

St. Xavier's College (Autonomous),
Mumbai



Syllabus of the courses offered by the
Department of Psychology
(2015-2016)



St. Xavier's College – Autonomous Mumbai

Syllabus For 1st Semester Courses in Psychology (June 2015 onwards)

Contents:

Theory Syllabus for Course:

A.PSY.1.01 INTRODUCTION TO PSYCHOLOGY

FYBA

Course: A.PSY.1.01

Title: Introduction to Psychology

Learning Objectives:

1. To introduce students to the basic biological, motivational and emotional bases of behaviour related to areas of Psychology.
2. To stimulate interest in Psychology by emphasizing relevant applications of psychology in everyday life.
3. To expose students to a blend of theory and research in the core biological and motivational areas of Psychology.

Number of lectures: 60

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UNIT 1

- 1. The Science of Psychology** (12 lectures)
1.1 Psychology – definitions and scope
1.2 Psychological perspectives
1.3 Research methodology and ethics
1.4 Statistics in psychological research

UNIT 2

- 2. Behavioural Neuroscience** (12 lectures)
2.1 The nervous system
2.2 The endocrine system
2.3 Neurons
2.4 The brain

UNIT 3

- 3. Sensation** (12 lectures)
3.1 Sensory thresholds
3.2 Vision
3.3 Audition
3.4 Chemical senses
3.5 Somatosensory processes

UNIT 4

- 4. Perception** (12 lectures)
4.1 Attention and perception
4.2 Perceptual organization
4.3 Perceptual constancies and illusions
4.4 Depth perception
4.5 Plasticity of perception
4.6 Contemporary issues and applications
4.7 ESP

UNIT 5

- 5. Motivation** (12 lectures)
5.1 Nature of motivation
5.2 Theories of motivation
5.3 Basic physiological motives (hunger, thirst, sex, pain avoidance, sleep)
5.4 Learned social motives (affiliation, power, achievement, aggression)

List Of Recommended Reference Books

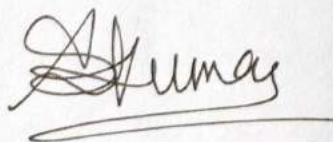
Books for study:

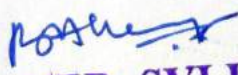
- Baron, R. A. & Misra, G., (2014), Psychology, 5th edition, Pearson Education Inc., India.
- Davis, S. F. and Palladino, J. P., (2013) Psychology 7th edition, Prentice Hall, NJ.

Books for reference

- 1) Myers, D. J., (2013), Psychology 10th edition. McMillan Publishers India Ltd.

- 2) Feldman, R.S., (2013) Understanding Psychology (11th edition). McGraw Hill Publications, New York.
 - 3) Morgan, C. T., King, R. A., Weisz, J. R., Schopler, J. (2010) Psychology 7th edition. Tata McGraw Hill, New Delhi
 - 4) Lahey, B. B. (2012) Psychology: An Introduction (9th edition). McGraw Hill Publications, New York.
 - 5) Coon, D. & Miltner, J. O. (2007) Introduction to Psychology: Gateway to mind and behaviour (11th edition). Wadsworth/ Thomson Learning Publications, New Delhi, first Indian reprint 2007
 - 6) Kalat, J. W. (2005) Introduction to Psychology (7th edition). Wadsworth/ Thomson Learning Publications, New York.
 - 7) Lahey, B. B. (2007) Psychology: An Introduction (9th edition). McGraw Hill Publications, New York.
 - 8) Passer, M. W. & Smith, R. E. (2007) Psychology: the science of mind and behaviour. New Delhi Tata McGraw Hill.
 - 9) Wade, C. & Travis, C. (2006) Psychology (8th edition) Pearson Education Inc., Indian reprint by Dorling Kindersley, New Delhi.
 - 10) Wood, S. E.; Wood, E. G. & Boyd, D. (2008) The World of Psychology (6th edition). Pearson Education Inc., Allyn and Bacon.
 - 11) Zimbardo, P. G.; Johnson, R.L. & Weber, A. N. (2008) Psychology: Core Concepts (5th edition). Pearson Education Inc., Allyn and Bacon.
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Syllabus For 2nd Semester Courses in Psychology (June 2015 onwards)

Contents:

Theory Syllabus for Course:

A.PSY.2.01 INTRODUCTION TO PSYCHOLOGY

FYBA

Course: A.PSY.2.01

Title: Introduction to Psychology

Learning Objectives:

1. To introduce students to the emotional and cognitive processes in Psychology.
2. To stimulate interest in Psychology by emphasizing relevant applications of psychology in everyday life.
3. To expose students to a blend of theory and research in the core emotional and cognitive processes in Psychology.

Number of lectures: 60

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UNIT 1

(12 lectures)

1. Emotion

- 1.1 Nature of emotions
- 1.2 Components (physiological, behavioural & cognitive aspects)
- 1.3 Theories of emotions
- 1.4 Basic emotions
- 1.5 Emotional intelligence

UNIT 2

(12 lectures)

2. Intelligence and Language

- 2.1 Concept of intelligence
- 2.2 Theories of intelligence
- 2.3 Measurement of intelligence
- 2.4 Extremes of intelligence
- 2.5 Nature nurture controversy
- 2.6 Language

UNIT 3

(12 lectures)

3. Learning

- 3.1 Concept of learning
- 3.2 Classical conditioning
- 3.3 Operant conditioning
- 3.4 Cognitive learning
- 3.5 Social learning

UNIT 4

(12 lectures)

4. Memory

- 4.1 Models of memory
- 4.2 Working memory
- 4.3 Long term memory
- 4.4 Forgetting
- 4.5 Improving memory

UNIT 5

(12 lectures)

5. Thinking, Problem Solving and Creativity

- 5.1 Cognition
- 5.2 Problem solving
- 5.3 Decision making
- 5.4 Creative thinking

List Of Recommended Reference Books

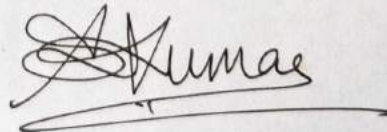
Books for study:

- Baron, R. A. & Misra, G., (2014), Psychology, 5th edition, Pearson Education Inc., India.
- Davis, S. F. and Palladino, J. P., (2013) Psychology 7th edition, Prentice Hall, NJ.

