



Vidya Prasarak Mandal's

K. G. Joshi College of Arts and N. G. Bedekar College of Commerce
(Autonomous)

Department of Psychology

presents

Diploma in Fundamentals of Psychology

The course is designed with the aim to make psychology more accessible to students who might belong to a different academic background making the course an interdisciplinary gateway to psychology. It is a great opportunity for anyone who wishes to learn psychology in a structured way. The course can be extremely beneficial to those working in the field of education and to acquire various leadership and mentoring skills.

The ultimate objective of this diploma is for the students to create a strong foundation of psychology which would enable them to pursue Post graduation in Psychology from Joshi Bedekar College as well as other open universities.

Following are the details of the diploma course:

- **Duration: 1 year**
- The academic year will be divided into two semesters.
The lectures will take place **Offline** in the college campus on Thursday, Friday and Saturday of every week in the afternoon time.
- **Who all can apply?**
 1. Post-Graduates from Non-Psychology Background
 2. Graduates from Non-Psychology background
 3. Those currently pursuing graduation from any field (at least SY complete)
- **Start date:** 8th September 2022
- **Last date to take admission:** 4th September 2022.

- **Mode of Conduction:** Offline (in college campus)
- **Fees:** Rs. 10,000/-
- **Payment process:** Students should pay their fees from the Payment link available on the website www.joshibedekar.org

Step 1: Click on the website www.joshibedekar.org

Step 2: Click on the Autonomous Courses Payment link and click pay now.

Step 3: Fill the form and select **Diploma course** in Course Name and finally write “Title of course” as **“Diploma in Fundamentals of Psychology”**

Step 4: After filling the form and input amount Rs.10,000/-, click on pay now.

Step 5: Pay the fees through Internet Banking, Debit Card, Credit Card and UPI (Any App)

After making payment, fill the registration form on the following link, upload the fee payment receipt and join the WhatsApp group link you will receive immediately after the submission of registration form.

- Registration link: <https://forms.gle/TwpQX31uDyyV22sJ8>

- **Highlights of our course**

1. Study Psychology in a structured way
2. Guidance from experts from various specializations
3. Theory as well as practical exposure to field of psychology
4. Evaluation in the form of written tests as well as interesting assignments in a semester pattern

Please see PDF file named “Syllabus for Diploma in Fundamentals of Psychology” for detailed syllabus and evaluation pattern

- For further queries you may contact:

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Dr. Mrs. Suchitra A. Naik

Principal

SEMESTER I

Fundamentals of psychology – Semester I

Introduction to fundamentals of psychology (Questions on these topics will not be asked in the exam)

- a) The history of Psychology.
- b) Psychology: Areas of Specialization
- c) History of Indian Psychology

Unit 1: Learning and Memory

- a) Learning: Classical and Operant Conditioning
- b) Social Learning Theory
- c) Models of Memory: Information processing model, PDP model, Levels of processing Model
- d) Long term memory: Types and retrieval

Unit 2: Cognition: Thinking and Intelligence

- a) Thinking: Mental Imagery, Concepts and Prototypes
- b) Problem solving and decision-making strategies
- c) Theories of Intelligence: Spearman's G factor, Gardner's theory of multiple intelligences and Sternberg's triarchic Theory
- d) Measuring intelligence

Unit 3: Motivation and Emotion

- a)** Approaches to understanding motivation: Instincts and the evolutionary approach, Approaches based on needs and drives, arousal approaches, incentive approaches, humanistic approaches.
- b)** Three elements of emotions: Physiology of emotions, Behavior of emotions (Emotional expressions), Labeling emotions (Subjective experience)
- c)** Theories of emotions: James Lange theory, Cannon Bard theory, Schachter Singer Theory, Lazarus and cognitive mediational theory

Unit 4: Theories of Personality

- a) Psychodynamic perspective: Theories by Freud, Jung, Adler, Horney and Erikson
- b) Social cognitive theory by Bandura; Rotter's Locus of Control theory
- c) Humanism and Personality: Carl Rogers and Self Concept
- d) Trait theories: Theories by Allport, Cattell (16PF) and Theory of Big five factors

Book for study

Ciccarelli, S.K., White, J.N., & Mishra, G. (2018). Psychology. 5th Edition; Indian Adaptation. Pearson India Education Services Pvt. Ltd.

