

Syllabi for BA Honors Psychology
Second Year: Semester- III
Compulsory Course: Psychology of Individual differences

Course outcomes: After the completion of course, the students will be able to:

1. Students will develop insights into personality, intelligence, and their components.
2. Personality theories will help to predict motives behind various behavior.
3. Exploring self and identity from an Indian psychological perspective

Syllabus Content

- 1. Individual Differences**
 - Nature and scope of individual differences
 - Causes of individual differences
 - Nature v/s Nurture as a issue of personality
 - Indian thought behind Individual differences (Sankhya, Vedant and Triguna approach).
- 2. Personality**
 - Meaning and nature of personality
 - Determinants of personality
 - Role of culture in personality
- 3. Personality-II**
 - Trait approach- Cattell, Allport
 - Psychoanalytical approach- Freud, Jung
 - The concept of self in different traditions (Maslow, Rogers)
- 4. Intelligence**
 - Meaning and nature, Spearman's two factor theory
 - Sternberg's triarchic theory of intelligence
 - Intelligence Theories of Thurston, Vernon, Cattell, Gardner and PASS model
- 5. Intelligence-II**
 - Development of intellect- Piaget and Vigotsky
 - Emotional Intelligence and it's role for individual differences
 - Spiritual intelligence with respect to Indian knowledge

Suggested Readings:

1. Ashton, M.C. (2017). Individual Differences and Personality (3rd Edition). Academic Press.
2. Gazzaniga, M & Grison, S. (2018). Psychology in your life. (3rd edition). USA: W.W. Norton.
3. Myers, D.G. & DeWall, C. N. (2017). Psychology (12th edition). USA: Worth.
4. Schultz, D.P. & Schultz, S.E. (2016). Theories of Personality. (11th edition). Cengage Learning
5. Shiraev, E. (2016). Personality Theories: A Global View. USA: Sage

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Syllabi for BA Honors Psychology
Second Year: Semester- III
Compulsory Course: Psychopathology

Course Outcome: After the completion of course, the students will be able to:

1. Outline the definition and modern perspective of Abnormal Psychology.
2. Explain the various ways of clinical assessment.
3. Explain the relationship between culture and mental illness.
4. Explain anxiety, eating and stress related disorders.

Syllabus Content

- 1. Introduction to Abnormal Psychology**
 - Definition of abnormality, mental illness, and psychopathology
 - Concept of normalcy & abnormal
 - Historical and modern perspective on mental illness
- 2. Classification systems and models of Psychopathology**
 - Classification system: DSM and ICD.
 - Models of psychopathology (biological, psychological and socio-cultural).
- 3. Anxiety Disorders**
 - Generalized Anxiety Disorder
 - Panic disorder
 - Phobias – Specific phobia, Claustrophobia, acrophobia
 - Social Anxiety Disorder
- 4. Neurodevelopment Disorders**
 - Clinical picture and etiology of Attention-Deficit/hyperactivity disorder (ADHD)
 - Autism spectrum disorder (ASD)
 - Intellectual disability and etiology
- 5. Feeding and Eating Disorders**
 - Clinical picture and causal factors of eating disorders (Anorexia Nervosa, Bulimia Nervosa, Binge-eating disorder),
 - Treatment plan for it.
 - Influence of culture on eating habits.

Suggested Readings:

1. Alloy, L.B., Riskino, J.H. and Manos, M.I. (2006). Abnormal Psychology; Current Perspectives. New Delhi: Tata McGraw Hill
2. Barlow, D.H. & Durand, V.M. (2010). Textbook of Abnormal Psychology. New Delhi: Cengage Learning India Pvt. Ltd.
3. Carson, R.C., Butcher, J.N., Mineka, S & Hooly, J. M. (2007). Abnormal Psychology, 13th Ed. New Delhi: Pearson.
4. Kaplan & Sadock (2009) Text Book of Psychiatric. Walter & Kluwer/ Lippincott Williams and Wilkins.
5. Nolen-Hoeksema, S. (2010). Abnormal Psychology. New Delhi: Tata McGraw-Hill.

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Syllabi for BA Honors Psychology
Second Year: Semester- III
Compulsory Course: Basic Cognitive Psychology

Course Outcomes: After the completion of this course the students will be able to:

1. Explain key cognitive processes and their underlying mechanisms.
2. Analyze and critique major theories and research findings in cognitive psychology.
3. Apply cognitive psychology concepts to everyday situations and problem-solving.
4. Demonstrate familiarity with experimental methods used in cognitive psychology research.

