

BHARATHIAR UNIVERSITY: COIMBATORE- 46
DEPARTMENT OF PSYCHOLOGY
M.Sc. APPLIED PSYCHOLOGY

(For the candidates admitted from the academic year 2016-17 onwards)

SCHEME OF EXAMINATION –CBCS PATTERN

Sem	Faculty (Revamping and Development)	Subject	Class Hours	University Examination				
				Internal	External	Total	Credit	
I	11PSYBC01	Research Methodology and Statistics	4	25	75	100	4	
	11PSYBC02	Elements of Health Psychology	4	25	75	100	4	
	11PSYBC03	Organizational Behavior	4	25	75	100	4	
	11PSYBC04	Cognitive Psychology	4	25	75	100	4	
	11PSYBC05	Practical - I	4	25	75	100	4	
	11PSYBGE01	Elective Courses	4	25	75	100	4	
		Supportive Courses	2	12	38	50	2	
II	11PSYBC06	Essentials of Social Psychology	4	25	75	100	4	
	11PSYBC07	Personality Theories and Application	4	25	75	100	4	
	11PSYBC08	Human Resource Management	4	25	75	100	4	
	11PSYBC09	Bio Psychology	4	25	75	100	4	
	11PSYBC10	Perspectives in Counseling Psychology	4	25	75	100	4	
	11PSYBC11	Practical - II	4	25	75	100	4	
	11PSYBGE02	Elective Courses	4	25	75	100	4	
		Supportive Courses	2	12	38	50	2	
	III	11PSYBC12	Perspectives In Psychopathology	4	25	75	100	4
		11PSYBC13	Psycho Diagnostics	4	25	75	100	4
11PSYBC14		Psychotherapeutics	4	25	75	100	4	
11PSYBC15		Organization Development	4	25	75	100	4	
11PSYBC16		Practical-III	4	25	75	100	4	
11PSYBGE03		Elective Courses	4	25	75	100	4	
		Supportive Courses	2	12	38	50	2	
IV		Project Work/ Clinical/Industrial Practicum				200	8	
	Total					2250	90	

CORE COURSE-I
PSYBC01- RESEARCH METHODOLOGY AND STATISTICS

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: Basics of Research

Research Methodology: Meaning, Objectives, Types of Research, Significance of Research, Steps – Choosing a research question, Choosing a research method, planning the research and executing the research.

Research Question: Choice of a Problem – The Literature Review –Use of Internet

Ethics in Research: APA Ethics Code – Responsibility, Protection from Harm, Informed Consent, Privacy and Freedom from Coercion, Deception, Debriefing, Role of Research Participant, Ethics in Scientific Writing.

Unit II- Variables and Hypotheses

Variables: Types of Variables – Dependent and Independent Variables, Confounded Variables, Quantitative and Categorical Variables, Continuous and Discrete Variables

Measurement: What is measurement? Types of Measurement Scales, Comparison of the Scales, Measurement and Statistics- Reliability and Validity of Measurements

Hypotheses: Testing hypotheses, Dealing with uncertainty in hypothesis testing, Type I and Type II Errors, Alpha and Statistical Significance, Effect Size

Unit III: Non-Experimental Methods

Observational Research: Naturalistic Observation, Participant Observation. **Interviewing. Focus Groups. Diary and Narrative Methods.**

Survey Research: Designing a questionnaire, Administering the questionnaire, **Sampling-** Steps in Sampling Design, Types of samples, probability samples and random selection. **Important guidelines for non-experimental designs.**

Unit IV: Experimental Methods

Single-Factor Designs: True experiments; Factors, Levels, Conditions and Treatments, Within-Subjects Designs, Between-Subjects Designs, Some designs to avoid.

Factorial Designs: Simple factorial Design, Main effects, Interactions, Within-Subjects, Between-Subjects and Mixed Designs, Some representative factorial designs.

Unit V: Analysis of Data and Writing in Psychology

Quantitative Analysis: Measures of Central Tendency, Measures of Dispersion, Measures of Asymmetry (Skewness), Measures of Relationship, Partial Correlation, Simple Regression, Student t-test, One way ANOVA, Two-way ANOVA, Reporting of Statistics in APA style

Qualitative Analysis: Interpretative Phenomenological Analysis, Grounded Theory, Content Analysis

Writing in Psychology: General guidelines, Avoiding Sexism and Ethnic Bias in Writing, The Parts of a Paper, Documenting your paper, Steps in Publication Process, Oral Presentations, Poster Presentations.

References:

1. *Research Methods in Psychology*. (2012). G.M.Breakwell, J.A.Smith, &D.B.Wright (Eds.), 4th Edt., NY: Sage Publication.
2. McBurney, D.H. & White, T.L. (2007). *Research Methods*. Delhi: Thomson.
3. Singh, A.K. (2006). *Tests, Measurements and Research Methods in Behavioral Sciences*.(5th Edition). Patna: BharatiBhawan.

CORE COURSE-II

PSYBC02- ELEMENTS OF HEALTH PSYCHOLOGY

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I

The Field of Health Psychology Definition and Focuses of Health Psychology - Health - Health Psychology - Wellness - Homeostasis - Historical perspectives on Health and Healing - Dimensions of Health and Wellness - Emotional, Intellectual, Spiritual, Occupational, Social and Physical - Models of Health: Medical, Environmental, Holistic - Biopsychosocial and Biomedical Model.

Factors Influencing Health Mind and Body Relationship - Genetic - Environmental and Behavioral Factors - Health Habits - Primary Prevention - The Changing Health Behaviors: Demographic Factors - Age - Values - Health Locus Control - Social Influence - Personal Goals - Perceived Symptoms - Access to the Health care Delivery System - Cognitive Factors - Instability of Health Behavior - Socialization - Teachable Movement - Window of Vulnerability - Attitude Change and Self Efficacy on Health Behaviors.

Unit II

General Approaches to Health Models and Theories of Health - The Health Belief Model - The Stages of Change Model - The Precaution Adoption Process Model (PAPM) - Theory of Planned Behavior (TPB) - Theory of Reasoned Action (TRA) - The Social Cognitive Learning Theory.

Psychological Approaches to Health Psycho Dynamic - Behavioral - Big Five Personality Traits - Type A, B, C, and D Personality Factors - Hostility - Impulsivity - Self-Efficacy - Attitude Change - Motivational Cues for Health.

Unit III

Health Enhancing Behaviors Meaning Definition and Benefits of Exercise - Types of Exercise - Choosing the Right Exercise - Biopsychosocial Perspective - Biological, Psychological and Sociocultural factors on inactivity - Factors promoting Exercise Behavior.

Eating Behavior and Health Meaning and Definition of Food - Functions of Food - The Seven Components of Food - Dietary Supplements - 2000 Calorie Food Pattern - The Healthy Eating Pyramid - Healthy Eating Behavior - Healthy Body Size.

Maintaining Healthy Weight Meaning and Definition of Healthy Weight - Obesity - Body Mass Index - Energy Balance - Popular Weight loss Program - Sensible Weight Management - Dieting and Eating Disorders: Yo-Yo Dieting, Crash Diets and Fad Diets - Obesity - Anorexia nervosa and Bulimia nervosa - Weight Management Programs.

Unit IV

Healthy Relationships Sexuality - Physical and Psychological Dimensions of Sexuality - Sexual Orientations - The Relationships Dimension of Sexuality: The Life-Cycle of Intimate Relationships - Developing Intimacy - Establishing Commitment - Endings in Relationship - Communicating in Intimate Relationships - Sending clear Messages - Effective Listening - Expressing Anger Constructively.

Health Compromising Behaviors Smoking - Tobacco and Its Biological and Psychological Effect - Smokeless Tobacco - Tobacco Related Damage to Health - Effects of Parental Smoking on Children - Lung Cancer - Heart Disease and Bronchitis - Tobacco's Effects on Non Smokers - Reasons for Smoking - Quitting Smoking and Related therapies - **Alcohol** Alcoholism and Problem Drinking - The Phases of Alcoholism - Biological Psychological and Social effects of Alcohol Use and Abuse - Interventions for Alcoholism

Unit V

Stress and Coping Stress - Stressors - Physiological and the Psychological Reactions to Stress - Theories of Stress by Walter Cannon and Hans Selye - Coping with Stress - Problem Focused, and Emotional Focused - Stress Management Techniques - Progressive Muscle Relaxation - Massage therapy - Self help and Professional help - Religious and Spiritual Orientations - Stress Inoculation Training - Biofeedback - Redefinition and Guided Imagery.

Heart Disease and Health Understanding of Cardiovascular Disease - Biological and Psychosocial Risk factors for Cardiovascular Disease - Diet and Cardiovascular Disease - Primary, Secondary and Tertiary Prevention and Control of Cardiovascular Disease -

Reference Books

1. Gordon, E. and Eric, G.(2010). Health and Wellness (10th Ed.). Boston. Jones and Bartlett Publishers.
2. Margaret, K. Snooks (2009). Health Psychology: Biological, Psychological, and Sociocultural Perspectives. Boston. Jones and Bartlett Publishers.
3. Shelley E. Taylor (2012). Health Psychology (7th Ed.). New Delhi: Tata McGraw Hill Edition.

