



Syllabus

First Semester Courses in Psychology

2023-2024

Contents:

- Syllabus for Core Course:
 - UAPSY4501CRI- FOUNDATIONS OF PSYCHOLOGY
- Syllabus for Vocational Skill Course:
 - UAPSY4501VS1- STRESS MANAGEMENT AND RESILIENCE
- Evaluation and Assessment guidelines



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MUMBAI - 400 001.

APPROVED SYLLABUS

Title: FOUNDATIONS OF PSYCHOLOGY**Credits: 4 (Total 60 hours)****Course Objectives:**

1. To orient students to psychology as a science.
2. To understand contrasting perspectives in psychological approaches.
3. To introduce students to the basic biological systems and processes of human behaviour.
4. To stimulate interest in Psychology by emphasizing relevant applications of psychology in everyday life.
5. To expose students to a blend of theory and research in the core biological areas of Psychology.

Course Outcomes (COs):

Course Outcomes (CO) Number	Course Outcomes: On completing the course, a student will be able to	Programme Specific Outcomes (PSO)	Cognitive Level Understanding - U Application - Ap Analysis- An Evaluation - E
CO1	Understand and evaluate contrasting approaches to explain human behaviour.	PSO1, PSO7, PSO15	U, E
CO2	Apply the scientific method to understand and evaluate psychological research.	PSO1, PSO2, PSO5, PSO7	Ap, E
CO3	Understand the neurological and biological bases of behaviour.	PSO1	U
CO4	Apply the principles of attention & perception to phenomena.	PSO1, PSO4	Ap

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Unit 1: Perspectives in Psychology (15 lectures)
History and definition
Classic approaches (with emphasis on Freud's theory of personality)
Contemporary approaches to understanding humans
Indian perspectives in Psychology (reflecting on Ancient Indian perspective of personality in the current context)
Areas of specialization and Professionals in the field
Application: Understanding daily behaviours from different perspectives using a psychological lens

Unit 2: The Science of Psychology (15 lectures)
Research methods (Quantitative & Qualitative)
Non-experimental methods
The experimental method and designs
Ethics in research
Statistics in psychological research
Application: Design a study with operationally defined variables

Unit 3: Behavioural Neuroscience (15 lectures)
The Neuron: Types of neurons, Structure and functions of the neuron
Neurotransmitters and Hormones: Types and Functions
The Brain and Nervous System: Structures and Function
Common neurological disorders and diseases
Application: Activity planning for utilizing different regions of the brain/ Brain Gym

Unit 4: Sensation & Perception (15 lectures)
Sensation: Vision, Audition, Taste, Smell, Touch
Attention: Theories and Determinants
Perceptual organization- Gestalt laws of organization, types of processing, depth perception, perceptual constancy, and motion perception
Perceptual Illusions
Perceptual phenomena: Subliminal messaging, ESP
Application: Creation of / analysis of social media/advertising using principles of attention and perception

List Of Recommended Reference Books (list based on the most recent date of publication to oldest)

1. Baron, Robert A.; Misra, Girishwar & Kalsher, Michael J.: Psychology. (5th ed.) Noida. Pearson India Education Services Pvt. Ltd, 2016. 978-93-325-5854-0--(150Bar/Mis)
2. Ciccarelli, Sandra K., White, J.N. & Misra, G. (6th ed.). Psychology. Noida. Pearson India Education Services Pvt. Ltd, 2022. 978-9356060760

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3. Coon, Dennis & Mitterer, John O.: Introduction to psychology : Gateways to mind and behavior. (12th ed.) Belmont. Wadsworth Publishing Company, 2010. 0-495-59912-3--(150Coo/Mit)
4. Davis, Stephen F.; Palladino, Joseph J. & Christopherson, Kimberly M.: Psychology. (7th ed.) Boston. Pearson Education Inc., 2013. 978-0-205-84684-9--(150Dav)
5. Feldman, Robert S.: Understanding psychology. (15th ed.) New York. Mcgraw-Hill, 2021.
6. Gazzaniga, Michael; Heatherton, Todd & Halpern, Diane: Psychological science. (5th ed.) New Work. W.W. Norton & Company, 2016. 978-0-393-93749-7--(150Gaz)
7. Kalat, James W.: Biological psychology. (11th ed.) Delhi. Cengage Learning India Private Limited, 2013(2015). 978-81-315-2526-5--(152Kal)
8. Lahey, Benjamin B.: Psychology : an introduction. (10th ed.) New York. Mcgraw-Hill Higher Education, 2009. 0-07-128000-6--(150Lah)
9. Morgan, Clifford T.; King, Richard A.; Weisz, John R. & Schopler, John: Introduction to psychology. (7th ed. Indian reprint) New Delhi. Tata McGraw Hill Publishing Company Limited, 1986(1993). 0-07-462250-1--(150MOR)
10. Myers, David G.: Psychology. (10th ed.) New York. Worth Publishers, 2013. 978-1-4292-6178-4--(150Mye)
11. Passer, Michael W. & Smith, Ronald E.: Psychology : The science of Mind and Behavior. (5th ed.) New York. Mcgraw-Hill Companies, Inc., 2011. 0-07-122164-1--(150Pas/Smi)
12. Wertheimer, Michael: A brief history of psychology. (5th ed.) New York. Psychology Press, 2014. 978-1-84872-875-2--(150.9Wer)
13. Wood, Samuel E., Wood, Ellen Green & Boyd, Denise: The world of psychology. (7th ed.) Boston. Allyn And Bacon, Inc., 2011. 0-205-76373-1--(150Woo)
14. Zimbardo, Philip G., Johnson, Robert L. & McCann, Vivian : Psychology : Core concepts. (6th ed.) Boston. Pearson Education, Inc., 2009. 0-205-54788-5--(150Zim)



