



HOLY CROSS COLLEGE (AUTONOMOUS)
Affiliated to Bharathidasan University
Nationally Accredited (4th Cycle) with A⁺⁺ Grade (CGPA 3.75/4) by NAAC
College with potential for Excellence
Tiruchirappalli – 620002



PG DEPARTMENT OF PSYCHOLOGY
Programme: M.Sc.

	Programme Outcomes <i>Upon completion of the M.Sc. Degree Programme, the graduate will be able to</i>
PO-1	Obtain quality education in the areas of Psychology and research activities
PO-2	Training in clinical field and practical skills to analyze deviant behavior of individuals with mental illness, assess, diagnose and categorize mental illness,
PO-3	Create and execute new ideas to develop entrepreneurial and managerial skills.
PO-4	Develop a local, regional, national and international perspective and be competent enough in the area of humanities.
PO-5	Acquiring skills in various areas of counseling to different segments of people and application of psychotherapies

	Programme Specific Outcomes <i>Upon completion of M.Sc. Degree Programme, the graduate would</i>
PSO-1	Application of knowledge, which can be used to understand concepts and improve education. Obtain knowledge in application of research.
PSO-2	Diagnosis of different mental disorders and mental health issues,
PSO-3	Develop skills of psychological assessment in employment areas, to enhance performance and relationships
PSO-4	Acquire knowledge for higher studies and to meet competitive exams.
PSO-5	Administer the skills of counseling and practice psychotherapeutic techniques.

**HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.
COURSE PATTERN (FOR THE STUDENTS ADMITTED 2021 onwards) DEPARTMENT OF
PSYCHOLOGY- M.SC., PSYCHOLOGY**

I-Semester

Semester	Code	Subject	Hours	Credits	Marks
I	P20PS1MCT01	Core Course-1 Advanced General Psychology	6	4	100
	P18PS1MCT02	Core course-2 Life Span Development	6	4	100
	P18PS1MCT03	Core Course-3 Advanced Social Psychology	6	4	100
	P20RP1MCT014	Core Course-4 Research Methodology	6	4	100
	P20AS1MET01/ P18PS1MET02	ELECTIVE-1 Organizational Behaviour/ Consumer Behaviour	4	4	100
		Value Education	1	-	
Library			1	-	
	Total		30	20	500

Course offered by the Department to other Department at UG Level

Semester	Code	Subject	Hours	Credits	Marks
I	U20PS1MCT01	Core Course-1- Clinical Psychology	4	-	100
	U20PS1ALT01	Allied-1- General Psychology	4	2	100

II-Semester

Semester	Code	Subject	Hours	Credits	Marks
II	P18PS2MCT05	Core course- 5 Personality Theories	6	4	100
	P21PS2MCT06	Core Course- 6 Psychopathology	6	4	100
	P20PS2MCP07	Core Course-7 Experimental Psychology-I	6	4	100
	P20PS2MCT08	Core Course-8 Counselling Psychology	6	4	100
	P20RP2MET03 / P21PS2MET04	Elective-2 Rehabilitation Psychology /Health Psychology	4	4	100
	P18PS2NMT01	Non Major Elective-1 Stress and Coping	1	-	
	Value Education	1	-		
Library			1	-	
	Total		30	25	600

Course offered by the Department to other Department at UG Level

Semester	Code	Subject	Hours	Credits	Marks
I	U20PS2ALT02	Allied 2 Counselling Psychology	4	2	100

For Students admitted from June 2021 onwards
HOLY CROSS COLLEGE (Autonomous), TIRUCHIRAPALLI-2
PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
First Year - Semester – I

Course Title	CORE COURSE 1-ADVANCED GENERAL PSYCHOLOGY
Total Hours	90
Hours/Week	6 Hrs Wk
Code	P20PS1MCT01
Course Type	Theory
Credits	4
Marks	100

General Objectives:

To enable the students to understand the basic concepts and theories of psychology.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the basic concepts and processing in sensory channels.
CO-2	Summaries different theories of learning, attention and perception.
CO-3	Relate the functioning of memory and motivation.
CO-4	Infer the fundamentals of emotion, intelligence and special aptitudes
CO-5	Attribute the process of thinking and formation of personality.

UNIT – I INTRODUCTION TO PSYCHOLOGY & SENSORY PROCESS 18 HRS

Definition- Psychology as a Behavioral Science - Methods of Psychology, Major sub fields of Psychology, Early Schools of Psychology: -Structuralism, Gestalt psychology, Functionalism, Behaviorism. Modern perspectives: - Behavioral, Biological, Cognitive, Social, Developmental, Humanistic and Psychoanalytic perspectives.

Sensory Processes: Sensory Channels - Characteristics of senses: Absolute Threshold, Differential Threshold. Sensory Adaptation. Sensory Processes: Vision, Hearing, Smell, Taste, Skin senses, Senses of equilibrium, kinesthetic sense.

Extra Reading /Key words: Putting psychological perspectives in perspective, Careers in Psychology.

UNIT – II BIOLOGICAL BASIS OF BEHAVIOR, ATTENTION AND PERCEPTION 18 Hrs

Biological basis of behavior: Receptors and its process-Neuron- structure, function, types and neurotransmitters, Central and peripheral nervous system- structure and functions, Muscular and glandular system: types and functions

Attention: Definition, types of attention, span of attention, models of attention

Perception: Definition, approaches to study perception: gestalt and physiological approach, Perceptual Constancies – size, shape and color illusion, Principles of Perceptual Organization- Movement Perception, Depth Perception- the Role of Motivation and Learning in Perception, Extra Sensory Perception (ESP).

Extra Reading /Key words: Perception of Art, Applying classical and Operant conditioning.

UNIT – III LEARNING, MEMORY AND FORGETTING 18 Hrs

Learning: -Classical conditioning, Operant conditioning, The Principle of Reinforcement, Multiple Response Learning Cognitive Learning: Latent Learning, Insight Learning and Imitation.

Memory: Definition, stages, process & theories about Memory: - Theory of General Memory Functions, Information Processing theories, the Levels of Processing Theory. Organization and Processes of Long-Term Memory - Retrieval from Long-Term Memory

Forgetting: -Meaning, theories of Forgetting ,Amnesia: Psychological and Biological Amnesias Improving Memory techniques.

Extra Reading /Key words: Computers improve eyewitness memory, Cultural influences on motivation.

UNIT- IV MOTIVATION AND EMOTION

18 Hrs

Motivation: - Nature of Motivation, Theories of Motivation- Drive theories, Incentive theories, Opponent Process theory, Optimal, Level theories, Psychoanalytic theory, Social Learning theory. Biological Motivation, Hunger, Thirst and Sexual Motivation. Social Motives: Achievement Motivation, Power Motivation and Aggression as Motive. Motives to know and to be effective: Stimulus and Exploration Needs, Effect on Motivation, and Self- Actualization Motive.

Emotion : Physiological responses in Emotion: - Theories of Emotion, James-Lange Theory, Cannon Bard Theory, Schachter-Singer Theory, Cognitive Appraisal Theory, Theory of Relationships among Emotions, limbic system, hormonal regulation of behavior, Emotional Intelligence. Frustration and Conflict: - Sources of frustration and Types of conflict.

Extra Reading /Key words: Truth in emotions-Lie detectors, Creativity and intelligence

UNIT –V INTELLIGENCE, THINKING & PERSONALITY

18 Hrs

Intelligence:-Definition of Intelligence, Theories of Intelligence- Factor Theories, Process Oriented Theories. Assessing Intelligence, Age changes in Intelligence: Stability of IQ, Growth of Intelligence, Individual Differences in Intelligence: Mental Sub-normality, Mentally Gifted, Genetic and Environmental Influences on Intelligence, Group Differences in Intelligence. **Thinking :** Definition, Types of Thinking, creative Thinking, Nature and stages, Characteristics of Creative Thinkers, Concept Formation- rules, types and strategies. Problem Solving: - Types, strategies and obstacles, Metacognition: meta cognitive knowledge and meta cognitive regulation.

Personality: -Definition, Type and Trait Theories of Personality, Dynamic Personality Theories, Learning and Behavioral Theories, Humanistic Theories.

Extra Reading /Key words: Discrepancy and personality disorders

Course Outcomes(CO):

The learners

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Demonstrate sensory process	PSO1	AN
CO-2	Summarize biological basis of behavior, attention and perception	PSO1	U
CO-3	Identify different types of learning, memory and forgetting	PSO1	AP
CO-4	Distinguish between emotion and mood	PSO1	AN
CO-5	Assess the areas of adjustment in old age	PSO3	E
CO-6	Evaluate the thinking, decision making and problem solving types and stages	PSO2	E

PSO – Programme Specific Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse

Prescribed text books

1. Morgan, C.T., King R.A., Weisz, J.R. and John Schopler, Introduction to Psychology (7th Edition) New Delhi: Tata McGraw Hill, 2008.
2. Hilgard, E.R., Atkinson, R.C., and Atkinson, R.L., Introduction to Psychology (6th Edition) New Delhi: POxford and IBH Publishing Co., 2003.

Books for Reference:

1. Robert, A. Baron, Psychology (5th Edition) New Delhi: Prentice Hall of India, 2004.
2. Mangal, S.K., General Psychology, New Delhi: Sterling Publishers, 2009.
3. Goleman, D. Emotional Intelligence, New York: Bantam Books, 1996

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HOLY CROSS COLLEGE (Autonomous), TIRUCHIRAPALLI-2
PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
First Year - Semester – I

Course Title	CORE COURSE – 2: LIFE SPAN DEVELOPMENT
Total Hours	90
Hours/Week	6 Hrs Wk
Code	P18PS1MCT02
Course Type	Theory
Credits	4
Marks	100

General Objectives:

To enable the students understand development through social, cognitive and biological theories and also address the developmental challenges they face across the life span.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Summarize the relevance of a physical developmental in early human life.
CO-2	Understand and apply the major theoretical concepts in early and late childhood.
CO-3	Recognize the major issues and developmental tasks in adolescence.
CO-4	Compare the vocational and family adjustment based on physical and psychological perspective.
CO-5	Outline the changes and hazards in old age.

UNIT-I INTRODUCTION AND PRENATAL DEVELOPMENT, INFANCY, BABYHOOD 18Hrs

Facts about Development, The Life Span, Developmental Tasks during the life span How life begins, the beginning, conception, period of prenatal development, factors affecting prenatal development, Hazards: Physical and Psychological. Characteristics, factors influencing adjustment to post-natal life, physical development, Hazards. Characteristics, Developmental Tasks, physical development, physiological functions Muscle control, speech development, play, development of understanding, personality Development, Happiness, Hazards.

Extra Reading /Key words: Genetic testing and Genetic engineering. The development of the nervous system.

UNIT – II EARLY CHILDHOOD, LATE CHILDHOOD 18Hrs

Characteristics, Developmental Tasks, physical development, skills, speech development, emotional development, social development, play, moral development, family relationship, personality development, Happiness, Hazards.

Characteristics, Developmental Tasks, physical growth, skills - speech development emotional expressions, social behaviour, play, interests, moral development, personality changes, Happiness, Hazards.

Extra Reading /Key words: Working mothers, Day care and child development. Making sense of moral development. Imaginary Playmates.

UNIT – III: PUBERTY, ADOLESCENCE 18Hrs

Characteristics, criteria, causes, age, growth spurt, body changes, effects of puberty changes, Happiness, Hazards.

Characteristics, Developmental Tasks, physical change, storm and stress, social change, interest, Morality, family relationship, personality changes, Happiness, Hazards.

Extra Reading /Key words: The youth violence epidemic. The development of faith across lifespan.

UNIT IV: MIDDLE AGE

18Hrs

Characteristics, Developmental tasks, Adjustment to physical changes, Assessment of adjustment of physical changes, Adjustment to mental changes, Adjustment to changed interest, Social adjustment, Personal and social hazards of middle age. Vocational and family adjustment, Vocational adjustment, Adjustment to singlehood, Loss of spouse, Retirement, Vocational and marital hazards.

Extra Reading /Key words: Does personality predict health and longevity.

UNIT V: OLD AGE

18Hrs

Vocational adjustment, Adjustment to retirement, Changes in family life, Remarriage in old age, Cohabitation in old age, Adjustment to singlehood in old age, Living arrangement for the elderly, Geographic mobility in old age, Vocational and family life hazards of old age, Assessment of adjustment to old age.

Extra Reading /Key words: Sensory changes and caring for the elderly.

Course Outcomes (CO):

The learners

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Categorize the development across different stages of life	PSO1	AN
CO-2	Summarize the developmental tasks of early and late childhood	PSO1	U
CO-3	Identify the characteristics of puberty and adolescence	PSO1	AP
CO-4	Distinguish between family and vocational adjustment	PSO1	AN
CO-5	Assess the areas of adjustment in old age	PSO3	E
CO-6	Evaluate the physical, emotional and social development across life.	PSO2	E

PSO – Programme Specific Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse

Prescribed text books

1. Elizabeth B. Hurlock: Developmental Psychology - A Life - Span Approach, New Delhi: Tata McGraw Hill, (5th Edition), 1981.

Books for Reference:

1. Diane E. Papalia and Sally Wendkos Olds: Human Development, New Delhi: Tata McGraw Hill, (5th Edition), 1994.

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PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
First Year - Semester – I

Course Title	CORE COURSE-3: ADVANCED SOCIAL PSYCHOLOGY
Total Hours	90
Hours/Week	6 Hrs Wk
Code	P18PS1MCT03
Course Type	Theory
Credits	4
Marks	100

General Objectives:

The subject will be able to understand the perspectives of self, relationship with others and behaviour in groups.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Define the historical and current perspectives in social psychology
CO-2	Summarise the social perception and cognition .
CO-3	Differentiate the relation with self and others
CO-4	Outline and evaluate the process in close relationship .
CO-5	Understand and implement the behaviour in group, organization and law .

UNIT I - INTRODUCTION TO SOCIAL PSYCHOLOGY AND SOCIAL PERCEPTION 18 Hrs

Introduction- Definition, new perspectives and methods, and research methods in social psychology: systematic observation, correlation, experimental method, and the role of theory.

Social Perception: Nonverbal communication, attribution- Theories of attribution-Fritz Heider's model of attribution, Theory of correspondent inferences, Kelly's theory of Causal attribution, impression formation and impression management.

Extra Reading /Key words: Ethical issues in social psychology research

UNIT II – SOCIAL COGNITION AND SOCIAL THINKING 18 Hrs

Social Cognition; Schemas and Prototypes, Heuristics, Errors in social cognition. Social Thinking: Attitude formation- Attitudes influence behavior and Attitude Change- Cognitive dissonance.

Pro-social Behavior: Reasons for helping- Bystander effect- Factors that increase or decrease bystander effect – Crowd funding.

Extra Reading /Key words: Advertising the ultimate in attitude change. Doing wrong by trying to do right. Using cognition to manage angry arousal

UNIT III – SOCIAL RELATION AND SOCIAL IDENTITY 18 Hrs

Aggression: Basic Concepts- Theories-Instinct, biological, Drive, Social learning theory and cognitive theories. Aggression influencing behavior, Prevention and control of aggression.

Prejudice : Nature and origins of stereotype – Prejudice in action – Techniques for countering its effects.

Social identity - Self presentation- Self knowledge- Personal identity – Social comparison – Self esteem – Self as target of prejudice.

Extra Reading /Key words: The paradox of self-handicapping. Physical health and views of self. Judging people by their covers.

