

COURSE & PROGRAM OUTCOMES
OF
PSYCHOLOGY HONOURS
(B.A. & B.SC.) (UNDER CBCS)

CORE COURSES

CC1: Introduction to Psychology

Students will learn the basic concepts of the field of psychology with an emphasis on application of psychology in everyday life.

CC 2: Statistical Methods for Psychological Research

In this course the students are introduced to the basics of statistical methods in psychological research and the techniques of descriptive statistics for quantitative research.

CC 3: Biopsychology

This course will help the students understand and explore the biological basis of experience and it will help in developing an understanding of the influence of behaviour, cognition and environment on the bodily system. The core course also aims to develop appreciation of the biological basis of psychological function and dysfunction.

CC 4: Psychology of Individual Differences

The students will be able to develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self and others.

CC 5: Development of Psychological Thought

This course provides basic introduction to the development of the discipline from the Indian as well as the Western perspective. Students will learn the review of psychological thought and will be introduced to the issues and debates in contemporary psychology.

CC 6: Psychological Research

This core course educates students about the process and methods of quantitative and qualitative research prediction.

CC 7: Social Psychology

In this core course students develop an understanding of the individual in relation to the Social world, the core course also introduces students to the realm of social influence as to how individuals think feel and behave in social situations.

CC 8: Understanding Psychological Disorders

The paper aims at providing an overview of the concept of abnormality and the symptoms and etiology of various psychological disorders. This will sensitize the students to information on psychopathology and dispel myths regarding it.

CC 9: Statistical Methods and Psychological Research -2

C9 helps students help students to understand the techniques of inferential statistics and hypothesis testing.

CC 10: Applied Social Psychology

Applied social psychology helps students to understand social problems gain knowledge about intervention strategies.

CC 11: Understanding and Dealing with Psychological Disorders

This Course focuses on introducing the etiological understanding and therapeutic interventions for various psychological disorders. The students will develop an understanding of how to deal with moderate to severe psychopathology.

CC 12: Developmental Psychology

This paper helps to equip the learner with an understanding of the concept and process of human Development across the lifespan. It imparts an understanding of the various domains of human Development like moral development, social

development, language development, cognitive development etc. The students will learn to develop sensitivity to social cultural context of human development.

CC 13: Organizational Behaviour

This Course aims to develop an awareness of the concepts related to organizational behaviour and also helps the students to develop connectivity between the concepts and practices of organizations.

CC 14: Counselling Psychology

In this paper students will develop an understanding of basic concepts processes and techniques of counselling. They will also learn to be acquainted with the challenges of counselling

DISCIPLINE SPECIFIC ELECTIVES (DSE)

[2 in Semester V (One from A & one from B) and 2 in Semester VI (One from A & one from B)]

DSE-A -01: POSITIVE PSYCHOLOGY

The objective is to introduce the basic concepts of the growing approach of positive psychology and make students understand its applications in various domains. Students obtain insights in

- Positive Psychology: Western and Eastern
- Positive Emotional States and Processes: Happiness and Wellbeing, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience
- Positive Cognitive States and Processes: Self-efficacy, Optimism
- Applications: Work, education, ageing, health

Practicum ensures that students complete 2 practicum from any of the topics discussed – 1. Well being, using Verma, S.K., & Verma, A. (1989). Manual for PGI general well-being measure. Lucknow: Ankur Psychological Agency and 2. Resilience by constructing a Semi structured Interview and comparing with Annalakshmi's Scale

DSE-A -02: HUMAN RESOURCE MANAGEMENT

Objective: To help students understand the various processes and issues inherent in organizations related to human resources.

Unit 1: Introduction to Human Resource Management (HRM): HRM and HRD, Context and issues in HRM (10 hours)

Unit 2: Human Resource Practices Job analysis; Recruitment and selection; Training; Performance evaluation

Unit 3: International human resource management (IHRM) The context of Globalization, Role of culture in IHRM, Dimensions of Cultural difference (Hofstede), Policies and practices in the multinational enterprise.

