St. Xavier’s College – Autonomous
Mumbai

Syllabus
For 2nd Semester Courses in Psychology
(June 2015 onwards)

Contents:
Theory Syllabus for Course:
A.PSY.2.01 INTRODUCTION TO PSYCHOLOGY

FYBA
Title: Introduction to Psychology

Course: A.PSY.2.01

Learning Objectives:
1. To introduce students to the emotional and cognitive processes in Psychology.
2. To stimulate interest in Psychology by emphasizing relevant applications of psychology in everyday life.
3. To expose students to a blend of theory and research in the core emotional and cognitive processes in Psychology.

Number of lectures: 60
UNIT 1
1. Emotion (15 lectures)
   1.1 Nature of emotions
   1.2 Components (physiological, behavioural & cognitive aspects)
   1.3 Theories of emotions
   1.4 Basic emotions
   1.5 Emotional intelligence

UNIT 2
2. Intelligence, Thinking and Language (15 lectures)
   2.1 Concept and theories of intelligence
   2.2 Measurement of intelligence
   2.3 Levels of intelligence
   2.4 Nature nurture controversy
   2.5 Cognition and Problem Solving
   2.6 Creative Thinking
   2.7 Language

UNIT 3
3. Learning (15 lectures)
   3.1 Concept of learning
   3.2 Classical conditioning
   3.3 Operant conditioning
   3.4 Cognitive learning
   3.5 Social learning

UNIT 4
4. Memory (15 lectures)
   4.1 Models of memory
   4.2 Working memory
   4.3 Long term memory
   4.4 Forgetting
   4.5 Improving memory

List Of Recommended Reference Books

Books for study:

Books for reference