UNIT IV - INTERPERSONAL ATTRACTION AND CLOSE RELATIONSHIP 18 Hrs

Internal Sources of Liking Others:- External sources of attraction- Liking based on social interaction. Interdependent relationships with family and friends versus loneliness, romantic relationships-love-physical intimacy, marriage - Conformity, compliance extreme forms of social influence.

Extra Reading /key words: Love in cross cultural perspective. Healthy communication to save marriages.

UNIT V - GROUPS AND INDIVIDUALS, AND SOCIAL PSYCHOLOGY IN LAW, MEDICINE AND ORGANIZATION 18 Hrs

Groups, how groups affect-individual performance, coordination in groups, perceived fairness in groups, decision making in groups - Social psychology in legal system, health related behaviour, and the world of work

Extra Reading /Key words: Increasing intergroup co-operation with Grit strategy. Majority and minority influences in Jury room. Social psychology usefulness for business.

Course Outcomes (CO):**The learners:**

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Summarize new perspectives and research methods in social psychology	PSO1	U
CO-2	Relate social perception influencing social behaviour	PSO3	U
CO-3	Analyse the strategies used for self-identity	PSO1	An
CO-4	Compare interpersonal and interdependent relationship	PSO3	U
CO-5	Examine and infer social psychology in law and organization	PSO3	An
CO-6	Adapt the strategies to understand people's behaviour in social situations and in day to day life.	PSO1	C

PSO – Programme Specific Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse

Prescribed text books

1. Baron, A. R. and Byrne, D. (2003). Social Psychology. Tenth Edition. New Delhi: Prentice-Hall of India Pvt. Ltd.
2. Mayers, D.G. (1999). Social Psychology. New York. McGraw-Hill College.

Books for Reference:

1. Giles, B. (2002). Introducing Social Psychology. London. The Brown Reference Group Plc.
2. Forsyth, D.R. (1997). Group Dynamics. India Edition. Delhi. Thomson Wadsworth.
3. Myers, D.G. (2005). Social Psychology. Eighth Edition. Boston. McGraw Hill.

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PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
Semester – I - First Year

Course Title	CORE COURSE -4: RESEARCH METHODOLOGY
Total Hours	90
Hours/Week	6 Hrs Wk
Code	P20RP1MCT01
Course Type	Theory
Credits	4
Marks	100

General Objectives:

Recognize or identify the scientific approach in the field of research.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the scientific approach, problems and hypotheses
CO-2	Classify the types of variance and sampling
CO-3	Compare the various research designs
CO-4	Categorise the different types of research
CO-5	Execute the data collection methods
CO-6	It develops the course skill of the student

UNIT I:INDRODUCTION

18 Hrs

Research:- Meaning, Objectives, Significance of research. Scientific Method and its goals - Research process – Criteria of good research – Research problem – Criteria for selecting the problem –Defining the research problem –Review of literature – Sources, Functions, The Search for literature.

Extra Reading /Key words: Ethical questions, Review of research articles.

UNIT – II :RESEARCH DESIGN

18 Hrs

Meaning, needs for research design - Important concepts relating to research design – Different Research Designs-True experimental, Quasi experimental, Ex-post facto, Exploratory researchdesign.

Extra Reading /Key words: Formulation of research hypotheses

UNIT – III : SAMPLING AND HYPOTHESIS**18 Hrs**

Sampling design: - Steps in sampling design – Characteristics of good sampling design – Sampling techniques - Sample size and its determination – the approach based on Precision rate, Confidence level. Measurement – Concepts of Hypothesis testing –Types of Hypothesis, Procedure for hypothesis testing –Hypothesis testing.

Extra Reading /Key words: Writing report (APA style)

UNIT- IV:RESEARCH METHODS**18 Hrs**

Research Methods: – Survey – Experimental, Exploratory – Case study – Cross sectional and longitudinal methods – Selection of Tools: – Criteria for selection of tools – Different types of tools- Observation, interview, questionnaire, check list, inventories – rating scale, attitude scale.

Extra Reading /key words: Research proposal.

UNIT - V:RESEARCH REPORT**18 Hrs**

Research Proposal – Meaning of Interpretation- Significance of Report writing – Steps in writing report – Types of reports – Role of computers in Research. Report writing in APA format – References in APA format.

Extra Reading /key words: qualitative exploratory research works using observation.

Course Outcomes (CO):

The learners

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Identify the research problem	PSO1	An
CO-2	Examine the relationship between variance and Sampling	PSO1	An
CO-3	Demonstrate skills on designing a research.	PSO4	U
CO-4	Critically evaluate and review academic writing and Articles	PSO4	E
CO-5	Critically analyse the methods of data collection	PSO4	An
CO-6	Application of research methods in their research projects.	PSO1, PSO4	Ap

PSO – Programme Specific Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse

Prescribed text books

1. Ranjith kumar 3rd Edition (2011) Research Methodology- a step by step guide for beginner SAGE Publication New Delhi.
2. Henry .E. Garrett 6th Edition (2009) Statistics Psychology and Education. Paragon International Publishers New Delhi .

Books for Reference Fred N. Kerlinger, Foundations of Behaviour Research, Surjeet Publications, 1983.

3. Kothari, C.R. Research Methodology, Willy Eastern Limited, New Delhi.
1. Guilford J.P. Fundamental Statistics Psychology and Education – New York – McGraw Hill Booth Co. 1965.

2. Shaughnessy, J.J., Zechmeister, E.B. and Zechmeister, S.J. (2003). Research Methods in Psychology. Sixth Edition. Boston: McGrawHill.

For Students admitted from June 2021 onwards
HOLY CROSS COLLEGE (Autonomous), TIRUCHIRAPALLI-2
PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
Semester – I - First Year

Course Title	MAJOR ELECTIVE-1: ORGANIZATIONAL BEHAVIOUR
Total Hours	60
Hours/Week	4 Hrs Wk
Code	P20AS1MET01
Course Type	Theory
Credits	4
Marks	100

General Objectives:

To enable students understand the foundations of organizational structure and culture.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	<u>Recognise</u> the basic challenges in organisational behaviour
CO-2	<u>Categorise</u> the attitudes, emotions and personality in organization
CO-3	<u>Organise</u> the motivational process in organizational behaviour.
CO-4	<u>Distinguish</u> between leadership and politics.
CO-5	<u>Compare and analyse</u> organizational structure and culture.
CO-6	<u>Understand</u> the organizational change

UNIT I : INTRODUCTION TO ORGANIZATIONAL BEHAVIOUR

12Hrs

Organisational Behaviour: Challenges & opportunities, contributing disciplines, management functions and relevance to Organisation Behaviour –Developing an OB Model. Diversity – geographical Characteristics – Implementing Diversity Management Strategies – Global Implications

Extra Reading /Key words: Synergy

UNIT II : ATTITUDES, EMOTIONS, PERSONALITY AND VALUES

12Hrs

Attitudes – Main components of Attitudes –Major Job Attitudes- Job satisfaction – Causes of Job Satisfaction –Emotions – Emotional Intelligence – OB –Application of emotions and Moods - Personality – MBTI –The Big Five Model –Other personality Traits – Global Implications – Values and Personality – Perception – Person Perception – Making Judgements about Others.

Extra Reading /Key words:Positive Outlook

UNIT III: EMOTIONS AND MOTIVATION

12HRS

Emotions and Moods – Emotional Intelligence – OB Applications of Emotions and Moods – Global Implications –Motivation – Theories of Motivation – Early – Contemporary - Global Implications – Using rewards to Motivate Employees. Conflict - Management, Levels, Sources, bases, conflict resolution strategies, negotiation. Foundations of group behaviour : , Stages of group development – Group Properties –Group decision Making - Global Implications

Extra Reading /Key words: Motivational Urges

UNIT IV: COMMUNICATION, LEADERSHIP, POWER AND POLITICS

12Hrs

Functions of Communication –Process – Direction of communication –Interpersonal Communication – Interpersonal Communication- Barriers to effective communication-Leadership – Trait Theories – Behaviour theories – Contingency theories - Types of Leadership- Finding and creating Effective leaders—Power Tactics – Politics: Power in Action – Causes and Consequences of Political behaviour-The ethics of Behaving Politically- Global Implications

Extra Reading /Key words: Case-history of any leader

Unit V: FOUNDATIONS OF ORGANIZATIONAL STRUCTURE AND CULTURE

12Hrs

Common Organizational Designs- New Design Options- Organizational design and employees behaviour – Organizational Culture-Creating and sustaining culture – Eithical and Positive Culture – Approaches – Managing Organizational Change –Work Stress and it's Management – Global Implications

Extra Reading /Key words: Positive organizational culture

Course Outcomes (CO):

The learners

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Develop an organizational behaviour model	PSO1	An
CO-2	Identify emotions and attitudes influencing and organizational behaviour	PSO1	An
CO-3	Distinguish emotions and motivation in Group development	PSO4	U
CO-4	Evaluate effective leadership in organization	PSO4	E
CO-5	Demonstrate organizational design and employee behaviour	PSO4	An
CO-6	Assume and formulate strategies for organizational change	PSO1, PSO4	Ap

PSO – Programme Specific Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse

Prescribed text books

1. Robbins.S.P.Judge,T.A.,and Vohra,N Organisational Behaviour, XIV edn., Prentice-Hall, India.
2. Hellinegal Slocum, Woodman, Organisational Behaviour, IX edn., Thomson learning.

BOOKS FOR REFERENCE

1. Umasekaran, Organisational Behaviour, Tata McGraw Hill.
2. Robbins S.P., Concepts contrivances and applications, Prentice Hall.
3. Umasekaran, Organisational Behaviour.
4. Helliregal.et.al, Organisational Behaviour, Thomson Learning.
5. McShane & Glinow, Organisational Behaviour, Tata McGraw Hill.

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PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
Semester – I - First Year

Course Title	MAJOR ELECTIVE-1: CONSUMER BEHAVIOUR
Total Hours	60
Hours/Week	4 Hrs Wk
Code	P18PS1MET02
Course Type	Theory
Credits	4
Marks	100

General Objectives:

To enable the students understand the consumer behaviour.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Discuss decision making process of consumer behavior
CO-2	Infer the environmental influences on consumer behaviour.
CO-3	Categorise the needs, motivation and personality.
CO-4	Compare the perception and learning strategies in consumer behaviour.
CO-5	Differentiate communication and persuasion in consumer behaviour.
CO-6	It develops the course skill of the student

UNIT – I: CONSUMER BEHAVIOUR, DECISION MAKING AND MARKET SEGMENTATION

12 Hrs

Introduction, Consumer Behaviour, Meaning, The need to study Consumer Behaviour Decision Making, Meaning, Levels of Consumer Decision Making, Four views of Consumer Decision Making, A Model of Consumer Decision Making.

Market Segmentation, Meaning, Bases for Market Segmentation: Geographic, Demographic, Psychological/ Psychographic, Sociocultural, Use-related, Use-situation, Benefit and Hybrid Segmentation.

Extra Reading /Key words: Targeting with attitudinal segmentation.

UNIT – II: ENVIRONMENTAL INFLUENCES ON CONSUMER BEHAVIOR

12 Hrs

The Culture and Subculture, Definition, Characteristics, Social class, Social Groups Classification, Reference Groups, Family, Family Life Cycle, Personal Influence, Nature, Opinion Leadership.

Extra Reading /Key words:Effect of cultural context on consumers

UNIT – III: CONSUMER NEEDS, MOTIVATIONANDPERSONALITY 12 Hrs

Motivation, Meaning, The Dynamic Nature of Motivation, Types and Systems of Needs, The Measurement of Motives, Motivational Research. Personality – Meaning - Theories of Personality - Personality and Understanding Consumer Diversity - Self and Self-Image.

Extra Reading /Key words: Effects of motivation. Functions of attitudes.

UNIT – IV: CONSUMER PERCEPTIONANDLEARNING 12 Hrs

Perception, Meaning, the Dynamics of Perception, Consumer Imagery, Perceived Risk, Types of Perceived Risks, How consumers handle risk. Learning - Meaning - Behavioural Learning Theories - Cognitive Learning Theory – Brand, Loyalty - Developing Brand Loyalty - Brand Equity.

Extra Reading /Key words: Subliminal Perception

UNIT – V: CONSUMER ATTITUDE, COMMUNICATION

CONSUMER ATTITUDE :Definition, Characteristics and Functions of Attitude, Structural Models of Attitudes, Attitude Formation, Attitude Change, Strategies of Attitude Change.

COMMUNICATION :Components of Communication, the Communication Process, Strategies for Designing Persuasive Communications.

Extra Reading /Key words:Implication in advertising strategy

Course Outcomes (CO):

The learner will be able to

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Classify the levels of consumer decision making	PSO1	U
CO-2	Plan selling strategy based on environmental influences	PSO1	C
CO-3	Interpret consumer behaviour based on motivation and personality	PSO1	U
CO-4	Identify the relationship between perception and learning in consumer behavior	PSO3	AP
CO-5	Relate attitude and communication with consumer	PSO3	U

PSO – Programme Specific Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse

Prescribed text books

1. Leon G. Schiffman and Leslie Lazar Kanuk :Consumer Behaviour (10th Edition) New Delhi: Prentice Hall of India,2010.
2. David L. Loudon and Albert J. Della Bitta: Consumer Behaviour: Concepts and Applications,(4th Edition) New York: McGraw Hill,2008.

BOOKS FOR REFERENCE

1. SeemaPasricha : Consumer Psychology: Deep & Deep Publications PVT. LTD.New Delhi,2007.
2. William D. Wells and David Prensky :Consumer Behaviour, New York: John Willey& Sons

**HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI
P.G.CATECHISM– SEMESTER I & II**

HRS / WK : 1

UNIT – I:

Growth in spiritual life – Love of God, Prayers, Meditation, Reflective scripture reading, Holy mass and sacraments.

UNIT –II:

Sin –Personal & Social Sin- Effects of Sin – Remission- Confession –Forgiveness

UNIT – III:

Rosary –Four mysteries-Meaning of the Rosary –Devotion to Mary

UNIT – IV:

Family life –Role of Parents, Love & Respect for Parents and Children - Prolife, Euthanasia, Mercy killing, Honour killing. A good Christian family and its influence in Church and society

UNIT – V:

Discernment – a way of life.

REFERENCE :

1. Discernment – Rex Paie. S.J, - VaigaiPublications
2. What Prayer is – Rex Paie. S.J. – VaigaiPublications
3. Vatican II Documents All Serfac Publications – Serfac,Chennai.
4. New leaderpublications.

HOLY CROSS COLLEGE (AUTONOMOUS) – TIRUCHIRAPPALLI – 2

I P.G. ETHICS – SEMESTER I & II

VALUE EDUCATION FOR WOMAN

Hr./Wk.:1

UNIT – I:

Value education – Purpose and importance, Value of work, (Dignity of labour), Time Management, Motivation to develop the talents; Leadership Styles

UNIT – II:

Woman – In ancient period to modern days - Education of woman in the modern socio economic development - Strategies for Empowerment

UNIT – III:

Crimes against woman - Laws pertaining to woman – Dowry Prohibition Act; Anti Domestic Violence Act; Marriage Act Hindu, Islam & Christian; Property Right; Women's Liberation Movement

UNIT – IV:

Human Sexuality; Sex Education – Love, Lust, Friendship and Infatuations; Child Abuse; Gay, Lesbianism, Health care for women; Naturopathy, Home remedies; Health Problems faced by women

UNIT – V:

Sexual harassment – at home and in the workplace - Women in Media; Cell Phone and internet – uses and misuse - Evils of Drug Abuse - Notable Indian Women who have inspired

**HOLY CROSS COLLEGE (AUTONOMOUS), TRICHIRAPALLI
- 2.**

**I PG BIBLE STUDIES – SEMESTER I &
II EFFECTIVE CHRISTIAN LIVING**

HRS / WK : 1

UNIT – I: Teaching from Gospels for Christian living.

