

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



BACHELOR OF ARTS (B.A.) HONOURS PSYCHOLOGY
PROGRAMME
under Learning Outcomes-based Curriculum Framework (LOCF)
for Under Graduate (UG) Education

SEMESTERS 5 & 6
Core Courses (CC), Discipline Specific Elective Courses (DSE)

*Syllabus applicable to the students seeking admission in the following
programmes B.A. Psychology Honours under LOCF
w.e.f. the Academic Year 2021-2022*

Sr. No.	Contents	Page Nos.
1	Preamble – VVWU	3
2	Introduction of the Programme	4
3	Programme Specific Objectives	5
4	Programme Specific Outcomes	6
5	Structure of the Programme – Credit Structure	7
6	Course Structure – Paper Titles of Six Semesters	8-9
7	Course Objectives – Course Outcomes – Course Contents	10-25
8	Teaching Methodology	26-27
9	Glossary	28

1. Preamble – VVWU

Vanita Vishram Women’s University (VVWU) is the First-ever Women’s University of Gujarat approved by the Government of Gujarat under the provisions of the Gujarat Private Universities Act, 2009. It is a university committed to achieve Women’s Empowerment through Quality Education, Skill Development, and by providing employment opportunities to its girl students through its model curriculum, integration of technology in pedagogy and best-in-class infrastructure. The focus is on prioritizing practical component and experiential learning supported through academia-industry linkages, functional MoUs, skill development training, internships etc. It aims at providing opportunities to the girl students for holistic development and self-reliance.

VISION

Empowerment of women through quality education and skill development, so as to make them strong pillars of stability in the society.

MISSION

To provide Education & Professional Training to all women for their all-round development, so as to enable them to become economically independent and socially empowered citizens.

2. Introduction of the Programme

B.A. Psychology is the only UG Psychology Course offered in English Medium in the South Gujarat region. It has been introduced with a vision to offer a holistic graduation to the aspirants who are interested in unravelling the mysteries of human mind and behaviour and who seek answers to questions like “**Why we behave the way we do?**”

This course is designed in such a way that it focuses on the academics along with skill development which is the most important requisite for **Employability**. This course promises the learner to have an unparalleled experience in the journey to explore Human Nature. The subjects offered (please refer to the Course Structure) are intended in such a way that the student will have the best exposure to the latest and quintessential learning from field of Psychology. The Course structure is a mixed bag of all the important, applicable and exciting subjects that shall enable the learner to become an abled graduate with a clear vision regarding her further studies and profession.

B.A. Psychology will allow the students to learn the contents of the course with the help of numerous activities, practical, projects, internships, on job training, research, Psychology Fest etc. ensuring an **Effective Experiential Learning and Skill Development**.

The B.A. Psychology Course is a perfect graduation for all the aspirants who want to become Mental Health Practitioners like Clinical Psychologists, Counsellors, Therapists, School Counsellors, Industrial Psychologists, Forensic Experts, Child Counsellors, Educational Psychologists and avenues to many more professions. Apart from this, B.A. Psychology essentially focuses on scientific study of Human Behaviour; hence it is a near perfect graduation for students who wish to pursue Mass Communication, Law, and Civil Services as well.

3. Programme Specific Objectives (PSOs)

The objectives to be achieved in the Psychology course (Honours) are:

- to educate extensively about the scientific study of human behaviour. ▪ to impart knowledge of the theoretical concepts and methods pertaining to Psychology.
- to enable the students to understand psychology in relation with the demands of the ever-changing environment.
- to encourage and equip students with the means of applying psychology in everyday life.
- to shape the cognitive, affective and behavioural processes through experiential learning.
- to train and develop counselling skills essential for career as a mental health professional.
- to train and develop soft skills for employability.
- to empower students to pursue career opportunities and employment in the field of Psychology.

4. Programme Specific Outcomes (PSOs)

The Honours Graduate Students in Psychology will be able to:

- have in-depth knowledge of psychological concepts and constructs.
- develop an objective outlook towards human behaviour.
- develop virtues of empathy, non-judgemental attitude and active listening which are skills essential for a mental health professional.
- optimize their behaviour and become team players by developing an understanding on group dynamics.
- develop a thorough understanding on the news and events in society relating to psychology and its allied subjects.
- appreciate the knowledge of the fundamentals and methods involved in understanding psychology as a scientific base for behaviour.
- apply the basis of human behaviour in everyday life.
- develop the ability to appreciate challenges in the field of psychology. ▪ develop the skills of students necessary to become effective mental health practitioners.
- promote personal growth and understanding of self.