CORE COURSE – III
PSYBC03-ORGANIZATIONAL BEHAVIOUR

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: Need and Importance of Organizational Behaviour

Definition, Need and Importance of Organizational Behaviour – Nature and Scope – Management Roles – Management functions – Management Skills - Challenges and Opportunities for Organizational Behaviour - Contributing Disciplines to the Organizational Behaviour – Organizational Behaviour Models

Unit II: Foundations of Individual Behaviour:

Perception: Person Perception – Shortcuts in Judging Others-Interpersonal Perception- Its applications,

Attitudes: Sources of Attitudes and its Application

Personality – Personality Determinants – Dimensions of Self Concept- Personality Traits - Matching Personality and Jobs types – Traits relevant to Work Behaviour

Unit III: Learning, Motivation and Job Satisfaction

Learning: Theories of Learning, Shaping-Schedules of Reinforcement-Its Organizational Applications

Basic Motivation Concepts: Theories of Motivation – Content Theories: Maslow, Herzberg, Alderfer, McGregor, McClelland, Process Theories: Vroom, Porter and Lawler's Expectancy Model, Adams Equity Model, Skinners Reinforcement Model, Goal Setting Theory – Applications of Motivation Theory MBO – Employee recognition and involvement program

Unit IV: Foundations of Group Behaviour

Types of Groups – Models of Group Development- External Conditions Imposed on the Group – Group Structure – Group Process – Group Decision Making Group Think and Group Shift – Inter group Relations - Methods for Managing Inter-group Relations

Types of Teams – Models of Team Effectiveness – A developmental Model – A Systems Model Team Building

Conflict Process: Types of Conflicts - Conflict management Techniques – Functional and Dysfunctional Outcomes of Conflict

Unit V: Dynamics of Organizational Behaviour:

Communication Process – Barriers to Effective Communication - Directions of Communications – Non-verbal Communications

Leadership Theories: Personality Trait Theories – Behavioral Styles – Situational and Contingency Style - Transformational Leadership - Sources of Power

Change Process: Forces for Change – Resistance to Change – Overcoming Resistance to Change - Approaches to Management Organizational Change- Implementing Successful Change- Organizational Development Intervention Strategies

Reference Books

1. Stephen P. Robbins, “Organizational Behavior”, Prentice Hall of India, 9th edition, 2006.
2. Hellriegel, Slocum and Woodman, “Organizational Behavior”, South-Western, Thomson Learning, 9th edition, 2004.
3. Fred Luthans, “Organizational Behavior”, McGraw Hill Book Co., 2005.
4. New Strom & Davis, “Organizational Behaviour”, McGraw Hill, 2004
5. Jaffa Harris and Sandra Hartman, “Organizational Behaviour”, Jaico, 2003.
6. Jit S.Chand, Organizational Behavior, Vikas Publishing House Pvt. Ltd. 2nd edition, 2001

CORE COURSE-IV PSYBC04-COGNITIVE PSYCHOLOGY

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: The Nature, History and Cognitive Neuroscience

What is Cognitive Psychology? – Cognitive Psychology: Definition and domains- Roots of Cognitive Psychology – Conceptual Science and Cognitive Psychology.

Cognitive Neuroscience: Cognitive Psychology and Neuroscience, the Nervous System – the Neuron – the brain – Anatomy of the Brain, Neurophysiologic Sensing Techniques – MRI – EPI – CAT scan – PET scan, a tale two hemispheres – Cognitive Psychology and Brain Science - **Application:** Cognitive style and cognitive map.

Unit II: Perception, Attention, Patter Recognition and Consciousness

Introduction: Perception and Attention – Sensation and Perception – Perceptual Span – Iconic Storage – Echoic Storage- Functions of sensory stores – Attention – Processing capacity and selective attention – Auditory signals- Models of selective attention- Visual attention- Automatic processing- The neurocognition of attention – Human Brain and Attention - PET.

Patter Recognition: Perceptual theories: Template-matching theory – Feature detection theory – Independent confirmation of feature analysis – Gestalt theory - Canonic perspectives- Prototype matching, Pattern recognition – The role of the perceiver. Application: of (feature analysis, template matching, prototypes) in Bottom-Up Top-Down and Pandemonium in visual processing

Consciousness: Explicit and implicit memory – Research with primes – Neuro Cognitive studies – Sleep and Amnesia – Modern theories of consciousness – Baars’ global workspace theory – Functions of consciousness.

Unit III: Memory Structure and Processes

Short term memory – Neurocognition and STM – working memory – Capacity of STM – The coding of Information in STM – Retrieval of Information from STM - Long term memory: Neurocognition and LTM – LTM Storage and structure – Very long –Term Memory – Autobiographical Memories – Fallibility of Memory and Eyewitness Identification.

Theories and Neurocognition: Neurocognition of Memory – Two Memory Stores – Models of Memory – levels of Processing – Self-Reference Effect – Episodic and Semantic Memory Rumelhart – Tulving – McClelland.

Mnemonics and Experts: Mnemonic System – Experts and Expertise

Unit – IV: Mental Representations: Memory and Imagery

The Representation of Knowledge: Semantic organization –Associationist approach Semantic memory model – Set theoretical model – Semantic feature – Comparison model – Network model – Propositional model networks. Representation of Knowledge – Neurocognitive consideration – Connectionism and the Representation of Knowledge. Mental Imagery: Imagery and Cognitive Psychology – Neurocognitive Evidence – Cognitive Maps Storing – Retrieving –Retrieval from working and permanent memory – Theories of retrieval – Forgetting.

Cognitive development: life-span development – Developmental Psychology – Neurocognitive Development – Comparative Development – Cognitive Development- Assimilation and Accommodation: Piaget – Mind in Society: Vygotsky – Vygotsky and Piaget – Early Neural Development – Environment and Neural Development – Intelligence and ability – Development of Information Acquisition Skills- Higher-Order Cognition in Children – Prototype Formation among Children.

Unit V: Thinking, Problem Solving, Creativity and Decision Making

Thinking - Concept formation – Logic – Decision Making - Problem solving – Gestalt Heritage – Problem solving approaches – Algorithm - Heuristics - Definition of creativity – Process – Barriers on creativity – Human intelligence – Artificial Intelligence – AI and PDP – Machines and Mind – Perception and Artificial Intelligence – Language and Artificial Intelligence.

Reference Books:

Solso, R. L. (2004). Cognitive Psychology (6th ed). Delhi: Pearson Education
Best, J. B. (1999). Cognitive Psychology. USA: Wadsworth Publishing Co.
Eysenk, W. M and Keane, M. T. (2005) Cognitive Psychology: A Student's Handbook (5th ed) Psychology press. UK.

CORE COURSE – V PSYBC05-PRACTICAL - I

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Experiments Related to Research Methodology and Statistics

1. Survey Research
2. Experimental Research
3. Computing a t test
4. Computing correlation
5. Computing regression
6. Computing ANOVA

Experiments Related to Health Psychology

6. Stress Assessment Questionnaire
7. Quality of Life Index Questionnaire
8. Subjective Well Being Questionnaire
9. General Health Questionnaire
10. Student's Alcohol Syndrome Questionnaire

Experiments Related to Organizational Behaviour

11. Conflict Management Styles
12. Need Hierarchy - Motivation Questionnaire
13. Power Orientation Questionnaire – Identification of Power Bases
14. Leadership Style Questionnaire – Managerial Grid
15. McGregor's Theory X and Y Questionnaire

Experiments related to Cognitive Psychology

16. Laterality – left and right hemisphere specialization
17. Stroop Effect
18. Decision Making Exercise
19. Short term and Long Term Exercises
20. Cognitive Style Questionnaire
 - This list is suggestive
 - A minimum of 12 experiments/exercises must be completed

CORE COURSE –VI ESSENTIALS OF SOCIAL PSYCHOLOGY

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I

The Genesis and Focus of Social Psychology Definition - Origin and Development of Social Psychology - Modern Trends in Social Psychology - Cognitive - Multicultural - Evolutionary - Neuroscience - Implicit processes and Social Diversity. **Social Perception** Non-Verbal Communication - Basic Channels - Gazes and Stares - Body Language and Touching - Recognizing Deception - Individual Differences. Attribution: Meaning - Theories - Jones and Davis Theory - George Kelly's Theory - Weiner's Theory - Impression Formation and Impression Management.

Social Cognition Definition - Schemas and Prototypes - Heuristics - Types of Heuristics - Errors in Social cognition: Negativity bias - Optimistic bias - Counterfactual thinking - Thought suppression - Limits on Abilities.

Unit II

Attitudes and Human Behavior Nature and Functions of Attitudes - Formation of Attitudes: Social Learning - Direct Experiences and Genetic Factors - Attitudes Influence Behavior - Persuasion - Process of Changing Attitudes - Traditional and Cognitive approaches - Other factors affecting Persuasion - Resistance to Changing Attitudes - Reactance - Forewarning - Selective avoidance - Actively defending and Inoculation - Cognitive dissonance.

The Aspects of Self Identity Definition - Possible Self - Self Concepts - Self awareness - Self-Esteem - Self Focusing - Self Monitoring - Self Efficacy - Self Presentation - Self Regulation - Gender Identity - Gender Consistency - Sex Typing and Psychology of Androgyny.

Unit III

Prejudice and Discrimination Definition - Nature and Origin of Prejudice - Direct Intergroup Conflict - Early Experiences - Social Categorization - Cognitive sources of Prejudice - Modern Racism - Priming - Discrimination: Bonafide pipeline and Exposure Techniques for Minimizing Prejudice: Learning Not to Hate - Direct Intergroup Contact - Re-Categorization - Cognitive Interventions.

Interpersonal Attraction Definition and Nature of Interpersonal Attraction - Internal Determinants of Attraction: The Need to Affiliate - The Basic Role of Affect - External Determinants of Attraction: The Power of Proximity and Observable Characteristics - Interactive Determinants of Attraction: Similarity - Complementarities and Mutual Liking - Interdependent Relationships: Close Relatives - Friendships - Loneliness - Romantic Relationships - Theories of Love - Marital Relationships - Success and Failure of Marriage.

Unit IV

Social Influence Definition - Conformity - Classical Conformity Studies: Sherif's - Asch's and Milgram's studies on conformity - The Factors Affecting Conformity: Cohesiveness - Group Size - Type of Social Norm - Bases of Conformity - Need for Individual - Minority Influence. Compliance: Ingratiation - Foot in the Door and The Low ball - The Door in the Face and That is Not All - Fast Approaching and Deadline Technique - Scarcity - Obedience to Authority.

