



**M. C. E. Society's**

**Abeda Inamdar Senior College**

Of Arts, Science and Commerce, Camp, Pune-1

(Autonomous) Affiliated to Savitribai Phule Pune University

NAAC accredited 'A' Grade

## **FACULTY OF HUMANITIES**

### **Syllabus as Per NEP Guidelines**

### **F.Y.B.A Psychology Syllabus (Choice Based Credit System 2023 Pattern)**

**Academic Year 2023-2024**

**(W.E.F JUNE 2023-2024)**

**FYBA Psychology Syllabus as per NEP Guidelines  
Choice Based Credit System 2023 Pattern (W.E.F 2023-2024)**

<b>Semester</b>	<b>Nature of Subject</b>	<b>Course Code</b>	<b>Title of The Paper</b>	<b>Credits</b>	<b>Lecture Hours</b>
<b>I</b>	Major	23ABPS11MM	Psychology: An Introduction	<b>04</b>	<b>60</b>
<b>I</b>	Major	23ABPS12MM	Foundations of Social Psychology	<b>02</b>	<b>30</b>
<b>I</b>	VSC	23ABPS11VS	Self-Development - 1	<b>02</b>	<b>30</b>
<b>I</b>	O.E	23ABPSOE1	Introduction To Psychology	<b>04</b>	<b>60</b>
<b>I</b>	SEC	23ABPS11SE	Personality Development -1	<b>02</b>	<b>30</b>
<b>II</b>	Major3	23ABPS21MM	Basic Cognitive Processes	<b>04</b>	<b>60</b>
<b>II</b>	Major4	23ABPS22MM	Applied Social Psychology	<b>02</b>	<b>30</b>
<b>II</b>	VSC	23ABPS21VS	Self-Development - 2	<b>02</b>	<b>30</b>
<b>II</b>	Minor1	23ABPS21MN	Psychology as Art and Science	<b>02</b>	<b>30</b>
<b>II</b>	O.E 2	23ABPS2OEA	Emotional Intelligence and Social Skills	<b>02</b>	<b>30</b>
<b>II</b>	O.E 2	23ABPS2OEB	Social and Emotional Intelligence	<b>04</b>	<b>60</b>
<b>II</b>	SEC2	23ABPS21SE	Personality Development - 2	<b>02</b>	<b>30</b>

**O.E** : Open Elective

**SEC** : Skill Enhancement Skill

**CC** : Co-Curricular Courses

## F. Y. B.A Psychology Major Paper I

### Semester I

(w. e. f. 2023-2024)

Choice Based Credit System (CBCS 2023 Pattern)

<b>Course/ Paper Title</b>	MJ-1: Psychology – An Introduction
<b>Nature of Course</b>	Major Mandatory
<b>Course Code</b>	23ABPS11MM
<b>Semester</b>	I
<b>No. of Credits</b>	4
<b>No. of teaching hours</b>	60 ( One Lecture of 60 Minutes)

#### Aims & Objectives of the Course

Sr. No.	Objectives
1.	Introduce Psychology as a discipline and branch of knowledge to students
2.	Help students to understand the basic psychological processes and their applications in day to day life.
3.	To inculcate sense of Scientific Aptitude, Approach & Social Awareness in students
4.	To equip students with basic self-help skills (psychological and social)

#### Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcomes
1.	Will be able to define and explain Psychology as a scientific discipline, its goals and professionals
2.	Will be able to describe the various biological processes and structures that form the basis of behaviour
3.	Will be able to define, explain and describe motivation and emotions.
4.	Will be able to define, explain and discuss Personality, theories and assessment

