, you'll find yourself on a path paved with exciting career opportunities and further avenues for learning, marking the start of a journey of innovation and enlightenment.



Facilities

Learning at Chitkara School of Psychology and Counselling is supported by excellent facilities such as Wilhelm Wundt's Testing Center - our state-of-the-art Psychology laboratory. In addition, we have established an Innovative Technology-enabled Content and Language Integrated Learning (CLIL) Lab tailored for research in Psycholinguistics. This cutting-edge facility boasts software tools like PEBL (Psychology Experiment Building Language) and PsychoPy®, empowering students to design and conduct their experiments effectively.

We also offer designated rooms for counselling sessions, self-study, and group discussions, enhancing the overall learning experience. Furthermore, the Naumburg's Centre for Expressive Arts Therapy offers opportunities to practice various expressive therapy modalities (art, dance, drama, etc.) in clinical, educational, and mental health settings.

Our purpose-built labs, including the psycho-physiology laboratory, the observation laboratory, and the cognitive psychology laboratory, enable students to gather data from human participants using the same resources employed by professional psychologists.

Salient Features of Programs at Chitkara School of Psychology and Counselling

Activity Based Learning | Blended Learning | Role Playing Activities | Community Outreach
Professional Development Programs | Workshops/Webinars mapped with modules
Industrial Visits (Visit to schools, hospitals, organisations) | Supervised Internship | Mentorship
Supervised Dissertation | Peer Learning Projects | MOOCs/SWAYAM Courses

3-YEAR

B.A. in Psychology

WITH THE OPTION TO EXTEND YOUR PROGRAM BY ONE MORE YEAR
TO OBTAIN AN HONOURS DEGREE.



Are you interested in developing a scientific understanding of the human mind? Are you interested in understanding what drives human behaviour? B.A. in Psychology will introduce you to a wide range of contemporary research and support you in developing key knowledge, skills and abilities that are essential in pursuing a career within Psychology.

Psychology has emerged as a prominent branch of Social Sciences, particularly in the context of predicting individual human behaviour. Here at Chitkara School of Psychology And Counselling, we present Psychology as a scientific discipline employing systematic inquiry methods to study and explain human behaviour. It delves into various underlying variables, developmental factors, individual differences, as well as social and interpersonal influences and contexts.

Earning a Bachelor's degree in Psychology is your essential first step towards building a career as a psychologist or pursuing further postgraduate studies in this diverse field. This highly regarded program offers a rich and diverse curriculum. Through diverse courses, you'll cultivate not only theoretical knowledge but also the practical application of psychological principles. Our program is known to seamlessly integrate subject modules to equip you with career-oriented skills in professional counselling from day one.

In your first year, you'll explore Social Psychology, Cognitive Psychology, Developmental Psychology, and Biological Psychology. Simultaneously, you'll master essential research methodologies.

In the subsequent two years, you'll have the privilege of tailoring your education to your specific interests and career aspirations. Our specialised elective modules encompass major subfields such as Organisational Behaviour, Health Psychology, Forensic Psychology, Educational Psychology, Neuropsychology, Sports and Exercise Psychology, and Counselling.

These in-depth explorations provide you with a holistic understanding of the various facets of Psychology and empower you to make informed choices regarding your future specialisation.

During this program, you will also have the opportunity to explore contemporary areas of Psychology, including Political Psychology, Gender and Sexuality, Positive Psychology, Coaching Psychology, and Cyber Psychology.

Completing this program will equip you with the skills needed for further education, research pursuits, or entering your chosen profession.



Program Outcomes

By the end of the program, students should be able to:

- Demonstrate coherent understanding of the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
- Demonstrate the capability to solve different kinds of problems in familiar and non-familiar contexts and apply the learning to real-life situations in specific areas related to chosen specialisation (e.g. sports, educational, organisational etc.).
- Conduct guided academic inquiries in various areas of interest in the chosen discipline.
- Synthesise their understanding through self-learning and research.
- Analyse and enhance their personal abilities for self-development and personal growth.
- Exhibit effective collaborative, teamwork and leadership skills.
- Demonstrate effective communication skills for scholastic and co-scholastic activities.
- Promote social and environmental awareness.
- Demonstrate the capability to use digital & technological skills in a variety of learning & work situations.
- Demonstrate the ability to acquire new knowledge and skills, including 'learning how to learn skills' and a healthy attitude to be a lifelong learner.
- Recognise, understand and respect the complexity of sociocultural and international diversity.



Course Highlights

B.A. in Psychology program at Chitkara School of Psychology and Counselling has been designed to reflect the extensive breadth of Psychology in terms of both - the range of behavioural phenomena studied and the variety of methods and theoretical approaches employed - while allowing you to pursue a career matching your interest.

Throughout the course you'll have one-to-one support from your professors and academic skills tutors, as well as frequent interactions with your fellow students and staff and personal academic tutor support sessions. You'll also be able to start developing industry links and networks by attending sessions with guest speakers from a wealth of areas. Our academic team, who come from a range of professional and cultural backgrounds, will help you learn through real-world context, helping you understand how your new skills are best in practice.

