



Shri Vile Parle Kelavani Mandal's
MITHIBAI COLLEGE OF ARTS, CHAUHAN INSTITUTE OF SCIENCE & AMRUTBEI
JIVANLAL COLLEGE OF COMMERCE AND ECONOMICS (AUTONOMOUS)
NAAC Reaccredited 'A' grade, CGPA: 3.57 (February 2016),
Granted under RUSA, FIST-DST & -Star College Scheme of DBT, Government of India,
Best College (2016-17), University of Mumbai

Affiliated to the
UNIVERSITY OF MUMBAI

Program: F.Y.B.A

Course: Introduction to Psychology – Paper I

Semester: Semester I and II

Choice Based Credit System (CBCS) with effect from the
Academic year 2021-22

Sudhites

Shri Vile Parle Kelavani Mandal's

Kamude

K.P. Patil

Kamude

BACHELOR OF ARTS

For the completion of the Bachelor of Arts program, students are required to complete six semesters spanning across three years for completion of the program. The program aims to provide the students with:

- a sound knowledge base in their chose area of study
- the ability to apply the knowledge they have acquired
- the ability to communicate effectively
- the ability to work both independently and collaboratively
- the skills to connect across geographical, disciplinary, social, and cultural boundaries
- an understanding of the value of ethical behaviour
- the skills for independent and lifelong learning

The **Program Outcomes (POs)** i.e. the outcomes that learners of all undergraduate degree programs will be able to achieve at the time of graduation, include:

- PO 1: Critical Thinking:** Take informed actions after identifying the assumptions that define our thinking and actions, critically evaluate information, check the validity of assumptions and develop different perspectives to analyse situations, ideas and decisions (at intellectual, social, organizational and emotional levels)
- PO 2:** Speak, read, write and listen in person and through electronic media in more than one language; find meaning by connecting ideas encountered across people, books, media and technology; and develop program-specific technical language.
- PO 3: Social Interaction:** Understand people's frame of reference and viewpoints, mediate between disagreement and conflicts using information literacy; demonstrate effective people skills as well as team building and management skills.
- PO 4: Effective Citizenship:** Demonstrate empathetic social concern and equity-centred national development; demonstrate an ability to act within an informed awareness of issues and participate in civic life through community service.
- PO 5: Ethical Practices:** Recognize the different value systems including learner's specific surroundings, understand the moral dimensions of one's own decisions and accept responsibility for them.
- PO 6: Environment and Sustainability:** Understand the issues and concerns in an environmental context and contribute towards sustainable development of humankind.

PO 7: Self-directed and Life-long Learning: Acquire the ability to engage in independent and life-long learning in the broadest context of psycho-socio-technological changes.

PROGRAM SPECIFIC OUTCOMES – B.A. PSYCHOLOGY

The B.A. Psychology Program aims at fostering ethics-based knowledge and skill development in learners. The principal function of the Department of Psychology, Mithibai College of Arts (Autonomous), is to prepare learners at the undergraduate and post-graduate levels to pursue careers within the discipline and affiliated areas. Bolstering the robust curriculum is the provision of quality instructions by faculty members, who inspire learners to be sensitive to cultural issues and individual differences, facilitate personal growth and connect scientific theory to practice.

The Program Specific Outcomes (PSOs) for B.A. Psychology are based on the *APA Guidelines for the Undergraduate Psychology Major* (2016/2020).

At the end of a B.A. Psychology program, learners would be able to:

- PSO1.** Develop a knowledge base in Psychology – Understand the key concepts, principles and overarching themes in the study of Psychology; develop a working knowledge of psychology's content domains; recognize, understand, compare and apply the core domains of Psychology to everyday and professional life; identify plausible psychosocial and biological principles that influence human behaviour, cognition and affect; and articulate ethical issues in Psychology with reference to culture-specific societies.
- PSO2.** Develop scientific inquiry and critical thinking skills – use the scientific method as a primary basis for engaging in critical thinking and demonstrate Psychology information literacy; use scientific reasoning to interpret psychological phenomena; engage in integrative thinking and problem solving; review empirical studies of Psychology to further analyse and synthesize their research findings to draw appropriate inferences; interpret, design and conduct basic psychological research.
- PSO3.** Understand ethical and social responsibilities in a diverse world – recognize and respect the complexity of sociocultural diversity and individual differences; describe the impact of society and culture on human diversity and individual differences; apply ethical standards to evaluate and interpret psychological science and practice as well as adopt ethical values that help build a kinder community.
- PSO4.** Develop basic personal and professional skills – explore and understand own personality; interact effectively and work productively with others; enhance personal stress management and coping skills; apply psychological content and skills to their professional goals and develop meaningful professional direction for the future.
- PSO5.** Develop professional communication skills – interpret and write reports using the APA style; appropriately use technical language in oral and written communication; use appropriate computer technology to complete assignments and exhibit presentation skills.

