



ST. JOSEPH'S UNIVERSITY

36, LALBAGH ROAD, BENGALURU-27

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY AND COUNSELLING

SYLLABUS FOR SEP

UNDERGRADUATE PROGRAMME

BA/B.Sc. PSYCHOLOGY

2024-2027

Semester	Paper Title	Theory (Hrs)	Practical (Hrs)	Hours (T+P)	Credits (T+P)
Semester-1	Foundations of Psychology- I	3	4	7	3+2
Semester-2	Foundations of Psychology- II	3	4	7	3+2
	Total Hours	45			

<p>SEMESTER I B.A./B.Sc. PSYCHOLOGY PROGRAM</p> <p>PAPER I- FOUNDATIONS OF PSYCHOLOGY-I</p> <p>Paper Code: PY124</p> <p>Hours: 45 hours Credits: 3</p>
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Learning Outcomes:

1. Students will understand the genesis of Psychology and its importance.
2. Students will gain basic knowledge about Psychology.
3. Students will understand the fundamental mental processes that are basis for behavior.
4. Students will understand the Applications of Psychology in various fields

UNIT I: GENESIS AND GOALS OF PSYCHOLOGY

(10 hours)

- I. *Psychology*: Definition, Goals of Psychology- (Describing, Explaining, Predicting, and Modifying Behavior) and Branches of Psychology. (3 hours)
- II. *Schools of Psychology*: Structuralism, Functionalism, Psychodynamic, Gestalt, Behaviorism, Humanistic, Cognitive Perspective, Social Constructivism. (4 hours)
- III. *Methods in Study*: Observation, Experimental, Interview (structured, unstructured, and semi-structured), and Questionnaire Method. (3 hours)

UNIT II: BIOLOGY AND BEHAVIOUR

(13 hours)

- I. *Nervous system*: Structure and Functions of Central nervous system and Peripheral nervous system (5 hours)
- II. *Neuron*: Structure and Functions; Neural impulse; Synapse and Neurotransmitters (3 hours)
- III. *Introduction to Methods of studying brain functions*: Lesion Method, Brain stimulation- Deep Brain Stimulation, Transcranial Magnetic Stimulation (TMS), Brain Mapping; Computed Tomography, Magnetic Resonance Imaging (MRI), and Functional Magnetic Resonance Imaging (fMRI). (2 hours)
- IV. *Endocrine system*: Functions and Effects: Pituitary, Thyroid, Parathyroid, Adrenal and Gonads. (3 hours)

UNIT III: SENSATION, ATTENTION, AND PERCEPTION

(12 hours)

- I. *Sensation*: Definition and Characteristics (Sensory threshold, Difference threshold, Absolute threshold, Weber's law, Sensory adaptation, and integration) (3 hours)
- II. *Introduction to Sensory Receptors*: visual, auditory, gustatory, tactile, vestibular, kinesthetic, and organic sense. (2 hours)
- III. *Attention*: Meaning and Phenomena (Span of Attention, Division of Attention, Fluctuation and distraction), Determinants: Objective and Subjective. (3 hours)
- IV. *Perception*: Meaning and Characteristics, Gestalt Laws of Perceptual Organization (2 hours)

V. *Errors in Perception* – Illusion vs Hallucination.

(2 hours)

Illusion - Types: Horizontal-Vertical, Muller-Lyer and Illusion of Movement.

Hallucination- Visual, Auditory, and Tactile.

