



SOPHIA COLLEGE FOR WOMEN (AUTONOMOUS)

Affiliated to the University of Mumbai

Programme: Arts

Psychology (Major)

Syllabus for the Academic Year 2024-2025
based on the National Education Policy 2020



SOPHIA COLLEGE (AUTONOMOUS)

DEPARTMENT OF PSYCHOLOGY

COURSE DETAILS FOR MAJOR:

	SEMESTER 3		SEMESTER 4
TITLE	Science of Social Psychology		Understanding the Social World
	Lifespan Development: Building the Foundation		Child Development
TYPE OF COURSE - DSC	Major		Major
CREDITS	8		8

Preamble:

Psychology is the study of the human mind and the cognitive processes that underpin behaviour. The study of psychology is based on research and evidence gathered through observation, measurement, and experimentation. The discipline focusses on describing, understanding, explaining, predicting, and modifying behaviour and mental processes. The aim is to help people understand themselves and others so that they can bring about change and improve the quality of life for themselves and those around them.



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The B.A. Psychology programme focusses on exposing students to the core tenets of Psychology, accentuating the significance of interpersonal skills, and fostering within its researchers and practitioners, a scientific temper. The course has been designed to also generate awareness about mental health issues and inculcate, among students, a sensitive approach to psychosocial issues. The programme has been developed to ensure a mix of academic rigour with an exposure to real-world issues and the Department of Psychology has been organising conferences, seminars, guest lectures, and film screenings to further the learning process of students.

Psychology is one of the fastest-growing disciplines with developments in information technology, artificial intelligence, brain imaging, molecular biology, and neuroscience making it multidisciplinary, challenging, and exciting. The programme fosters empathy, critical thinking, and research skills among students, enabling them to pursue careers in mental health care, academia and research, human resources, rehabilitation, media, law, special education, neuropsychology etc.

PROGRAMME OBJECTIVES

PO 1	To understand the basic concepts of psychology.
PO 2	To create an exposure and knowledge of the discipline of psychology with a variety of papers from different fields of psychology.
PO 3	To stimulate an interest in psychology by highlighting the relevance and applications of Psychology in everyday life.
PO 4	To expose students to the theories and research in various fields of psychology.
PO 5	To generate an awareness of and a critical understanding of various ethical considerations within the field of psychology.



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PROGRAMME SPECIFIC OUTCOMES

PSO 1	Knowledge: Recall and understand the basic concepts, theories, and principles within the field of psychology.
PSO 2	Women's issues/Human rights issues: Evaluate and examine different perspectives of psychological reality and to generate more humane and sensitive alternatives.
PSO 3	Research Competencies: Understand, develop and apply principles and skills of experimentation and research in various domains of psychology. To explore and hone research skills
PSO 4	Critical thinking /Practical Applications: use their knowledge of psychology to analyse and evaluate information in their environment and be aware of biases and assumptions. To recognise and acknowledge various viewpoints and perspectives



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Programme: Arts Psychology Major		Semester – 3	
Course Title: Science of Social Psychology		Course Code: APSY233MJ	
<u>COURSE OBJECTIVES:</u> <ol style="list-style-type: none">1. Initiating exposure to the field of Social Psychology, with emphasis on basic concepts as well as modern trends2. Sharing and discussing various experiments mainly having ecological validity that would encourage understanding of difficult, abstract concepts3. Helping students understand how people think of the world and its people, and how this thinking and evaluation affects their behaviour in response			
<u>COURSE OUTCOMES:</u> The learner will be able to: <ol style="list-style-type: none">1. be well acquainted with Social Psychology and be empowered to introspect as well as understand the nuances of the subject2. explain the theory behind the everyday workings of the social mind3. predict and justify the behaviour of people in a social setting			
Lectures per week (1 Lecture is 60 minutes)		4	
Total number of Hours in a Semester		60	
Credits		4	
Evaluation System	Summative Assessment	2 Hours	50 marks
	Continuous Assessment	--	50 marks



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UNIT 1 Social Psychology (1 Credit)	1.1	Social Psychology: An Overview	15 hours
	1.2	Research and Theory	
	1.3	Research Methods	
	1.4	Ethics in Research	
UNIT 2 Social Cognition (1 Credit)	2.1	Heuristics and Schemas	15 hours
	2.2	Automatic and Controlled Processing	
	2.3	Potential Sources of Error in Social Cognition	
	2.4	Affect and Cognition	
UNIT 3 Social Perception (1 Credit)	3.1	Nonverbal Communication	15 hours
	3.2	Attribution	
	3.3	Impression Formation	
	3.4	Impression Management	
UNIT 4 Attitudes (1 Credit)	4.1	Attitude Formation	15 hours
	4.2	Attitudes and Behaviour	
	4.3	The Fine Art of Persuasion	
	4.4	Cognitive Dissonance	



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ASSESSMENT DETAILS:

