

**1st SEMESTER
DISCIPLINE SPECIFIC COURSE (CORE-I)**

PSY120C: PSYCHOLOGY: FOUNDATIONS OF PSYCHOLOGY

CREDITS: THEORY = 4; PRACTICUM = 2

Objectives: To understand the basic psychological processes and their applications in everyday life.

THEORY: 4 CREDITS

Unit 1: Introduction: Psychology as a science, origin and development of psychology, perspectives (cognitive, behavioural, psychoanalytic, humanistic & Socio-cultural), methods (Experimental & Quasi-Experimental).

Unit 2: Cognitive processes: Perception, nature of perception, laws of perceptual organization, learning: conditioning, observational learning; memory-processes, information processing model, techniques for improving memory.

Unit 3: Motivation and Emotion: Motives: biogenic and Psychogenic, Emotions: aspects of emotions, key emotions (Paul Ekman's model), Intelligence: nature & Theories (Spearman, Gardner and Sternberg).

Unit 4: Personality: nature and theories (Allport, Freud, Roger and McCrae & Costa).

PRACTICUM: 2 CREDITS (Any two from below 4 practicals)

1. Learning
2. memory
3. personality
4. intelligence

READINGS:

1. Wani, N. A. (2019). Introduction to Psychology. Wisdom Press New Delhi.
2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
3. Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
4. Feldman. S. R. (2009).Essentials of understanding psychology (7th Ed.) New Delhi: Tata Mc Graw Hill.
5. Glassman,W. E.(2000).Approaches to Psychology(3rd Ed.) Buckingham: Open University Press.



2nd SEMESTER
DISCIPLINE SPECIFIC COURSE (CORE-II)

PSY220C: PSYCHOLOGY: INTRODUCTION TO SOCIAL PSYCHOLOGY

CREDITS: THEORY = 4; PRACTICUM = 2

Objective: To understand the basics of social psychology and to understand the individual in the social world.

THEORY: 4 CREDITS

Unit 1: Brief history of social psychology, Scope of social psychology, approaches towards understanding social behavior.

Unit 2: Individual level processes: Person perception: attribution-theories (Haider, Jones & Davis and Kelly), biases and errors Attitude: formation, change and resistance to change

Unit 3: Interpersonal processes: Interpersonal attraction (Concept & Determinants), Prosocial behavior (Concept, factors affecting Prosocial behaviour), aggression (Concept, determinants and control).

Unit 4: Group dynamics: Key aspects of groups, nature and functions of groups, cooperation (nature and factors affecting cooperation) and conflict (Nature causes and effects).

PRACTICUM: 2 CREDITS (Any two from below 4 practicals)

1. Social Experiment
2. Attribution/Attitude
3. Aggression/Conflict
4. Interpersonal Attraction

READINGS:

1. Baron, R.A., Byrne, D. & Bhardwaj, G (2010). Social Psychology (12th Ed). New Delhi: Pearson.
2. Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi
3. Myers, D.G. (2008). Social psychology. New Delhi: Tata McGraw-Hill.

**3rd SEMESTER
DISCIPLINE SPECIFIC COURSE (CORE-III)**

PSY320C: PSYCHOLOGY: PSYCHOLOGICAL DISORDERS

CREDITS: THEORY = 4; PRACTICUM = 2

Objective: To develop an understanding of the various psychological disorders and their treatment.

THEORY: 4 CREDITS

Unit 1: Basic Concepts: Definition and criteria of abnormality, classification (DSM-V), Diathesis Stress Model.

Unit 2: Theoretical perspectives: Biological, familial, cultural, behavioral, cognitive and psychodynamic.

Unit 3: Clinical states: Anxiety disorders (Separation Anxiety Disorder, Specific Phobia, Social Phobia) Panic Disorder, Obsessive compulsive disorder, Body Dysmorphic Disorder; Major Depressive Disorder MDD, Bipolar I & II; schizophrenia (Symptoms).

Unit 4: Treatment of mental disorders: a) Biological treatment: Pharmacotherapy and Electroconvulsive therapy b) Psychological treatment: Psychoanalytic therapy, Behaviour therapy and Cognitive-Behaviour therapy.

