

Kingdom of Saudi Arabia
Ministry of Higher Education
King Saud University
College of Applied Studies and Community
Service
Program of Administration & Human
Sciences



المملكة العربية السعودية
وزارة التعليم العالي
جامعة الملك سعود
كلية الدراسات التطبيقية وخدمة المجتمع
برنامج العلوم الإدارية والإنسانية

Student Orientation and Counseling Diploma

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Program Objectives

This Program aims at preparing and forming psychiatric specialists in the field of student orientation and advising in Elementary, Junior High as well as High schools in accordance with the objectives and tasks set by the Ministry of Education.

A student Advisor assumes a number of important tasks such as:

١. Student orientation and counseling at the psychological, educational, social and vocational levels. The ultimate objective in this regard is to make of the student a citizen of good standing and integrity, who is capable of living comfortably and at the same time productively.
٢. Optimizing students' interest and benefit in all educational programs offered by the College as well as advising them on most effective ways to pursue their studies and invest their free-time
٣. Exploring students' potentials, capabilities and ambitions and seeking to invest them in the most fruitful way for the students in particular and the community in general
٤. Focusing attention on students who have not had much luck in their studies in order to find remedies for their problems as well as design special programs to answer their needs

٥. Attempting to discover gifted students and to bolster their exceptional potentials by setting up special programs and offering diverse opportunities for the nurturing of their talents all within the framework of the general programs
٦. Assisting students to choose the proper educational or vocational careers
٧. Consolidating the rapport between home and school so as to make each one of them a complement to the other
٨. Conducting research and studies on educational as well as individual issues
٩. Making use of all types of scholastic activity programs as virtual grounds for students' orientation and advising

Admission Requirements

١. The original copy of the student's academic file accompanied by two certified copies thereof
٢. The original copy of the college degree with two certified copies thereof
٣. The original copy of a certification of decency and moral uprightness with two copies
٤. The original copy of the student's ID and two certified copies thereof

Two picture IDs (٤ cm X ٦ cm)

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**Academic Plan
 Level One**

Course Number and Code	Course Title	Credit Hours		
		Theoretical	Practical	Total
١١٥٣ NAFS	Child and Adolescent Psychology	٢	٠	٢
١١٥٤ NAFS	Behavioral Disorders and their Treatment	٢	٢	٣
١١٥٥ NAFS	Principles of Educational Research	٢	٠	٢
١١٥٧ NAFS	Learning Theories	٢	٠	٢
١١٥٨ NAFS	Psychology of Individuals with Special Needs	٢	٠	٢
١١٧١ NAFS	Health Psychology	٢	٠	٢
١٣٧٠ NAFS	Psychology from an Islamic Perspective	٢	٠	٢
١٣٧١ NAFS	Principles of Orientation and Counseling	٢	٠	٢
١٣٨٠ NAFS	Psychological Testing and Criteria	١	٢	٢
Total		١٩		

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Level Two

Course Number and Code	Course Title	Credit Hours		
		Theoretical	Practical	Total
١٣٧٥ NAFS	Methods and Means of Counseling	٣	٢	٤
١٣٧٦ NAFS	Vocational Orientation and counseling and their Applications	٢	٠	٢
١٣٧٧ NAFS	Planning and Management of Educational Counseling Programs	٢	٠	٢
١٣٧٨ NAFS	Clinical Interviews in Clinical and Counseling Psychology	٢	٠	٢
١٣٧٩ NAFS	Learning and School Difficulties	٢	٢	٣
١٤٤٠ NAFS	Field Training	٠	٨	٤
Total		١٧		

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Course Title: Child and Adolescent Psychology

Course Number: ١١٥٥

Course Code: NAFS

Credit Hours: ٢

Level: One

Course Objectives

The course aims at acquainting the student with the features of the child development stages from pregnancy up until the end of adolescence with special focus on the different growth aspects which include physical, mental, emotional and social developments.

Course Content

- An introduction on Developmental Psychology and its importance
- Scientific methods for the study of child development
- Factors affecting child development
- Child development stages (pre-natal, nursing, early childhood, mid childhood, late childhood and adolescence)

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References

Al Mufadda, Omar Abderrahman (١٤٢٣). *Life Stages Psychology*. Dar Tayba
Publishing House, Riyadh.

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Course Title: Behavioral Disorders and their Treatment

Course Number: ١١٥٤

Course Code: NAFS

Credit Hours: ٢ (theoretical)

Level: One

Course Objectives

The course aims at acquainting the student with the field of behavioral problems, key concepts and terms utilized in this field as well as with reliable sources in this respect. The student is also acquainted with the various methods amenable to behavioral problems, the ways to discover and diagnose such problems, the features of individuals suffering from behavioral disorders (mental, emotional, social and physical) and with the different means to remedy such disorders.