Preamble

The revised FYBA syllabus is proposed with utmost care and consideration to maintain the continuity in the flow of information of syllabus at SYBA and TYBA levels.

Considering the prerequisites of the current trends in the field of Psychology some of the modules have been upgraded and modified. The syllabuses have been built with the intention of enhancing the student's skills in theoretical understanding as well as generate awareness of recent developments in the field of Psychology in India and the application of the theories.

The revised syllabus also introduces the contemporary concepts of Positive Psychology and Emotional Intelligence.

Question Number	Description	Marks	Total Marks
1	Answer any one of the two questions from Part I	10	10
2	Answer the one of the two questions from Part II	10	10
3	Answer any one of the two questions from Part III	10	10
4	Answer any one of the two questions from Part IV	10	10
5	Answer any one of the two questions from Part V	10	10
Total Marks		50	50

Evaluation Pattern for Theory Papers

The performance of the learner will be evaluated in two components. The first component will be a Continuous Assessment with a weightage of 25% of total marks per course. The second component will be a Semester end Examination with a weightage of 75% of the total marks per course. The allocation of marks for the Continuous Assessment and Semester end Examinations is as shown below:

a) Details of Continuous Assessment (CA)

25% of the total marks per course:

Continuous Assessment	Details	Marks
Component 1 (CA-1)	Presentations, Case Studies, Review of Literature, Application based assignments, Essays	15 marks
Component 2 (CA-2)	Objective Test / Subjective Test	10 marks

b) Details of Semester End Examination

75% of the total marks per course. Duration of examination will be two and half hours.

Question Number	Description	Marks	Total Marks
1	Answer any one of the two questions from Unit 1.	15	15
2	Answer any one of the two questions from Unit 2.	15	15
3	Answer any one of the two questions from Unit 3.	15	15
4	Answer any one of the two questions from Unit 4.	15	15
5	Explain any 5 of the 8 terms OR Short notes 3 out of 5 OR State True or False with reasons (from all units).	15	15
Total Marks			75

Signature

Signature

Signature

HOD

Approved by Vice –Principal

Approved by Principal

Program: F.Y.B.A. (2021-22)				Semester: I	
Course : Introduction to Psychology I				Course Code: UAMAPSY101	
Teaching Scheme			Evaluation Scheme		
Lecture (Hours per week)	Practical (Hours per week)	Tutorial (Hours per week)	Credit	Continuous Assessment and Evaluation (CAE) (Marks - 25)	Term End Examinations (TEE) (Marks- 75 in Question Paper)
04	NIL	NIL	04	25	75

Learning Objectives:

1. To introduce and explore the basic concepts and modern trends in Psychology.
2. To cultivate interest in the subject of Psychology and to create a foundation of the Classical and Contemporary studies in Psychology.
3. To acquaint students with the relevance and applications of Psychology in everyday life.

Course Outcomes: After completion of the course, learners would be able to

- CO1:** Identify the roots of psychology as a science, the different schools of psychology and discuss the development of psychology in India.
- CO2:** Understand and differentiate between the different fields and perspectives of psychology as a science.
- CO3:** Discern the use of the scientific method to describe psychological phenomena with emphasis on ethical practices in psychological research.
- CO4:** Understand the functions and applications of basic descriptive and inferential statistics used in psychological investigations.
- CO5:** Infer the role of the study of human biology, the neural system and endocrine glands in the understanding of human behaviour.
- CO6:** Identify the various structures and respective functions of the brain to understand various psychological phenomena.
- CO7:** Discover the meaning and various theories of learning, including the conditioning theories, cognitive and observational learning theories.
- CO8:** Explore the applications of the various learning theories to everyday life and in the professional practice of psychology.
- CO9:** Describe the Information Processing Model of memory and the nature of every memory system.
- CO10:** Understand the process of retrieval from long term memory.
- CO11:** Explore the nature and reasons of forgetting.
- CO12:** Associate the neuroscience of memory and applications of memory theories to everyday life.
- CO13:** Distinguish the meaning, nature and the various theories of Intelligence.
- CO14:** Understand the process of test construction and intellectual differences.
- CO15:** Explore the meaning, structure and development of language in humans.
- CO16:** Infer the relationship between thought and language.

