

Thiagarajar College

(An Autonomous Institution Affiliated to Madurai Kamaraj University)
Re-Accredited with 'A' Grade by NAAC



Thirty Eighth Academic Council Meeting

Department of Psychology

Dr. Rm. Murugappan
Dean – Curriculum Development

B.Sc., Psychology

Programme Code : UPS

THIAGARAJAR COLLEGE, MADURAI – 9.
(Re-Accredited with ‘A’ Grade by NAAC)
Curriculum structure for
B.Sc., CS, IT & BCA BBA & B.Com
(For those who joined in 2019 and after)

Category	Course	No.of Courses /paper	Credit Distribution	Hrs/ Week	Total Credits	
Part I	Tamil	2	3	-	06	
Part II	English	2	3	-	06	
		Sub Total				12
Part III	Core	-	-	-	84	
	Elective –Main	2	5	-	10	
	Elective – Generic	2+2	5	-	20	
		Sub Total				114
Part IV	AECC I & II Sem	I sem EVS II Sem .Prof.Skill Development	2	4	04	
	NME III & V Sem Horizontal Migration	2	2	8	08	
	SEC IV & VI Sem Vertical Migration	2				
	Value Education V Sem	1	1	2	01	
		Sub Total			14	13
		Total				139
Part V	NCC (Army & Navy)/ PE/ NSS / Rotaract/ Quality Circle/ Library/ SSL/ Nature Club/Value Education/ YRC/WSC				01	
		Grand Total				140
		Self-Study Paper (Optional)- -V Sem			05	145

AECC – Ability Enhancement Compulsory Course

SEC – Skill Enhancement Course

NME – Non Major Elective

For Choice based credit system (CBCS)

- For NME every department offers two papers (one in each at III & V semester)
- For SEC every department offer three papers for each course (Sem IV & VI)
- For Major elective there may be an option for choice.

THIAGARAJAR COLLEGE, MADURAI – 9.

(Re-Accredited with ‘A’ Grade by NAAC)

Curriculum structure for

BA Tamil, English & Economics

B.Sc., Maths, Physics, Chemistry, Botany, Biotechnology Microbiology and Psychology

(For those who joined in 2019 and after)

Category	Course	No.of Courses /paper	Credit Distribution	Hrs/ Week	Total Credits
Part I	Tamil	4	3	12+12	12
Part II	English	4	3	12+12	12
	Sub Total			48	24
Part III	Core			72 +12	72
	Elect –Main	2	5	10	10
	Elect – Generic	2+2	5	24	20
	Sub Total			118	102
Part IV	AECC I & II Sem	I sem EVS II Sem .Prof.Skill Development	2	4	04
	NME III & V Sem Horizontal Migration	2	2	8	08
	SEC IV & VI Sem Vertical Migration	2			
	Value Education V Sem	1	1	2	1
	Sub Total			14	13
	Total				139
Part V	NCC (Army & Navy)/ PE/ NSS / Rotaract/ Quality/WSC Circle/ Library/ SSL/ Nature Club/Value Education/ YRC				1
	Grand Total				140
	Self-Study Paper (Optional)- -V Sem			05	145

AECC – Ability Enhancement Compulsory Course

SEC – Skill Enhancement Course

NME – Non Major Elective

For Choice based credit system (CBCS)

- For NME every department offers two papers (one in each at III & V semester)
- For SEC every department offer three papers for each course (Sem IV & VI)
- For Major elective there may be an option for choice.

Programme outcome-PO (Aligned with Graduate Attributes)- Bachelor of Science (B.Sc.)

Scientific Knowledge and Critical Thinking

Apply the knowledge of Life Science, Physical and Chemical Science, Mathematics, statistics, Computer science and humanities for the attainment of solutions to the problems that come across in our day-to-day life/activities.

Problem Solving

Identify and analyze the problem and formulate solutions for problems using the principles of mathematics, natural sciences with appropriate consideration for the public health, safety and environmental considerations.,

Communication and Computer Literacy

Communicate the fundamental and advanced concepts of their discipline in written and oral form. Able to make appropriate and effective use of information and information technology relevant to their discipline

Life-Long Learning

Recognize the need for and have the preparation and ability to engage in independent and life-long learning in the broadest context of technological change.

Ethical, Social and Professional Understanding

Commitment to principles, codes of conduct and social responsibility in order to behave consistently with personal respect. Acquire the responsibility to contribute for the personal development and for the development of the community. Respect the ethical values, social responsibilities and diversity.

Innovative, Leadership and Entrepreneur Skill Development

Function as an individual, and as a member or leader in diverse teams and in multidisciplinary settings. Become an entrepreneur by acquiring technical, communicative, problem solving, intellectual skills.

THIAGARAJAR COLLEGE, MADURAI – 9.
(Re-Accredited with ‘A’ Grade by NAAC)
B.Sc., Psychology

Vision:

- Empower the student community to realize their true potential by acquiring core subject knowledge and time relevant psychological skills, that enables them to achieve success in their professional careers.

Mission:

- To provide a foundation for the scientific understanding of behaviour and mental processes.
- To foster a conducive environment where students and faculty collaborate in basic and applied research to advance scientific knowledge.
- To inspire the students to resonate and channelize their thoughts and encourage them to choose their areas of interest from the different fields of Psychology.
- To develop sensitivity to psychological dynamics for better individual and societal wellbeing.

Programme Educational Objectives (PEOs)

The objectives of this programme are to equip/prepare the students:

PEO1	To identify a suitable career in the field of Psychology and achieve self-growth with a rewarding professional experience.
PEO2	To realize that they are a part of larger society and it is their rightful duty to serve the community by offering psychological support through proficient counselling and therapy.
PEO3	To comprehend and appreciate the importance of research and to come up with novel concepts and ideations across the fields of Psychology
PEO4	To lead a fulfilling and satisfying personal life by imbibing the true essence of Psychological principles.
PEO5	To be an inspiration to the next generation of growing psychologists.

Program Specific Outcomes (PSOs)

On the successful completion of B.Sc., Psychology Programme, the students will

PSO1	Impart in-depth knowledge and critical thinking in various fields of Psychology
PSO2	Able to collect, analyse and interpret the data in an applied or laboratory setting
PSO3	Analyse the causes and concerns behind the major psychological issues
PSO4	Comprehend the core concepts, methods and practices in Psychology
PSO5	Possess knowledge on vast application and use of psychological concepts through means like advertisement, social media, marketing strategies etc.

THIAGARAJAR COLLEGE, MADURAI – 9.
(Re-Accredited with ‘A’ Grade by NAAC)
Department of Psychology
Bachelor of Science-Psychology - Course Structure
(w.e.f. 2019 batch onwards)
Programme code: UPS

Semester – I

Course	Code No	Subjects	Hrs/week	Credit	Total Hrs	Max Marks CA	Max Marks SE	Total
Part – I	U19TM11	Tamil	6	3	90	25	75	100
Part – II	U19EN11	English	6	3	90	25	75	100
Core – I	UPS19C11	Basic psychological processes	5	5	90	25	75	100
Core – II	UPS19C12	Health psychology	5	5	75	25	75	100
Generic Elective: I	UPS19GE11	Physiological Psychology	6	5	90	25	75	100
AECC1	U19ES11	Environmental Science	2	2	30	15	35	50
Total			30	23				

Semester – II

Course	Code No	Subjects	Hrs/week	Credits	Total Hrs	Max Marks CA	Max Marks SE	Total
Part – I	U19TM21	Tamil	6	3	90	25	75	100
Part – II	U19EN21	English	6	3	90	25	75	100
Core – III	UPS19C21	Advanced Psychological Processes	6	5	90	25	75	100
Generic Elective: II	UPS19GE21	Social Psychology	6	5	90	25	75	100
AECC2	UPS19AE21	Family Therapy	2	2	30	15	35	50
Practical	UPS19CL21	Experimental Psychology-1	4	2	30	40	60	100
Total			30	20				

Semester – III

Course	Code No.	Subjects	Hrs/ week	Credits	Total Hrs	Max Marks CA	Max Marks SE	Total
Part – I	U19TM31	Tamil	6	3	90	25	75	100
Part - II	U19EN31	English	6	3	90	25	75	100
Core – IV	UPS19C31	Educational Psychology	5	5	75	25	75	100
Core – V	UPS19C32	Developmental Psychology -1	5	5	75	25	75	100
Generic Elective: III	UPS19GE31	Rehabilitation Psychology	6	5	90	25	75	100
NME	UPS19NE31	Stress and Stress management	2	2	30	15	35	50
Total			30	23				

Semester -IV

Course	Code No	Subjects	Hrs/ week	Credits	Total Hrs	Max Marks CA	Max Marks SE	Total
Part – I	U19TM41	Tamil	6	3	90	25	75	100
Part - II	U19EN41	English	6	3	90	25	75	100
Core – VI	UPS19C41	Developmental Psychology -II	6	5	90	25	75	100
Generic Elective: IV	UPS19GE41	Statistics and Research Methodology	6	5	90	25	75	100
SEC1	UPS19SE41 A,B,C	Basics of computer applications/ Internet Security/Social Media Psychology	2	2	30	15	35	50
Practical	UPS19CL42	Experimental Psychology-II	4	2	30	40	60	100
Total			30	20				

Semester V

Course	Code No.	Subjects	Hrs/ week	Credits	Total Hrs	Max Marks CA	Max Marks SE	Total
Core VII	UPS19C51	Abnormal Psychology-1	6	5	90	25	75	100
Core VIII	UPS19C52	Criminal Psychology	5	4	75	25	75	100
Core IX	UPS19C53	Organizational Behaviour	5	4	75	25	75	100
Core X	UPS19C54	Marketing and consumer behaviour	5	4	75	25	75	100
Core elective 1	UPS19CE51	Gender Psychology	5	5	75	25	75	100
NME2	UPS19NE51	Counselling and Guidance	2	2	30	15	35	50
Value Education	U19VE51	Value Education	2	1	30	15	35	50
Total			30	25				

Semester VI

Course	Code No	Subjects	Hrs/ week	Credits	Total Hrs	Max Marks CA	Max Marks SE	Total
Core-XI	UPS19C61	Abnormal Psychology-II	6	5	90	25	75	100
Core-XII	UPS19C62	Sports Psychology	5	5	75	25	75	100
Core-XIII	UPS19C63	Psychological Assessment	5	4	75	25	75	100
Core –XIV	UPS19C64	Counselling and Psychotherapy	5	5	75	25	75	100
Core Elective II	UPS19CE61	Positive Psychology	5	5	75	25	75	100
SEC 2	UPS19SE62 A,B,C	Life skills/ Transactional analysis/ Human Resource Management	2	2	30	15	35	50
Practical	UPS19PJ61	Experimental Psychology-III	2	2	30	40	60	100
Total			30	28				

A) CONSOLIDATION OF CONTACT HOURS AND CREDITS: UG

Semester	Contact Hrs/ Week	Credits
I	30 hrs.	23
II	30 hrs.	20
III	30 hrs.	23
IV	30 hrs.	20
V	30 hrs.	25
VI	30 hrs.	28
Part V	---	01
Total	180	140

B) CURRICULUM CREDITS: PART WISE

			Total credits
Part I	Tamil	(4X3)	12
Part II	English	(4X3)	12
Part III	Core Theory		65
	Core Practical	(3X2)	06
	Generic Elective	(4X5)	20
	Core Elective	(2X5)	10
Part IV	Value Education	(1X2)	02
	Environmental studies	(1X2)	02
	Skill Enhancement courses	(2X2)	04
	Non-Major Elective	(2X2)	04
	AECC	(1X2)	02
Part V			01
Total			140

NOTE

A project work will be undertaken by the students during the VI semester for a period of 6 weeks in an industry/educational institution/mental health clinics. Out of the maximum 100 marks allotted for the project report submitted by the students, 60 marks are allocated for the report to be evaluated by the respective supervisor and 40 marks for viva-voce examination to be conducted by the department.

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
 Programme code: UPS

CourseCode	Course Title	Category	L	T	P	Credit
UPS19C11	Basic Psychological Processes	Core-I	5	-	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
First	First	25	75	100

Preamble

This course comprehends the fundamental processes underlying human behaviour such as Learning, Emotion and Attention.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Define the basic concepts of psychology related to human behaviour.	K1
CO2	Summarize the different areas of Psychology.	K2
CO3	Outline the modern perspectives in psychology	K2
CO4	Create an awareness of the role of psychologists in society	K3
CO5	Identify and apply the basic knowledge about theories and processes involved in Learning emotion and attention	K2, K3

K1: Knowledge K2: Understand K3: Apply

Mapping of COs with POs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	L	-	-	M
CO2	-	M	M	M	M
CO3	S	-	-	M	-
CO4	S	-	-	S	S
CO5	M	S	M	-	S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Introducing Psychology

Definition of Psychology. Origin of Psychology. Philosophical origins: Early Indian and Greek thoughts, Major ideas of Descartes, Locke. Brief history of modern scientific Psychology: Structuralism, Functionalism, Behaviourism, Gestalt psychology, Piaget, Psychoanalysis, Cognitive approach.

Unit II: Scope of Psychology

Goals of Psychology. Role of a psychologist in society. Branches of Psychology: Clinical Psychology, Industrial Psychology, Counselling Psychology, Developmental Psychology, Social Psychology, Positive Psychology, Sports Psychology, Health Psychology, Criminal Psychology, Gender Psychology, Biopsychology.

Unit III: Learning

Definition. Theories: Classical conditioning (Pavlov) - Principles involved, Significance, Operant Conditioning (B.F Skinner) – Principles involved, Significance, Trial and Error (Thorndike) Conditioning – Principles Involved, Significance, Insight learning (Kohler)- Principles Involved, Significance, Social Learning Theory (Bandura)- – Principles Involved, Significance.

Unit IV: Emotion

Definition. Nature. Types. Physiological Responses-Arousal and Emotional Intensity. Theories: James Lange Theory, Cannon Bard Theory, Schechter-Singer Theory, Richard Lazarus' Theory. Communication of Emotion: Emotional Expression, Characteristics, Innate Expression of Emotions, Social Aspects of Emotional Expressions.

Unit V: Attention, Sensation & Perception

Attention: Definition, Factors affecting attention, Set in attention.
Sensation: Definition, Types of sensation, Elements of Sensation.
Perception: Definition, Gestalt Laws, Subliminal perception, ESP

Reference:

- Baron, R. A. (2004). *Psychology*, 5th ed. New Delhi: Pearson Education.
- Bootzin, R., & Bower, G. H. (1991). *Psychology today-An Introduction*, 7th ed. New York: McGraw Hill Inc.
- Coon, D. (1983). *Introduction to psychology: Exploration and application*. New York: West Publishing Co.
- Kuppaswamy, B. (1990). *Elements of ancient Indian psychology*, 3^d Ed. New Delhi: Konark Publishers Pvt. Ltd.
- Mishra, B. K. (2008). *Psychology; The study of human behaviour*. New Delhi: Prentice Hall of India.
- Morgan, C.T., King, R.A., Weisz, J. R., & Schopler, J. (1993). *Introduction to Psychology*. 7th ed. New Delhi: Tata McGraw Hill.

Lecturer module

BASIC PSYCHOLOGICAL PROCESSES
Course contents and lecture schedule

Units	Contents	Lecture hrs	Methodology/ teaching mode
Unit 1	Introducing Psychology	18	
1.1	Definition of Psychology	3	
1.2	Origin of Psychology. Philosophical origins	4	
1.3	Early Indian and Greek thoughts, Major ideas of Descartes, Locke	4	
1.4	Brief history of modern scientific Psychology: Structuralism, Functionalism, Behaviourism	4	
1.5	Piaget, Psychoanalysis, Cognitive approach.	3	
Unit 2	Scope of Psychology	18	
2.1	Goals of Psychology. Role of a psychologist in society	5	
2.2	Branches of Psychology: Clinical Psychology, Industrial Psychology, Counselling Psychology	5	
2.3	Developmental Psychology, Social Psychology, Positive Psychology, Spots Psychology	5	
2.4	Health Psychology, Criminal Psychology, Gender Psychology, Biopsychology.	3	
Unit 3	Learning	18	
3.1	Definition. Theories: Classical conditioning (Pavlov) - Principles involved, Significance	4	
3.2	Operant Conditioning (B.F Skinner) – Principles involved, Significance	5	
3.3	Trial and Error (Thorndike) Conditioning – Principles Involved, Significance	5	
3.4	Insight learning (Kohler)- Principles Involved, Significance, Social Learning Theory (Bandura)- – Principles Involved, Significance.	4	
Unit 4	Emotion	18	
4.1	Definition. Nature. Types. Physiological Responses- Arousal and Emotional Intensity	5	
4.2	Theories: James Lange Theory, Cannon Bard Theory, Schechter-Singer Theory	5	
4.3	Richard Lazarus' Theory. Communication of Emotion	3	
4.4	Emotional Expression, Characteristics, Innate Expression of Emotions, Social Aspects of Emotional Expressions	5	
Unit 5	Attention, Sensation & Perception	18	
5.1	Definition, Factors affecting attention, Set in attention	6	
5.2	Definition, Types of sensation, Elements of Sensation	6	
5.3	Definition, Gestalt Laws, Subliminal perception, ESP	6	
Total (18+18+18+18+18)		90	

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS19C12	Health Psychology	Core-II	5	-	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
First	First	25	75	100

Preamble

This course helps students to acquire knowledge about the role of Health Psychology in achievement and maintenance of health.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Know the scope of Health Psychology	K1
CO2	Explain the role of Psychology in general health and chronic health problems	K2
CO3	Be aware of the coping behaviour of individuals in various life situations.	K2
CO4	Deal effectively with health issues.	K3
CO5	Develop a better well being.	K3

K1: Knowledge K2: Understand K3: Apply

Mapping of COs with POs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	L	-	-	L
CO2	-	-	M	-	-
CO3	-	S	M	S	-
CO4	M	M	S	-	-
CO5	S	-	-	S	M

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Introduction

Definition. Concept of Health. Determinants of Health–Health Psychology. Need and Significance of Health Psychology. Mind and Body relationship. Quality of Life in relation to health -wellness state and illness state.

Unit II: Psychobiology of Health

Biomedical Science and Health Psychology. Mental Health. Illness as an expression of emotional needs. Stress, coping and Management.

Unit III: Health and Behaviour Change

Health Behaviour and Health Models. Health Compromising Behaviour: Alcohol use and abuse, smoking, sexual behaviour, Jealousy, Rumour spreading. Health Enhancing Techniques: Exercise, Yoga, Eating and health, Positive thinking.

Unit IV: Society and Health

Social class, Gender and Attitude in relation to Health. Culture. Social relationships – Support system, Social Networking, Friendships. Doctor – Patient communication and relationship in the context of Health Psychology.

Unit V: Managing Lifestyle Illness and Terminal Illness

Psychological factors in Cancer, Diabetes, Coronary Heart Disease and Asthma. Psychological factors in Degenerative Neurological Disease – Alzheimer's, Dementia, and Problem of aging and adjustment. Psychological factors in Pain and Pain management.

Reference:

- Bernard,L&Krupat,E.(1994). *Health Psychology*.Harcourt-Brace Col.Pub.
- David Marks.(2009).*Health Psychology*.Sage Publication.
- GirishwarMisra,(1999).*Psychological Perspectives on Stress &Health*.Concept Publishing Co. New Delhi.
- Gurung.(2006).*Health Psychology a Cultural Approach*.ThomsonPublication.
- Kaplan, R.M, Sallies Jr.J.F&Patterson.T.L. *Health & Human Behavior* (4thed). McGraw Hill International Inc.
- Paul Comic &Micpaul.(2003).*Clinical Handbook of Health Psychology*.Hogrefe Pub.
- Straut O Richard.(2002).*Health Psychology*.Worth Publishers. New York.

Lecturer module

HEALTH PSYCHOLOGY Course contents and lecture schedule

Units	Contents	Lecture hrs
Unit 1	Introduction	15
1.1	Definition. Concept of Health. Determinants of Health– Health Psychology	5
1.2	Need and Significance of Health Psychology	3
1.3	Mind and Body relationship	3
1.4	Quality of Life in relation to health -wellness state and illness state	4
Unit 2	Psychobiology of Health	15
2.1	Biomedical Science and Health Psychology	4
2.2	Mental Health. Illness as an expression of emotional needs.	6
2.3	Stress, coping and Management	5
Unit 3	Health and Behaviour Change	15
3.1	Health Behaviour and Health Models.	3
3.2	Health Compromising Behaviour: Alcohol use and abuse, smoking, sexual behaviour, Jealousy, Rumour spreading.	6
3.3	Health Enhancing Techniques: Exercise, Yoga, Eating and health, Positive thinking.	6
Unit 4	Society and Health	15
4.1	Social class, Gender and Attitude in relation to Health	3
4.2	Culture. Social relationships – Support system, Social Networking, Friendships	6
4.3	Doctor – Patient communication and relationship in the context of Health Psychology.	6
Unit 5	Managing Lifestyle Illness and Terminal Illness	15
5.1	Psychological factors in Cancer, Diabetes, Coronary Heart Disease and Asthma	5
5.2	Psychological factors in Degenerative Neurological Disease – Alzheimer’s, Dementia, and Problem of aging and adjustment	6
5.3	Psychological factors in Pain and Pain management.	4
Total (15+15+15+15+15)		75

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS19GE11	Physiological Psychology	Generic Elective: I	5	1	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
First	First	25	75	100

Preamble

This course helps students understand brain behaviour relationships.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Define the basic concepts of biology and human Behaviour	K1
CO2	Know the structure and function of neuron	K1
CO3	Explain the anatomy of Central nervous system and Peripheral nervous system	K2
CO4	Summarize physiology of sleep	K2
CO5	Identify different brain imaging techniques used in neurophysiology	K3

K1: Knowledge K2: Understand K3: Apply

Mapping of COs with POs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	M	L	-	-
CO2	S	-	M	L	-
CO3	-	S	S	M	L
CO4	M	-	S	M	M
CO5	M	S	-	L	-

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Introduction

Brain behaviour relations - Physiological Psychology and Neuroscience - Techniques in Neurophysiology: Brain imaging - CT scan, MRI, PET, CBF, EEG, Lesioning and Stimulation.

Unit II: The Neuron

Neuron, Structure of neuron, types of neurons, the synapse - The nerve impulse- Synaptic transmission: Membrane potential, resting potential, depolarization, hyper polarization, sodium-potassium pump, action potential. Neurotransmitters: Role of neurotransmitters in transmission of impulses.

Unit III: Central Nervous System

The Anatomy of Central Nervous System: Central Nervous system, Forebrain, Midbrain and Hindbrain, Hypothalamus, Cortex, Spinal cord

Unit IV: Peripheral Nervous system

The Anatomy of the Peripheral Nervous system: Autonomic Nervous system, Sympathetic and Parasympathetic Nervous system.

Unit V: Physiology of sleep and arousal

Arousal, Sleep and Circadian Rhythms- Physiological measures of alertness and arousal- EEG. Physiological conceptions of wakefulness and sleep. Conceptions of sleep. Circadian rhythms and biological clock.

Reference

- Leukal, F. (1985). *An Introduction to Physiological Psychology*. (1st ed.). New Delhi: CBS Publishers and Distributors.
- Levinthal, C.F. (1996). *Introduction to Physiological Psychology* (3rd ed.). Prentice-Hall of India Pvt. Ltd.
- Rosensweig, M.R., Breedlove, S. M., & Watson, N. V. (2004). *Biological Psychology*, (4th ed.). USA: Sinauer Associates, Inc.
- Schneider, A.M. & Tarshis, B. (1986). *An Introduction to Physiological Psychology*. (3rd ed.). New York: Random House, Inc.

Lecturer module

PHYSIOLOGICAL PSYCHOLOGY Course contents and lecture schedule

Units	Contents	Lecture hrs
Unit 1	Introduction	18
1.1	Brain behaviour relations - Physiological Psychology and Neuroscience	6
1.2	Techniques in Neurophysiology: Brain imaging - CT scan, MRI, PET	6
1.3	CBF, EEG, Lesioning and Stimulation.	6
Unit 2	The Neuron	18
2.1	Neuron, Structure of neuron, types of neurons, the synapse - The nerve impulse- Synaptic transmission	7
2.2	Membrane potential, resting potential, depolarization, hyper polarization, sodium-potassium pump, action potential	7
2.3	Neurotransmitters: Role of neurotransmitters in transmission of impulses.	4
Unit 3	Central Nervous System	18
3.1	Central Nervous system, Forebrain	5
3.2	Midbrain and Hindbrain	5
3.3	Hypothalamus, Cortex	4
3.4	Spinal cord	4
Unit 4	Peripheral Nervous system	18
4.1	Autonomic Nervous system	6
4.2	Sympathetic Nervous system	6
4.3	Parasympathetic Nervous system	6
Unit 5	Physiology of sleep and arousal	18
5.1	Arousal, Sleep and Circadian Rhythms	4
5.2	Physiological measures of alertness and arousal-EEG	4
5.3	Physiological conceptions of wakefulness and sleep	5
5.4	Conceptions of sleep. Circadian rhythms and biological clock.	5
Total (18+18+18+18+18)		90

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS19C21	Advanced Psychological Processes	Core -III	5	1	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
First	Second	25	75	100

Preamble

Provide further understanding of fundamental processes of human behaviour such as Cognition, Intelligence and Motivation

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Define fundamental processes underlying human behaviour	K1
CO2	Explore the concept of thinking	K2
CO3	Explain different theories of motivation	K2
CO4	Identify the concept of Intelligence	K3
CO5	Apply different orientations to behaviour.	K3

K1: Knowledge K2: Understand K3: Apply

Mapping of COs with POs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	-	L	-	-
CO2	M	M	M	S	M
CO3	S	M	-	S	-
CO4	M	S	-	-	S
CO5	M	L	-	M	S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Cognitive Processes

Components of thought: Images and Concepts. Structure of language. Language and thought. Reasoning: deductive and inductive. Problem solving- Steps. Barriers to effective problem solving. Strategies of problem solving: algorithms, heuristics, means to end analysis, backward search. Culture, cognitive style and problem solving. Creativity. Convergent and divergent thinking. Stages in creativity. Decision making.

Unit II: Memory:

Definition. Nature of memory (Encoding, storage and retrieval) Memory encoding- Attention, levels of Processing, Elaboration, Imagery. Memory storage – Sensory Memory, short –Term memory, Chunking and Rehearsal, working Memory, Long-Term Memory, Explicit Memory, Implicit Memory. Memory Retrieval – Retrieval Cues and retrieval tasks. Forgetting – Encoding Failure; Retrieval Failure; Memory and Study Strategies in encoding, storage and retrieval

Unit III: Motivation

Meaning, Definition, Motivation Cycle; Types of Motivation-Physiological Motivation – Hunger, Thirst, Psychological Motivation – Achievement, Affiliation, Power; Theories of Motivation – Need Theories – Maslow and ERG, Drive Reduction Theories

Unit IV: Intelligence

Definition. Intelligence as a process: Piaget. Structure of intelligence: Approaches of Spearman, Thurstone, Cattell. Triarchic approach. Multiple intelligences. Concept of IQ. Evolution of intelligence testing: Stanford-Binet, Wechsler scales. Extremes of intelligence: Mental retardation and giftedness. Determiners of intelligence: heredity and environment. Emotional intelligence.

Unit V: Personality

Definition, Determinants, Approaches – Psychoanalytic – Freud- Structuring Personality, Psychosexual stages of development, defence mechanism. Type approach – Jung's typology, Trait theory – Allport; Eysenck and BIG Five; Assessment of personality – Objective, Subjective and Projective.

Reference

- Feldman, R. S. (1996). *Understanding Psychology*. (4th ed.). McGraw Hill
- Baron, R.A. (1995). *Psychology*. (3rd ed.). Prentice Hall India.
- Morgan & King. (1989). *Introduction to Psychology*. (7th ed.). VII India; McGraw Hill.
- Wortman and Loftus. (1992). *Psychology*. (4th ed.). McGraw Hill International.
- Bernstein, Roy, Skull and Wickets. (1991). *Psychology* (2nd ed.). Houghton College Publishers.
- Fernald and Fernald. (1985). *Munn's Introduction to Psychology* (5th ed.) A. I.T.B.S. Publishers and Dist Reg.

Lecturer module

ADVANCED PSYCHOLOGICAL PROCESSES
Course contents and lecture schedule

Units	Contents	Lecture hrs
Unit 1	Cognitive Processes	18
1.1	Components of thought: Images and Concepts. Structure of language. Language and thought.	5
1.2	Reasoning: deductive and inductive. Problem solving-Steps. Barriers to effective problem solving.	4
1.3	Strategies of problem solving: algorithms, heuristics, means to end analysis, backward search.	4
1.4	Culture, cognitive style and problem solving. Creativity. Convergent and divergent thinking. Stages in creativity. Decision making.	5
Unit 2	Memory	18
2.1	Definition. Nature of memory (Encoding, storage and retrieval) Memory encoding- Attention, levels of Processing, Elaboration, Imagery	6
2.2	Memory storage Sensory Memory, short –Term memory, Chunking and Rehearsal, working Memory, Long-Term Memory, Explicit Memory, Implicit Memory	6
2.3	Memory Retrieval – Retrieval Cues and retrieval tasks. Forgetting – Encoding Failure; Retrieval Failure; Memory and Study Strategies in encoding, storage and retrieval.	6
Unit 3	Motivation	18
3.1	Meaning, Definition, Motivation Cycle	6
3.2	Types of Motivation-Physiological Motivation – Hunger, Thirst, Psychological Motivation – Achievement, Affiliation, Power	6
3.3	Need Theories – Maslow and ERG, Drive Reduction Theories	6
Unit 4	Intelligence	18
4.1	Definition. Intelligence as a process: Piaget. Structure of intelligence: Approaches of Spearman, Thurstone, Cattell. Triarchic approach.	7
4.2	Multiple intelligences. Concept of IQ. Evolution of intelligence testing: Stanford-Binet, Wechsler scales. Extremes of intelligence Mental retardation and giftedness	7
4.3	Determiners of intelligence: heredity and environment. Emotional intelligence.	4
Unit 5	Personality	18
5.1	Definition, Determinants, Approaches – Psychoanalytic – Freud- Structuring Personality	5
5.2	Psychosexual stages of development, defence mechanism. Type approach – Jung’s typology	5
5.3	Trait theory – Allport; Eysenck and BIG Five	4
5.4	Assessment of personality	4
Total (18+18+18+18+18)		90

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS19GE21	Social Psychology	Generic Elective:2	5	1	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
First	Second	25	75	100

Preamble

This course will help the students to identify the important concepts, fields, and scope of Social Psychology.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Define behaviour in social setting	K1
CO2	Explain the psychological aspect of various social phenomena	K2
CO3	Identify the psychological aspects of various social issues	K3
CO4	Apply the concept of social psychology into different fields	K3
CO5	Create a sensitivity toward healthy social well-being	K2&K3

K1: Knowledge K2: Understand K3: Apply

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	-	-	M	-
CO2	S	M	M	S	L
CO3	-	M	-	-	M
CO4	M	-	L	M	-
CO5	-	-	-	-	-

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Introduction

Definition. Nature of Social Psychology. Causes of social behaviour and thought. Origin and development. Application of Social Psychology.

Unit II: Social Perception and Cognition

Nonverbal communication; Attribution-Theories, Basic sources of attribution; Impression formation and impression management; Accuracy of social perception Social cognition-schemas; Heuristics; error in social cognition; affect and cognition.

Unit III: Attitudes and Prejudice

Attitude formation - Social learning, Acquiring attitudes, Influence of attitude on behaviour, Resistance to persuasion, Cognitive dissonance; Prejudice- Causes; Effects; and cures.

Unit IV: Aggression and Crime

Aggression in the community — Definition, nature, Control and prevention of aggression; Violence-Definition, Different types of violence — Domestic and group violence, Effect, Control and prevention; Role of community psychologists in control of such behaviour. Crime -Definition; Types; Causes; prevention of crime; Rehabilitation of criminals; Role of psychologists.

Unit V: Social Influence and Pro Social Behaviour

Social influence - Conformity ; group influence; Factors affecting conformity; Resistance; Compliance; Extremes forms of social influence - Obedience to authority and Indoctrination; Pro Social behaviour- decision to help in emergency; attraction; attributions; volunteering; empathy; altruism.

Reference

- Baron, R.A., and Byrne, D. (2002). Social Psychology,,10th ed. New Delhi: pearson Education.
- Baron, R.A., and Byrne, D. (1997). Social Psychology,, 7th ed. New Delhi: pearson Education.
- Myers, D.G. (1990). Social Psychology,, 3'd ed. New york: McGraw Hill Inc.

Lecturer module**SOCIAL PSYCHOLOGY**
Course contents and lecture schedule

Units	Contents	Lecture hrs
Unit 1	Introduction	18
1.1	Definition. Nature of Social Psychology	6
1.2	Causes of social behaviour and thought	6
1.3	Origin and development. Application of Social Psychology.	6
Unit 2	Social Perception and Cognition	18
2.1	Nonverbal communication; Attribution-Theories, Basic sources of attribution	6
2.2	Impression formation and impression management; Accuracy of social perception	6
2.3	Social cognition- schemas; Heuristics; error in social cognition; affect and cognition.	6
Unit 3	Attitudes and Prejudice	18
3.1	Attitude formation - Social learning	6
3.2	Acquiring attitudes, Influence of attitude on behaviour	6
3.3	Resistance to persuasion, Cognitive dissonance; Prejudice- Causes; Effects; and cures	6
Unit 4	Aggression and Crime	18
4.1	Aggression in the community — Definition, nature, Control and prevention of aggression	4
4.2	Violence-Definition, Different types of violence — Domestic and group violence, Effect, Control and prevention	5
4.3	Role of community psychologists in control of such behaviour	4
4.4	Crime -Definition; Types; Causes; prevention of crime; Rehabilitation of criminals; Role of psychologists.	5
Unit 5	Social Influence and Pro Social Behaviour	18
5.1	Social influence -Conformity; group influence; Factors affecting conformity	5
5.2	Resistance; Compliance; Extremes forms of social influence - Obedience to authority and Indoctrination	5
5.3	Pro Social behaviour- decision to help in emergency	4
5.4	Attraction; attributions; volunteering; empathy; altruism.	4
Total (18+18+18+18+18)		90

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS19AE21	Family therapy	AECC2	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
First	Second	15	35	50

Preamble

Describes family interactional patterns according to the concepts of Family Systems, understand the distinctiveness of the major approaches to Family counselling and Family Therapy

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Know the historical evolution, foundations and current as well as future trends of family therapy	K1
CO2	Explain the importance of assessment in marriage and family counselling	K2
CO3	Make use of the learned skills in family and marital counselling	K3
CO4	Assess the special population for ethical and legal issues	K3
CO5	Define the importance of counselling for parent child relationship problems	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	-	-	L	-
CO2	-	M	S	-	M
CO3	-	S	-	S	M
CO4	S	-	M	M	S
CO5	M	-	L	-	-

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I:

Historical evolution of the field of marriage and family therapy. Current and Future trends. Foundations of Family Therapy. Fundamental concepts. Evaluation of Family Therapy, Family therapy research – Empirical foundations and Practice implications. Assessment in marriage and family counselling, Applications of assessment: Treatment planning, evaluation and accountability. Assessment and Diagnosis. Assessment with special populations, Ethical and legal issues in assessment, Technological applications and future trends. Social Institutions: Family: Functions of the Family – Matriarchal Family – Patriarchal Family – Joint Family – Nuclear Family – Changing Trends in the family system.

Unit II:

Family and Marital Counselling: Need for Family Counselling i) Family systems, Nuclear Family – Joint Family problems. ii) Child Guidance – Counselling the parents-child relationship problems, rejection, favouritism and other problems. iii) Parental Counselling – role of parents in dealing with children's problems. Need for Marital Counselling i) Marital problems – socio-economic factors, finance, social life, religious and other values ii) Counselling the Unwed Mothers, Divorcees and the Separated Parents of Handicapped and deviant Children. iii) Genetic Counselling and its importance – before and after marriage.

