



# **SOPHIA GIRLS' COLLEGE (AUTONOMOUS), AJMER**

**SOPHIA GIRLS' COLLEGE (*AUTONOMOUS*), AJMER**

**DEPARTMENT OF PSYCHOLOGY**



**COURSE PLAN**

**(Session 2021-22)**

**Name of the Faculty**

**DR. CHRISTINA DAVIDSON**



**SOPHIA GIRLS' COLLEGE (AUTONOMOUS), AJMER**  
**COURSE PLAN (Session 2021-22)**  
**DEPARTMENT OF PSYCHOLOGY**  
**DR. CHRISTINA DAVIDSON**

**ODD SEMESTER**  
 Max. Marks :75 (50Ext; 25 Int)

**BASIC PSYCHOLOGICAL PROCESSES-I (PAPER I) (PSY-101)**  
 Min. Marks: 30(20 Ext;10 Int)  
 Credit: 03

**COURSE PLAN**

SEM I Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM I AUG- SEPT	<b>UNIT I</b> Definition, Nature and Scope of Psychology. Goals of Psychology.	Origins of Psychology, psychology as a science	PPT, lecture method, e content, and group discussions	To examine the major perspectives of Psychology.	<u>Knowledge Based</u> -Define Psychology as a Science -Explain the behavioural perspectives of Psychology?	Knowledge--60 Understanding-30 Higher Order-10
	Historical Perspectives in Psychology: Structuralism, Functionalism, Gestalt, Psychoanalysis.				<u>Understanding Based</u> -Evaluate Interview and Observation as the method of data collection? -Differentiate between sensation and perception	
	Modern Perspectives in Psychology: Behavioral, Humanistic, Cognitive, Evolutionary, Socio-cultural and Multi cultural.	Subject matter of psychology according to different perspectives	Quiz, presentation and explanation through detailed study of previous experiments and videos			
	Methods of psychology: Experiment, Observation, Interview, Questionnaire, Case Study, Survey, Meta analysis	Scientific methods of data collection	Explanation through psychological tests and experiments			
OCT-NOV	<b>UNIT II</b> Genes and behavior.	Evolution and behaviour	Learning through examples and prior		<u>Higher Order Thinking Skills Based</u> -Justify the	

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	(Introduction).Nervous System – Neuron: Structure, function, Synapse, Neurotransmitters.		studies and group discussion	To illustrate the effect of neural mechanisms on human behaviour.	relationship of genes and behaviour  -Reflect upon the important notions on modern schools of Psychology	
	The Central Nervous System: The Brain & the Spinal Cord (Structure and Function). Peripheral Nervous System: Autonomous Nervous System, Somatic Nervous System. (Introduction)	Biological and psychological bases of behaviour	Demonstration through Diagrams And lecture method			
	Endocrine glands: Hormones and their effects on behavior. Sensory – Perceptual processes. Eye and Ear: structure and functions	Hormones and behaviour and the concept of sensation and perception	Demonstration through diagrams and PPT			
DEC - JAN	<b>UNIT III</b> Attention: Definition, nature & determinants of Attention. Selective Attention, Sustained Attention.	Psychological basis of attentional process	Demonstration through real life examples and previous studies	To assess the concepts of sensory and perceptual processes of human beings		
	Perception: Definition, determinants, Perceptual constancies (size, shape and brightness). Organizing Principles of perception. Form and Depth perception.	Difference between sensation and perception, concept of illusion and delusions	PPT, Demonstration through daily life examples			
	Thinking: Nature and types of Thinking. Problem Solving: Meaning and Nature of Problem Solving, Methods of Problem Solving	The concept of cognition and problem solving	PPT and chalk and board method			

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# SOPHIA GIRLS' COLLEGE (*AUTONOMOUS*), AJMER

## DEPARTMENT OF PSYCHOLOGY

**B.A II ( SEMESTER III)**

**PSYCHOLOGICAL ASSESSMENT (PAPER II) (PSY-302)**

Max. Marks :75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)