Outline of Syllabus (per session plan)		
SEMESTER I		
Module	Description	No of Lectures
1	The Science of Psychology	15 lectures
2	The Biological Perspective	15 lectures
3	Learning	15 lectures
4	Memory	15 lectures
	Total	60 lectures

SEMESTER I

Unit	Description	No. of Hours
Module 1	<p><u>THE SCIENCE OF PSYCHOLOGY</u></p> <ul style="list-style-type: none"> a) The History of Psychology b) Psychology in India, Background and philosophical origins, Psychology in Modern India c) The Field of Psychology Today d) Concept of Science – Scientific Research e) Ethics of psychological research f) Introduction to Descriptive and Inferential Statistics; practice of descriptive statistics (ungrouped data) g) Applying Psychology to everyday life: Thinking critically about Critical thinking 	15 hours
Module 2	<p><u>THE BIOLOGICAL PERSPECTIVE</u></p> <ul style="list-style-type: none"> a) Neurons and Nerves: Building the Network – structure of neuron and neural impulses b) An Overview of the nervous system – Central and peripheral nervous system c) The Endocrine Glands: functions d) Looking Inside the Living Brain – methods for studying the brain and neuroimaging techniques e) The Structures of the Brain: structure, location and functions of cortex and sub-cortical brain areas f) Classic Studies in Psychology: Through the Looking Glass – Spatial Neglect 	15 hours

	g) Applying Psychology to Everyday life: Paying attention to Attention-Deficit/Hyperactivity Disorder	
Module 3	<u>LEARNING</u> a) Definition of Learning b) It Makes your Mouth Water: Classical Conditioning c) What's in it for me? Operant Conditioning d) Classic studies in Psychology: Biological constraints on Operant Conditioning e) Cognitive Learning Theories: Tolman, Kohler and Seligman's theories f) Observational Learning g) Applying Psychology to everyday life : Challenges of Learning in Contemporary Life – Why study how to study, Study skills, managing time, getting the most out of lectures, studying for exams, improving memory	15 hours
Module 4	<u>MEMORY</u> a) What is memory? The Information-Processing model: Three Model Systems b) Overview of Classic studies in psychology: Sperling's test c) Getting it out: Retrieval of Long term memories d) An overview of Classic Studies in Psychology: Loftus's contributions to eyewitness memory e) What were we talking about? Forgetting f) Neuroscience of Memory – The Brain g) Applying Psychology to everyday life: Health and Memory	15 hours

Essential Reading:

1. Ciccarelli, S. K., & White, J. N. (2018). *Psychology.5th edition*. New Jersey: Pearson education
2. Synder, C.R., & Lopez, S.J. (2014). *Handbook of Positive Psychology*. London: Oxford University Press.
3. Snyder, C.R., Lopez, S.J. & Pedrotti, J.T (2011). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. Thousand Oaks, CA: Sage Publications.

Supplementary Reading :

1. Feldman, R.S. (2013). *Understanding Psychology.11thedi*. New York: McGraw Hill publications
2. Myers, D. G. (2013).*Psychology.10th edition; International edition*. New York: Worth Palgrave Macmillan, Indian reprint 2013
3. Ciccarelli, S. K. & Meyer, G. E. (2008). *Psychology. (Indian sub-continent adaptation)*. New Delhi: Dorling Kindersley (India) pvt ltd.
4. Kosslyn & Rosenberg (2008). *Psychology In Context. 3rd edition*, Person Education

5. Wade, C. & Tavris, C. (2006). Psychology. (8th ed.). Pearson Education inc., Indian reprint by Dorling Kindersley, New Delhi
6. Mangal, S.K. (2013). Statistics in Psychology & Education. 2nd Edition. PHI Learning Pvt. Ltd. Delhi.