UNIT– II: Freedom and Service

Parable of prodigal son – Christian Freedom

Parable of Good Samaritan – Love and
Service

UNIT – III: Christian Leadership

Leader as a Shepherd (Psalm

23) Leader as a Steward

(Parable of talents)

Leader as a Servant (Jesus washing the feet of disciples)

UNIT– IV: Marriage, family and parenting

UNIT– V: Christian Commitment:

To the church – To the society – To the nation

For Students admitted from June 2021 onwards
HOLY CROSS COLLEGE (Autonomous), TIRUCHIRAPALLI-2
PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
Semester –II - First Year

Course Title	CORE COURSE- 5 – PERSONALITY THEORIES
Total Hours	75
Hours/Week	5 Hrs Wk
Code	P18PS2MCT05
Course Type	Theory
Credits	4
Marks	100

General Objective:

To enable the students to summarise the different perspectives of personality theories .

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the various factors that influence personality.
CO-2	Classify the psychoanalytic and neo psychoanalytic approaches.
CO-3	Match the developmental and trait approaches of personality.
CO-4	Compare humanistic and behavioural perspectives to personality.
CO-5	Illustrate the field theory of personality.
Co-6	It develops the course skill of the student.

UNIT – I: - INTRODUCTION TO PERSONALITY

12 Hrs

The Study of Personality- The Place of Personality in the history of Psychology- Definitions of Personality- Ethnic and Gender Issues in Personality. Assessment- Research and Theory in the Study of Personality- Personality in Perspective.

Extra Reading /Key words: Integrationists approaches to personality and culture.

UNIT II - PSYCHOANALYTIC AND NEO PSYCHOANALYTIC APPROACHES

15 Hrs

Sigmund Freud:- Classical Psychoanalysis – The Propelling forces of the personality- Level and structure of personality- dynamics, view of human nature- evaluation of theory and application. Carl Jung:- Analytical Psychology. Alfred Adler: - Individual Psychology. Karen Horney, Eric Fromm and Henry Murray:Personology.

Extra Reading /Key words:Assessing unconscious patterns

UNIT III - LIFE- SPAN AND TRAIT APPROACH TO PERSONALITY 15 Hrs

Life span:- - Erik Erikson- Psychosocial stages of development. Trait approach: - Gordon Allport- Personality traits, Personality and Motivation, Personality development in childhood, The healthy adult personality. Raymond B. Cattell:- Approach to personality traits, Source traits, Dynamic traits.- Influence of hereditary and environment- The Stages of personality development. Hans J.Eysenck: Dimensions of personality. Robert McCrae and Paul Costa: Five Factor Model.

Extra Reading /Key words:Identify the personality of any three great leaders

UNIT IV - THE HUMANISTIC, BEHAVIORAL AND COGNITIVE APPROACHES

16Hrs

Humanistic - Abraham Maslow: Personality development – The study of self actualizers. Carl Rogers: Important of Self – the Actualization tendency, The Experiential world, The development of self in childhood, Characteristics of fully functioning persons. Behavioral - B. F. Skinner: Basis of behavior, Schedules of reinforcement, Successive approximation, Superstitious and self control of behavior. Albert Bandura: Modeling, Observational learning processes, The Self – Developmental Stages, Behaviour modification -Cognitive - George Kelly: Personal Construct theory, Anticipating Life events.

Extra Reading /Key words:Connecting Self-actualizing tendencies with spirituality by Roger.

UNIT V - FIELD THEORY AND LIMITED DOMAIN APPROACH 17 Hrs

Field Theory:- Kurt Lewin: Limited Domain. Julian Rotter: Social Learning theory- Primary concepts, Broader Concepts, Psychological Needs, Locus of control, Interpersonal Trust. David McClelland: Need for Achievement. Marvin Zuckerman: Sensation Seeking. Martin Seligman: Learned Helplessness.

Extra Reading /Key words:Characteristics/ Traits of mature personality by Allport Implication in advertising strategy

Course Outcomes(CO):

The learner will be able to

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Relate the personality traits with behavior	PSO1	U
CO-2	Compare psychoanalytic and neo psychoanalytic approach	PSO1	U
CO-3	Categorize the trait and life span approach	PSO4	AN
CO-4	Compare between humanistic and cognitive Approaches	PSO4	AN

CO-5	Infer from field and limited domain theory	PSO1	U
CO-6	Rephrase the personality theories for understanding psychopathology.	PSO5	U

PSO – Programme Specific Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap Apply; An – Analyse

Prescribed text books:

1. Duane P. Schultz and Sydney Ellen Schultz. (2001). Theories of Personality. Wadsworth– Thompson Learning, U.S.A.
2. Hall, Calvin, S. and Lindzey, G. and Campbell, J.B. (1998). Theories of Personality. John Wiley and Sons. Fourth Edition. New York

BOOKS FOR REFERENCE:

1. Feist, J. and Feist G.J. (2002). Theories of Personality. McGraw Hill. Boston.
2. Libert, R.M. and Spiegler, M.D. Personality: Strategies and issues. Pacific Grove. California: Brooks/cols Publishing Company.
3. Biscoff, L.J. (1970). Interpreting personality theories. New York: Harper and Roe
4. Hall, C.S. and Lindzey, G. (1978). Theories of Personality. Third Edition. New York. J. Wiley and Son.

For Students admitted from June 2021 onwards
HOLY CROSS COLLEGE (Autonomous), TIRUCHIRAPALLI-2
PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
Semester –II - First Year

Course Title	CORE COURSE- 6 : PSYCHOPATHALOGY
Total Hours	75
Hours/Week	5 Hrs Wk
Code	P21PS2MCT06
Course Type	Theory
Credits	4
Marks	100

General Objectives:

To enable the students to understand the theoretical perspectives and causes of various mental disorders.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the historical development and perspectives of abnormality.
CO-2	Classify the disorders of childhood and adolescence.
CO-3	Summarize various stress and anxiety related disorders.
CO-4	Illustrate the personality disorders of adulthood.
CO-5	Relate the mood disorders and psychotic disorders.
CO-6	It develops the course skill of the student

UNIT I– INTRODUCTION

12 Hrs

Psychopathology: – Historical Background of Psychopathology- The Perspectives: Biological, Psychological, Behavioural, Cognitive, - Humanistic, Community and Cultural.

Assessment: Basic elements in assessment.

Classification: The five Axes of DSM – V-TR, ICD10.

Extra Reading /Key words: Are mental disorders really distinct

UNIT II - DISORDERS OF CHILDHOOD AND ADOLESCENCE

15 Hrs

Pervasive developmental disorders; Autism. **Elimination disorder;** Enuresis and Encopresis. Sleep walking and Tic disorder. Obsessive compulsive disorder, Attention deficit/ hyperactivity disorders, Oppositional defiant disorder and conduct disorder, separation anxiety disorder, childhood depression - Mental Retardation and Learning Disability: Causal factors and treatment.

Extra Reading /Key words:Using play therapy to resolve children's psychological problems

UNIT III – ANXIETY, SOMATIFORM AND DISSOCIATIVE DISORDERS

17 Hrs

Anxiety :-Acute stress disorder- Post traumatic disorder -Generalized anxiety disorders-panic disorder- phobic disorders- obsessive compulsive disorder. Somatization disorder: Hypochondriasis- conversion disorder- Body dysmorphic disorder and pain disorder, Dissociative disorder:- dissociative amnesia- dissociative fugue - dissociative identity disorder- depersonalization- causal factors and treatment.

Extra Reading /Key words:Compulsive Hoardings: Is it a subtype of OCD?

UNIT IV – COGNITIVE DISORDERS OF ADULT PERSONALITY AND BEHAVIOUR

16 Hrs

Cognitive Disorder: - clinical signs of brain damage- delirium- dementia- Alzheimer's disease- Amnesic disorder and disorders involving head injury.

Eating disorders: -Anorexia Nervosa- Bulimia Nervosa- Binge eating disorder- Obesity. **Sleep disorders:** - insomnia- night mare disorder- sleep terror- sleep walking disorder and parasomania.

Impulse control disorders: -Kleptomania, pyromania, pathological gambling and trichotillomania.

Sexual and gender identity disorders:- Paraphilias, Exhibitionism, pedophilia. Neurocognitive disorder-delirium,dementia,amnesicdisorder.

Personality disorders:- Paranoid Personality- Schizoid personality- Schizotypal personality- Antisocial Personality- Borderline Personality- Narcissistic personality- Histrionic Personality- Avoidant Personality- Dependent Personality- Obsessive compulsive personality- Causal factors and treatment.

Extra Reading /Key words:How harmful is childhood sexual abuse?

UNIT V - MOOD DISORDERS, SCHIZOPHRENIA AND OTHER PSYCHOTIC DISORDERS

15Hrs

Mood Disorders: - Unipolar disorders-major depressive disorder- dysthymic disorder-recurrent depression.Bipolar disorders-mania- hypomania- cyclothymic disorder. **Suicide:** - types- epidemiology- signs and symptoms of suicidal risk- factors associated with suicide risk. causal factors- Clinical picture- suicide prevention and intervention.

Schizophrenia: - Subtypes-paranoid- disorganized type- catatonic type- undifferentiated type- residual type. clinical picture in schizophrenia-delusion, hallucination, negative and positive symptoms.

Psychotic Disorders: - Schizoaffective disorders- Brief psychotic disorder- shared psychotic disorder. Causal factors and treatment.

Substance Related Disorders :- alcohol related Disorder- and other drugs

Extra Reading /Key words: Psychotherapy integration

Course Outcomes(CO):

The learner will be able to

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Recall the background of psychopathology	PSO1	R
CO-2	Outline the symptoms of childhood and Adolescence	PSO2	U
CO-3	Identify anxiety and stress-related disorders	PSO2	AP
CO-4	Compare the adult behaviour and personality Disorder	PSO2	U
CO-5	Examine mood and schizophrenic disorders	PSO2	AN
CO-6	Apply intervention techniques based on DSM.	PSO5	AP

PSO – Programme Specific Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap Apply; An – Analyse

Prescribed text books:

1. and Butcher J. N. (1992). Abnormal Psychology and Modern life. NewYork HarperCollin.
2. Davison and Neale (1998). Abnormal Psychology. Revised SeventhEdition. John Wiley andSons.

BOOKS FOR REFERENCE:

1. Irwin G. Sarason and Sarason Barbara, R. (1993). Abnormal Psychology. Sixth Edition. New York: PrenticeHall.
2. Ilusen.M ,Kazdin E.A and Bellack S.A. (1991). The Clinical PsychologyHandbook. Second Edition. New York: Pergamonpress.
3. Richard R. Bootzin, Joan Ross Acocelk and Lamem B. Alley.(1993). Abnormal Psychology. Sixth Edition. New York: Mc GrawHill.
4. Barlow H. David and Durand V. Mark. (1999). AbnormalPsychology. India. Brooks/Cole PublishingCompany.

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HOLY CROSS COLLEGE (Autonomous), TIRUCHIRAPALLI-2
PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
Semester – II - First Year

Course Title	CORE COURSE 7- EXPERIMENTAL PSYCHOLOGY I
Total Hours	75
Hours/Week	5 HrsWk
Code	P20PS2MCP07
Course Type	Theory
Credits	5
Marks	100

General Objective:

To enable the students to administer and interpret psychological tests.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Learn and administer psychological test
CO-2	Interpret the test
CO -3	It helps the student in employability and develop entrepreneur skills

UNIT – 1 LEARNING AND MEMORY

1. PGI MemoryScale
2. Paired AssociationLearning

UNIT – 2 ANXIETY AND EMOTION

3. State-Trait AnxietyScale
4. Manifest AnxietyScale
5. Beck’s DepressionScale
6. Anxiety stress depressionscale

UNIT - 3 PERSONALITY

7. Neo – five factor inventory
8. Myer-Briggs TypeIndicator
9. Edwards Personal PreferenceSchedule
10. Levenson’s Scale for Locus ofControl
11. Sentence CompletionTest

12. Eyensencks personalityscale

UNIT – 4 EDUCATIONAL PSYCHOLOGY

13. Educational AspirationScale

14. AchievementMotivation

UNIT – 5 SOCIAL PSYCHOLOGY

15. Bogardus Social DistanceScale

16. PrejudiceScale

17. Family RelationshipScale

ENVIRONMENTAL PSYCHOLOGY

18. Environmental Orientation AttitudeScale

There are minimum 12 experiments to be conducted from out of eighteen experiments.

Course Outcomes(CO):

The learner will be able to

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Demonstrate competence in administering, scoring and interpreting the psychological tests.	PSO3	U
CO-2	Identify the relevant tests to be used for specific counselling needs	PSO3	AP
CO-3	Infer test reports for planning counselling and therapy sessions	PSO5	U
CO-4	Examine the psychological attributes through performance and projective tests	PSO3	AN
CO-5	Apply the tests in counselling set up for clinical, non-clinical, literate and illiterate population	PSO3	AP
CO-6	Construct modules or counselling sessions based on the tests	PSO5	C

PSO – Programme Specific Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap Apply; An – Analyse

Prescribed text books:

1. AnneAnastasi and SusaneUrbina (1997). Psychological Testing.Seventh Edition.New Jersey, PrenticeHall.

BOOKS FOR REFERENCE:

1. Frank S. Freeman. (1962). Theory and Practice of Psychological Testing. New Delhi, Oxford & IBH Publishing Ltd.

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HOLY CROSS COLLEGE (Autonomous), TIRUCHIRAPALLI-2
PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
Semester – II - First Year

Course Title	CORE COURSE 8: COUNSELLING PSYCHOLOGY
Total Hours	75
Hours/Week	5 Hrs Wk
Code	P20PS3MCT08
Course Type	Theory
Credits	5
Marks	100

General Objectives: The student will understand the historical evolution and application of counselling practices in various set ups

Course Objectives:

CO No.	Course Objectives
CO-1	Understand the trends in counseling
CO-2	Classify the counsellor counseee relationship.
CO-3	Summarise the various theories of counselling.
CO-4	Implement the counselling procedures in groups.
CO-5	Execute the counselling skills in various areas.

UNIT – I: INTRODUCTION, COUNSELLING PROCESS AND RELATIONSHIP 12Hrs

Definition and scope of Counselling – History of Counselling –Current trends in the New Millennium. The Counselling process - Building Counselling Relationships –Structure, Initiative, The physical setting problem identification, exploration and the identification of goals, problem solving and application. Client Qualities and Counsellor qualities–Transference and Counter transference.

Extra Reading /Key words: Becoming proficient in communication

UNIT – II: SKILLS AND TECHNIQUES IN COUNSELLING 13 Hrs

Rapport Building, Reflective relationship techniques, Listening techniques – Active listening, forms of poor listening, Empathic responding, probing and Summarizing, Challenging Skills, Acceptance techniques, Structuring techniques, leading techniques, Reassurance and suggestion methods, Advanced empathy, immediacy, interpretation and confrontation, role playing, advice and information giving strategies, Terminating skills.

Extra Reading /Key words: Case study of an individual, Personal counselling.