PRACTICUM: 2 CREDITS (Any two from below 4 practicals)

1. Anxiety Test
2. Internet Addiction Test
3. Clinical Case Study
4. Depression Test

Readings:

1. DSM-5. (2013). American Psychiatric Association.
2. Carson, R. C., Butcher, J. N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
3. Barlow D.H. and Durand V.M. (2005). Abnormal Psychology: An Integrated Approach (4th Ed.).Wadsworth: New York.
4. Frude, N. (1998). Understanding abnormal psychology. Oxford: Blackwell Publishers.

4th SEMESTER

CORE IV

PSY416C PSYCHOLOGY

Total Credits=6

Theory=4

Practicum=2

DSC-PSY-ID: STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH

Objective: To introduce basic statistical methods, psychological testing and qualitative methods and their uses.

Unit 1: Introduction: Scales of measurement, graphical representation of data

Unit 2: Data analysis: Measures of central tendency: Mean, median, mode (properties and computation). Standard deviation: properties and computation. Correlation: Pearson method, properties of Normal Probability Curve (NPC).

Unit 3: Psychological Testing: Introduction to psychological testing, characteristics of test, Reliability, Validity, Norms, standardization, types of tests.

Unit 4: Qualitative methods: Interview, observation, case study

Practicum: Two practicum to be done: 1 psychological test + 1 practical based on unit 4.

Readings

1. Chadha, N.K. (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi.
2. Garrett, H.E. & Woodworth, R.S. (1987). *Statistics in Psychology and Education*. Mumbai: Vakils, Feffer & Simons Pvt. Ltd.
3. Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications* (4th Ed.). New Delhi: Pearson Education.
4. King, B.M. & Minium, E.W. (2007). *Statistical Reasoning in the behavioral Sciences USA*. John Wiley & Sons.

SEMESTER V & VI

ELECTIVE:

DISCIPLINE SPECIFIC DSE (Any 2) (1 in sem V and 1 in Sem VI with 4+2 Cr theory and practicals each in each semester):

DSE-PSY-5-1: LIFE SPAN DEVELOPMENT

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Prac**

Objectives: To understand how human life unfolds from conception to late adulthood and to understand the relationship between theory and applications within each domain of development.

Unit 1. Introduction to life-span Development: Nature, issues and theoretical perspectives (Erickson's Theory); methods and designs

Unit 2. Physical development: Patterns of growth from conception till late adulthood.

Unit 3. Cognitive development: Introduction, Piagetian, Vygotskian, and Cognitive change in late adulthood.

Unit 4. Socio-emotional development: Emotional development; Moral development (Kohlberg's Theory of Moral development); The Self; Gender and sexuality.

Practicum: 2 CREDITS (Any two from below 4 practicals)

1. Mental ability Tests
2. Self-concept
3. Emotional Intelligence
4. Moral development

Readings:

1. Berk, L. E. (2010). Child Development (9th Ed.). New Delhi: Prentice Hall.
2. Feldman, R.S. & Babu, N. (2011). Discovering the life-span. New-Delhi: Pearson
3. Santrock, J.W. (2012). A topical approach to life-span development. New-Delhi: McGraw-Hill.

6TH SEMESTER
DISCIPLINE ELECTIVE (DSE)
OPTION – I

PSY616DA: COUNSELING PSYCHOLOGY

Total Credits in One DSE=6

Theory=4

Practicum=2

Objective: To develop an understanding of basic concepts, processes, techniques of Counseling.

Unit 1. Introduction: Meaning and goals; Counseling process and relationship. Ethical Issues in Counseling.

Unit 2. Approaches: Overview of approaches to counseling: Psychodynamic, Behavioral, Person-centered and Cognitive-behavioral

Unit 3. Techniques: Play, art, drama, music, Yoga and meditation

Unit 4. Applications: Family Counseling; Marital Counseling and Career Counseling.

Practicum: Students are required to carry out 2 practicum based on the syllabus.

Readings:

1. Gladding, S. T. (2012) Counseling: A Comprehensive Profession. (7th ed). Pearson
2. Rao, S.N. & Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill.
3. Seligman, L. & Reichenberg, L.W. (2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.
4. Capuzzi, D. and Gross, D. R (2016). Counseling and Psychotherapy. Pearson Prentice Hall India.