

**PSYCHOLOGY HONOURS**  
**CBCS Syllabus Course Objectives & Outcomes**

<b>Course Topic</b>	<b>Course Outcome</b>	<b>Course Objectives</b>
Unit 1: Introduction	Knowledge of the definitions and various perspectives in psychology along with a general idea of its various methods and fields.	To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life.
Unit 2: Perception	Knowledge of how perception is affected by attention and sensation along with the two different types and how illusion affects perception	
Unit 3: Learning and Motivation	The student would be able to define the term 'motivation' and appreciate different views of how people are motivated, what are conflicts and how resolution takes place;	

	learn theoretical and practical aspects of 'Learning' as a fundamental psychological process.	
Unit 4: Memory	Knowing about the process of Memory, Models and its applications. Forgetting and Strategies to improve Memory	
On Memory: 2 specific problems	Practical experience with how immediate memory, learning and recall works through the use of non-sense syllables	
On Perception	Hands on knowledge in experimentation with human subject, observing and determining a basic psychological process- perceptual reversibility.	
Unit 1: Introduction	Gaining knowledge about the basics of psychological research	To familiarize students with the use of statistical methods

Unit 1: Frequency Distributions, Percentiles, and Percentile Ranks	Learning about the basic concepts of arranging data into grouped categories and calculation of percentile and percentile ranks	in psychological research and the techniques of descriptive statistics for quantitative research.
Unit 1: Graphical Representation of Data:	Learning about the constructions, uses and advantages of different graphical representation of data	
Unit 2: Measures of Central Tendency	Learning about the fundamental concepts of Central Tendency and its application in Psychological Research.	
Unit 2: Measures of Variability	Learning about the fundamental concepts of Variability and its application in Psychological Research.	
Unit 3: Standard (z) Scores	The student will learn about standard scores, the properties of z-scores, methods of ransforming raw scores into z-scores, and determining a raw score from a z-score. they will also have the	

	<p>knowledge of some common standard cores and be able to compare z-scores and Percentile Ranks</p>
<p>Unit 3: The Normal Probability Distribution</p>	<p>Probability distributions are a fundamental concept in statistics and students will be able to use it on both a theoretical level and a practical level. Some practical uses of probability distributions are: To calculate confidence intervals for parameters and to calculate critical regions for hypothesis tests.</p>
<p>Unit 4: Correlation</p>	<p>Learning Correlation statistic as a fundamental tool in Psychological Research and data representation.</p>
<p>Unit 4: Random Sampling and Sampling Distributions</p>	<p>Understanding the nature, methods, and types of random</p>

	<p>sampling; and the use of random sampling distributions.</p>
<p>On Graphical Representations Frequency Polygon, Histogram, Pie Chart, Smoothed Curve, Ogive</p>	<p>Hands-on experience in graphically representing a frequency distribution</p>
<p>Measures of Central Tendency  Measures of Variability</p>	<p>Students gain a Theoretical understanding along with Computation of Central Tendency. A hands-on-training is provided.</p> <p>The student will be able to the apply variable measures by using the four means-range, quartile deviation, mean deviation and standard deviation. They will also be able to study the sample and apply the necessary formulas to the data.</p>

Unit 1: Introduction to biopsychology	Fundamental knowledge about what is biopsychology, its importance, branches, methods and application	
Unit 2: The Functioning Brain	Students will gain an insight into the structure and functions of neurons; neural conduction and synaptic transmission.	To explore the biological basis of experience and behaviour, develop an understanding of the influence of behaviour, cognition, and the environment on bodily system & develop an appreciation of the neurobiological basis of psychological function and dysfunction.
Unit 3: Organization of Nervous System	Conceptual knowledge of structure and functions of central and peripheral nervous system. Knowing about Neurotransmitters, its types, functions and abnormalities in clinical population.	
Unit 4: Neuroendocrine system	to be able to understand the neuroendocrine system; structure, functions and abnormalities of major glands such as thyroid, adrenal, gonads and pituitary.	