References

١. Al Sartawi, Zidan Ahmed & Sisalem Kamal salem (١٩٨٧). *Individuals with Academic and Behavioral Disabilities: Their Characteristics and the Methods Adopted for their Education*. Dar Alam Al Kutub Publishing House, Riyadh.

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٢. Abdessattar Ibrahim, Dakheel Abdelaziz & Radhwi Ibrahim (no date). *Child*

Behavioral Treatment.

٣. Mahmoud Hamouda (١٩٩١). *Childhood, Adolescence, Psychological Problems
and Treatment*



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Course Title: Principles of Educational Research

Course Number: ١١١٣

Course Code: NAFS

Credit Hours: ٢ (theoretical)

Level: Two

Course Content

١. Theoretical Aspect

- A general introduction on the nature of science, research methodology and the different means for obtaining knowledge, the difference between scientific and non-scientific methods, and on the goals of science (comprehension, interpretation, prediction and accuracy)
- The general concepts of scientific methodology: Assumptions underlying scientific methodology (postulations related to the uniformity of nature,

natural diversity,
and endurance and other
psychological matters such
memory, reflection and inference)



ordination
ones related to
as cognition,

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- Statement of the problem: Defining and assessing the research problem on the light of available literature
- Solving the problem: forming, assessing and testing assumptions
- Research plan: elements of the plan, importance of assumptions in scientific research, samples and testing methods
- Research tools: Questionnaires, interviews and observation
- Descriptive methodology: Its nature, surveys, correlations, developmental studies, the advantages and disadvantages of descriptive methodology
- Experimental methodology: Nature and types of experimentation, defining experimentation and its types, advantages and disadvantages of experimentation
- Principles of scientific and academic report writing



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٢. Practical Aspect

- Visiting the central library in order to learn about research skills related to printed information (books, scientific periodicals, Master and PhD theses)
- Visiting the central library in order to learn about research skills related to visual/video information (the internet)

References

١. *Scientific Research: Concept, Tools and Methods*; by Dr. Dhuqan Abidat et al.
٢. *An Introduction on Research in the Field of Behavioral Sciences*; by Dr. Salih Al Assaf.

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Course Title: Learning Theories

Course Number: ١١٥٧

Course Code: NAFS

Credit Hours: ٢

Level: One

Course Objectives

The course aims at equipping the student with comprehensive information on the nature of the learning process as well as with learning theories and their rapport with other theories and applications in the field of Psychology.

Course Content

- Connectionism (Thorndike)
- Classic Conditioning (Pavlov)
- Coupling Theory
- Procedural Theory
- Gestalt Theory
- Developmental Theory

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- Mathematical Learning Theory
- Theories
- Social Learning Theory

Some of these theories shall be examined in detail under the following headings:

١. Introduction
٢. Historical background
٣. Issues
٤. Research
٥. Implications

Basic References (Arabic and non-Arabic)

١. Dr Ahmad
٢. Dr. Jabber
٣. Dr. Ramziyah Al Ghareeb
٤. Dr. Fouad

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Course Title: Psychology of Individuals with Special Needs

Course Number: ١١٥٨

Course Code: NAFS

Credit Hours: ٢

Level: One

Course Objectives

Generally, the course aims at acquainting the student with various types of disabilities, the psychological, mental and social complications related to them as well as with the role of specialists in the field in dealing with such handicaps. This general objective yields the following:

١. Equipping the student with the necessary information on the methods and criteria for classifying handicaps and defining their origins
٢. Equipping the student with information on the effects of such handicaps, particularly the psychological ones
٣. Equipping the student with information on the areas in which the disabled would fail/excel

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٤. Helping the students select their own preferences when it comes to dealing with the disabled
٥. Equipping the student with information on the skills required to approach the disabled and their families through the implementation of special education programs, for instance

References

١. Mohammad, Al Hashimi Abdelmajid (١٩٨٦). *Psychological Orientation and Advising*. Dar Al Shrouq.
٢. Mohammad, Sadiq Farouq (١٩٨٢). *The Psychology of Mental Retardation*. Deanship of Library Affairs (٢nd floor). Riyadh.
٣. Abdessalam, Abdelgaffar (١٩٧٧). *Mental Superiority and Innovation*. Dar Al Nahdha Al Arabiya. Cairo.

