

Sadakathullah Appa College **(Autonomous)**

(Reaccredited by NAAC at an 'A' Grade. An ISO 9001:2015 Certified Institution)

Rahmath Nagar, Tirunelveli- 11.
Tamil Nadu.

DEPARTMENT OF PSHYCHOLOGY



Draft CBCS SYLLABUS

For

B.Sc. PSYCHOLOGY

**(Applicable for the students admitted from June 2021 as per
the Resolutions of the Academic Council Meeting held on
20.03.2021)**

Program Learning Outcomes

Upon completing of the B.Sc. Degree Programme the graduate will be able to:

PLO 1: Disciplinary Knowledge

- Acquire scientific knowledge and the understanding of major concepts and theoretical principles.

PLO 2: Creative Thinking and Practical Skills / Problem Solving Skills

- Enrich skills of observation / research related skills to draw logical inferences from scientific experiments/ programming and skills of creative thinking to develop novel ideas.
- Hone problem solving skills in theoretical, experimental and computational areas and to apply them in research fields and in real life situations.

PLO 3: Sense of inquiry and Skilled Communicator

- Develop the capability for raising appropriate questions relating to the current/emerging issues encountered in the scientific field and to plan, execute and express the results of experiments / investigations through technical writings as well as through oral presentations.

PLO 4: Ethical Awareness / Team Work / Environmental Conservation and Sustainability

- Equip them for conducting work as an individual / as a member, or as a leader in diverse teams upholding values such as honesty and precision and thus preventing unethical behaviours such as fabrication, falsification, misrepresentation of data, plagiarism etc. to ensure academic integrity.
- Realize that environment and humans are dependent on one another and to know about the responsible management of our ecosystem for survival, and for the well-being of the future generation as well.

PLO 5: Usage of ICT/ Lifelong Learning / Self-Directed Learning

- Inculcate the habit of learning continuously through the effective adoption of ICT to update knowledge in the emerging areas in Sciences for inventions/discoveries and also to engage in remote / independent learning.

Program Specific Outcomes

S. No	Upon completion of the B.Sc. Degree Programme, students will be able to:	PLOs Mapped
PSO1	Acquiring psychological knowledge based on scientific theories and principles.	1 & 2
PSO2	Foster creative thinking and provide practical solutions to the problems pertaining to mental health.	2 & 3
PSO 3	Enrich professional skills that would provide for ethical practice of psychology and to stimulate curiosity and interrogate contemporary knowledge and research.	2 & 4
PSO 4	Be sensitive to the environmental facilitation that would provide for quality in survival of humanity.	4 & 5
PLO 5	Be able to enrich professional knowledge with continuous learning and stay updated in the emerging areas of psychological inquiry.	3 & 5

**CBCS Syllabus – B.Sc. Psychology
(2021-22 onwards)**

SE M	Part	P	Title of the paper	S. Code	H/ W	L*	T	P	C	Marks		
										I	E	T
I	I	I L-I	,f;fhyj;jkpo;	21ULTA11	6				3	25	75	100
			Grammar and Translation - I	21ULAR11								
	II	II L-I	Communicative English -I	21ULEN11	6				3	25	75	100
	III	DSC-I	General Psychology – I	21UCPY11	4				4	25	75	100
	III	DSC-II	Developmental Psychology – I	21UCPY12	4				4	25	75	100
	III	P-I	Psychology Practical - I	21UCPY1P1	2				1	40/2	60/2	100/2
	III	A-I/1	Social Psychology-I	21UAPY11	4				3	25	75	100
	III	A-I/1P	Social Psychology Practical - I	21UAPY1P1	2				1	40/2	60/2	100/2
IV	AECC-I	Value Education-I	21USVE1A	2				2	25	75	100	
		Value Education-II	21USVE1B									
II	I	I L-II	rkaj;jkpo;	21ULTA21	6	6			3	25	75	100
			Basic Grammar And Translation-II	21ULAR21								
	II	II L-II	Communicative English – II	21ULEN21	6	6			3	25	75	100
	III	DSC-III	General Psychology – II	21UCPY21	4				4	25	75	100
	III	DSC-IV	Developmental Psychology -II	21UCPY22	4				4	25	75	100
	III	P-II	Psychology Practical- II	21UCPY2P1	2				1	40	60	100/2
	III	A-I/2	Social Psychology - II	21UAPY21	4				3	25	75	100
	III	A-I/2P	Social Psychology Practical- II	21UAPY2P1	2				1	40	60	100/2
IV	AECC-II	Environmental Science	21UEVS21	2				2	25	75	100	

Semester – I

Course Title	GENERAL PSYCHOLOGY – I
Total Hrs	60
Hrs/Week	4
Sub. Code	21UCPY11
Course Type	DSC-I
Credits	4
Marks	100

General Objective:

To have the essential foundation for the acquisition of psychological terms

Course Objectives: The learner will be able to:

CO.	Course Objectives
CO 1	Understand the nature of the subject matter of psychology.
CO 2	Extract the characteristics of sensation, perception and attention.
CO 3	Recognize the different states of consciousness.
CO 4	Perceive learning in psychological terms.
CO 5	Establish facts relating to memory and forgetting.

UNIT-I

INTRODUCTION AND METHODS

What is Psychology?: Definition – Goals – The History of Psychology – Schools–
Psychology : The Science – **Methods:** Introspection – Observation – Survey – Experiment –
Case Study – Correlation Research – **Scope of Psychology:** Branches of basic Psychology –
Branches of applied Psychology

UNIT-II

SENSATION, PERCEPTION AND ATTENTION

Sensation: Meaning – Psychophysics: Thresholds – Weber’s Law – Adaptation – **Basic sensation:** Vision – Hearing – Touch and other Skin senses – olfaction- Gustation
Proprioception: Kinesthetic sense – Vestibular sense – **Perception:** Meaning– Organising principles of perception –Constancies-Pattern perception, Distance perception. Errors in Perception - Illusion – Types; Hallucinations – Types; Extra Sensory Perception. - Factors that influence perception – Depth perception **Attention:** Meaning – Types – Determinants.

UNIT-III

CONSCIOUSNESS

States of Consciousness: Consciousness – Definition – Two Major Types – **Natural State of Consciousness** Biological Rhythms – Circadian Rhythms ; Waking States of Consciousness – Sleep – Functions – Stages – Sleep Disorders – Dream. **Altered States of Consciousness**-meaning – Hypnosis – Use of Drugs – Meditation – Other Altered States. **Sensory deprivation**- Near death Experience- Lucid dreaming

UNIT-IV

LEARNING

Learning: Definition – Nature- **Association Learning** – Classical Conditioning – Basic Principles; Operant Conditioning – Basic Principles – Reinforcement – Types – Punishment – Types. Schedules of Reinforcement – Shaping – Learned Helplessness; Similarities and Differences between Classical Conditioning and Operant Conditioning*. **Social and Cognitive Learning** – Latent Learning – Insight Learning – Observational Learning.

UNIT-V

MEMORY AND FORGETTING

Memory: Definition – **Memory Process:** Encoding – Storage – Retrieval – The information processing model – Sensory memory – Short term memory – Long term memory – **Forgetting:** Meaning – Forgetting curve-Theories of forgetting - Causes – Memory and Brain – Improving memory.

Textbook:

Cicarelli, K. S., Meyer, E. G. & Misra., “G. Psychology”, South Asia Edition.: Dorling Kingsley (India) Pvt, Ltd, New Delhi, 2008.

Reference book:

Baron, A. R., “Psychology”, 5th Edition, Pearson Education, New Delhi, 2010.

Course Outcomes

CO. No.	Upon completion of this course, students will be able to:	PSOs Addressed	Cognitive Level
CO 1	Gain knowledge on generic psychology.	1 & 4	Understanding
CO 2	Relate the concepts in our understanding of world in day to day basis.	1 & 2	Applying
CO 3	Correlate experiences with psychological thought.	2 & 3	Analyzing
CO 4	Evaluate the environment in psychological ideology.	4 & 3	Evaluating
CO 5	Design perception based on psychological background.	1 & 5	Creating

Relationship Matrix

Semester	Course Code	Title of the Course					Hours	Credits				
I	21UCPY11	GENERAL PSYCHOLOGY – I					60	4				
Course Outcome s (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)						
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5		
CO-1	✓	✓		✓	✓	✓			✓			
CO-2	✓	✓	✓			✓	✓					
CO-3		✓	✓	✓			✓	✓				
CO-4		✓	✓	✓	✓			✓	✓			
CO-5	✓	✓	✓		✓	✓				✓		
Number of matches (✓) = 28 Relationship = Medium												

Semester – I

Course Title	DEVELOPMENTAL PSYCHOLOGY -I
Total Hrs	60
Hrs/Week	4
Sub. Code	21UCPY12
Course Type	DSC-2
Credits	4
Marks	100

General Objective:

To acknowledge the behaviour dynamics associated with development in each stage of human lifespan

Course Objectives: The learner will be able to:

CO No.	Course Objectives
CO 1	Understand the concept of development and developmental changes impacting lifespan.
CO 2	Identify and describe developmental pattern pertaining to prenatal period and infancy.
CO 3	Recognize developmental characteristics pertaining to babyhood.
CO 4	Explain developmental issues encountered in the early childhood.
CO 5	Elaborate on the developmental tasks achieved in the late childhood.

Unit - I

INTRODUCTION

Meaning of developmental changes – significant facts about development – the life span – difficulties in studying life span – development – the developmental tasks during the life span – happiness and unhappiness during the life span.

Unit – II:

PRE-NATAL PERIOD AND INFANCY

Beginning of life: conception – periods of prenatal development – hazards during prenatal period – understanding birth complications – Infancy characteristics of infancy – developmental tasks – physical development – physiological functions – muscle control – speech development play – development of understanding – mental development –

personality development – Piaget’s Cognitive developmental stages.

Unit - III

BABYHOOD

Babyhood: Characteristics- developmental tasks – physical development – physiological functions – muscle control – speech development- interest in play – development of understanding – mental development – personality development.

Unit - IV

EARLY CHILDHOOD

Early childhood: Characteristics – developmental tasks – physical development – skills – speech development – emotional development – socialization – play – moral development – family relationships – personality development.