## AISC FYBA Psychology Syllabus w.e.f 2023-2024

### Syllabus

Unit No.	Title with Contents	No. of Lectures (60)
<b>I</b>	<b>The Science of Psychology</b>	<b>15</b>
	i. Psychology: Science, goals of psychology, professionals in Psychology ii. Brief history & perspectives of Psychology: (Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism, Cognitive) iii. Understanding Behaviour through Methods in Psychology – Observation, Experimental, Survey, Case Study iv. Indian Psychology: Past and present v. Application: Career Avenues in Various fields of Psychology	
<b>II</b>	<b>Biological Foundation of Behaviour</b>	<b>15</b>
	i. Neuron – Structure and Function ii. Neurotransmitters: Serotonin, Dopamine, GABA, Acetylcholine iii. Nervous system- Central Nervous System (CNS- Brain, Spinal Cord), Peripheral Nervous System (Autonomous Nervous System (ANS), Somatic) iv. Glandular System : Pituitary, Thyroid, Parathyroid, Adrenal, Gonads v. Applications– Clinical Study of Brain: Techniques and New Trends	
<b>III</b>	<b>Motivation and Emotion</b>	<b>15</b>
	i. Definition of motivation, concept of homeostasis, Maslow’s hierarchy of needs ii. Types of motives – Physiological, Psychological and Social iii. Frustration and conflict (types) iv. Emotion – Definition, Elements of emotion, basic emotions v. Application: Being happy	
<b>IV</b>	<b>Personality</b>	<b>15</b>
	i. Nature, Definition and Misconceptions ii. Freud’s Psychoanalytical Theory of Personality iii. Trait Approaches to Personality: Allport’s approach, Cattell’s 16PF, McCrae and Costa Big-5 iv. Assessment Techniques – Behavioural, Projective and Self Report Inventories (NEO-FFi, 16PF) v. Applications: SWOT Analysis	

## AISC FYBA Psychology Syllabus w.e.f 2023-2024

### **Books for Reading**

Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). Psychology (5<sup>th</sup> Edition).  
Pearson.

Feldman R. S.(2015). Understanding Psychology (12<sup>th</sup> Ed.) New Delhi : Tata Mc Graw Hill.

### **References**

Passer, M. and Smith, R. (2019). *Psychology: The Science of Mind and Behaviour* (3<sup>rd</sup> Ed).  
McGraw-Hill Education (Australia) Pty Ltd. ISBN: 9781760422790

AISC FYBA Psychology Syllabus w.e.f 2023-2024  
**F. Y. B.A Psychology Major Paper II**

**Semester I**

(w. e. f. 2023-2024)

Choice Based Credit System (CBCS 2023 Pattern)

<b>Course/ Paper Title</b>	MJ-2: Foundations of Social Psychology
<b>Nature of Course</b>	Major Mandatory
<b>Course Code</b>	23ABPS12MM
<b>Semester</b>	<b>I</b>
<b>No. of Credits</b>	<b>2</b>
<b>No. of teaching hours</b>	<b>30 ( One Lecture of 60 Minutes)</b>

**Aims & Objectives of the Course**

<b>Sr. No.</b>	<b>Objectives</b>
<b>1.</b>	Introduce Social Psychology as a branch of knowledge to students
<b>2.</b>	Help students to understand the basic social processes and their applications in day to day life.
<b>3.</b>	To inculcate sense of Scientific Aptitude, Approach & Social Awareness in students
<b>4.</b>	To develop self-understanding and insight
<b>5.</b>	To equip students with basic self-help skills (psychological and social)

**Expected Course Specific Learning Outcomes**

<b>Sr. No.</b>	<b>Learning Outcome</b>
<b>1.</b>	Understand the basics of social psychology.
<b>2.</b>	Understand the nature of self, concept of attitude and prejudice of the individual.
<b>3.</b>	Assess the interactional processes, love and aggression in our day today life
<b>4.</b>	Understand group dynamics and individual's role in the social world.

## AISC FYBA Psychology Syllabus w.e.f 2023-2024

### Syllabus

<b>Unit No.</b>	<b>Title with Contents</b>	<b>No. of Lectures</b>
<b>Unit I</b>	<b>Introduction to Social Psychology</b>	<b>10</b>
	i. Definition, history and scope of social psychology ii. Levels of social behaviour and approaches iii. Social Cognition and Social Perception iv. Application: Social Psychology in India	
<b>Unit II</b>	<b>Individual Level Processes</b>	<b>10</b>
	i. Self –Concept: Nature, Self-regulation and self-presentation, Gender and Gender Identity ii. Attitude: Definition, components, Dimensions and formation of attitude iii. Prejudice: Causes. iv Application: Overcoming Prejudice	
<b>Unit III</b>	<b>Interpersonal processes</b>	<b>10</b>
	i. Interpersonal attraction, love ii. Pro-social behaviour iii. Aggression: Meaning, Nature and causes of Aggression iv. Application: Delaying Gratification and Impulse Control Practices	

#### **Books for reading:**

Baron, R. A., Branscombe, N. R., & Byrne, D. Bhardwaj, Gopa. (2017). Social Psychology. (14<sup>th</sup> Ed.). New Delhi: Pearson Education

#### **References:**

Myers, D. G. (2017). Social Psychology. (14<sup>th</sup> Ed.), McCraw- Hill Education.

