

Program: BA (under NEP)

Course Name: General Psychology Part I (Major)

Semester: I

Marks 100

(Semester end evaluation: 60 marks; Internal Evaluation: 40 marks)

Code: WAPSY111 No. of Lectures: 3/week, Total: 45

No of Credits: 3

Programme Objectives

1. To equip students with knowledge of basic concepts in the field of Psychology.
2. To ignite students interest and passion for Psychology.
3. To motivate students for life-long learning in Psychology.
4. To enable students to apply psychological principles, knowledge and skills in various fields of Psychology.
5. To enable students to develop a scientific temper and research related skills.
6. To develop values in students that enhance well-being of self and others.
7. To encourage students to develop ethical practices

Programme Specific Outcomes

At the end of the programme the learner will be able to :

PSO 1 Demonstrate understanding of the theoretical basis of Psychology.

PSO 2. Employ information and Communication Technology in Psychology related disciplines and careers.

PSO 3. Exhibit professional ethics

PSO 4. Appraise psychological assessment tools like standardized questionnaires.

PSO 5. Appraise various fields of theoretical and applied psychology

PSO 6. Identify the field the student would like to pursue in higher education or as a career.

PSO 7. Outline and use research methodology, statistical knowledge and techniques to write a research paper.

PSO 8. Identify a variety of micro-skills that drive the functioning of an effective mental health professional.

Unit 1: The Science of Psychology (Number of Lectures =15 Lectures)

- 1.1 Definition of Psychology
- 1.2 History and The Fields of Psychology Today
- 1.3 Types of Psychological professionals
- 1.4 Psychology : Scientific research
- 1.5 Ethics of Psychological Research
- 1.6 Psychology in India

Course Learning Outcomes:

At the end of the Course, the learner will be able to:

CLO 1. Outline the modern perspectives in psychology today.

CLO2. Outline the case study and survey methods of research.

CLO 3. Differentiate between the various types of professionals in the field of Psychology.

Unit 2 : Learning (Number of Lectures =15 Lectures)

- 2.1 Definition of Learning
- 2.2 Classical conditioning
- 2.3 Operant conditioning
- 2.4 Cognitive learning Theory
- 2.5 Observational Learning

Course Learning Outcomes:

At the end of the Course, the learner will be able to:

CLO 4. Apply classical conditioning to examples of phobias, taste aversions and drug dependency.

CLO 5. Compare the types of punishment. How can punishment be made more effective.

CLO 6. Outline Bandura's classic studies in observational learning. List the four elements of observational learning.

Unit 3 : Memory (Number of Lectures =15 Lectures)

- 3.1 What is memory?
- 3.2 Models of memory
- 3.3 Retrieval of Long-term Memories
- 3.4 Forgetting
- 3.5 Neuroscience of memory

Course Learning Outcomes:

At the end of the Course, the learner will be able to:

CLO 7. Explain the models of memory.

CLO 8. Elaborate on iconic and echoic sensory memory.

CLO 9. Elaborate on the terms selective attention and working memory.

Book for Study

Ciccarelli, S.K., White, J.N., & Mishra, G. (2018) .Psychology. 5th Edition; Indian Adaptation. Pearson India Education Services Pvt.ltd.

Additional Books for Reference

1) Baron, R. A., & Kalsher, M. J. (2008). Psychology: From Science to Practice. (2nd ed.). Pearson Education inc., Allyn and Bacon

2) Ciccarelli, S. K. & Meyer, G. E. (2008). Psychology (Indian sub-continent adaptation). New Delhi: Dorling Kindersley (India) pvt ltd.

3) Ciccarelli, S. K., & White, J. N. (2017). Psychology. 4th edi. New Jersey: Pearson education

4) Feist, G.J, & Rosenberg, E.L. (2010). Psychology: Making connections. New York: McGraw Hill publications

Examination/ Modality of Assessment

A. Internal

Continuous Internal Assessment (CIA): 40 marks

- a) Class Test To include objectives, definitions, short notes for 20 marks**
- b) Project for 20 marks.**

Marks will be added together.

