



St. Xavier's College – Autonomous Mumbai Syllabus

For V Semester
Core and Applied Courses in

Psychology
(June 2018 onwards)

Contents:

Theory (and Practical) Syllabus for Courses: (all revised in 2017)

APSY501 Psychometrics and Statistics I

APSY502 Abnormal Psychology I

APSY503 Industrial Organizational Psychology I

APSY504 Cognitive Psychology I

APSY505 Psychology Practicals I

APSY506 Insight Oriented Counseling (revised in 2018)

TYBA

Course: APSY501

Title: Psychometrics and Statistics I

Learning Objectives:

1. To ensure understanding of the nature, uses, technical features, and process of
2. construction of psychological tests
3. To highlight the distinction between testing and assessment
4. To facilitate awareness of the application of psychometrics to intelligence
5. To develop skills in the uses and applications of statistics to the behavioral sciences
6. To create a foundation for advanced learning of psychological testing, assessment, and statistics
7. To introduce students to the link between psychometrics and personality

Number of lectures: 60

UNIT 1 Psychological Testing and Assessment (15 lectures)

- Historical Perspectives
- Distinction between Testing and Assessment
- Assumptions about Testing and Assessment
- Criteria of a Good Psychological Test

UNIT 2 Reliability (15 lectures)

- The concept of Reliability
- Reliability estimates –Various methods
- Reliability and individual scores
- Using and interpreting a reliability coefficient

UNIT 3 Validity (15 lectures)

- The concept of Validity
- Content Validity
- Construct Validity
- Criterion-related Validity

UNIT 4 Univariate Statistics (measures of central tendency, location, dispersion) (15 lectures)

- Variables and Scales of measurement
- Tabulation Techniques
- Graphical Representations
- Central tendency - Calculation, merits, limitations, and uses
- Location – Calculation, merits, limitations, and uses
- Dispersion – Calculation, merits, limitations, and uses

List of Recommended Reference Books

1. Aiken, Lewis R. & Groth-Marnat, Gary: Psychological testing and assessment. (12th ed.) New Delhi. Dorling Kindersley (India) Pvt. Ltd, 2011. 978-81-317-2811-6--(150.287Aik/Gro)
2. Anastasi, Anne & Urbina, Susana: Psychological testing. (7th ed. reprint) Delhi. Pearson Education (Singapore) Pte. Ltd., 1997(2002). 81-7808-620-4--(150.287ANA/URB)
3. Cohen, Ronald Jay & Swerdlik, Mark E.: Psychological testing and assessment : an introduction to tests and measurement. (7th ed.) Boston. Mcgraw-Hill Higher Education, 2010. 007-127223-0--(150.287Coh/Swe)
4. Gregory, Robert J.: Psychological testing : History, principles, and applications. (6th ed.) Boston. Pearson Education, Inc., 2011. 978-0-205-78214-7--(150.287Gre)
5. Garrett, Henry E.: Statistics in psychology and education. Delhi. Surjeet Publications, 2008.--(519.502415Gar)
6. Hollis-Sawyer, Lisa A.; Thornton, George C.; Hurd, Brian & Condon, Margaret E.: Exercises in psychological testing. (2nd ed.) Boston. Pearson Education, Inc., 2009. 978-0-205-60989-5--(150.287Hol)BOOK
7. Hollis-Sawyer, Lisa A.; Thornton, George C.; Hurd, Brian & Condon, Margaret E.: Data sets for Exercises in psychological testing. Boston. Pearson Education, Inc., 2009.--(150.287Hol) CD with the Book
8. Kaplan, Robert M. & Saccuzzo, Dennis P.: Psychological assessment and theory : creating and using psychological tests. (8th ed.) Delhi. Cengage Learning India Private Limited, 2013(2015). 978-81-315-2076-5--(150.287Kap/Sac)
9. Kaplan, Robert M. & Saccuzzo, Dennis P.: Psychological testing : Principles, applications, and issues. (6th ed.) Sydney. Wadsworth Publishing Company, 2005. 81-315-0209-0--(150.287Kap/Sac)
10. Mangal, S.K.: Statistics in psychology and education. (Reprint) New Delhi. Tata Mcgraw-Hill Publishing Co. Ltd., 1987(1993). 0-07-451629-9--(150.7253MAN)
11. Miller, Leslie A.; Lovler, Robert L. & McIntire, Sandra A.: Foundations of psychological testing : a practical approach. (4th ed.) London. Sage Publications Ltd., 2013. 978-1-4522-1990-5--(150.287Mil)
12. Urbina, Susana: Essentials of psychological testing. (2nd ed.) Hoboken. John Wiley & Sons, Inc., 2014. 978-1-118-68048-3--(150.287Urb)