## **F. Y. B.A Psychology VSC I**

### Semester I

(w. e. f. 2023-2024)

Choice Based Credit System (CBCS 2023 Pattern)

<b>Course/ Paper Title</b>	VSC -1: Self-Development- 1
<b>Nature of Course</b>	VSC
<b>Course Code</b>	23ABPS11VS
<b>Semester</b>	I
<b>No. of Credits</b>	02
<b>No. of teaching hours</b>	30 ( One Lecture of 60 Minutes)

#### **Aims & Objectives of the Course**

<b>Sr. No.</b>	<b>Objectives</b>
1.	Introduce Personality development as application of Psychology to students
2.	Help students to gain self-insight, develop positive attitudes and plan self-improvement
3.	Apply skills in day to day life

#### **Expected Course Specific Learning Outcomes**

<b>Sr. No.</b>	<b>Learning Outcomes</b>
1.	Will be able to describe the five pillars of personality development
2.	Will be able to define, explain and describe self-esteem as well as characteristics to develop positive self-esteem

## AISC FYBA Psychology Syllabus w.e.f 2023-2024

### Syllabus

<b>Unit No.</b>	<b>Title with Contents</b>	<b>No. of Lectures (30)</b>
<b>I</b>	<b>Five Pillars of Personality Development</b>	<b>15</b>
	i. Introspection, ii. Self- Assessment and Self-Appraisals, iii. Self-Development iv. Self-Introduction v. Plan to improve	
<b>II</b>	<b>Developing Self-Esteem</b>	<b>15</b>
	i. Self-esteem: definition and meaning ii. Positive and Negative Self-esteem: Symptoms and characteristics iii. Advantages of Positive self-esteem iv. Tips to achieve positive self-esteem v. Special tips for women	

#### **Books for Reading**

Natu, S. (2022). Personality Development. Pune: Nirali Prakashan

Wallace, H. R. & Masters, L. A. (2006). Personality Development. Cengage Learning

#### **References**

Myers, D. G. (2017). Social Psychology. (14<sup>th</sup> Ed.), McCraw- Hill Education.

## **F. Y. B.A Psychology Optional Elective I**

### Semester I

(w. e. f. 2023-2024)

Choice Based Credit System (CBCS 2023 Pattern)

<b>Course/ Paper Title</b>	OE -1: Introduction to Psychology
<b>Nature of Course</b>	Optional Elective
<b>Course Code</b>	23ABPS1OE
<b>Semester</b>	<b>I</b>
<b>No. of Credits</b>	<b>4</b>
<b>No. of teaching hours</b>	<b>60 ( One Lecture of 60 Minutes)</b>

#### Aims & Objectives of the Course

Sr. No.	Objectives
1.	Introduce Psychology as a discipline and branch of knowledge to students
2.	Help students to understand the basic psychological processes and their applications in day to day life.
3.	To inculcate sense of Scientific Aptitude, Approach & Social Awareness in students
4.	To equip students with basic self-help skills (psychological and social)

#### Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcomes
1.	Will be able to define and explain Psychology as a scientific discipline, its goals and professionals
2.	Will be able to describe the various biological processes and structures that form the basis of behaviour
3.	Will be able to define, explain and describe motivation and emotions.
4.	Will be able to define, explain and discuss Personality, theories and assessment