B. External Examination- 60 Marks per paper

Semester End Theory Examination:

Theory Examination Pattern:

1. Duration - These examinations shall be of **two hours** duration.
2. Theory question paper pattern:

There shall be **four theory questions** each of **fifteen marks**, **one from each unit** with **internal choice** and the **fourth question** (Five concepts - **explain in brief**) from **all units**. All questions shall be **compulsory with choice between questions**

NO ATKT under NEP

Course Name: General Psychology Part II (Major)

Semester: II

Marks 100

(Semester end evaluation: 60 marks; Internal Continuous Evaluation: 40 marks)

Code: WAPSY121 No. of Lectures: 3/week, Total: 45

No of Credits: 3

Programme Objectives

1. To equip students with knowledge of basic concepts in the field of Psychology.
2. To ignite students interest and passion for Psychology.
3. To motivate students for life-long learning in Psychology.
4. To enable students to apply psychological principles, knowledge and skills in various fields of Psychology.
5. To enable students to develop a scientific temper and research related skills.
6. To develop values in students that enhance well-being of self and others.
7. To encourage students to develop ethical practices.

Programme Specific Outcomes

At the end of the programme the learner will be able to :

- PSO 1 Demonstrate understanding of the theoretical basis of Psychology.
- PSO 2. Employ information and Communication Technology in Psychology related disciplines and careers.
- PSO 3. Exhibit professional ethics
- PSO 4. Appraise psychological assessment tools like standardized questionnaires.
- PSO 5. Appraise various fields of theoretical and applied psychology
- PSO 6. Identify the field the student would like to pursue in higher education or as a career.
- PSO 7. Outline and use research methodology, statistical knowledge and techniques to write a research paper.

PSO 8. Identify a variety of micro-skills that drive the functioning of an effective mental health professional.

Unit 1: Cognition: Thinking, Intelligence and Language (15 lectures)

1.1 How people think: Thinking and concept formation

1.2 Intelligence

1.3 Language

Course Learning Outcomes:

At the end of the Course, the learner will be able to:

CLO 1 Explain the different methods of problem solving and decision making.

CLO 2 Elaborate on Sternberg's, Gardeners' and Spearman's theories of intelligence.

CLO 3 Explain the concept of intellectual disability, the criteria for diagnosis and causes of the same.

Unit 2 : Motivation and Emotion (15 lectures)

2.1 Approaches to understanding Motivation

2.2 What, Hungry Again? Why people eat

2.3 Emotion

2.4 Culture and Emotions

Course Learning Outcomes:

At the end of the Course, the learner will be able to:

CLO 4 Elaborate on Maslow's hierarchy of needs and Self-determination theory, to explain motivation.

CLO 5 Outline the factors that contribute to obesity.

CLO 6 Distinguish between the three theories of emotion: James-Lange, Cannon-Bard, Schachter-Singer.

Unit 3 : Statistics in Psychology (15 lectures)

- 3.1 What are Statistics?
- 3.2 Descriptive Statistics-Frequency Distributions
- 3.3 Measures of Central Tendency
- 3.4 Measures of Variability
- 3.5 Inferential Statistics

Course Learning Outcomes:

At the end of the Course, the learner will be able to:

- CLO 7 Draw and write on the normal curve.
- CLO 8 Why are statistics important to psychologists. Explain the two main types of descriptives statistics.
- CLO 9 Calculate the mean, median and mode from a set of scores .

Book for Study

Ciccarelli, S.K., White,J.N.,& Mishra, G. (2018) .Psychology. 5th Edition; Indian Adaptation. Pearson India Education Services Pvt.ltd.

