

DON BOSCO ARTS & SCIENCE COLLEGE
ANGADIKADAVU

(Affiliated to Kannur University Approved by Government of Kerala)

ANGADIKADAVU P.O., IRITTY, KANNUR – 670706

670706



COURSE PLAN

DEPARTMENT OF PSYCHOLOGY

BATCH (2019 – 22)

SEMESTER - V

ACADEMIC YEAR - (2021-22)

V Semester BSc Psychology (2019 - 22)

SL. No.	Name of Subjects with Code	Name of the Teacher	Duty Hours per week
1.	5B 10 PSY SOCIAL BEHAVIOUR	Mr.Seemanth	5
2.	5B 11 PSY PSYCHOLOGY OF LIFE STYLE	Mr. Manjith	4
3.	5B 12 PSY ABNORMAL PSYCHOLOGY	Sr.Leema Jacob	5
4.	5B 09 PSY LIFESPAN DEVELOPMENT 2	Mr. Albin Joseph	5
5.	5B 13 PSY PSYCHOLOGICAL TESTING- PRACTICAL 1	Mr. Manjith	4
	Name of Class Incharge	Sr.Leema Jacob	

TIME TABLE

Day	09.50 Am - 10.45 Am	10.45 Am -11.40 Am	11.55 Am - 12.50 Pm	01.40 Pm - 02.35 Pm	02.35 Pm - 03.30 Pm
1	Manjtih 5B 11 PSY	Sr.Leema 5B 12 PSY	Seemanth 5B 10 PSY	Albin 5B 09 PSY	Practical 5B 13 PSY
2	Manjith 5B 11 PSY	Open course	Seemanth 5B 10 PSY	Albin 5B 09 PSY	Sr. Leema 5B 12 PSY
3	Seemanth 5B 10 PSY	Open course	Albin 5B 09 PSY	Manjith 5B 11 PSY	Sr. Leema 5B 12 PSY
4	Albin 5B 09 PSY	Seemanth 5B 10 PSY	Manjith 5B 11 PSY	Sr. Leema 5B 12 PSY	Practical 5B 13 PSY
5	Sr.Leema 5B 12 PSY	Seemanth 5B 10 PSY	Manjith 5B 11 PSY	Albin 5B 09 PSY	Practical 5B 13 PSY
6	Sr.Leema 5B 12 PSY	Seemanth 5B 10 PSY	Manjith 5B 11 PSY	Albin 5B 09 PSY	Practical 5B 13 PSY

Subject Code:	5B 11 PSY
Subject Name:	PSYCHOLOGY OF LIFESTYLE
No. of Credits:	4
No. of Contact Hours:	72
Hours per Week:	4
Name of the Teacher:	Manjith R

SYLLABUS OF PSYCHOLOGY OF LIFESTYLE

Unit I: Health- An Overview

Definition of Health, Health behaviors, Changing Health habits. Theories of change. Cognitive-Behavioral approaches to health behavior change, Quality of life.

Unit II: Conceptualizing Lifestyle Psychology

Lifestyle Behaviors, The rise of lifestyle models of disease, Measuring lifestyle behaviors, Socio-demographic influences on Health and Lifestyle, Modern lifestyles, Lifestyles in daily life.

Unit III: Health Related Behaviors and Exercise Psychology

Health Related Behaviors: Accident Prevention, Cancer related Health Behaviors, Developing a Healthy diet-Weight Control and Obesity, healthy eating habits, Sleep and Health, Addiction- alcoholism and problem drinking, the drinking college student, Preventive Approaches to Alcohol Abuse, Drinking and Driving, Is modest alcohol Consumption a health behavior. Nicotine addiction and smoking.

Exercise Psychology: Physical inactivity- effects and Determinants, Role of the self. Benefits of exercise, Exercise Interventions.

Unit IV: Stress, Coping and Resilience

Stress- definition, Nature and Theories, Types of stressors, After-effects of stress. Post Traumatic- Stress Disorder, Effects of stress on Health - Stress and the Immune System, Stress and common cold, Stress and Wound Healing, Coronary Heart Disease, Cancer, Infectious Diseases. Coping with Stress - Personality and Coping, Resilience, Coping resources, Coping strategies, Coping styles, Coping and Positive Affect. Stress Management.

Unit V: Evaluating Lifestyle Psychology

Life style patterns, Psychological principals of lifestyle behaviors - Perception of risk, Self-efficacy, implementation intentions, Social norms, motivational interviewing, enjoyment, establishing healthy habits. Ecological models of lifestyle change. Health promotions.

Books for Study:

Davey, G. (2011). Applied Psychology. UK: The British Psychological Society and Blackwell Publishing Ltd.

Taylor, S.E. (2012). Health Psychology (7th ed.). Delhi: Tata- McGraw Hill Publishers.

Thirlaway, K., & Upton, D. (2009). The Psychology of Lifestyle. New York: Routledge.

Books for Reference:

Marks, D.F., Murray, M., Evans, B., & Estacio, E.V. (2011). Health Psychology (3rd ed.). New Delhi: Sage Publications.