Unit 4: Organizational change and development: Organizational change: concepts, models (one model), techniques (one for individual and one for group), organizational development: concepts, models (one model), techniques (one for individual and one for group).

Practicum: Students would be required to complete 2 practicum from any of the topics discussed in DSE-02

DSE-B -03: HEALTH PSYCHOLOGY

Objective: To understand the relationship between psychological factors and physical health and learn how to enhance well-being.

Unit 1: Introduction: Introduction to Health Psychology: components of health: social, emotional, cognitive and physical aspects, mind-body relationship, goals of health psychology, Bio-psychosocial model of health

Unit 2: Behavior and health: Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications.

Unit 3: Health Enhancing Behaviours: Exercise, nutrition, safety, pain, stress management

Unit 4: Health and Well-being: Happiness; Life satisfaction; Resilience; Optimism and Hope

Practicum: Students would be required to complete 2 practicum from any of the topics discussed in DSE-03

DSE-B -04: COMMUNITY PSYCHOLOGY

Objective: To learn the link between individuals and communities and deal with social issues more effectively with people's participation.

Unit 1: Introduction: Definition of community psychology; types of communities; models.

Unit 2: Core values: Individual and family wellness; sense of community; respect for human diversity; social justice; empowerment and citizen participation.

Unit 3: Health promotion: process of community organization for health promotion, importance. Community program for: child and maternal health, physical challenged and old age in the Indian context.

Unit 4: Interventions: community development and empowerment; case studies in Indian context.

Practicum: Students would be required to complete 2 practicum from any of the topics discussed in DSE-04.

DSE-A- 05: CULTURAL AND INDIGENOUS PSYCHOLOGY

Objective: To understand the role of culture in understanding behaviour and exploring psychological insights in the Indian thought traditions.

Unit 1: Cultural Processes: Cultures; Multiculturalism and Cultural Relativity; Cultures and psychology: Perspectives of cross-cultural psychology.

Unit 2: Culture, Self and Others: Who am I and Who are They? Representation: Person, Other People, Self and of Groups, Acculturation & Enculturation: A Developmental Perspective: Family and children, models of the family, self-construal and developmental pathways.

Unit 3: Intercultural Contacts: Nature, psychological benefits and costs, Migration, globalization and cultural diversity.

Unit 4: Indigenous Psychology: Indian Psychology – Implications and applications; indigenization of psychology in India. Integration of modern psychology with Indian thought.

Practicum: Students would be required to complete 2 practicum from any of the topics discussed in DSE-05. 1. Semi structured interview of people from different ethnic background on gender role attitude. 2. Bogardus Social Distance Scale on Ethnic Issues.

DSE-B -06: PSYCHOLOGICAL PERSPECTIVES IN EDUCATION

Objectives: • To understand of the interface between education and psychology • To appreciate the various issues and challenges that emerge with reference to the application of psychological ideas and theories in the discipline of education • To

enable learners to deal with various problems and issues related to student diversity in a classroom.

Unit 1: Education and Psychology: An Introduction: Education as a Discipline, Education & Schooling; Contributions of Psychology to Education; 'Child-centred' and 'progressive' education.

Unit 2: Debates and Issues in Educational Psychology: Role of Play in Education; Role of a teacher.

Unit 3: Classroom Management & Assessment: Issues related to Classroom Management, Discipline and Control: Behavioural objective myth, the law and order myth, the myth of irresponsible youth; Uses and abuses of psychological testing in education, The IQ controversy.

Unit 4: Inclusive Education: Dealing with Classroom Diversity: Inclusive Education: Nature, Concept & Importance; Addressing classroom diversity: Gender, Socio-Economic Status, Caste, Disability

Practicum: Students would be required to complete 2 practicum from any of the topics discussed in DSE06. 1. Standard Progressive Matrices /WASI II India 2. Temperament Scale / Bell Adjustment Scale Readings: Bartlett, S., & Burton, D. (2012).