SOME OF THE COURSES TAUGHT IN B.A. in PSYCHOLOGY WILL BE:

- Introduction to Psychology
- Cognitive Psychology
- Social Psychology
- Education Psychology
- Statistical Methods for Psychological Research
- Counselling Psychology
- Forensic and Criminal Psychology
- Industrial-Organisational Psychology
- Research Methods: Quantitative
- Psychology of Personality
- Introduction to Research Methods
- Developmental Psychology
- Biological Psychology
- Health and Psychological Well-being
- Psychological Assessment for Counselling
- Counselling Psychology, Mental Health and Illness
- Managing the Therapeutic Process
- Counselling Research Project

3-YEAR

B.Sc in Psychology

WITH THE OPTION TO EXTEND YOUR PROGRAM BY ONE MORE YEAR
TO OBTAIN AN HONOURS DEGREE.



The B.Sc in Psychology at Chitkara University is a 3-year full time program. This highly unique undergraduate degree delivers unsurpassed preparation for careers in the vast and ever growing field of Clinical Psychology and related Research.

Chitkara School of Psychology and Counselling provides a challenging learning environment where you can explore multifarious career options, develop practical expertise and become a leader in the profession and your communities.

Our B.Sc in Psychology students get a solid base on which they go on to found their rewarding careers as exemplary practitioners, mental health leaders and researchers. Graduates have the opportunity to explore careers in Hospitals, Mental Health Clinics, Social Work, Research, Education, Marketing and Advertising, Human Resources, Management and many more domains.

We follow the “scientist-practitioner” model, and make concerted efforts to incorporate theoretical, empirical, and applied knowledge and skills in all aspects of the program. The aim of the program is to develop skilled and ethical professionals who are competent in interpersonal relationships, assessment and evaluation, intervention and consultation, and research.

The program offers a seamless blend of scientific and research training at many levels and lays huge thrust on practical experience and internship. In addition to course-work, you have excellent opportunities to attend numerous symposiums, conferences & lectures from expert practitioners.

Our cutting-edge curriculum is constantly improvised as per the industry requirement, incorporating the latest breakthroughs in research.

Teaching Methodology

We ensure our graduates are perfectly industry ready and hands-on by enabling extensive industry interface and exposure and practical experience. Classes are taught through case studies, group discussions, mock counselling sessions, and brainstorming, fostering a comprehensive learning experience. We also offer excellent facilities, such as a Psychology laboratory with the latest standardized tests & apparatus, research labs, computer labs with advanced software, and designated rooms for counselling sessions.

Internship Opportunity

Students undergo 450 hours of internship spread across 2 stints during the course of the program wherein they work in actual settings and get first hand exposure to the industry as well as practical experience in their chosen area of interest.

An incredibly vast subject with diverse sub-fields, Psychology, opens up unlimited professional avenues for students.



Program Outcomes

By the end of the program, students should be able to:

- Demonstrate coherent understanding of the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
- Apply basic professional skills pertaining to psychological testing, assessment and psychotherapies in scientific settings.
- Synthesise their understanding through self-learning and research.
- Recognise the significance of interdisciplinary inquiry.
- Analyse and enhance their personal abilities for self-development and personal growth.
- Exhibit effective collaborative, teamwork and leadership skills.
- Demonstrate effective communication skills for scholastic and co-scholastic activities.
- Promote social and environmental awareness.
- Demonstrate the capability to use digital and technological skills in a variety of learning and work situations.
- Demonstrate the ability to acquire new knowledge and skills, including 'learning how to learn' skills and a healthy attitude to be a lifelong learner.
- Recognise, understand and respect the complexity of sociocultural and international diversity.



Course Highlights

The program consists of a mix of core courses in Psychology and a range of elective courses from different institutions at Chitkara University.

This multidisciplinary approach helps you gain the fundamentals of the subject at your fingertips while also allowing you to expand your personal interests. The course will arm you with the best counselling and treatment procedures for mental health care. You will also gain real-world experiences through the completion of practicums and multiple mandatory internship opportunities.

As you work through your course modules, you'll have the chance to compete a range of useful assessment methods such as: individual reports, case study analyses, role-play, group presentations and reflective and personal independent assignments devised in consultation with your course module leader.

SOME OF THE COURSES TAUGHT ARE:

- Introduction to Psychology
- Cognitive Psychology
- Neuro-Psychology
- Social Psychology
- Education Psychology
- Statistical Methods for Psychological Research
- Counselling Psychology
- Forensic and Criminal Psychology
- Industrial-Organisational Psychology
- Research Methods: Quantitative
- Clinical Psychology
- Psychology of Personality
- Introduction to Research Methods
- Developmental Psychology
- Biological Psychology
- Health and Psychological Well-being
- Psychological Assessment for Counselling
- Counselling Psychology, Mental Health and Illness
- Managing the Therapeutic Process
- Counselling Research Project

2-YEAR

M.Sc in Psychology



The 2-Year M.Sc in Psychology program is designed to accelerate your career in clinical practice and establish you as a professional leader in Psychology, Counselling, and related fields. It equips you with advanced clinical practice and research skills through a hands-on learning approach, integrating key clinical skills and bio-psycho-social perspective into every aspect of the course.