Text books

1. Winnicott, D.W. (1995). *Counselling and Therapy*. London: Sage Publications
2. Whiston, S.C (1999). *Principles and applications of assessment in counseling*, Wadsworth, Belmont. Brooks- Clole

Reference books

1. Nichols, M.P. & Schwartz, R.C. (2010). *Family therapy: Concepts and methods*. 9th ed. Toronto: Allyn and Bacon, Pearson education, Inc.Press, Inc
2. Patterson, J., William, L., Grauf-Grounds, C., &Chamow. (2009). *Essential skills in family therapy: From the first interview to termination*. 2nd Edition. New York: The Guilford Press.

Lecture Module

Units	Contents	Lecture hours
Unit 1		15
1.1	Historical evolution of the field of marriage and family therapy. Current and Future trends. Foundations of Family Therapy. Fundamental concepts. Evaluation of Family Therapy	4
1.2	Family therapy research – Empirical foundations and Practice implications. Assessment in marriage and family counselling, Applications of assessment: Treatment planning, evaluation and accountability	4
1.3	Assessment and Diagnosis. Assessment with special populations, Ethical and legal issues in assessment	3
1.4	Technological applications and future trends. Social Institutions: Family: Functions of the Family – Matriarchal Family –Patriarchal Family – Joint Family – Nuclear Family – Changing Trends in the family system.	4
Unit 2		15
2.1	Family and Marital Counselling: Need for Family Counselling i) Family systems, Nuclear Family – Joint Family problems.	4
2.2	Child Guidance – Counselling the parents-child relationship problems, rejection, favouritism and other problems. iii) Parental Counselling – role of parents in dealing with children’s problems.	4
2.3	Marital problems – socio-economic factors, finance, social life, religious and other values ii) Counselling the Unwed Mothers, Divorcees and the Separated Parents of Handicapped and deviant Children	4
2.4	Genetic Counselling and its importance – before and after marriage.	3
Total no of hours (15+15)		30

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS19CL21	Experimental psychology-I	Practical	4	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
First	Second	40	60	100

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Know about the different tests and experiments used in Psychology	K1
CO2	Develop scientific and experimental attitudes	K2,K3
CO3	Facilitate comprehension of the theoretical concepts through experiments	K3
CO4	Develop the skills of observation and scientific reporting in psychology	K3
CO5	Evaluate the psychological traits of a person	K3

K1: Knowledge K2: Understand K3: Apply

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	L	-	-	-
CO2	-	S	S	-	M
CO3	M	S	S	M	-
CO4	L	M	M	-	M
CO5	M	-	-	S	L

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

The Students shall complete any **Twelve** of the following experiments and submit a record for the procedure involved at the end of the II Semester.

SENSORY PROCESS

1. Colour Blindness
2. Visual Acuity
3. Kinaesthetic Sensitivity

ATTENTION

4. Division of Attention
5. Distraction of Attention
6. Span of Attention

PERCEPTUAL PROCESS

7. Muller-Lyer Illusion
8. Size Weight Illusion
9. Depth Perception

LEARNING

10. Insight Learning
11. Trial and Error Learning
12. Transfer of Learning

MOTIVATION

13. Level of Aspiration
14. Sensation Seeking
15. Achievement Motivation

WORK LIFE APPRAISAL

16. Role Stress Scale
17. Job Anxiety Scale
18. Job Involvement Scale
19. Environmental Pollution Attitude Scale
20. Vocational Interest Record

REFERENCES:

- Parameshwaran, E. G. and Ravichandran, R. (2001): Experimental Psychology, Hyderabad: Neelkamal Publication Pvt., Ltd.,
- Kuppasamy, B. (1954): Elementary Experiments in Psychology, Madras: Oxford University Press.
- Postman and Egan, J. P. (1985): Experimental Psychology, New Delhi: Kalyani Publications

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS19C31	Educational psychology	Core IV	5	-	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
Second	Third	25	75	100

Preamble

This course facilitates students to enhance educational activities related to instructional design, classroom management, and assessment, which serve to facilitate learning processes in various educational settings across the lifespan.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Know the importance and application of Psychology to education	K1
CO2	Explain the importance of guidance in schools	K2
CO3	Outline the importance of special education for exceptional children	K2
CO4	Identify the role of motivation in learning	K3
CO5	Apply the basic concepts of mental health and social learning for social development	K3

K1: Knowledge K2: Understand K3: Apply

Mapping Cos with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S		S	S	L
CO2		S		L	M
CO3	L		M		
CO4			M		
CO5	M	L		M	S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Introduction

Definition. Nature and scope of Educational Psychology – Aim of Educational Psychology – Application of Psychology to education – The professional needs of the teacher.

Unit II: Guidance

Guidance concept – Personal, educational, vocational guidance – Importance of guidance in schools – Guidance to students and parents

Unit III: Special education

Readiness for learning: The role of maturation in learning – Special education for exceptional children – Intellectually gifted – Mentally retarded – Culturally deprived – Physically handicapped.

Unit IV: Motivation and learning

Nature and conditions of learning – Laws of effect and readiness – Role of transfer in education – Motivating the students – Achievement motivation – Extrinsic reward – Punishment and failure – Effects of punishment in the classroom

Unit V: Mental health and Social learning

Fostering Mental Health and School Development – Characteristics of mental health – Home and mental health – School and mental health – Social learning in the classroom – Social development – Self-concept and behavior – Teachers guidance of self and social development

Reference books:

- Skinner C. E. (2006). Educational Psychology, Prentice Hall of India PVT. Ltd, New Delhi.
- Mangal. S. K., (2005). Advanced Educational Psychology,). Educational Psychology, Prentice Hall of India PVT. Ltd, New Delhi.
- Narayana Rao, (2002). Educational Psychology, Wiley Eastern, Chennai.

Lecture Module

EDUCATIONAL PSYCHOLOGY

Course contents and lecture schedule

Units	Contents	Lecture hours
Unit 1	Introduction	15
1.1	Definition. Nature and scope of Educational Psychology	5
1.2	Aim of Educational Psychology – Application of Psychology to education	6
1.3	The professional needs of the teacher	4
Unit 2	Guidance	15
2.1	Guidance concept – Personal, educational, vocational guidance	5
2.2	Importance of guidance in schools	5
2.3	Guidance to students and parents	5
Unit 3	Special Education	15
3.1	Readiness for learning: The role of maturation in learning	6
3.2	Special education for exceptional children – Intellectually gifted – Mentally retarded	6
3.3	Culturally deprived – Physically handicapped.	3
Unit 4	Motivation and Learning	15
4.1	Nature and conditions of learning – Laws of effect and readiness	5
4.2	Role of transfer in education – Motivating the students – Achievement motivation	5
4.3	Extrinsic reward – Punishment and failure – Effects of punishment in the classroom	5
Unit 5	Mental health and Social learning	15
5.1	Fostering Mental Health and School Development – Characteristics of mental health	5
5.2	Home and mental health – School and mental health – Social learning in the classroom	5
5.3	Social development – Self-concept and behaviour – Teachers guidance of self and social development	5
	TOTAL NO OF HOURS (15+15+15+15+15)	75

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

CourseCode	Course Title	Category	L	T	P	Credit
UPS19C32	Developmental psychology – I	Core - V	5	-	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
Second	Third	25	75	100

Preamble

This course explains how to critically evaluate, and present research and applied studies related to issues relevant to developmental psychology.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Define stages of development	K1
CO2	Know the biology behind cognitive development	K1
CO3	Explain theories and stages of language development	K2
CO4	Summarize cognitive development of early childhood stage	K2
CO5	Apply content about lifespan to the real world and improve people's life	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	L	M	L
CO2	S	-	S	-	-
CO3	L	-	-	L	-
CO4	-	S	S	--	M
CO5	M	-	M	-	S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Introduction

Concept of human development- stages of life span development-Conception through birth: Fertilization, Prenatal development, Environmental Influences on prenatal development; stages of child Birth, types of childbirth: perinatal hazards & complications of low birth weight

Unit II: Physical & Cognitive Development:

Body Systems of neonate, infant reflexes, infant Sensory capacities, Milestones of motor development, Environmental influences on motor development; Piaget's Sensory Motor Stage

Unit III: Infancy & Toddlerhood

Language and Personality Development - Theories of language development, Stages of language development from 0-3 years; Emotional development - Temperamental differences, Development of Attachment - Individual differences and long-term correlates of attachment.

Unit IV: Early childhood (3-6 years)

Motor Skills, Piaget's Preoperational stage, Development of language; gender differences, fears and aggression; prosocial behaviour, Child rearing practices and parenting styles

Unit V: Middle Childhood (6-12 years)

Piaget's Stage of Concrete operations, Development of self-concept, Components of self-concept, Theoretical perspectives on self-concept - Freud's latency period, Erickson's Industry vs Inferiority, Social learning theory, Information processing approach; The child in the peer group, functions and influences of the peer group contexts for development- family and parenting and peers – socio cultural context.

REFERENCES:

- Papilla, Diane E, Olds, Sally Wendoks(1992): Human Development, Tata McGraw Hill Publishing Co
- Shaffer, David R. (1996): Developmental Psychology, IV Edition, Brooks/Cole Publishing Company.
- Hurlock, E.: Developmental Psychology (1980), Tata McGraw Hill Publishing Co.

Lecture Module

DEVELOPMENTAL PSYCHOLOGY- I Course contents and lecture schedule

Units	Contents	Lecture hours
Unit 1	Introduction	15
1.1	Concept of human development- stages of life span development- Conception through birth	4
1.2	Fertilization, Prenatal development, Environmental Influences on prenatal development;	4
1.3	Stages of child Birth, types of childbirth	4
1.4	Perinatal hazards & complications of low birth weight	3
Unit 2	Physical & Cognitive Development:	15
2.1	Body Systems of neonate, infant reflexes, infant Sensory capacities	5
2.2	Milestones of motor development, Environmental influences on motor development;	5
2.3	Piaget's Sensory Motor Stage	5
Unit 3	Infancy & Toddlerhood	15
3.1	Language and Personality Development - Theories of language development	5
3.2	Stages of language development from 0-3 years	4
3.3	Emotional development - Temperamental differences, Development of Attachment - Individual differences and long-term correlates of attachment	6
Unit 4	Early childhood (3-6 years)	15
4.1	Motor Skills, Piaget's Preoperational stage	5
4.2	Development of language; gender differences, fears and aggression	5
4.3	Prosocial behaviour, Child rearing practices and parenting styles	5
Unit 5	Middle Childhood (6-12 years)	15
5.1	Piaget's Stage of Concrete operations, Development of self-concept, Components of self-concept, Theoretical perspectives on self-concept	5
5.2	Freud's latency period, Erickson's Industry vs Inferiority, Social learning theory, Information processing approach	5
5.3	The child in the peer group, functions and influences of the peer group contexts for development- family and parenting and peers – socio cultural context.	5
Total no of hours (15+15+15+15+15)		75

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

CourseCode	Course Title	Category	L	T	P	Credit
UPS19GE31	Rehabilitation Psychology	Generic Elective:3	5	1	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
Second	Third	25	75	100

Preamble

Enable the students to have knowledge on the rehabilitation psychology

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Define basic principles that govern rehabilitation psychology	K1
CO2	Explain Psychological approach to rehabilitation	K2
CO3	Identify Psychological needs of caregivers and families of persons with disabilities	K3
CO4	Help in Psychological adjustment and personality development of the affected people	K3
CO5	Conduct research and intervention programs in the rehabilitation process	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	-	M	L	M	-
CO2	-	L	S	-	-
CO3	L	-	-	L	-
CO4	-	S	-	--	M
CO5	M	-	M	S	S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Introduction

Concept and Definition of Rehabilitation Psychology, historical perspective, scope and methods. Functions of Rehabilitation Psychology. Psychological Approach to Rehabilitation: Assessment, diagnosis, treatment and certification.

Unit II: Assessment in rehabilitation

Role of psychologist in disability rehabilitation, Understanding psychological needs of caregivers and working with families of persons with disabilities.:Street children, role of psychologists in intervention and rehabilitation of street children, steps for effective implementation of intervention programme, social measures.:Child trafficking and prostitution, prevention, intervention and rehabilitation, legal measures for prevention of human trafficking in India.

Unit III: Personality issues

Personality development of persons with disabilities, Lifespan development of persons with disabilities, Personality Disorders, Personality traits and coping styles, Psychological Adjustment to Disability, People affected by natural calamities/war/violence: Definition, rescue, assessment of the physical situation, and psychological (trauma) of the affected people, planning and coordination of the relief work, addressing psychological trauma and arrangement of safe shelter and rehabilitation

Unit IV: Training and research

Work settings of rehabilitation psychologists, Designing training programmes for rehabilitation psychologists Training need analysis, implementation of training programmes , Research problems in disability rehabilitation, Research designs, Recent trends in research in rehabilitation psychology, Rehabilitation: Approaches to rehabilitation; interventions in the rehabilitation processes; models of adaptation to disability; family and caregivers issues; rights of mentally ill; empowerment issues; support to recovery.

Unit V: Psycho social issues

HIV/AIDS: Definition, basic information, importance of HIV/AIDS counselling, qualities of a counsellor, micro-skills in counselling, objectives of pre and post-testcounselling, psycho-social impact of the disease, stigma attached with the disease, prevention, intervention and rehabilitation, National AIDS Control Program with special reference to care and support services for the people living with HIV/AIDS.

Reference books:

- Handbook of Rehabilitation Psychology by Robert G. Frank, Mitchell Rosenthal and Bruce Caplan, 2009. (2 Aufl) Washington: APA.
- Rehabilitation Counseling: Basics and Beyond by Randall M. and Jeanne Boland Patterson Pro .ed (2012).
- The oxford handbook of rehabilitation psychology by paulkennedy ISBN: 9780199733989
- Handbook of rehabilitation psychology – Robert G.frank,Mitchell Rosenthal, brucecapkn(2012)

Lecture Module

REHABILITATION PSYCHOLOGY Course contents and lecture schedule

Units	Contents	Lecture hrs
Unit 1	Introduction	18
1.1	Concept and Definition of Rehabilitation Psychology, historical perspective, scope and methods	6
1.2	Functions of Rehabilitation Psychology. Psychological Approach to Rehabilitation	6
1.3	Assessment, diagnosis, treatment and certification.	6
Unit 2	Assessment in rehabilitation	18
2.1	Role of psychologist in disability rehabilitation, understanding psychological needs of caregivers and working with families of persons with disabilities.	6
2.2	Street children, role of psychologists in intervention and rehabilitation of street children, steps for effective implementation of intervention programme, social measures	7
2.3	Child trafficking and prostitution, prevention, intervention and rehabilitation, legal measures for prevention of human trafficking in India	5
Unit 3	Personality issues	18
3.1	Personality development of persons with disabilities, Lifespan development of persons with disabilities, Personality Disorders, Personality traits and coping styles	6
3.2	Psychological Adjustment to Disability, People affected by natural calamities/war/violence: Definition, rescue, assessment of the physical situation, and psychological (trauma) of the affected people	6
3.3	planning and coordination of the relief work, addressing psychological trauma and arrangement of safe shelter and rehabilitation	6
Unit 4	Training and research	18
4.1	Work settings of rehabilitation psychologists, Designing training programmes for rehabilitation psychologists Training need analysis	4
4.2	Implementation of training programmes, Research problems in disability rehabilitation, Research designs, Recent trends in research in rehabilitation psychology	5
4.3	Rehabilitation: Approaches to rehabilitation; interventions in the rehabilitation processes; models of adaptation to disability; family and caregivers' issues	4
4.4	Rights of mentally ill; empowerment issues; support to recovery.	5

Unit 5	Psycho social issues	18
5.1	HIV/AIDS: Definition, basic information, importance of HIV/AIDS counselling	5
5.2	Qualities of a counsellor, micro-skills in counselling, objectives of pre and post-test counselling	5
5.3	Psycho-social impact of the disease, stigma attached with the disease, prevention, intervention and rehabilitation	4
5.4	National AIDS Control Program with special reference to care and support services for the people living with HIV/AIDS	4
Total (18+18+18+18+18)		90

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

CourseCode	Course Title	Category	L	T	P	Credit
UPS19NE31	Stress and stress management	NME I	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
Second	Third	15	35	50

Preamble

This course summarizes the causes of stress and techniques to overcome stress

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Know about the life style that causes stress	K1
CO2	Define the psychological factors related to stress	K2
CO3	Identify role of stress on major lifestyle diseases	K2
CO4	Apply the techniques to overcome stress in day to day life	K3
CO5	Identify psychological intervention to cope with stress	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	-	M	L	-	-
CO2	S	L	-	M	-
CO3	-	S	S	-	-
CO4	-	S	-	S	M
CO5	M	-	M	-	-

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Concept of health and behaviour

Introduction: Concepts of health –definition of health –determinants of health– health psychology – the need for health psychology field – mind and body relationship – bio- psychosocial model versus bio-medical model – role of lifestyle changes in illness , Health related behaviour: Role of behaviour in disease and disorder – smoking and substance abuse - eating disorders and management – exercise and its benefits – developing a healthy diet- Stress and disease: Definition of stress –stages of stress – stress and personality – Psychoneuroimmunology – health outcomes of stress

Unit II: Stress management

Stress management-Major lifestyle diseases I: **Coronary Heart Disease (CHD):** Role of stress and personality in CHD – other psychosocial risk factor – management of Cardio vascular diseases, **Hypertension:** causes of hypertension –psychological factors related to hypertension –management of hypertension, **Stroke:** Risk factors for stroke – stroke and quality of life – rehabilitative intervention-Diabetes: types of diabetes – lifestyle changes as a cause for diabetes – stress management and diabetes control-**Cancer:** psychological factors related to cancer – cancer related health behaviour - stress, coping and cancer – psychological intervention- quality of life –emotional responses – coping mechanisms- prevention and health promotion

Text books

- Wolfgang Linden, (2004), Stress Management: From Basic Science to Better Practice, Sage publications
- Brian Luke Seaward (2014), Essentials of Managing Stress, Jones & Bartlett Publishers,

Reference Books:

- Shelly E. Taylor (2012), Health psychology, 7th edition, , TATA McGrawHil, New Delhi.
- Mitchell D. Feldman &John F. Christensen (2008), Behavioural medicine – A guide for clinical practice, 3rd edition, McGraw Hill, NY,
- Robert J. Gatchel, Andrew Baum and David S. Krantz (1989), An introduction to health psychology, 2nd edition, McGraw Hill, NY.

Lecture Module

STRESS AND STRESS MANAGEMENT

Units	Contents	Lecture hours
Unit 1	Concept of health and behaviour	15
1.1	Concepts of health –definition of health –determinants of health– health psychology – the need for health psychology field – mind and body relationship – bio-psychosocial model versus bio-medical model	6
1.2	Role of lifestyle changes in illness, Health related behavior: Role of behavior in disease and disorder – smoking and substance abuse - eating disorders and management – exercise and its benefits – developing a healthy diet	6
1.3	Stress and disease: Definition of stress –stages of stress – stress and personality – Psychoneuroimmunology – health outcomes of stress	3
Unit 2	Stress management	15
2.1	Stress management-Major lifestyle diseases I: Coronary Heart Disease (CHD): Role of stress and personality in CHD – other psychosocial risk factor – management of Cardio vascular diseases	4
2.2	Hypertension: causes of hypertension –psychological factors related to hypertension –management of hypertension,	4
2.3	Stroke: Risk factors for stroke – stroke and quality of life – rehabilitative intervention-Diabetes: types of diabetes – lifestyle changes as a cause for diabetes – stress management and diabetes control	4
2.4	Cancer: psychological factors related to cancer – cancer related health behavior - stress, coping and cancer – psychological intervention- quality of life –emotional responses – coping mechanisms- prevention and health promotion	3
Total no of hours (15+15)		30

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

CourseCode	Course Title	Category	L	T	P	Credit
UPS19C41	Developmental psychology - II	Core - VI	5	1	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
Second	Four	25	75	100

Preamble

Help students understand ways to apply content about lifespan to the real world and improve people's lives and motivate them to better understand who they were, are, and will be

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Know the transitions in puberty and to adopt coping mechanisms	K1
CO2	Define faces of death and attitude towards dying	K1
CO3	Identify and improve factors enabling to develop better physical, cognitive, psychosocial aspects	K2, K3
CO4	Comprehend human development as progressing through different stages	K3
CO5	Collect relevant data about stages of life span, to analyse and interpret them	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	-	L	-	-	-
CO2	M	-	-	L	L
CO3	S	S	L	M	S
CO4	M	M	-	-	M
CO5	-	-	S	S	M

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Puberty and Adolescence

Puberty-Meaning, Stages in puberty- prepubescent stage, pubescent stage and post pubescent stage, Biological Changes-Primary and secondary sexual characteristics, Reactions to Physical Changes; Characteristics of Adolescence; Cognitive development; Moral Development- Kohlberg's Levels of Morality; Developing A Career- Stages in Vocational Planning, Influences on Vocational Planning, Gender Differences; Health Concerns in Adolescence- Nutrition, Eating Disorder- Anorexia and Bulimia; Abuse-Drugs, Nicotine, Alcohol; STDs; Adolescent Relationships- Family, Peers, Society.

Unit II: Adulthood

Characteristics of adulthood; Cognitive & Emotional Development – Shift To Post Formal Thought; Emotional Intelligence; Vocational Adjustment- Importance Of Work, Gender Difference At Work, Factors Making Vocation Life Difficult, Appraisal Of Vocational Adjustment; Marital & Non Marital Life Style-Single Life Style, Homosexual Relationship, Cohabitation.

Unit III: Middle Age

Characteristics of Middle age; Adjustment To Changes- Physical -Appearance, Menopause and Male climacteric, Sensory Abilities, Physiological Functioning; Changes in mental Abilities; Social and Emotional Adjustment; Midlife Crises-Empty Nest Syndrome; Personal Relationship; Marital Satisfaction Divorce; Common Problems of Divorcees; Remarriage; Occupational Adjustment- Stable and Unstable Patterns, Gender Differences, Changing Career and Work Related Stress; Retirement- Preparation for Retirement, How Work Enhances Personal and Intellectual Growth; Adult Learner.

Unit IV: Old Age

Characteristics; Physical Changes and Adjustment-Appearance, Sensory Abilities, Internal Changes, Physiological Functioning, Health; Motor Functioning and Mental Abilities; Interest; Family Life- Living Arrangement, Need for Old Age Home, Income, Relationship With Spouse, Offspring, Grandchildren, Siblings, Adjustment To Loss Of Spouse, Inter-Generational Relationship Adjustment; Retirement- Adjustment to Retirement, Successful Retirement, Planning Ahead, Using Leisure Time; Successful Ageing- Disengagement and Activity Theory.

Unit V: End of Life

Aspect of Death- Biological, Psychological, Social; Attitude Towards Death and Dying-Across Life Span; Stages of Dying; Death Education in Brief; Support Groups and Services; Finding a Purpose In Life and Death

Reference

- Papalia, D.E. (2004).*Human Development*. (11th ed.). Tata McGraw Hill.
- Hurlock, E.B. (1999), *Developmental Psychology*. (6th ed.). Tata McGraw Hill.
- Berk, L.C. (1996).*Child Development*. (3rd ed.).Prentice Hall of India Pvt Ltd.

Lecture Module

DEVELOPMENTAL PSYCHOLOGY- II

Course contents and lecture schedule

Units	Contents	Lecture hours
Unit 1	Puberty and Adolescence	18
1.1	Puberty-Meaning, Stages in puberty- prepubescent stage, pubescent stage and post pubescent stage	4
1.2	Biological Changes-Primary and secondary sexual characteristics, Reactions to Physical Changes	4
1.3	Characteristics of Adolescence; Cognitive development; Moral Development- Kohlberg's Levels of Morality; Developing A Career- Stages in Vocational Planning, Influences on Vocational Planning, Gender Differences	5
1.4	Health Concerns in Adolescence- Nutrition, Eating Disorder- Anorexia and Bulimia; Abuse-Drugs, Nicotine, Alcohol; STDs; Adolescent Relationships- Family, Peers, Society.	5
Unit 2	Adulthood	18
2.1	Characteristics of adulthood; Cognitive & Emotional Development – Shift To Post Formal Thought	6
2.2	Emotional Intelligence; Vocational Adjustment- Importance Of Work, Gender Difference At Work	6
2.3	Factors Making Vocation Life Difficult, Appraisal Of Vocational Adjustment; Marital & Non Marital Life Style- Single Life Style, Homosexual Relationship, Cohabitation.	6
Unit 3	Middle Age	18
3.1	Characteristics of Middle age; Adjustment To Changes- Physical -Appearance, Menopause and Male climacteric, Sensory Abilities, Physiological Functioning	4
3.2	Changes in mental Abilities; Social and Emotional Adjustment; Midlife Crises-Empty Nest Syndrome; Personal Relationship	4
3.3	Marital Satisfaction Divorce; Common Problems of Divorcees; Remarriage; Occupational Adjustment- Stable and Unstable Patterns, Gender Differences, Changing Career and Work Related Stress	5
3.4	Retirement- Preparation for Retirement, How Work Enhances Personal and Intellectual Growth; Adult Learner	5
Unit 4	Old Age	18
4.1	Characteristics; Physical Changes and Adjustment- Appearance, Sensory Abilities, Internal Changes, Physiological Functioning, Health; Motor Functioning and Mental Abilities	6

4.2	Interest; Family Life- Living Arrangement, Need for Old Age Home, Income, Relationship With Spouse, Offspring, Grandchildren, Siblings, Adjustment To Loss Of Spouse, Inter-Generational Relationship Adjustment	6
4.3	Retirement- Adjustment to Retirement, Successful Retirement, Planning Ahead, Using Leisure Time; Successful Ageing- Disengagement and Activity Theory.	6
Unit 5	End of Life	18
5.1	Aspect of Death- Biological, Psychological, Social; Attitude Towards Death and Dying	6
5.2	Across Life Span; Stages of Dying; Death Education in Brief; Support Groups and Services	6
5.3	Finding a Purpose In Life and Death	6
Total no of hours (18+18+18+18)		90

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

CourseCode	Course Title	Category	L	T	P	Credit
UPS19GE41	Statistics and research methodology	Generic Elective 4	5	1	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
Second	Four	25	75	100

Preamble

Enable the students to have knowledge on basic statistics and basic principles that governs research methodology.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Define the need and importance of research in Psychology	K1
CO2	Explain the importance of statistics in Psychology	K2
CO3	Describe and interpret research results	K1, K2
CO4	Compute data	K3
CO5	Apply the acquired knowledge to create research interest and aptitude	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	-	L	--	-
CO2	S	M	S	M	M
CO3	M	M	-		-
CO4	L	S	M	L	L
CO5	-	S	-	-	-

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Introduction to Statistics

Meaning of Statistics. Need and importance of statistics in Psychological research. Prerequisites for studying Statistics. Descriptive and inferential statistics. Variables - Kinds of Variables: continuous and discrete variables.

Unit II: Measures of Central Tendency

Meaning. Characteristics. Computation, Mean, Median, Mode, Merits and Demerits. Measures of Variability: Computation of quartile and standard deviations.

Unit III: Introduction Research Methodology

Meaning of Research. Objectives of Research. Significance of Research. Research approaches- Quantitative and Qualitative.

Unit IV: Research Problem & Review of literature

What is a research problem. identifying, Defining, Characteristics. Review of literature- Purpose, Source.

Unit V: Research Design

Meaning. Need for Research design. Features of a good design. Important concepts related to research design. Developing a research plan.

Reference

- Black, TR. *Quantitative research designs for Social science*. Thousand Oak: Sage Publications.
- Edwards, A. K. (1976). *Experimental Designs in Behavioural research*. Prentice hall
- Frederick, J.G., & William, L.B. (2007). *Statistics for Behavioural Sciences*. (7th Ed.). Thomson Wadsworth.
- Kothari, C.R. (2008). *Research Methodology: Methods and Techniques*. (2nd Ed.). New Age International.

Lecture Module

STATISTICS AND RESEARCH METHODOLOGY

Course contents and lecture schedule

Units	Contents	Lecture hours
Unit 1	Introduction to Statistics	18
1.1	Meaning of Statistics. Need and importance of statistics in Psychological research	6
1.2	Prerequisites for studying Statistics. Descriptive and inferential statistics	6
1.3	Variables - Kinds of Variables: continuous and discrete variables.	6
Unit 2	Measures of Central Tendency	18
2.1	Meaning, Characteristics	6
2.2	Computation, Mean, Median, Mode, Merits and Demerits	6
2.3	Computation of quartile and standard deviations.	6
Unit 3	Introduction Research Methodology	18
3.1	Meaning of Research. Objectives of Research	6
3.2	Significance of Research	6
3.3	Research approaches- Quantitative and Qualitative.	6
Unit 4	Research Problem & Review of literature	18
4.1	What is a research problem? identifying	6
4.2	Defining, Characteristics of research problem	6
4.3	Review of literature- Purpose, Source.	6
Unit 5	Research Design	18
5.1	Meaning. Need for Research design. Features of a good design	6
5.2	Important concepts related to research design	6
5.3	Developing a research plan.	6
Total no of hours (18+18+18+18+18)		90

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

CourseCode	Course Title	Category	L	T	P	Credit
UPS19SE41-A	Basics of computer applications	SEC1	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
Second	Four	15	35	50

Preamble

This course provides a general orientation towards the basic knowledge of Computer application, internet security and social media psychology

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Aware of internet hacking and significance of net safety	K1
CO2	Know the basic principles that governs social media psychology	K1
CO3	Access resources available for updating knowledge	K2
CO4	Apply different software available for analysing in the field of psychology	K3
CO5	Apply the technical skills to develop a computer concept	K3

K1: Knowledge K2: Understand K3: Apply

	PO1	PO2	PO3	PO4	PO5
CO1	M	M	L	-	-
CO2	S	-	-	L	-
CO3	M	-	-	-	-
CO4	-	S	M	S-	M
CO5	-	S	M	-	M

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Basics of computer applications

Unit I: Basics of computer

What is computer? Components of Computer System, Classifications of computers, Representation of data/Information concepts of data Processing, Generations of Computer (I-V), Block Diagram of a Computer, Characteristics of Computers, Basic Applications of Computer, Functions of the Different Units, Input unit, Output unit, Memory unit, CPU (ALU+CU) Input & Output Devices, Data Scanning devices

Unit- II Office Application Software

Word processor, Multimedia presentation and Spreadsheets. (Discuss the following features for Word Processor, Multimedia Presentation and Spreadsheets: Opening and closing, saving, editing, formatting, printing, spell check, grammar and header/footer.) Special features: Word Processor – inserting a table and working with tables. Multimedia Presentation – the students should be able to create a presentation using images / pictures, sound, video and custom animation. Internet concepts Computer Communication and Internet, Basic of Computer networks, LAN, WAN, Internet, e-mail, WWW, modem and related protocols.

REFERENCE BOOKS:

- Sanjay Saxsena,(2000) —A First Course in Computer|| , Vikas Publishing House,.
- Sanjay saxsena, (2000) —MS Office 2000|| , Vikas Publishing House,.
- Linda Tway and Sapphiro Pacific Lajolla,(1995) —Multimedia in Action|| , Academic Press.

Lecture Module

BASICS OF COMPUTER APPLICATIONS

Course contents and lecture schedule

Units	Contents	Lecture hours
Unit 1	Basics of computer	15
1.1	What is computer? Components of Computer System, Classifications of computers, Representation of data/Information concepts of data Processing, Generations of Computer (I-V)	6
1.2	Block Diagram of a Computer, Characteristics of Computers, Basic Applications of Computer, Functions of the Different units	6
1.3	Input unit, Output unit, Memory unit, CPU (ALU+CU) Input & Output Devices, Data Scanning devices	3
Unit 2	Office Application Software	15
2.1	Word processor, Multimedia presentation and Spreadsheets.	3
2.2	Opening and closing, saving, editing, formatting, printing, spell check, grammar and header/footer. Special features: Word Processor – inserting a table and working with tables	6
2.3	Multimedia Presentation – the students should be able to create a presentation using images / pictures, sound, video and custom animation. Internet concepts Computer Communication and Internet, Basic of Computer networks, LAN, WAN, Internet, e-mail, WWW, modem and related protocols.	6
Total no of hours (15+15)		30

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

CourseCode	Course Title	Category	L	T	P	Credit
UPS19SE41(B)	Internet Security	SEC1	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
Second	Four	15	35	50

Preamble

This course provides a general orientation towards the basic knowledge of internet security

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Define network-based detection of system of intrusions and preventing system intrusions	K1
CO2	Aware of internet hacking and significance of net safety	K1
CO3	Explain the obstacles to security	K2
CO4	Identify network threats, establish network access controls and security policies	K3
CO5	Apply the knowledge for building a secure organization	K3

K1: Knowledge K2: Understand K3: Apply

	PO1	PO2	PO3	PO4	PO5
CO1	M	M	L	-	-
CO2	S	-	-	L	-
CO3	M	-	-	-	-
CO4	-	S	M	S-	M
CO5	-	S	M	-	M

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Internet Security

Unit I: Overview of system network and security

Building a secure organization. Obstacles to security, current trends to share-not protect, cryptography concepts in primer, detecting system intrusions- root kits, anti-virus software, and network-based detection of system of intrusions and preventing system intrusions. Malicious software, defense in depth, preventive measures, intrusion monitoring and detection, network-based intrusion protection. securing cloud computing systems. Cloud computing details-examining cloud details. securing web applications, services and servers.

Unit II: Managing Different types of security systems

Local area network security, identify network threats, establish network access controls, threats, security policies, signature analysis, statistical analysis, signature algorithms. Wireless network security-threats, security measures, secure routing wireless network security, wireless sensor and cellular network security. Information security essentials for IT managers, protecting systems. Security management systems, intrusion prevention and detection systems. Privacy-enhancing technologies. Privacy and access management, content filtering.

Reference Books

- Computer and information security .,second edition., by john r.vacca ISBN.978-0-12-394397-2
- Computer network security by joseph miggakizza ISBN-0-387-20473-3
- Introductory textbook in the important area of network security for undergraduate and graduate students.,ByJie Wang, Zachary A. Kissel
- Introduction to computer security by Michael T. Goodrich, Roberto Tamassia.,ISBN – 9780321512949. Publisher-pearson-2011

Lecture Module

INTERNET SECURITY Course contents and lecture schedule

Units	Contents	Lecture hours
Unit 1	Overview of system network and security	15
1.1	Building a secure organization. Obstacles to security, current trends to share-not protect, cryptography concepts in primer, detecting system intrusions	5
1.2	Root kits, anti-virus software, and network-based detection of system of intrusions and preventing system intrusions. Malicious software, defense in depth, preventive measures	5
1.3	intrusion monitoring and detection, network-based intrusion protection. securing cloud computing systems. Cloud computing details-examining cloud details. securing web applications, services and servers.	5
Unit 2	Managing Different types of security systems	15
2.1	Local area network security, identify network threats, establish network access controls, threats, security policies, signature analysis, statistical analysis, signature algorithms	6
2.2	Wireless network security-threats, security measures,secure routing wireless network security,wireless sensor and cellular network security. Information security essentials for IT managers, protecting systems	6
2.3	Security management systems, intrusion prevention and detection systems. Privacy-enhancing technologies. Privacy and access management, content filtering.	3
Total no of hours (15+15)		30

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

CourseCode	Course Title	Category	L	T	P	Credit
UPS19SE41(C)	Social Media Psychology	SEC1	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
Second	Four	15	35	50

Preamble

This course provides a general orientation towards the basic knowledge of social media psychology

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Know the basic principles that governs social media psychology	K1
CO2	Describe Psychologies related to Television, Motion Pictures, CD and other blended media	K1
CO3	Identify the different opportunities in social media	K2
CO4	Explain the effect of media exposure on families	K2
CO5	Apply the concepts of observational learning to identify the relationship between violence and media	K3

K1: Knowledge K2: Understand K3: Apply

	PO1	PO2	PO3	PO4	PO5
CO1	M	M	L	-	-
CO2	S	-	-	L	-
CO3	M	-	-	-	-
CO4	-	S	M	S-	M
CO5	-	S	M	-	M

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Impacts of media on society

What is social media? Opportunities in Social Media , Social media & online education
Psycho-Social and Cognitive effect of Media: Media use across childhood: Access, Time and content-Gender media use and effect- Prosocial, para social and unsocial effects of media exposure on the family.- Media symbol systems and cognitive processes.- Learning from educational media How to incorporate social media into the introductory psychology classroom (Twitter ,Facebook ,whatsapp ,LinkedIn ,topsy ,google plus etc..) How to incorporate social media into research, how to integrate social media into campus life activities (ex. clubs), Future of Social Media

Unit II: Psychological effects of social media

Psychologies related to Television, Motion Pictures, CD and other blended media
Psychologies related to newspapers, radio and other media, Personality theory and media
Violence and media- Learning by Observation- Mirrors and imitation in the brain; applications of observational learning; Thinking critically about: Does viewing media violence trigger violent behaviour? Aggression – origin, influences (social and situational), theories, forms (violence in school, sexual harassment, sexual aggression, domestic violence, media violence, terrorism.) prevention and control. Animation and media communication Models, Video Games, and Aggression.

