



Royal College of Arts Science and Commerce (Autonomous)

Affiliated to University of Mumbai

Program: BA

Psychology

Syllabus for Semester: I and II

Syllabus for Undergraduate Programme as per

National Education Policy (NEP-2020) with effect from the academic year 2024-2025

List of All Courses offered from Semesters I – VI in **Psychology**

| Level | Sem | Major subject Course titles | Minor subject Course titles | Electives Course titles | OE Course titles | VSC Course title/s | SEC Course title/s |
|-------|-----|-----------------------------|-----------------------------|-------------------------|------------------|--------------------|--------------------|
| 1 | | | | | | | |

| | | | | | | | |
|--------------------|----|---|-----|-----|---|---|---|
| 4.5 100- 199 | I | RUAPYMJ1. 1 Fundamentals of Psychology I | --- | --- | RUAPYO E101 Personal Effectiven ess | RUAPYV SC101 Academic Excellence Skills | RUAPYSE C1.1 Introductio n to Methods of Scientific Inquiry |
| | II | RUAPYMJ2. 1 Fundamentals of Psychology II | --- | --- | RUAPYO E2.1 Social Effectiven ess | | RUAPYSE C2.1 Introductio n to Statistics and Testing in Psycholog y |

Programme Outcomes (POs) for BA

| Sr. No. | On completing B.A., the students will be able to: |
|----------------|--|
| PO1 | Manifest comprehensive understanding of concepts of the major and elective papers in Bachelor of Arts. |
| PO2 | Defend scientific temperament when faced with varied worldviews. |
| PO3 | Develop professional skills and solve presented problems during real life situations |
| PO4 | Demonstrate integrity, tolerance, and sensitivity in social interactions in a multicultural, digital world. |

Programme Specific Outcomes (PSOs) for B.A. in Psychology

| Type of Learning Outcomes | Sr. No. | On completing B.A. Psychology, the students will be able to: |
|----------------------------------|----------------|---|
| Academic Competence | PSLO1 | Identify the influence of psychological theories and concepts in personal, social, economic, and political attitudes, values, beliefs, and actions. |
| | PSLO2 | Critique and defend psychological theories. |

| | | |
|--|---------------|--|
| Personal & Behavioural Competence | PSLO3 | Summarise exhaustive–complex information in a clear and precise manner. |
| | PSLO4 | Exercise responsibly and demonstrate accountability in applying knowledge and or skills in learning context. |
| Social Competence | PSLO5 | Recognize and respect cultural and religious diversity in individuals, world views by fostering humility and healthy curiosity. |
| | PSLO6 | Demonstrate an attitude to work in collaboration with others in different contexts. |
| Research Competence | PSLO7 | Define problems, formulate research questions, and interpret data using statistical tests. |
| | PSLO8 | Acknowledge and list all references and adopt APA style for academic writing. |
| Professional and Ethical Competence | PSLO9 | Distinguish ethical and unethical behaviours, select, support those that align with humanistic values /global citizenship. |
| ICT Competence | PSLO10 | Use relevant, recent and appropriate ICT in varied learning situations. (MS PowerPoint/Canva/Gama/Chat GPT, MS Excel, IBM SPSS etc.) |

| | | |
|--|---------------|---|
| | PSLO11 | Access, retrieve and use relevant online journals, books etc. (e.g., PubMed, PubMed Central, Google Scholar, Google Books etc.) |
| Environmental and Social Concerns | PSLO12 | Demonstrate the ability to participate in community-engaged services/activities for promoting the well-being of society. |

Major Course MJ: Semester I

| | |
|---------------------------|---|
| Course/ Paper Title | Fundamentals of Psychology: Part I |
| Course offered as | Major |
| Course Code | RUAPYMJ101 |
| Semester | I |
| No. of Credits | 04 |
| No. of lecture Hours/week | 04 |

| Sr No. | Course Objectives |
|--------|---|
| CLO1 | To impart knowledge of the basic concepts in psychology, learn about the major perspectives, subfields and professionals in psychology. |
| CLO2 | To orient about biology and behaviour. Explore the basic concepts and theories in sensation, perception and learning. Understand modern trends in Psychology. |
| CLO3 | To foster critical thinking in the understanding of psychological concepts, principles and theories in the Psychology course. |
| CLO4 | To make the students aware of the applications of Psychological concepts in different areas of day-to-day life. |