Additional Books for Reference

1. Baron, R. A., & Kalsher, M. J. (2008). Psychology: From Science to Practice(2ndedi.). Pearson Education inc, Allyn and Bacon
2. Ciccarelli, S. K. & Meyer, G. E. (2008). Psychology (Indian sub-continent adaptation). New Delhi: Dorling Kindersley (India)pvt.ltd.
3. Ciccarelli's., & White,J.N. (2017). Psychology. 4th edi.New Jersey: Pearson education
4. Feist, G.J, & Rosenberg, E.L. (2010). Psychology: Making connections. New York: McGraw Hill publication
5. Feldman, R.S. (2013). Psychology and your life.2nd edi. New York: McGraw Hill publications
6. Feldman,R.S. (2013). Understanding Psychology. 11th edi. New York: McGraw Hill publications
7. King,L.A.(2013). Experience Psychology. 2nd edi.New York: McGraw Hill publications
8. Lahey, B. B. (2012). Psychology: An Introduction. 11thedi. New York: McGraw-Hill Publication
9. Myers,D.G. (2013).Psychology, 10th edition; International edition. New York: Worth Palgrave Macmillan, Indianreprint2013
10. Schachter, D. L., Gilbert, D. T., & Wegner, D. M. (2011). Psychology. New York: Worth Publishers.
11. Wade, C. &Tavris, C. (2006). Psychology. (8th edition). Pearson Education inc Indian reprint by Dorling Kindersley, New Delhi

Development Across life span: Semester I

Introduction to lifespan development (Questions on these topics will not be asked in the exam)

- a) An orientation to lifespan development
- b) Theoretical perspectives on lifespan development

Unit 1: Prenatal Development and Birth

- a) Earliest development, the interaction of heredity and environment, prenatal growth and change
- b) Birth, birth complications, the competent newborn

Unit 2: Infancy and childhood as a life stage

- a) Physical and cognitive development
- b) Social and personality development

Unit 3: Adolescence and Adulthood as a life stage

- a) Physical and cognitive development
- b) Social and personality development

Unit 4: Geriatric stage of life

- a) Physical and cognitive development
- b) Social and personality development

Book for study:

Feldman, R. S. (2014). Development across the Life Span. (7th Ed). New Jersey: Pearson Education

Books for reference:

- 1) Berk, L. E. (2006). Child Development. (7th Ed). New Delhi: Pearson Education Dorling Kindersley India pvt. ltd.
- 2) Berk, L. E. (2004). Development through the lifespan. (3rd Ed). New Delhi: Pearson Education Dorling Kindersley India pvt ltd.
- 3) Cook, J. L., & Cook, G. (2009). Child Development: Principles and Perspectives. Boston: Pearson Education
- 4) Crandell, T. L., Crandell, C. H., & Zanden, J. W. V. (2009). Human Development. (9th Ed). New York: McGraw Hill co. Inc.

- 5) Dacey, J. S. & Travers, J. F. (2004). Human Development across the lifespan. (5th Ed). McGraw Hill co.
- 6) Feldman, R. S., & Babu, N. (2011). Discovering the Life Span. Indian subcontinent adaptation, New Delhi: Dorling Kindersley India pvt ltd.
- 7) Kail, R. V. (2007). Children and their Development. (4th Ed). New Jersey: Pearson Education Inc.
- 8) McDevitt, T. M., & Omrod, J. E. (2007). Child Development and Education. (3rd Ed). New Jersey: Pearson Education Inc.
- 9) Papalia, D. E., Olds, S. W., & Feldman, R. (2012). Human Development. (12th Ed). McGraw Hill, international Edition
- 10) Shaffer, D. R., & Kipp, K. (2007). Developmental Psychology: Childhood and Adolescence. (7th Ed). Thomson Learning, Indian reprint 2007

Psychological Testing - Semester I

Unit 1. Psychological Testing, Assessment and Norms

- a) Definition of testing and assessment; the process and tools of assessment
- b) The parties and types of settings involved
- c) What is a 'Good Test'; Norms – sampling to develop norms, types of norms, norm-referenced versus criterion-referenced evaluation

Unit 2. Reliability

- a) Introduction to concept of Reliability, Reliability estimates: Test-Retest, Parallel and Alternate Forms, Split-Half, Inter-Item Consistency – Kuder-Richardson, Cronbach's Coefficient Alpha; Inter-Scorer Reliability
- b) Using and interpreting a coefficient of Reliability – purpose of the Reliability coefficient, nature of the test, the true score model of measurement and alternatives to it

Unit 3. Validity

- a) Introduction to concept of validity
- b) Face validity and Content validity
- c) Criterion-related validity and Construct validity

Unit 4. Test Development

- a) Test conceptualization and Test construction
- b) Test tryout and Item analysis
- c) Test revision