Reference books

- Kendrick, D.T., Neuberg, S.L., & Cialdini, R.B. (2010). *Social Psychology: Goals in Interaction* (5th Edition/Global Edition). Boston: Pearson Education Publishing as Allyn& Bacon.
- Calvert, S. L. & Wilson, B.J. (2008). *The Handbook of Children Media, and Development*. New York: Wiley-Black Well.
- Wilmmmer, R. D. & Dominick, J. R. (2003). *Mass Media Research*. New York:Thomson Woodsworth.
- McLuhan,M.(1964).*Understanding media: The extensions of man*. New York: McGraw-- Hill (Signet Books).Pp. 149--- 179.

Lecture Module

SOCIAL MEDIA PSYCHOLOGY

Course contents and lecture schedule

Units	Contents	Lecture hours
Unit 1	Impacts of media on society	15
1.1	What is social media? Opportunities in Social Media, Social media & online education Psycho -Social and Cognitive effect of Media: Media use across childhood	4
1.2	Access, Time and content-Gender media use and effect- Prosocial, para social and unsocial effects of media exposure on the family. - Media symbol systems and cognitive processes	5
1.3	Learning from educational media How to incorporate social media into the introductory psychology classroom (Twitter, Facebook, whatsapp, LinkedIn, topsy, google plus etc.) How to incorporate social media into research, how to integrate social media into campus life activities (ex. clubs), Future of Social Media	6
Unit 2	Psychological effects of social media	15
2.1	Psychologies related to Television, Motion Pictures, CD and other blended media Psychologies related to newspapers, radio and other media, Personality theory and media Violence and media- Learning by Observation- Mirrors and imitation in the brain	6
2.2	Applications of observational learning; Thinking critically about: Does viewing media violence trigger violent behaviour? Aggression – origin, influences (social and situational)	6
2.3	Theories, forms (violence in school, sexual harassment, sexual aggression, domestic violence, media violence, terrorism.) prevention and control. Animation and media communication Models, Video Games, and Aggression.	3
Total no of hours (15+15)		30

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

CourseCode	Course Title	Category	L	T	P	Credit
UPS19CL41	Experimental psychology II	Practical	4	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
Second	Four	40	60	100

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Know the individual differences scientifically	K1
CO2	Develop scientific and experimental attitudes	K2
CO3	Evaluate the psychological traits of a person	K3
CO4	Apply the skills of observation and scientific reporting in psychology	K3
CO5	Develop the skills of observation and scientific reporting in psychology	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	L	-	S	M
CO2	S	-	M	L	-
CO3	M	S	-	-	S
CO4	-	-	M	-	L
CO5	-	M	L	-	S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

The Students shall complete any **Twelve** of the following experiments and submit a record for the procedure involved at the end of the II Semester

EMOTION

1. Anger Inventory
2. Aggression Scale
3. Emotional Maturity

MEMORY

4. Immediate Memory Span
5. Memory for Meaningful and Meaningless Stimuli
6. Retroactive and proactive Inhibition

COGNITION

7. Concept Formation
8. Pyramid Puzzle

SOCIAL PROCESS

9. Social Distance Scale
10. Traditional Family Ideology Scale

PERSONALITY

11. Big Five Personality Factors
12. Locus of Control
13. Introversion – Extroversion

INTELLIGENCE and APTITUDE

14. Verbal / Non-verbal Test / Performance Test
15. Differential Aptitude Test
16. Finger/ Tweezer Dexterity Test
17. Rate of Manipulation Test

GENERAL / MENTAL HEALTH

18. General Health
19. Mental Health Attitude
20. State - Trait Anxiety

REFERENCES:

- Parameshwaran, E.G. and Ravichandran, R. (2001): Experimental Psychology, Hyderabad: Neelkamal Publication Pvt., Ltd.,
- Kuppusamy, B. (1954): Elementary Experiments in Psychology, Madras: Oxford University Press.
- Postman and Egan, J. P. (1985): Experimental Psychology, New Delhi: Kalyani Publications

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

CourseCode	Course Title	Category	L	T	P	Credit
UPS19C51	Abnormal psychology - I	Core - VII	5	1	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
Third	Five	25	75	100

Preamble

This course provides a detailed study and understanding of abnormality, its criteria, classification, perspectives, the various disorders, their symptoms, causes and treatment.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Describe the history and meaning of abnormal behaviour.	K1
CO2	Explain the major symptoms of anxiety disorders	K2
CO3	Develop the awareness about different types of anxiety disorders	K3
CO4	Differentiate between normality and abnormality	K3
CO5	Asses and analyse various personality dimension and disorders	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	-	M	S	L
CO2	-	S	-	-	-
CO3	S	M	M	S	M
CO4	S	-	L	-	-
CO5	M	L	-	M	S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Abnormal Psychology: An overview

The concept of normality and abnormality, Different Criteria. Historical views of abnormal behaviour: current status, classification systems-ICD, DSM, The evolution of DSM, The DSM5 definition of mental disorder, DSM 5: major changes in classification. Merits and demerits of classification. Prevalence and incidence of mental disorders.

Unit II: Casual factors of Abnormal behaviour

Causes and risk factors - Necessary, sufficient and contributory causes, feedback and circularity in abnormal behaviour, Diathesis-stress models, Viewpoints for understanding the causes of abnormal behaviour -Biological view points and causal factors, Psychological view points, The Psychological causal factors, Socio-cultural view points and Sociocultural causal factors.

Unit III: Anxiety Disorders

Fear and anxiety; Anxiety Disorders -Specific Phobias, Social Phobias, Panic disorder, Agoraphobia, Generalized Anxiety Disorder and separation anxiety disorder. Causal factors: Biological and psychosocial causal factors. Treatment and outcome.

Unit IV: Obsessive compulsive and related disorders

Obsessive compulsive disorder, Body dysmorphic disorder, Hoarding disorder, Hair-pulling disorder (Trichotillomania). Causal factors: Biological, psychological, Treatment and outcome

Unit V: Somatoform and dissociative disorders

Somatization disorder-Hypochondriasis- pain disorder- Conversion disorder- dissociative amnesia and fugue dissociative identity disorder- Depersonalization disorder- Causal factors- Biological, Physiological, and Socio-cultural factors- Treatment and outcomes.

Reference

- Butcher, J. N., Hooley, J. M., & Mineka, S. (2015). *Abnormal Psychology*
- Hurlock, E.B. (2006). *Personality Development*, (10th Ed). New York: McGraw

Lecture Module

ABNORMAL PSYCHOLOGY - I

Course contents and lecture schedule

Units	Contents	Lecture hours
Unit 1	Abnormal Psychology: An overview	18
1.1	The concept of normality and abnormality, Different Criteria. Historical views of abnormal behaviour: current status, classification systems- ICD	5
1.2	DSM, The evolution of DSM, The DSM 5 definition of mental disorder, DSM 5: major changes in classification	6
1.3	Merits and demerits of classification. Prevalence and incidence of mental disorders.	4
Unit 2	Casual factors of Abnormal behaviour	18
2.1	Causes and risk factors - Necessary, sufficient and contributory causes, feedback and circularity in abnormal behaviour, Diathesis-stress models	5
2.2	Viewpoints for understanding the causes of abnormal behaviour -Biological view points and causal factors, Psychological view points	5
2.3	The Psychological causal factors, Socio-cultural view points and Sociocultural causal factors.	5
Unit 3	Anxiety Disorders	18
3.1	Fear and anxiety; Anxiety Disorders -Specific Phobias, Social Phobias, Panic disorder,	6
3.2	Agoraphobia, Generalized Anxiety Disorder and separation anxiety disorder. Causal factors	6
3.3	Biological and psychosocial causal factors. Treatment and outcome	3
Unit 4	Obsessive compulsive and related disorders	18
4.1	Obsessive compulsive disorder, Body dysmorphic disorder	5
4.2	Hair-pulling disorder (Trichotillomania).	5
4.3	Causal factors: Biological, psychological, Treatment and outcome	5
Unit 5	Somatoform and dissociative disorders	18
5.1	Somatization disorder-Hypochondriasis- pain disorder- Conversion disorder	5
5.2	dissociative amnesia and fugue dissociative identity disorder- Depersonalization disorder	5
5.3	Causal factors- Biological, Physiological, and Socio-cultural factors- Treatment and outcomes.	5
	TOTAL NO OF HOURS (18+18+18+18+18)	90

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS19C52	Criminal Psychology	Core VIII	4	1	-	4

Year	Semester	Int. Marks	Ext. Marks	Total
Third	Five	25	75	100

Preamble

Students to Familiarize with theoretical and professional aspects of criminal and forensic fields of psychology.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Define nature and scope of criminal psychology	K1
CO2	Acquaint with various applications in criminal psychology	K2
CO3	Explain role of psychological professionals in the field of forensic and criminal matters	K2
CO4	Familiarize with the behaviour of criminals, its causes and remedies	K3
CO5	Develop appropriate analytical techniques for psychological professionals	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S		S	S	L
CO2		S		L	M
CO3	L		M		
CO4			M		
CO5	M	L		M	S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Introduction

Definition, nature and scope of criminal psychology. Theories of Crime. Psychological Theories, Social Theories, Diathesis – Personality stress behavior. Crime trends in India. Prevention of crime.

Unit II: Criminal Behavior

Psychopath – Juvenile delinquency. Mentally ill offenders. Serial killers & Rampage killers. Sex offenders.

Unit III: Police Psychology

Meaning. Criminal competencies. Psychological autopsy – and manner of death. Psychological profiling and personality of criminals in the context of Law. Future predictions of criminal behavior on the basis of criminal profiling

Unit IV: Violent Criminal behavior and Drug related crime

Psychology of aggression and violence. Terrorism – Domestic and international Drugs and Crime. Cybercrimes – defined governed. Cyber- terrorism, bullying, harassment, stalking

Unit V: Role of Psychology in Prevention, assessment & Treatment

Psychological precursors to crime. Crime patterns – psychological analysis. Mental Health and the law. Emerging issues in crime and justice.

Reference:

- Blackburn, R., (1993) *The psychology of criminal conduct: Theory research and practice*. Chichester: Wiley & Sons.
- Bachhav, Aun M. (2012). *Criminal Psychology*. ChandralokPrakashan, Kanpur -208021
- Bharati, A. (2012). *Studies on Criminological Psychology*. G.S. Rawat for Ceber Tech Publications. New Delhi- 110 002

Lecture Module

CRIMINAL PSYCHOLOGY Course contents and lecture schedule

Units	Contents	Lecture hours
Unit 1	Introduction	15
1.1	Definition, nature and scope of criminal psychology. Theories of Crime	4
1.2	Psychological Theories, Social Theories	4
1.3	Diathesis – Personality stress behaviour	4
1.4	Crime trends in India. Prevention of crime.	3
Unit 2	Organizational Communication	15
2.1	Psychopath – Juvenile delinquency	5
2.2	Mentally ill offenders. Serial killers	5
2.3	Rampage killers. Sex offenders.	5
Unit 3	Organization as System	15
3.1	Meaning. Criminal competencies. Psychological autopsy – and manner of death	5
3.2	Psychological profiling and personality of criminals in the context of Law.	4
3.3	Future predictions of criminal behavior on the basis of criminal profiling	6
Unit 4	Organizational Change and Development	15
4.1	Organizational Change and its effects –Managing Change and Resistance to change Individual approaches to change	5
4.2	Organizational. Motivation: Types of Motives –theories of Motivation-Content and Process –Attitude -Components	5
4.3	Functions and Changing –Job Satisfaction: Determinants and Effects.	5
Unit 5	Organizational Culture	15
5.1	Organizational culture-Functions –Organizational Structure –Designs -Organizational Behaviour Modification process - Quality of Work Life –Employee Assistance Programs	5
5.2	Stress and Conflict Management –Stress: Individual and Organizational Stressors, Effects and Management –Types of Counselling –Conflict	5
5.3	Types, Interpersonal and Intra-individual Conflicts -Conflict Resolution and Management.	5
Total no of hours (15+15+15+15+15)		75

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

CourseCode	Course Title	Category	L	T	P	Credit
UPS19C54	Organizational behaviour	Core - IX	4	1	-	4

Year	Semester	Int. Marks	Ext. Marks	Total
Third	Five	25	75	100

Preamble

This course helps to understand human behaviour in the organizational setting

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Describe concepts and scope of organizational behaviour	K1
CO2	Elaborate about the different forms and types of communication that take place within an organization.	K2
CO3	Identify the challenges of organization in managing human resource	K2
CO4	Explain the importance of motivational theories in organizational behaviour	K2
CO5	Apply psychological principles to study the human behaviour at work	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	-	S	S	-
CO2	-	S	-	-	-
CO3	-	-	M	S	M
CO4	-	-	L	-	-
CO5	M	L	-	M	S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I Introduction to Industrial Psychology

Definition, Goals, Forces and Fundamental Concepts; Nature of People and Organizations; Historical Development of Industrial Organizational Psychology; Two Classic Studies-Time and Motion Study, Nature and Characteristics, Principles, Implications and shortcomings, Hawthorne Studies – Five Experiments, Implications, and Criticisms; Role of organisational psychologist, duties and responsibilities, impact of organisational psychologist in different aspects of organizations

Unit II: Organizational Communication

Communication: Meaning, Types –Upward, Downward, and Interactive -process.
Organizational communication: Process of communication –importance of communication – Forms of communication –Problems and barriers to communication effectiveness informal communication

Unit III: Organization as System

Open and close systems, internal integration and external adaptation. Foundations of Interpersonal Behaviour. Groups: meaning, Formation, Types –Team Building –Group Decision making. Leadership: Styles, Power and Theories of Leadership –Traditional and Modern

Unit 4: Organizational Change and Development

Organizational Change and its effects –Managing Change and Resistance to change Individual approaches to change, Organizational. Motivation: Types of Motives –theories of Motivation-Content and Process –Attitude -Components, Functions and Changing –Job Satisfaction: Determinants and Effects.

Unit 5: Organizational Culture

Organizational culture-Functions –Organizational Structure –Designs -Organizational Behaviour Modification process -Quality of Work Life –Employee Assistance Programs. Stress and Conflict Management –Stress: Individual and Organizational Stressors, Effects and Management –Types of Counselling –Conflict: Types, Interpersonal and Intra-individual Conflicts -Conflict Resolution and Management.

Reference Book

- Luthans, F. (2002). Organisational Behaviour (9th Ed.). McGraw Hill-Irwin
- Robbins , S. P. (2003), Organisational Behaviour, New Delhi: Prentice Hall of India
- John W. Newstrom and Keith Davis, Organizational Behaviour, Human Behaviour at Work. 10th ed. Tata McGraw Hill, 2002.

Lecture Module

ORGANIZATIONAL BEHAVIOR

Course contents and lecture schedule

Units	Contents	Lecture hours
Unit 1		15
1.1	Definition, Goals, Forces and Fundamental Concepts; Nature of People and Organizations; Historical Development of Industrial Organizational Psychology	5
1.2	Two Classic Studies-Time and Motion Study, Nature and Characteristics, Principles, Implications and shortcomings	5
1.3	Hawthorne Studies – Five Experiments, Implications, and Criticisms; Role of organisational psychologist, duties and responsibilities, impact of organisational psychologist in different aspects of organizations	5
Unit 2	Behavior in organizations	15
2.1	Communication: Meaning, Types –Upward, Downward, and Interactive -process.	5
2.2	Organizational communication: Process of communication – importance of communication	5
2.3	Forms of communication –Problems and barriers to communication effectiveness informal communication	5
Unit 3	Organizations as System:	15
3.1	Open and close systems, internal integration and external adaptation. Foundations of Interpersonal Behavior	5
3.2	Groups: meaning, Formation, Types – Team Building – Group Decision making.	5
3.3	Leadership: Styles, Power and Theories of Leadership – Traditional and Modern	5
Unit 4	Organizational Change and Development:	15
4.1	Organizational Change and its effects –Managing Change and Resistance to change Individual approaches to change	5
4.2	Motivation: Types of Motives – theories of Motivation-Content and Process	5
4.3	Attitude- Components, Functions and Changing – Job Satisfaction: Determinants and Effects	5
Unit 5	Organizational Culture	15
5.1	Organizational culture- Functions	5
5.2	Organizational Structure –Designs - Organizational Behaviour Modification process - Quality of Work Life – Employee Assistance Programs.	5
5.3	Stress and Conflict Management – Stress: Individual and Organizational Stressors, Effects and Management – Types of Counselling – Conflict: Types, Interpersonal and Intra-individual Conflicts- Conflict Resolution and Management	5
	TOTAL NO OF HOURS (15+15+15+15+15)	75

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

CourseCode	Course Title	Category	L	T	P	Credit
UPS19C54	Marketing and Consumer behaviour	Core - X	4	1	-	4

Year	Semester	Int. Marks	Ext. Marks	Total
Third	Five	25	75	100

Preamble

Develop an understanding of underlying concepts and issues in Consumer behaviour in marketing.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Discuss about the nature, scope and role of consumer behaviour in marketing	K1
CO2	Describe the elements involved and factors influencing buying process	K1
CO3	Identify consumer decision making model, types of consumer decisions	K2
CO4	Explain the importance	K2
CO5	Apply principles to compete in the global market, and to help the business successfully for a long term	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	-	S	S	L
CO2	-	M	-	-	-
CO3	L	M	M	-	M
CO4	-	-	-	-	-
CO5	M	L	-	M	S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Introduction

Introduction to consumer behaviour-Definition - Nature – Scope.Need for studying CB - Role of consumer behaviour in marketing; Development of consumer behaviour.Consumer researchprocess - Setting objectives - Sample design - Data collection - Report Preparation

Unit II: Consumer Buying Behaviour and Buying process

Buying behaviour - Concepts - importance – need and elements involved in buying process - Factors influencing buying process -Economic and legal factor -Social factors - Psychological factors - Behavioural factors.