Pestonjee, D.M., & Pandey, S. (2013). Stress and Work. New Delhi: Sage Publications

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	12-07-2021 To 17-07-2021	1	Syllabus Introduction
		2	Unit I: Health- An Overview
		3	Definition of Health, health behaviors
		4	Changing Health habits
2	19-07-2021 To 24-07-2021	5	Theories of change
		July 20	Bakrid
		6	Cognitive-Behavioral approaches to health behavior change
		7	Quality of life
3	26-07-2021 To 31-07-2021	8	Revision
		9	Class test
		10	Unit II: Conceptualizing Lifestyle Psychology
		11	Lifestyle Behaviors
4	02-08-2021	12	The rise of lifestyle models of disease
		13	Measuring lifestyle behaviors
		14	Socio-demographic influences on Health and Life style

No of Weeks	Dates	Session	Topic
	To 07-08-2021	15	Modern lifestyles
		16	Lifestyles in daily life
5	09-08-2021 To 14-08-2021	17	Revision
		18	Class test
		19	Unit III: Health Related Behaviors and Exercise Psychology
		20	Health Related Behaviors
6	16-08-2021 To 21-08-2021	21	Accident Prevention
		22	Cancer related Health Behaviors
		23	Developing a Healthy diet-Weight Control and Obesity
		19 August	Moharam/Onam Vacation
		20 August	Onam Vacation
		21 August	Onam Vacation
7	23-08-2021 To 28-08-2021	23 August	Onam Vacation
		24 August	Onam Vacation
		25 August	Onam Vacation
		26 August	Onam Vacation
		27 August	Onam Vacation
		28 August	Onam Vacation
8	30-08-2021 To 04-09-2021	30 August	Onam Vacation
		24	Healthy eating habits
		25	Sleep and Health
		26	Addiction- alcoholism, Problem drinking
9	06-09-2021 To 11-09-2021	27	The drinking college student
		28	Preventive Approaches to Alcohol Abuse
		29	Drinking and Driving
		30	Is modest alcohol Consumption a health behavior
10	13-09-2021 To 18-09-2021	31	Nicotine addiction and Smoking
		32	Exercise Psychology
		33	Physical inactivity- effects and Determinants
		34	Role of the self
11	20-09-2021 To 25-09-2021	35	Benefits of exercise, Exercise Interventions.
		36	Revision
		21 September	Sree Narayana Guru Samadhi
		37	Class Test
12	27-09-2021 To 02-10-2021	38	Assignment
		39	Assignment
		40	Seminar presentation
		41	Seminar presentation
		42	Seminar presentation
		43	Seminar presentation

No of Weeks	Dates	Session	Topic
		2 October	Gandhi Jayanthi
13	04-10-2021 To 09-10-2021	44	Unit IV: Stress, Coping and Resilience, Stress-definition
		45	Nature and Theories
		46	Types of stressors, After-effects of stress.
		47	Post Traumatic- Stress Disorder
14	11-10-2021 To 16-10-2021	48	Effects of stress on Health, Stress and the Immune System
		49	Stress and the Immune System, Stress and common cold, Stress and Wound Healing
		50	Coronary Heart Disease, Cancer
		14 October	Mahanavami/Study Leave
		15 October	Vijayadasami/ Study Leave
15	18-10-2021 To 23-10-2021		Study Leave
			Study Leave
			IV Semester University Examination
			IV Semester University Examination
16	25-10-2021 To 30-10-2021		IV Semester University Examination
			IV Semester University Examination
			IV Semester University Examination
			IV Semester University Examination
17	01-11-2021 To 06-11-2021		IV Semester University Examination
			IV Semester University Examination
		51	Infectious Diseases
		4 November	Diwali
		52	Coping with Stress, Personality and Coping
		53	Resilience, Coping resources
18	08-11-2021 To 13-11-2021	54	Coping strategies, Coping styles
		55	Coping and Positive Affect
		56	Stress Management
		57	Revision
		58	Class test
		59	Unit V: Evaluating Lifestyle Psychology: Life style patterns
19	15-11-2021 To 19-11-2021	60	Psychological principals of lifestyle behaviors - Perception of risk
		61	Self - efficacy
		62	Implementation intentions, Social norms
		63	Motivational interviewing
		64	Enjoyment, Establishing healthy habits
		65	Ecological models of lifestyle change
20	22-11-2021	66	Health promotions

No of Weeks	Dates	Session	Topic
	To 26-11-2021	67	Revision
		68	Revision
		69	Q&A Discussion
		70	Q&A Discussion
		71	Final revision
21	29-11-2021 To 03-12-2021	72	Final revision
			Internal Examination
			Internal Examination
			Internal Examination
			Internal Examination
			Internal Examination
22	06-12-2021 To 10-12-2021		Internal Examination
			Study Leave
			Study Leave
			Study Leave
			Study Leave
23	13-12-2021 To 17-12-2021		Study Leave
			Study Leave
			Study Leave
			Study Leave
			Study Leave
24	20-12-2021 To 24-12-2021		Study Leave
			Study Leave
			Study Leave
			Christmas Vacation
			Christmas Vacation
25			Christmas Vacation
			Christmas Vacation
			Christmas Vacation
			Christmas Vacation

Subject Code:	5B 12 PSY
Subject Name:	ABNORMAL PSYCHOLOGY
No. of Credits:	4
No. of Contact Hours:	90
Hours per Week:	5
Name of the Teacher:	Sr.Leema Jacob

SYLLABUS

Unit I: Abnormal psychology: Past and Present

Definition: 4D's of Abnormality- Deviance, Distress, Dysfunction, Danger. The concept of normality and abnormality- different criteria. Current classification - DSM-5 and ICD 11, Concept of healthy personality. Historical view of abnormal behavior- Supernatural, Biological, Psychological and Behavioral Model. Causes and risk factors for abnormal behavior- biological causal factors, Psychological causal factors, Socio cultural causal factors with special reference to Culture bound syndromes. Abnormal behavior: Current status.

