DEPARTMENT OF PSYCHOLOGY

Department of Psychology offers a Bachelor of Science in Psychology designed to prepare students towards a scientific understanding of human behavior. The BS Psychology Program provides opportunities for experiences in psychological evaluation, research work and community involvement. It also prepares the student for graduate work. The BS Psychology Program requires 66 units of Psychology courses including Psychology 11, a basic course. At the senior level, the Internship Program is also required. Other required courses are: Psych 12, 14, 21, 22, 23, 24, 31, 32, 33, 34, 35, 36, 37 38, 39, 41, 42, 43. There is an additional 12 units for elective courses.

A student must get a minimum grade average of 2.5 for all major courses. In addition, a minimum grade average of 2.0 is required for all other courses. Those who are shifting must have an average grade of 2.0. Credit for work taken in other schools should be approved by the Department Chair. Nine units of major courses earned in other schools can be credited. Exceptions to these policies are made and recommended by the Department or the Admission Committee.

The Psychology Department offers Certificates in (a) Psychology, (b) Gender Studies, or (c) Personnel Psychology, (d) Health Psychology, (e) Disaster Psychosocial Management, and (f) Sport and Exercise Psychology. The Certificate Programs, particularly Certificates in Psychology and Certificate in Human Resource Management (now Personnel Psychology) were originally meant for students from the College of Nursing and College of Business Administration, respectively. Moreover, the Certificate for Gender Studies was primarily for Psychology majors, but it has been open for non-Psychology students. But these programs have been expanded further to include course options for a greater number of students from other colleges and departments.

The Psychology Department also offers Master of Arts in Psychology degrees, major in (a) Industrial/ Organizational Psychology, (b) Social and Community Psychology, or (c) Counseling Psychology; and Doctor of Philosophy degrees in Psychology major in (a) Clinical Psychology and (b) Social-Organization Psychology. These programs aim to prepare professionals to use their knowledge in the basic science of psychology in their work, whether in industry, school, government, community agencies, or the clinical setting. The courses are organized around the theories and principles of human behavior with an emphasis on local culture and practical application. A general admission test is administered, and an applicant interview is conducted. Training and work experience are an added advantage. Undergraduate academic credentials are assessed. Applicants are expected to have above average performance in relevant undergraduate courses.

Bachelor of Science in Psychology Curriculum

The Department of Psychology accepts first year students who were in the STEAM or HUMSS track at Senior High. When shifting to BS Psychology while already in college, the student should make sure that he/she has taken the sciences and math subjects outlined in the STEAM track and got passing grades in them. These courses are necessary for the student's preparation for the BS Psychology degree especially that the psychology practice has already been professionalized.

	F	IRST \	/EAR		
GE 1	Understanding the Self	3	GE 2	Readings in Philippine History	3
GE 4	Mathematics in the Modern World	3	GE 6	Art Appreciation	3
GE 5	Purposive Communication	3	CHS 2	Reading & Interpreting the	
GE 7	Science, Technology and Society	3		Christian Scriptures	3
CHS 1	Reading & Interpreting the Hebrew		Psych 12	Psychological Statistics	5
	Scriptures	3	Psych 14	Gender and Sexuality	3
Psych 11	Intro to Psychology	3	PE 2	Physical Education	2
PE 1	Physical Fitness & Swimming	2	NSTP 2	National Service Training Program	3
NSTP 1	National Service Training Program	3	PEP 2	Personality Enhancement Program	NC
PEP 1	Personality Enhancement Program	NC		Total Units	22
	Total Units	23			

3

5 3

22

SECOND YEAR

	1 _{st} SEMESTER			2 SEMESTER	
GE 3	The Contemporary World	3	GE 8	Ethics	3
GE 10	Whole Person Education	3	GE 9	The Life & Works of Jose Rizal	3
CHS 3	Ethics of the Christian Faith	3	GE 11	Free Elective	3
Psych 21	Theories of Personality	3	Psych 22	Physiological Psychology	3
Psych 23	Developmental Psychology	3	Psych 24	Field Methods in Psychology	5
PE 3	Physical Education	2	PE 4	Physical Education	2
Science Elect	Natural Science 1	5	Science Elect	Natural Science 2	5
	Total Units	22		Total Units	24
		THIRD	YEAR		
	1 _{st} SEMESTER			2 _™ SEMESTER	
Psych 31	Psychological Assessment	5	Psych 32	Experimental Psychology	5
Psych 33	Group Dynamics	3	Psych 34	Industrial Psychology	3
Psych 35	Social Psychology	3	Psych 36	Abnormal Psychology	3