SKILL ENHANCEMENT COURSES

(SKILL BASED) (1 IN SEM III AND 1 IN SEM IV)

SEC-A-01: BEHAVIOUR MODIFICATION

Objective: To understand the concept of behaviour modification and its applications.

Unit 1: Introduction- What is behaviour. What is behaviour modification. What is behaviour assessment.

Unit 2: Classical conditioning theory, basic principles, cognitive perspective and applications. Operant conditioning theory, basic principles, punishment, negative reinforcement, schedules of reinforcement, cognitive perspective and applications.

Unit 3 : Techniques- Token Economy, Contingencies, Shaping, Premack Principle.

Unit 4: Applications- School, Family, Work. Behavioural principles and procedures-a) Getting a behaviour to occur more often with positive reinforcement, b.) Developing and maintaining behaviour with conditioned reinforcement, c.) Decreasing a behaviour with extinction. Planning, applying and evaluation.

OR

SEC-A-01: COMMUNICATION

Objective: To understand communication and its different facets in different contexts.

Unit 1: Introduction: What is Communication. Definition, Nature, Types, Process and Functions.

Unit 2: Nonverbal Communication and Interpersonal behaviour. Gender and Cultural issues with respect to Non Verbal Communication. Functions of Non Verbal communication. Interaction of verbal and Non Verbal behaviour in conversation. Pro-social, anti-social behaviour, prejudice, conflict, intergroup behaviour.

Unit 3: Organizational Communication, Choice of Communication Channel, Persuasive Communications, Barriers to Effective Communication.

Unit 4: Applications: Family and Work.

SEC-B-02: EMOTIONAL INTELLIGENCE

Objective: To understand the concept of emotional intelligence and learn ways of developing it.

Unit 1: Introduction: Emotional Intelligence; Models of Emotional Intelligence; EQ competencies: selfawareness, self-regulation, motivation, empathy, and interpersonal skills; Importance of Emotional Intelligence

Unit 2: Knowing One's And Others' Emotions: Levels of emotional awareness; Recognizing emotions in oneself; The universality of emotional expression; Perceiving emotions accurately in others.

Unit 3: Managing Emotions: The relationship between emotions, thought and behaviour; Techniques to manage emotions.

Unit 4: Applications: Workplace; Relationships; Conflict Management; Effective Leadership.

OR

SEC-B -02: STRESS MANAGEMENT

Objective: In everyday life we experience stress related to various situations. Students will learn how they can make adjustments and manage to cope with stress more effectively.

Unit 1: Stress: Introduction, Nature of stress, symptoms of stress

Unit 2: Various sources of stress: environmental, social, physiological and psychological

Unit 3: Stress and health: effects of stress on health, eustress

Unit 4: Managing stress: Methods - yoga, meditation, relaxation techniques, Problem focused and emotion focused approaches.

Program Outcomes of Psychology Honours

The Bachelor's degree equips the students with knowledge in general Psychology, statistical methods for psychological research, biopsychology, Psychology of Individual Differences, Development of Psychological Thought, Psychological Research, Psychological Research, Social Psychology, Applied Social Psychology, understanding and dealing with psychological disorders, developmental psychology, organizational behavior and counselling psychology.

Program Specific Outcomes of Psychology Honours

- PSO 1 -Students of Psychology to grow in sensitivity, sympathy and empathy towards others, learn to work in a team and develop leadership qualities, accept and respect individual differences and work with responsibility and commitment and also develop an understanding about inclusive education and its benefits through the Social Outreach Program.
- PSO 2-Students are encouraged to conduct short empirical and archival researches so that they develop an understanding about application of statistics and research methodologies. They are trained to present papers in national level seminars and also to get the research papers published in reputed journals.

