



# St. Xavier's College – Autonomous Mumbai

## Syllabus For VI Semester Core and Applied Courses in **Psychology** (November 2018 onwards)

### Contents:

Theory (and Practical) Syllabus for Courses: (all revised in 2017)

APSY601 Psychometrics and Statistics II

APSY602 Abnormal Psychology II

APSY603 Industrial Organizational Psychology II

APSY604 Cognitive Psychology II

APSY605 Psychology Practicals II

APSY606 Action Oriented Counseling (revised in 2018)

**TYBA**

**Course: APSY601**

**Title: Psychometrics and Statistics II**

**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)**

- Test conceptualization
- Test construction
- Test tryout
- Item analysis
- Test revision

**UNIT 2**

**2. Measurement of Intelligence**

**(15 lectures)**

- Definitions of Intelligence
- Theories of Intelligence
- The Stanford-Binet Intelligence Scales
- The Wechsler Tests of Intelligence

**UNIT 3**

**3. Assessment of Personality**

**(15 lectures)**

- Definitions of Personality
- Trait Theories of Personality
- Approaches to Personality Assessment
- Projective methods of Personality Assessment

**UNIT 4**

**4. Normal Distribution, Inference and Correlation**

**(15 lectures)**

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

### **List of Recommended Reference Books**

1. Aiken, Lewis R. & Groth-Marnat, Gary: Psychological testing and assessment. (12th ed.) New Delhi. Dorling Kindersley (India) Pvt. Ltd, 2011. 978-81-317-2811-6--(150.287Aik/Gro)
2. Anastasi, Anne & Urbina, Susana: Psychological testing. (7th ed. reprint) Delhi. Pearson Education (Singapore) Pte. Ltd., 1997(2002). 81-7808-620-4--(150.287ANA/URB)
3. Cohen, Ronald Jay & Swerdlik, Mark E.: Psychological testing and assessment : an introduction to tests and measurement. (7th ed.) Boston. Mcgraw-Hill Higher Education, 2010. 007-127223-0--(150.287Coh/Swe)
4. Gregory, Robert J.: Psychological testing : History, principles, and applications. (6th ed.) Boston. Pearson Education, Inc., 2011. 978-0-205-78214-7--(150.287Gre)
5. Garrett, Henry E.: Statistics in psychology and education. Delhi. Surjeet Publications, 2008.--(519.502415Gar)
6. Hollis-Sawyer, Lisa A.; Thornton, George C.; Hurd, Brian & Condon, Margaret E.: Exercises in psychological testing. (2nd ed.) Boston. Pearson Education, Inc., 2009. 978-0-205-60989-5--(150.287Hol)BOOK
7. Hollis-Sawyer, Lisa A.; Thornton, George C.; Hurd, Brian & Condon, Margaret E.: Data sets for Exercises in psychological testing. Boston. Pearson Education, Inc., 2009.--(150.287Hol) CD with the Book
8. Kaplan, Robert M. & Saccuzzo, Dennis P.: Psychological assessment and theory : creating and using psychological tests. (8th ed.) Delhi. Cengage Learning India Private Limited, 2013(2015). 978-81-315-2076-5--(150.287Kap/Sac)
9. Kaplan, Robert M. & Saccuzzo, Dennis P.: Psychological testing : Principles, applications, and issues. (6th ed.) Sydney. Wadsworth Publishing Company, 2005. 81-315-0209-0--(150.287Kap/Sac)
10. Mangal, S.K.: Statistics in psychology and education. (Reprint) New Delhi. Tata Mcgraw-Hill Publishing Co. Ltd., 1987(1993). 0-07-451629-9--(150.7253MAN)
11. Miller, Leslie A.; Lovler, Robert L. & McIntire, Sandra A.: Foundations of psychological testing : a practical approach. (4th ed.) London. Sage Publications Ltd., 2013. 978-1-4522-1990-5--(150.287Mil)

12. Urbina, Susana: Essentials of psychological testing. (2nd ed.) Hoboken. John Wiley & Sons, Inc., 2014. 978-1-118-68048-3--(150.287Urb)

