

## DEPARTMENT OF PSYCHOLOGY

### PREAMBLE

**UG: Programme Profile and the Syllabi of Courses Offered in the I and II Semesters along with Evaluation Components III & IV (With effect from 2021 - 2024 Batch Onwards).**

### PROGRAMME PROFILE B.Sc. Psychology

#### Programme Specific Outcomes (PSO)

**Upon Completion of the Programme, the Students will be able to:**

- Understand the Concept of Theories and Principles in Psychology.
- Use Laboratory Skills in Psychology.
- Apply the Applications of Psychology in different Fields.
- Analyze the Human Behaviour in Scientific Manner.

Semester	Part	Category	Course code	Course Title	Previous Course Code	Contact Hrs/ week	Credit Min/ Max
I	I	Languages / AECC - II Tamil / Hindi / French	UTAL107/ UTAL108/ UHIL102/ UFRL102	Basic Tamil- I/ Advanced Tamil- I/ Hindi -I / French- I	UTAL105/ UTAL106/ UHIL101/ UFRL 101	5	3/4
	II	Communicative English / AECC – 1	UENL109/ UENL110	English for Communication (Stream – I)/English for Communication (Stream – II)	---	5	3/4
	III	Major Core I / DSC	UPSM101	General Psychology- I	---	6	5
		Major Core II / DAC	UPSM102	Developmental Psychology- I	---	6	5
		Allied – I / (GE)	UPSA101	Human Physiology	---	6	4
		PE	UPEM101	Professional English	---	6	4
	IV	Value Education			---	2	1
<b>TOTAL</b>						<b>36</b>	<b>25/27</b>
II	I	Languages / AECC - II Tamil / Hindi / French	UTAL207/ UTAL208/ UHIL202/ UFRL202	Basic Tamil II/ Advanced Tamil II/ Hindi II/ French II	UTAL 205/ UTAL 206/ UHIL 201/ UFRL 201	5	3/4
	II	Communicative / English / AECC-1	UENL209/ UENL210	English for Communication (Stream – I)/English for Communication (Stream – II)	---	5	3/4
	III	Major Core III / DSC	UPSM201	General Psychology-II	---	6	5
		Major Core IV / DSC	UPSM202	Developmental Psychology- II	---	5	5
		Allied – II / (GE)	UPSA201	Elementary Statistics	---	6	4
		PE	UPEM201	Professional English II	---	6	4
	IV	Non-Major Elective			---	3	2
V	Extension activity/ Physical Education/NCC			---	-	1/2	
<b>TOTAL</b>						<b>36</b>	<b>27/30</b>

