



# DON BOSCO ARTS AND SCIENCE COLLEGE

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## Attainment of Course Outcomes and Program Outcomes in Outcome Based Education (OBE)

Department Name ...PSYCHOLOGY....

### PO Statements :

#### PO 1. ACADEMIC PURSUIT

Capacitating one's potentials to acquire knowledge through critical thinking, creative and innovative methods, and interventions.

Learning career management skills to find solutions to problems in the present and future.

#### PO 2 MORALLY UPRIGHT CITIZENSHIP

Honing individuals with sound character built on moral and spiritual values.

#### PO 3 EFFECTIVE COMMUNICATORS

Articulating oneself through oral and written modern languages.

Mastering English Language as a passport to global citizenship.

#### PO 4 SOCIALLY RESPONSIBLE

Moulding individuals committed to the service of the needy.

Cultivating interdependency through inclusive relationship, gender equality and mutual accountability.

#### PO 5 ENVIRONMENT COMMITTED

Shaping environmentally conscious citizens to contribute towards the well-being of society and humanity at large.

**1. Understand the nature and basic concepts of individual differences, cognitive processes and social behavior.**

**2. Analyze and evaluate the psychological process behind human behavior in social, community, clinical and organizational setting through self- development practices, experiments, psychometric testing, field exposures**

**3. Conceptualize the importance and role of experimental, clinical, counselling, health and positive psychology**

**4. Practice scientific inquiry and critical thinking in the process of understanding human behavior**

**5. Assimilate the nature and reasons of human behaviour with reference to one's**

environment and demonstrate ethical and social responsibility in a diverse world

CO/Semester :

Semester 1			
Statements		Activities	Assessment mechanism
<b>1C 01PSY ELEMENTS OF HUMAN PHYSIOLOGY</b>	1. Understand the basic human body functioning	Power point Presentation	Class test
	2. Acquire knowledge regarding physiology of cardiovascular, respiratory, digestive and excretory systems	Chart preparation	Assignment
	3. Analyze the human body's protective mechanism and survival system	Interactive sessions	Debate
	4. Explain the underlying systems of reproduction	Diagram practice	Note preparation
<b>1B02 PSY SELF DEVELOPMENT PRACTICE- PRACTICAL 1</b>	1. Understand the basics of effective communication and presentation.	Power point Presentation	Class test
	2. Examine communication and presentation skills of self and others	2. Listen and Draw	Group discussion
	3. Implementation of positive communication in daily life.	Interactive sessions	Debate
	4. Develop essential skills for interpersonal communication	Role play	Discussion
<b>1B01 PSY BASICS OF PSYCHOLOGY</b>	1. Familiarise the roots of discipline and the way it has developed	Reading, discussion & lecturing	Class test
	2. Understanding historical thoughts and modern perspectives with which the psychologist pursues their studies	Reading, discussion & lecturing	Class test
	5. Understanding the theories of learning and models of memory and analyze the way in which behavior is explained	Flowchart, reading and discussion	Evaluation of notes & class test

## Semester 2

Statements		Activities	Assessment mechanism
<b>2B03 PSY SELF DEVELOPMENT PRACTICES-PRACTICAL 2</b>	1. Understand strategies for developing self	Write a personal manifesto	Assignment
	2. Identify the barriers for effective listening and interviewing skill	Interactive sessions	Debate
	3. Apply theoretical knowledge to enhance listening skill, analytical skill and interviewing skill	Usage of Microsoft power point and video	Class test
	4. Create a positive learning environment through eliminating stress by practicing relaxation exercises	Demonstrations	Assignment
<b>2B03 PSY COGNITIVE PROCESS</b>	1. Understand the basic concept of cognitive process & explain various theoretical explanations of the same	Microsoft power point presentation and discussion	Class test
	2. Differentiate between controlled and automatic cognitive processing	Discussion and reflective activities	Evaluation of notes on class test and peer assessment
	3. Apply the principle for cognition for self development	Reflective activities	Peer and self assessment
<b>2C02 PSY PHYSIOLOGICAL PSYCHOLOGY</b>	1. Understand Chromosomal Anomalies & Disorders.	Video presentation	Debate
	2. Analyze evolutionary and genetic perspectives of behavior	Graphical representation	Discussion
	3. Describe sensory system and its functioning	Drawing Exercise	Assignments
	4. Identify sensation in relation to perception.	Discussion	Presentations
	5. Explain pain behaviour and common disorders related to sensory organs.	Lecture	Class test

## Semester 3

Statements		Activities	Assessment mechanism
<b>3B06PSY EXPIRIMENTA L PSYCHOLOGY PRACTICAL 1</b>	1. Learn to demonstrate the psychological concepts in lab settings.	Usage of Microsoft power point	Group Discussion
	2. Learn to administer psychological tests.	Interactive sessions	Demonstration
	3. Learn to interpret psychological test results.	Microsoft power point	Class test
	4. Apply psychological experiments for the subjective evaluation and conceptualization.	Demonstrations	MCQ
	5. Able to prepare psychological lab report.	Usage of Microsoft Power point	Class test
<b>3C03 PSY NEUROBIOLO GICAL PERSPECTIVE</b>	1. Identify structure and functions of neuron.	PPT Presentation	MCQ
	2. Understand organization of nervous system	Video presentation	Evaluative report
	3. Analyze influence of hormones on behavior	Diagrams	Notes making
	4. Evaluate behaviors based on neurobiological perspectives	Discussion	Assignment presentations
	5. Create insight about neural basis of behavior	Activity based learning	Class test
<b>3B05 PSY PSYCHOLOGY OF INDIVIDUAL DIFFERENCES</b>	1. Understand basic concepts of emotion, motivation, intelligence and personality	Reading and discussion	Class test
	2. Explain various theoretical views regarding emotion, motivation, intelligence and personality	Assignment and discussion	Class test
	3. Understand the psychology of gender	Discussion and debate	Evaluation of report

	4. Examine the various theoretical view identify reason for different types of behavior in the same context using theories of emotion, motivation, intelligence and personality	Discussion and reflective activity	Peer and self assessment
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### Semester 4

<b>Statements</b>		<b>Activities</b>	<b>Assessment mechanism</b>
<b>4B08 PSY EXPERIMENTAL PSYCHOLOGY PRACTICAL- 2</b>	1. Learn to demonstrate the psychological concepts in lab settings.	Usage of Microsoft power point	Group Discussion
	2. Learn to administer psychological tests.	Interactive sessions	Demonstration
	3. Learn to interpret psychological test results.	Microsoft power point	Class test
	4. Apply psychological experiments for the subjective evaluation and conceptualization.	Demonstrations	MCQ
	5. Able to prepare psychological lab report.	Usage of Microsoft Power point	Class test
<b>4C04 PSY BIO PSYCHOLOGY</b>	1. Understand the biological basis of behaviour- motivation, sleep, learning, memory and emotion.	PPT Presentation	Discussions
	2. Analyze the physiological process underlying psychological process.	Video presentation	PPT presentation
	3. Understand the neural basis of emotion and sexual behaviour	Diagrams	MCQ
	4. Evaluate the biological process underlying level of consciousness.	Discussion	Library visit
	5. Recognize the biological processes behind learning and memory	Activity based learning	Diagram practice

<b>4B07PSY LIFE SPAN DEVELOPMENT I</b>	1. Acquire basic knowledge about meaning, principles and issues related to the project of the development process	Reading and discussion	Evaluation of the notes
	2. Understand the periods of childhood development and their characteristics.	Flow chart preparation and power point presentation	Class test
	3. Explain various aspects of development	Lectures and concept map	Evaluation of notes
	4. Understand teratology and hazards to prenatal development	Power point presentation	viva voce
	5. Understand various theories of development	Lectures and discussion	Class test
<b>Semester 5</b>			
<b>Statements</b>		<b>Activities</b>	<b>Assessment mechanism</b>
<b>5B11PSY PSYCHOLOGY OF LIFE STYLE</b>	1. Define the concept of health in psychology.	Usage of Microsoft power point	Class test
	2. Understand the concepts of life style, causes of stress, effects and stress management	Interactive sessions	Debate
	3. Explain psychological factors influencing health-related behaviors	Chart preparation	Assignment
	4. Conceptualize determinants of health and ill-health with reference to socio demographic factors.	Interactive sessions	Debate
	5. Design strategies for improving health related behaviors and preventing addictions.	Wall Magazines	Assignment
	6. Create habits of physical exercises towards building a healthy lifestyle	Role play	Note Checking
<b>5B09 PSY LIFE SPAN DEVELOPMENT II</b>	1. Acquire basic knowledge about meaning, principles and issues related to the project of the development process	Reading and discussion	Evaluation of the notes