Chitkara School of Psychology and Counselling introduced the M.Sc in Psychology program to address the scarcity of trained mental health professionals in India. In our efforts to revamp graduate-level Psychology education, we've designed 10 cutting-edge modules, including: ADVANCED PSYLearner, ADVANCED PSYChometrist, ADVANCED PSYCounsellor, ADVANCED PSYResearcher, ADVANCED PSYSocial, ADVANCED PSYExpert, ADVANCED PSYProfile, ADVANCED PSYTech, ADVANCED PSYGlobal, and ADVANCED PSYValue. These modules are at the core of our curriculum aligning it with the evolving landscape of Psychology education.

Our commitment lies in promoting a science-based approach to psychology, rooted in the 'clinical-scientist' model. This comprehensive training prepares graduates for diverse roles in academic, medical, and applied settings, emphasising competence in psychological research and knowledge of the scientific foundations of Psychology, including assessment and intervention.

Throughout this Master's program, you will gain contemporary insights into Psychology theory, practice, and research. You will explore diverse perspectives on mental health issues in adults and children, delving into relevant theories and the latest practice models tailored to global conditions.

The curriculum introduces foundational Psychology skills, including interviewing, observation, and psychometric assessment. Additionally, you'll delve into healthcare research, covering topics such as research design, governance, and ethical considerations, culminating in your own research project. By the program's conclusion, you'll possess research skills applicable to primary, secondary, and tertiary healthcare settings, a solid understanding of Psychology theories and approaches, and a strong foundation for further postgraduate training in Psychology or roles as Assistant Psychologists.

This course is designed for Psychology graduates aspiring to pursue careers as practitioners or researchers.

Some key program highlights include:

- Exceptional faculty-to-student ratios.
- Direct supervision by licensed clinical faculty.
- Exposure to diverse skills and perspectives, with faculty expertise in trauma, serious mental illness, relationships, community mental health, and working with various communities.
- Varied mental health training experiences, including an on-campus training clinic, advanced laboratories, and specialised practicums offered by clinical faculty in their respective areas of expertise.



Program Outcomes

By the end of the program, students should be able to:

- Demonstrate comprehensive knowledge of the theories, concepts and methods of clinical psychology and its application in diverse contexts and population.
- Identify, classify and diagnose different psychological disorders and examine and apply the different treatment programs for various psychological disorders.
- Practice evidence-based and culturally-sensitive counselling based on a holistic model of mental health services for individuals, couples, families, and groups.
- Design, implement, evaluate, interpret, and disseminate psychological research to solve real world problems with scientific rigor in a variety of settings with appropriate attention to cultural diversity and intersecting identities.
- Demonstrate a critical understanding of professional, ethical, and legal policies and procedures in mental health and counselling practice.
- Demonstrate skills of leadership, creativity, and social sensitivity to recognise the needs of the community and become effective change-agents.
- Implement their psychological knowledge, skills, and values in occupational pursuits in a variety of settings.
- Demonstrate competence in written, oral and interpersonal communication skills in multiple formats and contexts both in personal and professional communication and collaborate collegially with others.
- Apply their knowledge and skills to achieve professional success and exhibit continuous self-reflection and self-regulation in the context of professional work.



Course Highlights

In addition to our training program, we also offer the option of dissertation, which provides a way to gain research experience, and is ideal for students who may want to later apply to clinical research doctoral programs.

This multi-pronged training is consistent with the University's mission of developing outstanding scientists and researchers in Psychology, while ensuring that graduates are competent to use these skills in applied clinical settings.

The program is focussed on developing skilled and ethical professionals who are competent in interpersonal relationships, assessment and evaluation, intervention and consultation, and research.

SOME OF THE COURSES TAUGHT IN M.Sc IN PSYCHOLOGY WILL BE:

- Introduction & Historical Perspectives in Psychology
- Health Psychology
- Biological Basis to Psychology
- Psychopathology
- Child Psychology
- Behavioral Research and Statistics
- Counselling Psychology
- Development Psychology
- Cognitive Neuroscience
- Psychotherapy
- Differential Diagnostics



Infinite Opportunities

await you at CHITKARA UNIVERSITY

There are countless opportunities to get active and involved, engaged and enriched. We want you to become a part of our diverse community of students who work together to make a better future and also have fun in the present. With 100+ student clubs and organisations based on a wide range of academic, cultural and recreational areas of interest, you will find a way to express yourself.

Join, lead, or start your own club. Engaging with these clubs helps build strong connections with fellow students, provides personal growth and enhances your Chitkara University experience.





CHITKARA
School of Psychology
And Counselling

CHITKARA
UNIVERSITY



UNIVERSITY CAMPUS

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