

1. Scheme for CBCS Curriculum

1.1 Credit Distribution across Courses

Course Type	Total Papers	Credits	
		Theory + Practical	
Core Courses	14	$14 \times 4 = 56$	
Discipline Specific	4	$4 \times 4 = 16$ $4 \times 2 = 8$	
Generic Elective	4	$4 \times 4 = 16$ $4 \times 2 = 8$	
Ability Enhancement Compulsory	2	$2 \times 2 = 4$	
Skill Enhancement	2	$2 \times 2 = 4$	
Totals	26	140	

Semester	Core Courses	CREDITS	<u>CORE COURSES:</u>
I	PSYACOR01T Introduction to Psychology	4	
	PSYACOR01P	2	
	PSYACOR02T BIOPSYCHOLOGY	6	
II	PSYACOR03T PSYCHOLOGY OF INDIVIDUAL DIFFERENCES	4	
	PSYACOR03P	2	
	PSYACOR04T STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I	6	
III	PSYACOR05T PSYCHOLOGICAL RESEARCH	4	
	PSYACOR05P	2	
	PSYACOR06T DEVELOPMENT OF PSYCHOLOGICAL THOUGHT	6	
IV	PSYACOR07T SOCIAL PSYCHOLOGY	6	
	PSYACOR08T STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II	6	
	PSYACOR09T DEVELOPMENTAL PSYCHOLOGY	6	
V	PSYACOR10T APPLIED SOCIAL PSYCHOLOGY	4	
	PSYACOR10P	2	
V	PSYACOR11T UNDERSTANDING PSYCHOLOGICAL DISORDERS	6	

VI	PSYACOR12T	4
	ORGANIZATIONAL BEHAVIOUR	
	PSYACOR12P	2
	PSYACOR13T	6
	UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS	
	PSYACOR14T	4
	COUNSELLING PSYCHOLOGY	
	PSYACOR14P	2

CHOICES FOR DISCIPLINE SPECIFIC ELECTIVE DSE

SEM-V (Any two from 1, 2 and 3)

PSYADSE01T: CLINICAL PSYCHOLOGY

PSYADSE01P: CLINICAL PSYCHOLOGY PRACTICUM

PSYADSE02T: HUMAN RESOURCE MANAGEMENT

PSYADSE02P: HUMAN RESOURCE MANAGEMENT PRACTICUM

PSYADSE03T: HEALTH AND WELLBEING

PSYADSE03P: HEALTH AND WELLBEING PRACTICUM

SEM-VI (Any 2 from 4, 5 and 6)

PSYADSE04T: COMMUNITY AND CROSS-CULTURAL PSYCHOLOGY

PSYADSE04P: COMMUNITY AND CROSS-CULTURAL PSYCHOLOGY PRACTICUM

PSYADSE05T: DEVELOPMENTAL PSYCHOLOGY CONTEMPORARY APPROACHES

PSYADSE05P: DEVELOPMENTAL PSYCHOLOGY CONTEMPORARY APPROACHES PRACTICUM

PSYADSE06T: Syllabus to be uploaded shortly

ELECTIVE: GENERIC (GE)

PSYHGEC01T: General Psychology

PSYHGEC02T: Youth, Gender and Identity

PSYHGEC03T: Psychology for Health and Well-being

PSYHGEC04T: Psychology at Work

SKILL ENHANCEMENT COURSE (SEC) (SKILL BASED) :

PSYSSEC01M: Emotional Intelligence (Theory+ Workshops/seminars)

PSYSSEC02M: Stress Management (Theory+ Workshops/seminars)

B.Sc GENERAL

PSYGCOR01T: General Psychology

PSYGCOR02T: Youth, Gender and Identity

PSYGCOR03T: Psychology for Health and Well-being

PSYGCOR04T: Psychology at Work

PSYGDSE01T: Clinical Psychology

PSYGDSE02T: Human Resource Management

PSYGDSE03T: Health and Well being

PSYGDSE04T: Developmental Psychology Contemporary Approaches

PSYGGEC01T: Psychology and Media

PSYGGEC02T: Intergroup Relations

CORE COURSES

SEMESTER I

PSYACOR01T: INTRODUCTION TO PSYCHOLOGY

Objective: To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life.

1. **Introduction:** What is psychology? Perspectives on behaviour; Methods of psychology (special emphasis on experimentation); Psychology in modern India and current status.
- 2 (a) **Perception:** Sensory and Perceptual processing, Psychophysical concepts and methods.
(b) **Thinking and Language:** Decision making and Problem solving
3. **Learning and Motivation:** Principles and applications of Classical conditioning, operant conditioning, and observational learning; Learning strategies: Learning in a digital world; Self regulated learning; Perspectives on motivation, types of motivation, motivational conflicts.
- 4 (a) **Memory:** Models of memory: Levels of processing, Parallel Distributed Processing model, and Information processing, Forgetting, Improving memory
(b) **Emotions:** Gender culture and emotion

PSYACOR01P

Any 2 practicum pertaining to (Introduction to psychology) preferably experiments

Readings:

Baron, R. & Misra, G. (2013). Psychology. Pearson.