Additional Books for Reference

- 1) Baron, R. A., & Kalsher, M. J. (2008). Psychology: From Science to Practice. (2nd ed.). Pearson Education inc., Allyn and Bacon
- 2) Ciccarelli, S. K. & Meyer, G. E. (2008). Psychology (Indian sub-continent adaptation). New Delhi: Dorling Kindersley (India) pvt ltd.
- 3) Ciccarelli, S. K., & White, J. N. (2017). Psychology.4" edi. New Jersey: Pearson education
- 4) Feist, G.J, & Rosenberg, E.L. (2010). Psychology: Making connections. New York: McGraw Hill publications

Modality of Assessment

A. One Continuous Internal Assessment (CIA) : 40 marks

Class Test To include objectives, definitions, short notes for 20 marks

Project for 20 marks.

Marks will be added together.

B. External Examination- 60 Marks per paper

Semester End Theory Examination:

Theory Examination Pattern:

1. Duration - These examinations shall be of **two hours** duration.

2. Theory question paper pattern:

There shall be **four theory questions each of fifteen marks, one from each unit with internal choice** and the **fourth question** (Five concepts - **explain in brief**) from all units. **All questions shall be compulsory with choice between questions**

NO ATKT under NEP

Program: BA (under NEP)

Course Name: Fundamentals of Psychology Part I (Major)

Semester: I

Marks 100

(Semester end evaluation: 60 marks; Internal Continuous Evaluation: 40 marks)

Code: WAPSY121 No. of Lectures: 3/week, Total: 45

No of Credits: 3

Programme Objectives

1. To equip students with knowledge of basic concepts in the field of Psychology.
2. To ignite students interest and passion for Psychology.
3. To motivate students for life-long learning in Psychology.
4. To enable students to apply psychological principles, knowledge and skills in various fields of Psychology.
5. To enable students to develop a scientific temper and research related skills.
6. To develop values in students that enhance well-being of self and others.
7. To encourage students to develop ethical practices.

Programme Specific Outcomes

At the end of the programme the learner will be able to :

- PSO 1 Demonstrate understanding of the theoretical basis of Psychology.
- PSO 2. Employ information and Communication Technology in Psychology related disciplines and careers.
- PSO 3. Exhibit professional ethics
- PSO 4. Appraise psychological assessment tools like standardized questionnaires.
- PSO 5. Appraise various fields of theoretical and applied psychology
- PSO 6. Identify the field the student would like to pursue in higher education or as a career.
- PSO 7. Outline and use research methodology, statistical knowledge and techniques to write a research paper.
- PSO 8. Identify a variety of micro-skills that drive the functioning of an effective mental health professional.

SYLLABUS

Unit 1: The Biological Perspective

(Number of Lectures =15 Lectures)

- 1.1 Neurons and Nerves
- 1.2 Overview of the Nervous System
- 1.3 Endocrine System
- 1.4 Structures of the Brain
- 1.5 Brain Plasticity
- 1.5 The Cerebral Hemispheres

Course Learning Outcomes:

At the end of the Course, the learner will be able to:

CLO1. Draw a neat well labeled diagram of the neuron. Explain the neuron's structure.

CLO 2 Explain the endocrine glands, hormones secreted by them and their functions. Identify the master gland and one function of the same

Unit 2 : Stress

(Number of Lectures =15 Lectures)

- 2.1 Stress and Stressors
- 2.2 Physiological factors : Stress and Health
- 2.3 Cognitive Factors in stress
- 2.4 Personality Factors in stress
- 2.5 Social and Cultural factors in stress
- 2.6 Coping with Stress

Course Learning Outcomes:

CLO 3 Elaborate on catastrophes, major life changes and hassles as causes of stress.

CLO4 Elaborate on uncontrollability, frustration and conflict as sources of stress.

CLO5 Explain how personality types A, B and C can influence people's reactions to stress.

Unit 3 : Coping

(Number of Lectures =15 Lectures)

- 3.1 The Concept of Coping

- 3.2 Common Coping Patterns of Limited Value
- 3.3 The Nature of Constructive Coping
- 3.4 Appraisal-Focused Constructive Coping
- 3.5 Problem-Focused Constructive Coping
- 3.6 Emotion-Focused Constructive Coping

Course Learning Outcomes:

CO6 Elaborate on giving up, striking out, indulging yourself as coping patterns.

