

<SUGGESTED TEMPLATE FOR CBCS COURSE DETAILS FOR WEB PORTAL>

DEPARTMENT OF PSYCHOLOGY

Course/Paper Title:	Basic Psychological Process-I (CBCS)
Course/Paper Code:	BSYX1
Semester in which offered	(Semester- I)
Course/Paper Type (Theory/Practical)	(Theory)
CBCS Type:	(Skill /Ability Enhancement etc.)
Max Marks:	(100)
No of Credits:	(04 credits)
No. Of Seats:	(50 seats)
Seat allocation policy:	First-cum-First-Serve and Regular
Class Timings :	As per Central time-table slot
Advisor Name & EMail:...	Dr Sushma Suri ssuri@jmi.ac.in

Prerequisites:

Expected Learning Outcome:

To acquaint and enrich students' understanding of major concepts, theoretical perspectives, and research findings in psychology. The course also enables students to develop an insight into their own and others' behavior and underlying mental processes.

Course Contents:

UNIT-I: Introduction

- a) Nature, definition, history and fields of psychology
- b) Psychology as a science
- c) Methods: Experimental method, observation, survey and interview

UNIT-II: Psychophysics, Attention and Perception

- a) Sensation and threshold: Nature of sensation types of threshold: Absolute (RL) and Differential Threshold (DL)
- b) Attention: Nature, determinants and types of attention; selective and divided attention
- c) Perception: Nature, background, principles of perception and depth perception

UNIT-III: Emotion and Motivation

- a) Nature, expression and functions of emotions
- b) Theories of emotion: James-Lange, Cannon-Bard and Schachter-Singer
- c) Nature and types of motives. Drive-reduction and Maslow's theory of motivation.

Recommended Readings:

1. Morgan, C.T., King, R.A., Weiss, J.R.; and Schopler, J. (1993). Introduction to Psychology, New York: Tata McGraw Hill.
2. Ciccarelli, S.K.; & Meyer, G.E. (2007). Psychology (South Asian Edition). India: Pearson Education Inc.
3. Feldman, R.S. (2009). Essentials of Understanding Psychology. New Delhi: Tata McGraw Hill.
4. Eysenck, M.W. (2009). Fundamentals of Psychology. Slovenia: Psychology Press. 5. Baron, R.A. & Misra, G. (2014). Psychology, India, Subcontinent Edition, 5th Edition, Pearson Education.

<SUGGESTED TEMPLATE FOR CBCS COURSE DETAILS FOR WEB PORTAL>

DEPARTMENT OF PSYCHOLOGY

Course/Paper Title	Basic Psychological Process II (CBCS)
Course/Paper Code:	BSYX II
Semester in which offered	(Second Semester)
Course/Paper Type (Theory/Practical)	(Theory)
CBCS Type:	(Skill /Ability Enhancement etc.)
Max Marks:	(100)
No of Credits:	(04 credits)
No. Of Seats:	(50 seats)
Seat allocation policy:	First-cum-First-Serve and Regular
Class Timings :	As per Central time-table slot
Advisor Name & EMail:...	Dr Sushma Suri ssuri@jmi.ac.in

Prerequisites:

Expected Learning Outcomes:

To enable students to understand human behaviour through concepts, theories and research in psychology. Underlying mental and behavioural processes would enable students to develop an insight into human behaviour.

Course contents

UNIT-I: Memory and Forgetting

- i) Nature and process of memory: Encoding, storage and retrieval.
- ii) Information processing model: Sensory, STM, LTM.
- iii) Nature of Forgetting; Theories of forgetting: Decay and Interference

UNIT 11: Intelligence

- i) Concept, nature and historical perspective of Intelligence.
- ii) Nature-nurture controversy.
- iii) Gardner's theory and Sternberg's Triarchic theory of intelligence.

UNIT 111: Personality

- i) Meaning, Nature, and Determinants of Personality.
- ii) Theories of Personality: Psychoanalytic and Trait Theory.
- iii) Humanistic Theories: Maslow & Rogers; Big-Five Traits of Personality.

