



St. Xavier's College – Autonomous Mumbai

Syllabus For 6th Semester Core and Applied Courses in Psychology (November 2015 onwards)

Contents:

Theory (and Practical) Syllabus for Courses:

A.PSY.6.01 Psychometrics and Statistics

A.PSY.6.02 Abnormal Psychology

A.PSY.6.03 Industrial Organizational Psychology

A.PSY.6.04 Cognitive Psychology

A.PSY.6.05 Psychology Practicals

A.PSY.6.06 Counseling Psychology

TYBA

Course: A.PSY.6.01

Title: Psychometrics and Statistics

Learning Objectives:

1. To ensure understanding of the nature, uses, technical features, and process of
2. construction of psychological tests
3. To highlight the distinction between testing and assessment
4. To facilitate awareness of the application of psychometrics to intelligence
5. To develop skills in the uses and applications of statistics to the behavioral sciences
6. To create a foundation for advanced learning of psychological testing, assessment, and statistics
7. To introduce students to the link between psychometrics and personality

Number of lectures: 60

UNIT 1

1. Test Development (15 lectures)

- 1.1 Test conceptualization
- 1.2 Test construction
- 1.3 Test tryout
- 1.4 Item analysis
- 1.5 Test revision

UNIT 2

2. Measurement of Intelligence (15 lectures)

- 2.1 Definitions of Intelligence
- 2.2 Theories of Intelligence
- 2.3 The Stanford-Binet Intelligence Scales
- 2.4 The Wechsler Tests of Intelligence

UNIT 3

3. Assessment of Personality (15 lectures)

- 3.1 Definitions of Personality
- 3.2 Trait Theories of Personality
- 3.3 Approaches to Personality Assessment
- 3.4 Projective methods of Personality Assessment

UNIT 4

4. Normal Distribution, Inference and Correlation (15 lectures)

- 4.1 Characteristics, importance and applications of the Normal Distribution
- 4.2 Areas under the Standard Normal Curve and Z-scores
- 4.3 Basics of Statistical Inference
- 4.4 The t distribution and its uses in tests of hypothesis
- 4.5 Correlations (scatter grams, types, calculation, interpretation, limitations)

List of Recommended Reference Books

Books for study:

- **Anastasi, A. & Urbina, S. (1997). Psychological Testing. (7th ed.). Pearson Education, Indian reprint 2002**
- **Cohen, J.R., & Swerdlik, M.E. (2010). Psychological Testing and Assessment: An introduction to Tests and Measurement. (7th ed.). New York. McGraw-Hill International edition**

Books for reference

- Aiken, L. R., & Groth-Marnat, G. (2006). Psychological Testing and Assessment. (12th ed.). Pearson. Indian reprint 2009, by Dorling Kindersley, New Delhi
- Aaron, A., Aaron, E. N., & Coups, E. J. (2006). Statistics for Psychology. (4th ed.). Pearson Education, Indian reprint 2007
- Gregory, R. J. (2004). Psychological Testing: History, Principles, and Applications. (4th ed.). Pearson Indian reprint 2008, by Dorling Kindersley India pvt ltd, New Delhi

- Hoffman, E. (2002). Psychological Testing at Work. New Delhi: Tata McGraw-Hill
- Hollis-Sawyer, L.A., Thornton, G. C. III, Hurd, B., & Condon, M.E. (2009). Exercises in
- Psychological Testing. (2nd ed.). Boston: Pearson Education
- Howell D.C. Statistical Methods for Psychology.(7th ed.)
- Howell D.C. Fundamental Statistics for the Behavioral Sciences. (6th ed.)
- Kaplan, R. M., & Saccuzzo, D. P. (2005). Psychological Testing – Principles, Applications and Issues. (6th ed.). Wadsworth Thomson Learning, Indian reprint 2007
- Kline, T.J.B. (2005). Psychological Testing: A Practical approach to design and evaluation. New Delhi: Vistaar (Sage) publications
- Mangal, S.K. (1987). Statistics in Psychology and Education. New Delhi: Tata McGraw Hill Publishing Company Ltd.
- McBurney, D.H. (2001). Research Methods. (5th ed.). Bangalore: Thomson Learning India
- McIntire, S.A., & Miller, L.A. (2000). Foundations of Psychological Testing. (1st ed.). McGraw-Hill Higher Education
- Urbina S. (2004). Essentials of Psychological Testing. John Wiley & Sons.

TYBA

Course: A.PSY.6.02

Title: Abnormal Psychology

Learning Objectives:

1. To ensure understanding of important concepts of abnormal psychology.
2. To acquaint students with classic and contemporary theories and issues in abnormal psychology.
3. To impart knowledge and understanding of the different psychological disorders with respect to symptoms, diagnosis, causes and treatment.
4. To increase awareness about mental health problems in society.
5. To understand the issues related to diagnosis and labelling.
6. To introduce students to the link between abnormal psychology and personality.
7. To create a foundation for higher education and a professional career in clinical Psychology.

Number of lectures: 60

UNIT 1. DEVELOPMENTAL & COGNITIVE DISORDERS (15 lectures)

- 1.1 Pervasive developmental disorders (Autism Aspergers, Mental Retardation, Learning disabilities)
- 1.2 Anxiety disorders (Separation Anxiety Encopresis, Enuresis, Selective Mutism Tics)
- 1.3 Other disorders (ADHD, ODD, Conduct disorder)
- 1.4 Cognitive disorders (Dementia, Parkinson's, Alzheimer's)

UNIT 2. SOMATIFORM & PERSONALITY DISORDERS (15 lectures)

- 2.1 Nature and types of somatiform disorders
- 2.2 Causes & treatment
- 2.3 Types of personality disorders (Cluster A, Cluster-B, Cluster-C)
- 2.4 Causal factors, Criteria, Symptoms
- 2.5 Treatment

UNIT 3. MOOD DISORDERS & SUICIDE

(15 lectures)

- 3.1 Types (Unipolar disorders, Bipolar disorders)
- 3.2. Depressions not classified as mood disorders
- 3.3 Theories & specifiers of depression
- 3.4. Causal factors of mood disorders
- 3.5 Treatment and outcomes
- 3.6 Suicide (types, causes, interventions, gender differences)

UNIT 4. OVERVIEW OF TREATMENT & ISSUES

(15 lectures)

- 4.1 Pharmacological approaches
- 4.2 Psychological approaches with emphasis on Carl Rogers's theory of personality
- 4.3 Deinstitutionalization v/s Homelessness
- 4.4 Legal issues (commitment, assessment of dangerousness)
- 4.5 Contemporary issues (The Insanity defense NGRI v/s GBMI)

List of Recommended Reference Books

Books for study:

- **Carson, R. C., Butcher, J. N., Mineka, S., & Hooley, J. M. (2011). Abnormal Psychology. (14th ed.) Pearson Education**
- **Barlow, D.H., & Durand, V.M. (2005). Abnormal Psychology: An Integrative Approach. (4th ed.). New Delhi: Wadsworth Cengage Learning**

Books for Reference:

- Beidel, D. C., Bulik, C. M., & Stanley, M.A. (2010). Abnormal Psychology. New Jersey: Pearson Prentice Hall
- Halgin, R. P., & Whitbourne, S.K. (2010). Abnormal Psychology: Clinical Perspectives on Psychological Disorders. (6th ed.). McGraw-Hill
- Bennet, P. (2003). Abnormal and Clinical Psychology: An Introductory Textbook. Open University Press
- Compas, B. E., & Gotlib, I. H. (2002). Introduction to Clinical Psychology: Science and Practice. McGraw- Hill
- Dhanda, Amita. (2000) Legal Order and Mental Disorder. New Delhi, Sage publications pvt ltd
- Nolen-Hoeksema, S. (2008). Abnormal Psychology. (4th ed.). New York: McGraw-Hill.
- Mash, E. J., & Wolfe, D.A. (2005). Abnormal Child Psychology. (3rd ed.). Wadsworth / Thomson Learning
- Oltmanns, T. F., & Emery, R. E. (2010). Abnormal Psychology. 6th ed., New Jersey: Pearson Prentice Hall

TYBA

Course: A.PSY.6.03

Title: Industrial Organizational Psychology

Learning Objectives:

1. To ensure understanding of important concepts, processes and issues in the field of

Industrial-Organizational psychology.

2. To inculcate knowledge of different facets of organizational functioning.
3. To develop critical thinking and application skills with respect to the subject matter of psychology in the context of work.
4. To introduce students to the link between psychology and personality.
5. To introduce students to the link between I-O psychology and personality.
6. To gain insight into the association between theory and practice in the field of I-O psychology.
7. To create a foundation for higher education and for a professional career in I-O psychology.

Number of lectures: 45

UNIT 1

1. Work Motivation and satisfaction

(15 lectures)

- 1.1 Motivation and performance
- 1.2 Maslow's theory of personality
- 1.3 Theories of work motivation
- 1.4 Job satisfaction (measurement, antecedents, consequences)
- 1.5 Organizational commitment

UNIT 2

2. Stress in the workplace

(15 lectures)

- 2.1 Occupational Stress
- 2.2 Job stressors in the work environment
- 2.3 Work schedules
- 2.4 Work family balance
- 2.5 Burnout
- 2.6 Individual differences in responding to stress
- 2.7 Stress management programs

UNIT 3

3. Organization of the organization

(15 lectures)

- 3.1 Organizational structures and systems
- 3.2 Organizational change
- 3.3 Organizational development interventions
- 3.4 Organizational culture and socialization
- 3.5 Technological change and organizational structure

List of Recommended Reference Books

Book for study:

- Spector, Paul. E., (2015) **Industrial and Organizational Psychology**, International edition, Wiley India.
- Schultz, D., & Schultz, S. E. (2010). **Psychology and Work Today**.(10th ed.). Pearson Prentice Hall

Books for reference

- Landy, F. J., & Conte, J. M. (2009). *Work In The 21st Century: An Introduction to Industrial and Organizational Psychology*, 3rd Edition Wiley-Blackwell
- Aamodt, M.G. (2004). *Applied Industrial/Organizational Psychology*. (4th ed). Wadsworth/ Thomson Learning
- Aswathappa, K. (2005). *Human Resource and Personnel Management – Text and Cases*, 4th ed, New Delhi, Tata McGraw-Hill Publishing Co. Ltd.
- Dessler, G., & Verkey, B. (2009). *Human Resource Management*. 11th ed., Pearson Education, Dorling Kindersley India, New Delhi
- French, W.L., Bell, C.H. Jr, & Vohra, V. (2006). *Organization Development: Behavioural science interventions for organization improvement*. 6th ed., Pearson Education, Dorling Kindersley India, New Delhi
- Greer, C.R. (2001). *Strategic Human Resource Management; A general managerial approach*. 2nd ed., Pearson Education, 6th Indian reprint 2004
- Hellriegel, D., & Slocum, J.W. (2004). *Organizational Behavior*. (10th ed.). South Western/ Thomson Learning
- Hersey, P., Blanchard, K. H., & Johnson, D. E. (2001). *Management of Organisational Behaviour*. 8th ed., Pearson, Dorling Kindersley India, New Delhi. 3rd Indian reprint 2009
- Hoyer, W.D., MacInnis, D.J., & Dasgupta, P. (2008). *Consumer Behaviour*. Biztantra, New Delhi
- Jones, G.R., & Mathew, M. (2009). *Organisational theory, design, and change*. 5th ed., Pearson Education, Dorling Kindersley India, New Delhi
- Landy, F. J., & Conte, J. M. (2004). *Work In The 21st Century*. (International ed.), McGraw Hill co.
- Luthans, F. (2005). *Organizational Behavior*. (10th ed.). McGraw Hill.
- Matthewman, L., Rose, A., & Hetherington, A. (2009). *Work Psychology: An introduction to Human Behaviour in workplace*. Oxford university press
- McKenna, E. (2006). *Business Psychology and Organisational Behaviour: A student's handbook*. 4th ed., Psychology Press, 1st Indian reprint 2009
- Miner, J.B. (2002). *Organisational Behaviour: Foundations, theories, analyses*. New York: Oxford university press
- Muchinsky, P.M. (2003). *Psychology Applied to Work*. (7th ed.). Wadsworth/ Thomson Learning
- Newstrom, J.W., & Davis, K. (2002). *Organizational Behavior: Human Behavior at work* (11th ed.). Tata McGraw- Hill
- Pareek, U. (2003). *Training Instruments in HRD and OD* (2nd ed.), Tata McGraw-Hill Publishing Company, Mumbai

TYBA

Title: Cognitive Psychology

Course: A.PSY.6.04

Learning Objectives:

1. To ensure understanding of the fundamental concepts of cognitive psychology and the basic cognitive processes
2. To provide a balanced knowledge base of theory and research in cognitive psychology
3. To highlight the neuropsychological basis of cognition
4. To develop critical thinking and application skills with respect to the subject matter of cognitive psychology and life in general
5. To create a foundation for higher education and a career in cognitive psychology
6. To introduce students to the link between cognitive psychology and personality

Number of lectures: 60

UNIT 1 Reconstructive Nature of Memory (15 lectures)

- 1.1 The Seven Sins of Memory
- 1.2 Autobiographical Memories of Ordinary Events
- 1.3 Flashbulb Memories
- 1.4 Recovered v/s False Memories
- 1.5 Eyewitness Memory

UNIT 2 Attention and Perception (15 lectures)

- 2.1 Multiple meanings of Attention
- 2.2 Selective Attention
- 2.3 Automaticity and the effects of Practice
- 2.4 Divided Attention
- 2.5 Gestalt approach to Perception
- 2.6 Bottom – up Processes and Top – Down Processes
- 2.7 Disruptions of Perception, Visual Agnosias

UNIT 3 Reasoning and Problem Solving (15 lectures)

- 3.1 Types of Reasoning
- 3.2 Patterns of Reasoning Performance – Formal Logic
- 3.3 Three Approaches to the Study of Reasoning
- 3.4 Neurological evidence on Reasoning
- 3.5 The two sides of the Problem Solving Coin

UNIT 4 Decision Making and Language (15 lectures)

- 4.1 Phases of Decision Making
- 4.2 Cognitive Illusions in Decision Making
- 4.3 Utility and Descriptive Models of Decision Making
- 4.4 Subsystems of Language
- 4.5 Language - Comprehension, Production, and Cognition

List of Recommended Reference Books

Book for study

Galotti, K.M. (2007). Cognitive Psychology in and out of the Lab. (4th ed.). Thomson Learning

Books for reference

- Ashcraft, M. H. & Radvansky, G. A. (2009). Cognition. (5th ed), Prentice Hall, Pearson education
- Best, J. B. (1999). Cognitive Psychology. USA: Wadsworth Publishing Co.
- Galotti, K.M. (2008). Cognitive Psychology: Perception, Attention, and Memory. Wadsworth New Delhi: Cengage Learning
- Galotti, K. M. (2004). Cognitive Psychology: In and Out of the Laboratory. (3rd ed.). Wadsworth/ Thomson Learning
- Goldstein, E. B. (2007). Psychology of sensation and perception. New Delhi: Cengage learning India, Indian reprint 2008
- Goldstein, E. B. (2005). Cognitive Psychology: Connecting Mind, Research, and Everyday Experience. Wadsworth/ Thomson Learning
- Kellogg, R.T. (2007). Fundamentals of Cognitive Psychology. N.D. Sage Publications.
- Levitin, D. J. (2002). Foundations of Cognitive Psychology. MIT Press.
- Matlin, M.W. (1995). Cognition. 3rd ed., Bangalore: Prism Books Pvt. Ltd.
- Reed, S. K. (2004). Cognition: Theory and Applications. (6th ed.), Wadsworth/ Thomson Learning
- Robinson-Riegler, B., & Robinson-Riegler, G. L. (2008). Cognitive Psychology – Applying the science of the Mind. (2nd ed.). Pearson Education. New Delhi: Indian edition by Dorling Kindersley India pvt ltd.
- Srinivasan, N., Gupta, A. K., & Pandey, J. (Eds). (2008). Advances in Cognitive Science. Volume 1, New Delhi, Sage publications
- Sternberg, R.J. (2009). Applied Cognitive Psychology: Perceiving, Learning, and Remembering. New Delhi: Cengage learning India, Indian reprint 2009
- Solso, R. L. MacLin, M. K., MacLin, O.H. (2004). Cognitive Psychology (7th Ed.), Allyn & Bacon;

TYBA

Course: A.PSY.6.05

Title: Psychology Practicals

Learning Objectives:

- 1) To provide experiential learning in the basics of psychological research methodology.
- 2) To facilitate understanding of the key concepts of hypotheses, variables, controls, and designs at the core of laboratory experiments.
- 3) To develop skills in observation, experimentation, data analysis, and report writing.
- 4) To provide training in administration, scoring, and interpretation of psychological tests.
- 5) To enhance interest in the process of scientific inquiry and the development of an analytical perspective.
- 6) To create a foundation for higher education and a career in psychological research.

Four Experiments and one test from the following topics

1. Perception and Pattern Recognition
2. Reconstructive Nature of Memory
3. Reasoning and Problem Solving
4. Decision Making and Language
5. Personality Test

(6 lectures per week, per batch of 8 students)

Number of lectures: 90

List of Recommended Reference Books

- Anastasi, A. & Urbina, S. (1997). Psychological Testing. (7th ed.). Pearson Education, New Delhi, first Indian reprint 2002
- Aaron, A., Aaron, E. N., & Coups, E. J. (2006). Statistics for Psychology. (4th ed.). Pearson Education, Indian reprint 2007
- Ashcraft, M. H. & Radvansky, G. A. (2009). Cognition. (5th ed), Prentice Hall, Pearson education
- Best, J. B. (1999). Cognitive Psychology. USA: Wadsworth Publishing Co.
- Cohen, J.R., & Swerdlik, M.E. (2010). Psychological Testing and Assessment: An introduction to Tests and Measurement. (7th ed.). New York. McGraw-Hill International edition
- Elmes, D.G., Kantowitz, B.H., & Roediger, H.L. (1999) Research Methods in Psychology. (6th ed.). Brooks/Cole, Thomson Learning
- Galotti, K.M. (2007). Cognitive Psychology in and out of the Lab. (4th ed.). Thomson Learning
- Galotti, K.M. (2008). Cognitive Psychology: Perception, Attention, and Memory. Wadsworth New Delhi: Cengage Learning
- Galotti, K. M. (2004). Cognitive Psychology: In and Out of the Laboratory. (3rd ed.). Wadsworth/ Thomson Learning
- Goldstein, E. B. (2005). Cognitive Psychology: Connecting Mind, Research, and Everyday Experience. Wadsworth/ Thomson Learning
- Garrett, H.E. (1973). Statistics in Psychology and Education (6th ed.) Bombay: Vakils, Feffer, and Simons Pvt. Ltd.
- Guilford, J. P. (1954). Psychometric Methods (2nd ed.). New York: McGraw-Hill
- Guilford, J.P. Fruchter, B. (1973). Fundamental statistics in psychology and education. (5th ed.) New York : McGraw-Hill
- Harris, P. (2008). Designing and Reporting Experiments In Psychology. 3rd ed., Open University Press, McGraw-Hill Education
- Kaplan, R. M., & Saccuzzo, D. P. (2005). Psychological Testing – Principles, Applications and Issues. (6th ed.). Wadsworth Thomson Learning, Indian reprint 2007
- McBurney, D. H. (2001). Research Methods. (5th ed.). Bangalore: Thomson Learning India
- Mangal, S. K. (1987). Statistics in Psychology and Education. New Delhi: Tata McGraw Hill Publishing Company Ltd.
- Martin, D. W. (2004). Doing Psychology Experiments. (6th ed.). Belmont: Thomson Wadsworth
- Matlin, M. W. (1995). Cognition. 3rd ed., Bangalore: Prism Books pvt. ltd.
- Minium, E. W., King, B. M., & Bear, G. (2001). Statistical Reasoning in Psychology and Education. Singapore: John-Wiley
- Snodgrass, J. G., Levy-Berger G. V., & Haydon, M. (1985). Human Experimental Psychology. New York: Oxford University Press.
- Steinberg, W. J. (2008). Statistics Alive! Los Angeles: Sage Publications, Inc.

