

Progressive Education Society's
**Modern College of Arts, Science and
Commerce (Autonomous),
Shivajinagar, Pune 5**

**(An Autonomous College Affiliated to Savitribai Phule
Pune University)**

FYBA (Psychology)

SYLLABUS

Choice Based Credit System
(CBCS) Syllabus
Under National Education Policy
(NEP)

**To be implemented from Academic Year 2024-
2025**

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(An Autonomous College Affiliated to Savitribai Phule Pune University)

First Year of B.A. (2024 Course)

Code:- 24ArPsyU1305

Name:- Understanding Psychology

Teaching Scheme: TH: 4 Hrs/Week

Credits: 4

Examination Scheme: CIA: 40 Marks, ESE: 60 Marks

Prerequisite Course: 12th Pass

Course Objectives:

1. To define basic concepts and goals of psychology.
2. To identify the scope of psychology.
3. To acquaint with the concepts and theoretical perspectives of behavior.
4. To analyze causes whenever come across individual differences.
5. To applying skills to improve emotional intelligence.

Course Outcomes:

After completion of this course students will be able to:

1. Understand basic concepts and goals of psychology.
2. Differentiate roles of psychologists.
3. Attribute emotional and motivational aspects of behavior
4. Evaluate causes for individual differences.
5. Apply skills to improve emotional intelligence.

Course Content:

Unit 1	Introduction to Psychology	
1.1	Definition, History, Nature and Goals of Psychology	
1.2	Fields of Psychology	
1.3	Perspectives of Psychology	
1.4	Methods of Psychology	
Unit 2	Motivation	
2.1	Definition, Motivational Cycle	
2.2	Theories related to Motivation: Maslow, Drive, Incentive, ERG	
2.3	Types of Motives	
2.4	Frustration and its sources	
Unit 3	Emotion	
3.1	Definition, Nature, Components of Emotions	
3.2	Basic Emotions (Joy, Anger, Sadness, Disgust, Fear and Surprise)	
3.3	Emotional Intelligence: Definition, Nature, Importance, Enhancing EQ	
3.4	Regulating Emotions	
Unit 4	Personality	
4.1	Nature, Definition, Misconceptions, and Building Blocks of Personality	
4.2	Freud's Psychoanalytic Theory	
4.3	Trait Approaches: Eysenck, Allport, P-E-N, Cattell, Big Five	
4.4	Personality Assessment Techniques	

References:

1. Feldman, Robert S. (2019). *Understanding Psychology, 14th ed.* (14). New York: McGraw Hill Education.
2. Ciccarelli, S. K., & White J. N. (2017). *Psychology (Fourth Edition)*. Pearson Education.
3. Abhyankar, S.C., Oke, A.S., Golwilkar S.A., (2013). *Manasashastra: VartanacheShashtra*, Delhi: Pearson.

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First year of B.A. (2024 Course)

Course Code: 24ArPsyU1401

Course Name: Stress Management

Teaching Scheme: TH: 2Hours/Week Credits: 2

Examination Scheme: CIA: 20 Marks End Sem: 30 Marks

Prerequisite courses: 12th pass

Course Objectives:

1. To acquaint students with different concepts in stress
2. To familiar them with different sources of stress
3. To make them aware about different techniques to cope with stress.

Course outcomes:

After completion of this course students will able to

1. Define basic concept of stress
2. Identify sources of stress
3. Understand different ways to cope with stress
4. Manage their own stress-free lifestyle
5. Effectively use or apply stress management techniques to oneself and others

Course contents:

Unit 1	Understanding stress	(15 hours)
1.1	Definition, Nature of stress, Types, Symptoms	
1.2	Components of Stress Reaction: GAS, Physiological, Emotional or psychological and behavioural	
1.3	Causes of stress (Sources Environmental, Personal and Psychological)	
1.4	Effects of stress on Physical and Mental Health	
Unit 2	Stress Management Strategies	(15 hours)
2.1	Coping: Meaning & Types (Appraisal Focused Proactive coping, Problem focused coping, Emotional focused coping)	
2.2	Strategies to manage Academic Stress	
2.3	Strategies to manage Interpersonal Stress	
2.4	Strategies to manage Stress at Workplace	

References:

