

PROGRAMME SPECIFIC COURSE OUTCOME
Department of Psychology,
Seth AnandramJaipuria College.

SEMESTER 1			
PAPER		UNIT	SPECIFIC OUTCOME
CC-1: INTRODUCTION TO PSYCHOLOGY	THEORY	Unit 1: Introduction	To demonstrate command of the basic terminology, concepts, and principles of the discipline.
		Unit 2: Perception:	To gain knowledge regarding the various theoretical perspectives put forth in attention and perception
		Unit 3: Learning and Motivation:	To understand the concept and nature of learning. Understand different types of learning theories
		Unit 4: Memory:	To gain knowledge about memory and forgetting processes. Introduction to classic research work in the field of memory.
	PRACTICUM	Memory	To determine the effect of spaced and unspaced method of learning on memorization capacity of subject by changing the modality.
		Perception	To determine the rate of perceptual reversibility of the subject by using Human Profile/Flower Vase Card.
CC-2: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I	THEORY	Unit 1: Introduction	Understanding the basic concept of statistics in psychology.
		Unit 2: Measures of Central Tendency and Variability	Application of Measure of Central Tendencies and Variability
		Unit 3: Standard (z) Scores and NPC	To understand the properties and usefulness of Z scores. To understand the difference between Percentile rank and Z score. To gain knowledge about NPC and about its properties.
		Unit 4: Correlation and Random Sampling and Sampling Distributions	To gain understanding about Correlation – types, properties and usefulness with special emphasis on Pearson’s Correlation Coefficient and Spearman’s Rank-Order Correlation Coefficient. Introduction to Sampling and Random Sampling Distribution
	PRACTICUM	<ol style="list-style-type: none"> 1. On Graphical representations (Frequency Polygon, Histogram, Pie Chart, Smoothed Curve, Ogive) 2. On computation of Central Tendency and Variability measures 3. On Skewness, Kurtosis, Normal Probability Curve- Areas and Z scores 4. On Correlation- Pearson Product Moment Correlation Coefficient 	

SEMESTER 2			
PAPER		UNIT	SPECIFIC OUTCOME
CC-3: BIOPSYCHOLOGY		Unit 1: Introduction to biopsychology	Introduction to Biopsychology and its sub-disciplines. Research methods of Biopsychology. Brief understanding about how nervous system functions
		Unit 2: Functioning of Brain	The Structure and Function of the Cells of the Nervous System. To explain how information is communicated at synapses, distinguishing excitation and inhibition.
		Unit 3: Unit 3: Organization of Nervous system:	To describe some of the ways in which the nervous system can be divided and classified for the purposes of explanation. Emphasis on structures and functions of CNS and PNS
		Unit 4: Neuroendocrine system:	To understand the role of endocrine system in nervous system. Explain the role of hormones. Thereby, distinguish 'organizational effects' and 'activational effects'.
	PRACTICUM On Arousal- Determination of the effect of variation of different levels of attentive task on arousal (Pneumograph). 2. On Reaction Time – Simple, Choice and Discriminative Reaction Time (Emphasis on Physiological Explanation)		
CC-4: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES	THEORY	Unit 1: Personality:	To know what is personality, and how do the various perspectives in psychology view personality? To understand how do humanists such as Maslow explain personality? How did Freud's view of the mind and personality form a basis for psychodynamic theory?
		Unit 2: Intelligence:	To understand how psychologists define intelligence, and how do various theories of intelligence differ? Concept of IQ and brief understanding about different types of intelligence test.
		Unit 3: Indian approach	To understand Self and Identity from Indian Perspective: Nyaya, Vedanta and Buddhist views of Self.
		Unit 4: Enhancing individual's potential	To understand human motivation from the lens of Self Motivation Theory (SDT) and also its applications.
	PRACTICUM	1. To assess the abstract intelligence of the subject using Terman Merrill Adult Intelligence Test. 2. To assess the personality of an adult individual by using 16PF Questionnaire	