UNIT IV: LEARNING

(10 hours)

- I. *Introduction*: Definition, Factors influencing learning: Motivation, Reinforcement and Association. (1 hour)
- II. *Types of Learning*: Trial and Error Learning: Experiment and Laws; Classical Conditioning: Extinction, Spontaneous Recovery, Generalization, Discrimination, and Higher-Order Conditioning. (4 hours)
- III. *Operant Conditioning*: Experiment Reinforcement, Schedules of Reinforcement, Shaping and Chaining. (3 hours)
- IV. *Cognitive Learning*: Insight (Kohler) and Observational (Bandura). (2 hours)

Recommended Reading

- Robert Feldman (2011) Essential of Understanding Psychology 10th Edition, ISBN-13- 9781259003059/ISBN-10-1259003051
- Morgan, C. T., King, R. A., Weiss, J. R. and Schopler, J. (2012). (Latest Edition). Introduction to Psychology. Tata McGraw Hill Education Pvt. New Delhi
- Sandra K Ciccarelli and Glenn Meyer. Psychology. South Asian Edition
- John W Santrock. Psychology Essentials 2nd edition (2006). McGraw-Hill Publication.
- Robert A Barron and Girishwar Misra Psychology 5th edition. Indian Subcontinent edition.

PSYCHOLOGY PRACTICAL Paper Code: PY1P1

Credits: 2

Hours/week: 3

GENESIS AND GOALS OF PSYCHOLOGY

1. Directed Observation Boards

SENSATION, ATTENTION, AND PERCEPTION

2. Muller-Lyer Illusion
3. Signal Detection
4. Span of Attention
5. Stroop Effect

LEARNING

6. Maze Learning
7. Paired Associate Learning
8. Free Association
9. Bilateral Transfer
10. Mapping of Retinal Color Zones

STATISTICS:

Mean, Median, and Mode for Ungrouped and Grouped data

Semester	Paper Title	Theory (Hrs)	Practical (Hrs)	Hours (P+T)	Credits (T+P)
Semester-1	Foundations of Psychology- I	3	4	7	3+2
Semester-2	Foundations of Psychology- II	3	4	7	3+2
	Total Hours	45			

<p>SEMESTER II B.A. /B.Sc PSYCHOLOGY PROGRAM</p> <p>PAPER II- FOUNDATIONS OF PSYCHOLOGY- II</p> <p>Paper Code: PY 224</p> <p>Hours: 45 hours Credits: 3</p>

Learning Outcomes

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

1. To evaluate and understand the different human emotions.
2. To critically evaluate and identify determinants of motivation.
3. To compare and contrast different theories of intelligence.
4. To differentiate between different types of personality theories.

UNIT I: EMOTIONS

(10 hours)

- I. Definition, Function of emotion. (2 hours)
- II. *Three elements of emotions* – Physiology of emotion, Behaviour of emotion and Subjective experience. (2 hours)
- III. *Theories of Emotions* – James Lange Theory, Cannon-Bard Theory, Schachter - Singer Theory of emotion. (6 hours)

UNIT II: MOTIVATION

(10 hours)

- I. Definition, Motivational cycle, Difference between needs and drive. (1 hour)
- II. *Types of Motive*: extrinsic motivation and intrinsic motivation; Primary motivation / Physiological Motivation- Hunger, thirst, maternal drive and sex motive. Secondary Motivation / Psycho-social Motive- Achievement motive, affiliation motive and Power motive. (4 hours)
- III. *Theories of Motivation*- Instinct theory, Drive reduction, David McClelland's Psychological Motivation, and Humanistic theory– Maslow's Hierarchy of Needs. (5 hours)

UNIT III: INTELLIGENCE

(12 hours)

- I. Definition: Determinants of intelligence – Genetic Vs Environmental Influences (2 hours)
- II. *Theories of Intelligence* - Spearman's Two Factor Theory, Thurstone's Theory of Primary Mental Abilities, Cattell's fluid and crystallized intelligence, and Guilford's Structure of Intellect Model. (2 hours)
- III. Multiple Intelligences – Gardner's eight intelligences, Sternberg's Triarchic Theory of Intelligence, PASS Theory of Intelligence. (5 hours)

- IV. *Measuring Intelligence*: Individual test (Wechsler's scales), Group test (Army alpha test and Beta test), IQ and distribution of intelligence (Wechsler and APA classification), extremes of intelligence (Intellectually disabled and Intellectually gifted). (2 hours)
- V. *Newer trends* -Emotional Intelligence and Social Intelligence. (1 hour)