Books for reference

- 1) Myers, D. J., (2013), Psychology 10th edition. McMillan Publishers India Ltd.

- 2) Feldman, R.S., (2013) Understanding Psychology (11th edition). McGraw Hill Publications, New York.
 - 3) Morgan, C. T., King, R. A., Weisz, J. R., Schopler, J. (2010) Psychology 7th edition. Tata McGraw Hill, New Delhi
 - 4) Lahey, B. B. (2012) Psychology: An Introduction (9th edition). McGraw Hill Publications, New York.
 - 5) Coon, D. & Miltner, J. O. (2007) Introduction to Psychology: Gateway to mind and behaviour (11th edition). Wadsworth/ Thomson Learning Publications, New Delhi, first Indian reprint 2007
 - 6) Kalat, J. W. (2005) Introduction to Psychology (7th edition). Wadsworth/ Thomson Learning Publications, New York.
 - 7) Lahey, B. B. (2007) Psychology: An Introduction (9th edition). McGraw Hill Publications, New York.
 - 8) Passer, M. W. & Smith, R. E. (2007) Psychology: the science of mind and behaviour. New Delhi Tata McGraw Hill.
 - 9) Wade, C. & Travis, C. (2006) Psychology (8th edition) Pearson Education Inc., Indian reprint by Dorling Kindersley, New Delhi.
 - 10) Wood, S. E.; Wood, E. G. & Boyd, D. (2008) The World of Psychology (6th edition). Pearson Education Inc., Allyn and Bacon.
 - 11) Zimbardo, P. G.; Johnson, R.L. & Weber, A. N. (2008) Psychology: Core Concepts (5th edition). Pearson Education Inc., Allyn and Bacon.
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SYBA - SOCIAL PSYCHOLOGY – PAPER II

Learning Objectives:

- To ensure understanding of Social Psychology
- To acquaint students with classic and contemporary research in Social Psychology
- To further students' knowledge of basic research methodology
- To develop critical thinking and application skills with respect to the subject matter of Social Psychology and life in general
- To introduce students to the link between Social Psychology and Personality

SEMESTER III (45 lectures)

1. Introduction to Social Psychology (8 lectures)
 - Definitions of the field
 - Historical Perspective
 - Research methodology
 - Theoretical Approaches
2. Prosocial and Antisocial Behavior (8 lectures)
 - Concept of Prosocial Behavior and related concepts
 - Bystander Effect
 - Determinants of Prosocial Behavior
 - Theories of Altruism
 - Antisocial Behavior
3. Social Influence (7 lectures)
 - Concept and Types of Social Influence
 - Compliance
 - Destructive Obedience
 - Conformity
4. Social Perception (10 lectures)
 - Concept of Attribution
 - Theories of Attribution
 - Errors and Biases in Attribution
 - Impression Formation
5. Social Cognition (10 lectures)
 - Social Cognition v/s Social Perception
 - Schemas and their role in Social Cognitive Processes
 - Person Memory
 - Social Inferences
 - Errors and Biases in Social Cognition

CIA: Quiz/Multiple Choice Test

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SEMESTER IV (45 lectures)

6. Attitudes and Cognitive Dissonance (10 lectures)
- Concept of Attitude
 - Dimensions of Attitudes
 - Acquisition of Attitudes
 - Theory of Cognitive Dissonance
 - Applications of Dissonance Theory
 - Persuasion and Resistance to Persuasion
7. Prejudice and Discrimination (10 lectures)
- Concept of Prejudice
 - Measurement of Prejudice
 - Theories of the origins of Prejudice
 - Concept and Types of Discrimination
 - Methods of Reducing/Preventing Prejudice
 - Gender Roles, Stereotypes, Discrimination
8. Group Processes (7 lectures)
- Social Facilitation
 - Deindividuation
 - Group Decision Making
 - Co-operation v/s Competition and Conflict Resolution
9. Interpersonal Attraction (8 lectures)
- Concept of Interpersonal Attraction
 - Determinants of Interpersonal Attraction
 - Falling in and out of love
10. Social Psychological Theories of Personality (10 lectures)
- Adler
 - Horney
 - Fromm
 - Sullivan
 - Comparative Analysis and Critical Evaluation

CIA: Quiz/ Multiple Choice Test

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04/02/11

Books for Study:

- Baron, R. A., Branscombe, N. R., & Byrne, D. (2009). *Social Psychology*. Boston, MA: Pearson/Allyn and Bacon.
- Franzoi, S. L. (2008). *Social Psychology*. New York: McGraw-Hill.
- Myers, D. G. (2009). *Exploring Social Psychology*. New York: McGraw-Hill.
- Myers, D. G. (2010). *Social Psychology*. New York: McGraw-Hill.
- Taylor, S. E., Peplau, A. L., & Sears, D. O. (2006). *Social Psychology*. Englewood Cliffs, NJ: Prentice Hall.

Books for Reference:

- Aronson, E., Wilson, T. D., & Akert, R. M. (2010). *Social Psychology*. Upper Saddle River, NJ: Prentice Hall.
- DeLamater, J. D., & Myers, D. J. (2011). *Social Psychology*. Belmont, CA: Wadsworth.
- Giovich, T., Keltner, D., & Nisbett, R. (2010). *Social Psychology*. New York: W. W. Norton.
- Kassin, S. M., Fein, S., & Markus, H. R. (2008). *Social Psychology*. Boston, MA: Houghton Mifflin.