Chadha, N.K & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.

Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.

Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.

PSYACOR02T: BIOPSYCHOLOGY

OBJECTIVES:

To explore the biological basis of experience and behaviour.

To develop an understanding of the influence of behaviour, cognition, and the environment on bodily system.

To develop an appreciation of the neurobiological basis of psychological function and dysfunction.

Unit 1: Introduction to biopsychology: Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology.

Unit 2: The Functioning brain: Structure, and functions of neurons; Neural conduction and synaptic transmission.

Unit 3: Organization of nervous systems: CNS & PNS: Structure and functions. Functional abnormalities of neurotransmitters: dopamine and serotonin hypothesis. Neuroplasticity of Brain (neural degeneration, neural regeneration, and neural reorganization), hemispheric specialization.

Unit 4: Endocrine System: Structure, functions and abnormalities of major glands:

Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal.

Readings:

1. Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.

2. Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson Education, New Delhi.

SEMESTER II

PSYACOR03T: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES

Objective: To develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self and others.

- 1. Personality:** Nature of personality; Biological foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic (Freud: Topographical theory, Structural theory, Psychosexual stages; Jung's theory) Phenomenological-humanistic (Maslow and Rogers' theory), Trait and type (Jung's Typology and Eysenck's theory).
- 2. Intelligence:** Concept of intelligence: Psychometric (Spearman, Thurstone, Guilford, Group factor theory) and cognitive (Cattell, Sternberg, Gardner) approaches to intelligence; Emotional Intelligence (Goleman, Salovey-Mayer), Heredity, environment and intelligence; Extremes of intelligence (Mental Retardation and Gifted-ness).
- 3. Indian approach:** Self and identity in Indian thought (Nyaya, Vedanta, components of identity, concept of Triguna from Sankhya perspective).
- 4. Enhancing individual's potential:** Motivation: Intrinsic motivation and Self-determination theory (Ryan and Deci); Enhancing cognitive potential, Self-regulation; Fostering creativity.

PSYACOR03P: Two psychological tests (one based on Intelligence and one based on personality).

- I. WAPIS
- II. NEO-5 / EPQ

Readings:

1. Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, New Delhi.
2. Carr, A. (2011). *Positive psychology*. Routledge.
3. Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.
4. Cornelissen, R.M.M., Misra, G. & Varma, S. (2011). *Foundations of Indian Psychology, Vol 1*. Pearson.
5. Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.

6. Mentis, M., Dunn-Bernstein, M., Mentis, M., & Skuy, M. (2009). Bridging learning: Unlocking cognitive potential in and out of the classroom. Corwin.
7. Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.

PSYACOR04T: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I

Objective: To familiarize students with the psychological research and basics of statistical methods and tools used in descriptive statistics of quantitative research.

UNIT 1:

1. Introduction

Psychological Research & Statistics; Descriptive and Inferential Statistics; Variables and Constants; Measurement Scales.

UNIT 2:

2. Measures of Central Tendency

The Mode; the Median; the Mean; Properties and Relative Advantages and Disadvantages of the Mode, the Median and the Mean.

UNIT 3:

3. Measures of Variability and Standard (z) Scores

The Range; The Interquartile and the Semi-Interquartile Range; The Average Deviation; The Variance; The Standard Deviation; Calculation of Standard Deviation from Raw Scores and Grouped Scores; Properties and Comparison of Measures of Variability.

UNIT 4:

4. Correlation

A matter of direction, degree, factors affecting r , product moment, rank difference, biserial and point biserial, ϕ , tetrachoric and contingency.

PSYACOR04P:

1. Graphic Representation of Data

Basic procedures; The Histogram; The Frequency Polygon (including Smoothed Frequency polygon); The Bar Diagram; The Pie Chart; The Cumulative Frequency Graph; Factors Affecting the Shape of Graphs.

6. The Normal Distribution

The Nature and Properties of the Normal Probability Distribution; Standard Scores (z-score) and the Normal Curve; The Standard Normal Curve: Finding areas when the score is known; The Standard Normal Curve: Finding scores when the area is known; The Normal Curve as a Model for Real Variables; The Normal Curve as a Model for

Sampling Distributions; Divergence from Normality (Skewness and Kurtosis): Concept and Calculation.

Reading List:

Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology*. (4th Ed.) India: Pearson Education, Prentice Hall.

Chadha, N.K. (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub.

House: New Delhi.

Coolican, H. (2006). *Introduction to Research Methodology in Psychology*. London: Hodder Arnold.

Howell, D. (2009) *Statistical methods for Psychology*.

King, B.M. & Minium, E.W, (2007). *Statistical Reasoning in the behavioral Sciences USA*: John Wiley & Sons.

Mangal, S.K. (2012). *Statistics in Psychology & Education*. 2nd Edition. New Delhi: PHI learning Pvt. Ltd.