Unit II: Anxiety Spectrum Disorders

Differentiate fear and anxiety. Symptomatology of Specific Phobia, Social Phobia, Panic Disorder, Generalized anxiety disorders, Agoraphobia. Trauma and Stress Related Disorders. Dissociative disorders, Somatic disorders, Obsessive Compulsive and Related Disorders. Substance induced anxiety disorder

Unit III: Affective spectrum disorders

Symptomatology of Bipolar disorder I and II, Cyclothymic disorder, Depressive disorder, Major depressive disorder, Persistent depressive disorder, premenstrual dysphoric disorder, Substance induced affective disorder

Unit IV: Psychotic spectrum disorders

Symptomatology of Schizotypal personality disorder, Delusional disorder, brief psychotic disorder, Schizophreniform Disorder, schizoaffective disorder, Substance induced psychotic disorder

Unit V: Disorders of childhood and Adolescence

Sibling rivalry, Separation anxiety disorder, Conduct disorder, Oppositional Defiant Disorder, Autism spectrum disorder, Attention Deficit hyperactive disorder, Specific learning, Disorders; Childhood anxiety and depression, Childhood psychotic disorder

Books for Study:

World health Organization. (1992). ICD 10 -International Classification of Disorders. Clinical descriptions and diagnostic guidelines. Geneva: World Health Organization

Butcher, J.N., Hooley, J.M., & Mineka, S. (2014). Abnormal Psychology (16th ed.). USA: Pearson Education.

Comer, R.J., (2005). Fundamentals of Abnormal Psychology (4th ed.). New York: Worth Publishers.

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental Disorders (5th ed.). Washington, DC : Author

Books for Reference:

Carson, R.C. Butcher, J.N & Mineka, S (2006). Abnormal Psychology and Modern Life (12th ed.). South Asia: Dorling Kindersley

Sue, D., Sue, D.W., Sue, D & Sue, S (2014). Essentials of understanding Abnormal Behavior (2nd ed). USA: Wadsworth.

Barlow, D.H & Durand, V. M., (2015) .Abnormal Psychology- An integrative approach (7th ed). Canada: Cengage Learning.

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	12-07-2021 To 17-07-2021	1	Syllabus introduction
		2	Unit I Abnormal psychology
		3	Abnormal psychology: Past and Present
		4	Definition and abnormal psychology
		5	4D's of Abnormality- Deviance, Distress, Dysfunction, Danger.
		6	The concept of normality and abnormality
2	19-07-2021 To 24-07-2021	7	Different criteria.
		20 July	Bakrid- Holiday
		8	Current classification - DSM-5 and ICD 11
		9	Current classification - DSM-5 and ICD 11 part 1
		10	Concept of healthy personality
		11	Historical view of abnormal behavior
3	26-07-2021 To 31-07-2021	12	Supernatural, Biological models
		13	Psychological and Behavioral Model.
		14	Causes and risk factors for abnormal behavior
		15	Biological causal factors
		16	Psychological causal factors
		17	Socio cultural causal factors with special reference to Culture bound syndromes.
4	02-08-2021 To 07-08-2021	18	Abnormal behavior: Current status
		19	Revision
		20	Revision
		21	Class test
		22	Unit II: Anxiety Spectrum Disorders
		23	Differentiate fear and anxiety.
5	09-08-2021 To 14-08-2021	24	Symptomatology of Specific Phobia
		25	Social Phobia
		26	Panic Disorder
		27	Generalized anxiety disorders

No of Weeks	Dates	Session	Topic
		28	Agoraphobia.
		29	Trauma and Stress Related Disorders
6	16-08-2021 To 21-08-2021	30	Dissociative disorders
		31	Dissociative disorders 1
		32	Somatic disorders
		19 August	Moharam/Onam Vacation
		20 August	Onam Vacation
		21 August	Onam Vacation
7	23-08-2021 To 28-08-2021	23 August	Onam Vacation
		24 August	Onam Vacation
		25 August	Onam Vacation
		26 August	Onam Vacation
		27 August	Onam Vacation
		28 August	Onam Vacation
8	30-08-2021 To 04-09-2021	30 August	Onam Vacation
		33	Somatic disorders 1
		34	Obsessive Compulsive and Related Disorders 1
		35	Obsessive Compulsive and Related Disorders 2
		36	Substance induced anxiety disorder
		37	Revision
9	06-09-2021 To 11-09-2021	38	Revision
		39	Class test
		40	Unit III: Affective spectrum disorders
		41	Symptomatology of Bipolar disorder I and II
		42	Cyclothymic disorder
		43	Depressive disorder
10	13-09-2021 To 18-09-2021	44	Major depressive disorder
		45	Persistent depressive disorder
		46	Premenstrual dysphoric disorder
		47	Substance induced affective disorder
		48	Revision
		49	Revision