Course Outcome(s):

| | |
|-----|---|
| | On completing the course, the student will be able to: |
| CO1 | Explain the basic concepts in psychology, Describe the origins of psychology, Identify various subfields and professions in Psychology. |
| CO2 | Identify the various structures and functions of the nervous and the endocrine systems, theories of memory, sensation and perception. |
| CO3 | Apply critical thinking in analyzing the various perspectives and approaches in psychology, concepts and theories in memory and sensation and perception. |
| CO4 | Demonstrate awareness of the applications of psychological concepts in different areas of everyday life. |

Detailed Syllabus

Semester I

| Module | Title with content | No. of lectures |
|--------|--|-----------------|
| I | <p><u>The Science of Psychology</u></p> <p>a) The history of Psychology.</p> <p>b) Modern Perspective-(Psychodynamic, Behavioural, Humanistic, Cognitive, Socio-cultural, Biopsychological, Evolutionary),School of Psychology-(Psychodynamic, Functionalism, and Behaviorism)</p> <p>c) Applied fields of Psychology - (Clinical, Counselling, School, Industrial and Organizational, Community and Military)</p> <p>d) Psychological Professionals and Areas of Specialization</p> <p>e) Rise of Psychology in India The Fields of Psychology Today.</p> <p>f) Frequently asked questions in Psychology</p> | 13 |
| II | <p><u>The Biological Perspective.</u></p> <p>a) Neurons and Nerves : Building the Network.</p> <p>b) An overview of the Nervous System.</p> <p>c) Distant connections: The Endocrine Glands.</p> <p>d) Looking inside the Living Brain.</p> <p>e) From the Bottom up :The structures of the Brain.</p> <p>f) Classic studies in Psychology.</p> <p>g) Applying Psychology to Everyday life.</p> | 17 |

| | | |
|-----|---|----|
| III | <p><u>Sensation, Attention and Perception</u></p> <p>a) Sensation: Definition, basic concepts (transduction and synesthesia)</p> <p>b) Sensory thresholds, habituation and sensory adaptation</p> <p>c) Scope of Attention: Attention and awareness, attention and emotions, attention and decision making.</p> <p>d) Perception: Definition, Organizational Principles of perception</p> <p>e) Depth Perception: Monocular cues - texture gradient, motion parallax, accommodation, Binocular cues - convergence and binocular disparity</p> <p>f) Perceptual Illusions: definition, types, factors affecting perception</p> <p>g) Perceptual Influences on Metacognition</p> | 17 |
| IV | <p><u>Memory</u></p> <p>a) What is memory?</p> <p>b) The Information Processing Model: Three Memory Systems.</p> <p>c) Retrieval of Long –term Memories.</p> <p>d) Forgetting.</p> <p>e) Neuroscience of memory.</p> <p>f) Applying Psychology to Everyday life.</p> | 13 |

(Two units for a two-credit course and four units for a four-credit course.

1 credit = 1 lecture hour/week

1 credit = 2 practical hours/week)

Major Course MJ: Semester II

| | |
|---------------------------|--|
| Course/ Paper Title | Fundamentals of Psychology: Part II |
| Course offered as | Major |
| Course Code | RUAPYMJ201 |
| Semester | II |
| No. of Credits | 04 |
| No. of lecture Hours/week | 04 |

| Sr No. | Course Objectives |
|--------|--|
| CLO1 | To impart knowledge of the basic concepts in learning, motivation, emotion personality and lifespan development and modern trends in Psychology. |

| | |
|------|---|
| CLO2 | To foster critical thinking in the understanding of psychological concepts, principles and theories in the Psychology course. |
| CLO3 | To make the students aware of the applications of Psychological concepts in different areas of day-to-day life. |

Course Outcome(s):

| | |
|-----|--|
| | On completing the course, the students will be able to: |
| CO1 | Explain the basic concepts in memory, motivation, emotion, personality and lifespan development |
| CO2 | Apply critical thinking in analyzing the various concepts and theories in memory, motivation, emotion, personality and lifespan development. |
| CO3 | Demonstrate awareness of the applications of psychological concepts in different areas of everyday life. |

