



**SOPHIA COLLEGE FOR WOMEN (AUTONOMOUS)**

Affiliated to the University of Mumbai

Programme: Arts

Psychology (Major)

**Syllabus for the Academic Year 2023-2024**  
**based on the National Education Policy 2020**



## SOPHIA COLLEGE (AUTONOMOUS)

### DEPARTMENT OF PSYCHOLOGY

#### COURSE DETAILS FOR MAJOR:

	SEMESTER 1	SEMESTER 2
<b>TITLE</b>	<b>Psychology 101</b>	<b>Psychology 102</b>
<b>TYPE OF COURSE - DSC</b>	<b>Major</b>	<b>Major</b>
<b>CREDITS</b>	<b>4</b>	<b>4</b>

#### 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

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

### PROGRAMME SPECIFIC OUTCOMES

<b>PSO 1</b>	<b>Knowledge:</b> Recall and understand the basic concepts, theories, and principles within the field of psychology.
<b>PSO 2</b>	<b>Women's issues/Human rights issues:</b> Evaluate and examine different perspectives of psychological reality and to generate more humane and sensitive alternatives.



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<b>PSO 3</b>	<b>Research Competencies:</b> Understand, develop and apply principles and skills of experimentation and research in various domains of psychology. To explore and hone research skills
<b>PSO 4</b>	<b>Critical thinking /Practical Applications:</b> 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

<b>Programme: Arts Psychology Major</b>		<b>Semester – 1</b>	
<b>Course Title: Psychology 101</b>		<b>Course Code: APSY111MJ</b>	
<b><u>COURSE OBJECTIVES:</u></b>			
<ol style="list-style-type: none"> <li>1. To provide a comprehensive overview of the history and evolution of psychology as a scientific discipline</li> <li>2. To acquaint students with the biological and cognitive aspects involved in the field</li> <li>3. To foster an understanding of how different perspectives shape our understanding of human behaviour and mental processes</li> </ol>			
<b><u>COURSE OUTCOMES:</u></b>			
The learner will be able to:			
<ol style="list-style-type: none"> <li>1. Exhibit an understanding of the fundamental concepts of psychology and key figures and events in the field</li> <li>2. Explain the biological and cognitive process involved in various concepts</li> <li>3. Exhibit an understanding of the different perspectives to studying personality and their interconnectedness</li> </ol>			
<b>Lectures per week (1 Lecture is 60 minutes)</b>		<b>4</b>	
<b>Total number of Hours in a Semester</b>		<b>60</b>	
<b>Credits</b>		<b>4</b>	
<b>Evaluation System</b>	<b>Summative Assessment</b>	<b>2 Hours</b>	<b>50 marks</b>



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	<b>Continuous Assessment</b>	--	<b>50 marks</b>
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<b>UNIT 1</b> Orientation to Psychology and its Biological Underpinnings  (1 Credit)	1.1	The History and Evolution of Psychology	15 hours
	1.2	Neurons and Nerves: Building the Network.	
	1.3	The Endocrine Glands.	
	1.4	The Structures of The Brain.	
<b>UNIT 2</b> Learning  (1 Credit)	2.1	Definition of Learning	15 hours
	2.2	Classical Conditioning and Operant Conditioning	
	2.3	Cognitive Learning Theory	
	2.4	Observational Learning	
<b>UNIT 3</b> Memory  (1 Credit)	3.1	What is Memory?	15 hours
	3.2	The Information Processing Model: Three Memory Systems	
	3.4	Forgetting and Neuroscience of Memory	
<b>UNIT 4</b> Theories of Personality  (1 Credit)	4.1	Psychoanalytic Perspective	15 hours
	4.2	Neo-Freudian Perspectives	
	4.3	Behaviourist Perspective	
	4.4	Humanistic Perspective	



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### ASSESSMENT DETAILS:

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

### REFERENCES:

#### Main book for study-

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

#### Books for reference-

Baron, Robert A. & Misra, Girishwar, (2021). *Psychology*. Pearson India Education Services Pvt Ltd.

Henley, T. (2019). *Hergenhahn's An Introduction to the History of Psychology*. Cengage Learning.

Schultz, D. P., & Schultz, S. E. (1998). *Theories of personality*. Cengage Learning.



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<b>Programme: Arts</b> <b>Psychology Major</b>		<b>Semester – 2</b>	
<b>Course Title: Psychology 102</b>		<b>Course Code: APSY122MJ</b>	
<b><u>COURSE OBJECTIVES:</u></b> <ol style="list-style-type: none"><li>1. To introduce students to theories of intelligence and individual differences in cognitive abilities</li><li>2. To explore the concepts of stress and emotions and factors influencing them</li><li>3. To sensitise students to the physiological and psychological factors involved in gender identity and the importance of sexual health</li><li>4. To introduce students to statistics and its role in psychological research</li></ol>			
<b><u>COURSE OUTCOMES:</u></b> The learner will be able to: <ol style="list-style-type: none"><li>1. explain major theories of intelligence and motivation</li><li>2. identify stressors and employ effective coping strategies</li><li>3. exhibit an understanding of the complexities of gender and sexuality</li><li>4. calculate and interpret descriptive and inferential statistics</li></ol>			
<b>Lectures per week (1 Lecture is 60 minutes)</b>		<b>4</b>	
<b>Total number of Hours in a Semester</b>		<b>60</b>	
<b>Credits</b>		<b>4</b>	
<b>Evaluation System</b>	<b>Summative Assessment</b>	<b>2 Hours</b>	<b>50 marks</b>
	<b>Continuous Assessment</b>	<b>--</b>	<b>50 marks</b>



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UNIT 1 Intelligence and Motivation  (1 Credit)	1.1	Intelligence: Theories and Individual Differences	15 hours
	1.2	Measurement and Test Construction in Intelligence	
	1.3	Motivation: Theories and Approaches	
	1.4	Hunger as a Motivator	
UNIT 2 Emotion and Stress  (1 Credit)	2.1	Emotions: Elements and Theories	15 hours
	2.2	Experiencing Positive Emotions	
	2.3	Stress: Stressors and Factors Affecting Stress	
	2.4	Coping With Stress	
UNIT 3 Gender and Sexuality  (1 Credit)	3.1	The Spectrum (Gender, Sexuality and Orientation)	15 hours
	3.2	The Physical Side of Human Sexuality	
	3.3	The Psychological Side of Human Sexuality	
	3.4	Maintaining Sexual Health	
UNIT 4 Statistics in Psychology  (1 Credit)	4.1	What Are Statistics?	15 hours
	4.2	Descriptive Statistics	
	4.3	Inferential Statistics	





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#### Main book for study-

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