NOTIFICATION

Sub: Changes in the syllabus of B.Sc. in Psychology from the Academic Year 2016-17.
Ref: 1. Decision of the Faculty of Science & Technology Meeting held on 16.02.2016.
2. Decision of the Academic Council meeting held on 29-03-2016.

The Board of Studies in Psychology (UG) which met on 19-11-2015 has resolved to Changes in the syllabus-detailed syllabus has been prepared for I to VI semesters for all the papers. Revisions are made as far as possible according to the UGC syllabus from the academic year 2016-17.

The Faculty of Science and Technology and the Academic Council at their Meetings held on 16.02.2016 and 29.03.2016 respectively have also approved the above said proposal and the same is hereby notified.

The Revised syllabus of B.Sc. in Psychology is annexed.

The contents may be downloaded from the University Website i.e., www.uni-mysore.ac.in

To:
1) The Dean, Faculty of Science & Technology, DOS in Earth Science, Manasagangotri, Mysore.
2) The Chairperson, Board of Studies in Psychology, Manasagangotri, Mysore.
3) The Chairperson, Department of Studies in Psychology, Manasagangotri, Mysore.
4) The Director, College Development Council, University of Mysore, Mysore.
5) The Principals of the Affiliated Colleges where running UG Programme in Science stream.
6) The Coordinator, Directorate of Online & Outreach Programme, Parakalamatta, MGM.
7) The Deputy/Assistant Registrar/Superintendent, Academic Section, Administration Branch, University of Mysore, Mysore.
8) The Deputy/Assistant Registrar/Superintendent, Examination Section, University of Mysore, Mysore.
9) The P.A. to the Vice-Chancellor/Registrar/Registrar(Evaluation), UOM., Mysore.
10) Office file.
SYLLABUS

SEMESTER I

FOUNDATIONS OF PSYCHOLOGY

Unit 1: Introduction: Psychology: a science and a perspective, origin and development of psychology, psychology in India, Methods-Observation, experimental, and case study. Relationship of Psychology with other sciences- anthropology, sociology, philosophy, biology and medicine.

Unit 2: Cognitive processes: Perception, nature of perception, laws of perceptual organization, learning, conditioning, observational learning; memory-processes, information processing model, techniques for improving memory.


Unit 4: Personality and Intelligence: Personality: nature, theories, and personality testing Intelligence: nature, theories and Intelligence testing.

Readings:


Practicals (any 5)

1. Directed observation and accuracy of report
2. Massed v/s spaced learning
3. Recall and recognition
4. Meaning on retention
5. Muller-Lyer illusion
6. Emotions and free association
SEMESTER II

INTRODUCTION TO SOCIAL PSYCHOLOGY

Unit 1: Introduction: Brief history of social psychology (special emphasis on India), Scope of social psychology, levels of social behavior, approaches towards understanding social behavior

Unit 2: Individual level processes: Person perception: attribution-theories, biases and errors
Attitude: formation, change and resistance to change

Unit 3: Interpersonal processes: Interpersonal attraction, prosocial behavior, aggression, Interpersonal attraction-nature and theories.

Unit 4: Group dynamics: Key aspects of groups, cooperation and conflict, group decision making and group thinking

Readings:


Practicals (any 5)

1. Social distance
2. Effect of competition on work output
3. Rumour (Social communication)
4. Effect of cooperation on work output
5. Construction of socio-gram
6. Stereotypes
SEMESTER III
LIFE SPAN DEVELOPMENT

1. Introduction to life-span perspective: Nature, issues and theoretical perspectives; Life-span development in the Indian context; methods-longitudinal, cross sectional, biographical

2. Physical development: Patterns of growth from conception till late adulthood; disability; Death and dying.

3. Cognitive development: Introduction, Piagetian, Vygotskian, and Information processing approaches; Cognitive changes in adulthood and old age; Language development.

4. Socio-emotional development: Emotional development; Moral development; The Self; Gender and sexuality; Successful aging.

Readings:

Practicals (any 5)
1. Adolescent problem behavior checklist
2. Self esteem
3. Big five personality questionnaire
4. Inferiority and insecurity
5. Psychological wellbeing
6. Subjective wellbeing
SEMESTER IV

ORGANIZATIONAL PSYCHOLOGY

Unit 1: Introduction: Industry and organization; Current status of I/O psychology, I/O psychology in the Indian context.

UNIT 2: Work Related Attitudes: Job satisfaction; Organizational Commitment; Organizational Citizenship Behavior; Work Engagement.

UNIT 3: Work Motivation: Theories and application; Indian perspective.

