

VANITA VISHRAM WOMEN'S UNIVERSITY
SCHOOL OF HUMANITIES & SOCIAL SCIENCES
DEPARTMENT OF PSYCHOLOGY



VANITA VISHRAM
WOMEN'S UNIVERSITY
— SURAT —

BACHELOR OF ARTS (B.A.) HONOURS PSYCHOLOGY
PROGRAMME

under Learning Outcomes-based Curriculum Framework (LOCF)
for Under Graduate (UG) Education

SEMESTER 1

Core Courses (CC), Ability Enhancement Compulsory Courses (AECC),
Generic Elective Courses (GE)

Syllabus applicable to the students seeking admission in the following programmes
B.A. Psychology Honours under LOCF
w.e.f. the Academic Year 2022-23

VANITA VISHRAM WOMEN'S UNIVERSITY
DEPARTMENT OF PSYCHOLOGY
INTRODUCTION TO PSYCHOLOGY

Semester	I
Subject Code	PS11010
Credits	6 (4 Theory + 2 Practical)

Course Objectives

The course aims to:

- understand the empirical basis of human behaviour
- apply the basic concepts of psychology in real life scenarios.
- analyse concepts like learning, memory, thinking and motivation.
- create awareness regarding psychology as a subject.

Course Learning Outcomes

At the end of the course, the students will be able to:

- Explain the basic concepts of psychology such as learning, memory, perception, thinking, emotion, motivation and human biological system.
- Evaluate the theories and principles of human behaviour.
- Introspect and understand the self with regards to the theories of psychology.
- critically evaluate the evolution of psychology from its origin in philosophy to becoming a behavioural science.

COURSE CONTENTS

Unit 1 Nature and History of Psychology

- Definition, fields and schools of psychology
- Relevance of Psychology in India: History and current status
- Psychology as a science: Empirical Methods to study psychology
- Biological basis of human behaviour

Unit 2 Learning, Memory and Perception

- Definition and theories of learning
- Memory and its components
- Models of memory
- Perception and its laws

Unit 3 Motivation and Emotions

- Understanding motivation: Theories of motivation
- Motives and types
- Emotions
- Emotional Intelligence

Unit 4 Individual Differences: Personality and Intelligence

- Definition and nature of personality
- Theories of personality
- Definition and nature of intelligence
- Theories of intelligence

Suggested Readings

- Banyard, P., Davies, M.N.O., Norman, C. & Winder, B. (Eds.) (2010). Essential psychology. New Delhi: SAGE Publications.
- Baron, R. & Misra, G. (2014). Psychology. New Delhi: Pearson
- Ciccarelli, S.K. & White, J.N. & Misra, G. (2018). Psychology. New Delhi: Pearson Education.
- Morgan, C T., King, R., Weisz, J. & Schopler, J. (2017) .Introduction to Psychology (7th Ed). McGraw Hills.
- Holt, N., Bremner, A., Sutherland, E., Vliek, M. and Passer, M., & Smith, R. (2015). Psychology: The Science of Mind and Behaviour. London: Tata McGraw-Hill

VANITA VISHRAM WOMEN'S UNIVERSITY
DEPARTMENT OF PSYCHOLOGY
SCHOOLS OF PSYCHOLOGY – I

Semester	I
Subject Code	PS11020
Credits	6 (4 Theory + 2 Practical)

Course Objectives

The course aims to:

- highlight the key figures in the history of psychology and their major contributions.
- compare the prehistory and history of psychology, including philosophical and general-scientific milestone events that have influenced the development of the discipline today.
- differentiate between the various perspectives in psychology.
- evaluate the strengths and weakness of the different schools in psychology.

Course Outcomes

At the end of the course, the students will be able to:

- apply the critical thinking skills with increased ability to articulate sound arguments and ask sophisticated questions regarding theories and principles of psychology.
- analyse the evolution of psychology as a modern scientific discipline in western thought.
- appreciate the uniqueness of the various schools of psychology.
- understand the development of self from the point of view of different schools in psychology.