No of Weeks	Dates	Session	Topic
11	20-09-2021 To 25-09-2021	50	Class test
		21 September	Sree Narayana Guru Samadhi
		51	Assignment
		52	Assignment
		53	Seminar presentation
		54	Seminar presentation
12	27-09-2021 To 02-10-2021	55	Seminar presentation
		56	Seminar presentation
		57	Unit IV: Psychotic spectrum disorders
		58	Symptomatology of Schizotypal personality disorder,
		59	Delusional disorder
		2 October	Gandhi Jayanthi
13	04-10-2021 To 09-10-2021	60	Brief psychotic disorder
		61	Schizophreniform Disorder
		62	Schizoaffective disorder
		63	Substance induced psychotic disorder
		64	Revision
		65	Revision
14	11-10-2021 To 16-10-2021	66	Revision
		67	Class test
		68	Unit V: Disorders of childhood and Adolescence
		14 October	Mahanavami/Study Leave
		15 October	Vijayadasami/ Study Leave
			Study Leave
15	18-10-2021 To 23-10-2021		Study Leave
		19 October	Milad-i-Sherif/ Study Leave
			Study Leave
			IV Semester University Examination
			IV Semester University Examination
			IV Semester University Examination
16	25-10-2021 To		IV Semester University Examination
			IV Semester University Examination

No of Weeks	Dates	Session	Topic
	30-10-2021		IV Semester University Examination
			IV Semester University Examination
			IV Semester University Examination
			IV Semester University Examination
17	01-11-2021 To 06-11-2021		IV Semester University Examination
			IV Semester University Examination
		69	Sibling rivalry
		4 November	Diwali
		70	Separation anxiety disorder
		71	Conduct disorder
18	08-11-2021 To 13-11-2021	72	Oppositional Defiant Disorder
		73	Autism spectrum disorder
		74	Attention Deficit hyperactive disorder
		75	Specific learning disorders
		76	Childhood anxiety and depression,
		77	Childhood psychotic disorder 1
19	15-11-2021 To 19-11-2021	78	Childhood psychotic disorder 2
		79	Revision
		80	Revision
		81	Revision
		82	Revision
		83	Class test
20	22-11-2021 To 26-11-2021	84	Q&A Discussion
		85	Q&A Discussion
		86	Q&A Discussion
		87	Q&A Discussion
		88	Q&A Discussion
		89	Final revision
21	29-11-2021 To 03-12-2021	90	Final revision
			Internal Examination
			Internal Examination

No of Weeks	Dates	Session	Topic
			Internal Examination
			Internal Examination
			Internal Examination
22	06-12-2021 To 10-12-2021		Internal Examination
			Study Leave
			Study Leave
			Study Leave
			Study Leave
23	13-12-2021 To 17-12-2021		Study Leave
			Study Leave
			Study Leave
			Study Leave
			Study Leave
24	20-12-2021 To 24-12-2021		Study Leave
			Study Leave
			Study Leave
			Christmas Vacation
			Christmas Vacation
25			Christmas Vacation
			Christmas Vacation
			Christmas Vacation
			Christmas Vacation

Subject Code:	5B 09 PSY
Subject Name:	Lifespan Development- II
No. of Credits:	5
No. of Contact Hours:	90
Hours per Week:	6
Name of the Teacher:	ALBIN JOSEPH

SYLLABUS

Unit I: Puberty

Characteristics of Puberty, causes, primary and secondary sex characteristics, source of concern, The puberty growth spurt, Body changes at puberty, Effects of Puberty Changes, Hazards of Puberty, Unhappiness at puberty.

Unit II: Adolescence

Characteristics of Adolescents, Adolescent Sexuality, Cognitive development: Piaget, Adolescent ego centrism, Information Processing, Emotionality during adolescence, socio emotional development in adolescence- the self and emotional development, families, peers, cross cultural comparisons, Influence of Media, Adolescent sexuality- sexual orientation, morality, behaviour.

Unit III: Early Adulthood.

Characteristics of early adulthood, Physical performance and development, Cognitive development- Piaget view, Realistic and Pragmatic thinking, Reflective and Relativistic thinking. Career and work, Attachment, love and close relationships, the faces of love, falling out of love. Marriage and family, Adult sexuality

Unit IV: Middle adulthood

Characteristics of middle age, Sexuality, Cognitive development – Intelligence, Information Processing, Meaning in life, Vocational adjustments, Adjustment to changed family patterns, Adjustment to Approaching retirement, Adult stage theories.

Unit V: Late adulthood

Characteristics of old age, The Young-old, the old-old, Oldest-old, Changes in – motor abilities, mental abilities, interests, mental health in old age, personality, the self and society. Kubler- Ross stages of dying.

References

Santrock, J.W. (2012). Life Span Development (13th ed.) New Delhi: McGraw Hill publication.

Hurlock, E.B. (2007), Developmental psychology- A lifespan Approach (5th ed.) New Delhi; McGraw Hill Publishing Company.