CO7. Explain Ellis' concept of catastrophic thinking and the A-B-C sequence. Discuss four common irrational assumptions.

Book for Study

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3) Ciccarelli, S. K., & White, J. N. (2017). Psychology. 4th edi. New Jersey: Pearson education

4) Feist, G.J, & Rosenberg, E.L. (2010). Psychology: Making connections. New York: McGraw Hill publications

5) Myers, D.G (2013). Psychology . 10th edition; International edition. New York: Worth Palgrave Macmillan, Indian Reprint 2013.

6) Weiten, W., & Lloyd, M. (2003). *Psychology Applied to Modern Life : Adjustment in the 21st Century* (7th ed.) Thomson Wadsworth.

Examination/ Modality of Assessment

A. Internal

Continuous Internal Assessment (CIA): 40 marks

- a) **Class Test To include objectives, definitions, short notes for 20 marks**
- b) **Project for 20 marks.**

Marks will be added together.

B. External Examination- 60 Marks per paper

Semester End Theory Examination:

Theory Examination Pattern:

1. Duration - These examinations shall be of **two hours** duration.

2. Theory question paper pattern:

There shall be **four theory questions** each of **fifteen marks**, **one from each unit** with **internal choice** and the **fourth question** (Five concepts - **explain in brief**) from **all units**.

All questions shall be **compulsory with choice between questions**

NO ATKT under NEP

Course Name: Fundamentals of Psychology Part II

Semester: II

Marks 100

(Semester end evaluation: 60 marks; Internal Continuous Evaluation: 40 marks)

Code: WAPSY122 No. of Lectures: 3/week, Total: 45

No of Credits: 3

Programme Objectives

- 1. To equip students with knowledge of basic concepts in the field of Psychology.
- 2. To ignite students interest and passion for Psychology.

3. To motivate students for life-long learning in Psychology.
4. To enable students to apply psychological principles, knowledge and skills in various fields of Psychology.
5. To enable students to develop a scientific temper and research related skills.
6. To develop values in students that enhance well-being of self and others.
7. To encourage students to develop ethical practices.

Programme Specific Outcomes

At the end of the programme the learner will be able to :

PSO 1 Demonstrate understanding of the theoretical basis of Psychology.

PSO 2. Employ information and Communication Technology in Psychology related disciplines and careers.

PSO 3. Exhibit professional ethics

PSO 4. Appraise psychological assessment tools like standardized questionnaires.

PSO 5. Appraise various fields of theoretical and applied psychology

PSO 6. Identify the field the student would like to pursue in higher education or as a career.

PSO 7. Outline and use research methodology, statistical knowledge and techniques to write a research paper.

PSO 8. Identify a variety of micro-skills that drive the functioning of an effective mental health professional.

SYLLABUS

Unit 1: Theories of Personality (15 lectures)

1.1 Psychodynamic Perspective

1.2 The Behavioural and Social Cognitive View of Personality

1.3 The Third Force: Humanism and Personality

1.4 Trait Theories

Course Learning Outcomes:

At the end of the Course, the learner will be able to:

- CO 1 Explain how the humanistic psychologists view personality? Explain with reference to Rogers' person-centered perspective.
- CO 2 Explain Freud's concepts of id, ego and super ego.
- CO 3 Identify the five trait dimensions of the five-factor model of personality.

Unit 2 : Psychological Disorders (15 lectures)

- 2.1 What is Abnormality ?
- 2.2 Disorders of Anxiety, Trauma and Stress (10 lectures)
- 2.3 Disorders of Mood
- 2.4 Schizophrenia : Altered Reality

Course Learning Outcomes:

At the end of the Course, the learner will be able to:

- CO 4 Identify models used to explain psychological disorders
- CO 5 Identify different types of anxiety disorders and their symptoms.
- CO6 Explain major depressive disorder and bipolar disorder.