Syllabus Content

1. Introduction to Cognitive Psychology

- Definition, scope, and historical development of cognitive psychology.
- Approaches: Information processing, connectionism, and ecological approaches.
- Methods of research: Experimental methods, neuroimaging, and computational modelling.
- Applications of cognitive psychology in everyday life.

2. Perception and Attention

- Perceptual processes: Sensation vs. perception, Gestalt principles, and perceptual organization.
- Theories of perception: Bottom-up and top-down processing. Level of processing model, Gibsonian direct perception theory
- Attention: Selective attention, divided attention, and attentional capacity.
- Models of attention: Filter models, and resource model.

3. Memory

- Types of memory: Sensory, short-term, working, and long-term memory.
- Stages of memory: Encoding, storage, and retrieval processes
- Models of memory: Atkinson-Shiffrin model, Baddeley's working memory model.
- Forgetting: Decay, interference, and retrieval failure.
- Memory and Eyewitness testimony and memory enhancement techniques.

4. Language and Thought

- Language structure: Phonology, syntax, semantics, and pragmatics.
- Theories of language acquisition and processing: Chomsky's nativism, psycholinguistic models.
- Relationship between language and thought: Linguistic relativity hypothesis.
- Thinking: Concept formation, reasoning, and decision-making.
- Cognitive biases and heuristics in decision-making.

5. Problem-Solving, Creativity and Intelligence

- Problem-solving: Types of problems, strategies, and obstacles.
- Approaches to problem-solving: Algorithmic, heuristic, and insight-based.
- Creativity and its relationship to problem-solving.
- Cognitive aspects of artificial intelligence and human-computer interaction.

Suggested Reading:

1. Sternberg, R. J., & Sternberg, K. (2016). *Cognitive Psychology* (7th ed.). Cengage Learning.
2. Goldstein, E. B. (2018). *Cognitive Psychology: Connecting Mind, Research, and Everyday Experience* (5th ed.). Cengage Learning.
3. Baddeley, A., Eysenck, M. W., & Anderson, M. C. (2020). *Memory* (3rd ed.). Routledge.
4. Pinker, S. (2009). *How the Mind Works*. W. W. Norton & Company.

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Syllabi for BA Honors Psychology

Second Year: Semester- III

Skill Enhancement Course: Understanding Human Behavior through Observation

Learning Outcomes: After completion of this course the student will be able to:

1. Understand core concepts of human behavior
2. To observe how people behave, talk, and show feelings in family and social settings.
3. Observe and understand others behavior better.
4. Apply this knowledge for their wellbeing

Syllabus Content

1. Basics of Observing Human Behavior

- What is behaviour and Why observing others is helpful
- Types of behaviour: what people say (verbal) and how they act (nonverbal)
- How to watch and note behaviour carefully:
Watching body language like facial expressions, gestures, posture
Listening to tone, speed, and words people use
- Reporting observation

2. Observing Behavior in Families and Close Relationships

- How emotions show in actions and words: Noticing feelings like happiness, anger, sadness
- Common nonverbal signals: smiles, eye contact, gestures
- How people express thoughts through behaviour
- Practicing empathy: understanding feelings by watching and listening
- Simple exercises: role plays and real-life observation (with permission)

3. Observing Behavior in Society

- Watching people in public places: markets, classrooms, social media, social events:
Seeing group behaviour and social rules
- How groups behave: working together, following rules, helping each other
- Understanding social emotions like cooperation, leadership, conflict
- How culture and society affect behaviour and feelings
- Practicing respectful observation of strangers with ethics
- *Group project: observe a social setting and share findings

Suggested Reading:

1. Ekman, P. (2003). *Emotions Revealed*
2. Burgoon, J. K. (2016). *Nonverbal Communication*
3. Branscombe, N.R., & Baron, R.A. (2017). *Social Psychology* (14th edition). Pearson
4. Basic psychology chapters from introductory textbooks (optional)

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Syllabi for BA Honors Psychology
Second Year: Semester- III
Minor Course: Mindfulness and Self-Development

Course Outcomes: Upon successful completion of the course, students will be able to:

1. Understand the mindfulness and their psychological and physiological benefits.
2. Practice mindfulness meditation, breathing exercises, and reflective journaling to manage stress and enhance focus.
3. Analyze personal strengths, weaknesses, and values through self-reflection and goal-setting exercises.
4. Utilize mindfulness and self-development strategies to build resilience and adaptability in challenging situations.