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COURSE: DEVELOPMENTAL PSYCHOLOGY FOR SYBA

Learning objectives:

- To ensure understanding of important concepts, major theories and research methodology of developmental psychology.
- To inculcate knowledge of developmental milestones from conception to death.
- To create awareness of the complex interaction of factors governing physical, cognitive and social-emotional development at different life stages.
- To develop critical thinking and application skills with respect to the subject matter of developmental psychology and life in general.
- To introduce students to the link between developmental psychology and personality.

SEMESTER THREE (45 lectures, three per week)

1. **Introduction to developmental psychology (9 lectures)**
 - An orientation to lifespan development
 - Key issues and questions
 - Theoretical perspectives
 - Research methods
2. **The start of life (9 lectures)**
 - Hereditary and environmental influences on development
 - Prenatal development and environmental factors
 - Birth and complications
 - The competent newborn
3. **Physical and cognitive development in infancy and toddlerhood (9 lectures)**
 - Early reflexes and motor development
 - Development of the senses
 - Cognitive development
 - Language development
4. **Emotional and social development in infancy and toddlerhood (9 lectures)**
 - Emotional development and communication with caregivers
 - Temperament
 - Autonomy and the emergence of self
 - Role of parents and attachment
5. **Early childhood (9 lectures)**
 - Bodily growth and motor skills
 - Cognitive development and language
 - Identity (self and gender)
 - Parenting

CIA: Essay question/quiz

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SEMESTER FOUR (45 lectures, three per week)

1. Middle childhood (9 lectures)

- Motor development
- Cognitive development and learning in school
- The self and others
- Family influences

2. Physical and cognitive development in adolescence (9 lectures)

- Puberty
- Health issues
- Cognitive development and abstract thought
- Learning in school and vocational issues

3. Emotional and social development in adolescence (9 lectures)

- Identity
- Sexuality
- Family relationships
- Peer relationships
- Depression and suicide

4. Adulthood (9 lectures)

- Relationships
- Parenting
- Establishing a career
- Changes and challenges at midlife

5. Death, dying and bereavement (9 lectures)

- Developmental tasks in late adulthood
- Attitudes towards death
- Issues regarding the right to die
- Bereavement and grief

CIA: Presentations/quiz

Books for study:

- Papalia, D.E; Olds, S.W; Feldman, R. (2010) Human development 9th edition. McGraw Hill.
- Feldman, R.S (2009) Discovering the lifespan. Pearson Prentice Hall.
- Berk, L.E. (2007) Development through the lifespan. 3rd edition. Pearson Education.

Books for reference:

- Cook, J.L; Cook, G (2009) Child development: Principles and perspectives. Pearson education.
- Santrock, J.W. (2009) Lifespan development 3rd edition. Tata McGraw Hill.
- Santrock, J.W. (2007) Educational Psychology 2nd edition. Tata McGraw Hill.
- McDervitt, T.M; Omrod (2007) Child development and education 3rd edition. Pearson education.
- Dacey, J.S; Travers, J.F. (2004) Human development across the lifespan 5th ed. McGraw Hill.

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**COURSE: PSYCHOLOGY OF ADJUSTMENT
APPLIED COMPONENT FOR SYBA**

Learning objectives:

- To ensure understanding of important concepts regarding the challenges of adjustment in everyday life.
- To inculcate knowledge of human relations and interaction and to thus enhance interpersonal skills.
- To create improved self awareness and to thus facilitate better life decisions and constructive coping with life's challenges.
- To develop critical thinking and application skills with respect to the subject matter of psychology of adjustment.
- To introduce students to the link between psychology of adjustment and personality.

SEMESTER THREE (60 lectures, four per week)

1. **Adjusting to modern life** (12 lectures)
 - The paradox of progress
 - The search for direction
 - The psychology of adjustment
 - The scientific approach to behavior
2. **The Self** (12 lectures)
 - Self-concept
 - Self-esteem
 - Self-perception
 - Self-regulation
 - Self-concept and personal growth
3. **Taking charge of life** (12 lectures)
 - Mastery and personal control
 - Learned optimism
 - Decision making
 - Self control
4. **Stress and its effects** (12 lectures) *Existential theories*
 - Nature of stress
 - Types of stress
 - Responding to stress
 - Effects of stress
 - Stress tolerance
5. **Coping processes** (12 lectures)
 - The concept of coping
 - Coping patterns of limited value
 - Nature of constructive coping
 - Methods of constructive coping

CIA: Presentations/film reviews

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SEMESTER FOUR (60 lectures, four per week)

- 1. Work and careers (12 lectures)**
 - The changing world of work
 - Choosing a career
 - Coping with occupational hazards
 - Balancing work and others spheres of life
- 2. Love and commitment (12 lectures)**
 - Meeting people and making friends
 - Romantic love
 - Marital adjustment
 - Interpersonal conflict
 - Divorce
- 3. Sexuality (12 lectures)**
 - Key aspects of sexual identity
 - Interaction in sexual relationships
 - The human sexual response
 - Sexual expressions and patterns
 - Practical issues in sexual activity
 - Enhancing sexual relationships
- 4. Physical health and mental wellbeing (12 lectures)**
 - Habits, lifestyles and addictions
 - Coping with illness
 - Promoting wellness
 - Anxiety
 - Depression and suicide
- 5. Living with the environment (12 lectures)**
 - Territoriality and personal space
 - Concern for the environment
 - Pollution and behavior
 - Crowding and behavior

CIA: Presentations/ film reviews

Books for study:

- Weiten, W; Lloyd, M (2010) **Psychology Applied to Modern Life. Thomson Wadsworth**
- Duffy, K; Atwater, E (2009) **Psychology for Living Adjustment, Growth and Behaviour Today.. Pearson Education.**

Books for reference:

- Snyder, C.R; Lopez, S.J (2007) **Positive Psychology. The scientific and practical explorations of human strength. Sage publication**
- Greenberg, J.S. (2008) **Comprehensive Stress Management.**
- Taylor, S.E. (2003) **Health Psychology. Tata McGraw Hill**
- Shaffer. (2000) **Stress Management for Wellness. Thompson Wadsworth.**
- Feldman, R. (1989) **Adjustment- applying psychology in a complex world. McGraw Hill.**

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S.Y.B.A- Applied Component-D-Psychology of Gender

Objectives:

1. To ensure understanding of important concepts.
2. To inculcate knowledge of gender based theories and research methodology.
3. To create self awareness with respect to gender identity and gender roles.
4. To develop critical thinking and application skills with respect to the subject matter of Psychology of gender.
5. To introduce students to the link between Psychology of gender and personality.