Sigelman, C.K. & Rider, E.A. (2009) Life-Span Human Development (6th Ed.) Canada; Wadsworth Cengage Learning

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	12-07-2021 To 17-07-2021	1	Introduction to the course
		2	UNIT –I Puberty ,Characteristics of Puberty
		3	Causes of puberty,
		4	Sources of concern of puberty
		5	Primary and secondary sexual characteristics
		6	The puberty growth spurt
2	19-07-2021 To 24-07-2021	7	Body changes at puberty.
		20 July	Bakrid- Holiday
		8	Effects of Puberty Changes
		9	Hazards of Puberty
		10	Unhappiness at puberty
3	26-07-2021 To 31-07-2021	11	REVISION
		12	CLASS TEST
		13	UNIT -2 Adolescence , Introduction
		14	Characteristics of Adolescents
		15	Processing Socio emotional development in adolescence
		16	The self and emotional development
4	02-08-2021 To 07-08-2021	17	Adolescent Sexuality
		18	Cognitive development: Piaget's view
		19	Adolescent ego centrism
		20	Emotionality during adolescence Information
		21	Role of families and peers
		22	Cross cultural comparisons
5	09-08-2021 To 14-08-2021	23	Influence of Media
		24	Sexual orientation
		25	Morality and behaviour
		26	Revision
		27	CLASS TEST

No of Weeks	Dates	Session	Topic
		28	UNIT 3-- Early Adulthood , Introduction
		29	Characteristics of early adulthood
6	16-08-2021 To 21-08-2021	30	Physical performance and development
		31	Cognitive development- Piaget view
		32	Realistic and Pragmatic thinking
		19 August	Moharam/Onam Vacation
		20 August	Onam Vacation
		21 August	Onam Vacation
7	23-08-2021 To 28-08-2021	23 August	Onam Vacation
		24 August	Onam Vacation
		25 August	Onam Vacation
		26 August	Onam Vacation
		27 August	Onam Vacation
		28 August	Onam Vacation
8	30-08-2021 To 04-09-2021	30 August	Onam Vacation
		33	Reflective and Relativistic thinking
		34	Career and work
		35	Attachment
		36	Love and close relationships
		37	The faces of love
9	06-09-2021 To 11-09-2021	38	Falling out of love
		39	Marriage and family
		40	Adult sexuality
		41	Revision
		42	Revision
		43	Class Test
10	13-09-2021 To 18-09-2021	44	UNIT 4 Middle adulthood, Introduction
		45	Characteristics of middle age
		46	Sexuality
		47	Cognitive development
		48	Intelligence, Information Processing,
		49	Meaning in life
11	20-09-2021 To 25-09-2021	50	Vocational adjustments
		21 September	Sree Narayana Guru Samadhi
		51	Adjustment to changed family patterns
		52	Adjustment to Approaching retirement
		53	Adult stage theories
		54	REVISION
12	27-09-2021 To	55	CLASS TEST
		56	Revision unit 1
		57	Revision unit 2

No of Weeks	Dates	Session	Topic
	02-10-2021	58	Revision unit 3
		59	Question and answering session
		2 October	Gandhi Jayanthi
13	04-10-2021 To 09-10-2021	60	Revision test unit 1,2,3 and 4
		61	Unit 5 Late adulthood
		62	Introduction
		63	Characteristics of old age
		64	The Young-old
		65	The old-old
14	11-10-2021 To 16-10-2021	66	Oldest-old
		67	Different kinds of Changes in late adulthood
		68	Changes in Motor abilities
		14 October	Mahanavami/Study Leave
		15 October	Vijayadasami/ Study Leave
			Study Leave
15	18-10-2021 To 23-10-2021		Study Leave
		19 October	Milad-i-Sherif/ Study Leave
			Study Leave
			IV Semester University Eamination
			IV Semester University Eamination
			IV Semester University Eamination
16	25-10-2021 To 30-10-2021		IV Semester University Eamination
			IV Semester University Eamination
			IV Semester University Eamination
			IV Semester University Eamination
			IV Semester University Eamination
			IV Semester University Eamination
17	01-11-2021 To 06-11-2021		IV Semester University Eamination
			IV Semester University Eamination
		69	Changes in mental abilities
		70	Changes in interests
		71	Mental health in old age
18	08-11-2021 To 13-11-2021	72	personality
		73	the self and society
		74	Kubler- Ross stages of dying
		4 November	Diwali
		75	Revision
		76	Doubt clearing
19	15-11-2021	77	Seminar presentation
		78	Seminar presentation
		79	Seminar presentation

No of Weeks	Dates	Session	Topic
	To 19-11-2021	80	Seminar presentation
		81	Seminar presentation
		82	Seminar presentation
20	22-11-2021 To 26-11-2021	83	Seminar presentation
		84	Seminar presentation
		85	Revision Unit 1
		86	Revision Unit 2
		87	Revision Unit 3
		88	Revision Unit4
21	29-11-2021 To 03-12-2021	89	Revision Unit 5
		90	Revision Unit 5
			Internal Examination
			Internal Examination
			Internal Examination
			Internal Examination
22	06-12-2021 To 10-12-2021		Internal Examination
			Study Leave
			Study Leave
			Study Leave
23	13-12-2021 To 17-12-2021		Study Leave
			Study Leave
			Study Leave
			Study Leave
24	20-12-2021 To 24-12-2021		Study Leave
			Study Leave
			Study Leave
			Christmas Vacation
			Christmas Vacation
25			Christmas Vacation
			Christmas Vacation
			Christmas Vacation
			Christmas Vacation

Subject Code:	5B 10 PSY
Subject Name:	SOCIAL BEHAVIOUR
No. of Credits:	5
No. of Contact Hours:	5
Hours per Week:	90
Name of the Teacher:	Seemanth Chandran.P.K

SYLLABUS

Unit I: Social Behaviour, Perception & Cognition

What is social psychology. Related disciplines, causes of social behaviour and thought, Brief history of social psychology. Social Perception: Non verbal communication, Attribution, Impression formation and impression management. Social cognition: Schemas, Heuristics, Errors and Biases.