Pro-Social Behavior Definition - Basic Concepts - Empathy - Altruism - Reasons for Helping - Empathy Altruism Hypotheses - Negative State Relief Model - Empathic Joy Hypotheses and Genetic Determinism - Responding to an Emergency - Bystander Effect - Diffusion of Responsibility - Heroism - Five Steps in Helping Vs Not Helping - External and Internal Influences on Helping Behavior: Situational Factor - Emotional Personality Disposition - Altruistic Personality - Motives for Volunteering.

Unit V

Nature of Aggression Definition - Theories: Instinct - Biological - Drive - Social Learning and Cognitive - Personal Causes: Type A Behavior - Hostility - Irritability - Gender - Social Causes - Frustration - Direct Propagation - Exposes to Media Violence - Height End Arousal - Spiritual Arousal - Sexual Jealousy - Situational Causes - Child Maltreatment - Work place Violence - Bullying - Prevention and Control of Aggression - Punishment - Cognitive Interventions - Catharsis Training in Social Skills and Forgiveness.

Groups and Individual Behavior Definition - Nature and Function of Groups - The benefits and Costs of Working with others - Social Facilitation - Social loafing - Deindividuation - Group Polarization - Groupthink - Individuals Influence on Group - Perceived Fairness in groups - Decision Making by Groups.

Reference Books

1. Baron R. A. Byrne D. and Branscombe N.R. (2009). Social Psychology (11th Ed.). New Delhi, Prentice Hall.
2. **Elliot Aronson, Timothy D. Wilson and Robin M. Akert**, (2010). Social Psychology, (7th Ed.), Pearson Publishing.
3. Feldman R.S. (2000) Social Psychology (3rd Ed.). New Jersey: Prentice Hall, Inc.,
4. Myers D. G (2006). Social Psychology. New Delhi: Tata McGraw Hill Publishing.

CORE COURSE-VII

PERSONALITY THEORIES AND APPLICATION

MAXIMUM MARKS: 100 (External 75+ Internal 25)

Unit I: Personality : Concept and Assessment

Three levels of Personality Analysis – Human Nature, Individual and Group Differences, Individual Uniqueness. **A fissure in the field** – Grand theories of Personality, Contemporary Research in Personality. **Six Domains of Knowledge about Human Nature:** Dispositional Domain, Biological Domain, Intrapsychic Domain, Cognitive-Experiential Domain, Social and Cultural Domain, Adjustment Domain. **Standards for evaluating personality theory**

Sources of Personality Data: Self-Report Data (S- Data), Observer-Report Data (O-Data), Test-Data (T-Data), Life-Outcome Data (L-Data). **Issues in**

Personality Assessment. Evaluation of Personality Measures: Reliability, Validity, Generalizability. **Research Design:** Experimental Methods, Correlational Studies, Case Studies.

Unit II: Dispositional Domain and Biological Domain

What is a Trait? **Two Basic Formulations:** Traits as Internal Causal Properties and Traits as Purely Descriptive Summaries. **Identification of the Most Important Traits:** Lexical Approach, Statistical Approach, Theoretical Approach. **Taxonomies of Personality** - Eysenck's Hierarchical Model of Personality, Cattell's Taxonomy: The 16 Personality Factor System, Five-Factor Model.

Sheldon's Physiological Approach to Personality. Physiological Measures Commonly Used in Personality Research: Electrodermal Activity (Skin Conductance), Cardiovascular Activity, Brain Activity, Other Measures. **Physiologically Based Dimensions of Personality:** Extraversion-Introversion, Sensitivity to Reward and Punishment, Sensation Seeking, Neurotransmitters and Personality, Morningness-Eveningness, Brain Asymmetry and Affective Style.

Unit III: The Intrapsychic Domain

Psychoanalytic Approaches to Personality: Fundamental Assumptions of Psychoanalytic Theory. Structure of Personality. Dynamics of Personality. Psychosexual Stages of Personality Development. Personality and Psychoanalysis. Carl Jung: Analytical Psychology. Alfred Adler: Individual Psychology.

Psychoanalytic Approach – Contemporary Issues: The Neo-Analytic Movement, Ego Psychology, Object Relations Theory. **Motives and Personality:** Basic Concepts – Need and Press. Apperception and the TAT. The Big Three Motives – Achievement, Power, Intimacy. Humanistic Tradition: The Motive to Self-Actualize – Maslow and Roger's Contribution.

Unit IV: Cognitive/Experiential Domain and Social Domain

Personality revealed through Perception- Field dependence. **Personality revealed through Interpretation** - Kelly's Personal Construct Theory, Locus of Control, Learned Helplessness. **Personality revealed through Goals** - Personal Projects Analysis - Life Tasks, Goals, and Strategies.

Approaches to the Self: Descriptive Component of the Self-Self Concept. Evaluative Component of the Self- Self-Esteem. Social Component of the Self: Social Identity.

Social Domain - Sex, Gender And Personality : Science and Politics of Studying Sex and Gender, Gender Differences in Personality, Masculinity, Femininity and Androgyny, and sex roles, Theories of Sex Differences.

Unit V: Facets of Personality and Eastern Approaches to Personality

Skinner: Operant Conditioning. **Albert Bandura:** Observational Learning. **Julian Rotter:** Locus of Control. **Marvin Zuckerman:** Sensation Seeking. **Martin E. P. Seligman:** Learned Helplessness and the Optimistic/ Pessimistic Explanatory Style. **Maslow-** Transpersonal Psychology

Yoga and the Hindu Tradition –Major concepts, Dynamics and Structure. **Zen and the Buddhist Tradition** – Major Concepts, Dynamics and Structure. **Sufism and the Islamic Tradition** – Major Concepts, Dynamics and Structure. **Integral Psychology** – Basic Concepts and Model of Being. **Probabilistic Orientation** – Basic Postulate and Seven Factors.

Reference Books

1. Randy.J.Larsen and David.M.Buss. (2005). Personality Psychology – Domains of Knowledge about Human Nature. Second Edition.
2. Robert Frager and James Fadiman. (2005). Personality and Personal Growth. Sixth Edition. New Delhi: Pearson
3. A.S.Dalal (Ed.). (2004).Living Within – The Yoga Approach to Psychological Health and Growth, Selections from the Works of Sri Aurobindo and the Mother. Sri Aurobindo Ashram, Pondicherry.
4. Narayanan, S. & Annalakshmi, N. (2001). The Probabilistic Orientation of Personality. In Cornelissen, Matthijs (Ed.) *Consciousness and Its Transformation*. Pondicherry: SAICE. Also available in <http://www.ipi.org.in/texts/ip2/ip2-4.1-.php>

CORE COURSE-VIII
HUMAN RESOURCE MANAGEMENT
MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: Key Human Resources Concepts

Strategic Role of Human Resources and the HR Scorecard: Nature of HRM, Scope of HRM, Systems Approach to HRM, Traditional HR vs. Strategic HR, HRM in the new Millennium

HRM Human Resources Planning: Process of Human Resource Planning, Responsibility for HRP, Effective Human Resource Planning

Unit II: Determining, Attracting and Selecting Human Resources:

Job Analysis: Uses of Job Analysis, Process of Job Analysis, Methods of Collecting Job Analysis, Job Description, Job Specification, Role Analysis

Job design and Quality of Work Life: Techniques for Designing Jobs

Recruiting Human Resources: Sources of Recruitment, Methods of Recruitment, Recruitment – Indian Experiences

Employee Testing and Selection: Types of Tests, Tests as Selection Tools

Interviewing Candidates: Types of Interview, Interview Process, Reference Checks

Unit III: Developing Human Resources:

Appraising and Managing Performance: Performance Appraisal Process, Methods of Performance Appraisal, 360 degree Feedback System, Problems with Performance Appraisal

Training and Developing Employees: Need for Training, Systematic Approach to Training, Types of Training, Training Methods, Evaluation of Training

Career and Succession Planning: Concept of Career, Career Stages, Career Planning, Career Development, Succession Planning

Unit IV: Rewarding Human Resources:

Employee Compensation,: Objectives of Compensation Planning, Compensation of Pay Structure, Factors Influencing Compensation Levels

Financial Incentives and Employees Benefits and Services: Statutory and Non-statutory benefits, Incentive Plans, Individual Incentives, Group and Team Based Incentive Plans, Fringe Benefits, Establishing Strategic Pay plans,

Unit V: Recent Trends and Practices in Managing Human Resources

Participation and Empowerment: Forms of Participation, Alternative Approaches to Participation, Prospects of Empowerment

International Human Resources Management: Pressures of Globalization, Cultural Differences and HRM, International Recruitment Policy, International Selection Criteria, International Training and Development, International Compensation.

