THE UNIVERSITY OF BURDWAN

Curriculum for the 3-Year B.A/B. Sc. (General) under the Choice Based Credit System (CBCS)

Degree Course (Semester Pattern) in PSYCHOLOGY w.e.f 2017-2018
# THE UNIVERSITY OF BURDWAN

**PSYCHOLOGY SYLLABUS CBCS**

**COURSE STRUCTURE AT A GLANCE**

## B.SC. PSYCHOLOGY (GENERAL)

### SEMESTER 1

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CC1A: FOUNDATIONS OF PSYCHOLOGY

Objectives: To understand the basic psychological processes and their applications in everyday life.

THEORY - CREDIT 4

Unit 1: Introduction:
Psychology: a science and a perspective, origin and development of psychology, psychology in India, 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 emotions

Unit 4: Personality and Intelligence:
Personality: nature, theories
Intelligence: nature, theories

Practicum –CREDIT 2: Two experiments to be done on any two topics from IA

Readings:
SEMESTER II

CC1 B: INTRODUCTION TO SOCIAL PSYCHOLOGY

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

THEORY- CREDIT 4

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

Unit 2: Individual level processes:
Person perception: attribution-theories, biases and errors Attitude: formation, change and resistance to change

Unit 3: Interpersonal processes:
Interpersonal attraction, pro-social behaviour, aggression

Unit 4: Group dynamics:
Key aspects of groups, cooperation and conflict, group decision making.

PRACTICUM- CREDIT-2

Two experiments to be done on any two topics from 1B

Readings:

SEMESTER-III

CC1C: PSYCHOLOGICAL DISORDERS

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

THEORY: CREDIT 4

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 states:
Anxiety disorders- Obsessive compulsive disorder, mood disorders-Unipolar, Bipolar; schizophrenia: Disorganized, Paranoid and Catatonic, learning disabilities.

Unit 4: Treatment of disorders:
a) Biological treatment: Pharmacotherapy and Electroconvulsive therapy
b) Psychological treatment: Psychoanalytic therapy, Behaviour therapy and Cognitive-Behaviour therapy.
PRACTICUM- CREDIT-2 Two experiments to be done on any two topics from 1C

Readings:

SEMESTER IV

CC1D: STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH

Objective: To introduce basic statistical methods, psychological testing and qualitative methods and their uses.

THEORY: CREDIT 4

Unit 1: Introduction: Scales of measurement, graphical representation of data


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

Unit 4: Qualitative methods: Interview, observation, case study

Practicum: CREDIT 2 Two practicum to be done: 1 psychological test + 1 practical based on unit 4.

Readings:


ELECTIVE: DISCIPLINE SPECIFIC DSE (Any 2) (1 in sem V and 1 in Sem VI):

SEMESTER-V

DSE-1

i) LIFE SPAN DEVELOPMENT

Objectives: To understand how human life unfolds from conception to late adulthood and to understand the relationship between theory and applications within each domain of development.

THEORY- CREDIT 4

1. Introduction to life-span perspective: Nature, issues and theoretical perspectives; Life-span development in the Indian context; methods and designs

2. Physical development: Patterns of growth from conception till late adulthood; disability; Death and dying.

3. Cognitive development: Introduction, Piagetian, Vygotskian, and Information processing approaches; Cognitive changes in adulthood and old age; Language development.

4. Socio-emotional development: Emotional development; Moral development; The Self; Gender and sexuality; Successful aging.

Practicum: CREDIT-2 Students have to carry out any 1 practicum based on the syllabus.

Readings:


OR
ii) INDUSTRIAL/ ORGANIZATIONAL PSYCHOLOGY

Objective: To introduce the basic concepts of I/O psychology and to understand the applications of psychology at the workplace.

THEORY : CREDIT 4

Unit 1: Introduction: Industry and organization; Current status of I/O psychology, I/O psychology in the Indian context.

UNIT 2: Work Related Attitudes: Job satisfaction; Organizational Commitment; Organizational Citizenship Behavior; Work Engagement.

UNIT 3: Work Motivation: Theories and application; Indian perspective.