Unit -V:

LATE CHILDHOOD

Late childhood: Characteristics – developmental tasks – physical growth – skills – speech development – emotional expressions – social behaviour – play interests – moral attitudes and interests – personality changes.

Textbook:

1. Hurlock E.B. 1997. *Developmental Psychology* (4th ed), New Delhi: Tata McGraw Hill.

Books for Reference:

1. Hurlock E.B. 1997: *Developmental Psychology* (4th ed). New Delhi: Tata McGraw Hill.
2. Thompson, George G. 1981: *Child Psychology* (2nd ed). Delhi: Surjeet Publications.
3. Berk L.E. 2005 *Child Development*, (2nd Ed.), New Delhi: Pearson Education.
4. Shaffer R.H. 2004. *Child Psychology* M.A. Blackwell publishing,
5. Papalia D.E & Old & S.W. 1978 *Human Development*. New Delhi: Tata McGraw Hill Kogakusha.

Course Outcomes

CO. No.	Upon completion of this course, students will be able to:	PSOs Addressed	Cognitive Level
CO 1	Relate the knowledge of appropriate developmental changes in prenatal, infancy, babyhood, early and late childhood in everyday observation.	1 & 2	Understanding and Applying
CO 2	Analyze the impact of developmental task achieved and underachieved in prenatal, infancy, babyhood, early and late childhood.	2 & 3	Analyzing
CO 3	Evaluate developmental milestones in prenatal, infancy, babyhood, the early and the late childhood.	3 & 5	Evaluating
CO 4	Create awareness on favourable environment for adequate mastery of developmental tasks in prenatal, infancy, babyhood, the early and the late childhood.	4 & 1	Creating
CO 5	To modify environmental variables that would probably stimulate healthy development in prenatal, infancy, babyhood, the early and the late childhood.	4 & 5	Creating

Relationship Matrix

Semester	Course Code	Title of the Course					Hours	Credits				
I	21UCPY12	DEVELOPMENTAL PSYCHOLOGY -I					60	4				
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)						
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5		
CO-1	✓	✓	✓			✓	✓					
CO-2		✓	✓	✓			✓	✓				
CO-3		✓	✓	✓	✓			✓		✓		
CO-4	✓	✓		✓	✓	✓			✓			
CO-5			✓	✓	✓				✓	✓		
Number of matches (✓) = 27 Relationship = Medium												

Semester – I

Course Title	Psychology Practical- I
Total Hrs	30
Hrs/Week	2
Sub. Code	21UCPY1P1
Course Type	DSC Practical
Credits	1
Marks	100

General Objective

To provide practicum exposure to fundamental methods , concepts of general and developmental psychology

Course Objectives: The learner will be able to:

CO.No	Course Objective
CO 1	Develop introspection, systematic observation skills.
CO 2	Comprehend basics of surveying by practical means.
CO 3	Measure development in Early stages of life span.
CO 4	Measure memory and attention.
CO 5	Reflect on the errors in perception.

Practicum to basic fundamental methods in Psychology

1. Introspection
2. Systematic/ Systematic Observation
3. Basic of survey

Measuring Development in Early stages of Life Span

4. Developmental Checklist for infancy and Babyhood
5. Developmental Checklist for Early and Late Childhood

Measuring Attention and Memory

6. Cancellation Test
7. Cueing on Recall
8. Retroactive Inhibition

Errors in Perception

9. Size-weight Illusion
10. Muller-Lyer Illusion

References

1. Anastasi. & Susana Urbina (2004) 7th Edition. Psychological Testing, Pearson Education Inc., New Delhi.
2. Cronbach, L.J. Essentials of Psychological Testing.
3. Parameswaran & Ravichandra (2003) Experimental Psychology. Neel Kamal Publications.
4. Woodworth, R.S. and Scholesberg (1972) Experimental psychology. Holt, Rinehart & Winston.

Course Outcomes

CO. No.	Upon completion of this course, students will be able to:	PSOs Addressed	Cognitive Level
CO 1	Illustrate introspection, systematic observation skills.	1 & 2	Understanding
CO 2	Compare the developmental milestones of the early stages of development and identify delays in development.	3 & 4	Applying and Evaluating
CO 3	Relate concepts of memory and attention.	2 & 4	Analysing
CO 4	Develop survey questions and criteria for observation.	1 & 5	Creating
CO 5	Relate errors in perception.	3 & 5	Analysing

Relationship matrix

Semester	Course Code	Title of the Course	Hours	Credit						
I	21UCPY1P1	Psychology Practical- I	30	1						
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)				
	PLO1	PLO2	PLO3	PLO4	PLO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO-1	✓	✓	✓			✓	✓			
CO-2		✓		✓	✓			✓	✓	
CO-3		✓	✓	✓	✓		✓		✓	
CO-4	✓	✓	✓		✓	✓				✓
CO-5		✓	✓	✓	✓			✓		✓
Number of matches (✓) = 28 Relationship = Medium										

Semester – I

Course Title	SOCIAL PSYCHOLOGY - I
Total Hrs	60
Hrs/Week	4
Sub. Code	21UAPY11
Course Type	DSE
Credits	4
Marks	100

General Objective: To reflect on individual behaviour in social context

Course Objectives: The learner will be able to:

CO.	Course Objective
CO 1	Understand the nature of social psychology and the Self as a social being.
CO 2	Recognize the components involved in social cognition.
CO 3	Extract elements of social perception.
CO 4	Explain the formation , change of attitude and its reflection in behaviour.
CO 5	Recognize the causes and cures of stereotyping , prejudice and discrimination.

UNIT I :SOCIAL PSYCHOLOGY AND THE SELF

Nature, goal and scope of Social Psychology – Methods of Social Psychology – Role of Theory in Social Psychology.

The Self: Self Presentation: Self-Other accuracy – Self-Presentation Tactics; Self-knowledge: Introspection – Self from other’s Standpoint; Personal vs Social Identity: Who am I ; Self-Esteem: Measurement of Self-Esteem – Gender differences; Social Comparison: Self-Serving Bias and Unrealistic Optimism; Self as Target of Prejudice: Emotional consequences – Behavioural consequences.

UNIT II: SOCIAL COGNITION

Heuristics: Representativeness – Availability – Anchoring and Adjustment – Status Quo Heuristic; Schemes: Impact of Schemes on Social Cognition – Priming - Schema Persistence – Reasoning by Metaphor; Automatic and Controlled Processing; Potential Sources of Error in Social Cognition: A basic “Tilt” in Social Thought – Situation-specific sources of error in Social Cognition; Affect and Cognition.

UNIT III: SOCIAL PERCEPTION

Nonverbal Communication: The Basic Channels – Scent – Facial Expressions – Facial Feedback Hypothesis - Recognizing Deception - The Role of Nonverbal Cues; Attribution: Theories of Attribution- Some Basic Sources of Error - Applications of Attribution Theory; Impression formation and Impression Management: Research on First Impressions – Formation of First Impressions – Implicit Personality theories – Tactics for “Good Looking”

UNIT IV: ATTITUDES

Attitudes: Meaning, nature and function - Attitudes Formation: Classical Conditioning – Instrumental Conditioning – Observational Learning; Influence of Attitude on Behaviour – Role of Social Context – Strength of Attitudes – Attitude Extremity – Attitude Certainty – Role of Personal Experience; Theories of reasoned and planned behaviour – Attitudes and spontaneous behaviour reactions; Persuasion: Communication, Messages and Audiences – Cognitive Processes underlying Persuasion; Resistance to persuasion: Protecting Personal freedom – Forewarning – Selective avoidance – Individual differences – Ego-Depletion; Cognitive Dissonance: Dissonance and Attitude Change – Alternative strategies for resolving dissonance – Dissonance as tool for beneficial changes.

UNIT V: STEREOTYPING, PREJUDICE AND DISCRIMINATION

Perceiving Inequality – Nature and origins of Stereotyping: Beliefs and social groups – formation and use of stereotyping – Stereotype threat; Prejudice: The Origins of Prejudice; Discrimination: Prejudice in Action – Modern Racism; Why Prejudice is Not Inevitable: Techniques for Countering its Effects: Learning not to Hate – Potential benefits of contact – Recategorisation – Benefits of Guilt – Saying “NO” to Stereotyping and Biased Attributions – Social Influence as a means of Reducing Prejudice; The Self as target of Prejudice: Emotional Consequences: Performance Deficits – Behavioral Consequences.

TEXTBOOKS:

1. Baron, R.A. & Byrne, D. (2000). *Social Psychology*. 9thed. Pearson.
2. Baron, R. A., & Branscombe, N. R. (2012). *Social Psychology*. 13thed. Pearson.

REFERENCES:

1. Feldman, R. S. (2005). *Social Psychology: Theory, Research and Application*. McGraw-Hill Education, New Delhi.
2. Myers, D.G. (2005) *Social Psychology*, New Delhi: Tata McGraw Hill.

Course Outcomes

CO. No.	Upon completion of this course, students will be able to:	PSOs Addressed	Cognitive Level
CO 1	Gain understanding of social aspects of individual behaviour.	1 & 2	Understanding
CO 2	Relate concepts of social psychology in every day social life.	2 & 3	Applying
CO 3	Compare and contrast the social behaviour of significant others who form our social environment.	3 & 4	Analyzing
CO 4	Evaluate individual behaviour in social context.	2 & 4	Evaluating
CO 5	Collaborate adaptively in a given social environment.	1 & 5	Creating

Relationship Matrix

Semester	Course Code	Title of the Course					Hours	Credits			
I	21UAPY11	SOCIAL PSYCHOLOGY - I					60	4			
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)					
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO3	PSO 4	PSO5	
CO-1	✓	✓	✓			✓	✓				
CO-2		✓	✓	✓			✓	✓			
CO-3		✓		✓	✓			✓	✓		
CO-4		✓	✓	✓	✓		✓		✓		
CO-5	✓	✓		✓	✓	✓				✓	
Number of matches (✓) = 27 Relationship = Medium											

Semester – I

Course Title	Social Psychology Practical- I
Total Hrs	30
Hrs/Week	2
Sub. Code	21UAPY11
Course Type	DSE
Credits	1
Marks	100

General Objective

To measure dimensions of self, social environment and adjustment

Course Objectives:

CO. No.	The learner will be able to
CO 1	Measure self concept and esteem.
CO 2	Monitor self with the aid of psychological tools.
CO 3	Find personal efficacy of an individual.
CO 4	Measure primary social environment.
CO 5	Measure individual adjustment.