Reference Books:

1. Rao V.S.P “Human Resources Management: Text and Cases”, Second Edition, Excel Books New Delhi 2007
2. Gary Dessler, “Human Resources management”, Tenth Edition, P\Pearson-Prentice Hall, New Delhi, 2005
3. David A DeCenzp and Stephen P Robbins, “Personnel and/Human Resource Management”, Third Edition, New Delhi 2004
4. Raymond J. Stone, “Human Resources Management”, John Wiley & Sons, New York 2005

**CORE COURSE -IX
BIO PSYCHOLOGY**

MAXIMUM MARKS: 100 (External 75+ Internal 25)

Unit 1: Introduction to Neuron and Nervous System

Bio Psychology- Historical Foundations- Neuron- Anatomy- functions- Synapse- Neural conduction and Synaptic Transmission
Research Methods in Biopsychology- Methods of visualizing human brain- CT- MRI- PET- fMRI- Recording human psycho physiological activity- muscle tension- eye movement- skin conductance- cardiovascular activity- Invasive physiological research methods- stereotaxic surgery- lesion methods- electrical stimulation- Pharmacological methods

Unit 2: Brain and its functions

Nervous system- Classification- anatomy of ANS- functions of ANS- Reflex plan of the central Nervous System
Parts of Brain- Functions of the major parts of the brain- Functional anatomy of the cerebral cortex- supporting and nourishing tissues in the CNS Functional organization of the brain- neocortex-reticular and projection systems- limbic system- hypothalamus- Cerebral metabolism- CNS- circulation- Blood Brain- Barrier- neuro secretion

Unit 3: Endocrine Glands

Characteristics- Major endocrine gland-hormone characteristics- mechanisms of hormone functions- Physiology behind Vision and audition

Unit 4: Physiology behind sensory systems

Physiology behind Somatosensory system- touch and pain- chemical senses- Smell and taste- olfactory system- gustatory system

Unit 5: State of Consciousness, Motivation and Emotion

States of Consciousness- physiological and psychological states- sleep and activation- attention and vigilance- meditation
Physiology behind Motivation- hypothalamic centers- regulation of thirst- hunger and sex drives- neural mechanism of reward and punishment- Neural mechanism in Emotion

References:

1. Leukel, F. (2002). Introduction to Physiological Psychology 3rd edition, New Delhi: CBS Publishers and Distributors Private Limited.
2. Pinel, J. P.J. (2014). BioPsychology, 9th Edition, New Jersey: Pearson

CORE COURSE-X
PERSPECTIVES IN COUNSELING PSYCHOLOGY
MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I

Origin and Scope of Counseling Meaning and Definition of Counseling - Meaning of Advice, Direction and Guidance - Aims and Objectives of Counseling - Elements of Counseling - Levels of Counseling - Helping Relationship - Types of Counseling - Directive and Non-Directive methods of Counseling - Peer Counseling.

Structure of Counseling Preparation for Counseling - Counseling Relationships - The Content and Process of Counseling - Steps in Counseling Process - Counseling Interactions - Factors affecting the Counseling Process - Skills needed for the Counselor - Effective Counselor - Qualities of a Good Counselor - Types of Counselor - Factors of Counselee.

Unit II

Early Theories of Counseling Psychoanalytic Theory - Adlerian Theory - Gestalt Theory - Behavioristic Theory - Cognitive Behavioristic Theory - Humanistic and Existential Theories - Transpersonal Theories - Person Centered Theory - Social and Cultural Theories.

Contemporary Theories of Counseling Reality Theory - Feminine Theory - Transactional Analysis - Eclectic Theory - Post Modern Theory - Multicultural and Integrated Theories.

Unit III

Individual Counseling Meaning and Definition of Individual Counseling - Nature of Individual Counseling - Process of Individual Counseling - Benefits of Individual Counseling - Grief Counseling - Counseling for Stressful Life Events.

Group Counseling Meaning and Definition of Group Counseling - Nature of Group Counseling - The Fields of Group Counseling - Limitations and Assumption of Group Counseling - Value of Group Counseling.

Unit IV

School Counseling Meaning and Definition of School Counseling - Nature of School Counseling - Counseling the Elementary School Students - Counseling the High School Students - Counseling the College Students - Roll of Teacher in Counseling - Duties and Functions of School Counselor - Counseling and School Curriculum.

Vocational Counseling Meaning and Definition of Vocational Counseling - Nature of Vocational Counseling - Theories of Vocational Counseling - Process of Vocational Counseling - Vocational Counseling and Vocational Guidance - Features of Vocational Counseling and Vocational Guidance - Rehabilitation and Supportive Counseling.

Unit V

Counseling in Specific Areas The Nature and Purpose of Family Counseling - Counseling Children and Parents - Marriage Counseling - Premarital Counseling - Marital Enrichment Program - Counseling the Women - Counseling the Weaker Section - Counseling the Drug Addicts - Counseling the Delinquent.

Reviews of Counseling Nature and Purpose of Counseling Evaluation - Monitoring the Effectiveness of Counseling - Approaches to Evaluation - Problems of Evaluation - Problem of Assessing the Change - Types of Evaluation - Techniques of Evaluation - Usefulness of Counseling Evaluation - Controlling Extraneous Variables.

Reference Books:

1. Gerald Corey (2013). Theory and Practice of Counseling and Psychotherapy (IX Ed.). USA: Brooks / Cole Cengage Learning.
2. Gibson .R.L., and Mitchell .M.H. (2006). Introduction to Counseling and Guidance (VI Ed.). New Delhi: Prentice-Hall of India Pvt. Ltd.
3. Narayana Rao .S (2002). Counseling and Guidance (II Ed.). New Delhi: Tata McGraw-Hill Publishing Co Ltd.

CORE COURSE – XI PRACTICALS – II

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Experiments Related to Advanced Social Psychology

1. Sociometry
2. Communication Experiment
3. Leadership Questionnaire
4. Choice Dilemma Experiment
5. Prisoner's Dilemma Experiment

Experiments Related to Personality Research

6. Eysenck Personality Questionnaire
7. Cattell's 16 PF
8. Myers and Briggs Type Indicator
9. Jungian Functional Types
10. Thematic Apperception Test

Experiments Related to Human Resources Management

11. Job Satisfaction Questionnaire
12. Emotional Intelligence Questionnaire
13. Job Involvement Scale
14. Occupational Health and Stress Questionnaire
15. Personal Value Questionnaire

Experiments Related to Educational Psychology

16. Educational Aspiration
17. Student Alienation
18. Youth Problem Inventory
19. Teacher Attitude Inventory
20. Perceived Employability Scale

Experiments Related to Counseling Psychology

21. Multicultural Counseling
22. REBT Counseling
23. Anecdotal Reports
24. Holland Vocational Personality Inventory
25. Recreation and Leisure.

- This list is suggestive
- A minimum of 15 experiments/exercises must be completed

CORE COURSE –XII

PERSPECTIVES IN PSYCHOPATHOLOGY

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I

Genesis of Psychopathology Meaning and Definition of Psychopathology - Meaning and Definition of Normal and Abnormal Behavior - Meaning and Definition of Adaptation and Mal-Adaptation - History of Psychopathology - Ancient Views - Greeks and Science - The Middle Ages and Renaissance - The Asylums - The Reform Movement - Prevention Movement - Behavioral Health Care.

Approaches to Psychopathology Biological Approach - Psycho Dynamic Approach - Behavioral Approach - Cognitive Approach - The Humanistic-Existential Approach - Community-Cultural Approach - Nero Science Approach - Cutting across the Approaches - Diathesis Approach - Integrative Approach - Multi Perspectives Approach.

Unit II

Classifications in Psychopathology Classifications: Categories of Maladaptive behavior-Advantages and Disadvantages - DSM-IV-CR - Classification of Mental Disorders - The Major Diagnostic Categories and Axis - The Multiaxial Approach - ICD-10: International Classification Mental Disorders.

Anxiety Disorders Generalized Anxiety Disorder - Phobias - Types of Phobias - Post Traumatic Disorders (PTD) - Obsessive-Compulsive Disorder (OCD) - Meaning and Definition of Dissociative Disorder - Dissociative Amnesia - Dissociative Fuego - Dissociative Identity Disorder - Depersonalization Disorder - Various Perspectives on Dissociative Disorder.

Somatoform Disorders Conversion - Hypochondriasis - Somatization Disorders - Pain and Factitious Disorders - Various Perspectives on Somatization Disorders.

Unit III

Sexual Disorders Meaning and Definition - Changing views of Sexual Behavior - Normal Sexuality - Gender Identity Disorders - Homosexuality - Sexual Dysfunction - Types of Sexual Disorder - Paraphilias - Fetishism - Transvestism - Exhibitionism - Voyeurism - Sadism and Masochism - Frotteurism - Pedophilia - Rape - Theories of Sexual Dysfunctions.

Personality Disorders Classifications of Personality Disorder - Odd Orr Eccentric Personality Disorders - Paranoid - Schizotypal - Schizoid - Cluster A and Cluster B Personality Disorders - Histrionic - Narcissitic and Border Line Personality Disorders - Avoidant and Dependent Personality Disorder - Various Perspectives on Personality Disorder.

Substance Related Disorders Categories of Substance Related Disorders - Depressants - Stimulators - Opioids - Hallucinogens - Causes of Substance-Related Disorders - Treatment of Substance-Related Disorders - Impulse Control Disorders.

Unit IV

Mood Disorders Understanding and Defining Mood Disorders: Prevalence - Causes - Treatment - Major Depressive Disorder (MDD) Major Depressive Episode - Manic Episode - Theoretical Perspectives on Depression - Unipolar and Bipolar Disorders - Substance Induced Mood Disorders.

Suicide Meaning and Definition - Classifications of suicide - Methods of Suicide - Causes, Treatment and Prevention.

Eating Disorders Meaning and Definition - Major Types of Eating Disorders - Causes - Symptoms Complications - Diagnosis and Treatment - Sleep Disorders - Common Disorders - Classifications and Treatment.

Unit V

Schizophrenia Disorders Meaning and Definition - Characteristics and Symptoms - History - Dimensions of Schizophrenia - Major Sub types of Schizophrenia - Delusional Disorder -Perspectives on Schizophrenia - Causes - Diagnosis.

Developmental Disorders Meaning - Autistic Disorder - Mental Retardation - Causes and Treatments - Psychosocial Disadvantages and Enrichment - Theories of Autism - Societal Care for the Developmental Disorder - Perspectives on Developmental Disorders.

Childhood and Adolescence Disorders Attention Deficit Disorder (ADD) - Attention Deficit Hyperactivity Disorder (ADHD) - Angelman Syndrome - Autism Spectrum Disorders - Bipolar Disorder - Central Auditory Processing Disorder (CAPD) - Cerebral Palsy - Down Syndrome - Expressive Language Disorder - Fragile X Syndrome - IsoDentric 15 - Landau-Kleffner Syndrome - Learning Disabilities (LD) - Prevention and Treatment.