Unit 4: Leadership: Contemporary perspectives on leadership; Cross-cultural leadership issues; Indian perspective on leadership

Practicum CREDIT - 2 Any one practicum based on the syllabus.

Reading List:


DSE 1B:

i) COUNSELING PSYCHOLOGY

Objective: To develop an understanding of basic concepts, processes, techniques of Counselling.

THEORY- CREDIT 4

1. Introduction: Meaning and goals; Counseling process and relationship; Counselor effectiveness, Counseling in the Indian context

2. Approaches: Overview of approaches to counseling: Psychodynamic, Behavioral, Person-centered and Cognitive-behavioral

3. Techniques: Play, art, drama, music, dance; Yoga and meditation
4. **Applications:** Family Counseling; School and Career Counseling.

**Practicum CREDIT-2:** Students are required to carry out any 1 practical based on the syllabus.

**Readings:**


OR

ii) **HEALTH AND WELL – BEING**

**Objective:** To develop an understanding of health and how to maintain health and wellbeing.

**THEORY- CREDIT 4**

UNIT 1: Introduction to Health Psychology: components of health, relationship between health and psychology, mind and body relationship, goals of health psychology

UNIT 2: Well-Being: components of well-being: life satisfaction, affect

UNIT 3: Stress, illness and pain: causes, consequences and coping with stress, pain and illness.

UNIT 4: Health enhancing behaviors: Implications for well-being: psychological factors: resilience, hope, optimism; exercise, safety, nutrition.

**Practicum: CREDIT-2** Students are required to carry out any 1 practical based on the syllabus.

**Reading List:**


SKILL ENHANCEMENT COURSE (SEC) (Any 4, 1 each in Sem III, IV, V and VI):

SEMESTER-III

SEC 1:

i) DEVELOPING EMOTIONAL COMPETENCE

Objective: To help the students learn how to understand and manage their emotions and develop emotional competencies.

2 CREDITS

Unit 1: Introduction: importance of recognizing and understanding emotions in oneself and others, importance of managing one’s emotions.

Unit 2: EQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills

Readings:


OR

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 and Core values: Definition of community psychology; types of communities; models. Individual and family wellness; sense of community; respect for human diversity; social justice; empowerment.

UNIT 2 Health promotion: community organization for health promotion, importance. Community program for: child and maternal health in the Indian context.

Readings:


SEMESTER-IV

SEC 2:

i) MANAGING STRESS

Objective: To understand the main symptoms and sources of stress and learn ways of coping with stress.

CREDIT-2

Unit 1: Stress: Nature of stress, symptoms of stress, sources of stress, Stress and health

Unit 2: Managing stress: Methods - yoga, meditation, relaxation techniques, problem focused and emotion focused approaches

Readings:


OR

ii) MAKING DECISIONS

Objective: Students will learn various strategies through which they can make good decisions.

CREDIT-2

Unit 1: Introduction: Basic concepts of decision making, Importance of making good decisions, self-efficacy.

Unit 2: Making effective decisions: Decisions regarding career, Decision making in interpersonal context, Decision making at the workplace

Readings:


SEMESTER-V

SEC 3:

i) PSYCHOLOGY IN EDUCATION

Objective: To understand how the principles of psychology can be applied to the area of education.

Readings:
CREDIT-2

Unit 1: Introduction to Educational Psychology: Nature, scope & relevance of Educational Psychology, Human Diversity and Education (Socio-cultural Differences: Gender, Socio-Economic Status, Linguistic Diversity)

Unit 3: Effective Teaching and Classroom Management

Characteristics of Effective Teachers, Teaching Methods, Classroom Management, Responsibilities of Teachers towards learners with Special Needs.

Readings:


OR

ii) MANAGING HUMAN RESOURCES

Objective: To understand the main concepts related to human resource management and learn related techniques.


Unit 2: Human resource practices: Job analysis, Selection, training, performance evaluation.

Readings:


SEC 4:
i) APPLICATIONS OF SOCIAL PSYCHOLOGY

Objective: To apply the principles of social psychology to understand and deal with social issues.

Unit 1: Introduction: Importance of application of social psychological knowledge, developing interventions, impact analysis, case studies in the Indian context

Unit 2: Applications of social psychology: diversity, health, environment, population, law, work.

