

HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPALLI-620002.
COURSE PATTERN
(FOR THE STUDENTS ADMITTED FROM 2022 ONWARDS)
DEPARTMENT OF PSYCHOLOGY
M.Sc PSYCHOLOGY

I Semester

Major Core	Course	Code	Hrs/ Week	Credits	Total
Major Core-1	Advanced General Psychology	P21PS1MCT01	6	4	100
Major Core-2	Life Span Development	P21PS1MCT02	6	4	100
Major Core-3	Advanced Social Psychology	P21PS1MCT03	6	4	100
Major Core-4	Research Methodology	P21RS1MCT01	6	4	100
Major Elective-1	Organizational Behaviour/ Consumer Behaviour	P21AS1MET01 P21PS1MET01	4	4	100
	Value Education		1	-	
Library			1	-	
	Internship/Fieldwork/ Field Project (30hrs)	P20SPSECC01		2	100
	Total		30	20 +2	600

Course offered by the Department to other Department at UG Level

Major Core	Course	Code	Hrs/Week	Credits	Total
Major Core-1	Clinical Psychology	U21PS1MCT01	4	-	100
Allied-1	General Psychology	U21PS1ALT01	4	2	100

For students admitted from June 2022 onwards

HOLY CROSS COLLEGE (AUTONOMOUS) TIRUCHIRAPPALLI -2
SCHOOL OF REHABILITATION AND BEHAVIOURAL SCIENCES
PGDEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
LEARNING OUTCOMES-BASED CURRICULUM FRAMEWORK (LOCF)
FIRST YEAR- SEMESTER 1

Course title	Major core 1- Advanced general psychology
Total hours	90
Hours/week	6 hours/week
Code	P21PS1MCT01
Course type	Theory
Credits	4
Mark	100

CONSPECTUS

To enable the students to summarize the key concepts of human behavior

Course objectives

The learner will be able to

CO No.	Course Objectives
CO1	Understand the basic concept and processing in sensory channels
CO2	Understand biological basis of behavior and Summarize different theories attention and perception
CO3	Relate the theories of learning and intelligence in memory and forgetting
CO4	Infer the basics concepts of motivation and emotion in relation to conflict resolution with regard to thinking and personality.

UNIT- I INTRODUCTION TO PSYCHOLOGY AND SENSORY PROCESS 18 HRS

1.1:Introduction to psychology: Definition- Psychology as a behavioral science- Methods of psychology- Major subfields of psychology- Early schools of psychology: Structuralism, Gestalt, Functionalism and Behaviorism.

1.2:Modern perspectives of psychology: Behavioral-Biological- Cognitive- Social- Developmental-Humanistic and Psychoanalytic perspectives

1.3:Sensory processes: Sensory channels- Characteristics of sense: Absolute threshold and Differential threshold- Sensory adaptation- Sensory process: Vision-Hearing-Smell-Taste-Skin senses- Sense of equilibrium- Kinesthetic senses.

Extra reading/keywords: scope of psychology and psychophysical methods

UNIT -II BIOLOGICAL BASIS OF BEHAVIOUR , ATTENTION AND PERCEPTION

18 HRS

2.1 :Biological basis of Behavior: Receptors and its process- Neuron: Structure, Function, Types and Neuro transmitters- Central and Peripheral nervous system-Structure and Functions- Muscular and glandular system: Types and Functions

2.2: Attention: Definition- Types of attention- Span of attention- model of attention

2.3: Perception: Definition- approaches to study perception: gestalt and physiological approach- perceptual consistencies: size, shape and colour illusions- principles of perceptual organizations- movement perception- depth perception- role of motivation and learning in perception- extra sensory perception(ESP)

Extra reading/keywords: hormones, division of attention.

UNIT- III LEARNING, MEMORY AND FORGETTING

18Hrs

3.1: Learning: classical conditioning- operant conditioning- principle of re-inforcement- multiple response learning- cognitive learning: latent learning insight learning and imitation.

3.2: Memory: definition- stages- process- theories related to memory: theory of general memory, functions, information processing theory and levels of processing theory- organization and process of long term memory- retrieval of long term memory

3.3: Forgetting: meaning-theories of forgetting- amnesia: psychological and biological amnesia- memory improving techniques.

Extra reading/keywords: Learning strategies in academics and eyewitness testimony

UNIT- IV MOTIVATION AND EMOTION

18Hrs

4.1: Motivation: nature of motivation-theories of motivation: drive theories- opponent process theory- optimal levels theory, psychoanalytic theory and social learning theory- biological motivation: hunger, thirst and sexual motivation. Social motives: achievement motivation, power motivation and aggression as motive- Motive to know and to be effective: stimulus and explanation needs, effect on motivation and self-actualization motive.

4.2: Emotion: physiological responses in emotion-theories of emotion: James- lange theory, cannon bard theory, Schachter -singer theory, cognitive appraisal theory and theories of relationship among emotions- limbic system: hormonal regulation of behaviour- emotional intelligence- frustration and conflict: sources of frustration and types of conflict

Extra reading/key words: Types of motivation, truth in emotions- lie detectors,

UNIT- V INTELLIGENCE, THINKING AND PERSONALITY

18Hrs

5.1: Intelligence: definition of intelligence- theories of intelligence- factor theories, process oriented theories- assessing intelligence- age changes in intelligence: stability of IQ-growth of intelligence- individual difference in intelligence: mental sub- normality- mentally gifted- genetic and environmental influences on intelligence, group differences in intelligence

5.2: Thinking: definition- types of thinking- creative thinking – nature and stages- characteristics of creative thinkers – concept formation- rules- types and strategies- problem solving- types- strategies and obstacles, metacognition: meta cognitive- knowledge and meta cognitive regulation

5.3: Personality: definition- type and trait theories of personality, dynamic personality theories- learning and behavioral theories- humanistic theories.

Extra reading/key words: types of intelligence and personality disorders.

Course outcomes (CO):

The learners will be able to

CO No.	Course outcomes	Cognitive level
CO- 1	Retrieve schools of psychology and sensory process	K1
CO- 2	Paraphrase biological basis of behavior and compare different theories of attention and perception	K2
CO- 3	Classify intelligence and learning theories and predict forgetting based on memory and motivation	K3
CO- 4	Examine personality with regard to thinking and emotion	K4

TEXT BOOKS

Morgan, C.T., King R.A., Weisz, J.R. and John Schopler, (2008). Introduction to Psychology (7th Edition) New Delhi: Tata McGraw Hill,

Hilgard, E.R., Atkinson, R.C., and Atkinson, R.L., (2003). Introduction to Psychology (6th Edition) New Delhi: Oxford and IBH Publishing Co.

SUGGESTED READINGS

Robert, A. Baron, (2004) Psychology (5th Edition) Prentice Hall of India, New Delhi.

Mangal, S.K., (2009) General Psychology, Sterling Publishers, New Delhi.

Goleman, D. (1996) Emotional Intelligence, Bantam Books, New York:

Catherine A. Sanderson (2021). Introduction to Psychology. The Great Courses Publication

WEB REFERENCES

1. <https://www.brooklyn.k12.oh.us/userfiles/69/Classes/795/Schools%20of%20Thought.pdf>
2. <https://www.nios.ac.in/media/documents/secpsycour/English/Chapter-2.pdf>
3. <https://www.blackwellpublishing.com/content/hewstonepsychology/pdf/chapter7.pdf>
4. <https://www.ou.edu/faculty/M/Jorge.L.Mendoza-1/Motivation.pdf>

MAPPING

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO									
CO-1	H	M	L	H	H	M	H	M	H
CO-2	H	H	L	H	M	M	H	M	M
CO-3	H	M	H	M	M	L	H	L	M
CO-4	H	H	M	H	L	L	M	L	H

H- High, M – Moderate, L - Low

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO			
CO-1	3	1	2
CO-2	3	1	2
CO-3	3	2	2
CO-4	3	3	3

High -3, Moderate- 2, Low -1

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CHOICE BASED CREDIT SYSTEM
LEARNING OUTCOMES-BASED CURRICULUM FRAMEWORK (LOCF)
FIRST YEAR- SEMESTER 1

Course Title	MAJOR CORE-2: LIFE SPAN DEVELOPMENT
Total Hours	90
Hours/Week	6 Hrs Wk
Code	P21PSIMCT02
Course Type	Theory
Credits	5
Marks	100

CONSPECTUS

To enable the students to understand development through social, cognitive and biological theories and also address the developmental challenges they face across the life span.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Summarize the relevance of physical developmental in early human life.
CO-2	Understand and apply the major theoretical concepts in early and late childhood.
CO-3	Recognize the major issues and developmental tasks in adolescence.
CO-4	Compare the vocational and family adjustment based on physical and psychological Perspective.

UNIT-I INTRODUCTION AND PRENATAL DEVELOPMENT, INFANCY, BABYHOOD.

18Hrs

- 1.1: Facts about Development, The Life Span, Developmental Tasks during the life span How life begins, the beginning, conception, period of prenatal development, factors affecting prenatal development,
 1.2: Hazards: Physical and Psychological. Characteristics, factors influencing adjustment to post-natal life,
 1.3: physical development, Hazards. Characteristics, Developmental Tasks, physical development, physiological functions Muscle control, speech development, play, development of understanding,
 1.4: Personality Development, Happiness, Hazards.

Extra Reading /Key words: Genetic testing and Genetic engineering. The development of nervous system.

UNIT – II EARLY CHILDHOOD, LATE CHILDHOOD**18Hrs**

- 2.1: Characteristics, Developmental Tasks, physical development, skills, speech development, emotional development, social development, play,
 2.2: Moral development, family relationship, personality development, Happiness, Hazards.
 2.3: Characteristics, Developmental Tasks, physical growth, skills - speech development emotional expressions, social behaviour, play, interests, moral development, personality changes, Happiness, Hazards. Cultural aspects of child development.

Extra Reading /Key words: Working mothers, Day care and child development. Making sense of moral development. Imaginary Playmates.

UNIT – III: PUBERTY AND ADOLESCENCE**18 Hrs**

- 3.1: Characteristics, criteria, causes, age, growth spurt, body changes, effects of puberty changes, Happiness, Hazards.
 3.2: Characteristics, Developmental Tasks, physical change, storm and stress, social change, interest
 3.3: Morality, family relationship, personality changes, Happiness, Hazards.

Extra Reading /Key words: The youth violence epidemic. The development of faith across lifespan.

UNIT IV: MIDDLE AGE**18Hrs**

- 4.1: Characteristics, Developmental tasks, Adjustment to physical changes, Assessment of adjustment of physical changes, Adjustment to mental changes, Adjustment to changed interest,
 4.2: Social adjustment, Personal and social hazards of middle age. Vocational and family adjustment, Vocational adjustment,
 4.3: Adjustment to singlehood, Loss of spouse, Retirement, Vocational and marital hazards.

Extra Reading /Key words: Does personality predict health and longevity.

UNIT V: OLD AGE**18 Hrs**

- 5.1: Vocational adjustment, adjustment to retirement, changes in family life, remarriage in old age, Cohabitation in old age, Adjustment to singlehood in old age.
 5.2: Living arrangement for the elderly, Geographic mobility in old age,
 5.3: Vocational and family life hazards of old age, Assessment of adjustment to old age.

Extra Reading/Key words: Sensory changes and caring for the elderly

Course Outcomes (CO):**The learners**

CO No.	Course Outcomes	Cognitive Level
CO-1	Categorize the developmental stages across life span	K1

CO-2	Summarize the developmental tasks of early and late Childhood	K2
CO-3	Relate the characteristics of puberty in adolescence and evaluate the physical, emotional and social development across life.	K3
CO-4	Distinguish between family and vocational adjustment; assess the areas of adjustment in old age.	K4

TEXT BOOKS

Elizabeth B. Hurlock (1981) *Developmental Psychology - A Life - Span Approach*, (5th Edition), Tata McGraw Hill, New Delhi.

SUGGESTED READINGS

Papalia.E. Diane & Wendkos Sally (1994). *Human Development*, (5th Edition), Tata McGraw Hill, New Delhi

Kuther.L. Tara (2020). *Lifespan Development*. Second Edition, Tata McGraw Hill, New Delhi

WEB REFERENCES

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO-1	H	M	H	M	H	M	H	M	H
CO-2	H	H	L	H	L	M	H	M	-
CO-3	H	H	M	M	M	H	H	-	-
CO-4	H	M	H	M	M	L	M	H	H

H – High, M – Moderate, L - Low

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO	1	2	3
CO-1	3	2	3
CO-2	3	2	2
CO-3	3	2	2
CO-4	3	2	2

H – High

M – Moderate

L - Low

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FIRST YEAR- SEMESTER 1

Course Title	MAJOR CORE-3: ADVANCED SOCIAL PSYCHOLOGY
Total Hours	90
Hours/Week	6 Hrs Wk
Code	P21PS1MCT03
Course Type	Theory
Credits	4
Marks	100

CONSPECTUS

To understand the perspectives of self in social situations, relationship with others and behaviour in groups.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand historical and current perspectives in social psychology
CO-2	Summarize the social perception and cognition.
CO-3	Differentiate the relation with self, behaviour in organization and law
CO-4	Outline and evaluate the process in close relationship.

UNIT – 1 INTRODUCTION TO SOCIAL PSYCHOLOGY AND SOCIAL PERCEPTION

18 Hrs

1.1 Introduction – Definition, new perspectives and methods.

1.2 Research methods in social psychology: systematic observation, correlation, experimental method, and the role of theory.

1.3 Theoretical perspectives in social psychology- The psychoanalytic perspective, the behaviouristic perspective, the gestalt perspective, evolutionary perspective, application of social psychology to various areas.

1.4 Social Perception: Nonverbal communication, attribution- Theories of attribution-Fritz Heider's model of attribution, Theory of correspondent inferences, Kelly's theory of Causal attribution.

1.5 Impression formation and impression management.

Extra Reading/ Key words: Ethical issues in social psychology research

UNIT II – SOCIAL COGNITION AND SOCIAL THINKING

18 Hrs

2.1 Social Cognition; Schemas and Prototypes

2.2 Heuristics, Errors in social cognition.

2.3 Social Thinking: Attitude formation- Attitudes influence behavior

2.4 Persuasion, Attitude Change- Cognitive dissonance.

2.5 Pro-social Behavior: Reasons for helping- Bystander effect- Factors that increase or decrease bystander effect – Crowd funding.

2.6 Theoretical explanations of prosocial motivation

Extra Reading /Key words: Advertising the ultimate in attitude change. Doing wrong by trying to do right. Using cognition to manage angry arousal

UNIT III – SOCIAL RELATION AND SOCIAL IDENTITY

18 Hrs

3.1 Aggression: Basic Concepts – Theories-Instinct, biological, Drive, Social learning theory and cognitive theories.

3.2 Social determinants of aggression, Aggression influencing behavior, Prevention and control of aggression.

3.3 Prejudice : Nature and origins of stereotype – Prejudice in action – Techniques for countering its effects.

- 3.4 Social identity - Self presentation-Self knowledge-Personal identity - Social comparison - self esteem.
 3.5 Additional aspects of self-functioning- focusing, monitoring and efficacy, Self as target of prejudice.