**TYBA**

**Course: APSY602**

**Title: Abnormal Psychology II**

**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)**

- Pervasive developmental disorders (Autism Aspergers, Mental Retardation, Learning disabilities)
- Anxiety disorders (Separation Anxiety Encopresis, Enuresis, Selective Mutism Tics)
- Other disorders (ADHD, ODD, Conduct disorder)
- Cognitive disorders (Dementia, Parkinson's, Alzheimer's)
- Inclusion (Disability Act 2016, Maharashtra)

**UNIT 2. SOMATIFORM & PERSONALITY DISORDERS (15 lectures)**

- Nature and types of somatoform disorders
- Causes
- Types of personality disorders (Cluster A, Cluster-B, Cluster-C)

**UNIT 3. MOOD DISORDERS & SUICIDE (15 lectures)**

- Types (Unipolar disorders, Bipolar disorders)
- Depressions not classified as mood disorders
- Theories & specifiers of depression
- Causal factors of mood disorders
- Suicide (types, causes, interventions, gender differences)

**UNIT 4. OVERVIEW OF TREATMENT & ISSUES (15 lectures)**

- Pharmacological approaches
- Psychological approaches with emphasis on Carl Rogers's theory of personality
- Deinstitutionalization v/s Homelessness
- Legal issues (The JJBACT 2015India, commitment, assessment of dangerousness)
- Contemporary issues (The Insanity Defence NGRI v/s GBMI)
- The Mental Health Bill (2016)

### **List of Recommended Reference Books**

1. Alloy, Lauren B. , Riskind, John H. & Manos, Margaret J.: Abnormal psychology: current perspectives. (9th ed.) New Delhi. Tata Mcgraw-Hill Publishing Company Limited, 2006. 0-07-061587-X--(616.89ALL)
2. American Psychiatric Association: Diagnostic and statistical manual of mental disorders : DSM-5. (5th ed.) New Delhi. CBS Publishers & Distributors Pvt. Ltd., 2017. 978-93-86217-96-7--(616.89075014DSM-5)
3. Barlow, D.H., Durand, V.M.: Abnormal Psychology: An Integrative Approach. (4<sup>th</sup> ed.). Wadsworth Cengage Learning, New Delhi, 2005.
4. Beidel, D. C., Bulik, C. M., Stanley, M.A. (2010). Abnormal Psychology. Pearson Prentice Hall, New Jersey.
5. Butcher, James N.; Mineka, Susan M. & Hooley, Jill M.: Abnormal psychology. (15th ed.) New Delhi. Dorling Kindersley (India) Pvt. Ltd. , 2015. 978-93-325-1898-8--(616.89CAR/BUT)
6. Carson, R. C., Butcher, J. N., Mineka, S., Hooley, J. M. : Abnormal Psychology. (14<sup>th</sup> ed.) Pearson Education, India, 2011.
7. Dhanda, Amita: Legal order and mental disorder. New Delhi. Sage Publications, 2000. 81-7036-789-1--(344.044Dha)
8. Whitbourne, Susan Krauss & Halgin, Richard P.: Abnormal psychology : clinical perspectives on psychological disorders. (7th ed. Indian edition) New Delhi. McGraw Hill Education (India) Private Ltd., 2015. 978-93-392-2324-3--(616.89Hal/Whi)
9. Nolen-Hoeksema, Susan: Abnormal psychology. (3rd Ed.) New Delhi. Tata McGraw-Hill Publishing Company Limited, 2005. 0-07-060084-8--(616.8NOL)
10. Oltmanns, T. F., & Emery, R. E.: Abnormal Psychology. 6th ed., Pearson Prentice Hall, New Jersey, 2010.
11. Sarason, Irwin G. & Sarason, Barbara R.: Abnormal psychology : the problem of maladaptive behavior. (11th Ed.) New Delhi. Prentice-Hall of India Private Limited, 2005. 81-203-2663-6--(616.89SAR/SAR)

**TYBA**

**Course:APSY603**

**Title: Industrial Organizational Psychology II**

**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 prepare students with soft skills for effectiveness in the corporate world.
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      Work Motivation and Satisfaction      (15 lectures)**

- Motivation, personality and performance
- Maslow's theory of personality
- Employee values and expectations
- Goal setting, Feedback, Rewards
- Employee satisfaction and commitment

**UNIT 2      Organization of the Organization      (15 lectures)**

- Organizational structures and systems
- Organizational change
- Organizational development interventions
- Organizational culture and socialization
- Technological change and organizational structure

**UNIT 3      Handling Stress in the workplace and developing competencies  
(15 lectures)**

- Sources of stress
- Consequences of stress
- Work family balance
- Stress management interventions
- Work ethic and life skills training

**List of Recommended Reference Books**

1. Aamodt, Michael. G.: Industrial/ Organizational psychology. An applied approach (8th ed.) Delhi. Cengage Learning India Private Limited, 2015.
2. Aamodt, Michael G.: Industrial psychology. (7th ed.) Delhi. Cengage Learning India Private Limited, 2013(2015). 978-81-315-1914-1--(158.7Aam)
3. Kozlowski, Steve W.J.: The Oxford handbook of organizational psychology, vol.2. [ed. by] New York. Oxford University Press, 2014. 978-0-19-99828-6--(158.7KOZ)
4. Landy, Frank.: Work in the 21st Century: An Introduction to Industrial and Organizational Psychology (4<sup>th</sup> edition), John Wiley & Sons, 2013.
5. Luthans, Fred: Organizational behavior. (12th ed.) New Delhi. Tata McGraw Hill Publishing Company Limited, 2011. 978-007-128939-9--(158.7Lut)
6. Lumley, Maryvonne, Wilkinson, James: Developing Employability for Business, Oxford University Press, 2014.
7. Robbins, Stephen P.; Judge, Timothy A. & Vohra, Neharika: Organizational behavior. (15th ed.) Delhi . Pearson Education Inc. , 2013. 978-93-325-0033-4--(158Rob)
8. Rao, M. S.: Soft Skills - Enhancing Employability: Connecting Campus with corporate. I K International Publishing House Pvt. Ltd., 2011.
9. Schultz, Duane P. & Schultz, Sydney Ellen: Psychology and work today : an introduction to industrial and organizational psychology. (10th ed.) Boston. Prentice Hall, 2010. 0-205-68358-4--(158.7Sch/Sch)
10. Spector, Paul, E.: Industrial and Organizational Psychology: Research and Practice, 7th Edition, Wiley, 2016.

**TYBA**

**Course: APSY604**

**Title: Cognitive Psychology II**

**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)****

- The Seven Sins of Memory
- Autobiographical Memories of Ordinary Events
- Flashbulb Memories
- Recovered v/s False Memories
- Eyewitness Memory

**UNIT 2      **Attention and Perception**      **(15 lectures)****

- Multiple meanings of Attention
- Selective Attention
- Automaticity and the effects of Practice
- Divided Attention
- Gestalt approach to Perception
- Bottom – up Processes and Top – Down Processes
- Disruptions of Perception, Visual Agnosias

**UNIT 3      **Reasoning and Problem Solving**      **(15 lectures)****

- Types of Reasoning
- Patterns of Reasoning Performance – Formal Logic



- Three Approaches to the Study of Reasoning
- Neurological evidence on Reasoning
- The two sides of the Problem Solving Coin

**UNIT 4      Decision Making and Language      (15 lectures)**

- Phases of Decision Making
- Cognitive Illusions in Decision Making
- Utility and Descriptive Models of Decision Making
- Subsystems of Language
- Language - Comprehension, Production, and Cognition

**List of Recommended Reference Books**

1. Ashcraft, Mark H. & Radvansky, Gabriel R.: Cognition. (5th edition) Upper Saddle River. Pearson Education Inc., 2010. 0-13-605046-8--(153Ash//Rad)
2. Coxon, Matthew: Cognitive Psychology : critical thinking in Psychology. London. Sage Publications Ltd, 2012. 978-0-85725-522-8--(153Cox)
3. Galotti, Kathleen M.: Cognitive psychology : in and out of the laboratory. (4th ed.) Belmont. Wadsworth, 2008. 978-0-495-09968-0--(153Gal)
4. Hunt, R. Reed & Ellis, Henry C.: Fundamentals of cognitive psychology. (7th ed.) New Delhi. Tata Mcgraw-Hill Publishing Company Limited, 2006. 0-07-061594-2--(153HUN/ELL)
5. Kellogg, Ronald T.: Fundamentals of cognitive psychology. (2nd ed.) New Delhi. Sage Publications India Pvt Ltd, 2012. 978-81-321-1017-0--(153Kel)
6. Levitin, Daniel J.: Foundations of cognitive psychology . (2nd ed.) Boston. Pearson Education, Inc., 2011. 978-0-205-71147-5--(153Lev)
7. Robinson-Riegler, Gregory & Robinson-Riegler, Bridget: Cognitive psychology : applying the science of the mind. (2nd ed.) New Delhi. Pearson Education, 2008. 81-317-1876-6--(153Rob/Rob)
8. Smith, Edward E. & Kosslyn, Stephen M.: Cognitive psychology : mind and brain. (Indian Ed.) Noida. Pearson India Education Services Pvt. Ltd, 2015. 978-93-325-5045-2--(153Smi/Kos)
9. Solso, Robert L.; MacLin, Otto H. & MacLin, M. Kimberly: Cognitive psychology. (8th ed.) New Delhi . Dorling Kindersley (India) Pvt. Ltd., 2014. 978-93-325-3673-9--(153Sol)
10. Srinivasan, Narayanan; Gupta, A.K. & Pandey, Janak: Advances in cognitive science. Volume 1, [ed. by] New Delhi. Sage Publications, 2008. 81-7829-814-6--(153A.C.S.)

11. Sternberg, R.J.: Applied Cognitive Psychology: Perceiving, Learning, and Remembering. Cengage learning India, New Delhi, 2009.

**TYBA**

**Course: APSY605**

**Title: Psychology Practicals II**

**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. Attention and Perception
2. Reconstructive Nature of Memory
3. Reasoning and Problem Solving
4. Decision Making and Language
5. Intelligence / aptitude Test

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

**Number of lectures: 90**

**List of Recommended Reference Books**

1. Adams, John; Khan, Hafiz T.A. & Raeside, Robert: Research methods for business and social science students. (2nd ed.) New Delhi. Sage Publication India Pvt. Ltd., 2014. 978-81-321-1366-9--(001.42Ada)
2. Anastasi, Anne & Urbina, Susana: Psychological testing. (7th ed. reprint) Delhi. Pearson Education (Singapore) Pte. Ltd., 1997(2002). 81-7808-620-4--(150.287ANA/URB)

3. Ashcraft, Mark H. & Radvansky, Gabriel R.: Cognition. (5th ed.) Upper Saddle River. Pearson Education Inc., 2010. 0-13-605046-8--(153Ash//Rad)
4. Bryman, Alan: Social research methods. (3rd edition) Oxford . Oxford University Press, 2008. 0-19956287-3--(001.42Bry)
5. Francis, Greg, Neath, Ian & Van Horn, Daniel R.: CogLab on a CD. [version 2.0] Belmont. Thomson Higher Education, 2008. 0-495-09064-6--(153.072Coglab 2.0)
6. Francis, Greg., Neath, Ian: COGLAB 5 on line version. Cengage Learning, 2015.
7. Cohen, Ronald Jay & Swerdlik, Mark E.: Psychological testing and assessment : an introduction to tests and measurement. (7th ed.) Boston. Mcgraw-Hill Higher Education, 2010. 007-127223-0--(150.287Coh/Swe)
8. Galotti, K.M.: Cognitive Psychology in and out of the Lab. (5th ed.). Sage Publication, 2013.
9. Hammond, Michael & Wellington, Jerry: Research methods : the key concepts. Oxon. Routledge, 2013(2015). 978-0-415-59983-2--(001.42Ham/Wel)
10. Harris, Peter: Designing and reporting experiments in psychology. (2nd Ed.) Buckingham. Open University Press, 2002. 0-335-20146-6--(150.724HAR)
11. Kothari, C.R.: Research methodology : methods and techniques. (2nd ed. reprint) New Delhi. Wishwa Prakashan, 2004(2011). 81-224-1522-9--(001.422KOT)
12. Myers, Anne., Hansen, Christine: Experimental Psychology, 7<sup>th</sup> edition, Wadsworth Publishing, 2011.
13. Ramadass, P. & Aruni, A. Wilson: Research and writing : across the disciplines. Chennai. MJP Publishers, 2014. 978-81-8094-068-2--(001.4Ram/Aru)
14. Shaughnessy, John J. & Zechmeister, Eugene B.: Research methods in psychology. (2nd ed.) New York. Mcgraw-Hill Publishing Company, 1990. 0-07-100929-9--(150.72SHA/ZEC)
15. Steinberg, Wendy J.: Statistics alive!. Los Angles. Sage Publications, 2008. 141295659-5--(519.5Ste)

**TYBA Applied component**  
**Action Oriented Counseling (APSY606)**

Contents:

**TYBA** **Course: APSY606**  
**Title: Action Oriented Counseling**

**Learning Objectives:**

1. To develop understanding of important concepts, processes, precepts & ethics in the field of counseling psychology.
2. To inculcate knowledge and comprehension regarding the rationale, goals and techniques of action oriented 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 theory and therapy.
5. To establish a foundation for a professional career in counseling psychology.