Measuring Self

1. Self Concept
2. Self Esteem
3. Personal Efficacy
4. Self-Monitoring

Measuring Primary Social Environment

5. Family Environment
6. Parenting Style

Measuring Individual Adjustment

7. Adjustment Inventory
8. Perceived Social Support
9. Social Distance Scale
10. Social Skills

References

1. Baron, R.A. & Byrne, D. (2000). *Social Psychology*. 9thed. Pearson.
2. Anastasi. & Susana Urbina (2004) 7th Edition. *Psychological Testing*, Pearson Education Inc., New Delhi.

Course Outcomes

CO. No.	Upon completion of this course, students will be able to:	PSOs Addressed	Cognitive Level
CO 1	Contrast self concept and self esteem measure.	1 & 2	Analysing
CO 2	Appraise on efficacy of a person.	2 & 4	Evaluating
CO 3	Value the style of parenting.	3 & 5	Evaluating
CO 4	Modify adjustment of an individual with baseline measure.	4 & 5	Creating
CO 5	Develop well adjusted social being.	1 & 3	Creating

Relationship Matrix

Semester	Course Code	Title of the Course	Hours	Credit						
I	21 UAPY1P1	Social Psychology Practical- I	30	2						
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)				
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
CO-1	✓	✓	✓			✓	✓			
CO-2		✓	✓	✓	✓		✓		✓	
CO-3		✓		✓	✓			✓		✓
CO-4		✓		✓	✓				✓	✓
CO-5	✓	✓		✓		✓		✓		
Number of matches (✓) = 26 Relationship = Low/ Medium /High										

Semester - II

Course Title	GENERAL PSYCHOLOGY – II
Total Hrs	60
Hrs/Week	4
Sub. Code	21UCPY21
Course Type	DSC-III
Credits	4
Marks	100

General Objective: To acquire clarity in generic psychological terms

Course objective:

CO.	The learner will be able to
CO 1	Understand the facets of human cognition
CO 2	Appreciate dimensions of motivation
CO 3	Recognize the psychology of emotion and stress
CO 4	Perceive the dual- intelligence and creativity
CO 5	Familiarize factors involved in psychological testing and personality

UNIT I

COGNITION

Meaning – Cognitive Psychology- Types of cognition: – Mental Imagery – Concept, **Problem solving**- Steps. Barriers to Effective problem solving. Strategies of problem solving: algorithms, heuristic-**Decision making**-Steps- , **Reasoning** –inductive and deductive reasoning. **Language** –Nature, Main Components of Language – Morphemes – Phonemes – Syntax - Semantics – Pragmatics.

UNIT II

MOTIVATION

Motivation - Definition – Important Needs – Biological Needs, Social, Psychological Needs – Model of Motivation - Theories of Motivation – Instincts – Drive-reduction theory – Arousal – Incentive – Opponent-Process

– Cognitive theories – Social cognitive theory – Need theories - Classification of Motives , Physiological motives – Psychological motives – Conflict. Meaning- Types- Frustration: Meaning- Causes.

UNIT III

EMOTION AND STRESS

Emotion: Meaning – Basic emotions- Components - Physiology of emotion - Expression of emotion – Theories –**Stress:** Definition – Four variations - Stressors – Effects – GAS – Individual differences - Coping mechanism.

UNIT IV

INTELLIGENCE AND CREATIVITY

Intelligence: Definition - Concept of IQ - Individual differences in Intelligence –Mental retardation – Mentally gifted – Assessment of Intelligence - Emotional Intelligence – Meaning – Characteristics - **Creativity:** Definition- Nature – Steps -Characteristics of creative people – Creativity tests.

UNIT V

PSYCHOLOGICAL TESTING AND PERSONALITY

Meaning: Reliability- Validity- Standardization- Norms.

Intelligence Tests- Aptitude Tests- Personality Tests- Objective Tests- Projective Tests- Interest Tests- Achievement Tests.

Personality: Definition - Theories – Psychoanalytic - Neo Freudian: Jung – Adler - Karen Horney – Erikson - Behavioristic view – Social Cognitive view - Humanism and Personality: Roger’s theory – Maslow’s theory - Trait Theories – Allport – Cattell - The Big Five Factors. Assessment of Personality, Uses of Personality tests

Textbook:

Cicarelli, K. S., Meyer, E. G. & Misra., “G. Psychology”, South Asia Edition.: Dorling Kingsley (India) Pvt, Ltd, New Delhi, 2008.

Reference book:

Baron, A. R., “Psychology”, 5th Edition, Pearson Education, New Delhi, 2010.

CO.	On completion of the course students will be able to	PSO s Addressd	Cognitive Level
CO 1	Discover the concepts related to cognition	1,3,5	Applying
CO 2	Examine and maximize issues of motivation	1, 2,3, 5	Analyzing & Creating
CO 3	Infer and Explain the psychological background of emotion and stress	1,2,4, 5	Analyzing & Evaluating
CO 4	Appraise the phenomenon of Intelligence and propose the nature and characteristics of Creativity	1,2,3, 5	Evaluating & Creating
CO 5	Estimate psychological parameters using psychological testing and compile theoretical bases of personality	2,3,4,5	Evaluating & Creating

Relationship Matrix

Semester	Course Code	Title of the Course					Hours	Credit				
II	21UCPY21	GENERAL PSYCHOLOGY - II					60	4				
Course Outcome s (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)						
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5		
CO-1	✓	✓	✓	✓	✓	✓		✓		✓		
CO-2	✓	✓	✓	✓	✓	✓	✓	✓		✓		
CO-3	✓	✓	✓	✓	✓	✓	✓		✓	✓		
CO-4	✓	✓	✓	✓	✓	✓	✓	✓		✓		
CO-5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
	Number of matches (✓) = 45 Relationship = High											

Semester – II

Course Title	DEVELOPMENTAL PSYCHOLOGY -II
Total Hrs	60
Hrs/Week	4
Sub. Code	21UCPY22
Course Type	DSC-IV
Credits	4
Marks	100

General Objective: To acknowledge the behaviour dynamics associated with development in each stage of human life span

Course Objective:

CO.	The learner will be able to
CO 1	Understand the developmental changes associated with the puberty
CO 2	Recognize the developmental factors associated with the adolescence
CO 3	Appreciate developmental characteristics pertaining to the early adult hood
CO 4	Acknowledge developmental issues in the early childhood
CO 5	Establish the developmental tasks of the old age

Unit I PUBERTY

Characteristics – Criteria – Causes – Age – Growth spurt – Body changes – Effects of puberty changes – Hazards & Happiness.

Unit II ADOLESCENCE

Characteristics – Developmental tasks – Physical change – Storm and Stress – Social change – Interest – Morality – Sex interest and Behaviour – Family relationships – Personality change – Hazards & Happiness.

Unit III EARLY ADULTHOOD

Characteristics – Developmental tasks – Changes in interest – Social interest – Sex role adjustments – Vocational adjustments – Marital Adjustments – Adjustment to parenthood – Hazards of vocational and Marital adjustments – Success of Adjustment to adulthood.

Unit IV MIDDLE AGE

Characteristics – Developmental tasks – Adjustment to physical change and mental changes – Social Adjustment – Vocational Adjustment – to changed family patterns – Being single – loss of a spouse – Adjustment – to changed family patterns – Adjustment to approaching old.

Unit V OLD AGE

Characteristics – Developmental tasks – Adjustment to physical changes – Change in motor and mental abilities. Changes in interests – Vocational Adjustment – Retirement – Changes in family life – loss of a spouse – Living arrangement for elderly hazards.

Text book:

Hurlock E.B., 1997, *Developmental Psychology (4thed)*, New Delhi, Tata c Graw Hill.

Books for Reference :

1. Hurlock E.B. 1997: *Developmental Psychology (IV Edn.,)* New Delhi, Tata c Graw Hill.
2. Santrock, J.W. 2003 *Adolescence*, New Delhi. McGraw Hill,

CO.No	On completion of the course students will be able to	PSOs Addressd	Cognitive Level
CO 1	Relate with the characteristics of the Puberty	1,2,5	Understanding & Applying
CO 2	Determine the characteristics and solve adjustment issues that accompanies development during the adolescence	1,2,3,4	Evaluating & Creating
CO 3	Identify and predict the characteristics and adjustments pertaining to the Early adulthood	1,2,3,4	Applying & Creating
CO 4	Interpret and formulate characteristics and adjustments unique to the Middle age	1, 2, 4, 5	Evaluating & Creating
CO 5	Examine and estimate characteristics and developmental	1, 2, 4, 5	Analyzing & Creating

	tasks of the Old age		
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Relationship Matrix

Semester	Course Code	Title of the Course					Hours	Credit			
II	21UCPY12	DEVELOPMENTAL PSYCHOLOGY -I					60	4			
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)					
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	
CO-1	✓	✓	✓		✓	✓	✓			✓	
CO-2	✓	✓	✓	✓	✓	✓	✓	✓	✓		
CO-3	✓	✓	✓	✓	✓	✓	✓	✓	✓		
CO-4	✓	✓	✓	✓	✓	✓	✓		✓	✓	
CO-5	✓	✓	✓	✓	✓	✓	✓		✓	✓	
	Number of matches (✓) = 43 Relationship = High										

Semester -II

Course Title	Psychology Practical- II
Total Hrs	30
Hrs/Week	2
Sub. Code	21UCPY2P1
Course Type	Practical-II
Credits	1
Marks	100

General Objective : To provide practicum exposure to generic psychology concepts

CO.	The learner will be able to
CO 1	Find thinking and problem solving skills
CO 2	Observe Stress
CO 3	Measure the level of motivation
CO 4	Note the application of creativity
CO 5	Discover Emotional intelligence