Semester	Part	Category	Course code	Course Title	Previous Course Code	Contact Hrs/ week	Credit Min/ Max
III	I	Languages / AECC – II Tamil / Hindi / French	UTAL307/ UTAL308/ UHIL302/ UFRL302	Basic Tamil I / Advanced Tamil I / Hindi I / French I	UTAL 305/ UTAL 306/ UHIL 302/ UFRL 301	5	3/4
	II	Communicative English / AECC – 1	UENL309/ UENL310	English for Communication (Stream – I)/English for Communication (Stream – II)		5	3/4
	III	Major Core V / DSC	UPSM303	Social Psychology – I	UPSM 103	6	5
			UPSR302	Experimental Psychology-I		6	5
			UPSA301	Principles of Management		6	4
	IV	Online Course		NPTEL/ Spoken Tutorial		3	1/2
			Value Education		2	1	
<b>TOTAL</b>						<b>36</b>	<b>22/25</b>
IV	I	Languages / AECC – II Tamil / Hindi / French	UTAL407/ UTAL408/ UHIL402/ UFRL402	Basic Tamil II Advanced Tamil II/ Hindi II / French II	UTAL 403/ UTAL 404	5	3/4
	II	Communicative English / AECC - I	UENL409/ UENL410	English for Communication (Stream – I)/English for Communication (Stream – II)	UENL 406	5	3/4
	III	Major Core VII / DSC	UPSM403	Social Psychology – II	UPSM 203	5	5
			UPSR402	Experimental Psychology-II		5	5
			UPSA401	Research Methodology	UPSM 402	5	4
	IV	Non-Major Elective				3	2
	IV	Soft Skill				2	1
V	Extension activity/ Physical Education/NCC				-	-/2	
<b>TOTAL</b>						<b>30</b>	<b>23/27</b>
V	III	Major Core XI / DSC	UPSM501	Abnormal Psychology		6	5
		Major Core X / DSC	UPSM504	Organizational Psychology		6	5
		Major Core X / DSC	UPSM506	Theories of Personality	UPSM 303	6	5
		Major Elective / (DSE)	UPSO501	Consumer Behaviour	UPSM 505	5	4
			UPSO502	Human Resource Development	UPSM 603		
	Major Core XII / DSC	UPSP501	Project	UPSP 601	5	5	
IV	Value Education				2	1	
<b>TOTAL</b>						<b>30</b>	<b>25</b>
VI	III	Major Core XIII / DSC	UPSM601	Clinical Psychology		6	5
		Major Core XIV / DSC	UPSM602	Counselling Psychology		5	4
		Major Core XV /DSC	UPSM604	Health Psychology		6	5
		Major Core XVI	UPSM605	Positive Psychology	UPSM 503	6	6
		Major Elective / (DSE)	UPSO601	Psychological Testing & Case Conceptualization		5	4
	UPSO602		Rehabilitation Psychology				
	IV	Viva Voce	UPSM606	Comprehensive Viva Voce			1
V	Soft Skill				2	1	
VI	Extension activity/ Physical Education/NCC				-	-/2	
<b>TOTAL</b>						<b>30</b>	<b>26/28</b>
<b>GRAND TOTAL</b>						<b>192</b>	<b>148/162</b>

## COURSES OFFERED TO OTHER DEPARTMENTS

### NON – MAJOR ELECTIVE

Semester	Part	Category	Course Code	Course Title	Contact Hour/Week	Credit
						Min/Max
II	IV	Non-Major Elective / SEC	UPSE201	Psychology for Effective Living	3	2
IV	IV	Non-Major Elective / SEC	UPSE401	Guidance and Counselling	3	2

### GENERAL PSYCHOLOGY I

UPSM101

**Semester : I**

**Category : Major core**

**Class & Major: I B.Sc. Psychology**

**Credit : 5**

**Hour/Week : 6**

**Total Hour : 8**

#### **Objectives:**

##### **To enable the students**

- Understand the basic concepts in Psychology.
- Differentiate various methods used in Psychology.
- Determine the causes of Behaviour.

#### **Learning outcomes**

##### **On completion of the course the student will be able to**

- Understand the Theoretical framework of Psychology.
- Analyse various Psychological processes like Sensations, Perceptions, Emotions, Learning, Intelligence, Personality, etc.
- Acquire the basic concepts and Applications of Psychology in everyday Life.

#### **UNIT-I INTRODUCTION**

**16 Hour**

Definition - Psychology as a Science - Perspectives in Psychology: Psychodynamic, Behavioural, Humanistic, Bio-psychological, Evolutionary, Socio-Cultural, Cognitive. Behaviour - Genetics and Behaviour - Socio-Cultural Bases of Behaviour (Environment): Environment and Behaviour.

Definition - Psychology as a Science - Perspectives in Psychology: Psychodynamic, Behavioural, Humanistic, Bio-psychological, Evolutionary, Socio-Cultural, Cognitive. Behaviour - Genetics and Behaviour - Socio-Cultural Bases of Behaviour (Environment): Environment and Behaviour.

#### **UNIT-II METHODS OF ASSESSMENT IN PSYCHOLOGY**

**16 Hour**

Goals of Psychological Enquiry - Introspective Method - Observation Method - Experimental Method - Correlation Method - Case Study Method - Clinical Method - Genetic Method - Interview Method - Survey Method - Rating Scales – Checklists – Questionnaires - Psychological Tests - Cross-Cultural Method.