Unit 3 : Psychological Therapies (15 lectures)

- 3.1 Treatment of Psychological Disorders
- 3.2 Insight Therapies
- 3.3 Action Therapies
- 3.4 Group Therapies
- 3.5 Biomedical Therapies
- 3.6 Does Psychotherapy really work ?

Course Learning Outcomes:

At the end of the Course, the learner will be able to:

- CO7 Explain the basic elements of person-centered therapy and Gestalt therapy
- CO8 Explain the therapies based on operant conditioning
- CO9. Elaborate on various group therapies and two advantages of group therapy.

Book for Study

Ciccarelli, S.K., White, J.N., & Mishra, G. (2018) .Psychology. 5th Edition; Indian Adaptation. Pearson India Education Services Pvt.ltd.

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- 1) Baron, R. A., & Kalsher, M. J. (2008). Psychology: From Science to Practice. (2nd ed.). Pearson Education inc., Allyn and Bacon
- 2) Ciccarelli, S. K. & Meyer, G. E. (2008). Psychology (Indian sub-continent adaptation). New Delhi: Dorling Kindersley (India) pvt ltd.
- 3) Ciccarelli, S. K., & White, J. N. (2017). Psychology. 4th ed. New Jersey: Pearson education
- 4) Feist, G.J, & Rosenberg, E.L. (2010). Psychology: Making connections. New York: McGraw Hill publications
- 5) Weiten, W., & Lloyd, M. (2003). *Psychology Applied to Modern Life: Adjustment in the 21st Century* (7th ed.) Thomson Wadsworth

Modality of Assessment/Examination

B. Internal

Continuous Internal Assessment (CIA): 40 marks

- c) **Class Test To include objectives, definitions, short notes for 20 marks**
- d) **Project for 20 marks.**

Marks will be added together.

B. External Examination- 60 Marks per paper

Semester End Theory Examination:

Theory Examination Pattern:

1. Duration - These examinations shall be of **two hours** duration.
2. Theory question paper pattern:

There shall be **four theory questions** each of **fifteen marks, one from each unit** with **internal choice** and the **fourth question** (Five concepts - **explain in brief**) from **all units**. All questions shall be **compulsory with choice between questions**

NO ATKTKT under NEP



**John Wilson Education Society's
Wilson College (Autonomous)**

Chowpatty, Mumbai-400007

Re-accredited 'A' grade by NAAC

We the members of the Board of Studies in the subject of Psychology at Wilson College (Autonomous) have decided at our meeting held on 29th June, 2023, to implement the attached syllabi for the courses given below :

Fundamentals of Psychology 1 to be implemented at Semester One and Semester Two , 2023-24

Fundamentals of Psychology 2 to be implemented at Semester One and Semester two , 2023-24

Skill Enhancement Course titled Psychology Applied to Modern Life Part I and Part 2 to be implemented at Semester One and Semester Two , 2023-24

Signed by:

Name	Designation in BOS	eSignature/approval by email
Dr. Satish Kumar	Expert nominated by Vice-Chancellor	Approved by email
Dr Sujata Bhan	Subject expert from outside the Mumbai University	Approved by email
Dr Sujata Sriram	Subject expert from outside the Mumbai University	Approved by email

Mr Apollo Raj	Meritorious Alumnus	Approved by email
Mr. Joshua Tivade	Expert from industry /corporate	Approved by email
Ms. Rashna Patel	Chairperson , BOS, Psychology Associate Professor, Wilson College	Approved
Ms Jeffrin Stephen	Assistant Professor, Wilson College	Approved
Ms. Nidhi Bhandari	Assistant Professor, Wilson College	Approved

Program: Skill Enhancement Course

Course Name: Psychology Applied to Modern Life

Class FYBA

Semester: 1

Marks 60

Code: **WAPSYSE111** No. of Lectures: 2/week, Total: 30

No of Credits: 2

Programme Objectives

1. To equip students from different disciplines with knowledge of basic concepts in Psychology.
2. To develop students interest in Psychology.
3. To motivate students to understand Psychology in relation to their own discipline.
4. To enable students to apply their understanding of Psychology in personal and professional life.
5. To enable students to develop relationship-related skills.