Thinking and Problem solving

1. Hauffman&Kasinen Problem Solving Test
2. Tower of Hanoi
3. Stroop Test

Motivation

4. Achievement motivation Test
5. Zeigernick Effect
6. Level of aspiration Test

Creativity

7. Passi Test of Creativity
8. Wallack & Kogen Battery of Creativity

Emotional Intelligence

9. Measuring Emotional Intelligence

Stress

10. Measuring Stress

References

1. Anastasi. & Susana Urbina (2004) 7th Edition. *Psychological Testing*, Pearson Education Inc., New Delhi.
- 2.. Woodworth, R.S. and Scholesberg (1972) *Experimental psychology*. Holt, Rinehart & Winston.
3. Parameswaran & Ravichandra (2003) *Experimental Psychology*. Neel Kamal Publications

CO.	On completion of the course students will be able to	PSOs addressed	Cognitive level
CO 1	Infer thinking and problem solving skills	1, 2, 3	Analyzing
CO 2	Estimate the level of stress	1,2,4,5	Creating
CO 3	Value the level of motivation	3, 4, 5	Evaluating
CO 4	Test for creativity	1, 2, 3,5	Creating
CO 5	Evaluate Emotional Intelligence	1, 2, 4,5	Evalating

Semester	Course Code	Title of the Course					Hours	Credits				
II	21UCPY1P1	Psychology Practical- II					30	2				
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)						
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5		
CO-1	✓	✓	✓	✓		✓	✓	✓				
CO-2	✓	✓	✓	✓	✓	✓	✓		✓	✓		
CO-3				✓	✓			✓	✓	✓		
CO-4	✓	✓	✓	✓	✓	✓	✓	✓		✓		
CO-5	✓	✓	✓	✓	✓	✓	✓		✓	✓		
Number of matches (✓) = 39 Relationship = High												

Semester -II

Course Title	SOCIAL PSYCHOLOGY - II
Total Hrs	60
Hrs/Week	4
Sub. Code	21UAPY21
Course Type	Allied-I/2P
Credits	4
Marks	100/2

General objective: To reflect on individual behaviour in social context

CO. No.	The learner will be able to
CO 1	Understand the dynamics of interpersonal and intimate relationships
CO 2	Recognize the factors involved in social influence
CO 3	Appreciate the contrasting phenomenon of pro social behaviour and aggression.
CO 4	Sensitize with the dynamism of group behaviour.
CO 5	Recognize the future trends in social psychology

UNIT I: INTERPERSONAL ATTRACTION, CLOSERELATIONSHIPS, AND LOVE

Internal Sources of Attraction: Importance of Affiliation in human existence and Interpersonal attraction; External sources of attraction: Power of proximity – Observable characteristics of others; Factors based on Social Interaction: Similarity – Reciprocal liking of disliking – Designing Ideal interaction partners; Close relationships: Relationships with family members – Friendships – Romantic Relationships and the mystery of love – Jealousy – Selecting romantic partners.

UNIT II: SOCIAL INFLUENCE

Conformity: Asch's Research – Sherif's Research – Factors affecting Conformity – Social Foundations of Conformity – Downside of Conformity – Effects of Power, Basic motives and the desires of Uniqueness – Gender Differences in Conformity – Minority Influence;

Compliance: Underlying principles – Tactics: Ingratiation – Foot-in-the-Door and the Lowball – The Door-in-the-Face and the ‘That’s-Not-All’ approach – Scarcity – Fast-Approaching-Deadline Technique; Symbolic Social Influence – Obedience to Authority: Obedience in the Laboratory – Destructing Obedience – occurrence and resistance

UNIT III: PROSOCIAL BEHAVIOUR & AGGRESSION

Prosocial Behaviour: Meaning – Empathy–Altruism – Negative-self relief – Empathetic Joy – Competitive Altruism – Kin Selection Theory – Defensive Helping; Bystander Effect: Helping in Emergencies – Safety in Numbers – Five Crucial steps in Deciding to help; Factors influencing Helping: Situational (External) Factors – Exposure to live Prosocial Models – Playing Prosocial video Games - Gratitude – Empathy – Factors that reduce Helping; Effects of Being Helped

Aggression: Meaning – Theoretical perspectives: Role of Biological Factors – Drive Theories - Trait, situational and social learning approaches – Social, Cultural, Personal and Situational Determinants – Frustration and Provocation; Bullying –Causes, Characteristics and Reducing the occurrence of Bullying; Prevention and control of aggression: Punishment - Self-regulation – Catharsis – Bolstering Self-Esteem

UNIT IV: GROUPS& DECISION MAKING

Nature of Group formation – Functions of Group: Role, Status, Norms and Cohesiveness –Benefits and Costs of Joining; Impact of Groups on Individual performance: Social facilitation and social loafing – Effects of Being in a Crowd; Coordination in Groups: Group Cooperation and Group conflict – Responding to and Resolving Conflicts; Perceived Fairness in Groups; Decision making in groups: Decision Making Process-Potential Dangers of Group Decision Making: Groupthink, Biased Processing and Restricted Sharing of Information

UNIT V: CURRENT & FUTURE TRENDS IN SOCIAL PSYCHOLOGY

Leadership: Basic Dimensions of Leader Behavior – Transactional and Transformational Leaders; Basic causes of Social Adversity: Loneliness – Shattering and Building of Relationships; Social Side of Personal Health:

Obesity – Stress; Social Side of Law: Social Influence and Legal system – Influence of Prejudice and Stereotyping on Legal system; Personal Happiness: Nature and Characteristics - Factors influencing happiness – Wealth – Benefits of Happiness – Increasing Personal Happiness

TEXT BOOKS:

3. Baron, R.A. & Byrne, D. (2000). *Social Psychology*. 9thed. Pearson.
4. Baron, R. A., & Branscombe, N. R. (2012). *Social Psychology*. 13thed. Pearson.

REFERENCES:

1. Myers, D.G. *Social Psychology*, New Delhi: Tata McGraw Hill , 2005
2. Feldman, R. S. (2005). *Social Psychology: Theory, research and application*. McGraw-Hill Education, New Delhi.

Course Outcomes

CO No.	On completion of the course students will be able to	PSO s Addressd	Cognitive Level
CO 1	Discover the phenomenon of interpersonal attraction and perceive the nature of intimate relationships	1, 2, 3, 4, 5	Analyzing & Evaluating
CO 2	Infer and estimate the level of social influence	1, 4, 5	Analyzing & Evaluating
CO 3	Determine and maximize the factors intricate to prosocial behaviour while determining and minimizing factors related to aggression	1,2, 3,4 ,5	Evaluating & Creating
CO 4	Examine the group dynamics and rule on the operations of groups	1, 3, 4,5	Analyzing & Evaluating
CO 5	Choose career related to social psychology and modify means to fit future trends	1, 3, 4, 5	Remembering & Creating

Relationship Matrix

Semester	Course Code	Title of the Course					Hours	Credit			
II	21UAPY21	SOCIAL PSYCHOLOGY - II					60	4			
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)					
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	
CO-1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO-2	✓	✓	✓	✓	✓	✓			✓	✓	
CO-3	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO-4	✓	✓	✓	✓	✓	✓		✓	✓	✓	
CO-5	✓	✓	✓	✓	✓	✓		✓	✓	✓	
	Number of matches (✓) = 46 Relationship = High										

Sememster- II

Course Title	Social Psychology Practical- II
Total Hrs	30
Hrs/Week	2
Sub. Code	21UAPY2P1
Course Type	Allied-Practical-I/2
Credits	1
Marks	100/2

General Objective: To measure parameters with respect to concepts in social psychology

CO.	The learner will be able to
CO 1	Discover the nature of social relationship
CO 2	Measure the level of social influence
CO 3	Observe prosocial behaviour and aggression
CO 4	Note group dynamics quantitatively
CO 5	Find the leadership style and locus of control

Relationship

1. Peer relationship
2. Interpersonal Skills
3. Social Relationship

Social Influence

4. Conformity behaviour

Prosocial Behaviour and Aggression

5. Measuring Altruism
6. Measuring Aggression

Group

7. Group conformity
8. Group Environment

Leadership

9. Locus of control (Lavensons's / Rotter's)
10. Leadership Styles

References

5. Baron, R.A. & Byrne, D. (2000). *Social Psychology*. 9thed. Pearson.
2. Anastasi. & Susana Urbina (2004) 7th Edition. *Psychological Testing*, Pearson Education Inc., New Delhi.

Course Outcome

CO.	On completion of the course students will be able to	PSOs addressed	Cognitive level
CO 1	Estimate the nature of social relationship	1,2, 4,5	Evaluating
CO 2	Predict the level of social influence	1,2,3,4	Creating
CO 3	Value prosocial behaviour and Infer the level of aggression	1,2,3,5	Evaluating
CO 4	Evaluate group dynamics	1,2,3,4	Evaluating
CO 5	Assess leadership style and locus of control	1,3,4,5	Evaluating

Semester	Course Code	Title of the Course	Hours	Credit						
II	21UCPY1P1	Social Psychology Practical- II	30	2						
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)				
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
CO-1	✓	✓	✓	✓	✓	✓	✓		✓	✓
CO-2	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO-3	✓	✓	✓	✓	✓	✓	✓	✓		✓
CO-4	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO-5	✓	✓		✓	✓	✓		✓	✓	✓
Number of matches (✓) = 44 Relationship = High										

Semester – III

Course Title	Abnormal Psychology II
Total Hrs	60
Hrs/Week	4
Sub. Code	22UCPY31
Course Type	Core
Credits	4
Marks	

General Objective : To know about abnormality of human behaviours

CO.	The learner will be able to
CO 1	To understand the basics of abnormal psychology
CO 2	To know the classification , diagnosis and assessment for psychological disorders.
CO 3	To recognize anxiety , mood disorders and suicide
CO 4	To perceive dissociative and somatoform disorders .
CO 5	To get familiarized with disorders relating to substance use .