4 lectures per week, 16 lectures per semester, 60 lectures in total
12 lectures per topic

Semester -3 [Topics 1-5] 60 LECTURES 12 lectures per topic

1. TOPIC 1. INTRODUCTION TO FEMINIST PSYCHOLOGY OF WOMEN.

- Femininity and Masculinity as Social constructs
- Gender Stereotypes and Discrimination
- Devaluation of women - Past and Present
- Justification for a focus on Women in the Gender Issue
- Women psychologists

12 lectures

TOPIC 2 - THEORETICAL PERSPECTIVES AND RESEARCH ON SEX AND GENDER -

- Psychoanalytic theories & Jung's ^{analytic} theory
- Identification theories
- Cognitive Development theories
- Social learning theories
- Research

12 Lectures

Methods of comparing the sexes.

- problems encountered in the study of sex and gender
- science and androcentrism

TOPIC 3 .COMMUNICATION BY AND ABOUT WOMEN.

- Patterns of communication - a reflection of power and status
- Verbal and Nonverbal styles
- Silencing women
- Valuing communication styles

TOPIC 4.-IMAGES OF MEN AND WOMEN

- Media images of men and women
- Impact of Media sexism
- Cross cultural differences and similarities in the images of both men and women
- Communicating about women in the English language, sexism, stereotypes.

12 lectures

TOPIC 5- WOMEN'S FRIENDSHIPS AND ROMANTIC RELATIONSHIPS

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- Women's friendships
- Women's friendships with men
- Importance of women's friendships
- Women's romantic relationships
- Marriage the intimate ~~economic~~ partnership

12 lectures

CIA-1.MULTIPLE CHOICE TEST (MCQ) /
2. ASSIGNMENT

SEMESTER 4-topics (6to10)

TOPIC 6.-MOTHERING

12 lectures

- Images of mother and motherhood
- The decision to have a child
- Transition to motherhood
- The event of child birth
- Experience of mothering
- Women and men as parents
- The future of mothering

TOPIC 7-PHYSICAL AND MENTAL HEALTH

- Women's strength and fitness
- Reproductive health
- Women's physical illness
- Factors related to women's health
- Mental illness
- Diagnosis and treatment

12 - lectures

Social construction of women's mental disorders.

-Feminist psychotherapy

TOPIC 8.-VIOLENCE AGAINST WOMEN

- Battering in close relationships
- Sex- selective abortion, infanticide ,systematic neglect
- Sexual violence
- Torture and illtreatment of women in custody
- Terrorism and women
- Protecting women from violence

12 - lectures

TOPIC 9.-WOMENS WORK

- Women's paid and unpaid work
- Gender equity in the workplace
- Perception of fairness and affirmative action
- Sexual harassment in the work place
- Striving for career and family balance

12 - lectures

TOPIC 10-LEADERSHIP.POWER.JUSTICE AND SOCIAL CHANGE

- Defining achievement and power
- Access to resources ,strategies and political power
- Power in organizations and institutions
- Maintaining the status quo
- Gender and concept of justice
- Gender and the law

12 - Lectures

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-Social change

CIA-1.PRESENTATION

2. REVIEW OF CURRENT LAWS RELATING TO GENDER/MOVIE REVIEW

BOOKS FOR STUDY

1. Lips.M.Hillary.(2006)A NEW PSYCHOLOGY OF WOMEN.(3RD EDITION).McGraw Hill co.

BOOKS FOR REFERENCE

- 1.Crawford, Mary,AND Unger, Rhoda.(2000).Women and Gender-A Feminist Psychology.(3rd edition).McGraw Hill co.
 - 2.Pauladi.Michele.A Preager Guide to the Psychology Of Gender.(20040.Indian edition n.Green wood Publishers group.
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TYBA – PSYCHOMETRICS and STATISTICS – PAPER I
SEMESTER V (60 lectures)
Course Code A.PSY.5.01

Learning Objectives -

- 1) To ensure understanding of the nature, uses, technical features, and process of construction of psychological tests
- 2) To highlight the distinction between testing and assessment
- 3) To facilitate awareness of the application of psychometrics to intelligence and personality
- 4) To develop skills in the uses and applications of statistics to the behavioral sciences
- 5) To create a foundation for advanced learning of psychological testing, assessment, and statistics
- 6) To introduce students to the link between psychometrics and personality

Topic I. Psychological Testing and Assessment

(12 lectures)

- a) Historical Perspectives
- b) Distinction between Testing and Assessment
- c) Assumptions about Testing and Assessment
- d) Criteria of a Good Psychological Test

Topic II. Reliability

(15 lectures)

- a) The concept of Reliability
- b) Reliability estimates – Various methods
- c) Reliability and individual scores
- d) Using and interpreting a reliability coefficient

Topic III. Validity

(15 lectures)

- a) The concept of Validity
- b) Content Validity
- c) Construct Validity
- d) Criterion-related Validity

Topic IV Univariate Statistics

- a) Variables
- b) Scales of measurement
- c) Tabulation Techniques
- d) Graphical Representations

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Topic V Measures of central tendency, location, and dispersion

(10 lectures)

- a) Central tendency - Calculation, merits, limitations, and uses
- b) Location – Calculation, merits, limitations, and uses
- e) Dispersion – Calculation, merits, limitations, and uses

CIA: Multiple Choice /Test

Book for study

- Anastasi, A. & Urbina, S. (1997). Psychological Testing. (7th ed.). Pearson Education, Indian reprint 2002
- Cohen, J.R., & Swerdlik, M.E. (2010). Psychological Testing and Assessment: An introduction to Tests and Measurement. (7th ed.). New York. McGraw-Hill International edition

