



Psychology
Foundations of Psychology
[Core Course]

Semester: I	Credits: 3	Subject Code: AC12005	Lectures: 48
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Course Outcomes:

At the end of this course, the learner will be able to:

- Describe the evolution of psychology and the major pioneers in the field and identify the various approaches, fields, and subfields of psychology
- Enumerate the value of psychology and possible careers paths for those who study psychology
- Describe the scientific method to psychology and identify the strengths and weaknesses of research methods
- Define personality and the contributions of Freud and neo-Freudians to personality theory
- Compare and differentiate between personality theories namely type, trait, psychoanalysis, humanistic theories
- Describe cognition, intelligence theories and intelligence testing ,problem-solving strategies, creative thinking,

Unit 1: Introduction to Psychology

12

- The science of psychology
- The roots of psychology- Structuralism, Functionalism, Gestalt & Women in psychology
- Contemporary perspectives- neuroscience, psychodynamic, behavioral, cognitive, humanistic
- Subfields of psychology
 - Major fields- Clinical psychology, Counseling psychology, Educational psychology, organizational psychology, Experimental psychology, Cognitive psychology, Developmental psychology, Personality psychology, Health psychology, Social psychology, Cross cultural psychology
 - Emerging fields-Evolutionary psychology, Behavioral genetics and Clinical neuropsychology.
- Psychology's key issues and controversies

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Unit 2: Methods in Psychology	12
<ul style="list-style-type: none">• The scientific method• Descriptive research-Archival research, Naturalistic observation, Survey research, Case study• Correlation study• Experimental study• Critical research issues- Ethics of research, Using animals in research	
Unit 3: Personality	12
<ul style="list-style-type: none">• Psychodynamic approaches to personality• Trait approaches to personality• Biological and Evolutionary approaches, Neuroscience of personality• Humanistic approaches• Assessing personality	
Unit 4: Human Abilities	12
<ul style="list-style-type: none">• Intelligence - Theories of intelligence and variations in intellectual abilities• Assessing Intelligence – Binet, Wechsler and Adaptive testing• Problem Solving• Barriers to Problem Solving• Creative thinking	

12 hours for Assignments, Library work and self reflection

Reference Books:

- Feldman R.S. (2010). *Understanding Psychology*, 10th Ed, New York, McGraw-Hill.
- Weiten W and Lloyd M. A. (2004), *Psychology Applied to Modern Life – Adjustment in the 21st Century*, 7th Ed, Thomson Wadsworth
- Ciccarelli, S. & Meyer, G. E. (2006). *Psychology*. New Delhi: Pearson Education.

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Psychology
Psychology of Well-Being
[Core Course]

Semester: II	Credits: 3	Subject Code: AC22005	Lectures: 48
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Course Outcomes:

At the end of this course, the learner will be able to:

- Apply psychological insights and principles of adjustment to their own lives.
- Review the concept of self, self-esteem, self-efficacy and self-presentation
- Explain motivation and major theories about motivation
- Describe hunger and eating in relation to motivation, obesity, anorexia, and bulimia
- Describe social motives
- Elaborate elements of emotion and how we express, recognize and manage emotions
- Discuss the process of interpersonal communication and the principles of effective communication
- Describe stress, types of stressors and coping mechanisms to deal with stress

Unit 1: Self Concept and Well being	12
<ul style="list-style-type: none">● Self-concept: Self-image and self-discrepancies● Factors shaping self-concept● Self Esteem: Nature and importance of self esteem● Building self esteem● Self-regulation: Self-efficacy and Self-defeating behaviors	
Unit 2: Motives and emotions in Well being	12
<ul style="list-style-type: none">● Understanding motivation : Theories of Motivation● Biological motives- The motivation behind hunger● Social motives● Understanding emotions: Functions and range of emotions● Emotional intelligence and Managing emotions	
Unit 3: Interpersonal Communication and Well being	12
<ul style="list-style-type: none">● Process of Interpersonal Communication● Nonverbal communication● Towards more effective communication● Communication problems● Interpersonal conflict and managing conflict	

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Unit 4: Stress and Coping Processes	12
<ul style="list-style-type: none"> • Nature of stress • Types of stressors • The Concept of Coping • Nature of constructive coping • Constructive coping techniques – Appraisal focused, Emotion focused and problem focused, Meditation as a coping mechanism 	

12 hours for Assignments, Library work and self-reflection

Reference Books:
<ul style="list-style-type: none"> • Feldman R.S. (2010). <i>Understanding Psychology</i>, 10th Ed, New York, McGraw-Hill. • Weiten W and Lloyd M. A. (2004), <i>Psychology Applied to Modern Life – Adjustment in the 21st Century</i>, 7th Ed, Thomson Wadsworth. • Ciccarelli, S. & Meyer, G. E. (2006). <i>Psychology</i>. New Delhi: Pearson Education.

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