TYBA

Course: APSY502

Title: Abnormal Psychology I

Learning Objectives:

1. To ensure understanding of important concepts of abnormal psychology.
2. To acquaint students with classic and contemporary theories and issues in abnormal psychology.
3. To impart knowledge and understanding of the different psychological disorders with respect to symptoms, diagnosis, causes and treatment.
4. To increase awareness about mental health problems in society.
5. To understand the issues related to diagnosis and labelling.
6. To introduce students to the link between abnormal psychology and personality.
7. To create a foundation for higher education and a professional career in clinical psychology.

Number of lectures: 60

UNIT 1 AN INTRODUCTION TO ABNORMAL PSYCHOLOGY (15 lectures)

- Concept and criteria of abnormal behaviour
- Historical and Contemporary views of Abnormal Behaviours
- Clinical assessment
- Theoretical approaches to understanding causal factors

UNIT 2 ANXIETY AND RELATED DISORDERS (15 lectures)

- Phobias
- Panic disorder
- Generalized anxiety disorder
- Obsessive compulsive disorder
- Post traumatic stress disorder
- Causal factors of anxiety disorders
- Treatments and outcomes of anxiety disorders

UNIT 3 SCHIZOPHRENIA (15 lectures)

- Clinical picture
- Subtypes of schizophrenia
- Causal factors of schizophrenia
- Treatments and outcomes of schizophrenia

UNIT 4. ADDICTION DISORDERS (15 lectures)

- Concepts related to Addiction
- Addiction to Alcohol and Drugs
- Myths and facts, causal factors, treatments and outcomes
- New-Age addictions

List of Recommended Reference Books

1. Alloy, Lauren B. , Riskind, John H. & Manos, Margaret J.: Abnormal psychology: current perspectives. (9th ed.) New Delhi. Tata Mcgraw-Hill Publishing Company Limited, 2006. 0-07-061587-X--(616.89ALL)
2. American Psychiatric Association: Diagnostic and statistical manual of mental disorders : DSM-5. (5th ed.) New Delhi. CBS Publishers & Distributors Pvt. Ltd., 2017. 978-93-86217-96-7--(616.89075014DSM-5)
3. Barlow, D.H., Durand, V.M.: Abnormal Psychology: An Integrative Approach. (4thed.). Wadsworth Cengage Learning, New Delhi, 2005.
4. Beidel, D. C., Bulik, C. M., Stanley, M.A.: Abnormal Psychology. Pearson Prentice Hall, New Jersey, 2010.
5. Butcher, James N.; Mineka, Susan M. & Hooley, Jill M.: Abnormal psychology. (15th ed.) New Delhi. Dorling Kindersley (India) Pvt. Ltd. , 2015. 978-93-325-1898-8--(616.89CAR/BUT)
6. Carson, R. C., Butcher, J. N., Mineka, S., Hooley, J. M. : Abnormal Psychology. (14th ed.) Pearson Education, India, 2011.
7. Dhanda, Amita: Legal order and mental disorder. New Delhi. Sage Publications, 2000. 81-7036-789-1--(344.044Dha)
8. Whitbourne, Susan Krauss & Halgin, Richard P.: Abnormal psychology : clinical perspectives on psychological disorders. (7th ed. Indian edition) New Delhi. McGraw Hill Education (India) Private Ltd., 2015. 978-93-392-2324-3--(616.89Hal/Whi)
9. Nolen-Hoeksema, Susan: Abnormal psychology. (3rd Ed.) New Delhi. Tata McGraw-Hill Publishing Company Limited, 2005. 0-07-060084-8--(616.8NOL)
10. Oltmanns, T. F., & Emery, R. E.: Abnormal Psychology. 6th ed., Pearson Prentice Hall, New Jersey, 2010.
11. Sarason, Irwin G. & Sarason, Barbara R.: Abnormal psychology: the problem of maladaptive behavior. (11th Ed.) New Delhi. Prentice-Hall of India Private Limited, 2005. 81-203-2663-6--(616.89SAR/SAR)