Unit III: Consumer Behaviour and Decision-Making Models

Consumer decisions - consumer as decision makers- types of consumer decisions - consumer decision making process - problem recognition – information search - alternative evaluation and selection - Consumer decision making models - Economic model -Psychoanalytic model - Sociological model - Howard &Sheth model - Consumer Decision making

Unit IV: Consumer Behaviour and Market Segmentation

Market segmentation - meaning - definition - bases of market segmentation - requirements of good market segmentation - market segmentation strategies.

Unit V: Post purchase behaviour and market regulation

Defining post purchase behaviour -consumer's postpurchase dissonance - satisfaction - dissatisfaction - consumer complaint behaviour - loyalty marketing -Consumer market regulation

Reference

- Kotler, Philip: Marketing Management; Prentice Hall, New Jersey
- Robbins, S. P. (2010). Organizational behaviour. Tata Mcgraw hill publications.
- Stanton W.J., Etzel Michael J and Walter Bruce J; Fundamentals of Marketing; McGraw Hill, New York
- Schiffman, L. G., Kanuk, L. L., S, R. K., & Wisenblit, J. (2010). Consumer behaviour. Pearson publications.

Lecture Module

MARKETING AND CONSUMER BEHAVIOUR

Course contents and lecture schedule

Units	Contents	Lecture hours
Unit 1	Introduction	15
1.1	Introduction to consumer behaviour- Definition - Nature – Scope. Need for studying CB	5
1.2	Role of consumer behaviour in marketing; Development of consumer behaviour	5
1.3	Role of consumer behaviour in marketing; Development of consumer behaviour	5
Unit 2	Consumer Buying Behaviour and Buying process	15
2.1	Buying behaviour - Concepts - importance – need and elements involved in buying process	5
2.2	Factors influencing buying process -Economic and legal factor	5
2.3	-Social factors - Psychological factors - Behavioural factors.	5
Unit 3	Consumer Behaviour and Decision-Making Models	15
3.1	Consumer decisions - consumer as decision makers - types of consumer decisions - consumer decision making process	5
3.2	problem recognition – information search - alternative evaluation and selection - Consumer decision making models	4
3.3	Economic model -Psychoanalytic model - Sociological model - Howard &Sheth model - Consumer Decision making	6
Unit 4	Consumer Behaviour and Market Segmentation	15
4.1	Market segmentation - meaning - definition	5
4.2	Bases of market segmentation	5
4.3	Requirements of good market segmentation - market segmentation strategies	5
Unit 5	Consumer Decision Making	15
5.1	Defining post purchase behaviour -consumer’s postpurchase dissonance	5
5.2	satisfaction - dissatisfaction - consumer complaint behaviour	5
5.3	loyalty marketing -Consumer market regulation..	5
Total no of hours (15+15+15+15+15)		75

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

CourseCode	Course Title	Category	L	T	P	Credit
UPS19CE51	Gender Psychology	Core Elective: I	5	-	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
Third	Five	25	75	100

Preamble

Enable the students to have knowledge on the basic principles of gender equality.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Define gender roles and divisions, physical and sexual development	K1
CO2	Define the knowledge on the principles of gender equality	
CO3	Explain theories of gender development and theoretical - cultural perspective of gender	K2
CO4	Summarize the women status in India: education, health, family, marriage.	K2
CO5	Improve the knowledge about Psychological approach of gender and feminism	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	M	L	-	-
CO2	S	-	M	L	-
CO3	-	S	S	M	L
CO4	M	-	S	M	M
CO5	M	S	-	L	-

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Introduction

Gender: Definition, concept of gender differences, masculinity and femininity, Bio-Social Perspective of Gender. Sex and Gender; Types of Gender, Gender Roles and Gender Division of Labour, Gender Stereotyping and Gender Discrimination.

Unit II: Theoretical perspectives of gender

Theories of gender development, Cultural differences, Conceptual analysis of gender development- Theoretical perspectives of Gender and Development- Measures of development- Gender disparity:

Unit III: Psychological approach of gender and feminism

Perception of community towards gender roles, dowry, divorce and remarriage, Theoretical basis for understanding gender (brief overview): -Psychological Approach: Freud, Erikson, Gilligan, Social learning, Gender Schema Theory. -Sociological Approach: Functionalism, Conflict Theory, Symbolic interaction, Feminism. -Anthropological approach: Margret Mead, cultural and gender variations in prevalence of disorders.

Unit IV: Social roles and social systems

The psychology of men and masculinity, changing gender roles, gender and social interaction, gender and relationships, sexualities.

Unit V: Institutions, gender and power.

Gendered bodies and physical health, therapy with women-feminist frameworks, socio-cultural issues in counselling for women. Disorderly constructs-feminist framework for clinical psychology. Violence against girls and women's, power and gender-the double edge sword of ambivalence, sexual harassments, women gender and the law, changing society, changing women(men).

Reference books

- Handbook of the psychology of the women and gender by Rhoda H. Unger ISBN-0-471-33332-8 Published by John Wiley and Sons USA.
- Current directions in gender psychology by Wendy A. Goldberg published by Allyn and Bacon 2010
- Psychology of gender by Vicki S Helgeson (second edition) published by Pearson Education 2010
- Handbook of Gender Research in Psychology, Volume 1 By Joan C. Chrisler published by Springer (2010) publications.

Lecture Module

GENDER PSYCHOLOGY

Course contents and lecture schedule

Units	Contents	Lecture hours
Unit 1	Introduction	15
1.1	Gender: Definition, concept of gender differences, masculinity and femininity	5
1.2	Bio-Social Perspective of Gender. Sex and Gender; Types of Gender, Gender Roles and Gender Division of Labour	5
1.3	Gender Stereotyping and Gender Discrimination	5
Unit 2	Theoretical perspectives of gender	15
2.1	Theories of gender development, Cultural differences, Conceptual analysis of gender development	5
2.2	Theoretical perspectives of Gender and Development	5
2.3	Measures of development- Gender disparity:	5
Unit 3	Psychological approach of gender and feminism	15
3.1	Perception of community towards gender roles, dowry, divorce and remarriage, Theoretical basis for understanding gender (brief overview)	5
3.2	Psychological Approach: Freud, Erikson, Gilligan, Social learning, Gender Schema Theory. -Sociological Approach	4
3.3	Functionalism, Conflict Theory, Symbolic interaction, Feminism. -Anthropological approach: Margret Mead, cultural and gender variations in prevalence of disorders.	6
Unit 4	Social roles and social systems	15
4.1	The psychology of men and masculinity	5
4.2	changing gender roles, gender and social interaction	5
4.3	gender and relationships, sexualities	5
Unit 5	Institutions, gender and power	15
5.1	Gendered bodies and physical health, therapy with women- feminist frameworks, socio-cultural issues in counselling for women	5
5.2	Disorderly constructs- feminist framework for clinical psychology. Violence against girls and women's, power and gender- the double edge sword of ambivalence	5
5.3	sexual harassments, women gender and the law, changing society, changing women(men).	5
Total no of hours (15+15+15+15+15)		75

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

CourseCode	Course Title	Category	L	T	P	Credit
UPS19NE51	Counselling and guidance	NME2	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
Third	Five	15	35	50

Preamble

Introduce the theoretical aspects of various techniques in counselling.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Define the scope and difference between guidance and counselling	K1
CO2	Recognize behavioural problems and examine strategies for positive behaviour management	K2
CO3	Demonstrate the different types of exceptionalities related to counselling theory to issues in counselling.	K2
CO4	Expand an ethical approach to counselling and guidance	K2
CO5	Apply the knowledge of individual counselling techniques	

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1			S	S	L
CO2		M			
CO3	L	M	M		S
CO4					
CO5	M	L	M	M	S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

UNIT I: General concepts of counselling

Introduction and definition of Counselling and Guidance, Counsellor Preparation, Qualifications, Qualities, Legal and Professional ethics, Different approaches to counselling, goals in counselling, role and functions of the counsellor. Counselling situations and Counselling across life-span.

UNITII:Skills in counselling

Micro skills in Counselling-relationship building strategies and methods: Opening techniques, attending skills-verbal and non-verbal communication, listening skills:Open questions and closed questions, Encouragement, Paraphrasing, Reflection, Summarization,influencing skills-Reframing, genuineness and Self-disclosure. Macro skills in Counselling, empathy, advanced empathy, Confrontation & challenging, Resistance, transference and counter-transference

Reference books

- Corey, G. (2004). Theory andPractice of Counseling and Psychotherapy (7th Ed.). Wadsworth Publishing.
- S.K.kochaar Guidance and counseling in colleges and universities; Sterling publishers private limited.

Lecture Module

COUNSELLING AND GUIDANCE Course contents and lecture schedule

Units	Contents	lecture hours
Unit 1	General concepts of counselling	15
1.1	Introduction and definition of Counselling and Guidance	3
1.2	Counsellor Preparation, Qualifications, Qualities Legal and Professional ethics,	3
1.3	Different approaches to counselling, goals in counselling,	3
1.4	Role and functions of the counsellor.	3
1.5	Counselling situations and Counselling across life-span.	3
Unit II	Skills in Counselling	15
2.1	Micro skills in Counselling-relationship building strategies and methods	3
2.2	Opening techniques, attending skills -verbal and non-verbal communication	3
2.3	Listening skills: Open questions and closed questions,	3
2.4	Encouragement, Paraphrasing, Reflection, Summarization, influencing skills-Reframing, genuineness and Self –disclosure	3
2.5	Macro skills in Counselling, empathy, advanced empathy, Confrontation & challenging, Resistance, transference and counter-transference	3
	TOTAL NO OF HOURS (15+15)	30

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

CourseCode	Course Title	Category	L	T	P	Credit
UPS19C611	Abnormal psychology - II	Core – XI	5	1	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
Third	Six	25	75	100

Preamble

Illustrate about the physical and psychological changes in an individual and find out the ways to overcome these abnormal behaviours.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Define about the characters and different types of developmental disorders	K1
CO2	Demonstrate on signs, symptoms, clinical features and type of mood disorder	K2
CO3	Describe about the biological, Psychological and Socio-cultural factors of personality disorder.	K2
CO4	Reveal about the causal factors, Treatment and outcomes of substance abuse disorder.	K3
CO5	Apply the knowledge on clinical assessment of different types of disorder	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1			S	S	L
CO2	S	M			
CO3	L	M		L	
CO4					
CO5	M	S	M	M	S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Personality disorders

Clinical features of personality disorders, Types of personality disorder; - Paranoid, schizoid, schizotypal, Histrionic, Narcissistic, Antisocial-Borderline- Avoidant, Dependent, Obsessive-compulsive, Passive aggressive personality disorder- Causal factors in personality disorders. Biological, Physiological, and Sociocultural- Sexual development and orientation disturbances.

Unit II: Substance abuse and dependence

Alcohol abuse and dependence- Clinical picture- Causal factors- Treatment and outcomes- Drug abuse and dependence- Opium and its derivatives- Barbiturates- Amphetamines- Cocaine- Hallucinogens - Marijuana- Caffeine and nicotine- Factors affecting drug abuse- Treatment and outcomes.

Unit III: Mood disorders

Mania and depression- Unipolar and bipolar disorders- Cyclothymia- Schizoaffective disorders- Causal factors in mood disorders - Biological, Physiological, and Socio-cultural factors- Treatment and outcomes.

Unit IV: The schizophrenia and delusion disorder

The clinical picture in schizophrenia- Subtypes of schizophrenia- Paranoid type- Catatonic type- Disorganized type- Residual type and undifferentiated type- Causal factors in schizophrenia- Biological, Physiological, and Socio-cultural factors- The clinical picture in delusional disorder- Causal factors in delusional disorder- Treatment and outcomes.

Unit V: Intellectual Disability and Developmental Disorders

Levels of Intellectual Disability; Assessing Intelligence; Causal Factors, Interventions for Intellectual Disability; Clinical Pictures of Specific learning disorders, Causes and management; Autism Spectrum Disorder- Clinical picture, Causes and Management; Case Studies.

Reference

- Carson, R.C & Butcher, J.N. *Abnormal Psychology & Modern life*. (10th ed.) . NY Harper-Collins
- Bootzin, R.R, Acocella, J.R & Alloy, L.B .*Abnormal Psychology-current perspectives* (6th ed.). McGraw Hill Inc. USA
- Neale, J.M, Davidson. G.C, & David, A.F. *Exploring Abnormal psychology*. (6th ed.). John Wiley & Sons.

ABNORMAL PSYCHOLOGY-11 Course contents and lecture schedule

Units	Contents	hours
Unit 1	Personality disorders	18
1.1	Clinical features of personality disorders, Types of personality disorder; - Paranoid, schizoid, schizotypal, Histrionic, Narcissistic, Antisocial	6
1.2	Borderline- Avoidant, Dependent, Obsessive-compulsive, Passive aggressive personality disorder	6
1.3	Causal factors in personality disorders. Biological, Physiological, and Sociocultural-Sexual development and orientation disturbances.	6
Unit 2	Substance abuse and dependence	18
2.1	Alcohol abuse and dependence- Clinical picture- Causal factors- Treatment and outcomes	6
2.2	Drug abuse and dependence- Opium and its derivatives- Barbiturates- Amphetamines- Cocaine- Hallucinogens	6
2.3	Marijuana-Caffeine and nicotine- Factors affecting drug abuse- Treatment and outcomes.	6
Unit 3	Mood disorders	18
3.1	Mania and depression- Unipolar and bipolar disorders-Cyclothymia	6
3.2	Schizoaffective disorders- Causal factors in mood disorders	6
3.3	Biological, Physiological, and Socio-cultural factors- Treatment and outcomes.	6
Unit 4	The schizophrenia and delusion disorder	18
4.1	The clinical picture in schizophrenia- Subtypes of schizophrenia- Paranoid type- Catatonic type- Disorganized type- Residual type and undifferentiated type	6
4.2	Causal factors in schizophrenia- Biological, Physiological, and Socio-cultural factors	6
4.3	The clinical picture in delusional disorder- Causal factors in delusional disorder- Treatment and outcomes	6
Unit 5	Intellectual Disability and Developmental Disorders	18
5.1	Levels of Intellectual Disability; Assessing Intelligence; Causal Factors, Interventions for Intellectual Disability	6
5.2	Clinical Pictures of Specific learning disorders, Causes and management; Autism Spectrum Disorder- Clinical picture	6
5.3	Causes and Management; Case Studies.	6

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS19C62	Sports Psychology	Core- XII	4	1	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
Third	Six	25	75	100

Preamble

Enable the students to have knowledge on the sports psychology.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Trace the origins of sport and exercise psychology.	K1
CO2	Describe the difference between intrinsic and extrinsic rewards, and demonstrate mental training can be used for performance enhancement	K2
CO3	Analyse the relationship between learning and motivation	K3
CO4	Develop a comprehensive and personalized approach to psyching for sport, maximizing potential, and enhancing their personal leadership skills.	K3
CO5	Develop a strong base of knowledge in the ever-expanding field of sport psychology, including the ability to locate and interpret research	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S		M	S	L
CO2		S			
CO3	S	M	M	S	M
CO4	S		L		
CO5	M	L		M	S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Introduction and development of sports psychology

Introduction to sports psychology, nature, meaning, history and scope of Sports psychology, Character Development and Good Sporting Behaviour, Sport and exercise psychology orientations, Present and future of sports psychology, development of sports psychology in India, Role of sport and exercise psychologists, Sport psychology specialties, Sport psychology around the world.

Unit II: Motivation and goal setting

Motivation- Views and definitions of motivation, Guidelines for building motivation, developing realistic view of motivation, motivating sportspersons and building team morale (biorhythms, training), Theories of achievement motivation, developing achievement motivation and competitiveness, using achievement motivation in practice. Goal setting, Defining goals, Effectiveness of goal setting, Principles of goal setting, Common problems in goal setting.

Unit III: Competition and co-operation

Psychological Competition and cooperation, defining competition and cooperation, Psychological studies of competition and cooperation, the value of competition, enhancing cooperation, Character development and sportspersonship, Moral reasoning and moral behavior, Guiding practice in character development, Effective coaching for young athletes.

Unit IV: Personality and self-confidence

Personality and sport- Approaches to personality, Measuring personality in sport and exercise, Personality research in sport and exercise, anxiety and arousal regulation, stress, and anxiety, Measuring arousal and anxiety, Sources of stress and anxiety, How arousal and anxiety affect performance, Imagery, Factors affecting imagery effectiveness, Keys to effective imagery, Self-confidence, How expectations influence performance, Building self-confidence, Leadership, Multidimensional model of leadership, Four components of effective leadership, Team Building

Unit V: Anxiety –reduction techniques

Exercise and psychological well-being, Reduction of anxiety and depression, Exercise and mood changes, Influence of exercise on personality and cognitive functioning, Exercise and quality of life, Exercise behaviour and adherence, Models of exercise behaviour, Determinants of exercise adherence, Strategies for enhancing adherence to exercise, Guidelines for improving exercise adherence, Arousal regulation, Self-awareness of arousal, Anxiety-reduction techniques, Coping with adversity.