**UNIT 1 WORKING IN THE COUNSELING RELATIONSHIP (15 lectures)**

- Precepts of counseling and ethical principles
- Assessment and diagnosis
- Skills for understanding and action
- Identification of goals and implementing action plans
- Closing the counseling relationship

**UNIT 2 COGNITIVE-BEHAVIOUAL & SYSTEMIC APPROACHES TO**

## **COUNSELING**

**(15 lectures)**

- Behavioural therapy
- Rational emotive behavior therapy
- Cognitive therapy
- Systems theories
- Crisis counseling

### **UNIT 3 COUNSELING FOR YOUTH DEVELOPMENT**

**(15 lectures)**

- Children as clients in counseling
- Professional school counselling
- Adolescents as clients in counseling
- Professional college counselling
- Specific issues (e.g. social media, bullying, body image issues etc.)

#### **List of Recommended Reference Books**

1. Corey, Gerald: Theory and practice of counseling and psychotherapy. (10th Ed.) Pacific Grove. Brooks/Cole Publishing Company, 2013.
2. Capuzzi, David & Gross, Douglas R.: Introduction to the counseling profession. (5th ed.) New Jersey. Pearson Education, Inc., 2009. 978-0-205-59177-0--(158.3Cap/Gro)
3. Dryden, Windy & Reeves, Andrew: Key issues for counselling in action. (2nd ed.) Los Angeles. Sage Publications, 2008. 1-4129-4699-5--(158.3Dry/Ree)
4. Fuster, J.M.: Personal counselling. (8th ed.) Bombay. Better Yourself Books, 1998.--(158.3FUS)
5. Gladding, Samuel T.: Counseling : a comprehensive profession. (7th ed.) Delhi. Pearson Education Inc. , 2015. 978-93-325-1895-7--(158.3Gla)
6. Kapur, Malavika : Counselling children with psychological problems. Pearson, 2017
7. .Leong, Frederick T.L.: Encyclopedia of counseling, Volume 1: Changes and challenges for counseling in the 21st century. [ed. by] Thousand Oaks. Sage Publications, Inc, 2008. 1-4129-0928-0--(158.303E.C.)
8. Leong, Frederick T.L.: Encyclopedia of counseling; Volume 2 : Personal and emotional counseling. [ed. by] Thousand Oaks. Sage Publications, Inc, 2008. 1-4129-0928-0--(158.303E.C.)
9. McLeod, John: An introduction to counselling. (3rd ed.) Jaipur. Rawat Publications, 2008. 81-316-0177-3--(158.3McL)
10. Nelson-Jones, Richard: Basic counselling skills : a helper's manual . (3rd ed.) New Delhi. Sage Publications India Pvt. Ltd., 2012. 978-81-321-0999-0--(158.3Nel)
11. Okun, Barbara F. & Kantrowitz, Ricki E.: Effective helping : Interviewing and counseling techniques. (7th ed.) Belmont. Thomson Higher Education, 2008. 0-495-00625-4--(158.3Oku/Kan)
12. Patel, Vikram., Aronson, Lisa., Divan, Gauri: A school counsellor casebook. Byword Books, 2013
13. Seligman, L., Reichenberg, L.: Theories of Counselling and Psychotherapy Pearson Education India, 2015
14. Welfel, Elizabeth Reynolds & Patterson, Lewis E.: Counseling process : a multi-theoretical integrative approach. (6th Ed.) Singapore. Thomson Learning, 2005. 0-534-64032-X--(158.3WEL/PAT)
15. Yalom, I. D. & Leszcz, M.: The Theory & Practice of Group Psychotherapy. Basic Books.New York, 2008.

References can be updated by the concerned teacher as and when required

---