5. Structure of the Programme

B.A. PSYCHOLOGY HONOURS STRUCTURE AND DISTRIBUTION OF COURSES

Semester	CC Total Credits (84)	DSE Total Credits (24)	GE Total Credits (24)	SEC Total Credits (08)	AECC Total Credits (08)	Total Credits
1	CCE101 CCE102	--	GE101	--	AECC101 AECC102	84 + 24 + 24 + 08 + 08 = 148
2	CCE201 CCE202	--	GE201	--	AECC201 AECC202	
3	CCE301 CCE302 CCE303	--	GE301	SEC301	--	
4	CCE401 CCE402 CCE403	--	GE401	SEC401	--	
5	CCE501 CCE502	DSE501 DSE502	--	--	--	
6	CCE601 CCE602	DSE601 DSE602	--	--	--	

6. Structure of the Course

B.A. PSYCHOLOGY HONOURS (SEMESTERS 1 & 2)

Sem.	Core Course	Discipline Specific Elective Courses	Skill Enhancement Courses	Generic Elective Courses	Ability Enhancement Compulsory Courses
1	Introduction to Psychology	--	--	Psychology in Everyday Living	Communication Skills in English
	Schools of Psychology - I				Environmental Studies OR Computer Applications OR Human Values & Professional Ethics
2	Applied Psychology	--	--	Psychology & Mental Health	Communication Skills in English
	Schools of Psychology - II				Environmental Studies OR Computer Applications OR Human Values & Professional Ethics

B.A. PSYCHOLOGY HONOURS (SEMESTERS 3 & 4)

Sem.	Core Course	Discipline Specific Elective Courses	Skill Enhancement Courses	Generic Elective Courses	Ability Enhancement Compulsory Courses
3	Lifespan Development-I	--		Marketing Psychology	--
	Community psychology				

	Psychology of Adjustment				
4	Lifespan Development-II	--		Youth, Gender & Identity	--

	Social Psychology				
	Research Studies & Statistics				

B.A. PSYCHOLOGY HONOURS (SEMESTERS 5 & 6)

Sem.	Core Course	Discipline Specific Elective Courses	Skill Enhancement Courses	Generic Elective Courses	Ability Enhancement Compulsory Courses
5	Organisational Psychology	Statistics in Psychology	--	--	--
	Counselling Psychology	Psychological Experiments I (Practicals)			
6	Abnormal Psychology	Positive Psychology	--	--	--
	Educational Psychology	Psychological Experiments II (Practicals)			

VANITA VISHRAM WOMEN'S UNIVERSITY
DEPARTMENT OF PSYCHOLOGY
Organisational Psychology

Semester	V
Subject Code	PS11110
Credits	6 (4 Theory + 2 Practical)

Course Learning Outcomes:
<ul style="list-style-type: none"> ● Remembering the concepts that are important in Organisational Psychology ● Understanding the contributions of I/O Psychology in the field of Psychology. ● Applying the theories and approaches significant in the field of Industrial Psychology. ● Evaluating the milestones in diverse domains of human development across life stages. ● Creating an ability to decipher the key developmental challenges and issues faced in the Indian societal context.

1. Introduction to Industrial and Organisational Psychology	
1.1. Principals	
1.2. Practices and Problems	
1.3. Techniques	
1.4. Tools and Tactics	

2. Development of Human Resources	
2.1. Employee Selection	
2.2. Psychological Testing	
2.3. Performance Appraisal	
2.4. Training and Development	

3. Organisational Psychology	
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3.1. Leadership	
3.2. Motivation	
3.3. Job Satisfaction	
3.4. Organisation of the organisation	

4. Characteristics of Workplace	
4.1. Working Conditions	
4.2. Employee Safety and Health Issues	
4.3. Engineering Psychology	
4.4. Consumer Psychology	

Reference Books:

Blum, N. (2004). Industrial psychology: Its theoretical and social foundations (PB).

Bulger, C. A., Schultz, D. P., & Schultz, S. E. (2020). Psychology and work today. Routledge.

Zedeck, S. (2011). APA handbook of industrial and organizational psychology. American Psychology Association.

VANITA VISHRAM WOMEN'S UNIVERSITY

DEPARTMENT OF PSYCHOLOGY

Counselling Psychology

Semester	V
Subject Code	PS11120
Credits	6 (4 Theory + 2 Practical)

Course Learning Outcomes:

- Remembering the basic counselling psychology concepts and familiarising with relevant methods.
- Understanding the concepts such as empathetic active listening and various therapeutic skills
- Applying theories of counselling psychology in interpersonal and social situations
- Analysing how people react in social situations and why so.
- Creating skills pertaining to therapeutic and empathetic counselling settings

1. Counselling: Nature, Related Fields and Scope	
1.1. Definitions of Counselling	
1.2. Counselling and Related Fields	
1.3. History of Counselling	
1.4. Counselling Goals and Counselling Ethics	