Unit II: Attitude and attitude change

Defining attitudes, attitude formation, attitude and behaviour, consistency, Heider's P-O-X theory, Attitude change: Persuasion, Attitude change over time; Resisting persuasion, Cognitive Dissonance.

Unit III: Social Influence and Group influence

(a) Social Influence: Conformity: Ash's experiment, factors affecting conformity; compliance-principles and tactics, obedience.

(b) Group influence: Groups: Definition, Roles, Status, Norms, Cohesiveness, Characteristics of Group, Group dynamics.

(c) Leadership: Nature, Types, Theories

Unit IV: Social Relations

(a) Stereotype- gender stereotype, Prejudice; discrimination- social behaviour of men and women, changing roles of men and women

(b) Social Relations: Interpersonal attraction: internal, external and interactive determinants of attraction

Unit V: Prosocial behaviour & Aggression

(a) Prosocial behaviour: factors effecting prosocial behaviour, theories and steps, ways to

increase prosocial behavior

(b) Aggression: Theories of Aggression, Influences on Aggression, Determinants of Aggression, Prevention and Control of Aggression

Books for Study:

Baron, R.A., Byrne, D., Branscombe, N.R. & Bhardwaj, G. (2010). *Social Psychology* (12th ed.). New Delhi: Pearson education, Inc.

Myers, D. G. (2005). *Social psychology* (8th ed.). New York: Mc Graw Hill, Inc.

Taylor, S.E., Peplau, L. A. & Sears, D.O. (2006). *Social Psychology* (12th ed.). New Delhi: Pearson education, Inc.

Books for Reference:

Baumeister, R. F. & Bushman, B. J. (2008). *Fundamentals of Social Psychology*. New Delhi: Cenage Learning.

Crisp, R.J. & Turner, R. N. (2012). *Essential Social Psychology* (2nd ed.). New Delhi, Sage South Asia Edition

Delmater, J. D. & Myers, D. L. (2007). *Social Psychology* (6th ed.). USA: Thomson learning, Inc.

Kassin, S., Fein, S., & Markus, H. R. (2008). *Social Psychology*. (7th ed.). New York: Houghton Mifflin company.

Brown, J.D. (2006). *Social Psychology*. New York : Mc Graw- Hill companies, Inc.

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	12-07-2021 To 17-07-2021	1	Syllabus introduction
		2	Unit I: Social Behaviour, Perception & Cognition What is social psychology
		3	Related disciplines, causes of social behaviour and thought
		4	Brief history of social psychology

No of Weeks	Dates	Session	Topic
		5	Social Perception
		6	Non verbal communication
2	19-07-2021 To 24-07-2021	7	Attribution
		20 July	Bakrid- Holiday
		8	Impression formation
		9	Impression management.
		10	Social cognition
		11	Schemas, Heuristics
3	26-07-2021 To 31-07-2021	12	Errors and Biases.
		13	UNIT TEST
		14	Unit II: Attitude and attitude change Defining attitudes
		15	Attitude formation
		16	Attitude and behaviour consistency
		17	Heider's P-O-X theory
4	02-08-2021 To 07-08-2021	18	Attitude change
		19	Persuasion
		20	Attitude change over time
		21	Resisting persuasion, Cognitive Dissonance.
		22	UNIT TEST
		23	Unit III: Social Influence and Group influence (a)Social Influence
5	09-08-2021 To 14-08-2021	24	Conformity: Ash's experiment
		25	Factors affecting conformity
		26	Compliance-principles and tactics
		27	Obedience.
		28	(b)Group influence
		29	Groups: Definition, Roles
6	16-08-2021 To 21-08-2021	30	Status and Norms
		31	Cohesiveness
		32	Characteristics of Group,

No of Weeks	Dates	Session	Topic
		19 August	Moharam/Onam Vacation
		20 August	Onam Vacation
		21 August	Onam Vacation
7	23-08-2021 To 28-08-2021	23 August	Onam Vacation
		24 August	Onam Vacation
		25 August	Onam Vacation
		26 August	Onam Vacation
		27 August	Onam Vacation
		28 August	Onam Vacation
8	30-08-2021 To 04-09-2021	30 August	Onam Vacation
		33	Group dynamics.
		34	(c) Leadership
		35	Nature,
		36	Types
		37	Theories of Leadership
9	06-09-2021 To 11-09-2021	38	UNIT TEST
		39	Unit IV: Social Relations
		40	(a) Stereotype
		41	Gender stereotype
		42	Prejudice
		43	Discrimination
10	13-09-2021 To 18-09-2021	44	Social behaviour of men and women,
		45	Changing roles of men and women
		46	(b) Social Relations Interpersonal attraction
		47	Internal determinants of attraction
		48	External determinants of attraction
		49	Interactive determinants of attraction
11	20-09-2021 To 25-09-2021	50	UNIT TEST
		21 September	Sree Narayana Guru Samadhi
		51	Determinants of Aggression
		52	Prevention and Control of Aggression
		53	Unit V: Prosocial behaviour & Aggression : Introduction
		54	(a) Prosocial behaviour

