



HSNC University Mumbai
(2023-2024)

Ordinances and Regulations

With Respect to

Choice Based Credit System
(CBCS)

For the Programmes Under

Faculty of Arts

For the Course

PSYCHOLOGY

Syllabi for Psychology Core Course at the F.Y.B.A

Choice Based Credit System (CBCS)

Brought into force with effect from the academic year 2023-2024

Preamble

The world is currently awakening to the reality that mental health, a once overlooked facet of life, is a critical factor, essential to living a fully functioning, effective life. The discipline of Psychology involves the study of behaviour and mental processes. It delves into a deep understanding of topics like learning, motivation, emotions, memory, language and problem solving, each of which leads to a greater awareness of the 'self' and the 'other'. Regardless of the occupation or life path one eventually chooses, a study of Psychology will enhance one's perception of that environment, resulting in more meaningful interactions. Psychology has its application in a variety of domains such as Advertising, Health, Managing Human Resources, Education as well as Behavioural Design. In order to prepare students for the current trends in the field and the new workspaces they will encounter, there was thus, a need for a course that focuses on the fundamental basic concepts and theory in Psychology, but also stimulates interest in the application of these concepts to various aspects of daily life. This course will ensure that students are empowered to face oncoming challenges with a critical mind, armed with a strong foundation in theoretical concepts and recent, relevant research.

Course Code	Semester	Course Title	No of Lectures per week	No of Lectures per term	No of Credits	Marks
UH-	1	Foundations of Psychology Part I	4	15 lectures x 4 units=60 + *self learning	4	100 (60 marks semester end Assessment 40 marks internal Assessment)
UH-	2	Foundations of Psychology Part II	4	15 lectures x 4 units=60 + *self learning	4	100 (60 marks semester end Assessment 40 marks internal Assessment)

Learning Objectives-

1. To orient students to the basic concepts in Psychology.
2. To impart knowledge of modern trends in the field of Psychology
3. To create awareness among students, of the applications of psychological concepts in different areas of everyday life.
4. To build a foundation for further studies in Psychology.

Learning Outcomes-

After completing the course, the student shall be able to:

CO1: Describe the basic concepts & various schools of Psychology.

CO2: Explain the basics of the functioning of human mental processes.

CO3: Evaluate the significance of psychological assessment.

CO4: Apply the basic concepts of psychology in daily life.

Semester 1. Foundations of Psychology: Part I (Credits = 4) 4 lectures per week

Unit 1: The Science of Psychology

- a) The History of Psychology
- b) The Fields of Psychology Today
- c) Scientific research
- d) Ethics of Psychological Research

Unit 2: The Biological Perspective.

- a) Neurons and Nerves: Building the Network, Overview of the Nervous System.
- b) Distant connections: The Endocrine Glands.
- c) Looking Inside the Living Brain- **Online Component- Portal- e pathshala P-14 Neuropsychology M-04 Methods of Investigation- Radiological and Imaging Techniques** <https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=31>
- d) From the Bottom up: The structures of the Brain.

Unit 3: Learning

- a) Definition of Learning.
- b) Classical conditioning and Operant conditioning
- c) Cognitive learning Theory.
- d) Observational Learning.

Unit 4: Memory

- a) What is memory?
- b) The Information Processing Model: Three Memory Systems.
- c) Retrieval of Long –term Memories.
- d) Forgetting

Semester 2. Foundations of Psychology: Part II (Credits = 4) 4 lectures per week

Unit 1: Perception, Attention & Consciousness

- a) How we Organize our Perceptions
- b) Depth perception
- c) Attention- Online component- Portal- e pathshala P-01 Cognitive Science –
Module 19- Attention <https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=31>
- d) What is Consciousness, Sleep- Biology, Stages, Sleep Disorders

Unit 2: Cognition: Thinking and Intelligence

- a) How People think
- b) Intelligence
- c) Measuring Intelligence
- d) Emotional Intelligence

Unit 3: Motivation & Emotion

- a) Approaches to understanding Motivation.
- b) What, Hungry again? Why People Eat
- c) Emotion – three elements of Emotion
- d) Theories of Emotion

Unit 4: Theories of Personality

- a) Psychodynamic Perspective
- b) The Behavioural and Social Cognitive View of Personality
- c) The Third Force: Humanism and Personality
- d) Trait Theories: Who are you?

Book for Study

Ciccarelli, S. K., White, J.N., & Mishra, G. (2018) Psychology. 5th Edition; Indian Adaptation. Pearson India Education Services Pvt. Ltd.

