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Department of Psychology

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Department of Psychology

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Overview

The Department of Psychology is dedicated to the scientific study of human behaviour and mental processes, combining rigorous academic training with meaningful practical engagement. Our programs are thoughtfully designed to cultivate analytical thinking, develop ethical sensitivity, and research competence across a broad spectrum of psychological domains—including cognitive, developmental, clinical, social, and organizational psychology. With a strong emphasis on empirical inquiry, experiential learning, and interdisciplinary collaboration, the department equips students with the theoretical foundations and applied skills necessary for success in research, clinical practice, education, human resources, and

allied fields. Supported by a distinguished faculty, modern laboratories, and field-based opportunities, our department fosters intellectual growth and societal impact through a deeper understanding of the human experience.

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Programs

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BS Psychology

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Vision

To be a leading center of excellence in psychological education, research, and practice advancing the understanding of human behavior to promote well-being and drive positive societal change.

Mission

The Department of Psychology at Salim Habib University is dedicated to:

- deliver high-quality education grounded in psychological theory

and research.

- foster practical skills through hands-on training and experiential learning.
- promote critical thinking and ethical practice in the field of psychology.
- encourage the application of evidence-based approaches to mental health care.
- support research that advances the understanding of human behaviour and mental processes.
- prepare graduates to contribute meaningfully to individual and community well-being.
- cultivate a culture of empathy, professionalism, and lifelong learning.

Key Features of Program

Comprehensive Curriculum

Covers core areas such as cognitive, developmental, clinical, social, and biological psychology, ensuring a solid theoretical foundation.

Research Opportunities

Students actively participate in faculty-led research projects and independent studies, fostering critical thinking and analytical skills.

Student-Centered Mentorship

Committed to academic and personal development, faculty provide close mentorship, research guidance, and career support, fostering a nurturing and intellectually stimulating environment.

Experienced Faculty

Our department boasts highly qualified professors with diverse specializations and real-world experience in both academic and applied settings.

Practical Training & Internships

Opportunities for hands-on experience through placements in hospitals, schools, clinics, NGOs, and corporate settings.

Modern Lab Facilities

Access to advanced psychological testing tools, neurocognitive equipment, and behavioural analysis software.

Student Support & Mentoring

Personalized academic advising, career counselling, and peer mentorship to guide students through their academic journey.

Innovative Teaching Methods

Faculty employ evidence-based, interactive pedagogies—including experiential learning, case-based discussions, and digital tools—to enrich the classroom experience.

Interdisciplinary Approach

Integration with neuroscience, sociology, education, and public health for a well-rounded understanding of human behaviour.

Focus on Mental Health & Wellbeing

Emphasis on contemporary issues such as mental health awareness, trauma-informed care, and resilience-building.

Community Engagement

Outreach programs, awareness campaigns, and collaborations with local communities to apply psychology in real-world contexts.

Future Programs

Post Graduate Program

The Department of Psychology plans on offering the following academic programs in the coming years:

- M.Phil. Clinical Psychology

Wellness Clinic

The Wellness Clinic at Salim Habib University offers accessible, confidential mental health services to support the emotional and psychological wellness of students, faculty, and staff. Operated by trained professionals from the Department of Psychology, the clinic provides counseling, therapy sessions, and mental health resources focused on stress management, personal growth, and academic success.

Whether you're navigating academic stress, personal challenges, or seeking personal development, the clinic provides a compassionate and supportive environment to help you thrive. Our goal is to foster a healthy, supportive campus environment where every individual can thrive.

Objectives:

- To promote mental and emotional well-being through accessible, confidential support services that enhance personal growth, resilience, and academic success.
- To create awareness about mental health in SHU's students, faculty/staff, and the community.

SHU Wellness Clinic Timings

Days: Wednesday & Thursday

Time: 10:00am – 12:00pm