Extra Reading /Key words: *The paradox of self-handicapping. Physical health and views of self. Judging people by their covers.*

UNIT IV - INTERPERSONAL ATTRACTION AND CLOSE RELATIONSHIP 18 Hrs

- 4.1 Internal Sources of Liking Others:- External sources of attraction – Liking based on social interaction. 4.2 Interdependent relationships with family and friends versus loneliness.
 4.3 Romantic relationships-love-physical intimacy, marriage.
 4.4 Conformity – Group influence in action
 4.5 Compliance -Extreme forms of social influence and obedience

Extra Reading /Key words: *Love in cross cultural perspective. Healthy communication to save marriages.*

UNIT V – GROUPS AND INDIVIDUALS, AND SOCIAL PSYCHOLOGY IN LAW MEDICINE AND ORGANIZATION 18Hrs

- 5.1 Groups, how groups affect- individual performance, coordination in groups.
 5.2 Perceived fairness in groups. Decision making in groups, Leadership patterns.
 5.3 Social psychology in legal system, Social psychology and work related attitudes.
 5.4 Health related behaviour – healthy state and coping with illness
 5.5 World of work

Extra Reading /Key words: *Increasing intergroup co-operation with Grit strategy. Majority and minority influences in Jury room. Social psychology and its usefulness for business.*

Course Outcomes (CO)

The learners:

CO No.	Course Outcomes	Cognitive Level
CO-1	Summarize new perspectives and research methods in social Psychology	K1
CO-2	Compare interpersonal and interdependent relationship	K2
CO-3	Examine and infer social psychology in law and organization	K3
CO-4	Analyze the strategies used for self-identity and Relate social perception influencing social behaviour	K4

TEXT BOOKS

Baron, A. R. and Byrne, D. (2003). *Social Psychology*. Tenth Edition. Prentice-Hall of India Pvt.Ltd. . New Delhi:

Myers, D.G. (1999). *Social Psychology*. McGraw-Hill, New York.

Chadha.N.K. (2012) *Social Psychology*. MacMillan Publishers India Ltd, NewDelhi, India.

SUGGESTED READINGS

Giles, B. (2002). *Introducing Social Psychology*. The Brown Reference Group Plc London..

Forsyth, D.R. (1997). *Group Dynamics*. McGraw Hill, Delhi.

Myers, D.G. (2005). *Social Psychology*. Eighth Edition. Boston. McGrawHill. New York.

Michael, Vaughan Hogg (2022). *Social Psychology*, (9th Ed). Pearson Education Inc, New York

WEB REFERENCES

1. <https://www.thoughtco.com/attribution-theory-4174631>
2. <https://www.simplypsychology.org/social-identity-theory.html>
3. <https://www.sciencedirect.com/topics/psychology/social-identity-theory>
4. <https://www.verywellmind.com/what-is-prejudice-2795476>
5. https://www.hofstra.edu/pdf/community/slzctr/stdcsl/stdcsl_triangular.pdf

MAPPING

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO									
CO-1	H	H	M	-	H	-	H	-	H
CO-2	H	H	M	-	L	M	H	M	M
CO-3	H	H	H	M	L	H	H	M	M
CO-4	H	M	H	M	-	L	M	H	H

H – High, M – Moderate, L - Low

H – High, M – Moderate, L - Low

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO	1	2	3
CO-1	3	2	3
CO-2	3	2	3
CO-3	3	2	2
CO-4	3	2	2

H – High M-Moderate L-Low

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CHOICE BASED CREDIT SYSTEM
LEARNING OUTCOMES-BASED CURRICULUM FRAMEWORK (LOCF)
FIRST YEAR- SEMESTER 1

Course Title	MAJOR CORE-4: RESEARCH METHODOLOGY
Total Hours	90
Hours/Week	6 Hrs Wk
Code	P21RS1MCT01
Course Type	Theory
Credits	4
Marks	100

CONSPECTUS

To understand the concept of Research, its types, designs, identifying research problem, data collection and understanding descriptive and inferential statistics.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Remember the concept of research, its types and characteristics
CO-2	Understand the types of research design, sampling and writing thesis
CO-3	Apply different methods of data collection, process, analysis and interpretation.
CO-4	Analyze research data using various computer data analysis

UNIT 1:INTRODUCTION TO RESEARCH METHODOLOGY

15 Hrs

- 1.1 Meaning and definitions of research
- 1.2 Objectives and characteristics of research
- 1.3 Criteria of good research
- 1.4 Types of Research - primary and secondary, application, objective, enquiry mode
- 1.5 Research in special education – problems encountered

Extra reading/ keywords: Research, educational research, empirical research, social research, historical research, post facto research, scientific research.

UNIT 2:FORMULATING A RESEARCH PROBLEM

15 Hrs

- 2.1 The research process – steps involved
- 2.2 Review of literature – importance, functions, characteristic, and procedure
- 2.3 Research problem – meaning, sources, considerations, steps
- 2.4 Variables – Independent, dependent, control and extraneous variables, converting a concept into a variable
- 2.5 Hypotheses – definition, functions, characteristics, types, errors.

Extra reading/ keywords: Levels of Research Project, Components of Research Problem, skimming, problem formulation, Null hypotheses, Test hypotheses.

UNIT 3: RESEARCH DESIGN

15 Hrs

- 3.1 Research design – definition/meaning, need/function,
- 3.2 Types of research design - based on number of contacts, number of contacts, reference, Period, nature of investigation
- 3.3 Sampling – meaning, characteristics, methods and determinants of sample size.
- 3.4 Ethical issues in data collection – related to participants, researcher, sponsoring Organization
- 3.5 Writing a research proposal - contents

Extra reading/ keywords: Exploratory & Formulative studies, Diagnostic studies, Experimental Design, Principles of Sampling, Probability & Non-Probability sampling, sampling error

UNIT 4: PROCESSING, ANALYZING AND INTERPRETING DATA **15 Hrs**

- 4.1 Processing data– steps in quantitative and qualitative data
- 4.2 Displaying and Interpretation of data – table components, types of graphs, charts
- 4.3 Research Report – layout, mechanics, organization, precautions
- 4.4 Research summary - definition, process of writing abstract
- 4.5 Computation of data– measures of central tendency, variation, correlation

Extra reading/ keywords: Types of Data collection, coding, labeling, compiling data, pilot study, plagiarism, different types of research formats.

UNIT 5: COMPUTER DATA ANALYSIS - SPSS **15 Hrs**

- 5.1 Introduction - features
- 5.2 Entering, editing, saving data – labels, values
- 5.3 Basic steps in data analysis
- 5.4 Recoding, rank cases, replacing
- 5.5 Statistical applications

Extra reading/ keywords: SPSS, Association, chi-square test, t – test, Variance

PRACTICUM: **15 Hrs**

- 1. Developing a Research Plan.
- 2. Writing an outline for a Research Proposal
- 3. To prepare the master sheet, coding the data
- 4. Analyzing data
- 5. Writing bibliography

TEXT BOOKS

Kumar, R. (2005) Research Methodology, A Step-by-Step Guide for Beginners. New Delhi, Dorling Kindersley Pvt. Ltd.

Kothari, C.R., (2004). Research Methodology. Methods and Techniques, New Delhi; New Age International (P) Limited.

VanitNalwa, (1992). The ABC of Research, New Delhi; Wiley Eastern

SUGGESTED READINGS

Richard Veit et.al. (1990). Writing, Reading and Research, New York; Macmillan Publishing Company.

Daroga Singh & Chaudhary, F.S., (1989). Theory and Analysis of Sample Survey Design, N.Delhi, Wiley Eastern Limited.

Agarwal, B.L., (1988). Basic Statistics, New Delhi; Wiley Eastern Ltd.

WEB REFERENCES

- [1.https://libguides.usc.edu/writingguide/researchdesigns#:~:text=The%20research%20design%22.0refers%20to,measurement%2C%20and%20analysis%20of%20data.](https://libguides.usc.edu/writingguide/researchdesigns#:~:text=The%20research%20design%22.0refers%20to,measurement%2C%20and%20analysis%20of%20data.)
- [3. https://www.scribbr.com/category/research-process/](https://www.scribbr.com/category/research-process/)
- [4. http://pathways-egypt.com/subpages/downloads/Research_Chapter_7.pdf](http://pathways-egypt.com/subpages/downloads/Research_Chapter_7.pdf)

CO No.	Course Outcomes	Cognitive Level
CO-1	Understand the concept of research, its types and characteristics.	K1
CO-2	Enumerate various types of research design and its relevance	K2
CO-3	Compares different types of variables, methods of collecting, processing, analyzing and interpreting data	K3
CO-4	Applies computer data analysis for data analysis and interpretation	K4

MAPPING

Course Outcomes	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO1	H	H	H	H	H	H	-	M	-
CO2	H	H	H	H	M	H	-	-	-
CO3	H	H	H	H	H	H	-	-	M
CO4	H	H	H	H	H	H	H	H	H

Course Outcomes	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO1	3	3	3
CO2	3	2	3
CO3	3	3	3
CO4	3	2	3

H – High M-Moderate L-Low

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LEARNING OUTCOMES-BASED CURRICULUM FRAMEWORK (LOCF)
FIRST YEAR-

SEMESTER 1

Course Title	MAJOR ELECTIVE -1 ORGANIZATIONAL BEHAVIOUR
Total Hours	60
Hours/ week	4 Hrs/Wk

Code	P21AS1MET01
Course Type	Theory
Credits	4
Marks	100

CONSPECTUS

The subject will be able to understand the perspectives of OB and its application

Course Objectives

The learner will be able to

CO	Course Objectives
CO-1	Recognize the basic concepts and challenges in organizational behaviour
CO-2	Categorize attitudes, emotions, personality and values to evaluate the motivational process in organization
CO-3	Distinguish between leadership and politics and identify the causes and consequences of political behaviour.
CO-4	Compare and analyze organizational structure and culture.

UNIT:1 INTRODUCTION TO ORGANIZATIONAL BEHAVIOUR

1.1 Definition of organizational behaviour: challenges & opportunities, contributing disciplines, management functions and relevance to organizational behaviour.

1.2 Developing an OB model.

1.3 Diversity – geographical characteristics – implementing diversity management strategies- global implications.

Extra Reading/ Keywords : Synergy

UNIT II: ATTITUDES, EMOTIONS, PERSONALITY AND VALUES

2.1 Attitudes –Main components of attitudes- Major job attitudes. Job satisfaction- causes of job satisfaction.

2.2 Emotions – Emotional intelligence- OB- Application of emotions and moods.

2.3 Personality- MBTI- The big five model- other personality traits- Global implications

2.4 Values and Personality

2.5 Perception –Person perception- Making Judgements about others.

Extra Reading/ Keywords: Positive Outlook

UNIT III: EMOTIONS AND MOTIVATION

3.1 Emotions and Moods – Importance of emotions at workplace – Emotional Management at

work place.

3.2 Motivation – Theories of motivation- Early- Contemporary- Global implications- Using rewards to motivate employees.

3.3 Conflict-Management- Levels- Sources of conflict-bases- Conflict resolution strategies- negotiation.

3.4 Foundations of group behaviour: Stages of group development- group properties- group decision making- global implications.

Extra Reading/Keywords: Motivational Urges

UNIT IV: COMMUNICATION, LEADERSHIP, POWER AND POLITICS

4.1 Functions of communication- process-direction of communication-interpersonal communication-intrapersonal communication-barriers to effective communication.

4.2 Leadership- Trait theories- Behaviour theories- Contingency theories. Types of leadership- Finding and creating effective leaders.

4.3 Power tactics- Politics- power in action- causes and consequences of political behaviour- the ethics of behaviour politically- global implications.

Extra Reading/Keywords: Case history of any leader

UNIT V: FOUNDATIONS OF ORGANIZATIONAL STRUCTURE AND CULTURE

5.1 Common organizational designs- New design options- organizational design and employees behaviour.

5.2 Organizational culture – creating and sustaining culture-ethical and positive culture approaches.

5.3 Managing organizational change

5.4 Work-stress and its management-Global implications

Extra Reading/Key words: Positive organizational culture

COURSE OUTCOMES (CO):

The learners

CO.No.	Course outcomes	Cognitive Level
CO-1	Understand and recall challenges in organizational behaviour and develop an organizational behaviour model.	K1, K2
CO-2	Integrate and assess the attitudes, emotions, personality and values influencing organizational behaviour	K3
CO-3	Analyse and differentiate emotions and motivations in group development	K4
CO-4	Explain the effective leadership in organization, types of communication, power and politics	K2, K3

CO – Course Outcome; K1- Remember; K2- Understand; K3– Apply; K4 – Analyse

TEXT BOOKS

Robbins.S.P.Judge,T.A.,andVohra,N. (2013) *OrganisationalBehaviour,XIVedn.*,Prentice-Hall,India.

Hellinegal Slocum,Woodman. (2012) *OrganisationalBehaviour,IXedn.*, Thomson learning.

SUGGESTED READINGS

Umasekaran (1989) *OrganisationalBehaviour*,TataMcGrawHill.

RobbinsS.P. (1988) *Concepts contrivances and applications*, PrenticeHall.

McShane & Glinow, (2008) *OrganisationalBehaviour*, TataMcGrawHill.

David A. Buchanan, Andrzej A. Huczynski (2020). *Organizational behaviour (10 Ed)*. Pearson Education Limited.

WEB REFERENCES

1. <https://www.getvetter.com>

2. <https://cmoe.com>

3. <https://www.inc.com>larry-kim>

MAPPING

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO									
CO-1	H	H	H	M	H	M	H	M	H
CO-2	H	H	H	H	H	M	H	M	H
CO-3	H	H	M	M	M	H	H	H	H
CO-4	H	M	H	M	M	L	M	H	H

H – High, M – Moderate, L - Low

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO	1	2	3
CO-1	3	2	3
CO-2	3	2	2
CO-3	3	2	2
CO-4	3	2	2

H – High M – Moderate L - Low

Justification: -

- The course outcome is in line with the Programme Outcome and Programme Specific Outcome
- RBT is followed step by step in PSO and CO PO, PSO and CO are focusing
- on the same output from the students

For students admitted from June 2021 onwards
HOLY CROSS COLLEGE (AUTONOMOUS) TIRUCHIRAPPALLI -2
SCHOOL OF REHABILITATION AND BEHAVIOURAL SCIENCES
PGDEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
LEARNING OUTCOMES-BASED CURRICULUM FRAMEWORK (LOCF)
FIRST YEAR- SEMESTER 1

Course Title	MAJOR ELECTIVE-1: CONSUMER BEHAVIOUR
Total Hours	60
Hours/Week	4 Hrs Wk
Code	P18PS1MET02
Course Type	Theory
Credits	4
Marks	100

CONSPECTUS

To enable students understand the consumer behaviour.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Discuss decision making process of consumer behavior
CO-2	Infer the environmental influences on consumer behaviour.
CO-3	Categorise the needs, motivation and personality.
CO-4	Compare the perception and learning strategies in consumer behaviour.

UNIT – I CONSUMER BEHAVIOUR, DECISION MAKING AND MARKET SEGMENTATION

12 Hrs

- 1.1 Introduction, Consumer Behaviour, Meaning, The need to study Consumer Behaviour
- 1.2 Decision Making, Meaning, Levels of Consumer Decision Making, Four views of Consumer Decision Making, A Model of Consumer Decision Making.
- 1.3 Market Segmentation, Meaning, Bases of for Market Segmentation: Geographic, Demographic, Psychological/ Psychographic, Sociocultural, Use-related, Use-situation,
- 1.4 Benefit and Hybrid Segmentation.

Extra Reading /Key words: Targeting with attitudinal segmentation.

UNIT – II ENVIRONMENTAL INFLUENCES ON CONSUMER BEHAVIOR

12 Hrs

- 2.1 The Culture and Subculture, Definition, Characteristics
- 2.2 Social class, Social Groups Classification
- 2.3 Reference Groups, Family, Family Life Cycle
- 2.4 Personal Influence, Nature, Opinion Leadership.

Extra Reading /Key words: Effect of cultural context on consumers

UNIT – III: CONSUMER NEEDS, MOTIVATION AND PERSONALITY

12 Hrs

- 3.1 Motivation, Meaning, The Dynamic Nature of Motivation
- 3.2 Types and Systems of Needs, The Measurement of Motives, Motivational Research.
- 3.3 Personality – Meaning – Theories of Personality – Personality and Understanding Consumer Diversity – Self and Self-Image.

Extra Reading /Key words: Effects of motivation, Functions of attitudes.

UNIT – IV: CONSUMER PERCEPTION AND LEARNING

12 Hrs

- 4.1 Perception, Meaning, the Dynamics of Perception, Consumer Imagery
- 4.2 Perceived Risk, Types of Perceived Risks, How consumers handle risk.
- 4.3 Learning – Meaning – Behavioural Learning Theories – Cognitive Learning Theory – Brand, Loyalty – Developing Brand Loyalty – Brand Equity.