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Course Title: Psychology from an Islamic Perspective

Course Number: ١٣٧٠

Course Code: NAFS

Credit Hours: ٢

Level: One

Course Objectives

The course aims at introducing some Islamic concepts in the interpretation of human behavior within the framework of the principles and assumptions underlying Islam's views on man and its integrated perspective on the various aspects of his behavior along with a comparative approach regarding common concepts in the field of modern psychology.

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١. Mohammad, Qotb (١٩٨٧). *Studies on the Human Psyche*. Dar Al Shurouq, Beirut.
٢. Ahmad, Othman Sayed (١٩٨١). *The Crisis of Contemporary Psychology* (trans.). Dar Al Fikr Al Arabi, Cairo.

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Course Title: Principles of Orientation and Counseling

Course Number: ١٣٧١

Course Code: NAFS

Credit Hours: ٢ (theoretical)

Level: Two

Course Objectives

The course aims at acquainting the students with the basic psychiatric practices namely psychiatric orientation and counseling and at enabling them to comprehend the role of psychiatric counseling in improving the individual's performance, making use of his potentials and planning for his future.

Course Content

١. The concept of psychiatric orientation and counseling
٢. The prominent features of psychiatric counseling
٣. The historical development of the psychiatric counseling movement
٤. The rapport of orientation and counseling with psychotherapy
٥. The objectives and functions of psychiatric counseling
٦. The dynamics and operations of orientation and counseling

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٧. Theories of psychotherapy and psychological orientation

- Psychoanalysis
- Psychology of the ego
- Behaviorism and learning theories
- Theory of the self

٨. Psychological approach to counseling (observation)

٩. Comparison as the counselor's main tool: Its objectives and advantages

١٠. Counseling environment

- Answering the patient's pressing needs
- Diagnosis in psychological counseling
- Utilizing psychological testing in counseling

١١. Report writing and applications

Basic References (Arabic and non-Arabic)

١. Zahran, Hamed (PhD). *Psychological Counseling*
٢. Al Faqi, Hamed (PhD). *An Introduction to Psychological Counseling.*

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Course Title: Psychological Testing and Criteria

Course Number: ١٣٨٠

Course Code: NAFS

Credit Hours: ٢ (theoretical)

Level: One

Course Objectives

The course aims at providing the students with sufficient and clear information on psychological testing and criteria and their importance to education in general. The course is also expected to include an account on the relationship between testing, criteria and the task of orientation and counseling so that the learners would know where to fit such tests and criteria vis-à-vis their respective tasks. In addition, the course focuses on those tests with considerable importance to the field of counseling; precisely in the areas of mental capabilities, personal preferences and inclinations. In order to equip the learners with some of the skills in this respect, the course posits to familiarize them with certain types of tests and to assign them the application thereof. The course also includes an account on the principles of comparison and its various methods such as analogy, observation, etc.

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١. Saad, Abderrahman (١٩٨٣). *Psychology: Comparisons and Contrasts*. Al Falah Library, Kuwait.
٢. Saad, Jalal (١٩٨٥). *Psychology: Comparisons and Contrasts*. Dar Al Fikr Al Arabi, Cairo.

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Course Title: Methods and Means of Counseling

Course Number: ١٣٧٥

Course Code: NAFS

Credit Hours: ٤ (theoretical)

Level: Two

Course Objectives

The course aims at providing the students with definitions on counseling and its existence as an independent branch of Psychology and at equipping them with information related to theories of psychological counseling, precisely psychoanalysis, behaviorism, Rogers' theory of the self. In addition the course is designed to provide the learners with information on the various steps of the counseling process. The course also includes a survey of commonly adopted methods of psychological counseling such as client-centered counseling, behavioral counseling, play counseling, collective counseling and family counseling.

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١. Maher, Omar Mohamad (١٩٨٥). *Analogy in Counseling and Psychotherapy*.
Dar Al Maarifah Al jamiiyah. Alexandria, Egypt.
٢. Mohamad, darweesh Siham (no date). *Principles of Psychological Counseling*.
Dar Al Qalam. Kuwait.
٣. Mohamad, Al Hashimi Abdelhameed (١٩٨٦). *Psychological Orientation and
Counseling*. Dar Al Shuruq, Jeddah.

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Course Title: Vocational Orientation and Counseling

Course Number: ١٣٧٦

Course Code: NAFS

Credit Hours: ٢ (theoretical)

Level: Two

Course Objectives

The course includes the following objectives:

- The origins of vocational orientation and counseling
- Definition of vocational orientation and counseling
- The reality of vocational orientation and counseling in the Arab world
- The current need for vocational orientation and counseling
- The services offered by vocational counseling
- Theories of vocational counseling
- Programs of vocational counseling (vocational options, education and habilitation)
- School and college student counseling on vocational career planning
- Vocational counseling for workers

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١. Abu Atia, Siham Darweesh (١٩٨٨). *Principles of Psychological Counseling*.
Kuwait.
٢. S. H. Yarson (١٩٨٠). *Theories of Psychological Counseling and Psychotherapy*.
Kuwait.
٣. Cvites, J. O. (١٩٦٩). *Vocational Psychology*. New York, Mc Grohill.

