

SEMESTER I			
Core I		General Psychology – I	
Course Code:21UPSC11	Hrs/Week:6	Hrs/ Sem: 90	Credit: 6

Objectives:

To impart basic knowledge on the subject of psychology.

To elaborate on the basic principles of the origin of psychology as a discipline.

Course Outcome:

CO No	Upon completion of this course, the person will be able to	PSO Addressed	CL
CO 1	learn the basic concepts of psychology in historical timeline, its methods and areas	1	Re
CO 2	gain knowledge about the senses and its processes	1	Re, Un
CO 3	analyze attention and perception	1.4	An
CO 4	create new theories and concepts of emotion and motivation	6	Un, Cr
CO 5	learn forgetting, learning and thinking	5	Un
CO 6	understand and analyze the basic thinking processes	4	Un, An
CO 7	gain knowledge on the various memory processes and consciousness	4	Un, Ev
CO 8	create new memory techniques	4	Cr

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Core I General Psychology			
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Unit 1: Introduction to Psychology

Definition - Meaning - Scope of Psychology – History of psychology – Methods of Psychology - APA Divisions

Unit 2: Sensation and Perception

Sensation: Vision – Hearing – Touch and other senses – Smell and Taste – Kinesthesia and vestibular sense **Perceptual process:** Attention - Form perception - Visual depth perception - Constancy - Movement Perception - Plasticity - Individual differences

Unit 3: Learning, Memory and forgetting

Learning: Classical conditioning – Operant conditioning – Cognitive learning – Transfer of Learning **Memory:** Definition - Meaning - Types - Memory Processes: Encoding - Storage and Retrieval - Theories about memory: Atkinson and Shiffrin Model - Baddeley Model - Levels of Processing Model - Dual coding Theory. **Forgetting:** Theories - Amnesia – Techniques to improve memory

Unit 4: Thinking, Intelligence and Creativity

Thinking process – Concepts – Problem solving – Decision making – Metacognition - Language communication **Intelligence:** Contrasting views of its nature – Theories: Spearman - Thurstone - Guilford - Jensen - Catell - Gardener - Sternberg - Das - Kar and Parrila. Measuring Intelligence – Emotional Intelligence **Creativity:** Torrance, Getels and Jackson, Guilford, Wallach and Kogan - Relationship between intelligence and creativity

Unit 5: Motivation and Emotion

Motivation: Basic Concepts: Instincts, Needs, Drives, Arousal, Incentives, Motivational Cycle. Approaches to study motivation. Theories of Motivation – Sexual Motivation – Aggressive Motivation – Achievement Motivation – Intrinsic motivation

Emotion: Definition and Meaning - Nature of emotions – Biological basis of behaviour – Theories: James Lange - Canon Bard - Schacter and Singer - Lazarus - Lindsley – Solomon

Textbooks:

Baron, R. A., Misra G. *Psychology*. Pearson.(2016).

Morgan C. T., King, R.A., Weisz, J. R., &Schopler, J. *Introduction to Psychology*. New York: McGraw-Hill,1986.

Books for Reference:

Nolen-Hoeksema, S., Fredrickson, B., Loftus, G. R., & Lutz, C. *Introduction to psychology*. Cengage Learning,2014

SEMESTER – II			
Core II		Developmental Psychology	
Course Code : 21UPSC21	Hrs / Week: 6	Hrs / Semester: 90	Credit: 6

Objectives:

To provide a basic understanding about the developmental stages of man.

To elaborate on the last five stages of human development.

Course Outcome:

CO.No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	understand the various developmental stages of man.	3	Un
CO-2	know the various developmental tasks.	3	Un
CO-3	acquire competence in the various skills of relevant stages.	3	Un
CO-4	learn the various hazards of each stage.	3, 4	Un , Re
CO-5	understand the basic principles of play interests in the various stages.	3,4	Un , Ap
CO-6	analyze the various problems of each developmental stage.	3,8	An
CO-7	create an in-depth knowledge of the developmental processes.	3,4	Cr
CO-8	understand and create the need for knowledge on the developmental stages.	3	Cr

SEMESTER – II			
Core II		Developmental Psychology	
Course Code : 21UPSC21	Hrs / Week: 6	Hrs / Semester: 90	Credit: 6

Unit I Introduction and Prenatal stage

Meaning of developmental changes – significant facts about development – the life span – difficulties in studying life span – development – the developmental tasks during the life span – happiness and unhappiness during the life span. Periods & **prenatal development** – Stages - Characteristics and hazards during prenatal period - Birth complications

Unit II Infancy and babyhood

Understanding birth complications – characteristics of infancy – developmental tasks – physical developmental – physiological functions – muscle control – speech development play – development of understanding – mental development – personality development – Piaget's Cognitive developmental stages.

