DOMBIVLI SHIKSHAN PRASARAK MANDAL’S,
K.V. PENDHARKAR COLLEGE OF ARTS, SCIENCE AND COMMERCE,
(AUTONOMOUS) DOMBIVLI (EAST), DIST. THANE
(Affiliated to University of Mumbai)

Faculty of Arts
DEPARTMENT OF PSYCHOLOGY
(Programme: Bachelor of Arts: B.A.)

SYLLABUS FOR
F. Y. B. A. – PSYCHOLOGY MAJOR (Semester I and II)
Choice Based Credit System (CBCS)
(with effect from the Academic Year: 2023-2024)
Objectives:

• To impart knowledge of the basic concepts and modern trends in Psychology.
• To make the students aware of the applications of Psychological concepts in different areas of day-to-day life.
• To foster interest in the subject of Psychology and to create a foundation for further studies in Psychology.
• To make students aware of the applications of Psychological concepts in different day to day life.

Learning Outcome Semester I:

1) To make students understand about the fundamental concepts of general psychology.
2) To impart knowledge about the biological bases of human behavior.
3) To help learners aware of the theatrical and applied aspect of classical and operant conditioning.
4) To impart knowledge about the nature and process of memory

SEMESTER – I

Unit-I: The science of Psychology

a) The history of Psychology.
b) The Fields of Psychology Today.

c) Scientific research.

d) Ethics of psychological research

e) Visit to the laboratory for demonstration of a simple experiment on R.T. (Reaction Time)

**Unit-II: 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-III: Learning.**

a) Definition of Learning.

b) Classical conditioning, and Operant conditioning

c) Cognitive learning Theory.

d) Observational Learning

**Unit – IV: 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 II

Unit I: Cognition: Thinking, Intelligence, and Language.
A) How People think.
B) Intelligence.
c) Language
d) Applying Psychology to Everyday life.

Unit II: Motivation and Emotion.
a) Approaches to understanding Motivation.
c) Emotion.
d) Culture and Emotions.
e) Applying psychology to everyday life is replaced by Classroom exercise on detecting emotion with the help of photographs depicting various emotions.

Unit III: 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 IV: Statistics in Psychology.

a) What are Statistics?

b) Descriptive Statistics.

c) Inferential Statistics.

Book for Study:


References:


Dorling Kindersley Publishing Inc. New Delhi; first Indian reprint 2007


INTERNAL ASSESSMENT 40 Marks

1. Class test:

   (Additional Exam in any valid case)

   Multiple Choice Question (20Marks)

2. Assignment: (20 Marks) (Any one)

   A. Prepare short Questionnaire
   B. Conduct Small Survey
   C. Report Writing
   D. Presentation

SEMESTER EXAMINATION

60 marks (2 hours)

1. All questions are compulsory.

2. Each question carries 15 marks.

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<td>I</td>
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**Objectives:**
1. To help students in building knowledge of the basic concepts and modern trends in Psychology of Adjustment
2. To foster interest in Psychology of Adjustment as a field of study and research among students. 3. To make the students aware of the practical applications of the various concepts in Psychology of Adjustment in the Indian context

**Semester I - Psychology of Adjustment** (3 lectures per week)

**Unit 1. Self-direction in a changing world and seeking selfhood**
   a) Social change, the challenge of self-direction, themes of personal growth
   b) What is self-concept; the components of self-concept, core characteristics of self-concept, the Self concept and personal growth

**Unit 2. Towards better health**
   a) Body image; Health and the mind–body relationship
   b) Coping with illness; Promoting wellness

**Semester II - Psychology of Adjustment** (3 lectures per week)

**Unit 1. Stress**
   a) Understanding stress; reactions to stress
   b) Managing stress

**Unit 2. Therapy and Treatment**
   a) Psychotherapy: what it is and who uses it
   b) Insight therapies; Cognitive and behavioral therapies
   c) Other approaches to treatment; How well does therapy work

**Book for Study**
Books for reference


F.Y.B.A. Psychology Vocational Skill Course: Counselling Skills in Psychology - Sem. I and Sem. II

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Learning Objectives –

1. To have students develop an interest in and an understanding of Counselling concepts
2. To have students understand counsellor’s roles and responsibilities in practice environments
3. To have students build knowledge and understanding of the basic skills in practice
4. To help students understand the theoretical foundations underlying different counselling and psychotherapeutic approaches
5. To create a foundation in students for higher education in Counselling and a career as a professional counsellor.

Unit 1: Introduction to Counselling:
a) Role of formal and informal helpers, key ingredients of successful helping, focus on client and context, qualities of an effective helper.
b) Role of beliefs, values, norms, and moral principles in the helping process. Helping clients redo poor decisions and make and execute life-enhancing decisions.
c) Developing a working alliance.

Unit 2. Therapeutic Presence: Importance of Listening
a) Nonverbal behaviour as a channel of communication. Active listening as the foundation of understanding.
b) Forms of poor listening
c) Importance of listening to helpers own internal conversation

Semester II
Counselling Skills in Psychology:

Unit 1. Empathic Responding
a) Importance of responding skill of empathy
b) Three dimensions of responding skills
c) Basic formula for communicating empathy

Unit 2. Art of Probing and Summarising
a) Probing, verbal and nonverbal prompts
b) Using Summaries
c) Dealing with Resistance


Books for reference


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LEARNING OBJECTIVES

1. The objectives of the Skills Soft Training Manual are to give each student:
2. A realistic perspective of work and work expectations
3. To develop problem solving skills,
4. To guide students in making appropriate and responsible decisions,
5. To create a desire to fulfil individual goals,
6. To educate students about unproductive thinking, self-defeating emotional

Semester I
Soft Skills in Psychology:

Unit -I Communication skills
A) Scope and Importance of Communication
B) Types of Communication
C) Barriers to Effective Communication AND Overcoming Communication Barriers

Unit II Body language and Etiquettes
A) Important Features of Body Language  
B) Positive and negative body language  
C) Concept, Definition, Need, AND Types of Etiquette

**Semester II**  
**Soft Skills in Psychology:**

**Unit I: Presentation skills**  
A) Importance of Presentation  
B) Essentials for making a Presentation Work  
C) Use of powerpoint slides for making a presentation

**Unit II: Time Management Skills**  
A) Importance of Time Management AND Key Factors of Time Management  
B) Effective Time Management  
C) Techniques to Practise To Master Your Own Time