



St. Xavier's College (Autonomous), Mumbai
Department of Psychology

Programme: B.A. Psychology

Programme Specific Outcomes (PSOs) for B.A. Psychology

Sr. No.	A student completing B.A. Psychology will be able to:
PSO 1	Possess disciplinary knowledge of concepts, theoretical approaches and methodologies to understand, predict and manage human behaviour and mental processes.
PSO 2	Develop a healthy curiosity about applications of psychology to everyday life and cultivate an attitude of lifelong learning; apply the knowledge of psychology to various work, relationship and life settings (e.g., human resource management, parenting, academics etc.); analyse interpersonal and intrapersonal processes and situations using psychological approaches.
PSO 3	Understand how information is processed (encoding, storage, retrieval for cognitive processes); evaluate and think critically about information that is disseminated through books, articles and social media.
PSO 4	Understand social psychological theories of individual and group behaviour (social cognition, social perception, social influence, group processes).
PSO 5	Understand human development from conception to death (including physical, cognitive, emotional and social aspects).
PSO 6	Understand how psychometric tools are developed and used for assessment; evaluate the different techniques of psychological assessment.
PSO 7	Understand the complex interaction of factors that contribute to mental health disorders.
PSO 8	Understand the basic counselling process, skills and techniques used for psychotherapy.
PSO 9	Understand and use the scientific method of research to verify existing knowledge and create new knowledge.
PSO 10	Conduct experiments, administer tests and maintain a journal with written reports of practicals conducted in the laboratory (including a literature review, methodology, treatment of results and discussion for each practical experiment).
PSO 11	Appreciate diversity in experiences, people, ideas and perspectives; explore individual differences and acknowledge the power of subjective reality; use divergent thinking for creative problem solving.
PSO 12	Prepare himself/herself for a career specializing in a field of psychology (clinical, counselling, industrial, social, cognitive, developmental, research and assessments).
PSO 13	Have conversational competence (listen and communicate effectively with others to enhance relationships, develop empathy).



PSO 14	Develop an attitude of self-understanding, reflexivity and personal growth; develop positive attributes (compassion, accountability) and self-regulation (emotional intelligence); use constructive strategies to cope with conflict and stress.
PSO 15	Understand the importance of gender sensitization and apply these insights to interpersonal and group interactions.
PSO 16	Apply knowledge of psychology to understand group processes and socially relevant topics and community issues (e.g., prejudice, altruism, abuse, polarization, interpersonal attraction, stigmatization of mental illness, ethics, constructive coping, multiculturalism etc.).
PSO 17	Understand and apply psychological research to enhance attitudes and behaviour in the workspace (organizational behaviour); work independently and in groups (understand the power of collaboration and cooperation).
PSO 18	Develop a multilevel commitment to health and wellbeing (individual, organization, community, society).



Course Outcomes (COs): B.A. Psychology

Semester I

Course Title: Introduction to Psychology – I

Course Code: APSY0101

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand and evaluate contrasting approaches to explain human behaviour.	1, 2, 11	U, E
CO 2	Apply the scientific method to understand and evaluate psychological research.	9	U, E, Ap
CO 3	Understand the neurological and biological bases of behaviour.	1, 2	U
CO 4	Apply the principles of attention and perception to phenomena.	2, 11	Ap



Semester II

Course Title: Introduction to Psychology – II

Course Code: APSY0201

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the motivational and emotional bases of behaviour.	1, 2	U
CO 2	Understand the basic aspects of cognition.	3	U
CO 3	Apply the principles of learning and memory to various life situations.	2, 3	Ap
CO 4	Apply creative thinking to problem solving.	3, 11	Ap



Semester III

Course Title: Social Psychology – I

Course Code: APSY0301

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the classic and contemporary research in social psychology.	1, 4, 9	U
CO 2	Think critically about social influence processes.	3, 16	An, E
CO 3	Apply the knowledge of social group, processes and perception to understanding social phenomena such as helping behaviour.	2, 16, 17	Ap

Course Title: Developmental Psychology – I

Course Code: APSY0302

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the classic and contemporary research in human development.	1, 5	U
CO 2	Understand and evaluate the theoretical approaches/models that describe/explain human development.	1, 5	U, E
CO 3	Understand the complex interaction of factors that determines physical, cognitive, emotional and social development in the early stages of life.	5	U, An
CO 4	Apply the knowledge to the effective upbringing of children and prevention of maltreatment.	2, 16	Ap



Course Title: Psychology of Adjustment – I
Course Code: AAC03018

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand important concepts regarding challenges of everyday life.	1	U
CO 2	Apply psychological principles, research and suggestions for enhancing their subjective wellbeing, academics and relationships.	2, 14, 18	Ap
CO 3	Apply their knowledge to increase self-awareness and self-regulation and to facilitate esteem, efficacy and life decisions.	2, 14, 16	Ap
CO 4	Analyse the complex interaction of stressors and their potential effects on individuals.	2, 14, 16, 18	An
CO 5	Apply their understanding of constructive coping to reduce the negative impact of stress for self and others.	2, 14, 16, 18	Ap