2. Counselling: The Process	
2.1. Preparation for Counselling	
2.2. Counselling Relationship	
2.3. Counselling Process	
2.4. Counsellor's Skills	

3. Counselling Interview	
3.1. Communication in Counselling	
3.2. Counselling Techniques	
3.3. Group vs Individual Counselling	
3.4. Areas of Counselling	

4. Approaches to Counselling	
4.1. Directive or Authoritarian Counselling	
4.2. Behaviouristic Approach to Counselling	
4.3. Humanistic Approach to Counselling	
4.4. Existential Point of View	

Reference Books:

Capuzzi, D., & Gross, D.R. (2008). Counseling and Psychotherapy: theories and interventions 4thEdn. Pearson Education: India.

Corey, G. (2008). Theory and practice of group counseling. Thomson Brooks/Cole: Belmont CA

Prochaska, J.O., & Norcross, J.C. (2007). Systems of psychotherapy: a transtheoretical analysis. 6th Edn. Thomson Brooks/Cole: Belmont, CA : USA.

Corsini, R.J. & Wedding, D. (Eds.) (1995). Current psychotherapies. Itasca, Ill.: F.E. Peacock. Gelso, C. J.

&Fretz, B.R. (1995). Counselling psychology Bangalore: Prism books.

Woolfe, R. & Dryden, W. (Eds.) (1996). Handbook of counseling psychology. New Delhi: Sage. Stewart, I.

(2000). Transactional analysis counseling in action. London: Sage.

Beck, A.T. (1976). Cognitive therapy and behavior disorders.

VANITA VISHRAM WOMEN'S UNIVERSITY

DEPARTMENT OF PSYCHOLOGY

Statistics in Psychology

Semester	V
Subject Code	PS14010
Credits	6 (4 Theory + 2 Practical)

Course Learning Outcomes:

- Remembering the concepts that are important in statistics in the field of psychology
- Understanding the key statistical methods and how they can be applied to research projects
- Evaluating the importance of statistics in the field of psychology
- Creating an ability to understand key statistical methods and techniques

1. Introduction to Statistics	
1.1. Meaning, Definitions, Functions of Statistics	
1.2. Scope and Limitations of Statistics	
1.3. Frequency Distribution: Classification, Discrete vs Continuous series, frequency, class, class limits, class interval, mid-value	
1.4. Graphical Representation	

2. Measures of Central Tendency	
2.1. Mean: Long and Short Method	
2.2. Media	
2.3. Mode	
2.4. Implications	

3. Measure of Variability	
3.1. Percentile	

3.2. Quartile and Quartile Deviation	
3.3. Mean Deviation	
3.4. Standard Deviation	

4. Correlation	
4.1. Introduction and Theoretical Background	
4.2. Scatter Diagram	
4.3. Karl Pearson's Correlation	
4.4. Rank Difference Correlation	

Reference Books:

Garrett, H. E. (1962). Statistics in psychology and education. Paragon International Publishers.

Kothari, C. R. (2004). Research methodology: Methods and techniques. New Age International.

Mangal, S. K. (2002). Statistics in Psychology and Education . PHI Learning Pvt.

VANITA VISHRAM WOMEN'S UNIVERSITY
DEPARTMENT OF PSYCHOLOGY
Psychological Experiments I (Practicals)

Semester	V
Subject Code	PS14030
Credits	6 (4 Theory + 2 Practical)

Course Learning Outcomes:
<ul style="list-style-type: none"> ● Understanding the scientific basis of psychology through various experiments ● Applying the theories and approaches significant in psychology to an experimental laboratory setting ● Evaluating the diverse domains of psychology from a scientific lens ● Creating an ability to conduct and understand a variety of experiments

1. Suggestibility	
1.1. Introduction and Theoretical Background	
1.2. Methodology and Procedure	
1.3. Demonstration	
1.4. Conduction	

2. Concept Formation	
2.1. Introduction and Theoretical Background	
2.2. Methodology and Procedure	
2.3. Demonstration	
2.4. Conduction	

3. Immediate Memory Span	
3.1. Introduction and Theoretical Background	
3.2. Methodology and Procedure	

3.3. Demonstration	
3.4. Conduction	

4. Maze Learning	
4.1. Introduction and Theoretical Background	
4.2. Methodology and Procedure	
4.3. Demonstration	
4.4. Conduction	

Reference Books:

Woodworth, R. S. (1938). Experimental psychology. Holt.

Postman, L., & Egan, J. P. (1949). Experimental psychology: an introduction. Harper.

Hussain. A (2014). Experiments in Psychology. PHI Learning Pvt. Ltd: Delhi