



Swiss International  
Institute Lausanne

## Bachelor of Arts in Psychology

The Bachelor's program in Psychology is a comprehensive four-year academic program designed to prepare highly qualified specialists in both psychological science and practice. The program combines fundamental theoretical knowledge with practical skills necessary for successful professional activity in the modern world.

What makes our program unique is its broad scope, covering all major areas of psychology – from classical approaches to modern specializations. Students gain in-depth knowledge in general, social, cognitive, and educational psychology, master the neuropsychological foundations of behavior, study methods of psychological assessment and psychotherapy, and acquire competencies in organizational psychology and human resource management.

The program enables graduates to pursue successful careers in private psychological practice, educational and social institutions, and the corporate sector, while also providing a solid foundation for further graduate-level study.

**Language of instruction/examination:** Russian

**Official duration: 8 semesters (4 years):** 7 semesters + Bachelor thesis

**ECTS:** 240 ECTS

**Degree awarded:** Bachelor of Arts in Psychology

### COURSES

Courses for the Bachelor of Arts in Psychology programme are divided into 3 main categories: **Core courses (143 ECTS)**, which are obligatory, **Specialisation courses (89 ECTS)**, which are introduced during the 2nd, 3rd, and 4th years of the programme, and **Practical workshops and training sessions (7 ECTS)**. At the end of the studies, the student is obliged to prepare a **Bachelor thesis (30 ECTS)**.

# Aims of the Programme

## **Development of Fundamental Knowledge in Psychology**

Ensuring a deep understanding of the theoretical foundations of psychology through the study of the history of psychology, general psychology, cognitive psychology, personality and developmental psychology, social psychology, and the neurobiological bases of behavior.

## **Development of Competencies in Psychological Assessment and Research**

Preparing students to conduct professional psychological assessments using modern research methods, psychometrics, psychological diagnostics, and neuropsychological approaches, including statistical data analysis and research methodology.

## **Formation of Counseling and Therapeutic Competencies**

Developing skills in psychological counseling, psychotherapy, and group therapy, including work with crisis conditions, psychological trauma, and various forms of psychopathology in children, adolescents, and adults.

## **Training of Specialists in Organizational Psychology**

Building competencies in occupational and organizational psychology, human resource management, organizational behavior, coaching, and corporate well-being for careers in business environments.

## **Establishing Ethical and Professional Standards**

Fostering high ethical standards through the study of professional and business ethics, as well as ethics and deontology in psychological practice.

## **Development of Communication and Interdisciplinary Skills**

Cultivating skills in professional communication, working in multicultural environments, and collaboration within interdisciplinary teams.

# LEARNING OUTCOMES

## **Theoretical Knowledge and Understanding**

- **Fundamental Knowledge in Psychology**

Graduates demonstrate a deep understanding of core theoretical concepts, the historical development of psychology as a science, the mechanisms of cognitive processes, the patterns of personality development, and socio-psychological phenomena.

- **Understanding the Neurobiological Foundations of Behavior**

Students understand the connection between brain structures and

neurophysiological processes, and psychological functions, including the neuropsychological mechanisms of cognitive activity.

### **Diagnostic and Research Competencies**

- **Mastery of Psychological Assessment Methods**

Graduates are able to apply a wide range of psychological assessment tools, including psychometric tests, projective methods, and neuropsychological diagnostics; they can interpret results correctly and compile psychological reports.

- **Research Skills**

Students are capable of planning and conducting psychological research, applying statistical methods for data analysis, and using scientific research methodology to solve practical and theoretical problems.

### **Counseling and Therapeutic Competencies**

- **Psychological Counseling**

Students are able to conduct individual counseling sessions, build therapeutic relationships, and apply various counseling techniques and approaches based on client needs.

- **Individual and Group Psychotherapy**

Graduates are equipped to conduct psychotherapeutic interventions in both individual and group settings, using a variety of therapeutic approaches and techniques.

- **Crisis Intervention and Trauma Work**

Students are prepared to work in crisis situations, possess skills for psychological assistance in cases of trauma, and are capable of providing emergency psychological support.

### **Organizational and Applied Competencies**

- **Organizational Psychology**

Graduates can analyze organizational behavior, conduct personnel assessments, and design programs for employee development and human resource management.

- **Coaching and Competency Development**

Students are proficient in coaching techniques, capable of designing and implementing programs for personal and professional development, and skilled in addressing motivation and emotional aspects of work.

- **Corporate Well-Being**

Graduates are able to develop and implement programs for stress

management, burnout prevention, and psychological well-being in the workplace.

## Specialised Areas of Application

### **Educational Psychology**

Students understand the psychological foundations of learning and development and can apply psychological knowledge in educational settings.

### **Health Psychology**

Graduates are proficient in approaches to promoting and maintaining psychological well-being and understand the connection between mental and somatic processes.

## Professional and Ethical Competencies

### **Professional Ethics**

Students demonstrate high ethical standards in their professional activities, adhering to the principles of confidentiality, informed consent, and professional boundaries.

### **Business Ethics and Communication**

Graduates communicate effectively in professional environments, possess business communication skills, and can work in multidisciplinary teams.