Book for study:

Cohen, J. R., &Swerdlik, M. E., (2018). *Psychological Testing and Assessment: An introduction to Tests and Measurement*. (9th ed.). New York. McGraw-Hill International edition. (Indian reprint 2018)

Books for reference:

- 1) Aiken, L. R., &Groth-Marnat, G. (2006). *Psychological Testing and Assessment*. (12th ed.). Pearson. Indian reprint 2009, by Dorling Kindersley, New Delhi
- 2) Anastasi, A. & Urbina, S. (1997). *Psychological Testing*. (7th ed.). Pearson Education, Indian reprint 2002
- 3) Aaron, A., Aaron, E. N., & Coups, E. J. (2006). *Statistics for Psychology*. (4th ed.). Pearson Education, Indian reprint 2007.
- 4) Cohen, J. R., Swerdlik, M. E., & Sturman, E. D. (2013). *Psychological Testing and Assessment: An introduction to Tests and Measurement*. (8th ed.). New York. McGraw-Hill International edition. (Indian reprint 2015).
- 5) Cohen, J. R., Swerdlik, M. E., & Kumthekar, M. M. (2014). *Psychological Testing and Assessment: An introduction to Tests and Measurement*. (7th ed.). New Delhi: McGraw-Hill Education (India) Pvt Ltd., Indian adaptation
- 6) Garrett,H.E (1929). *Statistics in Psychology and education*.

- 7) Gregory, R. J. (2013). *Psychological Testing: History, Principles, and Applications*. (6th ed.). Pearson Indian reprint 2014, by Dorling Kindersley India pvt. ltd, New Delhi.
- 8) Guilford, J.P., & Fruchter, B. (1978) *Fundamental statistics in Psychology and education*. (6th ED). McGraw Hill International Edition.
- 9) Gupta, S. P. (1991) *Statistical Methods* (26th Ed), Sultan Chand & Sons, New Delhi.
- 10) Hoffman, E. (2002). *Psychological Testing at Work*. New Delhi: Tata McGraw-Hill
- 11) Hogan, T. P. (2015). *Psychological Testing: A Practical introduction*. (3rd ed.). John Wiley & Sons, New Jersey
- 12) Hollis-Sawyer, L.A., Thornton, G. C. III, Hurd, B., & Condon, M.E. (2009). *Exercises in Psychological Testing*. (2nd ed.). Boston: Pearson Education
- 13) Kaplan, R. M., & Saccuzzo, D. P. (2018). *Psychological Testing – Principles, Applications and Issues*. (9th ed.). Wadsworth Thomson Learning, Indian reprint 2019
- 14) Kline, T.J.B. (2005). *Psychological Testing: A Practical approach to design and evaluation*. New Delhi: Vistaar (Sage) publications
- 15) Mangal, S.K. (1987). *Statistics in Psychology and Education*. New Delhi: Tata McGraw Hill Publishing Company Ltd.
- 16) McBurney, D.H. (2001). *Research Methods*. (5th ed.). Bangalore: Thomson Learning India
- 17) Miller, L.A., Lovler, R. L., & McIntire, S.A., (2013). *Foundations of Psychological Testing: A practical approach*. (4th ed.). Sage publications
- 18) Minium, E. W., King, B. M., & Bear, G. (2001). Statistical Reasoning in Psychology and Education. Singapore: John-Wiley
- 19) Urbina, S. (2014). *Essentials of Psychological Testing*. (2nd ed.). John Wiley & Sons, New Jersey

Abnormal Psychology Part I : Semester I

Understanding Abnormal Behavior (Questions on these topics will not be asked in the exam)

- a) What do we mean by Abnormality? - The DSM 5 and the Definition of Mental Disorders.

Unit 1: Causal factors and Viewpoints

- a) The Biological viewpoint: Imbalances of Neurotransmitters and Hormones, Genetic Vulnerabilities, Brain Dysfunction and Neural Plasticity
- b) The Psychological viewpoints: The Psychodynamic Perspectives, The Behavioral Perspective, The Humanistic and Existential Perspectives, The Cognitive-Behavioral Perspective, Psychological causal factors like Early Deprivation or Trauma, Inadequate Parenting Styles, Marital Discord and Divorce, Maladaptive Peer Relationships.
- c) The Sociocultural Viewpoints: Low Socioeconomic Status and Unemployment, Prejudice and Discrimination in Race, Gender, and Ethnicity, Social Change and Uncertainty, Urban Stressors: Violence and Homelessness.

