



**SOPHIA COLLEGE FOR WOMEN  
(AUTONOMOUS)**

Affiliated to

**UNIVERSITY OF MUMBAI**

**Programme: Psychology**

**Programme Code: SBAPSY**

F.Y.B.A

2021 – 2022

(Choice Based Credit System with effect from the year 2018-19)

### **Programme Outline : FYBA – PSYCHOLOGY (SEMESTER I)**

Course Code	Unit No	Name of the Unit	Credits
SBAPSY101		FUNDAMENTALS OF PSYCHOLOGY	3
	1	The Science of Psychology	
	2	The Biological Perspective	
	3	Learning	
	4	Memory	

### **Programme Outline : FYBA - PSYCHOLOGY (SEMESTER II)**

Course Code	Unit No	Name of the Unit	Credits
SBAPSY201		FUNDAMENTALS OF PSYCHOLOGY	3
	1	Cognition: Thinking, Intelligence and Language	
	2	Motivation and Emotion	
	3	Theories of Personality	
	4	Statistics in Psychology	

#### **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.

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

## SEMESTER I

NAME OF THE COURSE	FUNDAMENTALS OF PSYCHOLOGY
CLASS	FYBA

COURSE CODE	SBAPSY101	
NUMBER OF CREDITS	3	
NUMBER OF LECTURES PER WEEK	4	
TOTAL NUMBER OF LECTURES PER SEMESTER	60	
EVALUATION METHOD	INTERNAL ASSESSMENT	SEMESTER END EXAMINATION
TOTAL MARKS	50	50
PASSING MARKS	20	20

### COURSE OBJECTIVES

CO 1.	Introducing students to the foundational concepts of psychology
CO 2.	Introducing students to the biological underpinnings of human behaviour
CO 3.	Introducing students to cognitive concepts of learning and memory

### COURSE LEARNING OUTCOMES:

CLO 1.	Students will understand the field as a science and the history of the subject
CLO 2.	Students will be able to explain and illustrate the various biological processes underlying human behaviour.
CLO 3.	Students will understand the cognitive processes of learning and memory and factors influencing them

UNIT 1	The Science of Psychology (15 LECTURES)
1.1	The History of Psychology
1.2	The Field of Psychology Today.
1.3	Scientific research.
1.4	Ethics of Psychological Research.
1.5	Applying Psychology to Everyday Life.
UNIT 2	The Biological Perspective (15 LECTURES)
2.1	Neurons and Nerves: Building the Network.
2.2	An overview of the Nervous System.

2.3	Distant connections: The Endocrine Glands.
2.4	Looking inside the Living Brain.
2.5	From the Bottom-up: The Structures of the Brain.
2.6	Classic studies in psychology
2.7	Applying Psychology to Everyday Life.
UNIT 3	Learning (15 LECTURES)
3.1	Definition of Learning
3.2	Classical conditioning and Operant conditioning
3.3	Cognitive learning Theory.
3.4	Observational Learning.
UNIT 4	Memory (15 LECTURES)
4.1	What is memory?
4.2	The Information Processing Model: Three Memory Systems.
4.3	Retrieval of Long-term Memories.
4.4	Forgetting
4.5	Neuroscience of Memory
4.6	Applying Psychology to Everyday Life

## SEMESTER II

NAME OF THE COURSE	FUNDAMENTALS OF PSYCHOLOGY	
CLASS	FYBA	
COURSE CODE	SBAPSY201	
NUMBER OF CREDITS	3	
NUMBER OF LECTURES PER WEEK	4	
TOTAL NUMBER OF LECTURES PER SEMESTER	60	
EVALUATION METHOD	INTERNAL ASSESSMENT	SEMESTER END EXAMINATION
TOTAL MARKS	50	50
PASSING MARKS	20	20

### COURSE OBJECTIVES

CO 1.	Introducing students to concepts of cognitive psychology and
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	theories of motivation
CO 2.	Acquainting students with the theories of various personality theorists
CO 3.	Introducing students to statistical concepts in psychology

**COURSE LEARNING OUTCOMES:**

CLO 1.	Students will know how human cognition develops, and the factors involved in motivation
CLO 2.	Students will have an understanding of how different theorists explain personality and behaviour
CLO 3.	Students will be able to discern the difference between descriptive and inferential statistics and know their appropriate usage

UNIT 1	Cognition: Thinking, Intelligence, and Language (15 LECTURES)
1.1	How people think
1.2	Intelligence
1.3	Language
1.4	Applying psychology to everyday life
UNIT 2	Motivation and Emotion (15 LECTURES)
2.1	Approaches to Understanding Motivation.
2.2	What, Hungry again? Why People Eat.
2.3	Emotion
2.4	Culture and emotions
2.5	Applying psychology to everyday life
UNIT 3	Theories of Personality (15 LECTURES)
3.1	Psychodynamic perspective
3.2	Psychoanalysis in the east

3.3	The Behavioural and Social Cognitive View of Personality
3.4	The Third Force: Humanism and Personality
3.5	Trait Theories: Who are you?
3.6	Modern Trait Theories: The Big Five and current thoughts on the trait Perspective.
3.7	Personality: Genetics and Culture.
3.8	Assessment of Personality.
3.9	Applying Psychology to Everyday Life.
UNIT 4	Statistics and Psychology (15 LECTURES)
4.1	What are statistics?
4.2	Descriptive Statistics
4.3	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 REFERENCES:**

- Ciccarelli, S. K., & White, J. N. (2017). *Psychology*. 4<sup>th</sup>-ed. New Jersey: Pearson Education
- Feist, G.J, & Rosenberg, E.L. (2010). *Psychology: Making connections*. New York: McGraw Hill publications
- Feldman, R.S. (2013). *Psychology and your life*. 2<sup>nd</sup>-edi. New York: McGraw Hill publications
- Feldman, R.S. (2013). *Understanding Psychology*.11th edi. New York: McGraw Hill publications
- King, L.A. (2013). *Experience Psychology*. 2<sup>nd</sup>-edi. New York: McGraw Hill publications
- Lahey, B. B. (2012). *Psychology: An Introduction*. 11<sup>th</sup>-edi. New York: McGraw-Hill Publications
- Myers, D. G. (2013). *Psychology*.10<sup>th</sup> edition; International edition. New York: Worth Palgrave Macmillan, Indian reprint 2013
- Schachter, D. L., Gilbert, D. T., & Wegner, D. M. (2011). *Psychology*. New York: Worth Publishers.
- Wade, C. & Tavis, C. (2006). *Psychology*. (8th Ed.). Pearson Education inc., Indian reprint by Dorling Kindersley, New Delhi

## **ASSESSMENT DETAILS:**

**Internal Assessment (50 marks)**

**Semester End Examination – External Assessment (50 marks)**

Due to the pandemic, IA and SEE were conducted online, were objective-type, and as per University guidelines.