Course Title: Psychology of Gender – I
Course Code: AAC03019

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand important concepts regarding gender.	1, 15	U
CO 2	Understand and evaluate gender-based theories and research.	1, 9	U, E
CO 3	Think critically about and analyse gender portrayals in popular culture.	3, 11, 15	An, E
CO 4	Apply the knowledge of gender to enhance interpersonal communication and relationships.	2, 14, 15, 16	Ap



Semester IV

Course Title: Social Psychology – II

Course Code: APSY0401

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the nature, formation and impact of attitudes and prejudice.	1, 2, 3, 4, 16	U, An
CO 2	Apply the knowledge of social processes and social cognition to understanding social phenomena such as interpersonal attraction.	1, 2, 16	Ap
CO 3	Think critically about social inferences and errors and biases in social cognition.	1, 2, 4, 16	An, E

Course Title: Developmental Psychology – II

Course Code: APSY0402

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Think critically about adolescent development and problems for that stage.	2, 3, 5	An, E
CO 2	Understand the complex interaction of factors that determines physical, cognitive emotional and social development in the later stages of life.	2, 5	U, An
CO 3	Apply their knowledge to sensitize others to psychosocial issues of aging and development of resilience.	14, 18	Ap
CO 4	Understand the stages of death and attitudes towards dying.	1, 5	U



Course Title: Psychology of Adjustment – II
Course Code: AAC04018

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the process of career choices and the challenges in the world of work.	2, 14, 17	U
CO 2	Apply their knowledge to life decisions regarding careers, love, commitment and sexual relationships.	2, 13, 14, 16	Ap
CO 3	Think critically about interpersonal relationships and sexuality related issues.	3, 11, 14, 15, 16	An, E
CO 4	Apply their knowledge to communicate effectively and develop interpersonal skills.	11, 13, 14, 17	Ap
CO 5	Apply the learning from positive psychology for wellbeing and mental health.	2, 11, 14, 16, 18	Ap

Course Title: Psychology of Gender – II
Course Code: AAC04019

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the role of gender in physical and mental health.	1, 2, 16	U
CO 2	Think critically about gender differences in the world of work.	1, 2, 15, 17	E
CO 3	Analyse the factors that contribute to gender related violence.	2, 15, 16	An
CO 4	Apply their knowledge to challenge gender stereotypes.	14, 15, 16, 18	Ap
CO 5	Understand the provisions in the legal system with respect to women and children, within the Indian context (POCSO 2013, Vishaka Guidelines 1997).	16, 18	U



Course Title: Psychology of Relationships (Cross-faculty Course)
Course Code: SSPC04016

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand psychology as a science that can be applied to analyse interpersonal phenomena.	1, 2, 9	U, An
CO 2	Analyse the factors that contribute to friendship, love, marriage, intimate relationships.	2, 14, 16	An
CO 3	Think critically about practical issues related to relationships and sexuality.	2, 3, 15, 16	E
CO 4	Apply the knowledge and guidelines to development of effective interpersonal communication skills and meaningful relationships in their personal lives.	2, 13, 14, 16, 18	Ap



Semester V

Course Title: Psychometrics and Statistics – I

Course Code: APSY0501

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the nature, uses, technical features and the process of construction of psychological tests.	1, 6	U
CO 2	Understand distinctions between testing and assessment.	1, 6	U
CO 3	Understand and evaluate the various methods of assessing reliability and validity of psychological tests.	6, 9	U, E
CO 4	Apply Univariate statistics to behavioural sciences.	1, 2, 9	Ap

Course Title: Abnormal Psychology – I

Course Code: APSY0502

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand important concepts of abnormal psychology.	1	U
CO 2	Analyse the transition of the perception and treatment of mental illness, in society.	2, 16, 18	An
CO 3	Apply their knowledge of issues related to diagnosis to destigmatize persons with mental illness.	16, 18	Ap
CO 4	Comprehend the clinical picture for psychological disorders (anxiety, schizophrenia, addiction).	1, 7	U
CO 5	Critically think about new age addictions (addiction to cell phones, pornography).	2, 3, 16	An, E



Course Title: Industrial Organizational Psychology – I
Course Code: APSY0503

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the important concepts, processes and issues in Industrial-Organizational Psychology.	1, 2, 17	U
CO 2	Evaluate the methods of employee recruitment and selection.	2, 17	E
CO 3	Understand and evaluate the methods of appraising employee performance.	17	U, E
CO 4	Understand and evaluate the methods of improving employee performance through training in organizations.	17, 18	U, E
CO 5	Understand and evaluate the research on leadership in organizations.	1, 16, 17	U, E

Course Title: Cognitive Psychology – I
Course Code: APSY0504

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the fundamental concepts of cognitive psychology and cognitive processes.	1	U
CO 2	Understand the evolution of theory and research in cognitive psychology.	1, 9	U
CO 3	Understand the neuropsychological basis of cognition.	2, 3	U
CO 4	Think critically about how memories are encoded, stored and retrieved and apply insights to life and memory related disorders.	2, 3	An, E