Additional Books for Reference

1. Baron, R. A., & Kalsher, M. J. (2008). Psychology: From Science to Practice. (2nd ed.). Pearson Education inc., Allyn and Bacon
2. Ciccarelli, S. K. & Meyer, G. E. (2008). Psychology.(Indian sub-continent adaptation). New Delhi: Dorling Kindersley (India) Pvt ltd.
3. Feist, G.J, & Rosenberg, E.L. (2010). Psychology: Making connections. New York: McGraw Hill publications
4. Feldman, R.S. (2013). Psychology and your life.2nd edition New York: McGraw Hill publications
5. Feldman, R.S. (2013). Understanding Psychology.11thedi. New York: McGraw Hill publications
6. King, L.A. (2013). Experience Psychology.2nd edition. New York: McGraw Hill publications
7. Lahey, B. B. (2012). Psychology: An Introduction. 11th edition. New York: McGraw-Hill Publications
8. Myers, D. G. (2013).Psychology.10th edition; International edition. New York: Worth Palgrave Macmillan, Indian reprint 2013
9. Schachter, D. L., Gilbert, D. T., & Wegner, D. M. (2011). Psychology. New York: Worth Publishers.
10. Wade, C. &Tavris, C. (2006). Psychology. (8th ed.). Pearson Education inc., Indian reprint by Dorling Kindersley, New Delhi

Pattern of Question Paper for Semester End Assessment implemented from 2023-2024

A. Theory Paper

Marks: 60 **Time:** 2 hours

The theory paper of 60 marks will have 5 questions.

All questions have an internal choice, and each main question is based on a specific Unit.

The fifth question contains a sub question from each unit- All five questions are compulsory.

*Question Paper Pattern for F.Y.B.A
With effect from 2023-2024*

Duration: 2 hours

Note: Attempt all questions (Total = 60 marks)

Q.1 (Based on Unit 1) (10 marks)

a.

or

b.

Q.2 (Based on Unit 2) (10 marks)

a.

or
b.

Q.3 (Based on Unit 3) (10 marks)

a.
or
b.

Q.4 (Based on Unit 4) (10 marks)

a.
or
b.

Q5. Answer any 2 (Based on Unit 1-4) (20 marks)

a.
b.
c.
d.

B. Internal Assessment

40 marks Internal Assessment

1. Class Test on any Unit -Paper-pencil or Online Assessment 20 marks

Duration- 30 mins- 1 hour

- Multiple Choice Question 10 questions 2 marks each/ 20 Questions 1 mark each
- True or False- Reframe with Reason 20 questions 1 mark each
- Explain the terms- 10 terms 2 marks each
- Fill in the Blank- 20 Questions 1 mark
- Write Short Notes- 4 questions, 5 marks each
- Essay- 2 questions, 10 marks

2. Assignment or PPT Presentation based on Self-Learning Components 15 marks

Rubric for Evaluation of Assignment

Criteria	Marks
1. Content- Relevance and Comprehensive	5
2. Written Expression- Concise Style	5

3. Logical Flow of Ideas- Personal Critical Analysis	3
4. Credibility of Sources of Information- Plagiarism	2

Rubric for Evaluation of Presentation

Criteria	Marks
1. Presentation Style- verbal expression	5
2. Content- Relevance and Comprehensive	5
3. Logical layout of Ideas in slides & Creativity	3
4. Credibility of Sources of Information- Plagiarism	2

Guidelines for Assignment :

- Word Limit – 1000 to 2000 words
- Title, Contents, Introduction, Main Body depending on type of assignment, Conclusion, Bibliography

3. Class Participation- 5 marks



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(2023-2024)

Ordinances and Regulations

With Respect to

Choice Based Credit System
(CBCS)

For the Programmes Under

Faculty of Arts

For the Course

**GENERIC ELECTIVE- PSYCHOLOGY OF
EVERYDAY LIFE**

F.Y- Generic Elective
Board of Studies- Psychology
Syllabi for Psychology of Everyday Life- Part I & Part II
For Commerce & Science
Choice Based Credit System (CBCS)

Brought into force with effect from the academic year 2023-2024

PREAMBLE

A basic understanding of mental health and well-being is critical to living an effective everyday life. Psychological concepts of decision making, taking charge as well as grasping the complexities of mental disorders and forms of therapy are now essential for personal growth and development regardless of the occupation or specialization one eventually chooses. This course is aimed at enabling students to understand the nuances of mental illness and possible treatment approaches along with equipping them to make effective life decisions. It also seeks to prepare students with the essential skills and attitudes to enable them to be quality working professionals in their specialization or domain.

