

Program: BA (under NEP)

Course Name: Fundamentals of Psychology Part I (Major)

Semester: I

Marks 100

(Semester end evaluation: 60 marks; Internal Continuous Evaluation: 40 marks)

Code: WAPSY121 No. of Lectures: 3/week, Total: 45

No of Credits: 3

Programme Objectives

1. To equip students with knowledge of basic concepts in the field of Psychology.
2. To ignite students interest and passion for Psychology.
3. To motivate students for life-long learning in Psychology.
4. To enable students to apply psychological principles, knowledge and skills in various fields of Psychology.
5. To enable students to develop a scientific temper and research related skills.
6. To develop values in students that enhance well-being of self and others.
7. To encourage students to develop ethical practices.

Programme Specific Outcomes

At the end of the programme the learner will be able to :

- PSO 1 Demonstrate understanding of the theoretical basis of Psychology.
- PSO 2. Employ information and Communication Technology in Psychology related disciplines and careers.
- PSO 3. Exhibit professional ethics
- PSO 4. Appraise psychological assessment tools like standardized questionnaires.
- PSO 5. Appraise various fields of theoretical and applied psychology
- PSO 6. Identify the field the student would like to pursue in higher education or as a career.
- PSO 7. Outline and use research methodology, statistical knowledge and techniques to write a research paper.
- PSO 8. Identify a variety of micro-skills that drive the functioning of an effective mental health professional.

SYLLABUS

Unit 1: The Biological Perspective (Number of Lectures =15 Lectures)

- 1.1 Neurons and Nerves
- 1.2 Overview of the Nervous System
- 1.3 Endocrine System
- 1.4 Structures of the Brain
- 1.5 Brain Plasticity
- 1.5 The Cerebral Hemispheres

Course Learning Outcomes:

At the end of the Course, the learner will be able to:

CLO1. Draw a neat well labeled diagram of the neuron. Explain the neuron's structure.

CLO 2 Explain the endocrine glands, hormones secreted by them and their functions. Identify the master gland and one function of the same

Unit 2 : Stress (Number of Lectures =15 Lectures)

- 2.1 Stress and Stressors
- 2.2 Physiological factors : Stress and Health
- 2.3 Cognitive Factors in stress
- 2.4 Personality Factors in stress
- 2.5 Social and Cultural factors in stress
- 2.6 Coping with Stress

Course Learning Outcomes:

CLO 3 Elaborate on catastrophes, major life changes and hassles as causes of stress.

CLO4 Elaborate on uncontrollability, frustration and conflict as sources of stress.

CLO5 Explain how personality types A, B and C can influence people's reactions to stress.

Unit 3 : Coping (Number of Lectures =15 Lectures)

- 3.1 The Concept of Coping

- 3.2 Common Coping Patterns of Limited Value
- 3.3 The Nature of Constructive Coping
- 3.4 Appraisal-Focused Constructive Coping
- 3.5 Problem-Focused Constructive Coping
- 3.6 Emotion-Focused Constructive Coping

Course Learning Outcomes:

CO6 Elaborate on giving up, striking out, indulging yourself as coping patterns.

CO7. Explain Ellis' concept of catastrophic thinking and the A-B-C sequence. Discuss four common irrational assumptions.

Book for Study

Ciccarelli, S.K., White, J.N., & Mishra, G. (2018). Psychology. 5th Edition; Indian Adaptation. Pearson India Education Services Pvt.ltd.

Additional Books for Reference

1) Baron, R. A., & Kalsher, M. J. (2008). Psychology: From Science to Practice. (2nd ed.). Pearson Education inc., Allyn and Bacon

2) Ciccarelli, S. K. & Meyer, G. E. (2008). Psychology (Indian sub-continent adaptation). New Delhi: Dorling Kindersley (India) pvt ltd.

3) Ciccarelli, S. K., & White, J. N. (2017). Psychology. 4th edi. New Jersey: Pearson education

4) Feist, G.J, & Rosenberg, E.L. (2010). Psychology: Making connections. New York: McGraw Hill publications

5) Myers, D.G (2013). Psychology . 10th edition; International edition. New York: Worth Palgrave Macmillan, Indian Reprint 2013.