No of Weeks	Dates	Session	Topic
12	27-09-2021 To 02-10-2021	55	Factors effecting prosocial behaviour
		56	Theories of prosocial behaviour
		57	Steps of prosocial behaviour
		58	ways to increase prosocial behavior
		59	(b) Aggression
		2 October	Gandhi Jayanthi
13	04-10-2021 To 09-10-2021	60	Theories of Aggression
		61	Influences on Aggression
		62	UNIT TEST
		63	Syllabus summation
		64	Assignment Presentation
		65	Assignment Presentation
14	11-10-2021 To 16-10-2021	66	Revision Unit 1
		67	Revision Unit 1
		68	Revision Unit 1
		14 October	Mahanavami/Study Leave
		15 October	Vijayadasami/ Study Leave
			Study Leave
15	18-10-2021 To 23-10-2021		Study Leave
		19 October	Milad-i-Sherif/ Study Leave
			Study Leave
			IV Semester University Examination
			IV Semester University Examination
			IV Semester University Examination
16	25-10-2021 To 30-10-2021		IV Semester University Examination
			IV Semester University Examination
			IV Semester University Examination
			IV Semester University Examination
			IV Semester University Examination
			IV Semester University Examination
17	01-11-2021 To 06-11-2021		IV Semester University Examination
			IV Semester University Examination
		69	Revision Unit 1
		4 November	Diwali
		70	Revision Unit 1
		71	Revision Unit 2
18	08-11-2021 To 13-11-2021	72	Revision Unit 2
		73	Revision Unit 2
		74	Revision Unit 2
		75	Revision Unit 3

No of Weeks	Dates	Session	Topic
		76	Revision Unit 3
		77	Revision Unit 3
19	15-11-2021 To 19-11-2021	78	Revision Unit 3
		79	Revision Unit 3
		80	Revision Unit 4
		81	Revision Unit 4
		82	Revision Unit 4
		83	Revision Unit 4
20	22-11-2021 To 26-11-2021	84	Revision Unit 5
		85	Revision Unit 5
		86	Revision Unit 5
		87	Revision Unit 5
		88	Revision Unit 5
		89	Final Revision
21	29-11-2021 To 03-12-2021	90	Final Revision
			Internal Examination
			Internal Examination
			Internal Examination
			Internal Examination
			Internal Examination
22	06-12-2021 To 10-12-2021		Internal Examination
			Study Leave
			Study Leave
			Study Leave
23	13-12-2021 To 17-12-2021		Study Leave
			Study Leave
			Study Leave
			Study Leave
24	20-12-2021 To 24-12-2021		Study Leave
			Study Leave
			Study Leave
			Christmas Vacation
25			Christmas Vacation
			Christmas Vacation
			Christmas Vacation
			Christmas Vacation

Subject Code:	5B 13 PSY
Subject Name:	PSYCHOLOGICAL TESTING -PRACTICAL 1
No. of Credits:	-
No. of Contact Hours:	72
Hours per Week:	4
Name of the Teacher:	Manjith R

SYLLABUS

Unit I: Personality

- a. Eysenck's Personality Questionnaire
- b. Locus of control
- c. 16 PF

Unit II: Intelligence

- a. Seguin Form Board b. Standard Progressive Matrices
- c. Colored Progressive Matrices
- d. Bhatia's Battery of Performance Intelligence
- e. Multiple Intelligence Inventory

Unit III: Adjustment

- a. Bell's Adjustment Inventory
- b. Sinha Adjustment Inventory for college students
- c. Adjustment Inventory for School Students d. Mathew Maladjustment Inventory

Books for Study:

Anastasi, A. & Urbina, S. (2016). Psychological Testing (7th ed.) Boston: Pearson

Gregory, R. J. (2017). Psychological testing: History, principles and applications. Boston: Pearson.

Spores, J. (2013). Clinician's Guide to Psychological Assessment and Testing. New York: Springer Publishing

Cohen, R. J., Swerdlik. M., &Sturman, E. (2012). Psychological Testing and assessment: An Introduction to tests and measurement. (8th ed.). USA: McGraw Hill

Instructions:

A minimum of eight assessment has to be completed. A brief introduction of Psychological Tests to provide and to be incorporated in the record Behavioral observation and introspective report to be included to aid discussion of results. A record should be maintained and should contain introduction, aim, method, result, discussion, conclusion and references (APA Format).