TYBA

Course:APSY503

Title: Industrial Organizational Psychology I

Learning Objectives:

1. To ensure understanding of important concepts, processes and issues in the field of Industrial-Organizational psychology.
2. To inculcate knowledge of different facets of organizational functioning.
3. To develop critical thinking and application skills with respect to the subject matter of psychology in the context of work.
4. To prepare students with soft skills for effectiveness in the corporate world.
5. To introduce students to the link between I-O psychology and personality.
6. To gain insight into the association between theory and practice in the field of I-O psychology.
7. To create a foundation for higher education and for a professional career in I-O psychology.

Number of lectures: 45

UNIT 1

1. INDUSTRIAL ORGANIZATIONAL PSYCHOLOGY (AN INTRODUCTION)AND EMPLOYEE SELECTION

(15 lectures)

- The field of I-O psychology
- Job analysis
- Recruitment
- Selection techniques
- Fair employment practices and ethical issues

UNIT 2

2. EVALUATING AND IMPROVING EMPLOYEE PERFORMANCE

(18 lectures)

- Understanding performance and the need for appraisal
- Process and Techniques of evaluating employee performance
- Sources of errors & bias and ways to improve the process
- Determining Training Needs
- Training methods
- Psychological issues and motivation for training

- Transfer of training

UNIT 3

3. LEADERSHIP

(12 lectures)

- Personal characteristics associated with leadership
- Interaction between the leader and the situation
- Specific leader skills
- Cultural and gender differences

List of Recommended Reference Books

1. Aamodt, Michael. G.(2015) Industrial/ Organizational psychology. An applied approach (8th ed.) Delhi. Cengage Learning India Private Limited. 2015.
2. Aamodt, Michael G.: Industrial psychology. (7th ed.) Delhi. Cengage Learning India Private Limited, 2013(2015). 978-81-315-1914-1--(158.7Aam)
3. Kozlowski, Steve W.J.: The Oxford handbook of organizational psychology, vol.2. [ed. by] New York. Oxford University Press, 2014. 978-0-19-99828-6--(158.7KOZ)
4. Landy, Frank.: Work in the 21st Century: An Introduction to Industrial and Organizational Psychology (4th edition), John Wiley & Sons, 2014
5. .Luthans, Fred: Organizational behavior. (12th ed.) New Delhi. Tata McGraw Hill Publishing Company Limited, 2011. 978-007-128939-9--(158.7Lut)
6. Lumley, Maryvonne, Wilkinson, James.: Developing Employability for Business, Oxford University Press, 2014
7. .Robbins, Stephen P.; Judge, Timothy A. & Vohra, Neharika: Organizational behavior. (15th ed.) Delhi . Pearson Education Inc. , 2013. 978-93-325-0033-4--(158Rob)
8. Rao, M. S.: Soft Skills - Enhancing Employability: Connecting Campus with corporate. I K International Publishing House Pvt. Ltd., 2011.
9. Schultz, Duane P. & Schultz, Sydney Ellen: Psychology and work today : an introduction to industrial and organizational psychology. (10th ed.) Boston. Prentice Hall, 2010. 0-205-68358-4--(158.7Sch/Sch)
10. Spector, Paul, E.: Industrial and Organizational Psychology: Research and Practice, 7th Edition, Wiley, 2016.