Extra Reading /Key words: Subliminal Perception

UNIT – V: CONSUMER ATTITUDE, COMMUNICATION

12Hrs

- 5.1 Consumer attitude: Definition, Characteristics and Functions of Attitude
 5.2 Structural Models of Attitude Formation, Attitude Change, Strategies of Attitude Change.
 5.3 Communication: Components of Communication, the Communication Process, Strategies for Designing Persuasive Communications.

Extra Reading /Key words: Implication in advertising strategy

Course Outcomes (CO):

The learners will be able to

CO No.	Course Outcomes	Cognitive Level
CO-1	Classify the levels of consumer decision making	K1
CO-2	Plan selling strategy based on environmental influences	K2
CO-3	Interpret consumer behaviour based on motivation and personality	K3
CO-4	Identify the relationship between perception and learning in consumer behavior	K4

TEXT BOOKS

Leon G. Schiffman and Leslie Lazar Kanuk (2010). *Consumer Behaviour* (10th Edition)
 Prentice Hall of India, New Delhi:

David L. Loudon and Albert J. Della Bitta (2008). *Consumer Behaviour: Concepts and Applications*, (4th Edition) McGraw Hill, New York:

SUGGESTED READINGS

Seema Pasricha (2007) *Consumer Psychology*: Deep & Deep Publications PVT. LTD. New Delhi

William D. Wells and David Prensky (2008) *Consumer Behaviour*, John Willey & Sons. New York:

WEB REFERENCES

- <https://gacbe.ac.in/pdf/ematerial/18BPS64C-U1.pdf>
- <http://meri.edu.in/meri/wp-content/uploads/2016/07/CHAPTER3.pdf>
- https://ebookbou.edu.bd/Books/Text/SOB/MBA/mba_4321/Unit-11.pdf
- <https://www.businessmanagementideas.com/consumer-behavior/consumer-perception/21526>

MAPPING

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO									
CO-1	H	H	H	H	H	M	H	M	H
CO-2	H	H	H	H	M	M	H	M	H

CO-3	H	H	M	M	M	H	H	H	H
CO-4	H	M	H	M	M	L	M	H	H

H – High, M – Moderate, L - Low

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO	1	2	3
CO-1	3	2	3
CO-2	3	2	3
CO-3	3	2	2
CO-4	3	2	3

H – High M – Moderate L – Low

**HOLY CROSS COLLE (AUTONOMOUS), TIRUCHIRAPPALLI -1
P.G. CATECHISM – SEMSTER I & II**

Hrs / Wk : 1

UNIT – I:

Growth in spiritual life – Life of God, Prayers, Meditation, Reflective scripture reading, Holy mass and sacraments.

UNIT – II:

Sin – Personal & Social Sin-Effects of Sin – Remission – Confession – Forgiveness

UNIT – III:

Rosary – Four mysteries-Meaning of the Rosary – Devotion to Mary

UNIT – IV:

Family life – Role of Parents, Love & Respect for Parents and Children – Prolife, Euthanasia, Mercy killing, Honour killing. A good Christian family and its influence in Church and Society

UNIT – V:

Discernment – a way of life.

REFERENCE :

1. Discernment – Rex Paie. S.J, - VaigaiPublications
2. What Prayer is – Rex Paie S.J, - VaigaiPublications
3. Vatican II Documents All Serfac Publications – Serfac, Chennai.
4. New leaderpublications.

I P.G. CATECHISM – SEMSTER I & II
VALUE EDUCATION FOR WOMAN

Hrs/Wk.: 1

UNIT – I:

Value education – Purpose and importance, Value of work, (Dignity of labour), Time Management, Motivation to develop the talents; Leadership Styles

UNIT – II:

Woman – In ancient period to modern days – Education of woman in the modern socio economic development – Strategies for Empowerment

UNIT – III:

Crimes against woman – Laws pertaining to woman – Dowry Prohibition Act; Anti Domestic Violence Act; Marriage Act Hindu, Islam & Christian; Property Right; Women’s Liberation Movement

UNIT – IV:

Human Sexuality; Sex Education – Love, Lust, Friendship and Infatuations; Child Abuse; Gay, Lesbianism, Health care for women; Naturopathy, Home remedies; Health Problems faced by women

UNIT – V:

Sexual harassment – at home and in the workplace – Women in Media; Cell Phone and internet – uses and misuse – Evils of Drug Abuse – Notable Indian Women who have inspired

**I PG BIBLE STUDIES – SEMESTER
I & II EFFECTIVE CHRISTIAN LIVING**

Hrs/ Wk: 1

UNIT – I:

Teaching from Gospels for Christian living.

UNIT – II:

Freedom and Service

Parable of prodigal son – Christian Freedom

Parable of Good Samaritan – Love and
Service

UNIT – III:

Christian Leadership

Leader as a Shepherd (Psalm

23) Leader as a Steward

(Parable of talents)

Leader as a Servant (Jesus washing the feet of disciples)

UNIT – IV:

Marriage, family and parenting

UNIT – V:

Christian Commitment:

To the church – To the society – To the nation

HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620 002
SCHOOL OF REHABILITATION AND BEHAVIOURAL SCIENCE
DEPARTMENT OF AUDIOLOGY AND SPEECH LANGUAGE PATHOLOGY
CHOICE BASED CREDIT SYSTEM
LEARNING OUTCOMES-BASED CURRICULUM FRAMEWORK (LOCF)
UG COURSE PATTERN
B.ASLP

Course Title	Major Core B 1.3. Clinical Psychology
Code	U21PS1MCT01
Course type	Theory
Semester	I
Hours/Week	4
Credits	-
Marks	100

CONSPECTUS

Clinical psychology focuses on basic human behaviors, development, Perception, thoughts, Feelings, learning principles and its therapeutic techniques, assessment, management and counseling

Course Objectives:

1. Understand the basic concepts of psychology, developmental psychology, counselling and clinical psychology.
2. To relate the Assessment procedures and classification for psychological disorders
3. To apply the neuropsychological assessment and learning principles
4. To evaluate the application of neuropsychological rehabilitation in relation to speech and hearing pathology.

Unit1: Introduction to psychology.

12hrs

- a) Introduction to psychology: definition, history and schools of psychology
- b) Scope of psychology
- c) Meaning and definition of clinical psychology
- d) Historical development, modern clinical psychology
- e) Significance of clinical psychology in health sciences
- f) Role of clinical psychology in speech and hearing
- g) Concept of normality
- h) Concept of abnormality
- I) Models of mental disorders: biological, psychological social models

Unit2: Assessment procedures in clinical psychology.

12hrs

- a) Methods in clinical psychology: case history, clinical interviewing, clinical observation, definition and types of psychological testing
- b) Assessment of cognitive functions
- c) Adaptive functions

- d) Personality
- e) Behavioral assessment
- f) Classification of abnormal behavior
- g) History, need & rationale of classification
- h) Current classificatory system: DSM, ICD

Unit3: Developmental psychology

12hrs

- a) Child and developmental psychology: meaning, definition and scope
- b) Meaning of growth, development & maturation
- c) Principles of child development
- d) Motor development: general principals of motor development
- e) Stages in motor development: early motor development, motor development during later childhood and adolescence, decline with age
- f) Cognitive development: growth from early childhood to adolescence
- g) Piaget's theory of cognitive development
- h) Emotional development
- i) Social development

Unit4: Principles of learning and behavior modification.

12hrs

- a) Learning: meaning, definition and characteristics
- b) Theories of learning: introduction
- c) Pavlov's classical conditioning: experiments and principles
- d) Skinner's operant conditioning: experiments and principles
- e) Therapeutic techniques based on learning principles
- f) Skill behavior techniques
- g) Problem behavior techniques

Unit5: Neuropsychology and its relevance to study of speech.

12hrs

- a) Neuropsychology: introduction and definition
- b) Neuropsychological assessment
- c) Neuropsychological rehabilitation
- d) Application of neuropsychology in the field of speech and hearing
- e) Counseling: introduction and definition
- f) Types of counseling: directive and non-directive
- g) Characteristics of a good counselor

TEXT BOOKS

.Morgon C.T., King R.A., Robinson N.M. Introduction to Psychology. Tata Mc Graw Hill Publishing Co

Anastasi, A.(1999). Psychological testing, London: Freeman

Baura, M (2004). Human Development and Psychology, Rehabilitation Council of India, New Delhi. ISBN:81-7391-868-6

Coleman J.C. Abnormal Psychology and Modern Life, Tara porevala Sons & Co.

Gregory, R.J. (2000). Neuropsychological and geriatric assessment in Psychological Testing: History, Principles, and Applications (3rd ed.). New York: Allyn & Bacon.

SUGGESTED READINGS

Hurlock, E.B. (1981). Child development. (VI Ed.). Mc Graw Hill International Book Co.

Kline, P. (1993). The Handbook of Psychological Testing. Routledge

Lezak, M., Loring, D.W., and Hannay, H.J. (2004). Neuropsychological Assessment. Fourth Edition. New York: Oxford University Press

Siegel M.G. (Ed). (1987). Psychological Testing from Early Childhood Through Adolescence. International Universities Press.

Geoffrey P. Kramer, Douglas A. Bernstein, Vicky Phares (2014). Introduction to Clinical Psychology. 8th Ed, Pearson education, India.

WEB REFERENCE

1. <https://nios.ac.in/media/documents/secpsycour/English/Chapter-1.pdf>
2. <https://opentext.wsu.edu/abnormal-psych/chapter/module-3-clinical-assessment-diagnosis-and-treatment>
3. <https://www.nu.edu/resources/what-is-developmental-psychology>
4. <https://study.com/academy/lesson/what-is-behavior-modification-definition-techniques-examples.html>
5. <https://www.betterhelp.com/advice/psychologists/what-is-neuropsychology-and-what-does-it-treat/>

Note: Learners are advised to use latest edition of books

Course Outcomes:

CO No.	Course Outcomes	Cognitive Level (K1-K5)
CO-1	Relate the concept of Individuals normal behavior and abnormal behavior	K1
CO-2	Relate various theories of psychological development and learning principals for behavior modification.	K2
CO-3	Choose appropriate counseling process for the needy with speech language pathology.	K3
CO-4	Asses the developmental stages of humans and to diagnose the neuropsychological deviant behavior.	K4

(K1=Remember, K2=Understand, K3=Apply, K4=Analyze, K5=Evaluate)

PO – CO MAPPING

CO/PO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
CO-1	H	H	L	M	L	L	H	-	H
CO-2	H	H	L	L	M	L	H	L	M
CO-3	H	H	M	H	H	H	H	L	M
CO-4	H	H	M	H	H	-	M	L	M

PSO – CO MAPPING

CO/PSO	PSO1	PSO2	PSO3
CO-1	H	H	H
CO-2	L	L	H
CO-3	H	H	H
CO-4	H	H	H

(For Candidates Admitted from 2021 onwards)

**SCHOOL OF REHABILITATION SCIENCE
DEPARTMENT OF PSYCHOLOGY
OFFERS TO**

**PG AND RESEARCH DEPARTMENT OF REHABILITATION SCIENCE
CHOICEBASED CREDIT SYSTEM
B.Sc.REHABILITATIONSCIENCE**

LEARNING OUTCOMES-BASED CURRICULUM FRAMEWORK (LOCF)

CourseTitle	ALLIED-1GENERAL PSYCHOLOGY
Code	U20PS1ALT01
CourseType	Theory
Hours/Week	4 Hrs/Wk
Credits	4
Marks	100

CONSPECTUS

This course will enable the students to understand the basic concepts of psychology and apply them in life.

CourseObjectives:

The learner will be able to

CONo.	CourseObjectives
CO-1	Gain knowledge about basics concepts of psychology, sensory &, perceptual process, types of memory and forgetting theories
CO-2	Understand theories of Learning, Motivation,, emotions and personality
CO-3	Enumerate thinking and reasoning, creativity, frustration and conflict domains of psychological attributes and intelligence
CO-4	Analyze the major psychological disorders, effects, types and sources of stress, substance use disorders

UNIT:I BASICS OF PSYCHOLOGY

(12Hrs)

1. MeaningandHistory
2. SensoryPerception
3. AttentionandPerceptual Processes
4. NatureandTypesofMemoryandforgettingtheories

Extra reading/ keywords:Psychology applied in different fields, Biographies of successful

people, Mnemonic techniques

UNIT:II LEARNING, MOTIVATION AND EMOTIONS (12Hrs)

- 2.1 Learning theories
- 2.2 Motivation, Types of Motives & theories
- 2.3 Emotion theories
- 2.4 Frustration and conflict

Extra reading/keywords: Multiple Intelligence, Emotional Intelligence, Emotional Quotient

UNIT:III THINKING AND INTELLIGENCE (12Hrs)

- 3.1 Thinking and Reasoning
- 3.2 Creativity
- 3.3 Domains of Psychological Attributes
- 3.4 Intelligence
- 3.5 Individual differences in Intelligence

Extra reading/ keywords: Lateral thinking, Innovative problem solving techniques, Artificial Intelligence, social intelligence

UNIT:IV PERSONALITY (12Hrs)

- 4.1 Definition & Type of personality
- 4.2 Type and Trait Theories of Personality
- 4.3 Learning and Behavioural Theories
- 4.4 Humanistic Theories.

Extra reading/keywords: The Hardy Personality

UNIT:V PSYCHOLOGICAL DISORDERS AND STRESS (12Hrs)

- 5.1 Major Psychological Disorders
- 5.2 Effects of Stress and Coping
- 5.3 Substance Use Disorders
- 5.4 Types and Sources of Stress

Extra reading/ keywords: Disengagement coping, Relaxation Techniques

CO No.	Course Outcomes	Cognitive Level (K1 to K4)
CO-1	Relate the basic concepts of psychology, sensory and perceptual process	K1
CO-2	Summarize the theories of learning, motivation,	K2

TEXTBOOKS

1. Roger Van Oech, (1993). A Whack On the side of the head, Noida, India; Gosponspapers Pvt.Ltd.
2. Clifford Morgan, Richard A King et.al. (1993). Introduction to Psychology. New York; McGraw Hill Inc.
3. Darley, Glucksherk, Kincha, (1991), Psychology, Prentice Hall Inc. A vision of Simen & Schuster,
4. Carlson, (1990). Psychology- The Science of Behaviour, U.S.A.; Allyn and Bacon, Inc.
5. Gordon H. Bower, Richard R. Bootzin and Robert B. Zajonc, (1987). Principles of Psychology, U.S.A.; Random House: Inc.

SUGGESTED READINGS

1. Huffinon & William, (1987). Psychology in Action, Singapore; John Wiley & Sons, Inc.
2. John A. Glover, Roger H. Burning, (1987). Educational Psychology, Principles and Applications, U.S.A.; Little Brown & Co. & Limited.
3. Arno .F. Witting and Gurney Williams, (1987). Introduction to Psychology. New York; Mc Graw Hill Inc.
4. Stephen Worchel, Wayne Sheilske, (1986). Psychology Principles and Applications, U.S.A.; Prentice Hall: A division of Simon & Schuster Inc. Vergenia Nichols Quinn, (1985). Applying Psychology, Singapore; McGraw-Hill.
5. Gage/ Berliner, (1984). Educational Psychology, U.S.A.; Houghton Mifflin Company.
6. David. W. Johnson and Frank. P. Johnson, (1982), Joining together, New Jersey; Prentice Hall and U.S.A.; Prentice Hall Inc.
7. Frank J. Bruno (1980), (1984). Behavior and Life, Singapore; John Wiley & Sons, Inc.