UNIT I: INTRODUCTION

Meaning and Nature of Abnormal Behaviour –Concept of normality and abnormality – Signs and symptoms of Mental Illness: The three criteria of determining psychological disorders - History of Psychopathology – Perspectives of Psychological Disorders: Psychoanalysis – Humanism – Behaviourism – Social, Cognitive and Biological Explanations – Biopsychosocial and Neuropsychological approaches

UNIT II: CLASSIFICATION, DIAGNOSIS& ASSESSMENT

Brief history of classification –WHO & ICD - Evolution of DSM: From DSM I to Multi Axial Systems until DSM V – Criticisms of DSM – People who diagnose Psychological Disorders; Assessments: Neuropsychological tests – Clinical Interview – Tests of Psychological functioning - Rating scales - projective tests;

UNIT III: ANXIETY, MOOD DISORDERS & SUICIDE

Anxiety: Fight-or-Flight Response – Comorbidity - General Anxiety Disorder – Panic Disorder – Social Phobia — Specific Phobias – Obsessive-Compulsive

Disorder – Posttraumatic Stress Disorder; Depressive Disorders: Major Depressive Episode – Major Depressive Disorder – Dysthymic Disorder; Bipolar Disorders: Manic, Mixed and Hypomanic Episodes – Bipolar I Vs Bipolar II Disorders – Cyclothymic Disorder – Suicide: Suicidal thoughts and Suicide risks – Understanding and Prevention

UNIT IV: DISSOCIATIVE&SOMATOFORM DISORDERS

Dissociative Disorders: Normal vs Abnormal Dissociation – Cultural variations – Dissociative Amnesia – Dissociative Fugue – Depersonalisation Disorder – Dissociative Identity Disorder; Somatoform Disorders: Somatization Disorder- Conversion Disorder – Hypochondriasis- Body Dysmorphic Disorder

UNIT V: DISORDERS DUE TO PSYCHOLOGICAL SUBSTANCE USE

Substance Use vs Intoxication - Substance Abuse – Substance Dependence – Etiological Factors in the Development of Substance Dependence - Sociocultural Variables – Psychological Variables – Biological Variable – Comorbidity – Polysubstance use – Stimulants: Cocaine – Amphetamines – MDMA – Nicotine; Depresents: Alcohol – Sedative-Hypnotic drugs; Other abused substances: Hallucinogens

TEXT BOOKS

1. Rosenberg, R. S., &Kosslyn, S. M. (2014). *Abnormal psychology*. New York, NY: Worth.
2. Barlow, D. H., Durand, V. M., Lalumiere, M. L., & Hofmann, S. G. (2021). *Abnormal psychology: An integrative approach*. Toronto, Ontario: Nelson Education.

REFERENCES

1. Kring, A. M., Johnson, S. L., Davison, G. C., & Neale, J. M. (2017). *Abnormal psychology*. Hoboken, NJ: Wiley Custom.
2. Seligman, M. E., Walker, E. F., & Rosenhan, D. L. (2007). *Abnormal psychology*. New York: Norton & Company.
3. Sarason, I. G., & Sarason, B. R. (2008). *Abnormal psychology: The problem of maladaptive behaviour*. Upper Saddle River, NJ: Prentice Hall.

e-Resources

1. Rosenberg, R., &Kosslyn, S. (2014). PDF e-Book for *Abnormal Psychology*. London: Palgrave Macmillan.
2. Rosenberg, R. S., &Kosslyn, S. M. (2014). *Study guide for abnormal psychology*. New York: Worth.

Course Outcome

CO.	On completion of the course students will be able to	PSO s Addressed	Cognitive Level
CO 1	Build knowledge on the foundations of psychological disorders	1, 2, 5	Understanding
CO 2	Classify, diagnose and assess various psychological disorders	1, 2,3, 5	Evaluate
CO 3	Predict anxiety ,mood disorders and suicide.	1,4, 5	Evaluate
CO 4	Discriminate various dissociative and somatoform disorders.	1,2,4, 5	Analyzing and Evaluating
CO 5	Appraise psychological and behavioral morbidity associated with substance use	1, 3, 4, 5	Analyzing and Evaluating

Relationship Matrix

Semester	Course Code	Title of the Course	Hours	Credit						
III	22UCPY31	Abnormal Psychology II	60	4						
Course Outcome s (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)				
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
CO-1	✓	✓	✓		✓	✓	✓			✓
CO-2	✓	✓	✓	✓	✓	✓	✓	✓		✓
CO-3	✓	✓	✓	✓	✓	✓			✓	✓
CO-4	✓	✓	✓	✓	✓	✓	✓		✓	✓
CO-5	✓	✓	✓	✓	✓	✓		✓	✓	✓
	Number of matches (✓) = 42									
	Relationship = High									

Semester – III

Course Title	Clinical Interviewing and Case History
Total Hrs	30
Hrs/Week	2
Sub. Code	22UCPY3P1
Course Type	Core Practical
Credits	1
Marks	

General Objective : To acquire skills pertaining to clinical interviewing and case history writing.

CO.	The learner will be able to
CO 1	To get familiarized with the basics of clinical interviewing and case history writing.
CO 2	To learn the skills of clinical interviewing and case history writing.
CO 3	To acknowledge the various aspects of the interview process.
CO 4	To know the components of a case report .
CO 5	To understand the salience of case history making and reporting.

Unit I Foundations

Self –awareness- Effective Interviewing – The physical setting – Professional and Ethical issues – Relationship variables in interviewing.

Unit II Skills

Attending behaviour – The pull to reassurance - Non-directive and directive listening responses – Using Questions.

Unit –III Interview process

Structural Models: The introduction – The opening – The body - The Closing - The termination – The Science of clinical interviewing.

Unit IV Case Report Writing - I

Identifying Information – Behavioural Observation- Presenting Complaints - History of present problem/ illness - Past treatment history - Relevant medical history.

Unit V Case Report Writing – II

Personal and Social History – history of Substance use - Premorbid personality – Current situation and functioning – Diagnostic impressions – Treatment plan

References

John, S. F., & Rita, S. F. (2003). *Clinical Interviewing* (3rd ed.). John Wiley & Sons, Inc.

Niraj Ahuja. (2011). *A short text book of Psychiatry* (7de editie). JAYPEE Brothers Medical Publishers (P) Ltd.

Course Outcomes

CO.	On completion of the course students will be able to	PSOs Addressed	Cognitive Level
CO 1	Order the components of clinical interviewing and case history taking.	2, 3, 4	Analyzing and Evaluating
CO 2	Reframe the skills required for interviewing and case history taking.	2, 3, 5	Evaluating
CO 3	Integrate the interviewing process.	2, 3, 5	Creating
CO 4	Design a case history report.	2, 3, 4, 5	Creating
CO 5	Discriminate relevant information in order to place it under appropriate components of a case history report.	2, 3, 4, 5	Analyzing and Evaluating

Relationship Matrix

Semester	Course Code	Title of the Course				Hours	Credit				
III	22UCPY3P1	22UCPY3P1				30	2				
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)					
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	
CO-1		✓	✓	✓	✓		✓	✓	✓		
CO-2		✓	✓	✓	✓		✓	✓		✓	
CO-3		✓	✓	✓	✓		✓	✓		✓	
CO-4		✓	✓	✓	✓		✓	✓	✓	✓	
CO-5		✓	✓	✓	✓		✓	✓	✓	✓	
	Number of matches (✓) = 37 Relationship = High										

Semester – III

Course Title	BIOLOGICAL PSYCHOLOGY
Total Hrs	60
Hrs/Week	4
Sub. Code	22UAPY31
Course Type	Allied
Credits	3
Marks	100

General Objective: To learn the biological basis of human behaviour.

CO.	The learner will be able to
CO 1	To get introduced to biological orientations.
CO 2	To describe the structure , function and communication of neuron .
CO 3	To classify nervous system both anatomically and functionally .
CO 4	To familiarize with parts of the brain .
CO 5	To relate the functions of hormones and the brain.

UNIT I INTRODUCTION

Meaning of Biological Psychology - Biological approach to Psychology:
Biological approach to behaviour - genetics and behaviour- Human
Evolution and behaviour

UNIT II STRUCTURE, FUNCTION AND COMMUNICATION OF NEURONS

Neurons and its Supporting cells – Structure of a Neuron – The Nerve
Impulse – Communication at the Synapse – Neurotransmitters – Blood-
Brain Barrier

UNIT III THE NERVOUS SYSTEM

Basic features of the Nervous System: Overview- Meninges- The ventricular system and Cerebrospinal fluid- Divisions of the nervous system: The Central Nervous System, its development- The Spinal Cord - Peripheral Nervous system: Spinal Nerves , Cranial Nerves, Somatic and Autonomic Nervous System –Neural Plasticity

UNIT IV THE BRAIN

Brain: The Forebrain, The Mid brain , The Hind Brain – The Cerebral Cortex: organisation of the Cerebral cortex- The frontal lobe – The temporal lobe- The parietal lobe –The occipital lobe – The Lateralization of functions : the right and the left hemispheres, corpus callosum, handedness – Effects of Brain damage – Effects of brain stimulation – Recording brain activity

UNIT V: HORMONES AND THE BRAIN

Glands -Classes of Hormones - Hormones of the Pituitary - Neural Control of the Pituitary - Control of the Anterior and Posterior Pituitary by the Hypothalamus - Discovery of Hypothalamic Releasing - Hormones - Regulation of Hormone Levels

TEXT BOOKS

1. Carlson, N. R. (2007). *Foundations of Physiological Psychology* (6th ed.). New Delhi, India: Pearson Education.
2. Kalat, J.W. (2011). *Biopsychology*. India: Cengage Learning India Pvt. Limited.
3. Pinel, J. (2007). *Biopsychology* (6th ed.). New Delhi: Pearson Education.

REFERENCE BOOKS

1. Purves, D., Brannon, E., Huettel, S.A., Labar, K.S., Platt, M.L., & Woldorff, G.M. (2008). *Principles of Cognitive Neurosciences*. Sunderland, U.S.A: Sinauer Associates, Inc. Publishers.
2. Rosenweig, M.R., Leiman, A.L., Breedlove, S.M. (1999). *Biological Psychology: An Introduction to Behavioral, Cognitive and Clinical Neuroscience*. (2nded.) U.S.A.: Sinauer Associates, Inc.
3. Levinthal, C.F., (2003), *Introduction to Physiological Psychology*. (3rded.). U.S.A.: Pearson Education, Inc.

