



SOPHIA COLLEGE

(AUTONOMOUS)

Affiliated to the University of Mumbai

Syllabi for Semesters I

Program: B. A.

Course: Psychology 2022-2023

Revised Syllabi for Psychology Core Courses at the F.Y.B.A.

Choice Based Credit System (CBCS)

Objectives: -

1. To enable students to gain knowledge of the basic concepts and modern trends in Psychology.
2. To foster an interest in the subject of Psychology among students and create a foundation for further studies in Psychology.
3. To increase students' awareness of the applications of psychological concepts in different areas of day-to-day life.

Semester 1. Fundamentals of Psychology: Course Code SBAPSY 101

(Credits = 3) 4 lectures per week

Unit 1. The science of Psychology

- a) The history of Psychology.
- b) The Field of Psychology Today.
- c) Scientific research.
- d) Ethics of Psychological Research.
- e) Applying Psychology to Everyday Life.

Note – As an important development, the subtopic 'Psychology in India' should be taught in brief; (questions will not be set on this sub-topic in the semester-end examination)

Unit 2. The Biological Perspective.

- a) Neurons and Nerves: Building the Network.
- b) An overview of the Nervous System.
- c) Distant connections: The Endocrine Glands.
- d) Looking inside the Living Brain.
- e) From the Bottom-up: The structures of the Brain.
- f) Classic studies in Psychology.
- g) Applying Psychology to Everyday Life.

Unit 3. Learning.

- a) Definition of Learning.
- b) Classical conditioning and Operant conditioning
- c) Cognitive learning Theory.
- d) Observational Learning.

Unit 4. Memory

- a) What is memory?
- b) The Information Processing Model: Three Memory Systems.

- c) Retrieval of Long –term Memories.
- d) Forgetting.
- e) Neuroscience of memory.
- f) Applying Psychology to Everyday Life.

Semester 2. Fundamentals of Psychology: SBAPSY 201

(Credits = 3) 4 lectures per week

Unit 1. Cognition: Thinking, Intelligence, and Language.

- a) How People think.
- b) Intelligence.
- c) Language
- d) Applying Psychology to Everyday Life.

Unit 2. Motivation and Emotion.

- a) Approaches to Understanding Motivation.
- b) What, Hungry again? Why People Eat.
- c) Emotion.
- d) Culture and Emotions.
- e) Applying Psychology to Everyday Life.

Unit 3. Theories of Personality.

- a) Psychodynamic Perspective.
- b) Psychoanalysis in the East.
- c) The Behavioural and Social Cognitive View of Personality.
- d) The Third Force: Humanism and Personality.
- e) Trait Theories: Who are you?
- f) Modern Trait Theories: The Big Five and current thoughts on the trait Perspective.
- g) Personality: Genetics and Culture.
- h) Assessment of Personality.
- i) Applying Psychology to Everyday Life.

Unit 4. Statistics in Psychology.

- a) What are Statistics?
- b) Descriptive Statistics.
- c) Inferential Statistics.

Book for Study

Ciccarelli, S. K., White, J. N., & Mishra, G. (2018). Psychology. 5th Edition; Indian Adaptation. Pearson India Education Services Pvt. Ltd.

Additional Books for Reference

- 1) Baron, R. A., & Kalsher, M. J. (2008). Psychology: From Science to Practice. (2nd ed.). Pearson Education inc., Allyn and Bacon
- 2) Ciccarelli, S. K. & Meyer, G. E. (2008). Psychology. (Indian sub-continent adaptation). New Delhi: Dorling Kindersley (India) pvt ltd.
- 3) Ciccarelli, S. K., & White, J. N. (2017). Psychology.4thedi. New Jersey: Pearson education
- 4) Feist, G.J, & Rosenberg, E.L. (2010). Psychology: Making connections. New York: McGraw Hill publications
- 5) Feldman, R.S. (2013). Psychology and your life.2ndedi. New York: McGraw Hill publications
- 6) Feldman, R.S. (2013). Understanding Psychology.11thedi. New York: McGraw Hill publications
- 7) King, L.A. (2013). Experience Psychology.2ndedi. New York: McGraw Hill publications
- 8) Lahey, B. B. (2012). Psychology: An Introduction. 11th edit. New York: McGraw-Hill Publications
- 9) Myers, D. G. (2013). Psychology.10th edition; International edition. New York: Worth Palgrave Macmillan, Indian reprint 2013
- 10) Schachter, D. L., Gilbert, D. T., & Wegner, D. M. (2011). Psychology. New York: Worth Publishers.
- 11) Wade, C. & Tavris, C. (2006). Psychology. (8th Ed.). Pearson Education inc., Indian reprint by Dorling Kindersley, New Delhi