Books for reference

- 1) Aiken, L. R., & Groth-Marnat, G. (2006). Psychological Testing and Assessment. (12th ed.). Pearson. Indian reprint 2009, by Dorling Kindersley, New Delhi
- 2) Aaron, A., Aaron, E. N., & Coups, E. J. (2006). Statistics for Psychology. (4th ed.). Pearson Education, Indian reprint 2007
- 3) Gregory, R. J. (2004). Psychological Testing: History, Principles, and Applications. (4th ed.). Pearson Indian reprint 2008, by Dorling Kindersley India pvt ltd, New Delhi
- 4) Hoffman, E. (2002). Psychological Testing at Work. New Delhi: Tata McGraw-Hill
- 5) Hollis-Sawyer, L.A., Thornton, G. C. III, Hurd, B., & Condon, M.E. (2009). Exercises in Psychological Testing. (2nd ed.). Boston: Pearson Education
- 6) Howell D.C. Statistical Methods for Psychology. (7th ed.)
- 7) Howell D. C. Fundamental Statistics for the Behavioral Sciences. (6th ed.)
- 8) Kaplan, R. M., & Saccuzzo, D. P. (2005). Psychological Testing – Principles, Applications and Issues. (6th ed.). Wadsworth Thomson Learning, Indian reprint 2007
- 9) Kline, T.J.B. (2005). Psychological Testing: A Practical approach to design and evaluation. New Delhi: Vistaar (Sage) publications
- 10) Mangal, S.K. (1987). Statistics in Psychology and Education. New Delhi: Tata McGraw Hill Publishing Company Ltd.
- 11) McBurney, D.H. (2001). Research Methods. (5th ed.). Bangalore: Thomson Learning India

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12) McIntire, S.A., & Miller, L.A. (2000). Foundations of Psychological Testing. (1st ed.). McGraw-Hill Higher Education

13) Urbina S. (2004). Essentials of Psychological Testing. John Wiley & Sons.

Template of End-Sem Question Paper

TOPICS	RECALL	COMPREHENSION	APPLICATION/ ANALYSIS	MARKS
1. Testing & Assessment	2	15	5	22
2. Reliability	2	15	5	22
3. Validity	2	15	5	22
4. Univariate Stats.	2	10	5	17
5. Measures of Stats.	2	10	5	17
TOTAL	10	65	25	100
PERCENTAGE	10%	65%	25%	100%

Paper Format

Three Questions 20 marks each

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TYBA – ABNORMAL PSYCHOLOGY – PAPER II
SEMESTER V (60 lectures)
Course Code A.PSY.5.02

Learning objectives:

- To ensure understanding of important concepts of abnormal psychology.
- To acquaint students with classic and contemporary theories and issues in abnormal psychology.
- To impart knowledge and understanding of the different psychological disorders with respect to symptoms, diagnosis, causes and treatment.
- To increase awareness about mental health problems in society.
- To understand the issues related to diagnosis and labeling.
- To introduce students to the link between abnormal psychology and personality.
- To create a foundation for higher education and a professional career in clinical psychology

1. AN INTRODUCTION TO ABNORMAL PSYCHOLOGY (12 lectures)

- a. Concept/meaning and criteria of abnormal behavior
- b. Prevalence and incidence of abnormal behavior
- c. Historical views of abnormal behavior
- d. Contemporary view of abnormal behavior
- e. Research approaches in abnormal behavior
- f. Clinical assessment

2. THEORETICAL PERSPECTIVES AND CAUSAL FACTORS (12 lectures)

- a. The purpose of theoretical perspectives in abnormal psychology
- b. Biological perspective
- c. Psychodynamic perspective
- d. Behavioural perspective
- e. Cognitive perspective
- f. Humanistic perspective –with emphasis on Carl Roger’s person centered theory of personality and therapy
- g. Socio-cultural perspective
- h. Integrative approach

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3. ANXIETY AND RELATED DISORDERS (12 lectures)

- a. Phobias
- b. Panic disorder
- c. Generalized anxiety disorder
- d. Obsessive compulsive disorder
- e. Post traumatic stress disorder
- f. Causal factors of anxiety disorders
- g. Treatments and outcomes of anxiety disorders

4. MOOD DISORDERS AND SUICIDE (12 lectures)

- a. Unipolar disorders
- b. Bipolar disorders
- c. Causal factors of mood disorders
- d. Treatments and outcomes of mood disorders
- e. Suicide

5. ADDICTION DISORDERS (12 lectures)

- a. Alcohol dependence and abuse
- b. Clinical picture, causal factors, treatments and outcomes
- c. Drug abuse and dependence
- d. Causal factors, treatments and outcomes
- e. Other addiction disorders

CIA: Quiz/ test

Books for study

1. Carson, R. C., Butcher, J. N., Mineka, S., & Hooley, J. M. (2011). Abnormal Psychology. (14th ed.)
2. Barlow, D.H., & Durand, V.M. (2005). Abnormal Psychology: An Integrative Approach. (4th ed.). New Delhi: Wadsworth Cengage Learning

Books for Reference

- 1) Beidel, D. C., Bulik, C. M., & Stanley, M.A. (2010). Abnormal Psychology. New Jersey: Pearson Prentice Hall
- 2) Halgin, R. P., & Whitbourne, S.K. (2010). Abnormal Psychology: Clinical Perspectives on Psychological Disorders. (6th ed.). McGraw-Hill

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- 3) Bennet, P. (2003). Abnormal and Clinical Psychology: An Introductory Textbook. Open University Press
- 4) Compas, B. E., & Gotlib, I. H. (2002). Introduction to Clinical Psychology: Science and Practice. McGraw- Hill
- 5) Dhanda, Amita. (2000) Legal Order and Mental Disorder. New Delhi, Sage publications pvt ltd
- 6) Nolen-Hoeksema, S. (2008). Abnormal Psychology. (4th ed.). New York: McGraw-Hill.
- 7) Mash, E. J., & Wolfe, D.A. (2005). Abnormal Child Psychology. (3rd ed.). Wadsworth / Thomson Learning
- 8) Oltmanns, T. F., & Emery, R. E. (2010). Abnormal Psychology. 6th ed., New Jersey: Pearson Prentice Hall