COURSE CONTENTS

Unit 1 Psychology: A Discipline

- Philosophical roots of psychology
- Structuralism: Wilhelm Wundt's work
- Structuralism: Edward Tichener's work
- Functionalism

Unit 2 Rise of Gestalt psychology

- Contributions of Wertheimer, Koffka and Kohler
- Gestalt principles of learning, organization and isomorphism

- Field dynamic approach of Kurt Lewin
- Psychophysics: A brief introduction of concepts

Unit 3 Positivist view in psychology

- Development in behaviourism
- Classical Conditioning
- Operant Conditioning
- Social learning

Unit 4 Depth Psychology: I

- Freudian psychoanalysis: Levels and structures of the mind, unconscious mind, psychosexual stages
- Anxiety and Defence Mechanisms
- Individual psychology: Complexes and social interest
- Birth order and lifestyle

Suggested Readings

- Brennan, J. F. (2005). History and systems of psychology. Delhi, India: Pearson Education.
- Ciccarelli, S. K., Meyer, G. E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Leahey, T.H. (2005). A History of Psychology: Main currents in psychological thought (6th Ed.). Singapore: Pearson Education.
- Morgan, C T., King, R., Weisz, J. & Schopler, J. (2017) .Introduction to Psychology (7th Ed). McGraw Hills.

VANITA VISHRAM WOMEN'S UNIVERSITY
DEPARTMENT OF PSYCHOLOGY
GE 1: PSYCHOLOGY IN EVERYDAY LIVING

Semester	I
Subject Code	PS31010
Credits	6 (4 Theory + 2 Practical)

Course Objectives

The course aims to:

- appreciate principles of psychology involved in everyday living.
- apply the principles of psychology and achieve desired behaviour in real life scenarios.
- develop basic concepts of cognitive, conative and affective processes in psychology.
- analyse the theories of personality and intelligence

Course Outcomes

At the end of the course, the students will be able to:

- remember the key aspects that drive human behaviour required in everyday life.
- apply psychological concepts for problem solving in real life situations.
- improve interpersonal interactions and adjustment in life.
- Journal their irrational beliefs from rational beliefs.

COURSE CONTENTS

Unit 1 Introduction to Psychology

- Orientation to Psychology: Nature, fields and applications of psychology
- Cognitive Processes: Learning, memory and problem solving
- Conative Processes: Motivation, types of motives (Socio genic / Psycho genic motives)
- Affective Processes: Emotion, Positive and negative emotion

Unit 2 Introduction to Psychology

- Psychology of Individual Differences: Theories of personality: Freudian psychoanalysis, type and trait, humanistic

- Theories of intelligence: Spearman 'g' theory, Sternberg and Gardner ▪ Emotional intelligence
- Application of intelligence and personality in everyday life

Unit 3 Lifespan Development

- Understanding Developmental Processes: Piaget & Vygotsky
- Moral Development: Kohlberg
- Psycho-social Development: Erikson
- Observations of the above theories as case study.

Unit 4 PowerPoint Presentation, discussions and/or surveys based on the above units.

Suggested Readings

- Banyard, P., Davies, M.N.O., Norman, C. & Winder, B. (Eds.) (2010). Essential psychology. New Delhi: SAGE Publications.
- Baron, R. & Misra, G. (2014). Psychology. New Delhi: Pearson
- Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
- Feldman, S.R. (2009). Essentials of understanding psychology (7th Ed.) New Delhi: Tata McGraw Hill.
- Michael, W., Passer, Smith, R.E. (2007). Psychology The science of mind and Behavior. New Delhi: Tata McGraw-Hill.
- Morgan, C T., King, R., Weisz, J. & Schopler, J. (2017) .Introduction to Psychology (7th Ed). McGraw Hills.
- Holt, N., Bremner, A., Sutherland, E., Vlieg, M. and Passer, M., & Smith, R. (2015). Psychology: The Science of Mind and Behaviour. London: Tata McGraw-Hill