- I. Continuous Assessment (CA): 50 marks
- II. Summative Assessment (SA): 50 marks

REFERENCES:

Main book for study -

Baron, R. A., & Branscombe, N. R. (2017). *Social Psychology*. (14th ed.). New Delhi: Pearson Education; Indian reprint 2014

Books for reference -

Aronson, E., Wilson, T. D., & Akert, R. M. (2007). *Social Psychology*. (6th ed.), New Jersey: Pearson Education Prentice Hall

Baron, R. A., Branscombe, N. R., & Byrne, D. Bhardwaj, G. (2014). *Social Psychology*. (13th ed.). New Delhi: Pearson Education, Indian adaptation 2014

Baumeister, R. F., & Bushman, B. J. (2008). *Social Psychology and Human Nature*. International student edition, Thomson Wadsworth USA

DeLamater, J. D., & Collett, J. L. (2018). *Social Psychology* (9th ed.). New York: Routledge.

Franzoi, S. L. (2009). *Social Psychology*. (5th ed.). New York: McGraw Hill.

Kenrick, D. T., Newberg, S. L., Cialdini, R. B., & Lundberg-Kenrick, D. (2021). *Social Psychology: Goals in Interaction*. (7th ed.). United States: Pearson Education

Mercer, J. & Clayton, D. (2014). *Social Psychology*. New Delhi: Dorling Kindersley India

Taylor, S. E., Peplau, L. A., & Sears, D. O. (2006). *Social Psychology*. (12th ed.). New Delhi: Pearson Education



SOPHIA COLLEGE (AUTONOMOUS)

Programme: Arts Psychology Major		Semester – 3	
Course Title: Lifespan Development: Building the Foundation		Course Code: APSY234MJ	
<u>COURSE OBJECTIVES:</u> <ol style="list-style-type: none">1. To enable students to understand the basic principles and theories of development2. To develop an appreciation for the field and its real-life applications3. To increase students' awareness of the implications and applications of the various concepts, principles, and theories of Developmental Psychology in daily life in the Indian context			
<u>COURSE OUTCOMES:</u> The learner will be able to: <ol style="list-style-type: none">1. develop the ability to critically analyse the different theories pertaining to the field2. apply their theoretical knowledge to evaluate cases from the field and explain the practical implications of different developmental trajectories3. apply and understand concepts, principles and theories of Developmental psychology in various aspects of the Indian context and relevant situations at the global level			
Lectures per week (1 Lecture is 60 minutes)		4	
Total number of Hours in a Semester		60	
Credits		4	
Evaluation System	Summative Assessment	2 Hours	50 marks
	Continuous Assessment	--	50 marks



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UNIT 1 An Introduction to Lifespan Development (1 Credit)	1.1	An Orientation to Lifespan Development	15 hours
	1.2	Key Issues and Questions	
	1.3	Theoretical Perspectives	
	1.4	Research Methods	
UNIT 2 The Start to Life (1 Credit)	2.1	Early Development	15 hours
	2.2	Genetics	
	2.3	Prenatal Growth and Change	
	2.4	Birth and Related Complications	
UNIT 3 Physical Development in Infancy (1 Credit)	3.1	The Competent New-Born	15 hours
	3.2	Growth and Stability	
	3.3	Motor Development	
	3.4	Sensory Development	
UNIT 4 Cognitive and Personality Development in Infancy (1 Credit)	4.1	Piaget's Approach to Cognitive Development	15 hours
	4.2	Information Processing Approaches to Cognitive Development	
	4.3	The Roots of Language	
	4.4	Sociability and Differences Among Infants	



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ASSESSMENT DETAILS:

I. Continuous Assessment (CA): 50 marks

II. Summative Assessment (SA): 50 marks

REFERENCES:

Main book for study-

Feldman, R. S. (2024). *Development Across the Life Span*. (10th Ed). New Jersey: Pearson Education

Books for reference-

Berk, L. E. (2006). *Child Development*. (7th Ed). New Delhi: Pearson Education Dorling Kindersley India Pvt Ltd.

Berk, L. E. (2004). *Development through the lifespan*. (3rd Ed). New Delhi: Pearson Education Dorling Kindersley India Pvt Ltd.

Cook, J. L., & Cook, G. (2009). *Child Development: Principles and Perspectives*. Boston: Pearson Education

Crandell, T. L., Crandell, C. H., & Zanden, J. W. V. (2009). *Human Development*. (9th Ed). New York: McGraw Hill co. Inc.

Dacey, J. S. & Travers, J. F. (2004). *Human Development across the lifespan*. (5th Ed). McGraw Hill co.

Feldman, R. S., & Babu, N. (2011). *Discovering the Life Span*. Indian subcontinent adaptation, New Delhi: Dorling Kindersley India Pvt Ltd.

Kail, R. V. (2007). *Children and their Development*. (4th Ed). New Jersey: Pearson Education Inc.

McDevitt, T. M., & Omrod, J. E. (2007). *Child Development and Education*. (3rd Ed). New Jersey: Pearson Education Inc.

Papalia, D. E., Olds, S. W., & Feldman, R. (2012). *Human Development*. (12th Ed). McGraw Hill, International Edition.

Shaffer, D. R., & Kipp, K. (2007). *Developmental Psychology: Childhood and Adolescence*. (7th Ed). Thomson Learning, Indian reprint 2007.



SOPHIA COLLEGE (AUTONOMOUS)

Programme: Arts Psychology Major		Semester – 4	
Course Title: Understanding the Social World		Course Code: APSY245MJ	
<u>COURSE OBJECTIVES:</u>			
<ol style="list-style-type: none"> 1. Exposing students to various branches in the field of Social Psychology through a plethora of theories, real-life examples, and social experiments 2. Aiming to increase students' interest, awareness as well as inclination towards knowing and understanding social psychology, not just theoretically but also practically 3. Critically analysing various negative phenomena of the social world such as discrimination, aggression, bullying, and destructive obedience along with their causes and solutions 			
<u>COURSE OUTCOMES:</u>			
Learner will be able to:			
<ol style="list-style-type: none"> 1. understand the intricacies of complex subjects such as prejudice, inequality, conformity, obedience, violence, attraction, etc. 2. develop awareness and sensitivity regarding the multiple perspectives and contexts through which social phenomena is studied and experienced 3. creatively explore social phenomena through their personal lens, applying it to their lives, and increasing their relatability to the field 			
Lectures per week (1 Lecture is 60 minutes)		4	
Total number of Hours in a Semester		60	
Credits		4	
Evaluation System	Summative Assessment	2 Hours	50 marks
	Continuous Assessment	--	50 marks



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UNIT 1 Stereotyping, Prejudice, and Discrimination (1 Credit)	1.1	Perception of Inequality	15 hours
	1.2	Nature and Origins of Stereotyping	
	1.3	Understanding Prejudice and Discrimination	
	1.4	Combating Prejudice: Techniques	
UNIT 2 Social Influence (1 Credit)	2.1	Conformity	15 hours
	2.2	Compliance	
	2.3	Obedience to Authority	
	2.4	Symbolic Social Influence	
UNIT 3 Aggression (1 Credit)	3.1	Perspectives on Aggression	15 hours
	3.2	Causes of Human Aggression	
	3.3	Bullying	
	3.4	The Prevention and Control of Violence	
UNIT 4 Attraction, Love and Relationships (1 Credit)	4.1	Internal Sources of Attraction	15 hours
	4.2	External Sources of Attraction	
	4.3	Factors Affecting Social Interaction	
	4.4	Close Relationships	



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- Baumeister, R. F., & Bushman, B. J. (2008). *Social Psychology and Human Nature*. International student edition, Thomson Wadsworth USA
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SOPHIA COLLEGE (AUTONOMOUS)

Programme: Arts Psychology Major		Semester – 4	
Course Title: Child Development		Course Code: APSY246MJ	
<u>COURSE OBJECTIVES:</u>			
<ol style="list-style-type: none"> 1. Attempt to map out the developmental changes – physical, cognitive, social and personality that occur in children across pre-school and middle childhood 2. Be informed about various theories and processes that children undergo as a part of these developmental changes 			
<u>COURSE OUTCOMES:</u>			
The learner will be able to:			
<ol style="list-style-type: none"> 1. be aware of these milestones in children and will be able to govern them mindfully to understand development and related concerns in children 2. be appreciative of cultural and individual differences and will be able to apply these frameworks to real-life situations and problems such as in parenting, education as well as healthcare understanding. 3. be empowered to incorporate the developmental psychology approach and will be able to apply and execute it onto their professional skillset. 			
Lectures per week (1 Lecture is 60 minutes)		4	
Total number of Hours in a Semester		60	
Credits		4	
Evaluation System	Summative Assessment	2 Hours	50 marks
	Continuous Assessment	--	50 marks



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UNIT 1 Preschool: Physical and Cognitive Development (1 Credit)	1.1	Physical Growth	15 hours
	1.2	Intellectual Development	
	1.3	The Growth of Language	
	1.4	Early Childhood Education	
UNIT 2 Preschool: Social and Personality Development (1 Credit)	2.1	Forming a Sense of Self	15 hours
	2.2	Friends and Family	
	2.3	Moral Development	
	2.4	Aggression and Violence	
UNIT 3 Middle Childhood: Physical and Cognitive Development (1 Credit)	3.1	Physical Development	15 hours
	3.2	Language Development	
	3.3	Intellectual Development	
	3.4	Schooling: The Three Rs (and more) of Middle Childhood	
UNIT 4 Middle Childhood: Social and Personality Development (1 Credit)	4.1	The Developing Self	15 hours
	4.2	Moral Development	
	4.3	Relationships	
	4.4	Family and School	



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