1. On Arousal	Hands-on experience of measuring arousal using a Pneumograph	
2. On Reaction Time (Simple & Complex)	To be able to understand the importance and application of reaction time and its different types in everyday living through experimentation in the laboratory	
Unit 1: Personality	Theoretical understanding of Social Cognitive theory of personality. Gathering knowledge about what personality is, its determinants, effect of culture and gender upon personality. In-depth knowledge of important theories of personality	To develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self and others.
Unit 2: Intelligence	A theoretical understanding of approaches to Intelligence and some popular theories Learning about a specific type-Emotional	

	Intelligence and its applications	
Unit 3: Indian approach	Understanding of personality based on Indian Sankhya, Nyaya, Vedanta & Buddhist philosophy	
Unit 4: Enhancing individual's potential	Acquiring knowledge about Self, its components and Theories from different perspectives	
1. On Intelligence	Hands-on-training on administration of Psychometric tests and data interpretation.	
2. On Personality	Hands – on training of testing human personality	
Unit 1: Understanding Psyche	Developing an understanding of the roots of 'Psychology' as a school of thought from a varied perspective – Indian and Western. Understanding the major school of debates	This course provides a basic introduction to the development of the discipline both from the Indian as well as western perspective and Review the development of



	around human behaviour, consciousness and scientific thought from the Western views.	psychological thought and introduce the issues and debates in contemporary psychology.
Unit 2: Positivist Orientation	Gathering knowledge about different schools of Psychology which developed during different time periods and their main postulates.	
Unit 3: Analytic Debates	Critical and comparative understanding of different schools of psychoanalysis	
Unit 4: Contemporary Developments: Psychology of Gender	The student will be able to understand gender studies as an interdisciplinary academic field that is devoted to analysing gender identity and gendered representation. Students will also gain insight into gender and sexuality.	

1. Word Association Test	Hands-on-Training in psychometric testing of unconscious associations	
2. Indian Gender Role Identity Scale	Hands-on-Training in psychometric assessment of Gender Role Identity	
Unit 1: Basics of Research in Psychology	Fundamental knowledge of what psychological research is, different philosophies and difference with qualitative research	To educate students with the process and the methods of quantitative and qualitative psychological research traditions.
Unit 1: Research Traditions	Acquiring theoretical and application based understanding of scientific research methodologies in Psychology.	
Unit 2: Sampling	Learning about the varied types of Sampling and its utility in Psychological research	
Unit 3: Methods of data collection	Basic understanding of the various methods used in psychological research	

Unit 4: Psychological testing	The students will gain a theoretical knowledge of the necessary steps of test construction and understand the importance of standardisation of a test to gain information about a particular trait of an individual. They will also be aware of the ethics around application of standardised tests.
1. Semi Structured Interview on Coping	Hands-on-training and developing an understanding about construction of psychometric tools and assessment techniques
2. Sentence Completion Test	The student will be able to differentiate between objective, projective and semi projective tests of personality. They will be able to efficiently apply and interpret the Sack's Sentence Completion Test.

Unit 1: Introduction	Acquiring an understanding about the discipline of Social Psychology, its growth and refinement over the years.	Develop an understanding of the individual in relation to the social world and introduce students to the realm of social influence, as to how individuals think, feel and behave in social situations.
Unit 2: Understanding and evaluating the social world	Learning the fundamental processes of Social cognition and functioning, relevance to real life situations	
Unit 3: Social interaction and Influence	Acquiring an understanding of some of the basic social processes that also have great application in personal life and provide a perspective into current affairs and world events	
Unit 4: Group Dynamics and Inter-group relations	Acquiring knowledge of groups, its functions, relationship, cohesiveness, performance.	
1. On Group Cohesiveness by Sociogram Method	Hands on training in designing and carrying out experimentation in a specific area of social psychology, using the	

	method of sociometry.	
2. On Social Facilitation by Problem Solving-Individual and Group Situations	Training in designing and conducting experiment on how different group settings affect problem solving capacity of its members	
Unit 1: Introduction	A Theoretical Understanding of the concept of Behaviour, its Modification and Assesment along with the practical implications	To understand the concept of behaviour modification and its applications.
Unit 2: Classical & Operant Conditioning theories of learning,principles, cognitive perspectives & applications	Understanding theoretical and practical (application oriented) aspects of Learning as a fundamental psychological process.	
Unit 3: Techniques	Knowledge and understanding of techniques of behaviour modification, and the skills to identify such techniques	