APPROVED SYLLABUS

Title: STRESS MANAGEMENT AND RESILIENCE

Credits: 2 (Total 30 hrs)

Course Objectives:

1. To normalise the conversation around experiencing and coping with stress in personal and work contexts
2. To examine individual responses to and impacts of stress on self and work.
3. To demonstrate practical stress prevention and reduction strategies.
4. To apply key stress management strategies in current academic context
5. To expose students to resilience building practices that can be employed in daily life.

Course Outcomes (COs):

Course Outcomes (CO) Number	Course Outcomes: On completing the course, a student will be able to	Programme Specific Outcomes (PSO)	Cognitive Level Understanding - U Application - Ap Analysis- An Evaluation - E
CO1	Describe the nature of stress, sources and its short and long term impacts on one's body, thinking, emotion, and behaviour.	PSO1, PSO2, PSO20	U
CO2	Describe the role of resilience and managing stress in maintaining personal and professional wellbeing.	PSO1, PSO2, PSO20	U
CO3	Identify and articulate stressors and their impacts in their work & personal lives.	PSO1, PSO2, PSO4	U, An
CO4	Apply key strategies to prevent stress, strengthen resilience and reduce	PSO4, PSO20	Ap

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	stress in work and personal life.		
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Unit 1: Understanding Stress and Resilience (15 lectures)

Dimensions of Holistic Health & well-being
Nature, Sources, and Impacts of Stress
Responses to Stress, and Individual differences in the same.
Introduction to Managing Stress and its importance
Resilience and its role in managing stress

Unit 2 - Managing Stress & Strengthening Resilience (15 lectures)

Common Strategies of Limited Value
Practices to prevent stress and strengthen resilience:
Thought & Perception Based Strategies
Mindfulness
Emotion Focused Coping
Lifestyle Management Strategies (including Yoga)
Life and Work Management
Practices to Reduce Stress in the moment:
Relaxation [JPMR, Abdomen Breathing, Pranayam]
Time Outs, Humour, Music

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3. Feldman, Robert S.: Understanding psychology. (10th ed.) New York. Mcgraw-Hill, 2011. 0-07-122147-4--(150Fel)
4. Greenberg, J. S. (2002). Comprehensive stress management. McGraw Hill, New York
5. Nevid, J. S., Rathus, S. A.: Psychology and the Challenges of Life: Adjustment and Growth, 13 ed. Wiley, 2016.

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6. Olpin & Hesson: *Stress Management for Life: A Research Based Experimental Approach*. 5th ed, Cengage Learning, 2021. ISBN: 13:9780357363966
7. Schafer, W. (1996). *Stress management for wellness*. Harcourt Brace College Publishers.
8. Seaward, B: *Managing Stress: Principles and Strategies for Health and Well-Being*. 9th ed. Jones and Bartlett, 2017. ISBN: 13:9781284126266
9. Weiten, Wayne; Dunn, Dana S. & Hammer, Elizabeth Yost: *Psychology applied to modern life : adjustment in the 21st century*. (11th ed.) Stanford. Cengage Learning, 2015. 978-1-285-45995-0--(155,24Wei)

Evaluation (Core Theory): Total marks per course - 100.

- I. Formative Assessment 'for' Learning (continuous internal assessment - CIA to improve learning).
CIA- 40 marks
CIA 1: Written test -20 marks
CIA 2: Assignment -20 marks
- II. Summative Assessment 'of' Learning (focus on outcomes, quantitative data for outcomes of instruction).
End Semester Examination – 60 marks
Questions from each unit for 15 marks, with internal choice.

Eg: Template for the Core course End Semester examination in Semester I for the Core course

UNITS	KNOWLEDGE	UNDERSTANDING	APPLICATION and ANALYSES	TOTAL MARKS- Per unit
1	3	9	3	15
2	3	9	3	15
3	3	9	3	15
4	3	9	3	15
-TOTAL - Per objective	12	36	12	60
% WEIGHTAGE	20%	60%	20%	100%

College Grids for assignments/presentations are used/adapted according to the type of assessment.

