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
   construction of psychological tests
2. To highlight the distinction between testing and assessment
3. To facilitate awareness of the application of psychometrics to intelligence
4. To develop skills in the uses and applications of statistics to the behavioral sciences
5. To create a foundation for advanced learning of psychological testing, assessment,
   and statistics
6. 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:


Books for reference

• Howell D.C. Statistical Methods for Psychology. (7th ed.)
• Howell D.C. Fundamental Statistics for the Behavioral Sciences. (6th ed.)

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. SOMATOFORM & PERSONALITY DISORDERS (15 lectures)
2.1 Nature and types of somatoform 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:

Books for Reference:
- Dhanda, Amita. (2000) Legal Order and Mental Disorder. New Delhi, Sage publications pvt ltd

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:

Books for reference

  Wadsworth/ Thomson Learning

TYBA

Course: A.PSY.6.04

Title: Cognitive Psychology
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

Books for reference


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**

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:

Books for reference: