



Faculty of Humanities and Social Sciences

**Scheme of Examination and Syllabus for
Under Graduate Programme**

**Under Multiple Entry and Exit, Internship and
CBCS-LOCF as per NEP-2020
w.e.f. session 2024-25 (in phased manner)**

Subject: Psychology



**Guru Jambheshwar University of Science
& Technology Hisar-125001, Haryana
(A+ NAAC Accredited State Govt. University)**



Guru Jambheshwar University of Science and Technology
Hisar-125001, Haryana
(‘A+’ NAAC Accredited State Govt. University)



Name of the Programme: Bachelor of Arts

Subject: Psychology

Scheme of Examination & Syllabus for affiliated Degree College for UG Programme

According to National Education Policy-2020

FIRST YEAR

SEMESTER-I								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs.)
Discipline Specific Course	C24PSY101T	Foundations of Psychology-I	3	3	20	50	70	2.5
	C24PSY101P	Foundations of Psychology-I Lab	1	2	10	20	30	2
Minor Course/ Vocational Course	C24MIC120T	Understanding Psychology-I	2	2	15	35	50	2
Multidisciplinary Course	C24MDC125T	Stress Management	3	3	25	50	75	2.5
Skill Enhancement Course	C24SEC119T	Assessment of Personality	2	2	15	35	50	2
	C24SEC119P	Assessment of Personality Lab	1	2	10	15	25	2
Value Added Course	C24VAC121T	Psychology of Happiness and Well-Being	2	2	15	35	50	2
SEMESTER-II								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Discipline Specific Course	C24PSY201T	Foundations of Psychology-II	3	3	20	50	70	2.5
	C24PSY201P	Foundations of Psychology-II Lab	1	2	10	20	30	2
Minor Course/ Vocational Course	C24MIC220T	Understanding Psychology-II	2	2	15	35	50	2
Multidisciplinary Course	C24MDC225T	Personality Development	3	3	25	50	75	2.5
Skill Enhancement Course	C24SEC219T	Assessment of Intelligence	2	2	15	35	50	2
	C24SEC219P	Assessment of Intelligence Lab	1	2	10	15	25	2
Value Added Course	C24VAC221T	Psychology of Everyday Life	2	2	15	35	50	2

Programme Outcomes:

- PO1 Enable student to understand the key concepts of psychology.
- PO2 Enable students to deal with the stress and strains of life.
- PO3 Enable students to inculcate the language proficiency skills and human values.

Psychology
Foundations of Psychology I (Semester I)
Discipline Specific Course (DSC)

Course Code: C24PSY101T
45 Hrs. (3 Hrs./Week)
Credit : 3
Exam Time: 2.5 Hrs.

External Marks : 50
Internal Marks : 20
Total Marks: 70

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Objective: *Enable students in understanding human behavior and emotion. Enable students in understanding theories of personality and intelligence.*

Unit-I

Introduction: Nature and Scope of Psychology; Psychology as a Science.
Methods to Study Behavior: Experimental and observation.

Unit-II

Emotion: Nature, Physiological correlates and Theories: James-Lange, Cannon- Bard and Schachter-Singer
Perception: Laws, Depth perception and illusion.

Unit – III

Personality: Nature, Theories: Allport, Cattell and Eysenck.
Intelligence: Nature, Theories: Spearman, Thurstone, and Cattell.

Foundations of Psychology I Lab

Course Code: C24PSY101P
30 Hrs. (2 Hrs./Week)
Credit : 1
Exam Time: 2 Hrs.

External Marks : 20
Internal Marks : 10
Total Marks: 30

1. NEO-FFI/ Personality Test
2. Motivation
3. Study of Emotions.
4. EPQ
5. Verbal Test of Intelligence.
6. Performance Test of Intelligence/RPM.
7. Behaviour Observation
8. Form perception/ Depth perception

References:

1. Baron, R.A & Misra, G.(2014). Psychology. New Delhi: Pearson Education.
2. Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.
3. Singh A. and Singh U.(1984). Samanya Manovigyan. Bhiwani: Vaidic Prakashan.
4. Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsidas.
5. Eysenck, M. W. (2009). Fundamentals of psychology. Hove, East Sussex: Psychology Press, Taylor & Francis Group.
6. Morgan, C. T. (1956). Introduction to psychology. New York, NY: McGraw-Hill.
7. Chaudhary Vishwa. Introduction to psychology. New Delhi: Prateeksha Publication.