Unit 2: Panic, Anxiety, Obsessions and Their Disorders

- a) Specific Phobias, Social Phobias, Panic Disorder, Agoraphobia and Generalized Anxiety Disorder: Symptoms, Causes and Treatments
- b) Obsessive-compulsive Disorder, Body Dysmorphic Disorder, Hoarding Disorder and Trichotillomania: Symptoms, Causes and Treatments

Unit 3: Somatic Symptom and Dissociative Disorders

- a) Hypochondriasis, Somatization Disorder, Pain Disorder, Illness anxiety disorder, Conversion Disorder, Malingering and Factitious Disorder: Symptoms, Causes and Treatments
- b) Depersonalization/Derealization Disorder, Dissociative Amnesia and Dissociative Fugue, Dissociative Identity Disorder: Symptoms, Causes and Treatments

Unit 4: Mood Disorders and Suicide

- a) Unipolar Depressive Disorders - Dysthymia Disorder, Major Depressive Disorder: Symptoms, Causes and Treatments
- b) Bipolar and Related Disorders - Cyclothymic Disorder, Bipolar Disorder (I and II): Symptoms, Causes and Treatments
- c) Suicide in children, adolescents and young adults

Book for study:

Butcher, J.N; Hooley, J.M; Mineka, S; & Dwivedi, C.B. (2020). *Abnormal Psychology*. (16th ed.). Pearson

Books for Reference:

1. Barlow, D.H., & Durand, V.M. (2005). *Abnormal Psychology: An Integrative Approach*. (4th ed.). New Delhi: Wadsworth Cengage Learning
2. Beidel, D. C., Bulik, C. M., & Stanley, M.A. (2010). *Abnormal Psychology*. New Jersey: Pearson Prentice Hall
3. Bennet, P. (2003). *Abnormal and Clinical Psychology: An Introductory Textbook*. Open University Press
4. Butcher, J. N., Hooley, J. M., & Mineka, S., (2014). *Abnormal Psychology*. (16th ed.). Pearson education
5. Dhanda, Amita. (2000). *Legal Order and Mental Disorder*. New Delhi, Sage publications pvt ltd
6. Hecker, J.E., & Thorpe, G.L. (2005). *Introduction to clinical Psychology: Science, practice, and ethics*. New Delhi, Pearson education, Indian reprint 2007
7. Kring, A.M., Johnson, S. L., Davison, G.C., & Neale, J.M. (2013). *Abnormal Psychology*. (12th ed.). International student version, John Wiley & Sons, Singapore
8. Nolen-Hoeksema, S. (2014). *Abnormal Psychology*. (6th ed.). New York: McGraw-Hill.
9. Oltmanns, T. F., & Emery, R. E. (2010). *Abnormal Psychology*. 6th ed., New Jersey: Pearson Prentice Hall
10. Ray, W.J. (2013). *Abnormal Psychology: neuroscience perspectives on human behavior and experience*. Sage Publications, USA
11. Whitbourne, S. K., & Halgin, R. P. (2014). *Abnormal Psychology: Clinical Perspectives on Psychological Disorders*. (7th ed.). McGraw

Practical in Cognitive Processes and Psychological Testing – Semester I

Unit 1: Introduction to Experimental Psychology and Statistics in Psychological Research

- a) Variables – Types, Operational definition
- b) Designs – Types (one IV and two IV), Sampling, Randomization and Counterbalancing
- c) Hypotheses – Types – Null and Alternative
- d) Statistical Analysis – Inferential statistics - t test, F Test, statistical significance
- e) Introduction to Scales of Measurement
- f) Report writing – APA format

Unit 2: Practice Exercises – Two exercises

- a) Experimental Situation given – Discuss design, hypothesis, IV, DV, Control Variables, Statistical Analysis, Ethical Issues.
- b) Variables given – Design experiment, frame hypothesis, discuss Statistical Analysis, Ethical Issues.

