St. Xavier’s College – Autonomous
Mumbai

Syllabus
For 4th Semester
Core Courses in Psychology
(November 2015 onwards)

Contents:
Theory Syllabus for Courses:
A.PSY.4.01 SOCIAL PSYCHOLOGY
A.PSY.4.02 DEVELOPMENTAL PSYCHOLOGY

SYBA
Course: A.PSY.4.01
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

1. UNIT 1 SOCIAL COGNITION
   1.1 Social Cognition v/s Social Perception
   1.2 Schemas and their role in Social Cognitive Processes
   1.3 Person Memory
1.4 Social Inferences
1.5 Errors and Biases in Social Cognition

UNIT 2  \hspace{1cm} \textbf{ATTITUDES AND PREJUDICE} \hspace{1cm} (15 lectures)
2.1 Attitudes (concept, dimensions, acquisition)
2.2 Cognitive Dissonance (theory and application)
2.3 Persuasion (and resistance to persuasion)
2.4 Prejudice
2.5 Discrimination

UNIT 3  \hspace{1cm} \textbf{INTERPERSONAL ATTRACTION} \hspace{1cm} (15 lectures)
3.1 Concept of Interpersonal Attraction
3.2 Determinants of Interpersonal Attraction
3.3 Falling in and out of love
3.4 Personality theory (with a social psychological orientation)

List of Recommended Reference Books

Book for study:

Books for Reference:

SYBA  \hspace{1cm} \textbf{Course: A.PSY.4.02}
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  ADOLESCENCE** (15 lectures)

1.1 Physical development, puberty, health  
1.2 Cognitive development & abstract thought  
1.3 Emotional issues, depression, suicide  
1.4 Social development, relationships family and friends  
1.5 Sexuality  
1.6 Challenges / issues

**UNIT 2  EARLY & MIDDLE ADULTHOOD** (15 lectures)

2.1 Cognitive development in early adulthood  
2.2 Psychosocial development in early adulthood  
2.3 Parenting as a developmental experience  
2.4 Mid life transition / changes  
2.5 Challenges & issues in middle adulthood

**UNIT 3  LATE ADULTHOOD** (15 lectures)

3.1 Physical & cognitive changes  
3.2 Social & emotional challenges  
3.3 Death, bereavement & grief  
3.4 Geriatric care & services with emphasis on Indian context  
3.5 Policies and legal laws that protect the elderly in the city

**List of Recommended Reference Books**

**Books for study:**


**Books for reference:**

St. Xavier’s College – Autonomous Mumbai

Syllabus
For 4th Semester
Cross Faculty Course in Psychology (November 2015 onwards)

Contents:
Theory Syllabus for Course:
S.SPC.4.01 CROSS FACULTY COURSE
PSYCHOLOGY OF RELATIONSHIPS

SYBSc
title: Psychology of Relationships

course: S.SPC.4.01

learning objectives:
1. To give science students an introduction to Psychology as a science.
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 and applications in the field of communication and relationships.
4. To sensitize students to the importance of effective interpersonal communication and meaningful personal relationships.
5. To experience some of the dynamics underlying the process of interpersonal relationships.
6. To apply the principles and guidelines from the course to effective interpersonal communication and relationships in their personal lives.

Number of lectures: 45

UNIT 1
1. Interpersonal communication and conflict (15 lectures)
   1.1 Process of interpersonal communication
   1.2 Nonverbal communication
   1.3 Communication problems
   1.4 Effective communication
   1.5 Interpersonal conflict

UNIT 2
2. Friendship and Love (15 lectures)
   2.1 Development of relationships
   2.2 Friendship
   2.3 Romantic love
   2.4 The internet & relationships
   2.5 Overcoming loneliness

UNIT 3
3. Marriage and intimate relationships (15 lectures)
   3.1 Deciding to marry
   3.2 Vulnerable areas in marital adjustment
   3.3 Becoming a sexual person
   3.4 The human sexual response
   3.5 Practical issues in sexual activity (intimate violence, contraception etc)

List Of Recommended Reference Books

Books for study:

Books for reference


St. Xavier’s College – Autonomous Mumbai

Syllabus
For 4th Semester
Applied Component in Psychology
(November 2015 onwards)

Contents:
Theory Syllabus for Course:
A.AC.4.01 APPLIED COMPONENT
PSYCHOLOGY OF ADJUSTMENT
PSYCHOLOGY OF GENDER

SYBA
Course: A.AC.4.01
Title: Psychology of Adjustment

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

Number of lectures: 60

UNIT 1  Work and Careers  (15 lectures)
1.6 The changing world of work
1.7 Choosing a career
1.8 Coping with occupational hazards
1.9 Balancing work and others spheres of life

UNIT 2  Love and Commitment  (15 lectures)
2.1 Meeting people and making friends
2.2 Romantic love
2.3 The internet and relationships
2.4 Marital adjustment
2.5 Interpersonal communication & conflict

UNIT 3  Sexuality  (15 lectures)
3.1 Key aspects of sexual identity
3.2 The human sexual response
3.3 Sexual expressions and patterns
3.4 Practical issues in sexual activity (Contraception, STDs, intimate violence)

UNIT 4  Physical Health and Mental Wellbeing  (15 lectures)
4.1 Habits, lifestyles and addictions
4.2 Coping with illness
4.3 Promoting wellness
4.4 Anxiety
4.5 Depression and suicide
4.6 Psychological approaches to Sustainable Living

List of Recommended Reference Books

Book for study:


Books for reference
• Hall, C.S; Lindsay, G. (1989) Theories of Personality. Wiley Eastern Ltd.

SYBA Course: A.AC.4.01
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 PHYSICAL AND MENTAL HEALTH (15 lectures)
1.1 Gender differences in fitness & strength, diet, exercise
1.2 Physical illness (heart disease, osteoporosis, cancer, reproductive)
1.3 Mental illness gender differences (agoraphobia, alcoholism, depression)
1.4 The Politics of Diagnosis & issues related to seeking help
1.5 Treatment (drug therapy, psychotherapy)

UNIT 2 VIOLENCE (15 lectures)
2.1 Battering in close relationships (dating abuse, domestic violence)
2.2 Sex selective abortion, infanticide, genital mutilation
2.3 Rape (attitudes towards it and rape victims)
2.4 Terrorism male v/s female terrorist
2.5 Prostitution, sex slavery
2.6 Violence in same sex relationships
2.7 Online violence-stalking cyber bullying

UNIT 3 WORK AND GENDER (15 lectures)
3.1 Paid v/s unpaid work
3.2 Discrimination in hiring pay, evaluation
3.3 Gender equity
3.4 Sexual harassment
3.5 Affirmative action
3.6 Career and family balance (women and men as parents)
UNIT 4 GENDER AND JUSTICE (15 lectures)

4.1 Achievement and power
4.2 Access to resources
4.3 Women & men as criminals
4.4 Women and men as victims
4.5 Laws that protect (emphasis on the Indian context)

List of Recommended Reference Books

Books for study:

Books for reference