Credit: 03

### COURSE PLAN

SEM III Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM III AUG- SEPT	Unit I Human assessment Nature and scope. Principles of Psychological Test Construction: Steps in test construction,	Assessment of psychological concepts	PPT and group discussion	To point out the meaning and purpose of statistics in Psychology.	<b>Questions</b> <u>Knowledge Based</u> -Define scorer reliability. -Explain the different types of validity.  <u>Understanding Based</u> -Examine non-verbal tests. - Differentiate between speed and power tests. <u>Higher Order Thinking Skills Based</u> -Elaborate the use of tests in occupational settings.	Knowledge--50 Understanding-35 Higher Order-15
	Uses, Limitations & Precautions of psychological tests.	Advantages of measurement.	Group discussion			
	Meaning and types: Reliability, Validity, Test norms.	Criterion for a standardised test	PPT and Flow Charts			
OCT- NOV	UNIT II Assessment techniques: (Meaning with examples) 1) Types of Tests: Individual and Group, Speed and Power tests.	Measurement techniques	PPT and group discussion	To evaluate various psychological assessment techniques.		
	2) Assessment of Intelligence: Verbal, Non-Verbal, Performance	Assessing Intelligence in various settings	PPT, demonstration and Lecture			

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PSYCHOLOGICAL ASSESSMENT (PAPER II) (PSY-302)

Max. Marks :75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)

Credit: 03

### COURSE PLAN

SEM III Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM III AUG- SEPT	<b>Unit I</b> Human assessment Nature and scope. Principles of Psychological Test Construction: Steps in test construction,	Assessment of psychological concepts	PPT and group discussion	To point out the meaning and purpose of statistics in Psychology.	<b>Questions</b> <u>Knowledge Based</u> -Define scorer reliability. -Explain the different types of validity.  <u>Understanding Based</u> -Examine non-verbal tests. - Differentiate between speed and power tests. <u>Higher Order Thinking Skills Based</u> -Elaborate the use of tests in occupational settings.	Knowledge--50 Understanding-35 Higher Order-15
	Uses, Limitations & Precautions of psychological tests.	Advantages of measurement.	Group discussion			
	Meaning and types: Reliability, Validity, Test norms.	Criterion for a standardised test	PPT and Flow Charts			
OCT- NOV	<b>UNIT II</b> Assessment techniques: (Meaning with examples) 1) Types of Tests: Individual and Group, Speed and Power tests.	Measurement techniques	PPT and group discussion	To evaluate various psychological assessment techniques.		
	2) Assessment of Intelligence: Verbal, Non-Verbal, Performance	Assessing Intelligence in various settings	PPT, demonstration and Lecture			

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	tests				-Assess the factors affecting the reliability and validity of a test.	
	3) Assessment of Personality: Psychometric and Projective Techniques.	Assessing Personality	PPT, demonstration and Lecture			
DEC - JAN	<b>UNIT III</b> Application of Psychological Testing: Assessment in Educational Setup (Meaning with examples)	Use of tests in education sector.	PPT , E- content and group discussion	To inspect the application of Psychological testing in various settings.		
	Counseling and Guidance (Meaning with examples)	Use of tests in Counselling and Guidance.	PPT, E- content and group discussion			
	Organizational Setup (Meaning with examples)	Use of tests in organisational sector.	PPT , E- content and group discussion			

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**SOPHIA GIRLS' COLLEGE (AUTONOMOUS), AJMER**  
**DEPARTMENT OF PSYCHOLOGY**

**B.A III (SEMESTER V)**

**ABNORMAL PSYCHOLOGY-I (PAPER I) (PSY- 501)**

Max. Marks :75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)

Credit: 03

**COURSE PLAN**

SEMV Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM V AUG- SEPT	<b>UNIT I</b>  Introduction: Abnormal Psychology. Normality (Concept and characteristics). Concept of Psychopathology, Abnormality (Definitions and characteristics.)	Concept of Normality and Abnormality in social context	PPT and group discussion	To reinterpret the concept of normality and abnormality in one's daily life.	<u>Knowledge Based</u> -Define normality. -Explain the different models of Psychopathology?  <u>Understanding Based</u> -Examine Systematic Desensitization and Token Economy. - Differentiate between anxiety and depression. <u>Higher Order Thinking Skills Based</u> -Design a treatment	Knowledge--40 Understanding-35 Higher Order-25
	DSM (Introduction), Diagnostic Classification of Abnormal Behavior according to DSM- IV TR with special reference to changes made in DSM V	Classification of Disorders	PPT and flow chart			
	Mental Health Professionals.	Career Options in Mental Health	Group discussion			