UNIT – III: APPROACHES TO COUNSELLING 20 Hrs

Psychoanalytic counseling, Adlerian counseling, Behavioural counseling, RET, Reality therapy, and Humanistic Counselling, Person Centered Counselling, Gestalt Counselling, Existential Counselling, Systemic, Behavioural Counselling – Cognitive and Cognitive Behavioural counselling –Brief Counselling Approaches, Solution-focussed counseling, Crisis Counselling Approaches, Eclectic Counselling.

Extra Reading /Key words: Life skills counselling

UNIT IV: GROUPS IN COUNSELLING 15 Hrs

The place of groups in counselling – Types of groups – Psycho educational groups, Counselling groups, Psychotherapy groups and Task/Work groups – The process of group Counselling, Issues in groups, Benefits and drawbacks of groups, Evaluation.

Extra Reading /Key words) : Counselling for natural calamities, bereavement and grief.

UNIT – V: AREAS OF COUNSELLING**15Hrs**

The importance of Career Counselling: – The scope of Career Counselling and careers – Career Information. **Counselling special populations:**– working with elderly, crisis intervention, premarital counseling, The process of Couple, Marriage, and Family counseling, HIV/AIDS counseling, Counseling the Suicidal, counseling for terminally ill.

Extra Reading /Key words:Family therapy.

Course Outcomes(CO):

CO NO	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Outline the basics of counseling	PSO1	U
CO-2	Develop basic counselling skills	PSO3	AP
CO-3	Apply different counseling techniques for effective counseling treatment and prevention.	PSO5	AP
CO-4	Analyze various approaches to counseling	PSO1	AN
CO-5	Apply counseling skills on different intervention strategies	PSO5	AP
CO-6	Apply therapeutic techniques	PSO5	AP

PO – Programme Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse; E- Evaluate; C – Create

Prescribed text books:

1. Samuel T. Gladding. (2009). Counselling – A Comprehensive Profession. Sixth Edition, Pearson Education.
2. Narayana Rao, S.: Counselling Psychology (2010). New Delhi: Tata McGraw Hill.
3. Nelson Jones, Richard. (1982). The Theory and Practice of Counselling Psychology, London: Holt, Rinehart and Winston.

BOOKS FOR REFERENCE:

1. Egan, G. (2007). The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping, Ninth Edition
2. Jones, R. N. (2008). Basic counselling skills: A helper's manual. New Delhi: Sage Pub.
3. Patterson (1962) The Counseling Process, New York: Brooks/Cole
4. Capuzzi, D. & Gross, R. D. (2008). Counselling and Psychotherapy: Theories and Interventions. California : Sage publications
5. George, R. L., & Christiani, J. S. (1986) Counselling: theory and practice. New York: Prentice hall
6. George, R. L., & Christiani, J. S. (1981) Theory, method and process of counseling and psychotherapy, New York: Prentice hall
7. Shertzer & Stone (1980) Fundamentals of Counselling , 3rd Boston: Houghton Mifflin
8. Woolfe, R. & Dryden, W. (1996) Handbook of Counselling Psychology. New Delhi: sage Publications

For Students admitted from June 2021 onwards
HOLY CROSS COLLEGE (Autonomous), TIRUCHIRAPALLI-2
PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
Semester – II - First Year

Course Title	MAJOR ELECTIVE 2- REHABILITATION PSYCHOLOGY
Total Hours	60
Hours/Week	4 HrsWk
Code	P20RPMET02
Course Type	Theory
Credits	4
Marks	100

General Objective:

To understand the psychological principles in rehabilitation.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the basic concepts of rehabilitation.
CO-2	Interpret the concepts in mental retardation .
CO-3	Differentiate disorders of learning and speech .
CO-4	Discriminate the hearing and visual impairments .
CO-5	Classify and physical disabilities and implement interventions.
CO-6	It develops the course skill of the student.

UNIT – I: INTRODUCTION AND HISTORICAL PERSPECTIVE OF REHABILITATION
10Hrs

Rehabilitation Psychology:- Meaning – Definition – Historical perspective – Scope – Methods. Approaches to Rehabilitation: Social and psychological Approaches – Functions of Rehabilitation Psychology- General and Special Functions.

Extra Reading /Key words: Juvenile Delinquency

UNIT – II: MENTAL RETARDATION
10Hrs

Mental Retardation-: Definitions – Classifications – Prevalence – Causes and Measurement – Psychological and Behavioural Characteristics – Educational and Special Interventions for the retarded. **Extra Reading /Key words: Scope and components of special education.**

UNIT – III: LEARNING, SPEECH AND LANGUAGE DISORDERS
14Hrs

Learning Disabilities:- Definitions – Prevalence – Measurement – Psychological and Behavioural Characteristics – Educational Interventions. Speech and Language Disorders: Psychological and Behavioural Characteristics – Interventions.

Extra Reading /Key words: Technology and physical disabilities

UNIT – IV: HEARING AND VISUAL IMPAIRMENTS**13Hrs**

Hearing and Visual impairments:- Definition and Classifications – Prevalence – Measurement – Causes – Psychological and Behavioural Characteristics – Educational and Special Interventions.

Extra Reading /Key words:Network services for differently abled.

UNIT – V: PHYSICAL DISABILITIES**13Hrs**

Physical Disabilities: Definition and Classifications – Prevalence – Neurological Impairment – Musculoskeletal Conditions – Congenital Malfunctions – Accidents and Other Physical Conditions – Psychological and Behavioural Characteristics – Interventions.

Extra Reading /Key words:Legal considerations in special education.

Course Outcomes(CO):

The learner will be able to

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Outline social and psychological approaches to rehabilitation psychology.	PSO1	U
CO-2	Identify and classify the level of mental retardation.	PSO2	AP
CO-3	Compare the similarities of language and speech disorders.	PSO2	AN
CO-4	Distinguish between hearing and visual impairments.	PSO2	AN
CO-5	Categorise various physical disabilities.	PSO2	AN
CO-6	Examine and evaluate the intervention for various disabilities.	PSO2	AN

PO – Programme Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse; E- Evaluate; C – Create

Prescribed text books:

1. Oxford handbook of Rehabilitation Medicine (2009). Michael Brnes Anthony Ward. Clinical Neuroanatomy for Medical Students, Snell, R.S. (1992), Little Brown & Co. Boston.
2. Golden, C.J., 1984. Current topics in Rehabilitation Psychology.Grume&Straton, London.

BOOKS FOR REFERENCE:

1. Hallahan, D.P & Kauffman,T.M., 1988. Exceptional Children. Prentice Hall, Englewood Cliffs, New Jersey.

For Students admitted from June 2021 onwards
HOLY CROSS COLLEGE (Autonomous), TIRUCHIRAPALLI-2
PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
Semester – II - First Year

Course Title	MAJOR ELECTIVE- 3: HEALTH PSYCHOLOGY
Total Hours	90
Hours/Week	4 Hrs Wk
Code	P21PS3MET06
Course Type	THEORY
Credits	3
Marks	100

General Objectives: The student will be able to understand the role of psychology in health and well being.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the physiological basis of health.
CO-2	Paraphrase the functioning of the nervous system
CO-3	Differentiate healthy and unhealthy behaviour.
CO-4	Implement health related behavior.
CO-5	Execute health promotion strategies.

UNIT I: INTRODUCTION

18Hrs

Definition Health Psychology - Wellness - Homeostasis - Historical perspectives on Health and Healing - Dimensions of Health and Wellness - Emotional, Intellectual, Spiritual, Occupational, Social and Physical - Models of Health:- Medical, Environmental, Holistic - Bio-psycho-social and Bio-medical Model.

Factors Influencing Health Mind and Body Relationship: -Genetic - Environmental and Behavioral Factors - Health Habits - Primary Prevention.

The Changing Health Behaviors:- Demographic Factors - Age - Values - Health Locus Control - Social Influence - Personal Goals - Perceived Symptoms - Access to the Health care Delivery System - Cognitive Factors - Instability of Health Behavior - Socialization -

Teachable Movement - Window of Vulnerability - Attitude Change and Self Efficacy on Health Behaviors. *Extra Reading (key words): Health related behaviour*

UNIT II: PSYCHOLOGICAL APPROACHES TO HEALTH MODELS, THEORIES AND HEALTH PSYCHO DYNAMIC **18 Hrs**

General Approaches to Health Models and Theories of Health: - The Health Belief Model - The Stages of Change Model - The Precaution Adoption Process Model (PAPM) - Theory of Planned Behaviour (TPB) - Theory of Reasoned Action (TRA) - The Social Cognitive Learning Theory. 43 *Psychological Approaches to Health Psycho Dynamic:-* Behavioral - Big Five Personality Traits - Type A, B, C, and D Personality Factors - Hostility - Impulsivity - Self-Efficacy - Attitude Change - Motivational Cues for Health.

Extra Reading (key words): Benefits of exercise.

UNIT III: HEALTH ENHANCING BEHAVIORS **18Hrs**

Health Enhancing Behaviors:- Meaning Definition and Benefits of Exercise - Types of Exercise - Choosing the Right Exercise - Bio-psycho-social Perspective - Biological, Psychological and Socio-cultural factors on inactivity - Factors promoting Exercise Behavior.

Eating Behavior and Health: Meaning and Definition of Food: - Functions of Food - The Seven Components of Food - Dietary Supplements - 2000 Calorie Food Pattern - The Healthy Eating Pyramid - Healthy Eating Behavior - Healthy Body Size.

Maintaining Healthy Weight:- Meaning and Definition of Healthy Weight - Obesity - Body Mass Index - Energy Balance - Popular Weight loss Program - Sensible Weight Management - Dieting and Eating Disorders: Yo-Yo Dieting, Crash Diets and Fad Diets - Obesity - Anorexia nervosa and Bulimia nervosa - Weight Management Programs.

Extra Reading (key words): Importance of healthy lifestyle

UNIT IV: HEALTHY RELATIONSHIPS AND COMPROMISING BEHAVIORS **18Hrs**

Healthy Relationships Sexuality - Physical and Psychological Dimensions of Sexuality - Communicating in Intimate Relationships - Sending clear Messages - Effective Listening - Expressing Anger Constructively.

Health Compromising Behaviors Smoking: - Tobacco and Its Biological and Psychological Effect - Smokeless Tobacco - Tobacco Related Damage to Health - Effects of Parental Smoking on Children - Lung Cancer - Heart Disease and Bronchitis - Tobacco's Effects on Non Smokers - Reasons for Smoking - Quitting Smoking and Related therapies –

Alcohol Alcoholism and Problem Drinking: - The Phases of Alcoholism - Biological Psychological and Social effects of Alcohol Use and Abuse - Interventions for Alcoholism.

Extra Reading (key words): Developing healthy diet weight control and obesity.

UNIT V: MANAGEMENT OF STRESS, PAIN AND TERMINAL ILLNESS **18Hrs**

Stress and Coping Stress - Stressors - Physiological and the Psychological Reactions to Stress - Theories of Stress by Walter Cannon and Hans Selye - Coping with Stress - Problem Focused, and Emotional Focused - Stress Management Techniques - Progressive Muscle

Relaxation - Massage therapy - Self help and Professional help - Religious and Spiritual Orientations - Stress Inoculation Training - Biofeedback - Redefinition and Guided Imagery. Biological and Psychosocial Risk factors for Cardiovascular Disease - Primary, Secondary and Tertiary Prevention and Control of Cardiovascular Disease.

Extra Reading (Key Words) :Jacobsons Progressive muscle relaxation technique.

Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Summarize the biopsychosocial model of health	PSO1	U
CO-2	Demonstrate the functioning of the nervous system	PSO2	AP
CO-3	Examine the theoretical perspectives of health related behavior	PSO3	AN
CO-4	Analyze the behaviour that enhance health.	PSO1	U
CO-5	Compare various health promotion behaviours.	PSO3	U
CO-6	Apply health promoting behaviours in various set up.	PSO1	C

Reference Text Books

1. Gordon, E. and Eric, G.(2010). Health and Wellness (10th Ed.). Boston. Jones and Bartlett Publishers.
2. Margaret, K. Snooks (2009). Health Psychology: Biological, Psychological, and Sociocultural Perspectives. Boston. Jones and Bartlett Publishers

Reference book

1. Shelley E. Taylor (2012). Health Psychology (7th Ed.). New Delhi: Tata McGraw Hill Edition.

For Students admitted from June 2021 onwards
HOLY CROSS COLLEGE (Autonomous), TIRUCHIRAPALLI-2
PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
Semester – II - First Year

Course Title	NON MAJOR ELECTIVE- STRESS AND COPING
Total Hours	75
Hours/Week	5 Hrs Wk
Code	P18PS2NMT01
Course Type	Theory
Credits	3
Marks	100

General Objectives:

The student will be able to understand the factors leading to stress and equip themselves with coping strategies.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the basic concept, types & sources of stress.
CO-2	Relate the concept of stress with physical health.
CO-3	Infer the importance of socio-demographic factors inducing stress.
CO-4	Summarise the influence of social resources.
CO-5	Implement coping strategies in everyday life.
CO-6	It develops the course skill of the student.

UNIT-I - THE NATURE OF STRESS AND HEALTH

13Hrs

Definition and Manifestation of Stress: Seyle Model of Stress, Lazarus and Folkman's Transactional Model, Sources/Types of Stress, Life Events Stress, Worksite/Organizational/Executive Stress, Examination Stress, Gender and Stress.

Extra Reading /Key words):Symptoms of stress.

UNIT – II - STRESS AND HEALTH-RELATED CONSEQUENCES

14Hrs

Behavioral and Physical Symptoms, Burnout Stress Syndrome (BOSS). Anxiety, fear Anger and Depression as Emotional Vital Signs of Mental Health, Their Nature and Management.

Extra Reading /Key words:Stress induced illness.

UNIT – III -SOCIO-DEMOGRAPHCSTRESSORS**15Hrs**

Socio-economic status, gender, Family – Parenting styles,Personality (e.g., Type A’Behavior Pattern) and Coping Strategies (Problem-focused and emotion-focused), as Moderators of the Relationship of Stress and Health/Well-being.

Extra Reading /Key words:Motivational Urges

UNIT – IV -SOCIAL RESOURCES**15Hrs**

Social/Family/Peer/Supervisory Supportand their appraisals as moderators of the relationship of stress and health/well-being.

Extra Reading /Key words:Positive Outlook

UNIT – V- MANAGING/COPINGWITH STRESS**18Hrs**

Self-Management via increasing Self-Awareness. Yogic Meditation, Buddhist Vipassana, Bio-feedback, Assertiveness Training, Time Management. Coping with Organizational Role Stress. Dealing with dual-Career Relationship and stress Inoculation training.

Extra Reading /Key words:Yoga, Meditation and energy management.

Course Outcomes(CO):

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Demonstrate the manifestation of stress on health.	PSO1	U
CO-2	Compare different stress and health related illness.	PSO1	U
CO-3	Illustrate the sociodemographic factors producing stress.	PSO2	U
CO-4	Classify the various social support resources.	PSO1	U
CO-5	Outline the methods of coping strategies.	PSO3	U
CO-6	Identify and implement the stressrelaxation techniques in daily life.	PSO1,PSO5	AP

PO – Programme Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse; E- Evaluate; C – Create

Prescribed text books:

1. Cartwright, S. &Cooper, C.L. (1997). Managing Workplace Stress. New Delhi:Sage.
2. Cooper,C. &Payne, R. (Eds) (1988). Causes, Coping and Consequences of Stressat Work. Chichester:Wiley.

