Contents:
Theory Syllabus for Courses:
A.PSY.3.01 SOCIAL PSYCHOLOGY
A.PSY.3.02 DEVELOPMENTAL PSYCHOLOGY

SYBA
Course: A.PSY.3.01
Title: Social Psychology

Learning Objectives:
1. To ensure understanding of Social Psychology
2. To acquaint students with classic and contemporary research in Social Psychology
3. To further students’ knowledge of basic research methodology
4. To develop critical thinking and application skills with respect to the subject matter of Social Psychology and life in general
5. To introduce students to the link between Social Psychology and Personality

Number of lectures: 45

UNIT 1 THE INDIVIDUAL AND THE GROUP (15 lectures)
1.1 An orientation to social psychology
   a. Research methodology
   b. Theoretical approaches
1.2 Social Influence  
   a. Compliance  
   b. Destructive Obedience  
   c. Conformity  
1.3 Group processes  
   a. Social Facilitation  
   b. Deindividuation  
   c. Group Decision Making  
   d. Co-operation v/s Competition and Conflict Resolution  

UNIT 2 PROSOCIAL BEHAVIOUR (15 lectures)  
2.1 Prosocial Behavior and related concepts  
2.2 Bystander Effect  
2.3 Determinants of Prosocial Behavior  
2.4 Theories of Altruism  
2.5 Antisocial Behavior  

UNIT 3 SOCIAL PERCEPTION (15 lectures)  
3.1 Concept of Attribution  
3.2 Theories of Attribution  
3.3 Errors and Biases in Attribution  
3.4 Impression Formation  

List of Recommended Reference Books  

Book for study:  
Boston, MA: Pearson/Allyn and Bacon.  

Books for Reference:  
SYBA Course: A.PSY.3.02
Title: Developmental Psychology

Learning Objectives:
1. To ensure understanding of important concepts, major theories and research methodology of developmental psychology.
2. To inculcate knowledge of developmental milestones from conception to death.
3. To create awareness of the complex interaction of factors governing physical, cognitive and social-emotional development at different life stages.
4. To develop critical thinking and application skills with respect to the subject matter of developmental psychology and life in general.
5. To introduce students to the link between developmental psychology and personality.

Number of lectures: 45

UNIT 1 AN INTRODUCTION TO DEVELOPMENTAL PSYCHOLOGY (15 lectures)
1.1 An orientation to lifespan development
1.2 Theoretical perspectives (emphasis on Erikson)
1.3 Research methods
1.4 Prenatal development and environmental factors
1.5 Birth and complications

UNIT 2 INFANCY & TODDLERHOOD (15 lectures)
2.1 Early reflexes and motor development
2.2 Development of the senses
2.3 Cognitive development
2.4 Language development
2.5 Emotional development and communication with caregivers
2.6 Temperament
2.7 Autonomy and the emergence of self
2.8 Role of parents and attachment

UNIT 3 EARLY CHILDHOOD (15 lectures)
3.1 Bodily growth and motor skills
3.2 Cognitive development and language
3.3 Identity (self and gender)
3.4 Parenting
   a. forms of discipline
   b. maltreatment
   c. altruism
   d. fear
   e. aggression

List of Recommended Reference Books

Books for study:

Books for reference:

St. Xavier’s College – Autonomous Mumbai

Syllabus
For 3rd Semester
Applied Components in Psychology
(June 2016 onwards)

Contents:
Theory Syllabus for Course:
A.AC.3.01 APPLIED COMPONENT
PSYCHOLOGY OF ADJUSTMENT
PSYCHOLOGY OF GENDER
SYBA Course: A.AC.3.01
Title: Psychology of Adjustment

Learning Objectives:
1. To ensure understanding of important concepts regarding the challenges of adjustment in everyday life.
2. To expose students to a blend of theory and research and applications in the field of adjustment.
3. To create improved self awareness and to thus facilitate better life decisions and constructive coping with life’s challenges.
4. To sensitize students to the importance of self-awareness, self-regulation, effective interpersonal communication and meaningful personal relationships.
5. To develop critical thinking and application skills with respect to the subject matter of psychology of adjustment.
6. To introduce students to the link between psychology of adjustment and personality.

Number of lectures: 60

UNIT 1 Adjusting to modern life (15 lectures)
1.1 The psychology of adjustment
1.2 The scientific approach to behavior
1.3 The paradox of progress
1.4 The search for direction (and key concepts of existentialism)
1.5 Personal control and Learned optimism
1.6 Decision making and goal setting

UNIT 2 The Self (15 lectures)
2.1 Self-concept
2.2 Self-esteem
2.3 Self-perception
2.4 Self-regulation
2.5 Self-concept and personal growth

UNIT 3 Stress and its effects (15 lectures)
3.1 Nature of stress
3.2 Types of stress
3.3 Responding to stress
3.4 Effects of stress
3.5 Stress tolerance

UNIT 4 Coping processes (15 lectures)
4.1 The concept of coping
4.2 Coping patterns of limited value
4.3 Nature of constructive coping
4.4 Appraisal focused constructive coping
4.5 Problem focused constructive coping
4.6 Emotion focused constructive coping
List of Recommended Reference Books

**Book for study:**


**Books for reference**


**SYBA Course:** A.AC.3.01

**Title:** Psychology of Gender

**Learning Objectives:**

1. To ensure understanding of important concepts.
2. To inculcate knowledge of gender based theories and research methodology.
3. To create self awareness with respect to gender identity and gender roles.
4. To develop critical thinking and application skills with respect to the subject matter of psychology of gender.
5. To introduce students to the link between psychology of gender and personality.

**Number of lectures:** 60

**UNIT 1** INTRODUCTION TO FEMINIST PSYCHOLOGY OF WOMEN (15 lectures)

1.1 Concepts related to gender and sexuality
1.2 Cultural Differences in the construal of gender
1.3 Myths and Stereotypes related to Gender
1.4 Ethics of Sexual Reassignment (Case Studies)

**UNIT 2** THEORETICAL PERSPECTIVES AND RESEARCH ON SEX AND GENDER (15 lectures)

2.1 Psychoanalytic theories and Jung’s analytic theory
2.2 Cognitive development theories
2.3 Social learning theories
2.4 Research methodology
2.5 Problems encountered in the study of sex and gender

UNIT 3  GENDER: IMAGES IN POPULAR CULTURE  (15 lectures)
3.1 Images in Mass Media
3.2 The Problem of Pornography
3.3 Education and Sensitization

UNIT 4  COMMUNICATION FRIENDSHIPS AND ROMANTIC RELATIONSHIPS  (15 lectures)
4.1 Interaction Styles in Childhood and Adulthood
4.2 Verbal and Non-verbal aspects of Communication
4.3 Development of Relationships
4.4 Maintenance of Relationships
4.5 Emerging Trends in Relationships

List of Recommended Reference Books

Books for study:

Books for reference: