



SOPHIA COLLEGE FOR WOMEN (AUTONOMOUS)

Affiliated to the University of Mumbai

Programme: Arts

Psychology (Minor)

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



SOPHIA COLLEGE (AUTONOMOUS)

DEPARTMENT OF PSYCHOLOGY

COURSE DETAILS FOR MINOR:

	SEMESTER 3	SEMESTER 4
TITLE	Psychology of Growth	Psychology of Adjustment
TYPE OF COURSE - DSC	Minor	Minor
CREDITS	4	4

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.

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.



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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.

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



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	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 analyze and evaluate information in their environment and be aware of biases and assumptions. To recognise and acknowledge various viewpoints and perspectives.

Programme: Arts Psychology Minor		Semester – 3	
Course Title: Psychology of Growth		Course Code: APSY233MN	
<u>COURSE OBJECTIVES:</u>			
<ol style="list-style-type: none"> To introduce students to the foundational theories and concepts related to human development To acquaint students with the idea of self-concepts and factors influencing it To sensitise students to the complexities of gender identity and its expression, with an emphasis on the importance of maintaining sexual health 			
<u>COURSE OUTCOMES:</u>			
The learner will be able to:			
<ol style="list-style-type: none"> demonstrate an understanding of key perspectives on child and adult development articulate the components of the self and analyse their own self-concept in relation to social change and personal growth understand the interplay between biological and psychological factors in shaping sexual identities 			
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 Components of the Self (1 credit)	1.1	Self-Concept	15 hours
	1.2	Core Characteristics of Self-Concept	
	1.3	Social Change	
	1.4	Themes of Personal Growth	
UNIT 2 The Puzzle of Childhood (1 credit)	2.1	Perspectives on Child Development	15 hours
	2.2	Key Foundational Elements of Childhood	
	2.3	Parenting	
UNIT 3 Human Sexuality and Gender (1 credit)	3.1	Physiological Perspective	15 hours
	3.2	Psychological Perspective	
	3.3	Gender Identity in the Indian Context	
	3.4	Maintaining Sexual Health	
UNIT 4 Affirming Aging- Adulthood (1 credit)	4.1	Adult Development	15 hours
	4.2	Early Adulthood	
	4.3	Middle Adulthood	
	4.4	Late Adulthood	

REFERENCES:

Main book for study-

Psychology. Ciccarelli, S. K., & White, J. N. (2022). Pearson Education Limited. 6th Edition.



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Psychology for Living. Kirsh, S. J., Duffy, K. G., & Atwater, E. (2014). Pearson Education India. 11th Edition.

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
- 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.

Programme: Arts Psychology Minor	Semester – 4
Course Title: Psychology of Adjustment	Course Code: APSY244MN
<u>COURSE OBJECTIVES:</u> 1. To introduce the dynamics of interpersonal relationships and factors influencing it 2. To acquaint students with the psychological and social aspects of love, commitment,	



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and intimate relationships 3. To understand the psychological processes involved in coping with death, dying, and grief			
<u>COURSE OUTCOMES:</u> The learner will be able to: <ol style="list-style-type: none"> 1. identify factors influencing social interactions in groups 2. demonstrate an understanding of factors influencing interpersonal relationships 3. be sensitised to the complexities of mortality and will gain an understanding of the nuances of grief 			
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

UNIT 1 Groups (1 credit)	1.1	Kinds of Groups	15 hours
	1.2	Creating and Joining Groups	
	1.3	What Goes on in Groups?	
	1.4	When Groups Go Wrong	
UNIT 2 Love and Commitment (1 credit)	2.1	Love and Finding Love	15 hours
	2.2	Marriage and Other Committed Relationships	
	2.3	Adjusting to Intimate Relationships	
	2.4	Divorce and its Consequences	



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UNIT 3 Friendship (1 credit)	3.1	Meeting People	15 hours
	3.2	Keeping Friends	
	3.3	When it is Hard to Keep Friends	
UNIT 4 Dying, Death, and Grief (1 credit)	4.1	Death and Dying	15 hours
	4.2	Life and Death in Perspective	
	4.3	Bereavement and Grief	

REFERENCES:

Main book for study-

Psychology. Ciccarelli, S. K., & White, J. N. (2022). Pearson Education Limited. 6th Edition.

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

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