MAPPING

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO-1	M	H	-	H	H	H	H	H	H
CO-2	H	H	H	H	L	-	H	H	H
CO-3	H	H	H	H	L	-	H	H	H
CO-4	H	H	H	L	-	L	H	H	H

H – High

M – Moderate

L - Low

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO-1	H	M	H
CO-2	H	H	H
CO-3	H	H	H
CO-4	H	H	H

H – High

M – Moderate

L - Low

Justification: -

- **The course outcome is in line with the Programme Outcome and Programme Specific**

Outcome

- **RBT is followed step by step in PSO and CO**
- **PO, PSO and CO are focusing on the same output from the students**

SCHOOL OF REHABILITATION AND BEHAVIORAL SCIENCES
COURSE PATTERN
(FOR THE STUDENTS ADMITTED FROM 2022 ONWARDS)
DEPARTMENT OF PSYCHOLOGY
M.Sc PSYCHOLOGY

II SEMESTER

Major Core	Course	Code	Hrs/ Week	Credits	Total
Major Core-5	Personality theories	P21PS2MCT04	5	4	100
Major Core-6	Psychopathology	P21PS2MCT05	4	4	100
Major Core-7 Practicum-1	Experimental psychology 1	P21PS2MCP06	5	5	100
Major Core-8	Counselling Psychology	P21PS2MCT07	5	5	100
Major Elective -2	Rehabilitation Psychology/ Health psychology	P21RS2MET01/ P21PS2MET02	4	4	100
Non- Major Elective-1	Stress and coping	P21PS2NMT01	5	4	100
	Value Education		1	-	-
Library			1		
	Internship/Field work/Field Project (30 Hrs)	P20SPSECC02	2(Extra Credit)		100
	Total		30	25	700

Course offered by the Department to other Department at UG Level (III Yr)

Major Core	Course	Code	Hrs/Week	Credits	Total
Non-Major Elective	Psychological and Social Implications of Persons with Special Needs	U20PS6NMT01	3	3	100

HOLY CROSS COLLEGE (AUTONOMOUS) TIRUCHIRAPPALLI -2
SCHOOL OF REHABILITATION AND BEHAVIOURAL SCIENCES
PGDEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
LEARNING OUTCOMES-BASED CURRICULUM FRAMEWORK (LOCF)
FIRST YEAR- SEMESTER II

Course Title	MAJOR CORE 5- PERSONALITY THEORIES
Total hours	90
Hours/week	5 hours/week
Code	P21PS2MCT04
Course type	Theory
Credits	4
Mark	100

CONSPECTUS

To enable the students to summarize the different perspectives of personality theories.

Course objectives

The learner will be able to

CO No.	Course Objectives
CO1	Understand the various factors that influence personality.
CO2	Classify the psychoanalytic and neo psychoanalytic approaches.
CO3	Match the developmental and trait approaches of personality.
CO4	Compare humanistic and behavioural perspectives of personality.

UNIT-1 INTRODUCTION TO PSYCHOLOGY

18 Hrs

1.1 The study of personality – The place of personality in the history of psychology. 1.2 Definitions of psychology
 1.3 Ethnic and Gender issues in personality 1.4 Assessment- Research and theory in the study of personality 1.5
 Personality in perspective.

Extra Reading/ Key Words: Integrationists approaches to personality and culture.

UNIT-II PSYCHOANALYTIC AND NEOPSYCHOANALYTIC APPROACHES 18 Hrs

2.1 Sigmund Freud –Classical Psychoanalysis-The propelling forces of personality- level and structure of
 personality – dynamics, view of human nature- evaluation of theory and application.

2.2 Carl Jung- Analytical Psychology. 2.3 Alfred Adler-Individual Psychology 2.4 Karen Horney, Eric Fromm and Henry Murray – Personology.

Extra Reading/Key Words: Assessing unconscious patterns

UNIT III- LIFE SPAN AND TRAIT APPROACH TO PERSONALITY 18 Hrs

3.1 Life span- Erik Erikson- Psychological stages of development. 3.2 Trait approach- Gordon Allport- Personality traits, personality and motivation, Personality development in childhood, the healthy adult personality. 3.3 Raymond.B. Cattell- Approach to personality traits, source traits, Dynamic traits- Influence of heredity and environment- The stages of personality development 3.4 Hans.J.Eysenck: Dimensions of personality. 3.5 Robert Mc Crae and Paul Costa: five factor model.

Extra Reading/Key words: Identify the personality of any three great leaders.

UNIT IV- THE HUMANISTIC, BEHAVIORAL AND COGNITIVE APPROACHES

18 Hrs

4.1 Humanistic –Abraham Maslow-Personality development- The study of self actualizers. 4.2 Carl Rogers: Importance of self- the actualization tendency, the experiential world, the development of self in childhood, Characteristics of fully functioning persons. 4.3 Behavioral- B.F. Skinner: Basis of behaviour. 4.4 Albert Bandura: Modelling, Observational learning processes, the self developmental stages, Behaviour Modification. 4.5 Cognitive – George Kelly: Personal construct theory, anticipating life events.

Extra Reading/ Key words: Connecting self-actualizing tendencies with spirituality by Roger.

UNIT V-FIELD THEORY AND LIMITED DOMAIN APPROACH 18 Hrs

5.1 Kurt Lewin: Limited Domain. 5.2 Julian Rotter: Social learning theory- Primary concepts, broader concepts, psychological needs, Locus of control, interpersonal trust. 5.3 David McClelland: Need for achievement. 5.4 Marvin Zuckerman: Sensation seeking 5.5 Martin Seligman: Learned Helplessness.

Extra Reading/Key words: Characteristics/ Traits of mature personality by Allport.

Course Outcomes (CO):

The learner will be able to

CO.No.	Course Outcomes	Cognitive Level
CO-1	Relate the personality traits with behaviour	K1
CO-2	Compare psychoanalytic and neo psychoanalytic approach	K2
CO-3	Categorize the trait and life span approach	K3
CO-4	Compare the humanistic and cognitive approaches	K4

Prescribed text books:

Schultz.P.Duane and Schultz Ellen Sydney (2001) Theories of personality, Wadsworth Thomson

Learning, USA.

Calvin.s.Hall and Lindzey.G and Campbell J.B. (1998) Theories of personality, fourth edition,
John Wiley and sons, New York.

BOOKS FOR REFERENCE:

Fiest.J and Fiest.G.J. (2002) Theories of personality, McGraw Hill, Boston.

Libert.R.M. and Spiegler. M.D. Personality: Strategies and Issues. Brooks Publishing Company,
Pacific Groove, California.

Biscoff.L.J.(1970) Interpreting Personality theories, Harper and Roe, New York.

MAPPING

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO									
CO-1	H	M	H	H	H	H	H	M	H
CO-2	H	H	L	H	L	M	H	M	M
CO-3	H	H	-	-	-	H	H	-	M
CO-4	H	M	H	M	-	L	M	H	H

H – High, M – Moderate, L - Low

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO			
CO-1	H	M	H
CO-2	H	M	M
CO-3	H	M	M
CO-4	H	M	M

H – High

M – Moderate

L - Low

For the students admitted from June 2022 onwards
HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPALLI-2
SCHOOL OF REHABILITATION AND BEHAVIORAL SCIENCES
PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM

First Year-Semester-II

Course Title	MAJOR CORE-5 PERSONALITY THEORIES
Total Hours	90
Hours/Week	5
Code	P21PSMCT04
Course Type	THEORY
Credits	4
Marks	100

CONSPECTUS

To enable the students to understand the theoretical perspectives and causes of various mental disorders..

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the historical development and perspectives on abnormality
CO-2	Classify the disorders of childhood and adolescence
CO-3	Summarize the various stress and anxiety related disorders
CO-4	Relate the mood disorders and psychotic disorders

UNIT-1 INTRODUCTION

12 Hrs

- 1.1 Psychopathology- Definition, Normal mental health. History of psychopathology.
- 1.2 Models of Normality in mental health
- 1.3 Case history taking
- 1.4 Classification in Psychiatry-ICD-10 and DSM-V

Extra Reading/ Key words: Are mental disorders really distinct

UNIT-2 DISORDERS OF CHILDHOOD AND ADOLESCENCE

18 Hrs

- 2.1 Pervasive developmental disorders- Autism
- 2.2 Elimination disorder- Enuresis and Encopresis. Sleep walking and Tic Disorder
- 2.3 Obsessive Compulsive Disorder- Attention Deficit hyperactivity disorders
- 2.4 Oppositional defiant disorder and conduct disorder, Separation anxiety disorder, Childhood depression.
- 2.5 Mental Retardation and Learning disability- Causal factors and treatment.

Extra Reading/Keywords: Using play therapy to resolve children's psychological problems

UNIT-III ANXIETY, SOMATOFORM AND DISSOCIATIVE DISORDERS

20 Hrs

- 3.1 Anxiety- Acute stress disorder- Post traumatic disorder

3.2 Generalized anxiety disorder- Panic disorder- Phobic disorders

3.3 Obsessive Compulsive Disorder

3.4 Somatization Disorder- Hypochondriasis-Conversion disorder- Body dysmorphic disorder and pain disorder

3.5 Dissociative Disorder- Dissociative Amnesia- Dissociative Fugue- Dissociative identity disorder- Depersonalization- Causal factors and treatment.

Extra Reading/ Key words: Compulsive Hoardings- Is it a subtype of OCD?

UNIT –IV DISORDERS OF ADULT PERSONALITY AND COGNITIVE BEHAVIOUR

20 Hrs

4.1 Cognitive Disorder- Clinical signs of brain damage- Delirium- Dementia- Alzheimer’s Disease- Amnestic disorder and disorders involving head injury.

4.2 Eating Disorders- Anorexia Nervosa-Bulimia Nervosa- Binge eating disorder- Obesity

4.3 Sleep Disorder-Insomnia- Nightmare disorders- Sleep terror-Sleep walking disorder and parasomnia.

4.4 Impulse control disorder- Kleptomania, Pyromania and Pathological Gambling and Trichotillomania.

4.5 Sexual and gender identity disorders- Paraphilias, Exhibitionism, Pedophilia. Neuro-cognitive disorder- Delirium, Dementia, Amnestic disorder.

4.6 Personality Disorders- Paranoid Personality- Schizoid Personality- Schizotypal Personality- Antisocial Personality- Borderline Personality- Narcissistic Personality- Histrionic Personality- Avoidant Personality- Dependent Personality- Obsessive Compulsive Personality- Causal factors and treatment.

Extra Reading/ Key words: How harmful is childhood sexual abuse?

UNIT-V MOOD DISORDERS, SCHIZOPHRENIA AND OTHER PSYCHOTIC DISORDERS

20 Hrs

5.1 Mood Disorders- Unipolar Disorders- Major Depressive disorder- Dysthymic disorder, Recurrent depression. Bipolar disorders-Mania-Hypomania-Cyclothymic Disorder.

5.2 Suicide- Types- Epidemiology- Signs and symptoms of suicidal risk- Factors associated with suicide risk. Causal factors, Clinical Picture- Suicide prevention and intervention.

5.3 Schizophrenia- Subtypes- Paranoid- Disorganized type- Catatonic type- Undifferentiated type- Residual type. Clinical pictures in Schizophrenia- Delusion, Hallucination, negative and positive symptoms.

5.4 Psychotic Disorders- Schizoaffective Disorders- Brief Psychotic Disorders- Shared psychotic disorders. Causal factors and treatment.

5.5 Substance Related Disorders- Alcohol related Disorder and other drug related disorders.

Extra Reading/ Key words: Psychotherapy integration

Course Outcomes (CO):

The learner will be able to

CO.No.	Course Outcomes	Cognitive Level
CO-1	Recall the background of Psychopathology	K1
CO-2	Understand the symptoms of childhood and adolescence	K2
CO-3	Summarize anxiety and stress related disorders	K3
CO-4	Analyze the adult behaviour and personality disorder	K4

Prescribed textbooks:

Butcher J. N.(1992).AbnormalPsychologyandModernlife. NewYorkHarperCollin.

AhujaN.(2011).AShortTextbookofPsychiatry,NewDelhi

BOOKS FOR REFERENCE:

1.IrwinG.SarasonandSarasonBarbara,R.(1993).AbnormalPsychology.SixthEdition.NewYork:PrenticeHall.

2.Ilusen.M,KazdinE.A and BellackS.A.(1991).The Clinical Psychology Handbook. Second Edition NewYork: Pergamon press.

3. Richard R.Bootzin, Joan Ross Acocelk and LamensB. Alley.(1993). Abnormal Psychology. SixthEdition. NewYork:McGrawHill.

4. BarlowH.David and Durand V.Mark.(1999). Abnorma lPsychology. Cole Publishing Company, India

MAPPING

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO-1	H	M	H	H	H	H	H	M	H
CO-2	H	H	L	H	L	M	H	M	M
CO-3	H	H	-	-	-	H	H	-	M
CO-4	H	M	H	M	-	L	M	H	H

H – High, M – Moderate, L - Low

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO-1	H	M	H

CO-2	H	M	M
CO-3	H	M	M
CO-4	H	M	M

H – High

M – Moderate

L - Low

For the students admitted from June 2022 onwards
HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPALLI-2
SCHOOL OF REHABILITATION AND BEHAVIORAL SCIENCES
PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM

First Year-Semester-II

Course Title	MAJOR CORE 7-EXPERIMENTAL PSYCHOLOGY
Total Hours	90
Hours/Week	5 Hrs Wk
Code	P21PS2MCP06
Course Type	Practical
Credits	5
Marks	100

CONSPECTUS

To enable the students in administering and interpreting psychological tests.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Learn and administer psychological test
CO-2	Interpret the test
CO-3	It helps the student in employability and develop assessment skills

UNIT-1 LEARNING AND MEMORY

1. PGI Memory Scale
2. Paired Association Learning

UNIT-2 ANXIETY AND EMOTION

3. State-Trait Anxiety Scale

4. Manifest Anxiety Scale
5. Beck's Depression Scale
6. Anxiety stress depression Scale

UNIT-3 PERSONALITY

7. Neo five factor inventory
8. Myer-Briggs Type Indicator
9. Edwards Personal Preference Schedule
10. Levenson's Scale for Locus of Control
11. Sentence Completion Test
12. Eysenck's Personality Questionnaire

UNIT-4 EDUCATIONAL PSYCHOLOGY

13. Educational Aspiration Scale
14. Achievement Motivation

ATTENTION AND PERCEPTION

15. Span of Attention (Visual)
16. Method of Average Error (Muller Lyer Illusion)

UNIT-5 SOCIAL PSYCHOLOGY

17. Bogardus Social Distance Scale
18. Prejudice Scale
19. Family Relationship Scale

ENVIRONMENTAL PSYCHOLOGY

20. Environmental Orientation Attitude Scale.

There are minimum 10 experiments to be conducted from out of twenty experiments.

Course Outcomes (CO):

The learner will be able to

CONo.	Course Outcomes	Cognitive Level
CO-1	Demonstrate the competence in administering, scoring and interpreting the psychological tests	K1
CO-2	Infer the test reports for planning counseling and therapy sessions.	K2
CO-3	Apply the tests in counseling set up for clinical and non-clinical population.	K3

Prescribed text books:

Anne Anastasi and Susane Urbina (1997). Psychological Testing. Seventh Edition.
Prentice Hall, New Jersey.

BOOKS FOR REFERENCE:

Frank.S. Freeman.(1962). Theory and Practice of Psychological Testing., Oxford &
IBH Publishing Ltd. New Delhi.

M.Sc PSYCHOLOGY

Semester-III

Major Core	Course	Code	Hrs/ Week	Credits	Total
Major Core-9	Psychometric Methods	P21PS3MCT08	5	4	100
Major Core-10	Internship/Institutional Training	P20PS3MCI9	5	4	100
Major Core-11	Psychotherapeutics	P22PS3MCT10	5	4	100
Major Core-12 Practicum-2	Experimental Psychology-II	P21PS3MCP11	5	4	100
Major Elective -3	Cyber Psychology/ Educational Psychology	P21PS3MET03/ P21PS3MET04	4	4	100
Non Major Elective-2	Psychology for effective living	P21PS3NMT02	5	3	100
Library			1	-	-
	Internship/Field work/Field Project (30 Hrs)	P20PSECC03	2(Extra Credit) 100		
		Total	30	23	700

Course offered by the Department to other Department at UG Level (II Yr)

Major Core	Course	Code	Hrs/Week	Credits	Total
Non-Major Elective-1	Behaviour Modification	U21PS3NMT01	3	2	100

HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPALLI-620002.