## AISC FYBA Psychology Syllabus w.e.f 2023-2024

### Syllabus

Unit No.	Title with Contents	No. of Lectures (60)
<b>I</b>	<b>The Science of Psychology</b>	<b>15</b>
	ii. Psychology: Science, goals of psychology, professionals in Psychology ii. Brief history & perspectives of Psychology: (Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism, Cognitive) iii. Understanding Behaviour through Methods in Psychology – Observation, Experimental, Survey, Case Study iv. Indian Psychology: Past and present v. Application: Career Avenues in Various fields of Psychology	
<b>II</b>	<b>Biological Foundation of Behaviour</b>	<b>15</b>
	i. Neuron – Structure and Function ii. Neurotransmitters: Serotonin, Dopamine, GABA, Acetylcholine iii. Nervous system- Central Nervous System (CNS- Brain, Spinal Cord), Peripheral Nervous System (Autonomous Nervous System (ANS), Somatic) iv. Glandular System : Pituitary, Thyroid, Parathyroid, Adrenal, Gonads v. Applications– Clinical Study of Brain: Techniques and New Trends	
<b>III</b>	<b>Motivation and Emotion</b>	<b>15</b>
	i. Definition of motivation, concept of homeostasis, Maslow’s hierarchy of needs ii. Types of motives – Physiological, Psychological and Social iii. Frustration and conflict (types) iv. Emotion – Definition, Elements of emotion, basic emotions v. Application: Being happy	
<b>IV</b>	<b>Personality</b>	<b>15</b>
	iv. Nature, Definition and Misconceptions v. Freud’s Psychoanalytical Theory of Personality vi. Trait Approaches to Personality: Allport’s approach, Cattell’s 16PF, McCrae and Costa Big-5 iv. Assessment Techniques – Behavioural, Projective and Self Report Inventories (NEO-FFi, 16PF) v. Applications: SWOT Analysis	

**Books for Reading**

Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). Psychology (5<sup>th</sup> Edition).  
Pearson.

Feldman R. S.(2015). Understanding Psychology (12<sup>th</sup> Ed.) New Delhi : Tata Mc Graw Hill.

**References**

Passer, M. and Smith, R. (2019). *Psychology: The Science of Mind and Behaviour* (3<sup>rd</sup> Ed).  
McGraw-Hill Education (Australia) Pty Ltd. ISBN: 9781760422790

## **F. Y. B.A Psychology SEC I**

### Semester I

(w. e. f. 2023-2024)

Choice Based Credit System (CBCS 2023 Pattern)

<b>Course/ Paper Title</b>	SEC -1: Personality Development - 1
<b>Nature of Course</b>	SEC
<b>Course Code</b>	23ABPS11SE
<b>Semester</b>	I
<b>No. of Credits</b>	2
<b>No. of teaching hours</b>	30 ( One Lecture of 60 Minutes)

#### **Aims & Objectives of the Course**

<b>Sr. No.</b>	<b>Objectives</b>
1.	Introduce Personality development as application of Psychology to students
2.	Help students to gain self-insight, develop positive attitudes and plan self-improvement
3.	Apply skills in day to day life

#### **Expected Course Specific Learning Outcomes**

<b>Sr. No.</b>	<b>Learning Outcomes</b>
1.	Will be able to describe the five pillars of personality development
2.	Will be able to define, explain and describe self-esteem as well as characteristics to develop positive self-esteem

**Syllabus**

<b>Unit No.</b>	<b>Title with Contents</b>	<b>No. of Lectures (30)</b>
<b>I</b>	<b>Five Pillars of Personality Development</b>	<b>15</b>
	i. Introspection, ii. Self- Assessment and Self-Appraisals, iii. Self-Development iv. Self-Introduction v. Plan to improve	
<b>II</b>	<b>Developing Self-Esteem</b>	<b>15</b>
	i. Self-esteem: definition and meaning ii. Positive and Negative Self-esteem: Symptoms and characteristics iii. Advantages of Positive self-esteem iv. Tips to achieve positive self-esteem v. Special tips for women	

**Books for Reading**

Natu, S. (2022). Personality Development. Pune: Nirali Prakashan

Wallace, H. R. & Masters, L. A. (2006). Personality Development. Cengage Learning

**References**

Myers, D. G. (2017). Social Psychology. (14<sup>th</sup> Ed.), McCraw- Hill Education.

## F. Y. B.A Psychology Major Paper III

### Semester II

(w. e. f. 2023-2024)

Choice Based Credit System (CBCS 2023 Pattern)

<b>Course/ Paper Title</b>	MJ-3: Basic Cognitive Processes
<b>Nature of Course</b>	Major Mandatory
<b>Course Code</b>	23ABPS21MM
<b>Semester</b>	<b>II</b>
<b>No. of Credits</b>	<b>4</b>
<b>No. of teaching hours</b>	<b>60 ( One Lecture of 60 Minutes)</b>

#### Aims & Objectives of the Course

Sr. No.	Objectives
<b>1.</b>	Introduce basic cognitive processes to students
<b>2.</b>	Help students to understand the basic cognitive processes and their applications in day to day life.
<b>3.</b>	To inculcate sense of Scientific Aptitude, Approach & Social Awareness in students
<b>4.</b>	To equip students with basic self-help skills (psychological and social)

#### Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcomes
<b>1.</b>	Will be able to define and explain concepts, processes, determinants, types related to sensation, attention, perception, illusions
<b>2.</b>	Will be able to define learning and describe the various theories of learning and give applications
<b>3.</b>	Will be able to define, explain and describe memory, stages, type and causes of forgetting.
<b>4.</b>	Will be able to define, explain and discuss Intelligence, individual differences, theories, creativity.

## AISC FYBA Psychology Syllabus w.e.f 2023-2024

### Syllabus

Unit No.	Title with Contents	No. of Lectures (60)
<b>I</b>	<b>Sensation, Attention and Perception</b>	<b>15</b>
	i. Sensation: Definition and nature ii. Attention: definition, types, determinants vii. Perception, definition, laws of perceptual organization iv. Illusions: definition and types (shape, size, geometrical) v. Application: Thinking about extra-sensory perception	
<b>II</b>	<b>Learning</b>	<b>15</b>
	i. Learning: Definition, types ii. Classical conditioning iii. Operant conditioning iv. Cognitive learning theories v. Application: Applications of classical and operant conditioning	
<b>III</b>	<b>Memory</b>	<b>15</b>
	i. Memory: Definition and process ii. Stages of memory iii. Types of memory iv. Forgetting: causes of forgetting v. Application: Improving memory	
<b>IV</b>	<b>Intelligence and Creativity</b>	<b>15</b>
	i. Intelligence: Definition and Basic Concepts ii. Individual Differences: Mentally Challenged and Gifted People iii. Intelligence: Definitions, Theories of Intelligence (Gardner's Theory, Cattell's Theory of Intelligence) iv. Creativity: Definition, divergent and convergent thinking v. Using creativity to solve problems	

#### **Books for Reading**

Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). Psychology (5<sup>th</sup> Edition). Pearson.

#### **References**

Feldman R. S.(2015). Understanding Psychology (12<sup>th</sup> Ed.) New Delhi : Tata Mc Graw Hill.

**F. Y. B.A Psychology Major Paper IV**

**Semester II**

(w. e. f. 2023-2024)

Choice Based Credit System (CBCS 2023 Pattern)

<b>Course/ Paper Title</b>	MJ-4: Applied Social Psychology
<b>Nature of Course</b>	Major Mandatory
<b>Course Code</b>	23ABPS22MM
<b>Semester</b>	<b>II</b>
<b>No. of Credits</b>	<b>2</b>
<b>No. of teaching hours</b>	<b>30 ( One Lecture of 60 Minutes)</b>

**Aims & Objectives of the Course**

<b>Sr. No.</b>	<b>Objectives</b>
<b>1.</b>	Help students to understand the social psychological processes and their applications in day to day life, with case studies
<b>2.</b>	To inculcate sense of Scientific Aptitude, Approach & Social Awareness in students
<b>3.</b>	To equip students with basic self-help skills (psychological and social)

**Expected Course Specific Learning Outcomes**

<b>Sr. No.</b>	<b>Learning Outcomes</b>
<b>1.</b>	Will be able to describe and discuss role of situational influences in media and violence, influence of news in media on social thinking, countering propaganda
<b>2.</b>	Will be able to define, explain and discuss various social psychological aspects of criminal behaviour, police investigations, courtrooms, prison settings, Stanford prison experiment and reforms.

**AISC FYBA Psychology Syllabus w.e.f 2023-2024  
Syllabus**

Unit No.	Title with Contents	No. of Lectures (30)
<b>I</b>	<b>Applying Social Psychology to Media</b>	<b>15</b>
	<ul style="list-style-type: none"> <li>i. Social Learning and Media</li> <li>ii. Imitation of Violence in the media and countering its effects</li> <li>iii. Influence of Media on Thoughts: Political coverage</li> <li>iv. Propaganda and narrative: How the story is told</li> <li>v. Case study: Social Media Influencer</li> </ul>	
<b>II</b>	<b>Applying Social Psychology in Criminal Justice System</b>	<b>15</b>
	<ul style="list-style-type: none"> <li>i. Crime and Criminal Behaviour: factors involved, Social Psychological Theories</li> <li>ii. The Police Investigation: Interview procedure and self-fulfilling prophecy</li> <li>iii. The courtroom: role of judges, eye witness testimony</li> <li>iv. Prison setting: The Stanford Prison experiment</li> <li>v. Case study: Prison reforms</li> </ul>	

**Books for Reading**

Gruman, J. A., Coutts, L. & Schneider, F. W. (3<sup>rd</sup> Edition) (2017). Applied social psychology: understanding and addressing social and practical problems. New Delhi: Sage Publications India Pvt. Ltd

**References**

Myers, D. G. (2017). Social Psychology. (14<sup>th</sup> Ed.), McCraw- Hill Education.

