



Jai Hind College Autonomous
F.Y.B.A Syllabus
of
Dept of Psychology
2020-21
Sem I
Introduction to Psychology

Course Code	Course Title Introduction to Psychology Sem I : 60 lectures	3 Credits
Learning Objectives	<ul style="list-style-type: none"> ➤ Introduction : Exploration of scientific methods in psychology ➤ Neuropsychology : Build an awareness of the study of brain behaviour link ➤ Developmental Psychology: Enhance understanding of different phases of Human Development ➤ Health Psychology: Orient students about issues related to mental & psychological health ➤ Positive Psychology: Increase awareness about stressors, coping mechanisms and therapies 	
Course description	Introducing psychology gives the learner - the scope of psychology , research methods in psychology and application of psychology to self and others	
	THEORY	(45 lectures)
Sub Unit	Unit – I: Psychology What is it?	15 lectures
1.	Psychology - Definition Goals Perspectives	
2.	Psychology As A Science	
3.	Individual Differences and Intelligence	
4.	Professionals in Psychology	
5.	Frequently Asked Questions in Psychology	
Sub Unit	Unit – II: Biological Psychology	15 lectures
1.	Neurons & Neurotransmitters	
2.	Endocrine System	
3.	Brain and Behavior	
4.	Neuroplasticity & Brain Computer Interface	
5.	Hemispheric Specialization and Language	

Sub Unit	Unit – III: Development across the Life Span	15 lectures
1.	Studying Human Development	
2.	Stages of Development: Prenatal, Infancy & Childhood	
3.	Classical studies in Psychology	
4.	Indian Adolescents	
5.	Late Adulthood & Aging	
Sub Unit	Unit – IV : Stress and Health	15 lectures
1.	Stress & Stressors	
2.	Physiological Factors	
3.	Psychological Factors	
4	Emotional Factors	
5	Coping with Stress	
	i)Class test for 20 marks Bio-/Neuro Psychology ii)Suggested sub-topic for the Assignment 2 for 20 Marks: a) Psychological Disorders & Therapies: Using Role Play <hr/>	

References:

Baron, R. A., & Kalsher, M. J. (2008). Psychology: From Science to Practice. (2nd ed.).

Pearson Education inc., Allyn and Bacon

Ciccarelli, S. K. & Meyer, G. E. (2008). Psychology.(Indian sub-continent adaptation).
New Delhi: Dorling Kindersley (India) pvt ltd.

Ciccarelli, S. K., White, J. N. & G. Misra (2015). Psychology.5th edi. New Jersey: Pearson
education

Feist, G.J, & Rosenberg, E.L. (2010). Psychology: Making connections. New York:
McGraw Hill publications

Feldman, R.S. (2013). Psychology and your life.2ndedi. New York: McGraw Hill
publications

Feldman, R.S. (2013). Understanding Psychology.11thedi. New York: McGraw Hill
publications

King, L.A. (2013). Experience Psychology.2ndedi. New York: McGraw Hill
publications

Lahey, B. B. (2012). Psychology: An Introduction. 11th edi. New York: McGraw-Hill
Publications

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

Schachter, D. L., Gilbert, D. T., & Wegner, D. M. (2011). Psychology. New York: Worth
Publishers.

Wade, C. &Tavris, C. (2006). Psychology. (8th ed.). Pearson Education inc., Indian
reprint by Dorling Kindersley, New Delhi

Feldman, R. S. (2015). Development across the life span. Dorling Kindersley (India) Pvt.
Ltd.

C.Morgan, J.Schopler, J. Weisz, R.King (2007) Introduction to Psychology .Tata Mcgraw
Hill