Semester II

| Module | Title with content | No. of lectures |
|--------|--|-----------------|
| I | <u>Learning</u> a) Definition of Learning. b) Classical conditioning, and Operant conditioning c) Cognitive learning Theory. d) Observational Learning. | 12 |
| II | <u>Motivation and Emotion.</u> a) Approaches to understanding Motivation. b) What ,Hungry again? Why People Eat. c) Emotion. d) Culture and Emotions. e) Applying Psychology to Everyday life. | 13 |

| | | |
|-----|--|----|
| III | <p><u>Theories of Personality.</u></p> <p>a) Psychodynamic Perspective. b) The Behavioural and Social Cognitive View of Personality. c) The Third Force :Humanism and Personality. d) Trait Theories: Who are you? e) Modern Trait Theories: The Big Five and current thoughts on the trait Perspective. g) Personality: Genetics and Culture. h) Assessment of Personality. i) Applying Psychology to Everyday life.</p> | 18 |
| IV | <p><u>Human Development: Prenatal to Childhood</u></p> <p>a) Studying Human Development: research design, Nature-Nurture debate, Basic building Blocks of Development. b) Prenatal Development: Fertilization, Three stages of development. c) Infancy Development: Physical development d) Classic Studies in Psychology: The visual cliff and Harlow’s research e) Cognitive development theories: Theories by Piaget and Vygotsky f) Psychosocial development: Temperament, Attachment styles, Erickson’s theory. g) Moral Development: Kolhberg’s Sequence of Moral Reasoning</p> | 17 |

References:

Book for Study

Ciccarelli,S.K.,White ,J.N.,& Mishra,G.(2022) .Psychology. 6th Edition; Indian Adaptation. Pearson India Education Services Pvt.ltd.

Additional Books for Reference

1. Ciccarelli,S.K.,White ,J.N.,& Mishra,G.(2018) .Psychology. 5th Edition; Indian Adaptation. Pearson India Education Services Pvt.ltd.
2. Baron, R. A., &Kalsher, M. J. (2008). Psychology: From Science to Practice. (2nd ed.). Pearson Education inc., Allyn and Bacon
3. Ciccarelli, S. K. & Meyer, G. E. (2008). Psychology.(Indian sub-continent adaptation). New Delhi: Dorling Kindersley (India) pvt ltd.
4. Ciccarelli, S. K., & White, J. N. (2017). Psychology.4thedi. New Jersey: Pearson education
5. Feist, G.J, & Rosenberg, E.L. (2010). Psychology: Making connections. New York: McGraw Hill publication.
- 6.Feldman, R.S. (2013). Psychology and your life.2ndedi. New York: McGraw Hill publications
- 7.Feldman, R.S. (2013). Understanding Psychology.11thedi. New York: McGraw Hill

publications

8. King, L.A. (2013). Experience Psychology, 2nd ed. New York: McGraw Hill publications
9. Lahey, B. B. (2012). Psychology: An Introduction. 11th ed. New York: McGraw-Hill Publications
10. Myers, D. G. (2013). Psychology. 10th edition; International edition. New York: Worth Palgrave Macmillan, Indian reprint 2013
11. Schachter, D. L., Gilbert, D. T., & Wegner, D. M. (2011). Psychology. New York: Worth Publishers.
12. Wade, C. & Tavris, C. (2006). Psychology. (8th ed.). Pearson Education inc., Indian reprint by Dorling Kindersley, New Delhi

Royal College of Arts, Science and Commerce

(Autonomous)

Theory Examination Pattern for **Major Course**

Fundamentals of Psychology Part I & II

RUAPYMJ101 & RUAPYMJ201

| | | |
|----|--|-----------------------|
| I | Internal Assessment | |
| a | One class test (Short answers/Objectives/ Multiple Choice) | 20 marks (30 minutes) |
| b | Assignment/ Project/ Presentation/Book or research paper Review/ Open Book Essay/Educational Visit/Guest Lectures/Movie Review | 20 marks |
| | Total | 40 marks |
| II | Semester End Examination | 60 Marks |
| | Duration | 2 hours |

Question Paper Pattern

| Question No | Description | Question Options | Question From | Marks | Total Marks |
|-------------|-------------|------------------|---------------|-------|-------------|
|-------------|-------------|------------------|---------------|-------|-------------|

| | | | | | |
|-------------------|-------------|---|-----------------|---------------|----|
| Q. I. 01 to 08 | Essay | Any 4/8 (2 questions from each unit) | Unit 1, 2, 3, 4 | 10 marks each | 40 |
| Q.II. 01 to 04 | Short Notes | Any 4/4 1 question from each unit | Unit 1, 2, 3, 4 | 5 marks each | 20 |