## F. Y. B.A Psychology VSC II

### Semester II

(w. e. f. 2023-2024)

Choice Based Credit System (CBCS 2023 Pattern)

<b>Course/ Paper Title</b>	VSC -2: Self Development - 2
<b>Nature of Course</b>	VSC
<b>Course Code</b>	23ABPS21VS
<b>Semester</b>	II
<b>No. of Credits</b>	2
<b>No. of teaching hours</b>	30 ( One Lecture of 60 Minutes)

#### Aims & Objectives of the Course

Sr. No.	Objectives
1.	Introduce Personality development as application of Psychology to students
2.	Help students to gain self-insight, develop positive attitudes and plan self-improvement
3.	Apply skills in day to day life

#### Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcomes
1.	Will be able to describe the five pillars of personality development
2.	Will be able to define, explain and describe self-esteem as well as characteristics to develop positive self-esteem

## AISC FYBA Psychology Syllabus w.e.f 2023-2024

### Syllabus

<b>Unit No.</b>	<b>Title with Contents</b>	<b>No. of Lectures (30)</b>
<b>I</b>	<b>Self-Motivation and Self-Management</b>	<b>15</b>
	i. Self-Motivation: Definition, importance of showing initiative ii. Sources of Motivation iii. Be Responsible iv. Efficient Work Habits: Orderliness, Time Management v. Tips to Develop Self-Control	
<b>II</b>	<b>Communication and Avoiding Conflicts</b>	<b>15</b>
	i. Communication: Definition, process ii. Types – verbal, non-verbal, healthy, unhealthy iii. Communication styles: passive, aggressive, assertive iv. Conflict and types of conflicts in communication v. Tips on how to avoid conflicts	

#### **Books for Reading**

Natu, S. (2022). Personality Development. Pune: Nirali Prakashan

Wallace, H. R. & Masters, L. A. (2006). Personality Development. Cengage Learning

#### **References**

Myers, D. G. (2017). Social Psychology. (14<sup>th</sup> Ed.), McCraw- Hill Education.

Hurlock, E. B. (1976). Personality Development. McGraw Hill Education

## **F. Y. B.A Psychology Minor I**

### Semester II

(w. e. f. 2023-2024)

Choice Based Credit System (CBCS 2023 Pattern)

<b>Course/ Paper Title</b>	Minor : Psychology: An Art and Science
<b>Nature of Course</b>	Minor
<b>Course Code</b>	23ABPS21MN
<b>Semester</b>	II
<b>No. of Credits</b>	2
<b>No. of teaching hours</b>	30 (One Lecture of 60 Minutes)

#### Aims & Objectives of the Course

Sr. No.	Objectives
1.	Introduce Psychology as a discipline and branch of knowledge to students
2.	Help students to understand the basic psychological processes and their applications in day to day life.
3.	To inculcate sense of Scientific Aptitude, Approach & Social Awareness in students
4.	To equip students with basic self-help skills (psychological and social)

#### Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcomes
1.	Will be able to define and explain Psychology as a scientific discipline, its goals and professionals
3.	Will be able to define, explain and describe motivation, types, frustration and conflicts
4.	Will be able to define, explain and discuss Personality and theories

## AISC FYBA Psychology Syllabus w.e.f 2023-2024

### Syllabus

Unit No.	Title with Contents	No. of Lectures (30)
<b>I</b>	<b>The Science of Psychology</b>	<b>10</b>
	i. Psychology: Science, goals of psychology, professionals in Psychology, misconceptions about Psychology iii. Understanding Behaviour through Methods in Psychology – Observation, Experimental, Survey, Case Study, Qualitative study iv. Indian Psychology: Past and present v. Application: Various fields of Psychology	
<b>II</b>	<b>Motivation</b>	<b>10</b>
	i. Definition of motivation, concept of homeostasis, Maslow’s hierarchy of needs ii. Types of motives – Physiological, Psychological and Social iii. Frustration and conflict (types) iv. Application: Being happy	
<b>III</b>	<b>Personality</b>	<b>10</b>
	i. Nature, Definition and Misconceptions ii. Freud’s Psychoanalytical Theory of Personality iii. Trait Approaches to Personality: Allport’s approach, Cattell’s 16PF, McCrae and Costa Big-5 iv. Applications: SWOT Analysis	

#### **Books for Reading**

Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). Psychology (5<sup>th</sup> Edition). Pearson.