Course Code	Semester	Course Title	No of Lectures per week	No of Lectures per term	No of Credits	Marks
UH	1	Psychology of Everyday Life- Part I	2	15 lectures per semester x 2 units	2	50 (30 marks semester end Assessment 20 marks internal Assessment)
UH-	2	Psychology of Everyday Life- Part II	2	15 lectures per semester x 2 units	2	50 (30 marks semester end Assessment 20 marks internal Assessment)

Learning Objectives:

1. To orient students to the basic psychological concepts applied to daily life.
2. To stimulate interest in the subject of mental health and wellbeing

Learning Outcomes:

After completing the course, the student shall be able to:

CO1: Explain the basics of the functioning of human mental processes.

CO2: Apply the basic concepts of psychology in daily life.

Semester I - Psychology of Everyday Life: Part I (2 lectures per week)

Unit 1. Personal Control & Decision Making

- a) Personal control, Benefits of Perceived Control
- b) Misperception & Maladjustment
- c) Learned Optimism and Defensive Pessimism
- d) Decision making, decision-making and personal growth.

Unit 2. Work & Leisure

- a) At work- Identifying interest and skills & a compatible career
 - b) Career Decision & Getting a job,
 - c) Changing jobs & Issues Related to Culture & Gender
 - d) Leisure- Using Leisure Positively, Leisure Across Adulthood
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Semester II - Psychology of Everyday Life: Part II (2 lectures per week)

Unit 1. Managing Motives and Emotions

- a) Understanding motivation
- b) Psychosocial Motives, Personal Motivation
- c) Understanding emotions
- d) Expressing, Recognizing & Managing Emotions

Unit 2. Love and Relationships

- a) Love- Definition, Attachment, Love & Friendship
- b) Marriage, and other committed relationships
- c) Adjusting to Intimate Relationships
- d) Divorce & its consequences

Book for Study.

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2014). Psychology for Living – Adjustment, Growth, and Behaviour Today. (11thed.). New Jersey: Pearson

Books for reference

1. Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd
 2. Schafer, W. (2002). Stress Management. (4th ed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008
 3. Snyder, C.R., & Lopez, S.J. (2007). Positive Psychology – The scientific and practical explorations of human strengths. New Delhi: Sage publications India pvt ltd, South Asia edition
 4. Taylor S. E. (2003). Health Psychology (5th ed). McGraw Hill Higher Education. International Edition.
 5. Weiten, W. & Lloyd, M.A. (2006). Psychology Applied to Modern Life - Adjustment in the 21st century. (8th ed.) Cengage Learning India
 6. Wilson, E. (2007). Stress Proof Your Life: 52 Brilliant Ideas for Taking Control. New Delhi: Pearson Power
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Pattern of Question Paper for Semester End Assessment

A. Theory Paper

Marks: 30 **Time:** 1 hour

The theory paper of 30 marks will have 2 questions.

Both questions are compulsory.

Question Paper Pattern for F.Y.B.Com/BSc - PEL

With effect from 2023-2024

Duration: 2 hours

Note: Attempt **all** questions (**Total = 30 marks**)

Q.1 Write Short Notes on **any 2** of the following (10 marks)

- a.
- b.
- c.

Q.2 Answer **any 2** of the following (20 marks)

- a.
- b.
- c.

B. Internal Assessment- 20 marks

1) Assignment/Presentation based on general psychology topics- 15 marks

Write an essay in not less than 500 words

File- Word Document, PDF, open office docs

Word Limit- not less than 500 words

Formatting- Font- Times New Roman, Size- 12

Line Spacing- 1.15

Evaluation Rubric

Criteria	Marks
1) Content- Relevance and Comprehensive	5
2) Written Expression- Concise Style & Creativity	5
3) Plagiarism	5

OR

Create a PowerPoint Presentation and present it along with other group members for a duration of 10 minutes in total.

Each group creates one PPT together and all members are required to speak during the presentation.

Criteria
1) Presentation Style- verbal expression
2) Content- Relevance and Comprehensive
3) Logical layout of Ideas in PPT& Creativity
4) Credibility of Sources of Information

2. Class participation- 5 marks

FYBA-VOCATIONAL COURSE

Department of Psychology

CODE	SEM	COURSE TITLE	CREDITS
	I	Tutorials in Psychology: Mental Health & wellbeing	1
	II	Tutorials in Psychology: Mental Health & wellbeing	1

List of Topics from which teacher will select:

- Self –awareness, Self-disclosure & self-discovery- Johari window
- Time management
- Listening skills
- Tools for anger management (Gary Chapman)
- Emotional Intelligence components/Practical Exc (Daniel Goleman)
- Self-care tools (positive psychology.com)
- Managing relationships (Love languages & apology languages)
- Nonviolent Communication (Marshall Rosenberg)
- Know your mental health status.
- Conflict resolution-know your conflict style.
- Creating a psychological test
- Psychological first aid-understanding trauma reactions- techniques to observe and provide basic care.
- Understanding learning style & study skills
- Guest Speakers on relevant topics in Psychology