Course Outcomes

CO.	On completion of the course students will be able to	PSOs Addressd	Cognitive Level
CO 1	Appraise the biological foundations of human behavior.	2, 4, 5	Understanding and Evaluating
CO 2	Illustrate the structure , function and communication of neurons.	1, 3, 4	Understanding and Analyzing
CO 3	Organize facts relating to nervous system and behavior.	1, 2, 3	Understanding and Creating
CO 4	Compile the certitude behind brain and behavior.	2,3, 4	Creating
CO 5	Integrate the functional relationship between hormones and the brain.	1, 2, 5	Creating

Relationship Matrix

Semester	Course Code	Title of the Course					Hours	Credit				
III	22UAPY31	BIOLOGICAL PSYCHOLOGY					60	4				
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)						
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5		
CO-1		✓	✓	✓	✓		✓		✓	✓		
CO-2	✓	✓		✓	✓	✓		✓	✓			
CO-3	✓	✓	✓	✓		✓	✓	✓				
CO-4		✓	✓	✓	✓		✓	✓	✓			
CO-5	✓	✓	✓		✓	✓	✓			✓		
	Number of matches (✓) = 35 Relationship =High											

Semester – III

Course Title	Bio-Psychology Practical
Total Hrs	30
Hrs/Week	2
Sub. Code	22UAPY3P1
Course Type	Allied Practical –III
Credits	1
Marks	

General Objective : To be able to perceive biological foundations in everyday behaviour.

Course Objective:

CO.	The learner will be able to
CO 1	To get familiarized with the concept of handedness .
CO 2	To comprehend the genetic basis behind behavior.
CO 3	To acknowledge the conditions of patience with brain damage.
CO 4	To observe the human anatomy .
CO 5	To note the techniques of brain imaging.

Unit 1: Handedness

Unit 2: Familial pattern of behaviour (Comprehending genetic basis)

Unit 3: Case histories of patients with brain damage

Unit 4: Observing Human Anatomy

Unit 5: Observing Brain Imaging: CT scans , MRI, fMRI, PET,

Students shall observe and report the biological basis of behaviour using every day observations, clinical observations and diagnostic observations.

Course Outcomes

CO.	On completion of the course students will be able to	PSO s Addressed	Cognitive Level
CO 1	Appraise the handedness of an individual.	2, 3, 4	Analyzing
CO 2	Predict the familial pattern of behavior.	2, 3, 4	Understanding and Evaluating
CO 3	Assess the psychological and behavioral impact of brain damage.	1, 2, 3,5	Evaluating
CO 4	Summarize facts on human anatomy.	1, 3, 4, 5	Understanding and Evaluating
CO 5	Infer the anomalies recognized by brain images.	1, 2, 3, 5	Analyzing

Relationship Matrix

Semester	Course Code	Title of the Course					Hours	Credit				
III	22UAPY3P1	Bio-Psychology Practical					30	2				
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)						
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5		
CO-1		✓	✓	✓	✓		✓	✓	✓			
CO-2		✓	✓	✓	✓		✓	✓	✓			
CO-3	✓	✓	✓	✓	✓	✓	✓	✓		✓		
CO-4	✓	✓	✓	✓	✓	✓		✓	✓	✓		
CO-5	✓	✓	✓	✓	✓	✓	✓	✓		✓		
	Number of matches (✓) = 41 Relationship =High											

Semester – III

Course Title	Positive Thinking
Total Hrs	30
Hrs/Week	2
Sub. Code	21USPY32
Course Type	Skill enhancement Course -II
Credits	2
Marks	

General Objective: To acquire skills pertaining to Positive Thinking.

Course Objective:

CO.	The learner will be able to
CO 1	To perceive the truth about oneself and aspirations .
CO 2	To see the positive after distillation .
CO 3	To recognize the habitual ways of thinking
CO 4	To sense the beauty in everything.
CO 5	To realize the positive personality.

Unit –I : Truth about oneself and Aspirations

The seven truths of oneself as a person – What you want to be - :The Magic Wand Exercise – Designing perfect Future –Planning Perfect Day - Confronter vs Evador Personality -Being Realistic – Dealing with Reality – Separating facts from Problems – Past and Future – Analyzing the situation –Seeking to understand- The Worry Buster.

Unit – II : Distilling the Positive

The Main Obstacle - Taking control of one’s mind- Programming to be optimistic –Power of Thoughtfulness-Law of Substitution –Reinterpreting a situation – The three magic words – One’s Responsibility – Taking control of Responses .

Unit –III : Changing habitual ways of thinking

A reason for everything – Programming and Preprogramming – New habit patterns of thought : Power of Positive Affirmations –Seeing and Believing the same – Preparing before the event – The power of NO –Rejection is normal and natural

Unit – IV: Looking for Beauty in Everything

Making a decision – Never complaining and Never explaining - The Great Power –The lesson one needs and meant to learn – Managing Denial – Changing one’s vocabulary – Problems are inevitable –Looking on the bright side – Zero based thinking- Thinking positively and constructively –Seeking and Finding – Resistance and Acceptance –No regret and No blame.

Unit :V: Positive Personality

The developing Personality – Live and Learn – Admiration VS Envy- Forgiveness : Parents- Intimate Relationships - Everyone else - Oneself .
Seven Keys : Being the best of one can be : Positive Self Talk - Positive Visualization –Positive Mental Food - Positive Training and Development – Positive Health Habits -Positive Expectations .

Course Outcomes

CO	On completion of the course students will be able to	PSO s Addressed	Cognitive Level
CO 1	Analyze the truth about oneself and make realistic aspirations.	2, 3, 4	Understanding and Analyzing
CO 2	Appraise the positive amongst everything.	2, 3, 4	Evaluating
CO 3	Develop ways of thinking positive.	2, 3, 4, 5	Creating
CO 4	Support the fact that everything is beautiful.	2, 3, 5	Evaluating
CO 5	Organize the positive personality.	2, 4, 5	Creating

References

Tracy, B., & Tracy Stein, C. (2012). *Kiss that Frog*. Harper Collins.

Byrne, R. (2009). *The Secret*. Simon & Schuster.

Relationship Matrix

Semester	Course Code	Title of the Course					Hours	Credit			
III	21USPY32	Positive Thinking					30	2			
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)					
	PLO 1	PLO2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	
CO-1		✓	✓	✓	✓		✓	✓	✓		
CO-2		✓	✓	✓	✓		✓	✓	✓		
CO-3		✓	✓	✓	✓		✓	✓		✓	
CO-4		✓	✓	✓	✓		✓		✓	✓	
CO-5		✓	✓	✓	✓		✓		✓	✓	
	Number of matches (✓) = 35 Relationship = High										

Semester – III

Course Title	Psychology of Success
Total Hrs	30
Hrs/Week	2
Sub. Code	21UNPY31
Course Type	Non- major Elective
Credits	2
Marks	100

General Objective: To relearn the perspective of Success.

Course Objective:

CO.	The learner will be able to
CO 1	To know the psychological background for success .
CO 2	To recognize self-awareness and self-esteem .
CO 3	To learn skills necessary for self- management .
CO 4	To get familiarized with skills pertaining to communication and relationship.
CO 5	To gain awareness about management of resources.

Unit I: Psychology and Success

Understanding Success - Understanding psychology – Understanding yourself: Your inner self – you and social worlds

Unit II: Self Esteem and Self-awareness

Self Esteem-Learning to like yourself. Self awareness: developing self awareness –Discovering your strengths: Personality and individuality-exploring skills and interest .

Unit III: Self- management

Positive thinking: conquering negative thoughts- becoming a positive thinker
 – Self –discipline: disciplining your thinking – taking control of your life -
 Self motivation: understanding motivation –recharging your motivation

Unit IV: Communication and Relationships

Interpersonal communication - Elements of communication-
 Communication breakdown - Non- verbal communication - Improving
 communication skills -Healthy relationship: Interpersonal relationship –
 understanding diversity – dealing with conflict – recognizing toxicity in
 relationships

Unit V: Resource management

Time management: taking control of your time- prioritizing –tackling
 procrastination –Money management: money matters- managing your
 finances – strengthening your resources.

Text Book

Denis Waitley. (n.d.). *Psychology of Success, Finding meaning in work and life* (5th ed.). Tata Mc Graw Hill Education Private Limited.

Reference

1. Goleman, D. (2004). *Emotional Intelligence*. Bloomsbury Publishing India Private Limited.
2. Schuller, R. H. (2006). *Success is Never Ending Failure is Never Final*. Orient Paperbacks.

Course Outcomes

CO.		PSO s Addressd	Cognitive Level
	On completion of the course students will be able to		
CO 1	Reframe the concept of success based on psychological knowledge.	1, 2, 4, 5	Evaluating
CO 2	Appraise self –awareness and self –esteem	1, 2, 3, 5	Analyzing
CO 3	Develop skills for self-management	2, 3, 5	Creating
CO 4	Modify communication and relationship skills.	3, 4, 5	Creating
CO 5	Formulate strategies for resource management .	2, 3, 4, 5	Creating

Relationship Matrix

Semester	Course Code	Title of the Course					Hours	Credit				
III	21UNPY31	Psychology of Success					30	2				
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)						
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5		
CO-1	✓	✓	✓	✓	✓	✓	✓		✓	✓		
CO-2	✓	✓	✓	✓	✓	✓	✓	✓		✓		
CO-3		✓	✓	✓	✓		✓	✓		✓		
CO-4		✓	✓	✓	✓			✓	✓	✓		
CO-5		✓	✓	✓	✓		✓	✓	✓	✓		
	Number of matches (✓) = 36 Relationship =High											

Semester – IV

Course Title	Abnormal Psychology -II
Total Hrs	60
Hrs/Week	4
Sub. Code	22UAPY41
Course Type	Core VI
Credits	4
Marks	100

General Objective: To know about abnormality of human behaviour

Course Objective:

CO.	The learner will be able to
CO 1	To recognize the psychological basis of eating disorders.
CO 2	To identify psychological aspects underlying gender and sexual disorders.
CO 3	To acknowledge the features of Schizophrenia and personality disorders.
CO 4	To state the nature childhood and degenerative disorders.
CO 5	To gain awareness about treatment for abnormality and to foster ethical and legal issues.