SEMESTER 3			
PAPER		UNIT	SPECIFIC OUTCOME
CC-5: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT	THEORY	Unit 1: Understanding Psyche	To understand Consciousness from eastern and western perspective. To gain knowledge about emergence of modern psychology.
		Unit 2: Positivist Orientation	To understand the development of the school Behaviourism and its positivist orientation. Critically differentiate different traditions under it.
		Unit 3: Analytic Debates	To gain critical understanding of analytical debates. To gain knowledge about the emergence of third force of psychology.
		Unit 4: Contemporary Developments: Psychology of Gender	To gain understanding of different concepts of sex and gender. To know the different theories of gender identity development.
	PRACTICUM	1. To assess the personality pattern of the subject by using Word Association Test 2. To assess gender identity of the participant using a suitable test (Indian Gender Role Identity Scale)	
CC-6: PSYCHOLOGICAL RESEARCH	THEORY	Unit 1: Basics of Research in Psychology and research traditions	Understanding basics of research in psychology: Goals of Psychological Research, Paradigms of Research, Principles of Good Research, Ethics in Psychological Research. Knowing about Research Traditions- Quantitative & Qualitative orientations towards research & their steps,
		Unit 2: Sampling	Detailed understanding of need of sampling in psychological research. Understanding different types of sampling with its advantages and limitations
		Unit 3: Methods of Data Collection	Gaining knowledge about different methods of data collection used in psychological research - case study, observation, interview, focus group discussion, survey and use of secondary data
		Unit 4: Psychological testing	Developing understanding about characteristics of psychological tests, needs for standardization of test - reliability, validity, norms, applications & issues
	PRACTICUM	1. To assess coping style of the participant by applying suitable test.	

		2. To assess the personality pattern of the subject by using sentence completion test.	
CC-7: SOCIAL PSYCHOLOGY		Unit 1: Introduction	Introduction to Social psychology. To Develop insight and analyse the contribution of social psychologists to the understanding of human society. To gain knowledge of the overview of the history of social psychology (including development in India); Understanding the relationship of sociology and anthropology
		Unit 2: Understanding and evaluating the social world	Gaining knowledge about social cognition, social perception, Attitudes; gaining knowledge of strategies for attitude change
		Unit 3: Social interaction and Influence	To gain understanding about different phenomena of social interaction and influence like interpersonal attraction, pro-social behaviour, aggression, social influence
		Unit 4: Group Dynamics and Inter-group relations:	To gain understanding about group – types, nature, importance and consequence of group. Evaluate effective strategies in socialization, group processes (both inter and intra-group).
	PRACTICUM	1. On Group Cohesiveness by Sociogram Method 2. On Social Facilitation by Problem Solving-Individual and Group Situations	
SEC-A-01: BEHAVIOUR MODIFICATION	THEORY	Unit 1: Introduction	Introduction to Behaviour modification and its application in different areas of psychology
		Unit 2	Understanding the different principles of learning and its application in day-to-day life
		Unit 3 : Techniques	Understanding salient techniques in Behaviour modification like Token Economy, Contingencies, Shaping, Premack Principle and its application.
		Unit 4: Applications	Application of Behaviour Modification in different areas of life like School, Family, Work.
SEMESTER 4			
PAPER		UNIT	SPECIFIC OUTCOME
CC-8: Understanding Psychological Disorders	THEORY	Unit 1: Understanding Abnormality	Understanding the issues in defining Normality and Abnormality, Understanding concepts of diagnosis and need of classificatory system in mental health and issues associated with the concepts, To familiarize the various concepts, assessment