Programme Specific Outcomes

At the end of the programme the learner will be able to:

PSO 1 Demonstrate understanding of specific theoretical concepts of Psychology.

PSO 2. Apply their understanding of Psychology in personal and professional life.

PSO 3. Elaborate on specific theories of Psychology.

PSO 4. Identify skills for stress management and mental health.

Course Objectives:

1. To impart knowledge of the basic concepts and modern trends in Psychology.
2. To foster interest in Psychology as a field of study.
3. To make the students aware of the practical applications of the various concepts in Psychology.

SYLLABUS

Unit 1. Seeking selfhood (Number of lectures = 10)

- 1.1 What is self-concept;
- 1.2 The components of self-concept,
- 1.3 Core characteristics of self- concept,
- 1.4 The Self-concept and personal growth
- 1.5 Research orientation- Unstandardized Questionnaire from text -Are you becoming more self-actualized ?
- 1.6 Becoming breath aware-exercise

Course Learning Outcomes:

The learners will be able to:

CO1: Describe the self-concept and its components

CO 2: Elaborate on the core components of the self-concept.

CO 3: Explain the process of administering a questionnaire during research

Unit 2. Towards better health (Number of lectures =10)

- 2.1 Body image
- 2.2 Health and the mind-body relationship
- 2.3 Coping with illness;
- 2.4 Promoting wellness

2.5 Research orientation- Unstandardized Questionnaire from text -How do your health habits rate?

2.6 My wellness box- exercise

Course Learning Outcomes:

The learners will be able to:

CO1: Explain the concept of body image. Elaborate on media, body image and effects of media on body image.

CO2: Elaborate on the major health hazards of obesity, smoking, drinking and substance abuse

CO3: Explain the process of administering a questionnaire during research.

Unit 3 Managing Motives and Emotions (Number of Lectures = 10)

3.1 Understanding motivation

3.2 Psychosocial Motives

3.3 Understanding Emotions

3.4 Expressing, Recognizing and managing emotions

3.5 Research orientation- Reading research on happiness.

3.6 Journalling of happiness

Course Learning Outcomes:

The learners will be able to:

CO 1. Elaborate on the anger and anger management

CO 2. Elaborate on aspects of recognizing emotions.

CO 3. Elaborate on factors contributing to happy people.

Examination

Will be based on single Semester end exam of 60 marks

Objectives, theory, answer in brief

Twenty Objectives from all units. 20 marks

2 Theory questions of 10 marks each, with internal choice, from two different units. 20marks

4 Answer in brief (of 5 marks each) 20marks

Marks will be converted into grades.

Please Note

NO ATKT UNDER NEP

Book for Study

Kirsh, S.J., Duffy, K.G., & Atwater, E.(2017). Psychology for Living- Adjustment, Growth, and Behaviour Today. Digitally Printed in India.

Books for reference

Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). *Stress Mastery: The Art of Coping Gracefully*. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd

Barn, B. P. (2008). *Winning Habits: Techniques for Excellence in Sports*. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd

Baumgardner, S. & Crothers, M. (2009). *Positive Psychology*. Pearson Education

Brannon, L. & Feist J. (2007). *Introduction to Health Psychology*. Thomson Wadworth. New Delhi: Indian edition

Duffy, K.G., & Atwater, E. (2005). Psychology for Living-Adjustment Growth, and Behaviour Today. (8th ed.). New Delhi: Pearson, Indian reprint 2008

Greenberg, J. S. (2008). Comprehensive Stress Management. (10th ed). McGraw Hill publications

Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd

Myers, D.G., & Diener, E. (1995). Who is happy? *Psychological Science*, 6, 10-19.