UNIT I: EATING DISORDERS

Anorexia Nervosa: Meaning, DSM Classification & Types – Bulimia Nervosa: Meaning, DSM Classification & Types – Eating Disorder Not Otherwise specified – Psychosocial factors associated with eating and food

UNIT II: GENDER & SEXUAL DISORDERS

Gender Identity Disorder – Paraphilias: Fetishism-Transvestic Fetishism; Pedophilia and Incest – Voyeurism – Exhibitionism – Frotteurism-Sexual Sadism and Sexual Masochism - Sexual Dysfunctions - Rape

UNIT III: SCHIZOPHRENIA & PERSONALITY DISORDERS

Schizophrenia: Positive & Negative Symptoms – Cognitive Deficits: Brain and Schizophrenia – Psychological stress and Schizophrenia – Subtypes – Distinguishing between Schizophrenia and other disorders –History of Schizophrenia

Personality Clusters – Categories and Problems – Odd/Eccentric Personality Disorders: Paranoid, Schizoid and Schizotypal Personality Disorders – Dramatic / Erratic Personality Disorders: Antisocial, Borderline, Histrionic and Narcissistic Personality Disorders – Fearful/Anxious Personality Disorders: Avoidant, Dependent and Obsessive-Compulsive Personality Disorders

UNIT IV: CHILDHOOD & DEGENERATIVE DISORDERS

Mental Retardation – Types, Screening and Diagnosis - Pervasive Developmental Disorders: Autism Spectrum Disorders – Asperger's Disorder – Childhood Disintegrative Disorder – Rett's Disorder; Learning Disorders: Dyslexia, Dysgraphia and Dyscalculia – Screening and Diagnosis; Disorders of Disruptive Behaviour and Attention: Conduct Disorder – Oppositional Defiant Disorder – Attention-Deficity/Hperactivity Disorder – Seperation Anxiety Disorder – Communication Disorders –Feeding and Eating Disorders – Elimination Disorders – Tic Disorders;

Delirium – Amnestic Disorder – Dementia – Alzheimer's Dementia –Vascular Dementia – Dementia due to other general medical conditions

UNIT V: TREATMENT, ETHICAL & LEGAL ISSUES

Foundations of Treatment: Goals & Methods of Medication – Electroconvulsive therapy – Biofeedback – Goals and Methods of Psychotherapy: Psychodynamic therapy – Cognitive Behaviour Therapy – Dialectical Behaviour therapy - Client centred therapy – Cybertherapy – Interpersonal therapy – Family and Systems therapy – Group therapy – Community Based treatment and Rehabilitation;

Ethical & Legal issues: Role of Confidentiality – Criminal actions and Insanity – Dangerousness – Legal issues

TEXT BOOKS

1. Rosenberg, R. S., &Kosslyn, S. M. (2014). *Abnormal psychology*. New York, NY: Worth.
2. Barlow, D. H., Durand, V. M., Lalumiere, M. L., & Hofmann, S. G. (2021). *Abnormal psychology: An integrative approach*. Toronto, Ontario: Nelson Education.

REFERENCES

1. Kring, A. M., Johnson, S. L., Davison, G. C., & Neale, J. M. (2017). Abnormal psychology. Hoboken, NJ: Wiley Custom.
2. Seligman, M. E., Walker, E. F., & Rosenhan, D. L. (2007). Abnormal psychology. New York: Norton & Company.
3. Sarason, I. G., & Sarason, B. R. (2008). Abnormal psychology: The problem of maladaptive behavior. Upper Saddle River, NJ: Prentice Hall.

e-Resources

1. Rosenberg, R., & Kosslyn, S. (2014). PDF e-Book for Abnormal Psychology. London: Palgrave Macmillan.
2. Rosenberg, R. S., & Kosslyn, S. M. (2014). Study guide for abnormal psychology. New York: Worth.

Course Outcomes

CO	On completion of the course students will be able to	PSO Addressed	Cognitive Level
CO 1	Interpret the basis of various psychological disorders.	1, 3, 5	Understanding and Applying
CO 2	Appraise the psychological factors relating to gender and sexual disorders.	1, 2, 3, 5	Analyzing and Evaluating
CO 3	Estimate the psychological and behavioral impact of Schizophrenia and personality disorders.	2, 3, 4, 5	Evaluating
CO 4	Predict disorders of childhood as well as degenerative disorders.	1, 3, 4	Evaluating
CO 5	Formulate the treatment procedures appropriately while adopting to ethical and legal standards.	2, 3, 4, 5	Creating

Relationship Matrix

Semester	Course Code	Title of the Course	Hours	Credit						
IV	21UCPY41	Abnormal Psychology -II	60	4						
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)				
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
CO-1	✓	✓	✓	✓	✓	✓		✓		✓
CO-2	✓	✓	✓	✓	✓	✓	✓	✓		✓
CO-3		✓	✓	✓	✓		✓	✓	✓	✓
CO-4	✓	✓		✓	✓	✓		✓	✓	
CO-5		✓	✓	✓	✓		✓	✓	✓	✓
Number of matches (✓) = 40 Relationship = High										

Semester – IV

Course Title	Mental Status Examination
Total Hrs	30
Hrs/Week	2
Sub. Code	22UCPY4P1
Course Type	Core Practical
Credits	1
Marks	100/2

General Objective : To be able to examine the mental status of the individual.

CO.	The learner will be able to
CO 1	To know the implications of appearance and psycho-motor activity of an individual .
CO 2	To acknowledge the attitude of an individual towards the examiner .
CO 3	To learn about the affect, mood, speech and thought of an individual.
CO 4	To note the perceptual disturbances , orientations and consciousness of an individual .
CO 5	To grasp the cognitive parameters of an individual.

Unit I Appearance and Psychomotor activity

Unit II Attitude Towards the Examiner

Unit III Affect, Mood , Speech and Thought

Unit IV Perceptual disturbances, Orientation and Consciousness

Unit V Memory, Intelligence, Reliability, Judgment and Insight

References

Sadock, B. J., & Sadock, V. A. (2015). *Synopsis of Psychiatry* (11th ed.). Wolters Kluwer.

John, S. F., & Rita, S. F. (2003). *Clinical Interviewing* (3rd ed.). John Wiley & Sons, Inc.

Niraj Ahuja. (2011). *A short text book of Psychiatry* (7de editie). JAYPEE Brothers Medical Publishers (P) Ltd.

Course Outcomes

CO.	On completion of the course students will be able to	PSOs Addressed	Cognitive Level
CO 1	Infer the pathological exhibition related to appearance and psycho-motor activity.	1, 3, 4	Understanding and analyzing
CO 2	Judge the pathological implication of the attitude towards the examiner.	1, 2, 3	Evaluating
CO 3	Appraise affect, mood, speech and thought relating to pathology.	1, 2, 3	Analyzing and Evaluating
CO 4	Predict perceptual disturbances, orientations and consciousness leading to psychopathology.	1, 2, 3, 4	Evaluating
CO 5	Compile the observations regarding cognitive parameters and find its psychopathological implications.	1, 2, 3, 5	Creating

Relationship Matrix

Semester	Course Code	Title of the Course	Hours	Credit						
IV	22UCPY4P1	Mental Status Examination	30	2						
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)				
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
CO-1	✓	✓		✓	✓	✓		✓	✓	
CO-2	✓	✓	✓	✓		✓	✓	✓		
CO-3	✓	✓	✓	✓		✓	✓	✓		
CO-4	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO-5	✓	✓	✓	✓	✓	✓	✓	✓		✓
Number of matches (✓) =39										

	Relationship =High
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Semester – IV

Course Title	Guidance and Counseling
Total Hrs	60
Hrs/Week	4
Sub. Code	22UAPY41
Course Type	Allied
Credits	4
Marks	100

General Objective :To know the psychological basis for providing guidance and counseling.

Course Objective:

CO.	The learner will be able to
CO 1	To define the nature and scope of guidance and counseling
CO 2	To demonstrate various approaches to counseling
CO 3	To learn psychological testing and diagnosis necessary for counseling process
CO 4	To get oriented with qualities skills and responsibilities of a counselor
CO 5	To get familiarized with special areas where counseling can be applied appropriately

UNIT 1 NATURE AND SCOPE OF GUIDANCE AND COUNSELING

Counseling and Guidance : Meaning- Nature, Need and Functions of Guidance and Counseling, Emergence of Guidance and Counseling in India, Goals and Scope of Guidance and Counseling, Types of Counseling Services.

UNIT 2 APPROACHES TO COUNSELING AND THE COUNSELING PROCESS-

Directive and non-directive approaches, Humanistic approach, Behaviouristic approach, Existential Approach, Eclectic Approach. Counseling Process- Preparation for counseling, Steps in the counseling process.

UNIT 3 PSYCHOLOGICAL TESTING AND DIAGNOSIS

Use of psychological tests in guidance and counseling, Types of psychological tests, Nature of a good psychological test, Test interpretation in counseling, Limitations of psychological tests. Diagnosis and its limitations.

UNIT 4 COUNSELLOR QUALITIES, SKILLS AND ETHICAL RESPONSIBILITIES

Qualities of an effective counsellor, Counsellor skills - Building Trust: Listening, Attending, Observing, Building Rapport, Demonstrating Empathy. Ethics in counseling.

UNIT 5 SPECIAL AREAS IN COUNSELING

Family group consultation, Counseling Families Concerning Children, Counseling with Parents, Counseling the Delinquent, Marriage Counseling, Premarital Counseling, Counseling the Handicapped, Career Counseling, and Adolescent Counseling, Role of Counselor in developing Good Mental Health.

TEXT BOOKS

Nayak, A. K. (2007). Guidance and counseling. New Delhi: APH Publishing.

Rao, N. (2013). Counseling and Guidance. India: Tata McGraw Hill.

Gladding, S.T. (2017). Counseling: A Comprehensive Profession. India: Pearson.

REFERENCES

Barki, B. G., & Mukhopadhyay, B. (2008). Guidance and counseling: A manual (10th reprint). New Delhi: Sterling.

Gibson, R. L., & Mitchell, M. H. (2007). Introduction to counseling and guidance (7th ed.). Upper Saddle River, NJ: Prentice Hall.

Kochhar, S. K. (1984). Guidance and Counseling in Colleges and Universities. New Delhi: Sterling.