Recommended Readings:

1. Morgan, C.T.; King, R.A.; Weisse, J.R.; and Schopler, J. (1993). Introduction to Psychology. New York: Tata McGraw Hill.
 2. Ciccarelli, S.K.; & Meyer, G.E. (2007). Psychology (South Asian Edition). India: Pearson Education Inc.
 3. Kassin, Saul, M. (2001). Psychology. Prentice-Hall, Inc. Upper saddle river, New Jersey.
 4. Feldman, R.S. (2009). Essentials of Understanding Psychology. New Delhi: Tata McGraw Hill.
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<SUGGESTED TEMPLATE FOR CBCS COURSE DETAILS FOR WEB PORTAL>

DEPARTMENT OF PSYCHOLOGY

Course/Paper Title:	(CBCS) Counseling Psychology I
Course/Paper Code:	BSYX 3
Semester in which offered	(Semester -III)
Course/Paper Type (Theory/Practical)	(Theory)
CBCS Type:	(Skill /Ability Enhancement etc.)
Max Marks:	(100)
No of Credits:	(04 credits)
No. Of Seats:	(50 seats)
Seat allocation policy:	First-cum-First-Serve and Regular
Class Timings :	As per Central time-table slot
Advisor Name & EMail:...	Dr Sushma Suri ssuri@jmi.ac.in

Prerequisites:

Course Objectives:

To acquaint students with the process, skills, techniques involved in guidance and counseling. Moreover, the course examines several perspectives to counseling that shed light on the herapeutic nature of client-counselor relationship.

UNIT-I: Understanding Guidance

- a) Concept and need for guidance
- b) Meaning and functions of educational guidance
- c) Meaning and functions of vocational guidance

UNIT-II: The Counseling Process

- a) Meaning and areas of counseling
- b) Stages of counseling, counseling skills
- c) Conditions of empathy, positive regard, genuineness and concreteness

UNIT-III: Selected Approaches

- a) Person-centered view of human nature, counseling process
- b) Behavioral view of human nature, counseling process
- c) Cognitive-behavioral view of human nature, counseling process

Recommended Readings:

1. Capuzzi, D. & Gross, D.R. (2008). Counseling and Psychotherapy. Theories and Interventions (4th Edition). Delhi: Pearson Education, Inc.
2. Corey, G. (2009). Counseling and Psychotherapy. Theory and Practice. Delhi: Cengage Learning India Private Limited.
3. Gibson, R.L. & Mitchell, M.H. (2006). Introduction to Counseling and Guidance (6th Edition). Delhi: Pearson Education Inc.
4. Kinra, A.K. (2008). Guidance and Counseling. Delhi: Pearson Education.
5. Kottler, J.A. & Shepard, D.S. (2008). Counseling: Theories and Practices. New Delhi: Books/Code Cengage Learning.
6. Patterson, L.E. & Welfel, E.R. (2000). The Counseling Process (5th Edition). Bangalore: Eastern Press Limited

<SUGGESTED TEMPLATE FOR CBCS COURSE DETAILS FOR WEB PORTAL>

DEPARTMENT OF PSYCHOLOGY

Course/Paper Title:	(CBCS) Counseling Psychology II
Course/Paper Code:	BSYX 4
Semester in which offered	(IV Semester)
Course/Paper Type (Theory/Practical)	(Theory)
CBCS Type:	(Skill /Ability Enhancement etc.)
Max Marks:	(100)
No of Credits:	(04 credits)
No. Of Seats:	(50 seats)
Seat allocation policy:	First-cum-First-Serve and Regular
Class Timings :	As per Central time-table slot
Advisor Name & EMail:...	Dr Sushma Suri ssuri@jmi.ac.in

Prerequisites:

Expected Learning Objectives:

On completion of this course the students would be able to get ideas of counseling fields of psychology as a discipline and techniques are pre-requisite conditions required to provide effective counseling. Focus is also made on developing practical counseling skills.