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OCT-NOV	Psychological Models of Psychopathology: (Introduction, Meaning, Treatment)  Psychodynamic, Behavioral, Cognitive.	Different Models to understand abnormal behaviour and plan their treatment	PPT, Case studies and role playing	To distinguish between the different models of psychopathology.	plan for treating OCD.  -Assess the criticisms of classification system of psychological disorders.	
	Humanistic and Existential.	Different Models to understand abnormal behaviour and plan their treatment	PPT, Case studies and role playing			
	Causes of abnormal behavior. (Biological, Psychosocial, Sociocultural)	Causality of abnormality	PPT, Case studies and group discussion			
DEC- JAN	Anxiety Disorders – Generalized Anxiety Disorder, Panic disorder, Phobias, Obsessive Compulsive Anxiety disorder, Post- traumatic stress disorder ( clinical symptoms and causes)	Understanding the concept of anxiety disorders	PPT, Case studies, role playing and group discussions	To assess anxiety and mood disorders with the help of case studies		
	Mood Disorder – Unipolar Disorder: Dysthymia, Major Depressive Disorder. Bipolar Disorder: Bipolar I, Bipolar II and Cyclothymic disorder. ( clinical symptoms and causes)	Understanding the concept of mood disorders	PPT, Case studies, role playing and group discussions			

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**DEPARTMENT OF PSYCHOLOGY**  
**EVEN SEMESTER**

**B.A I (SEMESTER II) BASIC PSYCHOLOGICAL PROCESSES-II (PAPER I) (PSY-201)**

Max. Marks :75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)

Credit: 03

**COURSE PLAN**

SEM II Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM II MAR	<b>UNIT I</b> Learning: Definition. Classical & Operant conditioning ( Basic processes and Experiment). Trial and error theory of learning. Laws of learning. Cognitive learning, Observational learning,	Psychological Bases Of Learning	PPT, quoting real-life examples and explanation through previous studies	To explain psychological bases of learning, memory and forgetting.	<i>Knowledge Based</i> -What is learning? -Illustrate the various theories of emotions?	Knowledge--60 Understanding-30 Higher Order-10
	Memory – Definition and process (Encoding, Storage and Retrieval). Short term and Long term Memory. Mnemonic Methods of retention.	Concept of information processing system and cognitive processing	Quiz, lecture - cum- demonstration and activities		<i>Understanding Based</i> -Explain the process of memory -Differentiate between social and biological motives	
	Forgetting – Definition. Causes ( Decay, Interference and Retrieval failure theory)	Concept of cognitive processing	Explanation through previous studies and PPT		<i>Higher Order Thinking Skills Based</i> -Assess the various methods of personality assessment -evaluate the	

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APR	<b>UNIT II</b> Motivation: Indicators of motivated behavior. Nature and classification of motives – Biogenic and Sociogenic,	Psychological explanations of motivation processes	PPT and explanation through previous studies	To justify theories of motivation and emotion.	determinants of Intelligence	
	Theories of motivation: Drive theory, Incentive Theory, Optimal Level Theory, Goal setting Theory and Maslow's Need Hierarchy Theory.	Contents of motivated behaviour	Diagrams, flowcharts, PPT and Quoting real life examples			
	Emotion – Nature and Development. Expression and Control of emotions. Theories of emotion (Cannon-Bard, James-Lange, Schachter-Singer).	The process of socialization and emotions	PPT and Demonstration			
MAY	<b>UNIT III</b> Intelligence – Definition, Determinants, Measurement and theories of intelligence (Spearman, Thurstone, Guilford, Robert Sternberg and Gardner,).	The nature of individual differences and psychometrics	Explanations through previous studies and research	To evaluate aspects of personality and intelligence.		
	Personality – Definition. Trait (Allport's Theory, Cattell's Theory).and Type theories. Psycho-analytical theory by Freud.	Psychological explanation of personality	PPT, Demonstration and learning through previous studies			
	Biological, Psychological and Socio-cultural determinants. Assessment of personality: Personality Inventories and Projective techniques.	The nature of assessment of personality with the help of psychological testing	PPT and explanation through previous studies			