Feldman R. S.(2015). Understanding Psychology (12<sup>th</sup> Ed.) New Delhi : Tata Mc Graw Hill.

#### **References**

Passer, M. and Smith, R. (2019). *Psychology: The Science of Mind and Behaviour* (3<sup>rd</sup> Ed). McGraw-Hill Education (Australia) Pty Ltd. ISBN: 9781760422790

## F. Y. B.A Psychology SEC II

### Semester II

(w. e. f. 2023-2024)

Choice Based Credit System (CBCS 2023 Pattern)

<b>Course/ Paper Title</b>	SEC -2: Personality Development - 2
<b>Nature of Course</b>	SEC
<b>Course Code</b>	23ABPS21SE
<b>Semester</b>	II
<b>No. of Credits</b>	2
<b>No. of teaching hours</b>	30 ( One Lecture of 60 Minutes)

#### Aims & Objectives of the Course

Sr. No.	Objectives
1.	Introduce Personality development as application of Psychology to students
2.	Help students to gain self-insight, develop positive attitudes and plan self-improvement
3.	Apply skills in day to day life

#### Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcomes
1.	Will be able to describe the five pillars of personality development
2.	Will be able to define, explain and describe self-esteem as well as characteristics to develop positive self-esteem

## AISC FYBA Psychology Syllabus w.e.f 2023-2024

### Syllabus

<b>Unit No.</b>	<b>Title with Contents</b>	<b>No. of Lectures (30)</b>
<b>I</b>	<b>Self-Motivation and Self-Management</b>	<b>15</b>
	<ul style="list-style-type: none"><li>i. Self-Motivation: Definition, importance of showing initiative</li><li>ii. Sources of Motivation</li><li>iii. Be Responsible</li><li>iv. Efficient Work Habits: Orderliness, Time Management</li><li>v. Tips to Develop Self-Control</li></ul>	
<b>II</b>	<b>Communication and Avoiding Conflicts</b>	<b>15</b>
	<ul style="list-style-type: none"><li>i. Communication: Definition, process</li><li>ii. Types – verbal, non-verbal, healthy, unhealthy</li><li>iii. Communication styles: passive, aggressive, assertive</li><li>iv. Conflict and types of conflicts in communication</li><li>v. Tips on how to avoid conflicts</li></ul>	

#### **Books for Reading**

Natu, S. (2022). Personality Development. Pune: Nirali Prakashan

Wallace, H. R. & Masters, L. A. (2006). Personality Development. Cengage Learning

#### **References**

Myers, D. G. (2017). Social Psychology. (14<sup>th</sup> Ed.), McCraw- Hill Education.

Hurlock, E. B. (1976). Personality Development. McGraw Hill Education

## F. Y. B.A Psychology Optional Elective II

### Semester II

(w. e. f. 2023-2024)

Choice Based Credit System (CBCS 2023 Pattern)

<b>Course/ Paper Title</b>	OE -2: Emotional Intelligence and Social Skills
<b>Nature of Course</b>	Optional Elective
<b>Course Code</b>	23ABPS2OEA
<b>Semester</b>	II
<b>No. of Credits</b>	2
<b>No. of teaching hours</b>	30 ( One Lecture of 60 Minutes)

#### Aims & Objectives of the Course

Sr. No.	Objectives
1.	Introduce concept of Intelligence and practical applications of the same
2.	Help students to understand the how social and emotional processes work
3.	To equip students with basic self-help skills (psychological and social)

#### Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcomes
1.	Will be able to define and explain concept, theories and types of Intelligence
2.	Will be able to describe the various social processes, self-regulation, self-esteem, developing self-esteem
3.	Will be able to define, explain and describe emotions, emotional intelligence, theories, regulation
4.	Will be able to define, explain and discuss self-motivation and self management