UNIT IV: PERSONALITY

(13 hours)

- I. Definition and Classification of Personality – Hippocrates's classification, Sheldon's classification, and Jung's classification (4 hours)
- II. *Approaches*– Psychodynamic, Humanistic (Carl Roger's Person-Center Theory), Dispositional – Allport, and Raymond Cattle's Theory (Type and Trait), The Big Five Personality Factors, Type A/B Theory, and Social Cognitive Approach. (6 hours)
- III. *Assessment of Personality*- questionnaire, rating scales, and projective tests- characteristics, types of projective tests (Children's Apperception Test, Thematic Apperception Test, Rorschach Ink Blot test, and Sentence Completion test) with its advantages and disadvantages. (3 hours)

Reference:

- Baron, R. A. (2014). Psychology. (5th.). Delhi: PHI Learning Pvt. Ltd.
- Feldman, R. S. (2018). Understanding Psychology (14thed.). New York: McGraw Hill
- Hergenhahn, B. R., & Henley, T. (2013). An Introduction to the history of psychology. Cengage Learning.
- Hilgard, E. R., Atkinson, R. C. & Atkinson, R. L. (2015). Introduction to psychology. (16th ed.). Boston: Cengage Learning.
- Malim, T. (2017). Introductory Psychology. Macmillan International Higher Education.
- Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (2001). Introduction to psychology. (7th ed.). Chennai: McGraw-Hill Education (India) Pvt. Ltd.
- Sandra K Ciccarelli and Glenn Meyer. Psychology. South Asian Edition

PSYCHOLOGY PRACTICAL Paper Code: PY2P2

Credits: 2.

Hours/week: 3

EMOTIONS

1. PANAS (Positive and Negative affect scale)
2. Oxford Happiness scale
3. Loneliness Scale

MOTIVATION

4. Achievement Motivation scale
5. Academic Motivation Scale

INTELLIGENCE

6. Standard Progressive Matrices
7. Multiple Intelligence Scale
8. General Mental Ability (GMA)

PERSONALITY

9. Eysenck's Personality inventory
10. I-E rotter's locus of control scale

STATISTICS:

Standard Deviation (Grouped and Ungrouped)

2023-2025
Dissertation Evaluation

Sr. No	Criteria	Maximum Marks
1	Research Proposal/Synopsis	15
2	Introduction (10)	10
3	Review of literature (10)	10
4	Methods (15)	10
5	Results and Discussion (20)	15
6	Conclusion and Implication (5)	5
7	References & Appendix (5)	5
8	Regularity of meeting guide (10)	10
9	Presentation (15) – EXTERNAL	10
10	Viva (10) – EXTERNAL	10
	Total Internal Marks	80
	Total External Marks (ESE)	20
	Total Overall Marks	100

2023-2025

Internship and Practicum Evaluation

3rd Semester - 100 Marks (70 Internal/ 30 External)

Internal- 70 Marks

2 Verbatims (one beginning stage and one working stage)- 20 marks

2 Case conceptualisations (with clients having a minimum of 4-5 sessions)- 20 marks

Session notes and timely log sheet submissions- 10 marks

Supervision attendance- 5 marks

Supervisor Evaluation (rubrics) - 15 marks

External - 30 Marks

External Evaluation (On-Site Supervisor) - 10 Marks

Final record- 10 marks

Viva- 10 marks

4th Semester - 340 Marks (170 Internal/170 External)

4 Verbatims (two beginning stage and two working stage)- 40 marks

4 Case conceptualisations (with clients having a minimum of 4-5 sessions)- 40 marks

Session notes and timely log sheet submissions- 15 marks

Supervision attendance- 10 marks

Demonstrations - 20 marks

Reflective report - 15 marks

Supervisor Evaluation (rubrics) - 30 marks

External - 170 Marks

External Evaluation (On-Site Supervisor) - 40 Marks

Final record- 30 marks

Viva- 100 marks