Course Contents:

UNIT-I: Introduction

- a) Concept and recent trends in counseling
- b) Personal and professional aspects of counseling
- c) Ethical and legal aspects of counseling

UNIT-II: Building the Counseling Relationship

- a) Core conditions of counseling
- b) Skills for counseling relationship
- c) Individuals and groups counseling

UNIT-III: Fields of Counseling

- a) Family and marital counseling
- b) Crisis and trauma counseling
- c) Career and educational counseling

Recommended Readings:

1. Cormier, L.S. & Hackney, H. (1987). *The Professional Counsellor: A Process Guide to Helping*. Boston: Allyn & Bacon.
2. McLeod, J. (2003). *An Introduction to Counseling*
3. Wolfe, R. And Dryden, W. (1998). *Handbook of Counseling Psychology*.
4. Samuel, T. Gladding (2020) (New Edition). *Counseling: A comprehensive Profession*. Pearson.

<SUGGESTED TEMPLATE FOR CBCS COURSE DETAILS FOR WEB PORTAL>

DEPARTMENT OF PSYCHOLOGY

Course/Paper Title:	(CBCS) Social Psychology I
Course/Paper Code:	BSYX 5
Semester in which offered	(V Semester)
Course/Paper Type (Theory/Practical)	(Theory)
CBCS Type:	(Skill /Ability Enhancement etc.)
Max Marks:	(100)
No of Credits:	(04 credits)
No. Of Seats:	(50 seats)
Seat allocation policy:	First-cum-First-Serve and Regular
Class Timings :	As per Central time-table slot
Advisor Name & EMail:...	Dr Sushma Suri ssuri@jmi.ac.in

Prerequisites:

Expected Learning Outcomes:

The aim of this course is to describe the social psychological approach to human behaviour and to understand the basic theoretical and methodological approaches and fundamental domains used by social psychologists. Furthermore, it helps in understand the way in which social psychology diverges or converges with our own common sense understanding of the world.

UNIT-I: Introduction

- a) Nature, scope and methods of social psychology
- b) Concept of social perception, impression formation
- c) Friendship, attraction and intimacy

UNIT-II: Behaviour in Groups

- a) Nature, classification and functions of group
- b) Social facilitation, social loafing
- c) Decision making; Cooperation vs. competition

UNIT-III: Attitudes and Prejudice

- a) Concept, nature and formation of attitudes
- b) Theories of attitude change: Festinger, Osgood & Tannenbaum, Heider
- c) Nature, sources and techniques of reducing prejudice

Recommended Readings:

1. Baron, R.A. & Byrne, D. (2002). Social Psychology (10th Ed.). Pearson Education: New Delhi.
 2. Lindgren, H.C. (1998). Social Psychology. Wiley Eastern Publications: New Delhi.
 3. Misra, G. (1990). Applied Social Psychology in India. Sage Publications: New Delhi.
 4. Myers, D.G. (2010). Exploring Social Psychology. New York: McGraw Hill.
 5. Taylor, S.E.; Peplau, L.A. & Sears, O. (2006). Social Psychology (12th Ed.). Prentice Hall
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<SUGGESTED TEMPLATE FOR CBCS COURSE DETAILS FOR WEB PORTAL>

DEPARTMENT OF PSYCHOLOGY

Course/Paper Title:	(CBCS) Social Psychology II
Course/Paper Code:	BSYX 6
Semester in which offered	(VI Semester)
Course/Paper Type (Theory/Practical)	(Theory)
CBCS Type:	(Skill /Ability Enhancement etc.)
Max Marks:	(100)
No of Credits:	(04 credits)
No. Of Seats:	(50 seats)
Seat allocation policy:	First-cum-First-Serve and Regular
Class Timings :	As per Central time-table slot
Advisor Name & EMail:...	Dr Sushma Suri ssuri@jmi.ac.in

Prerequisites:

Expected Learning Outcome:

To acquaint students with the importance of social psychological processes and factors in understanding the behaviour. To enable the students to understand major approaches for understanding the social behaviours. To train the students to understand social psychological problems and suggest remedies to them.