Syllabus Content

1. **Introduction to Mindfulness**
 - Definition and origins of mindfulness
 - Scientific basis: Psychological and neurological benefits
 - Foundational mindfulness practices (e.g., body scan, mindful breathing)
2. **Developing Self-Awareness**
 - Understanding self-awareness through the Johari Window model
 - Identifying core personal values and beliefs
 - Reflective journaling as a self-discovery tool
3. **Emotional Intelligence and Mindfulness**
 - Key components of emotional intelligence: Self-awareness, Self-regulation, Empathy, Social skills
 - Applying mindfulness to regulate emotions
 - Strategies to manage negative emotions and nurture positive ones
4. **Stress Management and Resilience**
 - Understanding stress: physiological and psychological effects
 - Introduction to Mindfulness-Based Stress Reduction (MBSR)
 - Cultivating resilience using principles from positive psychology
5. **Integrating Mindfulness into Daily Life**
 - Building a consistent and sustainable mindfulness practice
 - Applying mindfulness in communication and relationships
 - Mindfulness in academic, professional, and social environments
6. **Personal Growth and Long-Term Development**
 - Setting personal development goals
 - Long-term benefits of mindfulness on self-growth
 - Overcoming setbacks and maintaining motivation
 - Designing a personal development roadmap

Suggested Readings:

1. Kabat-Zinn, J. (2013). Full Catastrophe Living. Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. Bantam Books.
2. Goleman, D. (2005). Emotional Intelligence: Why It Can Matter More Than IQ. Bantam Books.
3. Dweck, C. S. (2006). Mindset: The New Psychology of Success. Ballantine Books.
4. Harris, R. (2011). The Happiness Trap: How to Stop Struggling and Start Living. Shambhala Publications.

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Syllabi for BA Honors Psychology
Second Year: Semester- IV
Compulsory Course: Applied Psychology

Learning Outcomes: After completion of the course, the student will be able to:

1. Understand the scope and ethical framework of applied psychology and its domain.
2. Analyze psychological factors that influence workplace performance and safety
3. Recognize psychological barriers to learning and socialization
4. Identify symptoms and psychological causes of major mental health issues
5. Evaluate how social psychology explains prejudice and social tension

Syllabus Content

1. Introduction to Applied Psychology

- Definition and nature of applied psychology
- Brief history and evolution of the field
- Key subfields of applied psychology (e.g., clinical, industrial, educational, forensic)
- Ethical principles in applied psychology

2. Psychology in Industries and Organizations

- Role of psychology in employee motivation and performance
- Leadership styles and their psychological impact
- Fatigue and workplace accidents: Psychological causes and prevention
- Workplace stress: Sources, symptoms, and stress management strategies
- Group dynamics and teamwork in organizational settings

Unit 3: Psychology in Education

- The school as an agent of socialization
- Psychological and environmental factors affecting academic achievement
- Identification and understanding of exceptional children (gifted, learning disabilities, etc.)
- Common problems and remedial strategies for special educational needs

Unit 4: Forensic Psychology

- Anti-social behaviour: Causes of crime and delinquency
- Role of personality traits in anti-social behaviour
- Cyber victimization

Unit 5: Psychology and Social Behavior

- Nature and origins of prejudice and stereotypes
- Psychological theories of intergroup conflict
- Conflict resolution strategies and the role of psychology in peace building
- Application of social psychology to reduce discrimination and bias

Suggested Readings:

1. Schultz, D. P., & Schultz, S. E. (2015). *Psychology and Work Today: An Introduction to Industrial and Organizational Psychology* (10th ed.). Pearson.
2. Kuppaswamy, B. (2010). *An Introduction to Social Psychology*. Konark Publishers.
3. Robbins, S. P., & Judge, T. A. (2021). *Organizational Behavior* (18th ed.). Pearson.
4. Woolfolk, A. (2018). *Educational Psychology* (13th ed.). Pearson.
5. Goldstein, A. P., & Krasner, B. (1987). *Modern applied psychology*. Elmford, New York: Pergmon Press.

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Syllabi for BA Honors Psychology
Second Year: Semester- IV
Compulsory Course: Psychological Testing and Assessment

Course Outcome: After completion of the course the students will be able to:

1. Explain key concepts of assessment, measurement, evaluation, and scales of measurement.
2. Understand the nature, types, and characteristics of psychological tests and item analysis.
3. Evaluate tests based on standardization, norms, reliability, and validity.
4. Apply appropriate tools for assessing personality, interest, and aptitude.
5. Administer and interpret tests for intelligence and abnormal behavior.