			tools and classification techniques of Psychopathology
		Unit 2: Clinical Picture and etiology of Disorders I	To gain knowledge about the clinical picture and etiology of Generalized Anxiety Disorder, Obsessive Compulsive Disorder Somatoform disorders – Hypochondriasis and Conversion disorders
		Unit 3: Clinical Picture and etiology of Disorders I:	To gain knowledge about the clinical picture and etiology Mood Disorders
		Unit 4	To gain knowledge about the clinical picture and etiology of Schizophrenia and Neurodevelopmental disorders
	PRACTICUM	1.To determine the Introversion- Extraversion of the subject applying a suitable test 2. To determine the level of state and trait anxiety of the subject by administering a suitable test.	
CC-9: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II	THEORY	Unit 1: Introduction to Inferential Statistics and Hypothesis Testing about the Difference between Two Independent Means Interpreting the Results of Hypothesis Testing	To understand the meaning of Statistical Inference and Hypothesis Testing, Distinguish between the null hypothesis and the research hypothesis. Discuss probability in statistical inference, including the meaning of statistical significance. Distinguish between Type I and Type II errors, Steps for Hypothesis Testing; The <i>t</i> Distribution; Characteristics of Student's Distribution of <i>t</i> ; Describe and compute independent <i>t</i> test and explain the difference between one-tailed and two-tailed tests. Further understanding the concept of power of test, errors in hypothesis testing, level of significance
		Unit 2: Hypothesis Testing About the Difference between Two Dependent (Correlated) Means Confidence Intervals	To compute and interpret dependent <i>t</i> test Describe the criteria for selecting an appropriate statistical test. Describe what a confidence interval means
		Unit 3: Hypothesis	Conceptual understanding of Hypothesis Testing for differences among three or more

		Testing for Differences among Three or More Groups:	groups. Conceptual understanding of one way ANOVA
		Unit 4: Hypothesis Testing for Categorical Variables and Inference about Frequencies Nonparametric Approaches to Data	Understanding of non-parametric statistics, Understanding of assumptions, computation and interpretation of Chi-Square Test
	PRACTICUM	1. On Computation of t test 2. On Computation of Chi Square	
CC-10: APPLIED SOCIAL PSYCHOLOGY	THEORY	Unit 1: Introduction	To understand significance of Applied Psychology. Understanding of nature, scope and methodological approaches of the discipline.
		Unit 2: Applying Social Psychology-I	Explain how basic social psychological findings can be used to bring about desired changes compare different explanations for a social psychological phenomenon
		Unit 3: Applying Social Psychology-II	Explain how basic social psychological findings can be used to bring about desired changes compare different explanations for a social psychological phenomenon
		Unit 4: Intervention and Evaluation	To understand different psychosocial reasons behind social issues and scientifically plan and execute psychosocial interventions
	PRACTICUM	1. Likert Scale Construction on Environment 2. Diversity to be measured in terms of Ethnic Prejudice by Bogardus's Social Distance Scale (Revision of Goode and Hatt)	
		UNIT	SPECIFIC OUTCOME
SEC-B -02: STRESS MANAGEMENT	THEORY	Unit 1: Stress	Understanding different concepts of stress and stressors. Symptoms of Stress
		Unit 2: Various sources of stress	Understanding different sources of stress - environmental, social, physiological and psychological
		Unit 3: Stress and health	Understanding the relationship between stress and health from different vantage points/theories.
		Unit 4: Managing stress	Gaining knowledge of different ways to manage stress - yoga, meditation, relaxation techniques, problem focused and emotion focused approaches.
SEMESTER 5		UNIT	SPECIFIC OUTCOME