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**SOPHIA GIRLS' COLLEGE (AUTONOMOUS), AJMER**  
**DEPARTMENT OF PSYCHOLOGY**

**B.A II ( SEMESTER IV)**

**RESEARCH METHODOLOGY (PAPER II) (PSY-402)**

Max. Marks :75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)

Credit: 03

**COURSE PLAN**

SEM IV Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM IV MAR	<b>UNIT I</b> Characteristics of Scientific method and Research.	Importance of research in Psychology.	PPT and group discussion	To appraise Psychological Research.	<b>Questions</b> <u>Knowledge Based</u> -Define problem statement. -Explain the different types of variables?  <u>Understanding Based</u> -Examine Questionnaire and survey methods. - Differentiate between probability and non probability sampling methods. <u>Higher Order Thinking Skills Based</u>	Knowledge--50 Understanding-35 Higher Order-15
	Nature of psychological research: Quantitative and Qualitative.	Nature of research	Group discussion			
	Problem and Hypothesis in experiments. Variables (Meaning, Types and controls)	Concept of psychological research and experiments	PPT, videos and Flow Charts			
APR	<b>UNIT II</b> Tools of Data Collection – Observation, interview, questionnaire, survey, schedule.	Ways of collecting data	PPT and group discussion	To critique different types of Research.		
	Types of Research: Applied, Fundamental, Quantitative, Qualitative,	Major ways of conducting a research	PPT, demonstration, Lecture and examples of previous studies			
	Experimental, Ex-post facto, Longitudinal, Cross sectional	Major ways of conducting a research	PPT, demonstration, Lecture and			

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	research		examples of previous studies		-Design a Longitudinal and Cross Sectional research.	
MAY	UNIT III Basic Principles of Experimental designs: Experimental designs: Pre – Post test design, Factorial design and randomized design and randomized block design.	Blueprint of a research	PPT and group discussion	To construct experimental designs used in Behavioural Sciences.	-Assess the different types of experimental designs.	
	Sampling – Meaning and Types (Probability & Non-probability sampling)	Selecting the subjects for a research	PPT and examples of previous studies			
	Sample size and Sample errors. Steps in report writing.	Documentation of research.	Videos and PPT			

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**DEPARTMENT OF PSYCHOLOGY**

**B.A III (SEMESTER VI) ABNORMAL PSYCHOLOGY–II (PAPER I) (PSY- 601)**

Max. Marks :75 (50Ext; 25 Int)

Min. Marks: 30(20 Ext;10 Int)  
Credit: 03

**COURSE PLAN**

SEMVI Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM VI MAR	Schizophrenia – Concept, Clinical picture, Types, Causes, Symptoms and Treatment.	Understanding the concept of Schizophrenia	Videos, group discussion and Case Studies	To illustrate Schizophrenia and Substance related disorders.	<u>Knowledge Based</u> -What is Autism? -Explain the different types of Schizophrenia.	Knowledge--40 Understanding-35 Higher Order-25
	Disorder due to psychoactive substance use – Alcohol and Narcotics (their effects and treatment)	Understanding the concept of Substance Abuse	Flow Chart, group discussion and Case Studies		<u>Understanding Based</u> -Examine Cluster B personality disorders. - Differentiate between Cluster A and Cluster C personality disorders.	
APR	Personality Disorder – Concept and clinical picture; Cluster A: Paranoid, Schizoid;	Understanding Personality Disorders	Flowchart, group discussion and Case Studies	To summarize various Personality Disorders.	<u>Higher Order Thinking Skills Based</u> -Design a treatment plan for treating Schizophrenia.	
	Cluster B: Borderline, Antisocial;	Understanding Personality Disorders	Flowchart, group discussion and Case Studies			
	Cluster C: Dependent Personality, Obsessive compulsive disorder. (Clinical symptoms and causes)	Understanding Personality Disorders	Flowchart, group discussion and Case Studies			

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MAY	Disorders of Childhood: Attention Deficit Hyperactivity Disorder and Autism (Clinical symptoms and causes)	Understanding the concept of ADHD and Autism	PPT, Videos, group discussion and Case Studies	To distinguish among various Childhood Disorders.	-Assess the different types of personality disorders.	
	Mental retardation: Concept, Types, Causes and Prevention.	Understanding the concept of Mental Retardation	PPT, Videos, group discussion and Case Studies			