Babyhood: Characteristics- developmental tasks – physical development – physiological functions – muscle control – speech development- interest in play – development of understanding – mental development – personality development.

Unit III Childhood

Early childhood: Characteristics – developmental tasks – physical development – skills – speech development – emotional development – socialization – play – moral development – family relationships – personality development.

Late Childhood: Characteristics – developmental tasks – physical growth – skills – speech development – emotional expressions – social behaviour – play interests – moral attitudes and interests – personality changes.

Unit IV Puberty& adolescence

Characteristics – Criteria – Causes – Age – Growth spurt – Body changes – Effects of puberty changes – Hazards & Happiness. Adolescence: Characteristics – Developmental tasks – Physical change – Storm and Stress – Social change – Interest – Morality – Sex interest and Behaviour – Family relationships – Personality change – Hazards & Happiness.

Unit V Adulthood

Early adulthood: Characteristics – Developmental tasks – Changes in interest – Social interest – Sex role adjustments – Vocational adjustments – Marital Adjustments – Adjustment to parenthood – Hazards of vocational and Marital adjustments – Success of Adjustment to adulthood.

Middle Adulthood: Characteristics – Developmental tasks – Adjustment to physical change and mental changes – Social Adjustment – Vocational Adjustment – to changed family patterns –

Being single – loss of a spouse – Adjustment – to changed family patterns – Adjustment to approaching old.

Late adulthood: Characteristics – Developmental tasks – Adjustment to physical changes – Change in motor and mental abilities. Changes in interests – Vocational Adjustment – Retirement – Changes in family life – loss of a spouse – Living arrangement for elderly hazards.

Text book:

- 1.Hurlock, E. B. (2001). *Developmental psychology*. Tata McGraw-Hill Education.

Books for Reference :

- 1.Santrock, J. W. *Life-span development*.2002.
- 2.Papalia, D., Olds, S., & Feldman, R. *Human Growth and Development*. New York: McGraw Hill,2008.

SEMESTER – I			
Skill Enhancement course Professional English for Psychology I			
Course Code: 21UPSPE1	Hrs / Week: 2	Hrs / Semester: 30	Credit: 2

Objectives:

To impart basic English knowledge on the subject of psychology.

To make the students confident and fluent in the usage of English language.

Course Outcome:

CO No	Upon completion of this course, the person will be able to	PSO Addressed	CL
CO 1	recognise their own ability to improve their own competence in using the language	9	Un
CO 2	use language for speaking with confidence in an intelligible and acceptable manner	9	An
CO 3	understand the importance of reading for life	9	Un
CO 4	read independently unfamiliar texts with comprehension	9	Un
CO 5	understand the importance of writing in academic life	9	An
CO 6	write simple sentences without committing error of spelling or grammar	9	Cr

SEMESTER – I			
Skill Enhancement course Professional English for Psychology I			
Course Code: 21UPSPE1	Hrs / Week: 2	Hrs / Semester: 30	Credit: 2

Unit 1: Communication

Listening: Listening to audio text on observation skills

- Listening to various observation techniques

Speaking: Pair work and small group work on how observation is done in counselling

Reading: Comprehending passages on contemporary observation skills

Writing: Developing a script on observation report

Vocabulary: Register specific - Incorporated into the LSRW tasks

Unit 2: Description

Listening: Listening to process description of attention and making notes on types of attention

Speaking: Role play on listening skills

Reading: Skimming/Scanning- Reading passages on listening skills

Writing: Process Description – The importance of listening skills in counselling

Paragraph-Sentence Definition and Extended definition on methods of focus

Free Writing on the methods of improving attention

Vocabulary: Register specific -Incorporated into the LSRW tasks.