Schafer, W. (2002). Stress Management. (4th ed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008

Program: Skill enhancement Course

Course Name: Psychology for Living

Semester: 2

Marks 60

Class FYBA

Code: **WAPSYSE121** No. of Lectures: 2/week, Total: 30

No of Credits: 2

Programme Objectives

1. To equip students from different disciplines with knowledge of basic concepts in Psychology.
2. To develop students interest in Psychology.
3. To motivate students to read Psychology in relation to their own discipline.
4. To enable students to apply their understanding of Psychology to personal and professional lives.
5. To enable students to develop relationship-related skills.

Programme Specific Outcomes

At the end of the programme the learner will be able to:

- PSO 1 Demonstrate understanding of specific theoretical concepts of Psychology.
- PSO 2. Apply their understanding of Psychology in personal and professional life.
- PSO 3. Elaborate on specific theories of Psychology.
- PSO 4. Identify skills for stress management and mental health.

Course Objectives:

1. To impart knowledge of the basic concepts and modern trends in Psychology.
2. To foster interest in Psychology as a field of study.
3. To make the students aware of the practical applications of the various concepts in Psychology.

Unit 1 Stress

(Number of Lectures =10)

1.1 Conceptualizing Stress

1.2 Major causes of stress

1.3 Reactions to stress

1.4 Managing stress

1.5 Developing research orientation : Unstandardized Questionnaire: What's Your Stress Style ?

Reading research on hardiness.

1. 6 My worries box-exercise

The learners will be able to:

CO1: Conceptualize stress and identify Selye's variations of stress

CO2: Discuss and use strategies for altering lifestyle to reduce stress

CO3: List three factors on how hardiness contributes to resilience

Unit 2: Interpersonal Attraction (Number of Lectures =10)

2.1 First impressions; Factors influencing first impressions

2.2 Self-disclosure

2.3 Shyness

2.4 Loneliness

2.5 Reading an abstract/journal article on Effects of writing on health

2.6 My interpersonal skills box-exercise

The learners will be able to:

CO1: Elaborate on factors that influence first impressions.

CO2 Elaborate on the concept of self-disclosure. Elaborate on gender and cultural differences in self-disclosure.

CO3: Elaborate on effects of writing on health.

Unit 3. Love and commitment (Number of Lectures = 10)

3.1 Love and Attachment

3.2 Marriage and other committed relationships

3.3 Adjusting to intimate relationships

3.4 Divorce and its consequences

3.5 Reading research on attachment

3.6 My balance in relationships box-exercise

The learners will be able to:

CO1: Outline Sternberg's triangular theory of love.

CO2: Elaborate on factors that lead to successful marriages and make relationships better.

CO 3: List 3 factors which contribute to attachment process.

Examination

Will be based on single Semester end exam of 60 marks.

Objectives, theory, answer in brief

Twenty Objectives from all units.

20 marks

Theory questions of 10 marks each, with internal choice, from two different units.

20 marks

4 Answer in brief (of 5 marks each).

20 marks

Please Note

NO ATKT UNDER NEP.

Book for Study

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2017). Psychology for Living- Adjustment, Growth, and Behaviour Today. Digitally Printed in India.

Books for reference

Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). *Stress Mastery: The Art of Coping Gracefully*. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd

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Brannon, L. & Feist J. (2007). *Introduction to Health Psychology*. Thomson Wadworth. New Delhi: Indian edition

Burton, C. M., & King, L.A. (2008). Effects of very brief writing on health: The two minute miracle. *British Journal of Health Psychology*, 13, 9-14.

Duffy, K.G., & Atwater, E. (2005). Psychology for Living-Adjustment Growth, and Behaviour Today. (8th ed.). New Delhi: Pearson, Indian reprint 2008

Greenberg, J. S. (2008). Comprehensive Stress Management. (10th ed). McGraw Hill publications

Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd

Maddi, S.R. (2005). On hardiness and other pathways to resilience. *American Psychologist*, 60, 261-262

Murray, S.L. , Holmes, J.G., Griffin, D.w. (2000). Self esteem and the quest for felt security . How perceived regard regulates attachment processes. *Journal of Personality and Social Psychology*, 78, 478-498.

Schafer, W. (2002). Stress Management. (4th ed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008