#### **UNIT-III SENSATION**

**16 Hour**

Sensation – Sensory Thresholds – Psychophysical Procedures – Sensory Adaptation – Vision: Basic Functions of the Visual System – Vision and the Brain- Hearing – Touch and other Skin Senses – Smell and Taste – Kinaesthesia and Vestibular Sense.

**UNIT- IV ATTENTION****15 Hour**

Attention: Definition – Characteristics – Types - Determinants of Attention.

**UNIT - V PERCEPTION****15 Hour**

Perception: Principles of Perceptual Organization - Constancies in Perception - Size, Shape, Form, Space, Movement - Depth Perception – Illusions - Plasticity of Perception.

**Text Books**

- Baron, R.A. (2018). *Psychology*. Pearson India Education Services. (5<sup>th</sup> Ed). Noida.
- Lahey, B. B. (1998). *Psychology: An Introduction*. Tata McGraw Hill. New Delhi.

**Reference Books**

- Feldman, R.S. (2002). *Understanding Psychology*. Tata McGraw Hill. New Delhi.
- Bootzin, R.R. Bower, G.H. Crocker, J. and Hall, E. (2005). *Psychology Today*. McGraw Hill. London.

**E-Resources**

- psylearners.psychotechsolutions.com
- www.pdfFiller.com
- reading.realhappinesscenter.com

**DEVELOPMENTAL PSYCHOLOGY I**

UPSM102

**Semester : I****Credit : 5****Category : Major Core****Hour / Week : 6****Class & Major: I B.Sc. Psychology****Total Hour :78****Objectives****To enable the students**

- Understand the Human Developmental stages and Processes along with Theories.
- Apply the Methods used in the Study of Child Development.
- Describe the Stages of Physical, Cognitive and Social Development in Infancy and Childhood.

**Learning Outcomes****On completion of the course, the student will be able to**

- Understand the Stages in Prenatal Development.
- Demonstrate the Key Concepts, Theories, and Research Methods in Lifespan Developmental Psychology.
- Describe the links between Developmental Processes in Childhood and later Life and Development in Socio-Cultural Context.

**UNIT- I INTRODUCTION****16 Hour**

Human Development- Early Approaches to the Study of Human Development, - Ontogeny – Phylogeny - Developmental Processes and Periods - Biological - Cognitive and Socio-Emotional Processes - Influences on Development: Heredity - Environment and Maturation - Major Contextual Influences - Basic Theoretical Issues - Some Characteristics Influenced by Heredity and Environment.

**UNIT- II PERSPECTIVES AND METHODS OF STUDIES ON CHILD****16 Hour****DEVELOPMENT**

Perspectives - Psychoanalytic – Learning - Cognitive - Evolutionary / Socio-Biological - Ethological. Methods - Observational Studies – Interview - Experimental Studies - Correlation Studies - Developmental Studies - Cross-Sectional Studies - Longitudinal Studies - Sequential Studies - Micro-genetic Studies - Ethnographic Studies - Psycho-Physiological Studies - Standardized Tests.

### UNIT- III PRENATAL PERIOD

16 Hour

Conceiving New Life: Fertilization - Multiple Births - Mechanisms of Heredity - Genetic code - Determiners of Sex - Patterns of Genetic Transmission - Genetic and Chromosomal Abnormalities - Stages of Prenatal Development - Environmental Influences - Maternal Factors and Fraternal Factors - Parental Care.

### UNIT- IV INFANCY AND TODDLERHOOD

15 Hour

The Birth Process - The New Born Baby- Survival and Health- Early Physical Development - Studying Cognitive Development - Language Development - Foundations of Psychosocial Development - Developmental Issues in Infancy - Developmental Issues in Toddlerhood.

### UNIT- V EARLY CHILDHOOD

15 Hour

Physical Development: Aspects of Physical Development- Health and Safety - Cognitive Development- Piagetian Approach- Language and Other Cognitive Abilities- Early Childhood Education -Psychosocial Development: Developing Self- Gender- Business of Early Childhood, Parenting in Families in Trouble -Relationship with Other Children - Emotional development.