UNIT-I: Introduction, Methods and Approaches

- a) Meaning, nature and scope of Social Psychology
- b) Methods of social psychology
- c) Ethnography and social representation

UNIT-II: Social Conflict and Social Cognitive

- a) Social conformity
- b) Social compliance and obedience
- c) Social cognition and theoristic used in everyday life

UNIT-III: Social Behaviour

- a) Nature, determinants of prosocial behaviour
- b) Intergroup relationship and its theory
- c) Social identity and its theory

Recommended Readings:

1. Baron, R.A. & Byrne, D. (1997, 2001) (8th & 9th Editions). Social Psychology. London: Allyn and Bacon.
2. Brewer, M.B. & Miller, N. (1996). Intergroup relations. Buckingham: Open University Press.
3. Coats, E.J. & Feldman, R.S. (1996). Classic and contemporary readings in social psychology. New Jersey: Prentice Hall.
4. Feldman, R.S. (1995). Social Psychology. Englewood Cliffs: Prentice Hall.
5. Forgas, J.P. (1981). Social Cognition. London: Academic Press.
6. Lord, C.G. (1997). Social Psychology. New York: Harcourt Brace College Public Publication.

<SUGGESTED TEMPLATE FOR CBCS COURSE DETAILS FOR WEB PORTAL>

DEPARTMENT OF PSYCHOLOGY

Course/Paper Title: **General Psychology (CBCS)**

Course/Paper Code: PSX1.....

Semester in which offered:First Semester.....

Course/Paper Type (Theory/Practical):.. Theory.....

CBCS Type: (Skill Enhancement/Ability Enhancement etc.):..... Ability Enhancement.....

Max Marks: 1 0 0

No of Credits: 4 c r e d i t s

No. Of Seats: 5 0 s e a t s

Seat allocation policy.....First-cum-First-Serve

Class Timings As per Central time-table slot

Advisor Name & EMail:...Dr. Samina Bano, sbano@jmi.ac.in

Prerequisites

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Expected Learning Outcomes:

To acquaint the students with the processes involved in cognition and to also enrich their understanding of major concepts, theoretical perspectives, and research findings in cognitive psychology. To enable students to develop on insight into their own and other's behaviour and underlying mental processes.

Course Contents

Unit-I: Introduction and Approaches to Cognitive Psychology

- a) Meaning and nature of cognition
- b) Information processing approach c) Connectionism
- d) Ecological approach

Unit-II: Perception and Attention

- a) Meaning and nature of perception
- b) Bottom-up and Top-down processing of perception
- c) Concept of attention: Attention model of attention
- d) Late selection theory of attention

Unit-III: Thinking and Problem-Solving

- a) Nature of insight and insight problems
- b) Problem-solving cycle
- c) Blocks to problem-solving
- d) Techniques of problem-solving

Unit-IV: Memory

- a) Schema theories of memory
- b) Scripts in memory
- c) Levels of processing approach to memory
- d) Tulving and memory systems

Reference Books:

Recommended Readings:

1. Benjafield, J.G. (1992). *Cognition* (2nd Ed.). New Jersey: Prentice Hall.
2. Best, J.B., (1999). *Cognitive Psychology* (5 th Ed.). Belmont, CA: Brooks/Cole.
3. Gallon, K.M. (2004). *Cognitive Psychology: In and Out of the Laboratory* (3rd Ed.). Delhi: Wadsworth, Cengage Learning.
4. Kellogg, R.T. (2007). *Fundamentals of Cognitive Psychology*. New Delhi: Sage Publications.
5. Mattlin, M.W. (1995). *Cognition* (3rd Ed.). Bangalore: Prism Books.
6. Solso, R.L. (2004). *Cognitive Psychology* (6th Ed.). Delhi: Pearson Education.
7. Sternberg, R.J. (2007). *Cognitive Psychology* (4th Ed.). Delhi: Thomson Wordsworth.
8. Robinson-Riegler, B., Robinson-Riegler, G.L. (2008). *Cognitive Psychology. Applying the Science of the Mind* (2nd Ed.). New Delhi: Pearson Education.

<SUGGESTED TEMPLATE FOR CBCS COURSE DETAILS FOR WEB PORTAL>

DEPARTMENT OF PSYCHOLOGY

Course/Paper Title: **Social Psychology., (CBCS)**.....

Course/Paper Code: PSX2.....