Unit 4: Applications	The student will be able to apply the different behavioural principles taught in the previous units. They will be able to formulate a theoretical treatment plan using some behavioural principles.	
Unit 1: Understanding Abnormality	Understanding of the continuum of normality and abnormality; breaking stigma, stereotypes, and myths about abnormality	The paper aims at providing an overview of the concept of abnormality and the symptoms and etiology of various psychological disorders. This will sensitize them to information on psychopathology and dispel myths regarding it.
Unit 2: Clinical Picture and etiology of Disorders I	The student will have a clear understanding in terms of symptom profile, clinical picture, diagnostic criteria and etiology of different psychopathological states such as GAD, OCD, Hypochondriasis and Conversion disorder.	

<p>Unit 3: Clinical Picture and etiology of Mood Disorders; Clinical Picture of Eating Disorders</p>	<p>Gaining in-depth knowledge of unipolar and bipolar disorders. Obtaining a theoretical understanding of the signs and symptoms of eating disorders</p>	
<p>Unit 4: Clinical Picture and etiology of Schizophrenia; Clinical Picture of Personality Disorder &amp; Disorders of Development</p>	<p>The student will have a clear understanding in terms of symptom profile, clinical picture, diagnostic criteria and etiology of Schizophrenia. They will gain understanding into the symptom profile, diagnostic criteria and clinical picture of ASPD, ID and ADHD.</p>	
<p>1. On Anxiety</p>	<p>Administration, scoring, and interpretation of an Anxiety self-report Inventory</p>	
<p>2. On Personality</p>	<p>Learning the application, scoring and interpretation of the Kundu Introversion Extraversion Inventory,</p>	

	the student will be able to decipher when to apply the scale effectively and efficiently.	
Unit 1: Introduction to Inferential Statistics and Hypothesis Testing about the Difference between Two Independent Means; Interpreting the Results of Hypothesis Testing.	Acquiring theoretical and application based understanding of statistical significance vs apparent significance, computing t-inferential statistic.	To educate students with the techniques of inferential statistics and hypothesis testing.
Unit 2: Hypothesis Testing About the Difference between Two Dependent (Correlated) Means; Confidence Intervals.	Acquiring theoretical and application based understanding of an inferential statistical computation - t test, in details.	
Unit 3: Hypothesis Testing for Differences among Three or More Groups	Acquiring an understanding of ANOVA along with its applicability	
Unit 4: Hypothesis Testing for Categorical Variables and Inference about Frequencies.	Developing an understanding about Chisquare as a non Parametric statistics, its uses and applications in psychological research	



Unit 4: Nonparametric Approaches to Data	The student would be able to know when and where to use non-parametric statistics and also why they are used. They will gain insight into why sometimes non-parametric tests are used instead of parametric tests. They will also be aware of the differences between parametric and non-parametric techniques.	
Unit 4: Theoretical Introduction to SPSS Statistical Package	A conceptual idea of the application and uses of a statistical software	
1. On Computation of t-test	Learning to statistically analyse and interpret social science research data using the theoretical knowledge acquired so far.	
2. On Computation of Chi-Square test	Students gain a theoretical understanding along with Computation of Chi-square. A Hands-on-training provided	

