

**ANNEXURE-I**  
**Syllabi for Psychology Core Courses (Major Elective) at the F.Y.B.A.**  
**For the Academic Year 2017-2018**

Code	Semester	Course Title	Credits	Marks
UAPSY101	1	Fundamentals of Psychology: Part I	4	100 (75+25)
UAPSY201	2	Fundamentals of Psychology: Part II	4	100 (75+25)

**Objectives:**

1. The course is designed to attract and encourage students into the field and to understand basic concepts to stimulate their thinking.
2. To promote self-understanding and positive change.
3. Guide them in terms of potential future career in Psychology.

**Semester I Fundamentals of Psychology Part I (Credits = 4)**

4 lectures per week; 60 lectures per Semester

**UNIT 1: INTRODUCTION TO PSYCHOLOGY**

**a) Psychologists at work**

The subfields of psychology: Psychology's family tree; Working at Psychology

**b) A science evolves: The past, the present, and the future**

The roots of psychology; Today's perspectives

**c) The scientific method**

Conducting psychological research

**UNIT 2: NEUROSCIENCE AND BEHAVIOUR**

**a) Neurons: The basic elements of behavior**

The structure of the neuron; Neurotransmitters

**b) The nervous system: Linking neurons**

The endocrine system

**c) Studying the brain's structure and functions: Spying the Brain**

The central core; The limbic system; The cerebral cortex; Neuroplasticity and the brain; The specialization of the hemispheres; The split brain

**UNIT 3: LEARNING**

**a) Classical conditioning**

The basics of classical conditioning; Applying conditioning principles to human behavior; Extinction; Generalization and Discrimination

**b) Operant conditioning**

Thorndike's Law of effect; The basics of operant conditioning

- c) **Cognitive approaches to learning**  
Latent learning; Observational learning: Learning through imitation

#### **UNIT 4: MEMORY**

- a) **The foundations of memory**  
Sensory memory; Short term memory; Working memory; Long term memory
- b) **Recalling the long term memories**  
Retrieval cues; Levels of processing; Explicit and implicit memory; Flashbulb memories
- c) **Forgetting**  
Why we forget; Proactive and retroactive interference; Memory dysfunctions

#### **UNIT 5: GOING BY NUMBERS: STATISTICS IN PSYCHOLOGY (PART 1)**

- a) **Introduction to statistics**  
Key concepts: Population, sample, attribute, variable, parameters, primary, and secondary data
- b) **Descriptive statistics**  
Measures of central tendency - arithmetic mean, median, mode; Merits and demerits of 3 Ms
- b) **Graphical representations of data**  
Frequency polygon and histogram

#### **Semester II Fundamentals of Psychology Part II (Credits = 4)**

4 lectures per week; 60 lectures per Semester

#### **UNIT 6: PERSONALITY**

- a) **Psychodynamic approaches to personality**  
Freud's psychoanalytic theory; Evaluating Freud's legacy
- b) **Trait approaches**  
Allport's trait theory; Cattell and Eysenck; The Big Five personality traits; Evaluating trait approaches to personality
- c) **Learning approaches**  
Skinner's behaviouristic approach; Social cognitive approaches to personality; Self-efficacy; Self esteem; Evaluating learning approaches to personality

## **UNIT 7: MOTIVATION AND EMOTION**

### **a) Explaining motivation**

Instinct approaches; Drive-reduction approaches; Arousal approaches; Incentive approaches; Cognitive approaches; Maslow's hierarchy

### **b) Human needs and motivation**

The motivation behind hunger and eating; Social factors in eating

### **c) Understanding emotional experiences**

The functions of emotions; Determining the range of emotions

## **UNIT 8: HEALTH PSYCHOLOGY: STRESS, COPING, AND WELL-BEING**

### **a) Stress and coping**

Stress: Reacting to threat and challenge; The high costs of stress; Coping with stress

### **b) Psychological aspects of illness and well-being**

The As, Bs, and Ds of coronary heart disease; Psychological aspects of cancer; Smoking

### **c) Promoting health and wealth**

Well-being and happiness

## **UNIT 9: PSYCHOLOGICAL DISORDERS**

### **a) Normal versus abnormal**

Defining abnormality; Classifying abnormal behavior

### **b) The major psychological disorders**

Anxiety disorders; Somatoform disorders; Dissociative disorders; Mood disorders; Schizophrenia; Personality disorders; Childhood disorders