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	12-07-2021 To 17-07-2021	1	Syllabus Introduction, Introduction to psychological testing, assessments and batteries
		2	Types methods and characteristics of Psychological testing
		3	Norms, reliability and validity of tests
		4	Rapport, Testing etiquette and ethical considerations
2	19-07-2021 To 24-07-2021	5	Rapport establishing training
		6	Testing with Different population.
		7	Report writing etiquette and APA format
		8	Unit 1: Personality tests Personality tests- types and theories
3	26-07-2021 To 31-07-2021	9	Eysenck's Personality Questionnaire; Introduction and theory
		10	Eysenck's Personality Questionnaire: Administration
		11	Eysenck's Personality Questionnaire: Scoring
		12	Concept of lie score and Interpretation of the test
4	02-08-2021 To 07-08-2021	13	Discussion on interpreted scores: Psychoticism, Neuroticism and Extroversion and profiling
		14	Report submission and correction
		15	16 Personality Factor questionnaire: Introduction
		16	Administration
5	09-08-2021 To 14-08-2021	17	16 Personality Factor questionnaire: Scoring
		18	16 PF Interpretation and profiling
		19	Report Presentation and Correction/ Verification
		20	Unit 2: Intelligence tests Introduction
6	16-08-2021 To 21-08-2021	21	Theories, types and concept of I.Q
		22	Seguin Form Board; Test introduction, training on apparatus and administration.
		23	Administration continuation

No of Weeks	Dates	Session	Topic
		19 August	Moharam/Onam Vacation
		20 August	Onam Vacation
		21 August	Onam Vacation
7	23-08-2021 To 28-08-2021	23 August	Onam Vacation
		24 August	Onam Vacation
		25 August	Onam Vacation
		26 August	Onam Vacation
		27 August	Onam Vacation
		28 August	Onam Vacation
8	30-08-2021 To 04-09-2021	30 August	Onam Vacation
		24	Seguin Form Board; Scoring and interpretation
		25	Discussion on scores and I.Q Classification
		26	Discussion on report preparation
		27	Report submission and correction
9	06-09-2021 To 11-09-2021	28	Bhatia's Battery of Performance Intelligence: Test Introduction
		29	Training on Bhatia's battery apparatus and administration
		30	Administration continuation
		31	Bhatia's Battery: Scoring and interpretation
10	13-09-2021 To 18-09-2021	32	Discussion based on interpretation and report preparation.
		33	Report submission and correction
		34	Multiple Intelligence Scale: Concept of Multiple Intelligence: theory and types
		35	Training on apparatus and administration
11	20-09-2021 To 25-09-2021	36	Administration of MIS
		37	Scoring and Interpretation of MIS
		38	Report Submission and Correction/ Verification
		39	Unit 3: Introduction to Adjustment
12	27-09-2021 To 02-10-2021	40	Theories of adjustment, adjustment disorders
		41	Bell's Adjustment Inventory: Bell's theory, Administration of the inventory.
		42	Bell's Adjustment inventory Scoring and Interpretation
		43	Bell's Adjustment inventory discussion based on interpretation
13	04-10-2021 To 09-10-2021	44	Report submission and Correction
		45	Sinha Adjustment Inventory for college students: Theory explanation
		46	Administration
		47	AICS: Scoring and interpretation
14	11-10-2021	48	Discussion based on interpretation and report

No of Weeks	Dates	Session	Topic
	To 16-10-2021		preparation
		49	Report submission and correction
		50	Adjustment Inventory for School Students: Theory and introduction of test
		14 October	Mahanavami/Study Leave
		15 October	Vijayadasami/ Study Leave
15	18-10-2021 To 23-10-2021		Study Leave
			Study Leave
			IV Semester University Examination
			IV Semester University Examination
16	25-10-2021 To 30-10-2021		IV Semester University Examination
			IV Semester University Examination
			IV Semester University Examination
			IV Semester University Examination
17	01-11-2021 To 06-11-2021		IV Semester University Examination
			IV Semester University Examination
		51	Training on administration of AISS on school student participants: Process, steps, consent form and procedure
		4 November	Diwali
		52	Administration
		53	Adjustment Inventory for School Students : Scoring
18	08-11-2021 To 13-11-2021	54	AISS Interpretation
		55	AISS test Discussion and report preparation
		56	Rough Report work consolidation and verification
		57	Training on other important available psychological tests
		58	Training on other important available psychological tests
		59	Training on other important available psychological tests
19	15-11-2021 To 19-11-2021	60	APA Format Finalisation
		61	Fair Practical report submission and correction
		62	Fair Practical report submission and correction
		63	Fair Practical report submission and correction
		64	Q&A Discussion
		65	Q&A Discussion
20	22-11-2021 To 26-11-2021	66	Mock rapport establishment practice
		67	Mock administration test
		68	Mock administration test
		69	Mock Viva
		70	Mock Viva
		71	Final revision

No of Weeks	Dates	Session	Topic
21	29-11-2021 To 03-12-2021	72	Final revision
			Internal Examination
			Internal Examination
			Internal Examination
			Internal Examination
			Internal Examination
22	06-12-2021 To 10-12-2021		Internal Examination
			Study Leave
			Study Leave
			Study Leave
23	13-12-2021 To 17-12-2021		Study Leave
			Study Leave
			Study Leave
			Study Leave
24	20-12-2021 To 24-12-2021		Study Leave
			Study Leave
			Study Leave
			Christmas Vacation
			Christmas Vacation
25			Christmas Vacation
			Christmas Vacation
			Christmas Vacation
			Christmas Vacation