## AISC FYBA Psychology Syllabus w.e.f 2023-2024

### Syllabus

<b>Unit No.</b>	<b>Title with Contents</b>	<b>No. of Lectures (30)</b>
<b>I</b>	<b>Emotional Intelligence</b>	<b>15</b>
	i. Emotions: Definition, basic emotions ii. Emotional Intelligence: Definitions and Models: Ability, Mixed, Trait iii. Measurement of EI iv. Skills: RULER, Distancing, Humour v. REBT	
<b>II</b>	<b>Social Processes and Skills</b>	<b>15</b>
	i. Social Psychology, levels of social behaviour ii. Self –Concept: Nature, Self-regulation and self-presentation, iii. Self-esteem: definition and meaning iv. Positive and Negative Self-esteem: Symptoms and characteristics v. Tips to achieve positive self-esteem	

#### **Books for Reading**

Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). Psychology (5<sup>th</sup> Edition). Pearson.

Wallace, H. R. & Masters, L. A. (2006). Personality Development. Cengage Learning

#### **References**

Myers, D. G. (2017). Social Psychology. (14<sup>th</sup> Ed.), McCraw- Hill Education.

## F. Y. B.A Psychology Optional Elective II

### Semester II

(w. e. f. 2023-2024)

Choice Based Credit System (CBCS 2023 Pattern)

<b>Course/ Paper Title</b>	OE -2: Social and Emotional Intelligence
<b>Nature of Course</b>	Optional Elective
<b>Course Code</b>	23ABPS2OEB
<b>Semester</b>	II
<b>No. of Credits</b>	4
<b>No. of teaching hours</b>	60 ( One Lecture of 60 Minutes)

#### Aims & Objectives of the Course

Sr. No.	Objectives
1.	Introduce concept of Intelligence and practical applications of the same
2.	Help students to understand the how social and emotional processes work
3.	To equip students with basic self-help skills (psychological and social)

#### Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcomes
1.	Will be able to define and explain concept, theories and types of Intelligence
2.	Will be able to describe the various social processes, self-regulation, self-esteem, developing self-esteem
3.	Will be able to define, explain and describe emotions, emotional intelligence, theories, regulation
4.	Will be able to define, explain and discuss self-motivation and self management

## AISC FYBA Psychology Syllabus w.e.f 2023-2024

### Syllabus

Unit No.	Title with Contents	No. of Lectures (60)
<b>I</b>	<b>Concept of Intelligence</b>	<b>15</b>
	<ul style="list-style-type: none"> <li>i. Intelligence: Definition and Basic Concepts</li> <li>ii. Individual Differences: Mentally Challenged and Gifted People</li> <li>iii. Intelligence: Definitions, Theories of Intelligence (Spearman's Theory, Cattell's Theory of Intelligence)</li> <li>iv. Types of Intelligence: Gardner</li> </ul>	
<b>II</b>	<b>Social Processes and Skills</b>	<b>15</b>
	<ul style="list-style-type: none"> <li>vi. Social Psychology, levels of social behaviour</li> <li>vii. Self –Concept: Nature, Self-regulation and self-presentation,</li> <li>viii. Self-esteem: definition and meaning</li> <li>ix. Positive and Negative Self-esteem: Symptoms and characteristics</li> <li>x. Tips to achieve positive self-esteem</li> </ul>	
<b>III</b>	<b>Emotional Intelligence</b>	<b>15</b>
	<ul style="list-style-type: none"> <li>vi. Emotions: Definition, basic emotions</li> <li>vii. Emotional Intelligence: Definitions and Models: Ability, Mixed, Trait</li> <li>viii. Measurement of EI</li> <li>ix. Skills: RULER, Distancing, Humour</li> <li>x. REBT</li> </ul>	
<b>IV</b>	<b>Self-Motivation and Self-Management</b>	<b>15</b>
	<ul style="list-style-type: none"> <li>i. Self-Motivation: Definition, importance of showing initiative</li> <li>ii. Sources of Motivation</li> <li>iii. Be Responsible</li> <li>iv. Efficient Work Habits: Orderliness, Time Management</li> <li>v. Tips to Develop Self-Control</li> </ul>	

### Books for Reading

Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). Psychology (5<sup>th</sup> Edition).

Pearson.

Wallace, H. R. & Masters, L. A. (2006). Personality Development. Cengage Learning

### References

**AISC FYBA Psychology Syllabus w.e.f 2023-2024**

Myers, D. G. (2017). Social Psychology. (14<sup>th</sup> Ed.), McCraw- Hill Education.