Course Title: Psychology Practicals – I
Course Code: APSY0505

Sr. No.	On completing the course, the student will be able to:	PSOs addressed
CO 1	Understand the process of scientific inquiry, experimental design and develop an analytical perspective to explain and predict human behaviour.	1, 2, 9
CO 2	Develop skills for observation, experimentation, data organization- using computers, use of computer applications like Coglab for experiments, data analysis including applying inferential statistical test, report writing, ensure research ethics and avoid plagiarism.	3, 9, 10, 16
CO 3	Develop skills for administration, scoring and interpretation of psychological tests (personality/ interest inventories).	6, 10
CO 4	Prepare for a career in psychological experimentation and research.	12

Course Title: Insight-Oriented Counseling
Course Code: APSY0506

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the important concepts, core conditions, processes, ethics and issues in the field of counseling psychology.	1, 8	U
CO 2	Understand and begin to develop skills for inviting client communication, facilitating disclosure and overcoming resistance	8, 13, 14	U, Ap
CO 3	Understand the rationale, goals and techniques of insight oriented and humanistic theories and therapies and critically evaluate them.	1, 8, 11	U, An, E
CO 4	Understand the nature and challenges of a multicultural approach to counseling.	2, 8, 11, 14, 16	U, An, E
CO 5	Apply the knowledge to counseling with diverse populations and groups.	2, 8, 11, 16, 18	Ap
CO 6	Prepare for a professional career in the field of counseling.	12	Ap



Semester VI

Course Title: Psychometrics and Statistics – II

Course Code: APSY0601

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand and apply item analysis for psychological test development.	6, 9	U, Ap
CO 2	Understand the application of psychometrics to evaluate tests of intelligence and personality.	6, 9	U, Ap, E
CO 3	Apply basic inferential statistics to hypothesis testing.	9	Ap
CO 4	Prepare for advanced learning in the field of psychometrics.	12	Ap

Course Title: Abnormal Psychology – II

Course Code: APSY0602

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Comprehend the clinical picture for psychological disorders (mood, somatoform, developmental and cognitive disorders).	1, 7	U
CO 2	Apply their knowledge about suicide towards action contributing to prevention and awareness of this social problem.	2, 16, 18	Ap
CO 3	Analyse the interaction of mental and physical systems within the individual.	2, 7	An
CO 4	Understand the provisions in the legal system with respect to mental health, within the Indian context.	16, 18	U
CO 5	Prepare for a professional career in the field of clinical psychology.	12	Ap



Course Title: Industrial Organizational Psychology – II
Course Code: APSY0603

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the link between theory and practice for Human Resource management.	1, 2, 17	U
CO 2	Apply research on motivation, satisfaction, actualization and stress to the context of work for enhanced employee performance.	2, 16, 17	Ap
CO 3	Understand the dynamics of organizational structure, organizational culture, organizational development and organizational change for effective functioning.	2, 16, 17, 18	U
CO 4	Understand and begin to develop the soft skills for competencies required in corporate life.	14, 17	U, Ap
CO 5	Prepare for a professional career in the field of Industrial-Organizational psychology.	12	Ap

Course Title: Cognitive Psychology – II
Course Code: APSY0604

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand and think critically about the reconstructive nature of memory.	2, 3, 14	U, E
CO 2	Understand and apply principles of attention and perception to life.	2, 3, 16	U, Ap
CO 3	Understand the processes underlying reasoning, problem solving, decision making and language.	3, 11, 16	U
CO 4	Prepare for higher education and a career in the field of cognitive psychology.	12	Ap



Course Title: Psychology Practicals – II
Course Code: APSY0605

Sr. No.	On completing the course, the student will be able to:	PSOs addressed
CO 1	Put in use the process of scientific inquiry, experimental design and develop an analytical perspective to explain and predict human behaviour.	1, 2, 9
CO 2	Develop skills for observation, experimentation, data organization- using computers, use of computer applications like Coglab for experiments, data analysis including applying inferential statistical test, report writing, ensure research ethics and avoid plagiarism.	3, 9, 10, 16
CO 3	Develop skills for administration, scoring and interpretation of psychological tests (personality/ interest inventories).	6, 10
CO 4	Prepare for a career in psychological experimentation and research.	12

Course Title: Action-Oriented Counseling
Course Code: APSY0606

Sr. No.	On completing the course, the student will be able to:	PSOs addressed	Cognitive levels
CO 1	Understand the important precepts, processes, ethics and issues in the field of counseling psychology.	1, 8, 16	U
CO 2	Understand and begin to develop skills for in-depth exploration, action and termination in the counseling relationship.	8, 13, 14	U, Ap
CO 3	Understand the rationale, goals and techniques of action oriented and systemic theories and therapies and critically evaluate them.	8, 16, 17	U, An, E
CO 4	Apply the knowledge to counseling for development of youth (children and adolescents) and some of their specific issues (bullying, body image).	2, 8, 16	Ap
CO 5	Understand the roles and examine the challenges of professional counseling at school and college levels.	8, 12, 16, 17, 18	U, E
CO 6	Prepare for a professional career in the field of counseling.	12	Ap