TOPICS	RECALL	COMPREHENSION	APPLICATION/ANALYSIS	TOTAL MARKS
1. An introduction to abnormal psychology	2	13	5	20
2. Causal factors and viewpoints	2	13	5	20
3. Anxiety and related disorders	2	13	5	20
4. Mood disorders and suicide	2	13	5	20
5. Addiction disorders	2	13	5	20
Total	10	65	25	100
% weightage	10%	65%	25%	100%

Paper Format

Four Questions 15 marks each

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TYBA – INDUSTRIAL-ORGANIZATIONAL PSYCHOLOGY– PAPER III
SEMESTER V (45 lectures)
Course Code A.PSY.5.03

Learning objectives:

- To ensure understanding of important concepts, processes and issues in the field of industrial-organizational psychology.
- To inculcate knowledge of different facets of organizational functioning.
- To develop critical thinking and application skills with respect to the subject matter of psychology in the context of work.
- To introduce students to the link between I-O psychology and personality.
- To gain insight into the association between theory and practice in the field of I-O psychology.
- To create a foundation for higher education and for a professional career in I-O psychology.

1. INDUSTRIAL-ORGANIZATIONAL PSYCHOLOGY: AN INTRODUCTION, AND EMPLOYEE SELECTION (9 lectures)

- a. Scope and challenges for I-O psychology
- b. Job and work analysis
- c. Recruitment process
- d. Selection techniques
- e. Assessment centers
- f. Fair employment practices and other ethical issues

2. PERFORMANCE APPRAISAL (12 lectures)

- a. Understanding performance
- b. Applications of performance appraisal
- c. Objective performance appraisal techniques
- d. Subjective performance appraisal techniques
- e. Performance appraisal methods for managers
- f. Sources of error and bias in performance appraisals
- g. Ways to improve performance appraisal

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3. TRAINING AND DEVELOPMENT (12 lectures)

- a. Scope and goals of organizational training
- b. The pretraining environment
- c. How people learn: Psychological issues
- d. Types of organizational training programs
- e. Evaluating training programs

4. LEADERSHIP (12 lectures)

- a. Concept of leadership
- b. Theories of leadership
- c. Leadership styles
- d. Leadership functions
- e. Characteristics of successful leaders
- f. Pressures and Problems of leaders

CIA: Quiz/ test

Books for study

1. Schultz, D., & Schultz, S. E. (2010). Psychology and Work Today. (10th ed.). Pearson Prentice Hall
2. Landy, F. J., & Conte, J. M. (2009). Work In The 21st Century: An Introduction to Industrial and Organizational Psychology, 3rd Edition Wiley-Blackwell

Books for reference

- 1) Aamodt, M.G. (2004). Applied Industrial/Organizational Psychology. (4th ed). Wadsworth/ Thomson Learning
- 2) Aswathappa, K. (2005). Human Resource and Personnel Management – Text and Cases, 4th ed, New Delhi, Tata McGraw-Hill Publishing Co. Ltd.
- 3) Dessler, G., & Verkkey, B. (2009). Human Resource Management. 11th ed., Pearson Education, Dorling Kindersley India, New Delhi
- 4) French, W.L., Bell, C.H. Jr, & Vohra, V. (2006). Organization Development: Behavioural science interventions for organization improvement. 6th ed., Pearson Education, Dorling Kindersley India, New Delhi
- 5) Greer, C.R. (2001). Strategic Human Resource Management; A general managerial approach. 2nd ed., Pearson Education, 6th Indian reprint 2004
- 6) Hellriegel, D., & Slocum, J.W. (2004). Organizational Behavior. (10th ed.). South Western/ Thomson Learning
- 7) Hersey, P., Blanchard, K. H., & Johnson, D. E. (2001). Management of Organisational Behaviour. 8th ed., Pearson, Dorling Kindersley India, New Delhi. 3rd Indian reprint 2009

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- 8) Hoyer, W.D., MacInnis, D.J., & Dasgupta, P. (2008). Consumer Behaviour. Biztantra, New Delhi
- 9) Jones, G.R., & Mathew, M. (2009). Organisational theory, design, and change. 5th ed., Pearson Education, Dorling Kindersley India, New Delhi
- 10) Landy, F. J., & Conte, J. M. (2004). Work In The 21st Century. (International ed.), McGraw Hill co.
- 11) Luthans, F. (2005). Organizational Behavior. (10th ed.). McGraw Hill.
- 12) Matthewman, L., Rose, A., & Hetherington, A. (2009). Work Psychology: An introduction to Human Behaviour in workplace. Oxford university press
- 13) McKenna, E. (2006). Business Psychology and Organisational Behaviour: A student's handbook. 4th ed., Psychology Press, 1st Indian reprint 2009
- 14) Miner, J.B. (2002). Organisational Behaviour: Foundations, theories, analyses. New York: Oxford university press
- 15) Muchinsky, P.M. (2003). Psychology Applied to Work. (7th ed.). Wadsworth/ Thomson Learning
- 16) Newstrom, J.W., & Davis, K. (2002). Organizational Behavior: Human Behavior at work (11thed.). Tata McGraw- Hill
- 17) Pareek, U. (2003). Training Instruments in HRD and OD (2nd ed.), Tata McGraw- Hill Publishing Company, Mumbai

TOPICS	RECALL	COMPREHENSION	APPLICATION/ANALYSIS	TOTAL MARKS
1. I-O psychology: an introduction & Employee Selection	2	15	8	25
2. Performance appraisal	2	15	8	25
3. Training and development	2	15	8	25
4. Leadership	2	15	8	25
Total Marks (per objective)	8	60	32	100
% weightage	8%	60%	32%	100%