COURSE PATTERN

(FOR THE STUDENTS ADMITTED FROM 2022 ONWARDS)

DEPARTMENT OF PSYCHOLOGY

M.Sc PSYCHOLOGY

Semester-III

Major Core	Course	Code	Hrs/ Week	Credits	Total
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Major Core-9	Psychometric Methods	P22PS3MCT08	5	4	100
Major Core-10	Internship/Institutional Training	P22PS3MCI9	5	4	100
Major Core-11	Psychotherapeutics	P22PS3MCT10	5	4	100
Major Core-12 Practicum-2	Experimental Psychology-II	P22PS3MCP11	5	4	100
Major Elective -3	Cyber Psychology/ Educational Psychology	P21PS3MET03/ P21PS3MET04	4	4	100
Non Major Elective-2	Psychology for effective living	P21PS3NMT02	5	3	100
Library			1	-	-
	Internship/Field work/Field Project (30 Hrs)	P22EX2INT03	2(Extra Credit) 100		
		Total	30	23	700

Course offered by the Department to other Department at UG Level (II Yr)

Major Core	Course	Code	Hrs/Week	Credits	Total
Non-Major Elective-1	Behaviour Modification	U21PS3NMT01	3	2	100

For the candidates admitted in the year 2022 onwards

HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.

**PG DEPARTMENT OF PSYCHOLOGY- M.Sc., PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM**

Semester – III - Second Year

Course Title	MAJOR CORE 9: PSYCHOMETRIC MEHODS
Total Hours	90
Hours/Week	5 HrsWk
Code	P22PS3MT08
Course Type	Theory

Credits	5
Marks	100

General Objective:

The student will be able to understand and implement the tools of inferential statistics.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the various measurement scales
CO-2	Paraphrase and implement the importance of test standardization
CO-3	Execute the methods in constructing a test.
CO-4	Identify and carryout various descriptive statistics.
CO-5	Remember and compute the methods in inferential statistics.

UNIT –I:INTRODUCTION

18Hrs

- 1.1: Meaning of Psychometric, History of Psychometric methods,
- 1.2:Advantages of Standardized measures, Scales of Measurement, Decisions about Measurement Scales, Recent Trends in Measurement.
- 1.3: SPSS: Basic steps. An Overview about Structural Equation Modelling.

Extra Reading (key words): How to analyse a research paper.Analysing data using

SEM AMOS Graphics

UNIT – II: RELIABILITYANDVALIDITY

18Hrs

- 2.1: Reliability: - concept of reliability- Sources of Error in reliability
- 2.2: Methods of estimating Reliability, Test- Retest method, Parallel forms method, Split-half method, –Uses of the reliability coefficient.
- 2.3: Validity: - concept of validity, criteria for establishing validity, Estimating the validity of the test(TypesofValidity),Facevalidity,Contentvalidity,Concurrentvalidity,Constructvalidity, Predictive or Criterion –related validity, factorialvalidity.

Extra Reading (key words): Reviewing various questionnaires on content validity.

UNIT – III: CONSTRUCTION AND STANDARDISATION OF A TEST

18 Hrs

- 3.1: Meaning of test, Characteristics of good test,
- 3.2: Construction and Standardisation of a test:- Planning the test, writing the Test items, Try-

out of the test, Item analysis, Item selection: Indices of difficulty and Discriminating power of items, Assembly of the test in the final form.

3.3: Norms for the test:- Age norms, Grade Norms, Percentile Norms, Z scores.

UNIT – 1V : STATISTICAL METHODS IN TESTING

18 Hrs

4.1: Frequency distributions and Graphs: Steps – Exact limits and mid-points of the class interval– Graphical representation of Data:-Different types of graphs.

4.2: Measures of Central Tendency: The Mean- Median and Mode

4.3: Measures of Variability: - The Range - Quartile Deviation- Average Deviation and Standard Deviation.

4.4: Normal probability curve: - Characteristics – Applications – Skewness and kurtosis.

Extra Reading (key words): Review research studies using descriptive statistics, Review of related literature.

UNIT-V: STATISTICAL TECHNIQUES APPLIED IN PSYCHOLOGY

18 Hrs

5.1: Meaning – Concept of Correlation – Pearson’s Product moment correlation – Rank order correlation

5.2: Test of Significance: ‘t’ Test – Calculation and interpretations – The ‘t’ ratio and its assumptions.

5.3: Assumptions of the ANOVA- Analysis of Variance (ANOVA):- Meaning – logic – example for one-way ANOVA-interpretation

5.4: Regression and Prediction, An overview of Non-Parametric test: - Chi-Square Test.

Extra Reading (key words): Analyzing data using SPSS.

Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	Cognitive Level
CO-1	Illustrate on scientific measurements.	K1
CO-2	Classify different types of reliability and validity and as well parametric and non-parametric test.	K2
CO-3	Formulate test for research.	K3
CO-4	Develop skills on analyzing data.	K4
CO-5	Analyze and adapt statistical technique for psychological research	K4

CO– Course Outcome; K2-Remember; K2- Understand; K3 – Apply; K4 – Analysis

Reference Text Books:

1. Garrett. H.E. (2007). Statistics in Psychology and Education. Paragon International Publishers. New Delhi.
- 2.Kothari, C.R. (2008). Research Methodology – Methods and Techniques. New Delhi: Wiley Eastern Ltd.
- 3.Kerlinger, N. F. (2010). Foundations of Behavioural Research. (2nd Ed.). SurjeetPublications.Delhi.
- 4.Rendall, E. Schumacker& Richard G. Lomax (2010). A Beginner’s Guide to Structural Equation Modelling (3rd Ed), Taylor and Francis Group.

Reference Books:

- 1.Coaley, K. (2009). An Introduction to Psychological Assessment and Psychometrics. New Delhi: Sage Publications.
- 2.Nagarajan, K. and Srinivasan, R. Research Methodology in Education (1994). Ram publishers, Chennai.
- 3.Mangal, S.K. (2009). Statistics in Psychology and Education. (2nd Ed.). PHI Learning Pvt. Ltd. New Delhi.
- 4.Nunnally, C. J. and Bernstein, H.I. (2010). Psychometric Theory. (3rd Ed.). Tata McGraw-Hill. New Delhi.
- 5.Rex B. Kline (2016). Principles and Practice of Structural Equation Modeling (4th Ed), The Guilford Press, NY.
6. John Rust, Michal Kosinski, David Stillwell(2021). Modern Psychometrics The Science of Psychological Assessment (4th Ed).Routledge Publication

E-Resource:

1. <https://www.psychometricsociety.org/what-psychometrics>
2. <https://blog.mettl.com/psychometric-property-reliability-validity/>
3. <https://www.egyankosh.ac.in/bitstream/123456789/73590/3/Unit-9.pdf>
4. <https://intranet.missouriwestern.edu/psychology/statistical-analysis/>
5. <https://methods.sagepub.com/dataset/howtoguide/sem-iss-2016>

Mapping:

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)
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CO	1	2	3	4	5	6	7	8	9
CO-1	H	M	-	-	-	-	-	-	-
CO-2	H	H	-		L	M	H	M	M
CO-3	H	H	H	M	L	H	H	M	M
CO-4	H	H	H	M	-	L	M	H	H
CO-5	H	H	H	H	H	H	H	H	H

H – High, M – Moderate, L - Low

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO	1	2	3
CO-1	H	M	H
CO-2	H	M	M
CO-3	H	M	M
CO-4	H	H	H
CO-5	H	H	H

H – High; M – Moderate, L - Low

Justification: -

- **The course outcome is in line with the Programme Outcome and Programme Specific Outcome**
- **RBT is followed step by step in PSO and CO**
- **PO, PSO and CO are focusing on the same output from the students**

For the candidates admitted in the year 2022 onwards

HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.

**PG DEPARTMENT OF PSYCHOLOGY- M.Sc., PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
Semester – III- Second Year**

Course Title	MAJOR CORE 10- INTERNSHIP & INSTITUTIONAL TRAINING
Total Hours	90
Hours/Week	5 HrsWk
Code	P21PS3MCI9

Course Type	Field Work
Credits	4
Marks	100

Course Objectives:

- To make the students to obtain direct field experience in real-life settings such as hospitals, counselling centers, mental health centers or community clinics, industries and organizations.

Guideline for Internship:

The students allow to do their internship programme in any one of the settings such as hospitals, counselling centers, mental health centers, industries and organizations for 90 hours. The students who undertaking internship should be equipped with the theoretical knowledge in the discipline and practical skills. During the internship the students may be permitted, under supervision, to participate in the diagnostic testing and to attend clinical/organizational conference where in the cases are diagnosed and treatment/management plan suggested and progress in treatment/training discussed. The candidate may be guided to pursue minimum 10 case studies in detail. After completion of the internship, the report should be submitted to the Department within the stipulated date prescribed by the Department. The Report should adequately reflect the exposure to the training and experience gained by the candidates during the internship. The students need to maintain a work diary/log book for their Clinical/Industrial internship. Candidates are required to report to the concerned guide allotted at the department after completing 90 hours of Clinical/Industrial internship. Further The candidates should submit the Clinical/Industrial internship Report with a minimum of 5 cases studies in detail along with internship completion certificate, within 20 days after completion of the clinical/industrial internship.

Criteria for Evolution

Submission of Report- 50 Marks

Viva Voce – 50 Marks

Total- 100 Marks

For the candidates admitted in the year 2022 onwards

HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.

PG DEPARTMENT OF PSYCHOLOGY- M.Sc., PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM

Semester – III – Second Year

Course Title	MAJOR CORE 11- PSYCHOTHERAPEUTICS
Total Hours	90
Hours/Week	5 HrsWk
Code	P22PS3MCT10
Course Type	Theory
Credits	4
Marks	100

General Objectives:

To enable the student to understand the various therapeutic approaches.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the development of psychoanalytic and Adlerian approach.
CO-2	Summarize existential and person centered therapy.
CO-3	Paraphrase gestalt and reality therapy.
CO-4	Implement behaviour modification therapies.
CO-5	Analyse post-modern and family therapy.

UNIT-I: INTRODUCTION TO PSYCHOTHERAPY AND PSYCHOANALYTIC AND ADLERIAN THERAPY

18Hrs

1.1 Psychotherapy- Meaning, Characteristics, Forms: Individual therapy, group therapy insight therapy, action therapy.

1.2 The Counselor as a Therapeutic Person, Personal Therapy for the Counselor, The Counselor's Values and the Therapeutic Process, Becoming an Effective Multicultural Counselor, Issues Faced by Beginning Therapists.

1.3 Psychoanalytic Therapy:- Key Concepts- Theoretical assumptions, perpetuation of Psychological disturbance, Therapeutic Processes- Procedures- application of therapeutic techniques.

1.4 Adlerian Therapy: -Key Concepts- Theoretical assumptions, perpetuation of Psychological disturbance, Therapeutic Processes- Procedures- application of therapeutic procedure

Extra Reading (key words): Case study – psycho-analytic approach

UNIT-II: EXISTENTIAL THERAPY AND PERSON-CENTRED THERAPY, SOLUTION FOCUSED THERAPY AND NARRATIVE THERAPY

18Hrs

2.1 Existential Therapy:- Key Concepts, Theoretical assumptions, perpetuation of Psychological disturbance, Therapeutic Processes- Procedures- application of therapeutic procedure

2.2 Person Centered Therapy: Key Concepts- Theoretical assumptions, perpetuation of Psychological disturbance, Therapeutic Processes- Procedures- application of therapeutic procedure

2.3 Solution focused therapy: Key Concepts- Theoretical assumptions, views about therapeutic change, assessment, Goals of therapy and therapeutic techniques.

2.4 Narrative Therapy: Key concepts, Theoretical assumptions, goals and therapeutic techniques.

Extra Reading (key words): Self and its importance

UNIT-III: GESTALT THERAPY, REALITY THERAPY, FAMILY THERAPY, FAMILY THERAPY AND STRUCTURAL FAMILY THERAPY

18Hrs

3.1 Gestalt Therapy:- Key Concepts, Theoretical assumptions, perpetuation of Psychological

disturbance, Therapeutic Processes - application of therapeutic procedure

3.2 Reality Therapy:- Key Concepts, Theoretical assumptions, perpetuation of Psychological disturbance, Therapeutic Processes - application of therapeutic procedure

3.3 Family Therapy:- Bowen's Intergenerational Approach, Theory of Family Systems, Therapy Goals, Techniques of Bowen's Family Therapy, Evaluation interview, Genograms Interpretation and Detriangulation

3.4 Structural Family Therapy:- Concepts of Structural Family Therapy, Goals and Techniques of Structural Family Therapy.

Extra Reading (key words): Review of Case study using Gestalt therapy

UNIT-IV: BEHAVIOUR THERAPY, RATIONAL EMOTIVE BEHAVIOR THERAPY, COGNITIVE BEHAVIOUR THERAPY AND OTHERS **18Hrs**

4.1 Behavior Therapy:- Key Concepts, Theoretical assumptions, Therapeutic Processes, Procedures and application of therapeutic techniques, Limitations and Criticisms.

4.2 Rational Emotive Behavior Therapy:- Key Concepts, Theoretical assumptions, perpetuation of Psychological disturbance, Therapeutic Processes - application of therapeutic procedure.

4.3 Beck's Cognitive Therapy:- Key Concepts, Theoretical assumptions, Therapeutic Processes, Procedures and application of therapeutic techniques, Limitations and Criticisms.

4.4 Meichenbaum's Cognitive Behaviour Modification:- Key Concepts, Theoretical assumptions, Therapeutic Processes, Behavior Changes, Coping Skill,

Extra Reading (key words): Behaviour modification for children

UNIT-V: TRANSACTIONAL ANALYSIS AND OTHER PSYCHOTHERAPIES **18Hrs**

5.1 Transactional analysis:- Key concepts, theoretical assumptions, goals, major therapeutic strategies, limitations.

5.2 Asian Psychotherapies:- Background, Asian theories of personality, Asian theories of psychotherapy.

5.3 Interpersonal Psychotherapy:- Background, personality theory, goals, techniques and applications.

5.4 Psychodrama:- Background, theory of personality, theory of psychotherapy.

5.5 Creative arts therapy:- Art therapy, Dance movement therapy, Drama therapy and music therapy.

Extra Reading (key words): Therapy from Multicultural Perspective

Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	Cognitive Level
CO-1	Comprehend different Psychotherapeutic techniques.	K1
CO-2	Apply techniques to psychological issues and their treatment.	K3
CO-3	Discuss Using appropriate Therapy based on the type of maladjustment.	K2

CO-4	Analyse different Psychotherapeutic techniques.	K4
CO-5	Compare Behaviour and cognitivebehaviour therapy.	K2

PSO – Programme Specific Outcomes; CO – Course Outcome; K1- Remember; K2- Understand; K3 – Apply;K4– Analyse

References:

Text Books

1. Corey.G. (2001): Theory and Practice of Counseling and Psychotherapy.NewDelhi, Brooks/Cole.
2. Coon D &Mitterer, J.O. (2007): Introduction to Psychology: Gateway toMind and Behavior. New Delhi: Thomson Wadsworth.

Reference Books:

1. Lazarus, A.D. (1975): The Practice of Multi-modal Therapy, New York; Mc Graw HillBookCompany.
2. Ghorpade, M.B. & Kumar, V (1988): Introduction toModern Psychotherapy, Bombay, Himalaya Publishing House.
3. Tracy D. Eells (2022). Handbook of Psychotherapy Case Formulation. (3rd Ed), Guilford Press Publication

E-RESOURCE

1. <https://optimistminds.com/existential-therapy-techniques>
2. <https://www.simplypsychology.org/what-is-gestalt-therapy.html>
3. <https://www.verywellmind.com/what-is-cognitive-behavior-therapy-2795747>
4. <https://www.goodtherapy.org/learn-about-therapy/types/family-systems-therapy>

MAPPING

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO-1	H	M	-	-	-	-	-	-	-

CO-2	H	H	-		L	M	H	M	M
CO-3	H	H	H	M	L	H	H	M	M
CO-4	H	H	H	M	-	L	M	H	H
CO-5	H	H	H	H	H	H	H	H	H

H – High, M – Moderate, L - Low

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO	H	M	H
CO-1	H	M	M
CO-2	H	M	M
CO-3	H	M	M
CO-4	H	H	H
CO-5	H	H	H

H – High

M – Moderate

L - Low

Justification: -

- The course outcome is in line with the Programme Outcome and Programme Specific Outcome
- RBT is followed step by step in PSO and CO
- PO, PSO and CO are focusing on the same output from the students

For the candidates admitted in the year 2022 onwards

HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.