Group Dynamics	3	Psych 34	Industrial Psychology
Social Psychology	3	Psych 36	Abnormal Psychology
Cognitive Psychology	3	Psych 38	Filipino Psychology
Natural Science 3	5	Science Elect	Natural Science 4
Psychology Elective	3	Psych Elect 2	Psychology Elective
Total Units	22		Total Units
	Social Psychology Cognitive Psychology Natural Science 3 Psychology Elective	Social Psychology3Cognitive Psychology3Natural Science 35Psychology Elective3	Social Psychology3Psych 36Cognitive Psychology3Psych 38Natural Science 35Science ElectPsychology Elective3Psych Elect 2

FOURTH YEAR

1. SEMESTER					
Psych 41	Research 1	3	Psych 42	Research 2	3
Psych 43	Practicum 1	6	Psych 44	Practicum 2 (SL Approach)	6
Psych Elect 3	Psychology Elective Total Units	3 12	Psych Elect 4	Psychology Elective Total Units	3 12

Certificate Program Offerings Certificate in Psychology (18 units)

Certificate in Psychology (18 units)				
CORE Courses (9 units)			
<u>Course</u>		<u>Units</u>		
Psychology 11	Introduction to Psychology	3		
Psychology 21	Theories of Personality*	3		
Psychology 23	Developmental Psychology*	3		
Electives (minir	mum of 9 units)			
<u>Course</u>		<u>Units</u>		
Psychology 22	Physiological Psychology**	3		
	Prerequisites: Biology 11 Zoology	5		
	Biology 13 General Botany	5		
Psychology 35	Social Psychology**	3		
Psychology 36	Abnormal Psychology**	3		
Psychology 37	Cognitive Psychology**	3		
Psychology 38	Filipino Psychology*	3		
*Pre-requisite -	– Psychology 11			
**Pre-requisite	es –Psychology 11 and Psychology 21			

Certificate in Gender Studies (18 units)

Gender studies is an interdisciplinary academic field devoted to analyzing gender identity and gender representation. It includes women's studies (concerning women, feminism, gender, and politics), men and queer studies.

Core Courses (9 units)	
<u>Course</u>	<u>Units</u>
Psychology 11 Introduction to Psychology	3
Psychology 14 Gender and Sexuality	3
Psychology 21 Theories of Personality*	3
Electives (minimum of 9 units)	
<u>Course</u>	<u>Units</u>
Psychology 81 Gender and Peace	3
Psychology 82 Seminar in Women's Studies	3
Psychology 83 Intro to Queer Theory	3
Psychology 84 Gender and Law	3
Psychology 85 Language and Gender	3
(same as ELS 52; formerly Women, Literature, and Arts)	
Psychology 86 Feminist Counseling	3
Psychology 87 Gender and Religion	3
*Pre-requisite – Psychology 11	

Certificate in Personnel Psychology (18 units)

This certificate program is intended for undergraduate students to deepen their understanding at applying psychological theories and principles to organizations. It focuses on increasing workplace productivity and related issues such as the physical and mental well-being of employees, as well as dealing with recruitment, selection and evaluation of personnel, and other job aspects such as morale, job satisfaction, employment testing, employment interview, employee training and relationships between managers and workers in the workplace.

Core Courses (9 units)	
<u>Course</u>	<u>Units</u>
Psychology 11 Introduction to Psychology	3
Psychology 21 Theories of Personality*	3
Psychology 23 Social Psychology**	3
Electives (minimum of 9 units)	
Course	<u>Units</u>
Psychology 12 Business Psychology*	3
Psychology 34 Industrial Psychology**	3
Psychology 38 Filipino Psychology*	3
Psychology 73 Fundamentals of Management (same as Mgt 11)	3
*by request	
Psychology 74 Digital Business and Digital Economy	3
(same as BA-Econ 37P; Pre-requisite ABM 2 or Mgt 11)	
Psychology 75 Human Resource Management	3
(same as BA 33 C; pre-requisite ABM 2 or Mgt 11)	
Psychology 76 Customer Relations in Governments	3
(same as PA 31)	
*Pre-requisite – Psychology 11	

**Pre-requisite – Psychology 11 and Psychology 21

Certificate in Health Psychology (18 units)

This certificate program aims at gaining deep understanding on how psychological, behavioral, and cultural factors contribute to physical health, mental health and illness. This certificate is for undergraduate and graduate students who would want to enhance their knowledge about complex problems of health and health care from a psychological perspective and application.