BOOKS FOR REFERENCE:

1. Cooper,C. &Payne, R. (Eds) (1991).Personality and Stress: Individual Differencesin Stress Process. Chichester:Wiley

**DEPARTMENT OF PSYCHOLOGY
OFFERS TO
PG AND RESEARCH DEPARTMENT OF REHABILITATION SCIENCE
CHOICE BASED CREDIT SYSTEM
B.Sc. REHABILITATION SCIENCE
(For Candidates Admitted from 2021 onwards)**

Course Title	ALLIED-2 COUNSELLING
Total Hours	75
Hours/Week	4
Code	U20PS2ALT02
Course Type	Theory
Credits	2
Marks	100

GENERAL OBJECTIVE :

To understand and develop counseling skills and apply them in real life situations in personal and professional life

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the goal, role and characteristics of counselors.
CO-2	Apply the concepts of various counseling therapies
CO-3	Explain the process of group and career counseling
CO-4	Analyze the various forms of helping the needy client
CO-5	Relate the strategies of counseling to children and adults with special needs and their parents and siblings and significant others

UNIT 1 : BASICS OF COUNSELLING AND INTERPERSONAL RELATIONSHIP (15 Hrs)

- 1.1 Definition, goals, clients and counselor quality - Transference and Counter transference.
- 1.2 Counseling process
- 1.3 Rapport Building, Listening techniques
- 1.4 Empathic responding, probing, Confrontation Summarizing, Challenging Skills & Terminating skills.

Extra Reading/ Key words:social/ constructionist view of communication

Intercultural communication

UNIT 2 : COUNSELLING THERAPIES (20 Hrs)

- 3.1 Psycho-analytic Therapy Solution-focused counseling and Behavior Therapy
- 3.2 Transactional Analysis, Existential therapy and Adlerian therapy
- 3.3 Person-Centered Therapy and Rational-emotive Therapy
- 3.4 Reality therapy and Gestalt therapy

Extra Reading/ Key words: Abreaction therapy, Psychotherapy, Art therapy

UNIT 3 : GROUP & CAREER COUNSELING (10 Hrs)

- 2.1 Definition of group Types of groups – Psycho educational groups, Counseling groups, Psychotherapy groups and Task/Work groups
- 2.2 The process of group Counseling,
- 2.3 Issues in groups, Benefits and drawbacks of groups.
- 2.4 Definition of career counseling, The importance & scope of Career Counseling and career information

Extra Reading/ Key words: Group Dynamic & Group Cohesivness

UNIT 4 : THE NEEDY CLIENT AND FORMS OF HELPING (10 Hrs)

- 4.1 Helping the individual
- 4.2 Helping with social skills
- 4.3 Helping with thinking and feeling
- 4.4 Helping in groups and through networks

Extra Reading/ Key words: Interpersonal counseling, mentoring

UNIT 5 : COUNSELLING FOR PERSONS WITH DISABILITY (10 Hrs)

- 5.1 Handicapped child in the family
- 5.2 Counseling significant people in the lives of the handicapped
- 5.3 Personal and Social adjustment training for the handicapped
- 5.4 Vocational counseling

Extra Reading/ Key words: Counseling psychology, Disability Management

Course Outcomes(CO):

The learner will be able to

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
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CO-1	Explain the goal,role, characteristics of counseling and a counselor and the feature,stages of relationship and ways of improving relationship quotient.	PSO 1	R, U
CO-2	Describe the elements, models patterns and styles of Communication.	PSO 2	R
CO-3	Enumerate the various therapies used in the process of counselling children and persons with special needs.	PSO 3	U
CO-4	Describe the techniques of helping individual, helping with social skills, helping with thinking and feeling and helping in groups through networks.	PSO 4	U,A
CO-5	Explain the impact of having a child with disability in a family and counseling significant people , the need for personal and social adjustment training and the concept of Vocational Counselling for persons with disabilities. (skill development)	PSO 5	A.An

PO – Programme Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse; E- Evaluate; C – Create

Prescribed text books:

1. Samuel T. Gladding. (2009). Counselling – A Comprehensive Profession. Sixth Edition, Pearson Education.
2. Murgatroyd Stephen, (1988). Counselling and Helping, London; British Psychological Society and Methuen
3. Kennedy Eugene, (1977). On becoming a Counsellor, U.S.A.; Gill and Mac Millan.
4. Gerald Corey, (1991). Theory and Practise of Counselling and Psychotherapy, Brook/Cole Pub. Co.
5. Kochhar,S.K., (1990). Guidance and Counselling in Colleges and Universities, New Delhi; Sterling.

BOOKS FOR REFERENCE:

1. Weight, N.G., (1980). Total Rehabilitation, U.S.A.; Little Brown Company.
2. Fr. Joe Currie, S.J., (1993). In the Path of the Barefoot Counsellor, 18 Steps Toward Becoming Effective Helping Persons. Bangalore; TC Publications.
3. John Antony .D, (1994). Dynamics of Counselling, Nagercoil; Microskills Model Anugraha Publications.
4. Ray Woolfle and Windy Dryden, (1996). Counselling Psychology, New Delhi; Sage Publications.

HOLY CROSS COLLEGE (AUTONOMOUS) TIRUCHIRAPPALLI – 620 002
DEPARTMENT OF PSYCHOLOGY
OFFERS TO
PG AND RESEARCH DEPARTMENT OF REHABILITATION SCIENCE
CHOICE BASED CREDIT SYSTEM
B.Sc. REHABILITATION SCIENCE
(For Candidates Admitted from 2021 onwards)

Course Title	ALLIED – 1 GENERAL PSYCHOLOGY
Total Hours	60
Hours/Week	4 Hrs/Wk
Code	U20PS1ALT01
Course Type	Theory
Credits	4
Marks	100

General Objectives:

To understand the basic concepts of psychology and apply them in life.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the concepts of psychology, theories of learning and intelligence
CO-2	Remember the various concepts in memory forgetting and motivation
CO-3	Analyze the characteristics of creative persons and develop creative thinking and problem solving techniques.
CO-4	Analyze and evaluate the skill needed to develop self-concept and maintain better inter- personal relations
CO-5	Understand the concepts of consciousness, sleep and dreams and parapsychology

UNIT: I BASICS OF PSYCHOLOGY

(10 Hrs)

1. Meaning and History
2. Sensory Perception
3. Attention and Perceptual Processes
4. Nature and Types of Memory and forgetting theories

Extra reading/ keywords: Psychology applied in different fields, Biographies of successful people, Mnemonic techniques

UNIT: II LEARNING, MOTIVATION AND EMOTIONS (15 Hrs)

- 2.1 Learning theories
- 2.2 Motivation, Types of Motives & theories
- 2.3 Emotions theories
- 2.4 Frustration and conflict

Extra reading/ keywords: Multiple Intelligence, Emotional Intelligence, Emotional Quotient

UNIT: III THINKING AND INTELLIGENCE (10 Hrs)

- 3.1 Thinking and Reasoning
- 3.2 Creativity
- 3.3 Domains of Psychological Attributes
- 3.4 Intelligence
- 3.5 Individual differences in Intelligence

Extra reading/ keywords: Lateral thinking, Innovative problem solving techniques, Artificial Intelligence, social intelligence

UNIT: IV PERSONALITY (10 Hrs)

- 4.1 Definition & Type of personality
- 4.2 Type and Trait Theories of Personality
- 4.3 Learning and Behavioural Theories
- 4.4 Humanistic Theories.

Extra reading/ keywords: The Hardy Personality

UNIT: V PSYCHOLOGICAL DISORDERS AND STRESS (15 Hrs)

- 5.1 Major Psychological Disorders
- 5.2 Effects of Stress and Coping
- 5.3 Substance Use Disorders
- 5.4 Types and Sources of Stress

Extra reading/ keywords: Disengagement coping, Relaxation Techniques

Course Outcomes (CO):

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Explain the concepts of psychology,	PSO 1	R, U
CO-2	Explain theories of learning and intelligence	PSO 2	R
CO-3	Discuss the various concepts in memory forgetting	PSO 2	U
CO-4	Examine the importance of motivation in real life.	PSO 3	R
CO-5	Explain the characteristics of creative persons and develop creative thinking and problem solving techniques.	PSO 4	An
CO-6	List, explain and summarize the skill needed to develop self-concept and maintain better inter-personal relations	PSO 4	U

CO-7	Explain and summarize personality types and theories	PSO 5	R, An
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PO – Programme Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse; E- Evaluate; C – Create

Prescribed text books

1. Roger Van Oech, (1993). A Whack On the side of the head, Noida, India; Gospons papers Pvt. Ltd.
2. Clifford Morgan, Richard A King et.al. (1993). Introduction to Psychology. New York; Mc Graw Hill Inc.
3. Darley, Glucksherk, Kincha, (1991), Psychology, Prentice Hall Inc. A vision of Simen & Schuster,
4. Carlson, (1990). Psychology - The Science of Behaviour, U.S.A.; Allyn and Bacon, Inc.
5. Gordon H. Bower, Richard R. Bootzin and Robert B. Zajonc, (1987). Principles of Psychology, U.S.A.; Random House: Inc.

BOOKS FOR REFERENCE:

1. .Huffinon & William, (1987). Psychology in Action, Singapore; John Wiley & Sons, Inc.
2. John A.Glover, Roger H.Burning, (1987). Educational Psychology, Principles and Applications, U.S.A.; Little Brown & Co. & Limited.
3. Arno .F. Witting and Gurney Williams, (1987). Introduction to Psychology. New York; Mc Graw Hill Inc.
4. Stephen Worchel, Wayne Sheilske, (1986). Psychology Principles and Applications, U.S.A.; Prentice Hall : A division of Simon & Schcester Inc. Vergenia Nichols Quinn, (1985). Applying Psychology, Singapore; Mc Graw - Hill.
5. Gage / Berliner, (1984). Educational Psychology, U.S.A.; Houghton Mifflin Company.
6. David .W. Johnson and Frank .P. Johnson, (1982), Joining together, New Jersey; Prentice Hall and U.S.A.; Prentice Hall Inc.
7. Frank J.Bruno (1980), (1984). Behavior and Life, Singapore; John Wiley & Sons, Inc.

For Students admitted from June 2021 onwards
HOLY CROSS COLLEGE (Autonomous), TIRUCHIRAPALLI-2
PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM

Department of Psychology offered to
Department of Audiology & Speech-Language
Pathology
First Year - Semester – I

Course Title	Core Course-1 Clinical Psychology
Total Hours	60 hrs
Hours/Week	4 Hrs Wk
Code	U20PS1MCT01
Course Type	Theory
Credits	-
Marks	100

General Objectives:

After completing this course, the student will be able to understand the concept of psychology, assessment procedures and scope of psychology in speech and hearing.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Remember and understand scope of clinical psychology and its significance for speech and hearing
CO-2	Explain the cognitive, motor, emotional and social development
CO-3	Understand the theories of learning and therapy techniques based on learning principles
CO-4	Implement neuropsychology in the field of speech and hearing
CO-5	Remember and understand scope of clinical psychology and its significance for speech and hearing

UNIT I – Introduction to Psychology

12Hrs

Introduction to psychology: definition, history and schools of psychology, Scope of psychology, Meaning and definition of clinical psychology, Historical development, modern clinical psychology Significance of clinical psychology in health sciences, Role of clinical psychology in speech and hearing, Concept of normality and abnormality, Models of mental disorders: biological, psychological social models

Extra reading /Key words: Different school of psychology, application of psychology in speech therapy

UNIT II - Assessment Procedures in Clinical Psychology

12Hrs

Methods in clinical psychology: case history, clinical interviewing, clinical observation, definition and types of psychological testing, Assessment of cognitive functions, Behavioural assessment, Classification of abnormal behavior, History, need & rationale of classification, Current classificatory system: DSM,ICD

Extra reading /Key words: ICD 10, DSM V, ICF

UNIT III –Developmental Psychology

12Hrs

Child and developmental psychology: meaning, definition and scope, Meaning of growth, development & maturation, Principles of child development, Motor development: general principals of motor development, Stages in motor development: early motor development, motor development during later childhood and adolescence, decline with age, Cognitive development: growth from early childhood to adolescence, Piaget’s theory of cognitive development, Emotional development and Social development

Extra reading /Key words: Theory of mind, importance of motor development in speech and language development.

UNIT IV - Principles of Learning and Behavior Modification

12Hrs

Learning: meaning, definition and characteristics, Theories of learning: introduction, Pavlov’s classical conditioning: experiments and principles, Skinner’s operant conditioning: experiments and principles, Therapeutic techniques based on learning principles, Skill behavior techniques, Problem behavior techniques

Extra reading /Key words: Learning, conditioning, classical, operant, skill, behavior, application of learning theories in speech and language therapy

UNIT V - Neuropsychology and its Relevance to Studyof Speech

12Hrs

Neuropsychology: introduction and definition, Neuropsychological assessment and rehabilitation Application of neuropsychology in the field of speech and hearing, Counselling: introduction and definition, Types of counselling: directive and non- directive, Characteristics of a good counsellor

Extra reading /Key words: Importance of counseling, counseling tips for various speech and hearing disorders

Course Outcomes(CO) :

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Explain the role of clinical psychology in the field of speech and hearing.	PSO2 PSO5	U
CO-2	Understand methods of assessment in clinical psychology	PSO4 PSO3	R
CO-3	Detail the assessment of cognitive functions.	PSO4 PSO3 PSO5	Ap, E
CO-4	Explain the stages in motor development till adulthood and counsel regarding it	PSO2 PSO4	C
CO-5	Describe the characteristics of a good counsellor.	PSO5 PSO1	An, E
CO-6	Bridging theory with practical aspects of speech language pathology and audiology - skill development	PSO 5	Ap, C

PO – Programme Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse; E- Evaluate; C – Create

Prescribed text books

1. Morgon C.T., King R.A., Robinson N.M. Introduction to Psychology. Tata McGraw Hill PublishingCo.
2. Anastasi, A. (1999). Psychological testing, London:Freeman
3. Baura, M (2004). Human Development and Psychology, Rehabilitation Council of

India, New Delhi. ISBN:81-7391-868-6

4. Coleman J.C. Abnormal Psychology and Modern Life, Taraporevala Sons & Co.

BOOKS FOR REFERENCE:

1. Gregory, R.J. (2000). Neuropsychological and geriatric assessment in Psychological Testing: History, Principles, and Applications (3rd ed.). New York: Allyn & Bacon.
2. Hurlock, E.B. (1981). Child development. (VI Ed.). Mc Graw Hill International Book Co.
3. Kline, P. (1993). The Handbook of Psychological Testing. Routledge
4. Lezak, M., Loring, D.W., and Hannay, H.J. (2004). Neuropsychological Assessment. Fourth Edition. New York: Oxford University Press
5. Siegal M.G. (Ed). (1987). Psychological Testing from Early Childhood Through Adolescence. International Universities Press.

**HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.
COURSE PATTERN (FOR THE STUDENTS ADMITTED 2021 onwards) DEPARTMENT OF
PSYCHOLOGY- M.SC., PSYCHOLOGY**

III-Semester

Semester	Code	Subject	Hours	Credits	Marks
III	P21PS3MCT09	Core course-9 Psychometric Methods	6	4	100
	P20PS3MCI10	Core course-10 Internship/Institutional Training	6	4	100
	P18PS3MCT11	Core course- 11 Psychotherapeutics	6	4	100
	P21PS3MCP12	Core Course- 12 Experimental Psychology-II	6	4	100
	P18PS3MET05/ P20PS3MET06	Major elective-3 Cyber Psychology/ Educational Psychology	4	4	100
	P18PS3NMT02		1	-	
Library			1	-	
	P20SPSECC03	Internship/field Work / Field Project (30 hrs)		2(Extra Credit)	100
	Total		30	27	700

Course offered by the Department to other Department at UG Level

Semester	Code	Subject	Hours	Credits	Marks
III	U21PS3NMT01	Non Major Elective Behaviour Modification	4	2	100

II-Semester

Semester	Code	Subject	Hours	Credits	Marks
IV	P18PS4MCT13	Core Course- 13 Cognitive Neuro Psychology	7	5	100
	P18PS4MCT14	Core Course- 14 Human Resource Management	6	4	100
	P18PS4DIS01	Project Work And Viva Voce	16	3	100
	P21PS4SST01	Extra Credit-Sports Psychology (online)	----	2	100
Library			1		
	P20SPSECC04	Internship/field Work/ Field Project-30 hrs		2(Extra Credit)	100
	Total		30	14	500

Course offered by the Department to other Department at UG Level

Semester	Code	Subject	Hours	Credits	Marks
IV	U21PS4NMT02	Positive Psychology	4	2	100

**For the candidates admitted in the year 2020 onwards
 HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.
 PG DEPARTMENT OF PSYCHOLOGY- M.SC., PSYCHOLOGY
 CHOICE BASED CREDIT SYSTEM**

Semester – III - Second Year

Course Title	CORE COURSE 9: PSYCHOMETRIC MEHODS
Total Hours	90
Hours/Week	5 Hrs Wk
Code	P21PS3MT09
Course Type	Theory
Credits	5
Marks	100

General Objective:

The student will be able to understand and implement the tools of inferential statistics.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the various measurement scales
CO-2	Paraphrase and implement the importance of test standardization
CO-3	Execute the methods in constructing a test.
CO-4	Identify and carryout various descriptive statistics.
CO-5	Remember and compute the methods in inferential statistics.

UNIT – I: INTRODUCTION

18Hrs

Advantages of Standardized measures, Scales of Measurement, Decisions about Measurement Scales, Recent Trends in Measurement.

Extra Reading (key words): How to analyse a research paper.

UNIT – II: RELIABILITY AND VALIDITY

18Hrs

Reliability:- concept of reliability- Sources of Error –Methods of estimating Reliability, Test-Retest method, Parallel forms method, Split-half method, –Uses of the reliability coefficient – Validity: - concept of validity, criteria for establishing validity, Estimating the validity of the test, (Types of Validity), Face validity, Content validity, Concurrent validity, Construct validity, Predictive or Criterion –related validity, factorial validity.

Extra Reading (key words): Reviewing various questionnaires on content validity.

UNIT – III: CONSTRUCTION AND STANDARDISATION OF A TEST 18 Hrs

Characteristics of good test, Construction and Standardisation of a test:- Planning the test, writing the Test items, Try-out of the test, Item analysis, Item selection: Indices of difficulty and Discriminating power of items, Assembly of the test in the final form, Norms for the test:- Age norms, Grade Norms, Percentile Norms, Z scores.

UNIT – IV : STATISTICAL METHODS IN TESTING

18 Hrs

Frequency distributions and Graphs: Steps – Exact limits and mid-points of the class interval– Graphical representation of Data:- Different types of graphs –Measures of Central Tendency: -The Mean- Median and Mode – Measures of Variability: - The Range - Quartile Deviation- Average Deviation and Standard Deviation. Normal probability curve: - Characteristics – Applications – Skewness and kurtosis.

Extra Reading (key words): Review research studies using descriptive statistics, Review of related literature.

UNIT V: STATISTICAL TECHNIQUES APPLIED IN PSYCHOLOGY CORRELATION

18 Hrs

Meaning – Concept of Correlation – Pearson’s Product moment correlation – Rank order correlation – Test of Significance: ‘t’ Test – Calculation and interpretations – The ‘t’ ratio and its assumptions. Analysis of Variance (ANOVA):- Meaning – logic – example for one-way ANOVA – interpretation – Assumptions of the ANOVA. Regression and Prediction- An overview of Non-Parametric test: - Chi-Square Test. - SPSS: Basic steps. An Overview about Structural Equation Modelling.

Extra Reading (key words): Analyzing data using SPSS. Analysing data using SEM AMOS Graphics

Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Illustrate on scientific measurement.	PSO1	U
CO-2	Demonstrate on standardization of test.	PSO1	U
CO-3	Formulate test for research.	PSO1	C
CO-4	Develop skills on analysing data.	PSO1	AP
CO-5	Identify and adapt statistical technique.	PSO1	AP
CO-6	Construct and standardize a research tool.	PSO1	AP

PSO – Programme Specific Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse

Reference Text Books:

1. Garrett, H.E. (2007). *Statistics in Psychology and Education*. Paragon International Publishers. New Delhi.
2. Kothari, C.R. (2008). *Research Methodology – Methods and Techniques*. New Delhi: Wiley Eastern Ltd.
3. Kerlinger, N. F. (2010). *Foundations of Behavioural Research*. (2nd Ed.). Surjeet Publications, Delhi.
4. Rendall, E. Schumacker & Richard G. Lomax (2010). *A Beginner's Guide to Structural Equation Modelling* (3rd Ed), Taylor and Francis Group.

Reference Books:

1. Coaley, K. (2009). *An Introduction to Psychological Assessment and Psychometrics*. New Delhi: Sage Publications.
2. Nagarajan, K. and Srinivasan, R. *Research Methodology in Education* (1994). Ram publishers, Chennai.
3. Mangal, S.K. (2009). *Statistics in Psychology and Education*. (2nd Ed.). PHI Learning Pvt. Ltd. New Delhi.
4. Nunnally, C. J. and Bernstein, H.I. (2010). *Psychometric Theory*. (3rd Ed.). Tata McGraw-Hill. New Delhi.
5. Rex B. Kline (2016). *Principles and Practice of Structural Equation Modeling* (4th Ed), The Guilford Press, NY.

For the candidates admitted in the year 2020 onwards
HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.
PG DEPARTMENT OF PSYCHOLOGY- M.SC., PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM
Semester – III- Second Year

Course Title	CORE COURSE 8- INTERNSHIP & INSTITUTIONAL TRAINING
Total Hours	90
Hours/Week	5 Hrs Wk
Code	P21PS3MCI10
Course Type	Field Work
Credits	4
Marks	100

Course Objectives:

- To make the students to obtain direct filed experience in real-life settings such as hospitals, counselling centers, mental health centers or community clinics, industries and organizations.

Guideline for Internship:

The students allow to do their internship programme in any one of the settings such as hospitals, counselling centers, mental health centers, industries and organizations for 90 hours. The students who undertaking internship should be equipped with the theoretical knowledge in the discipline and practical skills. During the internship the students may be permitted, under supervision, to participate in the diagnostic testing and to attend clinical/organizational conference where in the cases are diagnosed and treatment/management plan suggested and progress in treatment/training discussed. The candidate may be guided to pursue minimum 10 case studies in detail. After completion of the internship, the report should be submitted to the Department within the stipulated date prescribed by the Department. The Report should adequately reflect the exposure to the training and experience gained by the candidates during the internship. The students need to maintain a work diary/log book for their Clinical/Industrial internship. Candidates are required to report to the concerned guide allotted at the department after completing 90 hours of Clinical/Industrial internship. Further The candidates should submit the Clinical/Industrial internship Report with a minimum of 5 cases studies in detail along with internship completion certificate, within 20 days after completion of the clinical/industrial internship.

Criteria for Evolution

Submission of Report- 50 Marks

Viva Voce – 50 Marks

Total- 100 Marks

**For the candidates admitted in the year 2020 onwards
 HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.
 PG DEPARTMENT OF PSYCHOLOGY- M.SC., PSYCHOLOGY
 CHOICE BASED CREDIT SYSTEM**

Semester – III – Second Year

Course Title	CORE COURSE 11- PSYCHOTHERAPEUTICS
Total Hours	90
Hours/Week	5 Hrs Wk
Code	P18PS3MCT11
Course Type	Theory
Credits	4
Marks	100

General Objectives:

To enable the student to understand the various therapeutic approaches.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the development of psychoanalytic and Adlerian approach.
CO-2	Summarize existential and person centered therapy.
CO-3	Paraphrase gestalt and reality therapy.
CO-4	Implement behaviour modification therapies.
CO-5	Analyse post-modern and family therapy.

UNIT-I: INTRODUCTION, THERAPEUTIC PROCESS OF PSYCHOANALYTIC AND ADLERIAN THERAPY

18Hrs

Psychotherapy: - Meaning – Characteristics – Forms: Individual therapy - group therapy – insight therapy – action therapy- Psychoanalytic Therapy: Introduction-Key Concepts- Therapeutic Processes- Procedures. Adlerian Therapy:- Introduction-Key Concepts- Therapeutic Processes-Procedures.

Extra Reading (key words): Case study – psychanalytic approach

UNIT-II: THERAPEUTIC PROCESS OF EXISTENTIAL THERAPY AND PERSON- CENTRED THERAPY

18Hrs

Existential Therapy:- Introduction-Key Concepts- Therapeutic Processes- Procedures - Person Centered Therapy: Introduction-Key Concepts- Therapeutic Processes- Procedures.

Extra Reading (key words): Self and its importance

UNIT-III: THERAPEUTIC PROCESS OF GESTALT THERAPY AND REALITY THERAPY

18Hrs

Gestalt Therapy: Introduction-Key Concepts- Therapeutic Processes- Procedures
Reality Therapy:- Introduction-Key Concepts- Therapeutic Processes- Procedures.
Extra Reading (key words): Review of Case study using Gestalt therapy

UNIT-IV:THERAPEUTIC PROCESS OF BEHAVIOUR THERAPY AND COGNITIVE BEHAVIOUR THERAPY

18Hrs

Behavior Therapy:- Introduction- Key Concepts- Therapeutic Processes- Procedures- Contributions-Limitations and Criticisms. **Rational Emotive Behavior Therapy:-** Introduction-Key Concepts- Therapeutic Processes- Procedures - **Beck’s Cognitive Therapy:-**Introduction: Principles-Applications - **Meichenbaum’s Cognitive Behavior Modification** - Behavior Changes-Coping Skills-Contributions.
Extra Reading (key words): Behaviour modification for children

UNIT-V:THERAPEUTIC PROCESS OF POST MODERN APPROACHES AND FAMILY SYSTEMS THERAPY

18Hrs

Introduction to social constructionism-Solution-focussed brief therapy-Narrative therapy-Post-modern approaches from a multicultural perspective.
 Introduction-The development of Family Systems Therapy- Eight lenses in family systems therapy-Multi-licensed process of family therapy-Family systems therapy from a multicultural perspective.
Extra Reading (key words): Grief therapy.

Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Comprehend different psychotherapeutic techniques.	PSO5	U
CO-2	Apply techniques to psychological issues and their treatment.	PSO5	AP
CO-3	Discuss Using appropriate Therapy based on the type of maladjustment.	PSO5	C
CO-4	Comprehend different psychotherapeutic techniques.	PSO5	U
CO-5	Compare Behaviour and cognitivebehaviour therapy.	PSO5	U
CO-6	Analyse postmodern and family systems approach.	PSO5	AN

PSO – Programme Specific Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse

References

Text Books:

1. Corey.G. (2001): Theory and Practice of Counseling and Psychotherapy. NewDelhi, Brooks/Cole.
2. Coon D &Mitterer, J.O. (2007): Introduction to Psychology: Gateway to Mindand Behavior. New Delhi: Thomson Wadsworth.

Reference Books:

1. Lazarus, A.D. (1975): The Practice of Multi-modal Therapy, New York; Mc Graw Hill BookCompany.
2. Ghorpade, M.B. & Kumar, V (1988): Introduction to ModernPsychotherapy, Bombay, Himalaya PublishingHouse.

**For the candidates admitted in the year 2020 onwards
 HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.
 PG DEPARTMENT OF PSYCHOLOGY- M.SC., PSYCHOLOGY**

Semester – III – Second Year

Course Title	CORE COURSE 12- EXPERIMENTAL PSYCHOLOGY II
Total Hours	90
Hours/Week	5 Hrs Wk
Code	P21PS3MCP11
Course Type	PRACTICAL
Credits	5
Marks	100

General Objectives:

To make the students to assess motivation and wellbeing, mental status examination, occupational aspiration, intelligence test and personality projective test

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Learn and administer psychological test.
CO-2	Interpret the test
CO -3	It helps the student in employability and develop entrepreneur skills

MOTIVATION AND WELL-BEING

1. PGI Quality of Life Scale
2. Subjective Well-being Index
3. Leadership preference scale

CLINICAL PSYCHOLOGY

4. Learning Disability Index
5. Developmental Screening Test
6. Vineland Social Maturity Scale (Malin)
7. Bender Gestalt Test
8. Clinical Analysis Questionnaire
9. Mental Status Examination
10. Brain Dominance Scale

INDUSTRIAL & ORGANIZATIONAL PSYCHOLOGY

11. Occupational Aspiration Scale
12. Entrepreneurial Profile Assessment Scale
13. Occupational Stress Index
14. Organizational commitment scale

INTELLIGENCE

15. Wechsler's Adult Intelligence Scale
16. Malin Intelligence scale
17. Test of general intelligence for college students

SPORTS PSYCHOLOGY

18. Sportsman Spirit Test

DEMONSTRATION EXPERIMENTS (NOT FOR THE EXAMINATION)

19. Thematic Apperception Test(TAT)
 20. Rorschach Ink-Blot Test
- There are minimum 10 experiments need to be conducted

Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Understand basics of Psychological assessment.	PSO3	U
CO-2	Understand different types of testing	PSO3	U
CO-3	Apply different assessment techniques in practical life.	PSO3	AP

PSO – Programme Specific Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse

**For the candidates admitted in the year 2020 onwards
 HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.
 PG DEPARTMENT OF PSYCHOLOGY- M.SC., PSYCHOLOGY
 CHOICE BASED CREDIT SYSTEM**

Semester – III – Second Year

Course Title	MAJOR ELECTIVE- CYBER PSYCHOLOGY
Total Hours	90
Hours/Week	4 Hrs Wk
Code	P18PS3MET05
Course Type	THEORY
Credits	4
Marks	100

General Objectives: Understand the present trends in cyber psychology.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Analyse the applications of psychological issues in cyber psychology.
CO-2	Summarize individual psychology in cyberspace.
CO-3	Implement the importance of cyber space relationship.
CO-4	Evaluate the dynamics of group in cyber space.
CO-5	Evaluate the forms of Cyber Crime and Cyber terrorism.

UNIT I: INTRODUCTION TO CYBER PSYCHOLOGY AND ITS COMPONENTS

18Hrs

What is Cyber Psychology?-Cybernetics-Cyberspace as Psychological space-Psychology in Cyberspace- Cyber Psychology-an emerging field of research- Psychological qualities of cyberspace-Model of Cyber Psychology-The online disinhibition effect-The Psychology of coping with spam-Applications of CyberPsychology

Extra Reading (key words): Coping with technological stress.