#### Text Books

- Papalia, D. E. & Feldman, R. D. (2004). *Human Development*. McGraw Hill. (9<sup>th</sup> Ed). New Delhi.
- Hurlock, E.B. (1996). *Developmental Psychology-A Life span Approach*. Tata McGraw Hill. New Delhi.

#### Reference Books

- Santrock, J. W. (2007). *Child Development*. Tata McGraw Hill. (11<sup>th</sup> Ed). New Delhi.
- Travers, D. (1999). *Human Development. Across the Life Span*. McGraw Hill. (4<sup>th</sup> Ed). London.

#### E-Resources

- [www.betterworldbooks.com](http://www.betterworldbooks.com)
- [eresources.nlb.gov](http://eresources.nlb.gov).
- [www.clivar.org](http://www.clivar.org)

## HUMAN PHYSIOLOGY

UPSA101

Semester : I

Credit : 4

Category : Allied

Hour / Week: 6

Class & Major: I B.Sc. Psychology

Total Hour :78

#### Objectives:

##### To enable the students

- Understand the Biological basis of Behaviour.
- Gain Knowledge on Physiology of the Nervous system, Sensory Process and Muscles.
- Understand the Physiology of Learning, Memory, Motivation, and Emotion.

#### Learning Outcomes

##### On completion of the course, the student will be able to

- Understand the Human Consciousness and Nature of Physiological Psychology.
- Describe Neural Communications.
- Discuss the Physiology behind Sensations.

### UNIT-1 INTRODUCTION TO PHYSIOLOGICAL PSYCHOLOGY

16 Hour

Definition of Physiological Psychology – Understanding Human Consciousness – The Nature of Behavioural Neuroscience - Biological Roots of Behavioural Neuroscience – Careers in Neuroscience.

## UNIT-II STRUCTURE AND FUNCTIONS OF CELLS IN NERVOUS SYSTEM

16 Hour

Cells of the Nervous System – Neurons – Supporting Cells - Communication within a Neuron - The Membrane Potential – Action Potential – Communication between Neurons - Structure of Synapse – Release of Neurotransmitter – Activation of Receptors.

## UNIT-III STRUCTURE OF THE NERVOUS SYSTEM

16 Hour

Basic Features of the Nervous System – The Central Nervous System: The Forebrain – The Midbrain – The Hindbrain – The Spinal Cord – The Peripheral Nervous System: Spinal Nerves – Cranial Nerves – The Autonomic Nervous System.

## UNIT-IV VISION

15 Hour

Anatomy of the Visual System – Coding of Visual Information in the Retina – Analysis of Visual Information – Role of the Striate Cortex – Role of the Visual Association Cortex.

## UNIT-V AUDITION, THE BODY SENSES, AND THE CHEMICAL SENSES

15 Hour

Audition – Vestibular System – Anatomy of the Skin and its Receptive Organs – The Somatosensory Pathways – Perception of Pain – Gustation – Olfaction.

### Text Book

- Carlson, N.R. (2012). *Physiology of Behaviour*. Allen and Bacon. (11<sup>th</sup> Ed.). London.

### Reference Book

- Carlson, N.R. (2009). *Foundations of Physiological Psychology*. Pearson Education. (6<sup>th</sup> Ed.) New Delhi.

### E-Resources

- [www.medicalnewstoday.com](http://www.medicalnewstoday.com)
- [www.lavc.edu.com](http://www.lavc.edu.com)
- [courses.lumenlearning.com](http://courses.lumenlearning.com)

## GENERAL PSYCHOLOGY II

UPSM201

Semester : II

Category : Major core

Class & Major: I B.Sc. Psychology

Credit : 5

Hour / Week: 6

Total Hour : 78

### Objectives

#### To enable the students

- Understand various Theories in Psychology.
- Explain the various Concepts in Psychology.
- Classify the Different Concepts and Causes of Behaviour.

### Learning Outcomes

#### On completion of the course, the student will be able to

- Describe the Processes of Sensation and Perceptions.
- Elaborate the Concepts, Theories, Research, Physiological & Psychological Processes behind Human Motivation and Emotion.
- Explain how Psychological Needs and Cognitive Processes affect Motivation.
- Compare and Contrast Motivation and Emotion.