Core Courses (S Course	9 units)	<u>Units</u>		
	Introduction to Psychology	3		
	Theories of Personality*	3		
	Health Psychology*	3		
Electives (minir	num of 9 units)			
<u>Course</u>		<u>Units</u>		
Psychology 23	Developmental Psychology*	3		
Psychology 32	Physiological Psychology**	3		
	Prerequisites: Biology 11 Zoology	5		
	Biology 13 General Botany	5		
Psychology 36	Abnormal Psychology**	3		
Psychology 95	Basic Nutrition (same as ND 14)	6		
	Prerequisites: Chemistry 17	5		
	(Organic Chem and Bio-Chei	m)		
Psychology 96	Intro to Genetics (same as Bio 24)	5		
	Prerequisites: Biology 11 Zoology	5		
	Biology 13 General Botany	5		
Psychology 97	Preventive Community Health and	3		
	Epidemiology (same as Bio 52)			
	Prerequisites: Gen Bio 1 & Gen Bio 2			
Psychology 98	Complementary and Alternative Med	1		
	(same as Pharma 21)			
*Pre-requisite – Psychology 11				
**Dro requisite Development 11 and Development 21				

**Pre-requisite – Psychology 11 and Psychology 21

Certificate in Disaster Psychosocial Management

This certificate program aims at developing an appreciation of psychosocial intervention as a valued element of immediate and long-term disaster management. It recognizes psychosocial recovery is as important as repairing homes and rebuilding bridges. This program is intended for undergraduate and graduate students who would like to enhance their awareness and deepen their participation in effective post disaster management and psychosocial support programs for strengthening and building the resilience of individuals and communities.

Core Courses (9 units)		
<u>Course</u>		<u>Units</u>
Psychology 11	Introduction to Psychology	3
Psychology 21	Theories of Personality*	3
Psychology 38	Social Psychology**	3

Electives (minimum of 9 units)

<u>Course</u>		<u>Units</u>
Psychology 72	Environmental Psychology*	3
Psychology 89	Intro to Disaster Management	3
Psychology 90	Trauma Awareness and Resiliency	3
Psychology 91	Conflict Transformation	3
Psychology 92	Intro to Trauma Healing	3
Psychology 93	Foundations of Playback Theater	3
Psychology 94	Sports for Individuals and Communities	3
	In Crisis	
Psychology 99	Earth Science (same as Physics 25)	3

*Pre-requisite – Psychology 11

**Pre-requisite – Psychology 11 and Psychology 21

The Certificate in Sport and Exercise Psychology

The Certificate in Sport and Exercise Psychology is offered to Silliman undergraduate students who wish to enhance their knowledge in Sport and Exercise Psychology. While the certificate is awarded by the Department of Psychology, this program is a collaboration between the Department of Psychology and Department of Physical Education. While students from other departments can avail of this certificate, this is primarily designed for the psychology and physical education students.

Core Courses (9 units)

The student is required to take the following core courses. Psychology 11 or Introduction to Psychology is a required course for Psychology 60 Introduction to SEP.

<u>Course</u>		<u>Units</u>			
Psychology 11	Introduction to Psychology	3			
Psychology 60	Introduction to Sport and Exercise Psychology	y 3			
	history and foundation, personality and motiv	vation			
	in sports and exercise)				
SPE 31/Psych 62	Philosophical and Sociological Foundations				
	of PE and Sports	3			
*pre-requisite to all SP	E courses				
Electives (minimum of	9 units)	Units			
SPE 33/Psych 63 Anatomy and Physiology of Human Movements					
*pre-requisite to SPE 32					
SPE 32/Psych 64 Physiology of Exercise and Physical Activity					
SPE 55/Psych 65 Drug Education, Consumer Health and					
Healthy Living					
SPE 59/Psych 66 Personal, Community and Environmental Health					
SPE 52/Psych 67 Emergency Preparedness and Safety Management					
SPE 56/Psych 68 Contemporary Issues in PE, Health and Sports					
Psychology 14 Gender and Sexuality					
Psychology 22 Physiological Psychology					