Paper Format

Four Questions 15 marks each

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TYBA - COGNITIVE PSYCHOLOGY – PAPER IV
SEMESTER V (60 lectures)
Course Code A.PSY.5.04

Learning Objectives

- 1) To ensure understanding of the fundamental concepts of cognitive psychology and the basic cognitive processes
- 2) To provide a balanced knowledge base of theory and research in cognitive psychology
- 3) To highlight the neuropsychological basis of cognition
- 4) To develop critical thinking and application skills with respect to the subject matter of cognitive psychology and life in general
- 5) To create a foundation for higher education and a career in cognitive psychology
- 6) To introduce students to the link between cognitive psychology and personality

Topic I: An Introduction to Cognitive Psychology (12 lectures)

- a) Definitions of Cognition, Cognitive Psychology, Cognitive Science
- b) History of Cognitive Psychology
- c) The Cognitive Revolution and Current Trends
- d) Paradigms of Cognitive Psychology
- e) Research Methods in Cognitive Psychology

Topic II. Neurocognition: The Brain and Cognition (10 lectures)

- a) Structure of the Brain - Basic Anatomy
- b) Basic Neurology
- c) Localization of Function
- d) Lateralization of Function
- e) Brain Imaging techniques

Topic III. Forming and Using New Memory Traces (14 lectures)

- a) Metaphors of Memory
- b) Sensory Memory
- c) Short Term Memory
- d) Working Memory and Executive Functioning
- e) Neurological Studies of Memory Processes

Topic IV. Retrieving Memory from Long Term Storage (10 lectures)

- a) A Taxonomy of LTM
- b) Mnemonic Devices
- c) The Traditional View of LTM
- d) The Levels of Processing View
- e) Amnesia

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Topic V. Memory for General Knowledge

(14 lectures)

- a) The Semantic – Episodic Distinction
- b) Semantic Memory Models
- c) Implicit v/s Explicit Memory
- d) Schemata, Scripts, and the Propositional Approach
- e) Kelly's Theory of Personal Constructs

CIA: Multiple Choice /Test

Book for study

Galotti, K.M. (2007). Cognitive Psychology in and out of the Lab. (4th ed.). Thomson Learning

Books for reference

- 1) Ashcraft, M. H. &. Radvansky, G. A. (2009). Cognition. (5th ed), Prentice Hall, Pearson education
- 2) Best, J. B. (1999). Cognitive Psychology. USA: Wadsworth Publishing Co.
- 3) Galotti, K.M. (2008). Cognitive Psychology: Perception, Attention, and Memory. Wadsworth New Delhi: Cengage Learning
- 4) Galotti, K. M. (2004). Cognitive Psychology: In and Out of the Laboratory. (3rd ed.). Wadsworth/ Thomson Learning
- 5) Goldstein, E. B. (2007). Psychology of sensation and perception. New Delhi: Cengage learning India, Indian reprint 2008
- 6) Goldstein, E. B. (2005). Cognitive Psychology: Connecting Mind, Research, and Everyday Experience. Wadsworth/ Thomson Learning
- 7) Kellogg, R.T.(2007). Fundamentals of Cognitive Psychology. N.D. Sage Publications.
- 8) Levitin, D. J.(2002).Foundations of Cognitive Psychology. MIT Press.
- 9) Matlin, M.W. (1995). Cognition. 3rd ed., Bangalore: Prism Books Pvt. Ltd.
- 10) Reed, S. K. (2004). Cognition: Theory and Applications. (6th ed.), Wadsworth/ Thomson Learning
- 11) Robinson-Riegler, B., & Robinson-Riegler, G. L. (2008). Cognitive Psychology – Applying the science of the Mind. (2nd ed.). Pearson Education. New Delhi: Indian edition by Dorling Kindersley India pvt ltd.

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- 12) Srinivasan, N., Gupta, A. K., & Pandey, J. (Eds). (2008). Advances in Cognitive Science. Volume 1, New Delhi, Sage publications
- 13) Sternberg, R.J. (2009). Applied Cognitive Psychology: Perceiving, Learning, and Remembering. New Delhi: Cengage learning India, Indian reprint 2009
- 14) Solso, R. L. MacLin, M. K., MacLin, O.H. (2004). Cognitive Psychology (7th Ed.), Allyn & Bacon

Template of End-Sem Question Paper

TOPICS	RECALL	COMPREHENSION	APPLICATION/ ANALYSIS	MARKS
1. Intro.to Cog. Psy.	2	13	5	20
2. Neurocognition:	2	13	5	20
3. New Mem. Traces	2	13	5	20
4. LTM	2	13	5	20
5. Mem. for Gen. Know.	2	13	5	20
TOTAL	10	65	25	100
PERCENTAGE	10%	65%	25%	100%

Paper Format

Three Questions 20 marks each

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TYBA – PSYCHOLOGY PRACTICALS – PAPER V
SEMESTER V (90 lectures)
Course Code A.PSY.5.05

Learning Objectives

- 1) To provide experiential learning in the basics of psychological research methodology.
- 2) To facilitate understanding of the key concepts of hypotheses, variables, controls, and designs at the core of laboratory experiments.
- 3) To develop skills in observation, experimentation, data analysis, and report writing.
- 4) To provide training in administration, scoring, and interpretation of psychological tests.
- 5) To enhance interest in the process of scientific inquiry and the development of an analytical perspective.
- 6) To create a foundation for higher education and a career in psychological research.