Reference

- Fundamentals of Sport and Exercise Psychology, by Alan S. Kornspan published by Human Kinetics, 2009
- Handbook of Sport Psychology by Gershon Tenenbaum, Robert C. Eklund published by John Wiley & Sons, 2007
- Sport Psychology: An Introduction by Arnold D. LeUnes, Jack R. Nation by Wadsworth Thomson Learning, (2001)
- Burton, D., & Raedeke, T. (2008). Introduction to mental skills training. Sport psychology for coaches. Champaign, IL: Human Kinetics.

Lecturer module

SPORTS PSYCHOLOGY

Course contents and lecture schedule

Units	Contents	Lecture hours
Unit 1	Introduction and development of sports psychology	15
1.1	Introduction to sports psychology, nature, meaning, history and scope of Sports psychology, Character Development and Good Sporting Behaviour	4
1.2	Sport and exercise psychology orientations, Present and future of sports psychology, development of sports psychology in India	4
1.3	Role of sport and exercise psychologists, Sport psychology specialties, Sport psychology around the world	4
Unit 2	Motivation and goal setting	15
2.1	Motivation- Views and definitions of motivation, Guidelines for building motivation, developing realistic view of motivation, motivating sportspersons and building team morale (biorhythms, training)	4
2.2	Theories of achievement motivation, developing achievement motivation and competitiveness, using achievement motivation in practice	4
2.3	Goal setting, Defining goals, Effectiveness of goal setting, Principles of goal setting, Common problems in goal setting.	4
Unit 3	Competition and co-operation	15
3.1	Psychological Competition and cooperation, defining competition and cooperation, Psychological studies of competition and cooperation	4
3.2	the value of competition, enhancing cooperation, Character development and sportsperson ship	4
3.3	Moral reasoning and moral behaviour, Guiding practice in character development, Effective coaching for young athletes	4

Unit 4	Personality and self-confidence	12
4.1	Personality and sport- Approaches to personality, measuring personality in sport and exercise, Personality research in sport and exercise, anxiety and arousal regulation, stress, and anxiety, Measuring arousal and anxiety	4
4.2	Sources of stress and anxiety, how arousal and anxiety affect performance, Imagery, Factors affecting imagery effectiveness, Keys to effective imagery, Self-confidence, How expectations influence performance	4
4.3	Building self-confidence, Leadership, Multidimensional model of leadership, Four components of effective leadership, Team Building	4
Unit 5	Anxiety –reduction techniques	15
5.1	Exercise and psychological well-being, Reduction of anxiety and depression, Exercise and mood changes, Influence of exercise on personality and cognitive functioning	4
5.2	Exercise and quality of life, Exercise behaviour and adherence, Models of exercise behaviour, Determinants of exercise adherence, Strategies for enhancing adherence to exercise	4
5.3	Guidelines for improving exercise adherence, Arousal regulation, Self-awareness of arousal, Anxiety-reduction techniques, Coping with adversity	4
	TOTAL NO OF HOURS (15+15+15+15+15)	75

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS19C63	Psychological assessment	Core – XIII	4	1	-	4

Year	Semester	Int. Marks	Ext. Marks	Total
Third	Six	25	75	100

Preamble

This course illustrates the students to apply the knowledge of psychological tools and instruments in practice and evaluate the psychological data.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Describe the various psychological assessments relating to children and adults	K1
CO2	Demonstrate theoretical knowledge of the contents and progress of the various psychological assessments	K2
CO3	Comprehensible knowledge and understanding of the different steps of the assessment process	K3
CO4	Relate skills in recognizing, selecting, scoring and interpreting various psychological assessments	K3
CO5	Transmit skills in developing and testing psychological assessments	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S		L	S	L
CO2					
CO3	S		M	M	
CO4		S		L	
CO5	M	S	M		S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit- I: Introduction

Introduction to Psychological assessment, Nature and scope of Psychological measurement, History of assessment, variables and its types-nominal, ordinal, interval, ratio, discrete, and continuous variables. Theory and Practice challenges of Psychological measurement. Errors in measurement-examiner's variables, testee's variables, situational variables. Psychological Tests –history, meaning, characteristics, types of tests. Principles of psychological testing, interpreting scores, Standardized tests, Test construction: Steps in test development and standardization. Concept of reliability and validity. Reliability: Meaning; Types; Methods of estimate and factors affecting. Validity: Meaning; Types; Procedures and factors affecting

Unit- II: Psycho diagnostics

Types of psychological tests /Achievement tests, attitude tests, interest tests, aptitude tests, differential testing of abilities. Assessment of achievement, interest and values-Allport-Vernon study, standardized achievement test and batteries.

Unit- III: Personality tests

Personality tests, (objective tests/projective tests), direct observation tests Assessment of personality-projective tests, TAT, Rorschach, SCT.

Unit- IV:Neuropsychological tests

Assessment of mental and special abilities-Tests of general mental ability,IQ, Stanford-Binet, BKT, Bhatia battery. Neuropsychological Test- Introduction- LNNB- Uses of neuropsychological tests.

Unit- V: Applications

Applications of Psychological testing: clinical, organizational and business, Educational counseling, military and career guidance settings. Measurement of attitudes and interests, scaling techniques Ethical Issues in Psychological Testing: International guidelines and challenges of cultural applications.

Reference

- Kaplan, R.M. and Saccuzzo, D.P. (2005). Psychological Testing: Principles, applications and Issues. India: Wadsworth, Cenegage.
- Jan J f terLaak,(2013), Understanding psychological assessment: A Primer on the Global Assessment of the Client's Behavior in Educational and Organizational Setting, first edition, sage publications.
- Gibson L Robert and Mitchel H Marianne (2003), Introduction to Counseling and Guidance, Pearson education, Inc
- Sharma R N and Sharma R (2004), Guidance and Counseling in India , Pearson education, Inc
- Meg Barker, Andreas Vossler and Darren Langdridge (2010), Understanding counselling and psychotherapy, sage publicatio

Course contents and lecture schedule

Units	Contents	Lecture hours
Unit 1	Introduction	15
1.1	Introduction to psychological measurement, Nature and scope of psychological measurement, Variables and its types-nominal, ordinal, interval, ratio, discrete, and continuous variables, Theory and practice challenges of psychological measurement, Errors in measurement's variables, test's variable, situational variables.	4
1.2	Psychological tests, History, meaning, characteristics, type of tests, principles of psychological testing, interpreting scores, standardized tests, Test construction, steps in test development and standardization.	4
1.3	Concept of reliability and validity, Reliability: Meaning; types; Methods of estimate and factors affecting validity: meaning; Types; procedures and factors affecting.	4
Unit 2	Psycho Diagnostics	15
2.1	Types of psychological tests/Achievement tests, Interest tests, aptitude tests.	4
2.2	Differential testing abilities, Assessment of achievement, interest and values-allport-vernon study.	4
2.3	Standardized achievement test and batteries.	4
Unit 3	Personality Tests	15
3.1	Personality tests (objective tests/projective tests)	4
3.2	Direct observation tests, Assessment of personality.	4
3.3	Projective tests, TAT, Rorschach, SCT	4
Unit 4	Neuropsychological Tests	12
4.1	Assessment of mental and special abilities-Tests of general mental ability, IQ.	4
4.2	Standard-Binet, BKT, Bhatia battery.	4
4.3	Neuropsychological Test, Introduction LNNB, Uses of neuropsychological tests.	4
Unit 5	Psycho social issues	15
5.1	Applications of psychological testing: clinical Organizational and business, Educational counselling, military and career guidance settings.	4
5.2	Measurement of attitudes and interests, scaling techniques.	4
5.3	Ethical Issues in psychological Testing; International guidelines and challenges of cultural applications.	4
	TOTAL NO OF HOURS (15+15+15+15+15)	75

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology

(For those joined B.Sc. Psychology on or after June 2019)

Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS19C64	Counselling and Psychotherapy	Core – XIV	5	-	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
Third	Six	25	75	100

Preamble

This course deals with various theory and practical aspects of counselling and Psychotherapy

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Define the nature and process of counselling and its meaning	K1
CO2	Demonstrate knowledge, self- awareness and skills in working with individuals, groups and communities	K2
CO3	Analyze the different factors and application of counselling and Psychotherapy	K2
CO4	Identify the behaviour and comporment that reflect the values and attitudes of counselling and psychotherapy	K3
CO5	Recognize professional identity, ethical and professional standards followed in counselling and psychotherapy	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S		L	S	L
CO2		S			
CO3	L		S		
CO4				L	M
CO5	M		M		S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit- I: Introduction

Definition – Development and goals- preparation - Counsellor-counselee relationship - counselling process: Steps – purposes of Counselling - goals of counselling, characteristics of effective counselling, Approaches to Counselling: Directive, Non-directive, Psychoanalytic, Humanistic, Reciprocal inhibition technique, Eclectic approach. Application of counselling in various areas.

Unit- II: Psychodynamic therapies and humanistic- existential therapies

Freud's psychoanalysis, Jung's analytical therapy, person- centered therapy, gestalt therapy, transactional analysis, reality therapy, existential therapy, logotherapy.

Unit- III: Cognitive behaviour therapies

Behaviour therapy, rational emotive behaviour therapy, cognitive therapy and multimodal therapy

Unit- IV: Counselling applications

Special areas: Family counselling, students counselling, parental counselling, educational, vocational and career counselling, and pastoral counselling.

Unit- V: Ethical issues in counselling

Professional competence, value, power and role of professional network-Need for Ethical Standards-Ethical Codes and Guidelines- Rights of Clients- Dimensions of Confidentiality-Dual Relationships in Counselling Practices- the Counsellor's Ethical and Legal Responsibilities.

Reference

- Samuel T. Gladding (2013) Counseling: A Comprehensive Profession Pearson education,
- Richard Nelson-jones (2012), Theory and practice of Counseling and Therapy, 5th edition, sage publications
- Gibson L Robert and Mitchel H Marianne (2003), Introduction to Counseling and Guidance, Pearson education, Inc
- Sharma R N and Sharma R (2004), Guidance and Counseling in India , Pearson education, Inc
- Meg Barker, Andreas Vossler and Darren Langdridge (2010), Understanding counselling and psychotherapy, sage publications.
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COUNSELING AND PSYCHOTHEAPY Course contents and lecture schedule

Units	Contents	Lecture hours
Unit 1	Introduction:	15
1.1	Definition – Development and goals- preparation - Counsellor-counselee relationship - counselling process	4
1.2	Steps – purposes of Counselling - goals of counselling, characteristics of effective counselling	6
1.3	Approaches to Counselling: Directive, Non-directive, Psychoanalytic, Humanistic, Reciprocal inhibition technique, Eclectic approach. Application of counselling in various areas.	5
Unit 2	Psychodynamic therapies	15
2.1	Freud’s Psychoanalysis, Jung’s analytical therapy	6
2.2	Person- cantered therapy, gestalttherapy, transactional analysis,	6
2.3	Reality therapy, existential therapy, logo therapy	3
Unit 3	Cognitive behaviour therapies	15
3.1	Behaviour therapy, -Skinner, Pavlov	5
3.2	rational emotive behaviour therapy, Cognitive therapy	5
3.3	Multimodal therapy	5
Unit 4	Counselling applications	15
4.1	Special areas: Family counselling, students counselling	4
4.2	Parental counselling, educational, vocational counselling	5
4.3	Career counselling, and pastoral counselling.	6
Unit 5	Ethical Issue in Counselling	15
5.1	Professional competence, value, power and role of professional network	5
5.2	Need for Ethical Standards-Ethical Codes and Guidelines- Rights of Clients-	5
5.3	Dimensions of Confidentiality-Dual Relationships in Counselling Practices- the Counsellor’s Ethical and Legal Responsibilities.	5
	TOTAL NO OF HOURS (15+15+15+15+15)	75

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS19CE61	Positive Psychology	Core Elective – II	5	-	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
Third	Six	25	75	100

Preamble

Illustrate the theoretical knowledge of positive psychology to lead a healthy life.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Describe on goals and assumptions of positive Psychology	K1
CO2	Demonstrate the ways of cultivating positive emotions for social and psychological wellbeing.	K2
CO3	Exhibit the values of self-control for everyday explanation	K2
CO4	Reveal about the Positive cognitive States and Processes for general well being	K3
CO5	Applying the knowledge of Positive Psychology in day to day living	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	-	L	S	L
CO2	S	S	-	-	-
CO3	L	-	-	M	L
CO4	-	M	-	L	M
CO5	M	-	M	-	S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	52	52	140

Unit I: Introduction

Introduction to Positive psychology: Definition; goals and assumptions; Relationship with health psychology, developmental psychology, clinical psychology. Activities: Personal mini experiments; Collection of life stories from magazines, websites, films etc and discussion in the class.

Unit II: Positive emotions

Positive emotions, Well-being and Happiness -Positive emotions: Broaden and built theory; Cultivating positive emotions; Happiness- hedonic and Euaimonic; Well- being: negative vs positive functions; Subjective well –being: Emotional, social and psychological well-being; Model of complete mental life.

Unit III: Self control

Self-control, Regulation and Personal goal setting. The value of self-control; Personal goals and self-regulation; Personal goal and well-being; goals that create self-regulation; everyday explanations for self-control. Failure problems

Unit IV: Optimism and pessimism

Positive Cognitive States and Processes. Resilience: Developmental and clinical perspectives; Sources of resilience in children; Sources of resilience in adulthood and later life; Optimism- How optimism works; variation of optimism and pessimism; Spirituality: the search for meaning (Frankl); Spirituality and well-being; Forgiveness and gratitude Test: Mental well-being assessment scale; Test: Signature strength.

Unit V: Applications

Applications of Positive Psychology - Positive schooling: Components; Positive coping strategies; Gainful employment -Mental health: Moving toward balanced conceptualization; Lack of developmental perspectives.

Reference Books

- Snyder, C.R. & Lopez, S.J. (2002). Handbook of positive psychology. (eds.). Oxford University Press. New York.
- Carr, A. (2004). Positive psychology, The science of happiness and human strengths. New York: Routledge.
- Singh, A.(2013). Behavioral science: Achieving behavioral excellence for success. New Delhi: Wiley India Pvt ltd.
- Hand book of positive psychology edited by C.R.snyder, and shane J.lopez. published by oxford university press. ISBN-0-19-513533-4.
- Positive psychology second edition by alancarr published by routeledge press

POSITIVE PSYCHOLOGY Course contents and lecture schedule

Units	Contents	lecture hours
Unit 1	Introduction	15
1.1	Introduction to Positive psychology: Definition; goals and assumptions	5
1.2	Relationship with health psychology, developmental psychology, clinical psychology.	5
1.3	Activities: Personal mini experiments; Collection of life stories from magazines, websites, films etc and discussion in the class	5
Unit 2	Positive emotions	15
2.1	Positive emotions, Well-being and Happiness -Positive emotions: Broaden and built theory; Cultivating positive emotions	5
2.2	Happiness- hedonic and Eudaimonic; Well- being: negative vs positive functions	5
2.3	Subjective well –being: Emotional, social and psychological well-being; Model of complete mental life.	5
Unit 3	Self-control	15
i3.1	Self-control, Regulation and Personal goal setting. The value of self-control	5
3.2	Personal goals and self-regulation; Personal goal and well-being; goals that create self-regulation	5
3.3	everyday explanations for self-control. Failure problems.	5
Unit 4	Optimism and pessimism	15
4.1	Positive Cognitive States and Processes. Resilience: Developmental and clinical perspectives; Sources of resilience in children; Sources of resilience in adulthood and later life	5
4.2	Optimism- How optimism works; variation of optimism and pessimism; Spirituality: the search for meaning (Frankl); Spirituality and well-being.	5
4.3	Forgiveness and gratitude Test: Mental well-being assessment scale; Test: Signature strength	5
Unit 5	Applications	15
5.1	Applications of Positive Psychology - Positive schooling	5
5.2	Components; Positive coping strategies; Gainful employment	5
5.3	Mental health: Moving toward balanced conceptualization; Lack of developmental perspectives	5
TOTAL NO OF HOURS (15+15+15+15+15)		75

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS19SE61-A	Life Skills	SEC 2	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
Third	Six	15	35	50

Preamble

This course deals with the psychological aspects of human behaviour in the fields of Human resource, Transactional analysis and Importance of life skills

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Know the Transactional analysis technique	K1
CO2	Describe the psychological theories which can be contributed to behaviour in organization	K1
CO3	Explain the development, implementation, and evaluation of employee recruitment, selection, and retention plans and processes	K2
CO4	Facilitate and support effective employee and labour relations	K3
CO5	Use the knowledge to research and analyse information needs and apply current and emerging information technologies to support the human resource function	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S		L	S	
CO2		S			
CO3	L	L	S	M	L
CO4		M			M
CO5	M		M		S

S-Strong M-Medium L-Low

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	30	30	65

Unit I: SOCIAL SKILLS AND NEGOTIATION SKILLS

Introduction Life Skills: Definition and Importance - Generic, Problem Specific and Area Specific Skills **Self-Awareness** Definition, Types of Self - Self Concept, Body Image, Self Esteem - Techniques used for Self-awareness: Johari Window, SWOT Analysis **Empathy** Sympathy, Empathy & Altruism **Effective Communication** Definition, Functions, Models, Barriers **Interpersonal Relationship** Definition, Factors affecting Relationships

Unit II: THINKING SKILLS

Thinking Nature, Elements of Thought - Types of Thinking - Concept Formation, Reasoning **Creative and Critical Thinking** Definition, Nature, Stages **Problem Solving** Definition, Steps in Problem Solving - Factors Influencing Problem-Solving Decision-Making Definition, Process, Need - Consequences, Models of Decision Making - Goal Setting

References:

- Prakash B. (Ed). (2003). Adolescence and life skills Common Wealth Youth Program, Asian Center, Common wealth Secretariat. New Delhi: Tata McGraw Hill.
- Hurlock, B. Elizabeth (2007). Personality Development, Tata Mc Graw Hill Publishing Company Limited, New Delhi.
- Duffy Grover Karen, Atwater Eastwood, (2008). (8th Edn.), Psychology for Living-Adjustment, Growth and Behaviour Today, Pearson Education Inc, New Delhi.