TYBA

Course: APSY504

Title: Cognitive Psychology I

Learning Objectives:

1. To ensure understanding of the fundamental concepts of cognitive psychology and the basic cognitive processes.
2. To provide a balanced knowledge base of theory and research in cognitive psychology
3. To highlight the neuropsychological basis of cognition.
4. To develop critical thinking and application skills with respect to the subject matter of cognitive psychology and life in general.
5. To create a foundation for higher education and a career in cognitive psychology.
6. To introduce students to the link between cognitive psychology and personality.

Number of lectures: 60

UNIT 1 AN INTRODUCTION TO COGNITIVE PSYCHOLOGY AND NEUROCOGNITION (15 lectures)

- Definitions of Cognition, Cognitive Psychology. Cognitive Science
- History of Cognitive Psychology
- The Cognitive Revolution and Current Trends
- Paradigms of Cognitive Psychology
- Research Methods in Cognitive Psychology
- Structure of the Brain - Basic Anatomy
- Basic Neurology
- Localization and lateralization of Function
- Brain Imaging techniques

UNIT 2 FORMING AND USING NEW MEMORY TRACES (15 lectures)

- Metaphors of Memory
- Sensory Memory
- Short Term Memory
- Working Memory and Executive Functioning
- Neurological Studies of Memory Processes

UNIT 3 RETRIEVING MEMORY FROM LONG TERM STORAGE (15 lectures)

- Taxonomy of LTM
- Mnemonic Devices

- The Traditional View of LTM
- The Levels of Processing View
- Amnesia

UNIT 4 MEMORY FOR GENERAL KNOWLEDGE (15 lectures)

- The Semantic – Episodic Distinction
- Semantic Memory Models
- Implicit v/s Explicit Memory
- Schemata, Scripts, and the Propositional Approach
- Bandura's Social Cognitive Theory

List of Recommended Reference Books

1. Ashcraft, Mark H. & Radvansky, Gabriel R.: Cognition. (5th edition) Upper Saddle River. Pearson Education Inc., 2010. 0-13-605046-8--(153Ash//Rad)
2. Coxon, Matthew: Cognitive Psychology : critical thinking in Psychology. London. Sage Publications Ltd, 2012. 978-0-85725-522-8--(153Cox)
3. Galotti, Kathleen M.: Cognitive psychology : in and out of the laboratory. (4th ed.) Belmont. Wadsworth, 2008. 978-0-495-09968-0--(153Gal)
4. Hunt, R. Reed & Ellis, Henry C.: Fundamentals of cognitive psychology. (7th ed.) New Delhi. Tata Mcgraw-Hill Publishing Company Limited, 2006. 0-07-061594-2--(153HUN/ELL)
5. Kellogg, Ronald T.: Fundamentals of cognitive psychology. (2nd ed.) New Delhi. Sage Publications India Pvt Ltd, 2012. 978-81-321-1017-0--(153Kel)
6. Levitin, Daniel J.: Foundations of cognitive psychology . (2nd ed.) Boston. Pearson Education, Inc., 2011. 978-0-205-71147-5--(153Lev)
7. Robinson-Riegler, Gregory & Robinson-Riegler, Bridget: Cognitive psychology : applying the science of the mind. (2nd ed.) New Delhi. Pearson Education, 2008. 81-317-1876-6--(153Rob/Rob)
8. Smith, Edward E. & Kosslyn, Stephen M.: Cognitive psychology : mind and brain. (Indian Ed.) Noida. Pearson India Education Services Pvt. Ltd, 2015. 978-93-325-5045-2--(153Smi/Kos)
9. Solso, Robert L.; MacLin, Otto H. & MacLin, M. Kimberly: Cognitive psychology. (8th ed.) New Delhi . Dorling Kindersley (India) Pvt. Ltd., 2014. 978-93-325-3673-9--(153Sol)
10. Srinivasan, Narayanan; Gupta, A.K. & Pandey, Janak: Advances in cognitive science. Volume 1, [ed. by] New Delhi. Sage Publications, 2008. 81-7829-814-6--(153A.C.S.)

11. Sternberg, R.J.: Applied Cognitive Psychology: Perceiving, Learning, and Remembering. Cengage learning India, New Delhi, 2009.