Reference Books

1. Alloy L. B., Riskind J.H. & Mandos M.J. (2006). Abnormal Psychology: Current Perspectives. (9th Ed.). New Delhi, Tata McGraw-Hill Pub. Com. Ltd.
2. Carson & Butcher. (2007). Up normal Psychology. (13th Ed.). New Delhi: Pearson Education.
3. Diagnostic and Statistical Manual for Mental Disorders (DSM-IV). Fourth Edition, Washington DC, the Division of Publications and Marketing, American Psychiatrist Association.
4. ICD-10. (2007). The ICD-10 Classification of Mental and Behavioral Disorders: Clinical Descriptions and Diagnostic Guidelines, Geneva, World Health Organization, AITBS Publishers in India.

CORE COURSE- XIII PSYCHODIAGNOSTICS

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: Classification and Rating Scales

Classification: History of Classification. Current Classification Systems. Reliability of Present Psychiatric Classification. Advantages and Disadvantages of Classification. **ICD-10** - History of development and Features of ICD-10. **DSM-IV-TR** - History of development. Features of DSM. Diagnostic Categories based on DSM-5.

Psychiatric Rating Scales: Characteristics of Rating Scales. Brief Psychiatric Rating Scale. Hamilton Anxiety Rating Scale. Hamilton Rating Scale for Depression. Yale-Brown Obsessive-Compulsive Scale, Scale for Assessment of Negative Symptoms, Scale for Assessment of Positive Symptoms, Social and Occupational Functioning Assessment Scale, Global Assessment of Relational Functioning.

Unit-II: Clinical Examination of the Patient

Basics of Interviewing. Rapport. Transference and Counter transference. Content Vs Process of Interview. **Specific Interview Techniques** - Types of questions, Reflection, Facilitation, Silence, Confrontation, Clarification, Interpretation, Summation, Explanation, Transition, Self-revelation, Positive Reinforcement, Reassurance, Advice. Interviewing Psychotic Patients. Factors of Compliance. Burnout. **Specific Issues:** Fees, Confidentiality, Supervision, Missed appointment and length of sessions, Arrangement of Seating and Office, Notes taking, Follow-up Interviews. Dealing with difficult patients. **Interviewing Variations-** Depressed patients, Aggressive patients, Interview of Relatives.

The Case History: Objective of Case History. Identifying Data, Chief Complaints, History of Present Illness, Past Illness, Personal History (Anamnesis)-Prenatal and Perinatal, Early Childhood, Middle Childhood, Late Childhood, Adulthood, Sexual history, Family history, Fantasy and Dreams. **Mental Status Examination.** General Description. Mood and Affectivity. Speech Characteristics. Perception. Thought Content and Mental trends. Mini Mental Status Examination (MMSE). Sensorium and Cognition. Impulsivity. Judgment and Insight. Reliability

Unit III: Signs and Symptoms

Signs and Symptoms - Definition. **Consciousness** – Disturbances in Consciousness, Disturbance in Attention, Disturbance in Suggestibility. **Emotions** – Mood, Affect, Other Emotions, Physiological disturbances associated with mood. **Disturbances in Motor Behavior (conation)**. **Thinking** – General disturbance in Form or Process of Thinking, Specific disturbances in form of thought, specific disturbance in content of thought.

Speech – Disturbance in Speech, Aphasic disturbance. **Perception** – Disturbances of perception, disturbances associated with cognitive disorder and medical conditions,

disturbances associated with conversion and dissociative phenomena. **Memory** – Disturbance of Memory, Levels of Memory. **Intelligence** – Mental Retardation, Dementia, Pseudodementia, Concrete thinking, Abstract thinking. **Insight** – Intellectual insight, True insight, Impaired insight. **Judgment** - Critical judgment, Automatic judgment, Impaired judgment.

Unit IV: Assessment, Examination, Psychological Testing in Child Cases and Personality Assessment

Assessment, Examination and Psychological Testing in Child Psychiatry: Clinical Interviews. Structured and Semi-structured interviews. Rating Scales. Child Psychiatric Evaluation. Mental Status Examination for Children. Neuropsychiatric assessment. Behavioral Indexes of Brain Damage in Children. Developmental, Psychological and Educational Testing.

Self-Report Personality Inventories: Content-related Procedures, Empirical Criterion Keying, Factor Analysis in Test Development. Test taking attitudes and Response Biases. **Projective Techniques:** Nature of Projective Techniques. Inkblot techniques. Pictorial Techniques. Verbal Techniques. Autobiographical Memories. Performance techniques. Evaluation of Projective Techniques.

Unit V: Intelligence and Neuropsychological Assessment, Case Report, Ethics in Clinical Psychology

Intelligence Testing: Stanford-Binet Intelligence Scale – Wechsler Scales. Kaufman Scales. **Neuropsychological Testing:** Assessment of Reasoning, Concept formation and Problem Solving, Memory, Orientation, Perceptual and psychomotor performance, Language, Attention and Concentration. **Neuropsychological Test Batteries:** Luria-Nebraska Neuropsychological Test Battery – Halstead Reitan Battery of Neuropsychological Testing.

Case Report: Case History - Report on MSE - Further Diagnostic Studies – Summary of Findings – Diagnosis – Prognosis – Psychodynamic Formulation and Defense Mechanisms – Treatment Plan.

Ethics in Clinical Psychology: Utilitarian theory and Autonomy theory, Ethical Principles - Justice and Respect, Patient-therapist sexual relations, Informed consent, Surrogate decision making, Involuntary treatment, Confidentiality.

Reference Books

1. Kaplan, H.I. &Sadock, B.J. (1994). Synopsis of Psychiatry – Behavioral Sciences/Clinical Psychiatry.(8thEdn). NY: Williams & Wilkins.
2. Anastasi, A. &Urbina, S. (2003). Psychological Testing. (7th Edition). New Delhi: Prentice-Hall of India.
3. American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders – DSM-V. Fifth Edition.
4. ICD-10 : The ICD-10 Classification of Mental and Behavioural Disorders : Clinical Descriptions and Diagnostic Guidelines. Geneva: WHO.

CORE COURSE-XIV PSYCHOTHERAPEUTICS

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: Contexts of Effective Treatment and Overview of Background

Development of Theories of Counseling and Psychotherapy- understanding theories of Counseling and Psychotherapy, Characteristics of Successful clients –Therapeutic Alliance- Guidelines- Clinician skills, Training and Experience- Personal and Professional Characteristics of Effective clinician- -impact of setting on the treatment process- ethical guidelines and standards- role induction- skill development on questioning and interviewing

Overviews of background-focused treatment systems - The role of therapist-transference- counter transference- and disclosure.

Unit II Classic Psychoanalysis and Post and Neo Freudians

Important theoretical concepts- treatment using psychoanalysis- application and use of Freudian psychoanalysis- evaluation Brief Psychodynamic theory- important theoretical concepts-treatment using Brief Psychodynamic theory(BPT)- Specific Models of BPT- Application and use of BPT-evaluation

Individual Psychology- Important theoretical concepts - treatment using individual psychology- application and current use- evaluation- Skill development, Analytical Psychology- Important theoretical concepts - treatment using individual psychology- application and current use- evaluation- Skill development, Ego psychologists- Object relation theorists- Self psychology

Unit III: Psychotherapies emphasizing emotions and sensations

Existential Psychotherapy- Important theoretical concepts - treatment using individual psychology- application and current use- evaluation- Skill development, Gestalt Therapy- Important theoretical concepts - treatment using individual psychology- application and current use- evaluation- Skill development

Narrative therapy- development- therapeutic alliance- strategies, Solution focused brief therapy- Important theoretical concepts - treatment using individual psychology- application and current use- evaluation, Feminist therapy- development- therapeutic alliance- relational power- strategies skill development –Mapping

Unit IV- Thought focused and Action Focused Therapies

The Development of Rational Emotive Behaviour Therapy (REBT)- Important theoretical concepts- format of sessions- treatment- application of REBT- Evaluation. Cognitive Therapy- Development- Important theoretical concepts- Treatment- application and current use- evaluation- Skill development

Behavior Therapy and Cognitive Behavioral Therapy

Development of Social Learning theory- Treatment- goals- strategies- Interventions- Goal setting Donald Meichenbaum Cognitive behavior modification- Dialectical Behaviour Therapy- Acceptance and Commitment therapy- Mindfulness based cognitive therapy Application- Evaluation- Skill development

Unit V: Treatment Approaches

Family Therapies- Adlerian Family Therapy- Multigenerational Family Therapy- Structural Family Therapy – Family Therapies that focus on emotions- Family therapies that focus on thoughts and Actions- Post Modern Approaches to Family Therapy- Integrative Models of family Systems Theory- Application of family Therapy- evaluation- skill development

Reality Therapy- development- theoretical concepts- treatment- application and current use- evaluation

References

1. Seligman. L., & Reichenberg. L. W. (2014). Theories of Counselling and Psychotherapy, 4th Edition, New Delhi: Prentice Hall of India.
2. Corey., G. (2009). Counselling and Psychotherapy theory and Practice, New Delhi: Cengage Learning.