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Evaluation (VSC): Total marks per course – 50

- I. Formative Assessment 'for' Learning (continuous internal assessment - CIA to improve learning).
CIA- 20 marks
- II. Summative Assessment 'of' Learning (focus on outcomes, quantitative data for outcomes of instruction).
End Semester Examination – 30 marks

Eg: Template for courses End Semester examination in Semester I for the Vocational Skills Course.

UNITS	KNOWLEDGE	UNDERSTANDING	APPLICATION and ANALYSES	TOTAL MARKS- Per unit
1	4	7	4	15
2	4	7	4	15
-TOTAL - Per objective	8	14	8	30
% WEIGHTAGE	25%	50%	25%	100%



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Syllabus

Second Semester Courses in Psychology

2023-2024

Contents:

- Syllabus for Core Course:
 - UAPSY4502CR1- FUNDAMENTALS OF COGNITION
- Syllabus for Vocational Skill Course:
 - UAPSY4501VS1- STRESS MANAGEMENT AND RESILIENCE
- Evaluation and Assessment guidelines

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Title: FUNDAMENTALS OF COGNITION

Credits: 4 (Total 60 hrs)

Course Objectives:

1. To understand the fundamental concepts of cognitive psychology- Motivation, Emotion, Learning, Intelligence, and Memory
2. To introduce students to the basic concepts of learning, motivation, intelligence, and motivational and emotional bases of behaviour related to areas of Psychology.
3. To stimulate interest in Psychology by emphasizing relevant applications of psychology in everyday life.
4. To expose students to a blend of theory and research in the core and motivational areas of Psychology.

Course Outcomes (COs):

Course Outcomes (CO) Number	Course Outcomes: On completing the course, a student will be able to	Programme Specific Outcomes (PSO)	Cognitive Level Understanding - U Application - Ap Analysis- An Evaluation - E
CO1	Understand the motivational & emotional bases of behaviour.	PSO1, PSO20	U
CO2	Understand the basic aspects of cognition.	PSO1	U
CO3	Apply the principles of learning and memory to various life situations.	PSO4, PSO13	Ap
CO4	Apply creative thinking to problem-solving.	PSO8	Ap



Unit 1: Motivation and Emotion

(15 lectures)

Nature, Components, and Theories of Motivation
Types of Motivation- Physiological and Social
Theories of Emotions
Basic Emotions
Application (to motivation): Sleep management
Application (to emotion): Using emotional intelligence

Unit 2: Thinking, Reasoning and Problem Solving

(15 lectures)

What is thinking?
Processes underlying thinking and reasoning
Problem solving: Representation, Obstacles to problem solving, and Heuristics
Creative Thinking
Application: Problem solving in daily life

Unit 3: Learning

(15 lectures)

Nature of learning
Classical conditioning
Operant conditioning
Cognitive learning
Social learning
Application: Learning principles in designing educational programmes

Unit 4: Memory

(15 lectures)

Models of memory - 3-stage model
Working Memory
Neuroscience of Memory
Retrieval of Long-term memory
Forgetting- Theories and processes
Application: Improving memory- Mnemonics and Effective Study Habits

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CO2	Describe the role of resilience and managing stress in maintaining personal and professional wellbeing.	PSO1, PSO2, PSO20	U
CO3	Identify and articulate stressors and their impacts in their work & personal lives.	PSO1, PSO2, PSO4	U, An
CO4	Apply key strategies	PSO4, PSO20	Ap

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	to prevent stress, strengthen resilience and reduce stress in work and personal life.		
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Unit 1: Understanding Stress and Resilience

(15 lectures)

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Nature, Sources, and Impacts of Stress

Responses to Stress, and Individual differences in the same.

Introduction to Managing Stress and its importance

Resilience and its role in managing stress

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Eg: Template for the Core course End Semester examination in Semester 2 for the Core course

UNITS	KNOWLEDGE	UNDERSTANDING	APPLICATION and ANALYSES	TOTAL MARKS- Per unit
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2	3	9	3	15
3	3	9	3	15
4	3	9	3	15
-TOTAL - Per objective	12	36	12	60
% WEIGHTAGE	20%	60%	20%	100%

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Evaluation (VSC): Total marks per course – 50

- I. Formative Assessment 'for' Learning (continuous internal assessment - CIA to improve learning).
CIA- 20 marks
- II. Summative Assessment 'of' Learning (focus on outcomes, quantitative data for outcomes of instruction).
End Semester Examination – 30 marks

Template for courses End Semester examination in Semester 2 for the Vocational Skills Course

UNITS	KNOWLEDGE	UNDERSTANDING	APPLICATION and ANALYSES	TOTAL MARKS- Per unit
1	4	7	4	15
2	4	7	4	15
-TOTAL - Per objective	8	14	8	30
% WEIGHTAGE	25%	50%	25%	100%



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