Semester in which offered: M.A. Semester II.....

Course/Paper Type (Theory/Practical): Theory.....

CBCS Type: (Skill Enhancement/Ability Enhancement etc.): Ability Enhancement

Max Marks: 1 0 0

No of Credits: 4 C r e d i t s

No. Of Seats: 5 0

Seat allocation policyFirst-cum-First-Serve

Class Timings As per Central time-table slot

Advisor Name & EMail:..... Dr. Samina Bano, sbano@jmi.ac.in

Prerequisites

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Expected Learning Outcomes:

To acquaint students with important social psychological processes, major approaches to social behaviour and factors crucial to human behaviour in social context. To provide opportunities to acquire certain skills which are useful not only in the context of investigating, understanding, and influencing human behavior but are generalizable to other aspects of life.

Course Contents

Unit I: Introduction, Perspectives and Ethical Issues

- a) Nature and brief history of social psychology
- b) Major Perspectives in Social Psychology:
- c) Current trends in social psychology
- d) Ethical Issues in Social Psychology

Unit II: Social Relation, Self and Social Influence

- a) Self Representation and Self Regulation
- b) Conformity: Conformity Attraction, Intimacy and Pro social Behavior
- c) Self concept to Social Norms, factors influencing Conformity
- d) Compliance: Six bases of social power and techniques

Unit III: Social Cognition and Attitude

- a) Social Cognition: Schemas and Heuristics
- b) Impression formation and Management
- c) Attitude: Concept and formation of attitudes
- d) Persuasion and attitude change.

IV: Group Processes, Intergroup Relations, Aggression and Prejudice

- a) Nature of groups, group decision-making and groupthink
- b) Intergroup relations: Social identity and realistic conflict theories
- c) Aggression: Nature, factors and techniques of reducing aggression
- d) Prejudice: Cognitive bases and reduction of prejudice.

Reference Books:

1. Finkel, E.J. and Baumeister R.F. (2019). Advanced Social Psychology The State of the Science (2nd Edition), Oxford Press.

2. Meyer, D.G. (2012). *Social Psychology* (11th ed.), New York: McGraw Hill.
3. Taylor, S.E., Peplau, L.A., & Sears, D.O. (2006). *Social Psychology* (12th ed.). New Jersey: Pearson Education.
4. Baron, R.A. & Byrne, D. (1997, 2001) (8th & 9th eds.). *Social Psychology*, London.
5. Allyn, Bacon. Gilovich, Thomas, Keltner, Dacher and Nisbett, Richard, E. (2006). *Social Psychology* (2nd ed.). W.W. Norton & Company, Inc., 500 Fifth Avenue, New York, NY.
6. Brewer, M.B. & Miuller, N. (1996). *Intergroup relations*. Buckingham: Open University Press.
7. Coats, E.J. & Feldman, R.S. (1996). *Classic and contemporary readings in social psychology*. New Jersey: Prentice Hall.
8. Feldman, R.S. (1995). *Social Psychology: Englewood Cliffs: Prentice Hall*.
9. Rosenberg, M. & Turner, R.H. (1981). *Social Psychology: Sociological perspective*. New York: Basic Books, Inc. Pub.
10. Tajfel, H. (1981). *Human groups and social categories: Studies in Social Psychology*. London: Cambridge University Press.
11. Kassin, S., Fein, Steven & Markus, H.R. (2011). *Social Psychology* (8th ed.), Wadsworth, Cengage Learning, USA, www.cengage.com/global Introduction:

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<SUGGESTED TEMPLATE FOR CBCS COURSE DETAILS FOR WEB PORTAL>

DEPARTMENT OF PSYCHOLOGY

Course/Paper Title: Health Psychology (CBCS).....

Course/Paper Code: PSX3.....

Semester in which offered: 3 rd Semester

Course/Paper Type (Theory/Practical): Theory.....

CBCS Type: (Skill Enhancement/Ability Enhancement etc.):.. Ability Enhancement.....