6) Weiten, W., & Lloyd, M. (2003). *Psychology Applied to Modern Life : Adjustment in the 21st Century* (7th ed.) Thomson Wadsworth.

Examination/ Modality of Assessment

A. Internal

Continuous Internal Assessment (CIA): 40 marks

- a) **Class Test To include objectives, definitions, short notes for 20 marks**
- b) **Project for 20 marks.**

Marks will be added together.

B. External Examination- 60 Marks per paper

Semester End Theory Examination:

Theory Examination Pattern:

1. Duration - These examinations shall be of **two hours** duration.

2. Theory question paper pattern:

There shall be **four theory questions** each of **fifteen marks**, **one from each unit** with **internal choice** and the **fourth question** (Five concepts - **explain in brief**) from **all units**.

All questions shall be **compulsory with choice between questions**

NO ATKT under NEP

Course Name: Fundamentals of Psychology Part II

Semester: II

Marks 100

(Semester end evaluation: 60 marks; Internal Continuous Evaluation: 40 marks)

Code: WAPSY122 No. of Lectures: 3/week, Total: 45

No of Credits: 3

Programme Objectives

- 1. To equip students with knowledge of basic concepts in the field of Psychology.
- 2. To ignite students interest and passion for Psychology.

3. To motivate students for life-long learning in Psychology.
4. To enable students to apply psychological principles, knowledge and skills in various fields of Psychology.
5. To enable students to develop a scientific temper and research related skills.
6. To develop values in students that enhance well-being of self and others.
7. To encourage students to develop ethical practices.

Programme Specific Outcomes

At the end of the programme the learner will be able to :

PSO 1 Demonstrate understanding of the theoretical basis of Psychology.

PSO 2. Employ information and Communication Technology in Psychology related disciplines and careers.

PSO 3. Exhibit professional ethics

PSO 4. Appraise psychological assessment tools like standardized questionnaires.

PSO 5. Appraise various fields of theoretical and applied psychology

PSO 6. Identify the field the student would like to pursue in higher education or as a career.

PSO 7. Outline and use research methodology, statistical knowledge and techniques to write a research paper.

PSO 8. Identify a variety of micro-skills that drive the functioning of an effective mental health professional.

SYLLABUS

Unit 1: Theories of Personality (15 lectures)

1.1 Psychodynamic Perspective

1.2 The Behavioural and Social Cognitive View of Personality

1.3 The Third Force: Humanism and Personality

1.4 Trait Theories

Course Learning Outcomes:

At the end of the Course, the learner will be able to:

- CO 1 Explain how the humanistic psychologists view personality? Explain with reference to Rogers' person-centered perspective.
- CO 2 Explain Freud's concepts of id, ego and super ego.
- CO 3 Identify the five trait dimensions of the five-factor model of personality.

Unit 2 : Psychological Disorders (15 lectures)

- 2.1 What is Abnormality ?
- 2.2 Disorders of Anxiety, Trauma and Stress (10 lectures)
- 2.3 Disorders of Mood
- 2.4 Schizophrenia : Altered Reality

Course Learning Outcomes:

At the end of the Course, the learner will be able to:

- CO 4 Identify models used to explain psychological disorders
- CO 5 Identify different types of anxiety disorders and their symptoms.
- CO6 Explain major depressive disorder and bipolar disorder.

Unit 3 : Psychological Therapies (15 lectures)

- 3.1 Treatment of Psychological Disorders
- 3.2 Insight Therapies
- 3.3 Action Therapies
- 3.4 Group Therapies
- 3.5 Biomedical Therapies
- 3.6 Does Psychotherapy really work ?

Course Learning Outcomes:

At the end of the Course, the learner will be able to:

- CO7 Explain the basic elements of person-centered therapy and Gestalt therapy
- CO8 Explain the therapies based on operant conditioning
- CO9. Elaborate on various group therapies and two advantages of group therapy.

Book for Study

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