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS19SE62(B)	Transactional Analysis	SEC 2	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
Third	Six	15	35	50

Preamble

This course deals with the dynamics of Transactional Analysis

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Know the basic language of Transactional analysis	K1
CO2	Realize the dynamics of ego state and how they contribute to maladjustment.	K2
CO3	Identify the situations where TA can be usefully employed	K2
CO4	Apply the Transactional Analysis strategies for establishing a therapeutic contract, de confusing the Child ego state, and re decision	K3
CO5	Recognize the importance of interpersonal communication skills	K3

K1: Knowledge K2: Understand K3: Apply

	PO1	PO2	PO3	PO4	PO5
CO1	S		L	S	
CO2		S			
CO3	L	L	S	M	L
CO4		M			M
CO5	M		M		S

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
Total Marks	30	30	65

Transactional Analysis

Unit I

Introduction. Analysis of Self-awareness – Johari Window: Open, Blind, Hidden, Unknown. Analysis of ego states-Parent ego, Adult ego and Child ego. Analysis of Transactions: Complementary Transactions, Crossed Transactions, Ulterior Transactions.

Unit II

Script Analysis. Analysis of life positions. Stroking, Types of Stroking: Positive Strokes, Negative strokes, Mixed Strokes. Games Analysis, Types of games. Benefits and utility of Transactional Analysis.

Reference

- Berne, E. (1961). *Transactional analysis in psychotherapy*. New York: Grove Press.
- Stewart, I. and Joines, V. (1987). *TA today*. Nottingham: Lifespace Pub.
- Tilney, T. and Dryden, W. (1998). *Dictionary of transactional analysis*. London: Whurr Publishers.

Units	Contents	Lecture hours
Unit 1		15
1.1	Introduction. Analysis of Self-awareness – Johari Window: Open, Blind, Hidden, Unknown.	4
1.2	Analysis of ego states- Parent ego, Adult ego and Child ego	5
1.3	Analysis of Transactions: Complementary Transactions, Crossed Transactions, Ulterior Transactions.	6
Unit 2		15
2.1	Script Analysis. Analysis of life positions. Stroking,	6
2.2	Types of Stroking: Positive Strokes, Negative strokes, Mixed Strokes	6
2.3	Games Analysis, Types of games. Benefits and utility of Transactional Analysis.	3
Total no of hours (15+15)		30

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS19SE62(C)	Human Resource Management	SEC 2	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
Third	Six	15	35	50

Preamble

This course deals with the psychological aspects of human behaviour in the fields of Human resource

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Describe the psychological theories which can be contributed to behaviour in Organization	K1
CO2	Explain the development, implementation, and evaluation of employee recruitment, selection, and retention plans and processes	K2
CO3	Assimilate the process and functioning of Human Recourse Management	K2
CO4	Facilitate and support effective employee and labour relations	K3
CO5	Use the knowledge to research and analyse information needs and apply current and emerging information technologies to support the human resource function	K3

K1: Knowledge K2: Understand K3: Apply

	PO1	PO2	PO3	PO4	PO5
CO1	S		L	S	
CO2		S			
CO3	L	L	S	M	L
CO4		M			M
CO5	M		M		S

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge-K1</i>	40%	40%	40%
<i>Understand-K2</i>	40%	40%	40%
<i>Apply-K3</i>	20%	20%	20%
<i>Total Marks</i>	30	30	65

Human Resource Management

Unit I:

Introduction to HRM- Concept, Importance, History of HRM-Trends Shaping HRM, Important Trends in HRM-Translating HRM Functions into Practice-The Legal and Ethical context of HRM-Manager's Role in HRM- Models of HRM –HR Policies, HR Procedures, HRM Skills, HRM Toolkits, Recruitment, Selection and Placement: Human Resource Planning, Job Analysis-Recruitment-Goals, Sources, Selection-Process, Employment Tests, Interviews, Placement , Training and Development: Employee Orientation- Employee Training-Methods, Employee Development-Methods, Evaluating Training Programmes-Performance management and Appraisal-Coaching, Career Planning-Talent Management –Knowledge Management Compensation: Compensation Administration, Job Evaluation-Concept, Methods, Job Evaluation and the Pay Structure-Incentive Plans-Employees Benefits and Services.

Unit II:

Evolution of Human Resource Planning (HRP)–Contemporary approach to HRP– Process of HRP–Relation between HRP and other HR Functions– Productivity and Cost Considerations—Impact of Technology on HRP—Methods of Job Analysis, Job Description, Job Specification– Skills Analysis/Skill Inventory. Human Resource Planning: Tools, Methods and Techniques—Application of Quantitative Techniques in Forecasting Requirement and Availability of Human Resource

Reference books

- Decenzo and Robbins, Human Resource Management-Prentice Hall of India.
- Garry Dessler and Biju Varkkey, Human Resource Management, Pearson Education, New Delhi.
- Michael Armstrong: Handbook of Human Resource Management, Kogan Page
- V.S.P Rao, Human Resource Management, Text and Cases, Excel Books, New Delhi.
- K. Ghosh, Human Resource Management (with cases), Manas Publications, New Delhi
- T. V. Rao & D. F. Pereira, Recent Experiences in HRD ,Oxford& IBH, New Delhi.

THIAGARAJAR COLLEGE, MADURAI – 9.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2019)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS19PJ61	Experimental psychology III	Practical	2	2	-	3

Year	Semester	Int. Marks	Ext. Marks	Total
Third	Six	40	60	100

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Know the individual differences scientifically	K1
CO2	Develop scientific and experimental attitudes	K2
CO3	Evaluate the psychological traits of a person	K3
CO4	Apply the skills of observation and scientific reporting in psychology	K3
CO5	Apply the process of evolving the strategy or solving the problem	K3

K1: Knowledge K2: Understand K3: Apply

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	L	-	S	M
CO2	S	-	M	L	-
CO3	M	S	S		S
CO4	-	-	-	M	-
CO5	L	M	-	-	-

S-Strong M-Medium L-Low

The Students shall analyse a total number of **NINE** Cases, three from each of the following areas namely Clinical, Industrial and Counselling.

CLINICAL CASES: (3)

Case summary – Demographic Details of the Client – Chief Complaints – Informants – Identifying the needed data and collecting it – Family History – Medical History – Subsidiary Problems – Hypothesis of causes – Actual causes – Diagnosis – Treatment Plan – Follow-up.

INDUSTRIAL CASES: (3)

Summary – Major Problem – Minor Problem – Short- term solutions – Long- term solutions – Answers to the questions.

COUNSELLING CASES: (3)

Case Summary – Data Available – Identifying the needed data and collecting it – Family History – Hypothesizing the causes – Actual causes – Problem Identification – Strategies.

Reference:

- Barki, B. G., & Mukhopadyay, B., (1989): Guidance and Counselling – A Manual, New Delhi: Sterling Publishers.
- Prasad, L. M., (2006): Organizational Behaviour, New Delhi: Sultan Chand & Sons.

THIAGARAJAR COLLEGE, MADURAI – 9.

(Re-Accredited with 'A' Grade by NAAC)

ENVIRONMENTAL STUDIES

(For those joined B.A., B.Sc., B.Com., B.B.A., B.C.A on or after June 2019)

Course Code	Course Title	Category	L	T	P	Credit
U19EVS11	Environmental Studies	AECC1	2	-	-	2

Year	Semester	Int. Marks	Ext.Marks	Total
First	First	15	35	50

Preamble

Students acquire knowledge on the basic concepts, components and importance of environment.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Define the structure and functions of ecosystem	K1
CO2	Explain the benefits of biodiversity conservation	K2
CO3	Summarise the sources, effects and control measures of various types of Pollutants	K1
CO4	Perceive the environment legislations in India for sustainable development.	K3

K1: Knowledge K2: Understand K3: Apply

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge</i>	40%	40%	40%
<i>Understand</i>	40%	40%	40%
<i>Apply</i>	20%	20%	20%

Unit I

Definition and Scope of Environmental Studies – Ecology and Ecosystem – Structure of an Ecosystem – Food chains, food webs and ecological pyramids – Causes of Biodiversity Loss – Benefit and Conservation of Biodiversity

Unit II

Environmental problems and Management: Causes, effects and Control measures of : Air PSollution – Water PSollution – Noise PSollution – Nuclear Hazards. Solid waste management and Waste DisPSOsal methods. Climate change and Global Warming causes

and Measures. Waste and Plastics. Urban environmental problems and measures. Environmental Legislations in India. Sustainable development and Inclusive growth.

Text Book

1. Kanagasabai, C.S. 2005.Environmental Studies. Rasee publishers. Madurai.

Reference Books

1. Yogendra, N. and Srivastava, N. 1998. Environmental Pollution, Ashish Publishing House. New Delhi.
- Sapru R.K.2001. Environment Management in India, Vol. I & Vol. II Ashish publishers house, New Delhi.

THIAGARAJAR COLLEGE, MADURAI – 9.

**(Re-Accredited with 'A' Grade by NAAC)
VALUE EDUCATION**

(For those joined B.A., B.Sc., B.Com., B.B.A., B.C.A on or after June 2019)

Course Code	Course Title	Category	L	T	P	Credit
U19VE51	Value Education	AECC1	2	-	-	2

Year	Semester	Int. Marks	Ext.Marks	Total
Third	Fifth	15	35	50

Preamble

Students acquire knowledge on the basic concepts, components and importance of environment.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Define the structure and functions of ecosystem	K1
CO2	Explain the benefits of biodiversity conservation	K2
CO3	Summarise the sources, effects and control measures of various types of Pollutants	K1
CO4	Perceive the environment legislations in India for sustainable development.	K3

K1: Knowledge K2: Understand K3: Apply

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge</i>	40%	40%	40%
<i>Understand</i>	40%	40%	40%
<i>Apply</i>	20%	20%	20%

Unit I

Self Development – Introduction - Definition and Types of Values – Self Assessment – Values needed for self development - Values needed for family life –Principles of happy living

Character development- Good character – Good relationships - Legendary people of highest character – The quest for character –Developing character -The key to good character.

Unit II:

Positive Thinking and Self Esteem - Types of thoughts - Areas of thinking - Developing thought pattern - External influences on Thoughts - Methods to keep outlook positive – Meaning of Self Esteem – Self empowerment.

Stress free living – Illusions and causes - Symptoms and stages of stress – Self confidence– Role models and leadership qualities – Critical thinking - Communication skills – Happy and successful life.

Reference

Study material / Course material

Values for Excellence in Life|| Compiled by then Curriculum Development Cell Thiagarajar College, Madurai, in collaboration with the Education wing, Brahma Kumaris, Madurai.

விழுமியக் கல்வி

கூறு - 1

சுய முன்னேற்றம்

அறிமுகம் - விழுமியங்களின் விளக்கம் மற்றும் வகைகள் - சுயமதிப்பீடு - சுய முன்னேற்றத்திற்கு விழுமியங்களின் தேவை - குடும்ப வாழ்க்கைக்கு விழுமியங்களின் தேவை - மகிழ்ச்சியான வாழ்க்கைக்கான கொள்கைகள்

பண்பு வளர்ச்சி

நற்பண்பு - நல்லுறவு - உயரிய பண்புகளால் உயர்ந்த பெருமக்களாதல் - பண்புகளைத் தேடல் - பண்புகளை வளர்த்தல் - நற்பண்புகளுக்கான திறவுகோல்.

கூறு - 2

சுயமரியாதையும் நேர்மறைச் சிந்தனையும்

சிந்தனையின் வகைகள் - சிந்தனைப் பகுதிகள் - சிந்தனையை வளர்க்கும் முறை - சிந்தனையில் புறத்தாக்கங்கள் - நேர்மறைப் பண்பை வெளித்தோற்றத்தில் காட்டும்முறை - சுயமரியாதையின் பொருள் - சுய அதிகாரமளித்தல்

அழுத்தமில்லா வாழ்க்கை

பிரமைகளும் காரணங்களும் - அழுத்த நிலைகளுக்கான அறிகுறிகள் - தன்னம்பிக்கை - தலைமைப் பண்பில் முன்னுதாரணங்கள் - விமர்சனச் சிந்தனை - தொடர்புத் திறன்கள் - மகிழ்ச்சி மற்றும் வெற்றிகரமான வாழ்க்கை

Reference

Study material / Course material

**“Values for Excellence in Life” Compiled by then Curriculum Development Cell
Thiagarajar College, Madurai, in collaboration with the Education wing, Brahma
Kumaris, Madurai**

Self Study Paper

Thiagarajar College (Autonomous) :: Madurai – 625 009

SELF STUDY PAPER

(For those joined UG on or after June 2019)

Course Code	Course Title	Category	L	T	P	Credit
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U19SS51	Soft Skills	Self Study Paper	-	-	-	5
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Year	Semester	Int. Marks	Ext.Marks	Total
Third	Fifth	----	100	100

*** Carries Extra 5 credits that do not form part mandatory credits (140) required for completion of the course. Optional paper not compulsory for all UG students.**

Preamble

Prepare the students to develop skills, provide training to face interview .prepare themselves with the right skill-sets and attitude

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level
CO1	Possess a basic idea on the understanding of nature, cause, effect and ways to deal with critical challenges in everyday life	K1,K2
CO2	Overcome the aspects such as Communication barriers, Stress management, Emotions.	K3
CO3	Gain insights into high-in-demand soft skills and prepare themselves with the right skill-sets and attitude	K1,K2
CO4	Develop or take part inteam work, Thinking skills, Creativity and time management.	K3
CO5	Prepare themselves to face different levels of interviews. Develop skills to manage an organization	K3

K1: Knowledge K2: Understand K3: Apply

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
<i>Knowledge</i>	40%	40%	40%
<i>Understand</i>	40%	40%	40%
<i>Apply</i>	20%	20%	20%

Unit - 1

Self Awareness (Concept of Self-esteem, Positive and Negative self esteem)
 Motivation (Nature and types, Factors enhancing and affecting Motivation, Needs and Drives) (Creativity Introduction, Nature of Creativity, Stages of Creativity, Enhancing Creativity, Verbal and Non Verbal Creativity) Values and Ethics (Nature and Significance, Values, Ethics, Work Ethics, Character building, Manners and Ethics)

Self Management (Self management skills and Social Competency, Social Competency Behaviour, Value Orientation, Life goals)

Unit 2

Communication and Thinking Communication (Definition, Types, Styles, Culture and Communication); Thinking (Nature, Types, Problem Solving, Proactive thinking, Positive Thinking, Assertiveness)

Unit 3

Emotions (Nature of emotions, Emotional Intelligence and its strategies, Attachment, Love, Happiness, Introduction to Anger – Causes, Types, Functions and Consequences, Anger management)

Stress (Nature of stress, Relation between Demands and Coping, Types and Causes, Effects and Indicators, Management of Stress, Time management and Stress reduction)
Empathy (Definition, Nature and Factors enhancing empathy)

Unit4

Excelling through a placement process(Resume writing; Taking a written test; Group discussion – Need, Types, Tips and techniques; Interview handling – Tips and Techniques)

Unit 5

Being effective in an organisation

50 rules of work, Professional Etiquettes and Mannerism, Building relationship within an organisation, Communication skills, Working in teams, Managing conflicts, Effective negotiation skills, Problem solving using creativity.

Text book

1. Life Skills for Success – AlkaWadkar – 2016 Edition SAGE | TEXTS
Sagepublishing.com
2. Campus to Corporate – Roadmap to Employability – Gangadhar Joshi – 2015 Edition
SAGE | TEXTS Sagepublishing.com

Reference textbook

- 1 ACE of Soft skills – Gopalaswamy Ramesh and Mahadevan Ramesh, Pearson
Publication
- 2 Bridging the soft skills gap – Bruce Tulgan – 2015 Edition – Wiley Publication

B.Sc. PSYCHOLOGY

Assessment values of course learning outcomes and their mapping with program specific outcomes (PSOs)

Title of the Course	PSO1	PSO2	PSO3	PSO4	PSO5
Major Papers					
Basic Psychological Processes	11	6	4	7	10
Health Psychology	8	6	7	6	3
Physiological Psychology	8	8	9	6	3
Advanced Psychological Processes	11	8	3	8	8
Social Psychology	7	4	3	7	3
Experimental Psychology-I	8	9	8	5	5
Educational Psychology	6	4	7	6	6
Developmental Psychology -I	9	5	9	3	6
Rehabilitation Psychology	3	6	6	6	5
Developmental Psychology -II	7	6	4	6	8
Statistics and Research Methodology	8	10	6	3	3
Experimental Psychology-II	7	6	5	4	9
Abnormal Psychology-1	11	6	5	8	6
Criminal Psychology	6	4	7	6	6
Organizational Behaviour	5	4	6	8	5
Marketing and consumer behaviour	6	5	5	5	6
Gender Psychology	8	8	9	6	3
Abnormal Psychology-II	6	7	5	6	4
Sports Psychology	11	6	5	8	6
Psychological Assessment	8	6	5	6	4
Counselling and Psychotherapy	6	3	6	4	6
Positive Psychology	9	5	3	6	7
Experimental Psychology-III	8	6	5	6	5

AECC/ NME/ SEC Papers					
Environmental Psychology	6	6	8	7	6
Family Therapy	8	5	6	6	7
Stress and Stress Management	5	9	6	5	2
Basics of computer applications/ Internet Security/Social Media Psychology	7	8	5	4	4
Counselling and Guidance	3	5	7	5	7
Value Education					
Life skills/ Transactional analysis/ Human Resource Management	6	6	6	5	6