Unit 3: Negotiation Strategies

Listening: Listening to interviews of specialists / Inventors in the field of Psychology

Speaking: Brainstorming on the concept of feedback

Small group discussions on external expression of feedback

Reading: Longer Reading text on the topic: response and feedback

Writing: Essay Writing (250 words) Topic: Subjective well being

Vocabulary: Register specific - Incorporated into the LSRW tasks

Unit 4: Presentation skills

Listening: Listening to lectures on motivation and questioning

Speaking: Short talks on the importance of activation and persistence of behaviour

Reading: Reading Comprehension passages on types of questions

Writing: Writing an essay on types of questions

Forming sentences to interpret the statements of responses for questions **Vocabulary:** Register specific -Incorporated into the LSRW tasks

Unit 5: Critical thinking skills

Listening: Listening to audios that stimulate confrontation

Speaking: Making presentations with PPTs on the types of confrontations and challenges

Reading: Comprehending passages on types of confrontations

Writing: Essay writing on: My strongest challenge

Vocabulary: Register specific - Incorporated into the LSRW tasks

Books for Reference:

Geldard et al_ *Useful counselling micro skills* .2011.

English for life sciences, Tamil Nadu State Council for Higher education (TANSCHE).

SEMESTER – II			
Skill Enhancement course		Professional English for Psychology II	
Course Code: 21UPSPE2	Hrs / Week: 2	Hrs / Semester: 30	Credit: 2

Objectives:

To impart basic English knowledge on the subject of psychology.

To make the students confident and fluent in the usage of English language.

Course Outcome:

CO No	Upon completion of this course, the person will be able to	PSO Addressed	CL
CO 1	recognize their own ability to improve their own competence in using the language	9	Un
CO 2	use language for speaking with confidence in an intelligible and acceptable manner	9	An
CO 3	understand the importance of reading for life	9	Un
CO 4	read independently unfamiliar texts with comprehension	9	Un
CO 5	understand the importance of writing in academic life	9	An
CO 6	write simple sentences without committing error of spelling or grammar	9	Cr

SEMESTER – II			
Skill Enhancement course		Professional English for Psychology II	
Course Code: 21UPSPE2	Hrs / Week: 2	Hrs / Semester: 30	Credit: 2

Unit 1: Communication

Listening: Listening to audio text on instruction patterns.

- Listening to various instruction dialogues

Speaking: Pair work and small group work on how instructions are given in counselling

Reading: Comprehending passages on contemporary instructive skills

Writing: Developing a script on instruction for a particular issue

Vocabulary: Register specific - Incorporated into the LSRW tasks

Unit 2: Description

Listening: Listening to audio recordings where humour is used as a counselling technique

Speaking: Role play on humorous counselling session models

Reading: Skimming/Scanning- Reading passages on humour skills

Writing: Process Description – The importance of humour in counselling

Paragraph-Sentence Definition and Extended definition on methods of focus

Free Writing on the methods of improving attention and humour

Vocabulary: Register specific -Incorporated into the LSRW tasks.

Unit 3: Negotiation Strategies

Listening: Listening to interviews of specialists / Inventors in the field of Counselling Psychology

Speaking: Brainstorming on the concept of counselling relationship

Small group discussions on counselling skills

Reading: Longer Reading text on the topic: communication strategies

Writing: Essay Writing (250 words) Topic: Rapport building

Vocabulary: Register specific - Incorporated into the LSRW tasks

Unit 4: Presentation skills

Listening: Listening to lectures on counselling stages

Speaking: Short talks on efficient counsellor behaviour

Reading: Reading Comprehension passages on types of counselling

Writing: Writing an essay on efficient counselling relationship

Forming sentences to interpret the statements of counselling conversations **Vocabulary:** Register specific -Incorporated into the LSRW tasks

Unit 5: Critical thinking skills

Listening: Listening to audios that stimulate counselling skills

Speaking: Making presentations with PPTs on the types of issues that require counselling

Reading: Comprehending passages on types of counselling conversations

Writing: Essay writing on most efficient counselling strategy

Vocabulary: Register specific - Incorporated into the LSRW tasks

Books for Reference:

Geldardetal.*Useful counselling micro skills* .2011.

English for life sciences, Tamil Nadu State Council for Higher education (TANSCH).