CC-11: UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS	THEORY		
		Unit 1: Biological ethology- explanations and interventions for Mood disorders and Schizophrenia:	To introduce the biological etiological understanding and biological interventions for Mood disorders and Schizophrenia
		Unit 2: Insight oriented explanations and interventions	Understanding of Psychodynamic understanding of OCD and DID. Introduction to Psychoanalysis and its approach.
		Unit 3: Behavioural and Cognitive explanations	Behavioural and Cognitive explanation and Interventions for Phobias and Depression
		Unit 4: Perspectives of Counselling	Introduction to different perspectives of counselling, Brief conceptual understanding of counselling process and practice counselling
	PRACTICUM - To screen psychiatric disorders of the participant by using suitable test. Special emphasis of practical applicability of the test.		
CC-12: DEVELOPMENTAL PSYCHOLOGY	THEORY	Unit 1: Introduction	Orientation to the discipline including a thorough discussion of research methodologies
		Unit 2: Stages of Life Span Development	Detailed understanding of development of detailed stages of human development- Prenatal Development, Birth and Infancy, Childhood, Adolescence, Adulthood
		Unit 3: Domains of Human Development	To gain detailed understanding of different domains of human development – Cognitive, developmental, Social, Emotional, Moral and Language.
		Unit 4: Socio-Cultural Contexts for Human Development	Concentrates on the settings or contexts in which people develop, or the “ecology” of development - Family; Peers, Media & Schooling; Understanding human development in the Indian context
	PRACTICUM - To determine parent child relationship of the subject using a suitable test		
DSE-B -03: HEALTH PSYCHOLOGY	THEORY	Unit 1: Introduction	Introduction to Health Psychology understanding of mind-body relationship, to gain knowledge of different modes of health psychology with special emphasis of Bio-

			psychosocial model of health
		Unit 2: Behaviour and health	Gaining knowledge about health behaviour through different theories and its implications, Knowing the barriers to health behaviour;
		Unit 3: Health Enhancing Behaviours	Understanding of different health enhancing behaviours- Exercise, nutrition, safety. Significance of Pain and its pain management.
		Unit 4: Health and Well-being	To understand the relationship between psychological factors (Happiness, Life satisfaction, Resilience, Optimism and Hope) and physical health and learn how to enhance well-being.
	PRACTICUM		To assess level of hope in participant using a suitable test.
DSE-A -01: POSITIVE PSYCHOLOGY	THEORY	Unit 1: Introduction	Introduction on Positive Psychology – understanding eastern and western perspectives of positive psychology.
		Unit 2: Positive Emotional States and Processes	Understanding of different emotional states, significance of Positive emotional states and understanding processes of positive emotional states – Happiness, well being. Gaining understanding of emotional intelligence through different theoretical perspectives and its significance.
		Unit 3: Positive Cognitive States and Processes	Understanding of different cognitive states and Processes - Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness.
		Unit 4: Applications	Understanding applications of positive psychology in various domains - Work, education and health
	PRACTICUM		To determine well being of participant using suitable test.
SEMESTER 6		UNIT	SPECIFIC OUTCOME
CC13 ORGANIZATIONAL BEHAVIOUR	THEORY	Unit 1: Introduction	Introducing concepts associated with Organizational Behaviour, Contemporary Trends and Challenges in OB and understanding challenges of OB in Indian Setting
		Unit 2: Individual level processes	Understanding different Individual processes in OB like employee attitudes, job satisfaction, organizational commitment, organizational citizenship behaviour, work Motivation. Detailed understanding of different theories of work motivation
		Unit 3: Dynamics of Organizational Behaviour	Understanding of Organizational culture; Power and Politics: Influence, sexual harassment, organizational politics; Positive Organizational Behaviour.
		Unit 4: Leadership	Understanding Leadership through different theories, Challenges and issues of leadership construct.