Unit 4: Leadership: Contemporary perspectives on leadership; Cross-cultural leadership issues; Indian perspective on leadership

Readings:


Practicals (any 5)

1. Muscular fatigue
2. Mental fatigue
3. Minnesota rate of manipulation test
4. Mechanical aptitude
5. Clerical aptitude
6. Eye-hand coordination test
SEMESTER V: COMPULSORY PAPER

STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH

Unit 1: Introduction: Importance of statistics in psychological research. Scales of measurement, Frequency distribution and graphical representation of data-Frequency polygon, histogram, Ogive and pie chart


Unit 3: Psychological Testing: Introduction to psychological testing, characteristics of test, Reliability, Validity, Norms, standardization, types of tests,

Unit 4: Qualitative methods: Interview, observation, case study-nature, characteristics, merits and demerits

Readings:


Practicals (any 5)

1. Emotional intelligence scale
2. Social intelligence scale
3. Life skills assessment
4. Creativity test
5. Problem solving test
SEMESTER V: OPTIONAL PAPER I

HEALTH AND WELL-BEING

UNIT 1: Introduction to Health Psychology: components of health, relationship between health and psychology, mind and body relationship, goals of health psychology

UNIT 2: Well-Being: components of well-being: life satisfaction, affect

UNIT 3: Stress, illness and pain: causes, consequences and coping with stress, pain and illness.

UNIT 4: Health enhancing behaviors: Implications for well-being: psychological factors: resilience, hope, optimism; exercise, safety, nutrition.

Readings


NOTE: Instead of practicals,

a. the students would undergo a part time internship for a period of 30 hours and submit a report under the supervision of a faculty and an expert from the institute, where the internship is proposed

or

b. The student would carry out a project work on collecting empirical data and submit a report under the supervision of a faculty
SEMESTER V: OPTIONAL PAPER II

CORE LIFE SKILLS

Unit 1: INTRODUCTION: Definition and Importance of Life Skills, Livelihood Skills, Survival Skills and Life Skills, Life Skills Approach, Life Skills Based Education, Life Skills Training

UNIT II: EMOTIONAL AND SOCIAL INTELLIGENCE: Nature and importance of emotional and social intelligence, components of emotional and social intelligence, And applications of EI and SI in corporate and industrial sectors.

UNIT III: Communication: nature and functions of communication, Types of communication-Verbal and non verbal. Effective communication-models and barriers

UNIT IV: PROBLEM SOLVING: definition, process and need, Factors influencing problem solving

Readings:


SEMESTER VI: COMPULSORY PAPER

PSYCHOLOGICAL DISORDERS

Unit 1: Basic Concepts: Definition and criteria of abnormality, classification (DSM V & ICD-10), Diathesis, Stress Model.

Unit 2: Theoretical perspectives: Biological, cultural, behavioral, cognitive, humanistic and Psychodynamic.

Unit 3: Clinical states: Anxiety disorders-Obsessive compulsive disorder, mood disorders-Unipolar, Bipolar; schizophrenia- Disorganized, Paranoid and Catatonic, learning disabilities.

Unit 4: Treatment of disorders:
   a) Biological treatment: Pharmacotherapy and Electroconvulsive therapy
   b) Psychological treatment: Psychoanalytic therapy, Behaviour therapy and Cognitive-Behaviour therapy.

Readings:


Practicals (any 5)

1. MPQ - Dr. H.N. Murthy
2. Bender Gestalt Test
3. Knox cube imitation test
4. General Health Questionnaire
5. Beck’s depression scale
6. Shyness assessment test
SEMESTER VI: OPTIONAL PAPER I
COUNSELING PSYCHOLOGY

1. Introduction: Meaning and goals; Counseling process and relationship; Counselor effectiveness, Counseling in the Indian context

2. Approaches: Overview of approaches to counseling: Psychodynamic, Behavioral, Person-centered and Cognitive-behavioral

3. Techniques: Play, art, drama, music, dance; Yoga and meditation,

4. Applications: Family Counseling; School and Career Counseling

Readings:

NOTE: Instead of practicals,

a. the students would go for a field visit to one or more mental hospitals and submit a report under the supervision of a faculty or

b. The student would carry out a project work in a school on collecting empirical data and submit a report under the supervision of a faculty.
SEMESTER VI: OPTIONAL PAPER II

POSITIVE PSYCHOLOGY FOR YOUTH

UNIT 1: Historical overview and development of Positive psychology - The history of positive psychology. Concepts, Definitions, The scope and aim of positive psychology. - An overview and critiques of Positive psychology and their relevance in Indian context.

UNIT 2: Understanding Strengths - Positive Psychology at Individual level, group level and social level, - Renewing Strength and Virtue - Signature Strengths - Positive Psychology and Mental Health - Strengths-based Development and Engagement


Readings