### **Practical Training**

#### **Integration of Theory and Practice**

Through a structured series of practicum courses (I, II, III), students gain hands-on experience in applying theoretical knowledge in real-world professional contexts, developing reflective skills and a strong professional identity.

## CURRICULUM OVERVIEW

| Course ID         | Course   | ECTS      | Assessment           |
|-------------------|--|-----------|----------------------|
| <b>SEMESTER 1</b> |  | <b>30</b> |                      |
| PSYC0001          | <b>Introduction to Psychology</b>                                | 6         | Practical coursework |
| PSYC0002          | <b>History of Psychology</b>                                     | 6         | Practical coursework |
| PSYC0003          | <b>Research Methods in Psychology (Psychological Assessment)</b> | 6         | Practical coursework |
| BM0042            | English Language   | 4         | Practical coursework |
| BM0014            | Business Communication   | 4         | Practical coursework |
| BM0015            | Business Ethics  | 4         |                      |
| <b>SEMESTER 2</b> |  | <b>32</b> |                      |
| PSYC0004          | <b>Developmental Psychology</b>                                  | 6         | Practical coursework |
| PSYC0005          | <b>Personality Psychology</b>                                    | 5         | Practical coursework |
| PSYC0006          | <b>Social Psychology</b>   | 5         | Practical coursework |
| BM0151            | Statistical Data Analysis I                                      | 6         | Practical coursework |
| PSYC0007          | <b>General Psychology</b>  | 4         | Practical coursework |
| PSYC0008          | <b>Neurobiological Foundations of Behavior</b>                   | 4         | Practical coursework |
| PSYC0009          | Practical Workshop in Psychology I                               | 2         | Practical coursework |
| <b>SEMESTER 3</b> |  | <b>30</b> |                      |
| PSYC0010          | <b>Cognitive Psychology I</b>                                    | 6         | Practical coursework |
| BM0157            | Professional Ethics  | 3         | Practical coursework |
| PSYC0011          | <b>Psychometrics</b>   | 6         | Practical coursework |
| BM0043            | Statistical Data Analysis II                                     | 3         | Practical coursework |
| BM0011            | Research Methodology   | 3         | Practical coursework |
| PSYC0012          | <b>Health Psychology</b>   | 3         | Practical coursework |

|          |  |           |                      |
|----------|--|-----------|----------------------|
| SYC0013  | <b>Educational Psychology (Psychology of Learning)</b>   | 3         | Practical coursework |
| SYC0014  | Counseling and Career Guidance Psychology                | 3         | Practical coursework |
|          | <b>SEMESTER 4</b>  | <b>30</b> |                      |
| PSYC0015 | <b>Neuropsychology</b>                                   | 6         | Practical coursework |
| PSYC0016 | <b>Cognitive Psychology II</b>                           | 6         | Practical coursework |
| PSYC0017 | <b>Psychological Assessment</b>                          | 6         | Practical coursework |
| PSYC0018 | <b>Crisis Psychology</b>                                 | 6         | Practical coursework |
| PSYC0019 | <b>Work and Organizational Psychology</b>                | 3         | Practical coursework |
| PSYC0020 | Practical Workshop in Psychology II                      | 3         | Practical coursework |
|          | <b>SEMESTER 5</b>  | <b>30</b> |                      |
| BM0156   | Organizational Behavior                                  | 5         | Practical coursework |
| BM0057   | HR Management  | 4         | Practical coursework |
| PSYC0021 | <b>Adult Psychopathology</b>                             | 6         | Oral Exam            |
| PSYC0022 | <b>Psychotherapy</b>                                     | 6         | Practical coursework |
| PSYC0023 | <b>Child and Adolescent Psychopathology</b>              | 3         | Practical coursework |
| PSYC0014 | <b>Group Therapy</b>                                     | 6         | Practical coursework |
|          | <b>SEMESTER 6</b>  | <b>30</b> |                      |
| PSYC0024 | <b>Trauma Psychology</b>                                 | 6         | Practical coursework |
| PSYC0016 | <b>Corporate Well-Being and Stress Management</b>        | 6         | Practical coursework |
| PSYC0025 | <b>Psychological Counseling I</b>                        | 6         | Practical coursework |
| BM0155   | Coaching and Competency Development                      | 6         | Practical coursework |
| PSYC0026 | <b>Emotions and Motivation</b>                           | 4         | Practical coursework |
| PSYC0207 | Practical Workshop in Psychology III                     | 2         | Practical coursework |
|          | <b>SEMESTER 7</b>  | <b>28</b> |                      |
| PSYC0028 | <b>Introduction to Clinical Assessment and Diagnosis</b> | 6         | Practical coursework |

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|-----------------|---|-----------|----------------------|
| PSYC0029        | <b>Cross-Cultural Psychology</b>        | 3         | Practical coursework |
| PSYC0030        | <b>Differential Psychology</b>          | 3         | Practical coursework |
| PSYC0030        | <b>Psychopathology</b>                  | 6         | Practical coursework |
| PSYC0031        | <b>Propedeutics of Mental Disorders</b> | 6         | Practical coursework |
| PSYC0032        | <b>Ethics and Deontology</b>            | 4         | Practical coursework |
|                 | <b>SEMESTER 8</b>                       | <b>30</b> |                      |
| Bachelor Thesis |   |           |                      |