



Shri Vile Parle Kelavani Mandal's
**MITHIBAI COLLEGE OF ARTS, CHAUHAN INSTITUTE OF SCIENCE & AMRUTBE
JIVANLAL COLLEGE OF COMMERCE AND ECONOMICS (AUTONOMOUS)**
*NAAC Reaccredited 'A' grade, CGPA: 3.57 (February 2016),
Granted under RUSA, FIST-DST & -Star College Scheme of DBT, Government of India,
Best College (2016-17), University of Mumbai*

Affiliated to the
UNIVERSITY OF MUMBAI

Program: F.Y.B.A

Course: Introduction to Psychology

Semester: Semester I & II

**Choice Based Credit System (CBCS) with effect from the
Academic year**

2018-19.

Preamble

The revised FYBA syllabus is proposed with utmost care and consideration to maintain the continuity in the flow of information of syllabus at SYBA and TYBA levels.

Considering the prerequisites of the current trends in the field of Psychology some of the modules have been upgraded and modified. The syllabus has been built with the intention of enhancing the student's skills in theoretical understanding as well as generate awareness of recent developments in the field of Psychology in India and the application of the theories. The revised syllabus also introduces the contemporary concepts of Positive Psychology and Emotional Intelligence.

The 02 courses of theory (Semester-I & Semester-II together) are compulsory to the students opting for Psychology as a subject at the FYBA level. These courses are:-

1. UAMAPSY101 (Semester I)
2. UAMAPSY201 (Semester II)

Evaluation Pattern

The performance of the learner will be evaluated in two components. The first component will be a Continuous Assessment with a weightage of 25% of total marks per course. The second component will be a Semester end Examination with a weightage of 75% of the total marks per course. The allocation of marks for the Continuous Assessment and Semester end Examinations is as shown below:

a) Details of Continuous Assessment (CA)

25% of the total marks per course:

Continuous Assessment	Details	Marks
Component 1 (CA-1)	Project / Assignment	15 marks
Component 2 (CA-2)	Test	10 marks

b) Details of Semester End Examination

75% of the total marks per course. Duration of examination will be two and half hours.

Question Number	Description	Marks	Total Marks
1	Answer any one of the two questions from Unit 1.	15	15
2	Answer any one of the two questions from Unit 2.	15	15
3	Answer any one of the two questions from Unit 3.	15	15
4	Answer any one of the two questions from Unit 4.	15	15
5	Explain any 5 of the 8 terms OR Short notes 3 out of 5 OR State True or False with reasons (from all units).	15	15
Total Marks			75

Signature

Signature

Signature

HOD

Approved by Vice –Principal

Approved by Principal

**SVKM's Mithibai College of Arts, Chauhan Institute of Science & Amrutben
Jivanlal College of Commerce & Economics (AUTONOMOUS)**

Program: B.A.				Semester: I	
Course: Introduction to Psychology				Course Code: UAMAPSY101	
Teaching Scheme				Evaluation Scheme	
Lecture (Hours per week)	Practical (Hours per week)	Tutori al (Hours per week)	Credit	Continuous Assessment (CA) (Marks - 25)	Semester End Examinations (SEE) (Marks- 75 in Question Paper)
4	0	0	3	25	75
Learning Objectives:					
1. To introduce and explore the basic concepts and modern trends in Psychology.					
2. To cultivate interest in the subject of Psychology and to create a foundation of the Classical and Contemporary studies in Psychology.					
3. To acquaint students with the relevance and applications of Psychology in everyday life.					
Outline of Syllabus: (per session plan)					
Module	Description				No of Hours
1	The Science of Psychology				15 lectures
2	The Biological Perspective				15 lectures
3	Learning				15 lectures
4	Memory				15 lectures
PRACTICALS					-

To develop scientific temper and interest by exposure through industrial visits and study/educational tours is recommended in each semester.

Unit	Topic	No. of Hours/Credits
Module 1	<p><u>THE SCIENCE OF PSYCHOLOGY</u></p> <ul style="list-style-type: none"> a) The History of Psychology b) Psychology in India, Background and philosophical origins, Psychology in Modern India c) The Field of Psychology Today d) Concept of Science – Scientific Research e) Ethics of psychological research f) Introduction to Descriptive and Inferential Statistics g) Applying Psychology to everyday life: Thinking critically about Critical thinking 	15 lectures
Module 2	<p><u>THE BIOLOGICAL PERSPECTIVE</u></p> <ul style="list-style-type: none"> a) Neurons and Nerves: Building the Network b) An Overview of the nervous system c) Distant Connections: The Endocrine Glands d) Looking Inside the Living Brain e) From the Bottom Up: The Structures of the Brain f) Classic Studies in Psychology: Through the Looking Glass – Spatial Neglect g) Applying Psychology to Everyday life: Paying attention to Attention- Deficit/Hyperactivity Disorder 	15 lectures
Module 3	<p><u>LEARNING</u></p> <ul style="list-style-type: none"> a) Definition of Learning b) It Makes your Mouth Water: Classical Conditioning c) What's in it for me? Operant Conditioning d) Classic studies in Psychology: Biological constraints on Operant Conditioning e) Cognitive Learning Theory f) Observational Learning g) Applying Psychology to everyday life : Challenges of Learning in Contemporary Life – Why study how to study, Study skills, managing time, getting the most out of lectures, studying for exams 	15 lectures
Module 4	<p><u>MEMORY</u></p> <ul style="list-style-type: none"> a) What is memory? The Information-Processing model: Three Model Systems b) Overview of Classic studies in psychology c) Getting it out: Retrieval of Long term memories d) An overview of Classic Studies in Psychology. e) What were we talking about? Forgetting f) Neuroscience of Memory – The Brain g) Applying Psychology to everyday life: Health and Memory 	15 lectures