1. John Romas, Manoj Sharma,(2022) Practical Stress Management: A Comprehensive Workbook. Academic Press
2. Lehrer,P.M,& Woolfolk, R. L. (2021) Principles and Practice of Stress Management. Fourth Edition, Guilford Publications
3. Modi, Narendra (2019),Exam Warriors . Penguin; Illustrated edition
4. Seaward, B.L., (2017) Managing Stress. Jones & Bartlett Learning
5. Jena, S.P.K (2008), Behaviour Therapy: Techniques, Research and Applications. Michigan: SAGE Publications.
6. Weiten, W. and Lloyd, M. Indian Edition 8th (2007). Psychology applied to modern life: Adjustment in the 21st century. Thomson
7. Martin, L.G.; Osborne, G. (1989). Psychology: Adjustment and everyday living. N.J.:Prentice-Hall, Englewood Cliffs
8. Rimm, D.C. & Masters, J.C. (1987). Behavior therapy: Techniques and empirical findings. New York: Harcourt, Brace, Jovanich
9. Beck, A.T. (1976). Cognitive therapy and behavior disorders.
10. Lazarus RS. 1966. Psychological stress and the coping process New York, NY: McGraw-Hill Book Company, Inc.
11. Lazarus, R. S. (1961) Patterns of adjustment. N.D.: M.C. Graw Hill

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First Year of B.A. (2024 Course)

Code:- 24ArPsyU2305

Name:- Cognitive Processes

Teaching Scheme: TH: 4 Hrs/Week

Credits: 4

Examination Scheme: CIA: 40 Marks, ESE: 60 Marks

Prerequisite Course: 12th Pass

Course Objectives:

1. To identify processes involved in sensation and perception.
2. To understand major concepts and theoretical perspectives in mental processes.
3. To apply theoretical knowledge of mental processes in day today life
4. To analyze differences in mental processing
5. To develop insight into one's own and others' behavior and underlying mental processes

Course Outcomes:

1. Identify processes involved in sensation and perception
2. Understand major concepts and theoretical perspectives in mental processes
3. Apply theoretical knowledge of mental processes in day today life
4. Analyze differences in mental processing
5. Develop insight into one's own and others' behavior and underlying mental processes

Course Content:

Unit 1	Sensation and Attention	
1.1	Sensation definition, nature and Processes: Habituation, Sensory Adaptation, Thresholds	
1.2	Attention: Definition, Types, Span of attention	
1.3	Subjective Determinants of Attention	
1.4	Objective Determinants of Attention	
Unit 2	Perception	
2.1	Definition, nature and Determinants of Perception	
2.2	Perceptual Constancies	
2.3	Gestalt Principles, Perceptual Illusions	
2.4	Perceptual Processes: Top-down and Bottom-up	
Unit 3	Learning	
3.1	Definition, Nature, Types & Determinants	
3.2	Conditioning: Classical & Operant	
3.3	Trial and Error, Insight, Social-Cognitive Learning	
3.4	Practical Application of Learning (Aversion, Behavioural Modification, fear conditioning)	
Unit 4	Memory	
1.1	Definition and Types of Memory	
1.2	Models of Memory (Waugh and Norman Model & Atkinson and Shiffrin Model)	
1.3	Forgetting Curve, Causes of Forgetting	
1.4	Memory Improvement Techniques (SQ4R, Mnemonics)	

References:

1. Feldman, Robert S. (2019). *Understanding Psychology, 14th ed.* (14). New York: McGraw Hill Education.
2. Ciccarelli, S. K., & White J. N. (2017). *Psychology (Fourth Edition)*. Pearson Education.
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First Year of B.A (Psychology) Semester II
(2024 Course)

Code:- 24ArPsyU2401

Name:- Nurturing Emotional Intelligence

Objectives: -

1. To understand different concepts related to emotional intelligence.
2. To learn skills related to EQ.
3. To develop emotional intelligence.

Course Outcomes:

1. Understand basic concepts, theories and skills of emotional intelligence.
2. Apply theories for understand concept of emotional intelligence.
3. Apply skills required to emotional intelligence.
4. Differentiate between IQ and EQ.

Unit 1	Concept of Emotional Intelligence (EI)	
1.1	Definition and concept of Emotional Intelligence i. Difference between EQ and IQ ii. EI Skills	
1.2	Importance of EI	
1.3	Components of EI	
1.4	Overview of EQ assessment	
Unit 2	Developing Emotional Intelligence	
2.1	Identifying and Understanding Emotions in Self	
2.2	Identifying and Understanding Emotions in Others	
2.3	Managing and Regulating Emotions in Self	
2.4	Socio-emotional Skills in Interpersonal Relations	

References:

1. Feldman, Robert S.. (2019). *Understanding Psychology, 14th ed.* (14). New York: McGraw Hill Education.
2. Ciccarelli, S. K., & White J. N. (2017). *Psychology (Fourth Edition)*. Pearson Education.
3. Weiten, W. and Lloyd, M. Indian Edition 8th (2007). *Psychology applied to modern life: Adjustment in the 21st century*. Thomson
4. Snyder C.R., Lopez S. J. (1998) *Handbook of Positive Psychology*. Oxford University Press.