Unit 1: Introduction	Acquiring an understanding about Applied Social Psychology, its historical sketch and use of different methodological tools.	To help student understand social problems and gain knowledge about intervention strategies
Unit 2: Applying Social Psychology I	Acquiring an understanding of effects of environment upon group and diversity within it.	
Unit 3: Applying Social Psychology II	Knowledge and understanding of the workings of social psychology in various fields of society	
Unit 4: Intervention & Evaluation	Hands-on training in designing and carrying out planning of intervention in applied social psychology. Learning the importance of & how to evaluate a particular applied intervention program.	
1. Likert Scale Construction on Environment	Hands-on-training on scale construction - an important tool in	

	research methodology.	
2. Ethnic Prejudice by Bogardus's Social Distance Scale (Revision of Goode and Hatt)	Hands-on training to study human prejudicial behaviour in group set-up.	
Unit 1: Stress	Conceptual understanding of the construct Stress, its nature and symptoms	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 2: Various sources of stress	Acquiring an understanding of stress and its biopsychosocial determinants	
Unit 3: Stress and health	Gaining knowledge about how stress effects the physical and mental health	
Unit 4: Managing Stress	The student will be able to understand the basic principles of stress management. They will be able to develop a long term action plan to minimize and better manage stress. Both indigenous methods and traditional western	

	conceptualizations of same are introduced to the students.	
Unit 1: Biological etiology-explanations and interventions for Mood disorders and Schizophrenia	The student will gain a detailed insight into the different biological explanations as well as the management for the symptoms of Schizophrenia and Mood Disorders. They will be able to make different treatment plans and interventions (theoretical) for the said disorders.	To introduce the etiological understanding and therapeutic interventions for the various psychological disorders and help students develop and understanding of how to deal with moderate to severe psychopathology.
Unit 2: Insight oriented explanations and interventions	Gathering in-depth knowledge about disorders and their treatments through insight oriented therapy	

Unit 3: Behavioural and Cognitive explanations	The student will gain a detailed insight into the different behavioural and cognitive explanations as well as the management for the symptoms of Phobia and Depression. They will be able to make different treatment plans and interventions (theoretical) for the said disorders.	
Unit 4: Perspectives of Counselling	Developing an understanding of the different perspectives of Counselling, its steps and practical utility	
1. Psychiatric Morbidity: General Health Questionnaire 28.	Acquiring knowledge about the construct Psychiatric Morbidity and its relevance as a screening tool in clinical population	
2. Aggression: State Trait Anger Expression Inventory	Hands-on experience with measuring Anger expression in subjects	
Unit 1: Introduction	Learning about Developmental Psychology, its	To equip the learner with an understanding of the

	advancement in research and applications	concept and process of human development across the life span; to impart an understanding of the various domains of human development;
Unit 2: Stages of Lifespan Development	Gaining introductory knowledge of the various stages of development across the lifespan.	to inculcate sensitivity to socio-cultural context of human development
Unit 3: Domains of Human Development	Understanding development of vital cognitive functions across life span	
Unit 4: Socio-Cultural Contexts for Human Development	Understanding and questioning the role of external environment over personal development. Focus on indigenous cultural effects.	
1. Parent Child Relationship Scale	Hands-on experience in assessing parent-child relationship	
2. Aptitude test	Learning about the topic Aptitude, its types and use in guidance and counselling. Hands-on-training provided.	
Unit 1: Introduction	Understanding the basic concept positive psychology, beyond	To introduce the basic concepts of the growing approach of

	‘pathologization’ focusing on the culture laid values.	positive psychology and understand its applications in various domains.
Unit 2: Positive Emotional States and Processes	Students will have an awareness of the concepts of happiness and well being, positive affect and positive emotions, insight into emotional intelligence and understand the importance of resilience.	
Unit 3: Positive Cognitive States and Processes	Understanding basic functional ideas, cognitive states in positive psychology	
Unit 4: Applications	Knowledge of how positive psychology may be applied in various fields	
1. Well Being measure	Hands-on experience of administering psychometric tools to detect well-being of the testee.	