Course Outcome:

At the end of the course the students would be able to:

- CO1 Understand the nature and process of human behavior.
- CO2 Comprehend theoretical concepts of emotion and perception.
- CO3 Understand various theories of personality and intelligence.

Psychology
Understanding Psychology-I (Semester I)
Minor Course (MIC)

Course Code: C24MIC120T
30 Hrs. (2 Hrs./Week)
Credit : 2
Exam Time: 2 Hrs.

External Marks : 35
Internal Marks : 15
Total Marks: 50

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to that four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Objective: *Enable students in understanding the nature of psychology by employing the methods of study. Enable students in understanding the nature and types of learning and memory.*

Unit-I

Psychology: Nature, Historical background, Emergence of Psychology as a Science. Methods: Experimental, Interview, Observation

Unit-II

Learning: Nature and meaning. Classical and Instrumental Conditioning. Memory: Nature, Factors Affecting Memory. Types of Memory.

References:

1. Baron, R.A & Misra, G. (2014). Psychology. New Delhi: Pearson Education.
2. Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.
3. Singh. A. and Singh. U. (1984). Samanya Manovigyan. Bhiwani: Vaidic Prakashan.
4. Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsidas.

Course Outcome:

At the end of the course the students would be able to:

- CO1 Get understanding of study methods of psychology.
- CO2 Get understanding of learning process in psychology.
- CO3 Get understanding of memory process in psychology.

Psychology
Stress Management (Semester I)
Multi-Disciplinary Course (MDC)

Course Code: C24MDC125T
45 Hrs (3 Hrs/Week)
Credit : 3
Exam Time: 2.5 Hrs

External Marks : 50
Internal Marks : 25
Total Marks: 75

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Objectives: *Enable students in understanding nature of stress and its impact on health as well as in managing stress by employing different strategies or techniques.*

Unit-I

Introduction to Stress

Definition and types of stress

Symptoms of stress: Physical, emotional, cognitive, and behavioral

Sources of stress: Environmental, social, psychological, and occupational

Unit-II

Impact of stress on health: Cardiovascular system, Endocrine system, Immune system

Assessment of stress: Perceived Stress Scale

Unit-III

Managing Stress: Techniques and Approaches

Yoga Practices: Types and impact on stress

Meditation, Biofeedback Techniques, Mindfulness: Practices and benefits

Relaxation training: Progressive muscle relaxation, deep breathing exercises

Developing resilience: Strategies and practices

References:

1. Greenberg, J. S. (2017). *Comprehensive Stress Management* (14th Ed.). McGraw-Hill Education.
2. Sarafino, E. P., & Smith, T. W. (2016). *Health Psychology: Biopsychosocial Interactions* (9th Ed.). Wiley.
3. Barlow, D. H. (2002). *Anxiety and Its Disorders: The Nature and Treatment of Anxiety and Panic* (2nd Ed.). Guilford Press.
4. Kabat-Zinn, J. (2013). *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. Bantam.
5. Goleman, D. (1997). *Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health*. Shambhala Publications.
6. Sapolsky, R. M. (2004). *Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping* (3rd Ed.). Holt Paperbacks.
- 7.

Course Outcome:

At the end of the course the students would be able to:

- | | |
|-----|---|
| CO1 | Able to understand the nature and sources of stress. |
| CO2 | Analyse the impact of stress on various body systems. |
| CO3 | Able to apply effective stress management techniques. |

Psychology
Assessment of Personality (Semester I)
Skill Enhancement Course (SEC)

Course Code: C24SEC119T
30 Hrs. (2 Hrs./Week)
Credit : 2
Exam Time: 2 Hrs.

External Marks : 35
Internal Marks : 15
Total Marks: 50

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to that four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Objectives: *Enable students in understanding the nature and development of personality. Enable students in understanding the different view points of psychologists about personality.*

Unit-I

Definition and concept of personality Historical perspectives on personality theories
Approaches to personality: Type and trait theories, Psychodynamic approaches, Social cognitive theories and Humanistic theories

Unit-II

Key Theories and Models of Personality
Gordon Allport's Trait Theory
Raymond Cattell's 16 personality factor
Hans Eysenck's PEN Model (Psychoticism, Extraversion, Neuroticism)
The Big Five Personality Traits (OCEAN: Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism)
Carl Rogers' Self Theory

Assessment of Personality Lab

Course Code: C24SEC119P
30 Hrs. (2 Hrs./Week)
Credit : 1
Exam Time: 2 Hrs.