(6 lectures per week per Batch of 8 students)

Four Experiments and one test from the following topics

- 1) Attention
- 2) Forming and Using New Memory Traces
- 3) Retrieving Memory from Long Term Storage
- 4) Memory for General Knowledge
- 5) Intelligence Test

Books for reference

- 1) Anastasi, A. & Urbina, S. (1997). Psychological Testing. (7th ed.). Pearson Education, New Delhi, first Indian reprint 2002
- 2) Aaron, A., Aaron, E. N., & Coups, E. J. (2006). Statistics for Psychology. (4th ed.). Pearson Education, Indian reprint 2007
- 3) Ashcraft, M. H. & Radvansky, G. A. (2009). Cognition. (5th ed), Prentice Hall, Pearson education
- 4) Best, J. B. (1999). Cognitive Psychology. USA: Wadsworth Publishing Co.
- 5) Cohen, J.R., & Swerdlik, M.E. (2010). Psychological Testing and Assessment: An introduction to Tests and Measurement. (7th ed.). New York. McGraw-Hill International edition

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- 6) Elmes, D.G., Kantowitz, B.H., & Roediger, H.L. (1999) Research Methods in Psychology. (6th ed.). Brooks/Cole, Thomson Learning
- 7) Galotti, K.M. (2007). Cognitive Psychology in and out of the Lab. (4th ed.). Thomson Learning
- 8) Galotti, K.M. (2008). Cognitive Psychology: Perception, Attention, and Memory. Wadsworth New Delhi: Cengage Learning
- 9) Galotti, K. M. (2004). Cognitive Psychology: In and Out of the Laboratory. (3rd ed.). Wadsworth/ Thomson Learning
- 10) Goldstein, E. B. (2005). Cognitive Psychology: Connecting Mind, Research, and Everyday Experience. Wadsworth/ Thomson Learning
- 11) Garrett, H.E. (1973). Statistics in Psychology and Education (6th ed.) Bombay: Vakils, Feffer, and Simons Pvt. Ltd.
- 12) Guilford, J. P. (1954). Psychometric Methods (2nd ed.). New York: McGraw-Hill
- 13) Guilford, J.P. Fruchter, B. (1973). Fundamental statistics in psychology and education. (5th ed.) New York : McGraw-Hill
- 14) Harris, P. (2008). Designing and Reporting Experiments In Psychology. 3rd ed., Open University Press, McGraw-Hill Education
- 15) Kaplan, R. M., & Saccuzzo, D. P. (2005). Psychological Testing – Principles, Applications and Issues. (6th ed.). Wadsworth Thomson Learning, Indian reprint 2007
- 16) McBurney, D. H. (2001). Research Methods. (5th ed.). Bangalore: Thomson Learning India
- 17) Mangal, S. K. (1987). Statistics in Psychology and Education. New Delhi: Tata McGraw Hill Publishing Company Ltd.
- 18) Martin, D. W. (2004). Doing Psychology Experiments. (6th ed.). Belmont: Thomson Wadsworth
- 19) Matlin, M. W. (1995). Cognition. 3rd ed., Bangalore: Prism Books pvt. ltd.
- 20) Minium, E. W., King, B. M., & Bear, G. (2001). Statistical Reasoning in Psychology and Education. Singapore: John-Wiley
- 21) Snodgrass, J. G., Levy-Berger G. V., & Haydon, M. (1985). Human Experimental Psychology. New York: Oxford University Press.
- 22) Steinberg, W. J. (2008). Statistics Alive! Los Angeles: Sage Publications, Inc.

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TYBA – COUNSELING PSYCHOLOGY– PAPER VI
SEMESTER V (45 lectures)
Course Code A.PSY.5.06

Learning objectives:

- To ensure understanding of important concepts, processes and issues in the field of counseling psychology.
- To inculcate knowledge and comprehension regarding the rationale, goals and techniques of various counseling approaches.
- To facilitate insight into the use and application of counseling with diverse groups.
- To introduce students to the link between counseling psychology and personality.
- To establish a foundation for a professional career in counseling psychology.

1. THE FUNDAMENTALS OF COUNSELING (9 lectures)

- a. Defining counseling
- b. The counselor
- c. The counseling process
- d. Ethical principles in counseling

2. BUILDING THE COUNSELING RELATIONSHIP (12 lectures)

- a. The initial interview
- b. Client qualities and resistance
- c. Inviting communication and facilitating disclosure
- d. Core conditions : empathy, positive regard, genuineness, concreteness

3. IN-DEPTH EXPLORATION (12 lectures)

- a. Importance of feedback
- b. Counselor skills
- c. Assessment and diagnosis

4. COMMITMENT TO ACTION AND TERMINATION (12 lectures)

- a. Identification of goals
- b. Designing and implementing action plans
- c. Transference and countertransference
- d. Termination

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CIA: Quiz/ test

Books for study

1. Gladding, S. T. (2009) Counseling: A comprehensive profession (6th edition). Pearson education. New Delhi
2. Welfel, E.R. & Patterson, L. (2005) The counseling process: a multi-theoretical integrative approach. 6th edition. Thomson Brooks/ Cole

Books for reference

1. Capuzzi, D. & Gross, D. R. (2009) Introduction to the counseling profession. 5th edition New Jersey. Pearson Education.
2. Nelson-Jones, R. (2009) Introduction to counseling skills: Text and activities. 3rd edition London. Sage publications.
3. McLeod, J. (2009) An introduction to counseling. 4th edition. Open university press/ McGraw Hill higher education
4. Dryden, W. & Reeves, A. (Eds) (2008). Key issues for counseling in action. 2nd edition. London. Sage publications.
5. Nelson-Jones, R. (2008) Basic counseling skills: A helper's manual. 2rd edition Sage South Asia edition
6. Simmons, J. & Griffith, R. (2009). CBT for Beginners. London. Sage Publications.
7. Brammer, R. (2004) Diversity in counseling. Thomson Brooks/ Cole.
8. Feltham, C & Horton, I. (2006). The Sage Handbook of Counseling and Psychotherapy. 2nd edition. Sage publications.

TOPICS	KNOWLEDGE	COMPREHENSION	APPLICATION/ANALYSIS	TOTAL MARKS
1. The fundamentals of counseling	2	15	8	25
2. Building the counseling relationship	2	15	8	25
3. In-depth exploration	2	15	8	25
4. Commitment to action and termination	2	15	8	25
Total Marks (per objective)	8	60	32	100
% weightage	8%	60%	17%	100%

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Paper Format

Four Questions 15 marks each

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