Open Elective OE: Semester I

| | |
|---------------------------|-------------------------------|
| Course/ Paper Title | Personal Effectiveness |
| Course offered as | Open Elective |
| Course Code | RUAPYOE101 |
| Semester | I |
| No. of Credits | 02 |
| No. of lecture Hours/week | 02 |

| Sr No. | Course Objectives |
|--------|--|
| CLO1 | Objectives: - To help students in building knowledge of the basic concepts and modern trends in personal effectiveness. |
| CLO2 | To make the students aware of the practical applications of the various concepts of self-direction and taking charge in the Indian context |

Course Outcome(s):

| | |
|-----|---|
| | On completing the course, the students will be able to: |
| CO1 | Explain basic concepts of self-concept, self-direction and personal growth, decision making |

| | |
|-----|--|
| CO2 | Demonstrate awareness of the applications of personal effectiveness in self-concept, personal growth, personal control, and decision making in different areas of everyday life. |
| CO3 | Apply strategies of decision making in various life situations |

Detailed Syllabus

Semester I

| Module | Title with content | No. of lectures |
|--------|---|-----------------|
| I | <p><u>Unit 1. Self-direction in a changing world and seeking Selfhood.</u></p> <p>a) Social change, the challenge of self-direction, themes of personal growth</p> <p>b) What is self-concept; the components of self-concept, core characteristics of self-concept, the Self-concept and personal growth</p> | 15 |
| II | <p><u>Taking Charge</u></p> <p>a) Personal Control – exploring perceived control, benefits of perceived control, misperception, and maladjustment, learned optimism, defensive pessimism.</p> <p>b) Decision Making - process of decision making, critical elements in decision making, post-decision regret, making better decisions.</p> <p>Decisions and Personal Growth – Making new decision, some practical applications</p> | 15 |

(Two units for a two-credit course and four units for a four-credit course.

1 credit = 1 lecture hour/week

1 credit = 2 practical hours/week)

Open Elective OE: Semester II

| | |
|---------------------|-----------------------------|
| Course/ Paper Title | Social Effectiveness |
| Course offered as | Open Elective |
| Course Code | RUAPYOE201 |
| Semester | II |
| No. of Credits | 02 |

| | |
|---------------------------|----|
| No. of lecture Hours/week | 02 |
|---------------------------|----|

| Sr No. | Course Objectives |
|--------|--|
| CLO1 | Objectives: - To help students build knowledge of the basic concepts and modern trends in social effectiveness. |
| CLO2 | To appraise students about Communication, its type and role and impart knowledge about nature stages and process of interpersonal relationship |

Course Outcome(s):

| | On completing the course, the students will be able to: |
|-----|---|
| CO1 | Explain basic concepts of communication, interpersonal relationships and friendship |
| CO2 | Identify the strategies to form healthy interpersonal relationships, make and maintain friendships. |

Semester II

| Module | Title with content | No. of lectures |
|--------|--|-----------------|
| I | Social Skill- Communication and Interpersonal relations a) Defining Communication, Communication Process b) Types of communication, Barriers in Communication c) Nature of Interpersonal relationships and Stages of forming interpersonal relationships d) Process of Team Building and Characteristics of effective teams | 15 |
| II | <u>Making and Keeping Friends</u> a) Meeting People - First impressions, factors that influence first impressions, mistaken impressions. b) Keeping friends - friends getting together, self- disclosure, gender differences, staying friends. c) When making Friends is hard - shyness, loneliness | 15 |

(Two units for a two-credit course and four units for a four-credit course.

1 credit = 1 lecture hour/week

1 credit = 2 practical hours/week)

Books for Study

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2014). Psychology for Living – Adjustment, Growth, and Behaviour Today. (11thed.). New Jersey: Pearson

Nair, A.R. , Ranjan, S. , Hardikar, G.& Santhanam, D., (2021). Life Skills: Ready Reckoner. Chennai: Southern Book Star

Robbins, S.P., Judge, T. A., & Vohra, N., (2017). Chennai: Pearson India Education Services Pvt. Ltd.