External Marks : 15
Internal Marks : 10
Total Marks: 25

Tools and Methods of Personality Assessment
Objective tests: Self-report inventories
16 Personality Factor (16PF)
Questionnaire Eysenck Personality Questionnaire (EPQ) NEO Personality Inventory (NEO-PI-R)
Projective tests: Rorschach Inkblot Test
Thematic Apperception Test (TAT)

References:

1. Schultz, D. P., & Schultz, S. E. (2016). Theories of Personality (11th Ed.). Cengage Learning.
2. Eysenck, H. J., & Eysenck, M. W. (2017). Personality and Individual Differences: A NaturalScience Approach (2nd Ed.). Springer.
3. McCrae, R. R., & Costa, P. T. (2012). Introduction to the Five-Factor Model and Its Applications. Journal of Personality.
4. Funder, D. C. (2019). The Personality Puzzle (8th Ed.). W.W. Norton & Company.
5. Pervin, L. A., & Cervone, D. (2010). Personality: Theory and Research (12th Ed.). Wiley.

Course Outcome:

At the end of the course the students would be able to:

- | | |
|-----|--|
| CO1 | Understand the foundational concepts and historical perspectives on personality. |
| CO2 | Analyze key theories and models of personality. |
| CO3 | Evaluate various tools and methods for assessing personality. |
| CO4 | Apply personality assessment tools in practical settings. |

Psychology
Psychology of Happiness and Well-being (Semester I)
Value Added Course (VAC)

Course Code: C24VAC121T
30 Hrs. (2 Hrs./Week)
Credit : 2
Exam Time: 2 Hrs.

External Marks : 35
Internal Marks : 15
Total Marks: 50

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to that four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Objective: *Enable students in understanding the nature of wellbeing and the techniques to enhance the level of wellbeing.*

Unit-I

The concept of well-being: Hedonic and eudaimonic views
Nature and dimensions of well-being.
Happiness and Positive Emotions: Hope, Gratitude, Forgiveness and Self-efficacy.

Unit-II

Personal factors and well-being: The role of emotional intelligence, resilience, empathy, and prosocial behavior. Wellbeing at workplace.
Happiness: Assessment and Interventions, Oxford Happiness Scale (Hills and Argyle,2002), Psychological well-being scale (Ryff and Keyes, 1995).
Mindfulness-Based Interventions in happiness & wellbeing. Stress coping and wellbeing

References:

1. Seligman, M. E. (2002). Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment. Simon and Schuster.
2. Baumgardner, S. R. (2015). Positive psychology. Pearson Education India.
3. Ryff, C. D., & Singer, B. H. (Eds.). (2001). Emotion, social relationships, and health. Oxford University Press.
4. Zinn. J. K. (2017). Mindfulness for Beginners, Jaico Publishing House.

Course Outcomes:

At the end of the course the students would be able to:

- CO1 Analyze the impact of stress on various body systems.
- CO2 Evaluate personal factors affecting well-being
- CO3 Apply interventions for enhancing happiness and well-being

Psychology
Foundations of Psychology II (Semester II)
Discipline Specific Course (DSC)

Course Code: C24PSY201T
45 Hrs. (3 Hrs./Week)
Credit : 3
Exam Time: 2.5 Hrs.

External Marks : 50
Internal Marks : 20
Total Marks: 70

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Objective: *The four major objectives of psychology are to describe, explain, predict, and change or control behaviors. These goals are the foundation of most theories and studies in an attempt to understand the cognitive, emotional, and behavioral processes that people face in their daily lives.*

Unit-I

Attention: Nature and Characteristics, Types- Selective and Divided attention
Psychophysics: Problem and methods of psychophysics

Unit-II

Learning: Definition, Theories- Classical Conditioning, Operant Conditioning, Observational learning, Insight Learning.

Unit – III

Memory: Definition, STM, LTM, Methods to study memory
Forgetting- Nature and meaning, Factors leading to forgetting, Theories- Decay or disuse theory, Interference theory, Preservation-consolidation theory.

Foundations of Psychology II Lab

Course Code: C24PSY201P
30 Hrs. (2 Hrs./Week)
Credit : 1
Exam Time: 2 Hrs.