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Course Title: Planning and Management of Educational Counseling Programs

Course Number: ١٣٧٧

Course Code: NAFS

Credit Hours: ٢ (theoretical)

Level: Two

Course Objectives

The course aims at teaching the students the following:

- The historical development of counseling programs and their theoretical foundations
- A Survey of the Programs that are currently being adopted in a number of countries and institutions
- The different steps in counseling program preparation:
 - Evaluation of the need for school programs
 - Program design
 - Defining prospective program tasks
 - Program application and assessment tools during and after application

In addition, the students are required to prepare counseling school programs based on what they have learned in the course

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١. Hamed, Zahran (١٩٨٨). *Psychological Orientation and Counseling*. Aalam Al Kutub, Cairo.
٢. Abu Ghazala, Haifa (١٩٨٥). *A Guide for Educational Counseling*. Oman

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Course Title: Clinical Interviews in Clinical and Counseling Psychology

Course Number: ١٣٧٨

Course Code: NAFS

Credit Hours: ٢ (theoretical)

Level: Two

Course Objectives

The course aims at equipping the students with background information on clinical interviews; its definition and importance in psychological counseling as well as on certain psychological theories which form the basis of the various types of clinical interviews. The course is also designed to provide the students with the techniques utilized in psychological counseling interviews and which include:

- Preparation for the interview
- interview formation process
- Interviewing Methods
- Ending the interview

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Ministry of Higher Education
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Service
Program of Administration & Human
Sciences



المملكة العربية السعودية
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كلية الدراسات التطبيقية وخدمة المجتمع
برنامج العلوم الإدارية والإنسانية

References

Al Qadhi, Youssef Mustafa et al. (١٩٨١). *Psychological Consultation and Educational Orientation*. Dar Al Mirreekh, Riyadh.

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Course Title: Learning and School Difficulties

Course Number: ١٣٧٩

Course Code: NAFS

Credit Hours: ٣

Level: Two

Course Objectives

The course aims in general at presenting the students with the various aspects of learning difficulties. This includes the following sub-objectives:

- Providing the students with the necessary information on the nature of learning difficulties and their categorization
- Providing the students with the necessary information on the nature of school difficulties
- Providing the students with the criteria utilized in the determination of learning and school difficulties
- Providing the students with the necessary information on the factors behind learning and school difficulties

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- Providing the students with the necessary information on the social, mental, emotional features of individuals suffering from either learning or school difficulties or both
- Providing the students with the necessary information on the role of the educational counselor and the psychotherapist in dealing with such situations

References

١. Al Sayed, Abderrahim Fathi & Bashai Halim Al Sayed (١٩٨٠). *Psychology of Abnormal Children, Part II*. Dar Al Qalam, Kuwait
٢. Al Sartawi, Zidan Ahmed & Sisalem Kamal Salem (١٩٨٧). *The Academically and Behaviorally Disabled: Their Characteristics and Methods of Education*. Dar Alam Al Kutub, Riyadh.

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Course Title: Field Training

Course Number: ١٤٤٠

Course Code: NAFS

Credit Hours: ٤

Level: Two

Course Objectives

The course assumes the following training tasks:

١. Conducting a thorough survey on the various difficulties faced by students (psychological and behavioral problems, disabilities, etc.) by holding interviews with classroom teachers, the school administrative staff, the student advisor, the students, carrying out observation during teaching and by applying related testing and criteria.
٢. Conducting a thorough survey on academic and developmental learning difficulties in a particular educational level to be determined by the training supervisor and getting acquainted with the personal, psychological and cognitive features among children with learning difficulties



٣. Sorting out gifted and slow-learner cases among students (as well as retardation cases, at the elementary level only), determining the characteristics of each category and investigating the reasons behind them by holding interviews and by applying certain tools and procedures
٤. Counting the number of student absences and trying to learn about the special psychological, personal and cognitive features marking those students with high absence records as well as about the reasons behind their absences
٥. Holding a conference or a seminar at school to discuss a particular problem or give a lecture on a special relevant issue
٦. Preparing a detailed report including the trainee's experience in the field. This should comprise details on the envisaged positive and negative aspects of student advising and recommendations and suggestions in order to improve the counseling process. The report is to be discussed with the supervisor.