2. Construction of Semi Structred Interview on Resilience	Students will have the knowledge of construction of a semi-structured interview and apply this know how with resilince as the psychological trait being measured. Also, students will know how to administer, score and interpret the Annalaxmi Scale of resilience.	
Unit 1: Introduction	Gathering knowledge about the discipline of Health Psychology, it's theoretical and practical frameworks	To understand the relationship between psychological factors and physical health and learn how to enhance well-being.
Unit 2: Behaviour and Health	Knowledge of general information about health behaviour	
Unit 3: Health Enhancing Behaviours	Gathering in-depth knowledge about different types of healthy behaviours	
Unit 4: Health and Well-being	To know about the concepts associated to well-being in details	
1. Adult Hope Scale	Hands-on experience of administering psychometric tools to	



	understand about hope of the testee.	
2. Construction of Semi-structured Interview on Health Behaviour & compared with Cornell Medical Index	Practical training on how to construct a qualitative research tool pertaining to health behaviour, knowledge of a valid tool: Cornell Medical Index	
Unit 1: Introduction	Knowing the fundamentals of Organizational Behaviour and Human Resource Management- their origins and developments.	To develop an awareness of the concepts related to organizational behavior and help the students develop connectivity between concepts and practices of organizations.
Unit 2: Individual level processes	Learning about individual level processes in organizational and industrial context.	
Unit 3: Dynamics of Organizational Behavior	Developing an introductory understanding of Organisational behaviour	
Unit 4: Leadership	Obtaining an idea about different styles of Leadership in the	

	workplace and their effectiveness in different contexts	
1. Emotional Intelligence	Hands-on-training on administration of the scale on Emotional Intelligence and learning its applications.	
2. Intrinsic Extrinsic Motivation	Hands-on experience in measuring Work motivation	
Unit 1: Introduction	The student will have a fair understanding of the nature and goalsof counselling, will be able to understand appreciate counselling as a profession, will know in detail about professional ethics and personality characteristics of an effective counsellor. They will also be made aware of the counselling status of counselling psychology in India.	To develop an understanding of basic concepts, processes, and techniques of Counseling and to acquaint the learner with the challenges of Counseling.

Unit 2: Counselling Process	Gaining a conceptual understanding of counselling processes and its steps.
Unit 3: Techniques of Counselling	Gaining knowledge about different techniques of counselling
Unit 4: Counselling Applications	The student will gain insight into the applications of Child Counselling; Family Counselling; Career Counselling; Crisis Intervention: suicide, grief, and sexual abuse.
1. Interest	Gaining knowledge about conducting the test and understanding the method of scoring and means of interpretation
2. Dysfunctional Attitude	Dysfunctional attitudes are beliefs and attitudes that induce negative thoughts about the self, others, and the future, leading to depression. Students through administration of this

	scale will not only gain insight into application, scoring and interpretation of the scale but also be aware of the theoretical orientation behind the same.	
Unit 1: Introduction to Human Resource Management (HRM)	Developing a rudimentary idea about Human Resource Management.	To help students understand the various processes and issues inherent in organizations related to human resources
Unit 2: Human Resource Practices	Developing an understanding about the discipline of Human Resource Management and its applications in the workplace.	
Unit 3: International human resource management	Understanding of the interconnection between culture, normative practices, habitats and the functioning of professional organizations.	
Unit 4: Organizational change and development	Gaining detailed and comprehensive knowledge about HRM	

1. Career Maturity Inventory	Hands on training on administration, scoring and interpretation of a psychometric test scale on career maturity	
2. Entrepreneurship- Semi-structured Interview and compared with Entrepreneurship Scale	Hands-on-training and developing an understanding about construction of psychometric tools and assessment techniques	
Unit 1: Introduction	The student will know the definition of community psychology and gain an understanding regarding the types of communities and models of community psychology.	To learn the link between individuals and communities and deal with social issues more effectively with people's participation.
Unit 2: Core Values	Gathering detailed knowledge about family, wellness, community, social justice.	

Unit 3: Health Promotion	Acquire the knowledge of community mental health and how individual health is interconnected to community. knowing the steps in organization of community health programs for the benefit of both community and the individual.
Unit 4: Intervention	Understand the the link between individuals and communities and deal with social issues more effectively with people's participation.
1. Family Environment Scale	Students through administration of this scale will not only gain insight into application, scoring and interpretation of the scale but also be aware of the theoretical orientation behind the same.
2. Construction of Semi Structred Interview on Women Empowerment	Hands on demonstration of constructing a data collection tool in

qualitative methodology, focussing on women empowerment.	
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**Psychology General Elective**  
**CBCS Syllabus Course Outcome & Objectives**