External Marks : 20
Internal Marks : 10
Total Marks: 30

1. Serial position effect
2. STM
3. LTM
4. Muller Lyre Illusion
5. Span of Attention
6. Retroactive inhibition
7. AL by Methods constant stimuli
8. DL by methods of limits

References:

1. Baron, R.A & Misra, G.(2014). Psychology. New Delhi: Pearson Education.
2. Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.
3. Singh. A. and Singh. U.(1984). Samanya Manovigyan. Bhiwani: Vaidic Prakashan. Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsidas.
4. Eysenck, M. W. (2009). Fundamentals of psychology. Hove, East Sussex: Psychology Press, Taylor & Francis Group.
5. Morgan, C. T. (1956). Introduction to psychology. New York, NY: McGraw-Hill.
6. Chaudhary Vishwa. Introduction to psychology. New Delhi: Prateeksha Publication.

Course Learning Outcomes:

At the end of the course the students would be able to :

- | | |
|-----|---|
| CO1 | Able to understand the nature of attention and problems of psychophysics. |
| CO2 | Able to understand theories and processes of learning. |
| CO3 | Able to understand memory processes and problem so |

Psychology
Understanding Psychology-II (Semester II)
Minor Course (MIC)

Course Code: C24MIC220T
30 Hrs (2 Hrs/Week)
Credit : 2
Exam Time: 2 Hrs

External Marks : 35
Internal Marks : 15
Total Marks: 50

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to that four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Objective: *Enable students in understanding the nature of personality and intelligence. Enable students in measuring personality and intelligence by using standardized tools.*

Unit-I

Personality: Nature, Factors Affecting and Theories: Allport, Cattell and Eysenck.
Assessment of personality- EPQ, Big Five factor

Unit-II

Intelligence: Nature, Factors Affecting and Theories: Spearman, Thurstone, and Cattell.
Measurement of intelligence: Verbal tests, performance tests

References:

1. Baron, R.A & Misra, G. (2014). Psychology. New Delhi: Pearson Education.
2. Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.
3. Singh. A. and Singh. U.(1984). Samanya Manovigyan. Bhiwani: Vaidic Prakashan.
4. Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsidas.

Course Outcomes:

At the end of the course the students would be able to:

- | | |
|-----|---|
| CO1 | Understand the nature and factors affecting personality |
| CO2 | Assess personality using EPQ and Big Five factors. |
| CO3 | Understand the nature and factors affecting intelligence. |

Psychology
Personality Development (Semester II)
Multi-Disciplinary Course (MDC)

Course Code: C24MDC225T
45 Hrs (3 Hrs/Week)
Credit : 3
Exam Time: 2.5 Hrs

External Marks : 50
Internal Marks : 25
Total Marks: 75

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Objectives: *Enable students in understanding the nature and development of personality and self concept.enable the students in applying techniques for enhancing personal growth.*

Unit-I

Introduction to Personality and Self-Concept

Definition and historical perspectives of personality
Importance of understanding personality
Determinants of personality: Biological, psychological, and social factors
Self-concept: Components and development

Unit-II

Applied Techniques for Personality Development

Self-confidence, self-esteem, and self-efficacy: Definitions and enhancement techniques
Self-image and its impact on personality
Techniques for self-reflection and self-awareness
Goal setting: SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound)
SWOT analysis: Personal strengths, weaknesses, opportunities, and threats
Johari Window: Enhancing self-awareness and interpersonal communication

Unit – III

Advanced Applications and Individual Differences-Understanding individual differences in personality

Role of culture and environment in shaping personality
Strategies for overcoming personal challenges and enhancing personal growth
Integration of personality development in professional and personal life
Barriers to personality development

References:

1. Covey, S. R. (2004). *The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change*. Free Press.
2. Branden, N. (1995). *The Six Pillars of Self-Esteem*. Bantam.
3. Hurlock, E. B. (1978). *Personality Development*. Tata McGraw-Hill Education.
4. Ryckman, R. M. (2013). *Theories of Personality (10th Ed.)*. Cengage Learning.
5. Burger, J. M. (2018). *Personality (10th Ed.)*. Cengage Learning.

Course Learning Outcomes:

At the end of the course the students would be able to:

- CO1 Understand foundational concepts and historical perspectives of personality development.
- CO2 Develop self-awareness and self-improvement techniques.
- CO3 Apply goal-setting strategies to enhance personal growth.