Readings:


OR

ii) APPLICATION OF CLINICAL PSYCHOLOGY

A. SKILL BASED TRAINING ON CASE HISTORY TAKING AND MEASUREMENT OF INTELLIGENCE

a) Case History taking & Mental Status Examination
b) Measuring intelligence of an adult individual using any suitable Intelligence Test.

B. IMPORTANCE OF WRITING A SHORT REPORT

a) writing a report based on the test.

ELECTIVE: GENERIC (GE) (Any 2: 1 each in sem 5 and 6):

THEORY-4 CREDITS, PRACTICAL-2 CREDITS

SEMESTER-V

GE 1: PSYCHOLOGY FOR LIVING

Unit 1: Introduction: What is psychology, relevance of psychology, mind-body relationship, psychological factors and physical illness, body image, lifestyle interventions.

Unit 2: Self and relationships: importance of family and peer groups in one’s life, importance of emotional intelligence, role of culture.

Unit 3: Self in disintegrative experiences: anxiety, stress, depression, coping

Unit 4: Growth and actualizing self: self-direction, subjective well-being, hope, optimism, resilience.

Practical- any one based on this paper

Readings:
today. Prentice Hall.


OR

GE 1: PSYCHOLOGY AT WORK
Objectives:
- To understand the meaning and theoretical foundations of I/O Psychology and to develop an understanding of how the various theories and methods of I/O Psychology apply to the real work settings
Unit I: Introduction to I/O Psychology
Definition, Brief History, Contemporary Trends and Challenges, I/O Psychology in India.

Unit II: Job Satisfaction and Work Motivation
Concept of Job satisfaction and work motivation, causes of Job Satisfaction, outcomes of Job Satisfaction.

Unit III: Communication in Organizations
Communication process, purpose of communication in organizations, communication networks, barriers to effective communication, managing communication

Unit IV: Leadership
The meaning of leadership, early approaches to leadership, contemporary approaches to leadership-Transformational & Transactional Leadership;

PRACTICAL- any one based on this paper

Reading List:


SEMESTER-VI

GE 2: PSYCHOLOGY OF GENDER
Unit 1: Introduction: Conceptualization and measurement of gender roles and gender role attitudes

Unit 2: Sex related comparisons: cognitive abilities, social domains, emotion, moral development, theories

Unit 3: Gender: Aggression, achievement, communication, friendship, romantic relationships

Unit 4: Sex differences in health, relationships and health, work roles and health, mental health.

Practical- any one based on this paper

Readings:

OR

GE-2 PSYCHOLOGY AND MEDIA

Objective: To understand the effect of media on human psyche and to develop a critical awareness of the underlying psychological processes and mechanisms

UNIT I: Media and User: understanding mass media; Issues in Media psychology: Construction of reality, media and culture, Media and ethics, regulation.

UNIT II: Media and advertising: Developing an effective advertising programme/media promotions/ campaigns for social marketing.

UNIT III: Audio-Visual media (TV and movies) and Print media: Nature and their impact; Developmental issues: fantasy Vs reality, socialization, stereotyping, violence, and cybercrime.

UNIT IV: Interactive and emerging technologies: Virtual social media, interactive media, gaming, issues of internet addiction.

PRACTICAL- Any one practical based on this paper

References:
Our psychology programme provides students with the education needed to enter a variety of careers or to pursue post graduate studies in psychology or related fields. Department Values. We aim to promote intellectual excellence by maintaining high academic standards for undergraduate and post-graduate students. For registered B.Sc. in Psychology (BSc.PSY) students we have a dedicated help desk. Bachelors Degree. Degree Type Psychology: We examine in detail the structure of the visual system, and its function as reflected in the perceptual abilities and behaviour of the organism. Parallels are also drawn with other sensory systems to demonstrate general principles of sensory coding. Terms: Fall 2020. Instructors: Kingdom, Frederick A A; Mullen, Kathleen T (Fall). Winter. 2 lectures. PSYC 529 Music Cognition (3 credits). Offered by: Psychology (Faculty of Science).