



Syllabus

First Semester Courses in Psychology

2023-2024

Contents:

- Syllabus for Open Elective Courses:
 - UAPSY4501OE1- DEMYSTIFYING MENTAL ILLNESS
 - UAPSY4502OE1- PERSONAL GROWTH THROUGH VISUAL ART
- Evaluation and Assessment guidelines



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APPROVED SYLLABUS

Non-Psychology

Course code: UAPSY4501OE1

Title: DEMYSTIFYING MENTAL ILLNESS

Credits: 2 (Total 30 hrs)

Course Objectives:

1. To give non-Psychology students an introduction to issues surrounding mental illness.
2. To expose students to an overview of common mental illnesses.
3. To sensitize students to the management of common mental illnesses.
4. To examine representations of mental illness and psychotherapy.
5. To challenge and dispel myths and misconceptions surrounding mental illness.
6. To help students understand mental health, illness, and psychotherapy in the Indian context.

Course Outcomes (COs):

Course Outcomes (CO) Number	Course Outcomes: On completing the course, a student will be able to	Programme Specific Outcomes (PSOs)	Cognitive Level Understanding - U Application - Ap Analysis- An Evaluation - E
CO1	Understand issues surrounding mental illness.	PSO7	U
CO2	Examine the representations of mental illness and psychotherapy.	PSO7	E
CO3	Think critically about practical issues related to common mental illnesses in the Indian context.	PSO7, PSO15,	E, Ap
CO4	Be sensitive to and supportive of mental health concerns in self and others.	PSO16, PSO17	Ap
CO5	Apply the knowledge and guidelines regarding mental health to seek appropriate help for the self and support others.	PSO17, PSO18, PSO19	Ap

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**APPROVED SYLLABUS**

Unit 1: Introduction to Mental Health and Illness

(15 lectures)

Concepts, Myths and Realities

Historical overview

Role of Diagnostic and Classificatory systems for Mental Illness

Mental Health Spectrum

Prevalence of Mental Illness- Globally and in India

Management of Mental Illness

- When to seek help for self and others (warning signs)
- Self care and supporting a loved one with mental health concerns

Application: Destigmatizing mental illness

Unit 2: Examining Representations of Psychological Disorders and Psychotherapy (15 lectures)

In the Media: Representations of Illness, Institutions, Caregiving

- Film
- Literature
- Social Media
- News

Multi-Cultural and Gender Perspectives on Mental Health & Illness

Care Practices: Therapy, Social Media, Online Applications, Community

Application: Think critically about myths and truths in the Indian context

List Of Recommended Reference Books

1. Ciccarelli, Sandra K., White, J.N. & Misra, G. (6th ed.). Psychology. Noida. Pearson India Education Services Pvt. Ltd, 2022. 978-9356060760
2. 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)

(Relevant articles and media sources to be specified by the instructor)



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Title: PERSONAL GROWTH THROUGH VISUAL ART

Credits: 2 (Total 30 hrs)

Course Objectives:

1. To give non-Psychology students an introduction to resources for personal growth.
2. To understand different areas of mental, social, physical, spiritual and emotional.
3. To understand the role of visual art in personal exploration.
4. To challenge and build visual narratives of selfhood.
5. To understand the connections between arts and health.

Course Outcomes (COs):

Course Outcomes (CO) Number	Course Outcomes: On completing the course, a student will be able to	Programme Specific Outcomes (PSOs)	Cognitive Level Understanding - U Application - Ap Analysis- An Evaluation - E
CO1	Become aware of one's strengths and weaknesses.	PSO13, PSO20	U
CO2	Develop the reflexivity to organize everyday life and relationships in such a way that the level of subjective well being increases.	PSO13, PSO20	An
CO3	Be sensitive to and supportive of mental health concerns in self.	PSO16, PSO17	Ap
CO4	Develop insight into the trajectories of life and plan so as to move further in the desired direction.	PSO16, PSO17	An, Ap

Unit 1: Defining Personal Growth

(15 lectures)

Dimensions of Self Improvement

Understanding Well Being

Defining Self Hood and Identity

Challenges to Personal Growth

The connection between arts, wellbeing and healing

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Understanding the role of arts in prevention of ill health
Application: Creating Mind Map

Unit 2: Visual Art Initiatives

(15 lectures)

An overview of arts as treatment with mental health issues

Understanding the difference between arts in health and creative arts therapies.

Identity Fingerprint

Visual Art Journaling

Mindfulness and Art

Mood Mandala

Music and Bilateral Drawing

Application: Visual Reflection Based on Initiatives

List Of Recommended Reference Books

1. McNiff, S. (2004). *Art heals: How creativity cures the soul*. Shambhala Publications.
2. Cameron, J., & Bryan, M. (1993). *The Artist's Way*. Sounds True Recordings.

(Relevant articles and media sources to be specified by the instructor)

Evaluation (Open Elective/s): 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 the OE courses End Semester examination in Semester I for the Open Elective courses (**Demystifying Mental Illness and Personal Growth through Visual Art**)

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%

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

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Syllabus

Second Semester Courses in Psychology

2023-2024

Contents:

- Syllabus for Open Elective Courses:
 - UAPSY4501OE1- DEMYSTIFYING MENTAL ILLNESS
 - UAPSY4503OE1- EXPLORING SELF THROUGH EXPRESSIVE ARTS
- Evaluation and Assessment guidelines



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APPROVED SYLLABUS.