Psychology
Assessment of Intelligence (Semester II)
Skill Enhancement Course (SEC)

Course Code: C24SEC219T
30 Hrs. (2 Hrs./Week)
Credit : 2
Exam Time: 2 Hrs.

External Marks : 35
Internal Marks : 15
Total Marks: 50

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to that four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Objective: *Enable students in understanding the nature of intelligence by considering viewpoints of different psychologists*

Unit-I

Introduction to Intelligence

Definition and concepts of intelligence
Importance of understanding intelligence
Nature vs. Nurture debate in intelligence
Historical perspectives on intelligence assessment

Unit-II

Theories and Models of Intelligence

Spearman's g factor and s factors
Sternberg's Triarchic Theory: Analytical, creative, and practical intelligence
Gardner's Multiple Intelligences
Thurstone's Primary Mental Abilities

Assessment of Intelligence Lab

Course Code: C24SEC219P
30 Hrs. (2 Hrs./Week)
Credit : 1
Exam Time: 2 Hrs.

External Marks : 15
Internal Marks : 10
Total Marks: 25

Wechsler Adult Intelligence Scale (WAIS)
Wechsler Intelligence Scale for Children (WISC)
Jalota Test of Mental Ability
Bhatia Battery
Raven's Progressive Matrices (RPM) Seguin Form Board Test

References:

1. Kaplan, R. M., & Saccuzzo, D. P. (2018). *Psychological Testing: Principles, Applications, and Issues* (9th Ed.). Cengage Learning.
2. Flanagan, D. P., & Harrison, P. L. (2012). *Contemporary Intellectual Assessment: Theories, Tests, and Issues* (3rd Ed.). Guilford Press.
3. Sternberg, R. J., & Kaufman, S. B. (2011). *The Cambridge Handbook of Intelligence*. Cambridge University Press.
4. Wasserman, J. D., & Tulsy, D. S. (2005). *Essentials of WISC-IV Assessment*. Wiley.
5. Jensen, A. R. (1998). *The g Factor: The Science of Mental Ability*. Praeger.
6. Gardner, H. (2011). *Frames of Mind: The Theory of Multiple Intelligences* (3rd Ed.). Basic Books.

Course Outcomes:

At the end of the course the students would be able to:

- CO1 Understand foundational concepts and historical perspectives on intelligence.
- CO2 Analyze key theories and models of intelligence.
- CO3 Evaluate various tools and methods for assessing intelligence.
- CO4 Apply intelligence assessment tools in practical settings.

Psychology
Psychology of Everyday Life (Semester II)
Value Added Course (VAC)

Course Code: C24VAC221T
30 Hrs (2 Hrs/Week)
Credit : 2
Exam Time: 2 Hrs

External Marks : 35
Internal Marks : 15
Total Marks: 50

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to that four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Objective: *Enable students in understanding key concepts of psychology. Enable students in understanding the importance of interpersonal relations.*

Unit-I

Overview of psychology: Meaning, goals, and fields of psychology
Practical applications of psychology in personal and professional life
Attention and Memory: Meaning, and types
Practical applications: Enhancing attention and memory

Unit-II

Emotions: Meaning and types. Emotional Intelligence
Interpersonal relationships: Attraction, communication, and conflict
Practical applications: Strategies of building healthy relationships

References:

1. Aronson, E. (2018). *The Social Animal* (12th ed.). Worth Publishers.
2. Davis, M., Eshelman, E. R., & McKay, M. (2019). *The Relaxation and StressReduction Workbook* (7th ed.). New Harbinger Publications.
3. Davis, M., Eshelman, E. R., & McKay, M. (2019). *The Relaxation and StressReduction Workbook* (7th ed.). New Harbinger Publications.
4. Goleman, D. (2005). *Emotional Intelligence*. Bantam.
5. Myers, D. G., & DeWall, C. N. (2019). *Psychology in Everyday Life* (5th ed.).Worth Publishers.
6. Seligman, M. E. P. (2011). *Flourish: A Visionary New Understanding ofHappiness and Well-being*. Free Press.

Course Outcomes:

At the end of the course the students would be able to:

- CO1 Understanding fundamental psychological concepts and their relevance to everyday life.
- CO2 Understanding of how psychology can be applied to enhance personal well-being and social functioning.
- CO3 Encouraging self-awareness, happiness and personal growth.