UNIT II: INDIVIDUAL PSYCHOLOGY IN CYBERSPACE

18Hrs

Online identity management-Types of personality in cyberspace-Transference reactions to computers-Computer and Internet Addiction-Signs and symptoms of Internet Addiction-Internet Addiction treatment-Adolescents in cyberspace-Media Transitions

Extra Reading (key words): Individual personality and cyber space

UNIT III: THE PSYCHOLOGY OF CYBERSPACE RELATIONSHIPS 18Hrs

Relationships between in-person and cyberspace-Transient and long term online relationships-The Psychology of text relationships-Hypotheses about online text relationships-Transference among people online-Conflict in cyberspace:- How to resolve conflict online?-Cyberspace romances-Communication subtlety in multimedia chat

Extra Reading (key words): Knowledge explosion 41

UNIT IV: GROUP DYNAMICS IN CYBER SPACE 18Hrs

Social Psychology of online groups-Making virtual communities' work- Unique groups in cyberspace-Extending work group into cyberspace- Extending the classroom into cyberspace-Online photo sharing communities-Establishing a cyber-psychological niche and equilibrium-The image as an expression of self

Extra Reading (key words): Group Counselling

UNIT V: CYBER CRIME, CYBER BULLYING AND CYBER TERRORISM 18Hrs

Topology-Reasons for cybercrime-Cyber criminals-Classification-Types of cyber crime-Prevention of cyber crime. Cyber Bullying-Forms of cyber bullying-History of cyber bullying-Signs of cyber bullying-Types of cyber bullying-Tips to help prevent cyber bullying. Cyber Terrorism-Basic definition-History-Effects-Cyber Terrorism against the government organization.

Extra Reading (key words): Precaution and prevention of cyber-crime

Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Illustrate the current trends of cyber psychology	PSO1	U
CO-2	Identify the signs and symptoms of cyber addiction	PSO2	AP
CO-3	Analyze the impact of online relationship	PSO3	AN
CO-4	Relate the influence of groups in cyber space	PSO1	U
CO-5	Compare cyber bullying and cyber crime	PSO3	U
CO-6	Develop intervention strategies to deal with cyber Crime	PSO1	C

PSO – Programme Specific Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse

References

Text Books:

1. Ravindra Thakur. (2011). Cyber Psychology. Global Vision Publishing House. New Delhi.
2. Suryanarayana, N.V.S., Himabindu, G. and Neelima, V. (2011). CyberPsychology. Sonali Publications. NewDelhi.

Reference Books:

1. Jayant Malik. (2011). Cyber Crime and Terrorism. Swastik Publications. NewDelhi.
2. <http://www-usr.rider.edu/suler/psycyber/psycyber.html>

**For the candidates admitted in the year 2020 onwards
 HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.
 PG DEPARTMENT OF PSYCHOLOGY- M.SC., PSYCHOLOGY
 CHOICE BASED CREDIT SYSTEM**

Semester – III – Second Year

Course Title	MAJOR ELECTIVE-1: EDUCATIONAL PSYCHOLOGY
Total Hours	60
Hours/Week	4 Hrs Wk
Code	P20PS3MET06
Course Type	Theory
Credits	3
Marks	100

General Objectives:

To enable students to understand the problems, process and products of education and to study the behaviour of the learner in relation to his educational needs and his environment.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Apply the importance, nature and scope of Psychology in education.
CO-2	Evaluate the language, psychosocial and moral development.
CO-3	Evaluate the differences in intelligence and cognitive styles.
CO-4	Demonstrate the applications of learning theories in teaching methods.
CO-5	Organise the effective classroom management and learning techniques.
CO-6	It develops the course skill of the student.

UNIT I: INTRODUCTION TO EDUCATIONAL PSYCHOLOGY

12 Hrs

Nature, definition - History and scope of educational psychology - Methods of educational psychology - The role of Educational Psychology

Extra Reading (key words): Role of educational psychologist.

UNIT II: DEVELOPMENT OF STUDENTS

12 Hrs

Piaget's cognitive and language development - Vygotsky's socio-cultural approach, Erik Erickson's psychosocial theory and Kohlberg's theory of moral development - Implications of

Piaget's and Vygotsky's Theories for Teachers- The Development of Language - Diversity and Convergences in Cognitive Development.

Extra Reading (key words): Case observation on moral development

UNIT III: MOTIVATION IN LEARNING AND TEACHING

12 Hrs

What is Motivation? Needs- Goal Orientations- Beliefs and Self-perceptions- Interests- Curiosity- Emotions and Anxiety-Motivation to Learn in School: On Target Diversity and Convergences in Motivation to Learn.

Extra Reading (key words): Strategies for enhancing motivation.

UNIT IV– COGNITIVE VIEWS OF LEARNING

12 Hrs

Elements of the Cognitive Perspective- Cognitive views of Memory- Long-term Memory. Becoming Knowledgeable- Some Basic Principles- Diversity and Convergences in Cognitive learning- Critical Thinking- Meta-cognition- Learning Strategies. Problem Solving: - Creativity and Creative Problem –Solving, Teaching for Transfer.

Extra Reading (key words): Characteristics of creative thinkers

UNIT V: METHODS OF EFFECTIVE TEACHING-LEARNING AND EVALUATION

12 Hrs

Classroom management- creating effective learning environment. Methods and technical issues in the assessment of students. Effective teaching strategies- technology based teaching strategies Evaluation: - Formative and summative- Tests, Examinations- assignments- Project work.

Extra Reading (key words): Cooperation in the class room.

Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Explain the importance and scope of psychology in education	PSO1	U
CO-2	Compare the various theories of cognitive and language development	PSO1	U
CO-3	Relate the role of motivation in teaching and learning	PSO1	U
CO-4	Analyse the cognitive views of learning	PSO4	AN
CO-5	Combine the various teaching, learning and evaluation strategies	PSO4	C
CO-6	Evaluate the influence of developmental process in learning.	PSO1	E

PSO – Programme Specific Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse

Reference Text Books

2. Mangal. S. K., Advanced Educational Psychology. Second Edition. PHI Learning Private Limited, New Delhi.
3. Woolfolk, A., Misra. G., Jha. A. K. Fundamentals of Educational Psychology. Eleventh Edition. New Delhi. Pearson Education.

**For the candidates admitted in the year 2020 onwards
 HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.
 PG DEPARTMENT OF PSYCHOLOGY- M.SC., PSYCHOLOGY
 CHOICE BASED CREDIT SYSTEM
 Semester – III – Second Year**

Course Title	NON MAJOR ELECTIVE –II:PSYCHOLOGY FOR EFFECTIVE LIVING
Total Hours	90
Hours/Week	5 Hrs Wk
Code	P18PS3NMT02
Course Type	THEORY
Credits	4
Marks	100

General Objective: To enable the students to understand their self-concept, analyse their decision making skills, establish and maintain healthy interpersonal relationship.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the basic concepts of self.
CO-2	Summarise different theories of learning.
CO-3	Relate the functioning of memory and motivation
CO-4	Infer the fundamentals of emotion and intelligence
CO-5	Attribute the process of consciousness and formation of personality

UNIT I:SEEKINGSELFHOOD

18Hrs

Self-concept – core characteristics of self-concept – self consistency, self-esteem-attitudes towards self, self enhancement and self-verification – self-concept and personal growth. *Extra Reading (Key words): self-image and ideal self.*

UNIT II: AHEALTHIERYOU

18Hrs

Body image – psychological factors and physical illness – coping with illness. *Extra Reading (Key words):rating health habits.*

UNIT III: TAKING CHARGE OFYOURLIFE

18Hrs

Mastery and personal control – resolve and decision making –meaning-definitions-strategies of decisions making and personal growth.

Extra Reading (Key words):A person idea of his self-control.

UNIT IV: YOUR FRIENDS AND YOU**18Hrs**

Meeting people – impression formation and management-interpersonal attraction – friendship-self-disclosure and loneliness. *Extra Reading (Key words): Analyse on personal shyness. 46*

UNIT V: LOVE AND COMMITMENT**18Hrs**

Love and intimacy – Internal sources of liking- External sources of liking- Commitment – adjusting to intimate relationships – divorce and its consequences.

Extra Reading (Key words): Marital Myths.

. Course Outcomes:**The learner will be able to**

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Summarize the components of self.	PSO1	U
CO-2	Relate physical and psychological health with effective living.	PSO1	U
CO-3	Analyse the strategies used for self-identity	PSO5	AN
CO-4	Compare interpersonal and interdependent relationship	PSO3	U
CO-5	Examine and infer decision making strategies.	PSO3	AN
CO-6	Adapt the strategies to understand people's behaviour in interpersonal relationship.	PSO3	C

PSO – Programme Specific Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse

References**Text Books:**

1. Duffy G K, Atwater E (2008). Psychology for Living- Adjustment, growth and Behaviour today. India.
2. Baron, A. R. and Byrne, D. (2003). Social Psychology. Tenth Edition. New Delhi: Prentice-Hall of India Pvt. Ltd.

Reference Books:

1. Mayers, D.G. (1999). Social Psychology. New York. McGraw-Hill College.
2. Giles, B. (2002). Introducing Social Psychology. London. The Brown Reference Group.

For Students admitted from June 2020 onwards
HOLY CROSS COLLEGE (Autonomous), TIRUCHIRAPALLI-2
PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM

The Department offers the course to the other Departments at UG level

Semester – IV - Second Year

Course Title	MAJOR ELECTIVE 1- BEHAVIOR MODIFICATION
Total Hours	60
Hours/Week	4 Hrs Wk
Code	U21PS1NMT01
Course Type	Theory
Credits	4
Marks	100

General Objectives:

To understand and implement the principles of behaviour modification.

Course Objectives:

CO No.	Course Objectives
CO-1	Paraphrase the principles of behaviour modification to various disciplines.
CO-2	Understand the basic strategies of behaviour modification.
CO-3	Analyse the various methods to measure behaviour modification.
CO-4	Execute the different techniques of behaviour modification.
CO-5	Understand and implement the bio-psychosocial issues in behaviour management.
CO-6	Develops skill of the student.

UNIT I: INTRODUCTION TO BEHAVIOUR MODIFICATION

10Hrs

Human Behavior:- Meaning - Behavior Modification: Meaning - Characteristics - Historical Roots

Extra Reading /Key words: Conceptual and ethical issues in behaviour therapy.

UNIT II: BASIC PRINCIPLES OF BEHAVIOUR MODIFICATION

12Hrs

Reinforcement:- Factors Influencing the Effectiveness of Reinforcement- Schedules of Reinforcement – Extinction: Factors Influencing Extinction – Punishment: Factors Influencing the Effectiveness of Punishment - Stimulus Control: Discrimination and Generalization - Shaping - Modelling.

Extra Reading /Key words: Factors affecting effectiveness of extinction, differential reinforcement.

UNIT III : MEASUREMENT OF BEHAVIOUR AND BEHAVIOUR CHANGE

13Hr

Target Behaviour:- Definition - Observing and Recording Behaviour- - The Logistic of Recording - The Observer- Principles and methods of Recording - Recording Instrument – Graphing Behaviour and Measuring Change.

Extra Reading /Key words:Analogue assessment- Paper pencil and audio visual analogue.

UNIT IV : SYSTEMATICDESENSITIZATIONPROCESS 12Hrs

Application- Basic Techniques: JPMR – REBT Aversive techniques - Flooding- Prompting
- Fading- Chaining- Token Economy- Time Out.

Extra Reading /Key words:Yoga, meditation and behaviour modification..

UNIT V:MANAGEMENT OFBIO-PSYCHOSOCIALISSUES 13Hrs

Management of Anxiety – Stress - Obesity - Phobia - Stuttering and Stammering-

Extra Reading /Key words:Behavioural rehearsal and assertive training.

Course Outcomes(CO):

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Extend the behaviour modification techniques to various areas	PSO1	U
CO-2	Summarize the basic Principles ofbehaviour modification	PSO1	U
CO-3	Apply strategies to measure behavioural change	PSO3	AP
CO-4	Adapt various behaviour modification techniques	PSO5	C
CO-5	Evaluate the application of management techniques	PSO3	EV
CO-6	Illustrate and infer Behavioural changeand management	PSO3	U

PO – Programme Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse; E- Evaluate; C – Create

Prescribed text books:

2. Miltenberger, R. G ., (2000). Behavior Modification (2nd ed). Library of Congress Cataloging- inPublicationData.

BOOKS FOR REFERENCE:

1. Martin,G; Pear, J (2007). Behavior Modification: What it is and how to do it (8thed). Upper Saddle River, NJ: Pearson Prentice Hall, Wolpe.J., (1972). The Practice of Behavior Therapy. NJ: Pearson Prentice Hall. Introduction BehaviourModification

**For the candidates admitted in the year 2020 onwards
 HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.
 PG DEPARTMENT OF PSYCHOLOGY- M.SC., PSYCHOLOGY
 CHOICE BASED CREDIT SYSTEM**

IV Semester – Second Year

Course Title	CORE COURSE 13: COGNITIVE NEUROPSYCHOLOGY
Total Hours	90
Hours/Week	7 Hrs Wk
Code	P18PS4MCT13
Course Type	THEORY
Credits	4
Marks	100

General Objectives: The student will understand the theatrical and practical perspectives of cognitive-neuropsychology.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the origins of cognitive neuropsychology
CO-2	Relate the structure and functions of neurons
CO-3	Identify the methods in cognitive neuropsychological concepts
CO-4	Relate various perceptual processes.
CO-5	Paraphrase the problem solving and creative aspects of cognition.

UNIT I INTRODUCTION COGNITIVE NEUROPSYCHOLOGY

15 Hrs

Meaning- History- Assumptions of Cognitive Neuropsychology- Neuroanatomy: the nervous system, surrounding structures (skull, blood vessels, meninges, ventricles)-. Spinal cord, brainstem, cerebellum, midbrain, thalamus, basal ganglia, cortex.

The cellular foundations of the nerve function: Types of nerve cells-functions- the Four lobes and their Functions

Extra Reading (Key words): Structures and functions of neuroanatomy

UNIT II METHODS

15 Hrs

Case Study- Animal Studies- Human Lesion Studies- Structural (X-ray, CT, MRI) and functional (SPECT, fMRI, PET, NIRS) neuroimaging.

Electrophysiological methods: electroencephalography (EEG), event-related potentials (ERP), magnetic encephalography (MEG). Controlling the brain - neurofeedback.

Extra Reading (Key words): Human Lesion Studies and Electro-physiological methods

UNIT III PERCEPTION&ATTENTION**15 Hrs**

Visual pattern recognition: Template-matching model – Feature analysis – Object recognition
 Face recognition. Speech recognition – Feature analysis of speech. Context and pattern
 recognition – FLMP model. Attention: Auditory attention – Filter theory – Attenuation theory.
 Visual attention: Neural basis – Visual search – Binding problem – Visual neglect – Object
 based attention. Central attention – Automaticity – Stroop effect.

Extra Reading (Key words): Perceptual process and analysis of speech 48

UNIT IV: MEMORYANDCOGNITION**15 Hrs**

Memory: Atkinson and Shiffrin Model- Neural Networks Model - Kinds of information stored
 in Memory: Working Memory- Episodic and Semantic Memory- Procedural Memory- Methods
 to Study Memory-Forgetting- Memory Distortion and Memory Construction- Memory in
 Everyday Life- Memory and the Brain- Memory Improvement Techniques. Cognition:
 Thinking- Basic Elements of Thought- Reasoning– Making Decisions- Problem Solving and its
 Methods- Artificial Intelligence- Language and its Development – Language and Thought.
 Sensory memory: Visual – Auditory. Short-term memory – Working memory: Baddeley’s
 theory – Long-term memory – Factors influencing memory – Techniques for studying textual
 material. Retention – Interference – Retrieval and inference: Plausible retrieval – Elaboration &
 inference – Eyewitness testimony & False memory. Associative structure and retrieval: Effect
 of encoding context – Encoding-specificity.