COURSE DESCRIPTIONS

Psychology 11 General Psychology

A broad coverage of the conceptual and empirical foundations of psychology in its main fields. The discussion of the theories, concepts, and empirical findings focuses on complex human behavior: how and why we think, feel, and behave the way we do, how we act and interact with others, and why and how we become the unique individuals that we are. A prerequisite to all higher Psychology courses.

General Education (GE 10) Whole Person Education for Psychology

GE 10 for Psychology integrates and unifies the University's institutional graduate outcomes (IGO) where a good Silliman graduate is: creative critical thinker, transformative Christian witness, effective communicator, and independent, reflective life-long learner. Visible outcomes and operational indicators of our 5 C's, FIRE, Service Learning, Institutional Heritage, Code of Christian Collegiality, Volunteerism, and among others is delivered and effectively infused the University's WPE into the Outcomes-Based Education (OBE) System. GE 10 is a complementary course that aims to allow Psychology students to fully grasp the expected institutional graduate outcomes attained from their training in Psychology as a discipline and as a program.

Psychology 12 Business Psychology

The course gives an orientation on the application of Psychology in Business and Industry. This course aims to provide learned understanding of and enhanced capacity to deal with workers and consumers in a business and industrial setting, stress in the workplace and how to cope with it, and business and industrial efficiency and effectiveness.

Psychology 14 Gender & Sexuality

This is an interdisciplinary course that utilizes tools for analyzing women's experiences and studies the way that sex and gender manifest themselves in social, cultural and political contexts.

Psychology 21 Theories of Personality

A survey of the major theories of personality and the theoretical and practical issues involved in the scientific study and understanding of personality formation and dynamics.

Psychology 22 Physiological Psychology

The physiological approach to studying human behavior. Basic concepts and findings in neuroanatomy and neurophysiology with emphasis on brain-body relationship, brain-behavior relationship, and mind-behavior relationship are treated in this course.

Psychology 23 Developmental Psychology

A study of human development throughout the life span in the areas of physical, social, cognitive, emotional, and moral development. Major developmental theories are tackled. Emphasis is given on the system perspective and the interactive dimensions of human development particularly in the Filipino setting.

Psychology 27 Health Psychology

A course on Health Psychology acknowledges that health is an important asset. Students will be challenged to increase their knowledge, strengths, and skills in many areas including self-awareness, emotional health, stress management, nutrition, fitness, intimate relationships, family planning, disease prevention, consumerism and many others. Health psychology focuses on choices that people make, recognizing that these choices affect wellness all the time.

3 units

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3 Units

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Psychology 31 Psychological Assessment

Orientation into the rudiments of psychological testing, The principles, methods, and uses of psychological testing are tackled. Emphasis is placed on issues of item analysis, reliability, and validity in test construction (with computer use). The administration, scoring, and interpretation of objective cognitive and affective tests used in various applied fields of psychology, particularly the educational, industrial, and government settings are covered. Ethical considerations as well as current trends and issues in psychological testing in the Philippine setting are discussed.

Psychology 32 Experimental Psychology

The philosophy and methods of science focusing particularly on experimentation in the investigation of problems and issues in psychology including ethical considerations in the conduct of experimental research. The student is expected to design and conduct experiments in psychology, write research reports, and present and defend the findings of the experiment. Students in this course will be exposed to the use of computers in experimental psychology research.

Psychology 33 Group Dynamics

Using experimental/inductive methods, the course provides students the opportunity to understand the dynamics of group processes and functioning such as communication, problem-solving, decision-making, leadership/membership, collaboration/competition, and self-awareness particularly in a Philippine organizational setting.

Psychology 34 Industrial Psychology

A course providing an overview of psychological concepts, theories, and research findings for effective human interactions and performance in the workplace. Topics include organizational structures and systems, organizational communication processes, leadership, motivation, conflict resolution, problem-solving and decision-making, team dynamics, efforts in human resource development and management, and organizational change and development. The course aims to develop an appreciation of the significant role that group dynamics can play in community and nation-building in the Philippine setting.

