

应用心理学专业辅修培养方案

Undergraduate Program for Minors in Applied Psychology

一、培养目标 Objectives

本专业践行国家“健康中国”、“交通强国”战略，对标“加强社会心理服务体系建设和培育健康心态”的要求，融合“轨道交通”学校办学特色和“心理健康教育”专业亮点，按照“价值塑造、人格养成、能力培养、知识探究”四维一体创新人才的培养体系要求，培养交大心理健康服务人才，掌握心理学基本理论和基本知识，既有心理健康与咨询专业知识与技能，又胜任教育培训、实践活动、咨询服务、预防干预“四位一体”心理健康服务通用能力的应用心理学人才，同时，能在轨道交通行业从事心理健康服务规划、建设与管理工作的应用型人才。

This program implements the strategies of “Healthy China” and “Transportation Power”, following the guiding principle of “strengthening the construction of social psychological service system, cultivating people’s mental health” and integrating with the university’s specialty of “rail transport” and highlights of the major of “mental health education”. In accordance with the requirements of training innovative talents in values, personality, ability and knowledge, it cultivates talents for mental health services. Meanwhile, it enables students to understand the fundamental theories and concepts of psychology, equips them with professional knowledge and skills in counseling and psychological services, and trains them to be talents with hands-on skills for mental health services including training, practical activities, counseling and prevention and intervention, and for planning, building and managing the mental health service system especially in the field of rail transit.

二、培养要求 Requirement

1.系统地掌握心理学基础知识和基本理论，了解心理学的发展历史、学科前沿和发展趋势，认识到心理学在国家和社会发展中的重要地位与作用，理解心理健康服务在国家社会治理中的战略性和基础性作用，自觉承担心理学在新时代的历史使命。

Students are required to master the basic knowledge and theories of psychology systematically, know the history, forefronts and development trend of psychology, recognize the significant status and role of psychology in the national and social development, understand the strategic and fundamental effects of mental health services in the national and social governance and consciously undertake the new historical missions of psychology in the new era.

2.具备开展心理健康与咨询服务的知识与技能，了解不同理论学派的理论与技术方法，对异常心理能够初步判断，熟悉咨询过程中的知识和技能，具有职业操守，遵守心理学工作伦理，具备从事心理健康与咨询相关领域工作的基本能力。

Students are equipped with the knowledge and skills essential for counseling and psychological services, able to understand different theories and techniques of different theoretical schools and preliminarily identify mental abnormalities, familiar with the knowledge and skills used in counseling, well-equipped with professional ethics, and qualified to provide counseling and psychological services as well as related services with proper work ethics.

3.具备参与交通领域心理健康服务的知识与技能，熟悉并能制定构建心理健康服务平台、网络的方案，掌握开展心理健康知识科普宣传、培训的主要方式，具备开展心理咨询与辅导及心理健康管理的基本能力。

Students are equipped with the knowledge and skills essential for social psychological services, be familiar with and be able to: make plans to build mental health services platform or network, master the main methods to conduct the popularization and training of mental health knowledge and have the basic ability to provide psychological counseling and mental health management services.

4.具有历史眼光和国际视野，基本掌握 1 门外语，能在指导下阅读英文专业文献，能够快速获取、加工和应用国际心理学领域及相关领域的最新信息，积极参与游学活动，能够顺畅地进行跨文化交流，具备学术竞争潜力与合作能力。

Students are equipped with historical perspective and global vision, a basic command of a foreign language, such as reading English academic literature under guidance, quickly obtaining, processing and applying the latest information in the field of international psychology and related fields, actively participating in academic

exchanges, carrying out cross-cultural communication and academic cooperation efficiently.

5.具有创新精神和批判思维，初步具备自主学习、自我发展的能力，具有较强的学习、表达、交流和协调能力及团队合作精神、健全人格。

Students are equipped with innovative spirit and critical thinking, with preliminary abilities for independent learning and self-development, with great abilities in learning, expressing, communication and coordination; and with team spirit and sound personalities.

