

*Progressive Education Society's*  
**Modern College of Arts, Science and Commerce,**  
**Shivajinagar, Pune – 5**  
**First Year of B.A (Psychology) Semester I**  
**(2019 Course)**

**Course Code : 19ArPsyU191 Course Name: Foundation Of Psychology**

**Teaching Scheme: TH: 4 Hours/Week**

**Credit :04**

**Examination Scheme: CIA : 40 Marks**

**End-Sem : 60 Marks**

**Prerequisite Courses:**

- 12<sup>th</sup> Passed in any stream

**Semester I**

**Course Objectives:**

- To provide solid foundation for the basic principles of psychology
- To familiarize students with the historical trends in psychology, major concepts and theoretical perspectives
- To acquaint the students with empirical findings in the field of Psychology
- To provide an overview of the scope of Psychology

**Course Outcomes:**

On completion of the course, student will be able to–

- Students will be acquainted with basic concepts, theoretical perspectives and historical trends in Psychology
- Students will get familiarized with the scope, branches and professions in the field of Psychology

## Course Contents

Chapter 1	<b>PSYCHOLOGY: SCIENCE AND PERSPECTIVES</b>	16 lectures
	<p>1.1 Definition, Nature and Perspectives of Psychology– Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism, Cognitive, Humanistic- Existential , Evolutionary, Socio-cultural</p> <p>1.2 Major theoretical fields of Psychology</p> <p>1.3 Major applied fields of Psychology</p> <p>1.4 Professions in Psychology- panel discussion with professionals</p> <p>1.5 Methods – Observation, Experimental- Laboratory Experiments and Field Experiments, Survey and Case Study</p>	
Chapter 2	<b>BIOLOGICAL BASES OF HUMAN BEHAVIOUR</b>	16 lectures
	<p>2.1 Neuron – Structure and Function</p> <p>2.2 Neurotransmitters: Serotonin, Dopamine, Acetylcholine</p> <p>2.3 Central Nervous System(CNS- Brain, Spinal Cord),</p> <p>2.4 Peripheral Nervous System (Autonomous Nervous System (ANS), Somatic)</p> <p>2.5 Glandular System: Pituitary, Thyroid, Pancreas, Adrenal, Gonads</p>	
Chapter 3	<b>SENSATION, ATTENTION AND PERCEPTION</b>	16 lectures
	<p>3.1 Sensation – Definition, Nature and Processes- Habituation, Sensory adaptation, Thresholds</p> <p>3.2 Attention – Definition, Types, Span of Attention</p> <p>3.3 Attention -- Subjective and Objective Determinants</p> <p>3.4 Perception – Definition, Gestalt Principles</p>	

	3.5 Perceptual illusions.	
Chapter 4	<b>LEARNING AND MEMORY</b>	15 lectures
	<p>4.1 Learning: Definition, Nature and Types, Methods of learning: Trial and Error, Insight Learning, Observational Learning-</p> <p>4.2 Classical and Operant Conditioning and Their Practical Applications</p> <p>4.3 Memory- Definition, Types, Causes of Forgetting</p> <p>4.4 Memory Improvement Techniques</p> <p>4.5 Types of learning disabilities</p>	

**Guidance/ Discussion on Course specific experiential learning through fieldwork: Visit to Special School ( 1 Lecture)**

*Progressive Education Society's*  
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**First Year of B.A (Psychology) Semester II**  
**(2019 Course)**

**Course Code : 19ArPsyU291 Course Name: Psychological Basis Of Individual Differences**

**Teaching Scheme: TH:4 Hours/Week**

**Credit :04**

**Examination Scheme: CIA : 40 Marks**

**End-Sem : 60 Marks**

**Course Objectives:**

1. To familiarize students with major areas of individual differences
2. To acquaint students with the concepts and theoretical perspectives in the areas of individual differences
3. To provide understanding of measurement techniques and models in the field of Individual differences
4. To provide a solid foundation of the empirical research the field of Individual Differences
5. To make students accept, acknowledge and accommodate individual differences

**Course Specific Outcomes:**

On completion of the course--

- Students will be acquainted with the concepts in the field of Individual Differences
- Students will be familiarized with the theoretical perspectives, models and measurement techniques of the individual differences

**Course Contents**

Chapter 1	<b>MOTIVATION</b>	16 lectures
	<ul style="list-style-type: none"> <li>1.1 Definition of motivation, motivational Cycle</li> <li>1.2 Concepts related to motivation- Maslow's hierarchy of needs theory, Drives, Incentives, Extension motivation theory.</li> <li>1.3 Biological motives: Hunger, Thirst, Sleep, Sex</li> <li>1.4 Psychological and Social motives</li> <li>1.5 Frustration – Meaning and Sources of Frustration, Types Conflict</li> </ul>	
Chapter 2	<b>EMOTION</b>	16 lectures
	<ul style="list-style-type: none"> <li>2.1 Definition, Nature of Emotion, Expression of Emotions</li> <li>2.2 Basic emotions: Happiness, Sadness, Anger, Fear, Disgust, Surprise</li> <li>2.3 Emotional Intelligence – Definition, Nature and Importance of EQ, Enhancing EI</li> <li>2.4 Emotions in everyday life (Positive and Negative)</li> <li>2.5 Valence model of emotions.</li> </ul>	
Chapter 3	<b>PERSONALITY</b>	16 lectures
	<ul style="list-style-type: none"> <li>3.1 Nature, Definition and misconceptions of personality</li> <li>3.2 Building Blocks of Personality</li> <li>3.3 Freud's Psychoanalytical Theory of Personality</li> <li>3.4 Trait Approaches to Personality: <ul style="list-style-type: none"> <li>3.4.1 Allport's Approach,</li> <li>3.4.1 Eysenck's PEN Model,</li> <li>3.4.1 Cattell's Approach,</li> <li>3.4.1 McCrae and Costa Big-5 Model</li> </ul> </li> <li>3.5 Assessment Techniques – Behavioral, Projective and Self Report Inventories</li> </ul>	
Chapter 4	<b>INTELLIGENCE</b>	15 lectures
	<ul style="list-style-type: none"> <li>4.1 Intelligence: Definition and nature of intelligence</li> <li>4.2 Theories of Intelligence: Spearman, Guilford, Gardner, Sternberg</li> <li>4.3 History of Intelligence tests and Types of intelligence tests</li> <li>4.4 Individual Differences: Intellectually challenged and Intellectually superior.</li> <li>4.5 Artificial Intelligence- concept and application.</li> </ul>	

**Guidance/ Discussion on Course specific experiential learning through fieldwork: Assignment on Self Assessment using Personality test (1 lectures)**

**References:**

1. Baron, R. A. (2001). *Psychology*. New Delhi: Pearson Education Pvt. Ltd.
2. Ciccarelli, Sandra, White N. (2011). *Psychology: An Exploration* (2nd edition), Pearson Publications
3. Ciccarelli, S and Meyer, G. E. (2011). *Psychology*, Pearson Publications, New Delhi.
4. Feldman, Robert (2009). *Understanding Psychology*, 9th edition, Tata McGraw Hill.
5. Morgan, King, Weisz, Schopler (2001). *Introduction to psychology*, Tata McGraw Hill
6. Abhyankar S., Oke A., Golwilkar S. (2014). *Manasshastra: Vartanache Shastra*. Pearson Publications
7. Badgular, Bachhav, & Shinde (2001). *Samanyamanasashastra*. Nashik: SwayambhuPrakashan.
8. Inamdar, Gadekar & Patil (2006). *Adhunikmanasashastra*. Pune: Diamond Publication.