CORE COURSE-XV ORGANISATION DEVELOPMENT (OD)

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: The Nature of Organization Development

Overview of the Field of Organization Development: Laboratory Training, Survey Research and Feedback, Action Research, Socio-technical and Socio-clinical approaches

Values and Assumptions and Beliefs in OD: OD Values and Assumptions, Implications of OD and Assumptions

Unit II: Theory and Management of OD

Foundations of Organization Development: Models and Theories of Planned Change, Systems Theory, Participation and Empowerment, Teams and Teamwork, Managing the OD Process: Diagnosis, Action Component – OD Interventions,

Unit III: Team, Intergroup and Third-Party Peacemaking Interventions

Overview of OD Interventions: Classifying OD Interventions

Team Interventions: Teams and Work Groups, Broad Team-Building Interventions, Process Consultation Interventions

Unit IV: Comprehensive OD Interventions and Structural Interventions:

Survey Feedback, Grid Organization Development, Schein Cultural System, Trans-organizational Development

Structural Interventions: MBO, Quality Circles, TQM, High Performance Work Systems

Unit V: T-Group Training

T-Groups, Behaviour Modeling, Life and Career Planning. Coaching and Mentoring
Future and Organizational Development

References Books:

1. French, W.L and Bell, Jr C.H. and Vohra V. Organization Development, Pearson Education, 2006
2. Schien, Organizational Psychology, Tata McGraw Hill, New Delhi, 2005

**CORE COURSE-XIV
PRACTICALS - III**

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Experiments Related to Psychopathology and Mental Hygiene

1. Mental Health Questionnaire
2. Bell's Adjustment Inventory
3. Beck's Depression Inventory
4. Maudsley Obsessional Compulsive Inventory
5. Clinical Case Study

Experiments Related to Psycho diagnostics

7. Minnesota Multiphase Personality Inventory
8. Scale for the Assessment of Positive Symptoms
9. Bender Gestalt Test
10. Wechsler's Intelligence Scale for Children
11. Luria-Nebraska Neuropsychological Test Battery

Experiments Related to Psychotherapeutics

12. Cognitive Emotive Regulation Questionnaire
13. Job Anxiety Scale
14. Jacobson's Progressive Relaxation Therapy
15. Assertiveness Questionnaire
16. Irrational Beliefs Test (IBT)

Experiments Related to Organization Development(OD)

17. Johari Window Exercise
18. Fundamental Interpersonal Relations Orientation – Behaviour (FIRO – B)
19. Team Effectiveness Questionnaire
20. Organizational Role Stress Scale
21. Organizational Culture: OCTAPACE Profile
 - This list is suggestive
 - A minimum of 10 experiments/exercises must be completed

CORE COURSE – XVII
PSYBC13 – PROJECT WORK
OR

PSYBC13 CLINICAL/INDUSTRIAL PRACTICUM REPORT
(Candidates are required to choose strictly only one these two during the full fourth semester)

MAXIMUM MARKS: 200 (Project Report 150 + Viva Voce 50)

1. The objective of the Project work/ Clinical Practicum is to further their knowledge in Psychology and Psycho-diagnostics under the direct supervision of a Psychologist in Clinical/Organizational setting.

2 A Candidate undertaking Project work/Clinical Practicum should be equipped with the theoretical knowledge in the discipline and practical skills in Psycho-diagnostics including administration and interpretation of cognitive and personality tests involving objective and projective material.

3. During the Project work/Clinical Practicum the candidate may be permitted, under supervision, to participate in the diagnostic testing and to attend clinical/organizational conference where n the cases are diagnosed and treatment/management plan mooted and progress in treatment/training discussed. The candidate may be guided to pursue ten case studies in detail.

4. Besides, the candidates may be required to collect information regarding the following:

- The history of the organization, the mission statement of the organization, personality sketch of the pioneers in the organization, historical development of the department of Psychology in the organization.
- The demands and expectations of the role of the Psychologist.
- The privileges of the Psychiatrist/Mangers/Psychologists in the hospital and Personnel in the Hospital.
- The functional domain and demarcations of Psychologist Vs Psychiatrists
- The organizational chart of the Organization and the status of team.
- The test privileges available at the Hospital/Industry. The test approved for administration in the clinical setting by the team, procedures followed in administering the tests in diagnosis and management and follow up of the use of various test, if any.
- The therapeutic privileges available at the Hospital/Industry especially, those approved by the clinical team to provide psychotherapies/counseling and group therapies.
- The details about the hospital routines, mainly about the admission procedures, document maintained, regular clinical/organizational conference, meetings and the follow-up of the cases in detail.

5. The Project work/Clinical Practicum after the completion of the practice,, the report should be submitted to the Department of Psychology, Bharathiar University on or before 30th April of the year in which the candidates did the

Practicum,. The Report should adequately reflect the exposure to the training and experience gained by the candidates during the Practicum
Incase a candidate could not submit the report within the date specified he/she may be granted extension of time for three months at one time for submitting their report.

The students can do a **Project Work** under the guidance of a Faculty.

OR

The students can do the **Clinical /Industrial Practicum** in reputed Institutions under the guidance of a Psychologist or HR Personnel

6. Guides for the Project work OR Clinical/Industrial Practicum will be allotted as per the candidates' preference.

7. The candidates are required to maintain a work diary for three months' Clinical/Industrial Practicum. The candidates should mandatorily visit the Department on two pre-decided dates to present their progress to their assigned supervisor. The students are required to report to the concerned guide at the department after completing 70 working days of Clinical/Industrial Practicum by 3rd week of March.

8. Further the candidates are required to maintain attendance at the department after completing the practicum till the date of viva voce examination. The candidates should submit the Clinical/Industrial Practicum Report within 20 days (inclusive of holidays) after completion of the clinical/industrial practicum.

9. Submission of Clinical/Industrial Practicum: The norms for evaluation for Clinical Practicum Report/ Industrial Practicum Report are given as below:

1.	Introduction, Objectives, Work carried Out by the candidate	=	30 marks
2.	Case Studies	=	70 marks
3.	Summary and Conclusion	=	20 marks
4.	Attendance	=	30 marks

			150 marks

Practicum report	=	150 marks
Viva voce	=	50 marks
Total	=	200 marks

10. The Objective of the Project Work is mainly to give an exposure to the students on Research Methodology and application of Psychological Principles.

The Project work may be a survey (fact findings or exploratory nature). Construction or Standardization of a test, collection of clinical case studies, a Problem solving assignment, Verification of existing or established theory and any other assignment as approved by the respective faculty guide.

The norms for evaluation for Project Report are given as below:

1.	Introduction	30 marks
2.	Review of Literature	20 marks
3.	Methodology	30 marks
4.	Results and Discussion	50 marks
5.	Summary and Conclusion	10 marks
6.	References	10 marks
		<hr/>
		150 marks

Project report	=	150 marks
Viva voce	=	50 marks
Total	=	200 marks

ELECTIVE COURSE
CYBER PSYCHOLOGY

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: The Nature of Cyber Psychology

Cyber-Psychology – Definition – Human Computer Interface – Cyberspace as a Psychological Space – Psychology in Cyberspace - Basic Psychological Features of Cyberspace - Networks as Mind and Self – Model of Cyber Psychology - The Online Disinhibition Effect.

Psychology of Avatars and Graphical Space - Two Paths of Virtual Reality - The Facts of Dreaming in Cyberspace - Black Hole of Cyberspace - Online Lingo - Internet Demographics - Cyberspace Humor - Coping with Spam.

Unit II: The Nature of Individual in Cyberspace

Identity Management in Cyberspace - Personality types in Cyberspace - Unique Roles in Cyberspace - Transference to Computers and Cyberspace - Addiction to Computers and Cyberspace - Regressive behavior in Cyberspace - Online Gender - Switching - Adolescents in Cyberspace.

Wizards: The Heart of an Online Community - On being a "god" - Y2K and Apocalyptic Thinking - Integrating Online and Offline Living - An Online Psycho - Educational Program.

Unit III: The Nature of Relationships in Cyberspace

In-person versus Cyberspace Relationships - Transient and Long Term Online Relationships -The psychology of Text Relationships - Hypotheses about Online Text Relationships - E-mail Communication and Relationships – Transference among People Online.

How to Resolve Conflict Online – Cyberspace Romances – Subtlety in Multimedia Chat - Media: Games, Entertainment, and Education - The Future: the Ultimate Human-Computer Interface.

Unit IV: The Nature of Group Dynamics in Cyberspace

Social psychology of Online Groups - Developmental stages of Mailing Lists - Making Virtual Communities work - Unique Groups in Cyberspace - Decision Making Methods for E-mail Groups - Changes in Group Boundaries and Dynamics.

Group Games using Avatars- Geezer Brigade: Studying an Online Group- Managing Deviant Behavior in Online Groups – Online Photo-Sharing Communities - Establishing a Cyberpsychological Niche and Equilibrium.

Unit V: The Nature of Flow Experience and Research Methods in Cyber psychology

Flow as a Psychological Construct – Flow in Empirical Research – Studies related to Cyberspace – Flow in Diverse Cyberspace related Activities – Optimal Expedience and Psychological Addiction – Cross cultural studies -.

Publishing online - Case studies of digital life forms - One of Us: Participant observation research - Steps in studying an online group - Ethics in cyberspace research
Studying full cyberspace immersion.

References:

Kent L. Norman. (2008). Cyber Psychology: An Introduction to Human-Computer Interaction, University of Maryland, College Park.
John. Sular. (2004). Psychology of Cyberspace Rider University, Lawrenceville, NJ 08648609-895-5430
Ravindra Thakur. (2011). Cyber Psychology, New Delhi, Global Vision Publishing House.

**ELECTIVE COURSE
POSITIVE PSYCHOLOGY**

MAXIMUM MARKS: 100 (External 75 + Internal 25)

UNIT I: The Nature and Assessment of Positive Psychology

Definition of Positive Psychology. Western Perspectives on Positive Psychology. Eastern Perspectives on Positive Psychology.

Classifications and Measures of Human Strengths and Positive Outcomes.

UNIT II: Positive Emotional States and Process

The Principles of Pleasure: Understanding Positive Affect, Positive Emotions, Happiness, and Well-Being.

Making the Most of Emotional Experience: Emotional-Focused Coping, Emotional Intelligence, Socioemotional Selectivity, and Emotional Storytelling.

UNIT III: Positive Cognitive States and Processes

Seeing Future through Self-Efficacy – Optimism and Hope. Two Universal Virtues – Wisdom and Courage.

In Search of Optimal Experiences- Mindfulness, Flow, and Spirituality.

Unit IV: Prosocial Behaviour and Changing Human Behaviour

Empathy and Egotism-Portals to Altruism, Gratitude, and Forgiveness. Attachment, Love, and Flourishing Relationships.

Changing Human Behavior: Balanced conceptualizations of Mental Health and Behavior. Interceding to prevent the Bad and Enhance the Good.

Unit V: Positive Environment and Positive Psychology in Contexts.

Positive Schooling. Good Work – The Psychology of Gainful Employment. The Me/We Balance – Building Better Communities.

