

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. Ciccarelli, S. K. & Meyer, G. E. (2008) Psychology. (Indian subcontinent adaptation) South Asian Edition. New Delhi : Dorling Kindersley (India) Pvt. Ltd.
2. Baron, R. A. & Kalsher, M. J. (2009) Psychology (5th edition) Pearson, Prentice Hall, South Asia
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, 14th edition. Thomson – Wadsworth Asia

ADDITIONAL REFERENCE BOOKS:

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