Books for reference

1. Goud, N., Arkoff, A. (2008). Psychology and Personal Growth. 8th edition. Pearson
2. Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). Stress Mastery: The Art of Coping Gracefully. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd
3. Bam, B. P. (2008). Winning Habits: Techniques for Excellence in Sports. New Delhi:Pearson Power, Dorling Kindersley India pvt ltd
4. Baumgardner, S. & Crothers, M. (2009). Positive Psychology. Pearson Education
5. Brannon, L. & Feist J. (2007). Introduction to Health Psychology. Thomson Wadworth. New Delhi: Indian edition
6. Duffy, K.G., & Atwater, E. (2005). Psychology for Living – Adjustment, Growth, and Behaviour Today. (8thed.). New Delhi: Pearson, Indian reprint 2008
7. Greenberg, J. S. (2008). Comprehensive Stress Management. (10thed). McGraw Hill publications
8. Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd
9. Schafer, W. (2002). Stress Management. (4thed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008
10. Snyder, C.R., & Lopez, S.J. (2007). Positive Psychology – The scientific and practical explorations of human strengths. New Delhi: Sage publications India pvt ltd, South Asia edition
11. Taylor S. E. (2003). Health Psychology (5thed). McGraw Hill Higher Education. International Edition.
12. Weiten, W. & Lloyd, M.A. (2006). Psychology Applied to Modern Life - Adjustment in the 21st century. (8thed.) Cengage Learning India
13. Wilson, E. (2007). Stress Proof Your Life: 52 Brilliant Ideas for Taking Control. New Delhi: Pearson

**Royal College of Arts, Science and Commerce
(Autonomous)
Theory Examination Pattern for
Open Elective
Personal Effectiveness and Social Effectiveness**

RUAPYOE101 & RUAPYOE201

| | | |
|-----------|--|-----------------------------|
| I | Internal Assessment | |
| a | One class test (Short answers/Objectives/ Multiple Choice) | 25 marks (45 MInutes) |
| b | Assignment/ Project/ Presentation/Book or research paper Review/ Open Book Essay | 20 marks |
| c | Attendance | 05 Marks |
| | Total | 50 marks |
| II | Semester End Examination | Nil |
| | Duration | 45 minutes |

Question Paper Pattern Option

| Question No | Description | Question Options | Question From | Marks | Total Marks |
|------------------------|--------------------|--|----------------------|--------------|--------------------|
| Q. 1. A or B or C or D | Short Notes | Any 6/10 (5 questions from each unit) | Unit 1 & 2 | 30 | 30 |

Skill Enhancement Course: Semester I

| | |
|---------------------|--|
| Course/ Paper Title | Introduction to Methods of Scientific Inquiry |
| Course offered as | SEC |
| Course Code | RUAPYSEC101 |
| Semester | I |

| | |
|---------------------------|----|
| No. of Credits | 02 |
| No. of lecture Hours/week | 02 |

| Sr No. | Course Objectives |
|--------|---|
| CLO1 | To help students build knowledge of the basic concepts of and methods in research |
| CLO2 | To make the students aware about the ethical issues and consideration in research |
| CLO3 | To foster scientific temperament and research skills. |
| CLO4 | To Equip students to use the methods learnt in research projects. |

Course Outcome(s):

| | On completing the course, the students will be able to: |
|-----|--|
| CO1 | Explain the basic concepts, goals and principles of research |
| CO2 | Discuss various scientific methods of inquiry and methods of data collection |
| CO3 | Evaluate the ethical concerns and considerations in research |
| CO4 | Demonstrate the use of basic research concepts in research situations. |

Detailed Syllabus

Semester I

| Module | Title with content | No. of lectures |
|--------|--------------------|-----------------|
|--------|--------------------|-----------------|

| | | |
|----|--|----|
| I | <p><u>Introduction to Scientific Methods of Inquiry in Psychology</u></p> <p>a) Introduction to research, scientific method and its application in psychology.</p> <p>b) Goals, Principles and step in scientific enquiry: Hypothesis, types, formation of hypothesis, data collection, analysis and inferring research findings.</p> <p>c) Variables in Psychological Research, Sampling: Random and non-random</p> <p>d) Ethical consideration and guidelines</p> | 15 |
| II | <p><u>Quantitative and Qualitative Methods of Inquiry</u></p> <p>a) Nonexperimental Research: Observational Research, Correlational Research, Case Study and Survey Research</p> <p>b) Experimental Research: Laboratory, field Experimental Research, Quasi Experiment</p> <p>c) Introduction to Qualitative Research Qualitative</p> <p>d) Data Collection and Analysis Methods: Interviews, Observations, Focus groups, Document analysis. Introduction to qualitative data analysis techniques.</p> | 15 |

(Two units for a two-credit course and four units for a four credit course.