	PRACTICUM	To determine work motivation of the participant using a suitable test and also understanding the practical applicability of the test.	
CC-14: COUNSELLING PSYCHOLOGY	THEORY	Unit 1: Introduction	Understanding nature and goals of Counselling professional ethics in Counselling (Latest version of American Counselling Association – ACA); counselling status of counselling psychology in India
		Unit 2: Counselling Process	Detailed understanding about Counselling process in general
		Unit 3: Techniques of Counselling	Understanding of techniques used in different modalities in psychological interventions - Psychoanalytic, Humanistic, Behavioural, Cognitive techniques and Indian techniques: Yoga and Meditation
		Unit 4: Counselling Applications	Understanding of counselling application based upon different kinds of demand and crisis- Child Counselling, Family Counselling; Career Counselling, Crisis Intervention: suicide, grief, and sexual abuse
	PRACTICUM	To determine interest of the participant by using a suitable test and also understanding the practical applicability of the test.	
		UNIT	SPECIFIC OUTCOME
DSE-A -02: HUMAN RESOURCE MANAGEMENT	THEORY	Unit 1: Introduction to Human Resource Management (HRM)	To understand context and issues of HRM. To understand the difference and similarities between HRM and HRD
		Unit 2	To help students understand the various processes and issues inherent in organizations related to human resources - Human Resource Practices Job analysis; Recruitment and selection; Training; Performance evaluation
		Unit 3	Gaining knowledge about International human resource management (IHRM), Understanding role of culture in IHRM, Dimensions of Cultural difference, Policies and practices in the multinational enterprise.
		Unit 4: Organizational change and development	Gaining knowledge about different issues of organizational change and development - concepts, models (one model), techniques (one for individual and one for group)
	PRACTICUM	To determine organizational role stress of the participant by using a suitable test	
		UNIT	SPECIFIC OUTCOME
DSE-B -04:		Unit 1:	Introduction to Community psychology,

COMMUNITY PSYCHOLOGY		Introduction	understanding the significance of the field, understanding ecological level of analysis in community psychology
	THEORY	Unit 2: Core values	Detailed understanding of seven Core Values in Community Psychology with relevant research evidences
		Unit 3: Health promotion	Gaining understanding about process of community organization for health promotion, importance. Awareness about community program for child and maternal health, physical challenged and old age in the Indian context.
		Unit 4: Interventions	Gaining understanding about kinds of interventions needed at community level - community development and empowerment; Learning related case studies in Indian context
	PRACTICUM	To determine Family Environment of the participant using a suitable test and also understanding the practical applicability of the test.	

CO for honours in Psychology

Course title :Honours in Psychology

Course Description: the course is designed to introduce students to the discipline of Psychology in order to understand the human behaviour and mental processes. The aim is to maximize student's skills to decode daily life experiences and a deeper understanding of how people think, feel and behave. This course will help them to flourish their communication skills, analytical thinking, creativity, understanding self and others. This course will cover areas of General Psychology, Biopsychology, Research methodology and statistics, Social Psychology, Developmental Psychology and others.

Course Outcomes:

By the end of this course, students will be able to :

1. Decipher the different aspects of human behaviour and their implications in everyday life.
2. Know the biological basis of human behaviour and concept of individual difference in order to promote self- reflection. Moreover, the role of emotional intelligence which outranks cognitive intelligence when it comes to adjustment with the current environment and to achieve some specific goals.

3. Cope with the daily life stresses as they will learn different coping strategies, stress management techniques and techniques of behaviour modification.
4. Understand the different components of good life, factors leading to wellbeing, role of positive emotions, thought processes and traits and virtues in various domains of life.
5. Discover how physical and mental health are intertwined, the health enhancing behaviours, role of health in wellbeing.
6. Gain knowledge about the stages of human development across the life span, various domains human development.
7. Distinguish between adjustment problems and mental illnesses., Symptoms and therapeutic intervention for moderate to severe mental illness and to eliminate myths regarding psychopathology.
8. Become aware of the concepts related to organisationalbehaviour, various processes amd issues inherent in organisations related to human resources.
9. Understand the process and methods of quantitative and qualitative research traditions, different techniques of descriptive and inferential statistics for quantitative research used in Psychological research.
10. Understand the human behaviour in relation to social world , the influence of social situations on thinking and behaviour of human beings and to gain knowledge about the intervention strategies of the current social problems.
11. Learn development of psychological thought bith from the Indian and western perspectives and to inculcate sensitivity to the various issues and debates in contemporary psychology.
12. Get hands on experience of how to administer different psychological tests, experiments, studies on human subjects to assess different aspects of human behaviour: IQ assessment, Personality assessment etc.

Assessment methods:

To measure the achievement of the course outcomes, assessment methods will be used :

1. Group discussions, debates, group presentation.
2. Performance of skits regarding mental health awareness, extempore and essay writing.
3. Classroom performance, students engagement in classroom activities and attendance