## UNIT- I STATES OF CONSCIOUSNESS

16 Hour

Nature of Consciousness - Natural States of Consciousness - Normal Waking Consciousness - Directed Consciousness - Flowing Consciousness - Divided Consciousness - Fantasy and Daydreaming (1) Sleep: Stages of Sleep - REM and non-REM Sleep (2) Dreams:

Functions and Meaning of Dreaming, Circadian Rhythms - Altered states of consciousness - Characteristics of Altered States Consciousness, (1) Altering Consciousness with Drugs.

**UNIT-II LEARNING AND MEMORY** **16 Hour**

Definition - Nature - Theories: Classical Conditioning - Operant Conditioning - Other Forms of Learning: Instrumental Learning - Cognitive Learning - Observational Learning - Skill Learning- Transfer of Learning.

Memory: Human Memory - Model of Memory - Sensory Memory - Short - Term Memory - Long- Term Memory – Kinds of Information Stored in Memory – Memory for Factual Information. Nature and Theories of Forgetting.

**UNIT -III THINKING** **16 Hour**

Basic Elements of Thought: Concepts - Propositions - Images. Concepts: Types of Concepts - Concept Formation – Reasoning - Decision Making - Problem Solving - Creativity. Artificial Intelligence. Language and Development.

**UNIT -IV INTELLIGENCE** **15 Hour**

Thought Intelligence – Theories of Intelligence- Measurement of Intelligence – Human Intelligence - Group Differences in Intelligence- Emotional Intelligence.

**UNIT –V MOTIVATION AND EMOTION** **15 Hour**

Motivation: Theories of Motivation – Hunger – Sexual Motivation – Aggressive Motivation- Achievement Motivation – Intrinsic Motivation.

Emotions: Nature of Emotion – Biological basis of Emotion – External Expression of Emotion – Emotion and Cognition – Subjective Well-being.

**Text Books**

- Baron, R.A. (2018). *Psychology*. Pearson India Education Services. (5<sup>th</sup> Ed). Noida.
- Lahey, B.B. (1998). *Psychology: An Introduction*. Tata McGraw Hill. New Delhi.

**Reference Books**

- Feldman, R.S. (2002). *Understanding Psychology*. Tata McGraw Hill. New Delhi.
- Bootzin, R.R. Bower, G.H. Crocker, J. and Hall, E. (2005). *Psychology Today*. McGraw Hill. London.

**E-Resources**

- [www.thebookee.net](http://www.thebookee.net)
- [www.academia.edu](http://www.academia.edu)
- [www.open.umn.edu](http://www.open.umn.edu)

## DEVELOPMENTAL PSYCHOLOGY II

UPSA202

**Semester : II**  
**Category : Major core**  
**Class & Major: I B.Sc. Psychology**

**Credit : 5**  
**Hour / Week : 5**  
**Total Hour :65**

### Objectives

#### To enable the students

- Understand the Human Developmental stages and Processes along with Theories.
- Discuss the Influence of Domains in Development from Conception to Late Adulthood.
- Describe Development during Toddlerhood & Childhood.

### Learning Outcomes

#### On completion of the course, the student will be able to

- Understand the Nature of Psychosocial Development.
- Comprehend the Theories and Research in Human Development.
- Describe the Developmental Stages during Birth to Late Adulthood.

### UNIT- I MIDDLE CHILDHOOD

**14 Hour**

Physical Development: Aspects of Physical Development – Health and Safety – Psycho Social Development: The Developing Self – The Child in the Family – The Child in the Peer Group – Mental Health- Developmental Disorders: Behavioural Problems During Childhood – Learning Disabilities – Dyslexia – Mental Retardation – Autism and Attention Deficit Disorder.

### UNIT- II ADOLESCENCE

**14 Hour**

Physical and Cognitive Development – Defining Adolescence – Theories of Adolescence -Physical Development – Cognitive Development – Psychosocial Development – Peer Relations – Sexual Behaviour – Sexually Transmitted Infections -Teenage Parent – Illegal Behaviour.