1 credit = 1 lecture hour/week

1 credit = 2 practical hours/week)

References

Kumar R. (2011), 3rd Edition, Research Methodology a step-by-step guide for beginners. London: Sage Publications

Kerlinger, Fred N. () Foundations of Behavioural Research. New York: Harcourt Brace Jovanovich College Publishers - 150.7943, KER (12635)

Coolican, H. (2006) Introduction to Research Methods in Psychology. Great Briton: Hodder Arnold- 150.194 COO (31471)

Kothari, C. R. (2002) Research Methodology: Methods and Techniques. New Delhi: Wishwa Prakashan.

SEC

Introduction to Methods of Scientific Inquiry (RUAPYSEC101)

| | | |
|---|----------------------------|--|
| I | Internal Assessment | |
|---|----------------------------|--|

| | | |
|----|--|----------|
| a | Essay/MCQ/True false/Match the column/ identify variables for given scenario, formulate hypothesis | 25 marks |
| b | Design/conduct research using the methods learnt | 20 marks |
| d | Attendance | 05 marks |
| | Total | 50 marks |
| II | Semester End Examination | Nil |
| | | |

Skill Enhancement Course: Semester II

| | |
|---------------------------|---|
| Course/ Paper Title | Introduction to Statistics and Testing in Psychology |
| Course offered as | SEC |
| Course Code | RUAPYSEC201 |
| Semester | I |
| No. of Credits | 02 |
| No. of lecture Hours/week | 02 |

| Sr No. | Course Objectives |
|--------|---|
| CLO1 | To help students understand the meaning and basic concepts of descriptive statistics and technical qualities of a test |
| CLO2 | To make the students aware of the practical applications of statistics in psychological testing and assessment and research |

Course Outcome(s):

| | |
|--|--|
| | On completing the course, the students will be able to: |
|--|--|

| | |
|-----|--|
| CO1 | Describe the basic concepts of technical qualities of psychological tests, descriptive and inferential statistics. |
| CO2 | Tabulate frequency distribution, Graphical presentation (histogram and polygon). |
| CO3 | Use descriptive statistics in calculation of grouped data. |

Detailed Syllabus

Semester II

| Module | Title with content | No. of lectures |
|--------|---|-----------------|
| I | <p><u>Introduction to Statistics in Psychology.</u></p> <p>a) Statistics meaning, difference between descriptive and inferential statistics</p> <p>b) Measures of central tendency: types, characteristics, applications, calculation (mean, median and mode)</p> <p>c) Measures of variability (range, z-score, standard deviation, quartile deviation): characteristics, applications; Calculations (range, z score, variance, standard deviation)</p> | 15 |
| II | <p><u>Normal Curve and Graphical Presentation: Characteristics and Applications</u></p> <p>a) Scales of measurement, Continuous and discrete scores</p> <p>b) Tabulate frequency table, Histogram, polygon</p> <p>c) Characteristics of Normal distribution curve; Asymmetrical distribution curve (Skewness, kurtosis)</p> <p>d) Quality of a test: Standardization, Validity, Reliability, Norms</p> <p>e) Deviation IQ based on Normal curve.</p> | 15 |

(Two units for a two-credit course and four units for a four credit course.

1 credit = 1 lecture hour/week

1 credit = 2 practical hours/week)

References:

Book for Study

Ciccarelli,S.K.,White ,J.N.,& Mishra,G.(2022) .Psychology. 6th Edition; Indian Adaptation. Pearson India Education Services Pvt.ltd.

King, B. M., Rosopa, P.J., & Minium, E. W. (2018). Statistical reasoning in the behavioral sciences(7th ed.). John Wiley & Sons Inc.

Ghosh, B.N., (1982). Scientific Methods and Social Research, New Delhi: Sterling Publishers Pvt. Ltd.

Royal College of Arts, Science and Commerce

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Theory Examination Pattern for

SEC

Introduction to Statistics and Testing in Psychology

| I | Internal Assessment | |
|----|--|----------|
| a | Calculation of Mean, median, mode, range, z-score and standard deviation, tabulation and plotting of polygon and histogram | 25 marks |
| b | MCQ/explain the term on statistical concepts and technical quality of psychological test | 20 marks |
| d | Attendance | 05 marks |
| | Total | 50 marks |
| II | Semester End Examination | Nil |

Vocational Skills Course: Semester I

| | |
|---------------------|-----------------------------------|
| Course/ Paper Title | Academic Excellence Skills |
|---------------------|-----------------------------------|

| | |
|---------------------------|--------------------|
| Course offered as | VSC |
| Course Code | RUGPYVSC101 |
| Semester | I |
| No. of Credits | 02 |
| No. of lecture Hours/week | 02 |

| Sr No. | Course Objectives |
|--------|---|
| 1 | To help students understand the basic concepts of study skills. |
| 2 | To make the students aware of the practical applications of study skills in planning, learning skills and goal setting. |