Max Marks: 1 0 0

No of Credits: 4 C r e d i t s

No. Of Seats: 5 0

Seat allocation policy **First-cum-First-Serve**

Class Timings As per Central time-table slot

Advisor Name & EMail:..... Dr. Samina Bano, sbano@jmi.ac.in

Prerequisites

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Expected Learning Outcomes:

To acquaint students with the importance of psychological processes and their interaction with medical treatment in the practice of health and illness.

Course Contents

Unit-I: Introduction to Health Psychology

- a) Meaning and emergence of health psychology
- b) Bio-medical and bio-psycho-social models
- c) Placebo in research and treatment

Unit-II: Stress and Coping

- a) Definition and perspectives of stress: Stimulus-based and transactional perspectives.
- b) Sources of Stress: Cataclysmic events, life events and daily hassles; potential stressors
- c) Coping with Stress: Personal resources, coping style and coping strategies.

Unit-III: Pain and its Management

- a) Nature of pain and clinical issues in pain management
- b) Psychological pain control techniques
- c) Pain management programs

Unit-IV: Theories and Precursors of Health Behaviour

- a) The trans-theoretical model of behavioural change
- b) The health belief model
- c) Optimism and self-efficacy as precursors of health behavior

Reference Books:

1. Brannon, L. & Feist, J. (2007). Introduction to Health Psychology. New Delhi: Thomson, Wadsworth.

2. Dimatteo, M.R. & Martin, L.R. (2002). Health Psychology. New Delhi: Allyn & Bacon.
3. Ogden, J. (2000). Health Psychology: A textbook. Philadelphia: Open University Press.
4. Taylor, S.E. (2006). Health Psychology, New Delhi: Tata McGraw-Hill.
5. Christensen, A.J., Martin, R. & Smith, J.M. (2004). Encyclopedia of Health Psychology. New York: Kluwer Academic/Plenum Publishers

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<SUGGESTED TEMPLATE FOR CBCS COURSE DETAILS FOR WEB PORTAL>

DEPARTMENT OF PSYCHOLOGY

Course/Paper Title: Counseling Psychology (CBCS).....

Course/Paper Code: PSX.4.....

Semester in which offered: 4th Semester

Course/Paper Type (Theory/Practical): Theory.....

CBCS Type: (Skill Enhancement/Ability Enhancement etc.):.. Skill Enhancement.....

Max Marks: 1 0 0

No of Credits: 4 C r e d i t s

No. Of Seats: 5 0

Seat allocation policy First-cum-First-Serve

Class Timings As per Central time-table slot

Advisor Name & EMail:..... Dr. Samina Bano, sbano@jmi.ac.in

Prerequisites

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Expected Learning Outcomes:

On completion of this course the student would be able to get an idea of counseling psychology as a discipline and major themes and contexts in which counseling psychologists are engaged.

Course Contents

Unit-I: Introduction

- a) Concept, history and recent trends in counseling
- b) Guidance, counseling and psychotherapy
- c) Personal and professional aspects of counseling
- d) Ethical and legal aspects of counseling

Unit-II: Counseling with Diverse Population

- a) Counseling children and adolescents
- b) Counseling the aged
- c) Gender based counseling
- d) Counseling specific cultural groups

Unit-III: Areas of Counseling I

- a) Marital counseling
- b) Family counseling
- c) Career counseling
- d) School counseling

Unit-IV: Areas of Counseling II

- a) Substance abuse counseling
- b) Crisis and trauma counseling
- c) Counseling the disabled
- d) Rehabilitation counseling

Reference Books:

1. Feltham, C. & Horton, I. (2000). Handbook of Counseling and Psychotherapy.
2. Kohler, J.A. & Shepard, D.S. (2008). Counseling: Theories and Practice. US: Brooks/Cole-Cengage Learning.
3. McLeod, J. (2003). An Introduction to Counseling.
4. Patterson, J.V. & Nisenholz, B. (1999). Orientation to Counseling (4th edition). USA: Allyn and Bacon.
5. Welfel, E.R. & Patterson, L.E. (2005). The Counseling Process: A Multi-theoretical integrative approach. New Delhi: Cengage Learning India Pvt. Ltd. (6th edition).
6. Wolfe, R. And Dryden, W. (1998). Handbook of Counseling Psychology

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