三、学分要求 Credits Requirements

总学分：32 Total Credits:32

四、课程设置 Course Programs

| 课程类型 Course Type | 课程名称 Course Name | 课程性质 Nature of Course | 学分 Credits | 开课学期 Semester | 开课学院 School | 备注 Notes |
|----------------------------------|----------------------------------|--------------------------|---------------|-----------------------|---|-------------------------------------|
| 专业核心课 Specialized Core Course | 心理学导论I General Psychology I | 必修 Compulsory | 3 | 第 1 学期 Semester 1 | 心理研究与 咨询中心 Psychological Research and Counseling Center | 线上拓展资源国家精品在线开放课程“走进心理学”、心理学导论(MOOC) |
| | 心理学导论II General Psychology II | 必修 Compulsory | 2 | 第 2 学期 Semester 2 | 心理研究与 咨询中心 Psychological Research and Counseling Center | 线上拓展资源国家精品在线开放课程“探索心理学”、心理学导论(MOOC) |
| | 发展心理学 Development Psychology | 必修 Compulsory | 3 | 第 2 学期 2Semester 2 | 心理研究与 咨询中心 Psychological Research and Counseling Center | 线上拓展资源发展与教育心理学(MOOC) |
| | 人格心理学 Personality Psychology | 必修 Compulsory | 3 | 第 2 学期 Semester 2 | 心理研究与 咨询中心 Psychological Research and Counseling Center | 线上拓展资源人格与社会心理学(MOOC) |
| | 教育心理学 Educational Psychology | 必修 Compulsory | 3 | 第 3 学期 Semester 3 | 心理研究与 咨询中心 Psychological Research and Counseling Center | 线上拓展资源发展与教育心理学(MOOC) |

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| 专业核心课 Specialized Core Course | 社会心理学 Social psychology | 必修 Compulsory | 3 | 第3学期 Semester 3 | 心理研究与 咨询中心 Psychological Research and Counseling Center | 线上拓展资源人格与社会心理学(MOOC) |
| | 异常心理学 Abnormal Psychology | 必修 Compulsory | 3 | 第3学期 Semester 3 | 心理研究与 咨询中心 Psychological Research and Counseling Center | 线上拓展资源异常心理学与心理危机干预(MOOC) |
| | 咨询心理学 Counseling Psychology | 必修 Compulsory | 2 | 第3学期 Semester 3 | 心理研究与 咨询中心 Psychological Research and Counseling Center | 线上拓展资源心理咨询理论与技术(MOOC) |
| | 心理咨询技能训练 Psychological Counseling Skills Training | 必修 Compulsory | 2 | 第4学期 Semester 4 | 心理研究与 咨询中心 Psychological Research and Counseling Center | 线上拓展资源心理咨询理论与技术(MOOC) |
| | 心理健康教育概论 Introduction to Mental Health Education | 必修 Compulsory | 2 | 第4学期 Semester 4 | 心理研究与 咨询中心 Psychological Research and Counseling Center | 线上拓展资源心理健康教育概论(MOOC) |
| | 心理学工作伦理 Psychological Working Ethics | 必修 Compulsory | 2 | 第5学期 Semester 5 | 心理研究与 咨询中心 Psychological Research and Counseling Center | 线上拓展资源心理工作伦理与督导(MOOC) |
| | 心理危机干预 Psychological Crisis Intervention | 必修 Compulsory | 1 | 第5学期 Semester 5 | 心理研究与 咨询中心 Psychological Research and Counseling Center | 线上拓展资源异常心理学与心理危机干预(MOOC) |
| | 心理健康教育实验训练 Training of Experimental Skills for Mental Health Education | 必修 Compulsory | 1 | 第5学期 Semester 5 | 心理研究与 咨询中心 Psychological Research and Counseling Center | 线上拓展资源心理健康服务实践(含技术)(MOOC) |
| 专业限选课 Specialized Restricted Courses (至少2个学分) | 心理评估与会谈 Psychological Evaluation and Interview | 限修 Distribution al Elective | 2 | 第5学期 Semester 5 | 心理研究与 咨询中心 Psychological Research and Counseling Center | 线上拓展资源心理评估与会谈(MOOC) |
| | 心理健康促进与普及 Promotion and Popularization of Mental Health | 限修 Distribution al Elective | 1 | 第5学期 Semester 5 | 心理研究与 咨询中心 Psychological Research and Counseling Center | 线上拓展资源心理健康传播与普及(MOOC) |
| 总学分 Total Credits | | | 32 | | | |