SXCM/Department of Psychology /NEP/2023-2024

Non-Psychology

Course code: UAPSYA5010E1

Title: DEMYSTIFYING MENTAL ILLNESS

Credits: 2 (Total 30 hr)

Course Objectives:

1. To give non-Psychology students an introduction to issues surrounding mental illness.
2. To expose students to an overview of common mental illnesses.
3. To sensitize students to the management of common mental illnesses.
4. To examine representations of mental illness and psychotherapy.
5. To challenge and dispel myths and misconceptions surrounding mental illness.
6. To help students understand mental health, illness, and psychotherapy in the Indian context.

Course Outcomes (COs):

Course Outcomes (CO) Number	Course Outcomes: On completing the course, a student will be able to	Programme Specific Outcomes (PSOs)	Cognitive Level Understanding - U Application - Ap Analysis- An Evaluation - E
CO1	Understand issues surrounding mental illness.	PSO7	U
CO2	Examine the representations of mental illness and psychotherapy.	PSO7	E
CO3	Think critically about practical issues related to common mental illnesses in the Indian context.	PSO7, PSO15,	E, Ap
CO4	Be sensitive to and supportive of mental health concerns in self and others.	PSO16, PSO17	Ap
CO5	Apply the knowledge and guidelines	PSO17, PSO18, PSO19	Ap

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	regarding mental health to seek appropriate help for the self and support others.		
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Unit 1: Introduction to Mental Health and Illness

(15 lectures)

Concepts, Myths and Realities

Historical overview

Role of Diagnostic and Classificatory systems for Mental Illness

Mental Health Spectrum

Prevalence of Mental Illness- Globally and in India

Management of Mental Illness

- When to seek help for self and others (warning signs)
- Self care and supporting a loved one with mental health concerns

Application: Destigmatizing mental illness

Unit 2: Examining Representations of Psychological Disorders and Psychotherapy (15 lectures)

In the Media: Representations of Illness, Institutions, Caregiving

- Film
- Literature
- Social Media
- News

Multi-Cultural and Gender Perspectives on Mental Health & Illness

Care Practices: Therapy, Social Media, Online Applications, Community

Application: Think critically about myths and truths in the Indian context

List Of Recommended Reference Books

3. 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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(Relevant articles and media sources to be specified by the instructor)

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Title: EXPLORING SELF THROUGH EXPRESSIVE ARTS

Credits: 2 (Total 30 hr)

Course Objectives:

1. To give non-Psychology students an introduction to expressive arts.
2. To understand real self, ideal self and personas.
3. To understand the role of expressive art in exploration of self
4. To learn new resources of self- exploration through art forms
5. To understand the connections between arts and health.

Course Outcomes (COs):

Course Outcomes (CO) Number	Course Outcomes: On completing the course, a student will be able to	Programme Specific Outcomes (PSOs)	Cognitive Level Understanding - U Application - Ap Analysis- An Evaluation - E
CO1	Develop insight into one's own impressions of Self.	PSO17, PSO20	U, An
CO2	Acquire the skill to present oneself effectively to others.	PSO9, PSO20	Ap
CO3	Develop positive attributes such as empathy, compassion, social participation, and accountability.	PSO16, PSO17, PSO20	Ap
CO4	Have conversational competence including communication and effective interaction with others, listening, speaking, and observational skills.	PSO9, PSO11, PSO15	Ap
CO5	Relate and connect concepts with personal	PSO7	Ap

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	experiences and using critical thinking.		
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Unit 1: Defining Identity and Self

(15 lectures)

Defining Self Hood and Identity

Intersections of Identity

Identity Theory

Connecting social, cultural, political and historical determinants of self.

The role of arts in understanding self

Understanding the process versus product based outcomes through creative work

Application: Creating a Puppet and a short story that has characteristics of their exploration of self.

Unit 2: Expressive Art Initiatives

(15 lectures)

An overview of expressive arts as treatment of issues related to identity

Understanding the difference between arts in health and creative arts therapies

Identity Movement Choreography

Masks of Real Self and Ideal Self

Vision Board

Storytelling

Application: Narrative Reflection Based on Initiatives

List Of Recommended Reference Books

1. Jaspal, R., & Breakwell, G. M. (Eds.). (2014). *Identity process theory: Identity, social action and social change*. Cambridge University Press.
2. Schwartz, S. J., Luyckx, K., & Vignoles, V. L. (Eds.). (2011). *Handbook of identity theory and research*. Springer Science & Business Media.

(Relevant articles and media sources to be specified by the instructor)

Evaluation (Open Elective/s): 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

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Eg: Template for the OE courses End Semester examination in Semester 1 for the Open Elective courses (Demystifying Mental Illness and Exploring Self Through Expressive Arts)

UNITS	KNOWLEDGE	UNDERSTANDING	APPLICATION and ANALYSES	TOTAL MARKS- Per unit
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2	4	7	4	15
-TOTAL - Per objective	8	14	8	30
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