<b>Course Title</b>	<b>Course Topic</b>	<b>Course Outcome</b>	<b>Course Objectives</b>
<b>FOUNDATIONS OF PSYCHOLOGY (Theory)</b>	Unit 1: Introduction	Knowledge of the definitions and various perspectives in psychology along with a general idea of its various methods and fields.	To understand the basic psychological processes and their applications in everyday life
	Unit 2: Cognitive processes	Learning theoretical aspects of Perception & Learning. Learning about Memory models and strategies to improve memory	
	Unit 3: Motivation and Emotion	Acquiring knowledge about Motivational Cycle and Classification of Motives Understanding the concept of	



		Emotion, its characteristics, types and physiological changes
	Unit 4: Personality and Intelligence	Gathering knowledge about the concept of personality, its effect upon human thought process and actions and the theoretical structure. Understanding different perspectives of describing human personality and intelligence.
<b>FOUNDATIONS OF PSYCHOLOGY (Practicum)</b>	Memory-Whole Vs Part Learning Method	Hands on training of conducting experiment on memorization capacity with 2 methods of learning

	Intelligence: Raven's Progressive Matrices Test	Knowledge of how to administer a test measuring abstract intelligence.	
<b>INTRODUCTION TO SOCIAL PSYCHOLOGY (Theory)</b>	Unit 1: Introduction	Getting an idea about Nature, Scope, Historical Sketch and early developments of Social Psychology. Indian Context of Social Psychology studied also	To understand the basics of social psychology and to understand the individual in the social world
	Unit 2: Individual level processes	Learning theoretical aspects of attitude in detail, related functions in practical life.	
	Unit 3: Interpersonal processes	Understanding of the psychology of social process that result in interaction and influence	

	Unit 4: Group dynamics	Gathering knowledge about the concept of group, its functions and dynamics.	
<b>INTRODUCTION TO SOCIAL PSYCHOLOGY (Practicum)</b>	1. To determine group cohesiveness of a small group	Hands-on experience of applying the sociometric method to measure cohesiveness	
	2. Influence of group on individual behaviour	Hands-on-training on understanding impact of social group situation on an individual's behaviour	
<b>PSYCHOLOGICAL DISORDERS (Theory)</b>	Unit 1: Basic Concepts	Understanding the fundamental concept and model of abnormality – normality. Understanding 'Stress' and biopsychosocial factors related to it.	To develop an understanding of the various psychological disorders and their treatment.

	Unit 2: Theoretical perspectives	Learning to focus on the theoretical backgrounds of psychopathology-both in context to symptom formation and etiological dimension
	Unit 3: Clinical features	Understanding of the basic features, signs, and symptoms of major psychological disorders
	Unit 4: Treatment of disorders	Gaining a conceptual understanding of the different therapeutic aspects of treating mental illnesses
<b>PSYCHOLOGICAL DISORDERS (Practicum)</b>	1. State Trait Anxiety Inventory	Hands-on experience of administering psychometric tools to detect stress within the testee.

	2. Stress Life Event Scale	Hands on training on administration, scoring and interpretation of a psychometric test scale on stress	
<b>STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH (Theory)</b>	Unit 1: Introduction	Understanding of the basic features and methods of graphical representation	To introduce basic statistical methods, psychological testing and qualitative methods and their uses.
	Unit 2: Data analysis	Gaining a conceptual understanding of central tendency, standard deviation and correlation along with their computation.	
	Unit 3: Psychological Testing	Focusing on the definition, types and characteristics of Psychological Tests.	

	Unit 4: Qualitative methods	Understanding the basics of two fundamental research methodologies followed in social science. Learning one data collection method used in Qualitative methodology.
<b>STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH (Practicum)</b>	1. Kundu Neurotic Personality Inventory	Hands-on-training on administration and interpretation of Kundu's Neurotic Personality Inventory.
	2. Computation of Central Tendency and Variability Measures, Rank Difference Correlation	Gaining expertise in computing measures of central tendencies, variabilities and correlation.