TYBA

Course: APSY505

Title: Psychology Practicals I

Learning Objectives:

- 1) To provide experiential learning in the basics of psychological research methodology.
- 2) To facilitate understanding of the key concepts of hypotheses, variables, controls, and designs at the core of laboratory experiments.
- 3) To develop skills in observation, experimentation, data analysis, and report writing.
- 4) To provide training in administration, scoring, and interpretation of psychological tests.
- 5) To enhance interest in the process of scientific inquiry and the development of an analytical perspective.
- 6) To create a foundation for higher education and a career in psychological research.

Four Experiments and one test from the following topics

1. Neurocognition
2. Forming and using new memory traces
3. Retrieving memory from long term storage
4. Memory for general knowledge
5. Personality / interest Test

(6 lectures per week, per batch of 8 students)

Number of lectures: 90

List of Recommended Reference Books

1. Adams, John; Khan, Hafiz T.A. & Raeside, Robert: Research methods for business and social science students. (2nd ed.) New Delhi. Sage Publication India Pvt. Ltd., 2014. 978-81-321-1366-9--(001.42Ada)
2. Anastasi, Anne & Urbina, Susana: Psychological testing. (7th ed. reprint) Delhi. Pearson Education (Singapore) Pte. Ltd., 1997(2002). 81-7808-620-4--(150.287ANA/URB)
3. Ashcraft, Mark H. & Radvansky, Gabriel R.: Cognition. (5th ed.) Upper Saddle River. Pearson Education Inc., 2010. 0-13-605046-8--(153Ash//Rad)

4. Bryman, Alan: Social research methods. (3rd edition) Oxford . Oxford University Press, 2008. 0-19956287-3--(001.42Bry)
5. Francis, Greg, Neath, Ian & Van Horn, Daniel R.: CogLab on a CD. [version 2.0] Belmont. Thomson Higher Education, 2008. 0-495-09064-6--(153.072Coglab 2.0)
6. Francis, Greg., Neath, Ian: COGLAB 5 on line version. Cengage Learning, 2015.
7. Cohen, Ronald Jay & Swerdlik, Mark E.: Psychological testing and assessment : an introduction to tests and measurement. (7th ed.) Boston. Mcgraw-Hill Higher Education, 2010. 007-127223-0--(150.287Coh/Swe)
8. Galotti, K.M.: Cognitive Psychology in and out of the Lab. (5th ed.). Sage Publication, 2013.
9. Hammond, Michael & Wellington, Jerry: Research methods : the key concepts. Oxon. Routledge, 2013(2015). 978-0-415-59983-2--(001.42Ham/Wel)
10. Harris, Peter: Designing and reporting experiments in psychology. (2nd Ed.) Buckingham. Open University Press, 2002. 0-335-20146-6--(150.724HAR)
11. Kothari, C.R.: Research methodology : methods and techniques. (2nd ed. reprint) New Delhi. Wishwa Prakashan, 2004(2011). 81-224-1522-9--(001.422KOT)
12. Myers, Anne., Hansen, Christine. (2011) Experimental Psychology, 7th edition, Wadsworth Publishing.
13. Ramadass, P. & Aruni, A. Wilson: Research and writing : across the disciplines. Chennai. MJP Publishers, 2014. 978-81-8094-068-2--(001.4Ram/Aru)
14. Shaughnessy, John J. & Zechmeister, Eugene B.: Research methods in psychology. (2nd ed.) New York. Mcgraw-Hill Publishing Company, 1990. 0-07-100929-9--(150.72SHA/ZEC)
15. Steinberg, Wendy J.: Statistics alive!. Los Angles. Sage Publications, 2008. 141295659-5--(519.5Ste)

For Vth Semester Applied Course in **Psychology** (June 2018 onwards)

Contents:

APSY506 Insight Oriented Counseling
TYBA

Course: APSY506

Title: Insight Oriented Counseling Psychology

Learning Objectives:

1. To develop understanding of important concepts, processes and issues in the field of counseling psychology.
2. To inculcate knowledge and comprehension regarding the rationale, goals and techniques of psychodynamic counseling approaches.
3. To facilitate insight into the use and application of counseling with children and adolescents.
4. To introduce students to the link between personality theory and therapy.
5. To establish a foundation for a professional career in counseling psychology.