TYBA

Course: A.PSY.6.06

Title: Counseling Psychology

Learning Objectives:

1. To ensure understanding of important concepts, processes and issues in the field of counseling psychology.
2. To inculcate knowledge and comprehension regarding the rationale, goals and techniques of various counseling approaches.
3. To facilitate insight into the use and application of counseling with diverse groups.
4. To introduce students to the link between counseling psychology and personality.
5. To establish a foundation for a professional career in counseling psychology.

Number of lectures: 45

UNIT 1 Insight oriented therapies

(15 lectures)

- 1.1 An orientation to use of theories in counselling
- 1.2 Psychoanalytic therapy
- 1.3 Adlerian therapy
- 1.4 Person-centered therapy
- 1.5 Fritz Perls' theory and Gestalt therapy
- 1.6 Group therapy

UNIT 2 Cognitive-Behavioural approaches

(15 lectures)

- 2.1 Behavioural therapy
- 2.2 Rational emotive behavior therapy
- 2.3 Cognitive therapy
- 2.4 Systems theories

UNIT 3 Multicultural counseling and counseling with diverse populations

(15 lectures)

- 3.1 Multicultural counseling
- 3.2 Counseling the aged population
- 3.3 Gender based counseling
- 3.4 Counseling children
- 3.5 Crisis counselling

List of Recommended Reference Books

Book for study:

- Gladding, S. T. (2014) Counseling: A comprehensive profession (7th edition). Pearson education. New Delhi

Books for reference:

- Welfel, E.R. & Patterson, L. (2005) The counseling process: a multi-theoretical integrative approach. 6th edition. Thomson Brooks/ Cole
- Capuzzi, D. & Gross, D. R. (2009) Introduction to the counseling profession. 5th edition New Jersey. Pearson Education.
- Nelson-Jones, R. (2009) Introduction to counseling skills: Text and activities. 3rd edition London. Sage publications.
- McLeod, J. (2009) An introduction to counseling. 4th edition. Open university press/ McGraw Hill higher education

- Dryden, W. & Reeves, A.(Eds) (2008). Key issues for counseling in action. 2nd edition. London. Sage publications.
- Nelson-Jones, R. (2008) Basic counseling skills: A helper's manual. 2nd edition Sage South Asia edition
- Simmons, J. & Griffith, R. (2009). CBT for Beginners. London. Sage Publications.
- Brammer, R. (2004) Diversity in counseling. Thomson Brooks/ Cole.
- Feltham, C & Horton, I. (2006). The Sage Handbook of Counseling and Psychotherapy. 2nd edition. Sage publications.
- Yalom, I. D. & Leszcz, M. (2005). The Theory & Practice of Group Psychotherapy. New York Basic Books.