Positive Psychology in Context – Developing Strengths and Living Well in a Cultural Context, Living well at Every Stage of Life.

Reference Book:

Positive Psychology – The Scientific and Practical Explorations of Human Strengths by C.R.Snyder and Shane J Lopez. Sage South Asia Edition.

**ELECTIVE COURSE
SPORT PSYCHOLOGY**

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit-I: Mental Side of Sport

The Mental Side of Sport: Introduction to Sports Psychology- Factors influencing the mental demands of a given sport- sports and exercise psychology as an academic discipline- history of sport and exercise psychology- Research methods in sports and exercise psychology- what do sport Psychologist do

Unit-II: Exploring Athletic Behaviour: Key Concepts

Exploring Athletic behavior- Key concepts: Motivation and Goal setting- anxiety in Sport Performance- Concentration in Sports Performance- Self- Confidence- Peak Performance and Expertise.

Unit-III: Cognitive Psychology and Sports

Cognitive Psychology and Sport- Cognitive Style and Sport- Attention Style and performance- Imagery and Sport Performance- Attribution of self and others- Arousal, Stress and Anxiety.

Theories: Implicit Theories- Self- Determination Theory- Expectancy Value- Motivational Theory- Goal Theory- Attributions Theory.

Unit- IV: Sports in Context: Social Psychology of Sports

Sport in Context: The Social Psychology of Sport: Social Facilitation- Social Loafing- Team Dynamics- Group Process- Casual Attribution in Sport- Violence and Aggression in Sports.

Unit-V: Applying Sport Psychological Phenomena:

Applying Sport Psychological Phenomena: Mental Skill Training- Self Talk- Mental Imagery-Relaxation Training- Calming the Physiology- Performance- inhibition due to personality- factors- Burn out and injuries – Substance Abuse- Aggression- Character Development- Youth Sport.

Reference Books:

Aidan P. Moran (2004). Sport and Exercise Psychology, A Critical Introduction, Rout ledge.

John Kremer and Deirdre Scully(2011) Psychology in Sport. Taylor and Francis Publishers

Robert Weinberg and Daniel Gould (2006). Foundations of Sport and Exercise Psychology (4th Eds) Human Kinetics Publishers

ELECTIVE COURSE INTEGRAL PSYCHOLOGY

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: Consciousness the Reality:

Consciousness the reality. The Manifold Being. The Surface Being and the Inner Being. Levels of Consciousness: Conscience, Subconscient, Superconscient. Gradations of higher consciousness.

Unit II: Outer Being and Outer Mind

Outer Being: Outer Mind, Outer Vital Being and Outer Physical Being. Inner Being; the Subliminal Self. The Psychic Being & psychic entity. Psychological phenomena.

Unit III: Purusha and Prakriti

Purusha and Prakriti: Soul and Nature - The Gunas of Prakriti: The three modes of Nature - Self, Ego and Individuality - Liberation and transformation. The Psychology of Faith.

Unit IV: Techniques to Control Disturbance of Mind, Vital and Physical.

Dealing with disturbance of Mind (Anxiety, obsessions and compulsions), disturbance of Vital (Boredom, Lack of energy, Depression, Anger, Feelings of inferiority, Sensitiveness) and disturbance of physical consciousness: Will, discipline and endurance, Faith and suggestion.

Unit V: Techniques for Growth and Mastery

Stepping back - Becoming aware of 'oneself' – Self-observation – Visualization – Mastery through attitude – Identification – Using life as a mirror – Widening of consciousness – Dynamic meditation – Exercising static power – Awakening inner consciousness – Drawing upon helpful forces.

Reference Books

1. Dalal, A.S. (1987). Living Within – The yoga approach to psychological health and growth: Selections from the works of Sri Aurobindo and The Mother. Pondicherry: Sri Aurobindo Ashram.
2. Dalal, A.S. (2001). A Greater Psychology – An introduction to the psychological thought of Sri Aurobindo. NY: Jeremy P. Tarcher & Putnam.

ELECTIVE COURSE CONSUMER BEHAVIOUR

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: Consumer Behaviour, Motivation and Personality

Consumer Behaviour: Nature and scope of Consumer Behaviour, Consumer Research and Marketing Segmentation

Consumer Motivation: Motivation as Psychological Force, Types and Theories of Motivation, Measurement of Motives

Personality and Consumer Behaviour: Theories of Personality, Personality and Understanding Consumer Diversity, Brand Personality, Self- and Self-Image

Unit II: Perception, Learning and Attitudes

Consumer Perception: Elements of Perception, Dynamics of Perception, Consumer Imagery

Consumer Learning: Elements of Consumer Learning, Behavioral Learning Theories, Cognitive Learning Theory, Measures of Consumer Learning

Consumer Attitude Formation and Change: Meaning of Attitudes, Structural Models of Attitudes, Attitude Formation, Strategies of Attitude Change

Unit III: Communication Process and Group Influences

Communication and Consumer Behaviour: Components of Communication, Communication Process, Designing Persuasive Communication, Marketing Communication and Ethics

Reference Groups and Family Influence: Understanding the Power of Reference Groups, Consumer Related Reference Groups, Celebrity and other Reference Groups, Family Concept, Socialization of Family Members, Function of Family, Family Life Cycle

Unit IV: Leadership and Diffusion of Innovation Process

Consumer Influence and the Diffusion of Innovations: Opinion Leadership, Opinion Leadership Process, Measurement of Opinion Leadership, Interpersonal Flow of Communication

Diffusion of Innovation: Diffusion Process, Adoption Process, Profile of Consumer Innovator

Unit V: Consumer Decision Making Process:

Decision Making Process, Levels of Consumer Decision Making Process, Models of Consumers, Four views of Consumer Decision Making, Model of Consumer Decision Making,

REFERENCE TEXT:

1. Schiffman, L.G., Kanuk, LL. Consumer Behaviour, Prentice-Hall of India, Pvt Ltd, New Delhi, 2007
2. Loudon, D., Consumer Behaviour, Concepts and Applications, Albert Biutta, McGraw Hill, 2004
3. Kurder, K. Consumer Behaviour, PHI/Pearson, 2002

ELECTIVE COURSE
PSYBGE01-EDUCATIONAL PSYCHOLOGY

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit-I: Exploring Educational Psychology

Exploring Educational Psychology: Historical Background- Teaching: Art and Science-Effective Teaching: Professional knowledge and Skills-Goal Setting and Instructional planning Skills-Classroom Management Skills-Motivational Skills-Technological Skills.

Research in Educational Psychology: The Scientific Research Approach – Research Methods-Programme Evaluation Research-Research Challenges.

Unit II: Cognitive Development: Piaget’s theory and Vygotsky’s Theory

Cognitive Development: Piaget’s theory: Cognitive Processes-Piagetian Stages-Evaluating Piaget’s Theory: Contributions and Criticisms.

Vygotsky’s Theory-Assumptions- Zone of Proximal Development-Scaffolding-Language and Thought.

The Brain: Development of neuron and Brain Region- Development of Brain in Childhood and Adolescents

Unit III: Language Developments and Intelligence

Language Development: Language-Morphology-Syntax- Semantics-How Language Develops-Biological and Environmental Influence. Memory: Encoding-Storage-Retrieval and Forgetting.

Intelligence: Intelligence Tests- Theories of Multiple Intelligence-Information-Processing Approach –Segler’ View – Metacognition – Good Information Processing Model

Unit IV: Learning and Motivation

Learning: Behavioral Approach to Learning-Classical Conditioning- Operant Conditioning. Increasing Desirable Behaviors- Decreasing Undesirable Behavior. Bandura’s Social Cognitive Theory- Observational Learning.

Motivation: Perspectives on Motivation- Extrinsic and Intrinsic Motivation- Pother cognitive Process-Anxiety and Achievement-Social Motives.

Teaching Techniques: Description-Demonstration- Lecture Method- Discussion Method- Dramatization-Explanation- Aptitude Treatment Interaction –Mastery Learning –Teaching through Multimedia

Unit V: Special Education

Hard-to-reach, Low Achieving Students: Discouraged Students- Uninterested and Alienated Students- Dealing with Problem Behaviors: Management Strategies-Dealing with Aggression –Classroom and School Based Programs.

Children With Disabilities: Sensory Disorders- Physical disorders-Mental Retardation-Speech and Language Disorders- Learning Disabilities- Attention Deficit Hyperactivity Disorder- Emotional and Behavioral Disorders.

Slow Learners- Autism Spectrum Disorders. Children Who Are Gifted: Characteristics, Life Course of the Gifted- Educating Gifted Child

REFERENCE BOOKS

1. Santrock, J. W. (2006) Educational Psychology, 2nd Edition, New Delhi, Tata McGraw Hill.
2. Spirthall, N. A., Spirthall, R. C. and Oja, S. N. (1994) Educational Psychology, 6th Edition, New York, McGraw Hill.
3. Robinson, S. (2009) Foundation of Educational Psychology, 2nd Edition, New Delhi, Ane Books Pvt. Ltd.

ELECTIVE COURSE

APPLIED STATISTICS AND PSYCHOLOGICAL TEST CONSTRUCTION

MAXIMUM MARKS: 100 (External 75 + Internal 25)

UNIT 1: Central tendency, Variability, Correlation and Regression

Nature and Scope of Applied Statistics. Basic concepts – Random Samples, Variables and Constant.

Measures of Central Tendency – Mode, Median, Arithmetic Mean, Effects of Score Transformation. Variability – Range, Semi-Interquartile Range, Variance and Standard Deviation. Score Transformation and Effects of Variability. Comparing means of two distributions.

Correlational Analysis – Matter of Direction, Matter of Degree. Meaning of Correlation. Methods.

UNIT 2: Student t Test, ANOVA (one way, two-way), Non-parametric statistics

One tail test, two tail test. Student 't' – Application and Purpose, Assumptions, Calculation, Interpretation. Large sample t test. Test of Significance of difference in proportions. ANOVA – Application and Purpose, Assumptions, Calculation of One-way ANOVA and Two-way ANOVA. Interpreting interaction in Two-way ANOVA. Honestly Significant Difference.