Course Outcome(s):

| | On completing the course, the students will be able to: |
|-----|--|
| CO1 | Explain the strategies of effective learning, note making, planning and goal setting. |
| CO2 | Demonstrate the use of concepts of effective studying skills, planning and goal setting in academic performance. |

Detailed Syllabus

Semester I

| Module | Title with content | No. of lectures |
|--------|--------------------|-----------------|
|--------|--------------------|-----------------|

| | | |
|----|--|----|
| I | <p>Introduction to Effective Academic Planning and Time Management</p> <p>Time Management: Study Habits Survey; Designing timelines and schedules; Developing an effective study plan, setting incremental deadlines, Time management Strategies. Planning, Planning fallacies, Effective planning techniques, dealing with procrastination, managing distractions, and task distribution.</p> | 15 |
| II | <p>Introduction to Effective Learning and Improving Memory Strategies</p> <p>Study Skills: Methods of studying Visual, verbal, auditory, action methods. The SQ3R method: Effective way to read reference book The art of making notes: Note making methods, Note making in lectures; The art of studying from the prepared notes: approaches to exam preparation; Effortful information processing strategies, Improving memory techniques. theories supporting the techniques introduced in the syllabus (Example: Learning by imagery for method of loci -</p> | 15 |

(Two units for a two-credit course and four units for a four-credit course.

1 credit = 1 lecture hour/week

1 credit = 2 practical hours/week)

Book for Study

Downing, S. & Ellis, D. (2011). On course: Strategies for creating success in college and in life. PSU Edition. Wadsworth: Cengage Learning.

Ciccarelli,S.K.,White ,J.N.,& Mishra,G.(2022) .Psychology. 6th Edition; Indian Adaptation. Pearson India Education Services Pvt.ltd.

Books for reference

1. Myers, D. G. (2013).Psychology.10th edition; International edition. New York: Worth Palgrave Macmillan, Indian reprint 2013

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

3. King, L. A. (2010). Experience Psychology. McGraw-Hill.
4. Gazzaniga, Heatherton, Halpern (2015). Psychological Science, 5th Edition, Norton.
5. Feldman.S.R.(2009).Essentials of understanding psychology (7th Ed.) Tata Mc Graw Hill.
6. Baron, R.A and Misra, G. (2014). Psychology (Indian Subcontinent Edition).Pearson Education Ltd.

VSC

Academic Excellence Skills (RUAPYSEC101)

| | | |
|-----------|--|----------|
| I | Internal Assessment | |
| a | Designing – study plan/schedule/ Reflective writing. | 25 marks |
| b | Make a sample study note using any technique taught or Make mind maps and notes using improving memory techniques. | 20 marks |
| d | Attendance | 05 marks |
| | Total | 50 marks |
| II | Semester End Examination | Nil |
| | | |

Co-Curricular Course (CC): Semester II

| | |
|---------------------|-----------------------------|
| Course/ Paper Title | Emotional Wellbeing |
| Course offered as | Co-Curricular Course |
| Course Code | RUAPYCC202 |
| Semester | II |
| No. of Credits | 02 |

| | |
|------------------------------|----|
| No. of lecture Hours/week | 02 |
|------------------------------|----|

| Sr No. | Course Objectives |
|--------|---|
| CLO1 | To impart knowledge of the basic concepts of stress, crisis and trauma and its impact on the wellbeing. |
| CLO2 | To orient the students to the meaning of psychological first aid and learn to respond effectively in crisis situations as first responders. |
| CLO3 | To familiarize the students with the basic skills to self-regulate their emotions in crisis situations. |

Course Outcome(s):

| | On completing the course, the student will be able to: |
|-----|---|
| CO1 | Explain the basic concepts of stress, crisis and trauma, psychological first aid and emotional self regulation (self care). |
| CO2 | Identify the influence of stress, crisis and trauma on human biopsychosocial wellbeing. |
| CO3 | Demonstrate awareness of the basic skills of psychological first aid and emotional self regulation (self care) |