Syllabus Content

1. Test and Measurement

- Nature and types of Assessment
- Difference between Assessment, Measurement and Evaluation
- Scales of measurement,
- Psychological vs physical

2. Psychological Testing

- Origin, Nature and characteristics of test
- Types and uses of test
- Item analysis- Item writing, discrimination power and item difficulty

3. Test Standardization

- Norms- Meaning and Types of norms
- Reliability-Nature, types and methods of determining reliability
- Validity- Meaning, Types and determining validity

4. Assessment of Personality, Interest and Aptitude

- Projective and Non-projective test (TAT, sentence completion and 16 PF)
- Aptitude and Interest Inventory (Differential Aptitude Test, Strong Interest inventory, Career assessment inventory, O-Net interest Profile)

5. Assessment of Intelligence and Abnormal Behavior

- Verbal and Non-verbal test of Intelligence (Wechsler, Bhatia Battery and Raven's progressive matrices test)
- Assessment of Anxiety, Depression (Sinha's Anxiety test, Beck Depression Inventory)

Suggested Readings:

1. Furr, R.M., (2017). Psychometrics – An Introduction(3rd Edition). London: Sage.
2. Gregory, R. J. (2017). Psychological Testing(7th Edition). USA: Pearson Education.
3. DeVellis, R.F. (2016). Scale Development: Theory and Applications (4th edition). London: Sage.
4. Price, L.R. (2016). Psychometric Methods: Theory into Practice. New York: Guilford press

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Syllabi for BA Honors Psychology
Second Year: Semester- IV
Compulsory Course: Health Psychology

Course Outcome: After completion of health psychology course, the students will be able to:

1. Outline the definition and scope of Health Psychology.
2. Explain the various models of health behavior.
3. Explain the relationship between community and health.
4. Explain roles of health psychologist and their challenges.

Syllabus Content

1. **Introduction to Health Psychology**
 - Meaning, nature and scope of health psychology,
 - Health and well-being: Mind-body relationship, Indian perspective about health and well-being, roles of health psychologist, career options in health psychology, Life styles and disease patterns.
2. **Models of Health Behavior**
 - Biomedical
 - Bio-psycho-social model
 - Theory of Planned Behavior
 - Health belief model.
 - Psychoneuroimmunology
3. **Stress and Coping**
 - Stress (types, effects and coping mechanism) and its measurement
 - Models: GAS model, and transactional model,
 - Psychological aspects of chronic illnesses (diabetes, cancer, HIV/AIDS) and its management.
 - Coping and Resilience: Types of coping, resilience and cognitive appraisal
4. **Health Related Behavior**
 - Health risk behavior (use of tobacco, alcohol, drugs and internet addiction), their causal factors.
 - Barriers to health related behaviours: Psychological, social and environmental
 - Health Enhancing Behaviors: Nutrition, exercise, yoga and sleep
5. **Community and Health**
 - Community health, methods of community prevention and interventions.
 - Public health policies (National and WHO).
 - Health-Enhancing Behaviors
 - Emerging Trends and Applications of Health Psychology

Readings:

1. Dimatteo, M. R., & Martin L. R. (2011). *Health psychology*. India: Dorling Kindersley
2. Snyder, C.R., Lopez S. J., & Pedrotti, J. T. (2011). *Positive psychology: The scientific and practical explorations of human strengths*. New Delhi: Sage.
3. Yaylor, S. E. (2018). *Health Psychology* (10th ed.). McGraw-Hill Education.
4. Straub, R. O. (2016). *Health Psychology: A Biopsychosocial Approach*. Worth Publishers.
5. Brannon, L., Feist, J., & Updegraff, J. A. (2014). *Health Psychology: An Introduction to Behavior and Health*. Cengage Learning.

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Syllabi for BA Honors Psychology
Second Year: Semester- IV
Skill Enhancement Course: Self-Observation and Personal growth

Course Outcomes: After completing this course, students will be able to:

1. Build a strong foundation in self-observation and self-awareness to begin the journey of personal growth.
2. Learn practical tools and techniques to manage thoughts, emotions, and responses more effectively.
3. Integrate self-observation into daily life and use it to build a purpose-driven, resilient, and reflective personal life.
4. Apply self-observation techniques such as mindfulness, journaling, and cognitive monitoring to enhance self-awareness and emotional intelligence.

