

SEMESTER 1st

MAJOR/MINOR COURSE

Subject: PSYCHOLOGY

Title: FOUNDATIONS OF PSYCHOLOGY

CREDIT: (4+2) THEORY: 04; PRACTICAL: 02

Code: BPY22C101

CONTACT HOURS: 64 (T) + 64 L)

Objectives: *To understand the basic psychological processes and their applications in everyday life.*

Learning Outcomes:

1. *Knowing Psychology as a scientific Discipline.*
2. *Differentiate Cognitive, Connative and Affective Psychological Processes.*
3. *Application of principles of Psychology to the day to day problems.*

Unit 1: Introduction: Psychology as a Science, Origin & Development of Psychology, Perspectives (Psychoanalytic, Behavioural, Cognitive, Humanistic & Socio-Cultural), Methods (Experimental & Quasi-Experimental). **16 Contact Hours**

Unit 2: Cognitive Processes: Attention and its Types, Perception and Laws of Perceptual Organization, Learning: Conditioning, Observational Learning; Memory-Processes, Information Processing Model, Techniques for Improving Memory. **16 Contact Hours**

Unit 3: Motivation and Emotion; Motives: Biogenic, Psychogenic and Sociogenic, Emotions: Aspects of Emotions, Key Emotions (Paul Ekman's Model). **16 Contact Hours**

Unit 4: Personality: Nature And Theories (Allport, Freud and Mc-Crae& Costa); Intelligence: Nature & Theories (Spearman, Gardner and Sternberg). **16 Contact Hours**

Practicum: 2 Credits (Minimum of Two from Below 4 Practicals)

1. Learning
2. Memory
3. Personality
4. Intelligence

Readings:

1. Weitan, W. (2020) Psychology Themes and Variations (10 Edition). Cengage India.
2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
3. Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
4. Wani, N. A. (2019). Introduction to Psychology. Wisdom Press New Delhi.
5. Feldman.S.R. (2009).Essentials of understanding psychology (7th Ed.) New Delhi: Tata Mc Graw Hill.
6. Glassman,W.E.(2000).Approaches to Psychology(3rd Ed.) Buckingham:Open University Press.