PG DEPARTMENT OF PSYCHOLOGY- M.Sc., PSYCHOLOGY

Semester – III – Second Year

Course Title	MAJOR CORE 12- EXPERIMENTAL PSYCHOLOGY II
Total Hours	90
Hours/Week	5 HrsWk
Code	P21PS3MCP11
Course Type	PRACTICAL
Credits	5
Marks	100

General Objectives:

To make the students to assess motivation and wellbeing, mental status examination, occupational aspiration, intelligence test and personality projective test

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Learn and administer psychological test.
CO-2	Interpret the test
CO -3	It helps the student in employability and develop entrepreneur skills

MOTIVATION AND WELL-BEING

1. PGI Quality of LifeScale
2. Subjective Well-beingIndex

3. Leadership preferencescale

CLINICAL PSYCHOLOGY

4. Learning DisabilityIndex

5. Developmental ScreeningTest

6. Vineland Social Maturity Scale(Malin)

7. Bender GestaltTest

8. Clinical AnalysisQuestionnaire

9. Mental StatusExamination

10. Brain DominanceScale

INDUSTRIAL & ORGANIZATIONAL PSYCHOLOGY

11. Occupational AspirationScale
12. Entrepreneurial Profile AssessmentScale
13. Occupational StressIndex
14. Organizational commitmentscale

INTELLIGENCE

15. Wechsler's Adult Intelligence Scale
16. MalinIntelligence scale
17. Test of general intelligence for collegestudents

SPORTS PSYCHOLOGY

18. Sportsman SpiritTest

DEMONSTRATION EXPERIMENTS (NOT FOR THE EXAMINATION)

19. Thematic ApperceptionTest(TAT)
20. Rorschach Ink-BlotTest

There are minimum 12 experiments need to be conducted

Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	Cognitive Level
CO-1	Remember and Understand basics of Psychological assessment.	K1,K2
CO-2	Analyse different types of testing	K4
CO-3	Apply different assessment techniques in practical life.	K3

PSO – Programme Specific Outcomes; CO – Course Outcome; K1- Remember; K2- Understand; K3 – Apply; K4– Analyse

For the candidates admitted in the year 2022 onwards

HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.

**PG DEPARTMENT OF PSYCHOLOGY- M.Sc., PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM**

Semester – III – Second Year

Course Title	MAJOR ELECTIVE-3: CYBER PSYCHOLOGY
Total Hours	90
Hours/Week	4 HrsWk
Code	P22PS3MET03
Course Type	THEORY
Credits	4
Marks	100

General Objectives: Understand the present trends in cyber psychology.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Analyse the applications of psychological issues in cyber psychology.
CO-2	Summarize individual psychology in cyberspace.
CO-3	Implement the importance of cyber space relationship.
CO-4	Evaluate the dynamics of group in cyber space.
CO-5	Evaluate the forms of Cyber Crime and Cyber terrorism.

UNIT I: INTRODUCTION TO CYBER PSYCHOLOGY AND ITS COMPONENTS 18Hrs

1.1: What is Cyber Psychology?-Cybernetics-Cyberspace as Psychological space- Psychology in Cyberspace- Cyber Psychology-an emerging field of research- Psychological qualities of cyberspace.

1.2: Model of Cyber Psychology-The online disinhibition effect-The Psychology of coping with spam

1.3: Applications of Cyber Psychology

Extra Reading (key words): Coping with technological stress.

UNIT II: INDIVIDUAL PSYCHOLOGY IN CYBERSPACE

18Hrs

2.1: Online identity management-Types of personality in cyberspace

2.2: Transference reactions to computers-Computer and Internet Addiction-Signs and symptoms of Internet Addiction

2.3: Internet Addiction treatment-Adolescents in cyberspace-Media Transitions

Extra Reading (key words): Individual personality and cyber space

UNIT III: THE PSYCHOLOGY OF CYBERSPACE RELATIONSHIPS 18Hrs

3.1: Relationships between in-person and cyberspace-Transient and long term online relationships- The Psychology of text relationships-Hypotheses about online text relationships-Transference among people online

3.2: Conflict in cyberspace:-How to resolve conflict online?

3.3: Cyberspace romances-Communication subtlety in multimedia chat

Extra Reading (key words): Knowledge explosion 41

UNIT IV: GROUP DYNAMICS IN CYBER SPACE 18Hrs

4.1: Social Psychology of online groups-Making virtual communities' work- Unique groups in cyberspace-Extending work group into cyberspace

4.2: Extending the classroom into cyberspace- Online photo sharing communities

4.3: Establishing a cyber-psychological niche and equilibrium- The image as an expression of self

Extra Reading (key words): Group Counselling

UNIT V: CYBER CRIME, CYBER BULLYING AND CYBER TERRORISM 18Hrs

5.1: Topology-Reasons for cybercrime-Cyber criminals-Classification-Types of cyber crime- Prevention of cyber crime.

5.2: Cyber Bullying-Forms of cyber bullying-History of cyber bullying-Signs of cyber bullying-Types of cyber bullying-Tips to help prevent cyber bullying.

5.3: Cyber Terrorism-Basic definition-History-Effects-Cyber Terrorism against the government organization.

Extra Reading (key words): Precaution and prevention of cyber-crime

Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	Cognitive Level
CO-1	Illustrate the current trends of cyber psychology	K1
CO-2	Identify the signs and symptoms of cyber addiction	K2
CO-3	Analyze the impact of online relationship	K4
CO-4	Relate the influence of groups in cyber space in real life setting	K3
CO-5	Compare cyber bullying and cyber crime	K2

PSO – Programme Specific Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse

References

Text Books:

1. Ravindra Thakur. (2011). Cyber Psychology. Global Vision Publishing House. New Delhi.
2. Suryanarayana, N.V.S., Himabindu, G. and Neelima, V. (2011). Cyber Psychology. Sonali Publications. New Delhi.

Reference Books:

1. Jayant Malik. (2011). Cyber Crime and Terrorism. Swastik Publications. New Delhi.
2. Huansheng Ning (2022). A Brief History of Cyberspace, (1st Ed). Auerbach Publications

E-Resource:

1. <https://learn.g2.com/cyberpsychology>
2. <https://www.careerspark.org/post/cyber-psychology>

Mapping:

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO-1	L	M	-	-	H	-	H	M	L
CO-2	M	H	L	-	-	-	H	M	L
CO-3	L	H	-	M	L	H	H	H	L
CO-4	H	H	-	-	-	-	M	H	M
CO-5	H	H	M	H	M	M	H	M	H

H – High, M – Moderate, L - Low

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)
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CO	1	2	3
CO-1	H	M	H
CO-2	H	M	M
CO-3	H	H	H
CO-4	H	H	H
CO-5	L	L	M

H – High; M – Moderate, L - Low

Justification: -

- The course outcome is in line with the Programme Outcome and Programme Specific Outcome
- RBT is followed step by step in PSO and CO PO, PSO and CO are focusing on the same output from the students

For the candidates admitted in the year 2022 onwards

HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.

PG DEPARTMENT OF PSYCHOLOGY- M.Sc., PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM

Semester – III – Second Year

Course Title	MAJOR ELECTIVE-3: EDUCATIONAL PSYCHOLOGY
Total Hours	60
Hours/Week	4 HrsWk

Code	P22PS3MET04
Course Type	Theory
Credits	3
Marks	100

General Objectives:

To enable students to understand the problems, process and products of education and to study the behaviour of the learner in relation to his educational needs and his environment.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Apply the importance, nature and scope of Psychology in education.
CO-2	Evaluate the language, psychosocial and moral development.
CO-3	Evaluate the differences in intelligence and cognitive styles.
CO-4	Demonstrate the applications of learning theories in teaching methods.
CO-5	Organise the effective classroom management and learning techniques.
CO-6	It develops the course skill of the student.

UNIT I: INTRODUCTION TO EDUCATIONAL PSYCHOLOGY

12 Hrs

1.1: Nature, definition - History and scope of educational psychology

1.2: Methods of educational psychology

1.3: The role of Educational Psychology

Extra Reading (key words): Role of educational psychologist.

UNIT II: THEORETICAL PERSPECTIVES IN LEARNING AND TEACHING 12 Hrs

2.1: Piaget's cognitive and language development- Vygotsky's socio-cultural approach.

2.2: Erik Erickson's psychosocial theory and Kohlberg's theory of moral development

2.3: Implications of Piaget's and Vygotsky's Theories for Teachers

2.4: The Development of Language-Diversity and Convergences in Cognitive Development.

Extra Reading (key words): Case observation on moral development

UNIT III: MOTIVATION IN LEARNING AND TEACHING

12 Hrs

3.1: What is Motivation? Needs- Goal Orientations- Beliefs and Self-perceptions- Interests- Curiosity.

3.2: Emotions and Anxiety

3.3: Motivation to Learn in School: On Target Diversity and Convergences in Motivation to Learn.

Extra Reading (key words): Strategies for enhancing motivation.

UNIT IV: COGNITION AND LEARNING

12 Hrs

4.1: Elements of the Cognitive Perspective- Cognitive views of Memory- Long-term Memory.

4.2: Becoming Knowledgeable- Some Basic Principles- Diversity and Convergences in Cognitive learning- Critical Thinking- Meta-cognition- Learning Strategies.

4.3: Problem Solving: - Creativity and Creative Problem –Solving, teaching for Transfer

4.4: Educating Children with Disabilities and Children who are Gifted.

Extra Reading (key words): Characteristics of creative thinkers

UNIT V: METHODS OF EFFECTIVE TEACHING-LEARNING AND EVALUATION 12 Hrs

5.1: Classroom management- creating effective learning environment.

5.2: Methods and technical issues in the assessment of students.

5.3: Effective teaching strategies- technology based teaching strategies Evaluation: - Formative and summative- Tests, Examinations- assignments- Project work.

Extra Reading (key words): Cooperation in the class room.

Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	Cognitive Level
CO-1	Remember the importance and scope of psychology in Education	K1
CO-2	Compare the various theories of cognitive and language development	K2
CO-3	Relate the role of motivation in teaching and learning	K2
CO-4	Analyse the cognitive views of learning	K4
CO-5	Combine the various teaching, learning and evaluation Strategies	K3

PSO – Programme Specific Outcomes; CO – Course Outcome; K1- Remember; K2- Understand; K3 – Apply; K4 – Analyse

Reference Text Books

1. Mangal. S. K., (2004). Advanced Educational Psychology. Second Edition. PHI Learning Private Limited, New Delhi.
2. Woolfolk, A., Misra. G., Jha. A. K. (2012). Fundamentals of Educational Psychology. Eleventh Edition. New Delhi. Pearson Education.
3. John W. Santrock (2017) Educational Psychology (6th Ed). McGraw-Hill Education
4. Anita Woolfolk (2020). Educational Psychology, Global Edition (14th Ed). Pearson Education Limited

E-RESOURCE

1. <https://www.apa.org/education-career/guide/subfields/teaching-learning>
2. <https://www.managementstudyguide.com/definition-characteristics-and-types-of-learning-in-psychology.htm>
3. <https://theeducationhub.org.nz/motivation/>
4. <https://uwgedpsych.pressbooks.com/chapter/student-development/>
5. <https://www.futurelearn.com/info/blog/effective-teaching-methods>

Mapping:

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO-1	H	M	L	H	H	H	H	M	H
CO-2	L	H	L	H	L	M	H	M	L
CO-3	L	H	H	M	L	H	H	H	L
CO-4	H	H	H	M	M	L	M	H	H
CO-5	H	H	M	H	M	M	H	M	H

H – High, M – Moderate, L - Low

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COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO-1	L	M	H
CO-2	H	M	M
CO-3	M	H	M
CO-4	H	H	H
CO-5	H	H	M

H – High; M – Moderate, L - Low

Justification: -

- The course outcome is in line with the Programme Outcome and Programme Specific Outcome
- RBT is followed step by step in PSO and COPO, PSO and CO are focusing on the same output from the students

For the candidates admitted in the year 2022 onwards

HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.

PG DEPARTMENT OF PSYCHOLOGY- M.Sc., PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM

Semester – III – Second Year

Course Title	NON MAJOR ELECTIVE –II:PSYCHOLOGY FOR EFFECTIVE LIVING
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Total Hours	90
Hours/Week	5 HrsWk
Code	P21PS3NMT02
Course Type	THEORY
Credits	4
Marks	100

General Objective: To enable the students to understand their self-concept, analyse their decision making skills, establish and maintain healthy interpersonal relationship.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the basic concepts of self.
CO-2	Summarise different theories of learning.
CO-3	Relate the functioning of memory and motivation
CO-4	Infer the fundamentals of emotion and intelligence
CO-5	Attribute the process of consciousness and formation of personality

UNITI:SEEKINGSELFHOOD

18Hrs

1.1: Self-concept – core characteristics of self-concept

1.2: self consistency, self-esteem- attitudes towards self, self enhancement and self-verification

1.3: self-concept and personal growth

Extra Reading (Key words): self-image and ideal self.

UNITII:AHEALTHIERYOU

18Hrs

2.1: Body image

2.2: Psychological factors and Physical illness

2.3: coping with illness.

Extra Reading (Key words):rating health habits.

UNIT III: TAKINGCHARGE OF YOUR LIFE

18Hrs

3.1: Mastery and personal control- resolve

3.2: Decision making –meaning-definitions- strategies of decisions making

3.3: Decision making and personal growth.

Extra Reading (Key words):A person idea of his self-control.

UNIT IV: YOUR FRIENDS AND YOU 18Hrs

4.1: Meeting people – impression formation and management-interpersonal attraction

4.2: Friendship

4.3: Self-disclosure and loneliness.

Extra Reading (Key words): Analyse on personal shyness.

UNIT V: LOVE AND COMMITMENT

18Hrs

5.1: Love and intimacy – Internal sources of liking- External sources of liking

5.2: Commitment – adjusting to intimate relationships

5.3: Divorce and its consequences.

Extra Reading (Key words): Marital Myths.

. Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	Cognitive Level
CO-1	Summarize the components of self.	K1
CO-2	Relate physical and psychological health with effective living.	K3
CO-3	Analyse the strategies used for self-identity	K4
CO-4	Compare interpersonal and interdependent relationship	K2
CO-5	Examine and infer decision making strategies.	K4

PSO – Programme Specific Outcomes; CO – Course Outcome; K1- Remember; K2- Understand; K3 – Apply; K4 – Analyse

References

Text Books:

1. Duffy G K, Atwater E (2008). Psychology for Living- Adjustment, growth and Behaviour today. India.
2. Baron, A. R. and Byrne, D. (2003). Social Psychology. Tenth Edition. New Delhi: Prentice-Hall of India Pvt. Ltd.

Reference Books:

1. Mayers, D.G. (1999). Social Psychology. New York.McGraw-HillCollege.
2. Giles, B. (2002). Introducing Social Psychology. London.TheBrown ReferenceGroup.
3. Anthony Elliott (2020). Concepts of the Self (Key Concepts), Wiley Publication

Mapping:

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO									
CO-1	H	H	H	L	M	H	H	M	H
CO-2	H	L	L	H	M	M	M	M	L
CO-3	L	H	M	M	L	H	H	M	M
CO-4	H	H	M	M	M	L	M	H	H
CO-5	H	L	M	H	M	M	H	M	L

H – High, M – Moderate, L - Low

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO			
CO-1	L	L	H
CO-2	H	M	L
CO-3	M	H	M
CO-4	H	H	H
CO-5	H	H	L

H – High; M – Moderate, L - Low

Justification: -

- **The course outcome is in line with the Programme Outcome and Programme Specific Outcome**
- **RBT is followed step by step in PSO and CO PO, PSO and CO are focusing on the same output from the students**

For Students admitted from June 2022 onwards

HOLY CROSS COLLEGE (Autonomous), TIRUCHIRAPALLI-2
PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDITSYSTEM

The Department offers the course to the other Departments at UG level

Semester – IV - Second Year

Course Title	MAJOR ELECTIVE 1- BEHAVIOR MODIFICATION
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Total Hours	60
Hours/Week	4 HrsWk
Code	U21PS1NMT01
Course Type	Theory
Credits	4
Marks	100

General Objectives:

To understand and implement the principles of behaviour modification.