## **UNIT 10: GOING BY NUMBERS: STATISTICS IN PSYCHOLOGY: (PART II)**

### **a) Measures of variability**

Range, quartile deviation, and standard deviation

### **b) Comparison of the three measures of variability**

Merits, limitations, and uses

### **c) Correlation and graphical representations of correlation**

Meaning and types of Correlation; scatter plot

## **Book for Study:**

- 1) Feldman, R. (2011). Understanding Psychology. 10th edition, New York: McGraw Hill publications

**Additional books for reference:**

- 1) Baron, R.A., & Kashner, M.J. (2008). Psychology: From Science to Practice, 2nd edition, Pearson Education Inc., Allyn and Bacon
- 2) Ciccarelli, S.K. & White, J. N. (2008). Psychology New Delhi: Dorling Kindersley (India) Private Limited
- 3) Lahey, B.B. (2001). Psychology: An introduction, 11th edition, New York: McGraw-Hill Publications.
- 4) Harry, F. & Steven, A. Statistics concepts and applications, Cambridge, University Press
- 5) Guildford, J. Fundamental statistics in psychology and education

**ANNEXURE-IV**  
**Internal Assessment**

The internal assessment for both the semesters will be for 25 marks. Of the 25 marks, 15 marks will be allocated for the class test and 10 marks for assignment.

**Pattern of Question Paper for Class Test of 15 marks to be implemented from 2017- 2018 for Fundamentals of Psychology Semester I & Semester II**

The class test can be on any 1 unit out of the 5 units in the semester. It can be conducted in the class or it can be conducted online, if the technical facilities are available. The specific questions asked in class test should not be repeated in the semester end examination. The duration for the class test will be 30 minutes.

The pattern can be any one of the following types, according to suitability to the particular unit and the need to vary the combination of unit and question each year.

1. Write short notes. (Any 3 out of 5, 5 marks each)
2. Explain the terms in brief. (Any 5 out of 8, 3 marks each)
3. Fill in the blanks (No internal options, 1 mark each)
4. Multiple choice question (No internal options, only 3 alternatives, 1 mark each)
5. Any combination of the above 4 types of questions

**Assignment of 10 marks in each semester**

The professor should give an orientation about the topics of assignments and the nature of assignments. A handout may be given to the students about the requirements/format of the written assignment. The assignment should be based on any one unit from the first four units. Assignments can be any of the following types –

- 1) Review of literature
- 2) Book review
- 3) Preparation of charts/posters (educational aids), and class presentation/exhibition
- 4) Interview an expert/professional in the field
- 5) Field visit/s to an Institute/NGO and report of the visit/s

**Pattern of Question Paper for Semester End Examination of 75 marks to be implemented from 2017- 2018 for Psychology courses**

**Duration of examination = 2 ½ hours**

**Marks = 75 marks**

All 4 questions carry 15 marks and are compulsory. There will be internal choice in Question 2 and Question 3.

Q. 1 will be from the unit allotted for class assignment

Questions will be asked in any of the following forms without any choice:

1. Fill in the blanks
2. Multiple choice question
3. Match the column
4. True or false

5. Answer in one or two words
6. Any combination of the above 5 types of questions

Q. 2 will be Explain the terms in brief, based on all 5 units (any 5 terms out of 8; 2 terms from each of the 4 units). No terms will be included from the unit which is allotted for the class assignment.

Q. 3 will have 3 essay-type questions each carrying 15 marks. Students will have to attempt any two out of the three questions. The three questions will be from any three of the four units. No questions will be asked from the unit which is reserved for the class assignment.

Q. 4 will be on Statistics covered in Unit 5 / Unit 10 for Semester I and Semester II respectively.

#### An Example of Exam Paper Pattern

Q. 1	From the unit allotted for class assignment.	Objective type question	15
Q. 2	On all 4 units except the unit covered in Q.1	Explain the following terms	15
Q. 3	On any 3 units except unit 5/10 and the unit allotted for class assignment	Attempt any two A. Essay-type question. B. Essay-type question. C. Essay-type question	15 15 15
Q.4	On unit 5	Sums on Statistics	15