Unit 3: One Experiment in Cognitive Processes – Stroop Effect

- a) Conduct the experiments
- b) Pool group data
- c) Use appropriate statistics
- d) Write report – abstract, introduction, method, result (Individual and group), discussion, conclusion

Unit 4: One Psychological Test

- a) Administration, Scoring and Interpretation of the Test
- b) Writing report on the findings of the test

SEMESTER II

Industrial/Organizational Psychology: Semester II

Introduction to Industrial/Organizational Psychology (Questions on these topics will not be asked in the exam)

- a) What Is I/O Psychology?
- b) I/O Psychology as a profession & as a science
- c) History of the field of I/O Psychology

Unit 1. Performance Appraisal

- a) Why do we appraise employees?
- b) Performance criteria
- c) Methods for assessing job performance: Objective and subjective methods for assessing job performance; 360-degree feedback

Unit 2: Assessment Methods for Selection

- a) Different types of psychological tests based on format: group vs. individual, close-ended vs. open-ended; paper-and-pencil vs. performance; power vs. speed
- b) Different types of psychological tests based on what is measured: cognitive ability tests, psychomotor ability tests, knowledge and skills tests, personality tests, emotional intelligence tests, integrity tests, vocational interest tests
- c) Biographical information, interviews, work samples, assessment centers & electronic assessment.

Unit 3. Training

- a) Needs assessment
- b) Objectives
- c) Training design: trainee characteristics; design factors; work environment
- d) Training methods: Audiovisual instruction, auto instruction, conference/lecture, on-the-job training, modeling/role-playing/simulation, e-learning, mentoring/executive coaching
- e) Brief overview of delivery and evaluation of a training program

Unit 4. Job Satisfaction and Leadership and Power in Organizations

- a) Antecedents of job satisfaction
- b) Potential effects of job satisfaction
- c) What is leadership?
- d) Sources of influence and power; abuse of supervisory power: sexual and ethnic harassment
- e) Approaches to the understanding of leadership

Book for study:

Spector, P. E. (2012). *Industrial and Organizational Psychology: Research and practice*. Singapore: Wiley. (Indian reprint 2016)

Books for reference:

- 1) Aamodt, M.G. (2016). *Industrial/Organizational Psychology: An applied approach* (8thed.). Boston, MA: Cengage Learning.
- 2) Aamodt, M.G. (2013). *Industrial Psychology* (7thed.). Boston, MA: Cengage Learning.
- 3) Aswathappa, K. (2013). *Human resource management: Text and cases* (8thed.). Chennai, India: McGraw Hill Education India.
- 4) Conte, J. M., & Landy, F. J. (2019). *Work in the 21st century: An introduction to Industrial and Organizational Psychology* (6th ed.). New York, NY: Wiley. (Earlier editions: 2016, 2013, 2010, 2007, & 2004)
- 5) Levy, P. E. (2005). *Industrial/Organizational Psychology: Understanding the workplace*. Houghton Mifflin. (2019 edition published by Worth)
- 6) Luthans, F. (2017). *Organizational behavior: An evidence-based approach* (12th ed.). McGraw Hill Education.
- 7) Muchinsky, P. M. (2011). *Psychology applied to work* (10th ed.). Hypergraphic Press. (12th ed. published in 2018)
- 8) Newstrom, J. W. (2017). *Organizational behavior: Human behavior at work* (12th ed.). McGraw Hill Education.
- 9) Pareek, U., & Khanna, S. (2018). *Understanding organizational behaviour*(4th ed.). Oxford University Press.
- 10) Riggio, R. E. (2017). *Introduction to Industrial/Organizational Psychology* (7th ed.). New York, NY: Routledge.
- 11) Sinha, J. B. P. (2008). *Culture and organizational behaviour*. New Delhi: Sage.
- 12) Spector, P. E. (2016). *Industrial and Organizational Psychology: Research and practice* (7th ed.). New York: Wiley.
- 13) Vohra, N., Robbins, S. P., & Judge, T. A. (2018) *Organizational behavior* (18thed.). Noida, India: Pearson India Education Services.

Abnormal Psychology Part II: Semester II

Unit 1: Schizophrenia and other Psychotic Disorders

- a) Schizophrenia: Symptoms, Causes and Treatments
- b) Other Psychotic Disorders - Schizoaffective Disorder, Schizophreniform Disorder, Delusional disorder and Brief Psychotic Disorder

Unit 2: Personality Disorders

- a) Cluster A: Symptoms, Causes and Treatments
- b) Cluster B: Symptoms, Causes and Treatments
- c) Cluster C: Symptoms, Causes and Treatments

Unit 3: Sexual Variants, Abuse and Dysfunctions

- a) The Paraphilic disorders: Symptoms, Causes and Treatments
- b) Sexual Dysfunctions: Symptoms, Causes and Treatments
- c) Gender Dysphoria, Sexual Abuse.