### UNIT- III EARLY ADULTHOOD

**13 Hour**

Physical and Cognitive Development: Initiation into Adulthood – Physical Development – Cognitive Development – Patterns of Work – Psycho-Social Development – Marriage and the Family – Personal Development – Sexual Identity and Gender Roles – Sexuality – Nature of Love.

### UNIT-IV MIDDLE ADULTHOOD AND LATE ADULTHOOD

**12 Hour**

Middle Adulthood- Physical and Cognitive Development- Physical Development - Cognitive Development -Patterns of Work - Psycho-Social Development- Dealing with Stresses of Adulthood - Marriage and Family Relations - Sex and Love in Middle Adulthood - Personality Development.

Late Adulthood: Physical and Cognitive Development - Aging- Physical Development - Cognitive Development. Psycho-Social Development - Social Development – Personal Development.

### UNIT-V OLD AGE

**12 Hour**

Personal - Social and family adjustments - Violence and health problems - Government policy for protection of safety of older people - The Role of spirituality in later life.

### Text Books

- Papalia, D.E. Olds, S.W. & Feldman, R.D. (2004). *Human Development*. McGraw Hill. (9<sup>th</sup> Ed). New Delhi.

### Reference Books

- Santrock, J.W. (2007). *Child Development*. Tata McGraw Hill. (11<sup>th</sup> Ed). New Delhi.
- Travers, D. (1999). *Human Development: Across the Life Span*. McGraw Hill. (4<sup>th</sup> Ed). London.

### E-Resources

- www.mheducation.com
- www.dept.clcillinois.edu
- www.canyons.edu

## ELEMENTARY STATISTICS

UPSA201

Semester : II

Category : Allied

Class & Major: I B.Sc. Psychology

Credit : 4

Hour / Week : 6

Total Hour : 78

### Objectives

#### To enable the students

- Understand various Statistical Techniques in terms of their Assumptions, Application, and Limitations.
- Acquire Competencies to Organize Data for Manual and Computer Analysis.
- Apply Elementary Competencies in Using Computer Packages of Statistical Analyses.

### Learning Outcomes

#### On completion of the course, the student will be able to

- Define the Basic Concepts in Inferential and Descriptive Statistics.
- Apply the Concepts and Procedures of Descriptive Statistics.
- Describe the Principles of Probability and Hypothesis Testing.
- Interpret Common Inferential Statistical Tests and Correlation Methods.

### UNIT-I INTRODUCTION

16 Hour

Meaning and Definition of Statistics - Nature and Scope of Statistics - Uses and Limitation of Statistics - Application of Statistics in Psychology - Meaning and Definition of Variable - Dependent Variable - Independent Variable - Descriptive Statistics - Inferential Statistics.

### UNIT-II ORGANIZATION OF DATA

16 Hour

Meaning of Enquiry - Planning and Designing of Enquiry - Primary Data and Secondary Data - Framing Schedule - Classification and Tabulation of Data - Frequency Distribution - Diagrammatic and Graphical Representation of Data.

### UNIT-III MEASURES OF CENTRAL TENDENCY

16 Hour

Meaning and Purpose of Measures of Central Tendency - Characteristics and Types of Measures - Uses of Mean, Median and Mode - Computation of Mean, Median and Mode - Meaning, Purpose and Uses of Percentile Ranks.

### UNIT-IV TEST OF MEAN DIFFERENCES

15 Hour

Measurements of Variability - Range Quartile Deviations - Mean Deviation - Standard Deviation.

### UNIT-V TEST OF ASSOCIATION

15 Hour

Meaning, Purpose and Assumption of Analysis of Variance - One-Way ANOVA - Chi Square - Meaning and Characteristics of Correlation - Types of Correlation - Pearson's Product Moment Correlation - Spearman's Rank Order Correlation.

### Text Books

- Garrett, H.E. (2014). *Statistics in Psychology and Education*. (6<sup>th</sup> Ed.). Paragon International Publishers. New Delhi.
- Mangal, S.K. (2014). *Statistics in Psychology and Education*. (2<sup>nd</sup> Ed.). New Delhi.