- PSO 3-Students gather exhaustive knowledge in different areas pertaining to psychology like self love and social networking, different modes of psychotherapy through different seminars and workshops hosted by the department. It helps students of Psychology to get an understanding about the practical applications, implications and generalizations about the different aspects of the subject from books to real life situations. They also gather knowledge about advancement in research that is taking place worldwide. They also learn to work within limited time frames, fulfilling multiple commitments (academic, co-curricular and extracurricular) with adequate precision, clarity and a high quality in their work outputs.
- PSO 4-Departmental publications enable students to contribute their articles pertaining to empirical researches, social issues, character, movie and book reviews. It gives a platform to students to expand themselves beyond books, integrate classroom teaching learning with real life applications, self-directed learning, enhancing one's capacity of critical thinking, problem solving, reasoning and drawing different perspectives on various areas in Psychology.

PSYCHOLOGY GENERIC ELECTIVE

Semester-wise break-up of Generic Elective for students having Honours in subjects other than Psychology (Semester I to Semester IV)

Semester I	Generic Elective Course I (GE-I)
Semester II	Generic Elective Course II (GE-II)
Semester III	Generic Elective Course III (GE-III)
Semester IV	Generic Elective Course IV (GE-IV)

COURSE OUTCOMES

Semester-I

CC-1: FOUNDATIONS OF PSYCHOLOGY

The basic objective is to enable students to understand the basic psychological processes and their applications in everyday life. The main topics covered are:

Unit 1: Introduction: Psychology: a science and a perspective, origin and development of psychology, Indian Psychology, methods.

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 sociogenic Emotions: aspects of emotions, key emotion.

Unit 4: Personality and Intelligence: Personality: nature, theories (Freud, Allport) Intelligence: nature, theories (Spearman, Gardner)

Practicum: One experiment and one test to be done on any two topics from the syllabus - 1. Memory- Whole Vs Part Learning Method 2. Intelligence- Suitable Culture Fair Test (Raven's Progressive Matrices Test)

Semester-II

CC-2: INTRODUCTION TO SOCIAL PSYCHOLOGY

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

Unit 1: Introduction: Brief history of social psychology (special emphasis on India), Scope of social psychology, levels of social behavior, approaches towards understanding social behaviour.

Unit 2: Individual level processes: Attitude: formation, change and resistance to change.

Unit 3: Interpersonal processes: Interpersonal attraction, prosocial behavior, aggression.

Unit 4: Group dynamics: Key aspects of groups (Structure, Function and Types of Groups), cooperation and conflict.

Practicum: 4 practical classes per week/per group 1. To determine group cohesiveness of a small group (by Sociometric method) 2. Influence of group on individual behaviour.

Semester-III

CC-3: PSYCHOLOGICAL DISORDERS

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

Unit 1: Basic Concepts: Definition and criteria of abnormality, classification, Diathesis Stress Model.

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

Unit 3: Clinical features: Generalized Anxiety Disorder, Obsessive compulsive disorder, Major Depression, Bipolar I disorder and Schizophrenia: According to Current Nomenclature (DSM)

Unit 4: Treatment of disorders: Psychological treatment: Basic tenets of Psychoanalytic therapy, Behaviour therapy

Practicum: 4 practical classes per week/per group - 1. On Anxiety: State Trait Anxiety Inventory 2. On Stress : Stress Life Event Scale (Holmes and Rahe, 1967)

Semester-IV

CC-4: 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 (Frequency Polygon, Histogram, Bar Diagram and Pie Chart).

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

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

Unit 4: Qualitative methods - Difference between qualitative and quantitative methods. Application of Interview in Qualitative Methods

Practicum: 4 practical classes per week/per group - 1. Personality: Kundu Neurotic Personality Inventory (1987, Copyright) by Dr. Ramanath Kundu, Department of Psychology, University College of Science and Technology, 92, Acharya Prafulla Chandra Road. Calcutta-700009. India 2. Computation of Central Tendency and Variability Measures, Rank Difference Correlation (Practical on Quantitative Method)

