

# DRAFT SYLLABUS UNDER AUTONOMY

## PSYCHOLOGY

**SEMESTER I**

**COURSE : A.PSY.1.01**

### INTRODUCTION TO PSYCHOLOGY I

**[TOTAL LECTURES 60]**

#### LEARNING OBJECTIVES :

1. To introduce students to the basic Biological, Motivational and Emotional Bases of behaviour, areas of Psychology.
2. To stimulate interest in Psychology by emphasizing relevant applications of Psychology in everyday life.
3. To expose students to a blend of theory and research in the core biological, motivational and emotional areas of Psychology.

#### **UNIT I: The Science of Psychology** (15 lecs.)

- 1.1 Psychology – definitions & scope
- 1.2 History of Psychology
- 1.3 Modern perspectives
- 1.4 Research Methodology & Statistics
- 1.5 Ethics of research

#### **UNIT II: Biological Bases of Behaviour** (15 lecs.)

- 2.1 Neurons – building blocks of nervous system
- 2.2 The nervous system – emphasis on the brain, its structures & functions
- 2.3 The sensory system – emphasis on vision & audition
- 2.4 The endocrine system

#### **UNIT III: States of Consciousness** (10 lecs.)

- 3.1 Nature of consciousness
- 3.2 Sleep and dreams
- 3.3 Hypnosis

3.4 Psychoactive drugs

3.5 Psi phenomena

**UNIT IV: Motivation and Emotion** (10 lecs.)

4.1 Motivation – concept & theories

4.2 Basic physiological motives – hunger, thirst, sex & aggression

4.3 Learned social motives – affiliation, achievement & power

4.4 Emotion – concept & theories

**UNIT V: Stress and Coping** (10 lecs.)

5.1 Stress – concept & sources

5.2 Reactions to stress & their determinants

5.3 Coping with stress & their determinants

**CIA : Mid semester test (objective)**

**Quiz / Presentation**

**SEMESTER II COURSE : A.PSY.2.01**

**INTRODUCTION TO PSYCHOLOGY II :**

**BASIC COGNITIVE PROCESSES**

**[TOTAL LECTURES 60]**

**LEARNING OBJECTIVES:**

1. To introduce students to the basic cognitive processes in Psychology
2. To stimulate interest in Psychology by emphasizing relevant applications of Psychology in every day life
3. To expose students to a blend of theory and research in the core cognitive processes in Psychology

**UNIT I: Perception** (10 lecs.)

1.1 Concept & organizing principles

1.2 Constancies & illusions

- 1.3 Depth perception
- 1.4 Plasticity of perception

**UNIT II: Learning** (15 lecs.)

- 2.1 Concept of learning
- 2.2 Classical conditioning
- 2.3 Operant conditioning
- 2.4 Observational learning
- 2.5 Complex / cognitive learning

**UNIT III: Memory** (15 lecs.)

- 3.1 Concept of memory
- 3.2 Models of memory – information processing models, levels of processing model and the parallel distributed processing model
- 3.3 Retrieval cues and methods
- 3.4 Reconstructive nature of memory
- 3.5 Forgetting

**UNIT IV: Thinking, Problem Solving & Language** (10 lecs.)

- 4.1 Basic elements of thought – concepts, propositions & images
- 4.2 Thought in action : problem solving
- 4.3 Problem solving strategies
- 4.4 Determinants of problem solving
- 4.5 Language – its basic nature
- 4.6 Relationship between language & thought

**UNIT V: Intelligence & Creativity** (10 lecs.)

- 5.1 Concept of intelligence & IQ
- 5.2 Theories of intelligence
- 5.3 Nature nurture controversy
- 5.4 Creativity

**C.I.A.:** Mid semester test (objective)  
Quiz / Assignment

## **INTRODUCTION TO PSYCHOLOGY (COURSE I & COURSE II)**

### **BOOKS FOR REFERENCE:**

1. Baron, R. A. & Kalsher, M. J. (2008) Psychology from Science to Practice (2<sup>nd</sup> edition) Pearson Education inc., Allyn and Bacon
2. Ciccarelli, S. K. & Meyer, G. E. (2008) Psychology. (Indian subcontinent adaptation) South Asian Edition. New Delhi : Dorling Kindersley (India) Pvt. Ltd.
3. Ciccarelli S.K & Meyer, G E (2007) Psychology Pearson Education Inc.
4. Smith, E. ; Nolen – Hoeksema, S.; Fredrickson, B; Loftus, G (2003) Atkinson & Hilgard's Introduction to Psychology, 14<sup>th</sup> edition. Thomson – Wadsworth Asia

### **ADDITIONAL REFERENCE BOOKS:**

- Coon D. & Milterer, J. O (2007)  
Introduction to Psychology : Gateway to Mind & Behaviour (11<sup>th</sup> edition).  
Wadsworth/ Thomson Learning Publications, New Delhi, first Indian reprint 2007.
- Feldman, R. S. (2008) Understanding Psychology (8<sup>th</sup> edition) McGraw Hill  
Publications, New York
- Kalat, J. W. (2005) Introduction to Psychology (7<sup>th</sup> edition) Wadsworth –  
Thomson Learning Publications Belmont, USA
- Lahey, B. B. (2007) Psychology : An Introduction (9<sup>th</sup> edition) McGraw Hill  
Publications, New York
- Passer, M. W & Smith, R. E. (2007) Psychology : The Science of Mind &  
Behaviour
- Wade, C & Tavis C (2006) Psychology (8<sup>th</sup> edition) Pearson Education Inc,  
Indian reprint by Dorling Kindersley, New Delhi
- Wood, S. E., Wood E. G. & Boyd D. (2008) The World of Psychology (6<sup>th</sup>  
edition) Pearson Education Inc., Allyn & Bacon
- Zimbardo, P. G. Johnson R. L. & Weber A, N. (2008) Psychology : Core Concepts  
(5<sup>th</sup> edition) Pearson Education Inc. Allyn & Bacon