**SVKM's Mithibai College of Arts, Chauhan Institute of Science & Amrutben
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Program: B.A.				Semester: II	
Course: Introduction to Psychology				Course Code: UAMAPSY201	
Teaching Scheme				Evaluation Scheme	
Lecture (Hours per week)	Practical (Hours per week)	Tutorial (Hours per week)	Credit	Continuous Assessment (CA) (Marks - 25)	Semester End Examinations (SEE) (Marks- 75 in Question Paper)
4	0	0	3	25	75
Learning Objectives:					
1. To introduce and explore the basic concepts and modern trends in Psychology.					
2. To cultivate interest in the subject of Psychology and to create a foundation of Classical and Contemporary studies in Psychology.					
3. To acquaint students with the relevance and applications of Psychology in everyday life.					
Outline of Syllabus: (per session plan)					
Module	Description				No of Hours
1	Cognition: Thinking, Intelligence and Language				15 lectures
2	Motivation and Emotions				15 lectures
3	Theories of Personality				15 lectures
4	Positive Psychology				15 lectures
PRACTICALS					-

Unit	Topic	No. of Hours/Credits
Module 1	<p><u>COGNITION: THINKING, INTELLIGENCE AND LANGUAGE</u></p> <ul style="list-style-type: none"> a) How People Think b) Intelligence c) Emotional Intelligence – an introduction d) Classic studies in Psychology: Terman's "Termites" e) Language f) Applying Psychology to everyday Life: Mental and Physical Exercises combine for better cognitive health 	15 lectures
Module 2	<p><u>MOTIVATION AND EMOTION</u></p> <ul style="list-style-type: none"> a) Approaches to Understanding Motivation b) What, Hungry again? Why people eat c) Emotion d) Culture and Emotions e) Classic Studies in Psychology: The Angry/Happy Man f) Applying Psychology to Everyday life: When Motivation is not enough 	15 lectures
Module 3	<p><u>THEORIES OF PERSONALITY</u></p> <ul style="list-style-type: none"> a) Psychodynamic perspectives b) The Behavioural and Social cognitive view of personality c) The Third & Fourth Force: Humanism, Multiculturalism & Personality d) Trait Theories: Who are you? e) Personality in the Indian Cultural Context f) Personality: Genetics and Culture g) Assessment of Personality h) Applying Psychology to everyday life: Biological bases of Personality 	15 lectures
Module 4	<p><u>POSITIVE PSYCHOLOGY</u></p> <ul style="list-style-type: none"> a) Introduction to Positive Psychology b) Classifications and Measures of Strengths c) Introduction to the Principles of Pleasure – Affect, emotion, happiness and subjective well being d) Introduction to self-efficacy, optimism and hope e) Introduction to Altruism, Gratitude and Forgiveness f) Applications of Positive Psychology 	15 lectures

To develop scientific temper and interest by exposure through industrial visits and study/educational tours is recommended in each semester.

Suggested Readings

1. Ciccarelli, S. K., & White, J. N. (2018). *Psychology*. 5th edition. New Jersey: Pearson education.
2. Synder, C.R., & Lopez, S.J. (2014). *Handbook of Positive Psychology*. London: Oxford University Press.
3. Snyder, C.R., Lopez, S.J. & Pedrotti, J.T (2011). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. Thousand Oaks, CA: Sage Publications.
4. Feldman, R.S. (2013). *Understanding Psychology*. 11th edition. New York: McGraw Hill publications
5. Myers, D. G. (2013). *Psychology*. 10th edition; International edition. New York: Worth Palgrave Macmillan, Indian reprint 2013
6. Baron, R. A., & Kalsher, M. J. (2008). *Psychology: From Science to Practice*. (2nd ed). Pearson Education inc., Allyn and Bacon
7. Ciccarelli, S. K. & Meyer, G. E. (2008). *Psychology*. (Indian sub-continent adaptation). New Delhi: Dorling Kindersley (India) pvt ltd.
8. Lahey, B. B. (2012). *Psychology: An Introduction*. 11th edi. New York: McGraw-Hill Publications
9. Kosslyn & Rosenberg (2006). *Psychology In Context*. 3rd edition, Person Education
10. Wade, C. & Tavis, C. (2006). *Psychology*. (8th ed.). Pearson Education inc., Indian reprint by Dorling Kindersley, New Delhi
11. Mangal, S.K. (2013). *Statistics in Psychology & Education*. 2nd Edition. PHI Learning Pvt. Ltd. Delhi.