Program: F.Y.B.A. (2021-22)				Semester: II	
Course : Introduction to Psychology II				Course Code: UAMAPSY201	
Teaching Scheme				Evaluation Scheme	
Lecture (Hours per week)	Practical (Hours per week)	Tutorial (Hours per week)	Credit	Continuous Assessment and Evaluation (CAE) (Marks - 25)	Term End Examinations (TEE) (Marks- 75 in Question Paper)
04	NIL	NIL	04	25	75
Learning Objectives:					
<ol style="list-style-type: none"> 1. To introduce and explore the basic concepts and modern trends in Psychology. 2. To cultivate interest in the subject of Psychology and to create a foundation of the Classical and Contemporary studies in Psychology. 3. To acquaint students with the relevance and applications of Psychology in everyday life. 					
Course Outcomes: After completion of the course, learners would be able to					
CO1: Understand the various approaches to understand motivation, with emphasis on the nature of hunger as a motivation.					
CO2: Explore the meaning, nature and theories of human emotions, with emphasis on the role of culture on emotions.					
CO3: Describe the applications of motivation and emotion theories to everyday life and in the professional practice of psychology.					
CO4: Discern the meaning of personality and describe the various perspectives/theories of personality – psychodynamic, behavioural, social-cognitive, humanistic and trait theories.					
CO5: Understand the relationship between culture, genetics and personality development.					
CO6: Distinguish between the various personality assessment methods with applications in everyday life.					
CO7: Trace the history of the development of positive psychology with emphasis on the development of the classification systems.					
CO8: Explore the principles of pleasure i.e. the role of positive emotions, nature and theories of happiness and subjective well-being.					
CO9: Discern and understand the meaning, nature, theories, antecedents, correlates and applications of self-efficacy, optimism, hope, altruism, gratitude and forgiveness.					
CO10: Explore the applications of positive psychology in everyday life.					
CO11: Develop a portfolio of one's positive emotions assessment as self-awareness exercise					

Outline of Syllabus: (per session plan)		
Semester II		
Module	Description	No of Lectures
1	COGNITION: THINKING, INTELLIGENCE AND LANGUAGE	15 lectures
2	MOTIVATION AND EMOTION	15 lectures
3	THEORIES OF PERSONALITY	15 lectures
4	POSITIVE PSYCHOLOGY	15 lectures
	Total	60 lectures

Unit	Topic	No. of Lectures
Module 1	<p><u>COGNITION: THINKING, INTELLIGENCE AND LANGUAGE</u></p> <p>a) How People Think: Mental Imagery, Concepts & Prototypes, Problem-solving & Decision-Making Strategies, Creativity</p> <p>b) Intelligence: Theories, Measuring Intelligence, Test Construction and Individual Differences in Intelligence (intellectual disability & giftedness)</p> <p>c) Classic studies in Psychology: Terman's "Termites"</p> <p>d) Emotional Intelligence – an introduction</p> <p>e) Language: Language analysis, development of language, relationship between language and thought, animal studies in language</p> <p>f) Applying Psychology to everyday Life: Mental and Physical Exercises combine for better cognitive health</p>	15 hours
Module 2	<p><u>MOTIVATION AND EMOTION</u></p> <p>a) Approaches to Understanding Motivation: defining motivation, approaches (early approaches, arousal and incentive approaches, humanistic approaches)</p> <p>b) What, Hungry again? Why people eat – Physiological and social components of hunger; obesity</p> <p>c) Emotion – three elements of emotions</p> <p>d) Culture and Emotions – types of emotions, early and cognitive theories of emotions</p> <p>e) Classic Studies in Psychology: The Angry/Happy Man</p> <p>f) Applying Psychology to Everyday life: When Motivation is not enough</p>	15 hours
Module 3	<p><u>THEORIES OF PERSONALITY</u></p> <p>a) Psychodynamic perspectives</p> <p>b) The Behavioural and Social cognitive view of personality</p> <p>c) The Third & Fourth Force: Humanism, Multiculturalism & Personality</p>	15 hours

	<p>d) Trait Theories: Who are you? e) Personality in the Indian Cultural Context f) Personality: Genetics and Culture g) Assessment of Personality h) Applying Psychology to everyday life: Biological bases of Personality</p>	
Module 4	<p><u>POSITIVE PSYCHOLOGY</u> a) Introduction to Positive Psychology: Making & strengthening the case for positive psychology, history of positive psychology, critics and future of positive psychology b) Classifications and Measures of Strengths: Clifton's Strengthsfinder, Values-in-Action Scale, Developmental Asset Scale c) Principles of Pleasure – Introduction to basic terms, Positive emotions (Isen's study; Fredrickson's Broaden & Build Model), happiness and subjective well-being, complete mental health model d) Introduction to self-efficacy, optimism and hope e) Introduction to Altruism, Gratitude and Forgiveness f) Applications of Positive Psychology: Portfolio building</p>	15 hours

Essential Reading:

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5. Wade, C. & Tavris, C. (2006). *Psychology. (8th ed.)*. Pearson Education inc., Indian reprint by Dorling Kindersley, New Delhi
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