	2. Understand the periods of childhood development and their characteristics.	Flow chart preparation and power point presentation	Class test
	3. Explain various aspects of development	Lectures and concept map	Evaluation of notes
	4. Understand teratology and hazards to prenatal development	Power point presentation	viva voce
	5. Understand various theories of development	Lectures and discussion	Class test
<b>5B10 PSY SOCIAL BEHAVIOR</b>	1. Understand and analyze individual behavior in social context	Reading lectures and observation	Evaluation of observation report and class test
	2. Understand various theories explaining causes of social behavior and resulting problems	power point presentation and discussion	Evaluation of concept map
	3. Understand the concept of the social perception, cognition, attitude and process of attitude change	Power point presentation and discussion	Class test
	4. Evaluate the idea of social influence and group influence in social life	Reflective activity and discussion	Presentation
<b>5B13 PSY PSYCHOLOGICAL TESTING AND PRACTICAL WORK</b>	1. Understand basics of psychological testing	1, Test administration	Evaluation of the report class test
	2. Acquire skills to administer psychological test	Analyzing and interpreting test results	Lab assessment
	3. Make the student able to evaluate and interpret psychological attributes and test results	Preparation of psychological test report	Class test
	4. Prepare psychological test report	Notes writing	Practice
<b>5B12 PSY ABNORMAL PSYCHOLOGY</b>	1. Conceptualizing abnormality and analyze factors contributing to abnormal behavior	Conceptualizing the subject	MCQ
	2. Understand existing classification systems –DSM 5	Review of the reference text book	Notes preparation

	and ICD 11		
	3. Evaluate the multiple influences of abnormal behavior as viewed from bio-psycho-socio-cultural perspectives	PPT Presentations	Assignment
	4. Analyzing the symptomatology of anxiety, affective, psychotic spectrum disorders and childhood disorders for enhanced understanding of psychopathology	Discussions	Unit test
<b>Semester 6</b>			
<b>Statements</b>		<b>Activities</b>	<b>Assessment mechanism</b>
<b>6B 14PSY FRONTIERS IN PSYCHOLOGY</b>	1. Familiarize major areas of applied psychology.	Usage of Microsoft power point	Class test
	2. Understand basic concepts in educational, sports, positive, community, Environmental, peace, military, forensic, cyber, criminal, media, population, political, neuro, psycho-oncology, rehabilitation and clinical psychology.	Chart preparation	Assignment
	3. Describe the roles and analyze the opportunities of psychologist in educational, sports, positive, community, environmental, peace, military, forensic, cyber, criminal, media, population, political, neuro, psycho-oncology, rehabilitation and clinical psychology.	Interactive session with the person who familiar in each area	Debate
<b>6B17 PSY PSYCHOLOGI CAL TESTING - PRACTICAL 2</b>	1. Understand the basics of the psychological testing.	Test administration	MCQ



	2. Demonstrate skills to measure psychological functions with psychological tests.	Analyzing and interpreting test results	Group Activity
	3. Make the student able to evaluate and interpret psychological attributes and test results	Preparation of psychological test report	Practices
	4. Prepare psychological test report	Discussions	Demo test
<b>6B16 PSY Organizational behavior</b>	1. Understand the basic concept of organizational behavior.	Discussion and power point presentation	Group activities
	2. Create awareness about factors influence work motivation in terms of various theories	Power point and discussion	Discussions
	3. Evaluate the process involved in organization	Assignment	Class test
	4. Understand organizational structure, design and organizational culture and its determinants	Discussion and observation	Motivation test
	5. Explain work stress and its management	Presentation and discussion	Note checking
	6. Create strategies to motivate employees in an organization	Assignment	Presentations
<b>6B 18 PSY PRACTICUM</b>	1. Assimilate the roles of psychologists in applied areas	Agency visit	Evaluation
	2. Identify settings where the psychological principles could be applied.	Agency visit	Group discussion
	3. Analyze practical application of psychological principles in real life situations.	Visiting the industry	Report writing
	4. Apply the expertise to design and conduct sessions on psychological issues at school and community settings.	Interviewing the employers	Presentation
	5. Demonstrate social responsibility of psychologist	Debate with resource persons	Discussions