Syllabus Content

1. **Developing Self-Awareness and Inner Understanding**
 - Definition and importance of self-observation
 - Understanding self-awareness and its role in daily life
 - Role of self-observation in personal growth and decision-making
 - Exploring emotional intelligence, self-esteem, self-concept, and self-efficacy
2. **Thought and Emotion Management techniques**
 - Introduction to mindfulness and meditation practices
 - Identifying automatic thoughts and cognitive distortions
 - Techniques for monitoring and reshaping negative thinking patterns
 - Observing emotional responses and recognizing personal triggers
 - Understanding emotional intelligence: self-regulation, empathy, and motivation
 - Cognitive-behavioral techniques for emotional regulation and self-control
3. **Applying Self-Observation for Lifelong Growth and Well-Being**
 - Using self-observation as a tool for self-actualization
 - The role of self-concept in long-term personal development
 - Finding purpose and meaning through reflection and life planning
 - Practicing self-compassion and developing self-acceptance
 - Daily application of self-awareness for sustained personal development
 - Creating long-term strategies and habits for personal growth

Suggested Readings:

1. Eurich, T. (2017). *Insight: The surprising truth about how others see us, how we see ourselves, and why the answers matter more than we think*. Crown Business.
2. Goleman, D. (1995). *Emotional intelligence: Why it can matter more than IQ*. Bantam Books.
3. Hanh, T. N. (1999). *The miracle of mindfulness: An introduction to the practice of meditation*. Beacon Press.
4. Kabat-Zinn, J. (2005). *Wherever you go, there you are: Mindfulness meditation in everyday life*. Hachette Books.
5. Siegel, D. J. (2010). *Mindsight: The New Science of Personal Transformation*. Bantam.

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Syllabi for BA Honors Psychology
Second Year: Semester- IV
Minor Course: Spirituality and Psychological Wellbeing

Course Outcome: By the end of the course, students will be able to:

1. Understand foundational concepts of spirituality and psychological wellbeing.
2. Identify and apply spiritual practices that enhance mental health and emotional balance.
3. Develop greater self-awareness and resilience.
4. Apply learned practices in daily life for personal and emotional wellbeing.
5. Reflect on their values, beliefs, and behaviors to foster authentic personal growth.

Syllabus Content

- 1. Spirituality and Psychological Wellbeing**
 - Meaning and dimensions of spirituality (connection, transcendence, purpose)
 - Models of Psychological wellbeing: Ryff's six-factor model, Seligman's PERMA model
 - Cultural and interfaith perspectives on spiritual practices
- 2. The Self: Awareness, Identity, and Transcendence**
 - Developing self-awareness and recognizing the ego
 - Concepts of the self: Atman (Hinduism), Anatta (Buddhism)
 - Exploring identity, purpose, and personal values
 - Transpersonal psychology and the expanded self
- 3. Mind-Body Connection and Inner Balance**
 - Mindfulness and brain rewiring (neuroplasticity)
 - Impact of spiritual practices on physical and mental health
 - Navigating social pressures, anxiety, and personal struggles
 - Yoga, breathwork, and meditation as healing modalities
- 4. Emotional Intelligence and Spiritual Values**
 - Core components of EI: Self-awareness, empathy, regulation, motivation
 - Cultivating compassion, forgiveness, gratitude, humility
 - Understanding emotions like anger, guilt, jealousy through spiritual perspectives
- 5. Relationships, Community, and Ethical Living**
 - Building meaningful relationships through spiritual connectedness
 - Deep listening, authentic expression, mindful conflict resolution
 - Applying ethical principles (Ahimsa, Satya) in modern life
 - Community engagement, service, and the meaning of life (Frankl)
- 6. Spiritual Practices and Their Psychological Impact**
 - Meditation techniques: MBSR, transcendental meditation
 - Yoga and its impact on mood, cognition, stress
 - Gratitude prayer, journaling, and intention-setting
 - Meaning-making in crises: grief, trauma, change
 - Neuroscience of spiritual experiences: Brain scans and case studies

Suggested Readings:

1. Pargament, K. I. (2007). Spiritually Integrated Psychotherapy Understanding and Addressing the Sacred. Guilford Press.
2. Kabat-Zinn, J. (2013). Full Catastrophe Living. Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. Bantam Books.
3. Seligman, M. E. P. (2011). Flourish: A Visionary New Understanding of Happiness and Well-being. Free Press.
4. Miller, L. (Ed.). (2012) The Oxford Handbook of Psychology and Spirituality Oxford University Press.

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5. Walsh, R. (2014) Essential Spirituality: The 7 Central Practices to Awaken Heart and Mind. Wiley.

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