### Reference Books

- Arthur, A. and Elliot J.C. (2013). *Psychological Statistics*. Pearson Publication. (6<sup>th</sup> Ed.). New Delhi.
- Sasikala, M. and Girija, M. (2004). *Introduction to Statistics*. Vrinda Publications. (1<sup>st</sup> Ed.). New Delhi.

### E-Resources

- nptel.ac.in
- www.statisticshowto.com
- cnx.org

## PSYCHOLOGY FOR EFFECTIVE LIVING

UPSE201

**Semester : II**  
**Category : Non Major Elective**  
**Class & Major: I B.Sc. Psychology**

**Credit : 2**  
**Hour / Week: 3**  
**Total Hour : 60**

### Objectives

#### To enable the students

- Gain Knowledge on Psychology for Effective Living.
- Acquire Lifestyle that Improves Psychology for Effective Living.
- Apply the Techniques to Overcome Stress in Day to Day Life.

### Learning Outcomes

#### On completion of the course, the student will be able to

- Describe the Major Theories and Models of Psychological Adjustment to Modern Life.
- Analyse the Nature of Stress and its Effect on the Health of Individuals.
- Evaluate how People are Influenced by the Social World in which they Live.
- Discuss the Research on Friendships, Intimate Relationships, Family Relationships and Explain how they relate to Psychological Adjustment.

### UNIT- I SEEKING SELFHOOD

**12 Hour**

Self-Concept – Core Characteristics of Self-Concept – Self Consistency, Self-Esteem - Self Enhancement and Self Verification – Self Concept and Personal Growth. Exercise on Self Image and Ideal Self.

### UNIT- II A HEALTHIER YOU

**12 Hour**

Body Image – Psychological Factors and Physical Illness – Coping with Illness. At the end of the Unit the Students will be given Exercise on Rating Health Habits.

### UNIT- III TAKING CHARGE OF YOUR LIFE

**12 Hour**

Mastery and Personal Control – Resolve and Decision Making – Decisions and Personal Growth. Test to Measure “How Much Control You Think You Have?”.

### UNIT- IV YOUR FRIENDS AND YOU

**12 Hour**

Meeting People – Impression, Interpersonal Attraction – Friendship, Self Disclosure, Loneliness. Test to Measure “How Shy are You?”.

**UNIT- V LOVE AND COMMITMENT****12 Hour**

Love and Intimacy – Commitment – Adjusting to Intimate Relationships – Divorce and its Consequences Exercise on “Marital Myths”.

**Text Books**

- Duffy, G. K. Atwater, E. (2008). *Psychology for Living- Adjustment, Growth and Behaviour Today*. Pearson Education Inc. India.
- Wayne, W. Margret, A. (2004). *Psychology Applied to modern Life*. Thompson Wadsworth. (7<sup>th</sup> Ed). Singapore.

**Reference Books**

- Shelley, E. Taylor, (2006). *Health Psychology*. Tata McGraw Hill Education Private Limited. (6<sup>th</sup> Ed). New Delhi.
- Sunder, S. (2002). *Textbook of Rehabilitation*. Jaypee Brothers. (2<sup>nd</sup> Ed). New Delhi.

**E-Resources**

- [www.pearson.com](http://www.pearson.com)
- [www.academia.edu](http://www.academia.edu)

**III & IV EVALUATION COMPONENTS OF CIA**

Semester	Category	Course Code	Course Title	Component III	Component IV
I	Major Core I / DSC	UPSM101	General Psychology- I	Term Paper	Seminar
I	Major Core II / DSC	UPSM102	Developmental Psychology- I	Term Paper	Seminar
I	Allied – I / (GE)	UPSA101	Human Physiology	Term Paper	Seminar
II	Major Core III / DSC	UPSM201	General Psychology-II	Term Paper	Seminar
	Major Core III / DSC	UPSM202	Developmental Psychology-II	Term Paper	Seminar
II	Allied – II / (GE)	UPSA201	Elementary Statistics	Problem Solving	Seminar
II	Non-Major Elective / SEC	UPSE201	Psychology for Effective Living	Term Paper	Seminar