Psychology 35 Social Psychology

The scientific study of human social behavior - how and why we think, feel, behave, and relate to one another in social situations the way we do. The major theories, concepts, and empirical findings in social psychology are dealt with. Social behavior and social phenomena in the Philippine setting are examined from the social psychological perspective.

Psychology 36 Abnormal Psychology

An introduction to the nature, causes, and possible interventions of psychological disorders. The students are expected to be familiar with the nomenclature and classifications of mental disorder, by the end of the course. Indigenous concepts of abnormality and abnormal behavior will also be discussed. Ethical considerations in abnormal psychology/clinical psychology are discussed.

Psychology 37 Cognitive Psychology

An introduction to research and knowledge in the psychological study of important cognitive abilities including sensation and perception, attention, memory and representation, language and thinking.

Psychology 38 Filipino Psychology

The course is a study of concepts and methods in the field of culture and psychology, giving meaning to psychological reality based on the language and worldview of the Filipino. The students will also be introduced

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to indigenous concepts in Sikolohiyang Pilipino, and its applications in various fields of psychology. They will also be trained in the use of indigenous research methods. Furthermore, issues regarding Sikolohiyang Pilipino as a discipline and as a movement will also be discussed. The course will be conducted in Filipino.

Psychology Elective 72 Intro to Environmental Psychology

The course is designed to acquaint the student with the general accepted effective patterns of behavior in everyday life and to give pointers on how to achieve these patterns. It also allows students to study an discuss personal, home, school, and community issues that may adversely affect individuals.

Psychology 41 (Research 1)

A research methods course which aims to train the student in psychological research beginning from choosing a relevant problem topic, reviewing the literature, postulating a conceptual framework, to planning for methodology and data analysis. The output is a mature research proposal.

Psychology 42 (Research 2)

The second part is the implementation of the research proposal. The student is expected to come up with a wellwritten empirical research paper and is expected to defend the results, the discussion, and the conclusions.

Psychology 43 Practicum 1

A course that will expose students to the different settings where psychology is practiced as a profession, e.g. school setting, industrial setting, government, non-governmental organizations, hospitals. Students are required to complete a total of 150 hours of practicum work in one or more of the above settings. The Practicum class should meet at least twice a month to discuss the students' work progress, the observations, insights, reflections, and learning of the students during the practicum work, as well as, issues in professional psychology including ethics and areas of concern of the students in their practicum work.

Psychology 44 Practicum 2 (Service-Learning Approach)

Psychology 73 Fundamentals of Management (same as Management 11)

An introductory course dealing with the fundamentals of management. It covers the nature and activity in the task areas of Marketing, Finance, Production, 211 of management: planning, organizing, staffing directing and controlling, and the various principles and concepts involved therein. Throughout the different topics, God-consciousness and the development of a God worker/businessman/manager is the thrust. Students are likewise introduced to the use of case analysis as an exercise in the application of the concepts and principles. Christian values, ethical standards and social consciousness must permeate the analysis of cases.

Psychology 74 Digital Business and Digital Economy (same as BA-Econ 37P)

The course tackles the theories, principles and practices of various business disciplines in relation to the 21st century environment. The course incorporates the American (environmental scanning), European (St. Gallen Business model) and top business models used in different leading schools in Asia in dealing with the external and internal environments. Lastly, the course incorporates ICT digital technology to optimize business and economic performances to integration and competitiveness.

Psychology 75 Human Resource Management (same BA 33)

The efficient and effective management of human resources is the main thrust of the course. Topics include policies and practices conducive to good relations with employees, effective and efficient human resource utilization, operative functions such as procurement, development, compensation, integration, maintenance and

3 units

3 units

6 units

3 units

6 units

3 units

3 units

separation of employees. How to best manage human resources in the light of their being created in God's image and likeness, thus affording dignity and respect of others, are essential topics in the course.

Psychology 76 Customer Relations in Governments (same as PA 31)

The efficient and effective management of human resources is the main thrust of the course. Topics include policies and practices conducive to good relations with employees, effective and efficient human resource utilization, operative functions such as procurement, development, composition, integration, maintenance and separation of employees. How to best manage human resources in the light of their being created by God's image and likeness, thus affording dignity and respect to man, are essential topics in the course.