Detailed Syllabus

Semester II

| Module | Title with content | No. of lectures |
|--------|---|-----------------|
| I | <p>Module One: Introduction to Crisis and Psychological first Aid</p> <ul style="list-style-type: none"> . Stress, crisis and trauma. Impact of stress, crisis and trauma. a. Psychological first aid – who needs PFA, when to do PFA, how to do PFA. b. PFA for grief, children and vulnerable c. Practice of PFA and self care d. Emotional self-regulation in crisis | 15 |

| | | |
|----|--|----|
| II | <p>Module Two: Practicum of basic micro-skills of PFA</p> <ul style="list-style-type: none"> . Role play of active listening. a. Awareness drive of mental and emotional wellbeing. b. Psycho-education of psychological first aid c. Psycho-education of emotional self-regulation d. Peer dyad – practice active listening | 30 |
|----|--|----|

References:

Everly Jr. G, S.2022. Lating J.M. *The Johns Hopkins Guide to Psychological First Aid*. 2nd Edition. John Hopkins University Press.

Hasen P. 2018. *A Short Introduction to Psychological First Aid*. International Federation of Red Cross and Red Crescent Societies Reference Centre for Psychosocial Support.

<https://pscentre.org/wp-content/uploads/2019/05/PFA-Guide-low-res.pdf>

Trainer’s Guide Psychosocial Support. UNICEF


Board of Studies in Psychology

| | Category | Name and Designation | Affiliation |
|---|--|--|----------------------|
| 1 | One expert, nominated by the Vice-Chancellor from a panel of six recommended by the College Principal. | Dr Arohi Khar Associate Professor, Head Dept of Psychology | University of Mumbai |
| 2 | Subject expert from the Parent University nominated by the Academic Council. | Prof (Dr) Kranti Gawali Head, Dept. of Psychology | University of Mumbai |
| 3 | Subject expert from outside the Parent University nominated by the Academic Council. | Dr. A Zarina Associate Professor, Head Dept of Psychology (Shift 1) | University of Madras |


| | | | |
|---|--|--|---|
| 4 | One representative from industry/corporate sector/allied area relating to placement. | Ms. Chitra Kelkar Certified Life Coach & Certified NLP and Mindfulness Practitioner | Manovedh Psychotherapy & Mindfulness Center |
| 5 | One postgraduate meritorious alumnus nominated by the Principal. (Please give three to four names of your alumnus) | Shah Aqshahnaz Mohd Shorab (Batch 2018-2019) Educator ISC Psychology Freelance Counsellor | Vibgyor International School |
| 6 | One postgraduate meritorious alumnus nominated by the Principal. (Please give three to four names of your alumnus) | Sana Sheikh (Batch 2021 – 2022) Visiting Faculty MA Part II - Semester III (Workplace Counselling) | Eastern Anglican Shipping Company |
| 7 | Chairperson (Head of Department) | Ms Rita Duraipandi Asst. Prof. | University of Mumbai |
| 8 | Member (Faculty of the Department) | Ms Poonam Tripathi | University of Mumbai |

Justification for B.A. (PSYCHOLOGY)

| | | |
|----|---|--|
| 1. | Necessity for starting the course: | B.A. (Psychology) equips individuals with critical thinking and communication skills. It enhances understanding of human behavior and relationships. Fosters self-awareness and personal growth leading to a wide range of career opportunities. |
| 2. | Whether the UGC has recommended the course: | Yes |
| 3. | Whether all the courses have commenced from the academic year 2023-24 | The course has already commenced in the university and in the academic year 24-25, it is restructured under NEP 2020 |
| 4. | The courses started by the University are self-financed, whether adequate number of eligible permanent faculties are available: | This course is self-financed based on sanction given by University of Mumbai to affiliated colleges time to time. |
| 5. | To give details regarding the duration of the Course and is it possible to compress the course? | The duration of the program is three years (6 semesters). It is not possible to compress the program. |
| 6. | The intake capacity of each course and no. of admissions given in the current academic year: | The intake capacity is 120 at the entry level based on sanction received from the University. |
| 7. | Opportunities of Employability/ Employment available after undertaking these courses: | B.A. (Psychology) graduates are socially astute, emotionally intelligent. They have diverse career prospects in: academia and research, social services and counseling, politics and policy-making, economics and business. |


Ms. Rita Durairpandi
Chairperson
BOS in Psychology




Prof. (Dr.) Kalpana Patankar Jain
Principal
Royal College of Arts, Science and Commerce
(Autonomous)
Mira Road

Principal
ROYAL COLLEGE OF ARTS
SCIENCE & COMMERCE
PENKAR PADA, MIRA ROAD,
DIST : THANE. PIN : 401107.