Non-parametric tests – Assumptions. Chi-Square. Mann Whitney U Test. Kruskal-Wallis one-way analysis of variance_by ranks. Wilcoxon test. Comparison of Parametric and Non-parametric tests.

UNIT 3: Test Construction (Introduction, Item Writing and Item Analysis)

Test Construction: Meaning of Test in Psychology. Classification of Test. Characteristics of a Good Test. General Steps in Test Construction.

Item Writing: Meaning and Types of Items. Essay type and Objective type tests. General guidelines for Item Writing. General Method for scoring Objective Tests.

Meaning and Purpose. Power Tests. Item Difficulty. Optimal Difficulty Value for a Reliable Test. Index of Discrimination. Item Response Theory. Distractor Analysis. Speed Tests. Factors affecting the Index of Difficulty and the Index of Discrimination. Power of Item Analysis. The Item Characteristics Curve.

UNIT 4: Reliability and Validity

Reliability – Meaning. Methods. Satisfactory size for reliability. Standard Error of Measurement. Factors influencing Reliability of Test Scores. Improving reliability of test scores. Estimation of True Scores. Index of reliability.

Validity- Meaning. Types. Convergent Validation and Divergent Validation. Statistical Methods for calculating validity. Factors influencing validity. Relation between reliability and validity.

UNIT 5: Norms and Test Scales, and Response Set in Test Scores

Norms and Test Scales – Meaning of Norm-Referencing and Criterion-Referencing. Steps in Developing Norms. Types of Norms and Test Scales – Age Equivalent Norms, Grade – Equivalent Norms, Percentile Norms, Standard Score Norms. Response Set – Meaning. Types of Response Set. Implications of Response Set. Methods to eliminate Response Sets.

Reference Books

Singh, A.K. (1997). Tests, Measurements and Research Methods in Behavioral Sciences. Patna: Bharati Bhawan.

Minium, E.W., King, B.M. & Bear, G. (1993). Statistical Reasoning in Psychology and Education. (3rd Edn). Singapore: John Wiley & Sons.

Anastasi, A. & Urbina, S. (2003). Psychological Testing. (7th Edn). New Delhi: Prentice Hall of India.

ELECTIVE COURSE COMMUNITY PSYCHOLOGY

MAXIMUM MARKS: 100 (External 75+ Internal 25)

Unit 1 Community Psychology–

Origin of Mental Health care in the welfare system, Community Mental health, Influence of Applied Social Psychology and the War on Poverty, Current issues in Community Mental Health, Interdisciplinary Community Psychology

Psychological conceptions of the environment - Social environmental influences on behavior, Perceived social climates, Social roles, Social capital, Socio-Physical Environment

Unit 2 Approach to research Participatory action approaches to research.

Community development context of research: What is Community Development – Research and Community Development – Building Research relationships in a community development context

Project-based research model: Diagnose, Prescribe, Implement, Evaluate – Participatory flexibility, Where are you in project cycle.

Unit 3: Prevention:

Basic concepts in prevention, Secondary prevention, Primary mental health project, Limitations of Secondary prevention in mental health, Universal and primary prevention.

Prevention through stepwise risk reduction, School as a locus of prevention,
Community-based health promotion

Self-help group: Growth of Self-Help Groups, Types of Self-Help Groups, The Nature of Self-Help Groups, Dynamics of Self-Help Groups, Self-Help and the Model of a Family, How Self-Help Groups Work, Starting Self-Help Groups

Unit 4 Diagnosing:

Impetus for diagnosis, Structure for a Diagnostic Process – The core group, Problems, Opportunities, and Issues, Needs Assessment, Asset Mapping, Needs and Resources

Prescribing: A planning approach, Program prescriptions.

Implementing: Research as Action, Community Research, Target Research

Unit 5 Evaluation: Choices in Evaluation, Participatory evaluation from the beginning, participatory evaluation as an integrated process

Beyond Information: Art of Paying attention, Role Models for Research as a Daily Practice, Information management and information technology

Writing proposals, Ethics in Community Intervention.

References

Randy Stoecker. (2005). Research Methods for Community Change
A Project-Based Approach *Second Edition*

Murray Levine, Douglas D.Perkins, David V.Perkins. (2005). Principles of
Community Psychology: Perspectives and Applications. Oxford: Oxford University
Press.

SUPPORTIVE COURSE
PROBABILISTIC ORIENTATION FOR PERSONALITY DEVELOPMENT

MAXIMUM MARKS: 50 (External 38 + Internal 12)

PROBABILISTIC ORIENTATION FOR PERSONALITY DEVELOPMENT

Unit 1: Psychological Foundation of Human Being:

Psychological Foundation of Human Being: Thinking, Motivation, and Personality. Interrelation between thinking, motivation and personality. Personal Construct Psychology. The construct of Probabilistic Orientation (PO).

Unit 2: Basic premise of Probabilistic Orientation

Basic premise of Probabilistic Orientation – Origin of universe - Big Bang Theory and Evolution of Nature - Seven Factors of Probabilistic Orientation – Assessing Probabilistic Orientation.

Unit 3: PO Exercises I:

Unbounded Expectancy, Sensing Unlimited Possibilities, Insight into Bias, Healthy Skepticism.

Unit 4: PO Exercises II:

Unconditional Acceptance, Appreciation of chance and Awareness of Predictability.

Unit 5: Research studies on PO

Intervention Studies on adolescents and young adults –Effect of Probabilistic Orientation Broadcast Intervention- Study on efficacy of PO therapy.

Reference Books

Narayanan,S. and Annalakshmi,N. The Probabilistic Orientation (2001). In Matthijs Cornelissen.(Etd). Consciousness and its Transformation. Pondicherry: SAICE.

Annalakshmi, N. (2003) Integral psychotherapeutic intervention with adolescent students and adult cancer patients. Unpublished Doctoral Dissertation submitted to the Bharathiar University, Coimbatore.

Annalakshmi, N. (2004). Intervention for cancer patients through integral psychotherapy. In K.Joshi and M. Cornelisen (Eds.). *History of science, philosophy and culture in Indian civilization*, Ch.35, Vol.XI, Part 3, p 444-460. Delhi: Project of History of Indian Science, Philosophy and Culture.

Thomas, C.V., (2005). The Efficacy of the Probabilistic Orientation Counseling (POC) among the Novices. Unpublished PhD thesis submitted to Bharathiar University, Coimbatore.

SUPPORTIVE COURSE TRANSACTIONAL ANALYSIS

MAXIMUM MARKS: 50 (External 38 + Internal 12)

Unit I: Transactional Analysis Key Concepts:

What is Transactional Analysis- Analysis of Ego states- What makes Transactional Analysis to be T.A.?

Unit II: Transactional Analysis Proper:

Transactional Analysis Proper: The Analysis of Transactions- The Analysis of Strokes- The Contents of Communication.

Unit III: Game Analysis:

Games Analysis - Games that are played

Unit IV: Script Analysis:

Script Analysis - - Life Management and History of the Person

Unit V: The Analysis of Relationships:

The Analysis of Relationships - Person to person- Analysis of Organizations- Person to Person In-Group.

Reference Books

1. ERIC BERN (1961). Transactional Analysis in Psychotherapy, New York: Ballantine.
2. IAN STEWART (1989). Transactional Analysis Counselling in Action , New Delhi: Sage.
3. GOULDING , R AND M.GOULDING (1975). The Power is in the Patient , San Francisco : TA Publication
4. SCHIFF, J et.al(1987). TA Today: A New Introduction to Transactional Analysis , Nottingham: Life Space.
5. THOMAS, A HARRIS (1967). I'M O.K.- YOU ' RE O.K., New York: Harper and Row.

A MINIMUM OF 2 PRACTICAL NEEDS TO BE DONE BY THE CANDIDATE AND THE RECORD OF WORK HAS TO BE SUBMITTED BASED ON THE ABOVE SYLLABUS

SUPPORTIVE COURSE INTRODUCTION TO PSYCHOLOGY

MAXIMUM MARKS: 50 (External 38 + Internal 12)

Unit I: The Nature and Scope of Psychology

The Nature and scope of Psychology- Consciousness and Behavior- Methods and Fields

Unit II: Biological Bases of Human Behaviour

Biological Bases of Human Behaviour - Heredity and Environment- The role of sensory processes and Human Behavior

Unit III: Attention, Perception and Learning

Attention, Perception and Learning - Selective Attention- Sorting out the World- Division of Attention- Perception: Visual, form and Movement- Learning Principles- Memory and Forgetting.

Unit IV: Intelligence and Creativity

Intelligence and Creativity - Intelligence- IQ- Measuring Intelligence- Mental Retardation- Gifted- Creativity- Problem Solving

Unit V: Personality and Motivation

Personality and Motivation - Theories of Personality- Assessment and its Development- Human Motivation- Needs- Understanding Emotions

Reference Books

1. KUTHAR. TARA. L (2003). Psychology. Major's Hand Book New York. Wordsworth Publications
2. MORGAN C.T. , KING.R.A WEISY J.R. AND SCOOPER.J. (1993). Introduction to Psychology, 7th Edition, New York, Tata Mc Graw Hill.
 1. ROBERT.S FELDMAN (1994). Essentials of Understanding Psychology, 2nd Edition. New York. Mc Graw Hill Inc.

LIST OF PRACTICALS

1. Fluctuation of Attention
2. Experiments on Perception
3. Experiments on Learning
4. Measuring Intelligence
5. Assessment of Creativity
6. Personality Tests
7. Motivation Experiments
8. Mental Health

A MINIMUM OF 2 PRACTICAL NEEDS TO BE DONE BY THE CANDIDATE AND THE RECORD OF WORK HAS TO BE SUBMITTED BASED ON THE ABOVE SYLLABUS