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**SOPHIA GIRLS' COLLEGE, AJMER (AUTONOMOUS)**  
**PSYCHOLOGY PRACTICALS (PAPER III) (PSY- 103)**

**B.A I (SEMESTER I)**

Max. Marks: 50(40Ext; 10 Int)

Min Marks: 20(16 Ext;4 Int)

Credit: 02

**COURSE PLAN**

SEM Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM I AUG	<ul style="list-style-type: none"> <li>Anxiety Test</li> <li>Parent Child Relationship</li> </ul>	Basics of Psychology practical and report writing	Demonstration		<u>Knowledge Based</u> Practical File Work	Knowledge--60
SEPT- OCT	<ul style="list-style-type: none"> <li>Sociometry</li> <li>Level of Aspiration</li> <li>Self Esteem test</li> </ul>	Difference between Psychological tests and experiments.	Administration of Psychological tests		<u>Understanding Based</u> Report writing of Psychological tests and experiments	Understanding-30
NOV	<ul style="list-style-type: none"> <li>Any one practical work in consultation with Teacher</li> </ul>	Application of psychological testing	Information to data collection methods		<u>Higher Order Thinking Skills Based</u> - Interpret the results acquired by the administration of psychological test ?  - Discuss the results achieved by the conduction of Psychological experiment?  -Viva Voce	Higher Order-10

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**SOPHIA GIRLS' COLLEGE, AJMER (AUTONOMOUS)**  
**PSYCHOLOGY PRACTICALS (PAPER III) (PSY- 203)**

**B.A I (SEMESTER II)**

Max. Marks: 50(40Ext; 10 Int)

Min Marks: 20(16 Ext;4 Int)

Credit: 02

**COURSE PLAN**

SEM Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM II MAR.	<ul style="list-style-type: none"> <li>Learning curve</li> <li>Forgetting curve</li> </ul>	Basics of Psychology practical and report writing	Replication of Psychological experiments	To provide hands on training for the administration of psychological tests and conduction of psychological experiments	<u>Knowledge Based</u> Practical File Work	Knowledge--60
APR.	<ul style="list-style-type: none"> <li>Personality tests</li> <li>Intelligence test</li> </ul>	Different types of personality tests	Administration of Psychological Personality and Intelligence tests		<u>Understanding Based</u> Report writing of Psychological tests and experiments	Understanding-30
MAY	<ul style="list-style-type: none"> <li>Any one practical work in consultation with Teacher</li> </ul>				<u>Higher Order Thinking Skills Based</u> - Interpret the results acquired by the administration of psychological test ?  - Discuss the results achieved by the conduction of Psychological experiment?  -Viva Voce	Higher Order-10

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**SOPHIA GIRLS' COLLEGE, AJMER (AUTONOMOUS)  
PSYCHOLOGY PRACTICALS (PAPER III) (PSY- 603)**

**B.A I (SEMESTER VI)**

Max. Marks: 50(40Ext; 10 Int)

Min Marks: 20(16 Ext;4 Int)

Credit: 02

**COURSE PLAN**

SEM Month	UNIT/TOPIC	Concepts/facts	Teaching Pedagogy	Learning Outcomes	Questions	Marks Weightage (%)
SEM VI MAR	1. Research Project: <ul style="list-style-type: none"> <li>Take up a short project (individually or jointly) on the issue of their interest under the supervision of the teacher.</li> <li>The research done can be either empirical or data based.</li> </ul>	Concept of research methodology	Lecture and Discussion	To design and conduct a mini research.	<u>Knowledge Based</u> Practical File Work  <u>Understanding Based</u> Summarize the elements of the empirical research done.  <u>Higher Order Thinking Skills Based</u> - Interpret the results acquired by the administration of research. - Discuss the limitations and applications of the research undertaken. -Viva Voce	Knowledge-40  Understanding-35  Higher Order-25
APR	<ul style="list-style-type: none"> <li>Follow a methodological approach (experimental / survey / observation / use of secondary data).</li> </ul>					
MAY	<ul style="list-style-type: none"> <li>Write a report.</li> </ul>					

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