Psychology 81 Gender and Peace

Women's Studies, this is designed to engender critical understanding of gender and how this drives peace and conflict relationships. Using case studies, students will explore the constructive and/or destructive role gender plays in human activities and identify their manifestations in people's various spheres of relationships. Frameworks for gender analysis and tools for gender-reframing which students can apply in various settings of work will be looked into. Classroom activities and opportunities for hands-on application of these tools and frameworks will be maximized.

Psychology 82 Seminar in Women's Studies

This course is primarily about women-Their experience, history, present situation, and future. It is about men, too, insofar as their lives affect women. It explores the social construction of gender and the interconnections between gender, race, and power in the lives of all women. Diverse cultural and feminist perspectives will be used in examining such issues as class, race, sexuality, identity, the media, and violence in seeking strategies that will help create a more egalitarian society.

Psychology 83 Intro to Queer Theory

This course is designed for undergraduate and graduate students who are studying contemporary issues in gender studies. It will introduce students to major themes and questions, articulations and expressions of /in queer theory. As an introductory course, the aim is to provide students with an opportunity to survey the texts that are of particular importance for understanding not only the theory as such, but, more importantly, also to the challenges and possibilities that queer theory brings and contributes to gender studies.

Psychology 84 Gender and Law

Psychology 85 Language and Gender (same as ELS 52)

Study of literature by and about women, as well as gay and lesbian writings aimed at developing awareness and understanding of gender issues in literature.

Psychology 86 Feminist Counseling

Feminist Counseling is a study of related therapies arising from what proponents see as a disparity between the origin of most psychological theories and the majority of people seeking counseling being female. It focuses on societal, cultural, and political causes and solutions to issues faced in the counseling process.

Psychology 87 Women and Religion

This course is designed to study the role of women within particular religious faiths, and religious doctrines relating to gender, gender roles, and particular women in religious history.

3 units

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3 units

Psychology 89 Introduction to Disaster Management

Disaster Management as a subject essentially deals with management of resources and information as far as a disastrous event is concerned and how effectively coordinates these resources. It also deals with issues of planning, coordinating, communication and risk management.

Psychology 90 Trauma Awareness and Resiliency

This course is designed to study how the Individuals and communities can learn skills for addressing trauma, healing relationships, and building resilience which improve the well-being.

Psychology 91 Conflict Transformation

Examines the nature and dynamics of conflict and ways to resolve and transform conflict. Experiential learning is used as the vehicle through which students explore their assumptions about communication and develop their skills for resolving interpersonal conflicts.

Psychology 92 Intro to Trauma Healing

This course aims at the capacity building for individuals who deal with the psychosocial impacts of nature - and human-caused traumas.

Psychology 93 Foundations of Playback Theater

In this course, students will learn and practice the basic elements of Playback Theatre. It focuses on the applicability of Playback to various stages of trauma from a disaster experience. In particular, it will explore the use of Playback for community mobilization, cultural activism and collective trauma response.

Psychology 94 Sports for Individuals and Communities in Crises

Psychology 95 Basic Nutrition (same as ND 14)

This course centers on the fundamentals of nutrition sciences as they relate to human life and growth. It includes the study of nutrients -their nature, functions, and interrelationships and utilization in the body, food sources, requirements and deficiencies. Laboratory experience includes use of dietary tools in the planning of nutritionally adequate, economical, safe, and aesthetically pleasing meals.

Psychology 96 Intro to Genetics (same as Bio 24)

Principles of heredity, includes Mendelian, agricultural, developmental and population genetics.

Psychology 97 Preventive Community Health and Epidemiology (same as Bio 52)

Deals with the study of community health problems and their causes; principles and methods of public health and health education are also emphasized.

Psychology 98 Complementary and Alternative Medicine (same as Pharma 21)

Psychology 99 Earth Science (same as Physics 25)

The earth and its environment in space. Selected principles of astronomy, geology, meteorology, oceanography, soil science, physical pollution, and wise conservation and utilization of natural resources.

3 units

3 units

3 units

3 units

3 units

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6 units

5 units

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1 unit