Unit 4: Neurodevelopmental and Neurocognitive Disorders

- a) Attention-Deficit/Hyperactivity Disorder, Disruptive, Impulse-control and Conduct Disorder: Symptoms, Causes and Treatments
- b) Specific Learning Disorders and Intellectual Disability
- c) Dementia: Symptoms, Causes and Treatments

Book for study:

Butcher, J.N; Hooley, J.M; Mineka, S; & Dwivedi, C.B. (2020). *Abnormal Psychology*. (16th ed.). Pearson

Books for Reference:

1. Barlow, D.H., & Durand, V.M. (2005). *Abnormal Psychology: An Integrative Approach*. (4th ed.). New Delhi: Wadsworth Cengage Learning
2. Beidel, D. C., Bulik, C. M., & Stanley, M.A. (2010). *Abnormal Psychology*. New Jersey: Pearson Prentice Hall
3. Bennet, P. (2003). *Abnormal and Clinical Psychology: An Introductory Textbook*. Open University Press
4. Butcher, J. N., Hooley, J. M., & Mineka, S., (2014). *Abnormal Psychology*. (16th ed.). Pearson education
5. Dhanda, Amita. (2000). *Legal Order and Mental Disorder*. New Delhi, Sage publications pvt ltd
6. Hecker, J.E., & Thorpe, G.L. (2005). *Introduction to clinical Psychology: Science, practice, and ethics*. New Delhi, Pearson education, Indian reprint 2007
7. Kring, A.M., Johnson, S. L., Davison, G.C., & Neale, J.M. (2013). *Abnormal Psychology*. (12th ed.). International student version, John Wiley & Sons, Singapore
8. Nolen-Hoeksema, S. (2014). *Abnormal Psychology*. (6th ed.). New York: McGraw-Hill.

9. Oltmanns, T. F., & Emery, R. E. (2010). *Abnormal Psychology*. 6th ed., New Jersey: Pearson Prentice Hall

10. Ray, W.J. (2013). *Abnormal Psychology: neuroscience perspectives on human behaviour and experience*. Sage Publications, USA

11. Whitbourne, S. K., & Halgin, R. P. (2014). *Abnormal Psychology: Clinical Perspectives on Psychological Disorders*. (7th ed.). McGraw

Statistics for Psychology: Semester II

Unit 1: Levels of Measurement, Measures of Central Tendency, and Measures of Variability

- a) Levels of measurement
- b) Measures of Central Tendency: Mean, median, mode, calculation for raw and grouped data, advantages and limitations of each
- c) Measures of Variability: Standard Deviation, Variance, Range, Quartile Deviation, calculations, advantages and disadvantages of each

Unit 2: Preliminary Concepts

- a) Probability: axioms, random variables, expected value, central limit theorem
- b) Inference: estimation theory, statistical hypothesis testing, types of errors.

Unit 3: Inferential statistics

- a) Two group differences: Dependent and Independent t test
- b) Multiple Group differences: one way ANOVA, independent and dependent samples

Unit 4: Correlation and Regression

- a) Correlation- Product moment, partial, special correlations
- b) Simple linear regression, multiple regression

In exam, sums to be given only on Unit 2, and 3. Other units to be introduced with focus on theoretical understanding.

Books for study:

Cohen, J. R., &Swerdlik, M. E., (2018). *Psychological Testing and Assessment: An introduction to Tests and Measurement*. (9th ed.). New York. McGraw-Hill International edition. (Indian reprint 2018)

King, B. M., &Minium, E. W. (2008). *Statistical Reasoning in the Behavioural Sciences* (5th ed.). *John Wiley & Sons Inc.*

Books for Reference:

1. Anastasi, A. & Urbina, S. (1997). *Psychological Testing*. (7th ed.). Pearson Education, Indian reprint 2002
2. Aaron, A., Aaron, E. N., & Coups, E. J. (2006). *Statistics for Psychology*. (4th ed.). Pearson Education, Indian reprint 2007.
3. Garrett,H.E (1929). *Statistics in Psychology and education*
4. Gupta, S .P.(1991)*Statistical Methods*.(26th Ed),Sultan Chand &Sons,New Delhi.

5. Howell, D. C. *Statistical methods for psychology*. (2012) Cengage Learning.

6. Mangal, S.K. (1987). *Statistics in Psychology and Education*. New Delhi: Tata McGraw Hill Publishing Company Ltd.

Counseling Psychology: Semester II

Unit 1: Introduction to Counselling

- a) Role of formal and informal helpers, key ingredients of successful helping, focus on client and context- what client brings in sessions, defining success in terms of outcomes with life-enhancing impact for the client, qualities of effective helper.
- b) Role of beliefs, values, norms, and moral principles in the helping process. Appreciating the role of culture, personal culture, and values, competencies related to client diversity and culture
- c) Ethical issues in counseling practice: Ethical Decision Making, The Right of Informed Consent, Dimensions of Confidentiality, Ethical Issues in a Multicultural Perspective, ethical Issues in the Assessment Process, The Value of Evidence-Based Practice, Dual and Multiple Relationships in Counseling Practice
- d) working with diverse groups: Counselling aged populations, gender-based counselling, counselling and sexual orientation.