Extra Reading (Key words): memory process and function of cognition

UNIT V PROBLEM SOLVINGAND REASONING**15 Hrs**

Problem solving process – Problem solving operators: Acquisition of operators – Analogy &
 imitation. Operator selection: Difference-reduction model –Mean-end analysis – Tower of
 Hanoi –Problem representation: functional fixedness. Set effects.
 Reasoning about conditionals: Wason selection task – Permission schema – Probabilistic
 interpretation. Deductive reasoning: Categorical syllogism –Atmosphere hypothesis –Process
 explanation. Inductive reasoning: Hypothesis formation and testing.

Extra Reading (Key words): Thinking and Problem solving

Course Outcomes:**The learner will be able to**

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Paraphrase the origins of cognitive neuropsychology	PSO1	U
CO-2	Illustrate the structure and functions of neurons	PSO1	U
CO-3	Explain the methods in cognitive neuropsychological concepts	PSO1	U

CO-4	Outline various perceptual processes	PSO5	U
CO-5	Summarize the problem solving and creative aspects of cognition	PSO5	U

PSO – Programme Specific Outcomes; CO – Course Outcome; U- Understand

References

Text Books:

1. Ellis, A. W., & Young, A. W. (2013). Human cognitive neuropsychology: A textbook with readings. Psychology Press, Chicago
2. Rapp, B. E. (2001). The handbook of cognitive neuropsychology: What deficits reveal about the human mind. Psychology Press.
3. Margaret W. Matlin. Cognition (6th Edition). Wiley.

Reference Books:

1. Solso. R. L. (2004). Cognitive Psychology (6th Edition). New Delhi: Pearson Education Pvt.Ltd.
2. Wessells, M. G. (1982). Cognitive Psychology. New York: Harper and Row Publishers.
3. Best, B. J. (1983). Cognitive Psychology (2nd Edition). New York: West Publishing Company.
4. Wood, G. (1983). Cognitive Psychology - A Skills Approach. California: Cole Publishing.
5. Kolb, B. (2003). Fundamental of Human Neuropsychology (5th edition). New York: Worth Publishers.
6. Beaumont, J.G. (1982) Neuropsychology, Guildford Publishers, New York

**For the candidates admitted in the year 2020 onwards
 HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.
 PG DEPARTMENT OF PSYCHOLOGY- M.SC., PSYCHOLOGY
 CHOICE BASED CREDIT SYSTEM**

IV Semester – Second Year

Course Title	CORE COURSE – 14: HUMAN RESOURCE MANAGEMENT
Total Hours	90
Hours/Week	6 Hrs Wk
Code	P18PS4MCT14
Course Type	THEORY
Credits	4
Marks	100

General Objectives: The student will understand the theoretical and practical perspectives of human resources in management.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the basic concepts of management and planning.
CO-2	Classify the methods of employee recruitment.
CO-3	Summarise the compensation and pay benefits followed in organization.
CO-4	Implement the various techniques to settle employee issues.
CO-5	Execute the strategies followed in team work.

**UNIT I: INTRODUCTION TO HUMAN RESOURCE MANAGEMENT
AND PLANNING**

18Hrs

Human Resource in organization- history and development of HRM. The concept of HRM: - definition- aims- characteristics- functions- models of HRM- Role of an HR practitioner. Current status of the field- Challenges and limitations of HRM. HRM Processes:- Strategic HRM- HRM Policies- Competency based HRM- Knowledge management- Nature of work- Concepts and Process of Human Resource Planning- Methods and Techniques of human resource planning- talent management.

Extra Reading (key words): Various psychological tests used in organizational psychology 50

**UNIT II: ACQUISITION OF HUMAN RESOURCES, EMPLOYEE SOCIALIZATION,
ORIENTATION AND DEVELOPMENT** **NIT II: ACQUISITION**

18 Hrs

Recruitment: - Process and methods- Policies and procedures- Internal-external recruitment. Selection and placement:- Aims and objectives- Selection tests and interviews- issues of equal job opportunity and diversity management in selection process.- Socialization at work place:-

Motivation- attitude and emotions at work. Training: - importance of training- training and development cycle in organization- e-learning- management development- career management.

Extra Reading (key words): Interview process and its effectiveness.

UNIT III: EMPLOYEE COMPENSATION, BENEFITS AND EVALUATION 18 Hrs

Compensation:- Nature, Strategic compensation- Market rate analysis- legal and administrative aspects. Pay system:- Development of pay systems- variable pay- benefits and incentives. Performance appraisal:- Nature and use of performance appraisal- methods of performance appraisal- Performance management- legal aspects.

Extra Reading (key words): Job characteristic model

UNIT IV: EMPLOYEE RELATIONS, EMPLOYEE AND LABOR ISSUES 18 Hrs

Employee relations: - Framework, approaches, processes, employee voice, communication. Employee health and safety: - Need and importance- risk assessment- health and safety policies- accident prevention- health and safety training- Change management and innovation. Conflict management- Negotiation and bargaining- Unions and collective bargaining- Discipline and grievance management- Issues of organizational justice- legal issues.

Extra Reading (key words): Positive aspects and drawbacks of performance management

UNIT V: EMPLOYMENT AND HRM SERVICES

18 Hrs

Team work and leadership management- Employment practices and procedures- Human resource audit- accounting and information system- Human resource in mergers and acquisitions- International dimensions of HRM

Extra Reading (key words): Training models.

Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Understand the physical and psychological working conditions.	PSO1	U
CO-2	Distinguish between Job analysis and evaluation.	PSO1	AN
CO-3	Execute employee selection technique.	PSO1	AP
CO-4	Implement the concepts of various training methodology	PSO5	AP

PSO – Programme Specific Outcomes; CO – Course Outcome; U- Understand; Ap – Apply; An – Analyse

References

Text Books:

1. 1.Rao TV (2010) . Alternative Approaches and Strategies of HRD. Rawat Publications. NewDelhi.
2. Biswanth Ghosh (2006). Human Resource Development andManagement, VikasPublishing House, NewDelhi.

Reference Books:

1. Gary Dessler. A. (2009). Framework for Human Resource Management (5th ed).New Delhi: Pearson/Prentice Hall Publishing.
2. Mathis and Jackson. Human Resource Management (12th edition). ThomsonSouth Western

For the candidates admitted in the year 2020 onwards
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PG DEPARTMENT OF PSYCHOLOGY- M.SC., PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM

IV Semester – Second Year

Course Title	CORE COURSE – 15 PROJECT WORK AND VIVA VOCE
Total Hours	90
Hours/Week	16 Hrs Wk
Code	P18PS4DIS01
Course Type	PRACTICAL
Credits	8
Marks	100

The students are required to take up a group project work on an issue of psychological importance under the supervision of teachers. The project work may be either examining the relationship among certain psychological variables or psychological case analyses. The project work shall be carried out during the IV semester and the project report shall be submitted at the end of the IV semester neatly typed and bound (1 Hard Copy and 1 Soft Copy in PDF format)

**For the candidates admitted in the year 2020 onwards
 HOLY CROSS COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002.
 PG DEPARTMENT OF PSYCHOLOGY- M.SC., PSYCHOLOGY
 CHOICE BASED CREDIT SYSTEM**

IV Semester – Second Year

Course Title	SELF STUDY: SPORTS PSYCHOLOGY
Total Hours	90
Hours/Week	-
Code	P21PS4SST01
Course Type	THEORY
Credits	2
Marks	100

General Objectives: To enable the students to understand dynamics of psychology in sports.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the psychological issues in sports
CO-2	Recognise the factors of motivation in sports performance.
CO-3	Summarise the cognitive process underlying sports activities.
CO-4	Understand and execute group dynamics in sports.
CO-5	Implement the psychological strategies for enhancing sports performance.

UNIT I: INTRODUCTION TO SPORTS PSYCHOLOGY

18 Hrs

Introduction to sport psychology - Factors influencing the mental demands of a given sport - Sport and exercise psychology as an academic discipline - History of sport and exercise psychology- Research methods in sport and exercise psychology- What do sport psychologists do?

Extra Reading (key words): Role of sports Psychologist

UNIT II: MOTIVATION AND GOAL SETTING

18 Hrs

Exploring Athletic behavior- Key concepts Motivation and Goal setting in Sport -

Feedback and Reinforcement – Self-Confidence - Anxiety in Sport performance – Concentration in sport performance – Personality Traits for sports – Concentration – Arousal, Stress and anxiety – Arousal regulation

Extra Reading (key words): Pathological motivation and sport.

UNIT III: COGNITIVE PSYCHOLOGY IN SPORTS**18 Hrs**

Cognitive Psychology and Sport Cognitive style and Sport - Attention style and performance - Imagery and sport performance - Attribution of self and Others – Application of Thinking and Feelings in Sports

Extra Reading (key words): Enhancing skill and expertise: The role of practice.

UNIT IV: GROUP DYNAMICS IN SPORTS**18 Hrs**

Sport in Context:- The Social Psychology of Sport Social Facilitation - Social Loafing - 54 Team Dynamics and Development - Causal attribution in Sport - Violence and Aggression in Sport – Exercise and Psychological well being – Exercise Adherence – Peak Performance – Competition and Cooperation – Youth Sport – Aggression, injury & addictive behaviour

Extra Reading (key words): Does sport increase or reduce aggression? Negative effects of team membership.

UNIT V: APPLICATIONS OF SPORTS PSYCHOLOGY IN DAILY LIFE**18 Hrs**

Applying Sport Psychological Phenomena - Self talk, Mental Imagery - Relaxation Training: - Calming the Physiology - Performance inhibition due to personality factors - Burn out and Injuries – Group and team dynamics – Group cohesion – Leadership – Communication

Extra Reading (key words): Two linked issues: the existence of super-ability and the nature–nurture debate in sport

Course Outcomes:**The learner will be able to**

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Infer the psychological issues in sports	PSO1	U
CO-2	Examine the influence of motivation and goal setting in sports	PSO1	AN
CO-3	Analyze cognitive process in sports performance	PSO1	AN
CO-4	Identify the importance of group behavior	PSO1	AP
CO-5	Demonstrate applying stress management techniques to enhance performance	PSO1	U
CO-6	Apply various motivational strategies for higher Achievement	PSO1	AP

PSO – Programme Specific Outcomes; CO – Course Outcome; U- Understand; Ap – Apply; An – Analyse

References

Text Books:

1. Weinberg, R. S. & Gould, D. (2011). Foundations of Sport and Exercise Psychology (5th edition). Human Kinetics. United States of America.
2. Robert Weinberg and Daniel Gould(2006). Foundation of Sport and Exercise psychology(4theds,). Human Kinetics publishers.
3. Aidan P Moran (2004). Sport and Exercise Psychology , a critical Introduction. Routledge, New York.

Reference Books:

1. John Kremer and Deirdre Scully (2001). Psychology in Sport. Taylor and Francis publishers
2. Jarvis Matt:Sports Psychology (2006) A Students handbook: Routledge 270 Madison Avenue, New York, NY 10016.
3. Markus Raab, Paul Wylleman, Roland Seiler, Anne-Marie Elbe, Antonis Hatzigeorgiadis (2016). Sport and Exercise Psychology Research. From Theory to Practice , Academic Press
4. Gershon Tenenbaum, Robert C. Eklund (2007). Handbook of Sport Psychology , Wiely Publication
5. Richard H. Cox (2011), Sport Psychology: Concepts and Applications. McGraw-Hill Education

Students admitted from June 2020 onwards
HOLY CROSS COLLEGE (Autonomous), TIRUCHIRAPALLI-2
PG DEPARTMENT OF PSYCHOLOGY
CHOICE BASED CREDIT SYSTEM

The Department offers the course to the other departments at UG level

Semester – IV - Second Year

Course Title	NON MAJOR ELECTIVE 2- POSITIVE PSYCHOLOGY
Total Hours	60
Hours/Week	4 Hrs Wk
Code	U21PS3NMT02
Course Type	Theory
Credits	4
Marks	100

General Objectives:

To understand the importance of positive psychology and its applications.

Course Objectives:

CO No.	Course Objectives
CO-1	Understand the dimensions and basic themes of positive psychology.
CO-2	Understand the basic emotions and motivations.
CO-3	Analyse the various the top down and bottom up predictors of subjective wellbeing.
CO-4	Realize different types of love
CO-5	Comprehend the importance of health
CO-6	Develops skill of the student.

Unit-1: An Introduction to Positive Psychology

10Hrs

Meaning, Dimensions of Positive psychology, Scope of positive psychology- Basic Themes of Positive Psychology- positive psychology today

Extra Reading /Key words: Positive psychotherapy

Unit-2: Foundations: Emotion, Motivation, and the Nature of Well-Being

12 Hrs

Basic Emotions-Components Of Emotion-Neuroplasticity-The Genetics of Emotions- Cognition- Social and Cultural

Influences on Emotions- Moods and Well-Being-Positive Psychology And Motivation-Well-Being And Positive Emotion- Multidimensional Models of Well-Being

Extra Reading /Key words: Theories of Emotions and motivations

Unit-3: Subjective Well-Being

13 Hrs

Meaning- Top-Down Predictors Of Subjective Well-Being- Bottom-Up Predictors Of Subjective Well-Being- Sustainable Happiness- Quality of Life Therapy

Extra Reading /Key words: Measurements of Subjective well-beings

Unit-4: Romantic Love and Positive Families

12 Hrs

The Varieties Of Love- The Love Styles- Sternberg's Love Triangle- Relationship Satisfaction: What Makes Them Feel Good?- Positive Romantic Illusions - Positive Families- The Resilient Family- Nurture Positive Relationships

Extra Reading /Key words: Pragma, Eros, Ludus and Agape love

Unit-5: Positive Health

13 Hrs

Exercise and Positive Health - Psychological Factors Important to Health -Hardiness and Mindfulness Meditation- Positive Coping- Coping Styles

Extra Reading /Key words: Learned helplessness, Social loafing, Defense mechanism

Course Outcomes(CO):

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Understand the basic themes of positive psychology	PSO1	U
CO-2	Summarize Different types of Emotions and Motivations	PSO1	AN

CO-3	Analyze the predictors of subjective wellbeing	PSO1	AN
CO-4	Identify different types of love and its relationships	PSO1	AP
CO-5	Understand the importance of health and exercise	PSO1	U

PO – Programme Outcomes; CO – Course Outcome; R- Remember; U- Understand; Ap – Apply; An – Analyse; E- Evaluate; C – Create

Text Book References

1. William C. Compton & Edward Hoffman (2020). Positive Psychology- The Science of Happiness and Flourishing (Third Edition), SAGE Publications India Pvt. Ltd
2. C. R. Snyder & Shane J. Lopez(2002). Handbook of Positive Psychology, Oxford University Press.
3. Alan Carr (2004). Positive Psychology The science of happiness and human strengths. Taylor & Francis, New York

Other References:

1. Kate Hefferon & Ilona Boniwell (2011). Positive Psychology Theory, Research and Applications. McGraw-Hill companies.
2. C. R. Snyder & Shane J. Lopez(2007). Positive PSYCHOLOGY The Scientific and Practical Explorations of Human Strengths, SAGE Publications. New Delhi.
3. Stephen Joseph (2015). Positive Psychology in Practice- Promoting Human Flourishing in Work, Health, Education, and Everyday Life (Second Edition), Wiley Publication.