Course Objectives:

CO No.	Course Objectives
CO-1	Paraphrase the principles of behaviour modification to various disciplines.
CO-2	Understand the basic strategies of behaviour modification.
CO-3	Analyse the various methods to measure behaviour modification.
CO-4	Execute the different techniques of behaviour modification.
CO-5	Understand and implement the bio-psychosocial issues in behaviour management.

UNIT I:INTRODUCTIONTOBEHAVIOURMODIFICATION

10Hrs

1.1 Human Behavior:-Meaning - Behavior Modification: Meaning

1.2 Characteristics - Historical Roots

1.3 Behavioural assessment and misconceptions

Extra Reading /Key words:Conceptual and ethical issues in behaviour therapy.

UNIT II:BASICPRINCIPLESOFBEHAVIOURMODIFICATION

12Hrs

2.1 Reinforcement:-Factors Influencing the Effectiveness of Reinforcement-Schedules of Reinforcement.

2.2Extinction: Factors Influencing Extinction

2.3Punishment: Factors Influencing the Effectiveness of Punishment

2.4Stimulus Control: Discrimination and Generalization –2.6

2.5: Shaping –Applications of shaping, factors influencing shaping, guidelines for effective application of shaping, Modelling.

Extra Reading /Key words:Factors affecting effectiveness of extinction, differential reinforcement.

UNIT III : MEASUREMENT OF BEHAVIOUR ANDBEHAVIOURCHANGE

13Hr

3.1 Target Behaviour:- Definition - Observing and Recording Behaviour

3.2 The Logistic of Recording - The Observer

3.3 Principles and methods of Recording - Recording Instrument

3.4 Graphing Behaviour and Measuring Change.

Extra Reading /Key words:Analogue assessment- Paper pencil and audio visual analogue.

UNIT IV:SYSTEMATICDESENSITIZATIONPROCESS

12Hrs

4.1 Application- Basic Techniques: JPMR – REBT Aversive techniques –

4.2 Flooding- Prompting

4.3 Fading- Chaining- Token Economy- Time Out.

Extra Reading /Key words:Yoga, meditation and behaviour modification..

UNITV:MANAGEMENTOFBIO-PSYCHOSOCIALISSUES

13Hrs

5.1 Management of Anxiety – Stress – Obesity

5.2 Phobia and its forms

5.3:Stuttering andStammering-

Extra Reading /Key words:Behavioural rehearsal and assertive training.

CO No.	Course Outcomes	Cognitive Level
CO-1	Extend the behaviour modification techniques to various areas	K1
CO-2	Summarize the basic Principles ofbehaviour modification	K2
CO-3	Apply strategies to measure behavioural change	k3
CO-4	Adapt various behaviour modification techniques	K2
CO-5	Evaluate the application of management techniques	k3

PO – ProgrammeOutcomes; CO – Course Outcome; K1- Remember; K2- Understand; K3 – Apply;

K4- Analyse

Prescribed text books:

1. Miltenberger, R. G ., (2000). Behavior Modification (2nd ed). Library ofCongress Cataloging-inPublicationData.

BOOKS FOR REFERENCE:

1. Martin,G; Pear, J (2007). Behavior Modification: What it is and how to do it (8thed). Upper Saddle River, NJ: Pearson Prentice Hall, Wolpe.J., (1972).The Practice of Behavior Therapy. NJ: Pearson Prentice Hall. Introduction BehaviourModification
2. Martin,G; Pear, J (2007). Behavior Modification: What it is and how to do it (7thed). Upper Saddle River, NJ: Pearson Prentice Hall, Wolpe.J., (1972).
3. Albert Bandura (2019) Principles of Behavior Modification, International Psychotherapy Institute Publication

E-resource:

1. <https://study.com/academy/lesson/what-is-behavior-modification-definition-techniques-examples.html>
2. <https://www.javatpoint.com/reinforcement-learning>

Mapping:

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO									
CO-1	H	-	-	L	M	H	H	-	-
CO-2	H	L	L	-	-	-		M	L
CO-3	L	H	M	M	L	H	H	M	M
CO-4	H	H	M	M	-	-	M	M	H
CO-5	H	L	M	H	M	M	H	M	M

H – High, M – Moderate, L - Low

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO-1	L	L	H

CO-2	H	M	L
CO-3	L	H	L
CO-4	H	H	H
CO-5	H	H	L

H – High; M – Moderate, L - Low

Justification: -

- **The course outcome is in line with the Programme Outcome and Programme Specific Outcome**
- **RBT is followed step by step in PSO and CO PO, PSO and CO are focusing on the same output from the students**

HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAP

HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPALLI-620002.

COURSE PATTERN

(FOR THE STUDENTS ADMITTED FROM 2022 ONWARDS)

DEPARTMENT OF PSYCHOLOGY

M.Sc PSYCHOLOGY

Semester - IV

Major Core	Course	Code	Hrs/Week	Credits	Total
Major core 13	Cognitive psychology	P21PS4MCT12	7	7	100
Major core 14	Human Resource Management	P21PS4MCT13	7	6	100
Major core - 15	Project and Viva-Voce	P21PS4DIS01	16	6	100
Extra Credit	Online Course	P22EX4ONC02	----	2	100
Extra Credit : Self study paper	Sports Psychology	P21PS4SST01		2	
Extra Credit Internship	P22EX4INT04			2	100
		Total	30	19	500

Course offered by the Department to other Department at UG Level (II Yr)

Non Major Elective	Course	Code	Hrs/Week	Credits	Total
Non-Major Elective-2	Psychology of wellness	U22PS4NMP02	2	2	100
Major Elective-2	Counselling psychology	U22PS4MET01	4	2	100

HOLY CROSS COLLEGE (AUTONOMOUS) TIRUCHIRAPPALLI -2
SCHOOL OF REHABILITATION AND BEHAVIOURAL SCIENCES
PGDEPARTMENT OF PSYCHOLOGY
(FOR THE STUDENTS ADMITTED FROM 2021 ONWARDS)
CHOICE BASED CREDIT SYSTEM
LEARNING OUTCOMES-BASED CURRICULUM FRAMEWORK (LOCF)
SECOND YEAR- SEMESTER IV

Course Title	MAJORCORE13:COGNITIVE PSYCHOLOGY
Total Hours	90
Hours/Week	7 Hrs/Wk
Code	P21PS4MCT12
Course Type	THEORY
Credits	7
Marks	100

General Objectives: The student will understand the theoretical and practical perspectives of cognitive psychology.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the basic concepts of cognitive psychology
CO-2	Relate the types and theories of attention and perception
CO-3	Differentiate theories of memory and problem solving
CO-4	Apply different problem solving techniques and decision making skills
CO-5	Analyze individual difference in cognition

UNIT I INTRODUCTION TO COGNITIVE PSYCHOLOGY

15 Hrs

- 1.1 Meaning- influence on the study of cognition - paradigm of cognitive psychology
- 1.2 The brain: structure of brain- forebrain- hind brain and midbrain- localization & lateralization of function
- 1.3 Electrophysiological methods: electroencephalography (EEG), event-related potentials (ERP), magnetic encephalography(MEG).

Extra Reading(Keywords):Structures and functions of neuroanatomy

UNIT II ATTENTION & PERCEPTION

15 Hrs

2.1 Visual perception in brain - Visual pattern recognition: Template-matching model – Feature analysis – Object recognition –Face recognition. Speech recognition–Feature analysis of speech. Categorical perception – Context and pattern recognition– FLMP model.

2.2 Attention: serial bottleneck – Auditory attention–Filter theory–Attenuation theory. Visual attention: Neural basis – Visual search – Binding problem – Visual neglect – Object based attention. Central attention–Automaticity–Strops effect.

2.3 Perceiving objects and recognizing objects

Extra Reading (Keywords): Perceptual process and analysis of speech

UNIT III MEMORY & PROBLEM SOLVING

15 Hrs

3.1 Memory: sensory memory – working memory – activation and long term memory – retention function – how interference affect memory – retrieval and interference

3.2 Problem solving: nature -process –operators: Acquisition of operators – Analogy & imitation. Operator selection: Difference-reduction model –Mean-end analysis –Problem representation: functional fixedness. Set effects. – Blocks to problem solving

3.3: Reasoning: types of reasoning - patterns of reasoning – three approaches to study reasoning

Extra Reading (Keywords): memory process and function of cognition

UNIT IV DECISION MAKING & LANGUAGE

15 Hrs

4.1 Expertise: brain changes in skill acquisition – general characteristics of skill acquisition-nature of expertise

4.2: Phases of decision making –Cognitive illusions in decision making -utility model of Decision making – descriptive model of decision making – improving decision making

4.3: Language – Field of linguistics- syntactic formulation - language comprehension – parsing utilization and language and brain

Extra Reading(Keywords):Thinking

UNIT V INDIVIDUAL DIFFERENCE IN COGNITION AND ARTIFICIAL INTELLIGENCE

15 Hrs

5.1: Individual difference in cognition – the effect of aging in cognition – gender differences in cognition

5.2: Consciousness and its model and theories

5.3: Artificial Intelligence- AI as expert system – virtual world and computer games – using AI in cognitive psychology

Extra Reading (Keywords): Psychometric studies of cognition

Course Outcomes: The learner will be able to

CO.No	Course Outcome	Cognitive level
CO1	Understand the lateralization and localization of brain functions	K1
CO2	Relate the theories and functions of attention and perception	K2
CO3	Apply the problem solving and reasoning skills	K3
CO4	Analyze different decision making models and language comprehension skills	K4
CO5	Evaluate Individual difference in cognition	K5

**PSO–Programme Specific Outcomes; CO–Course Outcome; U-Understand
MAPPING**

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO									
CO-1	H	H	M	H	H	L	H	L	L
CO-2	H	H	H	H	H	M	H	L	M
CO-3	H	H	H	H	H	H	H	H	H
CO-4	M	H	M	H	H	L	H	H	H
CO-5	H	H	H	H	H	M	H	L	H

H – High, M – Moderate, L - Low

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO			
CO-1	H	H	H
CO-2	H	H	H
CO-3	H	M	H
CO-4	H	H	H
CO-5	H	H	H

H – High; M – Moderate, L - Low

HOLY CROSS COLLEGE (AUTONOMOUS) TIRUCHIRAPPALLI -2
SCHOOL OF REHABILITATION AND BEHAVIOURAL SCIENCES
PGDEPARTMENT OF PSYCHOLOGY
(FOR THE STUDENTS ADMITTED FROM 2021 ONWARDS)
CHOICE BASED CREDIT SYSTEM
LEARNING OUTCOMES-BASED CURRICULUM FRAMEWORK (LOCF)
SECOND YEAR- SEMESTER IV

Course title	MAJOR CORE – 14: HUMAN RESOURCE MANAGEMENT
Total hours	90
Hours/week	6 hrs wk
Code	P21PS4MCT13
Course type	THEORY
Credits	4
Marks	100

General Objectives: The student will understand the theoretical and practical perspectives of human resources in management.

Course Objectives:

The learner will be able to

Co no.	Course Objectives
Co-1	Understand the basic concepts of management and planning
Co-2	Classify the methods of employee recruitment.
Co-3	Summarise the compensation and pay benefits followed in organization.
Co-4	Implement the various techniques to settle employee issues.
Co-5	Execute the strategies followed in team work.

UNIT I: INTRODUCTION TO HUMAN RESOURCE MANAGEMENT AND PLANNING

18 Hrs

1.1 Introduction -Meaning, objectives, scope, functions. 1.2 Models of strategic HRM, Types of HR strategies, Human resource management environment. 1.3 Human resource planning-Basic concepts, characteristics, process of Human resource planning, effective HR planning. 1.4 Benefits to HR planning, Barriers to HR planning.

Extra Reading (key words): Various psychological tests used in organizational psychology

UNIT II: ACQUISITION OF HUMAN RESOURCES, TRAINING AND DEVELOPMENT

18 Hrs

2.1 Recruitment: - Basic concepts, Process – steps and sources of recruitment. 2.2. Selection and placement:- Introduction, Selection tests and interviews- Phases of selection process – Strategy for an effective interview process. 2.3 Employee Training-Introduction, significance, scope and methods in training. Steps in employee training process. Evaluation of a training program. 2.4 Management development- basic concepts, goals and steps in management development. Evaluation of development program.

Extra Reading (key words): Interview process and its effectiveness.

UNIT III: EMPLOYEE EVALUATION, COMPENSATION AND BENEFITS

18 Hrs

3.1 Performance evaluation- Objectives, process, performance evaluation methods, Uses of performance evaluation. 3.2 Compensation- Objectives, types, theories, steps in compensation administration, Pay structure. 3.3 Incentives- Objectives, Incentive planning, Types of incentive schemes, Evaluation of wage incentive schemes. 3.4 Fringe benefits

Extra Reading (key words): Job characteristic model.

UNIT IV: HR MAINTENANCE AND MOTIVATION

18 Hrs

4.1 Employee well-being- Objectives, steps in employee safety program, need for employee safety program, Essentials of effective safety program, Industrial accidents, Employee health. 4.2 Employee welfare- Features of employee welfare, objectives, types. Employee welfare responsibility, Theories, Merits and limitations of welfare measures 4.3 Workers participation- Features of workers participation and empowerment, objectives, levels. 4.4 Job rotations- Characteristics of promotion, objectives and criteria for promotion, Kinds of promotion.

Extra Reading (key words): Positive aspects and drawbacks of performance management.

UNIT V: EMPLOYMENT AND ETHICAL ISSUES

18 Hrs

5.1 Team work and leadership management – Employment practices and procedures. 5.2 Human resource audit – features and objectives, scope and levels of audit. 5.3 Human resource accounting – objectives, approaches and uses. 5.4 Ethics in human resource management – types, need, approaches, factors influencing ethical behavior at work.

Extra Reading (key words): Training models.

References Text

Books:

1. Durai Pravin (2016). Human Resource Management. 2nd Edition, Pearson India Education Services Pvt. Ltd, India.
2. Aswathappa.K & Dash Sadhna (2021). Human Resource Management-Text and Cases. 9th Edition. McGraw Hill Education (India) Private Limited, India.

Reference Books.

1. Gary Dessler. A. (2009). Framework for Human Resource Management (5th ed). New Delhi: Pearson/Prentice Hall Publishing.
2. Mathis and Jackson. Human Resource Management (12th Edition). Thomson South Western.

Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	Cognitive Level
CO-1	Understand the physical and psychological working conditions.	K1
CO-2	Distinguish between Job analysis and evaluation	K2
CO-3	Execute employee selection technique	K3
CO-4	Implement the concepts of various training Methodology	K4
CO-5	Analyze the ethical issues in employment	K5

PSO – Programme Specific Outcomes; CO – Course Outcome; U-Understand; Ap – Apply; An – Analyse

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO									
CO-1	H	H	M	H	H	L	H	L	L
CO-2	H	H	H	H	H	M	H	L	M
CO-3	H	H	H	L	H	M	H	H	H
CO-4	M	H	M	L	H	L	H	H	H
CO-5	H	H	H	H	H	M	H	L	H

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO-1	H	H	H
CO-2	H	H	M
CO-3	H	M	H
CO-4	H	M	L
CO-5	H	H	L

H – High; M – Moderate, L - Low

HOLY CROSS COLLEGE (AUTONOMOUS) TIRUCHIRAPPALLI -2
SCHOOL OF REHABILITATION AND BEHAVIOURAL SCIENCES
PGDEPARTMENT OF PSYCHOLOGY
(FOR THE STUDENTS ADMITTED FROM 2021 ONWARDS)
CHOICE BASED CREDIT SYSTEM
LEARNING OUTCOMES-BASED CURRICULUM FRAMEWORK (LOCF)
SECOND YEAR- SEMESTER IV

Course title	MAJOR CORE-15 PROJECT WORK AND VIVA VOCE
Total hours	90
Hours/week	16
Code	P21PS4DIS01
Course type	PRACTICAL
Credits	6
Marks	100

The students are required to take up an individual project work on an issue of psychological importance under the supervision of a research guide. The project work may be either examining the relationship among certain psychological variables or psychological case analysis. The project work shall be carried out during the IV semester and the project report shall be submitted at the end of the IV semester neatly typed and bound (2 Hard copies and 1 soft copy in PDF format)

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CHOICE BASED CREDIT SYSTEM
LEARNING OUTCOMES-BASED CURRICULUM FRAMEWORK (LOCF)
SECOND YEAR- SEMESTER IV

Course title	SELF STUDY:SPORTS PSYCHOLOGY
Total hours	90
Hours/week	-
Code	P21PS4SST01
Course type	THEORY
Credits	2
Marks	100

General Objectives: To enable the students to understand dynamics of psychology in sports..

Course Objectives:

The learner will be able to

CO no.	Course Objectives
CO-1	Understand the psychological issues in sports
CO-2	Recognise the factors of motivation in sports performance.
CO-3	Summaries the cognitive process underlying sports activities.
CO-4	Understand and execute group dynamics in sports.
CO-5	Implement the psychological strategies for enhancing sports performance..

UNIT I: INTRODUCTION TO SPORTS PHYCHOLOGY

18 Hrs

1.1 Introduction to sport psychology – Factors influencing the mental demands of a given sport
 1.2 Sport and exercise psychology as an academic discipline. 1.3 History of sport and exercise psychology – 1.4 Research methods in sport and exercise psychology – What do sport psychologist do?

Extra Reading (key words): Role of sports Psychologist.

UNIT II: MOTIVATION AND GOALSETTING

18 Hrs

2.1 Exploring Athletic behavior – Key concepts Motivation and Goal Setting in Sport – Feedback and Reinforcement. 2.2 Self- Confidence – Anxiety in Sport performance –

Concentration in sport performance. 2.3 Personality Traits for sports - Concentration – Arousal.
2.4 Stress and anxiety – Arousal regulation

Extra Reading (key words): Pathological motivation and sport.

UNIT III: COGNITIVE PSYCHOLOGY IN SPORTS

18 Hrs

3.1 Cognitive Psychology and Sport Cognitive style and Sport. 3.2 Attention style and performance. 3.3 Imagery and sport performance – Attribution of self and others. 3.4 Application of Thinking and Feelings in Sports

Extra Reading (key words): Enhancing skill and expertise: The role of practice

UNIT IV: GROUP DYNAMICS IN SPORTS

18 Hrs

4.1 Sport in Context:- The Social Psychology of Sport Social Facilitation – Social Loafing - .2 Team Dynamics and Development – Causal attribution in Sport. Violence and Aggression in Sport. 4.3 Exercise and Psychological well being – Exercise Adherence – Peak Performance – Competition and Cooperation. 4.4 Youth Sport – Aggression, injury & addictive behavior.

Extra Reading (key words): Does sport increase or reduce aggression? Negative effects of team membership.

UNIT V: APPLICATIONS OF SPORTS PSYCHOLOGY IN DAILY LIFE

18 Hrs

5.1 Applying Sport Psychological Phenomena – Self talk, Mental Imagery – Relaxation Training: -Calming the Physiology. 5.2 Performance inhibition due to personality factors – Burn out and Injuries. 5.3 Group and team dynamics – Group cohesion. 5.4 Leadership - Communication

Extra Reading (key words): Two linked issues: the existence of super – ability and the nature-nurture debate in sport

TEXT BOOKS:

1. Weinberg, R.S & Gould, D. (2011). Foundations of Sport and Exercise Psychology (5th edition). Human Kinetics. United States of America.
2. Robert Weinberg and Daniel Gould (2006). Foundation of Sport and Exercise psychology (4th eds,). Human Kinetics publishers.
3. Aidan P Moran (2004). Sport and Exercise Psychology, a critical Introduction. Routledge, New York.

SUGGESTED READINGS

1. John Kremer and Deirdre Scully (2001). Psychology in Sport. Taylor and Francis publishers.
2. Jarvis Matt: Sports Psychology (2006) A Students hand book: Routledge 270 Madison Avenue, New York, NY 10016.
3. Markus Raab, Paul Wylleman, Roland Seiler, Anne-Marie Elbe, Antonis Hatzigeorgiadis (2016). Sport and Exercise Psychology Research. From Theory to Practice, Academic Press.
4. Gershon Tenenbaum, Robert C. Eklund (2007). Hand book of Sport Psychology, Wiley Publication
5. Richard H. Cox (2011), Sport Psychology: Concepts and Applications, MCGraw-Hill Education.

Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	Cognitive Level
CO-1	Infer the psychological issues in sports	K1
CO-2	Examine the influence of motivation and goal setting in sports	K2
CO-3	Analyze cognitive process in sports performance	K3
CO-4	Identify the importance of group behavior	K4
CO-5	Demonstrate applying stress management techniques to enhance performance	K5

PSO – Programme Specific Outcomes; CO – Course Outcome; U-Understand; Ap – Apply; An – Analyse.

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO									
CO-1	H	H	M	H	H	L	H	L	L
CO-2	H	H	H	H	H	M	H	L	M
CO-3	H	H	H	L	H	M	H	H	H

CO-4	M	H	M	L	H	L	H	H	H
CO-5	H	H	H	H	H	M	H	L	H

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO-1	H	H	H
CO-2	H	H	M
CO-3	H	M	H
CO-4	H	M	L
CO-5	H	H	L

H – High; M – Moderate, L - Low

For students admitted from June 2023 onwards
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SCHOOL OF REHABILITATION AND BEHAVIOURAL SCIENCES
PGDEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM

Course Title	NON-MAJOR ELECTIVE 2- PSYCHOLOGY OF WELLNESS
Total hours	60
Hours/week	3 Hrs/ Wk
Code	U23PS4NMT02
Course type	THEORY CUM PRACTICAL
Credits	2
Marks	100

General Objectives: To enable the students to understand the importance of positive psychology and its applications for wellness.

Course Objectives:

The learner will be able to

CO no.	Course Objectives
CO-1	Understand the dimensions and basic themes of positive psychology
CO-2	Understand the basic emotions and motivations
CO-3	Analyse the various top down and bottom up predictors of subjective well-being
CO-4	Summarize different types of love
CO-5	Comprehend the importance of health.

UNIT-1 AN INTRODUCTION TO POSITIVE PSYCHOLOGY

10 Hrs

- 1.1 Meaning, Dimensions of positive psychology
- 1.2 Scope of positive psychology
- 1.3 Basic themes of positive psychology
- 1.4 Positive emotions are important, People need positive social relationship- Science of well-being

Extra Reading/Keywords: Positive Psychotherapy

UNIT-2 FOUNDATIONS: EMOTIONS, MOTIVATION AND THE NATURE OF WELL-BEING

12 Hrs

- 2.1 Basic Emotions- Components of emotions.

- 2.2 Mood and well-being
- 2.3 Positive psychology and motivation- Well-being and positive emotion
- 2.4 Theories of happiness and well-being

Extra Reading/ Keywords: Theories of emotions and motivations.

UNIT-3 SUBJECTIVE WELL-BEING

13 Hrs

- 3.1 Meaning-Top-Down and Bottom-Up theories. Top down predictors of subjective well-being.
- 3.2 Bottom up predictors of subjective well being.
- 3.3 Sustainable happiness

Extra Reading/ Key words: Measurements of subjective well being

UNIT-4 ROMANTIC LOVE AND POSITIVE FAMILIES

12

HrsHrs

- 4.1 The varieties of love- The love styles- A two factor theory of love, Sternberg's love triangle.
- 4.2 Relationship Satisfaction- Caring relationship
- 4.3 Minding Relationships
- 4.4 Positive Families

Extra Reading/ Keywords: Pragma, Eros, Ludos and Agape love.

UNIT-5 POSITIVE HEALTH

13Hrs

- 5.1 Exercise and positive health
- 5.2 Psychological factors important to health
- 5.3 Hardiness and Mindfulness meditation
- 5.4 Positive coping styles

Extra Reading/ Keywords: Learned Helplessness, Social loafing, Defense Mechanisms

TEXTBOOKS

William C. Compton & Edward Hoffman (2020). Positive Psychology- The Science of Happiness and Flourishing(ThirdEdition),SAGEPublicationsIndiaPvt.Ltd

C.R.Snyder&ShaneJ.Lopez(2002).Handbook of Positive Psychology, Oxford University Press.

AlanCarr(2004). PositivePsychology The science of happiness and human strengths. Taylor & Francis, NewYork

SUGGESTED READINGS

Kate Hefferon and Ilona Boniwell (2010). Positive Psychology, Theory, Research and applications. McGraw Hill Companies.

Synder C.R. and Shane.J.Lopez (2007) Positive Psychology. The scientific and Practical explorations of Human strength, Sage Publications. New Delhi.

Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	Cognitive Level
CO-1	Understand the basic themes of positive psychology	K1
CO-2	Summarize different types of emotions and motivations	K2
CO-3	Analyze the predictors of subjective well-being	K3
CO-4	Identify different types of love and relationships	K4
CO-5	Create and analyze the importance of health and exercise	K5

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)								
	1	2	3	4	5	6	7	8	9
CO									
CO-1	H	H	M	H	H	L	H	L	L
CO-2	H	H	H	H	H	M	H	L	M
CO-3	H	H	H	L	H	M	H	H	H
CO-4	M	H	M	L	H	L	H	H	H
CO-5	H	H	H	H	H	M	H	L	H

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
	1	2	3
CO-1	H	M	H
CO-2	H	H	M
CO-3	L	M	H
CO-4	H	M	L
CO-5	H	H	L

H – High; M – Moderate, L - Low

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SCHOOL OF REHABILITATION AND BEHAVIOURAL SCIENCES
PGDEPARTMENT OF PSYCHOLOGY OFFERS TO
PG AND RESEARCH DEPARTMENT OF REHABILITATION SCIENCE
CHOICE BASED CREDIT SYSTEM
B.Sc. REHABILITATION SCIENCE

Course Title	MAJOR ELECTIVE -2 COUNSELLING PSYCHOLOGY
Total Hours	75
Hours/week	4 Hrs/ week
Code	U22PS4MET01
Course Type	Theory
Credits	2
Marks	100

CONSPECTUS: To understand and develop counseling skills and apply them in real life situations in personal and professional life.

Course Objectives:

The learner will be able to

CO no.	Course Objectives
CO-1	Understand the goal, role and characteristics of counselors.
CO-2	Apply the concepts of various counseling therapies
CO-3	Explain the process of group and career counseling
CO-4	Analyze the various forms of helping the needy client
CO-5	Relate the strategies of counseling to children and adults with special needs and their parents and siblings and significant others

**UNIT 1 :BASICS OF COUNSELLING AND INTERPERSONAL
RELATIONSHIP 15 Hrs**

- 1.1 Definition, goals, clients and counselor quality -
Transference and Counter transference.
- 1.2 Counseling process
- 1.3 Rapport Building, Listening techniques
- 1.4 Empathic responding, probing, Confrontation Summarizing,
Challenging Skills & Terminating skills.
- 1.5 Report documentation

Extra Reading/ Key words: social/ constructionist view of communication Intercultural communication

UNIT 2 : THERAPEUTIC COUNSELING

20 Hrs

- 2.1 Psycho-analytic Therapy and Behavior Counseling
- 2.2 Existential Counseling and Adlerian therapy
- 2.3 Person-Centered Therapy and Rational-emotive Therapy
- 2.4 Reality therapy and Gestalt therapy
- 2.5 Crisis Counseling, Narrative counseling and Family Counseling

Extra Reading/ Key words: Abreaction therapy, Psychotherapy, Art therapy

UNIT 3 : GROUP & CAREER COUNSELING

10 Hrs

- 3.1 Definition of group Types of groups – Psycho educational groups, Counseling groups, Psychotherapy groups and Task/Work groups
- 3.2 The process of group Counseling,
- 3.3 Issues in groups, Benefits and drawbacks of groups.
- 3.4 Definition and differences between group and individual guidance
- 3.5 Definition of career counseling, The importance & scope of Career Counseling and career information

Extra Reading/ Key words: Group Dynamic & Group Cohesivness

UNIT-4; THE NEEDY CLIENT AND FORMS OF HELPING

10 Hrs

- 4.1 Helping the individual
- 4.2 Helping with social skills
- 4.3 Helping with thinking and feeling
- 4.4 Helping in groups and through networks
- 4.5 Helping the special population: differently- abled, alcohol and substance

abuse, victim of abuses and violence

Extra Reading/ Key words: Interpersonal counselling , mentoring

UNIT 5 : COUNSELLING FOR PERSONS WITH DISABILITY

(10 Hrs)

- 5.1 Child in the family with disability
- 5.2 Counseling significant people in the lives of the disabled
- 5.3 Personal and Social adjustment training for the disabled
- 5.4 Vocational counseling
- 5.5 Awareness on disability etiquette

Extra Reading/ Key words: Counseling psychology, Disability

Course Outcomes(CO): The learner will be able to

CO No.	Course Outcomes	PSOs Addressed
CO -1	Explain the goal, role, characteristics of counseling and a counselor and the feature, stages of relationship and ways of improving relationship quotient.	PSO 1
CO -2	Describe the elements, models patterns and styles of Communication.	PSO 2
CO -3	Enumerate the various therapies used in the process of counselling children and persons with special needs.	PSO 3
CO -4	Describe the techniques of helping individual, helping with social skills, helping with thinking and feeling and helping in groups through networks.	PSO 4
CO -5	Explain the impact of having a child with disability in a family and counseling significant people , the need for personal and social adjustment training and the concept of Vocational Counselling for persons with disabilities. (skill development)	PSO 5

TEXTBOOKS

1. Samuel T. Gladding. (2009). Counselling –A Comprehensive Profession. Sixth Edition, Pearson Education.
2. Murgatroyd Stephen, (1988). Counselling and Helping, London; British Psychological Society and Methuen.

3. Kennedy Eugene, (1977). On becoming a Counsellor, U.S.A.; Gill and Mac Millan.
4. Gerald Corey, (1991). Theory and Practice of Counselling and Psychotherapy, Brook/Cole.
5. Kochhar, S.K., (1990). Guidance and Counselling in Colleges and Universities, New Delhi;

SUGGESTED READINGS

1. Weight, N.G., (1980). Total Rehabilitation, U.S.A.; Little Brown Company.
2. Fr. Joe Currie, S.J., (1993). In the Path of the Barefoot Counsellor, 18 Steps Toward Becoming Effective Helping Persons. Bangalore; TC Publications.
3. John Antony .D, (1994). Dynamics of Counselling, Nagercoil; Microskills Model Anugraha Publications.
4. Ray Woolfle and Windy Dryden, (1996). Counselling Psychology, New Delhi; Sage Publications.

COURSE OUTCOMES	PROGRAMME OUTCOMES (PO)						
	1	2	3	4	5	6	7
CO	1	2	3	4	5	6	7
CO-1	H	L	H	H	M	H	M
CO-2	M	H	M	H	H	H	H
CO-3	H	M	H	H	M	H	M
CO-4	M	M	L	H	H	H	H
CO-5	H	H	L	H	M	H	L

H-High

M-Moderate

L-Low

COURSE OUTCOMES	PROGRAMME SPECIFIC OUTCOMES (PSO)		
CO	1	2	3
CO-1	H	M	M
CO-2	H	H	L
CO-3	H	H	M
CO-4	H	H	H
CO-5	H	M	M

H-High

M-Moderate

L-Low