Unit 2. Foundation Skills and Attitudes of Counseling

- a) Empathy, Genuineness/congruence, Non-judgemental attitude, Respect
- b) Attending, Structuring, Effective Listening, Empathic responding
- c) Exploring client's concerns: Art of asking questions
- d) Paraphrasing, Reflection, Summarising , Using humour and analogy

Unit 3: Advanced Skills of Counselling

- a) Art of Probing: Probing, verbal and nonverbal prompts, types of probing, guidelines for using probes, probes with empathic response.
- b) Challenging & Self disclosure : concept of self-challenge, targets of self-challenge, identifying blind spots, skills to challenge blind spots. Helpers self - disclosure
- c) Confrontation
- d) Dealing with Resistance: identifying and dealing with reluctance and resistance

Unit 4: The stages and tasks of problem management

a) Tasks of Stage I- Challenges clients face in talking about themselves, Case illustration, principles that can guide to help clients tell their stories- feel safe, styles of storytelling, starting where the client starts, assessing severity of problems, helping clients identify and clarify key issues, exploring context of key issues.

b) Help clients tell their real stories, case illustration, help clients challenge the quality of their participation. Help clients focus on the right story, choosing issues that will make a difference in their lives, challenging to make right decisions.

c) Tasks of Stage II- Help clients determine what kind of change they need or want, help clients distinguish needs from wants, continuum between first-order and second-order change, power of goal setting guidelines to help clients set goals, helping clients commit themselves to their goals.

d) Tasks of Stage III- Help clients develop strategies for accomplishing their goals – brainstorming, frameworks, finding social support, skills, strategies. Choosing goal-accomplishing strategies, balance sheet method for choosing strategies, choosing evidence-based treatments.

Book for study

- 1. Egan, G.& Reese, R.J. (2019). *The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping*. (11th Edition) Cengage Learning.**
- 2. Gladding, S. T. (2014). *Counselling: A Comprehensive Profession*. (7thEd.). Pearson Education. New Delhi: Indian subcontinent version by Dorling Kindersley India**
- 3. Corey, G. (2005). *Theory and Practice of Counselling and Psychotherapy* (7th ed.). Stamford, CT: Brooks/Cole**

Books for reference

1. Capuzzi, D., & Gross, D. R. (2007). *Counselling and Psychotherapy: Theories and Interventions*. (4th ed.). Pearson Prentice Hall. First Indian reprint 2008 by Dorling Kindersley India pvt ltd.
2. Capuzzi, D., & Gross, D. R. (2009). *Introduction to the Counselling Profession*. (5th ed.). New Jersey: Pearson Education
3. Corey, G. (2008). *Group Counselling*. Brooks/Cole. First Indian reprint 2008 by Cengage Learning India
4. Corey, G (2016). *Theory and Practice of Counselling and Psychotherapy*. Cengage Learning, India
5. Cormier, S. & Nurius, P.S. (2003). *Interviewing and change strategies for helpers: Fundamental skills and cognitive behavioural interventions*. Thomson Brooks/Cole
6. Dryden, W., & Reeves, A. (Eds). (2008). *Key issues for Counselling in Action*. 2nd ed. London: Sage publications

7. Gelso, C.J., & Fretz, B.R. (2001). *Counselling Psychology: Practices, Issues, and Intervention*. First Indian reprint 2009 by Cengage Learning India
8. Gibson, R.L., & Mitchell, M.H. (2008). *Introduction to Counselling and Guidance*. 7th ed., Pearson Education, Dorling Kindersley India, New Delhi
9. Henderson, D.A. & Thompson C.L. (2015) *Counselling Children*. Cengage Learning
10. Heppner, P. P., Wampold, B. E., & Kivlighan, D. M. Jr. (2007). *Counselling research*. Brooks/ Cole, Indian reprint 2008 by Cengage Learning, New Delhi
11. Ivey, A.E., Ivey M.B. & Zalaquett, C.P. (2018) *Intentional Interviewing and Counselling: Facilitating Client Development in a Multicultural Society*. Cengage, Boston M A
12. Jena, S.P.K. (2008). *Behaviour Therapy: Techniques, research, and applications*. Sage publications, New Delhi
13. Kinara, A. K. (2008). *Guidance and Counselling*. Pearson, New Delhi: Dorling Kindersley India pvt ltd.
14. McLeod, J. (2009). *An Introduction to Counselling*. (4th ed.). Open University Press/ McGraw-Hill Higher Education