Number of lectures: 45

UNIT 1 THE COUNSELING PSYCHOLOGIST AND THE COUNSELING RELATIONSHIP (15 lectures)

- Understanding the profession, process and ethics of counseling
- The counseling psychologist
- Core conditions of counseling

- Skills for inviting client communication, facilitating disclosure and overcoming resistance, understanding transference
- Counselor skills for in-depth exploration

UNIT 2 INSIGHT ORIENTED & HUMANISTIC APPROACHES

(15 lectures)

- An orientation to use of theories in counseling
- Psychoanalytic therapy
- Adlerian therapy
- Person-centered therapy
- Fritz Perls' theory and Gestalt therapy

UNIT 3 MULTICULTURAL COUNSELING AND COUNSELING WITH DIVERSE GROUPS AND POPULATIONS

(15 lectures)

- Multicultural counselling, social justice and alternative therapies
- Gender based counselling
- Counseling the elderly
- Groups in therapy
- An inclusive approach to counseling students with disabilities

List of Recommended Reference Books

1. Corey, Gerald: Theory and practice of counseling and psychotherapy. (10th Ed.) Pacific Grove. Brooks/Cole Publishing Company, 2013.
2. Capuzzi, David & Gross, Douglas R.: Introduction to the counseling profession. (5th ed.) New Jersey. Pearson Education, Inc., 2009. 978-0-205-59177-0--(158.3Cap/Gro)
3. Dryden, Windy & Reeves, Andrew: Key issues for counselling in action. (2nd ed.) Los Angeles. Sage Publications, 2008. 1-4129-4699-5--(158.3Dry/Ree)
4. Fuster, J.M.: Personal counselling. (8th ed.) Bombay. Better Yourself Books, 1998.--(158.3FUS)
5. Gladding, Samuel T.: Counseling : a comprehensive profession. (7th ed.) Delhi. Pearson Education Inc. , 2015. 978-93-325-1895-7--(158.3Gla)
6. Kapur, Malavika : Counselling children with psychological problems. Pearson, 2017
7. Leong, Frederick T.L.: Encyclopedia of counseling, Volume 1: Changes and challenges for counseling in the 21st century. [ed. by] Thousand Oaks. Sage Publications, Inc, 2008. 1-4129-0928-0--(158.303E.C.)
8. Leong, Frederick T.L.: Encyclopedia of counseling; Volume 2 : Personal and emotional counseling. [ed. by] Thousand Oaks. Sage Publications, Inc, 2008. 1-4129-0928-0--(158.303E.C.)
9. McLeod, John: An introduction to counselling. (3rd ed.) Jaipur. Rawat Publications, 2008. 81-316-0177-3--(158.3McL)
10. Nelson-Jones, Richard: Basic counselling skills : a helper's manual . (3rd ed.) New Delhi. Sage Publications India Pvt. Ltd., 2012. 978-81-321-0999-0--(158.3Nel)
11. Okun, Barbara F. & Kantrowitz, Ricki E.: Effective helping : Interviewing and counseling techniques. (7th ed.) Belmont. Thomson Higher Education, 2008. 0-495-00625-4--(158.3Oku/Kan)
12. Patel, Vikram., Aronson, Lisa., Divan, Gauri: A school counsellor casebook. Byword Books, 2013

13. Seligman, L., Reichenberg, L.: Theories of Counselling and Psychotherapy Pearson Education India, 2015
14. Welfel, Elizabeth Reynolds & Patterson, Lewis E.: Counseling process : a multi-theoretical integrative approach. (6th Ed.) Singapore. Thomson Learning, 2005. 0-534-64032-X--(158.3WEL/PAT)
15. Yalom, I. D. & Leszcz, M.: The Theory & Practice of Group Psychotherapy. Basic Books.New York, 2008.

References can be updated by the concerned teacher as and when required