Course Outcomes

CO.	On completion of the course students will be able to	PSOs Addressed	Cognitive Level
CO 1	Discover the nature and scope of counseling.	2, 3, 4, 5	Understanding and applying
CO 2	Integrate the various approaches to suit the requirements of the counselee.	2, 3, 4	Creating
CO 3	Measure psychological parameters that would provide the background for counseling.	2, 3, 4	Evaluating
CO 4	Appraise and adopt counselor qualities, skills and responsibilities.	3, 4, 5	Analyzing and Evaluating
CO 5	Plan counseling interventions in unique areas involving unique issues of human beings.	2, 3, 4	Creating

Relationship Matrix

Semester	Course Code	Title of the Course					Hours	Credit			
IV	22UAPY41	Guidance and Counseling					60	4			
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)					
	PLO 1	PLO2	PLO 3	PLO 4	PLO 5	PSO 1	PSO2	PSO3	PSO4	PSO5	
CO-1		✓	✓	✓	✓		✓	✓	✓	✓	
CO-2		✓	✓	✓	✓		✓	✓	✓		
CO-3		✓	✓	✓	✓		✓	✓	✓		
CO-4		✓	✓	✓	✓			✓	✓	✓	
CO-5		✓	✓	✓	✓		✓	✓	✓		
	Number of matches (✓) = 36 Relationship =High										

Semester - IV

Course Title	Counseling Skills
Total Hrs	30
Hrs/Week	2
Sub. Code	22UAPY4P1
Course Type	Allied Practical
Credits	1
Marks	100/2

General Objective: To acquire skills pertinent to counseling.

Course Objective:

CO.	The learner will be able to
CO 1	To learn listening skills pertaining to counseling.
CO 2	To acknowledge the skills related to understanding in a counseling scenario.
CO 3	To know how to clarify the problems expressed during counseling .
CO 4	To get awareness about interventions and planning the same appropriately.
CO 5	To gain knowledge on the ethical parameters related to counseling.

Unit I: Listening Skills

Listening: Attitude of respect and acceptance – Understand client's internal frame of reference – Receiving voice messages accurately – Receiving body language accurately- giving small rewards and asking open-ended questions

Unit II: Understanding Skills

Showing Understanding - Paraphrase – Reflect feelings – Use mind skills – managing initial resistance – showing understanding of context and difference

Unit III: Clarifying problem and assessing

Questioning skills – Challenging Skills – Feedback skills – Self-disclosure skills – Skills for eliciting and assessing: Physical reaction, thinking, communication and action – Shared analysis of problem

Unit IV: Planning Interventions

Skills for working with clients – Interventions for thinking – Intervention for communication and action – intervention for feeling

Unit V Resolving Ethical Dilemma

Professional responsibility - Confidentiality and privacy – Informed Consent – Relationship with other professionals - Legal considerations

References

Nelson - Jones, R. (2005). *Practical Counseling and Helping Skills* (5de editie). SAGE Publications.

American Counseling Association. (2014). *ACA Code of Ethics*. American Counseling Association.

Burnard, P. (1992). *Counseling Skills Training*. Kogan Page limited.

Gladding, S. T., & Promila, B. (2021). *Counseling, A Comprehensive Profession* (8ste editie). Pearson Education Inc.

Course Outcomes

CO.	On completion of the course students will be able to	PSO s Addressed	Cognitive Level
CO 1	Develop listening skills essential for counseling.	2, 3, 5	Creating
CO 2	Integrate understanding skills necessary for counseling.	2, 3, 5	Creating
CO 3	Assess and estimate the problems expressed during counseling.	2, 3, 5	Evaluating
CO 4	Plan interventions to suit the requirements of the counselee.	3, 4, 5	Creating
CO 5	Resolve the ethical dilemma that arises during counseling.	2, 3, 4	Applying and Analyzing

Relationship Matrix

Semester	Course Code	Title of the Course					Hours	Credit			
IV	22UAPY4P1	Counseling Skills					30	2			
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)					
	PLO1	PLO2	PLO3	PLO4	PLO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO-1		✓	✓	✓	✓		✓	✓		✓	
CO-2		✓	✓	✓	✓		✓	✓		✓	
CO-3		✓	✓	✓	✓		✓	✓		✓	
CO-4		✓		✓	✓			✓	✓	✓	
CO-5		✓	✓	✓	✓		✓	✓	✓		
	Number of matches (✓) = 34 Relationship =High										

Semester – IV

Course Title	Counseling Fundamentals
Total Hrs	30
Hrs/Week	2
Sub. Code	21USPY42
Course Type	Skill Enhancement Course IV
Credits	2
Marks	100

General Objective: To acquire the skills that are fundamental to counseling process.

Course Objective:

CO.	The learner will be able to
CO 1	To identify aspects of pre-counseling contact .
CO 2	To know how to start a counseling process.
CO 3	To acknowledge the fundamentals of listening .
CO 4	To understand the basic parameters for counseling sessions.
CO 5	To familiarize with process of termination and maintenance of counseling records.

Unit 1: Pre-counseling contact

Orientation of counseling services – Physical premises – advertising a counseling service – clients making initial contact

Unit 2: Starting the counseling process

Goals for initial counseling session – starting initial sessions – structuring skills – contracting – referral skills – crisis counseling – ending initial session

Unit 3: Fundamentals of listening and empathy building

SOLER- Positive versus negative listening - proximity in listening – Using silence – head nodding – active listening – distraction- Clarifying empathy – Empathy building statements .

Unit 4: Counseling sessions

Counseling sessions (Between initial contact and termination) - Length, frequency and number of sessions – monitoring and evaluating the process – resolving transference and counter transference - Record keeping in counseling and Case note

Unit 5: Termination and Counseling records

Ending a counseling session (When) – Formats – Consolidating skills – termination skills – Client self helping - resistance to closing - reporting.

References

1. Nelson - Jones, R. (2005). *Practical Counseling and Helping Skills* (5de editie). SAGE Publications.
2. American Counseling Association. (2014). *ACA Code of Ethics*. American Counseling Association.
3. Burnard, P. (1992). *Counseling Skills Training*. Kogan Page limited.
4. Gladding, S. T., & Promila, B. (2021). *Counseling, A Comprehensive Profession* (8ste editie). Pearson Education Inc.

Course Outcomes

CO.	On completion of the course students will be able to	PSO s Addressed	Cognitive Level
CO 1	Plan a counseling contact .	2, 3, 4	Creating
CO 2	Prepare for the start of the counseling process .	2, 3, 4	Applying
CO 3	Create scenario for listening and empathy building.	2, 3, 4	Creating
CO 4	Design counseling sessions.	2, 3, 4	Creating
CO 5	Predict and resolve termination issues and writing counseling records.	2, 3, 5	Understanding and evaluating

Relationship Matrix

Semester	Course Code	Title of the Course					Hours	Credit			
IV	21USPY42	Counseling Fundamentals					30	2			
Course Outcome s (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)					
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	
CO-1		✓	✓	✓	✓		✓	✓	✓		
CO-2		✓	✓	✓	✓		✓	✓	✓		
CO-3		✓	✓	✓	✓		✓	✓	✓		
CO-4		✓	✓	✓	✓		✓	✓	✓		
CO-5		✓	✓	✓	✓		✓	✓		✓	
	Number of matches (✓) = 35 Relationship =High										

SEMESTER - IV

Course Title	Psychology of Life and Work
Total Hrs	30
Hrs/Week	2
Sub. Code	21UNPY41
Course Type	Non – Major Elective
Credits	2
Marks	

General Objective: To acquire knowledge necessary to gain Work – Life balance.

CO.	The learner will be able to
CO 1	To know the psychological framework for life and work.
CO 2	To understand human motives, emotions and attitude.
CO 3	To learn the fundamentals for effective communication .
CO 4	To define human relations at work .
CO 5	To acknowledge goal setting and wellness.

Unit1: Introduction

Need – Workplace skills- the quality of life - Maintaining balances – Self –concept –Self – Esteem – Personality: Understanding the self, integrating self and Personality – Personality change – Personality and Job success.

Unit 2: Human motives, Emotions and attitude

Motives: Needs and wants – motivating yourself and others. Emotions: Development – classification – Emotions in work place – Emotional Intelligence. Attitude: Attitude and behaviour – Positive and negative attitude – Work-related attitude – Attitude of oneself.

Unit 3: Communicating Effectively

Communication: Components – Listening – Non-verbal communication- Communicating to get that job done – Group participation – Interpersonal communication – Barriers to communication – communication at work.

Unit 4: Human Relations at work

Motivation at work – Emotions in work place - Employer- Employee relations – Coworker relation – Customer/client relation – Ethics – Conflicts, Competition, Cooperation – Teams at work

Unit 5: Goal achievement and wellness

Goals – Contributing factors – Failures – Procrastination – Career goals and advancements – Leadership. Wellness: Job related adjustment – Stress coping mechanisms – job and wellness – habits and balances

Text Book:

Baltus, R. K. (2012). *Personal psychology for Life and Work* (5th ed.). Tata Mc Graw- Hill.

Reference

1. Greenberg,J.S.(2001).*Comprehensive stress management*. 7thed. Chennai: Tata McGraw-Hill
2. Goleman, D. (1998).*Working with Emotional Intelligence*. Bloomsbury Publication.
3. Tracy, B., & Tracy Stein, C. (2012). *Kiss that Frog*. Harper Collins.

Course Outcomes

CO.	On completion of the course students will be able to	PSO s Addressed	Cognitive Level
CO 1	Creating work- life balance.	2, 3, 4	Creating
CO 2	Assess human emotions, motives and attitudes.	2, 3, 4	Evaluating
CO 3	Make everyday communication more effective	2, 3, 4	Creating
CO 4	Reframe human relations at work.	2, 3, 4	Evaluating
CO 5	Appraise goal achievement and wellness.	2, 3, 4, 5	Analyzing and evaluating

Relationship Matrix

Semester	Course Code	Title of the Course					Hours	Credit			
IV	21UNPY41	Psychology of Life and Work					30	2			
Course Outcomes (COs)	Programme Learning Outcomes (PLOs)					Programme Specific Outcomes (PSOs)					
	PLO1	PLO2	PLO3	PLO4	PLO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO-1		✓	✓	✓	✓		✓	✓	✓		
CO-2		✓	✓	✓	✓		✓	✓	✓		
CO-3		✓	✓	✓	✓		✓	✓	✓		
CO-4		✓	✓	✓	✓		✓	✓	✓		
CO-5		✓	✓	✓	✓		✓	✓	✓	✓	
	Number of matches (✓) = 36 Relationship =High										