Social Psychology: Semester I

Introduction to Social Psychology (Questions on these topics will not be asked in the exam)

- a) What is Social Psychology, Research methods and Research ethics in Social Psychology
- b) Theories and Theorizing

Unit 1: Social Cognition and Social Thinking

- a) Social Psychology and Cognition, forming impressions about other persons
- b) Social schemas and categories
- c) Memory for people and social encoding
- d) Social inference, affect and emotion

Unit 2: Social Influence and Self

- a) Obedience to authority and conformity
- b) Compliance and Resistance to Persuasion
- c) Self-Knowledge, multiple identities
- d) Social Identity theory, self-motives, self-esteem

Unit 3: Groups and Leadership, Prejudice and Discrimination

- a) What is group? Group effect on individual performance
- b) Group socialization, group cohesiveness, norms and group structure
- c) Leadership, group decision making
- d) Targets of Prejudice and Discrimination
- e) Stigma and effects of Prejudice, Explanations of prejudice and Discrimination

Unit 4: Attitudes and Aggression

- a) Structure and function of attitudes, attitudes and prediction of behavior
- b) Measuring attitudes, cognitive dissonance and attitude change
- c) Aggression: Definitions and Theoretical perspectives
- d) General Aggression Model, Societal influences, mass media, domestic and intimate partner violence, institutional violence

Assignment presentations to cover the following topics:

- Prosocial Behavior
- Attraction and Close relationships
- Culture

Book for study:

Hogg, M. A. and Vaughan G. M. (2018). Social Psychology (8th edition). Pearson.

Books for reference:

- 1) Baron, R. A. and Branscombe, N. R (2012). Social Psychology (13th edition). New Delhi: Pearson Education; Indian reprint 2014.
- 2) Aronson, E., Wilson, T. D., & Akert, R. M. (2007). Social Psychology. (6thedi.), New Jersey: Pearson Education Prentice Hall
- 3) Baron, R. A., Branscombe, N. R., & Byrne, D. Bhardwaj, G. (2008). Social

- Psychology. (12th ed.). New Delhi: Pearson Education, Indian adaptation 2009
- 4) Baumeister, R. F., & Bushman, B. J. (2008). Social Psychology and Human Nature. International student edition, Thomson Wadsworth USA
 - 5) Delamater, J. D., & Myers, D. J. (2007). Social Psychology. (6th ed.), Thomson Wadsworth International student edition, USA
 - 6) Franzoi, S.L. (2003) Social Psychology (3rd ed.). New York: McGraw Hill co.
 - 7) Kenrick, D. T., Newberg, S. L., & Cialdini, R. B. (2007). Social Psychology: Goals in Interaction (4th ed.). Pearson Education Allyn and Bacon, Boston
 - 8) Mercer, J. & Clayton, D. (2014). Social Psychology. New Delhi: Dorling Kindersley India pvt ltd.
 - 9) Taylor, S. E., Peplau, L. A., & Sears, D. O. (2006). Social Psychology. (12th ed.). New Delhi: Pearson Education

Evaluation

Distribution of marks (For all papers):

Total marks: 100

- Internal Examination: 50 marks
- External Examination: 50 marks

Internal exam pattern:

- **Total marks = 50**
- Assignments: 40 marks
(Total 4 assignments: One Assignment for every unit with 10 marks each)
Assignments will be in form of Projects, Case studies, Presentations, etc.
- Class participation and Attendance: 10 marks

External exam pattern:

- **Total marks = 50**
- 4 questions for 10 marks (1 question per unit) = 40 marks
- 2 questions for 5 marks = 10 marks

Question Paper Pattern for Diploma in Psychology (For all papers and both semesters)

Duration: 1.5 hrs

Total marks:50

Note: 1. Attempt all questions
2. All questions carry equal marks

Q.1 (Based on Unit I) (10 marks)

a.
or
b.

Q.2 (Based on Unit II) (10 marks)

a.
or
b.

Q.3 (Based on Unit III) (10 marks)

a.
or
b.

Q.4 (Based on Unit IV) (10 marks)

a.
or

b.

Q.5 Attempt any two (Based on Unit I, II, III and IV) (10 marks)

a.

b.

c.

d.